

HUNT HILL

AUDUBON SANCTUARY and NATURE CENTER



2010 Programs

Our Mission: Hunt Hill is a nature preserve and learning center, open to all, dedicated to fostering understanding, appreciation, and protection of the environment.

www.hunthill.org

Hunt Hill Audubon Sanctuary

Get a List of Programs under the
Publications tab at
www.hunthill.org

Cakes at the Lake 2010

For the fifth year, Long Lake Preservation Association brings back the Cakes at the Lake programming series hosted by Friends of Hunt Hill. Cakes at the Lake is a series of pancake breakfasts followed by free environmental programs. Enjoy an all you can eat breakfast of pancakes, sausages, fruit, juice and coffee! Serving starts at 8:00am and programming begins at 10:00am. Check for theme descriptions in program guide. Adults \$7; children 5-12 \$3; under 5 free.

DATES:

May 15 - Wetland Treasures
June 19 - All About Black Bears
July 10 - Songbird Mastery
August 14 - Spectacular Spiders
September 11 - International Crane Foundation
(to be confirmed)

Grill at the Hill 2010

Take a Thursday night this summer to enjoy dinner, the company of neighbors and friends plus a free environmental program or movie!! Enjoy a picnic style dinner of grilled burgers, hotdogs, hobo-style vegetable medley and refreshments - all made from local foods when possible. Serving starts at 5:30pm and programs begin at 6:30pm. Check for details inside. Adults \$9; children 5-12 \$5; under 5 \$1.

DATES:

May 20 - Landscaping for Wildlife
June 24 - Movie:
July 22 - Bat Monitoring
August 12 - Mushrooms



GRANDparent Adventures

Throughout the summer, Hunt Hill will be offering an afternoon camp that will allow grandparents and their grandchildren to spend time together in nature. Spend the afternoon showing off your skills and bonding with your grandkids in these fun-filled programs. The program runs 1:00pm - 4:00pm and will include learning activities, games and swim time with the kids - feel free to join in if you'd like! Check out the program guide to learn more! \$10/person or \$35 for a family of four or more.

DATES:

June 16 - Campfire Songs and Stories
July 7 - Housing for Bats and Birds
August 11 - Canoeing



New

Eco-Based Book Club

Are you interested in nature or environmental issues? Have you ever read a book about an environmental topic and wished you knew folks with whom you could talk about it? Now is your chance! Join us at Hunt Hill where we will be reading and discussing books focused on nature or different environmental issues. Each month of the club we'll be tackling a new book and then gathering together to share ideas, opinions, and thoughts about what we read. Bring along a bag dinner. We will begin at 5:30pm. Pre-registration required the Monday before book club, program is FREE 😊

February 18 - Keeper of the Wild: The Life of Ernest Oberholtzer by Joe Paddock
March 18 - Botany of Desire by Michael Pollan
November 18 - Club Choice

New

Going Back

A Craft and Green Living Series to Connect us back to the Basics

Have you ever wanted to harness the sun's energy to cook food? Or find natural ways to relieve winter aches and pains? Whether your interests lie in herbal alternatives, food preservation techniques, or crafts of years past, join us in these beginner oriented programs. Each program is led by a skilled instructor and includes background information, prepared materials and hands on instruction to complete the project. Want to just listen and observe? Some programs* are available, at a lower cost, for attendees looking to learn about the product but not create their own.

Preregistration and payment are required in advance.

February 6 - Natural Babies

*March 13 - Home Brewed Beer

*April 10 - Solar Cooking Ovens

*May 8 - Compost Bins

June 5 - Basketweaving

July 31 - Jewelry Making

August 28 - Carve Your Own Walking Stick

September 9 - Preserving Foods

October 9 - Herbal Health

November 6 - Mittens

Day Camps for Youth

Take the opportunity to attend several day camps throughout the summer - each with a different theme! Camp starts at 8:30am and ends at 4:00pm. The day includes learning activities, nature games, crafts, hikes, swimming or canoeing and a closing celebration that adults are invited to attend. Age range for campers is 5-12 years and children are divided into small, age appropriate groups. When registered, campers are sent additional information regarding camp.

Price for Day Camp:

\$35 per day per child

Preregister at least two weeks in advance of camp attending and get a preregistration price of **\$30/day per child**. Preregister at least two weeks ahead for five days or more of camp and pay **\$25/day per child**. Scholarships are available. Smiley faces represent Day Camps. 😊



January

Winter Camping

Saturday and Sunday, January 30-31

Saturday 10:00am - Sunday 10:00am

Join Hunt Hill for a winter camping challenge! This beginners' program will challenge attendees to spend an entire night in the winter wilderness at Hunt Hill. We will begin with safety tips and survival skills. In the afternoon we'll scout out camp locations, set up camp and begin preparing a dutch oven dinner. You can choose to come for the day or brave an overnight. If you can't make it through the night our Learning Center will be heated as an alternative sleeping loca-

tion.. Preregistration and payment required by **January 22**. \$7/person for day only. \$25/person for overnight food and some camp equipment.



February

Stargazing
Friday, February 5
6:00pm

Discover constellations, distinguish satellites and get the chance to look through a real telescope, all with the guidance of Mike Lynch, WCCO meteorologist. Hunt Hill provides the perfect setting with a lack of light pollution as well as a warm meeting spot and February is a great time to see the stars. This event will occur regardless of cloud cover and is sponsored by Shell Lake and Cumberland Community Educations and Hunt Hill. Call 635 6543 to register. \$12/person \$30/family. Preregister by **February 1**.

