

CFC News

Saving Living Room for Living Things

A conservation newsletter published by Citizens for Conservation, Inc.

Barrington, Illinois

Vol. I, No. 2, Summer, 1984

VOLO BOG EXPLORATION



- Have you:
- a) heard of Volo Bog but don't know where it is?
 - b) heard of the bog and intended to visit but never got around to it?
 - c) visited Volo Bog several years ago and intended to return but haven't?
 - d) longed to see at least 5 species of ferns growing natively in Illinois?
 - e) never heard of Volo Bog?

If you answered yes to any of the above, circle Saturday, September 15, on your calendar! That morning, CFC will sponsor a bus trip to Volo Bog, the only quaking bog in Illinois. Originally a project of the Illinois Chapter of The Nature Conservancy, Volo Bog has expanded over the years to include 620 acres and has been dedicated as an Illinois Nature Preserve. In 1973, the bog was designated as a National Natural Landmark by the National Park Service. A boardwalk winds through the various plant communities of the preserve and a visitor's center provides audio-visual and interpretive materials.

The CFC bus trip is open to members and their families. Children are welcome. Meet at the CFC office (2nd floor, BACOG building, 132 W. Station Street). Donuts and coffee will be served from 8:30. The bus will leave at 9:15 and return about 12:30. Bring a lunch; we'll picnic at the tables at Volo Bog. Consider also a camera, binoculars, bug repellent. To register for the trip, or for more information, call Sam Oliver at 382-SAVE. Deadline for sign-up is September 1.

WORK DAYS AT WAGNER FEN



Come meet the fen! There's no better way than to tiptoe in with work gloves and loppers and wage botanical war on alien invaders. In the process, you'll make unforgettable acquaintance with buckthorn (ugh) and blazing star, joe-pye-weed, big bluestem, grass of parnassus and all the other natural fen inhabitants.

Work days are scheduled the third Saturday of each month through November. Meet at 9 a.m. at the West Lake Shore Drive entrance to the fen in Tower Lakes. Work stops at noon; bring a lunch and bug repellent. Call George or Becky Luehring, 526-6027, for more information.

Fun at the fen work dates: August 18, September 15, October 20, November 17!

SLIDE SHOW AVAILABLE

Do you belong to an organization that would enjoy a beautiful and informative slide presentation and speaker in its program schedule? Beginning in September, CFC will have available a slide program, "The Wagner Fen: Natural Beauty of Barrington." The show lasts approximately 45 minutes. Call 382-SAVE to schedule.

IN REMEMBRANCE

SODY ZIMMERMAN

Sody Zimmerman, who passed on in late June, wrote the first general statement of policy for Citizens for Conservation, Inc. One of its founding directors, she served a term of four years before resigning to devote more time to her work at the Morton Arboretum where she lectured on a wide variety of botanical topics and served as trustee. Sody figured prominently in the development of the Chicago Botanical Garden and presided over the Women's Board of the Chicago Horticultural Society. Her service on behalf of conservation and natural beauty was wide and devoted, extending to the Garden Club of America, the Nature Conservancy, and the Chicago Conservation Council. At Countryside School, where her children attended, she was an "innovator," according to Bill Wingate, McHenry County naturalist who taught at Countryside. Sody enlisted Wingate to co-sponsor and co-teach a series of nature classes for students in the summertime.

Sody's quiet example and her devotion to sharing her love of the natural world with others will remain an inspiration to those who knew and learned from her.

INGRID DIER

Ingrid Dier, Timberlake resident, was serving as a CFC director when she died last spring. Ingrid initiated the management program for the Wagner Fen and spent many hours clearing brush from the fen and securing permits for the first spring burn there. Her special loves included native Illinois prairie and teaching children. With that in mind, CFC is donating two books to each District 220 elementary school library, in Ingrid's memory: Prairie, Swell and Swale by Torkel Korling; and Seasons of the Tallgrass Prairie, by Carol Lerner.

SCOUT RECYCLING PROJECT

CFC sponsored a symbiotic relationship with local Girl Scout troops this past school year. Scouts in Lines, Grove, Roslyn, Countryside and North Barrington schools decorated and set up paper collection boxes in each classroom. Once a week, they collected and weighed the paper and took it to the recycling center off Station Street. By the end of the school year, the scouts calculated their collection service saved over twenty-four trees!



