



## Upcoming Nature Programs

### APRIL

- April 1 - Birds and Bagels
- April 5 - Wellness Wednesday
- April 10 - Homeschool: Weather and Seasons
- April 11 - Little Sprouts: Birds and Nests
- April 15 - Live Peregrine Falcons
- April 19 - Lunch & Learn: Energy Conservation at Home
- April 19 - Wellness Wednesday
- April 22 - Earth Day Celebration
- April 23 - Earth Day Celebration
- April 23 - Forest Therapy
- April 25 - Little Sprouts: Baby Animals

### MAY

- May 3 - Wellness Wednesday
- May 6 - Maple Syrup Fun Run
- May 8 - Homeschool Reptiles and Amphibians
- May 9 - Little Sprouts Sounds in Nature
- May 16 - Stewardship Day Invasive Species
- May 17 - Lunch & Learn: Paul with Parks and Rec
- May 17 - Wellness Wednesday: Spring Ephemerals
- May 20 - Paradise Center for the Arts Nature Prints
- May 20 - Stewardship Day Invasive Species
- May 23 - Little Sprouts Worms and Mud
- May 24 - Lunch & Learn: Prairie Songbird Conservation
- May 31 - Wellness Wednesday: Archery



## Save the Date

### APRIL 22 & 23

Earth Day Celebration

### MAY 6TH

Maple Syrup Fun Run

### JUNE & JULY

Summer Camps

### AUGUST 25

45th Anniversary Ramble Dinner

### SEPTEMBER 23

National Public Lands Day

### OCTOBER 28

Bats, Bones & Bonfires

For times and registration visit [www.rbnc.org/upcoming-programs](http://www.rbnc.org/upcoming-programs)



## Volunteer for an event

Looking to volunteer, give back or have a lot of fun? River Bend Nature Center has many opportunities throughout the year for you to get involved! From land stewardship to fun events, we've got something for everyone.

**Check out volunteer opportunities at [www.rbnc.org/volunteer](http://www.rbnc.org/volunteer).**

Contact Erin Tone at [education@rbnc.org](mailto:education@rbnc.org) for more information.

# 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*

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## Staff

*Brad Bourn*, Executive Director

*Katy Anderegg*, As. Director Administration

*Brittany Smith*, As. Director Env. Stewardship

*Molly Olson*, As. Director Programs & Engagement

*Erin Tone*, Programs & Engagement Coordinator

*Matthew Johnson*, Environmental Stewardship Coor.

*Kate Ford*, Naturalist

*Zach McCarty*, MN GreenCorps

*Randall McMeekin*,  
Climate Impact Corps Community Forestry Member

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# SUMMER CAMP

## ADVENTURES WAITING TO HAPPEN...

### FULL DAY CAMPS FOR CHILDREN GRADES K-9

#### Summer Camps

9:00-4:00pm . \$55 (\$30 for members)

Camps are open to children entering the listed grades in fall 2023.

**Meadowlarks**  
(Going into Gr.K-2)

June 19-20

June 21-22

June 26-27

June 28-29

July 17-18

July 19-20

July 31-Aug 1

**Hérons**  
(Going into Gr. 3-5)

June 12-13

June 14-15

July 10-11

July 12-13

July 17-18

July 19-20

July 31-Aug 1



#### Adventure Is Out There: Going into Gr.5-9

8:30-4:00pm . \$75 (\$50 for members)

Includes offsite fees & travel

June 26-27 Outdoor Sports

June 28-29 Ology

July 24-25 Outdoor Sports

July 26-27 Ology



# Adventure is

# OUT THERE!

Go to [rbnc.org/summer-camp](https://rbnc.org/summer-camp)  
or scan the QR code to register



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

# Thank you Maple Syrup Fun Run EVENT SPONSORS



The Putrah Foundation



## Race Day Timeline

### 25K & 50K

- Check In 6:00 am - 6:45 am
- Race Starts at 7:00 am

### 10K, 5K, One Mile

- Check-in 7:30 am - 8:15 am
- 5K & 10K Starts at 8:30 am
- One mile walk/run starts at 8:40 am - Not chip timed

### Pancake Brunch

- Starts at 9:00 am for runners & their spectators, 10:00 am for public

### Off-Site Event Parking

Located at 100 State Ave, Faribault, MN 55021

25K & 50K can park at the nature center, all other participants and spectators please park at Allina.