GOING BACK - Natural Babies
Saturday, February 6
10:00am - 12:00pm

With all the chemicals in the world it's nice to know that you can take a proactive role in surrounding your child with safe alternatives. Holistic mother, Hilde Perala, will be leading this program to show other parents how easy it is to keep children healthy with simple recipes, cleaning products and reusables that save time, money and are safe for your most cherished ones. Preregistration and payment required by **January 29th**. \$10/person.

Dogsledding with Ruth King
Saturday, February 13
9:00am-12:00pm

Meet Ruth and her dogs in this morning program on dog sledding! Participants will learn the history of dog sledding, the dogs used and how to dog sled. A demonstration will follow and guests will have an interactive role during the program. \$5/person or \$15/family. Preregistration requested but not required.



Book Club
Keeper of the Wild: The Life of Ernest Oberholtzer by Joe Paddock
Thursday, February 18
5:30pm

The biography of wilderness preservationist Ernest Oberholtzer, environmental pioneer, friend of Hunt Hill's founder, explorer, and caretaker of Minnesota and Ontario's boundary waters region. Preregistration required by **February 15**.

March

Leopold Benches
Saturday, March 6
9:00am-12:00pm

Help us celebrate Leopold's influence on our lives and culture by attending this bench-making workshop on Aldo Leopold Weekend. Participants will get pre-sawn lumber and individualized help to create their own bench. Bring it home or donate it back to Hunt Hill (tax-deductible). This program will also include a passive slideshow featuring some of Leopold's most beloved verses from A Sand County Almanac. Preregistration and payment required by **February 19**. \$25/bench.

GOING BACK - Home Brewed Beer
Saturday, March 13
9:00am-1:00pm

Join Randy, from Viking Brewery, at Hunt Hill to explore the art of beer making. Participants will learn how to create their own brews using the materials provided in the program. Study with a real brewer about the do's and don'ts of beer making so you can begin making your own in no time! Participants need to be over 21 and should bring a bag lunch. Preregistration and payment required by **February 26**. Call or check online at hunthill.org for cost.



Book Club
Botany of Desire by Michael Pollan
Thursday, March 18
5:30pm

In **The Botany of Desire**, Michael Pollan ingeniously demonstrates how people and domesticated plants have formed a reciprocal relationship. He masterfully



links four fundamental human desires—sweetness, beauty, intoxication, and control—with the plants that satisfy them: the apple, the tulip, marijuana, and the potato. This funny, sometimes frightening but always insightful book is sure to capture the attention of people from all ‘desires.’ Preregistration required by **March 15**.

April

Maple Syruping

Saturday, April 3

2:00pm - 4:00pm

Follow the Hemshrot family for an afternoon of sweet and sticky adventure! Join Hunt Hill as we head over to the Hemshrot’s Sugar Bush and learn the steps involved in creating maple syrup. Get hands on experience as you help collect and begin processing the sap. Then stick around for a tasty cup of ice cream topped with freshly made maple syrup. Be sure to bring gloves, rubber boots and clothes that can get dirty! \$5/person or \$15/family of four or more.



GOING BACK - Solar Cooking Ovens

Saturday, April 10

10:00am - 2:00pm

Cader Olive, local green living enthusiast and an organizer of the Northwest Wisconsin Sustainable Living Fair will be leading this program on Solar Cooking Ovens. Solar ovens are an inexpensive and earth-friendly way to bake cookies, cook meats, pasta and soups all while saving you money on electricity! Participants should bring their own lunches and will learn about solar ovens and then create their own. Pre-registration and payment due by **March 19th**. Call or check online at hunthill.org for cost.



Geocaching

Saturday, April 17

10:00am - 12:00pm

Join us for a treasure hunt! With the help of Eva Apelqvist, local educator and geocaching enthusiast, participants will learn how to use a GPS unit to find hidden treasures known as caches. Preregister by **April 16** and let us know if you need a GPS unit. Please call ahead if you need a GPS. \$5/person or \$15/family.

Egg-cellent Egg-stravaganza at Hunt Hill

Saturday, April 24

10:00am - 12:00pm

Welcome back our feathered friends and the beginning of spring with this fun afternoon! Kids will enjoy this hunt as we search for realistic eggs of various birds and other egg-laying animals. Along the way, learn more about the animals and win prizes for finding the eggs. Stick around afterwards for treats and crafts. This event will occur rain or snow and will be housed accordingly. \$5/person.



Birdbanding

Check online or call for date and time. Participants will learn about banding, how to id birds and may actually get to hold and help band birds collected! Rolls will be provided. \$10/person.

May

Spring Helping Hands

Saturday, May 1

8:00am until we finish

Join others who support Hunt Hill and want to lend a hand as we open up camp for the season. Our volunteers are vital to our success and this is a prime example. All skills, interests and ages are welcome to help us clean, organize and open our facilities. Free lodging is available Friday and Saturday (call to let us know if you need a room) and a free continental breakfast and lunch will be offered on Saturday. After a great day of helping, stick around for a free barn dance! All volunteers are invited to stay Saturday

evening for a night of live music and dancing with Duck for the Oyster. This is a great opportunity for families, Scouts and youth to do volunteer work and help us out immensely. You don't have to be a member to participate and you can work as long or little as you can, all help is welcome and appreciated.



