

Spring

March, April, May

2010

Education Center

7:45 a.m. to 4:30 p.m.

Monday - Friday

9:00 am until noon

Saturdays

Closed Sundays

Hiking Trails

6:00 a.m. to 8:00 p.m.

daily

Phone

(414) 527-0232

(414) 527-0761 (fax)

Address

6141 N. Hopkins St.

Milwaukee, WI 53209

1 block west of Sherman

Blvd. on Douglas Ave.

Website

friendsofhavenwoods.org

Havenwoods

Environmental Awareness Center

Havenwoods Spotlight

Get Outdoors! Wisconsin

In 2009, the Wisconsin State Parks System started a new initiative aimed at getting children and families to spend more time outdoors with nature. It's called Get Outdoors! Wisconsin. This initiative aims to address a growing problem that author Richard Louv coined the "nature deficit disorder".



Why Get Outdoors?

- Kids today spend an average of 6.5 hours per day with television, computers, and video games. In fact, a child is 6 times more likely to play a video game than to ride a bike.
- Childhood obesity rates for children ages 6 - 11 have risen 4-fold since 1971.
- The number of kids on prescription medication to treat Attention Deficit Hyperactivity Disorder (ADHD) has increased 100-fold in less than 50 years.

Nature is good for kids

- Children who interact regularly with nature have better cognitive and creative skills and a better ability to deal with stress.
- Regular experiences in nature may alleviate ADHD symptoms and reduce the need for medication.
- Kids who spend time outdoors tend to show improved test scores.
- Kids who grow up connected to nature are good for the environment. They develop positive behaviors toward the environment and tend to become life-long supporters of the environment and the conservation of nature.

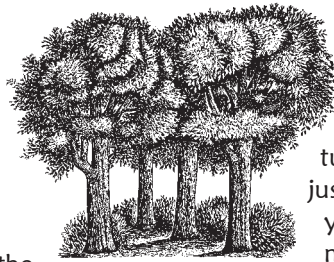
Exploring Nature in the City

Importance of Playing in Nature by Sue Johansen, Educator

Do you remember when you were a child and what you did on a warm summer evening? Did you sit inside watching television? Or, did you play outside, climbing trees, riding your bike, or catching fireflies? You probably spent most of the summer playing outside with kids in your neighborhood and staying out until it was too dark to see. Unfortunately, kids today aren't having the same outdoor experiences as we did as children. They aren't catching fireflies. They aren't making mud pies. They aren't exploring wild places. Their lives are structured and filled with classes and activities, televisions, X-boxes, computers, and iPods.

To give children opportunities to play outside, many nature centers are starting to create outdoor areas for kids to do just that – play. These “nature free play” areas are places where kids can explore and manipulate the natural world inside the area. At most nature centers you need to stay on the trails, leave the sticks where they have fallen, and leave the rocks unturned and in place. But, a nature free play area gives kids a place where it is OK to move a pile of rocks from one place to another, where it is OK for kids to make a fort out of branches and sticks. A place where a child's sense of discovery, dramatic, pretend play, and imagination is stimulated.

What makes these natural free play areas so different from playing on a playground, with jungle-gyms or concrete animal shapes, is that natural play areas lack structure and the play the natural world creates is open-ended. There isn't only one use for anything found in a natural place. Nature has a lot of “loose parts”, like sand or water, which gives kids infinite play possibilities. The total lack of structure allows kids to make whatever is there into something



creative and imaginative. Nature provides high levels of complexity and variety that permit longer and more complex play than what playground equipment does. Let's face it – a concrete turtle found on a playground is just that, a concrete turtle. Once you've climbed on it, there's not much else you can do with it. All of the manufactured equipment cannot substitute the hands-on experiences kids have when they play in nature. Playground equipment cannot create the same sensory moments that a child has when playing in a natural place. (from *Children's Outdoor Play and Learning Environments: Returning to Nature*).

I feel fortunate that, as a child, I got to play outside a lot. I still like to play outside, which is probably why I am in the job I am. I still like to get my hands dirty in the mud. I still like to watch ants crawl around to see what they are doing. I still am fascinated watching a cicada hatching out of its pubescent shell to become an adult. And, I still like showing kids who come on field trips to Havenwoods these natural “wonders”. It's a kick watching kids who are surrounded by concrete and mowed lawns take time to explore on their own. We are hoping at Havenwoods to give kids more chances to explore and play in nature with some our upcoming summer Saturday programs. Weather permitting, these programs will be held outside and give kids a chance to explore nature on their own. Who knows, if that goes well, maybe we can create a whole new area that kids can play, move, manipulate, and imagine in. And it wouldn't have any concrete turtles.

