



**Citizens for
Conservation**

CFC NEWS

Saving living space for living things

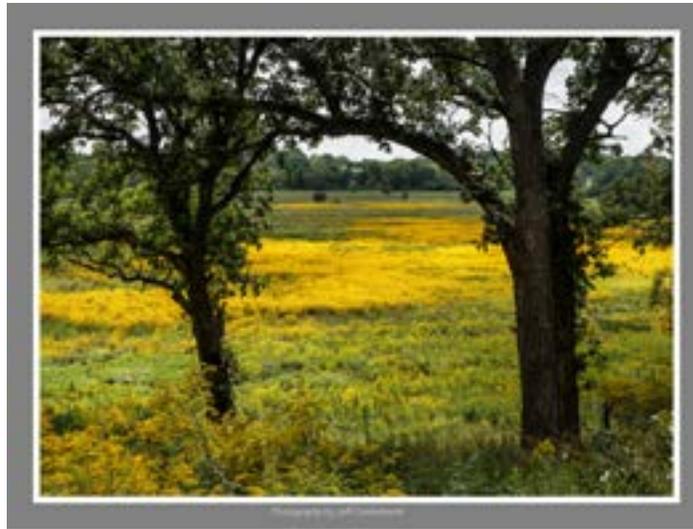
Vol. 41, No. 1, Winter 2022

Restoration Report

The year of the big project

by Jim Vanderpoel

The emphasis of the restoration effort of CFC in 2021 turned to big projects. In the past, CFC always moved forward in a series of small projects—Grigsby Prairie began with seven or eight plowed and disked plots of two or three acres each. Our wetlands were created using the warrior sedge technique planted in small patches of a hundred square meters or so. Brush was slowly cleared from small oak groves at Flint Creek, Wagner Fen, Barrington Bog and Baker’s Lake—again, a few acres in a year.



*The beautiful results of restoration at Grassy Lake.
Photo by Jeff Chemelewski.*

Why did CFC move so slowly? It was not a question of lack of ambition or vision; it was a matter of resources. We did not have the labor force or machinery to clear brush, or grow and plant wetland plugs on a large scale; even if we did, we did not have enough seeds to cover large cleared areas. If you can’t replace the brush with the seeds of native plants, the cleared site will rapidly be colonized by more fast growing invasive species. Now, our volunteer base has expanded; we have received multiple large-scale financial grants, enabling us to hire contractors, and our existing preserves have become rich enough to provide huge surpluses of native plant seeds. A special note of thanks is due to long-time Board member, Peggy Simonsen, whose efforts of identifying, applying for, and winning grants has greatly magnified our ability to fund big projects!

Here’s what we did with these resources in 2021:

Craftsbury Preserve—Using the funding provided by a grant from the Illinois Clean Energy Community Foundation (ICECF), we hired the contractor Tallgrass to clear five acres of brush from the new Craftsbury West preserve. Our rich seed mix is already beginning to germinate on this raw preserve. We also spread a special pioneer mix on the newly bare soil and in its first year a substantial portion of the cleared area had a strong growth of Northern

wild rye. The pioneer mix prevents soil erosion and begins to enrich the soil and will serve as fuel when we do our first burn.

Flint Creek South—Never before had we had enough seed to sow a huge ten-acre bare spot. In 2021, our partner, the Village of Lake Barrington, gave us permission to remove the buckthorn from their portion of the jointly owned preserve. A huge number of volunteers showed up at winter workdays and we kept cutting like people possessed and sure enough, by the beginning of April, all of the brush was cleared. This year our seed collection and cleaning effort emphasized savanna and we crisscrossed this bare wasteland with an extra-rich ten-barrel slathering of seed! I look forward to seeing the results in the coming years.

Galloping Hill at Spring Creek Forest Preserve—The Forest Preserves of Cook County authorized the Spring Creek Stewards to start restoring the large hay meadows on either

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Restoration Report

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The process of sedge meadow restoration. Photo by Patty Barten.

side of the established prairie restoration at the beautiful Galloping Hill. CFC, the Spring Creek Stewards, the Friends of the Forest Preserves and contractor Stantec conducted a large-scale collaborative seed spreading at the new part of Galloping Hill last December.