Barn Dance
Saturday, May 1
 7:30pm - 11:30pm

Bring the family and kick up 'yer heels as Duck for the Oyster rocks our annual barn dance! Open to the public and all dancing abilities, you never have to worry how the steps go because the 'Ducks' teach you along the way! Great for all ages. Volunteers of Helping Hands: FREE General public: \$6/person and \$15/family

GOING BACK - Compost Bins
Saturday, May 8
 9:00am - 11:30am

Join Master Gardener Russ Parker and UW-Extension, Agriculture Development Agent, Kevin Schoessow and discover the art of composting. Not only is composting a great way to reduce your carbon footprint, it also recycles your old food into nutritious soil and saves you \$\$ on garbage! Participants will learn about composting and then create their own 3'x3'x3' cedar framed compost bin. For participant's ease, we recommend working in teams of 2 and if available bringing your own battery-powered electric screwdriver. Preregistration and payment required by **April 23**. \$50/bin or just learn more for \$5/person

Cakes at the Lake - Wetland Treasures
 with Cherie Hagen and John Haack
Saturday, May 15
 8:00am Breakfast 10:00am Program

Grill at the Hill - Landscaping for Wildlife
Thursday, May 20
 5:30pm

Join local WDNR Wildlife Technician, Gary

Dunsmoor, as we explore landscaping techniques and options that will increase the amount and diversity of wildlife visiting your yard. Also get a chance to see a couple of these animals close up as program visitors.

Simply Survival Skills
Saturday, May 22
 9:00am - 5:00pm

This one day intensive hands on class will introduce participants to a canon of important skills for the survival and wilderness living enthusiast. Subjects will include plants (edible and medicinal), shelter building, trap, pack, and fire making, signaling and navigation. We will wander into the woods and learn the above skills as we put them to use in a simulated survival camping experience. Be prepared to be outside all day regardless of the weather. Some simple materials and tools will be available for purchase. Please bring clothing appropriate for the weather, pencil and paper, bag lunch and a simple sturdy knife (preferably non folding, full tang, 4" blade). Program is limited to 12 participants, \$30/person. Preregistration and payment are required by **May 7**.

June

GOING BACK - Basketweaving
Saturday, June 5
 9:00am - 1:00pm

Learn how to weave your own market basket in this introduction to basketry program. All materials will be provided and everyone will leave with a basket ready to use! Don't forget to wear old clothes and bring a bag lunch and let us provide the refreshments! Preregistration and payment required by **May 21st**. \$25/basket.



*Example basket.
 Color accents available.*

Lifeguard Training
Early June - Call for dates
and cost.

Make yourself more marketable when searching for jobs by obtaining your first aid, AED and lifeguard certifications. Hunt Hill will be offering this 3-day intensive program at our facilities, with water training occurring at our own waterfront!



Neighbor's Open House
Thursday, June 10
5:30pm

Meet Hunt Hill and your neighbors around the lakes as we come together for an evening potluck and entertainment. Get lots to eat (bring a dish-to-pass if you'd like), meet your neighbors and hang out around a campfire. A fun evening for all ages!

Swedish Language and Culture Camp
Adult Residential Camp
June 13-17

See page 15 for a complete description. Registration form on page 16.

GRANDparent Adventures
Campfire Songs and Stories
Wednesday, June 16
1:00pm - 4:00pm

Learn, laugh and sing around a campfire. Hunt Hill educators will share interactive stories, camp songs and jokes that are sure to make the rest of your summer campfires more entertaining. \$10/person or \$35 for a family of 4 or more.

Cakes at the Lake - All
About Black Bears with
North Lakeland Discovery
Center
Saturday, June 19
8:00am Breakfast
10:00am Program



Junior Counselor
Orientation
Monday, June 21
1:00pm - 3:00pm

Attention TEENS! Are you looking for fun things to do this summer while getting real job experience? Consider

volunteering as a Junior Counselor this summer at Hunt Hill! This afternoon program will overview the responsibilities of volunteers in our day camp programs, allow participants to sign up to help at specific day camps and end with some open swim time for those interested! Junior Counselor's must be between the ages of 13-17. Pre-registration required by **June 18**. This program is FREE.

Grill at the Hill
Movie: Out of Africa
Thursday, June 24
5:30pm

1985 Oscar winning movie starring Meryl Streep and Robert Redford set in colonial Kenya, "Out of Africa" is drawn from the life and writing of Danish author, Karen Blixen. Watch the movie on a large screen and then stay for a post-movie discussion of the film. Preregistration is requested but not required. Bring a camp chair and blankets for comfy viewing.

Fisherman's Fantasy Day Camp ☺
Monday, June 28

Grab your own fishing pole or borrow one of ours as we head down to our Twin Lakes to check out the fishing! Spend the day learning a bit about lures and fish, practicing casting and getting the chance to catch a trophy fish!

Naughty, Nasty, Noxious Living Things Day
Camp ☺
Tuesday, June 29

Ouch! A mosquito just bit me! Oww! I was just stung by a bee. Ugh! I rolled around in poison ivy! Join Hunt Hill as we investigate and understand the NAUGHTY plants that burn, itch and sting us; the NASTY insects that bite, suck and attack us; and many more obNOXIOUS living things that seem to be out to get us!

Mad Scientist Day Camp ☺ Wednesday, June 30

Have you ever watched the top of a film canister blow off, wondered how lightening is formed, or made sparks in your mouth? If you answered 'yes' to any of these questions, then you just might be a 'mad scientist' in the making! This camp will explore and experiment to answer these and many other questions.

