



*In order for the preservation and conservation of our natural resources and waterways, youth need to learn the importance of being stewards of their own environment in which they live. Big Sandy Water Institute is a program that focuses on those needs and the impact it has on our environment by spending time helping them become more mindful of the earth and in touch with nature by blending recreational and environmental activities together. Our goal is to teach youth the importance of their surroundings to ensure future sustainability and enjoyment of our natural resources.*



**A special thanks to the following sponsors and partners who have made Big Sandy Water Institute possible:**

Army Corps of Engineers Federal Dam  
 Rice Lake National Wildlife Refuge  
 MN Dept. of Natural Resources  
 Savanna Portage State Park  
 Jay Cooke State Park Naturalist Program  
 Aitkin County Soil & Water  
 Lake Country Power Community Trust

Minnewawa Sportsmens Club  
 Big Sandy Lake Association  
 Big Sandy Lake Foundation  
 McGregor Lions Club  
 McGregor Firefighter Relief Association  
 Aitkin County Water Planning Task Force  
 Tamarack Sno-Flyers

*Thank You!*

**Dated Material -  
 Please Deliver Promptly**

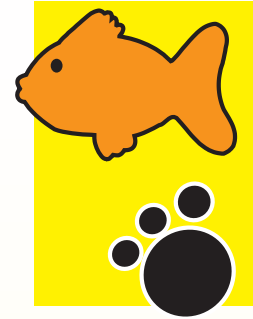
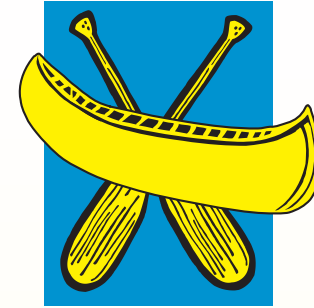
**Post Office or  
 Rural Route Box Holder**

McGregor Community Education  
 ISD #4, PO Box 160  
 McGregor, MN 55760

**WATER INSTITUTE  
 BIG SANDY**



Non Profit Org.  
 U.S. Postage  
**PAID**  
 McGregor, MN  
 55760



# **BIG SANDY WATER INSTITUTE**



## **2014 Summer Schedule**

*That in the end we will only conserve what we love; we will love only what we understand; and we will understand only what we are taught. baba dioum*

# SUMMER SCHEDULE 2014

Lifeguard  
on duty  
at all  
times.

## What to bring daily

- |   |                                     |
|---|-------------------------------------|
| <input type="checkbox"/> bag lunch            | <input type="checkbox"/> sunglasses |
| <input type="checkbox"/> swim wear            | <input type="checkbox"/> sunscreen  |
| <input type="checkbox"/> change of clothes    | <input type="checkbox"/> hat        |
| <input type="checkbox"/> appropriate footwear | <input type="checkbox"/> bug spray  |
| <input type="checkbox"/> water bottle         | <input type="checkbox"/> towel      |

Don't forget  
bag lunch

### #EE001 - WILD ENCOUNTERS FAMILY FUN DAY (Rice Lake National Wildlife Refuge)

Activities will take place at Twin Lakes except fishing  
Friday, June 6 from 9am - 2:30pm

A day filled with unique opportunities for families to enjoy together.  
All activities will take place at Twin Lakes except fishing  
A day filled with unique opportunities for families to enjoy together.

**9:00 and 10:00 - Birding 101** - Learn how to use binoculars and get tips on how to become a "Birder", a hobby that will provide you with a lifetime of fun. Binoculars and bird guides will be provided or you may bring your own. Led by Warren Nelson, Birder and Wildlife Photographer.

**9:00 - 11:00 - Kids Krafts** - Assorted activities will be available for kids of all ages, including building butterfly feeders or butterfly houses.

**9:00 and 10:00 - A Nature Scavenger Hunt** - Use your natural senses as you take in the sights and sounds of nature with Master Naturalist Pam Brand.

**9:00 and 10:00 - Butterflies 101** - Learn about some of the most beautiful specimens to the insect world, the butterfly! Learn tricks for attracting butterflies to your home and garden. Led by Beth Haasken, MN Extension Service.