Grassy Lake Forest Preserve—CFC has long worked with the Lake County Forest Preserves (LCFPD) and its award-winning volunteer group to restore the Grassy Lake Forest Preserve—much progress has been made in clearing invasive brush from the woods and wetland, eradicating invasive wetland plants and reintroducing native prairie, sedge meadow and oak savanna plants. Last winter, LCFPD conducted an extensive prescribed burn of about forty acres across most of the restored site. While the work had been done over a twenty-year period, the burn dramatically showed how much had been accomplished. At one point, there was a blaze of yellow from a patch of tall swamp marigold (a rare plant with a conservatism rating of 8) that could be seen from Miller Road, hundreds of meters away. I took some people on a tour and joked that the patch of gold would have been visible from space. Two weeks later at the same spot, I watched thirty or so monarch butterflies greedily feasting on the nectar offered by a huge population of native thistles. It is very important for these beautiful creatures (Illinois' State insect) to eat a lot of nectar to fuel their long flight to Mexico. If anyone doubts that natural habitats and wildlife can be restored from old farmland on a landscape scale, I urge them to visit this big project!

The Peninsula at Flint Creek Savanna—For ten years, CFC has slowly been restoring native sedge meadow along the left bank of Flint Creek as the creek meanders through the Flint Creek Savanna preserve. Using the funding provided by a grant from the ICECF, we hired Tallgrass to poison the reed canary grass that utterly dominates the entire right bank, which forms a peninsula. In one summer, we planted the entire peninsula, which is a full five acres, with warrior sedge plugs and sedge

meadow and prairie forbs! This is by far the largest and most ambitious application of the warrior sedge technique ever attempted.

It is essential to succeed in these big projects if we ever hope to bring back to its full glory the nature of Illinois the Prairie State. But let's not lose sight of our obligation to continue to work on the detail and the obscure things. A perfect illustration of this is the BGI support for the LCFPD native plant nursery—we needed the thousands of sedge plugs grown by Luke Dahlberg at the nursery to complete our big projects, but in the long run if we are to preserve living space for all the living things we will need the marsh shield fern, and swamp saxifrage and large-flowered false foxglove and other rare plants that we have not been able to restore but that Luke grew and subtly transplanted into our increasingly rich preserves.

Save the date: CFC annual meeting

CFC's 51st annual meeting will feature new strategic plans for investing in an expanding future. The meeting will be broadcast live on Zoom on Thursday, March 10, at 7 p.m. More details will be provided in the near future. RSVP Online: bit.ly/CFC22AM or 847-382-7283 or cfc@CitizensForConservation.org.

The annual meeting will include a vote by the membership on a proposed amendment to CFC Bylaws (dated 2015) as follows:

ARTICLE IV – DIRECTORS

Section 1. The number of Directors to be elected at the annual meeting by the membership shall be determined annually by the current Board of Directors, but the total number of Directors shall not be less than **fifteen nor more than twenty**. Directors shall serve staggered three-year terms, with approximately 1/3 elected each year.

PROPOSED AMENDMENT:

Section 1. The number of Directors to be elected at the annual meeting by the membership shall be determined annually by the current Board of Directors, but the total number of Directors shall not be **less than ten nor more than fifteen**. Directors shall serve staggered three-year terms, with approximately 1/3 elected each year.

RATIONALE:

During Strategic Planning sessions in 2021, Board members reached consensus to reduce the size of the Board of Directors.

Notes from the Restoration Manager

2021 in review

Every year presents new triumphs and new challenges. 2021 was no different. The past year brought about one of the worst droughts since 2012, and yet we plugged along (literally and figuratively) towards achieving our ambitious restoration goals. In total, 3,562 hours were contributed to improving the Barrington Greenway Initiative. The following is what we accomplished together in the face of another extraordinary year.

Prescribed Burning

Heading into the 2021 season, our volunteer burn crew knocked out the most burns we have ever been able to accomplish in a fire season. We burned 68 acres across multiple properties including Flint Creek Savanna, Grigsby, and Craftsbury. These fires aid in tipping the scales towards our native seedlings in new restorations as well as stimulate and increase the seed set in mature restorations such as Grigsby.

Wetland Restorations

The BGI brain trust decided in 2020 to take on the most wetland plantings we have ever attempted in 2021. This was, of course, before we knew that it was going to be a drought year. While many other groups cancelled planting projects for the year, we were able to still install the following plants at our projects:

Spring Creek Forest Preserve – 20,000 wetland sedges funded through a grant.

Flint Creek Savanna Floodplain – 9,000 wetland and woodland sedges funded by ICECF grant and 12,000 wetland and prairie forbs grown by BGI seed tech.

