

Restoring Craftsbury Preserve

by Peggy Simonsen

Over the years, Citizens for Conservation has restored two major preserves we own, from farm fields to award-winning prairie and savanna. Grigsby Prairie is 45 acres and Flint Creek Savanna, our largest preserve, has grown with additions to 160 acres. This year we are making a major effort to restore another large, formerly farmed property, Craftsbury Preserve. We have received a restoration grant from the Illinois Clean Energy Community Foundation (ICECF) to fund this intensive work.

Craftsbury Preserve is 22 acres of upland, prairie and wetland in Cuba Township, generously donated to CFC by Art Rice III, Carol Bowditch and Emily Douglass. Formerly part of the Rice family farm, the property has not been farmed in many years and has been invaded by buckthorn, reed canary grass, teasel, purple loosestrife and Canada thistle.

CFC restoration director, Jim Vanderpoel, and restoration manager, Kevin Scheiwiller, have identified small populations of valuable remnant native plants on the property, including stiff gentian, tufted loosestrife and marsh marigolds, that will benefit from removal of the buckthorn and other invasive plants. CFC will implement a long-term restoration plan, plant local native beneficial plants to prevent return of the invasive species, and create a quality habitat for birds, pollinators and animals.

We will continue the restoration of the first five acres already cleared of buckthorn. The ICECF grant



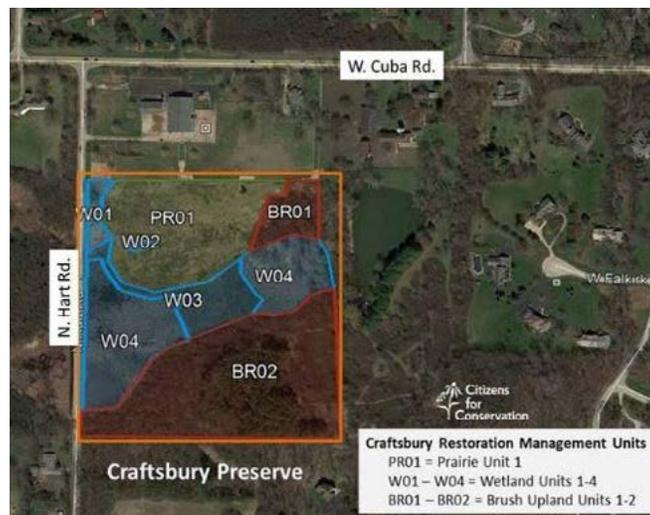
will fund contractors to cut and herbicide an additional five acres of buckthorn followed by continuing restoration, seed sowing and management by CFC's dedicated volunteers. It will also include the creation of a small parking area on the property and a path for visitors to see the results

of the work. The grant has also funded a brushcutter to allow significant follow-up work.

A major requirement of the grant is to attract new donations of \$7,000, to be matched 3:1 with \$21,000 from ICECF. We launched a fundraising effort in July, resulting in over \$16,000 in donations to date! We thank all of you who have generously contributed to this exciting new initiative. The additional donations, beyond the \$7,000 required for the 3:1 matching grant, will also be used for on-going restoration of Craftsbury.

In addition, the grant will pay \$4,000 for 400 hours of volunteer time over the 18 months of the grant period. We have a tremendous cadre of skilled volunteers to do the detailed

restoration work. CFC's expertise and experience in successful restoration projects are proven by our award-winning preserves. We invite you to join us in our restoration efforts! If you are new to this work, please come and learn from our experienced leaders and volunteers. If you are an experienced volunteer yourself, here is a new opportunity to contribute from the beginning of a new venture! See citizensforconservation.org for a schedule of planned work at Craftsbury.



Map of Craftsbury Preserve.

(continued)

Restoring Craftsbury Preserve *(continued)*

CFC's restoration plan for Craftsbury includes seeding a custom mix of high-quality prairie plants in the area cleared by contractors, establishing a fire regime to breathe life into the prairie and wetland plants still holding on, additional removal of buckthorn and weedy tree species south of the main wetland, and selective control of invasive weeds.

We look forward to another successful large-scale restoration. These initial 18 months are only the beginning of a major commitment for years to come. We know by experience that restorations are not static; they are never complete, but require continuing attention. We also know that some rare birds, such as bobolinks, require large tracts of good habitat which our Craftsbury Preserve will become. This project is a large and important initiative to create another beautiful, viable habitat in the Barrington area!

Restoration Report

Grigsby Prairie protection barrier

In June 2018, CFC installed a protective barrier around Grigsby Prairie. In the last newsletter, we explained that the barrier protects rare plants, which serve as habitat for rare animals, from deer browsing and trespassing ATV traffic. CFC collects seeds of these well-established prairie and savanna plants to restock nature preserves in both the Cook County and Lake County forest preserve systems and at other preserves. The early returns are in and we are optimistic that our protection strategy has been a success.

The first observation is that the protective barrier works. We have monitored the preserve on a weekly basis for the last three months and we have noted a total cessation of browsing since the protective barrier was closed. The first flower display to benefit was showy tick trefoil, a very colorful pink flower that set up what promised to be a spectacular show. Unfortunately, most of the flowers were decimated by Japanese beetles, an invasive pest that had a blowout year this year and which loves to eat the flowers of members of the pea family. The drought of July and early August finished off what had appeared to be a record crop of this important contributor to the mesic prairie seed mix. Another disappointing flop was Michigan lily, which suffers from deer browse more than any other species. This time our colony sent up no flowers! What a fluke that the first time the stand was protected, it did not bloom. These two mishaps just prove how frustrating ecological restoration can be.

There was some great news though. The Canadian milk vetch had been one of our most precarious restoration reintroductions—on all of our preserves we had just two small colonies. Each year we sprayed with deer repellent and let the plants self sow; slowly the colonies increased; in the last

two years, we actually collected a little seed. This year the protection paid off big time. One colony exploded and had at least fifty times more flowers than it ever had. We will harvest a hundred times more seed than we ever have before. This is especially important because both of our wild sources for this plant have been exterminated.

