Hello Itasca Friends!

The 4th of July is just days away and the weather is heating up! Come out to the park and enjoy time with your family recreating in the park. Don’t worry if you forgot a picnic dinner the Mary Gibbs Café offers pizza to go Thursday’s thru Sundays from 5 to 9 p.m. See attached poster for flavors.

**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 4th 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)

**Weekend feature Music— Lori Goulet Reich**
*Sunday, July 5, 2015 from 7-9 p.m.*
Meet inside Forest Inn (across from Douglas Lodge)
Join Lori Goulet Reich, a Lake Itasca Transplant from the suburbs of Minneapolis, as she performs a variety of music best described as acoustic folk and alt-country flavored music. Lori also has played in various bands both classic rock and country, so come enjoy a variety of well-known tunes.

**Next week’s feature Speaker— Birds Beyond Your Backyard:**
*Unraveling Mysteries of the Common Loon with Kevin Kenow*  
*Wednesday, July 8, 2015 from 7-8 p.m.*
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.

Headwaters in summer—Watch the Webcam!
A pair of loons with two chicks are seen swimming in the north arm of Lake Itasca. Check out the rocks at the headwaters on the webcam...you might see our state birds as they raise their young. 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 20-28):
• Baby Canada geese are 1/3 the size of the adults.
• Pair of Trumpeter swans with cygnets seen on Lake Itasca.
• Twin white-tailed deer fawns are seen with their mother.
• Hermit thrush singing at the Visitor Center at 7 a.m.
• A female porcupine with a single young clinging to her was seen near the visitor center.
• Mink frog calling in Nicollet Creek around mid-day.
• Green frogs calling in the evening on the larger lakes.
• Large numbers of wood frogs are seen moving in the moist grass.
• Yellow-bellied sapsuckers are seen feeding on dragonflies.
• A pair of common loons seen with 2 chicks on the north arm of Lake Itasca.
• Brown thrashers are very active.
• Wild rice is lying flat on the surface of Lake Itasca.
• A snowshoe hare was feeding on clover around the visitor center.
• Painted turtles are still laying eggs.
• Fruits are beginning to ripen: Wild strawberry and dewberry.
• Red-berried elder fruits are beginning to turn red.
• Turkeys and ruffed grouse seen picking grit on the sides of roads.

Flowers that are blooming this week include:

Showy Lady-slipper
  Northern green bog orchid
Labrador Tea
  Fragrant (white) water lilies
Columbine (honesuckle)
  Yellow (bull-head) water lilies
American Vetch
  Bunch berry (Canada dogwood)
Wild lily-of-the-valley
  Snowberry
Daisy fleabane
  Indian paintbrush
Raspberry
  blackberry
Red baneberry
  white baneberry
Sweet sicily
  Canada Mayflower
Blue-eyed grass
  Harebell
Gray Dogwood
  Wild Grape
Mountain Maple
  Wild Rose
Golden Alexanders
  Creeping Charlie
Wintercress
  Mouse-eared Chickweed
Hawksbeard
  White champion
Twining Honeysuckle
  Yellow Hawkweed
White clover
  Brown (black) -eyed Susan
Sweet Bedstraw
  Northern Bush Honeysuckle
Hoary Alyssum
  Silvery Cinquefoil
Balsam Ragwort
  Poison Ivy
Spreading Dogbane
  Ox-eye Daisy
Orange Hawkweed (devil’s paintbrush).
Large-flowered Pestemon (beard’s tongue)
Blue-flag iris

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
“Live in the sunshine. Swim the sea. Drink the wild air.” –Ralph Waldo Emerson
Itasca’s Presenter Under the Pines
Unraveling Mysteries of the Common Loon with Kevin Kenow

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.

Wednesday, July 8th, 2015
7:00-8:00 p.m.
Meet in the Jacob V. Brower Visitor Center classroom
Join Lori Goulet Reich, a Lake Itasca Transplant from the suburbs of Minneapolis, as she performs a variety of music best described as acoustic folk and alt-country flavored music. Lori also has played in various bands both classic rock and country, so come enjoy a variety of well-known tunes.

Sunday, July 5th, 2015
7:00-9:00 p.m.
Meet at Forest Inn
(across from Douglas Lodge)
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.

Wednesday, July 1 (continued next page)
Archery in the Park--Sorry, there is no archery in the park today.
Minnesota’s Treasures: Iron Springs Bog 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 explore the beautiful bog at Iron Springs Bog SNA. Notes: Pre-
registration required. Bring insect repellant, 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.
Programs and Special Events

Wednesday, July 1-Thursday, July 2, 2015

Wednesday, July 1—continued

Outdoor Kids—Dazzling Dragonflies
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 hands-on activities and crafts. Topics vary with many of the programs focusing on life around the lake.