The Flint Creek Floodplain project was an exciting expansion of the previous decade's effort to restore the creek corridor running through Flint Creek Savanna. Where we used to take on a tenth to a half an acre in years past, we decided to tackle five acres of floodplain in one year due in part to our strong volunteer base and a generous grant from the Illinois Clean Energy Community Foundation (ICECF). 750 volunteer hours were spent planting over the summer while our five interns continually watered the plantings to be sure that these warrior plugs survive and expand into the future. We will wrap up the initial installation phase in April of 2022.

Invasive Species Management

While our volunteers were busy planting thousands of plugs, the CFC interns and BGI Friends of the Forest Preserve crew were hard at work tackling the nasty invasive weeds that pop up across the CFC properties. 322 hours were spent tracking down reed canary grass, crown vetch, teasel, and emerging buckthorn seedlings in recently cleared areas. Keeping the weeds at bay will ensure that past and future seed plantings will flourish.



*Kevin Scheiwiller at Flint Creek South seed dispersal workday.
Photo by Rob Neff.*

Seed Collecting Season

Always a large focus of the Barrington Greenway Initiative, at 944 volunteer hours, the seed season typically starts in earnest during the last few weeks of August and will continue on through early November. 2021 saw a new approach to the seed collecting effort. Typically, CFC will be the main hub for all seeds to come through to be cleaned, mixed, and redistributed. This year, the Spring Creek Stewards fashioned their own seed storage and processing facility at Merimar Farm. CFC alone collected 488 pounds of 258 different species of native grasses, wildflowers, sedges, and shrubs. When viewed collectively with the haul from the Spring Creek Stewards, there was over 900 pounds of seed collected and redistributed across the Barrington Greenway Initiative this year, a new record! CFC sites were seeded heavily at rates between 25-50 pounds an acre depending on the status of the site. Focus areas included Flint Creek Floodplain, Craftsbury, and Flint Creek South.

Brush Cutting

As the days grew shorter and the temperatures started to fall, the CFC volunteers were out clearing areas to be planted in 2022 and 2023. We have been focusing on the continued effort to remove buckthorn at Craftsbury while going through Baker's Lake Savanna and Healy Savanna to keep woody encroachment at bay. We have also kicked off an exciting collaborative project with the Village of Lake Barrington and the Lake County Forest Preserves to clear brush along the creek corridor behind the Lake Barrington Village Hall. The Village of Lake Barrington was awarded a grant from Openlands to then install some of CFC's famous warrior sedges along the creek in an effort to continually improve the entire creek corridor regardless of who the property owner is. As we all know, nature crosses all boundaries!

No matter what the future throws at us, we know one thing: the tireless CFC volunteers will persevere and continue to provide a healthy home to all that call the Barrington Greenway home from the smooth greensnakes, to the gentians, and you and me!

— Kevin Scheiwiller

Current volunteer needs

In addition to our regular workdays, there are other volunteer opportunities at CFC. If you are interested or want to learn more about volunteer opportunities contact Amanda Moller at amanda.moller@citizensforconservation.org or call 847-382-7283.

4th Graders on the Prairie chair
Fundraising supporters
New Spring Plant Sale volunteers
Volunteer land stewards
Workday leaders
Youth Education summer camp volunteers

Notes from the Nursery

Scarification

Mid-winter is the perfect time to start seeds of many of our native plants. In order for them to germinate, the vast majority of them need to go through a conditioning period in the winter called cold stratification. This can be accomplished by simply sowing the seeds outside during the winter months, or by placing them in damp sand in a Ziploc bag in the refrigerator. There are some seeds that have thick seed coats that require another step in the process, and that approach is known as scarification.

One of the main plant families that are a large component of our ecosystems are the legumes, typically known as the pea family (*Fabaceae*). These are represented by some of our most showy and ornamental natives such as the wild indigos (*Baptisia* sp.), leadplant (*Amorpha canescens*), and the prairie clovers (*Dalea* sp.). This large family not only benefits many of our native insects, but their roots are famous for housing bacteria that fix nitrogen in the atmosphere to be utilized by



Germination of white wild indigo (*Baptisia lactea*) with a hot water treatment in the left tray and a sandpaper treatment in the right tray.

