

NEWSLETTER

Winter Issue

JANUARY 10, 2020



NEW YEAR, NEW FRIENDS

This quarter's article by our hero, Minna Anthony Common, talks of the habitual nature of birds. The person who starts their feeding station too late, finds themselves with no boarders. The person who provides the correct food at the correct time, consistently, is rewarded with visitors. Furthermore, the birder chooses nourishment based on where they live and what visitors they wish to attract.

We have applied this lesson when creating our membership levels this year. We want to encourage passionate, wilderness-loving Friends

who want to spread their zeal for nature to others. We want naturalists who love the smell of a hike after a rainstorm, explorers paddling on the River, and trailblazers willing to push-on for the next jaw-dropping vista - no matter the season.

We excitedly announce our new 2020 membership levels geared towards attracting an energetic flock! We have all worked hard to make the Minna Anthony Common Nature Center a destination on the St. Lawrence River and we want people to come enjoy it - again and again! Please consider the new levels on page 11... and tell your friends to become our Friends!



THE MINNA ANTHONY COMMON SERIES - ORIGINALLY PUBLISHED OCTOBER 23, 1938

BIRDS WILL VISIT HOMES OFFERING FOOD

Birds are so set in their habits that were they human, we would call them Scotsmen. Some young birds may profit somewhat from example or environment, but not all of them do...

Birds do things by instinct – fly, perch, fish, bathe or dust, build nests just like others of their own species, sing songs, and when grown, select home sites in swamps, trees, shrubs and fields, according to their kind. But on the other hand, birds certainly learn and remember places where food is to be found, especially those birds that spend the winter in the frozen north. And once they have located a supply, waste little time searching for new feeding places.

It is because of this characteristic that a person who waits too late in the fall before starting his feeding station often finds himself with no bird boarders, while someone with an established station a block away may have birds flitting about his grounds every day all winter. This much intelligence we grant the birds and because they are such creatures of habit, the memory of a food supply may hold over from one year to another.

In the city, the birds we are rather sure to attract are the downy and hairy woodpeckers, the nuthatch and the chickadees. If we get others, cardinals, juncos, blue jays, purple finches, we have then special cause to rejoice. Once we have them coming, we can keep them only if the food supply never fails, not even for one day. That calls for some attention...

What food we put out is governed by where we live and by what birds we wish to attract. In city or village or close to the farm house we are most likely to see woodpeckers, nuthatches, and chickadees. Providing food for these particular birds is not absolutely necessary to their welfare since they are equipped by Nature to live and to thrive in a cold climate.

Scattered grain may lure the tree sparrows, redpolls or snowbirds. None of these birds establish regular food habits though, but they come and go with the wind, as it were. Cobs of corn hung in an apple tree may lure the blue jay near...

A solid chunk of suet, about a pound, wound around and around about with a piece of string and then fastened securely to an upright branch is all that is needed. To arrange it in this simple manner takes only

a few minutes. (It should never be hung to swing free.)

If the suet is crumbled and cannot be bound into a solid cake...it may be melted. In it may then be stirred any number of things, such as seeds of pumpkins, squash or sunflower, coarse cornmeal, oats, cracked corn, bran, raisins, hemp, cranberries, peanut butter, millet or nuts. Then the cake may be poured into a bread pan to set and later placed in a feeder, or it may be poured into the halves of orange skins dried or a coconut shell and hung up on a tree branch.

Though woodpeckers will not touch them, sunflower seeds are even more popular than suet with many birds. The chickadees will come regularly for them, taking about five at a time. The nuthatch carries away and stores every seed on the sill...The cardinal is fond of sunflowers but the blue jay prefers whole corn. They also like apple cores.

We cannot be sure that the over-all number of birds is increased by winter feeding, but we do know they are more plentiful in and about feeding stations of long standing.

- Reprinted with permission from the Watertown Daily Times.

FROM THE DIRECTOR

Dear Friends and Colleagues,

Happy New Year! Wishing you an awesome year to come – days filled with gratitude, community, and time spent in nature. We have a holistic line-up of winter programs to help you achieve various nascent intentions – *Free Snowshoe Days* starting in January, Barb Eldridge's *Meditation Hike* in February, and the winter edition of our early-childhood nature play series *Little Hands, Wild!* in March. I invite you to experience the adventure, wonder, and restorative power of the outdoors with our passionate staff interpreters and program partners.

