



# THE LONG LAKE EXPERIENCE

**PLANNING YOUR VISIT  
TO LONG LAKE CONSERVATION**

## **LONG LAKE CONSERVATION CENTER**

**TEACHING THE INTERDEPENDENCE OF HUMANS AND THE ENVIRONMENT.**

**MEMBER OF AITKIN COUNTY PARKS SYSTEM.**

**ACCREDITED BY NORTH CENTRAL ASSOCIATION—**







# **THE LONG LAKE EXPERIENCE: PLANNING YOUR VISIT TO LONG LAKE CONSERVATION CENTER**

Published by Long Lake Conservation Center, copyright 2004, revised 2008.

Text by collaboration among LLCC staff, past and present.  
Quotes by genuine teachers, students, parents, and principals since 2001.  
Photos by Anne Dybsetter.

Since its original publication in 1977, *The Long Lake Experience* has been designed

**PLEASE CONSIDER THE CONTENTS OF THIS BOOKLET CAREFULLY, AND BE SURE TO INQUIRE WITH LLCC'S STAFF MEMBERS IF YOU HAVE QUESTIONS REGARDING EXPECTATIONS AND**





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*"I learned a lot of different and new things about animals and the environment."*

*-Student*

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*. . . How many days until you return next year?*

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*"Only at a program like this. . . ."*

*-Principal*

# GET READY. .



## TEACHER & SCHOOL PREPARATION

Each school should designate one staff person to serve as the Contact Person. The Contact will receive mailings and other information from LLCC to share with other school staff, students, and parents.

LLCC's Instruction Coordinator (IC) is responsible for Long Lake's educational program and schedules. The IC will communicate with the Contact Person to plan and coordinate your visit.

As you plan for your Long Lake visit, we'll make every effort to help your preparations go smoothly. Please call us at 1-800-450-5522 with any questions.

### Your Action Plan

1. Take a moment just to consider nature. Truly so much to learn and so little time!
2. Get a flavor of the Long Lake Experience by looking through the activity & class list (pages 10-14).
3. Choose those activities that best suit your curriculum and your students.
4. Mail, fax, or e-mail your completed Action Plan (pages B-C) to LLCC at least 3 weeks prior to your visit.
5. Review the schedule that we send you in return, and share it with fellow teachers, parents, and students.

### Informational Meeting

A meeting among parents and teachers is essential to relay information and address concerns. At your request, we can visit your school to give a first-hand account of the Long Lake Experience. Just call LLCC's director at 1-800-450-LLCC (5522) to schedule a presentation. In addition:

- ◆ Ask for a copy of our informational video.
- ◆ Suggest that parents and students explore our website, [www.LLCC.org](http://www.LLCC.org).

### Other Necessities

- ◆ Room Assignments must be made before arrival. Room sheets and floor plans of the dormitories are included on pages H-L.
- ◆ Color Groups: Please divide students into the number of color groups indicated on your schedule. Students should know their color group designation before arrival.

## FOR EACH STUDENT. . .

Over more than three decades, 135,000 students have passed through LLCC's gates. We've dealt with a vast array of questions, concerns, and situations.

### Health & Permission Forms

Each participant must have a completed health form (page E) and permission form (page F) signed by a parent/guardian. The school's own forms may be used, as required.

### Packing List

Please review the packing list (page D) with the students item by item, and give each student a copy to check off as they pack. Comfort, safety, and good learning depend on it.

### Special Needs & Requests

To the best of our capability, we will meet dietary, equipment, program, or facility needs with at least 2 weeks' notice. Discuss needs with LLCC staff.

### Birthdays

We don't want to miss out on a special day! Please include the names of birthday kids on your Action Plan.

*"Thank you so much for the memories! I have pictures that I will treasure!"*

*-Student*

*"The facility and environment are wonderful. Such a great experience for kids."*

*-Principal*



# GET READY. . .

## INFORMATION FOR PARENTS AND STU-



### *LLCC's Mission:*

*To promote wise use of natural resources and foster proper conservation citizenship by making students aware of the interdependence of humans and the environment.*

### What is Long Lake Conservation Center?

Residential environmental education at Long Lake Conservation Center (LLCC) puts students at the center of their own learning experiences.

