

Itasca State Park August 18-25, 2015 Nature Programs
Attachments: PDF copy of August 18-25 programs/ PDF of
upcoming music and speakers.

Hello Itasca Friends!

We are in the best part of summer and August is still heating up...and cooling down! The fluctuating temperatures are typical as we begin to move towards Autumn. Why not come out for a nature hike, an afternoon at the beach or a bike ride. If it happens to rain, stop in the Douglas Lodge for a malt, the Mary Gibbs Café for pizza or explore one of the three gift shops (Forest Inn features books and northwoods themed apparel and gifts). The Mary Gibbs gift shop features the Headwaters of the Mississippi River items and the small gift shop at the Jacob V. Brower Visitor Center is a great spot to get deals on t-shirts—the latest deal is buy 2 for \$20 or \$13.99 each on select style of shirt at the Jacob V. Brower Visitor Center!

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Upcoming Summer (and Autumn) programs and events:

We are starting to add our Autumn programs, including music and speakers, to the naturalist program line-up. Even though we may not have our entire list of programs available in pdf form, we are adding programs to our on-line calendar daily. Watch the Itasca program calendar on the DNR webpage for the most current posting of programs and events. There is a lot to do so check us out on the web

at: http://www.dnr.state.mn.us/state_parks/itasca/calendar.html

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This week's Feature Skill Building Program—

Archery in the Park

Wednesday, August 19, 2015 from 9:30-11:30 a.m.

Meet in the back lot of the Indian Mounds/North Picnic Grounds Parking Area

Have you ever wanted to shoot a compound bow but didn't have one or were afraid to try? Join certified archery instructors for hands-on training and coaching on compound bows, then try out our archery range. This program is designed for beginners. Designed for people 8 years and older. Children 15 and under must be accompanied by an adult. Bows are provided during the program. Personal archery equipment is not allowed due to weapons rules in Minnesota State Parks. Participants will be outside for the program. Be prepared for standing in the sun. Bring along sunscreen, sunglasses, hat, insect repellent and water. Program cancelled if raining.

Weekend feature Music—

Itasca's Music Under the Pines: Basement Brass

Saturday, August 22, 2015 from 7-8 p.m.

Meet at the Jacob V. Brower Visitor Center

Get ready to tap your feet with this fun-filled musical group, Basement Brass. This Twin Cities based brass quintet will perform many well-known tunes from music styles including Ragtime, Dixie, Big Band, Americana, Polkas, Marches and everything in between.

Our featured Guest Speaker—

**Itasca's Presenters Under the Pines: Mammals of Minnesota
by Katie Haws**

Tuesday, August 25, 2015 from 7 to 7:45 p.m.

Meet in the Jacob V. Brower Visitor Center Classroom.

Cougars and bobcats and bears...oh my! Come learn about Minnesota's fascinating mammals with Katie Haws, retired Non-game Wildlife Specialist. Did you know that due to the variety of habitats available in MN, we have over 80 mammal species in the state! Some are rare, others very common. Come learn about the fascinating habits of animals such as the star-nosed mole, the black bear and the moose, and what we can do to protect diversity in our great state.

LOOKING AHEAD! 9th Annual North Country Hiking Fest—

9th Annual North Country Hiking Fest

Saturday, August 29, 2015

Meet at the Jacob V. Brower Visitor Center

Join us at Itasca for a day packed full of family friendly and healthy activities focusing on the National North Country Trail. This is a perfect day to take a hike! There are numerous guided and self-guided hikes available for people of all ages and skill levels. Hikes will explore portions of the North Country Trail as well as several trails within the park. More details will be available closer to the date Visit www.northcountrytrail.org/llc to learn about the trail system.

9:30 am – 6:30 pm – North Country Trail and hiking info will be available inside the Brower Visitors Center

10:00 am: Gather outside Douglas Lodge for a family-friendly guided hike on the Dr. Roberts Trail. The hike is a 2-mile loop.

