



SEVERSON DELLS
NATURE CENTER

NOTES FROM THE DELLS

Calendar & Newsletter

January - April 2023 | Volume 44 No. 1

Rockford, Illinois



WILDFLOWER WALKABOUTS

return

APRIL 25TH, 2023

Explore the wildflowers of our region
with hikes led by expert naturalists!



www.seversondells.org/wildflower-walkabouts



EXPLORE THIS ISSUE

- 3 | Note from the Director
- 4 | Supporter Spotlight: Jason Peckels & Rebecca Quirk
- 6 | Naturalist Notes: How Animals Fight the Cold
- 10 | Calendar of Events
- 12 | Volunteer Opportunities
- 14 | Book Nook: The Hidden Universe
- 15 | Introducing Nature Educator: Liz Wiener
- 16 | Summer Camp at the Dells
- 18 | Memorials & Honorariums
- 19 | Quick-View Calendar

LUMINARIA

Thank you to our volunteers, musical guests,
and visitors!

Thank you to our generous sponsors:

Kathleen Helge in memory
of Barbara Whitsitt

Specialty Screw Corp.



NOTE FROM THE DIRECTOR

Happy 2023!

I was trying to find the right words to welcome in the new year and came across this poem that does it just perfectly.

The Forest's Blessed Abode by Belinda Stotler

*Come, walk with me into the forest's blessed abode,
To see the wondrous beauty the Earth has bestowed;
We'll bask in the surreal splendor that surrounds us,
And listen to nature composing the forest's grand opus,
As sounds of whispering trees and burbling streams,
Send our minds wandering into a poet's lovely dreams.*

*We'll walk where sunlight sets the forest's leaves aglow,
Weaving open paths to dapple golden light on all below;
Where trees shade us from summer heat and harsh rays,
Freeing our minds so we can see Mother Nature's ways,
Of creating nurturing sanctuaries for life dwelling there,
To shield its tender wards from storms too hard to bear.*

*Come sit beneath the glowing embers of an autumn tree,
Whose rich hues are a natural wonder many come to see,
While colorful leaves glide down in a whirling course,
Like embers breaking loose from their flaming source.
Glowing for a moment as if falling to their ending fate,
Instead, nourishing Earth for rebirth into a new state.*

*The wintering forest seems to be a still, desolate place.
Yet, under the snow and autumn leaves of a tree's base,
Beats the promising pulse of new life that patiently waits
For spring's warmth and rain to open wide nature's gates;*

*Roam with me under the trees standing strong over it all,
To watch them quietly sleep until nature's beckoning call.*

*Let us stroll in spring's forest where we will reap
The joy of Earth awakening its children from sleep,
And hear life's chorus and watch its offspring grow,
As waking trees renew their canopy over all below;
Come share with me the forest's spirit at rebirth,
So we too are reborn within this temple of Earth.*

*Every now and then let us answer the forest's call,
To come see life's beauty and the miracle of it all;
If we listen with our hearts as we walk among trees,
We may understand the message carried on a breeze,
For us to blend with the forest's spirit so it will beguile
Us into walking under its lovely trees for just a while.*

May this year bring you many beautiful moments in nature.

See you on the trails!

Ann



Director Ann Wasser, Photographed by Asia M. Peters

SUPPORTER SPOTLIGHT: JASON PECKELS & REBECCA QUIRK

BY ASIA M. PETERS



Jason and Rebecca at Funderburg

Jason Peckels and Rebecca Quirk moved to Rockford 12 years ago, and have been Friends of the Dells since an introduction by Jessie Crow Mermel, Volunteer and former Marketing and Development Assistant at Severson Dells. As individual members, their family has enjoyed our Luminaria walks and their kids, now 9 and 12, have attended summer camps on and off since 4 or 5 years old. Jason says, "This is where I take friends" when they come from out of town "because it's a very doable hike to go all the way to the creek and back," but it makes them say "Wow!" "because I don't think people expect this in Illinois."

Rebecca's childhood was filled with countless hours exploring the woods behind her home. She and Jason love that they can bring their kids to Severson Dells and The Grove to have similar experiences in the playscape and along the trails. "Free play in nature provides so many opportunities for learning, and watching my kids engage in those spaces is so rewarding."



Micah and Natalie learning to make acorn whistles at Severson Dells Nature Center

Just this last year, Jason and Rebecca joined our Business Membership program with their counseling practice, Along the Path Counseling, with the intention to "bring other counselors at our practice here to think of ecology in a different way, a more personal way." Along the Path Counseling is also looking at initiatives like the 815 Outside Park Rx program to see how they can incorporate time in nature into their patients overall wellness plan. "We know time in nature improves mental health and decreases rates of depression and anxiety. We need spaces like Severson Dells to step away from the noise in life to have time to reflect," Rebecca says.