In recognition of the ecological activity, CFC provided each of the scout troops with sunflower seed. The girls made bird feeders to offer the seed to birds wintering in the area.

CLASSES FOR CHILDREN

Beginning this fall, CFC will sponsor three Saturday morning nature study classes for children, one each in fall, winter, and spring. The classes will meet at Crabtree Nature Center. The first one, scheduled for October 27th, will focus on the fall bird migration. Details will be included in a flyer and in the local papers. Watch for this good news.

THANKS!

Our thanks to all who contributed to this second issue of CFC News, including our artist, Chet Ryndak, Naturalist at Crabtree Nature Preserve.



CFC OFFICE

The walls are painted! The carpet is installed! The magazine rack is brimming with conservation literature. A red bucket awaits any contributions and ideas for the newsletter. When the green and white wind sock billows from the second story window at 132 W. Station Street (BACOG building), Sam Oliver is in and would love to show you around.

Can you help with the following?

- Proofread the newsletter before printing
- Join a "get out the newsletter" party (assemble and label - over coffee)
- Draw simple illustrations for the newsletter
- Submit conservation articles
- Help organize a conservation library

Call SAM at 382-SAVE to offer your help.

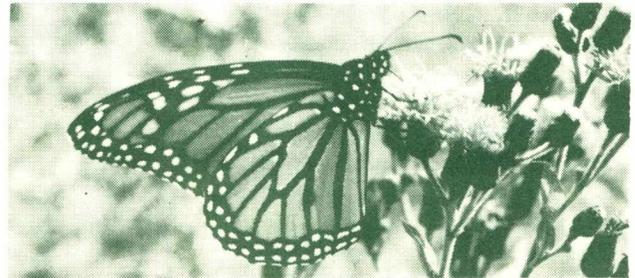
CONSERVATION KIT FOR TEACHERS

The Illinois Department of Conservation and State Board of Education are jointly sponsoring a series of conservation kits. The fourth, focused on the ecology of Illinois wetlands, is now available. (Kit III on the prairie can be borrowed from CFC library.) To obtain #IV or others, call Melissa Murphy at 1-217-785-8774 or contact your board of education Regional Superintendent.

MONARCH MIGRATION:

THE MILKWEED MARATHON

by Mark Spreyer



The camera shows a taut, young athlete posed at the starting blocks as the narrator reads, "He's spent his whole life preparing for the next ten seconds."

How often have we heard this or some similar inspirational message during this Olympic year? Life-long dedication to Olympic events are everyday occurrences in the natural world. Frogs, for example, are annual contenders in the long jump, water striders regularly win medals in the rowing events, pelicans put on spectacular diving exhibitions without even using a platform, squirrels daily prove their unequalled gymnastic skills, and many birds fly migration marathons twice a year. This time of year my favorite entry in the track and field events is the monarch butterfly. Let's look at how these insects prepare for their upcoming cross-country race.

Monarchs begin their lives on our northern milkweeds. In late spring, eggs are laid on the underside of milkweed leaves - one egg per plant. A female monarch may lay as many as 700 eggs in her lifetime. In 3-12 days the eggs hatch, releasing hungry caterpillars brilliantly cloaked in bands of black, yellow and white. Children often find the zebra-like larvae munching on milkweed leaves. (Monarch caterpillars can easily be kept in a jar regularly supplied with fresh milkweed.) After reaching a length of 2 inches the caterpillar changes into a pupa and forms an exquisite jade-green chrysalis spotted with a line of gold. Approximately two weeks later the adult monarch emerges from the now transparent chrysalis and starts searching for a mate. There can be as many as three generations of monarchs in one summer. Those that survive the Olympic trials of summer are ready to complete in the ultimate marathon.

Fermilab recreating presettlement prairie

You are walking through 500 acres of six- and eight-foot tall grasses. You wonder if it will ever end. A few hundred yards away bison graze and watch over this year's calves. In the oak grove the great-horned owls keep the skunk and rodent population under control. Hawks patrol by day. The prairie is in its summer dress and yellow dominates in tall coreopsis, stiff goldenrod, compass plant, prairie dock, sawtooth sunflower, and yellow coneflower. Earlier in the spring, the small lady's slipper orchid, white wild indigo, blue-eyed grass, shooting stars, and golden Alexanders gave way to purple coneflower, rattlesnake master, and showy ticktrefoil. Beyond the oaks, great blue and black-crowned night herons stalk their fish dinners in the marsh. Ducks and geese raise their young here and trumpeter swans sit atop the muskrat dens. Sandhill cranes feed and dance upland from the marsh. Coyotes roam the grassland looking for their next meal.

