

**Itasca State Park July 8-15, 2015 Nature Programs**  
**Attachments: PDF copy of July 8-15 programs**

Hello Itasca Friends!

July is here and we are in the full swing of summer! The pesky bugs (mosquitos, deer flies and horse flies) haven't been that bad so why not come out for a nature hike, an afternoon at the beach or a bike ride.

**Upcoming Summer programs and events:**

As summer heats up, we are adding more programs, including music and speakers, to the summer 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. Why not spend the July 4<sup>th</sup> weekend in the park. There is a lot to do and the swim beach is a perfect spot to cool off. Check us out on the web

at: [http://www.dnr.state.mn.us/state\\_parks/itasca/calendar.html](http://www.dnr.state.mn.us/state_parks/itasca/calendar.html)

**This week's feature Wildlife Speakers— Loons, Monarch Butterflies and More Butterflies!**

**Wednesday, July 8 from 7-8 p.m.**

**Birds Beyond Your Backyard: Unraveling Mysteries of the Common Loon with Kevin Kenow**

**Meet inside the Jacob V. Brower Visitor Center classroom**

Learn about the unique technology of geo-locator tags to look at migration and foraging patterns of common loons breeding in the Upper Midwest. Join Kevin Kenow, Research Wildlife Biologist with

the U.S. Geological Survey stationed at the Upper Midwest Environmental Sciences Center in La Crosse, WI, as he shares his work with radio-marked loons, issues related to conserving migratory birds and their habitats along the Upper Mississippi River and developing regional and national common loon conservation strategies. Kevin will also talk about his work studying issues of avian botulism in the Great Lakes.

**Friday, July 10 and Saturday, July 11, 2015 from 10-2 p.m.**

**Itasca's Presenters Under the Pines: Life of the Monarch Butterfly Display**

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

Discover the life cycle of the monarch butterfly, Minnesota's State Insect, with Tom and Carol Uecker. Have fun seeing samples of the caterpillar, chrysalis, and the adult. Visit for as little or as long as you like.

**Wednesday, July 15, 2015 from 1-3 p.m.**

**Itasca's 20<sup>th</sup> Annual Butterfly Hike**

**Meet at Forest Inn**

Discover the wonders of butterflies on this guided walk with local butterfly enthusiasts, John and Marlene Weber. View a short slide presentation of the most common butterflies, and then go on a butterfly ID walk. Learn how and where to spot these elegant flyers. This family friendly hike is in conjunction with the annual North American Butterfly Association (NABA) Butterfly Count Program held across the nation.

**Weekend feature Music— Bill and Julie Kaiser**

**Sunday, July 12, 2015 from 7-9 p.m.**

**Itasca's Music Under the Pines: Bill and Julie Kaiser**

**Meet inside Forest Inn (across from Douglas Lodge)**

Bill and Julie Kaiser, members of Alabaster Falls will be performing inside historic Forest Inn. Alabaster Falls is an acoustic “folkgrass” band based in the Minnesota Northwoods. This group has found a way to put their unique stamp on music from bluegrass to folk to originals.

**Next weeks feature Speaker— Itasca’s Presenters Under the Pines: Wolves of Minnesota**

**Saturday, July 18, 2015 from 8-9 p.m.**

**Meet at the Museum Amphitheater/Campfire Ring below Wegmann’s Cabin, in the picnic grounds. (If raining- Meet at the Jacob V. Brower Visitor Center)**

Explore Minnesota’s wolves in this evening program with Tom Stursa from the Park Rapids Area MN DNR Wildlife Office. Tom will share interesting facts about the natural history of gray wolves and interesting stories of monitoring wolf populations.

NOTES: An optional howling tour will follow the program. Space is limited for the howling tour and sign-up is required. Howl portion is dependent on weather. Bring your own vehicle and insect repellent. Stop by the Jacob V. Brower Visitor Center or call 218-699-7251 to sign-up for the howling session.

