



Preserve!

FRIENDS OF THE LAKESHORE NATURE PRESERVE

FALL 2020

Shopping for a Canoe

Doris Dubielzig



Gisela Kutzbach

*We were shopping for a canoe.
 "What kind of paddling do you do?" the sturdy saleswoman
 inquired. "Whitewater or...?"
 "We look for turtles," we answered in unison,
 "that pop into the water, on a sunny day, from tree limbs
 stretching into the lake
 or creek
 or river."
 We follow the kingfisher, as it leads us from one outpost to
 another along the shore.
 We stretch our paddle to the yellow water lily, pulling the
 blossom near to breathe its fragrance.
 We search for tiny sundew hiding on moss-covered logs.
 We hug the sandstone bluff to find liverworts played
 on the layered, moist rock.
 We predict when and where a diving loon will reappear.
 We check a muddy embankment for mink tracks and otter slides.
 We peer into pitcher plant leaves to count their insect harvest.
 We scan the pine's high branches for a bald eagle's nest.
 We see blue gills and rock bass flitting below us in the shallows.
 We glide onto a serene surface in an early morning mist
 and pull hard against a wind in the evening's fading light.
 We find renewal and peace in canoeing;
 yes, renewal-and-peace paddling is what we do.*

- shared at Open Mic night in February, 2020.

Annual Meeting to be Virtual

See p. 3 for instructions.

Online 6:30 p.m., September 8

We are excited to invite you to attend our 19th Annual Meeting, originally planned for the Arboretum Visitor Center in April. It has been rescheduled as a live, virtual "event" on Tuesday, September 8. The board is grateful that Curator of Fishes John Lyons will give his fascinating keynote presentation, "Little Fish – Big Impact: 100 Years of Change in the Small-Fish Fauna of Lake Mendota." (Please see your spring newsletter for a description of his talk). We also welcome Gary Brown, Preserve Director, who will share the highlights of the new, forward-thinking Lakeshore Nature Preserve's Strategic Plan. Please also welcome with us our new and renewing Board members. They have already proven their value as we transition into new ways of strengthening our board and membership and supporting the Preserve in these challenging times.

Friends of the Lakeshore Nature Preserve's *VIRTUAL*
19TH ANNUAL MEETING
Tuesday, September 8 — 7:00 p.m. CDT
 Register and join: <https://go.wisc.edu/9j7pct>
 Password: preserve
 SPECIAL PRESENTATION
 GUEST SPEAKER
JOHN LYONS
 Curator of Fishes, University of Wisconsin-Zoo/Invertebrate Museum
 PRESENTS
 Little Fish – Big Impact: 100 Years of Change
 in the Small-Fish Fauna of Lake Mendota
 Free and Open to the Public
 Displays at 6:30 p.m. CDT. Please invite a friend.
 Friends of the Lakeshore Nature Preserve
 preservefriends@gmail.com
 www.FriendsLakeshorePreserve.com

Plan to join us for this important, informative and community-building event! Board member Tom Bryan has created easy-to-use registration and attendance processes.

LEARNING FROM A SINGLE BIRD:

Woodpecker Ingenuity

MJ Morgan and Thomas Morgan

I was inspired to submit my first checklist to eBird because I saw a red-headed woodpecker in the Preserve in May of 2011.

In 1900, a teenage boy in Sauk County watched a red-headed woodpecker for a long time. "I was rather surprised to see that he could easily go down a tree backwards, lifting his tail and, after hopping down, falling back onto it." Alick Wetmore recorded in his bird journal that this woodpecker had hidden 16 acorns in a hole of a dead tree stub, carefully placing bark over them. When Alick checked a few days later, he found 45 acorns. He was inspired to keep studying birds and went on to become a leading ornithologist at the Smithsonian. Can the intrigue of a single bird change our lives? Birders and non-birders alike, come take a Woodpecker Walk in the Preserve and find out!