LLCC is an accredited special-purpose school, which means our education programs meet demanding accreditation standards.

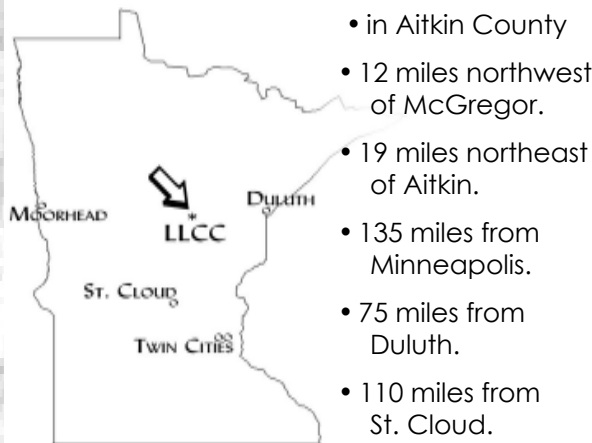
### What do students do at Long Lake?

While at LLCC, students are divided into small groups and rotate through a series of activities. Activities include wildlife and habitat classes (Bog Trek, Alpha Wolf, Snakes Alive!) and outdoor skills classes (canoeing, cross country skiing, orienteering), as well as teamwork and initiative activities.

LLCC's education staff is led by two licensed teachers and four professional Naturalist Educators. Three to five seasonal naturalists—recent university graduates or university students in a related field—are supervised by LLCC's professional education staff as they assist in teaching.

LLCC is kept in daily operation by caring support staff in Administration, Food Service, and Maintenance. Find out more at [www.LLCC.org](http://www.LLCC.org).

### Where is LLCC?



### What do we need to do to prepare?

Watch for information and handouts from your child's classroom teacher. These will include:

- 1) Health form.
- 2) Permission slip.
- 3) Packing list.

Please go over the packing list carefully for the safety and comfort of the stu-

### How can my child be contacted at LLCC?

Long Lake's phone number is 218-768-4653. Office hours are 8 a.m. to 4:30 p.m. Please call outside office hours **only** in case of emergency. Calls will be answered at all times when students are present. LLCC staff will relay messages through the student's classroom teacher.

Student use of the phone is at the discretion of school staff.

### What else does Long Lake do?

You and your family can come to LLCC for other opportunities.

- ◆ Summer Camps and Canoe Trips.
- ◆ Retreat, meeting, & reception facilities.
- ◆ Environmental education programs for churches and other organizations.
- ◆ Volunteer and donation opportunities for community service organizations.

We rely on grants and donations. If you believe Long Lake Conservation Center's programs are important, please contribute.

*Long Lake Conservation Center*  
28952 438th Lane  
Palisade, MN 56469

1-218-768-4653  
1-800-450-5522

[www.LLCC.org](http://www.LLCC.org)  
[LLCC@LLCC.org](mailto:LLCC@LLCC.org)

## FACILITIES & EQUIPMENT AT LONG LAKE

### Capacity

LLCC's facilities and staff are geared to serve a maximum of 220 visitors at one time. Larger schools reserve two or more 3-day time blocks and visit in teams. Smaller schools can be scheduled simultaneously to meet our minimum number of 50. We will do our best to find a date to suit your group.

### Dining & KP

Long Lake's kitchen staff is famous for making delicious, home-cooked food. Meals are served family-style. Students are strongly encouraged to practice wise use by "taking what they want and eating what they take."

At the first meal, LLCC's staff will randomly assign seats for the students, with at least one teacher or adult chaperone per table. If you wish, you may assign the dining hall seats for your group prior to arrival. Please indicate this preference on your Action Plan.

Also at the first meal, we will appoint two KPers (Kitchen Patrol) per table. After each meal, out-going KPers choose two new KPers for the next meal. KP duties include setting the table before the meal, bringing bowls and platters of food to the table at the start of the meal, and cleaning up the table after the meal. KP time is built into the schedule, so students do not miss out on activity time.



