



www.springvalleynatureclub.org

springvalleynatureclub@gmail.com

Editor: Al Larson

January/February 2020

Letter from the President, Donna Johnson Happy New Year!

Now that the hustle and bustle of the holidays is subsiding, it is time to reflect on the great things of last year and look forward to the opportunities and challenges of this new year. Our 2019 Nature Club year was a huge success. We had wonderful programs and our fundraisers allowed us to sponsor many things for Spring Valley Nature Center and the community. With your continuing support we look forward to 2020 being a banner year!

During these cold and dismal days this is the opportune time to plan for your 2020 garden. Winter is the best time for this, no distractions, just plenty of long evenings to dream of the spring to come.

I invite you, your family, and friends to go to Baler Creek's website and browse through their infinite array of heirloom flower and vegetable varieties. We will be placing the first order of this new year soon, and if you would like to choose the varieties to grow this year, be sure to print out an order form with the items chosen and send it with a check made out to Spring Valley Nature Club for the exact amount. This timing is especially beneficial to those who want to start some items early in the season. We will combine your order with ours and when it arrives you'll be notified to come and pick up your order at Spring Valley Nature Center.

We have a unique arrangement with Baker Creek Seeds whereupon Nature Club benefits from all Club purchases. Visit Baker Creek Seeds Website, www.rareseeds.com. Send your order to Spring Valley Nature Center, 1111 E Schaumburg Road, Schaumburg, IL 60194. Mark envelope Attn. Nature Club, SEED ORDER ENCLOSED.

Nature Club Meeting January 15th, 2020 7:00p.m. Election of Officers, No Program!

Members in good standing are encouraged to attend the business meeting and vote for the slate of officers for the 2020 Nature Club Board of Directors and any other business that may come before the Board.

February Meeting of the Spring Valley Nature Club & Spring Valley Volunteers – Wednesday, February 5, 2020 7-8:30 p.m.

Join your friends and fellow Spring Valley supporters for our annual winter gathering. After a short meeting to update everyone on upcoming events and projects, we'll enjoy our annual movie night featuring an enlightening documentary film to be determined (popcorn included).

Be sure to bring a friend and look forward to an entertaining and educational evening.

Winter Happenings at Spring Valley – January/February 2020

Winter is a quiet season at Spring Valley, but a beautiful one as well! See below for a list of upcoming events and family programs! Note that some programs require pre-registration due to limited space. Visit www.parkfun.com for more information or call (847) 985-2100.

Popular Spring Valley Wall Calendars available NOW!!

Each year, a full color, high quality wall calendar featuring stunning photos taken by Spring Valley's staff and volunteers is printed as a limited edition item and presented to those volunteers who have contributed 50 hours or more during the previous year. The calendars are also sold in the gift sale area at the Nature Center. It is a great way to show off Spring Valley's beauty in your home or office! **These calendars are ON SALE NOW – discounted at \$8 each until Jan. 15!!**

Embrace Winter's Beauty – Snowshoe Rentals

Snowshoes can be rented at Spring Valley anytime there is at least 4 inches of snow present. Rentals are available daily from 9 a.m.-3 p.m. Cost is \$5 for a three hour rental. Snowshoes can also be taken offsite for \$10/day. Call the Nature Center for updates on snow conditions.

Spring Valley Winter Fest – Saturday & Sunday, February 15 & 16, 12-3 p.m.

Celebrate the beauty of winter at this event, which will feature demonstrations of dog sledding by the Windy City Mushers! Also included are indoor games, crafts and activities as well as snowshoeing, horse-drawn wagon ride, and a bonfire. Admission is \$3/person or \$12/family; kids 3 and under are free. All activities take place in and around the Nature Center.

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Farm to Table Cooking Series – Saturday, January 25, February 22, and March 7, 10am-12pm

Learn ways to use simple farm fresh ingredients to create wholesome, delicious dishes at home. The 1st installment, **Get to Know Bee's Wax** will show you how to make unique items from bee's wax, and will include a jar of Spring Valley honey to take home. In February, **Tap into Maple Syrup** will learn how maple syrup is made, learn how syrup is graded, compare syrups from different tree species, and get a bottle of pure Wisconsin maple syrup to take home! In March, **Cheesy Possibilities** will teach you how to make various dishes with various cheeses and provide you with some locally made cheese to take home. Pre-registration required for each.

Family Moon Hike – Friday, January 10, 6-7:30 p.m.

Get the family outdoors and exploring nature illuminated by winter moonlight with a naturalist. Finish your hike with hot cocoa. Pre-registration required.

COMING IN MARCH!

Sugar Bush Fair – Saturday & Sunday, March 14 & 15, 9 a.m.-12 p.m.

