



The Source

a bi-annual publication

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Bemidji designated "Minnesota Bird City"!

On June 11, Audubon Minnesota will designate Bemidji as a "Minnesota Bird City". Over the past few months, Mississippi Headwaters Audubon Society led Bemidji "Bird City" partners to compile multiple initiatives including building habitat, monitoring and counting, planting native species, reducing threats to birds, and educational outreach. To qualify, Bemidji needed to meet 7 of 18 criteria. Far exceeding that -- Bemidji met 15!



Every Friday in June!
6:30pm

Neilson Spearhead Center

Everyone Welcome! Join our family friendly hikes:

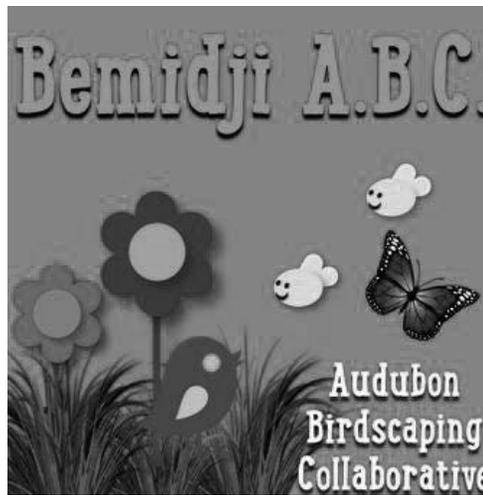
JUNE				
2	9	16	23	30

No experience required. Hike at your own pace. Bring your friends, some sturdy shoes and a water bottle. Look for wildlife or just enjoy the scenery.

Choose your route based on your needs and desires.

Neilson Spearhead Center is approximately 11 miles southwest of Bemidji, situated on 460 acres of Laurentian mixed woods forest around Spearhead Lake. Hiking trails run along the shoreline, across creeks and through woods.

For more info:
www.spearheadmhas.org/



MHAS partners with the City of Bemidji and the Public Library -- funding support by Audubon MN

A new joint venture called the Audubon Birdscaping Collaborative, or simply Bemidji's 'ABC Project' is underway to *birdscope* Bemidji. What is *birdscaping*? It's a term representing the commitment and actions by private individuals, homeowners and public land managers to include the needs of birds in landscaping and property management

decisions. Birds can be considered an 'umbrella group' meaning that if their needs for food, water, shelter and safety are met through targeted conservation strategies, the same needs of many other animals, including pollinators, can also be met. This applies as much, if not more, to urban spaces as it does to natural areas in rural landscapes.

Starting in March 2017, several downtown businesses and organizations partnered with the ABC Project to support the re-visioning of Bemidji's urban landscape as a space that not only sustains a healthy community for its human residents but also for the urban wildlife that have come to depend upon it.

Each business will provide an outdoor space on their property and/or lead educational efforts to 'help spread the word' that small improvements to re-nature our urban landscape can provide big rewards to make our communities become more environmentally sustainable. The Bemidji Public Library will sponsor two indoor creative learning events for young children and their parent or guardian, and each led by certified teacher skilled with connecting children to nature through art and storytelling. An outdoor art project that includes planting a native pollinator garden will pair with the creative learning indoor events. Children will take away a live wildflower seedling and a small packet of seeds to plant in their home yard.

Details on the MHAS website www.spearheadmhas.org. Click the Facebook link! See a listing and map of partner businesses on Page 3.



The Young Naturalist Program

By Dan Bera & Hannah Marty

-- edited by Inga Roen

A Typical Day...

Arrive and settle in, sit in the screen porch to listen to stories as the rest of the group arrives. The weather is beautiful today with little wind, so the Naturalists have decided that today is a great day to practice canoeing. After learning about different paddle strokes and canoe safety, pack up your lunch and water bottle, grab a lifejacket and paddle, and head down to the lake.

Soon, you're paddling across the lake to see some really cool mushrooms that Dan found yesterday doing trail work. He explains the features of mushrooms that might help you tell if it is edible, and reminds you to "Only eat mushrooms if you are 100% sure of what they are". Then back to the boats ... this time paddling in the shallows where you can see aquatic plants and fish and learn their names. Then all of the canoes get together to enjoy a snack - probably trail mix - and listen to a story. Dan tells all about the Wanagitchee, a mythical water spirit that some say lives in Spearhead lake; it has never hurt a person, but sometimes it gets curious and eats fish off of fisherman's lines...