Jason regards nature as a catalyst for gratitude, which he incorporates into his counseling practice. "A lot of times people are locked into their narratives... cultural narratives, family narratives, prescribed narratives." Jason believes his purpose is to encourage them to try to look at things with new eyes. Informed by the work of Joanna Macy, he wonders "how sustainable is our sense of self?" considering things like "my self interest and how that might be harmful, the idea that I only care about my family or one of two generations ahead of me" and says for him the antidote is "having gratitude, feeling my embodied experience, then shifting my perspective from this personal view to a wider sense of self."



Jason in the Grove, Severson Dells Nature Center

Personally, Jason says his relationship with nature has changed a lot throughout his life, but right now, he's in an "intuitive mode," with nature. He says "I want to notice little things," like how, after two hours of trail running at Severson without seeing a single person, he approached the parking lot to leave and unexpectedly ran into a friend. He thinks this kind of serendipity is meaningful and is making a habit of stopping and trying

to figure out what nature might be trying to tell him.

“One time, Jason recalls, “I was running up Prospect Avenue in Rockford and I heard this clomping” over the morning rush hour hurrying beside him. “I look... and there’s this doe running behind me on the sidewalk.” He recalls the odd looks he received from passersby. He stopped, the doe stopped. They stood face-to-face for a moment before the deer ran off toward the Scandinavian cemetery. “I don’t know exactly what it means,” he admits, but it inspired him to research the symbology of the deer, an Earth symbol representing gentleness and family.

As a daily ritual for connecting with nature, Jason likes to sit for 20 minutes in the morning and look out his window at the prairie garden Rebecca curated in their front yard.



Front Yard Prairie and Bella “meditation cat”

As a way to integrate the ideas of “deep ecology and interconnectedness of humans and nature” into our local community, the couple recently initiated a low energy community garden near the intersection of N. Central Avenue and West State Street, which they call “The Commons.” Their vision for the land is to “be a source of food for the community” and to help people connect with nature.



The Commons, community garden

Rebecca loves that she and Jason can support Severson Dells, both personally and professionally, because the mission of the nature center aligns with their values. “I can’t run a business and not support places I care about,” says Rebecca. “We

enjoy being a part of the Severson Dells community. There are so many cross community connections through Severson Dells. It is a great group to be a part of.”

We are grateful to be supported by Jason, Rebecca, and Along the Path Counseling. If you or your business are interested in becoming a business sponsor, please contact Ann Wasser at ann@seversondells.org or call 815-335-2915.

MINDFULNESS WALKS WITH JESSIE CROW MERMEL



Slow down and rewild your senses to the natural world in these guided walks. Mindfulness in nature not only lowers our stress levels, but also helps us appreciate our connection and reciprocity to the earth. Dress for the weather with proper footwear. These walks will be slow and we will take the opportunity to stop often.

Winter Mindfulness Walks

January 21, 2-4pm

February 18, 2-4pm

Winter offers the perfect opportunity to embrace quiet and stillness. We will stop often to take in the beauty of the winter landscape.
Cost: \$3/members; \$5/general admission

Spring Mindfulness Walk

March 18, 2-4pm

We’ll search for signs of the world waking back up after the long winter. We will stop often to take in the beauty of the stirring spring season.
Cost: \$3/members; \$5/general admission

Sunset Mindfulness Walk

April 11, 6-7:30pm

We will stop often to take in the beauty of the setting sun.
Cost: \$3/members; \$5/general admission

NATURALIST NOTES:

WINTER ADAPTATIONS: HOW ANIMALS FIGHT THE COLD

BY ASHLYN ROGERS

In the winter, many of us don hats, gloves, jackets, and boots to stay warm. We even have the luxury of returning to a nice heated home with extra blankets and hot cocoa. But animals don't have these opportunities. Sure, some animals grow extra fur or put on an extra layer of fat, but how else do they survive the winter?

Many of you may be familiar with hibernation or migration, but here we're going to go into detail about a couple of the lesser known adaptations, torpor and countercurrent heat exchange. But first, let's recap what some of these terms meansome terms that you will run across. An adaptation is a characteristic that has evolved to help an animal survive in its habitat, such as the webbed feet of a duck. Migration, hibernation, torpor, and countercurrent heat exchange are all adaptations. Migration is defined as the back and forth movement of animals from one place to another, usually correlating with the seasons and the availability of food and resources. Hibernation is a voluntary state that an animal enters into in order to conserve energy, survive food scarcity, and endure winter's harsh climate. Some animals that hibernate are mice, ground squirrels, snakes, bees, groundhogs, and a few species of bat. Torpor is often confused with hibernation.

