



Happy 20th Birthday Runge

Your natural connection for 20 years.

America was introduced to the first *Beanie Babie*. *Jurassic Park* was the most popular movie. Everyone was watching the *X-Files* on T.V. and a gallon of gas was \$1.16. Do you know the year? This was the year of the *Great Flood* when the Missouri River reached a record 39 feet covering parts of Jefferson City under several feet of water. This was 1993.

1993 was also the grand opening of Runge Conservation Nature Center. On July 10, the doors opened to the public for the first time. From the beginning, our focus has been to connect people to nature. A lot can happen in 20 years! Below is a time line of some of the happenings at Runge over the years.

1992 - First Runge Volunteer Class graduates.

1993 - Grand Opening and the first Conservation Kids' Club meeting.

1994 - Runge brings on their first youth volunteers.

1995 - Nature Gift Shop is added to the facility.

1997 - First *Babes in the Woods* program is presented.

2000 - Hiking Club started and the Fire Tower was moved to nature center site.

2001 - Americorps fights exotic invasives and builds boardwalk on Moss Rock Trace.



“Nature Deficit Disorder,” a term coined by author Richard Louv, attributes increases in obesity, attention deficit disorder and depression in children to our disconnect from nature.

2002 - Critter Corner is added to exhibits.

2005 - First Native Plant Sale.

2007 - Teen Club initiated and first Camp F.I.R.E. summer camp for youths.

2010 - Runge closes two days per week due to economic downturn.

2013 - Thirteenth Volunteer Class graduates and Runge is 20 years old!

Today *Argo* and *Ironman 3* are a couple of popular movies. People are watching *NCIS* and *The Big Bang Theory* on T.V. Gasoline is \$3.79 per gallon, and almost everyone has a smartphone. One thing that has not changed is our focus at Runge Conservation Nature Center. We continue

to connect people to nature but our passion for making these connections is even stronger 20 years after the nature center opened.

—Kathy Cavender, Nature Center Manager

Look for the balloons in this issue for a variety of ways to find your natural connection at Runge. There's something for everyone!

Volunteer News

20 Years of Volunteering at Runge Nature Center

The volunteers at Runge are busy preparing to celebrate Runge's 20th birthday with visitors near and far. Currently, there are 65 volunteers at Runge. Over the years, volunteers have come and gone. Of the 65 volunteers, five were at the very first opening ceremony. And they are still here, excited to be celebrating 20 years of conservation and connecting people and nature. Here is what they have to say –

"Runge Nature Center is a great place, it's inviting, it's friendly, and big as all outdoors. My volunteering home for twenty years, class of 1993." -Doris Linhardt Evansoski

"I have loved working as a Runge Volunteer Naturalist for the past 20 years. There are so many dedicated employees at Runge. It has been a privilege to be able to work with them and to make a small difference in the lives of young people by helping them enjoy and appreciate nature and the outdoors." -Judy Yoder

"20 years – wonderful adventures of sharing conservation, the outdoors with so many children and families. New friends, new adventures statewide. The best 20 years that I've had the privilege of sharing with so many wonderful people. Thank you." -Jan Alexander

I was there when a mother had a big smile and told her daughter how proud she was when the daughter caught a "keeper fish." I am personally pleased when so many young people and adults tell me "thank you" when they leave a program. -Ken Christgen



Five graduates from the 1993 Volunteer Naturalists are still volunteering their time at the Runge Nature Center – Doris Linhardt Evansoski, Judy Yoder, Jan Alexander, Gretchen Hanna, and Ken Christgen.

Exhibitors

July/August

Missouri Nature and Environmental Photography (MoNEP)

The mission of the Missouri Nature and Environmental Photographers is to provide a forum for individuals interested in the field of nature photography and the environment, provide education, gather and disseminate information, and promote nature photography as an art form and medium of communication. MoNEP members' passion for the natural world is evident in the work presented in the upcoming exhibit. It is an honor to be asked to show the diversity and natural beauty of Missouri during Runge Conservation Nature Center's twenty year anniversary through this collection of works.