Thursday, July 2 (continued next page)

Aiton Heights Fire Tower Hike
10 a.m.-Noon
Meet in front of Douglas Lodge
Learn about the history of fire in Itasca, then enjoy the spectacular views as you climb to the top of the 100-foot tall fire tower!
Notes: Hike is 3 miles round trip. Bring insect repellant, sunscreen, drinking water and wear sturdy shoes for the hike.

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.
2-4 p.m.: Bats!
Jr. Naturalist: Frogs and Toads
2-2:45 p.m.
Meet by the Museum Amphitheater, below Wegmann’s Store  
(Rain Location: Jacob V. Brower Visitor Center Classroom) 
For more information:  
http://www.mndnr.gov/Itasca or 218-699-7251.
ITASCA STATE PARK

Programs and Special Events

Thursday, July 2 - Friday, July 3, 2015

Thursday, July 2 — continued

Jr. Naturalist: Frogs and Toads
2-2:45 p.m.
Meet by the Museum Amphitheater, below Wegmann’s Store
(Rain Location: Jacob V. Brower Visitor Center Classroom)
Green spots, brown stripes, a black X and knobby warts. Learn about the different frogs and toads that make Itasca’s ponds and wetlands their home.

Stripes, Stingers and Smells! Campfire
7:30-8 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)
Bring a camp chair or blanket and gather around the campfire as we learn about the smelly, stinging and prickly animals and their defenses. Bring your marshmallows for roasting after the campfire.

Friday, July 3 (continued next page)

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).

Headwaters History Hike
11-11:30 a.m.
Meet at the compass rose under the porch of the Mary Gibbs Mississippi Headwaters Center
Learn about fun facts of the Mississippi Headwaters during this short naturalist-led walk to 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, July 3—Saturday, July 4, 2015

Friday, July 3—continued

Jr. Naturalist: Tree ID Relay
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).
What tree has heart shaped leaves? Which pine tree is our state tree? Kids ages 6 to 12, join the naturalist and discover Itasca’s amazing trees during this fun and fast paced relay game!

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.

2:30–4:30 p.m.: Traditional Animal Uses
Animal Legends, Campfire
7:30 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.

Saturday, July 4 (continued next page)

Itasca’s Forest Hike
11-11:45 a.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.
Programs and Special Events

Saturday, July 4—Sunday, July 5, 2015

Saturday, July 4—continued

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-Noon: Flying Friends.
1:30-3:30: Whose Scat is That?
Outdoor Kids—Eagles
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 hands-on activities and crafts. Topics vary with many of the programs focusing on life around the lake.

Have a Happy Independence Day!

Sunday, July 5(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.
2-4 p.m.: Whose Track is That?
For more information:
http://www.mndnr.gov/Itasca or 218-699-7251.
ITASCA STATE PARK

Programs and Special Events

Sunday, July 5—Monday, July 6, 2015

Sunday, July 5—continued

Jr. Naturalist: Barking Up the Right Tree
2-2:45 p.m.
Meet by the Museum Amphitheater, below Wegmann’s Store (If raining, in the Jacob V. Brower Visitor Center classroom).
The trees of Itasca have been used by people for 100’s of years. Learn about the traditional uses of bark. Make your own bark craft to take home.

Itasca’s Music Under the Pines: Lori Goulet Reich
7-9 p.m.
Meet at Forest Inn (across from Douglas Lodge)
Join Lori Goulet Reich, a Lake Itasca Transplant from the suburbs of Minneapolis, as she performs a variety of music best described as acoustic folk and alt-country flavored music. Lori also has played in various bands both classic rock and country, so come enjoy a variety of well-known tunes.

Monday, July 6

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.
Bug 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: A is for Animal Tracks
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, (cancelled if raining).
Children 2-5 years old, come explore and have fun at Itasca as we learn about animal tracks 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 8, 2015

Wednesday, July 8

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 repellant and water. Program cancelled if raining.

Outdoor Kids—Animal Tracks-Plaster Casts
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.

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.

For more information: http://www.mndnr.gov/Itasca or 218-699-7251.
Pizza to go!
at the Headwaters Café

Available Thursday through Sunday
June 22 - September 6
5:00 p.m. to 9:00 p.m.

Cheese $12.50
Pepperoni $15.00
Sausage $15.00
Double Up $18.50
Veggie $18.50
Chicken Alfredo $19.50
Chicken Bacon Ranch $19.50

Free 2 liter pop when you buy a pizza after 5 p.m.

All 16-inch pizzas are made fresh to order, with ¾-pound of cheese!

Stop in at the Headwaters Café or call 218-699-7272 to place your order!