July

Peg Leg Pirate Day Camp ☺ Thursday, July 1

Aarr there matey! Bring yer parrot and yer pirate outfits and hop into our pirate adventure to explore thee open sea and hunt for treasures! Along the way we'll learn all about the lives of these sea lubbers!

Frog and Salamander Day Camp ☺ Monday, July 5

Join us as we go on the prowl for our amphibious friends that are found in the woods, wetlands and along the lakeshores. What frogs can you find? Test your frog wrangling skills, find out why salamanders are slippery and discover the wonders of metamorphosis.



Survivor Day Camp ☺ Tuesday, July 6

Head into the woods as we attempt to stay calm and use our heads to survive! Campers will use their own imaginations and natural materials at hand to build shelters, start fires and find food and water.

GRANDparent Adventure Housing for Bats and Birds Wednesday, July 7 1:00pm-4:00pm

Pre-registration is required by **June 25** at this event! Learn more about the lives of birds and bats, then get the opportunity to build a home for them. Choose a bird or bat house and get assistance in construction. Each family will get to take home a home! \$10/person or \$35 for a family of four or more. **Additional \$5 per house.**

Bugs Day Camp ☺ Thursday, July 8

From crickets to butterflies, bees to 'baby' dragonflies, join in the hunt for those flying, crawling, swimming, and buzzing animals known as bugs. Campers will learn how to tell a 'bug' apart from other animals, create their own bug, and even catch bugs.



Water Wonderland Day Camp ☺ Friday, July 9

Slide down a hill like an otter, muck around for hidden animals and water game your way through this wet and wild day! Campers will learn about water animals and enjoy a series of wet and wild games and activities.

Cakes at the Lake - Song Bird Mastery with Terry Dorsey ☺ Saturday, July 10 8:00am Breakfast 10:00am Program

Canoe and Kayak Day Camp ☺ Monday, July 19

Whether it is your first time or hundredth time paddling, join Hunt Hill as we explore our chain of lakes. Hands on paddle experience and guidance from our educators will help you gain the confidence to explore the world from the water's surface. **Not recommended for campers under age 8.**

There is a \$5 additional fee for kayak rental.

Butterflies Day Camp ☺ Tuesday, July 20

Discover the beauty of butterflies close up! Spend the day learning how to raise your own butterfly, catch and identify a wide range of colorful butterflies and even create your own!

Dinosaur Day Camp ☺ Wednesday, July 21

Transport yourself back in time and explore the wonders of dinosaurs! Join our educators as we go on a hunt for these extinct animals. Learn to excavate dinosaur bones, rebuild a T-Rex skeleton, discover the lives of dinosaurs and cool features that made them so great!



Grill at the Hill - Bats with Bat Conservation of Wisconsin Thursday, July 22 5:30pm

EEEEK! The word 'bat' commonly brings a shiver to most people. However, these amazing mammals are one of the most important pollinators (world-wide) and help economically by predateding on TONS of night-flying insects.

Native American Games Day Camp ☺ Thursday, July 22

Spend the day reliving the hardships and adventures of young Native Americans. Step back into time as

we learn traditional and skill games that helped youth become skilled hunters and gatherers. A fun way to understand the historic lives of Native American youth!



Animal Builders Day Camp ☺ Friday, July 23

Explore Hunt Hill for dens, dams, nests and other construction sites developed by animals of the area. Campers will discover areas where animals have created and destroyed for food, shelter and protection. We'll take a closer look at beavers, birds and porcupines.

Spongebob Squareplants Day Camp ☺ Monday, July 26

Join Patrick, Squidward, Sandy and the rest of the crew as you explore a different water habitat, our bog! Through silly antics learn about the fun features of the bog all the way through the insect-eating, Krabby-Patty-loving carnivorous plants!

CSI - Wildlife Day Camp ☺ Tuesday, July 27

Put on your observation glasses and join us as we hit the trails for signs of our wild friends! Discover tracks, scat and signs along the trails of Hunt Hill. We'll use our collected clues and detective skills to identify the animals that left them behind.

Rockin' Rocks Day Camp ☺ Wednesday, July 28

Do you enjoy searching for rocks of different shapes, sizes, and beautiful colors? If so, then join us as we scour Hunt Hill looking for the most unique and colorful rocks! In the process, we'll also learn how each one is different and special.



Nature Art Day Camp ☺
Thursday, July 29

If you're looking to unleash your artistic flair, join Hunt Hill as we explore the natural canvas called the environment. Campers will get to discover the beauty in nature and through a series of original craft projects, create art with the materials they find along the way!

Wildlife Photography Day Camp ☺
Friday, July 30

Are you interested in photographing the beauties of nature and the secret lives of forest animals? Practice with hands-on assistance from our educators and learn the tips that will help you get those memorable images. Bring your own camera and extra batteries.

GOING BACK - Loom Beaded Jewelry
Saturday, July 31
10:00am

Participants will learn bead weaving and make a fabric backed woven bracelet or key chain using beads and pattern they have chosen. All materials will be provided and you will have a loom to take home along with your bracelet or key chain. Preregistration and payment required by **July 20**. \$10/person



August

Howl, Growl, Hiss Day Camp ☺
Monday, August 2

Campers will howl, growl and hiss their way through this ferocious day! Our adventure will include bear claws, wolf paws and badger meals.

Bats, Birds, Bugs...Oh My Day Camp ☺
Tuesday, August 3

Campers will discover birds of every color, uncover myths about bats and see bugs up close. World Wildlife Adventure Day Camp



World Wildlife Adventure Day Camp ☺
Wednesday, August 4

Go on a worldwide adventure to discover some of the most amazing animals from around the globe. Learn about deadly adaptations of deep-water fish, hold a Madagascar Hissing Cockroach, discover beautiful insect eating plants and much, much more.