When I said hibernation, I bet you thought of bears. Bears actually go into torpor, which is another tactic animals use to survive the cold months. In torpor, animals lower their body temperature, breathing rate, heart rate, and metabolic rate. Torpor, unlike hibernation, appears to be involuntary and lasts for shorter periods of time depending on the conditions. Animals may only go into torpor at night or for the coldest hours of the day, it is very dependent on what the animal's situation is. Temperature, food availability, and water availability are the main factors that can induce torpor. Animals in a torpor state can be woken up, but it is not in their best interest. When animals awake from this state, it usually takes about an hour

to resume normal activity and involves a series of strong muscle contractions that help warm up the body. Some examples of animals that go into torpor are bears, raccoons, skunks, snakes, birds, and frogs. Biologists and ecologists are still researching how exactly torpor works and if we can induce it in humans.

Recently, scientists have learned that Ruby-throated Hummingbirds, the species of hummingbird most often seen in our area, go into torpor more often just before migration, allowing them to save fat stores before their big trip.

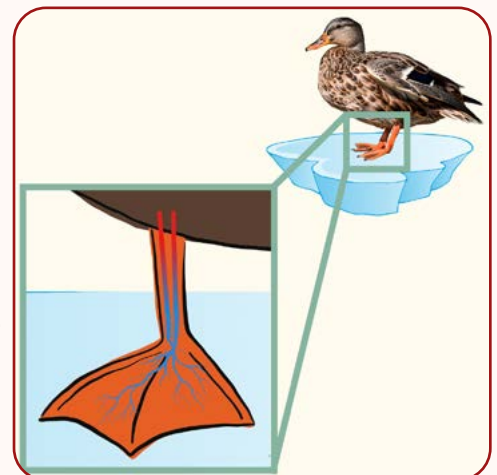
Perhaps an even lesser known adaptation is countercurrent heat exchange. This is a mechanism used by

animals where there is a transfer of heat between blood moving in opposite directions, from the warmer arterial blood to the cooler venous blood. This adaptation is used by birds, some mammals, and the leatherback sea turtle to help conserve body heat. Basically, the blood leaves the central body and goes down to the animal's feet, it transfers its heat to the blood traveling from the feet back into the body (see the diagram for a visual). The presence of the vessels next to each other allows the heat to transfer from one to the other. Given the nature of heat transfer, the heat leaves the warm blood and heats the cold blood.

Overall, the feet stay significantly cooler than the body, but this helps them save the energy that would otherwise be required to heat their feet. This can be especially important for



Fox Squirrel, Photo by Courtney Celley/USFWS.



Heat Exchange, Illustration by Ashlyn Rogers

animals standing on ice or in the snow. If you were able to touch a bird's feet, the surface temperature at the tips of their toes may be just barely above freezing! This phenomenon occurs in all of our local birds and mammals such as coyotes and foxes in our area as well.

Have you ever wondered how frogs survive the winter without freezing? Turns out they don't! Some species of frog freeze completely solid during the winter months, but are able to thaw out and resume their lives in the spring. This is known as freeze-tolerance. Gray Treefrogs, Boreal Chorus Frogs, Wood Frogs, and Spring Peepers (all of which we have monitored for through our frog monitoring community science program) are all known to be freeze-tolerant. Most animals' organs cannot freeze without becoming dehydrated, which kills the cells. This is what happens when humans (or other animals) get frostbite. In frogs, their skin freezes first, which triggers their liver to start producing large amounts of glucose, or sugar. While freezing frog cells do become dehydrated, the glucose keeps the cells from losing all their water completely and helps keep the cell membranes intact. The glucose also prevents ice crystals from forming in the frogs' organs, acting as an antifreeze and preventing ruptures or other damage. So, when the temperatures rise and the ice in the frog's blood does melt, the frog's heart will restart and its body will reanimate. Research done on Wood Frogs shows that even multiple freezes and thaws do no damage to the animals. In fact, scientists believe that if winter temperatures were not cold enough for the frogs to freeze, it may have negative effects on their survival. Being frozen allows the frogs to conserve energy and forgo eating. If the frogs are not frozen, they will need to find food such as insects, which may still not be available in the winter. Though some may enjoy the mild winters brought about by climate change, our animals often do not.

We have covered just a few of the countless adaptations that animals have developed over time.



Ashlyn Rogers, Photo by Asia M. Peters

And we're still learning! Scientific research is such an important part of our understanding of how animals' bodies function and how they exist in and relate to their environments. Thank you for reading and never stop learning.