In 2020, we launched new membership levels and benefits. These perks are meant to connect you to the natural world year round. Snowshoe rentals and Voyageur Canoe paddling tours are included with the Family membership level and above. Inspired again by our namesake Minna Anthony Common, all members are invited to attend seasonal *Minna's Destinations* guided hikes highlighting places significant to Minna's story such as Eel Bay, Sand Cove, and the glacial potholes. These places are here because of her trailblazing conservation efforts. We also hope to connect you with other nature lovers – stay tuned for *Common Currents* membership mixers.

My intention for 2020 is to steward MAC Nature Center's shining legacy of community. That means sharing our Nature Center and woodlands – with you! Please, treat MAC Nature Center as your second home. We welcome you to come spend the day hiking our trails, enjoy lunch while watching the birds at our feeders, and share your stories with us. When you step through our doors, know that we already have common ground through nature. Looking forward to a bright year ahead.

See you soon,



Gabriela Padewska
Nature Center Director



We kicked off 2020 with seventy-three excited park visitors at our annual *First Day Hike!*

FOR YOUR CONSIDERATION

+ https://www.youtube.com/watch?v=tI7KB_xMGSU

Thank you to our partners at Clarkson University for these links on wetland restoration. The above video explains benefits of wetland restoration. Below are research articles on land use and the direct benefits of restoration in the St. Lawrence River Valley.

+ <https://www.sciencedirect.com/science/article/abs/pii/S0264837717309730>

+ <https://link.springer.com/article/10.1007/s11273-017-9565-8>



THE HOLIDAY BONANZA



A SPECIAL "THANK YOU" TO OUR GENEROUS HOLIDAY BONANZA SPONSORS



"Thank you" also to these local businesses and individuals for supporting our terrific raffle baskets!
Cranberry Boggs - Jreck Subs - Big M Supermarket - Bay Spirits - Jeff & Candi's Walton St. Market - The Dockside Pub - North Star Family Restaurant - Riveredge Resort - Kinney Drugs - North Country Seed & Feed - St. Lawrence Galleries - Captain Spicer's Gallery - 1000 Islands Harbor Hotel - Lowes - School Daze

THE FOLLOWING MEMBERS JOINED OR RENEWED THEIR COMMITMENT RECENTLY:

The Nature Center's sustainability depends on the selfless generosity of the River community. Thank you!!!

JR and Kathy Miller	Alexandria Bay, NY
Chris Murray	Syracuse, NY
Vickie Schneider	Caledonia, NY
Donna McIntosh and Allan Hewitt	Wellesley Island, NY
Nigel and Lee Gardner	Skillman, NJ
Al and Jane Arras	Manlius, NY
Gregory Smith	Rome, NY
Howard and Denise Millar	San Antonio, TX
Mary Popovich	Marietta, NY
Michael and Linda Toomey	Amherst, NY
Diane and Steve Heath	Wellesley Island, NY
Gabriela Padewska	Clayton, NY
Lt. Gen. Jack and Susan Woodward	Wellesley Island, NY
Allan Newell	Hammond, NY
Barbara Butts	Vero Beach, FL
Jean Gianfagna	Watertown, NY
Marcus Partlow	Wellesley Island, NY
Dory Sheldon	Wellesley Island, NY
Dawn Rusho	Clayton, NY
Sarah Elliott	Roslindale, MA
Cindy Sherrill	Alexandria Bay, NY
Judy and Robert Parmiter	Newark, NJ
Richard and Virginia Edsall	Cape Vincent, NY
Ed and Claudia Smith	Oriskany, NY
Kerry Roberge	Watertown, NY
Richard and Carolyn Glass	Dunedin, FL
Carolyn Marlowe	Glen Park, NY
Bruce Alexander	Dexter, NY
Robert and Beth Weldon	Watertown, NY
Carolyn Martin	Jamesville, NY



The Board of Directors for The Friends of the Nature Center, Inc.

