

Continuing Education Courses that address Sustainability 2018

1. Winter Ecology: Trees in Winter

Join naturalist Emily Stone and artist Janet Moore for an exciting combination of art and science. In the classroom, participants will discover the beautiful details present in leafless twigs. Then venture outside to apply that discovery to winter trees while investigating birds and animal tracks. Emily will inspire you with her knowledge of the hidden mysteries of winter.

2. Loon Ranger Training Workshop

This workshop serves as training for volunteer Loon Rangers, but is open to any individual interested in loons. Classroom instruction covers loon behavior, ecology, habitat, threats, and protection. Participants will learn how to identify territorial pairs, and gain knowledge about nesting loons and chick phenology.

3. Natural Expressions: Capturing the Landscape in Watercolor

Discover how to capture and communicate the wonder and awe of nature with the talented artist Janet Moore. This workshop takes place at Forest Lodge, a unique and historic estate nestled among 872 acres of majestic forest in the heart of the Chequamegon-Nicolet National Forest and situated along the pristine shores of Lake Namekagon. The old forest and serene water is sure to inspire you and serve as the focus of your practice as you experience it with all of your senses. Selected readings along with guided writing exercises are combined with onsite field instruction and plenty of personal work and reflection time to give you the basic skills needed to create an illustrated journal of your experience.

4. Loon Ecology Workshop

This enhanced training workshop covers identical material as the Loon Ranger Training Workshop, but also includes viewing loons on Lake Namekagon in their nature habitat. It serves as training for volunteer Loon Rangers, but is open to any individual interested in loons. Participants will enjoy a loon pontoon tour with expert loon ecologist and LoonWatch Coordinator Erica LeMoine. Class instruction covers loon behavior, ecology, habitat, threats, and protection. Participants will learn how to identify territorial pairs, and gain knowledge about nesting loons and chick phenology.

5. Forest Lodge Tour

Northland College and the Cable Natural History Museum offer public tours of Forest Lodge. Explore the fascinating history and architectural design of the Forest Lodge Historic District. The estate is nestled among 872 acres of old growth forest in the heart of the Chequamegon-Nicolet National Forest and along Lake Namekagon's pristine shoreline.

6. Geology of Michigan's Pictured Rocks

Join expert and Northland College Professor of Geology Tom Fitz on this three-day, two-night trip exploring the geology of Michigan's Upper Peninsula. You will experience some of the UP's most scenic waterfalls, lake views, and geologic formations while discovering mining history and "modern" geologic processes in action as you traverse the UP.

7. Intergeneration Madeline Island Camping Adventure

Enjoy the wonder and awe of Lake Superior and share your love for the outdoors with your grandchild on this camping exploration of Madeline Island in the Apostle Islands for the week. This field-based, backcountry, outdoor education program aims at creating a unique and unforgettable experience for grandparents and their 6th – 9th grade grandchild to explore the natural and cultural resources of the Apostle Islands while celebrating their connection with each other. Uncover the history of the Ojibwe and French fur traders, identify woodland plants and wildlife, and hike trails overlooking Lake Superior’s spectacular aquamarine waters. Paddle the lagoon, walk the barrier beach, and swim in the world’s greatest freshwater lake. Come for an adventure, experience wonder, and depart with lifelong memories for your family.

8. Nurture in Nature: A Forest Lodge Yoga Retreat

Retreat to the woods and enjoy peace, quiet, and relaxation during this weekend yoga retreat at Forest Lodge. Take some time to reconnect with nature and yourself through yoga, meditation, forested walks, and time by the water. Join our instructor for daily yoga classes geared toward all levels of yoga practitioners. In between classes, walk the grounds, explore the area, read or relax, and enjoy the natural beauty of the north woods.

9. The Art of Forest Bathing

Immerse yourself at Forest Lodge for a weekend of healing and wellbeing through this unique experience with Jan Wise. Learn and practice the art of forest bathing—Shinrin Yoku—which literally means “taking in the forest atmosphere.” This practice has become a cornerstone of preventive health care and healing in Japanese medicine. Through forest walks, meditation, creative visualization, grounding exercises, and creative writing, participants will learn techniques to connect with nature and enhance their well-being. In addition, they will leave with suggested practices for home. There will be time for you to relax and enjoy the natural beauty of the north woods.