Is this just a dream or a vision of what used to be? No! This is happening right now at the Fermi National Accelerator Laboratory's Prairie Restoration Project.

While it is imperative that we save our remaining remnants of native ecosystems, it is sad to note that there is almost no diverse, high quality grassland in existence on a large scale in the State of Illinois.

What Fermilab is trying to do is to assemble or recreate what existed in presettlement time by collecting bits and pieces of prairie from local remnants and restorations.

Our hope is to create a habitat large and rich enough to support a great variety of native plants and animals, especially those requiring large acreage. For instance, there have been no nesting records for the northern harrier (marsh hawk) in DuPage County for a number of years now. Except for possibly LaSalle and Grundy counties, the same is probably true for other counties in this area. If a large expanse of treeless grassland can be provided with a suitable prey base, we may be able to persuade these swooping and gliding prairie predators to once again raise their young here.

A plant that hasn't been observed in this part of the state for about 10 years is Meads milkweed. It will also benefit from large acreages of grassland. It normally has a low density in the prairie and requires vast tracts in order to attract enough pollinators to keep its population healthy and intact.

In addition to being a preserve for the threatened and endangered plants and animals, the Prairie Project also serves a research facility for students and others in-

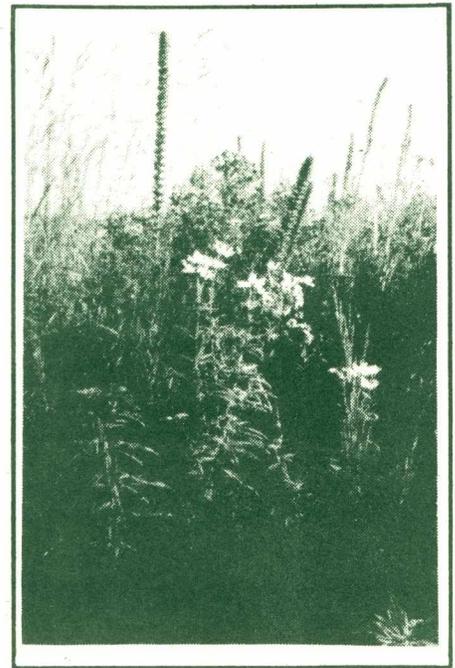


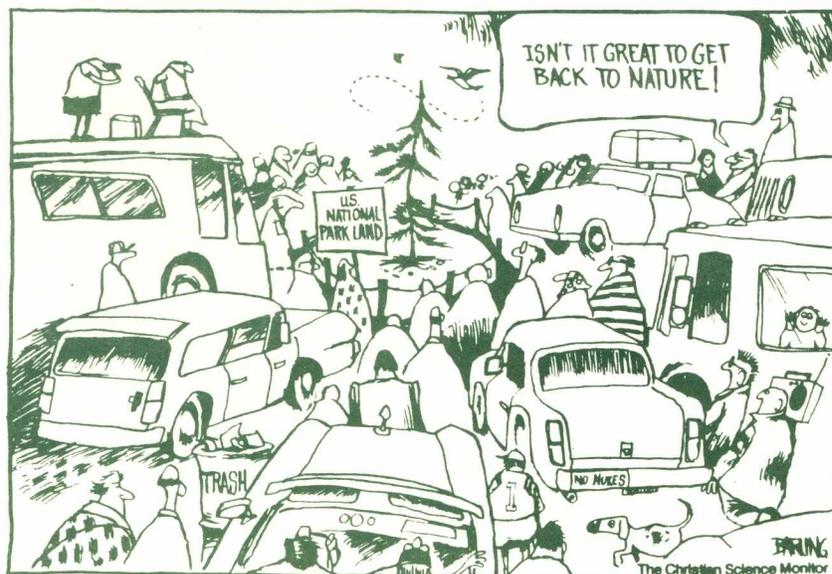
Photo by: Anthony R. Donaldson

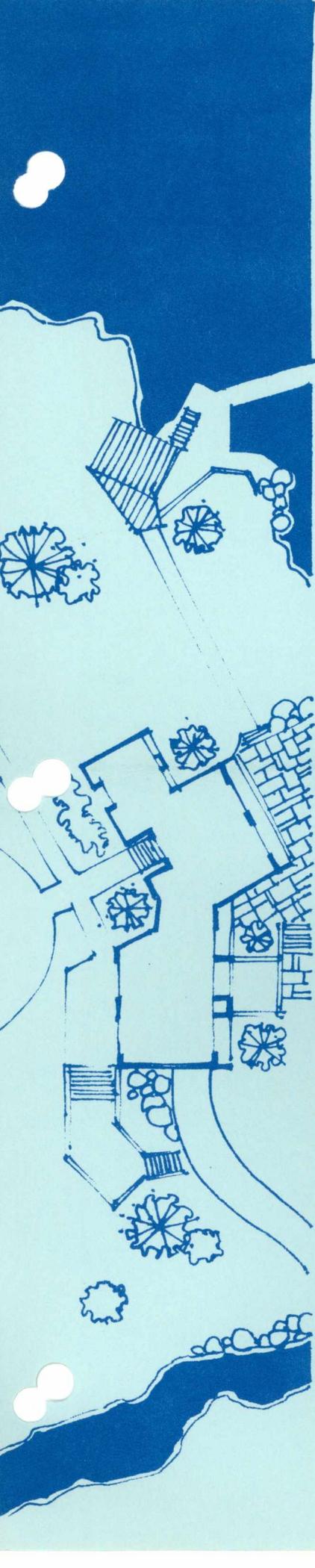
terested in understanding the workings of this complex ecosystem. Tom Warkins, a student from the University of Wisconsin, Madison, is doing his thesis on introducing forbs into an established grass matrix. We are always happy to have verbal input or a helping hand to further our efforts to recreate this nearly non-existent ecosystem.

Anyone interested in visiting the Fermilab prairie can call the Public Information Office, (312) 840-3351, or come to Fermilab on Saturday, August 25, at 10 a.m. for a scheduled Sierra Club prairie tour.

—Mitch Adamus,
Chairman Fermilab Prairie
Restoration Committee

LAKE & PRAIRIE



A blue line-art illustration of a shoreline. It shows a house with a chimney, a driveway, and a stream flowing past it. There are several trees and bushes scattered along the shore. The background is a solid blue color with some white circular patterns.

