

# River Bend

Summer 2022, Volume 44, Issue 3 July, August, September



### Helping people discover, enjoy, understand, and preserve the incredible natural world that surrounds us.

The newsletter is now digital!

If you would still like to receive a paper copy please email rbncinfo@rbnc.org or call us at 507-332-7151

#### Upcoming Programs

#### <u>JULY</u>

July 6 - Survival Camp

July 13 - Soaring in the Sky Camp

July 16 - Forest Therapy Walk

July 18 - Water, Water, Everywhere Camp

July 20 - State Parks Camp

July 25 - Survival Skills Camp

July 21 - Annual Meeting

July 27 - Scales, Shells & Slime Camp

#### **AUGUST**

Aug 2 - Little Sprouts: What's in the Water

Aug 2 - Archery Session 1, 8-15 years old

Aug 4 - Archery Session 1, 16+

Aug 4 - Adult Night Out: Splatter Paint Archery

Aug 9 - Little Sprouts Beautiful Birds

Aug 16 - Archery Session 2, 8-15 years old; Family Archery

Aug 18 - Archery Session 2, 16+ years old

Aug 26 - Ramble Fundraiser

#### **SEPTEMBER**

Sept 9 - Forest Therapy Walk

Sept 21 - Lunch & Learn: Prairie Seeds & Collection

## **Director's Desk: Final Words**

By: Breanna Wheeler, Executive Director

Hello Friends,

I write today to share that I have made a bittersweet decision to exit my role as Executive Director of River Bend Nature Center on July 1, 2022, to reflect on my time here, and to invite you to continue to strongly support this community resource.

RBNC has been a wonderful place to be, thanks to the people that share my passion for it – our many RBNC members, the dedicated staff, volunteers, board members, donors, program partners, students and visitors. I have enjoyed and learned so much from you. I never stop being amazed and humbled at what happens when all these people come together with shared passion and dedication to invest in helping people discover, enjoy, understand and preserve our natural world. When people say that RBNC is a community treasure, I will always agree and add that the community (you!) should be equally treasured and celebrated for your steadfast support. RBNC would not be here without you.

But like all seasons, the time is right for the organization and for me personally to make a change. It has been a true joy to be part of this chapter of RBNC's story and I will always look back with fondness to recall the many things we have accomplished together.

Most notably, positioning us for success in this next chapter, I worked tirelessly with your support to build a healthy and strong organization that today serves as a model for other nature centers and nonprofit organizations.

Here are a few other highlights for me:

- **Natural Resource Improvements** We are now actively managing 120 acres and plans are in place to continue these vital activities for decades ahead, to benefit wildlife and visitors looking to experience healthy woodland, prairie, and wetland ecosystems.
- **A New Staffing Model** We improved our structure and practices to encourage exceptional professional staff to make their careers at RBNC and moved away from a revolving door model. This staff retention has increased the quality and quantity of what RBNC can offer and accomplish.
- *Diversified Funding* We led the charge to seek legacy funds, government contracts, and foundation grants to support natural resource and program activities. Households and businesses have significantly increased their gifts and new people and organizations continue to join.

With your collective help, these last six years together have moved us from survival mode into a time of thriving. We have the growth of healthy, accessible reserves, and it is an exciting time for the next leader of RBNC to continue addressing invasive species, protecting rare species and biodiversity, developing environmental career curriculum, honing and improving program offerings, and completing master planning to set our direction for the future.

I wish each of you the best of luck as you write the next chapters, and I am so grateful for your support. You are changing lives by ensuring more people, families, communities, and our planet are able to receive the benefits of people's connection through education, conservation, and outdoor recreation. THANK YOU!

