



The Newsletter of Long Lake Conservation Center  
**LONG LAKE LEAFLET**

Teaching the Interdependence of Humans and the Environment

Palisade, Minnesota

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***Come Outside and Play Today...*** Meagan Keefe, LLCC Naturalist

Over the past few weeks or so, I have been working on preparing for our first Minnesota Master Naturalist class here at Long Lake. The topic for lesson number one is – just what is a naturalist anyway? To get ready for this presentation, I've been rereading the books of some of my favorite naturalist writers, notes from a natural history interpretation class I helped teach at the U of M, and simply reflecting on my experience as a naturalist for the past ten years. And so here is my latest attempt at describing exactly what it is that we of the naturalist persuasion do.

I got into the naturalist profession in a round about way. I had grown up playing and doing things outside all the time. Some of my most cherished memories revolve around outdoor activities. From pheasant hunting with my dad and his family or fishing with my grandfathers to building tree and snow forts in the backyard or catching critters in the local pond, I spent quite a lot of my childhood outside. In college, I majored in biology and had several different career paths outlined. One way or another they fell through



Photo by Meagan Keefe, LLCC

and I ended up the spring of my senior year not sure what to do with a major in biology. Browsing through the career resource center, I found a flyer for an environmental education internship and lo and behold a professional naturalist was born.

Most sources define a naturalist as a student of natural history, or in other words, someone who studies the environment, plants and animals around them. In many ways, this makes a good chunk of us amateur naturalists (I use the word amateur to mean one who is not a paid professional in the field). Your neighbor the hunter is a naturalist when he or she goes out to scout for game or spends an autumn day in a tree stand. The kids next door are naturalists when they take their nets down to the creek to see what they can catch. Your parents are naturalists when they keep track of all the different birds that come to visit their feeders. You are a naturalist when you share the wonders of a starry evening with a friend or loved one.

I happen to be one of a few people lucky



Photo by Carol Thaemert, LLCC

Continued on page 4...

## From the Director's Desk:



I would like to say "Hi" from Long Lake Conservation Center. It has been some time since I last wrote a column for our newsletter. We haven't put out a newsletter for awhile, due to budget constraints. In an effort to save costs, we elected to forgo printing a newsletter and decided to produce our newsletter electronically and will continue to do so into the future. This will allow us to provide our clients and supporters with updated news about LLCC from time to time. If you want to insure you receive a copy of the new electronic form of newsletter, please send us your email address so we can add it to our distribution list. All you will receive is a short email with a link to the newsletter about 2 or 3 times a year.

With that bit of news out of the way, I would like to say happy Spring to everyone! The winter was a long one for us all. It's nice to finally see the snow disappearing and the temperatures warming up to make it enjoyable to be outside once again. I know the staff here at LLCC is excited to see this time of year for the above reasons as well as the fact that this time of year is one filled with great phenology events. From birds migrating through the area, to changing temperatures, to sightings of new born babies of various wildlife; it makes it a great time of the year to record natural events going on all around us.

Spring also signals the time for Long Lake to start gearing up for our summer camps. This year we have some great offerings with one new camp being a "family" camp. This camp is designed for a family who is looking for a camp experience with their kids. There are many great activities planned with ample time for families to just spend time together. This is a great opportunity for families to get out and explore nature together and spend time in the outdoors without all the hassle of planning a camping trip. Please take a look at our website for all the details or feel free to call Long Lake and staff will be more than happy to answer any of your questions on the family camp or any of our other summer camp offerings. I also want to mention that if the economic times has caused a crimp in your ability to send your son or daughter to a camp, please keep in mind there are many scholarship and sponsor opportunities in your own community to help with this. Local sportsman clubs, lake associations, soil and water districts, and local Minnesota deer hunter chapters are all places you can look to for possible help with some sponsorship dollars.

