



PROGRAMS AND ACTIVITIES 2013

a publication of the Friends of the Cache River Watershed

Caring for the Cache

The Cypress Creek National Wildlife Refuge and Cache River State Natural Area are a unique and special project that was made possible by the efforts and contributions of everyday people, just like you! Volunteers are one of the Cache's most precious resources through the support and active involvement with restoration. It has helped to reclaim, restore, and protect this area. Our volunteers are individuals who are passionate about the outdoors and want to spread the word about this natural treasure while providing a variety of services within the Cache. Volunteering is a way to give back to the community, and offers many opportunities to learn more about the area and assist with hands-on restoration work.

Special events and stewardship work days are fun events and an exceptional way to contribute your time. When you come to volunteer on the Cache, no special skills are needed and on the job training is provided. Your individual skills and talents are appreciated.

Another excellent way to contribute and gain valuable experience is through AmeriCorps. Since 2001, Southern 7 AmeriCorps members have played an important role in the Cache River Wetlands working with the U.S. Fish and Wildlife Service, Illinois Department of Natural Resources and The Nature Conservancy in the fields of resource management, environmental education and outreach.

If you don't have the time to physically volunteer, contributions and donations to the Friends of the Cache River Watershed are always welcomed and appreciated. The Friends is a non-profit citizens' group devoted to habitat protection within the Cache River Watershed. They promote community involvement and environmental education. Members are also privy to special members-only events during the year.

Join us this year as we embark on another great year of Caring for the Cache River Watershed! Please call us at the Cypress Creek National Wildlife Refuge office at 618-634-2231 or Cache River State Natural Area at 618-657-2064 for more information on how YOU can get involved!

Find us on Facebook!:

Friends of the Cache River Watershed and Cypress Creek National Wildlife Refuge



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Movie Nights

January-May

First Thursday of the Month, 7pm - 9pm

Location: *Cache River Wetlands Center*

Grab your family and friends for a relaxing evening with your fellow nature lovers. Movies about nature will provide viewers of all ages with a fun way to learn about the outside world. This year's movie series theme will be, "Game Species: More Than Just Food". We will focus on the natural history of hunted species found within the Cache River watershed in order to better understand their role not only in our ecosystem, but within our everyday lives. The AmeriCorps staff will hold a short discussion about the movie after each session. Don't miss this monthly opportunity to appreciate nature with the local community. For more information, call the Cache River Wetlands Center at (618) 657-2064.

Volunteer Orientation for Frog & Toad

Call Surveys

Saturday, February 2, 1pm-3pm

Location: *Cache River Wetlands Center*

Crayfish, Bird-voiced, Cricket, and Tree are all names of frogs found in the Cache River Watershed. Join us to learn about the 19 frog and toad species found here and how you can help protect these valuable critters. Interested volunteers will learn how to conduct frog and toad surveys four times; February through June. For more information, call the Cache River Wetlands Center at (618) 657-2064.

Biodiversity of Brazil: From the Pantanal to Southern Amazonia

Saturday, February 16, 6:30pm

Location: *Cache River Wetlands Center*

Michael

Jeffords and Susan Post will take us on a journey into the world's largest wetland complex, the Pantanal of Brazil. Their adventures

there included encounters with poisonous caterpillars, tens of thousands of caymans, and even the elusive jaguar. They also journeyed to the Southern Amazon and spent time in the rain forests bordering jungle rivers. For more information, call the Cache River Wetlands Center at (618) 657-2064.



Spring Birding Hikes

Saturdays, March 16-April 20, 7am-9am

Join us as we seek to identify birds on the diverse landscape that the Cache has to offer. We will hike a different trail each week, so be sure to call ahead and reserve your spot. Group size will be limited. Birders of all skill levels are welcome to participate. For more information, call the Cypress Creek Wildlife Refuge at (618) 634-2231

Don't Forget: Movie Night January 3rd *Duckumentary* & February 7th *Beaver Pond!*



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Hummingbirds-Winged Jewels

Saturday, March 16, 1pm-3pm

Location: *Cache River Wetlands Center*

Get ready for the spring migration of hummingbirds by preparing your yard or garden for their arrival. The right habitat will supply these jewels of the sky with enough food resources and nesting opportunities that they will make their home in the neighborhood.