plants, therefore adding much needed fertilizer to the soil ecosystem. Legumes can also be a challenge to grow from seed. Most of them have thick seed coats that do not allow water to get to the embryo inside, and so have to be scarified. This is simply wearing down the seed coat to allow water to enter the seed. In nature, this is accomplished through the heat of fire to crack the seed coat, or the freezing and thawing of water on the seed coat during the winter months. If you were to start these seeds in trays at home or in a greenhouse, then lightly abrading the seed coat is needed. This is usually accomplished by rubbing the seeds against a fine sandpaper. You don't want to abrade the seed coat too much and expose the starchy white area known as the endosperm. That can potentially kill the seed. Another method that is useful with large quantities of seed is by pouring near boiling water on top of the seeds. When I use this approach, I will typically heat the water to 180-200 degrees Fahrenheit. Anything hotter than that will kill the seeds. The hot water treatment works with other non-legume species such as New Jersey tea (*Ceanothus americanus*) that need heat to crack the seed coat. Once the scarification process is done, you can place your seeds into cold stratification. I've used both techniques before, but in most cases, the hot water treatment has given me the best results. One example of this that I saw naturally occurring was the first year we did a fall prescribed burn at CFC. That following spring, areas of the prairie had dozens of white wild indigo (*Baptisia lactea*) seedlings popping up in the bare soil, more than what I have seen in any given area. I decided to mimic this approach in the greenhouse. The next year, I trialed a hot water treatment verses a scarifying with sandpaper on the indigo seeds. Both went into the fridge for a thirty-day stratification period afterwards. Once the seeds were sown in trays, the results were almost night and day. The seeds from hot water germinated quickly and vigorously, while the seeds that were scarified with sandpaper germinated more slowly and more sporadically. This shows how important fire is for our native plants, and prescribed fire over a long period of time continues to help improve and diversify our native plant communities. So if you have tried growing native legumes from seed in the past and haven't had luck, or would like to try to grow them from seed, using these scarification techniques will help you introduce these great plants into your landscape.

— Luke Dahlberg

Workday volunteers needed

Workdays are a great opportunity to get outside in the winter. Regular workdays continue every Thursday and Saturday from 9:00 – 11:00 a.m. In addition, our weekly emails include workdays at our BGI partner sites. If you would like to be added to our email group to receive notification of upcoming workdays, please email kevin.scheiwiller@citizensforconservation.org.

Three more Community Education programs

Programs will be presented at the Barrington Village Hall and simultaneously via an online webinar for the February and March programs. Registration will provide location and sign-in information for webinars. Come at 9:30 a.m. for coffee and exhibits.

Add a Little Prairie to Your Garden

Saturday, February 26, 2022, 10:00 - 11:30 a.m.

Cindy Crosby, Author

Include native Illinois prairie plants in your garden and watch the pollinators arrive! Native prairie plants can make a home garden intriguing and exciting. Learn what Illinois native prairie plants work well in a home garden, and how to choose the best plants for your location. Listen to some of these plants' stories, and find out how to create gorgeous theme gardens to display them.

Cindy Crosby is the author, compiler or contributor to more than 20 books. Her most recent book is *Chasing Dragonflies: A Natural, Cultural, and Personal History* (2020). Her recent book of photographs and essays is *Tallgrass Conversations: In Search of the Prairie Spirit* with co-author Thomas Dean (2019).

Cindy has a master's degree in natural resources. She is a Master Gardener and a steward for the Schulenberg Prairie at The Morton Arboretum and at Nachusa Grasslands.

Designing Your Native Plant Garden

Saturday, March 12, 2022, 10:00 - 11:30 a.m.

Matt Hokanson, Owner, Woods to Wetlands



Photo provided by Cindy Crosby.

Vanishing Edens: Biodiversity in a Changing World

Saturday, April 23, 2022,
10:00 - 11:30 a.m.

Michael Jeffords, Author,
Entomologist
In person only.

RSVP 847-382-
SAVE (7283) or to
communityed@
citizensforconservation.
org. Please provide your
name, email, phone
number and program
name.

What's in a name?

By Peggy Simonsen

On January 21, Diane Greening and Ellyn Lanz presented an informative and fun program for CFC's Community Education on demystifying Latin botanic names. Diane as co-chair of CFC's native plant sale knows all the native plant names. Ellyn is a retired Latin teacher and helped us learn the Latin pronunciation and meaning of many frequently found plant names. Ellyn winced at how we commonly pronounce some names like *Amalanchier* (serviceberry) but told us not to be concerned if we are not pronouncing Latin the way it was pronounced 2000 years ago! We learned that Latin is not likely to have accentuated syllables as English does, so what is *Clematis* in Latin is often pronounced clemAtis by English speakers. We know we have names that are gender-specific, such as *Virginiana* and *Virginicus*, but we have no need to learn the gender of the plants.