WATER PROPERTY CARE

Lovely bodies of water can degrade quickly into swamps if you are careless: weeds flourish; fish die; algae float on the surface and obnoxious odors are released. Your lake or stream can be an asset to you and your neighbors only if you take care of it's shoreline.

What to keep off your shoreline

Fertilizers kill lakes and streams. Every pound of phosphate in water produces up to 500 pounds (wet weight) of weeds and algae. Before fertilizing your lawn do a soil test to determine need. If you have to fertilize do so in dry weather to avoid run-off and use one with no or low phosphate (the middle number in the formula).

Leaves, grass clippings and other organic materials promote weed and algae growth. Rake leaves back from water and don't burn them near the shore (ashes are rich in phosphate). Keep trees 20 feet from water's edge to avoid leaf fall into water and soil erosion caused by roots.

Litter pollutes water, especially non-biodegradable litter. Glass and metal are dangerous. Prevent boat litter and leaks from boat motors.

Road salt kills vegetation and creates an unsightly shoreline.

Septic systems can pollute water. **Put only clean water in water.** Control what goes into your system to maintain good operation: no phosphate detergents or cleaners; no harsh chemicals or non-decomposing garbage; sparing use of garbage disposal; keep waste water to a minimum. Pump tank every one to three years depending on number of occupants (and do so in the spring to allow start of bacterial growth before cold weather). If effluents appear on the surface have system inspected immediately. Install a new field, if needed, where drainage is away from water.

Animal wastes are very detrimental. Divert horse pasture run-off.

What to put on your shoreline

A strip, as wide as possible, of uncultivated grasses, ground covers and wild flowers along the water's edge will help to keep your lake or stream healthy by absorbing many pollutants and preventing soil erosion and consequent silting into the water. Mowing a few times each year (collecting clippings) will maintain your view.

How to treat your water for weeds and algae if all other methods fail

Herbicides can be used but are best applied by professionals. Use them in May or June before seed formation and later if needed. Treat a large lake in several applications to avoid fish kill from excessive decomposition. Use must be continually reevaluated.

