



# FALL PROGRAMS 2017

Maywood \* 3615 Mueller Road \* Sheboygan, WI 53083

(920) 459-3906

[www.GoMaywood.org](http://www.GoMaywood.org)

email: [Maywood@sheboyganwi.gov](mailto:Maywood@sheboyganwi.gov)

## September 2017

### Earth Ride – Rest Stop Training Session

**Wednesday, September 6 at 10 am OR 6pm**

Lead volunteers for Maywood Earth Ride Rest Stops should attend one of the two training sessions to review the timeline and activities for the event. At least one representative for each rest stop or rest stop shift must attend one of the sessions. Additional volunteers are welcome to attend.

### Shutterbugs

**First Wednesday of the Month**

**September 6, October 4 & November 1**

**7pm**

**Free**

Maywood Shutterbugs is an ongoing program for those interested in improving their photo taking skills. Join Maywood nature photography enthusiasts for meetings on a monthly basis. The Shutterbug program is appropriate for all skill levels, high school age and older. Call Cindy at Maywood 920-459-3906 for more information.

### Earth Ride Registration Training

**Tuesday, September 12 at 10am OR 6pm**

Volunteers working the registration areas at the Maywood Earth Ride must attend one of these training sessions. We will go over the process of registering people for the Earth Ride, discuss common questions, and ensure everyone is comfortable with the registration area tasks for the day of the event.

### Mussel Survey via Canoe

**Friday, September 15 at 10:30 am**

**Free**

Mussels are a great indicator of water quality. Help us sample mussels from the Sheboygan River. We will canoe to sampling locations where we wade and search for mussels. By identifying the various species, biologists can assess the health of the river. Canoes, paddles, and life jackets provided. For details and registration information contact Camp Y-Koda at 920-467-6882.

### 18<sup>th</sup> Annual Maywood Earth Ride

**Saturday, September 16**

Pedal for an Earth-while cause! Enjoy 12, 25, 50, 70, 100 or 112-miles bicycling through scenic Sheboygan County. Each route includes rest stops and maintenance support. Riders receive breakfast, lunch, and a goodie bag. Proceeds of this event enable Maywood to meet its mission of fostering environmental stewardship through educational and outdoor experiences that connect our community with the natural world. For information visit <http://www.gomaywood.org/earthride.htm>

### Meditation: A Tool for Skillful Living

**Wednesday, September 20 at 6-7:30pm**

**\$10 if registered by 9/13; \$12 if registering after 9/13**

Stress impacts everyone. Research indicates that chronic stress can have a negative impact on us, our children and even the next generation. Practicing meditation can help us to be more focused and emotionally stable during our busy lives. Explore using meditation to train your mind to live skillfully and remain in the present moment even in the presence of stress. Instructor Barbara Kultgen. Participants should bring a blanket or bath towel for comfort while sitting on the floor. Preregistration preferred.

### Lunch N Learn

**Tuesday, September 26 at Noon**

Pollinators are often in the news these days. Come learn about keeping bees from local bee keeper Jim Kuplic. He will share stories and tips from his own bee keeping adventures. Bring a lunch to enjoy during the presentation. Maywood will provide coffee, tea, water and dessert. Pre-registration appreciated by calling (920) 459-3906 or emailing [maywood@sheboyganwi.gov](mailto:maywood@sheboyganwi.gov).

### Ecology Center Closings

September 2-4 (Labor Day Weekend)

November 23-26 (Thanksgiving)

Park & trails are open 6am-10pm every day of the year.

## Sheboygan County Audubon Programs

### Fall Bird Walks

**Saturdays, September 9 and 23 at 7:15am**

**Free program**

Join members of Sheboygan Audubon for fall bird walks. View migrating and resident species. Bring binoculars or borrow from our supply. Please meet on the south deck of the Maywood Ecology Center.

### Sheboygan Audubon Public Program

**Thursday, September 14 at 7 pm**

**Free program**

Let's talk raptors! Join us for a raptor themed program!

### Sheboygan Audubon Public Program

**Thursday, October 12 at 7 pm**

**Free program**

Wisconsin's Proud Bird Conservation Tradition – What's the Future? Michael John Jaeger, President of Wisconsin Society for Ornithology will provide an overview of the long tradition of bird conservation in Wisconsin, and encourage us to remember our past accomplishments as inspiration for the conservation challenges we face today.

### Scoping the Skies

**Saturday, September 30 at 7:00-9:00pm**

Join members of the Sheboygan Astronomical Society in viewing Saturn, Double Star Alcor & Mizar, Hercules Cluster, Ring Nebula, Double Star Albireo, Coathanger Cluster, and Gibbous Moon. Note parking lot lights are turned off during the viewing and cloudy skies/rain will cancel the event. The Ecology Center is not open during this program. Please look for the viewing area in the parking lot.