## River Bend Nature Center

1000 Rustad Rd—PO Box 186 Faribault, MN 55021

Trail Hours: 6am - 10pm Building Hours: Fridays 10am - 4pm 1st and 3rd Saturdays 10am - 2pm During the week the building is reserved for prescheduled programs

## **Board of Directors**

Dustin Dienst, President Patrick Mader, Vice-President Karen Zeller, Treasurer Tom DeMatteo, Secretary Tom Spooner, City Council Liaison Sarah Hammer Laura Isenor Erica Jakes Nort Johnson Erin Liu Patrick Schaefer John Sheesley

## Staff

Breanna Wheeler, Executive Director

Katy Anderegg, Naturalist/Operations Manager

Brittany Smith, Naturalist/ Natural Resources Manager

Molly Olson, Naturalist/Marketing Coordinator

Matthew Johnson, Naturalist

Kate Ford, Naturalist

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## A SUMMER OF DISCOVERY FULL DAY CAMPS FOR CHILDREN GRADES K-8

Thanks to generous donors and community partners, RBNC summer camps are \$55, \$30 for members. Limited spots available, register today! Camps run 9am-4pm. Camps are open to children entering the listed grades in fall 2022.

**Meadowlarks** (Going into Gr.K-2) June 13-14 June 15-16 July 6-7 July 11-12 July 13-14 July 18-19

MEMBERS

(Going into Gr. 3-5) June 27-28 June 29-30 July 6-7 July 18-19 July 25-26 July 27-28

Herons

(Going into Gr.5-8) June 20-21 Outdoor Sports June 22-23 Zoology July 20-21 MN State Parks

Adventure Is Out There

Adventure Is Out There Camps are \$75 (\$50 for members) and include offsite fees & travel. Camps run 8:30am-4:00pm

## Summer Camp Sponsors



HARRY BROWN'S

Dr. Karen and Simon Zeller



## rbnc.org/summer-camp

## 507-332-7151 1000 Rustad Road Faribault, MN 55021

Because of generous donors and community partners who believe in our mission, River Bend is excited to offer our dynamic 2-day camps for a fraction of the cost they have traditionally been (\$135+ value). This means we are able to provide summer camp in an inclusive way to our entire community, without sacrificing quality. River Bend Summer Camps have a variety of fun and engaging themes this year that your child is sure to love! Make it a summer they will never forget by making new friends, playing games, exploring outside, and more. Adventure Is Out There Camps will meet at River Bend Nature Center before hitting the road and heading out on an adventure. For more information and to register, visit rbnc.org/summer-camp.





Event Tickets: \$75.00/person Located at The Inn at Shattuck, 1000 Shumway Ave . Faribault, MN 55021 5:30 pm Social Time with Cash Bar 6:15 pm Dinner - Chicken or Vegetarian Options 7:15 pm Program with Live Auction and Fund-A-Need 8:15 pm Raffle Drawing - 5 Chances to Win! Unlocked iPhone 13, 2 - \$500 Cash Prizes, 10 Bottles of Wine, 10 Bottles of Beer Visit our website for more information and to register to attend our fundraiser

Thank You, Ramble Sponsors for helping us build community through nature!

Platinum

## **The Putrah Foundation**

Gold

**Dr. Karen and Simon Zeller** 

Ameriprise Financial

Silver





Dr. Richard & Nancie Huston . Marvin & Sara Schrader Dr. William & Wendy Wustenberg



Edward **Jones** 

INVESTMENTS









## RIVER BEND NATURE CENTER **BUSINESS MEMBERS**



## **Become a Business Member**

## Become a Business Member today at rbnc.org/membership

For more information on: How to sponsor 2022 events (Fun Run, Camps, Ramble, or Bats Bones & Bonfire) Group volunteering Team building programs How to match employee donations How to buy memberships for your employees Contact us at <u>rbncinfo@rbnc.org</u> or call 507-332-7151

## Leave a Legacy at River Bend Nature Center

There are many ways you can help your favorite nonprofit nature center not only today but into the future. Besides memberships, donations and memorial or tribute bricks at Honor Point, you can write River Bend Nature Center into your will or estate plan. Please contact us for information should you be interested in cash or noncash donations now or in the future. Your gift will help ensure River Bend's legacy continues for generations to come.

