In this issue...

Local park and recreation agencies, nature centers, museums, etc. often develop carefully thought-out and worded mission statements that help define what they are and the purpose they serve within the community. Some organizations do a better job at this than others. Spring Valley's official mission statement is "to educate area residents regarding the natural and cultural history of the Schaumburg area and how people have and continue to interact with and upon the landscape." While this is okay as mission statements go and it does specifically state who we serve and what our focus is, I would suggest a much more direct and simple mission: We strive to make the world a better place! This edition of the Natural Enquirer focuses largely on this simple premise. We address some simple ways of 'going green' and conserving resources in the home. An article on Terada Park describes efforts by the Park District and Village of Schaumburg to improve water quality through the use of native landscaping in a prominent park. A key tenet of ecology is that everything is connected. Hopefully, Spring Valley can continue making improvements to our local environment that ripple through the larger community.
Home Green Home by Matt Streitmatter

Home is where the heart is.” For those who love the outdoors, this phrase can be linked to hiking a trail or paddling a local river, as well as reclining in a favorite chair in the living room. Many feel at home in the natural world and our respected humble abodes do not have to remain separate, and can even thrive along with our nearby natural areas. This article is designed to showcase some simple green techniques that can be done around the house to simultaneously help the surrounding environment and cut costs and bills. By being environmentally conscious in everyday routines, we can wipe our shoes and carbon footprint off at the “Welcome Home” mat.

Water conservation is an increasingly obvious problem across the globe; yet it can be positively impacted by a few small changes. These include never using the toilet as a wastebasket thus saving up to five gallons of water per flush, turning off the faucet when brushing teeth or washing dishes, and putting a few inches of water in the sink, rather than running the water, when rinsing a razor. Outside the house, raking around the driveway or garage, instead of using the hose to clean will save additional water; and mulching around trees will help the soil retain moisture, as well as readily providing needed nutrients to the trees. Sprinklers, when needed, should be used early or late in the day to reduce evaporation and rain barrels can collect water from downsprouts, gathering 600 gallons of water for each inch of rain that falls on a 1,000 square-foot roof. This saved water can help with landscaping or gardens.

Native plants are a must when considering green landscaping. These plants are not only visually attractive, but are environmentally adapted to our local climate and precipitation levels. Their deep root systems protect them from drought and provide a natural highway for rainwater to remain in the soil and out of the sewer systems. Planting rain gardens, swaths of moisture tolerant plants, in periodically saturated areas in the yard can do wonders for storm water dispersion. This method can also help prevent flooding and water damage to basements and house foundations. Native perennials provide seed each year to ensure plant stability which, in turn, decreases the spread of invasives. These microhabitats can provide connecting havens for a vast number of animals, birds, and insects and a respite from the sterile monoculture we call lawns. The bottom line is the less turf grass the better. Native landscaping cuts the cost of mowing, watering, and fertilizing while benefiting the neighboring ecosystem.

Alongside native landscaping, vegetable gardens are a great sustainable food source that will help reduce grocery costs. This technique gives the family a sense of pride and an understanding of how food reaches the dinner table. In addition, the homegrown veggies will reduce the environmental impacts associated with gross shipping, while deterring dependence on non-locally grown goods. When gardening, use natural compost and manual weeding techniques rather than fertilizers and chemical herbicides. This prevents runoff into the surrounding waterways. An innovative project is reusing pallets and old tires as planter beds to keep them out of the landfill.

There are also countless ways to cut surging electricity bills with green practices. Make the switch to compact fluorescent light bulbs (CFLs). Although they cost more initially, they last 8–10 times longer and use 75% less energy. These bulbs can also be recycled at your local hardware store, due to their very small mercury content. Turn off your computer each night and unplug cell phone chargers once charging is complete. These chargers continue to use electricity even if the phone is not plugged in! This may be a very small amount, but considering how many people have them, it can make a big difference. Microwaves, printers, and gaming consoles all consume energy when asleep, as well. An easy way to prevent this is to plug non-regularly used appliances into a power strip. It is much easier to turn off one switch than to unplug multiple devices. Also, remember to change out filters on appliances regularly. This not only prevents fire, but saves energy. Finally, try to use the seasons to your advantage. Planting trees on the south side of the house will provide shade in the summer which helps with cooling costs; and when the leaves fall, the sunlight will help warm the house in the colder months.