Our acreage hosts seven foraging and nesting woodpeckers: the downy, hairy, red-bellied, red-headed, northern flicker, yellow-bellied sapsucker, and even the largest of all, the pileated. According to expert birder Roma Lenehan, "At least one female pileated woodpecker has



Chuck Hendrikson

Pileated woodpecker



Mike Bailey

Red-headed woodpecker

been spending fall, winter and early spring in the Preserve for the last few years. I see it in Eagle Heights Woods, Big Woods...and Frautschi Point." As it undulates through the air with its spiky red crest, a pileated is often compared to the size of a large crow; its call is high and piping, rising and falling. The other Preserve woodpecker species have all been documented nesting in the Preserve. Recent research into woodpecker behavior suggests why our Preserve is so inviting to these bright, quickly-moving birds.

The age and height of trees in many places provide long, vertical slides filled with hidden insects. The smallest woodpecker, the downy, also moves the fastest towards ground

Goldfinches over the Prairie....I love the Biocore Prairie and its joyful flowers....

of any woodpecker. Because 80% of its diet is insects, it needs to keep searching and pecking. Short, stiff tail feathers prop it at an angle, as Alick Wetmore observed of the red-headed woodpecker. Downies are also the only species to retrieve larvae from ball galls on tall goldenrod. They have learned to balance on the swaying stems, to sense the exit corridors of larvae and to extract them. Luckily for observers, downy woodpeckers prefer goldenrod at the edges of prairies rather than in the middle, as well as prairies with close access to



Mike Bailey

Red-bellied woodpecker

woods. And the Biocore Prairie offers hundreds of yards of suitable edge habitat. On snowy days, ball galls can provide critical nourishment. During winter, where you see one kind of woodpecker, there will likely be other species. Studies show minimal competition for space among downy, hairy and red-bellied woodpeckers; all seem to share winter habitat.

The Preserve also has enough tree variety for nesting woodpeckers, as each species demands special characteristics. Only the yellow-bellied sapsucker prefers a living tree, usually a trembling aspen. Other nest holes can often be found in dead elm, pine and aspen, but the choice diameter of each tree varies among species. All nest entrances face south or southeast and are typically drilled into and enlarged from existing decay areas.



Arlene Koziol

Northern flicker



Mike Bailey

Hairy woodpecker

When woodpeckers drum on wood in territorial calls, those drumming sounds are “encoded” for each species. What makes the drumming unique to a northern flicker or a red-headed woodpecker is the cadence, defined as the number of bill strikes delivered throughout the sound arc.

Woodpeckers have no songs for us, no unique melodies. Yet they have evolved a series of calls, impressive skulls and bony eye sockets to help them survive. All woodpeckers



David Liebl

Yellow-bellied sapsucker

automatically close both eyes when drumming into a substrate. Mechanical engineering students study woodpecker anatomy, referring

The sound of a northern flicker drumming far inside the woods of Frautschi Point.

to the bill and head as a “woodpecker hammer.” The red-bellied typically “picks” more at bark surfaces than it drills, and the red-headed hunts insects on the ground as well as in



Arlene Koziol

Downy woodpecker

flight. The sapsucker drills rows of shallow holes, “sapwells,” to access juicy sap. With these variations in hunting for food, nesting and drumming, as well as distinct color patterns in black, white and red, the woodpeckers of the Preserve have enriched the ecology and vividness of our woodlands.

For sources used by the authors, please see <https://www.friendslakeshorepreserve.com/woodbiblio.html>

Register for the Annual Meeting

ONLINE AT 6:30 P.M., SEPT. 8

Thanks to the computer skills of Tom Bryan, one of our renewing board members, we are able to offer the 2020 Annual Meeting through Cisco Webex. To attend, you must register with your name and email address at <https://go.wisc.edu/9j7pct> **Registration password: preserve**

You can register in advance or on the day of the meeting. If you register in advance, we’ll send you reminders.