CONSERVATION CREW RESTORATION WORKDAYS

Saturday, January 14; Monday, January 23;
Saturday, February 11; Monday, February 27;
Saturday, March 11; Monday, March 27;
Saturday, April 8; Monday, April 24
9 a.m. to noon



Because invasive species pose one of the most significant threats to nature in our time, vegetation management is a crucial step in the conservation of our natural areas. And you can help! Spend an invigorating morning (or several) as a member of the Severson Dells Conservation Crew, working alongside fellow volunteers to remove invasive species from the woods. Weather permitting, we may make a cheerful fire of the brush that we cut. We work from 9:00 a.m. to 12:00 p.m. on the second Saturday and fourth Monday of each month. No experience necessary; training and tools are supplied. Bring a water bottle to stay hydrated. Dress in layers and expect to get dirty! RSVP to Liz: liz@seversondells.org.



HERON HERITAGE SOCIETY

Severson Dells honors those extraordinary people who have included Severson Dells in their estate plans through our exclusive Heron Heritage Society. Legacy gifts ensure that we are able to serve the community for generations to come. Your gift will help us raise the next generation of Earth stewards. **THANK YOU.**



WHAT WILL YOUR LEGACY BE?

If a legacy gift to Severson Dells is part of your estate plan, we would love to discuss this with you to ensure that your wishes are fulfilled. Please visit www.seversondells.org/legacy-giving for more information or contact our Program Director, Ann Wasser: ann@seversondells.org | (815) 335-2915

We highly recommend that you contact your attorney or financial advisor to discuss the best way to achieve your goals and for all legal advice. Severson Dells is a non-profit organization and all donations are tax-deductible as allowed by law.

SEVERSON DELLS
NATURE CENTER



Looking for new places to enjoy nature, a reason to be outside, or a little guidance trying bike paths?

Join 815 Outside on hikes around the greater Rockford area. Explore nature, get active, and meet new people.

Find your place to get outside today!

815Outside.com

the 2nd annual

GOLDEN HOUR

IN THE GROVE



Thank you to everyone who came out to the 2nd annual Golden Hour in Grove event! It was a lovely evening in support of nature education!

THANK YOU TO OUR GENEROUS SPONSORS!

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To see photos of the event, check out our Flickr: Severson Dells Nature Center

CALENDAR OF EVENTS

Register for programs at seversondells.org/events or call 1-815-335-2915

For the most up-to-date information on programs please visit our website at www.seversondells.org. Registration is required for all programs.

First Day Hike

Sunday, January 1 | 10:00 to 11:30 a.m.

Start your 2023 off on the right foot with a hike in the snow (hopefully!) and a cup of coffee, tea or hot chocolate by the fireplace to warm up afterward. Cost: \$3/members, \$5/general admission.



Photo by Andrea Wallace Noble

Family Shelter Building

Saturday, January 28 | 9:30 to 11 a.m.

A great way to spend time together outdoors in the winter is to build a shelter! Join us in our shelter-building area to learn how to build an emergency shelter that will keep you out of the elements if you get separated from your group while out on a hiking adventure. Families with children ages 7 and up. Dress for the weather. Cost: \$10/member family; \$15/non-member family.

Winter Watercolor Class with Jenny Mathews

Saturday, February 4 | 10:00 to 11:30 a.m.

Learn the basics of Watercolor Painting with Rockford Artist, Jenny Mathews. For art enthusiasts of all levels. All supplies provided. Cost: \$30/members, \$35/non-members

Full Moon Hike

Thursday, April 6 | 6:30 to 8 p.m.

Watching a full moon rise is magical. Join us for an evening of nocturnal natural history as we walk the trails in anticipation of moonrise. Cost: \$3/members, \$5/general admission.

SPRING BREAK CAMP

March 20th - March 24th | 9:00 am - 3:00pm

Ages 5-7 | Wild Things

Ages 9-12 | Nature Explorers

Cost: \$120/member; \$150/general admission



Frolick in snow or squish in mud?!? Who knows what the weather will bring, but we know we will be having tons of fun exploring the wonders of the woods, playing games and making new friends during spring break camp.

Pollinator Palooza

Friday, April 22 | 10 a.m. to 3 p.m.

We are thrilled to bring back this celebration of pollinators just in time for us to spring into gardening, hiking, and all things outside. Visit a variety of booths



Photo by Ellen Rathbone

to learn how you can support pollinators nationwide and in your own backyard. Build a bee hotel for leaf-cutter bees and grass-carrying wasps. Learn how to design a pollinator garden that will impress the neighbors as well as the bees. Our pollinator-themed games and craft stations entertain visitors of all ages. Free event! No registration necessary.