Nature Explorers Day Camp ☺
Thursday, August 5

Pack up your observation skills because we are going on a hunt! Campers will begin by tweaking their 5 senses in a series of activities. Then we'll hit the trails as we investigate and search for smells, textures, sights, sounds and even tastes!

Fiesta Fun Day Camp ☺☺
Friday, August 6

Join Hunt Hill as we fiesta the day away! Try your chance at cracking open a piñata, creating your own maraca and learning a few fun Spanish nature words and games.

Teen Adventure Camp Residential Camp
Monday, August 2nd - 10am - Thursday,
August 5th - 3pm

Are you ready to get out of the house and have some fun? Look no further! Hunt Hill is offering a teen adventure camp! Open to ages 12-15, this 4-day camp will have you swinging from a high ropes course, "rock" climbing, canoeing and camping along our National Scenic waterway and competing in an ultimate challenge course. Enjoy lots of food, exciting activities and tons of fun! \$225 per person.

Earliest bird discount of \$50 if signed up by June 1.
Early bird discount of \$25 if signed up by June 28.
Preregistration and payment due by **July 19**.

Reptiles Day Camp
Monday, August 9



Sssssaaaayyyyy there, join usssss as we sssslither, crawl and hiss around camp. Become a ssssnake, learn about the legged reptile found in Wisconsin and cool features that make reptiles sso neat.



Fantantastic Flowers Day Camp
Tuesday, August 10



Hike through our prairie and get lost among the flowers! Identify some of our most showy flowers, create your own bouquet, compete in a leaf relay and find special flower features in our scavenger hunt.

GRANDparent Adventure - Canoeing
Wednesday, August 11

1:00pm - 4:00pm

Paddle around Hunt Hill's Twin Lakes in this afternoon water adventure. Participants will learn various paddle strokes, then partner up and take off as we glide across the water. A relaxed way to enjoy a beautiful setting with the grandkids.

Cost: \$10/person or \$35 for a family of 4 or more.

Claws, Quills, and Fangs Day Camp
Thursday, August 12



Nun chucks, karate chops and cannons don't scare these tough animals. Campers will explore the frightening, ferocious and impressive weapons animals use to protect themselves.

Registration and payment due by July 19.



Grill at the Hill - Mushrooms
Thursday, August 12

5:30pm

Meet Ron Spinosa from the Minnesota Mycological Society and learn about "The Joy of Mushrooms."

Nature's Challenge Course Day Camp
Friday, August 13



This camp is for the energetic and game oriented. Campers will spend the day learning new games and making new friendships. They'll attempt to survive as predators and prey, compete in a challenge course and even test their skills in a scavenger hunt.



Cakes at the Lake - Spectacular Spiders with
Larry Weber

Saturday, August 14

8:00am Breakfast 10:00am Program

Time of Your Life Spanish Immersion Adult
Residential Camp for Beginners/Intermediate
August 8-13

See page 15 for a complete description. Registration form is on page 18.

LOVE LIFE Workshop August 20-22

Join Hunt Hill and Sondra Lewis as we learn how to access the tools within ourselves that allow us to experience everyday life with a renewed spirit of wonder and youth!

In the beautiful natural setting of Hunt Hill's lakes and woods, enjoy your love of nature and the outdoors, while learning to live a richer, deeper, more fulfilling life. Take pleasure in unique and delicious meals that complement your understanding of how to gain and maintain vibrant health.

Discover your energy field and how your vitality, health and enjoyment of life are affected by nutrition, thoughts, beliefs, and emotions.

You will learn things here that can transform your life. In addition to being a pilot, home-birthing and schooling her two sons and practicing what she preaches, Sondra has also run her own bioenergetic healing and counseling practice for the past 16 years. She has training in: energetic healing from the Barbara Brennan School of Healing; training in psychology in Hokomi; past life regression; EFT (Emotional Freedom Technique); flower essences; and myofascial release. Preregistration and payment required by **August 6**. \$170/person includes food, lodging, instruction and materials.

Time of Your Life Spanish Immersion Adult Residential Camp for Intermediate/Advanced August 15-20

See page 15 for a complete description. Registration form is on page 18.



Carvers showing off beginnings of their diamond willow walking sticks

GOING BACK - Carve Your Own Walking Stick

Saturday, August 28

9:00am-4:00pm

The program begins with a road trip to find diamond willow, a beautifully twisted and naturally perfect walking stick. Head back to Hunt Hill to learn how to carve your diamond willow safely and easily. Bring a bag lunch and let us provide warm beverages! Preregistration and payment required by **August 13**. \$10/person.

September

GOING BACK - Preserving Foods

Thursday, September 9

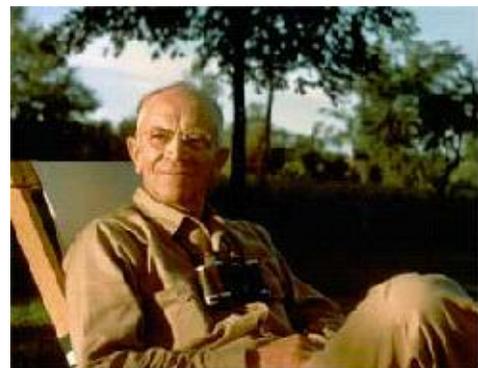
5:30pm - 8:00pm

It's that time of the year when so many people have a bounty of garden goods but not enough meals to eat it all. We've invited UW-Extension educators and Master Food Preservers to Hunt Hill, to show us a variety of ways to preserve our foods. Dabble in dehydration, freezing and various canning styles. Each participant will leave with a personally, hand-made jar of salsa, created from Hunt Hill-grown veggies! \$10/person. Registration and payment due by **August 26**.