**Headwaters in summer—Watch the Webcam!**

The wild rice is starting to lift off the surface of the water. Check out the rocks at the headwaters on the webcam... and watch the weekly growth of the wild rice. 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 week of June 30-July 7):**

- The gray trumpeter Swan cygnets are almost ½ the size of the adults.
- A porcupine is seen early in the morning around the visitor center.
- Mink frogs calling on Lake Itasca mid-morning (7/7).
- Green frogs calling in the evening on the larger lakes.
- Fruits of Red Baneberry are turning red. DON'T EAT! Poisonous.
- Dewberries (ground raspberries) are ripening.
- Over 2 dozen monarch larvae seen feeding on a small milkweed patch.
- White-tailed Deer does with their fawns are actively moving around mid-day.
- Antlers on White-tailed Deer bucks are growing quickly; lovely in a coating of velvet.
- Yearling black bear seen wondering in the woods.

Flowers that are blooming this week include:

Showy Lady-slipper	Northern green bog orchid
Green Adder's Mouth	Small yellow ladyslipper
Early coral root	Blunt-leaved Rein Orchid
Tall Green Bog Orchid	Heart-leaved Twayblade
Stemless Ladyslipper	Tufted Loosestrife
Cranberry	Bog Buckbean
Sundew	Cottongrass
Pink Pyrola	One-flowered Wintergreen
Pitcher Plant	Marsh Marigold
Canada Anemone	Fragrant (white) water lilies
Columbine (honeysuckle)	Yellow (bull-head) water lilies
American Vetch	Bunch berry (Canada dogwood)
Daisy fleabane	Indian paintbrush
Bladder Campion	Creeping Charlie
Wood Avens	Northern Bush Honeysuckle
White Clover	Alsike Clover

Red Clover  
Common Milkweed  
Common Mullein  
Twinflower  
Tall Cinquefoil  
Alfalfa  
Fireweed  
Cow Parsnip  
White Baneberry  
Pale Vetch  
Strawberry  
Dewberry  
American Vetch  
Balsam Ragwort  
Ox-eye Daisy  
Poison Ivy  
Black Medic  
Black Snakeroot  
Yellow Hawkweed  
Common Shinleaf  
Heal-all  
Common Cattail  
Hoary Alyssum

Yellow Sweet Clover  
Common Yarrow  
Black-eyed Susan  
Tall Meadow-rue  
Giant Blue Hyssop  
Goatsbeard  
Blue-flag Iris  
Wild Rose  
Sweet Bedstraw  
Barberry  
Mouse-eared Chickweed  
Starry False Solomon's Seal  
3-leaved False Solomon's Seal  
Chokecherry  
Pineapple Weed  
Bird's-foot Trefoil  
Silvery Cinquefoil  
Orange Hawkweed  
Shepherd's Purse  
Curly-leaved Dock  
Narrow-leaved Cattail  
American Spikenard  
Spreading Dogbane

**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](mailto: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

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

ITASCA STATE PARK

# Programs and Special Events

Wednesday, July 8 -Friday, July 10, 2015

## **Wednesday, July 8—*continued***

**Birds Beyond Your Backyard: Unraveling Mysteries of the Common Loon with Kevin Kenow**  
**7-8 p.m.**

*Meet inside the Jacob V. Brower Visitor Center classroom*  
Join Kevin Kenow, Research Wildlife Biologist with the U.S. Geological Survey as he shares his work with radio-marked loons. Learn about geo-locator tags to look at migration and foraging patterns of common loons breeding in the Upper Midwest.

## **Thursday, July 9**

**Wet and Wild Mississippi River Day**  
**11:30-1:30 p.m.**

*Meet around the Mary Gibbs Mississippi Headwaters Center*

Come discover the Mississippi River at a variety of information and activity stations. Learn about wildlife, plants, and people that make the river home. Many activities for all ages at the family friendly event!

## **Friday, July 10(*continued next page*)**

**Itasca's Presenters Under the Pines: Life of the Monarch Butterfly**

**10 a.m.-2 p.m. (come and go at your leisure)**

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

Discover the life cycle of the monarch butterfly, Minnesota's State Insect, with Tom and Carol Uecker. See caterpillar, chrysalis, and the adult.