Diane showed slides of many of our native plants and discussed how species names come about. Ellyn's translations helped too. Some names are about the plant's structure or characteristics, such as triphyllum (three-leaved) *Arisaema triphyllum*/Jack in the pulpit, and glabra (bald) *Rhus glabra*/smooth sumac. Others' species names are colors: *Lobelia cardinalis* (cardinal flower) is scarlet, *Actea rubra* (red baneberry), and *Quercus alba* is white oak. Some names are descriptive, such as *Echinacea* which means spiky-like the coneflower's seed head, or *digitalis* which means finger-*Penstemon digitalis*. Another way plants are named is by similarity to another plant, such as *Viburnum acerifolia* (maple-leaved viburnum) or *Hydrangea quercifolia* (oak-leaf hydrangea). Some names come from the plant's environment, such as *Caltha palustris* (marsh marigold). Still others with *oides* means like, so *asteroides* means like asters; *Boltonia asteroides* is not an aster but looks like one and its common name is false aster. Occasionally a plant is named for a body part, such as *Hepatica* (shaped like the liver) or an assumed healing quality (*Lobelia syphilitica*) once thought to cure syphilis.

A simple explanation for so many native plant species being *Virginiana* or *Canadensis* is because Thomas Jefferson was one of the first people in America to classify them and he named many that grew in the south *Virginiana* (or *Virginicus*) and those that grew primarily in the north became *Canadensis*.

We all still need to learn the botanic names, since common names are so often misleading and a native plant can have different common names. But understanding some of the common meanings of the names helps with cues to remember them.

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What's in a name?

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This was the first of four Community Education programs in 2022. It was held in person at the Barrington Village Hall and simultaneously by webinar for those viewing from home. The next two programs will also be hybrids. The April program, Vanishing Edens: Biodiversity in a Changing World, by Dr. Michael Jeffords, will only be live, but by the end of April maybe we will all be comfortable attending in person!

Raise-A-Pint night

Our friends at the Wild Onion Brewery are launching a new Raise-A-Pint night. Each month they will be highlighting a different nonprofit organization that is doing great work in our community. Each Wednesday, they will donate \$1 for every pint of beer sold for the entire month. They plan to feature CFC for the month of March. So please visit the Wild Onion Brewery, 22221 N. Pepper Road, Lake Barrington, Wednesdays in March and year round.



Thank you Silbrico Corporation

Once again we thank Todd Kokes and our Silbrico friends for generously donating 45 bags of Coarse Krum Horticulture Perlite to CFC for our annual seed mixing. We especially appreciate the donation in this year of supply challenges. Silbrico's donation has played a vital role in the success of our seed mixes for many years. The perlite is an essential component for success as it helps bond with the tiny seeds for even distribution in the mixing. It also serves as an extender, helping volunteers see where the seed mix has been sown for better coverage during hand sowing.

Ignite the Night

Come celebrate autumn and connect with family, friends, and neighbors at CFC's moonlight festival as we Ignite the Night on October 8, 2022. Enjoy a delicious cookout dinner that includes beer and wine, live music and dancing under the stars, narrated horse-drawn wagon rides, stargazing through professional telescopes, flashlight tours through the woods for kids, an extensive and unusual raffle, and a huge blazing bonfire. We also usually have native wildlife including birds of prey. This is a great party for the whole family in a beautiful outdoor setting and one of our community's favorite events. It is held every other year. A full moon has been reserved!

Anyone interested in donating raffle items, please contact Ginger Underwood at 847-331-3568.

Youth Ed: birding and crafts

by Julia Martinez

While winter may keep children indoors, an annual event invites them outdoors. This year, as has been the case for 24 years prior, you and your child are invited to participate in the Great Backyard Bird Count (GBBC) February 18-21. This is a great chance for the child in your life to participate in community science and learn more about local ecology. In order to participate, one must observe birds in a chosen location for fifteen minutes and report observations to birdcount.org. That's it!

This annual bird count is held in February because it is the perfect time of year to try to get a clear picture of different bird populations worldwide. While humans tend to stay indoors in February, birds tend to stay put as well making their numbers easier to monitor this time of year.

Several apps are available to help budding birders identify birds and a simple, well-stocked bird feeder is enough to attract local songbirds.

Because Valentine's Day lands right next to the GBBC, children may enjoy a craft that dovetails nicely with both events. In this craft, a variety of hearts make up a Northern cardinal. Children color and cut, with assistance, to put together their own male Northern cardinal. Some children creatively choose colors other than red which lends itself to a discussion about the colors of birds. Often, males and females are colored differently from one another. Male cardinals are famously red, but they can, on occasion, be yellow! Access the craft here: <https://tinyurl.com/cfcgbbcart>.

