



Upcoming Nature Programs



OCTOBER

- Oct 5 - Birds & Bagels
- Oct 5 - Story Time: Birds Hike & Migration
- Oct 5 - Sweet Reads Book Club
- Oct 7 - Little Sprouts: Colors, Shapes, Textures
- Oct 14 - Homeschool: Survival Skills
- Oct 16 - Lunch & Learn: Fresh Water Mussels
- Oct 19 - Boy Scout Badge Day
- Oct 21 - Little Sprouts: Creepy Crawlers
- Oct 26 - Bats, Bones & Bonfires**

DECEMBER

- Dec 2 - Little Sprouts: MN Animals
- Dec 7 - Birds & Bagels, Sweet Reads
- Dec 7 - Story Time with a Naturalist
- Dec 9 - Homeschool: Homes & Habitats
- Dec 14 - Drop-In Family Fun Kitchen Science
- Dec 16 - Little Sprouts: Snow Fun
- Dec 18 - Lunch & Learn: Dragonflies
- Dec 21 - Winter Solstice Celebration**
- Dec 28 - Story Time: Orwin, the Painted Turtle
- Dec 28 - Little Sprouts: Play Time

NOVEMBER

- Nov 2 - Birds & Bagels
- Nov 2 - Story Time: Turkey Time
- Nov 2 - Sweet Reads Book Club
- Nov 4 - Little Sprouts: Rocks Rock!
- Nov 9 - Nature Art Fair**
- Nov 11 - Homeschool: Geology Rocks
- Nov 16 - Story Time: Rocks Rock & Little Sprouts
- Nov 18 - Little Sprouts: Clouds & Weather
- Nov 20 - Lunch & Learn: All About Bees
- Nov 23 - Drop-In Family Nature Art

SAVE THE DATE

OCTOBER 26

Bats, Bones & Bonfires

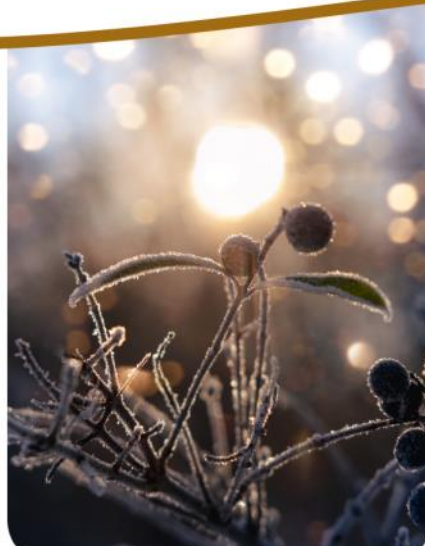


NOVEMBER 8

Registration for Maple Syrup Fun Run Opens!

JANUARY 10

Member Registration for Summer Camps Opens!



River Bend Nature Center

1000 Rustad Rd - PO Box 186
Faribault, MN 55021

Trail Hours: Everyday 6 am - 10 pm

Building Hours: Mon 8 am-7 pm,
Tues-Fri 8 am - 4 pm, Saturdays 10 am - 2 pm

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Quanda Arch, Outdoor Diversity Initiatives

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Dan Heinen, Caitlin Juvland,

Andrew Flicek, Evelyn Rosas, Nick Smoczyk

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BATS, BONES & BONFIRES

Saturday, October 26 | 2-5 PM

Fun for the whole family!

\$10/ Member Family . \$15/ Non-member Family

HAUNTED TRAIL

Saturday, October 26 | 6:30-9 PM

In Partnership with Discovery School!

PG-13; Not recommended for children

\$5/person . \$2 if you attended BBB

Thank You Sponsors!



Director's Desk

Brad Bourn, Executive Director

Things are Coming to Fruition

River Bend has been so bustling with activity for the last several months that it's been hard to find just a few minutes to sit down and write to you all about everything that's happening. I hope our fall newsletter serves as a reminder of all the great work that you're a part of as a River Bend member and also encourages you to get more involved in nature this winter.

The last several weeks have seen so much of the work we've been planning over the past two years begin to come to fruition.

Over the summer months, Somali and Latinx youth rolled up their sleeves and cleared acres of River Bend habitat from invasive species like dames rocket and garlic mustard as part of our new Outdoor Diversity Initiative geared to cultivate a new generation of environmental stewards in underrepresented communities. This work was quickly noticed by both the State of Minnesota and the U of M and both entities have awarded us over \$800,000 over the next 2-3 years to continue and expand this work! You'll read a bit more about this work from our new Associate Director of Outdoor Diversity Initiatives, Quanda Arch, in this and future newsletters.