All said and done, a behavioral adjustment may be the most important and hardest to overcome at first. Whether it be riding bikes or taking public transit, using reusable bags over plastic, carrying travel coffee mugs, banking and sending mail electronically, or cutting junk mail out of your mailing cycle will help warm the house in the colder months.

Most of these techniques are fairly easy and inexpensive to change. A dedicated effort to remove wasteful actions around the home can make a difference to our environment today and for future generations. “Going green” will not only benefit the great outdoors but also the pocketbook. It truly can be as simple as flipping a switch.
As many of you know, there’s a new cow at Spring Valley’s Heritage Farm. In mid-March, the Schaumburg Park Foundation purchased a small Jersey cow named Emma. Over the years there have been many cows at the farm. In fact, Emma and her calf Schmidt make the 27th and 28th cow or calf at the farm since 2004 when we first acquired milking shorthorns and started keeping track. It seems shocking to think that we have had that many cows over the years!

Our cows have come from a variety of locations and I thought it might be interesting to share some of their stories with you. The majority of them—more than 20 calves—were born in the downstairs of the barn. That doesn’t take into count the countless number born there before the barn was moved here. A number of cows came from the Wisconsin Dairyland Milking Shorthorn Sale in Neillsville, WI; but before Emma, only Engle was actually from Wisconsin.

Alma and Flora were from the Beirhup Brothers Farm in Wellston, OH. Wellston is on the Ohio-West Virginia border and as close to the edge of the earth as you can get. To get to the farm, you drive up a tiny sliver of land called Charles Beirhup Road which has a 200 foot drop on either side created by a strip mine which cut as close to the existing road as they could. When I first arrived at the farm, there was a tractor parked in the middle of the road with five or six cows tied to it. Ray Beirhup said the road didn’t go any farther north anymore, because the coal mine had cut it. Even the mailman wouldn’t come to their farm anymore. The mine had told them that they would put the road back as soon as they got the coal out from under it—no more than thirty years, by their reckoning.

Alma and Flora did not travel the farthest to get to us, however. That honor belongs to Hanna whose original name was Rocking Ws Ivans Roxy. She was purchased from the shorthorn sale in Neillsville, but had traveled much farther than that to get here. Hanna’s trip began at the Rocking W ranch in Cushing, OK. Over two days she was shipped from warm and sunny Oklahoma to northern Wisconsin for the sale. I had my own adventure getting to Neillsville that morning. The Park District had just purchased the big F450 Ford and a new gooseneck stock trailer. This was to be their first big outing and, as I pushed up highway 94 north of Madison, I ran into a forty mile an hour headwind. With such a strong wind pushing on the front of the trailer, I had a hard time keeping the big truck up to highway speed. On top of that we were burning gas like nobody’s business. This was the year after Hurricane Katrina and gas prices were over $4 per gallon. The F450 has a thirty-five gallon tank and, at the time, many gas stations had a limit of $100 that they would allow you to pump, so I had to stop twice just to fill up the truck.

When I reached the sale barn, it was a cool 15º F, and Hanna from sunny Oklahoma had had her hair clipped for the sale. After loading her up, we made our way south warming as we went until we reached the farm where it was near 60º F and the flies started biting at her short coat. In three days Hanna had traveled more than 1100 miles and had ranged up and down in temperature nearly 80º.

All of our cows have interesting stories surrounding how they got here and I’ve only shared a few of them. You should know that these cows are very special. We searched hundreds and even thousands of miles to find them and, once here, they have the hardest jobs in the bovine world. Over the past ten years, these cows have been milked by more than 40,000 school children and hundreds of others during programs like Wake Up and Work and special events like Mowing and Mooing. They are probably the most milked cows in the country and they do it day after day, year after year with few complaints, other than the flies.
Growing Up Wild: Early Childhood Teacher Workshop  
**Saturday, June 15 • 9:00AM-Noon**  
Sign up for a hands-on workshop designed for early childhood educators. *Growing Up Wild* builds on a child’s sense of wonder about nature and invites them to explore wildlife and the world around them. Have fun with crafts, music, reading, and math and receive an activity guide that is correlated to the NAEYC Early Childhood Standards and the Head Start Domains. Register early because guides need to be ordered.

