



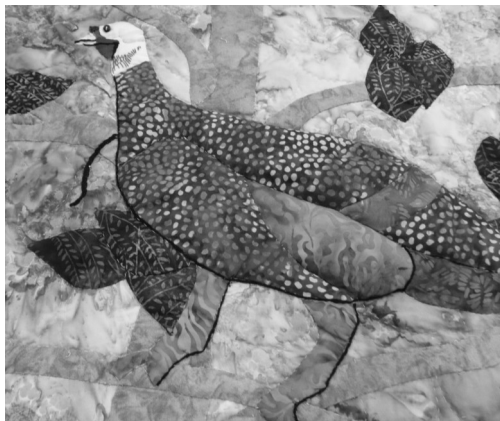
# Walking the Woods

Spring 2008

Calvin College Ecosystem Preserve

## Finding Delight on the Preserve

A visit with any quality dictionary reveals the word "delight" to be both noun and verb. As a noun, it describes a state of overwhelming pleasure or enjoyment. As a verb it suggests the act of either giving or receiving enjoyment or pleasure. Delight is surely a subjective experience, yet it is a common part of many lives. A young child let loose in a field of dandelions shows obvious delight in the color, the fluff, the movement, and the freedom of engaging it all. Young lovers with each other, mothers with their newborns, and grandparents with grandkids on their laps for a story all demonstrate a delight which is unambiguous.



A section of one of the quilts featuring a wild turkey, an animal frequently found on the Preserve

One goal of the Ecosystem Preserve and its Bunker Interpretive Center is to encourage visitors to find delight in the natural world around them. To this end, the Bunker Interpretive Center will soon mount a display of banners and paintings organized around the theme of delighting in creation. The display

will be hung in the expansive ceiling space of the central display hall and, when completed, will comprise 26 banners and two landscape triptychs. Both the banners and the paintings will explore combinations of color, form, and movement that can bring delight as an observer stops to take in the complex patterns of a landscape or the dynamic patterns of birds, leaves, and clouds against the sky.

Artist Chris Stoeffel Overvoorde designed the overall installation and painted the landscape triptychs that will flank the display hall banners. The banners themselves were constructed in quilting-bee fashion by a group of 12 quilters from Calvin College and the larger Grand Rapids community. The paintings and first group of banners will be dedicated at a reception to be held at the Bunker Interpretive

Center on the evening of May 14, 2008 from 7:00 to 9:00. The public is welcome to attend, so please join us for this celebration. It should be delightful.

*Randy VanDragt, Preserve Director*

## Upcoming Educational Programs & Events

Mark your calendars now to attend the following programs & events:

- April 14 to May 15 Spring Educational Programs for Schools
- April 26 Leopold Education Project Workshop 9:00 am to 4:00 pm
- May 3 Native Plant Sale & Garden Tours 10:00 am to 12:00 pm
- May 14 Banner Installation Reception 7:00 pm to 9:00 pm
- June 7 Dive into Michigan's Wetlands 10:00 am to 11:00 pm
- June 16 to July 18 Wetlands & Woodlands Summer Camps

For additional information and registration please visit [www.calvin.edu/academic/eco-preserve/](http://www.calvin.edu/academic/eco-preserve/) or call 616-526-7601.

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Proverbs 31:8 "Speak up for those who cannot speak for themselves..."

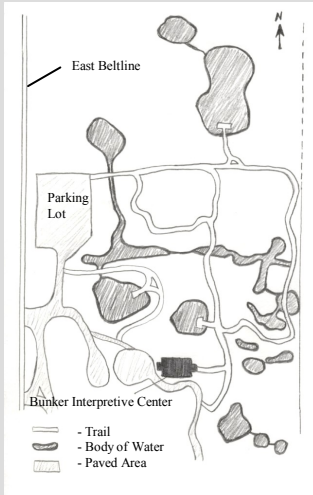
## Hours

Bunker Interpretive Center

Monday—Friday 9 am to 5 pm  
Saturday 10 am to 4 pm (school  
year only)  
Closed Sunday

## Trails

Open Daily  
Dawn -Dusk



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*Walking the Woods* is published quarterly as an educational connection to Calvin staff and students, neighbors, volunteers, and friends who support the Calvin College Ecosystem Preserve with their involvement and care.