About a week before Sept. 8, you’ll receive an email with the link to the registration site in clickable form. Webmaster Gisela Kutzbach has already placed this link to the registration site on our homepage: <https://www.friendslakeshorepreserve.com/>

Beginning at 6:30 p.m., we’ll display a series of interesting Preserve images and exhibits. Tom Bryan will be available for tech assistance during this time, until the start of the meeting proper. Then at 7 p.m., President Steve Sentoff and Vice-President Seth McGee will open our first virtual meeting. Please contact Tom Bryan (tbryan@wisc.edu) with your questions. I hope you’ll join us for this memorable event and important speakers.

Doris Dubielzig, Annual Meeting Chair,
dbdubielzig@gmail.com, 608-239-4196.



Tom Morgan

Sapwells on old aspen log.

PRESERVE DURING COVID-19

All non-essential university events have been cancelled due to the pandemic. This includes all field trips, volunteer workdays and private events.

The Preserve **OPEN HOURS** are from **SUNRISE** to **SUNSET**. Fires are not allowed.

See the <https://lakeshorepreserve.wisc.edu> for updates.

INVITATION:

New Opportunities for Members

Today, as our Friends community is living under the restrictions and uncertainty that have defined this pandemic, maintaining connections with you has never been more important. In the spirit of bolstering these vital links, **we invite our Friends members to join our board committees, at whatever level you desire.** The membership survey that you helped us complete, our first step in this initiative, provided valuable information about how members might become more involved. It was gratifying to see your strong support for the Friends' efforts and mission and the shared passion for this piece of land that we love.

Members serving on the board now **would truly appreciate your assistance.** We are volunteers also, and, as is the case in many non-profits, individuals in leadership are increasingly busy with conflicting responsibilities. With your help, we hope to redistribute tasks within committees and positions toward a more sustainable model.

This invitation is actually part of the ongoing evolution of our organization. In 2001 the Friends of the Lakeshore Nature Preserve began as a group of dedicated individuals who banded together to protect the land and care for it when volunteers were the only ones doing the work. Their connection to the land and each other developed into our organization as it is today. A



Gisela Kutzbach

good number of our members are still involved in hands-on volunteering, collaborating with Preserve staff, and are contributing toward the Friends' mission and goals. Generous gifts of time have ranged from a few hours a year to more consistent participation.

However, with a few exceptions, only board members have staffed the Friends' committees. This opportunity will offer you a more collaborative role in decision making and develop friendships and connections as we work together. We can foster a community of diverse ideas, talents and backgrounds that will ensure the Friends are prepared for the future. We hope you are as excited as we are about this prospect!



Tom Morgan

The Friends of the Lakeshore Nature Preserve has evolved a number of useful committees to which you can contribute in whatever means you wish. Committees meet infrequently, often on an as-needed basis; and most meetings now are electronic. Below are some examples of ways members can assist in these vital groups. We envision that more ideas will emerge.

Field Trips:

- Help create a self-guided field trip or virtual tour based on an area of knowledge and interest.
- Handle field trip publicity, i.e., submit notices to *Isthmus*, Madison.com, and NextDoor.com.

- When in-person field trips resume, attend a field trip, take photos and compose a summary of the trip for the Friends website and the tour leader.
- Lead or find leaders for in-person field trips.

Land Stewardship:

- Help organize and participate in Friends' field workdays, which can include removal of invasives or plant surveys.
- Send email reminders and help coordinate with Preserve staff leaders for drop-in workdays.
- Help manage a Friends-sponsored field volunteer event such as Spring Wildflower Planting (coordinated with Preserve staff).

Outreach

- Translate our materials and flyers into Spanish and Hmong.
- Help coordinate and host one-day events such as exhibits at community events to spread the word about the Preserve.



Bryn Scriver

- Work with sponsors and contact people for materials and setup.

Citizen Science:

- Participate in citizen science projects, such as the monitoring team for the Biocore Prairie Purple Martin house. Training will be provided.
- Plan and carry out new citizen science projects.