11:00 am: Gather at the Visitor Center's North Parking Lot for a family-friendly guided auto tour of the Wilderness Drive with stops

to hike some of the trails – e.g. the Mississippi Headwaters , Blowdown Trail, Landmark Interpretive Trail, Bohall Trail, CCC Forestry Demonstration Trail, Largest Red & White Pines, Aiton Heights fire tower, and/or Nicollet Trail to Nicollet Cabin.

1:00 pm: Gather outside Douglas Lodge for a family-friendly guided hike to the Aiton Heights fire tower. Hike is a 3 mile round trip.

1:00-3:30 pm: Junior Naturalist: Make your own walking stick activity. Meet at the Jacob V. Brower Visitor Center.

2:00 pm: Gather outside Douglas Lodge for a family-friendly guided (out & back) hike on the Brower Trail. Bring your bag lunch.

3:00-3:45 pm: Which Way is North? Compass Capers activity. Meet by the playground equipment near Douglas Lodge/Ozawindib Trail Head.

3:00 pm: Gather outside the Mary Gibbs Headwaters Center for a guided, family friendly hike on the Schoolcraft Trail. The hike is a 2.2 mile round trip.

4:00 pm: Gather outside the Forest Inn for a guided, family friendly hike on the Mary Lake Trail. The hike is a 2.4 mile round trip hike.

5:30-6:30pm: Cookout dinner by Douglas Lodge

· Outside the Brower Visitor Center's classroom catered by Douglas Lodge and available for purchase. *Menu: Bison Burger and/or Garden Sandwich with a Fruit Tray, Vegetable Tray and Chips.* Free lemonade will be available. Cost is **\$10** per person with a la carte pricing available. *Bring your lawn chair(s) or a blanket for sitting outside. If necessary, indoor seating will be available.*

6:30-7:30pm: North Country Wildlife with Lowell Deede, retired wildlife biologist with the U.S. Fish

Headwaters in summer—Watch the Webcam!

The grains of wild rice are now beginning to ripen. Check out the rocks at the headwaters on the webcam... and watch the stand of wild rice as wood ducks and other waterfowl jump

from the water surface to feed on the newly ripening grains. Watch for the green herons that are roaming along the lake shore, they might pop up on the camera! Go to: <http://www.paulbunyan.net/weathernews/webcam/headwaters/headwaters.html> *Side note: some users with Android systems might have problems viewing the webcam.*

Our phenology report includes (for the dates of August 8-16, 2015):

- Woodpeckers are very vocal and active, especially the pileated.
- Wild Rice is flowering and developing grains.
- Big bluestem and side-oats gramma are flowering.
- Fruits of wild plum are turning red.
- Chokecherry fruits are dark purple. A very good crop this year.
- Fruits of both the White and Red Baneberry are turning white and red, respectively. DON'T EAT! Poisonous.
- Early signs of Autumn: Leaves are starting to change: dogwood species are turning deep purple, some black ash are fading to a lite green or pale yellow, balsam poplar are turning brown, spreading dogbane is turning yellow and poison ivy are turning a soft pink/peach/orange.
- Friday, August 14 temperatures were in the low to mid 90s
- Over the weekend (Saturday August 15) both the dewpoint and humidity registered 71. Made for a hot sticky day.
- Monday, August 17, morning temperature was 52 degrees.

· Birds seen on Saturday, August 8:

Wood Duck	Red-breasted nuthatch
Mallard	American robin
Common merganser	Golden-winged warbler
Pied-billed grebe	Nashville warbler
Green Heron	Northern parula
Osprey	Yellow warbler
Bald eagle	Chestnut-sided warbler
Ring-billed gull	Black-throated green warbler
Ruby-throated hummingbird	Blackburnian warbler
Belted kingfisher	Black-and-white warbler
Hairy woodpecker	American redstart
Eastern phoebe	Ovenbird
Blue-headed vireo	Common yellowthroat
Red-eyed vireo	Chipping sparrow
Blue jay	Song sparrow
American crow	Red-winged blackbird
Barn swallow	Common grackle
Black-capped chickadee	American goldfinch

· Flowers that are blooming the week of August 11-17 include:

Early goldenrod	Black-eyed Susan
Showy goldenrod	Gray goldenrod
Stiff goldenrod	Stiff (hard-leaved) goldenrod
Large leaf aster	Lowrie's aster
Flat-top White Aster	Red-stalked Aster
Rough Blazing Star	Common Ragweed
Prairie (yellow) coneflower	Wild goldenglow
Closed gentian	Common/yellow sow thistle
Spotted touch-me-not	Broadleaf arrowhead

Pearly everlasting	Stinging nettle
Giant blue hyssop	Evening primrose
Purple prairie clover	Thimbleweed (tall anemone)
Tall sunflower	Jerusalem artichoke
Wild Mint	Pointed-leave tick-trefoil
Pineapple weed	Black medic
Common mullein	Rabbit's foot clover
White sweet clover	Yellow sweet clover
Red clover	White clover
Alsike clover	Bird's-foot trefoil
Spotted Joe Pye Weed	Campion
Spikenard	Tansy
Water hemlock	Bulb-bearing Water
Hemlock	
Northern Bedstraw	Yarrow
Ox-eye Daisy	Common milkweed
White (fragrant) water lily	Yellow (bullhead) water lily
Marsh Hedge nettle	Tall Northern Green Orchid
Canada Thistle	Spotted knapweed

Postscript:

PS: Feel free to share this program schedule with your friends!
If you no longer wish to receive this email update, please send an email with your first and last name and email address to Constance.Cox@state.mn.us and your name will be removed. In the subject line type: "remove name from newsletter".

Connie Cox, Lead Park Naturalist
 Itasca State Park
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 Park Rapids, MN 56470
 218-699-7259

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“Live in the sunshine. Swim the sea. Drink the wild air.” –Ralph Waldo Emerson

Music Under the Pines 2015

Basement Brass



Saturday, August 22, 2015

7 to 8 p.m.

Jacob V. Brower Visitor Center

**Get ready to tap your feet with
this fun-filled musical group,
Basement Brass.**

**This Twin Cities based brass sextet will perform many
well-known tunes from music styles including Ragtime,
Dixie, Big Band, Americana, Polkas, Marches and
everything in between.**

Itasca's Presenter Under the Pines



Mammals of Minnesota by Katie Haws

Cougars and bobcats and bears...oh my! Come learn about Minnesota's fascinating mammals with Katie Haws, retired Non-game Wildlife Specialist. Did you know that due to the variety of habitats available in Minnesota, we have over 80 mammal species in the state! Some are rare, others very common. Come learn about the fascinating habits of animals such as the star-nosed mole, the black bear and the moose, and what we can do to protect diversity in our great state.

Tuesday, August 25th, 2015

7-7:45 p.m.

**Meet in the Jacob V. Brower
Visitor Center Classroom**



Saturday August 29th

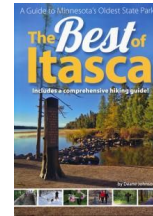


Jacob V. Brower Visitors Center
– Itasca State Park

9:30 am – 6:30 pm – North Country Trail and hiking info will be available inside the Brower Visitors Center

10:00 am: Gather outside Douglas Lodge for a family-friendly guided hike on the Dr. Roberts Trail. The hike is a 2-mile loop. [See page 86 for a profile of the Dr. Roberts Trail in Deane Johnson's *The Best of Itasca* guidebook]

11:00 am: Gather at the Visitor Center's North Parking Lot for a family-friendly guided auto tour of the Wilderness Drive [p. 153] with stops to hike some of the trails – e.g. the Mississippi Headwaters [p. 91], Blowdown Trail [p. 72], Landmark Interpretive Trail [p. 93], Bohall Trail [p. 74], CCC Forestry Demonstration Trail [p. 78], Largest Red & White Pines [p. 70], Aiton Heights fire tower [p. 66], and/or Nicollet Trail to Nicollet Cabin [p. 103].



1:00 pm: Gather outside Douglas Lodge for a family-friendly guided hike to the Aiton Heights fire tower [p.66]. Hike is a 3 mile round trip.

1:00-3:30 pm: Junior Naturalist: Make your own walking stick activity. Meet at the Jacob V. Brower Visitor Center.