Meanwhile, we've started smiling just a bit more at every sunrise with the installation of our new 26 kw solar panel installation on the roof of the interpretive center. This project, funded in part by the City of Faribault, memorial donations, and incentives through the recent Inflation Reduction Act will now generate approximately 120% of River Bend's annual electricity use. Moving into the future, we'll both generate clean energy for the community while being able to redirect funds that were previously spent on utilities towards environmental stewardship and education projects.

Slowly and surely, we've begun transitioning and renewing interpretive displays at the nature center. You'll read more about our interpretive planning process and ways you can share your input from Molly Dulka,

Associate Director of Programs and Engagement later in this newsletter. In the meantime you'll soon be able to see a few new interpretive displays pop up in the building thanks to the efforts of volunteers!

There's so much more that I'm excited to tell you but I only have so many column inches in this article so please stay tuned for more!

I also wanted to say a heartfelt thank you to our members and donors who continue to invest so much in our work. The successes you'll read about in the following pages are because of your investments and couldn't be done without you. Thank you to everyone who helped us meet our summer fundraising goals at our annual Ramble fundraiser and thank you to everyone who's planning on helping us meet our Give to the Max Day on November 21st or planning an end of year contribution to River Bend. These investments help ensure that we're able to continue to inspire curiosity, respect, and care for nature.



Solar Panel Array installed at River Bend, September 2024

Conservation Corner

Brittany Smith, Associate Director of Environmental Stewardship

With the changing of the seasons, you will see some new faces around River Bend. River Bend is hosting five Climate Impact Corps members for the 2024/2025 service term. These members will serve in a multitude of roles as environmental educators and land stewards.



**Back row left to right: Andrew, Nick, Dan
Front row left to right: Evelyn, Caitlin**

Andrew Flicek's...

Favorite hobby: Playing guitar

Favorite book: All The Pretty Horses, by Cormac McCarthy

What do you hope to gain from your service: I hope to gain insight on what I would like to go to college for.

Nick Smoczyk's...

Favorite Hobby: Hiking

Favorite Book: Braiding Sweetgrass by Robin Wall Kimerer

What do you hope to gain from your year of service: I want to learn what day to day conservation work looks like and figure out what part of the environmental field I want to pursue.

Dan Heinen's...

Favorite hobbies: Hiking, reading, and writing

Favorite book: All Quiet on the Western Front by Erich Maria Remarque

What do you hope to gain from your year of service: From this year of service, I hope to gain a network within the conservation community. I would like to get a sense of the professionals who work in Minnesota conservation and begin to plan for a career that involves conservation.

Evelyn Rosas's...

Favorite Hobby: Hiking and finding new trails

Favorite Book: The Girls in the Snow by Stacy Green

What do you hope to gain from your year of service: I hope to gain a deeper understanding of our local ecosystem and how to better serve it.

Caitlin Juvland's...

Favorite Hobby: Roller Skating

Favorite Book: The Age of Magical Overthinking: Notes on Modern Irrationality by Amanda Montell

What do you hope to gain from your year of service: I am hoping to incorporate more elements of the natural world into my storytelling.

As we pass through fall and round the corner into winter, ski season will be in full swing. River Bend has seven miles of groomed cross country ski trails that are made possible through the hard work and dedication of volunteers. If you are interested in becoming part of the ski grooming team please reach out. Volunteers must be willing and able to help with the fall prep work (clearing trails, cutting back brush, equipment maintenance), grooming after snowfalls and as needed, as well as end of season clean up and equipment maintenance.

River Bend's cross country ski trails are also part of the Grant-in-Aid program through the MN Department of Natural Resources, which means a MN Ski Pass is REQUIRED to ski the trails. Passes can be purchased through the MN DNR website or and participating gas stations and bait shops where hunting and fishing licenses are sold. River Bend DOES NOT SELL SKI PASSES.

Thank you for your continued support of River Bend Nature Center!

Programs & Engagement

Molly Dulka, Associate Director of Programs & Engagement

Fall programs at River Bend are in full swing! With the cooling of the weather, we get the chance to welcome school groups back on field trips to learn about water quality, how seeds move, and how humans are animals too. There is a more familiar pace of groups coming out to the nature center. Eager and excited faces rush into



the nature center ready to learn. We are excited to continue to provide environmental education opportunities to Faribault schools, Northfield schools and all of Rice County. We are also happy that we continue to reach new schools from surrounding areas. If you know a school teacher interested in outdoor education field trips, please let them know we are available and are booking for the full school year. Please email education@rbnc.org if you're interested.