## October 2017

### Meditation: A Tool for Skillful Living

**Wednesday, October 4 at 1:30-3:00pm**

**\$10 if registered by 9/27; \$12 if registering after 9/27**

Please see September 20 program for description and information.

### Fall Yoga for Athletes & Cyclists

**Wednesdays, October 4, 11, 25 and November 1, 8 and 15**

**6-7:10pm**

**\$60 if registered by September 20; \$72 after September 20**

Join registered yoga teacher Barbara Kultgen (RYT 200) for a series of classes intended for both the beginning and the experienced yoga student. The series will focus on building strength, flexibility, and balance by working the entire body with the cyclist and athlete in mind. The practice of using breath work and setting intentions to improve focus will be incorporated. Maywood riders, local athletes, and those who are interested in practicing yoga in a new setting are invited to join. Minimum of 6 participants, advanced registration required. Registration forms available at the Ecology Center or [www.gomaywood.org/programs](http://www.gomaywood.org/programs) Note: There is no class October 18.

### Conservation & Cranes Bus Trip

**Thursday, October 5**

**Departs 6:45am from Maywood**

**Members \$55/person – registration opens August 15**

**Non-members - \$60/person – registration opens August 31**

Join us for an adventure in conservation and cranes! In the morning we will visit the Leopold Center in Baraboo – the site of famed Wisconsin conservationist Aldo Leopold's shack. We will enjoy a guided walk to the shack followed by time for lunch and a tour of the LEED certified center building. Then it's a short drive to visit the International Crane Foundation where we will learn about and view all 15 species of the Earth's cranes. Your fee includes coach bus transportation, admission fees at both sites and a snack. Please bring a bag lunch and beverage. Approximate return time 7pm. Payment required to hold your reservation. Tickets are non-refundable, but may be transferred to another individual. Limited seating. For more info call (920) 459-3906.

**O.W.L.S. – Older, Wiser, Livelier, Seniors****Fridays, October 6 through November 10****8:30am****Donations support the Maywood Nature-based Preschool (opening Fall 2018)**

Indoors and outdoors, with different topics each week. Leisure walking of up to a mile is possible. A tentative schedule will be shared at the October 6<sup>th</sup> session, but schedule adjustments are likely due to weather and seasonal phenomena. Participants should prepare to get dirty, learn, laugh, and discover the wonders of nature.

**Bur Oak Habitat Improvement****Saturday, October 7 at 9-Noon**

Help us transform our Bur Oak property by working alongside other volunteers to eliminate invasive species. Targeting honeysuckle and buckthorn, we will use loppers and saws to make room for desirable native species to dominate this rich landscape. Please call ahead so we can gather enough equipment and supplies. Meet at 9:00 at Maywood to carpool to Bur Oak.

**Bur Oak Color Walk****Saturday, October 14 at 9-11:30am****Free**

Maywood Director, David Kuckuk, leads an interpretive hike through the diverse habitat types of the Bur Oak Conservancy and Outdoor Laboratory. Spectacular fall colors provide a colorful backdrop in learning about this unique 35-acre parcel. Meet at Maywood at 9:00 to carpool due to limited parking. Terrain can be rough and somewhat muddy. No restrooms available.

**Family Yoga****Saturdays, October 14, November 11, and December 9****1:30-3:00pm****\$85 for up to three family members if registering for all three sessions****\$30 for up to three family members if registering for one or two sessions****Additional family members are \$5/person/session**

Come experience the joy of yoga at Maywood while practicing with your family. Classes with themes centered around nature, wellness, gratitude, and awareness will be offered. Play and creative expression will be included. Activities planned promote literacy, self-regulation, healthy life habits, growth and development. Children ages 5-12 are most appropriate with any adult family members. Guided by Barbara Kultgen, CSW, RYT 200. Minimum of 4 participants, maximum of 15 participants. An adult is required to attend with children. Pre-registration is required. Registration forms available at [GoMaywood.org/programs](http://GoMaywood.org/programs) or at the Ecology Center

**Fall Hiking, Yoga and Meditation Retreat****Saturday, October 21****9am-4pm****\$105/Association Member; \$120/Public**

Step back from the busy pace of life and enjoy a day immersed in nature, yoga and meditation. This all day retreat will be lead by Barbara Kultgen (RYT 200). Participants should bring a lunch. Coffee, tea, and snacks will be provided. Pre-registration by October 7 is required. Minimum of three participants. Registration forms available at [GoMaywood.org/programs](http://GoMaywood.org/programs) or at the Ecology Center.

