



Ancient Oaks Seedlings Winter 2018



Presidents Report:

You might think that little conservation activity happens during the winter but that is not the case. Nearly every weekend volunteers are outdoors removing invasive brush and planting native seed in an effort to improve our community by preserving our oak woodlands and natural areas. We are making great strides in restoring these treasures and we have fun doing it! Consider joining us for our workdays. New volunteer orientation days are February 3 and 10. Check out our various educational opportunities and join us for our Third Annual Trivia Night [Wild About Trivia](#) on Feb 24. More details on page 4. A special Thank You to the Village of Lake Zurich for allowing us assist you in the care of these important natural areas.

Judi Thode, President, AOF

Saturday February 17' 2:00 pm to 3:30 pm Winter Tree ID

Pull on those boots and scarfs and join us as we wander in the woods. This class will be led by Shannon Westphal, a certified arborist and tree enthusiast. Tree ID in the winter can be as simple as looking at the bark or using other characteristics to one of our local species. Dress for the weather, we will provide tree ID keys and handouts.

Register through the Parks and Rec. Dept. at lakezurich.org/parkandrec

Sponsored by the Ancient Oaks Foundation: ancientoaksfoundation.org

Location: Oak Ridge Park, 351 Lions Drive, Lake Zurich



New Volunteer Orientation

Have you always thought about volunteering for the AOF but just haven't gotten around to it or weren't sure what to expect? Here's your chance to learn more in an easy 1.5 hour orientation. We'll give you details on how and why we rehabilitate our oak woodlands, show you what we do and then you'll give it a try- all in one hour. We'll have hot chocolate and a drawing for a gift card. Suitable for kids over 8 with a parent and any adult. Sign up at info@ancientoaksfoundation.org.

Saturday, February 3 9 am until 10:30 am
Oak Ridge Marsh Nature Park, 500 Lions Drive

OR

Saturday, February 10, 9 am until 10:30 am
Kuechmann Park, 626 N. Old Rand Road

Additional workdays:

Sat Feb 17- Oak Ridge Marsh Nature Park, 9am til 12noon

Sat. Feb 24- Kuechmann Park , 9 am til 12 noon

For all workdays, Dress for the weather in layers (winter) wear sturdy gloves and insect repellent (summer). Dress in clothes that you don't mind getting dirty. In case of inclement weather, you will be notified of changes via our volunteer email blast info@ancientoaksfoundation.org.

Not able to join us for workdays?

You can donate to this worthy local conservation effort by visiting our website at www.ancientoaksfoundation.org and click on **DONATE** to access our secure PayPal account. Do you work for a company that has matching gifts? Let them know when you give your donation to The Ancient Oaks Foundation and you can double your gift!



Save the Monarchs!

Help us reverse the decline in the monarch butterfly. We have milkweed seed available and it's not too late to plant some. Email info@ancientoaksfoundation.org with your address and we will send a packet in the mail.



Nature and You

By: Shannon Westphal

Have you ever wondered why the corner office with the view is the most sought after real estate in the office environment? Is it the prestige? Is it the power? Could it be that you get an expanded view of the outside world, the environment? As an outdoor enthusiast, nature lover, tree hugger and gardener, I would like to believe that the view out of that corner office is the reason most seek to obtain it.

For year's doctor's, researchers and environmentalists have preached about the benefits of getting outdoors and into nature. Whether it is hospital rooms with a view of a tree or park; residential streets lined with mature trees; or corner offices with a view-the natural environment is good for us!

People who regularly recreate outdoors-walk, hike, garden, bike, ski, camp, etc. have shown a reduction in hypertension, depression, anxiety and ADHD. So, as this winter continues in typical mid-west fashion-(-10') one day and 50' the next, take advantage of the 50'day and get outside! Go for a walk. Look at the trees, listen to the birds & animals; smell the air. But most importantly take note of how it makes you feel. Is your energy level up? Is your mind less foggy? Do you feel more in control of the tasks ahead of you? Are you happier?

My instincts say you will answer 'yes' to at least one of the above questions, if not all of them. So, don't get the winter blah's take advantage of our quirky weather and take a walk through your neighborhood, visit one of the many local parks, conservations areas or Forest Preserves. 30 minutes is all it takes. Let nature be your therapy!