TRAVELOGUES

Colorado: The Rockies

Sunday, February 26, 2023 | 1:00 - 2:00 pm

Rocky Mountain National Park straddles the continental Divide in Northern Colorado and is known for its extreme altitude and weather along with many impressive peaks. Come learn more about this magnificent place from Joshua Sage, who has spent numerous days within its boundary hiking, fishing, and climbing. Josh will share some of his experiences which include headwater's fishing, run-ins with wildlife, and wildfires. Free.

Iceland: Land of Fire and Ice

Sunday, March 5, 2023 | 1:00 - 2:00 pm

Iceland is known for extremes, and Andrea's trip to Iceland with 3 generations of her family was certainly that! From the tops of mountains to inside the depths of a volcano, geothermal power plants to glacier lagoons, they went to every corner of this isolated island and can't wait to show you it's awe-inspiring beauty. Of course, we'll take a dive into Icelandic geology and learn about the rare Icelandic Horse! Free.

Yosemite: Journey to Half Dome

Sunday, March 12, 2023 | 1:00 - 2:00 pm

Take a photographic hike with Asia through forests, over waterfalls, up a rockface, to one of the most iconic landforms in the U.S., Half Dome. We'll touch on the natural history of Yosemite National Park and reflect on the abundance of art and literature that has been born from Yosemite's astounding beauty, such as the work of John Muir and Ansel Adams. You'll also get the inside scoop on acquiring a wilderness permit and camping recommendations! Free.

OFF THE BEATEN PATH HOMESCHOOL PROGRAM

Ages 5-8 from 10 to 11:30 a.m.

Ages 9-12 from 1 to 2:30 p.m.

Cost: \$10/member; \$15/general admission



Firebuilding

Thursday, January 19

Fire is one of the most essential outdoor skills! It provides warmth, light, protection, and a way to cook food. We will work with different fire starters to craft our own fires and use them to reveal invisible ink creations.

Tracking

Thursday, February 16

We can learn to read the signs animals leave behind. We'll start with footprints and gaits, add in scats, trails and browse, and wrap up with a tracking adventure in the woods.

Spring & Phenology

Thursday, March 16

Celebrate the coming of Spring as we look for the first signs of renewal! We'll explore the phases of plant life (phenophase) with binoculars, hand lenses, and age-appropriate guides and document the coming of the season.

Pond Life

Thursday, April 20

Spring is a great time to explore a pond. We might see/hear frogs, birds may be migrating northwards, and if the ice is out, there will be great things happening below the water!

VOLUNTEER OPPORTUNITIES

WITH SEVERSON DELLS

FRONT DESK VOLUNTEERS



WANTED: A friendly face to welcome guests to Severson Dells! Nature Center Host Volunteers man the front desk on Saturdays and Sundays in 4-hour shifts or for occasional weekdays, depending on the need. Duties include answering the telephone, greeting visitors, conducting gift shop sales, and assisting members in checking out library materials. Ability to use multi-line telephone and give directions to Severson Dells Forest Preserve from various locations in the area are a must. General awareness and appreciation of nature helpful. Warm and welcoming personality a definite plus. Apply online at www.seversondells.com/volunteer

EDUCATION VOLUNTEERS



WANTED: Folks eager to share their love of nature with children! Our education volunteers help lead programs for school groups at our onsite education programs. Group size ranges from 10 to 20 students, and are mostly preschool through 5th grade. **We currently have a great need for guides on our Discover Nature Hikes, which last about an hour and half and focus on enthusiasm for nature! No background knowledge required.** School programs take place Tuesday through Friday from approximately 8:30 a.m. to 1:30 p.m., and are concentrated in the spring and fall. If you would like more information about becoming an education volunteer, please contact Andrea: Andrea@seversondells.org



2023
City Nature Challenge

ROCK RIVER VALLEY



HANDS ON SCIENCE FOR ALL

APRIL 28- MAY 1

WE NEED YOUR HELP

People around the world are taking pictures of nature in their backyard and uploading it to a free and fun app called iNaturalist. The city with the most posts wins!

1. OBSERVE NATURE

Anything counts, from plants to animals to fungi!

2. TAKE PHOTOS

of nature in your backyard, local park, forest preserve, or natural area between April 29h and May 2nd

3. UPLOAD PHOTOS TO INATURALIST

to automatically add them to our project! Your observations will be shared with scientists around the world.