20 Years of Volunteering (continued)

Volunteering at Runge is the best part time job ever! The talent that the staff holds never ceases to amaze me. I have learned so much about nature through their interpretation. They know how to enrapture the audience when it comes to forests, fish, and wildlife. I have grown attached to my Runge family in the past 20 years. I am proud to be a Runge Conservation Nature Center volunteer! Two weeks ago after doing an insect program with a Girl Scout troop a mom said, "My daughter has never touched an insect before and now she wants to catch more!" Case closed! Mission accomplished! Nature is approachable! -Gretchen Hanna

For the Little Ones...

Connect with nature through exciting and age-appropriate opportunities.



Robin Grumm showing children a snake up-close and personal. These programs encourage parent and child participation in experiencing the outdoors.



discover nature programs...

- Help Missourians discover and explore nature
- Provide expert instruction and hands-on activities
- Are available statewide

July Events

Registration begins July 1st
573-526-5544

Turtle Tales

Turtles have been around as long as dinosaurs and maybe longer! Join us for stories, a walk, and close encounters with a few of Missouri's oldest reptiles.

Babes In The Woods

July 9 • Tuesday • 10 AM
July 25 • Thursday • 10 AM

Little Acorns

July 18 • Thursday • 6 PM
July 23 • Tuesday • 10 AM

Little Acorns PLUS

July 17 • Wednesday • 10 AM

August Events

Registration begins August 1st
573-526-5544

Flutterby Butterfly

From caterpillar to chrysalis and eventually to a full grown butterfly, the life of this insect is truly amazing. We will keep our eyes open to the wonders of the butterfly this month. Join us, won't you?

Babes In The Woods

August 14 • Wednesday • 10 AM
August 27 • Tuesday • 10 AM

Little Acorns

August 9 • Friday • 10 AM
August 15 • Thursday • 6 PM

Little Acorns PLUS

August 10 • Saturday • 10 AM
August 28 • Wednesday • 10 AM

Babes In The Woods

Children ages 0 through 2 years of age are welcome to attend a Babes program with their caregiver. This program is limited to 15 children, plus caregiver.

Little Acorns

Children 3 through 6 years of age are welcome to attend a Little Acorns program with their caregiver. This program is limited to 20 children, plus caregiver.

Little Acorns PLUS

If you have a child that fits into our Babes program **AND** one that fits into our Little Acorns program this is for you. This program is limited to 20 children, plus caregiver. Please provide the ages of your children when making your reservation.

Runge Calendar of Events - July

Get outdoors and experience what nature has provided for you.



July Events

Registration begins July 1.

Programs are free. Call 573-526-5544 to sign up for a program requiring registration. If you are unable to attend a program, please call and cancel as a courtesy to those on the waiting list.

Down and Dirty

July 11 • Thursday •
10AM–Noon • OR • 5:30–7:30 PM
Registration required (ages 3–6)

Remember the old days of mud pits and mud pies? How many times do you find yourself asking your child not to get dirty? Here is the chance to relive some of the joys of childhood with your own children. We'll provide the dirt; you bring the clean clothes for the ride home!

In today's world, "screen" time has by far surpassed "nature" time. While we used to play outside until the street lights came on, or the sun sank below the horizon, children today are not experiencing these same interactions with the natural world. "Nature Deficit Disorder," a term coined by author Richard Louv, attributes increases in obesity, attention deficit disorder and depression in children to our disconnect from nature.

Adults, separate from the children, will learn about the importance of unstructured play and nature exploration for the healthy development of young children. At the same time, children will be supervised by our naturalists as they use their imaginations to get down and dirty in our big pile of dirt!

Runge's Birthday Celebration

July 13 • Saturday •
10 AM–3 PM • 8–11 PM

No registration required (all ages)
See back page for details of this special event.

Nature's Needlers

July 18 • Thursday •
10:30 AM–Noon • 6–7:30 PM
Registration required (ages 18+)
The Great Blue Heron is a favorite of birdwatchers. This bird's magnificent stature lends itself well to creating our seventh quilt block in the *Wetlands* series.