## RIVER BEND NATURE CENTER BUSINESS MEMBERSHIPS

Connect with your community and become a River Bend Nature Center Business Member

### **Membership Perks**

#### New \$100 Memberships

Marketing item at Bats, Bones & Bonfires by 9/30/22 + business name listed on website, kiosks, and newsletter

#### **New \$250 Memberships**

Marketing item at Bats, Bones & Bonfires by 9/30/22 + \$100 voucher for rental or program + business logo listed on website, kiosks and newsletter

#### New \$500 Memberships

Marketing item at Bats, Bones & Bonfires by 9/30/22 + \$250 voucher for rental or program + business logo listed on website, kiosks, and newsletter

#### New \$1000 Memberships

Marketing item at Bats, Bones & Bonfires by 9/30/22 + \$500 voucher for rental or program + business logo listed on website, kiosks, and newsletter





## FACILITY & GREEN SPACE RENTALS

Use your voucher and choose from the following rental spaces to host your next meeting, company picnic, staff appreciation day, etc.

Amphitheater or Lawn - starts at \$50 Trailside Building - starts at \$100 Interpretive Center - starts at \$250

## NATURALIST-LED PROGRAMS

Use your voucher for a variety of naturalist-led programs. Choose one or multiple offerings! Our most popular offerings:

#### Archery, Compass Course, Orienteering, Survival Skills, Canoeing/Kayaking, Guided Walk/Snowshoe, Team Building and more!

Team building has many benefits for groups, committees and businesses. It improves productivity, increases motivation, encourages collaboration, identifies leadership qualities, and builds trust and respect among teammates. Team building programs are facilitated from start to finish by a RBNC naturalist.

Each program accommodates groups up to 20 for a duration of one hour and thirty minutes. Programs start at \$150.

#### Vouchers must be redeemed within 1 year. (Voucher use affects tax deductibility of membership donation)

For more information, contact rbncinfo@rbnc.org or 507-332-7151

Left Photo: Federated Insurance Employees spent a few hours on a sunny afternoon removing buckthorn from critical Dwarf Trout Lily Habitat.

Right Photo: Minnesota Master Naturalist Program for adult education. Our buildings are available for conferences or meetings.

## News & Notes

## **River Bend Nature Center's Annual Meeting**

You are invited to join River Bend Nature Center staff and board members for the annual meeting on Thursday, July 21, 2022 at 6:00 pm. The meeting will be held at the interpretive center. Members of River Bend will have the opportunity to elect on new board members, hear about all the great successes happening around the nature center, and meet the new executive director.

\* \* \* \* \* \* \* \*

### August is Archery Month!

Through the No Child Left Inside Grant from the Minnesota Department of Natural Resources, River Bend acquired new targets and mini bows for youth to participate in programs. The expanded inventory of bows will expand the archery programs to summer camp, public programs, and birthday party themes. Shooting sports play a part in Minnesota's outdoor sports history and River Bend looks forward to continuing to build upon it as well as connecting area youth to the great outdoors.

Are you interested in trying out Archery for the first time or just love shooting arrows and want to do more of it? Sign up for a class or two in August to try it out! We have programs for ages 8-15 and 16 and up and dates for the whole family. Adults, want an extra challenge or messy fun? Sign up for splatter paint archery! Visit rbnc.org/ upcoming-programs to get registered.



### **Grants Helping us Reach our Goals**

River Bend Nature Center would like to extend many thanks and gratitude to the Xcel Energy Foundation for their continued support of preserving rare species habitat at River Bend Nature Center by funding the continued work of managing invasive species. This year Xcel Energy Foundation has granted funding to continue invasive species management on 54 acres of dwarf trout lily habitat at River Bend.

Thank you Xcel Energy Foundation for your continued support to support River Bend's mission to help people discover, enjoy, understand, and preserve the natural world around us!