Additional workshops are being developed. For up-to-date information, visit [www.parkfun.com/Spring-Valley/programs](http://www.parkfun.com/Spring-Valley/programs).

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**ADULT or TEEN**

Harper College & Spring Valley  
Register through [Harper College](http://www.harpercollege.edu) or call 847/925-6707. Class held at Spring Valley.

**Creating A Backyard Wildlife Oasis**  
**Saturday, June 1 • 9-11:30AM**  
Make your backyard "wildlife friendly" by exploring ways to increase its diversity while benefitting from environmental improvements.  
Course: LLG0061

**Fred & Mina’s Wedding and Barn Dance**  
**Saturday, May 18 • 4:30-8:30PM**  
Experience an authentic turn-of-the-century German-American farm wedding party, recreated by a company of local actors.

**Nature’s Night Life - ADULTS ONLY!**  
**Friday, May 3 • 8:00-10:00PM**  
Start your weekend with a relaxing and enlightening evening walk at Spring Valley.

**Vegetable Gardening in Small Places**  
**Tuesday, May 7 • 7:00-9:00PM**  
Learn tips and techniques for making the most of limited space to grow a bountiful harvest.

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**ALL AGES**

**Free - Heaven’s Watch**  
**Sat., May 4 • 9:00PM.. Saturn**  
**Sat., June 1 • 9:30PM.. Wonders of Scorpius**  
Join Chicago Astronomical Society as they set their telescopes for a peek at the night skies. Meet in the Nature Center.

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**Free - Neighborhood Nature Areas**  
**Fri., June 14 • 7:00-8:30P**  
Park St. Claire Conservation Area  
**Fri., Aug. 9 • 7:00-8:30P**  
Gray Farm Conservation Area  
Discover these hidden jewels and find out what lives there and how these areas are managed.

**Free - Spring Bird Count**  
**Saturday, May 4 • 7:00A-5:00PM**  
Help count birds during the Audubon Society spring bird count.

**Breakfast with the Birds**  
**Saturday, May 11 • 7:00-9:00AM**  
Enjoy an early morning breakfast and walk to look for Spring Valley’s colorful migratory birds.

**Cooking over a Campfire**  
**Saturday, May 18 • 4:00-5:30PM**  
Watch as a naturalist demonstrates how to cook with a Dutch oven over an open fire.

**Sundown Supper on the Farm**  
**Saturday, May 4 • 4:30-7:30PM**  
**Saturday, June 8 • 4:30-6:00PM**  
After helping with evening chores and making supper, participants will watch the sunset.
**Summer Camps at Spring Valley**

Spring Valley offers a variety of summer camps (full and half-day) for children 5-15 years old.

For more information, call 847/985-2100 or click here.

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**Nature Stories**

**Saturday, June 9 • Noon-1:00PM**

Bring your favorite stuffed animal, snuggle down and enjoy stories about nature.

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**Night of the Frogs**

**Saturday, May 18 • 6:30-8:00PM**

Ribbit! Croak! Peep! The evening chorus of frogs is a sure sign that summer is on the way.

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**Fantastic Flyers**

**Sunday, June 9 • 9:30-11:00AM**

Discover who is flying around Spring Valley. Meet new feathered friends or visit old favorites.

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**Ice Cream Sundae School**

**Sunday, June 2 • 1:00-2:30PM**

Make and enjoy wholesome ice cream with nothing artificial. **Parent attends with child.**

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**Horse Drawn Wagon Rides at the Farm**

Relax and enjoy a 15-minute horse-drawn wagon ride through Heritage Farm as staff relates information about the farm, animals and the history of Schaumburg’s farm families. Dress for the weather.

**Wagon Ride Schedule**

**Sunday, May 19............................... 11AM-1PM**

- Tickets are $3/person; children 3 and under are free.

For more information, call the Heritage Farm at 847/985-2102 or click here.
Click on program/icon for information and to register online.*

*To create a new account, visit the registration desk at the CRC or download an internet registration form from www.parkfun.com. The form can be found under the registration tab.

HERITAGE FARM PROGRAMS

Daily Activities at the Farm

Tuesdays-Fridays .......... 9AM-2PM
Saturdays & Sundays ...... 10AM-4PM

Experience a typical day on a working 1880s Schaumburg farm. Farm and domestic activities take place Tuesday through Sunday. Come early to see the cow being milked and stay all day for a unique experience.