There is other exciting evidence that the enclosure is working. Our cream gentian is having a record year with hundreds of specimens adding a contrast of its unusual creamy hue to the dominant gold and yellow of the late August prairie. This bodes well for its late flowering cousins the prairie, stiff and fringed gentians. We hope to pick huge amounts of these tiny seeds—again, these plants are crucial because there is no longer a viable remnant source for this great genus. Another pleasant surprise is the swamp lousewort—the deer mow this plant's flower stalks so mercilessly that I've never really considered it as part of the wet prairie floral peak. Again, we could use another bumper crop of this uncommon member of the snapdragon family. There are lots of new sedge marsh sites in the BGI area and we need a huge amount of wet prairie seed mix to flank the Ten Warriors of our sedge meadows.



Canadian milk vetch at Grigsby. Photo by Donna Bolzman.

This is why the protective barrier around Grigsby Prairie is so important. This preserve has the largest populations of many rare plants in the entire Barrington area. It will be twenty years before other restorations will be able to produce surplus seed, so right now we must keep these beautiful wildflowers strong to supply the seed that one day will make all BGI preserves serve as models for a healthy planet.

— Jim Vanderpoel

Welcome New Members!

Paige Bowman
Connie Curto
The Fogel Family
Aaron and Debra Krause
Mr. and Mrs. George Motto
JoAnne Tierney Nordli
Paul Pezalla

Notes from the Restoration Manager

The nights are getting cooler, the kids are back off to school, and the asters and goldenrods have started to add brilliant displays of yellow and purple to the prairies and woodlands, reminding us that summer is in fact coming to a close. What a year it has been! This class of interns went above and beyond any expectations and worked incredibly hard all summer, and even seemed to enjoy the work. With their help and all the tireless volunteer hours, we were able to plant somewhere in the ballpark of 15,000 plants across CFC and the Barrington Greenway sites. Recent donations from the Lake County Forest Preserves and Cuba Township added an additional 3,500 plants for Grassy Lake and Flint Creek South, respectively.



Kevin Scheiwiller. Photo by Patty Barten.

Here at CFC we were able to reclaim a little over an acre back from reed canary grass. This may not sound like much, but there is now an area about the size of a football field full of deep rooted wetland and prairie plants returning water to the aquifers and starting to rebuild the soil where the shallow rooted, invasive reed canary dominated for so long. Every bit counts in the battle to restore our wetlands and streambanks.

Our Craftsbury project is off to a great start. We have been able to really beat back on a lot of the buckthorn, thistle, purple loosestrife and teasel. Many conservative remnant species have been uncovered while working on the site such as cream gentian, violet wood sorrel and tufted loosestrife! A good sign that all of our work will pay off at this property.

Seed collecting season is now fully underway. Joint efforts between the Lake County Native Seed Nursery and CFC have allowed us to expand our seed collecting capabilities, while opening up new seed sources for the Barrington Greenway Initiative. September 9th marked the beginning of the Sunday seed collecting workdays from 3:30-5 p.m. Seed collecting is a great way to dive into restoration and to enjoy some camaraderie on the prairie. Come join us!

— Kevin Scheiwiller

Gail Vanderpoel retires from CFC board

by Patty Barten

Sometimes volunteers bring a truly magical talent to their role, providing positive impact that extends far beyond the immediate moment of personal direct contact. Such is the case with Gail Vanderpoel who intuitively shared her talent



Gail planting. Photo by Donna Bolzman.

for connecting with people along with her knowledge and dedication to nature. She was the head of CFC's extensive Youth Education programs, an organizer for key projects and a consistent restoration volunteer who always shared a smile and welcomed others. Gail retired from the CFC board of directors in August due to a personal move out of state. Gail's creativity in inspiring all ages to care about nature was amazing to witness. From preschoolers at summer camp to young adults at school classes to those at workdays, Gail connected with each level in a unique way. She invested her time and knowledge in hundreds of children to create the next generation of conservation stewards. She respectfully engaged adults and was as eager to learn from others as she was generous in sharing her knowledge.

Gail was also a tireless contributor on the CFC working board of directors. She regularly stepped up to organize annual projects like the July Fourth parade and multiple Earth Day events. Gail was a consistent volunteer at CFC workdays regardless of rain, shine or snow conditions. You could always count on her positive contribution when something needed to be accomplished.

From all the youth, adults, volunteers, community groups and CFC board members you have inspired – THANK YOU GAIL. You have enriched our lives, our community and our future. We will miss you.



Gail showing children monarch eggs. Photo by Maren Prokup.

CFC Fourth of July float wins the Spirit of Barrington Award

by Karen Rosene

The CFC float in Barrington's Fourth of July parade can only be described as spectacular and singular. Take a look at the photos and you will see why it won the Spirit of Barrington Award.



Jim Voris driving. Photo by Jim Root.

Volunteers spent long hours creating and building it. According to Larry Anglada, "Much of the responsibility for the excellence of our entry belongs to our student helpers lead by Maren Prokup and Claire Capra, the experience and guidance of Gail Vanderpoel, and the fabulous help and quirky vehicles supplied by Jim Voris, and, of course, all who turned out to march and represent CFC with such enthusiasm and camaraderie."



CFC at the parade. Photo by Jim Root.

Parade Committee: Larry Anglada, Patty Barten, Juli LaRocque, Kathleen Leitner, Karen Rosene, Gail Vanderpoel, Jim Voris, Mark Younger

Really fun comments by Jim Voris:

- Nature, and the CFC Stewards of Nature, carried the day!!!
- So gratifying to see/hear all the appreciation expressed by crowds of revelers along the parade route!

Notable quotes heard along the route:

- "Look at the size of that bug!" (That was no bug, that was a Monarch!)"
- "What is that brown thing?" (The old Jeep I presume?)
- "This thing is gonna overheat if we don't keep movin'! And so will I!" (The driver expressing concern.)
- "Where's your candy?" (Little guy with a clear focus on the significance of the Fourth of July!)

Congratulations to CFC's own Sam Oliver

by Patty Barten

Sam Oliver was recently honored for her service, and commitment to improving conservation efforts, in Illinois.



Sam Oliver with Wayne Rosenthal. Photo by Carol Nelson.

She was one of five inductees to the Illinois Outdoor Hall of Fame's Class of 2018.

Inductees were recognized during a presentation at Conservation World at the Illinois State Fair on August 18th and again at the Illinois Outdoor Hall of Fame Gala on September 21st in Springfield.