Aquarium Feeding

July 19 • Friday • 1 PM
No registration required (all ages)
The fish and turtles are hungry. Join us by the aquariums and watch them eat.

Story Tree...On The Trail

July 20 • Saturday • 10 AM
No registration required (all ages)
Walk our Naturescape Trail this morning and meet a volunteer naturalist - or two - ready to share a favorite nature story with you.

Story Tree...On the Trail

July 25 • Thursday • 6 PM
No registration required (all ages)
Walk our Naturescape Trail this evening and meet a volunteer naturalist - or two - ready to share a favorite nature story with you.

Mysterious Moths

July 25 • Thursday • 7:30–9 PM
Registration required (ages 8 and older)
Missouri is home to a beautiful array of moth species. Tonight, discover more about these mysterious insects and have an opportunity to identify them as we set a "trap" to attract them. This program includes an indoor and outdoor portion.

Puppet Show: Happy Birthday To You!

July 27 • Saturday • 1 PM
No registration required (all ages)
Animals around Runge know something unusual is going on. They feel people's excitement as we celebrate our nature center's 20th birthday. Wild Turkey and Squirrel see flurries of activity, but they don't understand. They don't remember their birthdays. Come hear what they, and other puppet friends have to say.

Calling All Hikers

Runge Hiking Club and Midweek Trekkers are volunteer-led programs designed to provide opportunities for people to hike Missouri trails and learn about our plants, animals, and natural communities. Each month we'll meet at the nature center, carpool to one of Missouri's choice hiking spots and hike one or two of the best trails. Bring water, wear comfortable hiking shoes, and come dressed for the weather.

Midweek Trekkers: Pomme de Terre State Park

July 17 • Wednesday • 8 AM–5 PM
Registration required (adults)
This month we'll travel to **Pomme de Terre State Park** located in Hickory County. We'll hike the Cedar Bluff Trail (2 miles, ***) and after lunch hike the Indian Point Trail (3 miles, ***). Bring lunch.

The Runge Hiking Club: Meramec State Park

July 27 • Saturday • 8 AM–5 PM
Registration required (adults)
Join us as we travel to **Meramec State Park** located in Sullivan. We'll hike the north loop of the Wilderness Trail (4 miles, ***) and the Bluff View Trail (1.5 miles, ***) before lunch. Later, we'll hike underground (.7 mile, **) in the spectacular Fisher Cave. Bring \$8 for the cave tour. Bring lunch.

Teen Club: Canoeing

July 31 • Wednesday • 10 AM–4 PM
Registration required (ages 12–18 years)
Space is limited, so register early. We will spend the day paddling, floating, and exploring one of Missouri's nearby rivers. Runge will provide transportation, canoes, paddles, and PFDs. Pack a lunch and personal items in a dry sack. Participants must complete a permission form. The permission form can be found at <http://mdc.mo.gov/regions/central/runge-nature-center/permission-forms> or we can mail you the form.

August Events

Registration begins August 1

Programs are free. Call 573-526-5544 to sign up for a program requiring registration. If you are unable to attend a program, please call and cancel as a courtesy to those on the waiting list.

Snake Feeding

August 2 • Friday • 1 PM

No registration required (all ages)

It's time to feed the snakes. Stop by and watch them eat their lunch.

Story Tree...On the Trail

August 8 • Thursday • 6 PM

No registration required (all ages)

Walk our Naturescape Trail this evening and meet a volunteer naturalist - or two - ready to share a favorite nature story with you.

Puppet Show: Happy Birthday To You!

August 10 • Saturday • 1 PM

No registration required (all ages)

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Teen Club: Digital Photography Scavenger Hunt

August 13 • Tuesday • 10 AM–2 PM

Registration required (ages 12-18 years)

Explore Runge – Inside and Out! Bring your digital camera or use one of ours to go on a scavenger hunt. You will collect pictures of as many items on the list as you can find during the allotted time. Afterwards, we will transfer your photos to our computer for viewing. Let's see what you can find and how well you record it on camera.