**I Can Fish! Kid's Fishing Fridays**

**10:30-Noon (come and go at your leisure)**

*Meet at the Itasca Fishing Pier, below Douglas Lodge*

Kids, bring an adult with you and learn the new skill of fishing. Suitable for ages 6-12. *NOTES: An adult must accompany children. Bring your own fishing pole or use one provided (limited number). Poles are available on first come first serve basis. Artificial bait provided. Non-Minnesota residents will need a fishing license (within the park, purchase at Itasca Sports Rental).*

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



ITASCA STATE PARK

# Programs and Special Events

Friday, July 10—Saturday, July 11, 2015

## **Friday, July 10—continued**

**Jr. Naturalist: Slithering Snakes and Leaping Frogs!**

**2:30-3:15 p.m.**

*Meet by the Museum Amphitheater, below Wegmann's Store*

*(If raining, in the Jacob V. Brower Visitor Center classroom).*

Slithering and leaping, cool and slippery! Kids ages 6 to 12, join us as we explore the amazing world of snakes and frogs. Make your own snake or frog to take home.

**Five Facts in Five Minutes: Wild Rice**

**2:30-4:30 p.m.**

*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.

**Things That Go Bump in the Night, Campfire**

**7:30-8 p.m.**

*Meet in the picnic grounds at the Museum Amphitheater located below Wegmann's Store Ruins. (If raining, in the Jacob V. Brower Visitor Center classroom).*

What makes those strange sounds as you sit around the campfire at night? Gather around for an evening of animal identification as you learn what critter is making the bump, hiss, whistle and whine in the night.

**Saturday, July 11** (*continued next page*)

**Itasca's Presenters Under the Pines: Life of the Monarch Butterfly**

**10 a.m.-2 p.m. (come and go at your leisure)**

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

Discover the life cycle of the monarch butterfly, Minnesota's State Insect, with Tom and Carol Uecker. See caterpillar, chrysalis, and adult.

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ITASCA STATE PARK

# Programs and Special Events

Saturday, July 11, 2015

**Saturday, July 11—(continued next page)**

**Lake Itasca Region Pioneer Farmers Tour**

**10 a.m.—Noon**

*Tour begins at the Levorsen Building located on the Pioneer Farmer showgrounds. \* The showground is located on the north side of Itasca State Park. Go out the North Entrance to Itasca State Park, entrance is on the east side of the North Entrance Road (across from the church and gas station.) \*Tour begins promptly at 10 a.m.*

Get a feel for the early 1900s community of Lake Itasca at the Lake Itasca Region Pioneer Farmers Showgrounds (LIRPF). See the Itasca Historic Sawmill. Explore various buildings from a country school, dove-tail one-room log house and a logging museum. LIRPF volunteers will guide you on this tour. [www.itascapioneerfarmers.com](http://www.itascapioneerfarmers.com)

**Five Facts in Five Minutes: Dazzling Dragonflies**

**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.

**Itasca's Forest, Woods and Wildlife Walk**

**1:30-2:15 p.m.**

*Meet outside Forest Inn (across from Douglas Lodge)*

Discover what wildflowers, trees and wildlife make up the Itasca forest. Learn a few traditional uses of the more common plants. Topics may vary each week depending on what's blooming and spotted along the trail.

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

ITASCA STATE PARK

# Programs and Special Events

Saturday, July 11—Sunday, July 12, 2015

## **Saturday, July 11—*continued***

### **Outdoor Kids—Boat Building**

**2-3:30 p.m. (come and go at your leisure)**

*Meet by the Swim Beach/ Playground (at the south end of the picnic grounds on Lake Itasca)*

Kids of all ages come out and explore nature at your leisure and have fun at Itasca while hanging out at the swimming beach or playground. This program series allows kids to connect with nature through crafts and other hands-on activities. Topics vary with many of the programs focusing on life around the lake.

### **Animal Legends, Campfire**

**7:30-8 p.m.**

*Meet in the picnic grounds at the Museum Amphitheater located below Wegmann's Store Ruins. (If raining, in the Jacob V. Brower Visitor Center classroom).*

Gather around for an evening of animal legends. Hear the legend of Sky Woman and the creation of earth on the turtles back, how fisher brought summer to the people and more.

## **Sunday, July 12—(continued next page)**

### **Five Facts in Five Minutes:**

*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.