For more information, call the Cache River Wetlands Center at (618) 657-2064.



Wild Orchids, Lilies and Irises of the Cache River Basin

Saturday, March 23, 10am-11am

Location: *Cache River Wetlands Center*

Naturalists John and Martha Schwegman will take you on a virtual tour to learn about these wild flowers found within the Cache River Basin.

A photo presentation of these beautiful wildflowers will highlight their flowering time, ecology, habitat, and distribution. For more information, call the Cache River Wetlands Center at (618) 657-2064.

Free Fishing Day at the Cache

Date: *June TBA*

Location: *Shawnee Community College Pond*

Come out for a fun afternoon of fishing! Kids can learn the basics of knot-tying, hook-baiting and casting. Rods and reels will be loaned on a first come first-served basis. No fishing license is required for the day. For more information, call Cypress Creek National Wildlife Refuge at (618) 634-2231.

Nature Note Cards

Saturday, June 22, 1pm-3pm

Location: *Cache River Wetlands Center*

Use a unique technique to bring nature into your life! Learn how to use flowers and other plant parts collected from trees, vines, and other natural items to create personal note cards. Each participant will have the opportunity to create two note cards and envelopes. For more information, call the Cache River Wetlands Center at (618) 657-2064.

Cache River Nature Fest

Saturday, May 11, 8am-4pm **Location:** *Cache River Wetlands Center*

Join us for the 12th year of Cache River Nature Fest, an event that highlights the rich diversity of habitats and wildlife in the Cache River Watershed! Guided canoe tours, bike trips, hikes, and special presentations will be scheduled throughout the day and will feature live animal demonstrations, bird and eagle watching, and a variety of exhibitors. For more information, visit

www.cacherivernaturefest.org or call Cypress Creek National Wildlife Refuge at (618)634-2231.



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Cache River Junior Naturalist Days

Wednesday, July 10, 17, 24 & 31; 1pm-2pm

Location: *Cache River Wetlands Center*

Calling all future naturalists! Explore the ecology and history of the Cache River wetlands through art, hands-on learning, and simply getting out into the wild! Each Wednesday in July, beginning on the 10th, participants will complete a different part of the Cache River Wetlands Junior Naturalist program. Those who complete all four days of the program will become a Cache River Junior Naturalist and receive a patch and certificate. This program is recommended for children age 7 thru 15. For more information, call Cypress Creek National Wildlife Refuge at (618) 634-2231.

Cold-blooded Creatures of the Cache

Saturday, August 24, 1pm-4pm

Location: *Cache River Wetlands Center & Heron Pond Trailhead*

How can you tell a male box turtle from a female? Can you tell a venomous copperhead from a harmless prairie king snake, and what kind of skink has a blue tipped tail? Distinguish some of these unique characteristics and have the opportunity to experience an up close and personal interaction with reptiles native to the southernmost Illinois region! The program concludes with a hike to look for cold-blooded creatures at Heron Pond. For more information, call the Cache River Wetlands Center at (618) 657-2064.

Cache River Days-Ullin

Saturday, September 7—All Day

Location: *City Park in Ullin, Illinois*

Don't miss the 19th Annual Cache River Days in Ullin! Food, music, exhibits, and family activities are just part of the fun. Enjoy guided canoe tours through the Cache River Wetlands; resource staff will provide an intimate look at ancient bald cypress trees while experiencing the sights and sounds of one of the largest remaining wetland resources in Illinois. Reserve your spot beginning August 8th, by calling Cypress Creek National Wildlife Refuge at (618) 634-2231.

Monarch Migration

Saturday, September 21, 10am-3pm

Location: *Cache River Wetlands Center*

The orange and black monarch butterfly migrates up to 2500 miles from various North American sites to central Mexico for the winter. Monarch Watch has been tagging and monitoring migrating monarchs since 1992. Join us to learn about the monarch's life habits and their journey to Mexico and back. The rest of the day will be spent capturing and tagging butterflies for the Monarch Watch program. For more information, call the Cache River Wetlands Center at (618) 657-2064.