Nature's Needlers

August 15 • Thursday •

10:30 AM–Noon • 6–7:30 PM

Registration required (ages 18+)

An amazing insect, the dragonfly has been the subject of intrigue for centuries. It's elegance and grace is that of a ballet dancer. Come join us as we learn more about Missouri Wetlands and receive the eighth quilt block in the series.

Story Tree...On The Trail

August 17 • Saturday • 10 AM

No registration required (all ages)

Walk our Naturescape Trail this morning and meet a volunteer naturalist - or two - ready to share a favorite nature story with you.

What's Going On?

Amazing Arachnids

August 17 • Saturday • 10 AM–2 PM

No registration required (all ages)

Come in and get caught in a web of activity as we explore these amazing arachnids and learn about the characteristics that label them spiders instead of insects.

Trail rating system

*Easiest trail **Moderately Easy

***Moderate

****Moderately Difficult

*****Difficult

Calling All Hikers

Runge Hiking Club and Midweek Trekkers are volunteer-led programs designed to provide opportunities for people to hike Missouri trails and learn about our plants, animals, and natural communities. Each month we'll meet at the nature center, carpool to one of Missouri's choice hiking spots and hike one or two of the best trails. Bring water, wear comfortable hiking shoes, and come dressed for the weather.

Midweek Trekkers: Woodson K. Woods Memorial Conservation Area

August 21 • Wednesday • 8 AM–5 PM

Registration required (adults)

We will travel to Woodson K. Woods Memorial Conservation Area southeast of St. James on Highway 8 and hike the North Loop (6 miles, ***). Bring lunch.

The Runge Hiking Club: Pickle Springs Natural Area

August 24 • Saturday • 8 AM–5 PM

Registration required (adults)

Pickle Springs Natural Area is located east of Farmington, MO. We will hike the Trail Through Time trail that leads visitors to most of the outstanding rock formations with opportunities to view the interesting plants and animals that inhabit the site's natural communities (2 miles, ***). Bring lunch.

The Runge Conservation Nature Center is located on 97 acres in the heart of central Missouri. Come discover and enjoy the wonders of Missouri's habitats and its array of fish, forests, and wildlife. Runge CNC is located one-third mile north of Hwy 50 on Hwy 179 (330 Commerce Dr.).

HOURS:

Tuesday–Saturday: 8 AM–5 PM

Thursday: 8 AM–8 PM

Closed Sunday, Monday, and Thanksgiving, Christmas, and New Year's Day.

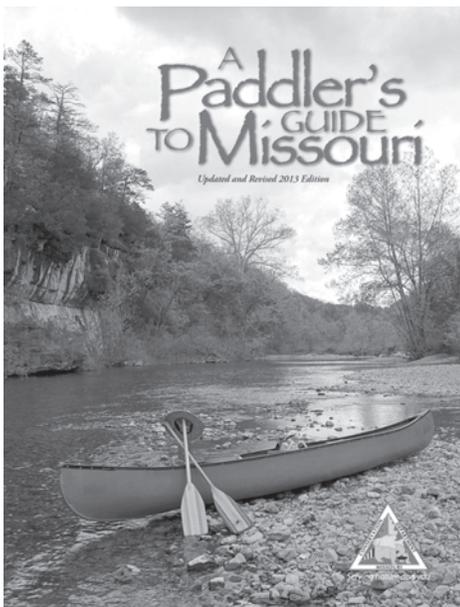
TRAIL HOURS:

Open 6 AM–9 PM

<http://mdc.mo.gov/regions/central/runge-nature-center>

Gift Shop

20% off featured item for July and August



It's Back!

Discover Missouri's rivers and streams with the updated and revised *Paddler's Guide to Missouri*. Detailed sections include northern streams, the Missouri River, and more floats from all corners of the state. Each waterway includes easy-to-read maps, descriptions of access points, camping, state parks, and conservation areas along the way.

