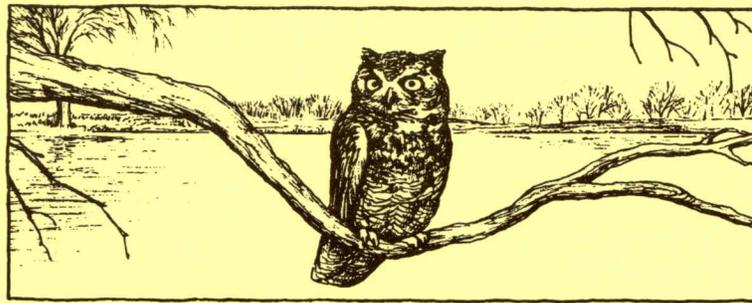


# STILLMAN NEWSLETTER



©SUMMER 2003

## SUMMER READING

-- Mark Spreyer

Like most writers, I am inspired by the efforts of other authors. With this in mind, I thought I'd make up a brief summer reading list.

### Non-Fiction

If I had to suggest just ten books for the beginning naturalist, May Theilgaard Watts' *Reading the Landscape of America* (1975) would be one of them. A 1999 reprint edition, by the way, is available from Nature Study Guild Publishers.

May Watts studied with the pioneering ecologist Henry C. Cowles at the University of Chicago. Later, she became the first staff naturalist at the Morton Arboretum.

As her book's title suggests, the land can be read like a book. She writes, "Even as we read from some selected page, whether mountaintop, forest, furrow, schoolyard, dune, bog, we see changes: in stirrings and silences, flavors and textures, spacing, tolerances, and confrontations and tensions at the edges."

Studying changes is what she does in Chapter 7, a must read for Barringtonians. In this chapter, botanist May Watts along with a geologist, a teacher, and another botanist investigate an abandoned stone schoolhouse.

An inscription indicated that the school had been built in 1855 but when had it closed? Using each of their specialties, May and her team estimated that it had been closed for nineteen years. This was confirmed when they talked with a knowledgeable local.

Speaking of local, why is this of interest to us in

Barrington? Because they were studying the Dickinson School which can still be seen on Algonquin Road near the intersection with Route 25.

May Watt's chapter on bogs is called "History Book with Flexible Cover" which brings me to the next book on our list, P.V. Glob's *The Bog People*. Yes, his name IS P.V. Glob. Originally published in 1965, Barnes and Noble

Books reissued Glob's volume in 1997.

Because of the acidic and anaerobic conditions found in bogs, natural artifacts that fall into them are often remarkably well-preserved. Human bodies buried in the peat are also well-preserved.

In what I like to call CSI: Mire-ami, Glob tells the stories of how these bodies, that date back thousands of years, came to rest in the bogs of northern Europe. He writes, "Among the Iron Age people from the peat bogs we have seen the signs of death in its grimmest forms.

Young and old, men and women, met their ends by decapitation, strangulation, cutting of the throat, hanging and drowning. Very probably they suffered torture, mutilation and dismemberment before they died."

And you thought we lived in a violent society. Unraveling the mysteries of these two-millennia-old bodies is a fascinating journey through human and natural history.

### Fiction

A summer list of books is not complete without some fiction. So, I offer the *Monkey Wrench Gang* (1975) by my favorite author, Edward Abbey. This book has never gone



# STILLMAN NATURE CENTER

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out of print and various editions are available.

Let's be honest, if you're dedicated to helping the environment, the news coming from Washington D.C. has not been good. What do you do with your frustration? Believe me, it can be quite therapeutic to read about Abbey's characters taking actions to protect the earth.

Why do they cut fences, pull up survey stakes, and destroy coal plants? While reflecting on an anthill, Doc Sarvis, one of the protagonists, tells us, "... it is the model in microcosm of what we must find a way to oppose and halt. Anthills abound where overgrazing prevails. The plastic dome follows the plague of runaway industrialism, prefigures technological tyranny and reveals the true quality of our lives, which sinks in inverse ratio to the growth of the Gross National Product."