Celebrate winter's end at this popular annual event which features a delicious pancake breakfast with real maple syrup, demonstrations of maple sugaring, and more.

Family Woodworking – Sunday, March 28, 1-2:30 p.m.

Enjoy a family project by constructing and decorating a wren house to place in your yard this spring. All materials, tools, and instructions are provided. Pre-registration is required.

Nature

The calendar year is winding down, even as day's light starts to lengthen. The time of later dawns and earlier dusks is past, and the sun's long climb above the horizon begins. Still, winter has taken hold, and ice and snow and gray winds will dog our voyage through the cold months ahead.

The shift in light/darkness ratios and the drop in temperature have produced a response in plants and animals that protect them from the change in seasons. Diminishing light spurs bird migration to places still abundant with insects, open water and growing plants. A few mammals, like the groundhog and some species of bats, hibernate, reducing body temperature to a whisper above permanent cold. Their life candle barely glows, slowly burning the food they've stored as body fat.

Insects, being cold-blooded, lack internal temperature regulation, and cold slows their metabolism. Survival for some means moving into a life stage where they can rest and wait out the cold. This means entering the winter as pupae, after spending summer and fall as grubs or caterpillars, and emerging in spring as adults. Other insects migrate, from ground level to below, from above the water to beneath and from shallower water to deep, where it is warmer, with temperatures more stable than where exposed to air. Some burrow into logs or crawl beneath rocks. Others slip behind bark or move in with us indoors.

But even in winter there are insects that stay active. Sometimes winter's sun warms through the snow to expose the leaf litter beneath. The surrounding snow may be covered with what appears to be a scattering of small black specks. A closer examination will reveal thousands of tiny insects called springtails. They are commonly called snow fleas and inhabit soil surfaces often numbering in the millions per acre.

The stone fly is another insect that has adapted well to winter. Found only in clean running water, certain species have larvae that grow throughout the fall and early winter. The adults emerge to mate in mid-winter and lay eggs in the water.

Winter lacks the activity of bustling spring, growing summer and the brief hurry of fall. But there are compensations. Its nighttime sky blazes brighter, and few warm-weather birds match the frolic of swooping juncos or equal the jaunty cheer of a gang of chickadees. And sometimes, when the sky is a bright blue and the air is as clear as crystal, that can be enough to forget the cold.

Al Larson

Dreaming of Your Heirloom Vegetable & Herb Garden?

Now that winter has set in, it is time to daydream and plan for the 2020 Heirloom Vegetable & Herb Garden. The long dismal evenings lend themselves to images of wonderful things to come.

Check your log of how your plants grew, which ripened first and the qualities that you liked or did not like. Reflect on the varieties of veggies and tomatoes you have grown in the past, were they what you expected, do you want to grow them again? Looking for something new? Now is the time to check Baker Creek Heirloom Seed Catalogue online at www.rareseeds.com and see what items interest you. Keep note of things you'd like to try and send your seed orders to the Spring Valley Nature Club so we can place a group order early in the season.

New to gardening or want to learn more about Heirloom varieties? Be sure to mark your calendar for the April 1, 2020 Spring Valley Nature Club meeting. We will review the varieties available for 2020 and discuss their benefits. We even present a few varieties that are not on the website www.springvalleynatureclub.org This is your opportunity to sample and learn about some unique varieties of veggies, tomatoes and herbs that have superior qualities and flavors! Always entertaining! Bring a friend! Refreshments will be served.

We have a unique arrangement with Baker Creek Seeds of Mansfield Missouri whereupon our members and friends can submit their seed order and check made payable to Spring Valley Nature Club! Please note you do not need to be a member of Nature Club to place an order with us. You will be notified as to when you can come to pick-up your seeds. As a courtesy from Baker Creek Seeds we do not pay a handling charge and Nature Club gets a special rate allowing the club to derive a profit from all the seeds that we purchase.

Please continue your loyalty to our cause, it is with support from our members and friends of Spring Valley, that we can assist the Spring Valley Nature Center in its educational and environmental efforts to provide programs benefits for the community. Thank you.



1974 And Beyond

Spring Valley began as a dream by one of the founders of the Village of Schaumburg, Ellsworth Meineke. Early on he referred to it as “The Spring Valley Dream.” It was he who convinced the Schaumburg Park District and the Village of Schaumburg to work together to acquire and preserve land for Spring Valley. Ellsworth founded the Spring Valley Nature Club in 1974 as a not-for-profit service organization which provides volunteer and financial support for Spring Valley and promotes conservation, nature, and environmental education. The Club sponsors nature programs and teacher field trips, and members volunteer at festivals and fund raisers. We have been working hard since 1974. Won’t you join us?