Matthew Elliott

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Stefanie Kring

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Bill Carr

Assist. Park Manager

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Nature Center Director

Kimbrie Cullen

Education Coordinator

Lauren Eggleston

SCA Supervisor

Darlene Sourwine

Volunteer Coordinator

Mary Jean Jones

Bookkeeper

THE 41ST AUTUMN FESTIVAL



Cecelia Madore



Cecelia Madore



Cecelia Madore

We had a blast at this year's Autumn Festival!

Thank you to our patrons for building scarecrows, listening to music and meeting new animal friends. We were thrilled to move back to the Nature Center for this year's event and hope you had a wonderful day.

Thank you also to our volunteers, vendors, park staff and sponsors for your hard-work and time! In 2020 we're putting in an order for sun and 60 degrees!

We can't wait to see you at next year's Festival on Saturday, **October 10th**... Save the Date!

- Kerry Roberge, Autumn Fest Committee Chair



Cecelia Madore



Cecelia Madore

THE 41ST AUTUMN FESTIVAL

Autumn Festival celebrates nature and the fall, but it also celebrates community. The Nature Center and our environmental programming depends upon the kindness and benefaction of the River community.

Please take note of our sponsors who helped support this years Autumn Festival!

The Clipper Inn – Clayton

Price Chopper – Alexandria Bay

F.X. Caprara – Alexandria Bay

DAK Design & Constructing – Wellesley Is.

Ontario Orchards - Oswego

Wellesley Island Building Supply -Wellesley Is.

Comfort Inn & Suites – Watertown

Heath Photography – Redwood

North Country Seed & Feed – Alexandria Bay

Bisnett’s of Watertown – Watertown

Feather in Flight Productions – Liverpool

**Gouverneur Savings & Loan Assoc., –
Alexandria Bay**

Citizens Bank of Cape Vincent - LaFargeville

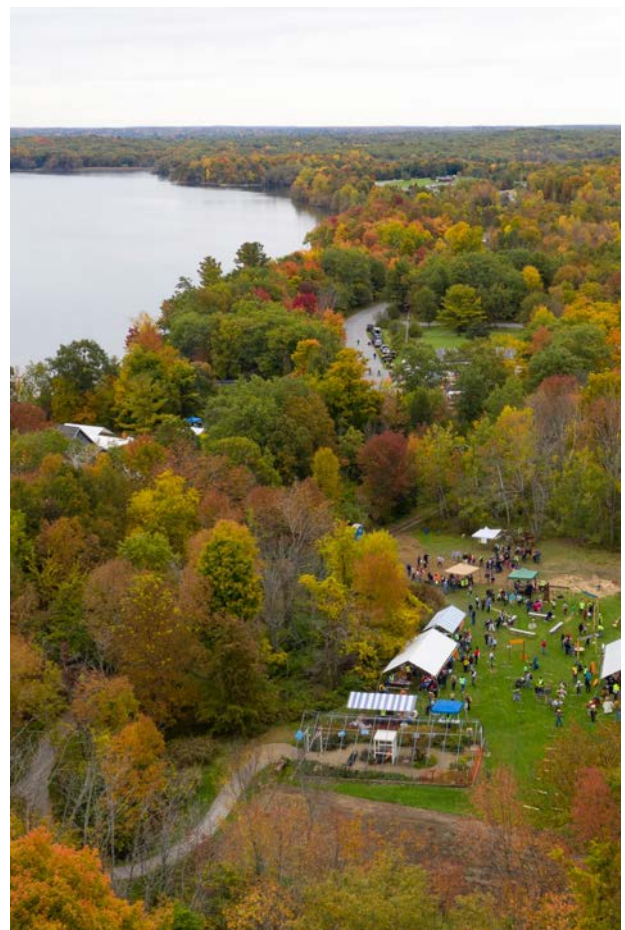
Dunkin’ Donuts of Arsenal St. – Watertown

Target -Watertown

Impossible Dream – Watertown

We appreciate your generosity!

Thank you!



VOLUNTEER SPOTLIGHT

Hello everyone!

Let me take you back to a beautiful autumn day... the air was changing from a warm summer breeze to the cool, crisp feeling when the leaves change. The busy summer crowds had quieted down and we witnessed a wonderful site; a bond created between nature and a very driven young boy during a family visit to the Nature Center. As they finished their tour of the center, Ira spotted one of our volunteer forms, grabbed it, and chased his mother down the sidewalk, waving the form high in the air! Although Ira breathlessly begged mom and dad to start volunteering that day, they started the following week. Ira proudly calls his volunteer service his "very first job."