Behind the Scenes Farm Tour:

Drop in program • $2 per person

Join farm staff on a behind the scenes tour of the farm’s buildings and grounds. Learn the fascinating true stories behind the buildings and structures that make up Volkening Heritage Farm. See Schaumburg’s oldest house and learn its significance in the development of a once inclusive German community.

Wednesday, June 5 • 10:30AM-Noon
Sunday, June 9 • 2-3:30PM

Wednesday, July 10 • 10:30AM-Noon
Sunday, July 21 • 2-3:30PM

Free For All Ages!

Illinois Orchids

Wednesday, May 1 • 7:30 PM
Spring Valley, 1111 E. Schaumburg Road, Schaumburg

This presentation will help you to identify many of Illinois’ orchids and show how they are being conserved in Illinois.

Presenter Kathleen Marie Garness is a rare plant monitor for the Chicago Botanic Garden and accomplished painter.

A display of her orchid paintings will be on display in the Nature Center library during April and May.

For more information, call 847/985-2100 visit www.parkfun.com or click here.

Mowing and Mooing

Volkening Heritage Farm in Schaumburg

Sunday, June 30
Noon-4PM

See and experience a variety of summer farm activities and demonstrations. Refreshments available.

$2/person • $8/family of 6 or fewer - additional member: $2 each
Children 3 and under free. Click here for more information.

North Country Migration Mysteries

Friday, Sept. 20 - Wednesday, Sept. 25

This unique adult travel program will feature a four-day, five-night stay at the Audubon Center of the North Woods in Minnesota. Each day includes excursions to sites such as the Wildlife Science Center, Northwest Company Fur Post, Mille Lacs Indian Museum and Trading Post, and Duluth’s Hawk Ridge. Registration deadline is Aug. 1.

For information, call Spring Valley at 847/985-2100.
A new and exciting project is due to start this spring at one of Schaumburg Park District’s most visible parks. Terada Park, located at the southwest corner of Schaumburg Road and Salem Drive, is slated for a long awaited and greatly needed state of the art green infrastructure improvement. Project highlights include infiltration basins, bio-swales, pocket wetlands, shoreline grading, and native plant buffers; all designed with the intent of relieving various environmental impacts on the site and its downstream waterway.

Terada Park is a natural low area, a wetland type ecosystem up until the 1970s when it was developed into a 14.5 acre mowed grass open space with turf shoreline surrounding the 5.5 acre pond for the purpose of public recreation. The soils surrounding the pond are composed of thick peat deposits. Peat is a rich black soil created over many years of vegetative accumulation in the absence of adequate oxygen; thus discouraging complete decomposition. These soft peat soils and the lack of deeply rooted plants at the park have contributed greatly in recent years to the erosion of the shoreline. As a result, the area around the pond is virtually unusable to all but the Canada geese that prefer the unobstructed access to the pond and plentiful turf grass on which to graze and plunder.

In 2008, Schaumburg High School’s Physical Science students began using the area as an outdoor lab, at first by sampling and analyzing the water quality within the pond for a variety of indicators: chlorine from street salt runoff, fecal coliform bacteria impact from high goose populations, and clarity of water which is important to the health of an aquatic eco-system. From there, a partnership between Schaumburg High School, Schaumburg Park District, the Village of Schaumburg, and the US Fish and Wildlife Service has grown, culminating in 2010 with a native plant re-introduction project of approximately ½ acre.

The shoreline and buffer zone planting on the western portion of the pond was aimed at stabilizing the degrading shoreline that over the years had become vertical in profile. More than 200 Schaumburg High School students participated in the project by installing over 7,000 plant plugs of 30 different varieties over the course of a single day. The relatively small Terada Park project drew a lot of attention locally. Because of its location at the headwaters of the West Branch of the DuPage River, identified by the State of Illinois as an impaired waterway, coupled with the adoption of Schaumburg’s Biodiversity Recovery Plan (2004), Terada Park became the perfect candidate for an ambitious greening project such as this. The improvements specifically target pollutant load reductions entering the system that will greatly improve storm water runoff entering the 5.5 acre pond and its downstream waterway.