I also want to encourage all of you to come out to Long Lake Conservation Center and take advantage of the hiking trails available. We have some short trails and long ones to meet the needs of hikers. For those of you who like to walk and do not want to venture into the woods, LLCC's paths on campus are open for anyone to come on out and walk. The Friends of Long Lake are also planning some family days for this upcoming summer where you will be able to come out for the day to hike, do some canoeing, or even shoot some archery at our archery field. Guided nature walks will also be available on these days as well. Keep an eye open for the dates and times on the website or in the local media. Along with this, LLCC hopes to have some other activities and events for adults and families to attend on pertinent topics related to conservation and nature. In conjunction with these events, LLCC will also be working with the Minnesota Astronomy Society to put on more public outreach events this summer on stargazing.

As you can see, LLCC has a lot of great things planned for this summer for camp and the general public alike. Long Lake wants to encourage the public to come and enjoy the campus as it is here for them to use just as it is for the students who come during the school year and summer programs. Now more than ever, it is a great opportunity for you to explore nature and learn about conservation of our environment without having to travel far or pay a lot of money. Couldn't ask for better during these tough economic times; a place to go close to home where you can learn and enjoy the outdoors at its finest. I hope to see you here at Long Lake this summer and have a great Spring!

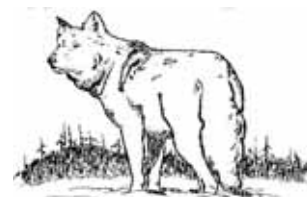
*Todd*

## LONG LAKE LEAFLET

Published for friends of  
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## “Witness to Climate Change” - John Stetson’s Message at LLCF Dinner

The “Friends of Long Lake” hosted another educational “Dinner at Long Lake” on February 20, 2009. Featured speaker was John Stetson, member of Will Steger’s Baffin Island Expedition team and how they ventured out to witness the effects of climate change. Mr. Stetson presented photos of not only the Baffin Island Expedition, but many photos from his 25 years of dog sled travel over 10,000 miles including the arctic and antarctic ice caps.

Mr. Stetson shared some breathtaking pictures of the miles deep crevices of the antarctic. Some photos were taken from a camera attached to his sled dogs harnesses; one from a position dangling in its harness after falling through the snow above one of these crevices.

John also shared his story of the 15 years he spent visiting the polar bear of the Hudson Bay area. The remarkable photos told a story of change, not only for the polar bear, but for the native people that live in these ice areas. Both are feeling an impact of the melting ice.

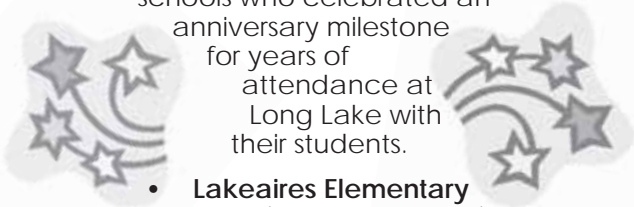
The “Friends of Long Lake” will present another dinner in



the near future to bring more interesting and educational information on our environment to the community we live in. Please watch for information in our local media, or check out Long Lake’s website for details at [www.llcc.org](http://www.llcc.org).

## Anniversary Schools:

Congratulations to the following schools who celebrated an anniversary milestone for years of attendance at Long Lake with their students.



- **Lakeaires Elementary School** (White Bear Lake)  
20 years in September 2008
- **Oak Point School** (Eden Prairie)  
35 years in December 2008

## Winter Sunrise over Long Lake...



Photo by Mary Cox, LLCC

## Meet LLCC’s 2008-2009 Seasonal Naturalists...



**Maggie Jungbluth...**

Maggie hails from Stillwater, MN. She is a graduate of Metro State University, St. Paul, with a BA in American and Environmental Studies. She most recently worked with the DNR as a coordinator of the WET Program. She enjoys outdoor activities all year long. Her hobbies include birding, hiking, camping, and most outdoor activities. She looks forward to spending her time teaching the students coming here from the schools around Minnesota.

