

BIG SANDY WATER INSTITUTE



2012 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 2012

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

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

#EE001 - WILD ENCOUNTERS FAMILY FUN DAY (Rice Lake National Wildlife Refuge) "YEAR OF THE BAT" activities will take place at Twin Lakes

Friday, June 8 from 9am - 3pm

A day filled with unique opportunities for families to enjoy together.

- 9:00 - 12:00 - Batty About Bats - Bat themed activities will be available throughout the morning for kids of all ages. Activities will be led by fun loving volunteers.
- 9:00 - 12:00 - Nature Walk and Talk - Use your natural senses as you enjoy the sights and sounds of nature along the trail with a Master Naturalist.
- 9:00 - 12:00 - Fishing Fun - Fishing will be held at both the north and south water control structures on the Rice River; fishing poles and bait will be provided if needed, as well as assistance from experienced anglers. 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.
- 12:00 - 1:00 - FREE Picnic Lunch at Twin Lakes; followed by an orientation to the Big Sandy Water Institute.
- Bird Mist Netting Demonstration - Time and place to be determined. Led by Biologists studying Golden-Winged Warblers.
- 1:00 - 2:00 - Make 2012, the "Year of the Bat" memorable <http://yearofthebat.org/about-year-of-the-bat/>. Get an up close look at a live bat and learn interesting facts about this often misunderstood mammal. Stephanie Reynolds, "the Bat Lady" is a bat rehabilitator and knows how to make learning about bats lots of fun!



#EE002 - RIVERS AND LAKES FAIR (Aitkin High School)

Saturday, June 16 from 9am - 2pm

The River and Lakes Fair is a fun filled event where folks of all ages can learn about our natural resources. Programs will focus on Aquatic Invasive Species, Birding by Ear, and the Connection Between People and Water Quality. Kids will enjoy building blue birdhouses, carnival games and learning the art of fly tying. The fair will include free water testing for nitrates and an aquarium of live fish from local lakes.



#EE003 - NATURE'S PLAYGROUND AND FREE SWIM AT SAVANNA RIDGE

(McGregor School and Savanna Ridge)

Monday, June 18 from 9:30am - 3pm • Age: 8 and up

Spend the day out in nature as we discover how our natural environment can be our playground. Arts, crafts, games and activities will be enjoyed to encourage children that the outdoor world is magnificent and entertaining. Students will enjoy a couple hours in the afternoon at Savanna Ridge outdoor swimming pool so pack swimwear.

Students need to meet at McGregor School at 9:30am

Students may be picked up at 3pm Savanna Ridge; Willey's 3:10pm; McGregor School

#EE004 – KAYAKING AND SIX SNEAKY SALAMANDERS (Army Corps of Engineers)

Tuesday, June 19 from 9:30am – 3pm • Age: 8 and up

Spend time in kayaks on the water with trained kayak instructors Brenda Hadrich and Paula 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.

Minnesota is home to 6 different species of salamanders and we are lucky enough to boast all of them in Aitkin County! However, chances are good that you have never seen any of them. Students will be given the opportunity to learn about salamanders and the habitats they depend on for survival in an up close and personal program that is designed to increase awareness of these somewhat elusive critters and the wetlands that they need to survive.

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 – WOODS, WETLANDS & WILDLIFE AND ARCHERY PROGRAMS

(Long Lake Conservation Center)

Wednesday, June 20 from 9:30 – 3pm • Ages: 8 and up

Did you know that a forest is more than just trees! Let's spend the morning with Aitkin County Forestry Department discovering woods and wildlife and their different habitats. Students will find their way in the forest. They will learn if cutting trees is good or bad for the environment. This hands-on day will take students to places that will put them in touch with nature while learning how to protect our environment and the animal habitats. 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



#EE006 – LET'S GO FISHING AND AN ORGANIC FARM OUTING (Lake Minnewawa & Prairie River Farm)

Thursday, June 21 from 9:30 – 3pm • Ages: 8 and up

Explore the underwater habitat, learn about water stewardship, 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 a "favorite" for kids. Spend the afternoon visiting a local organic farm. Learn the ins and outs of organic farming. The Prairie River Farm is a small, local family farm that grows organic vegetables, raises chickens on pasture for meat and eggs. It will be a fun afternoon mingling with the chickens and taking a walk through the peaceful garden; maybe even collect an egg or two. Expect to see bumblebees, birds and butterflies flitting around as we get a feel for organic farming.