Happy Birding!



Eastern bluebirds. Photo by Tom Auchter.

It's time to make your shopping list! Native Plant, Shrub and Tree Sale set for May 6 – 8

by Laura Mandell

We are excited to be able to return to an in-person Spring Native Plant, Shrub and Tree Sale this year! Mark your calendars:

- Online ordering begins March 1 at CitizensForConservation.org.
- Orders are due by April 17 with pick-up on May 6 and 7.
- The in-person sale begins May 6 for CFC members only, and is open to the public on May 7 and 8 at the barn area of Good Shepherd Hospital.

This year's sale features a special Mother's Day garden along with more than 350 varieties of native plants, shrubs and trees. Shopping is easy with the [native plant database](#). Filters allow you to sort by water need, sun, desired color, and desired species that you want to attract. And if you're buying a shrub or a tree, you can learn which forbs, grasses, sedges, and ferns grow well with your selection.

Questions? Native plant experts from our [Habitat Corridors Program](#) are available for a brief online or phone consultation. Email your request by April 1 to info@habitatcorridors.org with your name and contact information, and a native plant expert will be in touch to set up an appointment. Please include Native Plant Sale in the subject line.

Without native plants and the insects that co-evolved with them, local birds cannot survive. For example, research by the entomologist Doug Tallamy has shown that native oak trees support over 500 species of caterpillars whereas ginkgos, a commonly planted landscape tree from Asia, host only five species of caterpillars. When it takes over 6,000 caterpillars to raise one brood of chickadees, that is a big difference! Learn more about how to make your property earth and wildlife-friendly at HabitatCorridors.org.

Appropriate safety protocols will be in place at the sale. We hope to see you there!



Alicia Timm at the plant sale. Photo by Laura Mandell.

Habitat Corridors

The Habitat Corridors program is enjoying its winter nap, but looks forward to spring! Online ordering for our Spring Native Plant, Shrub and Tree Sale begins March 1. If you would like some help deciding which native plants to add to your property, please write to info@habitatcorridors.org. We have many resources to offer to help you find the perfect plants for the perfect places in your yard. We have a new tool on our native plants database. Below the description for all shrubs and trees, there is a list of “associates.” These are the plants that historically have grown alongside that particular shrub and tree. So, for example, if you have a great spot for the shade tolerant red oak (*Quercus rubra*), perhaps you'd like to plant spring beauty (*Claytonia virginica*) or woodland phlox (*Phlox divaricata*) nearby. On-site property visits resume when the plants come out of dormancy and can more easily be identified by our volunteers. We'll see you after the thaw!

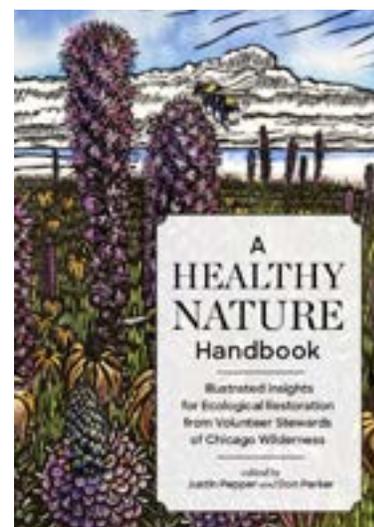
New *Healthy Nature Handbook*

A Healthy Nature Handbook, a new restoration guide just published by Island Press, features ecological lessons from top Chicago area practitioners (including CFC). Here is a short Q&A with Justin Pepper, one of the book's editors.

Where did the idea for this book come from?

Actually, to begin with, it wasn't a book. At least, not necessarily.

My co-editor, Don Parker, and I were catching up while hiking through Somme Woods Forest Preserve with Stephen Packard. As we walked, we reflected on how fortunate we had both been to have been mentored in restoration by Stephen, and for me, Tom Vanderpoel.



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New Healthy Nature Handbook (continued)

We wondered how restoration information was being captured and shared throughout the region. In particular, we wondered how newer stewards were learning and how more experienced stewards were sharing what they've learned. We concluded that someone should create a *Cooks Illustrated* for restoration. We turned out to be that someone.

Like *Cooks Illustrated*, we envisioned "repeatable restoration recipes" that had been practitioner-proven. We talked about trying to do something full of actionable information that was not overly technical. Also, we wanted it to be fun to look at, featuring rich graphics and original art celebrating the ecosystem.