Join us for spring programs!

Registration is required only where indicated in program descriptions. Admission to all programs is free unless otherwise noted.

Special Events

High-tech Treasure Hunting for Families

April 17, 10:00 – 11:30 am (Sat.)

Explore parks, solve riddles, find treasures! Geocaching is a great outdoor activity for families. You and your family can learn the basics of how to use a GPS unit to find hidden caches at Havenwoods. We will have GPS units to borrow, but you may bring your own unit. Dress for an outdoor adventure!

Spring NatureFest - Earth Day Celebration

April 24, 10:00 – 3:00 pm (Sat.)

Join us in celebrating life on this great planet! Participants will be able to plant trees, learn about “green” living, go on an eco-scamenger hunt, and make crafts from recycled materials. Enjoy some Earth Day/ Birthday cake to help us observe 30 years of Havenwoods sharing nature in the city. This festival is for all ages.



Great American Clean-up

April 24, 9:00 am – 12:00 noon (Sat.)

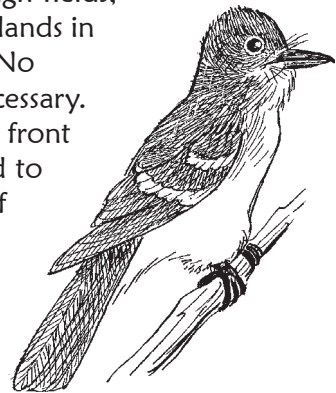
Be a part of the largest annual community involvement program! Garbage bags will be provided to groups and individuals who help clean up Havenwoods or an area in their neighborhood. Registered volunteers will receive gift certificates from local sponsors. For more information, visit www.kgmb.org or call 414-272-5462.

Adult Opportunities

Havenwoods Birding Walks

Every Wednesday 8:00 – 9:30 am
(starting in April)

Join the Havenwoods Birding Group for our weekly birding walks. We'll hike through fields, forests, and wetlands in search of birds. No experience is necessary. Please ask at the front desk if you need to borrow a pair of binoculars.



Adult Opportunities Cont.

Rain Garden Workshop

April 17 & May 15, 9:00 – 11:00 am (Sat.)

Cost: \$8 for first person in household, \$3 for each additional person

In this 2-part workshop, learn how you can create a beautiful yard with native perennial plants while you help to reduce rainwater runoff.

Session 1 – Indoors (April 17)

Discover the value of rain gardens and rain barrels. Learn about site-specific rain garden design and construction. Find out what plants will thrive in rain gardens.

Session 2 – Indoors and out (May 15)

Visit Havenwoods' rain garden. Learn to recognize common garden weeds.

Instructor: Sharon Morrissey (Milwaukee County UW-Extension Consumer Horticulturist)

Sign-up: Send name, address, contact information, and check to: UWEX Rain Garden Workshop, Milwaukee County Cooperative Extension, 9501 West Watertown Plank Road, Wauwatosa 53226 - (414) 256-4600

Instructor: Sharon Morrissey (Milwaukee County UW-Extension Consumer Horticulturist)

Where: Havenwoods State Forest

Weave with Willow

March 27, 9:00 – 12 noon (Sat.)

Cost: \$7 per person

Join us for a relaxing morning of weaving, and make 1 or 2 small plant

cages for your garden. We'll use willow that grew at Havenwoods to create these rustic plant supports. Your finished cages will support long-stemmed flowers or small vining plants. This class is for adults only. Cost: \$7. Register and pay by Friday, March 19. Make checks payable to Friends of Havenwoods.

Geocaching for Newbies

April 17, 1:00 – 2:30 pm (Sat.)

Are you looking for a new way to relax, enjoy the outdoors, visit interesting destinations, and spend time with your friends and family? Geocaching is a high tech treasure hunt that uses GPS units, maps, and clues to locate hidden caches all over the world. Adults and children over 16 are invited to learn how to use a GPS unit to find several caches at Havenwoods. We will have units to borrow, but you may bring your own GPS unit if you have one. Dress to be outdoors.

Spring Nature Hike

May 22, 9:00 – 11:00 am (Sat.)

This low-impact hike will take us through Havenwoods to see what is happening in nature. We'll take time to enjoy the beauty of spring while we look for spring flowers and birds. This hike is for adults. Dress for the weather and wear comfortable walking shoes.