Cakes at the Lake - International Crane Foundation

Saturday, September 11

8:00am Breakfast 10:00am Program



Leopold's Wild Dinner

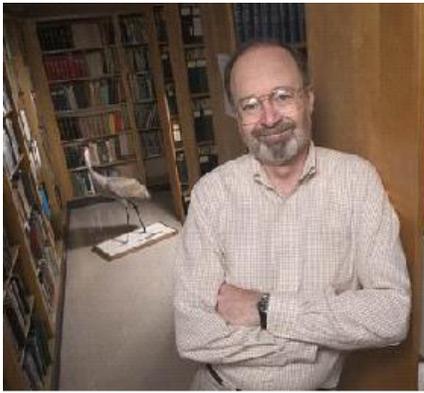
Sunday, September 19

3:00pm-5:00pm



Featuring a buffet of wild game (farm-raised, so it's legal!) and 'wild' sides, our second Leopold Banquet is sure to impress. Get pumped for the fall and the big hunt by joining Hunt Hill and Stanley Temple for a

wild game dinner (a meal between lunch and dinner). Mr. Temple will be joining us from Madison where he is a Senior Fellow of the Aldo Leopold Foundation and occupied the faculty position once held by Leopold himself. Dinner is set to include two wild game meats, wild rice, salad, breads and dessert. Preregistration and payment required by **September 10**. \$20/person



Leopold Wild Dinner presenter Dr. Stan Temple

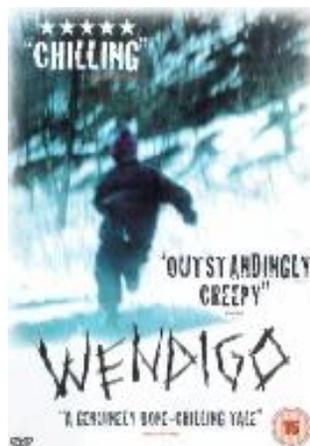
Friends of Hunt Hill Annual Meeting
Sunday, September 19
 5:00pm

Calling all Friends of Hunt Hill Audubon Sanctuary to attend our Annual Meeting. Join neighbors and friends in the dining hall, learn what has been going on at Hunt Hill, elect new Board of Directors, and recognize our volunteers.

October

Treats & a Movie: Freaky Film with Nancy Chick
Friday, October 8
 7:00pm

Kick off the Halloween season with a SCARY movie! Watch the 2001 independent film *Wendigo*, starring Patricia Clarkson and Jake Weber, a horror film that draws very loosely on the Native American legend and makes us think about our relationship with nature. Come watch the movie on a large screen, stay for a post-movie discussion of the film and the role of such "monsters" in our cultural imaginations, and get in



the Halloween mood—with a dose of respect for our natural world. (Rated R, so you must be 18 or older, unless accompanied by a parent.) Preregistration is requested but not required. Bring a camp chair and blankets for comfy viewing. Treats and refreshments are provided. \$5/person.

GOING BACK - Herbal Health
Saturday, October 9
 10:00am

Get ready for those winter sniffles with natural alternatives. Join herbal experts, to learn holistic approaches to keeping your body healthy. You will get opportunities to make your own teas, herbal remedies and learn how to listen to your body to determine what it needs. Participants will leave with a stock of materials to help them stay healthy. Preregistration and payment required by **September 24**. Call or check online at hunthill.org for cost.

Trail of Myths
Saturday, October 23
 1:00pm - 3:00pm

Hello there! I am Hunt Hill's Trail of Myths skunk, inviting you to swing out to meet me and lots of other animals at our annual Trail of Myths! Bring your family and friends along, anytime between 1:00pm and 3:00pm to learn about the lives of our forest friends in this theatrical production. A guide will lead you along one of our pleasant trails as you encounter talkative bears, bats, beaver and so many more forest animals. Afterwards, guests can enjoy sweet treats and fun crafts! \$5/person or \$15/family of four or more. Call ahead for a special price if bringing a large group.



Build your own survival kit

Saturday, October 30

9:00am - 3:00pm

Be prepared for that awfully awkward moment when the car breaks down in the middle of an icy nowhere, or, when your trusty GPS/cell phone malfunctions in the middle of the north woods. This is a hands on learning class in which we will use a few simple precious skills, guide lines, and tools to turn a potentially fatal situation into a minor inconvenience. Some simple materials and tools will be available for purchase. Bring clothing appropriate for the weather, pencil and paper and a bag lunch. Limited space available, \$25/person and preregistration and payment are required by **October 15**.

November

GOING BACK - Mittens

Saturday, November 6

9:00am - 3:00pm

Fight back against Old Man Winter with a pair of your very own knit mittens! Whether you are brand new to knitting or an 'ol pro, learn to read knitting patterns, practice circular knitting, thumb techniques, closing the tip of the mitten and how to shape them for a good fit! Bring your own yarn, or pick through ours to make your very own mittens! Great for gifts! Preregistration and payment required by **October 22**. \$30/person.