### Lodging

LLCC has two dormitories, the North Star Lodge and the Marcum House. Each room includes private toilet and shower facilities.

The North Star Lodge has sixteen rooms, each with eight bunks (128 beds total). Four of the sixteen rooms are handicapped accessible. Unless needed by a student, these rooms are reserved for visiting teachers, staff and chaperones. With two wings, separated by a lobby and the Great Hall, the North Star Lodge is usually divided into a boys' wing and a girls' wing. All rooms open onto an interior corridor.

The Marcum House has 13 rooms, with four or eight bunks (92 beds total). All rooms have an outside door. Two rooms are ADA equipped for the handicapped. When completing rooming assignments, please fill the North Star Lodge first, and use the Marcum House when numbers require.



### Equipment

During your stay with us, all equipment and materials necessary for the programs will be provided. Please remind your students to treat LLCC's equipment with respect and put it away when finished.

### Smoke Free

Smoking is prohibited in all LLCC buildings. Outdoors on campus, smoking is allowed in designated areas only; 25 feet from entrances. Please deposit cigarette butts properly in receptacles.

*"I loved LLCC!"  
-Student*

*"Minnesota is a better place because of LLCC, and everyone in Minnesota would benefit by participating . . ."*

*-Parent*



# SET. . .

## WHAT YOU CAN EXPECT DURING YOUR

With more than thirty years experience, we'll make your visit to Long Lake exciting and fun. . . as well as safe and orderly!

### Arrival

Plan to arrive between 11:30 a.m. and 12:00 noon. Please advise us of any changes in arrival time. LLCC's staff will greet students before they get off the bus and facilitate organized unloading procedures.



### Telephone

Phone calls will be answered at all times during your stay. The number is 218-768-4653. Office hours are 8 a.m. to 4:30 p.m. for non-emergency messages. Please advise those staying behind that after-hours calls should be for urgent and emergency reasons only.

Out-going calls can be made collect or with a calling card from telephones in the North Star Lodge and Marcum House staff lounges. Student use of the phone will be at the discretion of school staff.



### Accessibility

LLCC's campus is handicapped accessible.

For transportation around campus, we can provide an electric cart that seats five. Ask a staff member about the "Pumpkin" (it's bright orange!).

### Medical Issues

The school's staff and LLCC's staff work together to ensure students' health and safety during their visit.

All students must have a completed health form (blank form included on page E), which includes all information necessary to access treatment. School staff is responsible for being aware of special medical considerations among students. Issuing of prescription and non-prescription medications is carried out by school staff.

LLCC staff members are certified in basic first aid and CPR, updated annually. First aid backpacks are carried on all off-campus excursions, and first aid cabinets are available in all main buildings on campus.

Professional medical treatment is available in McGregor, a 15 minute drive, and in Aitkin, a 25 minute drive. If a child needs medical attention, a member of the school staff will transport the child whenever possible. **Please bring a vehicle to keep on-site for such purposes.** Emergency personnel, when called, can arrive on campus in 15 minutes.

Medical costs are the responsibility of each child's parent/guardian or the school's field trip insurance. LLCC does carry liability insurance, but **does NOT** carry medical insurance.

*"Thank you so much for the best three days of my life."  
-Student*

*"Truly beautiful place."  
-Teacher*



## PARENT-CHAPERONES

We suggest a minimum ratio of one adult to every ten students for groups attending the Long Lake Experience. More adults are welcome.

### Duties and Responsibilities while at Long Lake

- ♦ All visiting staff and chaperones, with the exception of those specially assigned for a particular task, are expected to participate in all activities.
- ♦ Visiting staff/chaperones will supervise students during non-program hours, meal times, after lights-out, and during community service.

### LLCC's Visiting Staff Lounge

A lounge in the North Star Lodge and Marcum House is available for visiting staff and parents to gather after activities, discuss the Long Lake Experience, and plan for the upcoming day. The lounges have a refrigerator, a microwave, and first aid supplies. Staff and parent chaperones are invited to bring snacks, soda, or juices for evenings. Bottled water is for sale in our canteen, but we do not have a pop machine.