Sam has a rich history in Barrington's conservation community and years of contribution to CFC efforts. One of her nominators noted that "Sam Oliver is synonymous with conservation and volunteerism."

Congratulations to Sam for this honor and thank you from everyone in the greater Barrington area.

Fall plant sale a rousing success!

by Linda Krauss

Orders for the 22nd annual Fall Native Tree and Shrub Sale took place the last two weeks of August and were delivered September 15th. Twenty-eight species of native shrubs and thirty species of native trees were offered. In all, 245 woody plants were sold. The biggest sellers were grey dogwood (*Cornus racemosa*), black chokeberry (*Aronia melanocarpa*), bush honeysuckle (*Diervilla lonicera*), oakleaf hydrangea (*Hydrangea quercifolia*) and arrow wood viburnum (*Viburnum dentatum*).

The co-chairs of the fall sale are Linda Krauss and Barbara Overbey. We want to thank all those who volunteered to make this sale possible. Dave Underwood created the e-commerce website that was used to place and accept payment for all the orders. Sarah Hoban, Wayne Schild, Judy Springer and the mail ladies helped with marketing the sale. When the trucks pulled in with all the plants, Kevin Scheiwiller, Ralph Tarquino, Jerry Maynard, Juli LaRocque and Alicia Timm were there to help unload and get the plants sorted for pick up. On Saturday, Charlie Keppel, Alicia Timm and Dinnie Dickenson assisted customers with their plants and answered questions. We could not have done it without you!

We also want to thank our customers for shopping with CFC. The greatest reward for all the effort is knowing that there are 245 more natives in our area making this world a better place.

Ants - Learning leads to tolerance

by Peggy Simonsen

The most recent Community Education program “The Value of Ants” provided a fascinating look at ants, as well as their value to the environment and our yards. Dr. Sean Menke, Assistant Professor of Biology at Lake Forest College, taught us about the amazing world of ants and their essential functions in healthy ecosystems.

Some key lessons for most of us were:

- Ants make up the largest biomass in the world! Their sheer numbers, and existence in every environment and on every continent except Antarctica, surpass the biomass even of humans.
- 40% of the 137 species of ants in Illinois are found in McHenry County (where Dr. Menke has done research). There are probably 10-15 species in each yard here.
- Ants may provide the only new source of antibiotics; they eat a mold that has not become resistant in their bodies for millennia.
- Some species are being studied for use as paint luminescence.
- Ants are found in prairies, savannas, wetlands, urban environments, green roofs, highway median and parks. There even are “pavement ants.”
- Some ants nest underground, others in leaf litter.
- Carpenter ants eat only rotten wood. So if you have carpenter ants in your house, the real problem is rotting wood! They inhabit old oaks for example, feeding woodpeckers. (Only termites eat good wood.)
- Ants communicate chemically, allowing streams of them to find the same food source.

Around our homes, ants are most prevalent in spring and fall, moving up under pavers or the yard surface for warmth. In the summer, their nests are moved lower in the ground to be cooler.

Ants provide many benefits to the environment. They are indicators of climate change, with genera found farther north as areas warm. They provide much greater soil irrigation than earthworms. They are essential for plant propagation; up to 90% of native plants are propagated by ants. For example, they eat the elaiosome, the fatty attachment to the seed of plants like bloodroot, and then deposit the seed to germinate in a new spot. Most pertinent to people involved with restoration or habitat development, ants are an indicator of good restoration and good habitat. The greater the plant diversity, the more species of ants are found there.

There are no poisonous ants native to our area; most of our native species are providing ecosystem services. Dr. Menke advises not to spray to eradicate ants; that will only kill the worker ants. If you have ants in your house, ant traps provide protein and sugar that attracts ants that

Upcoming Events

Incredible Bats – October 9, 7 p.m., Barrington Area Library, 505 N. Northwest Highway

Barrington Greenway Initiative Explore and Restore Series

October 13, 9–11 a.m., Seed Collecting

November 17, 9–11 a.m., Seed Distribution

December 15, 9–11 a.m., Spring Lake Brushcutting

See CFC website (www.citizensforconservation.org) for details.

2019 Community Education Programs - Save the Date!

All programs are held at the Barrington Village Hall on Saturday mornings, starting at 9:30 a.m. for coffee and conversation; presentations begin at 10:00 a.m.

January 26 – Creating Healthy Habitat for *Bombus affinis*, the Rusty-Patched Bumble bee

February 16 – Habitat Makeover: Adding Value to Your Landscape

March 9 – Favorite Native Plants: Trees, Flowers and Grasses

April 13 – A Morning with Rachel Carson

then take it back to the nest to eliminate the queen and the nesting ants. However, the strong message is not to kill ants in your yard—they do no harm and in fact do a lot of good!

Dr. Menke provides photos of ant genera and resources on the college website: www.campus.lakeforest.edu/menke.



Aphaenogaster fulva with seed. Photo by Alexander Wild.

A new exciting milestone – thanks to YOU! Reintroduction of the smooth green snake

by Patty Barten

Thanks to dedicated volunteers, supporters and proven restoration expertise, CFC achieved an exciting milestone in July 2018 with the reintroduction of 22 smooth green snakes (*Opheodrys vernalis*) in our preserve. This priority species is an important “indicator species” previously native in our area but absent for decades due to habitat loss. The reintroduction is one of the Barrington Greenway Initiative goals and was achieved through partnership between CFC, Lake County Forest Preserves and the Chicago Academy of Sciences and its Peggy Notebaert Nature Museum (PNNM). This important reintroduction was only possible through pristine habitat provided by high quality restoration; sharing expertise and financial support; and volunteer dedication.



Smooth green snake. Photo courtesy of Lake County Forest Preserves.

Why is this tiny snake so important? – The smooth green snake is an “indicator or umbrella species” for grassland prairie conservation. The high quality habitat required to support these snakes will also support other species and improve the total ecosystem. In 2010, the state of Illinois labeled the smooth green snake as “in greatest need of conservation”.

The snake is small, harmless and looks identical to a blade of grass. It is only 14 to 20 inches long, no thicker than a pencil, bright green, always has a smile, and eats insects which can harm prairie and savanna ecosystems.