Don't Forget: Movie Night March 7th *My Life as a Turkey*, April 4th *River Otter*, and May 2nd *Is that A Skunk?!*



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Wild Weekend

Saturday, October 12, All Day

Location: *Lower Cache Access*

In celebration of National Wildlife Refuge Week, Cypress Creek National Wildlife Refuge will provide guided canoe tours to Eagle Pond and highlight ancient cypress trees and wetland wildlife. Reservations are required for the canoe tour; reserve your spot beginning September 12th. For more information call Cypress Creek National Wildlife Refuge at (618) 634-2231.

Cane Talk and Autumn Walk

Saturday, November 2, 10am-11:30am

Location: *Lower Cache Access*

Come learn about the biology and ecology of native bamboo, also known as giant cane. Cane formerly covered vast areas (canebrakes) in southern Illinois. With SIU researchers, we will discuss this important wetland habitat and techniques being developed to restore cane back to the land. We will also teach basic tree and woody plant ID skills, while focusing on species unique to wetland habitats. For more information, call Cypress Creek National Wildlife Refuge at (618) 634-2231.

Holiday Open House

Thursday, December 5, 11am-3pm

Location: *Cypress Creek Refuge Office*

Come one, come all to celebrate the holiday season! Staff from the Cache River Wetlands Joint Venture will have good food to share and festivities to go around. For more information, call Cypress Creek National Wildlife Refuge at (618) 634-2231.

Christmas Bird Count

Monday, December 16, 6am-Sunset

Location: *Cypress Creek Refuge Office*



Join us for a holiday tradition! The Christmas Bird Count is an all-day census of early winter bird populations. This conservation effort has been conducted throughout the entire country during mid-December for more than 100 years. The information gathered has resulted in the longest running database in ornithology. The data shows trends of bird populations across America. Interested individuals of all skill levels are welcome to participate for a day to learn more about our region's winter avian residents. For more information, call Cypress Creek National Wildlife Refuge at (618) 634-2231.

Don't Forget to Visit our Facebook Pages:

Cypress Creek National Wildlife Refuge and Friends of the Cache River Watershed!



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Contact Information

Cypress Creek National Wildlife Refuge
0137 Rustic Campus Drive, Ullin, IL 62992
(618) 634-2231
[www.fws.gov/midwest/Cypress Creek](http://www.fws.gov/midwest/Cypress%20Creek)

Friends of the Cache River Watershed
8885 State Rt. 37 South
Cypress, IL 62923
E-mail: FriendsOfTheCache.org
www.FriendsOfCache.org

**Henry N. Barkhausen Cache River Wetlands Center
& Cache River State Natural Area**
8885 State Rt. 37 South
Cypress, IL 62923
(618)657-2064
[Dnr.state.il.us/lands/Landmgmt/PARKS/R5/CACHERIV
R.HTM](http://Dnr.state.il.us/lands/Landmgmt/PARKS/R5/CACHERIVR.HTM)

Facebook Page:
Friends of the Cache River Watershed
Cypress Creek National Wildlife Refuge

Become a Friend of the Cache!

Friends members receive newsletters and event announcements, as well as 10% off Cache River Nature Fest Apparel, which can be purchased at the Cache River Wetlands Center. They also get special invitations to Members-only canoe tours!

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|--|---------|--|------------|
| <input type="checkbox"/> Individual..... | \$10.00 | <input type="checkbox"/> Supporting..... | \$50.00 |
| <input type="checkbox"/> Family..... | \$20.00 | <input type="checkbox"/> Sustaining..... | \$100.00 |
| <input type="checkbox"/> Contributing..... | \$35.00 | <input type="checkbox"/> Lifetime..... | \$1,000.00 |

New Member: _____ Current Member: _____ Date: _____

Name: _____

Address: _____

City: _____ State: _____ ZIP Code: _____

Phone: _____ E-Mail: _____

All contributions are Tax Deductible.

Please make checks payable to: Friends of the Cache River Watershed
Mail Membership dues to: 8885 State Rt. 37 South, Cypress, IL 62923