If you are not able to get out and enjoy the environment, but enjoy reading and want to learn more about the positive impact nature has on us, may I suggest the following winter reading:

The Nature Fix-By Florence Williams

Last Child in the Woods-By Richard Louv

The Experience of Nature: A Psychological Perspective-
Rachel Kaplan, Stephen Kaplan

The Garden Club of Lake Zurich meets on the first Tuesday of each month at 7 pm at St Matthew's Lutheran Church, 24500 N. Old McHenry Rd in Hawthorn Woods.

This lively group provides presentations of interest to gardeners and nature lovers. The public is invited to attend, free of charge.

<http://www.gardencluboflakezurich.org/>

The Gladness of Nature

Is this a time to be cloudy and sad,
When our mother Nature laughs around;
When even the deep blue heavens look glad,
And gladness breathes from the blossoming ground?

There are notes of joy from the hang-bird and wren,
And the gossip of swallows through all the sky;
The ground-squirrel gaily chirps by his den,
And the wilding bee hums merrily by.

The clouds are at play in the azure space,
And their shadows at play on the bright green vale,
And here they stretch to the frolic chase,
And there they roll on the easy gale.

There's a dance of leaves in that aspen bower,
There's a titter of winds in that beechen tree,
There's a smile on the fruit, and a smile on the flower,
And a laugh from the brook that runs to the sea.

And look at the broad-faced sun, how he smiles
On the dewy earth that smiles in his ray,
On the leaping waters and gay young isles;
Ay, look, and he'll smile thy gloom away.

By: William Cullen Bryant

Kuechmann Park Work Day



Volunteers worked diligently to clean up fallen trees and limbs from dead ash trees. The recent wind over the past several weeks caused these trees at Kuechmann Park to fail. These trees become very brittle from the ash borer and the longer they are left standing, the more critical risk they become. Thank you, **Ancient Oaks Foundation** volunteers for helping to keep our park woodlands safe!

Animal Tracks

The winter can be a great time to get out and learn how to identify the local animals in our surrounding neighborhoods and native areas by using the track marks left in the snow. Below are just a few to help get your started.



dog track



cat track



raccoon

coyote

Deer



Hind Foot

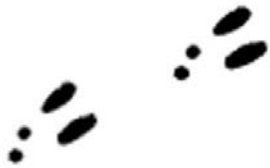
opossum



cardinal



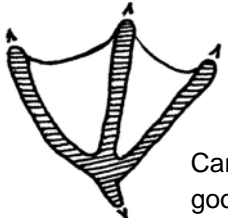
rabbit



Canada
goose



hawk



Recent Events: Owl Walk - Jan 20

32 attendees enjoyed learning about the many types of owls that live in our area. Thanks to presenter Melissa Alderson of the Lake County Forest Preserve.



Can you identify these animal tracks that were seen at the Oak Ridge Marsh Nature Park?



Thank you to our Trivia Night Supporters and Sponsors!

Craig Taylor, District 19 Board Member, Lake County Board

Kent Smith at ByteOutfitters.com

Chris Geimer at GeimerDesign.com.

Chili's- Kildeer BBQ Productions- Lake Zurich Nothing Bundt Cakes- Kildeer Biaggi's- Deer Park
Prairie Krafts Brewing- Buffalo Grove Jersey Mikes Subs- Lake Zurich Papagus- Lake Zurich
Bobbys- Lake Zurich McDonalds- Lake Zurich California Pizza Kitchen- Deer Park Consume- Lake Zurich
*If you would like to be a sponsor or have an item or service that you would like to donate for our basket raffle,
contact us at 224 286 1312*



Saturday, February 24, 2018

6:00 - 10:00pm

Kemper Lakes Golf Club

24000 N. Old McHenry Rd. Kildeer, IL

TICKETS: \$60/PERSON until Feb. 22.

\$75 at the door, includes food & beverages.

Join us for this casual evening of fun for a good cause. Make your own team or come as an individual and get teamed up with some new friends as we play Team Trivia to benefit the Ancient Oaks Foundation. Raffle baskets, games and prizes for the winners and losers. More details at www.ancientoaksfoundation.org

The Ancient Oaks Foundation is the Lake Zurich area's only conservation organization, dedicated to preserving the area's oak woodlands and open spaces through education, volunteerism, supportive funding and long term planning.

Order tickets at www.ancientoaksfoundation.org or call 224.286.1312.

Send checks to: AOF, 52 Robertson Rd. Lake Zurich, IL 60047