How were the snakes reintroduced? – CFC’s preserve became the first approved, privately-owned site in Illinois for reintroduction of this priority species. Site approval was granted after a full year of habitat monitoring which validated decades of CFC restoration work converting farm fields and buckthorn-choked lands back to quality native habitat. CFC also provided financial support for head starting the young snakes to increase their probability of initial survival, and volunteer support for the multi-week introduction and release process. Snakes were hatched from eggs and raised at PNNM.

They then were placed in special outdoor enclosures to acclimate to the natural habitat for several weeks before final release.



The snake enclosure. Photo by Patty Barten.

Who was involved?

– Smooth green snakes were identified by a coalition of regional conservation groups in 2015 as one of 12 priority species targeted for reintroduction. Tom Vanderpoel, CFC Restoration Director at the time, took regional leadership for the smooth green snake species and integrated its reintroduction into BGI strategic objectives. Dr. Allison Sacerdote-Velat, curator of herpetology at PNNM, and Gary Glowacki, wildlife biologist of Lake County Forest Preserves, partnered with CFC over several years to achieve the reintroduction. The release was dedicated to Tom Vanderpoel as he had a great interest in herpetology and snakes.

What will success look like? – Routine monitoring is already underway by Dr. Sacerdote-Velat’s team. CFC is also keeping watch. Survival rates and increase in numbers of the smooth green snakes with other related species will be tracked.

Restoration of lands takes decades, and requires financial support and volunteers. Thank you to everyone who has helped make this significant milestone a reality. Improved ecosystems help us all.

Incredible bats

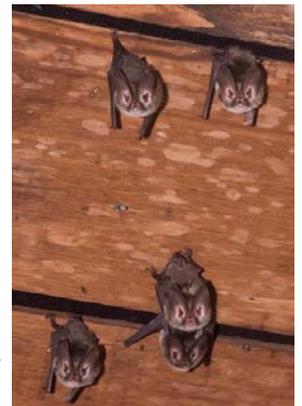
*Tuesday, October 9, 7 p.m.
Barrington Area Library
505 N. Northwest Highway,
Barrington*

Bats are the world’s only true flying mammals — and they eat garden and crop pests and lower the risk of West Nile virus by consuming thousands of mosquitoes on a single night.

Learn more about the environmental services that native bats perform at “Incredible Bats.”

Cosponsored by Field and Flower Garden Club, Green Thumbs Garden Club and CFC, this program will feature educators Sharon and Dan Peterson, who have promoted bat education since 1996. Sharon is an elementary school teacher and librarian trained by Bat Conservation International; Dan is a bat naturalist.

The program is free; registration is available on CFC’s website. For more information, call CFC at 847-382-7283.



*Incredible bats.
Photo by Steve Barten, DVM.*

News from Habitat Corridors

I have chosen a rather special home visit to share here. In part the appointment was special because Larry Anglada, CFC's liaison to Barrington High School, and the summer interns joined me. The afternoon was also special because the property was so very nice and filled with natives, and the homeowner was a knowledgeable native plant gardener.

This is a corner property in Tower Lakes situated on a slope. For the most part the land is wooded, except for the area immediately surrounding the house. The homeowner has created a lovely path that curves and meanders through the woods as well as up and down the hillside. This makes the property seem larger than it is and adds a great deal of interest to visiting it.



Celandine poppy and Virginia bluebells. Photo by Meredith Tucker.

Most of the trees already existed here when the homeowner moved in, but she has added a few. She has planted spicebush in the dappled shade. Most of the other shrubs are behind the house screening nearby homes and roads.

There are ferns, ground covers like wild ginger and Jacob's ladder, and many ephemerals which were mostly dormant at this time of year. However, we did see Celandine poppy and a few others. There was no artificial plan for the

woods; the homeowner had carefully sited each plant and its proximity to the path.

Very little was blooming at this time in late June since the yard is shady and the spring ephemerals were dormant. However, the mix of greenery was beautiful nonetheless. I believe the interns were impressed with the effective use of native plants in a homeowner's yard. It is different than in a restoration, but very beautiful and earth-friendly. I awarded her a well-deserved sign.

— Meredith Tucker

Seeking Plant Sale help!

Urgently looking for a volunteer to head up "Outreach" for the CFC 2019 Spring Native Plant, Shrub and Tree Sale. Meet lots of like-minded people and contribute to one of CFC's biggest events. Help us get more native plants out into local yards for wildlife and a healthy community environment. Be part of the enthusiastic committee that makes it all happen! We need your help! Please call Ginger at 847-331-3568 if you are interested.

Summer youth education activities

by Julia Martinez

The month of August had two highlights for Youth Education: the butterfly class and Fred Fest.

CFC invites children to learn about butterflies and take a short hike in search of these flying gems of nature. As in years past, we had a screened-in tent with monarch butterflies for visitors to observe close up. We also had eggs and caterpillars in various stages of development. This year, we had a particularly productive hike as Jim Vanderpoel was able to identify an impressive fifteen total species that day, eleven of which were during the butterfly class hike. We walked through prairie and savanna areas to maximize the number of species we might encounter. Throughout the entire hike, we spotted monarchs. The others spotted were: eastern tiger swallowtail, clouded sulfur, European cabbage white, eastern tailed blue, bronze copper, red admiral, red spotted purple, viceroy, common wood nymph, silver spotted skipper, least skipper, fiery skipper, Peck's skipper and tawny edged skipper. Seeing such a variety really drove home the different characteristics and preferences of each species. Some butterflies flew along in an effortless flight pattern while others had more erratic movements. The good weather really drew out the diversity of butterflies that Flint Creek has to offer.

Fred Fest was also another successful opportunity to get kids excited about nature. Fred Fest is an event that includes food, music and activities to benefit the Preservation Foundation of the Lake County Forest Preserves. It is held annually at the Fox River Forest Preserve. After a dip in visitors last year, CFC was kept very busy this time around. Located near the stage, Youth Ed hosted an animal print craft, displayed animal skins and skull replicas, and distributed information regarding our mission, activities and upcoming programs. Children visited with us and created prints of local mammals. Animal skins (from a beaver, red fox, mink, skunk and a raccoon) drew in curious children and adults alike. Visitors were invited to examine the skins and skull replicas, make prints, and take home coloring pages for children or information about CFC. Overall, volunteers were pleased with the turnout at Fred Fest and the response from visitors.