Publicity and Communication:

- Work with newsletter editor on newsletter layout and design (two newsletters per year).
- Create photo essays of places in the Preserve, organize photos and expand the collection.
- Write articles for the newsletter or website blog on a special nature interest (e.g., trees, prairie ecology, endangered species) or stories/short reflections related to the Preserve.
- Help recruit volunteers for field workdays, including Friends' spring planting, garlic mustard pull and plant surveys.

- Help develop more signage for Preserve about its history and natural history.

Membership:

- Help attach labels and stamps to newsletters (twice a year).

Inviting and enjoying new connections will make our organization more resilient, lively and ultimately, even more successful. We hope that many of you will join us to work toward our goal of "inspiring people to connect to and care for the Preserve" as we put our words into action.

Please email Nancy Breden at nmbreden@aol.com with your contact information, committees and/or projects that interest you, and ideas. Questions are welcome. Nancy will put you in contact with committee chairs.

The Friends
Board of Directors



Gisela Kutzbach

"I love watching behavior of birds...."

"Having the chance to empower people of all backgrounds to explore and coexist with the Preserve has been a joy...."

"Yes, I can come and help...."

"I love helping kids of all ages discover the hidden gems at the Lakeshore Nature Preserve...."

"I so enjoyed doing these plant surveys. If you repeat them in the future, do contact me...."

"It was a great training session with a great group. Everybody made me feel very welcome...."

I WANT TO MAKE A DIFFERENCE by joining or making an additional gift.

Friends of the Lakeshore Nature Preserve

Name

Street

City State Zip.....

Phone

Email

- I'd like to **VOLUNTEER**— please send me information by email.
- I'd like to **GO PAPERLESS** and receive my newsletter by email.
- I'd like to give a **GIFT MEMBERSHIP**. Name and address:

Please mail this completed form and your check payable to:

Friends of the Lakeshore Nature Preserve
P.O. Box 5534
Madison, WI 53705

- Join
- Renew
- Addl. Gift

MEMBERSHIP & GIFTS

- Student \$10
- Individual \$20
- Family \$35
- Prairie Friends \$50
- Wetland Friends . . \$100
- Woodland Friends . \$250
- Other \$_____

Friends of the Lakeshore Nature Preserve is a tax-exempt 501(c)(3) non-profit organization.

VALUABLE AND REVEALING

2020 Membership Survey

MJ Morgan

“In the fall, along the lakeshore, heading west...the golden leaves make it a tunnel of gold.”

Many of you will recall taking time to answer our first Survey of Members. By March, we received 120 survey responses, an impressive return rate of 42%. The full results of the survey, which will inform and guide us in many areas, may be found on our website (<https://www.friendslakeshorepreserve.com>). Gisela Kutzbach worked many hours to tabulate, condense and clarify the data. Readers may note major trends in past experiences as well as future preferences and ideas of our members. Here, we share a few highlights from the survey. Many excellent and original suggestions for expanding or improving the Friends' offerings are an important inclusion in the online results.

Data shows that the group of original members, joining in 2001-2005, walk or hike in the Preserve

as much as members who joined later. This continuity is heartening. Below, find a Preserve map showing areas most visited by members.