Get Printable Parking Information by visiting our website.

## Director's Desk

Hello friends of River Bend Nature Center,

Spring is in the air and new signs of growth are all over the Nature Center- sap is flowing, buds are blossoming, and birds are returning. I'm also very excited about the signs of growth in the ways that we serve the diverse communities that rely on River Bend Nature Center to discover, enjoy, understand, and preserve the incredible natural world around us.

I'd like to share some of the areas we're growing in our engagement with folks and invite you to get involved.

1. River Bend has launched a new wellness initiative to encourage folks to use the Nature Center more as a place to stay active. Keep an eye out for our Wellness Wednesday activities each month, new activities including yoga on the prairie, guided hikes, and more. We've also created a way for local businesses to enroll their employees as members of the nature center to give them access and savings on popular programs like our youth summer camps. To learn more, check out page 4 of the newsletter or call us at 507.332.7151.

2. River Bend is deep in our strategic planning work and just finished our community survey and received more than 400 responses!

There's another opportunity to share your thoughts on the future of River Bend Nature Center by joining us for one of our in-person or virtual community feedback sessions. You can learn more about those sessions on page 5 of our newsletter.

3. We were so excited to be selected by the Southern Minnesota Initiative Foundation to launch our Outdoor Diversity Initiative to help youth and young adults from underrepresented communities explore green career paths in conservation. As part of our program we're introducing youth to professions in the field of conservation. If you'd like to meet our youth cohort and talk to them about what you do, we'd be interested in connecting. You can reach out to Brittany Smith, our Associate Director of Environmental Stewardship at [Smith@rbnc.org](mailto:Smith@rbnc.org) if you're interested in helping out.

I hope you're seeing more of the new and innovative ways we're connecting people with Nature. These are just a few that I'm particularly proud of the work our staff have done to bring them to fruition. I hope you find the rest of this newsletter informative. Don't hesitate to reach out to me if you want to connect!

Yours in service,  
Brad

# Business Members

## Star Members

Faribault Rotary Youth Services, Inc.  
The Putrah Foundation



## Founder Members

Faribault Flyers Bike & Ski Club



## Wellness Members



## Patron Members

Faribault Area Retired Educators

Mercury Minnesota . Schroder Concessions  
Sertoma Club of Faribault . Townsquare Media



## Advocate Members

Anderka Construction . Community Co-op . Comprehensive Wealth Solutions, LLC . Country School Financial  
Donahue's Greenhouse . Erickson Furniture . Faribault Animal Center . Faribault Rental Equipment, Inc.  
Faribo Sno-Go Club . Frandsen Bank & Trust . Glenn's Service & Towing . HomeTown Credit Union .  
Krause Feeds & Supplies . Mill Town Cycles . Quality Appliance . Tom's Lock & Key

**Thank you business members for your support!**

## Enroll in River Bend's Business Wellness Membership

River Bend Nature Center's wellness program can be an essential part of helping your employees live a healthy life. When you join our wellness program today, your employees will receive membership perks and more! Contact Brad Bourn (bourn@rbnc.org) or Katy Anderegg (anderegg@rbnc.org) to discuss perks and enrollment.

	Bluebird	Heron	Owl
Small Employer (0-10 employees)	\$500	\$1000	\$2000
Medium Employer (11-49 employees)	\$1500	\$2500	\$3500
Large Employer (50-99 employees)	\$3000	\$4000	\$5000
Regional Employer (100+ employees or franchises, etc.)	Contact us to discuss pricing and benefits	Contact us to discuss pricing and benefits	Contact us to discuss pricing and benefits

# Conservation Corner

*Brittany Smith, Associate Director of Environmental Stewardship*

Spring is here! The sun is getting stronger, days getting longer, and temperatures are getting warmer! River Bend will really start coming alive as plants and animals come out of dormancy, hibernation, and migrate through, so will all the visitors to River Bend. All are welcome and I just ask that you are kind and respectful to all and keep a few things in mind.