Monarch butterfly. Photo by Julia Martinez.

Community Education announces exciting new programs for Winter 2019

by Peggy Simonsen

Be sure to save these dates to join us for four enlightening programs this winter. All programs are on Saturday mornings from 9:30-11:00 a.m. at the Barrington Village Hall. Programs are free for members and \$10 for non-members. Look for more information and make reservations at Citizensforconservation.org later in the fall.

January 26, 2019

Creating Healthy Habitat for *Bombus affinis*, the Rusty-Patched Bumble bee

Aurelia Nichols

In 2017, *Bombus affinis*, the rusty-patched bumble bee, became the first bumble bee to be listed as federally endangered. How can we help them? What will stabilize and rebuild their populations? Bumble bee health depends on good nutrition. Learn what ecosystems *B. affinis* inhabits, the stages of its life cycle, what its habitat needs are, and which specific plants native to our area offer healthy bumble bee nutrition throughout its life cycle.



Rusty-patched bumble bee. Photo by Joan Sayre.

Aurelia's prime interest is in the relationship between plants and their pollinators and how healthy habitat establishment through landscape design can support their survival. Her research focus includes *Bombus affinis*, the rusty-patched bumble bee. She holds a BA from the University of Chicago and an MBA from Northwestern University. Currently, she's working on a degree in Horticulture.

February 16, 2019

Habitat Makeover: Adding Value to Your Landscape

Andy Stahr

Andy Stahr offers a unique perspective on the successful implementation of natural areas into home landscapes. He will introduce a landscape wildlife value rating tool that can be used by participants to evaluate a landscape's current wildlife value and to plan for increasing its value through adaptive gardening.

Andy has over a decade of award-winning experience as a design professional, both in the public and private sectors, as well as in the ecological restoration contracting industry. When it comes to the creation or restoration of aesthetically positive natural areas and sustainable landscapes, Andy provides field-tested insight as to what works — both on paper and in the field. Andy serves as the Principal Landscape Architect and Ecologist for ecology + vision, LLC. He holds a Bachelor of Landscape Architecture from the University of Illinois.

March 9, 2019

Favorite Native Plants: Trees, Flowers and Grasses

Meredith Tucker

Our favorite presenter will share some favorite native plants that are popular with her Habitat Corridors clients. These are plants that grow successfully in various conditions in our area, are aesthetically pleasing in our home landscapes, provide valuable habitat and are available at the CFC Spring Native Plant Sale. Come get some ideas for your yard and be ready to order for planting this spring.

Meredith is a naturalist who shares her enthusiasm for using native plants to create healthy habitat for all the valuable critters we want in our yards — the birds, butterflies and other insects. Native plants nourish these native bugs and birds and provide beautiful and useful habitat on homeowners' properties. She is a former board member and president of CFC and founder and director of Habitat Corridors which provides site visits to homeowners for advice on improving habitat in their yards.

April 13, 2019

A Morning with Rachel Carson

Leslie Goddard

A portrayal of an influential and important woman from the past, this presentation has significant meaning for the environmental issues of today. Imagine having a conversation with Rachel Carson, scientist and author of *Silent Spring*, about what led her to write this seminal wakeup call about the dangers of the pesticide DDT and the process to get Congress to ban it. This program is entertaining as well as informative.

Leslie is an award-winning actress and scholar who has been performing historical characters for over 10 years. She holds a PhD from Northwestern University in American Studies and US History as well as a Masters degree in theater.

Barrington area bird hikes this Fall



Eastern wood pewee. Photo by Steve Barten, DVM.

Cosponsored by Audubon Great Lakes and Citizens for Conservation

Get out and enjoy fall migration with Barrington area naturalist Wendy Paulson. Walks are free and open to the public though spaces are limited and RSVPs are required. Good walking shoes are strongly recommended for these walks. Don't forget your binoculars!

Before you head out, please be sure to check the Citizens for Conservation website for any last minute changes or cancellations.

Fall walks began in September. The remaining dates are:

October 19, 8:30 a.m. — Cuba Marsh (park in parking lot off east side of Lake Zurich Rd. just south of EJ&E RR tracks. Lake Zurich Road runs between Rt. 14 and Cuba Road)

October 26, 8:30 a.m. — Galloping Hill (meet at Penny Road Pond parking lot, less than a mile west of Old Sutton/Penny Rd. intersection) More strenuous hike.

November 2, 9:00 a.m. — Crabtree Nature Center (3 Stover Road off of Palatine Road)

Please RSVP to: Daniel Wear at dwear@audubon.org or (312) 453-0230, Ext. 2010 and let us know how best to contact you should that be necessary.



Birding group. Photo by Steve Barten, DVM.

Remembering Helen Hawthorne

by Sam Oliver

We were very sad to learn of the death of Helen Hawthorne, who died in May at age 92. Helen was a long-time volunteer with CFC.

Helen was a teacher at Grove Avenue School for many years. She first learned about Citizens for Conservation when CFC Education volunteers took her students on field trips. She decided then that CFC had the kind of people that she would like to be involved with when she retired. Helen first worked as a restoration volunteer. CFC opened its office upstairs in the BACOG building on Station Street in Barrington in 1984 and when the organization moved downstairs to have more space, Helen came in and organized the library. That was the beginning of her office roles.

She became a weekly volunteer when CFC established its headquarters in the farmhouse on Route 22, serving as historian. Every week she copied and filed the many articles about CFC in the news. This proved to be an invaluable service to CFC as board members and staff referred to the clippings with great regularity. She established files on many subjects and could be counted on to find what board and committee members needed.

When Helen and Demmy Giannis received the Great Blue Heron award for contributions to CFC in 2012, they said that they “did everything but windows” and this was true. Tuesday afternoons were always intellectually stimulating! She was a positive, very loyal volunteer and an ambassador for CFC through her many contacts in the community throughout her long life.



Helen Hawthorne in the office. Photo by Donna Bolzman.