2:00 pm: Gather outside Douglas Lodge for a family-friendly guided (out & back) hike on the Brower Trail [p. 76]. Bring your bag lunch.

3:00-3:45 pm: Which Way is North? Compass Capers activity. Meet by the playground equipment near Douglas Lodge/Ozawindib Trail Head.

3:00 pm: Gather outside the Mary Gibbs Headwaters Center for a guided, family friendly hike on the Schoolcraft Trail [p. 124]. The hike is a 2.2 mile round trip.

4:00 pm: Gather outside the Forest Inn for a guided, family friendly hike on the Mary Lake Trail [p. 98]. The hike is a 2.4 mile round trip hike.

5:30-6:30pm: Cookout dinner by Douglas Lodge

- Outside the Brower Visitor Center's classroom catered by Douglas Lodge and available for purchase. *Menu: Bison Burger and/or Garden Sandwich with a Fruit Tray, Vegetable Tray and Chips.* Free lemonade will be available. Cost is **\$10** per person with a la carte pricing available. *Bring your lawn chair(s) or a blanket for sitting outside. If necessary, indoor seating will be available.*



6:30-7:30pm: North Country Wildlife with Lowell Deede, retired wildlife biologist with the U.S. Fish & Wildlife Service at Tamarac National Wildlife Refuge and active hiker/mountain climber.



The **North Country Hiking Fest** event is co-sponsored by the North Country Trail Association's Itasca Moraine & Laurentian Lakes Chapters, the Friends of Itasca, and Itasca State Park

 Learn more at fb.com/NCTinMN | northcountrytrail.org/Minn | friendsofitasca.org

ITASCA STATE PARK

Programs and Special Events

Tuesday, August 18, 2015

Tuesday, August 18

Five Facts in Five Minutes:

10 a.m.-Noon: Fisher, Mink and More!

Near the Mississippi Headwaters (under the porch of the Mary

Gibbs Mississippi Headwaters Center if rain.)

Only have a minute to learn about Itasca State Park?

Check out a unique feature at the naturalist station as you visit the Headwaters of the Mississippi River.

Bugs and Blooms Walk

10:30-11:30 a.m.

Meet outside Forest Inn (across from Douglas Lodge.)

Itasca State Park is noted for its diverse plants and animals. Join us on this walk as we discover which flowers are blooming and what common and uncommon critters are pollinating them. *This program counts towards earning the Call of the Wildflowers special edition program card. Ask the naturalist for your card after the hike!*

Jr. Naturalist: Owl Adventures

2-2:45 p.m.

Meet by the Swim Beach/ Playground -at the south end of the picnic grounds on Lake Itasca. (If raining, in the

Jacob V. Brower Visitor Center classroom).

Kids, come soar into the sneaky world of the silent owl. Learn about this beautiful creature's unique abilities and then create your own cute little friend to take home with you.

For more information: <http://www.mndnr.gov/Itasca> or 218-699-7251.

ITASCA STATE PARK

Programs and Special Events

Wednesday, August 19, 2015

Wednesday, August 19—continued on next page

Archery in the Park

9:30-11:30 a.m. *(come and go at your leisure)*

Meet in the back lot of the Indian Mounds/North Picnic Grounds Parking Area.

Have you ever wanted to shoot a compound bow but didn't have one or were afraid to try? Join certified archery instructors for hands-on training and coaching on compound bows, then try out our archery range. This program is designed for beginners. Designed for people 8 years and older. Children 15 and under must be accompanied by an adult. Bows are provided during the program. Personal archery equipment is not allowed due to weapons rules in Minnesota State Parks.

Participants will be outside for the program. Be prepared for standing in the sun. Bring along sunscreen, sunglasses, hat, insect repellent and water. Program cancelled if raining.

Minnesota's Treasures: Itasca's Wilderness Sanctuary

Scientific and Natural Area Specialty Tour

10 a.m. –Noon, *Pre-registration required*

Meet at the Mary Gibbs Mississippi Headwaters Center Parking Lot (bring your vehicle to drive to tour location.)