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

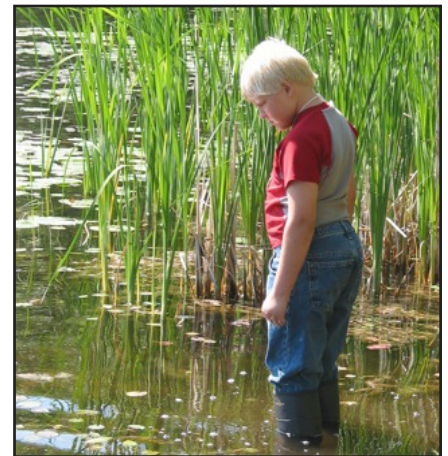
#EE007 – SNAPPING TURTLE ECOLOGY (Army Corp of Engineers)

Monday, June 25 from 9:30am – 3pm • Age: 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





#EE008 – BIRDS AND MAMMALS (School/Rice Lake National Wildlife Refuge)

Tuesday, June 26 from 9:30am – 3pm • Age 8 and up

Students will spend the day talking about the life of a bird and mammals. This day will include many hands on activities studying bird specimens and frozen mammal skins. The study of teeth, claws, coloration, body size/shape and how they are re-lated to the type of lifestyle they have. Students will be listening to bird songs and calls and learning about things like “where does a bird sleep?” why do they sing?” and “why / when / how do they migrate?”. Students will dissect some owl pellets and finish the day as they travel to the refuge to do some bird watching. Students may bring their own binoculars or we will provide them.

Students need to meet at McGregor School at 9:30am and picked up at 3pm

#EE009 –BEAR NECESSITIES PROGRAM AND FISHING THE RICE RIVER

(Rice Lake National Wildlife Refuge)

Wednesday, June 27 from 9:30am – 3pm • Age: 8 and up

Students will be encouraged to think like a bear and “look for food to survive.” What role do weather, fire, man, and other bears mean to a young bear trying to survive on its own? Through interactive games and role playing the students will gain a better understanding of what is meant by the terms: sufficient habitat, limiting factors, and carrying capacity. Students will then have an opportunity to provide examples of limiting factors that affect the carrying capacity for other native MN wildlife. More fun will be had when everyone is given the opportunity to catch fish in the Rice River. Fishing rods, bait, tackle will be provided and experienced anglers will offer assistance.

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

#EE010 – LET’S GO FISHING ON BIG SANDY LAKE & BOATING 101

(Army Corp of Engineers)

Thursday, June 28 from 9:30 – 3pm • Age: 8 and up

Are you interested in fishing for one of Minnesota’s many game fish on Big Sandy Lake? Explore the underwater habitat, learn about water stewardship, increase your fishing skills while learning how to cast a line, bait a hook and identify various species of fish. Students get hands on experience with the rules of boating and water safety from Army Corps of Engineers Park Rangers in this interactive program. After onshore instruction from Rangers students are given the chance to drive small electric powered boats to practice the safe boating techniques that they just learned. Students will also be able to recognize the indicators of a drowning victim and understand the importance of wearing a life jacket. This interactive program encourages fun and safety on the water!

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



#EE011 –ANIMAL CARE CLASS AT LAKE SUPERIOR ZOO AND HIKING THE SHORES OF LAKE SUPERIOR

Monday, July 9 • Ages 8 – 12 years old • Max: 15 students • (Duluth, MN) \$10 fee

Learn how the zoo takes care of its animals. Participate in hands-on activities to learn how the zookeepers make diets and veterinarians care for sick animals. Meet the barn animals and watch a special animal enrichment! Why is it important to preserve our natural environment we live in? Spend time on the shores of lake superior taking in all the natural beauty and wonder that surrounds us.

Bus will depart McGregor School at 8:45am and return at 3:30pm

#EE012 – KAYAKING AND MINNESOTA FOREST INVADERS (Army Corp of Engineers)

Tuesday, July 10 from 9:30am – 3pm • Age: 8 and up

Spend time in kayaks on the water with trained kayak instructors Brenda Hadrich and Paula 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. Borers and moths and worms, oh my! Students will learn hands on about some of the invasive species that are threatening our forests such as the Emerald Ash Borer. Army Corps of Engineers Park Rangers will lead activities that will help students identify forest pests and will teach management practices that students can implement in their lives to stop the spread of these destructive species. Fun take home crafts will serve as a reminder to burn firewood where you buy it and help prevent the spread.

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



#EE013 – FIELD TRIP TO THE FOREST HISTORY CENTER (Grand Rapids)

Wednesday, July 11 • Ages: 8 and up • \$10 fee

Students will tour the Forest History Center exhibits and take a tour of a logging camp and the River Wanigan. From there the field trip will take students to the 100’ fire tower (climbing is an option) and patrolman’s cabin. By now students will be hungry so plan for a picnic lunch! The afternoon will be filled with more exciting adventures like GEO TRAC: forestry discovery lumberjack math course. Participants will use per-programmed GPS units to guide them to geocache sites strategically located along our trails. When they arrive at the sites they will be challenged to do a “forestry task” such as determine the height of a tree, measure the diameter, scale a log pile, determine the age of a tree, etc. This is a fun filled day at the FHC.

Bus will leave McGregor School at 8:45am and Return at 3:30pm

#EE014 – SNORKELING, HIKING, POND STUDY AND DIGITAL BRIDGE TO NATURE PROGRAM (Savanna Portage State Park)

Thursday, July 12 from 9:30am – 3pm • Age: 8 and up

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



#EE015 – MILLE LACS MUSEUM AND NATURALIST PROGRAM AT KATHIO STATE PARK (Garrison, MN)

Monday, July 16 • Age: 8 and up • \$10 fee

There is so much to see and do at Mille Lacs Museum and Kathio State Park. Students will spend time touring the Four-Season’s Room, going on a scavenger hunt, learning Native American games and making a Dream Catcher. From there we will travel to Kathio State Park and spend the afternoon with the naturalist as kids learn to “love the earth”!