- Please be aware of trail conditions, some may remain slippery well into the spring
- Please stay on designated trails and respect the homes of plants and animals.
- Please keep your pets on a leash and in your control (leash in hand) at all times for both their safety and others
- Please pick up after your pet.

## **Come celebrate Earth Day with River Bend!**

River Bend is hosting a two day celebration on Saturday, April 22 and Sunday, April 23. Join us as we start each day with a guided nature hike learning about the wildflowers at River Bend; while also doing our part and picking up trash as we go. After the hike we will break for lunch. All are welcome to bring their own lunch and visit with others. Saturday's theme is "Call to Action" and Sunday's theme is "Family Sunday." Bring your family out for a fun time at River Bend and learn about the natural world. There are a couple different activities to choose from, see schedule below. This

also serves as our kick off to Stewardship Days! Check out all the upcoming Stewardship Days on our website and look for email updates!

### **Saturday, April 22-Call to Action Saturday**

11:00-12:00 Wildflower Hike with trash pick up (Outside)

12:00-12:30 Lunch break - pack a lunch and enjoy each other's company!

12:30-1:30 Stewardship Activity

- Invasive Species Removal (Outside)
- What can be recycled? (Inside)

1:30-2:30 Stewardship Activity

- Invasive Species Removal (Outside)
- What is Composting? (Inside)

### **Sunday, April 23-Family Sunday**

11:00-12:00 Wildflower Hike with trash clean up (Outside)

12:00-12:30 Lunch break - pack a lunch and enjoy each other's company!

12:30-1:30 Kids/Family Story with activity (Inside)

1:30-2:30 Take home wildflower project (Inside)



## Strategic Planning

Thank you for participating in our strategic planning survey. If you didn't have the opportunity to take the survey or are interested in being more involved with the strategic plan, we invite you to join us in person or online on the following dates and locations.

If you have any questions, please call us at 507.332.7151 or email [rbncinfo@rbnc.org](mailto:rbncinfo@rbnc.org).

**May 1, 1:00 - 2:30 pm @ The Minnesota State Academy for the Deaf . 615 Olof Hanson Dr, Faribault, MN 55021**

**May 1, 3:30 - 5:00 pm @ Somali Community Resettlement Services . 201 Lyndale Ave S, Faribault, MN 55021**

**May 1, 6:30 - 8:00 pm @ River Bend Nature Center . 1000 Rustad Road, Faribault, MN 55021**

**May 11, 6:30 - 8:00 pm Virtual Meeting . Meeting Link: <https://us02web.zoom.us/j/6287285863>**

*Katy Anderegg, Associate Director of Administration*

## Faribault Bike and Ski Club

Faribault Bike and Ski Club is more than a group of individuals coming together to ride their bikes or ski trails at River Bend Nature Center. They are a community of people who deeply care about one another, sharing in joyful times and times of illness or the loss of a loved one. Creating friendships and the camaraderie of Saturday morning breakfast are the highlights of the club in addition to the shared interests of biking, hiking, skiing and nature.

The idea for a bike club occurred in the spring of 1994 at a Tuesday morning Sertoma Club Meeting. Tom Waarvik, John Tobin and Glenn Holman were sitting together and a discussion regarding bicycling generated the speculation of forming a bicycling group. John was a colleague of Dick Sundahl at the Technical College which drew him into the initial planning. The Faribault Bike club was born and skiing came later.

Through every season members of the bike and ski club get together regularly on Tuesday, Thursday, and Saturday mornings. For those that hike, bike, or ski faster and farther than others, they often split up into two or more groups for their activities so that everyone can get the kind of exercise and experience that they prefer. In addition to the usual activity at River Bend, club members have traveled together to ride in the annual Minnesota Ironman, Lanesboro, North Dakota, Tour-de-Wyoming, TRAM and the Jesse James ride among other places. *"The good memories are overwhelming when one reflects back on our club history."* ~ Glenn Holman