Who is A Healthy Nature Handbook for?

There are two primary audiences: 1) current restoration practitioners including those that have been leaders for years, and 2) soon-to-be and emerging restoration innovators and leaders.

For those that have been at it for a while, we think they'll appreciate seeing write-ups from their peers that capture some of the latest successful restoration approaches. Far from comprehensive, it is more like a time capsule, but one that we think packs in a lot of useful tips and perspectives, even for experienced stewards.

For those that are newer to the practice, we hope it serves as an invitation for creativity and commitment to this work. We hope that the book will accelerate their understanding and help form a broad foundation to act from, even though none of us will ever know *enough*...

What makes this guide different from others?

We think this adds to what's already on offer as a highly readable and art-filled summary of what regional restoration leaders *do* and how they *think about* the restorations they do.

Of course, site specific context will have a major impact on the details of any restoration project, but many of the principles that guide the decision making will transfer.

Each of the six chapters features an illustrated sequence that walks readers through a specific technique. Those include: Nachusa's approach to seeding; how to turn your yard into a seed factory; restoring a sedge meadow with the ten warrior sedges; setting up a monitoring program; including birds in your restoration; and initiating a new volunteer stewardship group.

All told, we had around 50 collaborators on this project. Some shared their own field-honed wisdom; others, their artistic skill. The book is not just *for* the region's conservation community, but also very much *from* it.

How did the project evolve?

We were in the final edits of our pilot chapter on restoring sedge meadows based on Tom's ten warrior sedge approach when he passed away suddenly. No one had more repeatable restoration recipes than Tom and we had planned to develop several chapters with him.

For Tom, technique was central. He was always observing and assessing and considering how to do better through improved management techniques.

In his absence, we made a rather substantial editorial shift. We decided to go broader. To focus not just on specific management techniques, but to capture a wider sweep of what would be needed to go from little/no restoration experience to being able to get up and running as a steward of nearby nature.

What do you hope this book accomplishes or contributes to?

With a conservation community as large as ours, we could have focused in a number of directions, but we wanted to highlight that here, restoration innovation has largely been an

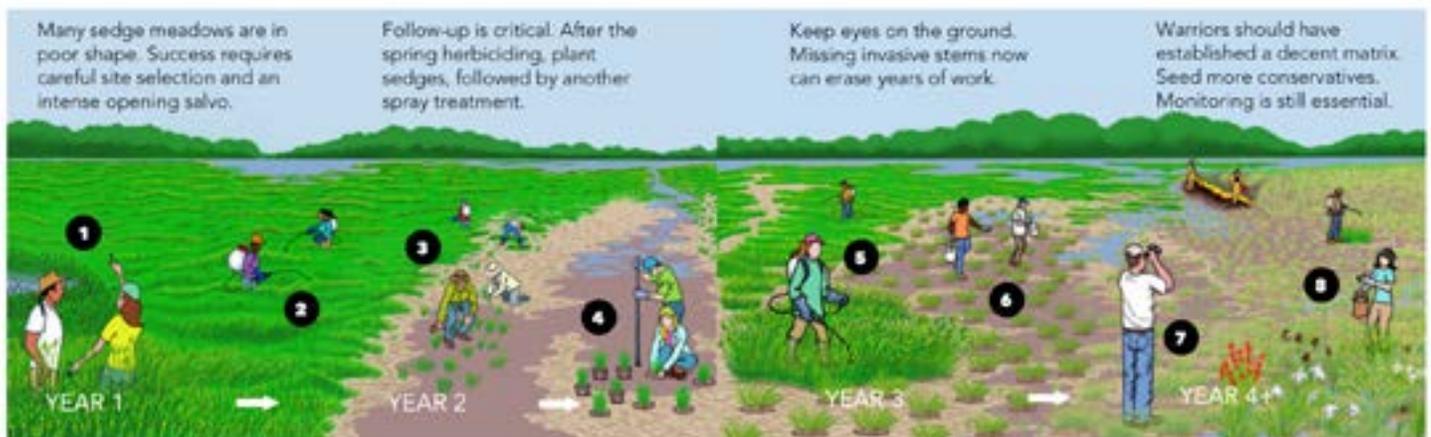


Illustration from A Healthy Nature Handbook.

outgrowth of individual curiosity, creativity, and committed action.

Nature's needs are growing only more urgent. We need far more innovation and participation to increase the speed, size, and quality of our restorations.

We hope our book serves to bolster the commitment and skill of those already involved in habitat restoration and also helps soon-to-be leaders find a place worthy of their focus.