The meandering bio-swales and infiltration basin components are designed as wide, shallow vegetated ditches with gently sloping sides that will allow storm water from the adjacent roadway and 11 acre upstream drainage area to spread out over a greater zone. Increased water retention time in the bio-swales and basin will serve as a silt and pollutant trap for storm water both entering and leaving the site; in turn reducing water turbidity and enhancing overall aquatic health. The perimeter of the pond’s shoreline will be re-graded and seeded with a variety of deep rooted native plants that will stabilize shoreline erosion and be a deterrent to resident goose populations that would otherwise prefer clear access to the pond edge. The new planting will act as a natural filter by trapping sediment before it washes into the pond. The addition of colorful native wildflowers and grasses will dramatically improve the aesthetics at the site, as well. Finally, a series of riffles and a trash collection device will be installed to slow runoff from the adjacent county road and help induce oxygen into the water while trapping debris from entering the pond on the northwest corner of the park.

The costs of the current project amount to $150,000, half of which will be funded through an Illinois Environmental Protection Agency (IEPA) Clean Water Grant with the remainder split between the Village of Schaumburg and the Schaumburg Park District. An anticipated future project will further stabilize the shoreline and embankment adjacent to the county highway. All parties involved are excited about the upcoming project and invite you to stop by the park this spring and over the next several years to watch how the work progresses and the ecosystem improves.
Volunteer Want Ads

If you are interested in helping with any of the following activities, please call Judy at 847/985-2100 or e-mail her at juvito@parkfun.com.

Conservation Workdays
May 18 and June 15 • 9am-1pm
Come one! Come all!
We’re looking for volunteers to spend the morning with us for our upcoming workdays. Any amount of time you can share with us on these conservation projects would be appreciated.

Mowing and Mooing
Sunday, June 30 • Noon-4pm
Farm interpreters are needed to demonstrate the complete dairying process, from hay production to the making of cheese, butter and other dairy products. Additional support positions are available for registered volunteers.

Pats on the back to the following volunteers...

• John Curin, Pete Gigous, Patty Ochs, Tom Poklen, Barb Royce, Sue and Rich Ringfelt, and Angela Waidanz for being this year’s sap collectors.

• Gail Ameer, Dean and Deanna Bruckner, Barbara Dochterman, Marilyn Dvoratchek, Lynn Elkenbary, Pete Gigous, Arthur Jeczala, Arlene Krizka, Tony Meo, Barb Mitchell, Ken Ogorzalek, Jim Peterson, Donna Turner, and Angela Waidanz for helping with miscellaneous set-up jobs for Sugar Bush.

• All the volunteers who weathered the cold and dampness to help make this year’s Sugar Bush a success.

• Sandy Meo, Lorelei Schak and Donna Turner for their continuing attention to the collections care duties.

• Dean Bruckner, Pete Gigous, Chuck Henry, Jay Laski, Tony Meo, Roy Svenson, and John Witkowski for helping to clean out and rebuild the hoghouse.

Welcome New Volunteers...

• Kate Kitowski
• Marilyn Mottley
• Terri Williams

Happy Birthday to...

May
1 Dan Floreani 16 Angela Waidanz
2 Tom Skiba 17 Jan Costis
3 Cindy Holmberg 18 Jean Tucknott
John Tatom 22 Jean Havlir
7 Elizabeth Tatom 25 Dave Margolis

June
1 Joan Vodraska 17 Larry Morkert
2 Penny Perles 18 Pete Gigous
3 Venus Sintowt 21 Bill Tucknott
5 Amanda Greco 22 Richard Leonhardt
9 Hilary Ellis 23 Leon Blum
Tom Walsh 27 Julie Margolis
13 Barb Michigan 30 James McGee
Kate Kitowski 15 Carol Thomas
**MAY 2013**