Photo by USFWS; Phil Delphey



The Xcel Energy Foundation is a 501(c)(3) organization that awards charitable grants to nonprofit organizations and sponsors the volunteer programs of Xcel Energy and its subsidiaries. The majority of Xcel Energy Foundation funding comes from Xcel Energy shareholder dollars. In 2021, the Foundation granted \$3.8 million to nonprofit organizations for programs that aligned with its four focus areas of education, economic sustainability, environmental stewardship and access to arts and culture. In 2022, the Foundation further defined long-term community outcome goals and shifted focus areas to support organizations making a difference in STEM Career Pathways, Environmental Stewardship and Community Vitality. For more information, visit https:// my.xcelenergy.com/s/ Community/Focus-Area-Grants

## News & Notes

## THANK YOU FOR SUPPORTING RIVER BEND

Thank you members and donors! Your generous support keeps River Bend open to the public and available for nature education, mind and body restoration and outdoor recreation. Your financial gifts help provide:

- \* No fee entry to the nature center
- \* Classes and camps at greatly reduced cost to anyone who wants to participate
- Invasive species removal to preserve habitat for the federally endangered dwarf trout lily and other rare species.

## *Going forward, your gifts continues the above activities and:*

\* Expansion of school offerings and partnerships to offer a more diverse set of year-round environmental and outdoor education programs that meet community needs and further the mission of RBNC

- \* Continued habitat restoration activities
- \* Interpretive Center upgrades and facility planning
- \* Development of a Master Plan and continued diversification of funding sources
- \* Improved way finding and educational signage

Thank you for your dedication to RBNC!

## **River Bend Gift Shop**

Maple Syrup kits, survival kits, owl pellet kits, T-shirts and more **now available!** We have something for every nature enthusiast. Buy for yourself or make it a gift! Visit the nature center on Fridays 10-4pm or every 1st or 3rd Saturday from 10-2pm to shop our store or go online at rbnc.org. Shipping is not available. Call us to arrange a time to pick up your purchase.



New Programs for Health and Wellness! Be sure to check it out!



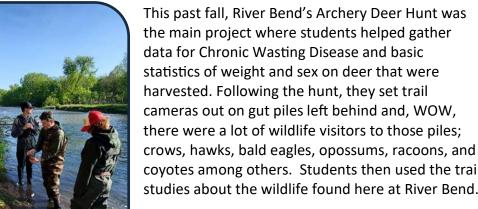
## **Natural Resource Updates**

By: Brittany Smith, Naturalist/Resources Manager

## **Another Year Wraps Up**

### FHS Field Biology Internship at River Bend Nature Center

River Bend Nature Center and Faribault High School Field Biology Internship class had yet another successful year! Nine students gained hands on experience in a variety of biology career options, meeting many professionals and discovering so many things along the way. An entomologist with UMN Extension, assistant supervisor with Conservation Corps, two environmental engineers, a MN DNR Assistant Wildlife Manager, turtle specialist with the MN Zoo, and more MN DNR professionals provided career advise for students.



This past fall, River Bend's Archery Deer Hunt was the main project where students helped gather data for Chronic Wasting Disease and basic statistics of weight and sex on deer that were harvested. Following the hunt, they set trail cameras out on gut piles left behind and, WOW, there were a lot of wildlife visitors to those piles;



coyotes among others. Students then used the trail cam footage to extend their studies about the wildlife found here at River Bend.

Internship students conducted a pollinator study to compare diversity between a prairie with many wildflowers to a prairie with mostly grasses; one of the students went even further for his final project and added the woodland edge to the study. Students also spent some time exploring the Straight River learning about water

ecology. They participated in maple syruping this spring and took part in helping with all aspects of the process; even enjoying some pancakes with fresh syrup from our trees.

Photos: Right: Interns surveying prairie insects, Left: Peter Jacobson teaching water ecology

### National Public Lands Day: Saturday, September 24

River will be hosting a National Public Lands Day event this year. Project and times to be determined. Visit <u>https://rbnc.org/npld</u> for details and updates!

### Land and Trail Volunteer Opportunities

Are you interested in helping with natural resources or trail work at River Bend Nature Center but the pre-scheduled opportunities don't work with your schedule? No worries, we would be more than happy to provide information and training on things River Bend could use your help on and can do on your own time, from picking up trash to removing invasive plants. Volunteers are needed for seasonal items like ski trail grooming, making maple syrup, and mowing. Please email <u>smith@rbnc.org</u> for more information.