These words reflect the dedication that the founders felt for the purpose of the Club and the love of the natural world around us. Since the Schaumburg Park District assumed the responsibility of recruiting volunteers, Nature Club’s purpose has evolved to share its love of Spring Valley by offering timely programs that reinforce a more wholesome lifestyle. We have initiated monthly educational programs that instill a comprehension of our ability to lessen our carbon footprint by reducing waste, recycling and reusing our valuable resources. Our monthly programs enlighten us to appreciate our environment and respect its fragile beauty.

We have lessened our impact on landfill waste by eliminating the mailing of our bimonthly News Leaf. We are encouraging members to attend educational programs which teach us the importance of the wildlife around us, the art of using our natural resources wisely and being more self-reliant by advising how to live a more wholesome lifestyle, grow and live more organically and become more self-sufficient.

With the kind donations and assistance from local merchants and organizations, we can exist more ecologically by shopping locally. Some of the wonderful supporters and contributors to the club have been, Roselle Ace Hardware discount coupon on purchases; Schaumburg Park District 1-day Fitness Pass; Platt Hill Nursery for their support and discount coupon at their garden centers; Holistic Art Studio discount coupon; Skincare by Carmela for their discount on services and Sweetland Bakery for their purchase discount.

Our wonderful supporters have given us a way to lessen our footsteps by offering valued products and services at discounted prices while saving our energy dollars by reducing the number of miles we travel. Please support our supporters. With their help, we have been successful in raising additional funds to sponsor educational programming for our Club members, Spring Valley Volunteers, and school children and teachers from our community. We have supplied funds for books for Spring Valley’s Library and have sponsored various free to the public programs and events that the Nature Center has offered.

Thanks to you all, and especially our valued Members and Supporters of Spring Valley Nature Club!

Please take time to review all the wonderful benefits we are offering to our members with their Nature Club membership. Won’t you join us?

Spring Valley Nature Club is a 501(c)3 organization and contributions may be tax deductible. Check with your tax advisor.

Spring Valley Nature Club 2020 Membership Rates

To show our appreciation for our members' loyalty, we have come up with special benefits for all members.

“Discount Coupon Packet” This packet will include certificates and coupons for various merchants, i.e. Holistic Health Studio (massage discount), Schaumburg Park District (1-day Fitness Pass), Roselle Ace Hardware (discount on purchase), Platt Hill Nursery (discount on purchase), Chick-Fil-A (Free Sandwich - Schaumburg Stores only), Skincare by Carmela (Discount on Services), Sweetland Bakery (discount on purchase).

Special Benefit; An invitation to the Spring Valley Volunteer/Meineke Award Picnic on the first Friday in August. A postcard will be sent to current members in good standing by mid-July asking for an RSVP.

Free Entry to the Nature Club Programs: Allows you to attend any or all ten Spring Valley Nature Club monthly meetings and educational programs from February through November where you can enjoy some refreshments and camaraderie with fellow supporters of the Nature Club and the Spring Valley Volunteers.

Membership Card & Bi-monthly News Leaf: Identifies you as a supporter of the Nature Club's efforts.

Life Membership: In addition to the above items, this membership includes a Nature Club Commemorative Fleece Throw (\$35.00 value); this fleece throw is for **New Life Memberships Only**.

Current Life Members are eligible for the Discount Coupon Packet. Donations appreciated and help our cause.

Family Fun Membership: In addition to all the standard items above, this membership category includes a Spring Valley Annual Family Pass (\$120.00 value) to be used for a 15% discount on most Spring Valley Programs; 10% Discount on Summer Camps and Birthday Parties; 15% discount on Honey & Gift Shop purchases at Spring Valley and free admission to all Spring Valley events. **Including the Pancake Breakfast!** (The discounts do not apply to the Solstice Hop & Vine or the Haunting in the Valley.)

Your Membership Packet needs to be picked up in person at the Spring Valley Nature Center 9:00 – 5:00 daily. Any member may have the membership package mailed to them for a handling fee of \$2.00

Yearly Memberships Begin February 1st through January 31st

Senior 55 Plus	\$10.00
Individual	\$15.00
Family	\$25.00
Supporting	\$35.00
Family Fun Membership	\$120.00
Life	\$150.00
Sponsor	\$1000.00

Senior - Individual – Family – Supporting - Family Fun - Life – Sponsor

Name _____

Address _____ City _____ St _____ Zip _____

Email _____ Phone _____

Checks should be made payable and mailed to:
Spring Valley Nature Club - 1111 East Schaumburg Road, Schaumburg, IL 60194