**Laci Prucinski...**

Laci comes to LLCC from Bellevue, NE. Laci holds a Masters Degree in Conservation Biology from Victoria University of Wellington, New Zealand, and the University of New South Wales, Sydney, Australia. She is working towards receiving a PhD in Environmental Enrichment in Captive Settings. Laci is looking forward to the snow this winter and learning how to cross country ski along with the students coming to LLCC. In her spare time, she loves exploring the historical and natural wonders of the area.



**Kelsey Beery...**

Kelsey comes to LLCC from Indianola, IA. Kelsey holds a Bachelor of Science Degree in Biology from Morningside College. She looks forward to teaching Environmental Education at LLCC this year. She is researching various options in her career path and hopes her year at LLCC will help her in some of those decisions. Kelsey enjoys photography and has been photographing the wildlife she finds at LLCC

enough to be a naturalist on a professional basis. In order to turn this passion into a career, I share my knowledge and teach others about the world around them on a daily basis. Working at a Residential Environmental Learning Center (RELC) like Long Lake offers me a wide audience. Any given day I might be teaching preschoolers and their parents from the local Head Start programs about animal tracks, some Rippleside students in the school forest or adults and families on a birding hike. Most often though, I am teaching grade school students from down the road and across the state, all of whom are going to be future land owners and/or decision makers for our local and state natural resources, about this small yet wonderful patch of nature at Long Lake. Our class selection ranges from archery to skiing and from slogging through the bog to gazing at the night sky. If I'm not teaching, then I'm possibly out working on our trails, checking on our wildlife projects (we had a successful loon nest on a platform



Photo by Mary Cox, LLCC



Photo by Meagan Keefe, LLCC

we built and placed on the lake this past summer), or developing new programs for our varied audience.

To sum it all up, being a naturalist means being a jack- or jill- of all trades who enjoys their time outdoors and sharing that experience with others. So back to that Master Naturalist class I mentioned at the beginning of the article. These classes, presented throughout the state, offer you an in-depth look at your local ecosystem and opportunities to get involved with nature programs and projects in your community. If you think that you might enjoy working and learning alongside a unique community of outdoor enthusiasts, then this class may be for you (scholarships are available if cost is a factor). The more voices speaking and hands we have working for our environment and resources, the brighter everyone's future will be.

## **New Family Camp added to the Summer 2009 Camp Line-up...**

### ***Looking for some fun quality family time this summer?***

You and your family can now come to LLCC to enjoy a 4 or 6 day outdoor adventure together without the hassles of cooking and planning out your daily activities... and it's all in one spot! Make it your whole vacation... or just a stop on your journey. Two options to choose from.

Activities consist of a variety of outdoor hands-on activities which teach you and your family about the environment and fun outdoor recreation activities; Canoeing, archery, hiking, campfires, and more! Learn a few natural crafting ideas too. Along with all this, you will be given plenty of time to explore and hike around LLCC's beautiful 760 acres of natural landscape. No cooking, no cleaning, just some great fun for you and your family.

Option 1: (4 days/3 nights) August 9-12, 2009  
\$300 each adult plus \$225 each 12 & under  
OR \$750 family of 4 plus \$75 each additional person up to a maximum of 8 people.

Option 2: (6 days/5 nights) August 9-14, 2009  
\$400 each adult plus \$300 each 12 & under  
OR \$1000 family of 4 plus \$125 each additional person up to a maximum of 8 people.

Contact LLCC at 800-450-5522 for more information or email to [info@llcc.org](mailto:info@llcc.org).



## Spring Photographer's Retreat! - April 24-26, 2009

Once again... Calling all photographers!

Ever want to get away with your camera and just work on that technique you heard or read about? Never find the time to explore with your camera? Well, this is your opportunity to schedule that time and enjoy the company of others sharing your same passion for photography.