We joyfully welcome Ira and his mom, Ember Morse, to our volunteer team! Always happy to be outdoors, Ira and Ember help keep our trails clear and have eagerly taken on any task needed by the staff. Volunteering at the Nature Center is a natural fit for this outdoorsy homeschool family. In September, the Morse family including dad, Chris, hiked the 132-mile Northville-Lake Placid Trail (NPT) in 18 days. The family recently moved to Watertown, NY from Fort Bragg, NC. We are grateful to both their dedication and hard work, as well as for volunteers like Ira who love this wondrous place as much as we do.

Whether you bake, garden, assist with programs, greet people at reception or help with maintenance, we are grateful for you! If you would like to join our Nature Center volunteer team, whether it's for an hour, a day, daily, weekly or even monthly, any time donated is greatly appreciated. So please, get into the nature side of life, consider becoming a volunteer! Call and ask for me, Darlene, and I can fit your skills to any of our variety of tasks.

I would love to work with you!

Darlene Sourwine
Volunteer Coordinator



Nine-year-old Ira Morse and Ember Morse love volunteering on MAC Nature Center' trails. Eel Bay in background.

WINTER PROGRAMS 2020

315-482-2479

**Friendly Crow (AKA Feeding the Birds)***Saturday, January 11th*

1:00pm-2:00pm

Every winter our Nature Center builds a bird feeding station to help the wintering bird population. Why do we call this experience “Friendly Crow?” A friendly scarecrow (you) learns to feed nearby birds! Our feathered friends may even land on your head! All ages are welcome, please bring winter gear including snow pants and a toque.

FREE Snowshoe Day*Saturday, January 18th*

1:00pm-3:00pm

Gear up and get outside – for free! Take a pair of snowshoes out on our trails and explore! We need a base of seven inches to take our snowshoes out on the trail, so do your best snow-day dance! Meet at the Nature Center to sign out your shoes.

**Backyard Explorers:
Winter Wonderland***Saturday, January 25th*

1:00pm-2:00pm

Our Junior Naturalists are back! Join Cecelia and Levi for the next Backyard Explorer installment. The sibling duo will lead a short hike through our winter wonderland, then return to the Nature Center for story-time and cocoa.

SUPER SCIENCE SATURDAY!*Saturday, February 1st*

10:00am-3:00pm

It’s time for SUPER SCIENCE SATURDAY at Jefferson Community College! Come find the Nature Center crew at this celebration of math and science. Designed for students in grades 5-8, all family members are welcome to attend! Admission is free. Concessions, parking, a campus map, and programs will be available at the event. For more information, call the Science Department at JCC, (315) 786-2320.

**Indian River Lakes
Conservancy (IRLC) Hike***Saturday, February 8th*

10:00am-11:00am

Join the Nature Center crew at this IRLC hike hosted at Redwood Hill Preserve. We’ll head out on snow-covered trails and learn about local wildlife (and the tracks they leave behind!). Meet at the Redwood Hill Preserve, and remember to dress in your winter gear! Questions? Call IRLC at (315) 482-4757.

Meditation Hike*Saturday, February 15th*

1:00pm-2:00pm

Come join Barb Eldridge for contemplation and tranquility out on our trails! All are welcome to attend, from the very beginner to the more advanced. Snowshoes will be provided if conditions allow. *Pre-register for this hike!



FREE Snowshoe Day

Saturday, February 22nd

1:00pm-3:00pm

Gear up and get outside – for free! Take a pair of snowshoes out on our trails and explore! We need a good snowy base to take our snowshoes out on the trail, so do your best snow-day tricks! Meet at the Nature Center to sign out your shoes.

Tree Texture Art

Saturday, February 29th

1:00pm-2:00pm

Take a family-friendly hike and learn how to identify trees. Record their bark textures in a creative way!

FREE Snowshoe Day

Saturday, March 7th

1:00pm-3:00pm

Gear up and get outside - for free! Take a pair of snowshoes out on our trails and explore! We need a base of seven inches to take our snowshoes out on the trail, so get creative to summon this snow-day! Meet at the Nature Center to sign out your shoes.