After finishing your snack and imagining what the Wanagitchee might look like, you paddle to the next destination. The boats pull up on the South Access and you hike with your lunch to a shady spot to eat. After lunch, it's a rousing game of capture-the-flag in brush so thick that it's easy to sneak all over the place looking for the flag. As soon as one team wins, everyone gets together to look at some beaver skeletons left behind by a hunter trying to bait wolves. You learn about how beaver's teeth keep growing so they have to keep chewing to keep their teeth short! Time to canoe back to the lab for "Underwater Aquatic Exploration" before you have your afternoon snack and head home - tired - but excited for the adventures in store tomorrow!

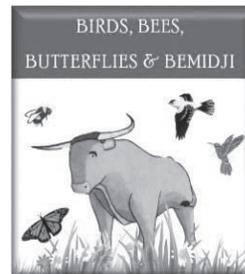
**2017 Young Naturalist Program is filling up fast!
Contact George-Ann Maxson to register
218- 586-3414 / headwatersaudubon@gmail.com**



**Support the YNP by purchasing a Spearhead T-shirt (Youth S/M/L/XL, or adult S/M/L/XL) or Water Bottle.
Call Beth Oja at (218) 333-0830 for more information and to purchase.**

BIRDS, BEES, BUTTERFLIES & BEMIDJI

The Mississippi Headwaters Audubon Society, Bemidji Monarch Project committee and several other local organizations have joined together in a campaign to promote the planting of native trees, shrubs, and flowers in our community to benefit birds and pollinators. By planting a native plant garden, or just adding native species to your existing landscape, you can attract colorful birds and pollinators to your yard or business. So...what's happening?



Garden Signs: "Birds, Bees, Butterflies & Bemidji" signs will be placed in bird and pollinator-friendly gardens, planters and landscapes around town. Bemidji residents and visitors can look for them downtown, at City parks and on the Bemidji State University campus.

Garden Centers: "Birds, Bees, & Butterflies - Bemidji" signs to feature native plants for sale in garden center greenhouses.

Localized Information: A Project Partner brochure about what native species to plant in the Bemidji area to benefit birds and pollinators is available at local garden centers.

Visit our webpage at:

<http://www.spearheadmhas.org/why-native-plants>

BBBB Project Partners

- Mississippi Headwaters Audubon • MN GreenCorps
- Bemidji Parks and Recreation Department
- Bemidji Garden Club • Bemidji State University
- Bogs & Logs - MN Master Naturalists
- Bemidji Downtown Alliance • Cenex Country Store
- Nature's Edge Garden Center • Deer Haven Greenhouse
- Hills Country Greenhouse • Ace On The Lake Hardware
- Northwest Regional Sustainable Development Partnership - U of MN Extension



\$10



\$5

MHAS Annual Meeting July 30 – Butterfly walk/talk with John Weber!

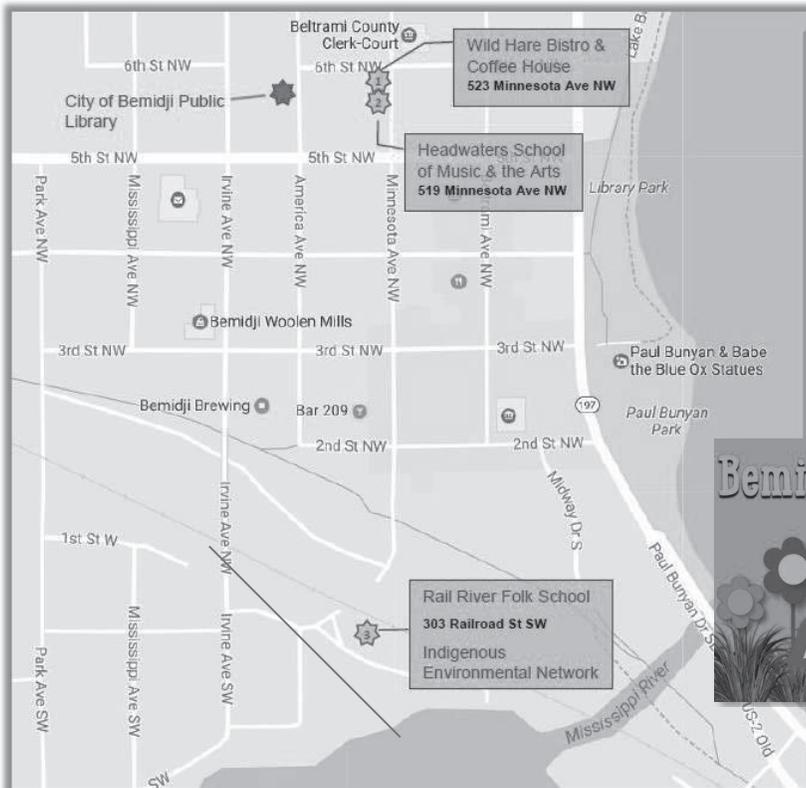
Neilson Spearhead Center welcomes butterfly enthusiast John Weber to be the featured presenter at the 2017 Annual Meeting of MHAS. John has organized and led over 137 butterfly census counts over the past 25 years in northwestern Minnesota. These counts have cataloged virtually every butterfly species found in our area! Come out for an afternoon walk, learn about butterflies and dragonflies and join us for potluck at beautiful Spearhead!