## Critter Corner

### Yellow Trout Lily

*Erythronium americanum*

Size: 4 to 10 inches tall  
Flowers: yellow, nodding, with 6 backwards curving petals. One per plant.  
Blooms in April and May.

Leaves: 2 at the base of the plant.  
Speckled, resembling the coloring of a trout. Wither shortly after the plant flowers.

### Habitat: Moist Woods

Look for Yellow Trout Lilies on the North, West, and East Trails in the Preserve.



## Unplugged: Connecting Children with Nature

*The purpose of this column is to provide you with some small ways you can get the children you know outdoors and enjoying God's creation.*

I find that trees often get overlooked by many people, even though they are prevalent in most of our backyards and local parks. While birds may fly away, a tree will always remain still for you to study. A great way for children to learn more about tree identification and the process of photosynthesis is **cloth leaf prints**. This activity works best in the spring, when the levels of chlorophyll in the leaves are the greatest. Enjoy! ~ *Jeanette M. Henderson*

*Supplies: a pencil, paper, old newspapers, a piece of cloth (unbleached muslin or 100% cotton works best), a hammer, 1/2 cup salt, 2 gallons of water, Michigan tree field guide, fabric markers*

Just after the new leaves have unfolded, take a walk around your yard or neighborhood and spend some time looking at the trees. Have the child draw the tree, including some descriptive words about the bark and shape of the leaves. Ask them to name the trees based on their look, smell, and feel. Then gather a few new leaves for your cloth leaf prints (oak leaves do not work well for this activity). Note: Please do not gather leaves in a place where they are protected, such as the Preserve. Place the new leaves on top of some newspaper and place the cloth on top. Instruct the child how to properly hold and use a hammer, and pound the cloth until the chlorophyll dyes the fabric. You will be left with a leaf print. Peel off what is left of the leaf and then soak the fabric in a mixture of salt and water for 10 to 15 minutes. Allow the fabric to air dry. This process sets the chlorophyll into the fabric. Finally, work with your child to identify the tree's name using a Michigan tree field guide and/or one of the great online field guides that are listed below. Using fabric markers, write the name of the tree on the fabric and the date. Multiple printings and drawings can be sewn/stapled together to create a field guide.

### Tree Identification Websites for Children

[www.arboday.org/trees/treeID.cfm](http://www.arboday.org/trees/treeID.cfm)  
<http://uptreeid.com/>

[www.uwsp.edu/cnr/leaf/Treekey/tkframe.htm](http://www.uwsp.edu/cnr/leaf/Treekey/tkframe.htm)  
[www.oplin.org/tree/](http://www.oplin.org/tree/)

A muskrat is busy swimming every which way across the freshly filled pond. Black ducks and Mallards are enjoying the fresh green duckweed that has begun to grow again. Two young deer explore the edges of the pond looking for bright green, tender morsels to consume after a long hard winter. Spring has finally arrived on South Pond. Enjoy it by taking a walk today!



© Rita Schneider

## Becoming Green: Small Ways You Can Make a Difference

Spring Cleaning doesn't need to mean using products that are harmful to your body and our waterways. Remember these tips when choosing a cleaner.

-Look at **the ingredients**. By law, cleaning-product manufacturers do not have to reveal their ingredients. The greenest cleaners list every ingredient on the label. In general, plant-derived ingredients are better for you and the environment than their petroleum-based counterparts.

- **Vague claims** like "biodegradable," "natural," "organic," and "non-toxic" are meaningless; check for specific phrases such as "no petrochemicals," "no chlorine," and "no ammonia." Also, independent certifications such as Cradle to Cradle, Design for the Environment, and Green Seal are reliable.

-A few **suggested products**: *Clo-rox Green Works Natural All-Purpose Cleaner & Glass & Surface Cleaner*, *Method Go Naked All-Purpose Spray*, *Seventh Generation Natural All-Purpose Cleaner & Natural Glass & Surface Cleaner*.

**Another option**: Make your own cleaners from common ingredients such as baking soda, vinegar, lemon juice, and borax.

### Glass Cleaner

$\frac{1}{4}$  cup white vinegar or 1Tbsp. lemon juice

2+ cups water

Fill a clean spray bottle with water and either white vinegar or lemon juice; wipe surfaces with an old newspaper.

For more recipes go to [thegreenguide.com](http://thegreenguide.com) and search for "DIY Household Cleaners."