**Scoping the Skies****Saturday, October 21 at 6:30-8:30pm**

Join members of the Sheboygan Astronomical Society in viewing Hercules Cluster, Ring Nebula, Double Star Albireo, Coathanger Cluster, Andromeda Galaxy, E.T. Cluster, and the First Quarter Moon. Note parking lot lights are turned off during the viewing and cloudy skies/rain will cancel the event. The Ecology Center is not open during this program. Please look for the viewing area in the parking lot.

**Lunch N Learn****Tuesday, October 24 at Noon**

Protecting Our Water Resources with WDNR Water Guard Coordinator, Samantha Olsen. See what we're doing at Maywood to keep our ponds healthy. Bring a lunch to enjoy during the presentation. Maywood will provide coffee, tea, water and dessert. Pre-registration appreciated by calling (920) 459-3906.

**Sax-Zim Bog****Tuesday, October 24 at 7pm****Free**

After numerous winter trips to Minnesota, avid birders Sara Sonntag and Shari Vogel share their many great encounters with northwoods bird species through their beautiful slides and display. The incredibly unique Sax-Zim Bog is a winter wonderland of birds adapted for the harsh reality of snow and ice.

**Bur Oak Wildlife Walk****Saturday, October 28 at 9-11:30am****Free**

Investigate wildlife inhabiting the Bur Oak Conservancy and Outdoor Laboratory during this interpretive hike led by Maywood Director, David Kuckuk. We'll study tracks, sign, scat, and anything else that will help determine the fauna of Bur Oak. Meet at Maywood at 9:00 to carpool due to limited parking. Terrain can be rough and somewhat muddy. No restrooms available.

**Trivia Night****Saturday, October 28 at 6pm****\$10/person – tables of 8 preferred**

Gather up to eight of your friends and join in a quest to conquer our trivia challenge. We will play 10 rounds of general knowledge trivia. Cash prizes will be awarded to the top three scoring teams. Teams may bring snacks and non-alcoholic beverages to enjoy during the event. Maywood will provide free popcorn. Soda and other beverages will be available to purchase. Pre-payment of your team's table fee is greatly appreciated and pre-registration is strongly encouraged as tables fill quickly. Walk-ins accepted as space allows. Call (920) 459-3906 or email [maywood@sheboyganwi.gov](mailto:maywood@sheboyganwi.gov) to register your table. Proceeds support Maywood's educational programs.

**Halloween Special: Basic Broom Making - Hearth Brooms****Tuesday, October 31 at 5-9pm****Members, \$60/person; non-members, \$65/person**

Discover the art of making handmade brooms! Local broom maker, Little John, will teach you how to make a real broom for decorative or functional use. Students will learn to make one round or one flat hearth broom (your choice). Handles of various woods have been gathered and cured for you to use, and all materials are provided. Discussion about decorative options will be included. Participants should refrain from wearing open toed shoes and plan to bring a sharp knife and scissors. Limit 15 people. Register early to ensure your seat.

**November 2017****Annual Benefit Banquet****Thursday, November 9****6pm reception, 7pm dinner****\$75/person or \$600/table of eight****Corporate tables start at \$1,000**

Join us at Pine Hills Country Club for an evening in support of Maywood. Join guest speaker Dr. Pete Marra as he takes us on a journey to discover the unknown migrations of the birds of the Western Hemisphere and the causes of their declines. Enjoy a reception and silent auction with fellow Maywood supporters before sitting down to a delectable meal. Proceeds from the evening will support Maywood's Nature Based Preschool opening in Fall 2018. Invitations and reservation information available in mid-September.

**Family Yoga****Saturdays, October 14, November 11, and December 9****1:30-3:00pm****\$85 for up to three family members if registering for all three sessions****\$30 for up to three family members if registering for one or two sessions****Additional family members are \$5/person/session**

Please see October 14 program listing for description.

**Wreath Making Workshop****Saturday, November 18****9 am–approximately noon****Price \$15/wreath**

Join members of Lakeshore Garden Club in crafting a decorative holiday wreath for your home or office. Wreath forms, greens and some decorative elements will be provided. Participants are encouraged to bring additional decorative items they would like to include. Space is limited and pre-registration by November 14 is strongly encouraged. Proceeds benefit Maywood. To pre-register call 920.459.3906.

**Lunch N Learn****Tuesday, November 28 at Noon**

Sarah DeZwarte and Dave Kuckuk discuss a new initiative for Maywood, as we attempt to develop young families into environmental stewards through a nature-based preschool. Bring a lunch to enjoy during the presentation. Maywood will provide coffee, tea, water and dessert. Pre-registration appreciated by calling (920) 459-3906.

**SAVE THE DATE: Wishing for Winter****Friday and Saturday, December 1 and 2  
6–9 pm.**