Family Hikes

Spend an hour on a family-friendly hike. We'll use magnifiers, binoculars, and super-duper outdoor lookers to spend the morning in nature.

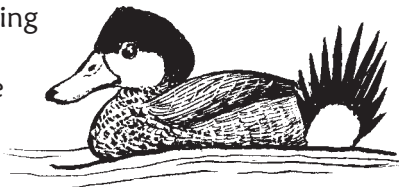


Duck Walk

March 6, 10:30 – 11:30 am (Sat.)

We'll hike to the ponds to check out the ducks and geese that are starting to migrate north for the season.

Wear shoes or boots that can get wet!



It's Spring!

April 3, 10:30 – 11:30 am (Sat.)

After a long winter its great to get out and check out spring! Wear shoes or boots that can get wet.

House Hunting

May 1, 10:30 – 11:30 am (Sat.)

Who lives underground?
In a tree? In logs?
We'll find the answers and more on an animal homes hike.



How well do you know . . .

Nature? Try nature journaling to help you learn more.

A nature journal is a place to grow your thoughts, feelings, ideas, activities, observations, and relationship with the natural world.

Your nature journal can be . . .

- pictures you draw of things you see
- poetry about your favorite places
- records of the birds you see at your feeder every day or week

Your journal can even be a combination of all of these things - it's whatever you want it to be.

For a simple nature journal to get you started, stop in at Havenwoods and ask for one. You can also visit the following website for ideas on how to make your own.

<www.sierraclub.org/education/nature_journal.asp>

<smithsonianeducation.org/educators/lesson_plans/journals/smithsonian_siyc_fall06.pdf>



Discovery Saturdays

Activities for Everyone!

Just drop in the building anytime between 9:00 am and noon to participate in the fun.

Come Fly a Kite

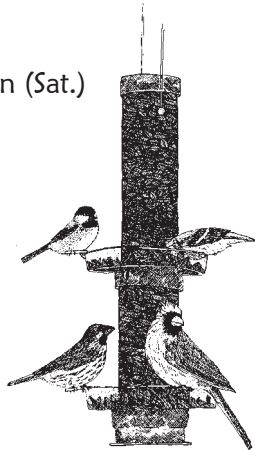
March 13, 9:00 - 12:00 noon (Sat.)

The winds are blowing, making it perfect kite weather. Make a simple kite inside, and then head outside to fly it.

Feeder Fun

April 10, 9:00 - 12:00 noon (Sat.)

The birds are starting to migrate back, and now is a perfect time to make some simple bird feeders for your backyard. All materials and tools will be provided.



Create Bubbles

May 8, 9:00 - 12:00 noon (Sat.)

Get playful with bubbles on a warm summer day. Stop inside to make your own bubble wand, grab some bubble soap, then head outside to experiment with bubbles.

1 wild
Saturday
morning

You and your family or youth group can drop in between 9 am and noon to play games, create crafts, and discover cool stuff!

Salamanders

March 20, 9:00 - 12:00 noon (Sat.)

Salamanders are secretive animals that live in forest and wetlands. Drop in and play a migration game, make a salamander to take home, and much more.



Celebrate the Earth

April 17, 9:00 - 12:00 noon (Sat.)

Come celebrate the earth! Drop in to plant some trees, make some recycled crafts, learn how to help the earth, and much more!

Fabulous Fish

May 15, 9:00 - 12:00 noon (Sat.)

Fish are very different from people, and that's what makes them so interesting! Drop in and learn about a variety of Wisconsin fish, do some indoor fishing, make fish prints, and much more.



Preschool Storytimes

These programs are for preschoolers, **ages 3-5**, and their parents, grandparents, or other adult. They are not for day care centers or organizations.

Animal Babies

March 9, 9:30 – 10:30 am (Tues.)

Some baby animals don't look anything like their parents! We'll explore the different ways that animals grow up.



Robins' Nests

March 23, 9:30 – 10:30 am (Tues.)

Robins are coming back and getting ready to raise their families. Find out how you can help them as they build their nests!



Spring Showers

April 6, 9:30 – 10:30 am (Tues.)

We'll enjoy the raindrops and find out how spring showers help plants and animals.

Recycled Art

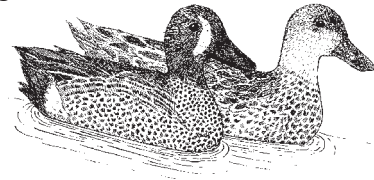
April 20, 9:30 – 10:30 am (Tues.)