Book Club - Club Choice

Check www.hunthill.org

or call 715-635-6543

Thursday, November 18

5:30pm

To Be Decided. If you have an interesting book suggestion, be sure to attend our March 18th Book Club meeting so we can decide on our Club Choice selection. Preregistration required by **November 17**.

HUNT HILL IS THE PERFECT PLACE FOR:

The General Public:

Offering a little over **400 acres of forests, meadow, glacial lakes and bogs**, Hunt Hill is the perfect spot to explore and connect with nature. With 10 miles of diverse hiking trails, there's something for every age and ability. Our trails are open from dawn to dusk and are free! As a sanctuary (**a safe place for all plants and animals**) we ask that guests respect animals, on our property, by keeping their distance and also that plants, including flowers, are not picked. This allows our facility to host a wide range of animals that feel safe and plants that are allowed to seed and diversify within our property.

Schools:

Hunt Hill has been hosting schools for over 20 years. As a nature center and residential facility, we are able to offer state-standard relevant programs, overnight accommodations, a beautiful outdoor setting and enthusiastic educators. To learn more about the programs available for schools, check out the **Teacher Planning Packet** under Publications, online at www.hunthill.org.

Important Moments:

With a beautiful setting and buildings to suit large and small groups, our facilities offer an ideal location for **annual meetings, birthday parties, weddings, family reunions, campouts and so much more!** Kitchen facilities, restrooms, a stone fireplace, large spaces both inside and out, a barn loft for dances and parking all make us a flexible location to host your next event.

Volunteers:

People of any background, interest or ability are celebrated here at Hunt Hill. As a non-profit, we depend on the selflessness and generosity of our volunteers for success. We have a variety of tasks that are always in need of extra hands and hearts and encourage people to contact us with their interests so we can match them up with the appropriate opportunity.

Have a great year and we hope to see you here in 2010!



Adult Residential Camps

På svenska

Swedish Language

and Culture Immersion Camp

June 13th-17th

Join Eva Apelqvist, a Swedish native and author, along with her team of amazing Swedish educators on a language and culture adventure!

Begin your week with a friendly greeting, settle into your room and enjoy a true Swedish meal while learning more about your instructors and fellow participants. During the week, you'll receive language training on a beginning, intermediate and/or advanced level. During and between language lessons, learn how to cook a number of popular Swedish foods, enjoy fika, examine the culture, history and politics of Sweden and learn all about this intriguing country.

Delicious Swedish dining, camaraderie, crafts, games, a genuine midsummer celebration and social evening programs, including lectures, movies and live music, will make this camp experience one in a lifetime!

In addition to the excitement of learning the Swedish language and culture, participants will also have some free time to relax, hike, canoe or just soak up the sun in the gorgeous natural setting of Hunt Hill Audubon Sanctuary.

Space is limited. We accept applicants on a first-come, first-served basis. The price of the camp is \$375— all inclusive for five days (food, snacks, lodging-shared room, staff, program supplies). Individual rooms available on request. A \$150 nonrefundable deposit must accompany each registration.

Early bird savings of \$50 is available for those who register before April 1st.

Time of Your Life:

Spanish Language and Culture

Immersion Camp

Week 1 August 8-13—Beginners/Intermediate

Week 2 August 15-20—Intermediate/Advanced

Re-vamped and better than ever, Hunt Hill is proud to present, Time of Your Life: Spanish Immersion Camp! Set to a new tune, our program is now tighter, leaner and more in shape! Participants can look forward to a schedule of daily language lessons, afternoon games and songs, true Spanish meals, daily happy hours and nightly programs for a TRUE language and culture immersion. In addition, to better meet the needs of campers, we'll be offering two separate weeks. Week one will be open to beginner-intermediates. Although still a language and culture immersion, guests will have a bit more relaxed setting to learn. Week two will focus on intermediate to advanced language speakers and offer a complete immersion experience.

During the week there will be opportunities to take hikes, canoe and swim on the crystal clear lakes at Hunt Hill.

Space is limited. We accept applicants on a first-come, first-served basis. The price of the camp is \$475 ó all inclusive for the week (food, snacks, lodging-shared room, staff, program supplies). If you want a single room, please add \$55/week to your registration fees and indicate this preference on registration form. A \$150 nonrefundable deposit must accompany each registration.

Early Bird Savings of \$50 is available for those who register before May 1st.

Late Bird Savings of \$25 is available for those who register before June 1st.



Hunt Hill Audubon Sanctuary Swedish Language and Culture Camp 2010 Program Registration Form

Thank you for choosing to attend our Pa Svenska: Swedish Language and Culture Immersion Camp! We are proud to offer participants a native Swedish director, great programs and a beautiful setting.

Camp is \$375 and includes all food, snacks, shared lodging, staff and program supplies. Individual rooms are available upon request for an additional \$55/week and should be indicated on this form. Please send your non-refundable* deposit of \$150 with your registration form to:

Hunt Hill Audubon Sanctuary
N2384 Hunt Hill Road
Sarona, WI 54870

PLEASE PRINT

Name(s) _____
 Street _____
 City, State, Zip _____
 Phone(s) _____
 Email _____

Please include your email so we can communicate any last minute information. We DO NOT share email information.

Swedish Language and Culture Camp (Registration due June 1) June 13-17	_____
Early Bird Discount by March 1st	-\$50 _____
Private Room added	+\$55 _____
Total Fees due	_____
½ total cost (deposit) due with registration	_____
Remainder of Total Due by June 1st	_____

Please check the proficiency level you think is appropriate. We will help you determine your class group at camp.