Keep this sheet for reference and for more information consult:

Illinois Dept. of Conservation - Fish and Wildlife Division (Fish Stocking)

Cook & Lake counties

Joe Ferencak - 815-675-2319 or write 245 W. Main St. Lake Zurich 60647

McHenry & Kane Counties

Harvey Brown - 815-344-0477 or write 2816 Justen Rd. McHenry 60650

Barrington Hills Staff Planner - Bob Kozin 428-1200

Barrington Area Library - Lakes Resources Collection

The Garden Club of Barrington, P.O. Box 1108, Barrington, Illinois
June, 1983

SUGGESTED PLANTS FOR THE BORDERS OF LAKES AND STREAMS

WET GROUND

Perennials

- Swamp Milkweed (*Asclepias incarnata*)
- * Marsh Marigold (*Caltha palustris*)
- Joe-Pye Weed (*Eupatorium purpureum*)
- Swamp Rose Mallow (*Hibiscus Moscheutos*)
- Japanese Iris (*Iris Kaempferi*) Likes wet feet and dry ankles.
- * Yellow Flag (*Iris Pseudacorus*)
- Blue Flag (*Iris versicolor*)
- Cardinal Flower (*Lobelia Cardinalis*)
- Bee Balm (*Monarda didyma*)
- True Forget-Me-Not (*Myosotis palustris*)
- Sensitive Fern (*Onoclea sensibilis*)
- Cinnamon Fern (*Osmunda cinnamomea*)
- * Royal Fern (*Osmunda regalis*)
- Pitcher Plant (*Sarracenia purpurea*)
(*May be grown in water)

Shrubs

- Button Bush (*Cephalanthus occidentalis*)
- Dwarf Red Stemmed Dogwood (*Cornus servicea "Kelseyi"*)
- Dwarf Arctic Willow (*Salix purpurea nana-arctica*)
- Blueberry (*Vaccinium corymbosum*)

WELL-DRAINED SOIL

Perennials

- Forget-Me-Not (*Anchusa myosotidiflora*)
- Bugbane (*Cimicifuga racemosa*)
- Day Lily (*Hemerocallis* in variety)
- Spiderwort (*Tradescantia virginiana*)
- Globeflower (*Trollius europaeus*)

Shrubs

- Cotoneaster (*Cotoneaster* in variety)
- Creeping Juniper (*Juniperis horizontalis*)
- Golden Privet (*Ligustrum ovalifolium*)

SEMI-SHADY LOCATIONS

Perennials

- Windflower (*Anemone japonica*)
- Bleeding Heart (*Dicentra spectabilis*)
- Epimedium (*Epimedium macranthum*)

Shrubs

- Serviceberry (*Amelanchier canadensis*)
- Witchhazel (*Hamamelis virginiana*)
- Yew (*Taxus* in variety)

Appropriate grasses would be Buffalo (esp. good), Canada Wild Rye, Little Bluestem, Side Oats Grama and the Ornamentals.

Honeysuckle is omitted because of its overabundance.

Do not plant Purple Loosestrife (*Lythrum*). It is very prolific and not useful to birds.

There are many other possible plants, including ground covers.
Consult your library or a knowledgeable garden center.

The adult monarchs are well suited for the competition that lies ahead. They are powerful and deliberate fliers as well as capable gliders. With such determined flight behavior, the monarchs would appear to be likely candidates for bird depredation. Thanks to the milkweed, the monarch has little to fear. The plant contains toxic cardiac glycosides which are ingested by the caterpillar and become especially concentrated in the wings of the adult butterfly. If a hungry bird does snap up a monarch, the violent vomiting spell which follows should teach a bird to look elsewhere for dinner.

So where and when does the race end? Dr. Fred Urquart, zoologist at the University of Toronto's Scarborough College, spent forty years answering that question. The California finish line of the western population of monarchs has been known for many years but the goal of our eastern population remained undiscovered until 1975. As early as 1937 Dr. Urquart experimented with printed labels to be glued to the butterfly's wing. By 1952 Dr. Urquart had worked out a successful labeling system and began enlisting the help of other lepidopteran enthusiasts in his banding effort. (While at the National Audubon Camp in Wisconsin I had the opportunity to try my hand at banding monarchs, a procedure which first struck me as ludicrous. The procedure involves bubbling the scales off a portion of the butterfly's wing near its body and gently squeezing the adhesive label on the transparent membrane.) With the help of volunteers across North America, the winter colony of eastern monarchs was discovered on approximately 40 acres of Mexican mountainside about 200 miles northwest of Mexico City.