Story Hour with Heather

Saturday, March 14th

1:00pm-2:00pm

Join Heather White for a story and activity to chase away the winter and welcome the spring! We'll be reading a book and then using it for inspiration! This program is ideal for kindergarten through third grade students.

Searching for Spring

Saturday, March 21st

1:00pm-3:00pm

Join one of our naturalists on a slower-paced hike to find signs of spring out on our trails. Keep an eye out for early-season plants, small mammals out from hibernation, and migrating birds! Be prepared for mud and snow out on the trails.

Little Hands, Wild!

Thursday, March 26th

1:00pm-2:00pm

Explore the spring! We'll be outside investigating this muddy season. The snow might still be around, so be prepared for all kinds of conditions! Ages Pre-K and under with caregiver.

All About Beavers!

Saturday, March 28th

1:00pm-2:00pm

Did you know that a beaver's teeth never stop growing? Or that they can hold their breath for *fifteen* minutes? Come meet with our naturalists and learn about these fascinating engineers!

THE MINNA ANTHONY COMMON NATURE CENTER

MEMBERSHIP BENEFITS

All membership levels include:

- Subscription to quarterly e-newsletter
- Free admission to annual *Autumn Festival* in October
- Member-only events and tours, including seasonal *Minna's Destinations* hike
- *Common Currents* quarterly membership mixer
- 10% discount at Nature Center Gift Shop



Individual \$25

- Membership for one person

Student / Military / Senior \$15

- Membership for one person. Requires valid student ID, military ID, or proof of age 62 or older.

Family \$50

- Membership for two adults and up to four children under the age of 18 living in the same household
- One Voyageur Canoe paddling tour for family
- One day snowshoe rental for family
- 2-visit New York State Park giftcard
- Birthday party for one child
- Guided hikes for children (with caregiver) to earn custom *Junior Naturalist* patches

MINNA'S CIRCLE

Naturalist \$125

- Membership for up to two people
- 2-visit New York State Park giftcard
- 4 snowshoe rentals
- 4 seats on Voyageur Canoe paddling tour
- Custom canvas tote
- Printed newsletter option

Trailblazer \$250

- All benefits of Naturalist Membership, plus:
- Discounted tickets to annual *Night for Nature* gala in July

Hero \$350

- All benefits of Trailblazer Membership, plus:
- Opportunity to schedule a private guided hike for up to 10 guests

Individual \$25

Student / Military / Senior \$15

Family \$50

MINNA'S CIRCLE:

Naturalist \$125

Trailblazer \$250

Hero \$350

Name: _____

Street: _____

City: _____

State: _____ Zip Code: _____

Email: _____

WAYS TO JOIN

1. **Mail.** Return this form in envelope provided.
2. **Online.** Visit MACNatureCenter.com
3. **Phone.** (315) 482-2479. Daily; 8:00 am–4:00 pm.
4. **In-person.** Bring this form to MAC Nature Center.

I would prefer to have an e-newsletter

THE MINNA ANTHONY COMMON NATURE CENTER

MARK YOUR CALENDARS

Night for Nature

Thursday, July 9th

Bring your dancing shoes to the popular July fundraiser at the Nature Center. A wonderful evening with excellent food, conversation, and music!

Interested in supporting this special event - becoming a sponsor! Opportunities range from \$300.00 to \$2,500. You will minimally receive two tickets and your name on the table tents. Contact board member Erin Lettiere or call the Nature Center for more information

Autumn Festival

Saturday, October 10th

Join us at the Nature Center for this family friendly fall day. Come enjoy craft and food vendors, live music, farm animals, arts and crafts, a scarecrow contest, birds of prey demonstration, dog sled demonstrations, and more.



Holiday Bonanza

Saturday, December 12th

When it's time to celebrate the season we invite you and your family, to come spend the day at our winter market! Enjoy live music, holiday crafts, local artisans, raffles, and food vendors including homemade baked goods and Driftwood BBQ. It's a great way to kick off the holiday season!



Friends of the Nature Center, Inc.
Minna Anthony Common Nature Center
Wellesley Island State Park
44927 Cross Island Road
Fineview, NY 13640

Hours of Operation:
Nature Center 8am-4pm
Trails open sunrise to sunset



**Parks, Recreation
and Historic Preservation**