Share and learn from each other at this photographer's retreat. From beginners to experts, this is a weekend dedicated to people who want to explore the world of nature photography; birds, animals, forests, bogs, a lake, and more.

Long Lake Conservation Center is a 760-acre outdoor classroom and subject for your photos. From sunrise to sunset, there is something to "focus" on. With the dark sky, you may even get a nice shot of the stars in the sky! Late April is when the bog begins to bloom and birds are migrating back home. Nature is coming alive with lots of opportunity to get that perfect photo suitable for framing.

There are three options to choose from:

\$150 Full package - includes 2 nights Lodging and meals

\$90 Saturday Sunrise-Sunset Package - Includes 2+ meals

- 760 Acres of Nature as your subject
- Software techniques
- Share with other photographers
- Printing techniques
- Learn from experts
- Sharptail grouse blind
- Field Trips
- Demonstrations
- Your own topic?

For more information, or to register, call 800-450-5522 or email to [carol@llcc.org](mailto:carol@llcc.org) Additional information can be found on-line at [www.llcc.org/Learning-ops.html](http://www.llcc.org/Learning-ops.html)



Photo by Carol Thaemert, LLCC

**Visa & Mastercard accepted.**

**(\$30 non-refundable deposit required at registration)**

*\* Full registration is all weekend. Check-in between 5 and 7 pm on Friday; ends 2 pm on Sunday. Meals include continental breakfast before sunrise, brunch, and dinner on Saturday, and continental breakfast and brunch on Sunday. Saturday only registration is from Sunrise to Sunset and includes all Saturday meals.*

## Editor's Comment on Nature & Education...

by Carol Thaemert, Promotions Coordinator, LLCC

Since I arrived at LLCC four years ago, I have learned a lot about nature, conservation, environmental education, and much more. Although being raised on a farm, I have to admit that I was "nature deficit" before coming to LLCC. One would think that someone who is exposed to the great outdoors, growing up in the country, should be very knowledgeable about nature and the environment. My answer... "Not so!" To live in nature does not give you the knowledge of what is taking place. It does not tell you how your actions impact the environment. It does not teach you how to conserve your natural resources.

I've spent much of my life living in the country. I love its beauty and enjoy the activities it makes possible for me. I now look at everything a little bit differently. I see a mosquito and know that it is food for a beautiful dragonfly. A small point, but one I did not know before. I can enter into the woods and see different trees and know which ones are homes to different animals. I see a tree felled by a beaver and know why. I look at the water from the lake and can identify organisms living there and what they will become, such as that beautiful dragonfly. This visual input and the hands-on experience makes the knowledge come to life!

As I visit with groups in Aitkin County and around Minnesota to tell them about the mission of Long Lake Conservation Center, I find that many folks are not aware that LLCC is a school... a special school that teaches students how to be good conservation citizens; to conserve natural resources and to know that decisions they make about the environment have an impact on their future and the future of others. They learn about the interdependence of humans and the

environment.

Some people say, "Take the frogs to the city kids!.. Why do they need to come here?" To these folks, I answer.... Have you spent some time in the city? ...especially downtown Minneapolis or St Paul? If you do, you will not see much of nature.

Imagine that you are 10 years old and have never seen a forest, or a lake without homes built up along every inch of the shoreline, or the sky on a very dark night. Imagine not being able to see the stars in the night sky because the lights of the city have turned the sky as white as day. That is what I have heard from some of the students that have visited LLCC.

Oh, what a thrill these students must feel when they step off that bus into this new world of wonder; Their eyes nearly popping trying to take it all in. They are building a memory that will stay with them for a lifetime and impact the choices they make for their future and the environment. I never really thought about it until these students shared this with me... in a moment of pure excitement!

Even the students from country schools will exclaim with awe, the newly found knowledge they've gained about something they've seen every day. We can all be teachers of nature. As our feature story says, "**Come outside and play today,**" there are wonders all around us. Take a moment to look and learn from them. There is pleasure, and education, in nature. As William Wordsworth said, "...Let nature be your teacher."