## Thank You Sharon Bajema

Sharon has volunteered as a program leader since September 2006. She graduated from Calvin in 1965 with a major in Biology and minors in Chemistry and Education, and earned a Master's Degree from WMU. She taught for 41 years at multiple schools in the area.

She loves to travel with her husband Jack and they have had many great adventures because they "seldom take the path most traveled." She also spends a lot of time with her grandkids exploring the outdoors.

Sharon's favorite place on the preserve is Whiskey Pond because of the floating dock and diversity of the plants and animals around it. When asked about her favorite part of coming here, she replied "interacting with others and sharing my experiences with them. I also like the quiet trails and enjoying the beauty of God's creation... I usually learn or experience something new each time I lead a tour group."



Thanks for all of your work Sharon!

### June Woods

The morning woods is green in June, full of bird-carols.

Sun-dappled trails lighting misty paths of darkness.

Passing from sun-drenched fields  
To tunnels of underbrush,  
Shrill cries of crows announce  
a predator's presence.

Whisper-hush of tree branches  
bowing to the wind.

Quiet stillness punctuated by  
damp squeak of crossed branches.  
I hold back, not wanting to return  
to responsibilities and people.

Following soft doe prints,  
toenails making impressions in the mud.  
Where did this trail lead her this  
early morning?

How precious is this time, a moment stolen  
from the hushed awe of another new day  
beginning.

*Cheryl Hoogewind  
Preserve Manager 1998 to 2007*

## Volunteer Opportunity

### Native Plant Sale Workers Needed

Volunteers are needed to help make our native plant sale on Saturday, May 3 run smoothly. Come help with setting up, greeting customers, parking, and sharing your love of plants with others. Proceeds from the sale benefit our summer camp program. No prior experience needed. For more information and to volunteer, please contact Jeanette Henderson, Program Manager, at 616-526-7601 or [jmh46@calvin.edu](mailto:jmh46@calvin.edu).



## May is Garlic Mustard Removal Month in Kent County

Garlic Mustard is an invasive plant that is prevalent in many of our neighborhoods, parks, and preserves in Kent County, crowding out native spring wildflowers. Thus, local environmental nonprofits, as well as city and county organizations, are working together to stop the spread of this invasive plant. Please join the fight by participating in one of the many Garlic Mustard pulls taking place during the month of May. For information on times and places visit [www.stewardshipnetwork.org/](http://www.stewardshipnetwork.org/) and click on the West Michigan Cluster. Additional information about Garlic Mustard can be found at [www.ipm.msu.edu/garlicmustard.htm](http://www.ipm.msu.edu/garlicmustard.htm)



**Launch of Our New Website** - It is now easier than ever to find out more about the Ecosystem Preserve and our educational programs. Visitors to the new site will notice a cleaner look and a simplified structure to make navigating through the site easier. Before, individual sites existed for the both Ecosystem Preserve and the Bunker Interpretive Center. Now all the information can be found in one place. Thanks goes to both Tricia Schupra in the Biology Department and Luke Robinson in the Public Relation Department for all of the time and energy they put into designing the site.

Check the new site out at [www.calvin.edu/academic/eco-preserve](http://www.calvin.edu/academic/eco-preserve)

## Spring Recipe: Garlic Mustard Cornbread

To put Garlic Mustard to good use after participating in a local Garlic Mustard pull, bake up a batch of this yummy cornbread. It is perfect with a bowl of chili.

**Preheat Oven to 425°**

**Sift together:**

1 cup all purpose flour  
1/2 teaspoons baking soda  
1 1/2 teaspoons baking powder  
1 tablespoon sugar  
1 teaspoon salt

**Add:**

3/4 cup ground cornmeal

**Combine and beat:**

1 1/2 cups of buttermilk  
2 eggs  
3 tablespoons melted butter

**Stir the liquid into the dry ingredients with a few swift stokes and add:**

1/2 cup chopped garlic mustard leaves  
1 cup sharp cheddar cheese, shredded  
1/2 cup of frozen corn kernels  
1 small can of mild green chilies, drained

**Pour batter into a preheated greased pan. Bake the bread for around 30 minutes.**



Garlic Mustard Flowers

Recipe created by Jeanette Henderson

For more Garlic Mustard recipes visit

<http://ma-eppc.org/weedrecipes.html>

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Calvin College Ecosystem Preserve and Bunker Interpretive Center

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