## <u>Naturalist Notebook</u>

By: Katy Anderegg, Naturalist/Operations Manager

## **The Importance of Plants**

Why should we care about plants? Some provide us food, others are pretty to look at and some might be considered nuisance plants or weeds. But have we taken the time to truly consider their purpose and role on earth? While all the things I listed about them are true, the most important part of plants is their ability to sequester carbon from the atmosphere. Carbon is a food source for plants when combined with water and sun, allows them to grow, producing oxygen and sugar. They drawdown carbon through their leaves into their root system and store it in the soil where microbes and fungus feed on it and process the carbon into other nutrients creating a fertile, healthy soil. The soil becomes alive with organisms and when soil is healthy, we can utilize it for growing foods and sustaining wildlife. Planting a variety of plant types is key in increasing biodiversity. Biodiversity is what will prevent diseases and pests from taking over and causing damage. When plants are diverse, the risks from mother nature decrease.

It is important now more than ever to take into consideration what we plant. Each and every one of us can play an important role in restoring the health of our planet by simply planting plants. With the majority of land being privately owned, it's important for home owners and farmers to consider planting trees, native plants or cover crops in fields for year-round coverage. The benefits of cover crops combined with no-till practices will dramatically increase the longevity of our soil which will extend the number of harvests we have into the future and for the next generation. According to the documentary, Kiss the Ground, we only have about 60 harvest left if we continue the current practices of tilling, using synthetic nitrogen to grow foods and chemicals to kill pests. If we can choose to plant cover crops, trees or other beneficial plants, less topsoil will be lost, more carbon will be stored in the ground and droughts will decrease. Plants will not only create new topsoil, they will hold it in place. Then, when it rains, the water is absorbed into the ground rather than running into our rivers and lakes causing floods or eroding the land and taking the topsoil with it.

The more green we keep our world, the less carbon will be in the atmosphere. Transpiration, the process of plants releasing oxygen and moisture back into the atmosphere, increases humidity, increasing rain. If you are able, plant a plant in a step towards restoring the health of our planet, in turn restoring the health of people and their livelihoods. Plant a plant today.



## **Story Spotlight**

## Kevin Mattson, Reflecting on a year at River Bend

For the last 12 months, I have had the pleasure of working at River Bend Nature Center, where seasonal changes shape the environment and the way people interact with it. Despite a hot summer and a frigid winter (and a very weird spring!), the eager visitors of the nature center continued looking for new ways to connect with the outdoors and each other. And over the course of a year, I have met so many people who come to the nature center for various reasons, and they always seem to leave in a better mood than when they came in.

When I began working at River Bend in June of 2021, some of the first people I met were summer campers, anxiously or excitedly entering the building with their parents. Some of them had been coming to the nature center for summer camp and field trips for years, while some were just as nervous as me, unsure of exactly what they would be doing during a whole day at camp. Their willingness to immerse themselves in nature and make friends was reassuring to me, and I found the days went by pretty quickly, playing in Kids In The Wild or building forts near Trailside. As the summer progressed, I began to meet the many volunteers who dedicate their time and expertise to the nature center. The vast pool of volunteers who work at River Bend is astounding, and what we are able to accomplish because of our volunteers is remarkable. Some of the volunteers have been stakeholders of River Bend for decades, donating their time and resources to make this place as wonderful as it is. At the end of summer, I helped run Ramble, our large, multi-day fundraising event, which brought some very influential people and lovers of the nature center all into one room. The energy of Ramble was intoxicating, and it



Kevin teaching a school group about Animal Characteristics.