## FOR THE KIDS

### Making Use of "Wise Use:" Awards for Students

Before your departure from Long Lake, we'll have an awards ceremony. Every student receives some recognition for their achievements.

- ♦ Orienteering Awards: When your school participates in LLCC's famous Orienteering Race, every student receives an award.
- ♦ Double Thumbs Up: Given to students who use resources wisely by "taking what they'll eat" and "eating what they take."
- ♦ Golden Broom: We encourage each room in the dormitories to help us conserve electricity, water, heat, and space. Rooms that succeed with a perfect score receive a small souvenir and a certificate.

### Canteen. . . Souvenirs and Snacks

Our canteen offer souvenirs and snacks. Snacks include candy, nuts, jerky, hot cocoa, and bottled water. Students may purchase one sweet and one non-sweet on a single evening.

Souvenirs include t-shirts, sweatshirts, mugs, lanyards, carabiners, greeting cards, and much more. A current list of canteen items and prices will be sent to each school at the beginning of the school year. We suggest souvenirs be sold only on students' last night on campus, to minimize breakage and loss.

The following options are available for scheduling canteen visits:

- ♦ Two evenings: snacks Day 1, souvenirs Day 2;
- ♦ One evening: snacks & souvenirs together, Day 2;
- ♦ One evening: snacks only (either day) or souvenirs only (Day 2);
- ♦ No canteen.

We provide lemonade and popcorn at no charge one evening. Schools may bring their own snacks if they wish, and we'll provide equipment to serve it. Please do not bring disposable cups or plates. After all, we are a conservation center!

*"The lessons on conservation are very important for these kids. They all will remember this experience for a long time!"*

*-Parent*

*"The staff made sure we were safe at all times, and also made sure we had lots of fun, which we did."*

*-Student*



## SET . . .

### EXPECTATIONS & CONSEQUENCES FOR

*"The students gained  
in many ways. . . ."  
-Teacher*

#### Expectation #1: Respect.

- ◆ All visitors as well as LLCC staff will show **respect** for themselves, each other, LLCC and the earth.

Follow our first expectation of all-encompassing respect, and the rest of the rules follow. As an accredited education center, we have these additional rules to ensure fun, safety, and a good learning environment for all.

#### Additional Expectations:

- ◆ All students must participate in all activities.
- ◆ Students must be on time to activities and meals.
- ◆ Boys and girls must remain in their separate living areas in the dorms. They may gather in assigned recreation areas during free time. **No student** is to be in another's room, regardless of gender.
- ◆ Please stay on trails and walkways around campus. Our system of underground pipes is easily damaged from foot traffic, and erosion occurs when feet wear away vegetation.
- ◆ Students are to **walk**, except during running activities.
- ◆ Keep food in the Dining Hall only. Please **do not** bring candy, gum, and snacks. No food in the dorms, please. We like critters outside, but we do not want to invite them in!
- ◆ Students are responsible for any **damage or loss** to LLCC's equipment or facilities.
- ◆ Students are expected to show consideration for others' privacy, treat others' belongings with respect, and maintain tidy living areas.

#### Consequences:

*If a student is unable to follow any of the above rules, community service may be assigned. Community Service will consist of an appropriate, useful task that occupies a student during his/her free time. It will be assigned at the discretion of participating teachers and staff, and will be properly supervised.*

#### One Final Expectation:

- ◆ Have fun! Visitors are expected to enjoy living and learning at LLCC!

*". . . Valuable lessons about nature,  
conservation, and  
each other."  
-Teacher*



## ACTIVITIES AND CLASSES AT LLCC

A trademark of the Long Lake Experience is that every program we provide is individually adapted to the specific needs of each school's students and teachers. You, the teacher, select the activities and classes to complement your curriculum and suit your students. Long Lake staff members will design a schedule using your requests, and will provide all instruction during your visit.