Perhaps a reviewer from the *Houston Chronicle* said it best, "It's wildly funny, infinitely wise, near to tragic tale of man against the big god machine-- man against concrete, steel, man-made lakes and parking-lot wastelands. What a thing of beauty is Edward Abbey's *The Monkey Wrench Gang*." Amen.

Enjoy the summer and save some time to read a book or two!

## PROGRAMS

**Program Basics:** TO MAKE RESERVATIONS for programs (except for bird banding open houses), PLEASE CALL US AT 428-OWLS(6957), OR EMAIL STILLMAN AT: stillnc@flash.net. Remember to include your name, phone number, and the number of people that will be attending.

If less than 5 - 10 people (varying with the activity) have called two days prior to a program, the program could well be cancelled. So, don't forget to call the nature center in advance. If you discover that you are unable to attend, please call to cancel your reservations. This courtesy will be greatly appreciated.

### BIRD BANDING

Watch Mark Spreyer, a licensed bird bander, measure, weigh and record data about our resident and migratory birds. Birds are not caught in a predictable manner, so come prepared to hike the trails. With luck, you'll see a bird in the hand and two in the bush. If it is raining, the banding open house will be cancelled.

Dates: Sundays, June 8, July 6 & August 3  
Time: 9:00AM to Noon  
Fee: None

### FITNESS ON THE TRAILS

It's fitness camp meets nature excursion! Join us for a fun and invigorating way to get some fresh air and exercise. Led by certified fitness expert **Evamarie Pilipuf**, we'll greet the morning sun with an energizing outdoor hike, interspersed with exercises and stretches to target the legs, upper body, abdominals and back. Beginners are welcome. Participants should bring an old towel (for the times we sit) and a bottle of water.

Date: Friday, June 20  
Time: 9:00-10:30AM  
Age of Participants: Adult  
Workshop Fee: \$7 members, \$10 non-members

### YOGA IN NATURE

Join us for a unique twist on enjoying summer ambiance, while gently working and stretching stress-weary muscles. Instructor **Evamarie Pilipuf** will lead you through an outdoor yoga routine, including basic breathing techniques, carefully selected postures, and yoga's most valuable element: mindfulness. No prior yoga experience needed. Please bring an exercise mat or large towel, wear weather-appropriate clothing, and bring a bottle of water. If it's raining, the activity will be cancelled. *Please call 428-OWLS to let us know if you plan to attend.*

Date: Friday, July 11  
Time: 9:00 - 10:30AM  
Age: 18 years and up  
Workshop Fee: \$7 members, \$10 non-members

### SPECIAL VOLUNTEERS AND MEMBERS PICNIC

We are hosting our sixth annual outdoor meeting. This year we are tipping our hats to **Hersey High School** instructor **Dave Wietrzak**. As you may recall, Dave and his manufacturing class spent many, many hours building our new bird blind.

We'll provide the main course and beverages. We'd like you to bring along a side dish. ALL of Stillman's members, volunteers and their families are invited. Feel free to come any time between 4:00 and 7:00PM.

*If it's raining, we'll reschedule this picnic to an autumn date. Please call 428-OWLS to let us know if you plan to attend and what kind of dish you'll be bringing.*

Date: Sunday, June 22  
Time: 4:00 - 7:00PM

## SUNDAY MORNING BIRD WALKS

Mark Spreyer will lead a morning bird walk. Binoculars and field guides are a must. If you don't have any, don't worry, Stillman does. If it's raining, the activity will be cancelled.

Date: Sundays: July 13 & Aug. 10  
Time: 8:00AM  
Fee: None  
Age: 10 years and up



## PRAIRIE RAMBLE

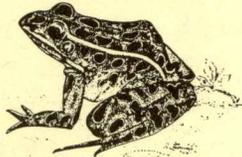
Our volunteers, under the leadership of **Daria Sapp**, have been working hard to get prairie plants growing in Stillman's "south forty." They've been quite successful and this is your chance to join Daria on a tour of this colorful site.