The intern summer of 2018

by Larry Anglada

This, of course, was a year of transition, as Tom Vanderpoel had spent years working and inspiring interns during our summer programs. It is a tribute to Kevin Scheiwiller's knowledge, ability, and way of working with these young people that they responded so well and accomplished so much! In summary, we had four college interns (Hayley Ban, Ben Davies, Spencer Henry and Sarah Strack) for the complete ten week program, plus Lizzy Hucker who joined us for four weeks. They put in a total of 1,600 hours of restoration work, and drove 800 miles in the process. They evidently could not get enough as they continued to come to volunteer workdays and have even expressed interest in a one week program during winter break. This is evidence of how much Kevin and CFC meant to them — they are definitely part of the family now. This effort would not have been possible without the continued generous support of the Oberweiler Foundation, whose grant of now 17 years allows for this paid internship program.

In addition, we had three high school interns for a week long program paid for by youth education. Maren Prokup, Michael Bedard and Hannah Ban contributed another 100 hours towards restoration goals especially related to the health and maintenance of our "Acorns to Oaks" project aimed at jumpstarting a missing generation of oak seedlings.

Lastly, St. Viator joined us this year as the sponsor of two interns as part of an "earn your tuition" program funded by St. Viator alumni. Claire Capra and Massimo Lanzi did a number of things including working on the July Fourth parade and youth education programs as well as participating in some of the restoration and office work. They contributed almost 400 hours to our needs.

This amazing group of young people has put in well in excess of 2,000 hours of hard, hot and difficult work that is vital to our continued restoration efforts. Thanks goes to all of them for making it one of our most successful summers of restoration, and even helping us win a float award at the Fourth of July Parade. A job well done!



Sarah Strack.
Photo by Larry Anglada.

Sarah Strack attends Miami University in Ohio where she majors in Environmental Science. This was her second summer as a CFC intern.

We were all asked to describe our experience at CFC and overall I would describe it as educational and, of course, fun. Sure there were days when things got hard. We interns had a count of days when we had topped our boots. I had so many mosquito bites that my

family thought I had broken out in hives. At one point, it was so rainy and cold that I fashioned a poncho out of a trash bag, which, of course, caused a lot of laughter. However, despite the mud that trapped our boots and the thorns that stabbed our legs and feet, I had fun.

I have memories I can smile about, like finding an over-priced magazine during lunch time and seeing a variety of oddities like squirrel tube traps and snake chaps. I can also still recall with clarity a day that a gate was left open at Grigsby and we had to form a line to chase a deer out of the preserve. Overall, most of my days were peaceful. Even when our 25 gallon packs felt a little too heavy, there was never a real sense of boredom or fatigue. I wasn't standing around a restaurant waiting for a customer to come in; I was constantly doing something.

It really is different to be able to learn so much in a hands-on environment. I didn't read some textbook on how to spray herbicide or plant plugs. Instead I got to observe and be corrected, if need be. This is the kind of education we often lack in school, and it was refreshing to see how well it worked at CFC. Every year out on CFC property there is more to be learned. There are more plant names to memorize in both common name and Latin, more birds to spot and learn, and new volunteers and their stories.

As a returning intern, a lot of what I learned was a much needed refresher. I remembered much of what we did, but there was, of course, change. I am in a unique position to be able to see CFC as an intern for two years in a row during a time of transition. When I heard the tragic news of Tom's passing, I wasn't sure how CFC would recover. He was in many ways the source of knowledge, combined with a persuasive force to inspire others. I wasn't sure quite what I would find when I returned to the internship program, but my fears were quickly alleviated. I saw, as I had the first year, a group of people who were passionate about making a difference. I saw a capable restoration manager who cared about what he was doing. Though things were different, that also meant an influx of new ideas.

I am glad to have been a part of this program for the last two years. I have come away from it with new knowledge, friends and wonderful memories. I can't recommend this internship enough to those interested in environmental science, and I



Ben Davies.
Photo by Larry Anglada.

am forever grateful to those who provided funding for this learning experience. I am excited to come back and volunteer in the future and see how CFC continues to grow and adapt.

Ben Davies is attending Rock Valley College in Rockford.

My experience as a CFC college intern has been an enjoyable, educational and

rewarding experience. I can't remember waking up in the morning and not wanting to go to work, and I have found working in conservation to be challenging yet addictive. My interest and enthusiasm for this type of work has only increased this summer, and my involvement with CFC has solidified my decision to major in Ecosystem Restoration and Management.

Being an intern involved a lot of herbiciding, weeding, seed collecting and planting (mainly sedge plugs). We began new restoration projects, continued past ones, did maintenance work in established restorations, and, most importantly, worked to maintain remnant sites. We were able to observe the different stages between poor quality, degraded sites to high quality, almost remnant-like restorations. It was a great feeling to participate in restoring new areas. For one thing, we were able to see places like Grigsby and Flint Creek, which served as an incentive. Most importantly, however, I know I can continue to return to the places we began work at and see how they progress into quality habitat in the years to come.

As far as the educational aspect of interning at CFC is concerned, I have reached the end of this internship knowing far more about restoration, conservation and ecology. There is always more to learn, but having worked a summer in this field has definitely made me far more knowledgeable about what restoration entails. I am confident that I can now use an herbicide pack without being a danger to myself and others, and the same could be said for using a brushcutter. We'll see if I can handle a chainsaw.

Regarding the enjoyable aspect, there is nothing more gratifying for me than being out in a prairie and finding a cool plant, spotting a rare butterfly or watching a pair of sandhill cranes fly over, knowing all of these things benefit from the work we did. The sad truth is that we are living amongst a collapsing ecosystem, but there is a feeling of hope associated with the understanding that pockets of high quality natural areas remain and continue to be restored.

Thanks to CFC for providing this internship opportunity, and to those responsible for funding it.



Hayley Ban.
Photo by Larry Anglada.

Hayley Ban is a Biology major at University of Illinois.

As I finished up my sophomore year of college working towards a degree in Biology, I came into the summer with the goal of exploring potential career paths that I may pursue after college. I had volunteered at CFC over winter break, and, despite below-zero wind chills, I had really enjoyed it and decided to apply for

the summer internship. When I solidified my plans to be a summer intern, I was excited, but not sure what to expect.

However, the memories I made and the valuable lessons I learned surpassed any expectations I could have had. One thing that has stuck with me since early on in the summer is something a volunteer said on a Saturday workday. She remarked that many people have a preconditioned aesthetic of what nature should look like, and it is often very different from what healthy ecosystems actually look like. This really resonated with me as it is very true and something we must work towards changing in order to expand the conservation movement. It is also one reason I am very thankful for this experience as someone who has grown up in a suburban neighborhood with perfectly manicured lawns and barely any wildlife to be seen. My eyes were opened to the importance of native plants in ecosystems, which local birds and insects rely on for survival.