Questions? Contact Severson Dells at 815-335-2915 or visit www.seversondells.com/city-nature-challenge



Book Nook:

THE HIDDEN UNIVERSE

ADVENTURES IN BIODIVERSITY

ALEXANDRE ANTONELLI

The United Nations General Assembly declared 2011-2020 the Decade of Biodiversity. The goal of this designation was to support the Biodiversity Convention, which has three main goals: the conservation of biological diversity; the sustainable use of its components; and the fair and equitable sharing of benefits arising from genetic resources. Its objective is to develop national strategies for the conservation and sustainable use of biological diversity, and it is often seen as the key document regarding sustainable development. Unfortunately, the United States still has not ratified the treaty from the Biodiversity Convention.

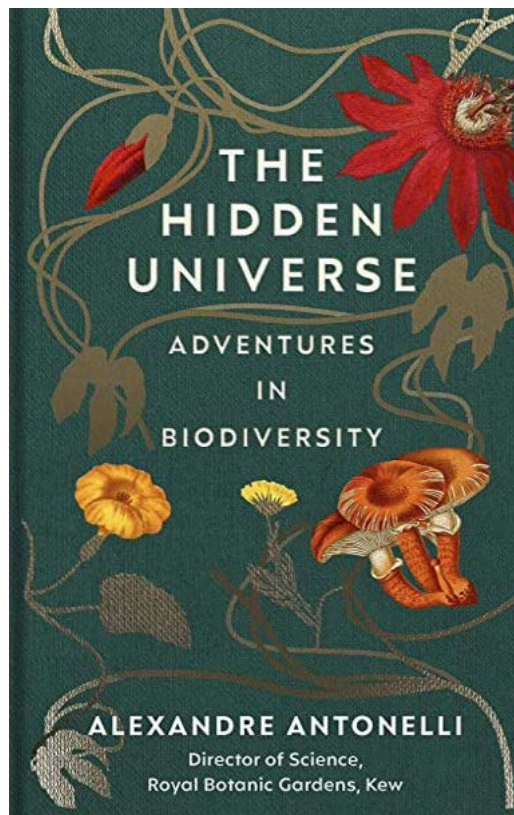
The Hidden Universe is an extension of the work done as part of the Decade of Biodiversity. It is an unforgettable exploration of the natural world and the concept of biodiversity—what it is, why it matters, and how we as individuals can work to preserve it.

We are now living in an environmental emergency. As climate change, habitat loss, and other threats have placed almost one-fifth of all species on Earth at risk of extinction in the coming decades, a deeper understanding of biodiversity has never been more important. Biodiversity encompasses the rich variety of all life on Earth—the building blocks of life that provide invaluable sources of food, medicine, clothing, building materials, and more.

Marking the arrival of a bold new voice in popular science, *The Hidden Universe* shows readers what's at stake in the fight to protect and restore biodiversity,

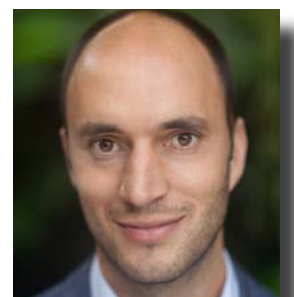
but also what can and should be done now to protect our planet and ourselves for the future. As director of science at one of the world's largest research organizations in plant and fungal sciences, Brazilian-born scientist Alexandre Antonelli is ideally suited to reveal the wonders of biodiversity at a

genetic, species, and ecosystem level—what biodiversity is, how it works, and why it is the most important tool in our battle against climate change. Antonelli offers recommendations for large-scale political changes, as well as smaller, practical steps that readers can implement in their own lives and homes. With Antonelli as our guide, *The Hidden Universe* helps us imagine a future where biodiversity is not just preserved but cherished.



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Alexandre Antonelli is director of science of the Royal Botanic Gardens, Kew. A botanist by training, he is an award-winning professor of Biodiversity at the University of Gothenburg in Sweden, a visiting professor at the University of Oxford, founder of the Gothenburg Global Biodiversity Centre, and one of the world's most cited scientists.



INTRODUCING: LIZ WIENER NATURALIST & EDUCATOR

Hello! My name is Liz Wiener, and I am excited to join the team at Severson Dells Nature Center.

I am originally from southern NJ but have since lived all over the country. I received my Bachelor of Science in Environmental Education from Unity College in Maine, and my Master of Science in Experiential Education from Minnesota State University in Mankato, MN.

I have taught at a variety of outdoor education centers ranging from the National Audubon Society in New Mexico to the Cheyenne Mountain Zoo in Colorado Springs. Most recently, I was the 4-H County Program Coordinator with Michigan State University Extension in Munising, Michigan. This job involved doing a lot of education focusing on positive youth development with projects ranging from livestock education to wilderness adventure.