Browse the following class and activity descriptions, and select those that you wish your students to experience. For your reference, sample schedules are available on pages B and C. Fill out both sections of the Action Plan (pages B-C) with your choices. Mail, fax, or e-mail the Action Plan to us at least **3 weeks prior to your arrival**. We will prepare your schedule and mail it to you, for you to share with fellow staff, parents, and students.



If you are interested in a class or activity on a particular topic, please let us know.

Many of LLCC's classes are aligned with the state science standard. Please see the list on pages 15-16.

Objectives and lesson plans are available upon request for each class & activity listed on the following pages.



### SYMBOLS KEY

Use these symbols to help you select the classes from the list on the following pages.

-  Handicapped accessible.
-  Year-round
-  Spring and Fall only
-  Winter only
-  Evening only
-  Daytime only

*Please note: Many of the classes at LLCC are dependent on circumstances. Classes may need to be canceled and replaced with others because of safety, equipment, weather, or other practical limitations.*

*"The staff that worked with us were nice and enjoyable. They were very patient with us and made sure we understood whatever they were teaching us."*

*-Student*

*"I think this is the best learning experience I have ever had."*

*-Parent*

# YEAR-ROUND ACTIVITIES & CLASSES

## Along the Portage P.M.

Minnesota's history is closely tied to the land, and way of life for Minnesotans has changed dramatically over the years. Through an interactive character program, students explore the history of the local landscape during the fur trade. As students learn about the lives of voyageurs, they will get a chance to test their strength and skills and will gain a greater appreciation for years gone by.

## Birding Basics DAY

Take flight as we learn about the birds around us. Students will learn what makes birds unique among animals as well as the basics of bird identification. Then, using high quality binoculars and a field guide for identification, groups will visit feeders for a close-up peek at some well known songbird species, explore the trails for a glimpse of forest dwellers, and have the chance to sit quietly as wild Chickadees approach.

## Can't See The Tree Thru The Forest DAY

Trees surround us. We spend time in them and under them as youngster and use their shade to cool us as we age. Trees play an important role in our world; from providing oxygen and influencing ecosystems to producing food and wood products that we use daily throughout our lives. Students will go on an outing with our Naturalists in the forest to explore more closely a tree and examine the layers of the a tree to learn more on how trees function and grow. Students will also age 80+ year old trees and write a history of the tree using biological event and historical bench markers.

## Fireside Stories P.M.

Gathering around the fire to hear stories of legends and the natural world leaves students with warm memories. Our staff will read these stories to your students in a setting that is calm and comforting. If you and your staff are interested in doing a more lively activity after the story telling or in place of it, please inform our staff and you will be welcome to lead your students in these types of activities during this time.

## Dumpster Diving P.M.

We all have opportunities to recycle. It seems like a simple idea, but what do we know about recycling and the products we use? Students work together as the Dumpster Diving game show teaches them about some of the products they use in their lives and gives them a few easy ideas to help the environment.

## Frog Pond

Leap into the world of amphibians, and find out why frogs are considered an indicator species for environmental health. Our live frogs and toads, as well as tadpoles in the spring, help students understand frog biology and habitat requirements. An active outdoor game enlivens the students' indoor learning.

## Great Games P.M.

An array of active games will burn off energy, encourage teamwork, and strengthen group cohesiveness. Activities may take place indoors or out, and include goal-oriented, non-competitive games. You may request your own games, or suggest students' favorites.

## Global Positioning Systems (GPS) DAY

Navigating through the woods, making waypoints, and searching for something—that's GPS class. Students love GPS technology and following our course in search of their next destination. With these opportunities at their fingertips, they quickly master the basics of GPS, discover the uses and limitations of GPS, and eagerly find their way through the woods.

## Go Bats! P.M.

Uncover the truth about this mysterious, graceful and essential creature. Students learn the real story behind popular misconceptions about bats: "Bats are blind!" "Bats get tangled in your hair!" "Bats suck blood!" What leads to these misunderstandings? How are bats beneficial? In a predator-prey simulation activity, students experience first-hand the adaptation of echolocation.