**9:00 - 11:00 & 12:00 - 2:00 - Bird Mist Netting (capturing wild songbirds) and Bird Banding Demonstration** - An informative and up close encounter with real live biologists as they apply leg bands to songbirds captured while you lie in wait. Participants are strongly encouraged to ask questions.

**11:00 - 12:00** - This year's program will be presented by the Audubon Center of the North Woods. The creatures featured will be a porcupine, great horned owl and salamander, certain to be informative and entertaining!

**12:00 - 1:00 - FREE Picnic Lunch**

**1:00 - 2:30 - Fishing Fun** - Fishing will be held at both north and south water control structures on the Rice River; fishing poles and bait are available for loan if needed. Experienced anglers will be on hand to assist. No fishing license needed for kids under the age of 16 and no license needed for parents or guardians fishing with kids under the age of 16 during this Take-A-Kid Fishing Weekend. Catch and release is encouraged.

### #EE002 - ANIMAL BEHAVIOR STUDIES AND ZOOKEEPER FOR THE DAY AT THE DULUTH ZOO (Duluth)

Monday, June 9 from 8:30am - 3:30pm Age: 8 and up

Registration fee: \$5.00

Spend the day at the Duluth Zoo! At the zoo students will learn what it's like to be a field biologist as we uncover the mysterious lives of animals through observation and data recording. They will also experience what it's like to be a zookeeper! Students will have the opportunity to prepare bear diets, tour behind-the-scenes, examine x-rays, and more!

Students need to meet at McGregor School at 8:30am and picked back up at 3:30pm



## REGISTRATION INFORMATION 2014

Student's Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Email \_\_\_\_\_ Total Registration Fees: \$ \_\_\_\_\_

List any activity restrictions, health problems and/or medications relating to your child.

### CONTRACT

I understand that every effort will be made to protect and safeguard all students. I agree not to hold Big Sandy Water Institute/ ISD #4 liable for any illness or mishap from any cause whatsoever. I also give the instructors/supervisors full authority in dealing with the problems of discipline. I understand that any student disregarding rules is subject to being sent home. I understand that any student who willfully destroys property will be held responsible and charged accordingly. I give ISD #4 permission to use comments, photos and video of the student named above in its promotional materials.

Parent/Guardian Signature \_\_\_\_\_

REGISTER  
MY  
CHILD  
FOR

- #EE001 - WILD ENCOUNTERS FAMILY FUN DAY
- #EE002 - ANIMAL BEHAVIOR STUDIES AND ZOOKEEPER FOR THE DAY AT THE DULUTH ZOO
- #EE003 - FISHING AND ARCHERY
- #EE004 - PORTABLE SAWMILL AND SMALL WATERCRAFT CERTIFICATION
- #EE005 - RIVERS AND LAKES FAIR
- #EE006 - FIELD TRIP TO ST. MATHIAS FARM
- #EE007 - KAYAKING AND A FIRSTHAND APPROACH TO LIBBY DAM
- #EE008 - WATERCRAFT CERTIFICATION
- #EE009 - SNAPPING TURTLE ECOLOGY
- #EE010 - KAYAKING AND WILDERNESS SURVIVAL
- #EE011 - SNORKELING, HIKING, POND STUDY AND DIGITAL BRIDGE TO NATURE PROGRAM
- #EE012 - BUGS, BOGS, & FISHING THE RICE RIVER
- #EE013 - OVERNIGHT CAMPING ADVENTURE
- #EE014 - SWIMMING LESSONS
- #EE015 - TOT SWIMMING LESSONS

### Transportation

Please refer to class descriptions for pickup and dropoff times.

Children will not be left at dropoff sites if parents are not there. You will be required to pick your child up at the school North Entrance.



### REGISTER BY:

Mailing form to McGregor  
Community Education, PO Box 160,  
McGregor, MN 55760

Drop off registration form at the  
Community Education office or drop  
box outside of office.