10. History & Ecology of Old-Growth Forest

Explore some of the best remaining old-growth stands in northern Wisconsin while learning about the ecology of older forests and the values they offer. We’ll also share writings that reflect upon the beauty, resilience, and spirit of these remnant sites. The program takes place at Forest Lodge, a unique and historic estate nestled among 872 acres in the heart of the Chequamegon-Nicolet National Forest and situated along the pristine shores of Lake Namekagon with a half-mile of undeveloped shoreline. Fairyland State Natural Area, which supports an old-growth hemlock-hardwood forest, lies within the Forest Lodge property. You will also have personal time to explore the grounds and general area, read or relax, or paddle on Lake Namekagon.

11. Wolf Ecology & Conservation

Learn about wolf ecology, wolf monitoring techniques, and the latest wolf issues from biologists and educators immersed in this field. Time will be spent in the classroom and in the field surveying wolf pack territories. Participants will assist with wolf howling surveys and learn

techniques in wolf tracking and radio telemetry. This workshop meets the ecology qualifications for both DNR Volunteer Carnivore Tracker for winter wolf counts, and the training for Timber Wolf Alliance Speakers Bureau. The workshop is open to any student or adult interested in wolves and experiencing them in the wild.

12. Loon & Wolf Ecology

This program will increase your knowledge about two iconic species of northern Wisconsin, the timber wolf and common loon. Participants have the opportunity to experience both species in their natural habitat. Join expert wolf biologist and member of the Timber Wolf Alliance Adrian Wydeven to learn about the basics of wolf ecology. Time will be spent in the classroom and in the field conducting wolf howl surveys. Learn about loons with expert loon ecologist and LoonWatch Coordinator Erica LeMoine. Class instruction covers loon behavior, ecology, habitat, threats, and protection. Participants will gain knowledge about nesting loons and chick phenology and then enjoy a loon pontoon experience on Lake Namekagon to observe loons in their natural habitat.

13. Artist's North Woods Retreat

Nestled among the old-growth forest, you will interpret the pristine lake and forest environment of Forest Lodge, an historic north woods estate, through ink drawing and watercolor. Artists Diana Randolph will instruct contour line and shading techniques including cross-hatching and pointillism. Students will practice expressing their emotional response to this inspiring natural landscape through use of drawing pens and watercolor pencils. Artist Jan Wise will then introduce activities which explore students' creativity with whimsical drawing skills.

14. Wolf Ecology Workshop

This workshop, instructed by Northland College Professor Dr. Erik Olson, Timber Wolf Alliance Chair Adrian Wydeven, and Wisconsin Department of Natural Resources Wildlife Technician Sarah Boles, covers the basics of wolf ecology and management, including natural history, identification, monitoring techniques, wolf-human conflicts, predator-prey ecology, and wolf management. This workshop completes one of two qualifications for the DNR Volunteer Carnivore Tracker for winter wolf counts, and the training for Timber Wolf Alliance Speakers Bureau. Complete the Volunteer Carnivore Track-Training course to complete the certificate.

15. Autumn Natural Expressions: Capturing the Fall Landscape in Watercolor

Join the talented artist Janet Moore and discover how to capture and communicate the wonder of your experiences in nature and the magic of late fall in the north woods. The old forest and serene water is sure inspire you and serve as the focus of your practice as you experience the changing of the seasons with all of your senses. Art-making instruction includes creating your own sketchbook/journal with simple bookbinding techniques, basic field drawing in pencil, pen and ink, and plein air watercolor painting. Selected readings along with guided writing exercises are combined with onsite field art instruction and plenty of personal work and reflection time to give you the basic skills needed to create an illustrated journal of this and many adventures to come.

16. Volunteer Carnivore Track Training

This workshop, instructed by Timber Wolf Alliance Chair Adrian Wydeven and Wisconsin Department of Natural Resources Wildlife Technician Sarah Boles, teaches the basics of tracking medium to large size carnivores in Wisconsin, including track identification, gait patterns, and conducting snow track survey. This workshop completes one of two qualifications for the DNR Volunteer Carnivore Tracker for winter wolf counts, and the training for Timber Wolf Alliance Speakers Bureau. Complete the Wolf Ecology Workshop to complete the certificate.