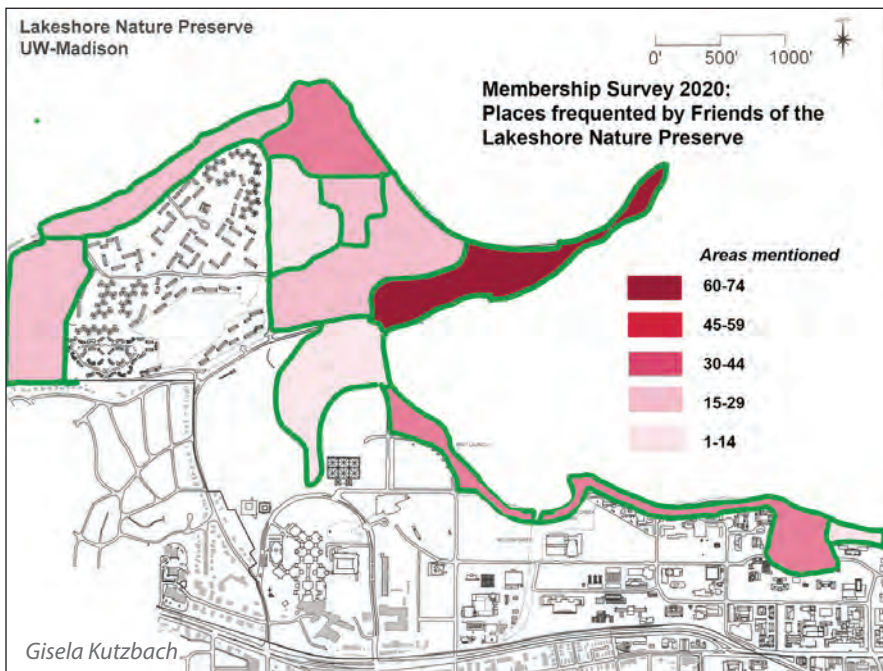
Growing with interest, our field trips have been our most successful offering. We now typically provide thirty educational trips each year – and as conditions improve in health and safety, we hope to return to these. Over 500 people a year attend these walks, learners from the community and the UW student body. Of members who joined in 2016 or later, 66% attend field trips. Of members joining in 2001-2005, 43% of respondents enjoy field trips. In general, the survey revealed a strong value of life-long learning in members. A majority attend the annual meeting and indicated that hearing the speaker is the major draw for them.

“...my weekly jog through the Preserve feels like a precious gift every time. To have woods in the city is invaluable!”

Members indicate a clear preference for becoming involved personally in two areas: restoration and citizen science. The emphasis on restoration is continued in answers to Question 4: “How should the Friends support the Preserve through membership financial contributions?” The highest response is for restoration, followed by continued support for Prairie Partner Internships.

Although many respondents describe moments of discovery, surprise, or fleeting awe, over half indicate actively using the Friends website, which provides timely information about flora and fauna sightings and activities as well as a lively photo blog. Responses show a trend of more frequent website use by members who joined more recently. Check out the website if you haven't done so recently; we now offer a monthly calendar of phenology and Preserve history facts. In addition, overwhelmingly, our members enjoy this very newsletter; they also see email as an essential and appreciated communication tool.

“I was looking for cranes and a fox appeared right by the lake. We were both surprised! I said, 'Hi fox' and he vanished into such low plants.”



Destinations in the Preserve

- The Picnic Point destination is most popular.
- Frautschi Point and Howard Temin Path are second.
- Many members also walk in Eagle Heights Woods, along the lakeshore from Raymer's Cove toward Picnic Point, as well as in Biocore Prairie and the area of Bill's Woods.



Come Wandering

Will Vuyk*

**Editor's note: Will is a new board member eager to share his love for the Preserve and its infinite surprising moments. A junior at UW Madison majoring in biology and history, he grew up in another Shorewood, one north of Milwaukee. He has been getting lost for many years and plans to do so for many more.*

Fall is a wonderful time to lose oneself, and the Lakeshore Nature Preserve is a magical place to go astray. Here, from three separate excursions, I recount my most vivid memories from last autumn. Please, come wandering with me.

Adrift in blue you are lost. Not a single cloud floats through this clear sky as the last rays of summer break upon your face. Instead, bright plumage fleetingly whispers "white" as seagulls dance like daystars high above.



The arc of a hunting redtail draws your eyes, irresistibly. Both you and the raptor plunge after a scampering vole. Imagine the impact sending a jolt deep through the topsoil; feel it resonate between the taproots under your toes.

Up from the ground, a long rough stem directs your gaze above the Biocore Prairie's grassy horizon. Lost in a sea of compass plants, you have found irony.