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<td><strong>Weekly Yoga at Cabin 8pm</strong></td>
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<td><strong>26</strong></td>
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<td><strong>28</strong></td>
<td><strong>29</strong></td>
<td><strong>Weekly Yoga at Cabin 6:30pm</strong></td>
<td><strong>Weekly Yoga at Cabin 8pm</strong></td>
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<td><strong>26</strong></td>
<td><strong>27</strong></td>
<td><strong>28</strong></td>
<td><strong>29</strong></td>
<td><strong>Weekly Yoga at Cabin 6:30pm</strong></td>
<td><strong>Weekly Yoga at Cabin 8pm</strong></td>
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<td><strong>26</strong></td>
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<td><strong>28</strong></td>
<td><strong>29</strong></td>
<td><strong>Weekly Yoga at Cabin 6:30pm</strong></td>
<td><strong>Weekly Yoga at Cabin 8pm</strong></td>
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<td>Sunday</td>
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<td><strong>FARM OPEN</strong>: Tues-Fri 9:00am-2:00 pm • Sat/Sun 10:00am-4:00pm</td>
<td><strong>M-F</strong> 9:30am-2:00 pm • Sat/Sun 10:00am-4:00pm</td>
<td><strong>KIDS' CAMP</strong> 9:30am-2:00 pm • Sat/Sun 10:00am-4:00pm</td>
<td><strong>ALL ADULTS</strong> 9:30am-2:00 pm • Sat/Sun 10:00am-4:00pm</td>
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<td><strong>KIDS' CAMP</strong> 9:30am-2:00 pm • Sat/Sun 10:00am-4:00pm</td>
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<tr>
<td><strong>CABIN CLOSED</strong></td>
<td><strong>M-F</strong> 9:30am-2:00 pm • Sat/Sun 10:00am-4:00pm</td>
<td><strong>KIDS' CAMP</strong> 9:30am-2:00 pm • Sat/Sun 10:00am-4:00pm</td>
<td><strong>ALL ADULTS</strong> 9:30am-2:00 pm • Sat/Sun 10:00am-4:00pm</td>
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<td><strong>KIDS' CAMP</strong> 9:30am-2:00 pm • Sat/Sun 10:00am-4:00pm</td>
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<tr>
<td><strong>Bold</strong> indicates volunteer activities</td>
<td><strong>Italics</strong> indicates programs which may be taken as complimentary by volunteers</td>
<td>See “What’s Happening” for program descriptions</td>
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<tr>
<td><strong>Handy Crafters Meeting 1pm</strong></td>
<td><strong>Handy Crafters Meeting 1pm</strong></td>
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<td><strong>Handy Crafters Meeting 1pm</strong></td>
<td><strong>Handy Crafters Meeting 1pm</strong></td>
<td><strong>Conservation Workday 9am</strong></td>
<td><strong>Father’s Day</strong></td>
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<td><strong>Nature Quest 9am</strong></td>
<td><strong>Animal Crackers 9:30am</strong></td>
<td><strong>Fossil Frenzy 9:30am</strong></td>
<td><strong>Rock Hounds 10am</strong></td>
<td><strong>Weekly Yoga at Cabin 6pm</strong></td>
<td><strong>Wee Sprouts 9:15am</strong></td>
<td><strong>Schaumburg Community Garden Club 7pm</strong></td>
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<td><strong>Campfire Cooking 9:30am</strong></td>
<td><strong>Fabulous and Furry Camp 9:30am</strong></td>
<td><strong>Chores and Chortles 10am</strong></td>
<td><strong>Farmer Boot Camp 2:30pm</strong></td>
<td><strong>Weekly Yoga at Cabin 7:30pm</strong></td>
<td><strong>Skills for Outdoor Survival 9:15am</strong></td>
<td><strong>Half Day Bug Camp 1:pm</strong></td>
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<tr>
<td><strong>All About Fish 10am</strong></td>
<td><strong>All About Frogs and Turtles 1pm</strong></td>
<td><strong>Weekly Yoga at Cabin 6pm</strong></td>
<td><strong>Schaumburg Community Garden Club 7pm</strong></td>
<td><strong>Weekly Yoga at Cabin 6:30pm</strong></td>
<td><strong>Animal Crackers Mini 9:30am</strong></td>
<td><strong>Weekly Yoga at Cabin 6pm</strong></td>
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<tr>
<td><strong>All About Frogs and Turtles 1pm</strong></td>
<td><strong>Weekly Yoga at Cabin 7:30pm</strong></td>
<td><strong>Weekly Yoga at Cabin 7:30pm</strong></td>
<td><strong>Weekly Yoga at Cabin 6:30pm</strong></td>
<td><strong>Weekly Yoga at Cabin 6pm</strong></td>
<td><strong>Nature Art 9:30am</strong></td>
<td><strong>Weekly Yoga at Cabin 6:30pm</strong></td>
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<td><strong>Weekly Yoga at Cabin 6pm</strong></td>
<td><strong>Weekly Yoga at Cabin 6:30pm</strong></td>
<td><strong>Weekly Yoga at Cabin 8pm</strong></td>
<td><strong>Weekly Yoga at Cabin 8pm</strong></td>
<td><strong>Weekly Yoga at Cabin 7:30pm</strong></td>
<td><strong>Historian’s Apprentice 9:45am</strong></td>
<td><strong>Weekly Yoga at Cabin 8pm</strong></td>
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<td><strong>Weekly Yoga at Cabin 7:30pm</strong></td>
<td><strong>Weekly Yoga at Cabin 6pm</strong></td>
<td><strong>Weekly Yoga at Cabin 8pm</strong></td>
<td><strong>Weekly Yoga at Cabin 8pm</strong></td>
<td><strong>Weekly Yoga at Cabin 6:30pm</strong></td>
<td><strong>Half Day Bug Camp 1:pm</strong></td>
<td><strong>Weekly Yoga at Cabin 7:30pm</strong></td>
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<td><strong>Weekly Yoga at Cabin 8pm</strong></td>
<td><strong>Weekly Yoga at Cabin 7:30pm</strong></td>
<td><strong>Weekly Yoga at Cabin 8pm</strong></td>
<td><strong>Weekly Yoga at Cabin 8pm</strong></td>
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<td><strong>Neighborhood Nature at Park St. Claire 7pm</strong></td>
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Vera Meineke Nature Center
The earth-sheltered visitor center provides an introduction to Spring Valley’s 135 acres of restored prairies, woodlands and wetlands and three miles of trails. The center contains natural history exhibits that change seasonally, a demonstration Backyard for Wildlife, an observation tower, classrooms, an extensive library, gift sales area and restrooms.