If you believe in the work we do, please contribute today! Your support is necessary for us to continue to achieve Long Lake's mission.

Please consider a membership in the Long Lake Conservation Foundation. Your continued membership helps support LLCC in its ability to continue to provide quality environmental education to accomplish its mission of promoting wise use of our natural resources and making youth aware of the interdependence of humans and the environment. Your support goes to ensure that our natural resources will be available for our children and generations to come by educating our youth to become good Conservation Citizens.

Each and every member helps to make a difference!... Please "Make the Connection" today!



- Photographer Unknown

From the *St. Ignace News*... Baby Moose - Born in the middle of downtown Naubinway, Michigan. The young moose was born at 5:30 am in the front yard of this residential home. The photo was taken by a couple biking past the home just 12 hours after the birth.

**"Friends" Volunteer Meeting Calendar:**

The next meeting of the "Friends of Long Lake" will be held at **7 pm on April 15th at the LLCC dining hall.**

Meetings will be held as needed throughout the year. Please check the website for dates, location, and time of an upcoming meeting:

<http://www.llcc.org/fdn-volunteer-calendar.html>

**MAKE THE CONNECTION. JOIN THE LONG LAKE COMMUNITY TODAY.**

Name(s) \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  Renewal  
 Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

**Choose Your Membership Level**

Then select which gift you prefer.

- Basic Membership:** \$40  
 water bottle  travel mug
- Supporting Membership:** \$75  
 LLCC t-shirt  tote bag
- Engraved Membership:** \$120  
 engraved paving stone  
 members-only t-shirt
- Tribute Membership:** \$250  
 paving stone & sweatshirt  
 two paving stones
- Memory Forest Membership:** \$500  
 tree & sweatshirt.
- Donation Only.** Enter \$ \_\_\_\_\_

Please indicate size if you have requested a shirt as a free gift.

S      M      L      XL      XXL

**Please make all checks/payments out to Long Lake Conservation Foundation.**

Amount Enclosed \$ \_\_\_\_\_  
 Payment Method  Check  Money Order  
 Discover  Visa  MasterCard

Credit card # \_\_\_\_\_  
 Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

**All donations to Long Lake Conservation Foundation are tax deductible.**

For paving stones and trees, we will be in touch with you to find out what message you wish to have engraved on the item.

Questions? Contact us.  
 1-800-450-5522 or info@llcc.org.

Please send form to:  
 Long Lake Conservation Foundation  
 28952 438th Lane  
 Palisade, MN 56469  
 Fax: 1-218-768-2309



Your Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Thank you!**

# 4th Annual LLCF Golf Tournament & Banquet is August 14, 2009...



*Thank You again!  
to all our Sponsors...*



Watch for upcoming details and brochure registrations.. coming soon!

This year is for EVERYONE... Plan on attending the Banquet if you are not a golfer...There will be lots of fun planned!

*Please join us again this year!!*

## Contributions to Long Lake in 2008...

### LLCC/LLCF Cash Contributions:

#### \$2000 & up:

Otto Bremer Foundation  
MN Astronomical Society

#### \$1000:

Riceland Chapter MDHA  
Mille Lacs Energy Coop  
Terhuly Foundation  
Gert Roggenkamp

#### \$100-500:

Robert Morgan  
Aitkin Riverboat Lions  
Aitkin Lions  
McGregor Lions Club  
Buffalo Crafters  
Marcie Loven  
Lorraine Spears  
New Brighton Lions Club  
Bush Lake Chapter IWLA

#### Up to \$100:

Creative Crafters  
Carol Thaemert  
Ross & Vicki Wagner

### Norma Marcum Memorial:

Lawrence & Joyce Fulton  
John & Elizabeth Soderquist  
JoAnne Pirner  
Carol Pirner  
Suzanne Redhead