ALSO... register by emailing to  
llkruse@mcgregor.k12.mn.us



**#EE013 – OVERNIGHT CAMPING ADVENTURE (Savanna Portage State Park)**  
**Wednesday and Thursday, July 9 & 10 from 9:30am (9th) to 11am (10th)**  
**Age: 5th grade and up**

WOW...adventures and fun while learning how to be stewards of our own environment. If you have never had the opportunity to camp this is your chance to experience the "great outdoors". Youth will be guided through the entire camping adventure. Activities will include paddling the waters of Big Sandy Lake in kayaks, learning the proper mechanics of archery, nature's art activities, swimming, cooking around an open fire, smore's by the bonfire and of course



**What to bring camping!**

- sleeping bag/pillow
- layered clothing (fleece shirt or wind breaker)
- rain gear
- bug repellent
- tent
- flashlight
- swim wear
- towel
- bag lunch
- change of clothes
- appropriate footwear

**What to NOT bring Camping!**

- Electronics

learn how to set up and take down camp. This camping adventure will leave your child with many fond memories of the great outdoors and our BSWI staff and their friends. Please bring your tent, sleeping bag, a bag lunch (all other meals and snacks will be provided) and your outdoor clothing to include swimwear. No electronics are allowed!

**Bus Pickup: McGregor School at 9:10am; Willey's 9:15am; Sather's 9:20am**

**Parents must pick child up at Savanna Portage State Park at 11am on the 10th at Loon Lake**

**#EE014 – SWIMMING LESSONS (Round Lake)**  
**Monday-Thursday; July 21 – 24 and July 28 – 31**

American Red Cross Water Safety Instructor: Shari Tetrick Lifeguard: Jake Krezowski

Shari Tetrick, Water Safety Instructor brings you and your child 30+ years of experience working with youth and adults. Your child will receive 30 minutes of water safety instruction and 15 minutes of practice and free time each day.

**12:15pm–Level 6:** Swimming and skill proficiency; refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

**11:30am–Level 5:** Stroke Refinement: provides further coordination and refinement of strokes.

**10:45am–Level 4:** Stroke Improvement: develops confidence in the skills learned and improves other aquatic skills.

**10:00pm–Level 3:** Stroke development; builds on the skills in Level 2 through additional guided practice in deeper waters.

**1:45pm –Level 2:** Fundamental Aquatic Skills; builds on the skills learned in Level 1 and gives participants success with fundamental skills such as floating and basic locomotion.

**1:00pm –Level 1:** Students must be 6 years old by 8/31/12. Introduction to Water Skills; helps students feel comfortable in the water and to enjoy the water safely.

**Fee: \$60/person no more than \$150/family**

Location: Round Lake Public Beach (Cty Rd 6)

**Transportation is not provided for this activity**



**#EE015 – TOT SWIMMING LESSONS (Savanna Ridge Outdoor Pool)**  
**Monday, July 29 – Wednesday, July 31 from 5:00 – 5:30pm**

Introduce your little one to water as certified water safety instructor Shari Tetrick and lifeguard Jake Krezowski spend time with you and your child in the warm pool at Savanna Ridge. Your child will learn how to splash, blow bubbles, paddle while gaining confidence in the water.

**Fee: \$30/person**

**Ages: 3 years to 6 years old**

Location: Savanna Ridge (located off of Cty Rd 6 just past Bann's Restaurant)

There is a changing area and gazebo off the pool area for families to relax and enjoy.

**Transportation is NOT provided for swimming lessons.**

**#EE003 – FISHING AND ARCHERY (Long Lake Conservation Center)**  
**Tuesday, June 10 from 9:30am – 3pm • Age: 8 and up**  
**Registration fee: \$5.00**

Increase your fishing skills while learning how to cast a line, bait a hook and identify various species of fish. Fishing for pan fish on Lake Minnewawa with local anglers is always a favorite for kids.

The afternoon will be spent learning the proper mechanics of archery, field basics, history of archery and learning about the different types of bows. This will be a hands-on session. Equipment will be provided. Please wear tennis or hiking shoes/boots, long pants and shirt; we will be in the woods. Bug spray would be useful!

**Bus Pickup: McGregor School at 9:10am**

**Bus Return: McGregor School 3:20pm**



**#EE004 – PORTABLE SAWMILL AND SMALL WATERCRAFT CERTIFICATION (Army Corps of Engineers)**

**Wednesday, June 11 from 9:30 – 3pm Ages: 8 and up**  
**Registration fee: \$5.00**



Students will also observe a portable sawmill; from a tree to a birdhouse all in one day. They will be hands-on building birdhouses from the trees that were cut into boards and then used to construct the birdhouse.