## Jeopardy DAY

How much did your students learn at LLCC? They will impress you during LLCC Jeopardy! This class is set up as a game show, and teams of students will compete to show what they have learned. Jeopardy also serves as a great activity to review terms and concepts that showed up during other classes.

## Journal Writing P.M.

Writing and illustrating help students reflect on their Long Lake Experience. School staff is responsible for the format and content of the journals. Specific questions, writing and drawing prompts, and blank pages are all excellent possibilities. This quiet-time activity is scheduled in conjunction with Canteen in the evening.

## Lake Hike DAY

See the abundant, teachable moments nature offers on LLCC's 760 acres. This naturalist-guided hike might take you along the lake shore, through woods featuring a variety of tree species, and across a meadow. Sights along the way may include tracks, wildflowers, a beaver lodge, birds, edible plants, and much more. Students are encouraged to make observations and ask questions.

## Loons, Lore, and More DAY

The haunting call of Minnesota's state bird intrigues all who come to the north country. Students in this class learn about loon calls and the cultural importance of loons through history. A fun dress-up activity helps students understand loons' physical adaptations. Finally, students play an outdoor game that immerses them in the challenges of loon life and showcases how pollution bio-accumulates and makes its way up the food chain.

# YEAR-ROUND ACTIVITIES & CLASSES

## Minnesota Trees DAY

Do you have a favorite tree? If so, how do you recognize it? Students will learn some of the identifying characteristics of native Minnesota trees as well as how to use a dichotomous key which they will then utilize in a race to identify some common campus trees. Once finished, we will discuss some of the amazing products trees provide and some fun facts about each species identified.

## Oh, Deer! P.M.

The essential components of habitat are food, water, shelter, and space. In this activity, students take on the roles of deer and habitat components, allowing them to understand wildlife population dynamics and limiting factors within ecosystems. To reinforce the concepts, students play a game that simulates deer ecology.

## Orienteering DAY

Orienteering is one of Long Lake's best-loved traditions. Students learn the basic navigation by shooting and finding bearings with a compass. They practice their new skills on our outdoor orienteering field.

## Orienteering Race DAY

5...4...3...2...1...Go! With compasses in hand, a flight of students dash to the starting board. "Yellow course, 253 degrees!" The orienteers take off into the woods in pursuit of their next clue in one of LLCC's most exciting activities. When they all return, we'll compile the results and hold an awards ceremony, to see if anyone set a new World Record. Prerequisite: general orienteering class. **Advanced Race available as well.** Check with staff.

## Quick Frozen Critters DAY

A snowshoe hare feeding along the edge of the forest suddenly freezes when danger lurks near. The lynx is on the prowl. Students in this activity learn about population dynamics, relationships between prey species and their predators, and how animals are specially adapted for the best chance to eat but not be eaten. A freeze-tag game helps students understand survival in the wild. Class concludes with a role playing discussion of wildlife management techniques.

## Resource Distribution P.M.

All humans utilize natural resources. Concerns continue to grow that humanity's "wants" are depleting the earth's ability to provide for our basic "needs" in the future. Our Resource Distribution Game Show helps students simulate a global community, encouraging them to think—and act—wisely when they use natural resources.

## The Scoop on Poop

Ew, poop? Yes, poop. We have a mystery to solve, and a pile of poop is one of our best clues. Examining "scat" can uncover indicators not only of an animal's species, but also its basic eating habits, health, population numbers, and much more. This topic may sound gross, but students leave talking about all they learned, and they don't soon forget.

## Snakes Alive! P.M.

Slithering and hissing, snakes carry a negative image that few other critters do. Yet few animals are so fascinating. Students learn about Minnesota's native snakes and how they are adapted for life in their ecosystems. We'll bring out our resident reptiles, including garter, bull, fox, and hognose, snakes, to provide real life examples and thrill the kids. . . and the adults!

## Star-Gazing P.M.

The nighttime sky over Long Lake is an exceptional venue for star-gazing due to our distance from light pollution. We introduce students to major constellations, plus tales they can use as memory tricks when looking up at the sky on their own. The class can take place indoors or out, depending on weather. (Not available in the Spring.)