Bus will depart school at 8:30am and return at 3:30pm

#EE016 – NATURE’S RECYCLING PROGRAM AND FISHING THE RICE RIVER

(Rice Lake National Wildlife Refuge)

Tuesday, July 17 from 9:30am – 3pm • Age: 8 and up

Students will gain an understanding of how nature recycles nutrients, both plant and animal, by way of fire, decomposition, or consumption. They will learn what forces are at work to turn a large dead tree into nutrient rich soil; why all dirt is not created equal, why dirt comes in different colors, and why different kinds of dirt means different kinds of plants growing there. They will also learn how long man made materials remain in the environment when not properly disposed of and end up as litter. Fishing in the Rice River will complete the day’s program. Experienced anglers will provide assistance. Fishing rods, bait, and tackle will also be provided for the participants.

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.

#EE017 – OVERNIGHT CAMPING ADVENTURE (Army Corps of Engineers)

Wednesday and Thursday, July 18 & 19 from 9:30am (18th) to 11am (19th)

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, smores by the bonfire

and of course 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 will pickup on the 18th: McGregor School at 9:10am; Willey's 9:15am; Sather's 9:20am

Parents must pick child up at Army Corp of Engineers on the 19th at 11am by the main office

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

#EE018 – SWIMMING LESSONS (Round Lake)

Monday-Thursday; July 23 – 26 and July 30 – August 2

American Red Cross Swimming Instructor: Anna Carlson

Lifeguard: Jake Krezowski

9:00am – Level 6: Swimming and skill proficiency; refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

10:00am – Level 5: Stroke Refinement: provides further coordination and refinement of strokes.

11:00am – Level 4: Stroke Improvement: develops confidence in the skills learned and improves other aquatic skills.

12:00pm – Level 3: Stroke development; builds on the skills in Level 2 through additional guided practice in deeper waters.

1:00pm – Lunch

2:00 – 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.

3:00 – 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: \$55/person no more than \$110/family

Location: Round Lake Public Beach (Cty Rd 6)

Transportation is not provided for this activity



#EE019 – TOT SWIMMING LESSONS (Savanna Ridge Outdoor Pool)

Monday, July 23 – Thursday, July 26 from 5:00 – 5:30pm

Introduce your little one to water as certified water safety instructor Anna Carlson 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. An adult must be in the water with their child so come prepared to get wet.



Fee: \$30/person • Ages: birth to 6 years old

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

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



Transportation is not provided for swimming lessons.

REGISTRATION INFORMATION 2012

Student's Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Phone _____ Emergency Phone _____

Email _____ Field Trip Fee: \$ _____

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 - RIVERS AND LAKES FAIR
- #EE003 - NATURE'S PLAYGROUND & FREE SWIM AT SAVANNA RIDGE
- #EE004 - KAYAKING & SIX SNEAKY SALAMANDERS
- #EE005 - WOODS, WETLANDS & WILDLIFE AND ARCHERY
- #EE006 - LET'S GO FISHING & AN ORGANIC FARM OUTING
- #EE007 - SNAPPING TURTLE ECOLOGY
- #EE008 - BIRDS AND MAMMALS
- #EE009 - BEAR NECESSITIES PROGRAM & FISHING THE RICE RIVER
- #EE010 - LET'S GO FISHING ON BIG SANDY LAKE & BOATING 101
- #EE011 - ANIMAL CARE CLASS AT LAKE SUPERIOR ZOO & HIKING THE SHORES OF LAKE SUPERIOR
- #EE012 - KAYAKING & MINNESOTA FOREST INVADERS
- #EE013 - FIELD TRIP TO THE FOREST HISTORY CENTER
- #EE014 - SNORKELING, HIKING, POND STUDY & DIGITAL BRIDGE TO NATURE
- #EE015 - MILLE LACS MUSEUM & NATURALIST PROGRAM AT KATHIO STATE PARK
- #EE016 - NATURE'S RECYCLING PROGRAM & FISHING THE RICE RIVER
- #EE017 - OVERNIGHT CAMPING ADVENTURE
- #EE018 - SWIMMING LESSONS
- #EE019 - 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



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:

Thank You!

Army Corps of Engineers Federal Dam
 Rice Lake National Wildlife Refuge
 Aitkin County Forestry Dept.
 MN Dept. of Natural Resources
 BSALWMP
 Savanna Portage State Park
 Jack-a-Lope Hunters
 Jay Cooke State Park Naturalist Program

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
 Long Lake Conservation Center



**BIG SANDY
 WATER INSTITUTE**

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

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

**Post Office or
 Rural Route Box Holder**

**Dated Material -
 Please Deliver Promptly**