### Membership Contributions:

#### Tribute:

John & Nancy Strom

#### Engraved:

Gary & Beth Hippert  
Aitkin Co Jack-A-Lope's  
Northwest Airlines  
Sportsman's Association  
Jerold & Donna Bahls  
Carol Thaemert

#### Supporting Membership:

Dr. A.C. Swanstrom  
Lisa Roggenkamp Rakotz  
& Yancy Rakotz  
Cheryl Volkman Knight

#### Basic:

Joe & Sharon Dreimiller  
MN National Golf Course  
Paula Streiff  
Dennis & Laurel Lamke

### In Kind Contributions:

Great River Gardens  
Neuton Mowers  
Ron Larson  
Dave & Carol Conway  
Ken Oaks  
Steve and Sue Allen  
J & H Transfer Station  
Palisade Lions Club  
Carol Thaemert

Shirts Plus of Aitkin  
Epson America, Inc.

### Golf Tournament Sponsors:

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Thrivent Financial for Lutherans  
MN National Golf Course  
Faegre & Benson Law Firm  
Mills Automotive Group  
Paulbeck's County Market  
Security State Agency  
Sever's Corn Maze  
Floe International  
Murphy Oil Company  
Kenneth L Keller Foundation  
Dr. Jeffrey Fish, DDS  
Reed's Family Outdoor Outfitters  
Hyytinen Hardware  
McGregor Veterinary Clinic

Eyecare Center of McGregor  
Hometown Building Center  
Aitkin Feed & Farm Supply  
Warynen Insurance Agency  
Carol Thaemert  
Pam Carlson  
Dave Conway

**Golf Tournament Participants and Banquet Guests**  
**All the "Friends of Long Lake" & Mille Lacs Energy Volunteers**  
**Everyone who helped in any small way to make the Annual event the success it was.**  
**Thank you!**

## Join the "Friends of Long Lake!"

Thank you to all the members that continue to re-new membership in LLCF. Your continued support helps to continue the mission of Long Lake Conservation Center.

Please note that attending the Annual Golf Tournament or Banquet includes *Basic* membership in LLCF and will automatically re-new by attending each year. Additional donations are always welcome.



## LLCC Camp Schedule Set for 2009:

LLCC's 2009 camp dates are as follows:

Forkhorn I (Session 1)	June 14-19, 2009	\$400
Forkhorn I (Session 2)	July 5-10, 2009	\$400
Forkhorn I (Session 3)	August 2-7, 2009	\$400
Forkhorn II (Session 1)	July 19-24, 2009	\$400
Forkhorn II (Session 2)	July 26-31, 2009	\$400
Forkhorn III	July 19-24, 2009	\$400
Outdoor Explorers (Gr 5-6)	July 12-17, 2009	\$425
Tadpole Day Camp (Gr 1-3)	June 22-26, 2009	\$115
Outdoor Explorers Day Camp (Grades 4-6)	Jun 29-Jul 2, 2009	\$120
Family Camp (2 Options)	Aug 9-14, 2009	Call

Additional information about the camps can be found on our website, along with registration information and forms.



**LONG LAKE CONSERVATION CENTER**  
 28952 438TH LANE  
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 1-800-450-LLCC WWW.LLCC.ORG

### LLCC'S MISSION STATEMENT

Long Lake Conservation Center's mission is to foster proper conservation citizenship and encourage wise use of resources by making students aware of the interdependency of humans and the environment.



**CONSERVATION SMART NEWS...** Email LLCC with your name and email address. A short email will be sent to you with a link to the newsletter each time a new one is ready, about 2-3 times a year. Save paper and postage... Conservation Smart News!!



LLCC's Loon family. Summer of 2008.

### Things to watch for this Spring & Summer?...

Are the Loons going to return to raise another family? Will Stevie, LLCC's blind woodchuck return with the Spring? Watch the phenology on our website to find these answers and more. The Staff of LLCC wishes everyone to have a great summer of outdoor exploration and activity.

Stevie, the blind woodchuck.