## Weasel Watch DAY

This crowd is savage, blood-thirsty, and has a nose for trouble. Among the most interesting and mysterious of our native neighbors, weasels have an array of adaptations that students enjoy learning about. Students plunge into an outdoor game simulating the challenges weasels face as they feed their extraordinary metabolisms and avoid predators themselves.

## Web Works P.M.

Meet Charlotte, our larger-than-life, in-house spider. As Charlotte introduces the fascinating world of arachnids to students, they gain an appreciation for the role that invertebrates play in relation to other living things. Students get actively involved through an outdoor, predator-prey game.

## Wilderness Snack DAY

Just one match? That's the challenge: build an environmentally sound fire, cook your dessert, and "leave no trace". . . but be careful, because you only get one match! Along with environmental ethic and outdoor skills, Wilderness Snack is an exercise in the life skills of teamwork and cooperation as students work together to succeed.

## Who Gives a Hoot? P.M.

An owl has an assortment of special tools that make it an efficient hunter. We'll talk about the wide variation of owl species, and a student volunteer will help demonstrate the unique adaptations these raptors share. In the "Hoot" role-play game, always a favorite, students play a slow, silent version of tag to demonstrate how owls can capture prey without even seeing it.

# SPRING AND FALL ACTIVITIES & CLASSES

## Archery DAY

The student slowly draws the bow, takes aim, and lets the arrow fly. Students quickly learn the challenge and the lure of archery, one of the oldest forms of hunting in the world. Our archery field is designed with safety as top priority, and has stands for eight archers at a time. At their turn, students practice the coordination and concentration necessary to hit the target.

## Beaver: Gnawin' Again DAY

What Minnesota mammal eats birch branches like corn on the cob and can clamp its nose and ears closed when swimming? Beavers are equally at home on land and water, and engineer elaborate dams and lodges. In this class, students explore the world of the beaver and visit an active beaver lodge.

## Bog Trek DAY

At the center of an ancient, glacial lake bed, LLCC is an ideal location to investigate the unique bog environment. Populated by remarkable plants such as the carnivorous pitcher plant, edible Labrador tea, various orchids, and tamarack trees, the bog has a illuminating history. Be prepared for a sloppy, gloppy trek into the peat itself on our Bog Trek.

## Canoeing DAY

The waters of 130-acre Long Lake provide the perfect setting for beginning canoeists. Students receive PFDs (life jackets), paddles, and instruction on land before venturing onto the water. Once on the water, students practice the art of canoeing. This is done while maneuvering through a skills course finishing with a water scavenger hunt.

## Challenge Cooperation Course DAY

Across Lava River, onto the Teeter-Totter, through the Blind Maze and over the Wall. . . . To achieve these and other challenges, students have to think creatively, communicate independently, and cooperate effectively. After discussing their successes and ways they might improve, students will want to do each station again. . . but they'll be more eager to try the next station on the CCC trail.

## Dissolved Oxygen

With our test tubes, water samples, and testing equipment, the Dissolved Oxygen activity is an excellent introduction to water chemistry. The testing procedure helps students understand the basics of scientific method. The test results contribute to a discussion of aquatic biology, food chains, photosynthesis, and water quality.

## Lake Bottom Organisms DAY

The lake's edge teems with life, from fairy shrimp to dragonfly nymphs, from cadis fly larva to water boatmen. Students venture to the lake or ephemeral pond and use nets and strainers to collect hundreds of astonishing critters. Students will also have a chance to estimate water quality in the lake using a Biotic Index. They learn about aquatic habitats and use microscopes and hand lenses to discover the complex world of lake bottom organisms.

## Night Trek P.M.

Just because the sun goes down doesn't mean we can't continue learning outdoors. Guided by our naturalists, students find that nighttime in the north woods isn't scary, but instead a wonderful time to observe nature. You'll learn about the lives of animals at night and listen for the call of owls and other nocturnal creatures to respond to our calls. Students will also have the opportunity to learn about how nighttime vision works for humans and other animals. This class is limited to groups of 100 or less students.