Join us as we use leftovers and throw-aways to create art projects. If you can, bring a few old crayon stubs.

Duck, Duck, Quack

May 4, 9:30 – 10:30 am (Tues.)

Have you seen any baby ducks in your neighborhood? Join us to learn how web-footed waddlers grow up.



Bird Songs

May 18, 9:30 – 10:30 am (Tues.)

Come listen to the birds and find out what they might be "talking" about!

Did you know . . .

the difference between a bird's call and its song? A bird call is simple and short and used as a warning or to defend territory. A song tends to be long and complex and used for courtship. Typically, only a male sings songs, but both males and females make calls.

Backyard Naturalist

You can enjoy nature right out your back door, from your living room window, and even in your kitchen! These ideas are for all of us, both young and young at heart.

Shake a Bush

Is there anything living in the bushes in your backyard or in a nearby park?

What You Need:

- White or light-colored sheet or cloth
- Clear plastic containers
- Magnifying lenses (optional)

What to Do:

1. Lay the sheet on the ground under a bush or over-hanging vegetation.
2. Carefully shake the vegetation or gently tap it with a stick. The small invertebrates (mostly insects) will fall onto the sheet where they can easily be observed.

You can carefully scoop these mini-critters into clear plastic containers for more close-up observation. If you have them, use magnifying lenses to get a really close-up look.

3. Make some observations. Here are some examples:
 - a. How many kinds of animals do you see?
 - b. Do they hop, crawl, or fly?
 - c. How many different colors, legs, antennae, or wings can you see on the sheet?
4. When you are done with your observations, gently shake the sheet so the animals can return to their homes.

- from the Take a Child Outside website,
<www.takeachildoutside.org>



Spider Shine: Sapphires and Emeralds of the Night

Did you know that a spider's eyes can shine blue and green at night?

What You Need:

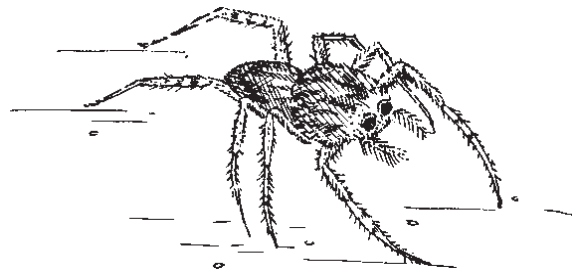
- A flashlight

What to Do:

1. Head outside on a summer or fall night with your flashlight.
2. Shine your flashlight on the ground and look for tiny sparkles of blue or green light.
3. Keep the flashlight fixed on the sparkle of color and carefully walk closer. You should find a small, harmless ground-hunting spider; most likely a wolf spider.

The sparkle you see is the light reflecting off the spider's eyes. Spiders have 6 to 8 eyes.

4. How many different spiders can you find?
 - from the Take a Child Outside website,
<www.takeachildoutside.org>



Havenwoods Bits & Pieces

- Help us reduce costs - get the newsletter  by email: Please help us reduce our postage and mailing costs by signing up to receive the newsletter by email. To sign up, please call Havenwoods (414-527-0232) or email SusanA.Johansen@wi.gov. If you are already on the mailing list and would like to be taken off, please let us know by calling or emailing. Thank you!

- **Deer management efforts:** In January, our deer management efforts reduced the population by 13 deer. Please call if you have any questions.

- **Prairie burn:** The DNR wildlife staff and Havenwoods are planning to conduct a prescribed burn on the property this spring. Prescribed burns encourage the growth of native plants and help us with the control of invasive plants.

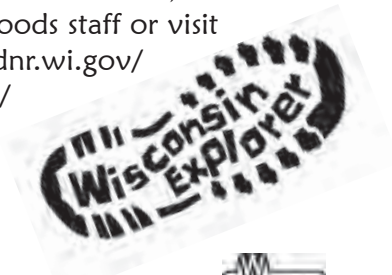


- 2010 Wisconsin Explorer books will soon be here: This year, kids all over Wisconsin will be “Exploring the Extremes” at parks, forests, trails, and recreation areas. Just stop by Havenwoods or any other State Park to pick up the new 2010 *Wisconsin Explorers* booklet, a publication of the Wisconsin State Park System. Inside, you will find nature activities, scavenger hunts, games, hikes, and crafts that will help you and your family explore Wisconsin’s natural resources.