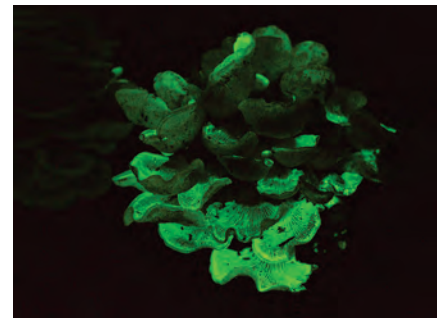
A blast of winter air relieves you of your orientation. The steely blue fortress of clouds gathering north of Mendota has sent its regards. At the command of rising winds, whitecaps spray your slim fall attire, leaving you quivering like the senescent yellow leaves around you.

With a gust, many succumb, sailing to their retirement on the forest floor a ways downwind. You stand stock still atop the bluffs east of Raymer's Cove. Lost in the storm's autumnal ferocity, you meet it head on – exhilaration building like a static charge.

Between the long ebony shadows of half-bare trees, a silver blade of light stuns you midstride. Under the full face of the moon the city cowers, emitting dim lights so flickering and fragile that the lake

forgets to reflect. Lost in this maze of magnificent moonbeams, you stumble into a remnant of day.

It appears as a dapple of misplaced luminosity, defying the shade upon a dreaming log.



Bioluminescent bitter oyster mushroom, Picnic Point. Photo by Will Vuyk, Sept. 13, 2019.

Invisible hyphae tap the memory of bygone sunshine and release it again as wood becomes soil. From the luminescent folds of a *Panellus* mushroom on Picnic Point, daylight infiltrates the night.

Come fall into the woods and drift at your whim, like autumn leaves upon the wind. Embrace the sky, squish the mud, face the storm; all other ties begone. Lose yourself like a glow of sunlight in the shadows beneath the full moon.

Wander on, wander on.

FRIENDS ENGAGE IN

Citizen Science

Purple Martin House. Celebrating a success! A parent team of three year-old martins nested in a hanging gourd, added to their house in Biocore Prairie. The much-awaited fledging day for three nestlings was at the end of July. Several martins escorted the young birds on their first flights over the prairie toward the lake. The PUMA monitors plan to

add two more gourds next season, expecting greater demand by subadults and returning martins.

Water Quality Monitoring.

This summer, the Friends again partnered with Clean Lakes Alliance for Preserve lakeshore monitoring. Six of our members have been tracking the warming of the lake and reporting algae blooms as they occur. The team contributes data to an informative, interactive map available to the public at lakeforecast.org.

Bluebird Trail. Bluebirds occupied two of the eight boxes in Biocore Prairie, nesting successfully. Six dedicated monitors walked the trail weekly. See logs of the birding data at <https://www.friendslakeshorepreserve.com>.



Chuck Henrikson



Friends Members and Donors – July 1, 2019–June 30, 2020

*Indicates new members

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thank you



Friends Members and Donors – July 1, 2019–June 30, 2020

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Rayla Temin

**University Bay
Playing Fields**
Jenny and Dave
Armstrong

**In Honor of Doris
Dubielzig**
Sonia Haeckel, her
daughter

**In Honor of Tom
Helgeson and
Jeff Schneider**
Glenn Teschendorf

**In Honor of
Roma Lenehan
who contributes
so much to the
Lakeshore Preserve!**
Nancy Heiden

**In Memory of
Paul Carpenter**
John and Gisela
Kutzbach

**In Memory of Yung
Kang (Nancy) Chan**
Testing Department
of the National
Conference of
Bar Examiners

**Gift memberships
given by**
Kennedy Gilchrist
Richard McCoy

Three Special Gifts Honoring Special People

In a year when so much has changed and we are all facing a new normal, it is especially heartening to know that generosity and support for the Friends does not waver.