Gorgeous color photographs in this new, revised edition will make you want to float Missouri's rivers soon. The 9- x 11-inch book has lay-flat spiral binding so you can put the book in a sealable clear bag and still see the river map in its entirety without having to flip pages while on the river. **\$6.40 discounted price**

MDC Free Regional Workshops

Discover Nature:

Campfire Cooking

August 31 • Saturday • 9 AM-1 PM

(all ages) Participants will learn to prepare an entire meal using camp ovens, smokers, and campfire cooking skills. Lessons will include the proper tools and utensils for campfire cooking, care and cleaning of cast iron, and of course sampling of the food that is prepared. This program is open to families and campfire chefs of all ages. **Location:** Arrow Rock State Historic Site, Campsite #13 in the Campground, Arrow Rock, MO. **To make your reservation call 660-837-3330** (Cindy Imhoff) or email: ArrowRockStateHistoricSite@dnr.mo.gov

Cable Restraint Class

August 31 • Saturday • 9 AM–Noon

Location: Columbia-Central Regional Office and Conservation Research Center
No pre-registration required. Call 573-815-7901 ext. 3956 for more information.

For additional information about these Regional workshops contact:

Central Regional Office and Conservation Research Center

3500 E. Gans Road, Columbia, MO 65201 Phone: 573-815-7900 Fax: 573-815-7902

Adventure Packs

Check out a Pack and Discover Nature



Adventure Packs

Check out our Adventure Packs from the front desk the next time you visit the nature center. Choose between an ART AND NATURE pack, INSECT pack, AQUATIC pack, or a TRACKS AND SCAT pack to use while exploring the trails at the nature center. There are fun-filled ideas and tools inside each pack to help you DISCOVER NATURE.

What's Going On? Programs and activities at Runge Nature Center

Every Saturday At Runge 10 AM–2 PM *No registration required (all ages)*

The Runge Nature Center offers exploratory tables, activities, and/or crafts every Saturday throughout the year. Stop in to see what adventure awaits you during our "What's Going On?" at the nature center.

Conservation Kids' Club

A club created for kids 6–12 years who love to explore nature and learn about wildlife.



When you make your reservation 573-526-5544, please provide the name of each member, their age, and the number of siblings attending the Little Acorns program to help us better prepare. Thank you.

Bird Watching

July 16 • Tuesday • 6:30–8 PM

Registration required (July 1 through July 12)

It's a bird. No. It's a plane. No. It's a Yellow-bellied Sapsucker! Want to learn how to better identify birds in your neighborhood? Birds of a feather flock together, so let's flock together and search high and low for our fine-feathered friends. Bring your own binoculars and a field guide or some will be provided.

Fly Tying Extravaganza

August 20 • Tuesday • 6:30–8 PM

Registration required (August 1 through August 16)

Capital City Flyfishers, the Jefferson City fly fishing organization, will be here to demonstrate fly tying, casting techniques, and fly patterns. Do not miss this opportunity to learn a lifelong outdoor skill.

Parents/Guardians! While big brother/sister attends Conservation Kids' Club, your preschooler (3 through 6 years of age) can be involved in a program at the same time. A preschool program will be available for siblings of Conservation Kids' Club members on Tuesday, July 16 and Tuesday, August 20. **Please limit your Little Acorn reservations to one program each month.**



Happy 20th Birthday Runge Nature Center

Saturday, July 13 *No reservations required.*

10 AM–3 PM On-going Activities

- Archery • Microhikes
- Insect Sweeping • Wetland Exploration
- Fishing • Crafts • Music
- Meet 20 people and learn how they found a natural connection.

Fun Give
Aways!

Free
Hot Dogs
& Birthday
Cake

Special Presentations

- Live Raptors with MU's Raptor Rehabilitation
- Music with Mike Fraser and Tenley Hansen
- Storytelling with Molly Postlewait
- Music with WildHeart

8–11 PM Nature Night Out

- Night Hikes
- Exploration Stations
- Popcorn and a Nature Movie