Dr. Urquart's study produced many interesting findings. One milkweed sprinter covered 80 miles in one day. The marathon event goes to the monarch that flew from Ontario to Mexico, a distance of 1870 miles, in a little over three months. More importantly, it was learned that the fall competitors were usually hatched late in the summer and that the females remained infertile until they reached the winter training grounds. (An ongoing investigation by the Olympic committee is looking into charges that the monarch are receiving illegal hormone treatments.) These monarchs either reproduce in Mexico or soon after they begin their northward marathon in spring -- the offspring of these monarchs are the ones that reach our milkweed fields. The northbound athletes, like their southbound predecessors, live only long enough to compete in one event. Now, if only Dr. Urquart could develop tiny gold, silver, and bronze medals.

GUIDES FOR WATER DWELLERS

The Garden Club of Barrington, under president Jean Jordan (Mrs. William), recently completed a three year study of water and its related problems. An outgrowth of this study has been the production of a guide containing simple maintenance instructions for anyone living on a stream or lake. Also, a comprehensive list of suitable planting materials has been compiled to further aid in healthy water management. With the help of these materials water dwellers are being made aware of some very simple steps which they can follow to reduce pollution and slow down the degrading of their bodies of water. The goal is to raise the level of community awareness to these water care problems and thereby improve the quality of the over 300 lakes and streams in the greater Barrington area.

The Garden Club of America awarded the first place ribbon for District 9, to the Garden Club of Barrington for the effort and presentation of this project. The project was also displayed with other zone winners at the Garden Club of America's National Convention in Nashville, Tennessee. The co-chairmen of this project are Nancy Thayer (Mrs. Bruce) and Barbara D'Annunzio (Mrs. Joseph).



Sam Oliver

STAFF DIRECTOR

Betsy Petersen, Secretary

David Kullander, Treasurer

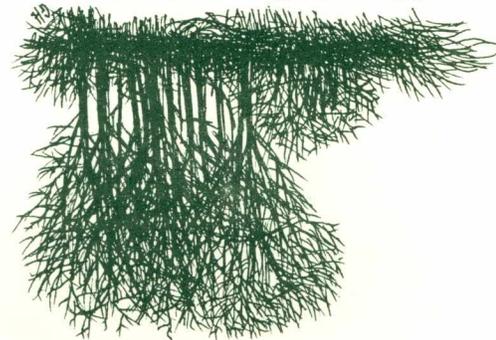
Frank L. Spreyer, 2nd Vice President

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ALMANAC

Spring Hill Farm Fen Days -- Lake in the Hills, Algonquin.

August 12, September 9, 1-4 p.m. Walks leave every 15 minutes. Park at corner of Plum and Burr Streets. Gill Moreland, 639-4092, for details.

Tour of Cary Prairies

August 19, 1:30 p.m. at the Junior High School Cary Prairie and 3:00 p.m. at the Main Street Prairie. Gill Moreland, 639-4092, for details.

Wanders with Wingate

Bill Wingate will lead interpretive walks:
Saturday, August 11, 2 p.m. at Pike Marsh, Moraine Hills State Park;
Saturday, September 22, 2 p.m. at Oakwood Hills Fen;
Sunday, October 7, 2 p.m. at Phantom Prairie, Crabtree Nature Center.
McHenry County Defenders, 815-459-0450, for details.

Walks at Veterans Acres, Crystal Lake

Sunday afternoons at 2 p.m., August 26 and September 30.
Led by Bill Wingate. Meet at parking lot outside nature center.

Bird Walks at Crabtree Nature Center

Once a week during September and October.
Call Crabtree, 381-6592, or Wendy Paulson, 426-8879, for days and times.

Natural History Society of Barrington

Meetings open to the public, 2nd Thursday of September, October, November, 8 p.m. See local newspapers for programs.

CFC Trip to Volo Bog

Saturday, September 15, 9:15 a.m. By bus from CFC office. Sam Oliver, 382-SAVE, for details and reservations.

Benefit Dance Performance for McHenry County Defenders

Saturday, September 22, 8:15 p.m., Woodstock Opera House.
Interpretation of Aldo Leopold's A Sandy County Almanac, performed by the DanceCircus Contemporary Dance Theater. \$7 per ticket (\$5 tax deductible), reserved by called 815-338-5300.

Deadline for next CFC newsletter -- October 1.