Explore natural treasures in Minnesota's Scientific and Natural Areas (SNAs) on several specialized tours throughout the summer. Join an Itasca State Park Naturalist this week as we discover the interesting dragonflies that use the towering old growth pine of the Wilderness Sanctuary SNA. *Notes: Pre-registration required. Bring insect repellent, sunscreen, drinking water and wear shoes that can get wet.* Registration is required as group size is limited to 15 people. Call 218-699-7252 or 218-699-7259 for more information or to register.

For more information: <http://www.mndnr.gov/Itasca> or 218-699-7251.

ITASCA STATE PARK

Programs and Special Events

Wednesday, August 19 & Thursday, August
20, 2015

Wednesday, August 19—continued

Jr. Naturalist: Teeny, Tiny Flyers

2-2:45 p.m.

Meet in Bear Paw Campground (the grassy area near the tiny log pump house and campsite #70 near the bike trail; if rain--inside the Jacob V. Brower Visitor Center)

Birds come in all shapes, sizes, and colors. Come discover some of our tiniest flying friend's unique qualities and even make a little buddy to take home with you.

Thursday, August 20—continued on next page

Paws on the Path, Dog Walk

10:30 a.m.-Noon

Meet at the compass rose under the porch of the Mary Gibbs Mississippi Headwaters Center.

Did you know evidence of domestic dogs were uncovered in the 8,000 year old bison kill site? Bring your best friend (and dog) on a beautiful walk through our park as we explore how dogs were used traditionally for hunting, transportation, companionship, and much more.

Note: This hike is designed for dog owners, but anyone is welcome to attend! All pets must be on a leash no longer than 6 feet. Hike follows the Schoolcraft Trail. Bring insect repellent, sunscreen, water and a hat.

Campfire Cooking

2-3 p.m.

Meet by the Museum Amphitheater, below Wegmann's Store (canceled if raining.)

Do you love food? Come discover how cooking has changed throughout time. Learn how Native Americans lived off the land, how settlers developed new techniques, and how people use modern styles to cook on a campfire. Even try your hand at some campfire cooking while there!

For more information: <http://www.mndnr.gov/Itasca> or 218-699-7251.

ITASCA STATE PARK

Programs and Special Events

Thursday, August 20 & Friday, August 21, 2015

Thursday, August 20—continued

Wonderful Wolves, Campfire

7:30-8 p.m.

Meet at the Pine Ridge Campground council ring. Located along the bike trail between Lake Itasca and the playground in Pine Ridge Campground. Parking for non-campers is located at the Lake Itasca boat landing. (If raining, in the Jacob V. Brower Visitor Center classroom).

Discover the wonders of wolves! Learn about pack dynamics, territory size and hunting tendencies, and how the population fluctuates. Bring your s'more fixings for after the campfire!

Friday, August 21—continued on next page

Bison Kill Site, Car Tour

10 a.m.-Noon

Meet at north end (near the parking lot entrance) of Mary Gibbs Mississippi Headwaters Center Parking Lot (bring your vehicle to drive to tour location).

Gather at the Mary Gibbs Mississippi Headwaters Center parking lot as we prepare our tour to the Bison Kill Site.

Learn about the environment during the Early Eastern Archaic, the kind of bison found in the site, the archaeological findings, the importance of a kill site, and the use of spears and atlatls.

Five Facts in Five Minutes: Mysteries of the Deep

10 a.m.-Noon

Near the Mississippi Headwaters (under the porch of the Mary Gibbs Mississippi Headwaters Center if rain.)

Only have a minute to learn about Itasca State Park?

Check out a unique feature at the naturalist station as you visit the Headwaters of the Mississippi River.

For more information: <http://www.mndnr.gov/Itasca> or 218-699-7251.

ITASCA STATE PARK

Programs and Special Events

Friday, August 21 & Saturday, August 22,
2015

Friday, August 21—continued

**Jr. Naturalist: The Good, the Bad and the Ugly
Invaders**

2-2:45 p.m.

Meet by the Swim Beach/ Playground -at the south end of the picnic grounds on Lake Itasca. (If raining, in the Jacob V. Brower Visitor Center classroom).