Not only did I learn a lot over the course of the summer, but the work we did was very rewarding. Whether it was spraying herbicide, weeding, seed collecting, planting or rescuing native plants, we could see the results of our work and knew we were making a difference. No matter how monotonous or strenuous the task, seeing the difference that we were making always pushed me forward to keep working. In addition to being rewarding, we did a variety of work which made every day interesting, such as when we chased deer out of Grigsby Prairie or had a "beach party" where we rescued plants off the shore of a Wauconda lake.

One of the most rewarding aspects of the internship was meeting and working alongside like-minded individuals. I had so much fun getting to know the other interns as well as everyone involved at CFC. Not only was it inspirational to meet so many people concerned about the environment and working towards a common goal, but it also made me realize how much of a team effort restoration is. If one person were to do the tasks that many people completed, it would take forever to see results. With many people, however, differences in the area were visible in a short amount of time.

I am extremely grateful for my experience at CFC this summer and to have met all the people involved in such an important cause. I would like to thank the Oberweiler Foundation for



Spencer Henry.
Photo by Larry Anglada.

this opportunity as this internship has taught me many valuable lessons and inspired me to pursue conservation in the future in order to help inspire others, just as CFC inspired me.

Spencer Henry is a Biology major at University of Illinois.

It's rare that somebody is able to find a job where they truly care about the work

they are doing. I was lucky enough to find that this summer in the CFC college internship. I've had other jobs in the past, and while I've enjoyed and learned from all of them, I never really felt passionate about them. It was an incredible opportunity to work somewhere where not only was the work I was doing important, but where I felt passionate about doing it as well. This internship provided me with an opportunity to learn, meet good people, have fun and, most importantly, make a difference.

One aspect of this internship that I really enjoyed was the opportunities I had to learn about the wildlife of this area. Before this summer, I had a very basic understanding of what makes up these ecosystems, but after this internship, I have a new appreciation of the natural beauty of Illinois. This summer, I learned dozens of new species of plants and animals and gained insight into what each individual species represents to this ecosystem. Most of these species are species that I've encountered many times before, but never had the knowledge or understanding to appreciate them. What might have been 'grass' to me a year ago is now a unique species that fills a specific niche in its ecosystem that I was never aware of before. I also learned that there is more to these ecosystems than what you can see at a glance. If you really take the time to focus and observe, you can begin to see things you've been missing your entire life, whether it's a garden spider, a tree frog or a stick insect. This internship has made me aware of a whole other world of fascinating plants and animals I never knew existed.

That isn't all I learned through this internship. Learning how ecological management works was just as interesting. Last year, if you had given me an empty plot of land and asked me to restore it to prairie, I would have had no idea where to start. Restoration and management of natural areas is a difficult, complicated process, and most people (including myself before this summer) have no idea how it's done. Without a deep understanding of the environment you are trying to restore, you will never make progress. Each plant needs the right environment and specific parameters to survive, and there are hundreds of different species to account for. Even with all I've learned this summer, I know I've only scratched the surface.

I was also amazed at all the planning and strategy that went in to what might seem like the simplest of tasks. One that stuck out to me was seed collecting; every species of plant has a narrow window when their seeds can be collected, and many species require their seeds to be handled and stored in specific ways for the seed to be successful. Seed collecting can only work because of careful planning and an understanding of how each species produces and spreads seed. Another thing I found interesting this summer was the idea that you can't just go out and kill invasive species without a plan; if you didn't follow up on the area you'd cleared with more herbicide and fill the cleared area with the right native plants, the invasive species would eventually come back, and all your work would be for nothing. And while it might seem like the work is done once an area has been restored, that couldn't be further from the truth. Even the best restorations can fall back into disarray if they aren't well maintained.

Another aspect of this internship I found interesting was the many different approaches that existed to most of the jobs we did, and the problem solving required to get things done. When I used to bag groceries at a supermarket, there were very rarely any situations where I had to consider multiple approaches to a certain task. The most problem solving I ever did as a bagger was turning a box of cereal to get it to fit inside a grocery bag. Back then I thought I was lucky that I had such an easy job, but this summer, I realized how great it was to have a job that makes you think. Almost every task at CFC had multiple possible approaches, and an important aspect of our job was deciding which approach was best. We might have to decide which area to search for a certain species of seed, which areas should be sprayed with herbicide, how much herbicide we should bring to a certain area, which species should be planted in a certain area, or which tools would be right for a certain job. This amount of responsibility was daunting at first, but I soon came to appreciate it. I also really enjoyed the variety of the work we did. In a single day, we might spray herbicide for a while, collect seeds and plant sedges, and those are just a few of the many different jobs we did over the summer. This variety kept work from ever getting monotonous or boring, and exposed me to more different aspects of ecological restoration than I ever expected this summer. This internship gave me a full picture of how restoration works, which I thought was great.

I also really enjoyed working with the other interns. We all got along very well, and I appreciated being able to go into work and feel like I was surrounded by friends. It was much easier to face problems as a group, since each intern had a unique perspective on every issue, and everybody was able to speak their mind and share their point of view. It was awesome to be able to interact with other college students who are as interested in the environment as I am.

This internship was a really special opportunity for me. I am very lucky I got to spend my summer doing something I am passionate about. The work we did was always tough, but although I went home every day after work beat up and tired, I was always excited to go back. This internship has given me a new appreciation for the work restoration groups do, and it has made me excited to continue being involved in the future.



Lizzy Hucker. Photo by Ben Davies.

Lizzy Hucker attends University of Wisconsin – Madison. She previously served as our first BHS liaison.

After being away at school for a while, I was looking forward to visiting home and becoming involved with CFC again. The first half of my summer was occupied by an internship through UW-Madison, where I collected data on snakes and Blanding's turtles in central

Wisconsin for an independent research project. We wrapped up the study in early July, and CFC generously offered to let me join the intern program even after being absent for nearly half of the summer. After spending so much time in the field up north, I was excited by the prospect of having a second internship that would allow me to continue to learn and work in ecology.