Name: _____

Beginner _____ Intermediate _____ Advanced _____

Name: _____

Beginner _____ Intermediate _____ Advanced _____

**After registration date indicated, deposits are only refundable if Hunt Hill Audubon Sanctuary has to cancel camp.*



2010 Day Camp Registration Form

Please make additional copies as needed

Person registering Camper _____ Home Phone _____

Street _____ Work Phone _____

City _____ State _____ Zip _____

Parent's Name if not person registering Camper _____

Street _____ City _____ State _____ Zip _____

Name of Camp _____ Date _____ Fee _____

*Camper _____ Birth Date _____

Name of Camp _____ Date _____ Fee _____

* Camper _____ Birth Date _____

Name of Camp _____ Date _____ Fee _____

* Camper _____ Birth Date _____

Name of Camp _____ Date _____ Fee _____

* Camper _____ Birth Date _____

Name of Camp _____ Date _____ Fee _____

* Camper _____ Birth Date _____

Name of Camp _____ Date _____ Fee _____

*Camper _____ Birth Date _____

Name of Camp _____ Date _____ Fee _____

* Camper _____ Birth Date _____

Price of Day Camp is \$35 per day per camper.

Pre-register, with deposit, at least two weeks in advance of camp attending and get **pre-registration price of \$30/day per camper**. Pre-register, with deposit, at least two weeks ahead for five or more days of camp and pay just \$25/day per camper. Scholarships are available.

_____ Enclosed is my deposit (1/2 of total) of \$ _____ made payable to: The Friends of Hunt Hill

_____ Enclosed is my full payment of \$ _____ made payable to: The Friends of Hunt Hill

***** If signed up for Canoe and Kayak Camp, be sure to add \$5 for a kayak rental to your camp costs *****

Hunt Hill Audubon Sanctuary, N2384 Hunt Hill Rd Sarona, WI 54870

Hunt Hill Membership Registration

Membership Benefits Include

- *10% Discount at our Nature Store
- *Discounts on select programs

Membership & Giving Levels

Senior (per person).....	\$15+
Student.....	\$15+
Individual	\$25+
Family	\$50+
Osprey.....	\$100+
Sandhill Crane.....	\$250+
Loon.....	\$500+
Frances Andrew Club.....	\$1000+

Sandhill Crane, Loon, Frances Andrews Club donations can be made on a quarterly basis. Please indicate quarterly payment and you will be sent a reminder.

Planned Giving Options for Hunt Hill

There are many ways to leave a legacy, protect the land you love, help others appreciate wild places, reduce or eliminate taxes, and improve your retirement security. As you make your financial plans, please consider including The Friends of Hunt Hill Audubon Sanctuary, Inc., a local 501-c3 non-profit corporation. Thank you.

Choices include: charitable gift annuity, charitable remainder trust, charitable lead trust, remainder interest in a residence or life estate agreement, matching gifts from employers, gifts from retirement plans, gifts from life insurance, and outright bequests of cash or securities.

_____ Yes, I would like more information on these options.

2010 Membership Level \$ _____
Please send quarterly reminder

Additional Donation Opportunities

Youth Camp Scholarship \$ _____

Local Endowment Fund \$ _____

Facility Improvements \$ _____

Total Membership and Donations \$ _____

Please send quarterly reminder _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____

Summer Address _____

City _____ State _____ Zip _____

Phone (____) _____

Email address _____

Membership and gifts cover the calendar year (January 1 - December 31)

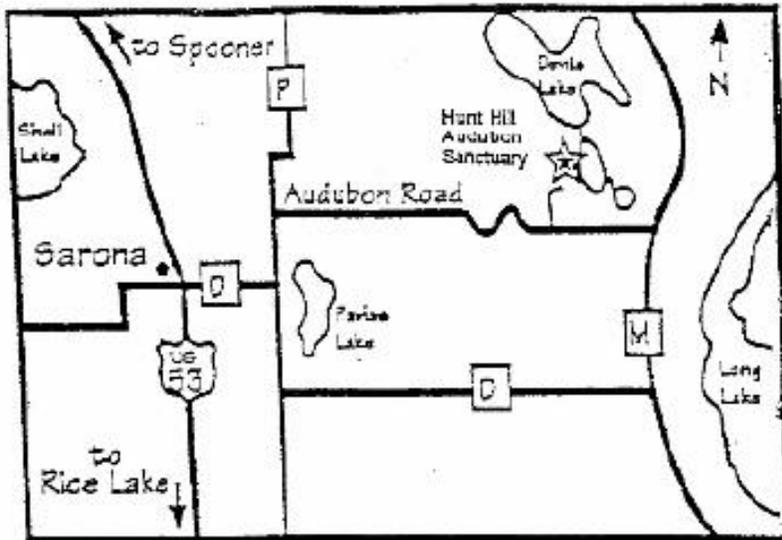


The Friends of Hunt Hill
 Audubon Sanctuary, Inc.
 N2384 Hunt Hill Road
 Sarona, WI 54870
 Phone: 715 635 6543
 info@hunthill.org
 www.hunthill.org

Postage Paid
 Non-Profit
 Standard
 Sarona, WI
 54870
 Permit #3

RETURN SERVICE REQUESTED

Approximately 10 miles from County D to Spooner



Approximately 15 miles from County D to Rice Lake

Check our website
www.hunthill.org
 and local media
 for New & Exciting
 Programs
 which are added
 throughout
 the year!

Hunt Hill

Sanctuary ☺