Most plants and animals in Itasca State Park belong here and are a good part of nature, but there are a few bad and ugly invaders that have found their way into the park. Join us as we learn about the unwanted insects, plants and aquatic critters that are popping up across Minnesota through activities and a craft.

Saturday, August 22—continued on next page

Mary Lake Deer Ex-closure, Hike

10:30 a.m. to Noon

Meet outside Forest Inn (across from Douglas Lodge).

Most fences are meant to keep animals inside. Learn why fences were built to keep deer out as we hike along the Mary Lake Trail to the deer ex-closure. *Notes: the trail is narrow and un-even, wear sturdy shoes and pants to*

protect your feet and legs. Bring insect repellent.

Jr. Naturalist: Dinosaurs on your Door Step

2-2:45 p.m.

Meet by the Swim Beach/ Playground -at the south end of the picnic grounds on Lake Itasca. (If raining, in the Jacob V. Brower Visitor Center classroom).

Birds flit and fly all around us. Discover how birds and certain ancient and extinct animals were similar to our modern birds seen in Itasca State Park. Make your own “dino” fossil rock to take with you.

For more information: <http://www.mndnr.gov/Itasca> or 218-699-7251.

ITASCA STATE PARK

Programs and Special Events

Saturday, August 22—Monday, August 24, 2015

Saturday, August 22—continued

Itasca's Music Under the Pines: Basement Brass

7-8 p.m. *Meet at the Jacob V. Brower Visitor Center.*

Get ready to tap your feet with this fun-filled musical group, Basement Brass. This Twin Cities based brass quintet will perform many well-known tunes from music styles including Ragtime, Dixie, Big Band, Americana, Polkas, Marches and everything in between.

Sunday, August 23

Five Facts in Five Minutes:

10 a.m.-Noon: The Jingle Dress

Under the porch of the Mary Gibbs Mississippi Headwaters Center if rain.

Only have a minute to learn about Itasca State Park?

Check out a

unique feature at the naturalist station as you visit the Headwaters

of the Mississippi River.

Jr. Naturalist: Butterflies!

2-2:45 p.m.

Meet by the Swim Beach/ Playground -at the south end of the picnic grounds on Lake Itasca. (If raining, in the Jacob V.

Brower Visitor Center classroom).

Egg, larvae, chrysalis and butterfly...join us as we explore the life stages of butterflies through stories and crafts.

Monday, August 24

Get Up! Get Out! And GO! Fitness Walk

8:30-9 a.m. *Meet at the Jacob V. Brower Visitor Center Front Doors.*

Need some Monday motivation? Start your week out on the right (and left) foot as you grab some pals and head outside. Join the park naturalist as we quickly learn about the social and health benefits of walking outside. We will then take a 30 minute social/wellness walk in Itasca State Park. Walk routes and health notes will vary each week. Notes: wear sturdy shoes for walking. Don't forget your water bottle, insect spray, sunscreen and sunglasses or a hat.

For more information: <http://www.mndnr.gov/Itasca> or 218-699-7251.

ITASCA STATE PARK

Programs and Special Events

Tuesday, August 25, 2015

Tuesday, August 25

Bugs and Blooms Walk

10:30-11:30 a.m.

Meet outside Forest Inn (across from Douglas Lodge.)

Itasca State Park is noted for its diverse plants and animals. Join us on this walk as we discover which flowers are blooming and what common and uncommon critters are pollinating them. *This program counts towards earning the Call of the Wildflowers special edition program card. Ask the naturalist for your card after the hike!*

Circle Time Under the Pines: B is for Bears

10:30-11:15 a.m.

Meet by the Museum Amphitheater (Look for a large blanket underneath a big pine tree), below Wegmann's Store, (if raining, inside the Jacob V. Brower Visitor Center.)

Children 2-5 years old, come explore and have fun at Itasca as we learn about bears through stories, songs, crafts, and outdoor discovery. NOTES: Adults must accompany children. *Consider bringing a picnic lunch and enjoying your noon meal at the park after the program.*

Itasca's Presenters Under the Pines: Mammals of Minnesota, by Katie Haws

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