Something I appreciated about this internship was learning more about a subject outside of (but still pertinent to) my immediate field of interest. I plan on studying herpetology and admittedly don't spend too much time learning about native plants. Reflecting on these past two months as a CFC intern, however, I believe my knowledge of native plants and habitat restoration has increased significantly. While I recognized a number of species from past summers spent volunteering, I was able to learn an even greater number of new species. Observing the timing and phenology of native plants and animals was one of the most rewarding aspects of restoring habitat; whether it was determining if a seed was ready to collect or noticing the arrival of various native insects throughout the season, each observation was living proof of the importance of CFC's ongoing restoration work.

I've been a volunteer with CFC since 2015, but this internship gave me a new perspective on what really goes into habitat restoration. As a volunteer, I learned about seed collection and cleaning, brush cutting, planting plugs and weeding. As an intern, I put these skills to use and learned new techniques for invasive management, like backpack spraying and wicking. Herbiciding, although not the easiest job, is a critical part of maintaining a healthy restored ecosystem free of invasive species. It was also pretty rewarding to see the great expanses of cattail dying off after days spent wicking at Craftsbury!

One of the high points of the internship for me was participating in the release of smooth green snakes on CFC preserves. While researching snake populations at remnant prairie and oak barren ecosystems in central Wisconsin, we found smooth green snakes to be one of the most commonly encountered species. Here in northeastern Illinois, they aren't nearly as common, mostly due to the absence of suitable habitat. It was here that I saw the parallels between my interests in herpetology, conservation biology and land restoration; with the help of conservation advocates like CFC and the Peggy Notebaert Nature Museum, we may soon be able to encounter these harmless snakes and other imperiled native species thriving in their natural habitats just as they once did in a time before habitat destruction and negative human interference.

Volunteer Portrait

Maren Prokup – BHS Student Liaison

Since it's Fall, it's time to welcome Maren Prokup, our new Barrington High School (BHS) Student Liaison. I asked Maren what brought her to CFC and, like many others, she remembers 4th graders on the prairie. In fact, her mother served as habitat coordinator for North Barrington Elementary School. More recently, Maren was one of this summer's high school interns. She learned of the internship when Larry Anglada presented to her Environmental Science class. During that week, she enjoyed planting and maintaining young oaks as well as being involved in our plant rescues from highway construction. She thinks seed collecting is fun (we agree) and has enjoyed learning about all the planning that goes on behind the scenes for our restoration efforts.

Maren is a senior at BHS and plans to study business and environmental science in college, possibly at University of Illinois.

Maren has interesting new ideas about involving BHS students with CFC's activities. In addition to working with the Earth Council, she wants to enlist art students through incorporating arts and the environment. She thinks theater crew members who like to build would enjoy CFC involvement. Maren has already been a great help to our board in suggesting how we best use social media to reach a high school audience.

Maren welcomes hearing from potential student volunteers and is reachable at marenprokup@yahoo.com.

Welcome to the CFC team, Maren!

— Leslie Coolidge



Maren Prokup at the Fourth of July parade. Photo by Jim Root.

President's Comments

The end of summer at CFC means it's seed collection time. On Saturday, September 8th, the workday included seed collecting at Flint Creek Savanna. This was my first seed collecting experience and I was looking forward to it. The day was overcast and cool, perfect to be out in the field. A group from Messiah Lutheran Church volunteered to assist in that day's activities. It was also their first time collecting seed. After some introductory remarks, we split up into working groups of four or five, with a knowledgeable CFC member to lead us.



Kathleen Leitner (r), Steve Smith and friends. Photo by Tom Benjamin.

where the folks from Messiah Lutheran had a huge lunch spread that they invited us to join. After lunch, we all trooped up to the seed sorting room where Steve and Luke Dahlberg explained the sorting and processing steps, and described how the seeds are shared among the BGI member groups. It was a great learning experience for all of us and we all enjoyed the outing tremendously.

There are more seed collecting days ahead, and I encourage everyone to join in the fun!

— Kathleen Leitner

The seeds targeted for this day included rattlesnake master, bergamont, yellow coneflower, Indian grass, purple prairie clover and white prairie clover. Steve Smith guided me and two other neophytes out past the Hospital Grove to the West Bluff. Along the way Steve showed us the small plant heads we were looking for and also described other plant species as we encountered them. There were different grasses and sedges ("sedges have edges" was explained), forbs, some trees and shrubs. Our mission was to collect purple prairie clover seed, and, hopefully, some white prairie clover seed.

We found our target plants and spent the next two hours collecting our bounty. Then we went back to the farmhouse

Volunteers needed

Volunteers are the lifeblood of CFC. To achieve our ambitious restoration goals, we need to recruit additional volunteers. Regular workdays are scheduled every Thursday and Saturday from 9:00 – 11:00 a.m. In addition, during September and October, Sunday workdays are scheduled from 3:30 – 5:00 p.m. for seed harvesting. We also periodically add additional dates. If you would like to be added to our email group to receive notification of upcoming workdays, please email kevin.scheiwiller@citizensforconservation.org.

OFFICERS

Kathleen Leitner, President
Ralph Tarquino, Vice President
Leslie Coolidge, Secretary
Edith Auchter, Treasurer

BOARD

Larry Anglada
Patty Barten
Tom Benjamin
Gene Branson
Barbara Cragan
Annamarie Lukes
Alberto Moriondo
Karen Rosene
Peggy Simonsen
Steve Smith
Ginger Underwood
James Vanderpoel
Mark Younger

DIRECTORS EMERITI

David Kullander
Meredith C. Tucker

CONSULTANTS

Janet Agnoletti
Bob Kosin
Patsy Mortimer
Sam Oliver
Steve Packard
Wendy Paulson
Meredith C. Tucker
Chuck Westcott

STAFF

Juliann LaRocque
Kevin Scheiwiller

MANAGING & COPY EDITOR

Leslie Coolidge

Citizens for Conservation
459 West Hwy. 22
Barrington, IL 60010

Nonprofit Org
U.S. Postage
PAID
Barrington, IL
60011
Permit No. 80



100% Recycled Paper

Citizens for Conservation
Saving living space for living things

For membership information, visit us or call:
Office: 459 W. Hwy. 22 Phone: 847-382-SAVE

CitizensForConservation.org