**10 a.m.—Noon: Traditional Birch Bark Uses**

**2—4 p.m.: Amazing Owls**

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

ITASCA STATE PARK

# Programs and Special Events

Sunday, July 12–Monday, July 13, 2015

## **Sunday, June 12—*continued***

### **Jr. Naturalist: Totally Turtles!**

**2-2:45 p.m.**

*Meet by the Museum Amphitheater, below Wegmann's Store (If raining, in the Jacob V. Brower Visitor Center classroom).*

Come and explore the life of a turtle, take a short walk to the turtle pond, and create your own turtle craft!

### **Itasca's Music Under the Pines: Bill and Julie Kaiser**

**7-9 p.m.**

*Meet inside Forest Inn (across from Douglas Lodge)*

Bill and Julie Kaiser, members of Alabaster Falls will be performing inside historic Forest Inn. Alabaster Falls is an acoustic “folkgrass” band based in the Minnesota Northwoods. This group has found a way to put their unique stamp on music from bluegrass to folk to originals.

## **Monday, July 13**

### **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 walking shoes. 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 July 14, 2015

## **Tuesday, July 14**

### **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 Geocache program card. Ask the naturalist for your card after the hike!*

### **Circle Time Under the Pines: T is for Trees**

**10:30-11:15 a.m.**

*Meet by the Museum Amphitheater (Look for a large blanket*

*under a big pine tree), below Wegmann's Store, (cancelled if raining).*

Children 2-5 years old, come explore and have fun at Itasca as we learn about trees 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.

### **Historic CCC Buildings Walk**

**1:30-2 p.m.**

*Meet outside Forest Inn (across from Douglas Lodge.)*  
Learn about the ‘boys’ that built Forest Inn, Old Timer’s Cabin and more. Come for the walk as we talk about the 1930s Civilian Conservation Corps (CCC) on this walking tour of buildings around the Douglas Lodge area, ending at the CCC Old Timer’s Cabin.

**Old Timer’s Cabin, Open Tour**

**Cabin open from 2-3:30 p.m. (come and go at your leisure)**

*Held at the Old Timer’s Cabin, located along the boardwalk below Douglas Lodge.*

Only 4 (massive) logs tall, learn more about this Civilian Conservation Corps (CCC) constructed building. The Naturalist staff will have the cabin open for you to tour at your leisure.

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

ITASCA STATE PARK

# Programs and Special Events

Wednesday July 15, 2015

**Wednesday, July 15—***(continued 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.

Notes: 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 July 15–Friday, July 17, 2015

## **Wednesday, July 15—*continued***

### **Itasca's 20<sup>th</sup> Annual Butterfly Hike**

**1-3 p.m.**

*Meet at Forest Inn.*

Discover the wonders of butterflies on this guided walk with local butterfly enthusiasts, John and Marlene Weber. View a short slide presentation of the most common butterflies, and then go on a butterfly ID walk. Learn how and where to spot these elegant flyers. This family friendly hike is in conjunction with the annual North American Butterfly Association (NABA) Butterfly Count Program held across the nation.

### **Outdoor Kids—Batty Bats**

**2-3:30 p.m. (come and go at your leisure)**

*Meet by the Swim Beach/ Playground (at the south end of the picnic grounds on Lake Itasca.)*

Kids of all ages come out and explore nature at your leisure and have fun at Itasca while hanging out at the swimming beach or playground. This program series allows kids to connect with nature through crafts and other hands-on activities. Topics vary with many of the programs focusing on life around the lake.

## **Friday, July 17—(partial list)**

## **I Can Fish! Kid's Fishing Fridays**

**10:30 a.m.-Noon (come and go at your leisure)**

*Meet at the Itasca Fishing Pier, below Douglas Lodge*

*Kids, bring an adult with you and learn the new skill of fishing. Suitable for ages 6-12. NOTES: An adult must accompany children. Bring your own fishing pole or use one provided (limited number). Poles are available on first come first serve basis. Artificial bait provided. Non-Minnesota residents will need a fishing license (within the park, purchase at Itasca Sports Rental).*

**For more information:**

**<http://www.mndnr.gov/Itasca> or 218-699-7251.**