Volkening Heritage Farm
Step back into the past for a look at Schaumburg as it was in the 1880s – a rural German farm community. Help with seasonal farm chores, participate in family activities and games of the 1880s, or simply visit the Cabin, which contains a restroom and may be rented for additional fees. Spring Valley’s mission is to educate area residents regarding the natural and cultural history of the Schaumburg area and how people have and continue to interact with and upon the landscape.

Environmental Outreach Program
We'll bring our outreach program to your site. Topics include forests, worms, spiders, mammals, owls, food chains, food webs, wetlands, and the water cycle. Students will participate in hands-on activities, songs, and games. Topics may be adapted to students in grades one through six, and are correlated with Illinois State Standards.

Programs at Spring Valley
School, Scout and adult groups are encouraged to take advantage of Spring Valley’s Environmental Education Program. Programs change seasonally and are geared for specific age groups. Correlations to the state standards and activity sheets are available on the SPD website, www.parkfun.com.

Learn local history with a visit to the Heritage Farm. Elementary and high school students recreate farm life in the 1880s with Hands on History; second graders experience it through Heritage Quest. Children from the age of four through second grade will learn about food, farmers, and farm animals in Farms and Foods.

Scout Badges
We offer many opportunities for scouts. Our programs will help with your badge, pin or patch requirements. Call for more information or stop in for a brochure.

Spring Valley Birthday Parties
Looking for a unique, fun, and educational venue for your child’s birthday? Spring Valley is the answer! Two party themes are available. A hayride can be added for an extra fee. Call Spring Valley for more information.

Spring Valley Firepit and Shelter Rentals
Make your next scout group, business or family gathering something special! Spring Valley offers the use of a picnic shelter and fire pit in a wooded setting near the Merkle Log Cabin. Use of the site includes firewood, trash/recycling receptacles and benches, as well as picnic tables. No alcohol or amplified music permitted. Restrooms are available at the Heritage Farm or Nature Center, a 5–10 minute walk. The adjacent Merkle Log Cabin contains a restroom and may be rented for additional fees.

<table>
<thead>
<tr>
<th>Hourly use fees:</th>
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<tbody>
<tr>
<td>Residents:</td>
<td>$25</td>
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<td>Civic groups:</td>
<td>$25</td>
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<tr>
<td>Non-residents:</td>
<td>$40</td>
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<tr>
<td>Corporate/business groups:</td>
<td>$55</td>
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</table>

Spring Valley is a refuge of 135 acres of fields, forests, marshes and streams with over three miles of handicapped-accessible trails, a museum featuring natural history displays and information, and an 1880s living-history farm. Spring Valley is open to the general public. Admission is free.