This work is joyful and nourishing. If enough of us find our place, and a like-minded community to join, and if we act together skillfully, we will be demonstrating a sort of do it yourself response to climate change. We will be increasing our region's resilience as we restore healthy nature, enrich our own lives, and connect with our neighbors.

Ultimately, if healthy nature is to endure here, it will be because habitat restoration has been woven into our culture. This is already underway and we hope the book provides some support for that lofty goal.

Welcome Amanda!



In December, Amanda Moller joined the CFC staff as the new part-time Administrative Assistant. Amanda was already a part of the CFC community as she has been a volunteer since 2018 and a board member since 2019 providing volunteer coordination support. She has also contributed to CFC in the Native Seed Gardeners

program and rare seed beds, membership and annual appeal efforts, the spring and fall plant sales and Ignite the Night. Amanda and Debbie Kreischer took on the major project of getting us set up with a constituent management database so much of our information is all in one place which provided administrative efficiencies and reduced costs for mailings.

Helping in the Native Seed Gardeners rare seed beds and being trained by Katherine Grover is what got Amanda connected to CFC. She wanted to learn more about native plants to convert her yard and current gardens to native plants. After some training, being able to come and volunteer on her schedule made a difference to being able to return again and again. While Amanda had only intended to volunteer for a few

months, she says it has been the great people and the amazing work being done at CFC that has kept her motivated to stay involved. Her favorite CFC activities are helping at the spring plant sale and collecting seeds.

Amanda worked in higher education administration for 18 years and graduated from Bradley University then Capella University. She started an environmental non-profit, Greener Good, in 2018 to save items from the landfills through community donations then distributing items to be used by schools or for creative reuse. Amanda and her husband Jason have two school-age children, Rhys and Sienna. They currently live in Arlington Heights after growing up in Rockford, IL and getting a few glorious years of living in Portland, OR. The family loves to go on road trips and enjoy the outdoors as much as possible.

President's Comments

"Conserving Beauty: Celebration of the Arts" at the Barrington White House on December 16 was the final event of CFC's 50th Anniversary celebration. We showcased the accomplished works of CFC volunteers and members whose efforts recognize and conserve the beauty of daily life, reflecting CFC's mission to restore and conserve the beauty of nature.



Attendees enjoying Conserving Beauty. Photo by Rob Neff.

Twenty-one artists exhibited throughout the first floor of the Barrington White House, and the upstairs ballroom held approximately 40 juried art projects by District 220 students. There were Barrington High School student orchestra musicians playing in the ballroom. The Barrington Area Digital Photo Gallery was also shown on the third floor.

The artists' work featured photography, watercolor and oil paintings, ceramics, illustrations, and collages. The artists showcased were: Stephen Barten, Diane Bodkin, Jim Bodkin, Donna Bolzman, Jeff Chemelewski, Jane Christino, Luke Dahlberg, Ken DeMuth, Jan Elbert, Margaret Hudson, Philip Juras, Barb Laughlin-Karon, Paul Krauss, Debbie Kreischer,

(continued)

President's Comments

(continued)

Bob Lee, Kathleen Leitner, Rob Neff, Maren Prokup, Jaynanne Ridder, Jim Root, and Tamara Bogue Voris.

The students' works were created using recycled materials in honor of CFC's origins. Dave Engle and Alex Stevenson, two former art teachers at Barrington High School, judged the work for "Best of Show" for the high school students, with Brigid Tileston, the director of fine arts for District 220, providing the prizes.

The White House was of immense help by providing the venue, staff and publicity, removing furniture to accommodate tables and easels, and allowing us to register attendees using their Eventbrite registration system. Some artists sold pieces and donated their proceeds to CFC, and CFC in turn made a donation to the Barrington White House.

The artists and those folks who attended the show all acknowledged the significance of conserving beauty in nature and beyond. As Barb Cragan noted, many attendees were amazed with the talent displayed, knowing that most of the artists are not professionals. And the White House staff said, in part, that it was "a great show that showcased many and brought an expanded understanding of the arts and CFC to our community". Rollin Potter, Cultural Director for the



Kathleen Leitner. Photo by Mark Leitner.

White House, characterized the event as a "colossal success" with over 200 attendees.

Many thanks to Barb Cragan and her Committee: Jane Christino, Dale Griffith, Sue Griffith, Stephanie Hargreaves, Ed Plum, Alexis Siddons, Judy Springer, Brigid Tileston—it was a great success and a fitting end to our year of celebration!

— Kathleen Leitner

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