## Woodcock Sky Dance P.M.

With his comical strut and persistent "peent. . . peent. . . peent" call, the American woodcock is quite the character. A spectacular, spiraling sky dance is the highlight of his courtship ritual. After a lesson in woodcock biology, students have the opportunity to silently observe this unique bird's springtime show, staged on Long Lake's meadow at dusk. This class is limited to groups of 100 or less students.

*(April & May only)*

## The Hidden Life of Insects DAY

What are the most common animals on the face of the earth? Creepy, crawly, fascinating insects! Take a closer look, and we'll find insects are just as awe-inspiring as a wolf or an eagle. Students "build their own" camouflaged insect to hide in our indoor "habitat," and may also participate in an active, outdoor game modeling insect life.

## WINTER ACTIVITIES & CLASSES

### Alpha Wolf P.M.

One of Long Lake's oldest, most requested traditions, "Alpha Wolf" places students—and adults—at the heart of a "wolf pack." Gray wolves provoke both reverence and fear in people around the world. This activity helps students examine the natural history of gray wolves and their roles in ecosystems. Then, we enter the dim, snow-covered woods and try to reunite our scattered pack by howling. . . and searching for Alpha.

### Cross Country Skiing DAY

The stillness of the winter woods, the sparkle of fresh snow, and the swish of skis on the trail. . . every student should have the opportunity to experience cross country skiing. In this activity, students learn the basics of skiing equipment and method: kick and glide, hill climbing, and, of course, falling down. Our ski trail, with loops of different lengths, is the perfect setting for learners. (Requires good snow-cover: check with LLCC staff.)

### Deer Browse DAY

When the ground is blanketed in snow, lakes are covered by ice, and forests have gone dormant for the winter, whitetailed deer must still find food. In this activity, students role-play as deer, foraging browse to fill their "rumen." Meanwhile, they must stay vigilant predators. Whether they "survive" or not, students come to understand the challenges wildlife face in winter.

### Hypothermia/Survival P.M.

Hypothermia can strike anyone, so it is vital to be prepared. This activity guides students through the prevention of hypothermia, how to recognize its symptoms, and how to treat it. We provide guidelines for survival in a variety of conditions and finish with a trivia quiz game.

### Snowshoeing DAY

Vast expanses of untrampled woods are open to those who travel on snowshoes. When students have begun to master the challenge of walking with "big feet," we venture into the breathtaking beauty of LLCC's forest, rolling glacial hills, and bogs. Snowshoe tramps lead off the beaten track, into the realm of winter wildlife. (Requires at least 12 inches of good snow: check with LLCC staff.)

### Snow Snakes DAY

This traditional American Indians pastime engrosses students. First we learn how and why the Ojibwe and diverse other native people made carved and decorated wooden sticks known as snowsnakes. Then, on a packed snow track, students hone their skills at gliding their snakes accurately and swiftly, striving for distance.

### Thicket

What's the best strategy to avoid being seen? In this wildlife version of hide-and-seek, students realize how easy—and how challenging—staying out of sight can be. Students learn about both physical adaptations (camouflage) and behavioral adaptations ("Shh, sit still!") . Then students take on roles of "hider" and "seeker" and apply what they've learned.

## VIDEOS

### Feature Films

*The Bear*  
*A Bug's Life*  
*Cool Runnings*  
*Never Cry Wolf*

### Educational Films

*Bats and How They Live*  
*Cold, Wet, & Alive*  
*Cry of the Marsh*  
*The Dinosaurs*  
*The Eyes Have It*  
*Insects*  
*Legacy of a Loon*  
*Legend of the Wolf*  
*Lyme Disease: Facts for Kids*

*Lyme Disease: The Outdoor Menace*  
*Pageantry of Grouse*  
*Rise and Fall of the Great Lakes*  
*The Secret World of Bats*  
*Wild Cats*  
*Wolf Pack*  
*Woodcock (Wild America)*  
*Woodcock (Mousehome Refuge)*  
*Yellowstone Fires*