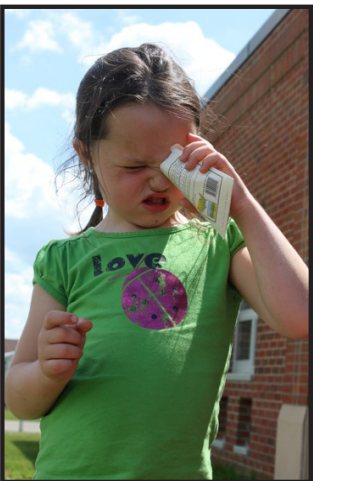
No Stress Boating! – Students will also learn about various forms of natural stressors that can affect and impair their boating skills. This unique hands-on program will utilize the Corps of Engineers electric boats to demonstrate how the environment can affect driving skills. Life jackets will be provided for students.

**Bus Pickup: McGregor School at 9:10am; Willey's 9:15am; Sather's 9:20am**

**Bus Return: Sather's 3:10pm; Willey's 3:15pm; McGregor School 3:20pm**

**#EE005 – RIVERS AND LAKES FAIR (Aitkin High School)**  
**Saturday, June 14 from 9am – 2pm**

The River and Lakes Fair is a fun filled event where folks of all ages can learn about our natural resources. Featured programs will include Owls to Orchids: Magic and Mystery in Our Northern Bogs by Sparky Stensas; Reptiles and Amphibians by the Audubon Center of the North Woods; and Wild and Free Wildlife Rehabilitation Center, Garrison, MN, by Bob and Char Wrobel. Kids will enjoy building bluebird and bat houses and carnival games. The fair will include free water testing for nitrates and display an aquarium of live fish from local lakes.



**#EE006 – FIELD TRIP TO ST. MATHIAS FARM**

**Monday, June 16 from 9:00 – 3pm Ages: 8 and up**  
**Registration fee: \$5.00**

Let's visit the farm! Want to know where your food comes from? The Farm on St. Mathias is an 80 acre farm with 17 acres dedicated to fruits and vegetables with 10 fenced acres for vegetable, herb, and apple production, and 7 open acres planted in rotations for melon, squash, corn, pumpkins and fingerling potatoes. A 6+ acre corn maze lies just beyond an open green space and will make for a terrific exploration! This will be a terrific day spent on the farm learning all about local grown foods!

**Bus will leave school at 9:00am and return at 3pm**







**#EE007 – KAYAKING AND A FIRSTHAND APPROACH TO LIBBY DAM** (Army Corps of Engineers)  
**Tuesday, June 17 from 9:30am – 3pm** Ages: 8 and up  
**Registration fee: \$5.00**

Spend time in kayaks on the water with trained kayak instructors Hadrich and Garrett. Beginning kayak students will learn basic skills and safety for beginning kayaking. Intermediate kayak students will build off beginning kayak skills and safety previously learned. A scavenger hunt on the water and more fun and games will take place while kayaking and learning. Dams, Dams, Dams – Here’s an opportunity to learn more about the Corps of Engineers headwater’s dam system as well as some

of the basic fundamentals that are used in the dam building process. Students in this course will have an opportunity to take a behind the scenes look at how the Sandy Lake dam is operated and then test their new found dam building skills – working together to accomplish the goal, just like engineers do!

**Bus Pickup: McGregor School at 9:10am; Willey’s 9:15am; Sather’s 9:20am**  
**Bus Return: Sather’s 3:10pm; Willey’s 3:15pm; McGregor School 3:20pm**

**#EE008 – WATERCRAFT CERTIFICATION** (Army Corps of Engineers)  
**Wednesday, July 18 from 9:30 – 2pm**  
**Age: Must be 12 years and up**  
**Registration fee: \$10/student**

Youth will receive instruction by Minnesota DNR for safe use of motorized personal watercraft, jetski and tiller/console operated boats. Classroom instruction will be held in the morning and the afternoon will be spent on the water. Participants passing the test on this date will receive their certification. A packet must be completed prior to taking the course. Packets will be mailed or can be picked up in the CE office once registered.