When I'm not teaching, I'm spending time with my husband of seven years, Rob, or my dog Barney or my cat Bare. I love to be in the woods, whether that includes hiking, biking, canoeing, cross country skiing, or just sitting on the shore of a body of water. I also love to lounge around in a hammock with a good book and a great cup of coffee. One of my goals is to go to every National Park—I'm 25% of the way there!

I'm really looking forward to settling in Rockford and joining this community and getting out and exploring. See you on the trails!



Severson Dells is a proud member of
1% FOR THE PLANET

"1% for the Planet represents a global network of businesses, individuals and nonprofit organizations tackling our planet's most pressing environmental issues."

1% for the Planet approved nonprofit partners are carefully vetted environmental organizations that are eligible to receive funding from our members."

ONEPERCENTFORTHEPLANET.ORG



SUMMER

Is there anything more quintessentially “summer” than the Summer Camp experience?

June 12 - 16
9 AM to noon

Wild Things: Little Heroes

(ages 4-6)

Embrace your inner hero as we learn how to save nature, tackle fun challenges, and train to be the best versions of ourselves along the way!

\$90/member, \$105/non-member

June 19 - 23
9 AM to 3 PM

Peek in the Creek

(ages 7-11)

Our daily creek adventures include boat races, getting muddy, and catching crayfish.

\$120/member, \$150/non-member

June 26 - 30
9 AM to noon

Wild Things: Little Creators

(ages 4-6)

Paint, dance, sing, craft! Your little creator will learn more about nature through the arts and deepen their appreciation of the outdoors.

\$90/member, \$105/non-member

July 6
9 AM to noon

Grandparents Camp: Aquatic Habitats

(grandkids ages 4-10)

Make boats, catch crayfish, explore the creek, and spend time making priceless memories.

Cost varies based on number in your family group. See website for details.

July 7
9 AM to noon

Grandparents Camp: Terrestrial Habitats

(grandkids ages 4-10)

Make crafts, catch insects, romp through the prairie, and spend time making priceless memories.

Cost varies based on number in your family group. See website for details.



CAMP AT THE DELLS

Severson Dells' long history of exciting summer camps continues!

July 10 - 14
9 AM to 3 PM

Amazing Adventures

(ages 7-11)

Each day is a new adventure. This year our adventures include Survivor Day, Cave Man Day, and Nature Hero Day.

\$120/member, \$150/non-member

July 17 - 21
9 AM to 3 PM

Blazing Paddles

(ages 12-16)

Explore the rivers of Winnebago County by canoe, build teamwork and leadership skills, and partake in crazy fun camp traditions.

\$180/member, \$210/non-member

July 24 - 28
9 AM to 3 PM

Peek in the Creek

(ages 7-11)

Our daily creek adventures include boat races, getting muddy, and catching crayfish.

\$120/member, \$150/non-member

July 31 - August 4
9 AM to noon

Wild Things: Little Pirates

(ages 4-6)

Our pirate crew will be sailing the high seas" of Hall Creek as we catch critters, make boats, and search for lost treasure!

\$90/member, \$105/non-member

August 7 - 11
9 AM to 3 PM

Call of the Wild

(ages 7-11)

Campers get in touch with their inner cave people, minus the cave. Each clan builds a home base from which they sally forth to explore.

\$120/member, \$150/non-member



BECOME A MEMBER OF
"FRIENDS OF SEVERSON DELLS"
 OR GIVE AN ADDITIONAL GIFT

MEMBERS RECEIVE:

- Discount at Severson Dells' Gift Shop
- Reduced admission to Severson Dells' programs
- Members-only programs at Severson Dells
- Early Summer Camp registration
- Check-out privileges at Severson Dells' Library
- "Notes From the Dells" newsletter, with calendar of programs and special events mailed directly to your home
- Free admission to participating Association of Nature Center Administrators (ANCA) member nature centers around the country

ANNUAL MEMBERSHIP:

- Individual \$40
- Family \$65
- Sponsor \$125
- Benefactor \$300
- Sustaining \$600
- Patron \$1000

Become a member online at
www.seversondells.org/become-a-member/

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

I would like to support the mission of SDNC
 with a gift of _____ at this time.

**Contributions are tax deductible
 as allowed by law.**

**Please consult your tax professional.
 Thank You For Your Support!**

MEMORIALS & HONORARIUMS

MEMORIALS

Leona I Frey
 Linda Ann Tipton



BECOME A MONTHLY DONOR

Become an advocate for
 nature education in your community.

Your donation will help to support our
 ongoing nature education programs
 and the future growth of Severson Dells.

*Your Monthly Contribution
 Goes a Long Way*

To learn more and begin your monthly
 donation, contact Ann Wasser
ann@seversondells.org | (815) 335-2915.