Complete the requirements listed in the booklet, and you’ll earn a collectable state symbol patch. For 2010, the patches are:

- Honeybee (ages 3-5)
- White-tailed deer (ages 6-8)
- American badger (ages 9+)

For more information, ask the Havenwoods staff or visit www.dnr.wi.gov/org/land/parks/interp/we



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March

Havenwoods Opportunities

March 6 - Saturday

Family Hike - Duck Walk
10:30 - 11:30 am

March 9 - Tuesday

Preschool Storytime (3-5 yr.) - Animal Babies
9:30 - 10:30 am

March 13 - Saturday

Discovery Saturday Drop-in - Come Fly a Kite
9:00 - 12:00 noon

March 19 - Friday

Willow Workshop Registrations Due

March 20 - Saturday

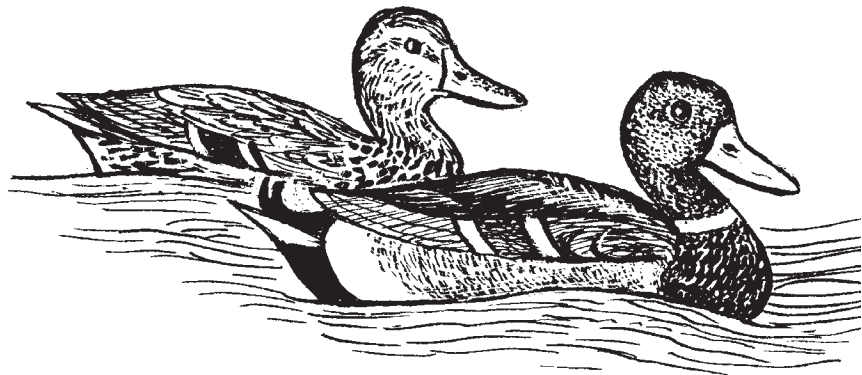
One Wild Saturday Morning Drop-in - Salamanders
9:00 - 12:00 noon

March 23 - Tuesday

Preschool Storytime (3-5 yr.) - Robin's Nests
9:30 - 10:30 am

March 27 - Saturday

Adult Opportunity - Weave With Willow
9:00 - 12:00 noon



April

Havenwoods Opportunities

April 7, 14, 21, 28 - Wednesdays

Havenwoods Bird Watching Walks - Adults
8:00 - 9:30 am

April 3 - Saturday

Family Hike - It's Spring
10:30 - 11:30 am

April 6 - Tuesday

Preschool Storytime (3-5 yr.) - Spring Showers
9:30 - 10:30 am

April 9 - Friday

Rain Garden Workshop Registrations Due

April 10 - Saturday

Discovery Saturday Drop-in - Feeder Fun
10:00 am - 12:00 noon

April 17 - Saturday

One Wild Saturday Morning Drop-in - Celebrate the Earth
9:00 - 12:00 noon

Special Event - Rain Garden Workshop Part 1
9:00 - 11:00 am

Special Event - High-tech Treasure Hunt for Families
10:00 - 11:30 am

Adult Opportunity - Geocaching for Newbies
1:00 - 2:30 pm

April 20 - Tuesday

Preschool Storytime (3-5 yr.) - Recycled Art
9:30 - 10:30 am

April 24 - Saturday

Special Event - Spring NatureFest - Earth Day Celebration
10:00 - 3:00 pm

Special Event - Great American Clean-up
9:00 - 12:00 noon

May

Havenwoods Opportunities

May 5, 12, 19, 26 - Wednesdays

Havenwoods Bird Watching Walks - Adults
8:00 - 9:30 am

May 1 - Saturday

Family Hike - House Hunting
10:30 - 11:30 am

May 4 - Tuesday

Preschool Storytime (3-5 yr.) - Duck, Duck, Quack
9:30 - 10:30 am

May 8 - Saturday

Discovery Saturday Drop-in - Create Bubbles
9:00 - 12:00 noon

May 15 - Saturday

One Wild Saturday Morning Drop-in - Fabulous Fish
9:00 am - 12:00 noon
Special Event - Rain Garden Workshop Part 2
9:00 - 11:00 am

May 18 - Tuesday

**Preschool Storytime (3-5 yr.) -
Bird Songs**
9:30 - 10:30 am

May 22 - Saturday

**Adult Opportunity - Spring
Nature Hike**
9:00 - 11:00 am