On the weekends we have programming for all ages, from story time geared towards young children and scout badge days, to book club for adults there are programs for everyone to enjoy at River Bend. Even if you don't attend programs you can enjoy the trails by biking, hiking, or trail running. Enjoy the autumn by watching the leaves change colors and birds migrating south. To see all of our programs and to register, visit rbnc.org/upcoming-programs. There is a track chair available for use free of charge for those with limited mobility to explore our trails. The chair can be reserved for 2 hours Monday 8:30-7pm, Tuesday through Friday starting at 8:30am-4pm. Saturdays the chair can be

reserved 10am-12pm, and 12pm-2pm. For more information and to reserve the chair please visit rbnc.org/accessibility

Welcome Quanda Arch!

River Bend Nature Center is pleased to welcome Quanda Arch as our new Associate Director of Outdoor Diversity Initiatives. Quanda will be leading River Bend's Outdoor Diversity Initiatives to build meaningful, lifelong, connections to



nature for BIPOC, immigrant and traditionally underrepresented communities. Our Outdoor Diversity Initiatives are supported by a coalition of local, state and national organizations and are longitudinally focused on increasing representation in natural resource based careers, outdoor recreation engagement, and creating welcoming nature environments for people from all walks of life and all corners of the globe.

Arch comes to River Bend with more than a decade of professional experience working in BIPOC and traditionally marginalized communities to connect people with the resources and opportunities they need to live their lives to their greatest potential. Some of her most recent and relevant experience includes serving as a STEM (Science, Technology, Engineering, and Math) Senior Program Manager for the Science Museum of Minnesota, Career Pathways Program Manager for HIREd - one of Minnesota's largest employment and career services organizations, and was an inaugural leader in the establishment of the Minneapolis Northside STEM District - a multi-jurisdictional service collaborative designed to help close academic and career achievement gaps in Minneapolis between whites and people of color.

Matt Johnson, Environmental Stewardship Coordinator

A Monarch's Incredible Migration

Watching as a cluster of monarch butterflies jostle for a spot on a late blooming prairie wildflower, is one of the more captivating scenes of fall. They aren't doing anything unusual, simply visiting a flower in search of nectar. Yet, there is a frantic pace that tells us that these butterflies are destined for a great journey. This last late summer hatch of monarchs, known as the "super generation" will live significantly longer than previous generations and embark on an amazing migration of thousands of miles to their wintering grounds in Mexico. So what makes these butterflies capable of such a journey?

The first thing to know is that the monarchs that begin arriving in Minnesota in early summer, are not the same butterflies that departed from Mexico. It takes several generations to reach this far north, with each only living around a month or so. This is why a significant weather event to our south can have a dramatic effect on the annual population we observe. Once arrived locally, several more generations are born throughout the summer until finally the "super generation" is born. These are the monarchs that will make the trip to overwinter all the way down in Mexico.

Considering that they've just been born, it's hard to understand how these monarchs can find their way back to somewhere they've never been. So how do they do it? There are many theories as to how they accomplish this. Most agree that it is likely a combination of factors including the earth's magnetic fields, sun angle,

landmarks, and even chemical signals. Many studies focus on this topic and it's likely that we will continue to learn more about this incredible migration.

In order to make this long migration, something must happen physiologically to "super generation" monarchs. Since their only goal is to make it back to wintering grounds, these butterflies go into something called a reproductive diapause. This means that instead of using energy to reach maturity and reproduce, this process is delayed. Only when they begin their journey back northward the following spring, will they be capable of laying eggs. Stored lipids, carbohydrates, and proteins are instead used for flight and overwintering. While overwintering, monarchs are also exposed to colder temperatures, which helps to lengthen their life. Colder temperatures are known to decrease metabolism rates which ultimately help to conserve energy. Once at their wintering grounds, monarchs are often seen in this state, as they gather in large groups high up in the trees.

Monarch butterflies have one of the most impressive life cycles in all the natural world. Their journey is filled with awe and wonder. Unfortunately, monarch populations have declined dramatically in recent decades due to pesticide use and habitat loss. If you wish to help assist them in their recovery, consider helping promote good conservation practices. This includes restoring habitat by adding more native plants and reducing or eliminating the use of insecticides.



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Faribo Sno-Go Club . Frandsen Bank & Trust . Glenn's Service & Towing . HomeTown Credit Union
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



River Bend
NATURE CENTER

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Faribault, MN
55021
507.332.7151
www.rbnc.org

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Save the Date!

give TO THE **MAX** 
Nov. 21, 2024

Registration is now open!



**MAPLE SYRUP
FUN RUN**

Pancake Breakfast

May 3, 2025 . Faribault, Minnesota

One Mile, 5K, 10K, 25K, 50K

Chip timing by Anderson Race Management!

Early Bird Registration Ends March 31st!

Register at www.rbnc.org/fun-run