SEVERSON DELLS ACTIVITIES

Please register at least two days in advance by phone 815-335-2915
or on our website: seversondells.org.

JANUARY

First Day Hike
Sunday, January 1 | 10:00 to 11:30 a.m.

Family Shelter Building
Saturday, January 28 | 9:30 to 11 a.m.

Conservation Crew Restoration Workday
Saturday, January 14 | 9:00 - 12:00 a.m.

Homeschool Program: Firebuilding
Thursday, January 19 | Ages 5-8 from 10 to 11:30 a.m.
Ages 9-12 from 1 to 2:30 p.m.

Winter Mindfulness Walk
Saturday, January 21 | 2:00 - 4:00 p.m.

Conservation Crew Restoration Workday
Monday, January 23 | 9:00 - 12:00 a.m.

FEBRUARY

Winter Watercolor Class with Jenny Mathews
Saturday, February 4 | 10:00 to 11:30 a.m.

Conservation Crew Restoration Workday
Saturday, February 11 | 9:00 - 12:00 a.m.

Homeschool Program: Tracking
Thursday, February 16 | Ages 5-8 from 10 to 11:30 a.m.
Ages 9-12 from 1 to 2:30 p.m.

Winter Mindfulness Walk
Saturday, February 18 | 2:00 - 4:00 p.m.

Travelogue: Colorado Travelogue
Sunday, February 26, 2023 | 1:00 pm - 2:00 pm

Conservation Crew Restoration Workday
Monday, February 27 | 9:00 - 12:00 a.m.

MARCH

Iceland: Land of Fire and Ice Travelogue
Sunday, March 5, 2023 | 1:00 pm - 2:00 pm

MARCH

Conservation Crew Restoration Workday
Saturday, March 11 | 9:00 - 12:00 a.m.

Yosemite: The Journey to Half Dome Travelogue
Sunday, March 12, 2023 | 1:00 pm - 2:00 pm

Homeschool Program: Spring & Phenology
Thursday, March 16 | Ages 5-8 from 10 to 11:30 a.m.
Ages 9-12 from 1 to 2:30 p.m.

Spring Mindfulness Walk
Saturday, March 18, 2:00 - 4:00 p.m.

Spring Break Camp
Monday, March 20th - Friday, March 24th |
9:00 am - 3:00pm

Conservation Crew Restoration Workday
Monday, March 27 | 9:00 - 12:00 a.m.

APRIL

Full Moon Hike
Thursday, April 6 | 6:30 to 8 p.m.

Conservation Crew Restoration Workday
Saturday, April 8 | 9:00 - 12:00 a.m.

Sunset Mindfulness Walk
Tuesday, April 11, 6:00 - 7:30 p.m.

Homeschool Program: Pond Life
Thursday, April 20 | Ages 5-8 from 10 to 11:30 a.m.
Ages 9-12 from 1 to 2:30 p.m.

Pollinator Palooza
Friday, April 22 | 10 a.m. to 3 p.m.

Conservation Crew Restoration Workday
Monday, April 24 | 9:00 - 12:00 a.m.

Wildflower Walkabouts Return
Tuesday, April 25 | Stay tuned for more dates!



STAY CONNECTED!

Scan the QR Code with your camera phone to visit the Severson Dells website, where you can find event updates, membership details, and our full field notes blog.

KEEP UP WITH US ON SOCIAL MEDIA!

We are @SEVERSONDELLSNATURECENTER on Facebook and Instagram.

NOTES FROM THE DELLS

Severson Dells Nature Center
8786 Montague Road
Rockford, IL 61102-9713

ADDRESS SERVICE REQUESTED

CONTACT Us!

Telephone: 1-815-335-2915
web: www.seversondells.org
e-mail: info@seversondells.org

Open Monday - Saturday:
8 a.m. to 4:30 p.m.
Open Sunday: 1 to 4:30 p.m.



Severson Dells Nature Center, in compliance with the Americans with Disabilities Act, will assist in providing for those individuals with special needs. (Please notify us in advance of your needs that may require special staffing.)

SEVERSON DELLS NATURE CENTER STAFF:

Ann Wasser - Director
Andrea Wallace Noble - Educator
Liz Wiener - Naturalist/Educator
Asia M. Peters - Community Engagement
Coordinator

BOARD MEMBERS:

Chris Samuelson- President
Catherine Povalitis- Vice President
Jessie Madl- Treasurer
Katie Eickman
Jake Loescher
Jarrod Hennis
Daniel Huntley
Patty Oliveri
Cathy Ott
Hans Rupert
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Photo by Severson Dells Staff