In the field exploring the prairie.

brought me so much joy to see so many people who care for this organization. As we pushed into fall, I met tons of school children on field trips, some of them I saw five times or more during the course of the school year, and I could easily see how much of an impact my work had on young children, who said River Bend was their favorite place in the world. Winter came and things quieted down at the nature center, we ran programs at local schools, teaching students about the importance of reducing, reusing, and recycling, while our winter luminary hikes got people outside when it was so easy to want to stay in. As spring slowly approached, our maple syrup season connected long time volunteers with first time volunteers, as well as our high school internship class. Birds began to migrate, frogs began to sing, turtles began to bask, and people began to enjoy the trails again, trying to soak in all that spring has to offer. As summer approaches, perhaps we will see changes to this cyclical pattern of the seasons at the nature center. Maybe new stewards of the environment will begin to develop their relationship with the park, or even each other. Or perhaps new programs and events will connect people to the park in ways not seen before. The beauty of a nature center is that it is organically shaped by the environment it is situated in. What you will see here is always changing, for better or worse, and you can never count on anything being inevitable, aside from the constant change.

This park is truly a hidden gem. Prior to my start date, I had never even visited Faribault, but now that I have spent this year at the nature center, I hope it continues to grow and change for the better. I hope people invest in this place and are stewards for the land. What Faribault has in River Bend Nature Center, is a one of a kind park that should be cherished. As the years progress and the seasons change, I know people will find new reasons to come here, whether it be to see nature or each other. Despite the inevitable change in the environment and our lives, River Bend Nature Center provides something constant: Community.

## **Story Spotlight**

## School Field Trip Highlights 2021-2022

What a great year we had at River Bend Nature Center teaching more than 6,600 students outdoor nature education. School field trips bring in students locally from Faribault to Northfield and as far as Mankato and New Prague! Thank you for visiting River Bend Nature Center this year! We had a blast teaching your students. Our staff of naturalists teach Pre-K - 8th Grade with classes aligned with MN State Science Standards. They are fun, interactive with hands-on experiences in nature! Getting students outdoors helps stimulate their learning and creates memorable moments that last a lifetime. We've been doing school field trips since 1978 and we are now seeing the next generations come through our trails. Our classes talk about plants, animals, life cycles, ecosystems, fossils, weathering and erosion, and more! Visit our website rbnc.org for more information. Call or email to schedule a field trip. We are taking reservations for 2022-2023. Give your child or student an experience they will talk about for years to come!



Students learning about a decaying log

### **Volunteer Opportunities**

- Volunteer Naturalist Assist with teaching school field trips, leading a small group on hikes, games or activities. No experience necessary, training will be provided. A background check is required prior to teaching.
- Ski Trail Grooming Before long, the winter season will be upon us. Interested in cross-country skiing? Volunteer to learn how to groom and set trails for the 2022-2023 season.
- **Mailings/Flyer Distribution** You can help us out by assembling our mailings and distributing flyers for our upcoming events at designated times.

Call or email us for more information about how you can get involved and visit our website at https://rbnc.org/volunteer



Visiting Turtle Pond, a favorite location for every student



A parent/child class exploring the natural world. For children birth-5 years old. Each week has planned educational activities and nature-play time. Dress for the weather. On the 2nd & 4th Tuesdays, from 9:30-11 am

> August 2 What's in the Water? Ages 3-5 yrs August 9 Beautiful Birds Ages 0-3 yrs

for more information and to register, visit rbnc.org/little-sprouts River Bend Nature Center 1000 Rustad Rd, Faribault, MN





PO Box 186 1000 Rustad Rd Faribault, MN 55021 507.332.7151 www.rbnc.org Nonprofit Org. U.S. Postage PAID Faribault, MN Permit #35

**Return Service Requested** 



## Can you Volunteer or Donate some Goodies?

Bats, Bones and Bonfires has been a traditional community event for many years at River Bend Nature Center. If you are able and interested in volunteering your time to help run the event, please contact us. We are just in the beginning stages of planning and more details will come in the following weeks. Or, please consider donating something from the list below. Marshmallows, Chocolate, Graham Crackers, Apple Cider, Pumpkins, Nut-fee/Allergy Free Candy. **Contact Katy for donations or volunteer inquiries at anderegg@rbnc.org or 507-332-7151** 

Check out volunteer opportunities at www.rbnc.org/volunteer.