Bike riding at River Bend Nature Center gives one a chance to move quietly and have greater opportunity to observe wildlife and the deer often seem less apprehensive of skiers than walkers as it is possible to observe them at a close distance. *"River Bend Nature Center is an absolute treasure in our community. A person can go to our private playpen with like minded fellowship to bike, hike, walk, run, or cross country ski and observe as nature frolic in front of us. Our wilderness is a festival of deer, raccoon, birds, pheasants, and beaver playing out their daily life. Let us not forget the woodland, prairie, ravine, spring flowers, frogs and the anything but straight river to embrace our curiosity. What a refuge compared to the hassle of the city. Now you can see why the Flyers have such a vested interest in RBNC."* ~ Marv Trandem, former President of FBO Bike and Ski Club

Giving back to their community and River Bend Nature Center is yet another thread woven in the tapestry of the FBO Bike and Ski Club. Each member has helped maintain trails, groom ski tracks, repair bridges, and help with special events at River Bend. Their community is a blessing to the River Bend community.

If you are interested in joining this wonderful club, visit Mill Town Cycles, downtown Faribault. Dues of \$15 per person are used for bonfire events, a Porta-Potty facility at the Morristown Trailhead on the Sakatah trail, memorials for members who have passed away, and donations to important causes.



# Naturalist Notebook

*Matt Johnson, Environmental Stewardship Coordinator*

## The Unusual Life of a Spring Ephemeral

The sight of a beautiful carpet of woodland flowers is one of the surest signs of spring. While the weather may be inconsistent around this time, these small natural wonders are unmistakably on a deadline. Spring ephemerals will begin to die back by early summer and must complete their life cycle in a hurry, before the shade of the forest canopy sends them back into dormancy. Because of this quick timeline, these flowers have developed some unusual adaptations to make the most of their time in the sun.

Due to the chance of fluctuating weather, spring ephemerals must be able to withstand a wide-range of conditions. Freezing temperatures and snow are possible, even after they have emerged. So how do these seemingly delicate plants survive? Some, including Bloodroot, will actually “close” at night and during cloudy days. By using their large fleshy leaves, Bloodroot can actually trap warm air against itself, creating a small heat island. Upon closer inspection, you’ll also notice that some species are covered with very fine hairs that also help to accomplish this task.

Considering the potential for winter-like conditions, it’s also natural to wonder how these plants get pollinated. Depending on insects this time of year is a risky proposition, as a late cold snap could prevent insects from being active during the short window for pollination. Because of this, many spring ephemerals do not actually need to be visited by a pollinator in order to produce seeds. By containing both male and female

organs, they have the ability to self-pollinate. In fact, some spring ephemerals do not actually even produce nectar. While possibly disappointed, the bees and flies that visit these flowers still collect pollen all the same.

Some other interesting adaptations we see involve how these plants spread. When we stumble upon spring ephemerals, it is often in large colonies. This is mostly the result of specialized underground organs that allow these plants to store nutrients and send up new shoots. These “clones” share the same genetic makeup and can spread quite extensively. However, many spring ephemerals also spread through their seeds by using a clever adaptation. Attached to the seeds are something called elaiosomes, which are flesh-like structures. Many insects, especially ants, will feed on these elaiosomes, but not before carrying the seed back to their nest. Enticed by the prospect of a meal, these ants unknowingly become part of a large scale seed dispersal operation.

As you can see, spring ephemerals are highly specialized plants, as they must make the most of such a transitional time of year. While often small in stature, they exhibit a resilience to survive in a harsh and unpredictable season. By using some unique adaptations, they are able to continue to persist and provide us with a wonderful spring show.

Pictures of Flowers: Dwarf Trout Lily, Spring Beauty, Pasque Flower, Bloodroot, Dutchman’s Breeches





**River Bend**  
NATURE CENTER

PO Box 186  
1000 Rustad Rd  
Faribault, MN  
55021  
507.332.7151  
www.rbnc.org

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 **River Bend**  
NATURE CENTER

# RAMBLE

45th Anniversary  
*Building Community through Nature*

## August 25, 2023

THE INN AT SHATTUCK  
DINNER, AUCTIONS & RAFFLE

Purchase tickets at [rbnc.org/ramble](http://rbnc.org/ramble)  
1000 Rustad Road, Faribault MN 55021 . 507-332-7151

**Save The Date!**