This year Glenn Teschendorf made a most generous gift to the Friends honoring two volunteers and Preserve employees, Tom Helgeson and Jeff Schneider. Glenn has been a super volunteer throughout his life, dedicating his free time for decades to refereeing basketball and many other sports. More than ten years ago he took up volunteering with the Friends in the Preserve, a place he learned to love as a child growing up in Madison. He is now a Preserve steward, working many hours with Preserve staff on restoration projects.

With his wonderful gift Glenn is honoring the work of Tom Helgeson, who in 1997 joined the first garlic mustard volunteer “parties” in the Preserve, organized by Tom and Kathie Brock; Tom girdled virtually

every mature buckthorn in the Preserve and did much “heavy” early restoration work. He was later hired by Field Manager Cathie Bruner as a Preserve employee and became an expert in the art of prescribed fires. Jeff Schneider worked last year as Invasive Species Specialist at the Preserve.



Bryn Scriver

Glenn Teschendorf volunteering.

As in previous years, Nancy Heiden, a charter member of the Friends, has been honoring the volunteer work of Roma Lenehan with a very generous annual gift. Nancy has always been a strong advocate for the Preserve, encouraging appropriate use and protection of the land. Roma’s work has been instrumental for the Friends organization. In our first decade, she was responsible for the newsletter, website and membership. With her bird studies, she achieved Important Bird Area of Wisconsin designation for the Preserve, and she is gradually eradicating garlic mustard in Eagle Heights and Frautschi Point Woods.

Co-workers of Nina Chang in the Testing Department of the National Conference of Bar Examiners made a most meaningful gift to the Friends in the memory of Nina’s mother, Yung Kang (Nancy) Chan, who lived on University Bay Drive. Nancy Chang so loved her daily walks in the Preserve.



Friends of the Lakeshore Nature Preserve

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Ideas and *Friends* announcements for our newsletter and website are welcome. If you'd prefer to go paperless and receive your newsletter electronically, please email us at preserveFriends@gmail.com

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Secretary: Paul Quinlan

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Friends of the Lakeshore Nature Preserve is a 501(c)(3) non-profit organization.

Please visit our website: www.FriendsLakeshorePreserve.com

Self-Guided Field Trip



During the pandemic, we offer self-guided walks each month with the same topics as the regular naturalist-led Bird and Nature Outings. They can be taken at your convenience on any day. Find more self-guided field trips on our website.

September: Natural & Cultural History of Lake Mendota. Professor Marjorie Rhine (rhinem@uww.edu), UW Whitewater, has been on sabbatical this year to write her book on the natural and cultural history of Lake Mendota. Learn some of what she has discovered in her "meanderings" through the history and nature of the Preserve.

Begin at the entrance to Picnic Point, across from UW Parking Lot 130. With University Bay on your right, follow the main trail toward the tip of the point upon the long, thin peninsula left by the retreat

of the Green Bay Lobe of the most recent Wisconsin glacier. Native Americans called this spit of land "Strawberry Point" for the wild strawberries once covering it. At the narrowest place, "the Narrows," dairy cows used to amble to drink from the lake, before 1920.

Midway and north of this trail, a cluster of five Native American conical and linear mounds lies next to the path, while a sixth hemispherical mound is on the right, closer to the Narrows beach. Tall, late-summer prairie wildflowers and grasses now cover the mounds, but general shapes are still visible. Loop back along the Lake Mendota shoreline path to Frautschi Point where a stone fireplace was restored in 2009.

Return on easy walking paths across the Biocore Prairie, initially conceived by UW students and staff in 1997

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from an abandoned agricultural field. Today, this beautiful tall grass prairie recreates part of the Empire Prairie that used to stretch from Madison to Horicon Marsh.

Learn more about the fascinating and still evolving history of the Preserve online at <https://lakeshorepreserve.wisc.edu/cultural-and-natural-history-of-the-lakeshore-nature-preserve/>.

■ Please, wear a face mask and maintain safe social distances to protect yourself and others.