Sunday July 30 Annual Meeting --- PUBLIC INVITED!

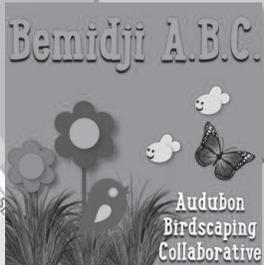
- 2:00 - 3:30 pm Butterfly walk with John Weber
- 3:30 - 4:00 pm Socializing and appetizers
- 4:00 - 5:00 pm Northern MN Butterflies program – John Weber
- 5:00 - 6:30 pm Dinner of bratwurst, salads, desserts (vegetarian options too)
- 6:30 – 7:00pm Annual updates and election of officers



The 2017 Participating partners of the Bemidji ‘ABC Project’



- Apple Blossom Village:**
www.appleblossomccc.com
- Bemidji Public Library**
www.krls.org/branches/branch_bj.html
- Beltrami County Master Gardeners:**
www.facebook.com/Beltramicountymastergardeners
- Headwaters School of Music and the Arts:**
www.hwschool.org
- Indigenous Environmental Network:**
www.ienearth.org
- Rail River Folk School:**
www.railriverfolkschool.org
- Wild Hare Bistro and Coffee House:**
www.wildharebistro.com



The ABC Project is one of several efforts making Bemidji a more sustainable community with a healthy environment good for residents and for attracting tourism. Other efforts include:

the “Mayor’s Pledge” to support initiatives in city planning that contribute toward Monarch Butterfly conservation; becoming designated a “Minnesota Bird City”; and the sponsorship of Birds, Bees & Butterflies -- Bemidji. These programs work together to make Bemidji a bird friendly community -- a community that recognizes that a healthy urban environment benefits its people and the local economy.

Earth Day 2017

While MHAS members tabled at BSU in Bemidji, students from BSUs Environmental Sociology class did service work with Dan Bera out at Neilson Spearhead. Moving the woodpile, cleaning, and moving the canoes lakeside helped prepare for the summer YNP kids. Yummm - campfire and S’mores!



**AUDUBON SOCIETY -
MISSISSIPPI HEADWATERS CHAPTER**

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We're on the WEB!!
www.spearheadMHAS.org

Non-profit organization

US Postage paid

Bemidji, MN 56601

Permit #28

The Mississippi Headwaters Audubon Society's mission is to conserve and restore natural ecosystems, focusing on birds, other wildlife and their habitats.



Fostering environmental education and resource protection in Northern Minnesota

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Carla Norris-Raynbird
Bill Sea

Upcoming Events

June 2	6:30pm	Friday night hike at Spearhead
June 9	6:30pm	Friday night hike at Spearhead
June 10	7:15 - 8:30am	Lake Bemidji State Park Bird hike
June 11	10 - 12pm	BSU Bird & plant walk – Lakeshore Trail (meet in Bangsberg Pkg lot by entrance to trail)
	1 - 3pm	Cameron Park – ‘Bird City’ Celebration
June 16	6:30pm	Friday night hike at Spearhead
June 23	6:30pm	Friday night hike at Spearhead
June 30	6:30pm	Friday night hike at Spearhead
July 30	2 - 7pm	MHAS Annual Meeting events (see p3)

Did you know....

While urban spaces are not ideal for the majority of bird species, an expanding urban landscape is replacing their preferred habitat typically used during nesting and migration. Re-visioning our urban spaces and management practices includes:

- restoring high quality natural areas with native plants, trees, shrubs, wildflowers grasses, and ferns
- adding visual cues to glass windows to help birds avoid flying into them
- turning outdoor cats into indoor cats
- reducing use of harmful pesticides