Date: Sunday, July 20  
Time: 2:00PM  
Fee: None

## POND LIFE: From the Bottom Up

This afternoon, with the help of long-handled dip nets, visitors will scoop into our pond in hopes of catching crayfish, dragonfly larvae, tadpoles and other rarely seen pond inhabitants. Dress in clothes and shoes you don't mind getting muddy.

Date: Sunday, August 24  
Time: 2:00PM  
Fee: None



## STILLMAN WEBSITE!

With the generous help of **Evamarie Pilipuf**, **Dan Swiers**, and **Tree of Fitness, Inc.**, we now have a website: [stillmannnc.org](http://stillmannnc.org). Here you can find information on our public and school programs, membership information, a map to the nature center, nature articles, photos taken here, and much more.

We hope you'll find the site both useful and enjoyable. Feel free to call or email us with your comments. And, kudos to Evamarie and Dan for putting it together.



## TRIBUTE TREES

Tribute trees are planted to honor or celebrate persons or events that have touched our lives. Call or check our website for the list of tribute trees currently available. Tree prices (which includes purchase, delivery, and planting) range from \$500 - \$700.

In addition to the tree, most of which will be 2" in diameter at breast height, the honoree's name will appear on a small plaque which will be located on the white brick wall that parallels the entrance drive.

The dedications for the latest tribute trees appears below.

- 🌳 A swamp white oak will be planted in memory of Bonnie Kay Tillman and Gladys Evelyn Spencer.
- 🌳 A northern catalpa will be planted in memory of Ralph David Johnson, Sr.
- 🌳 A swamp white oak will be planted in memory of James J. Porte and Beatrice McDonald.

## SEASONAL SCIENCE - SUMMER

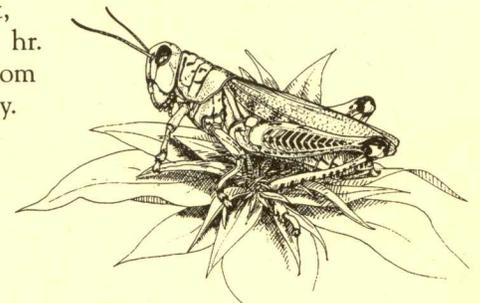
A Class for Educators  
1 Hour Graduate Credit

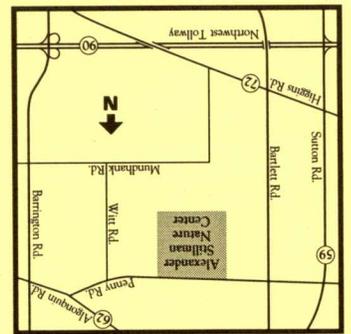
### Course Description

This course, offered in partnership with Schaumburg School District 54, will provide participants with the opportunity to experience a variety of science activities which explore summer. For more information or to register, contact Stillman or go to <http://web54.sd54.k12.il.us>

Days	Dates	Times
Tuesday	6/24	8:30 AM - 4:00 PM
Saturday	6/25	8:30 AM - 4:00 PM

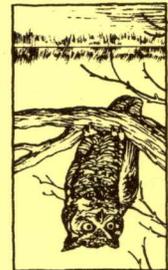
**Instructors:** Susan Allman, 4th grade teacher, Fox School; Mark Spreyer, Director, Stillman Nature Center  
**Fees:** \$35.00 materials fee which includes meals (dinner, breakfast, lunch). \$60.00, 1 hr. graduate credit from Aurora University.





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*If you aren't already a member, please consider joining us.*

- Yes, I'd like to become a member of the Stillman Nature Center. I enclose my tax deductible contribution of \$\_\_\_\_\_.
- I'd like to help as a volunteer with programs or land management at the Stillman Nature Center, please call me.
- Please send a gift membership from \_\_\_\_\_ to the name and address listed below.

Name \_\_\_\_\_

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