**Bus Pickup: McGregor School at 9:10am; Willey’s 9:15am; Sather’s 9:20am**  
**Bus Return: Sather’s 2:10pm; Willey’s 2:15pm; McGregor School 2:20pm**



**#EE009 – SNAPPING TURTLE ECOLOGY** (Army Corps of Engineers)  
**Monday, June 23 from 9:30 – 3pm** Ages: 8 and up

Students will gain knowledge of snapping turtle ecology and reproduction physiology via slide show, local field trip and incubation of turtle eggs. Scientific data will be collected by the students to include day/date/time/location of nest; nest site soil temperature and weather conditions, egg viability, mass and diameter; and incubation temperature of eggs. Students will go home with a turtle egg for incubation.

**Bus Pickup: McGregor School at 9:10am; Willey’s 9:15am; Sather’s 9:20am**  
**Bus Return: Sather’s 3:10pm; Willey’s 3:15pm; McGregor School 3:20pm**



**#EE010 – KAYAKING & WILDERNESS SURVIVAL** (Army Corps of Engineers)  
**Tuesday, June 24 from 9:30 – 3pm** Ages: 8 and up  
**Registration fee: \$5.00**

Spend time in kayaks on the water with trained kayak instructors Hadrich and Garrett. Beginning kayak students will learn basic skills and safety for beginning kayaking. Intermediate kayak students will build off beginning kayak skills and safety previously learned. A scavenger hunt on the water and more fun and games will take place while kayaking and learning. Wilderness Survival – You’ve walked too far, you’ve lost your way, no one hears you yelling “HEY!”... So now what? A serious topic made fun by Corps of Engineers park rangers in an active program that covers some of the basics of being prepared and knowing what to do should you become lost in the woods.

**Bus Pickup: McGregor School at 9:10am; Willey’s 9:15am; Sather’s 9:20am**  
**Bus Return: Sather’s 3:10pm; Willey’s 3:15pm; McGregor School 3:20pm**

**• • SEVERE WEATHER • •**  
**Please call 218-768-2111 x233 for weather and class cancellation update.**

**#EE011 – SNORKELING, HIKING, POND STUDY AND DIGITAL BRIDGE TO NATURE PROGRAM**  
 (Savanna Portage State Park)

**Wednesday, June 25 from 9:30am – 3pm**  
**Age: 8 and up**  
**Registration fee: \$5.00**



Come discover what critters live in Loon Lake! Students will have time to wade in the lake and catch those critters for a pond study. Staff will give students an opportunity to look under small microscopes at creatures and returning them to their watery home when finished. For more exploration the morning will include a “Digital Bridge to Nature” inspired photography program. Students will explore nature through the lens of a camera. During the afternoon hours students will spend time in the water snorkeling...peeking at lake creatures that share the waters when swimming. A hike around the lake wandering through



the forest habitat identifying forest, prairies and wetlands is a must!

**Bus Pickup: McGregor School at 9:10am; Willey’s 9:15am; Sather’s 9:20am**  
**Bus Return: Sather’s 3:10pm; Willey’s 3:15pm; McGregor School 3:20pm**

**#EE012 – BUGS, BOGS & FISHING THE RICE RIVER** (Rice Lake National Wildlife Refuge)  
**Monday, July 7 from 9:30am – 3pm** Age: 8 and up  
**Registration fee: \$5.00**

Participants will be sure to get wet and have a fun time learning what a bog is and what kinds of bugs call bogs their home. Is there a difference between a bog and a swamp? A bog and a marsh? Students will discover the secrets of a bog; how a bog is formed, what critters call a bog home, why bogs are important, and some special adaptations of plants that allow them to grow there. Students will have the opportunity to identify plants and bugs of the bog. Bug nets and collection jars will be provided so that everyone gets an opportunity to assist in the collection effort of bugs above and below the water’s surface. More fun will be had when everyone is given the opportunity to catch fish in the Rice River with the assistance of experienced anglers. Fishing rods, bait, and tackle will be provided for the participants to use.

**Bus Pickup: McGregor School at 9:15am**  
**Bus Return: McGregor School 3:15pm**



**Unable to attend. Please notify in advance so another student on the waiting list may participate.**