

Exploring the Micro World

Excitement can be found amongst the smallest critters on the ground.

"Mommy, mommy, I just saw an animal with eight eyes! ...and I saw a creature with giant claws! ...and I saw miniature rainbows and... and..." The little girl was bright eyed and feverish with excitement. Pulling her mother by the hand, they raced back to the meadow with a magnifying glass and a three foot piece of yarn in tow.

They stretched out the yarn, plopped on their bellies and, inch by inch, peered through the magnifying glass at the ground along the string.

"There's the rainbow!" the little girl cried, and pointed to a shimmering drop of dew balanced on the tip of a blade of grass, refracting the light of the bright morning sun.

"Look!" Her mother pointed at a white spotted jumping spider. "I see a critter with eight eyes!"

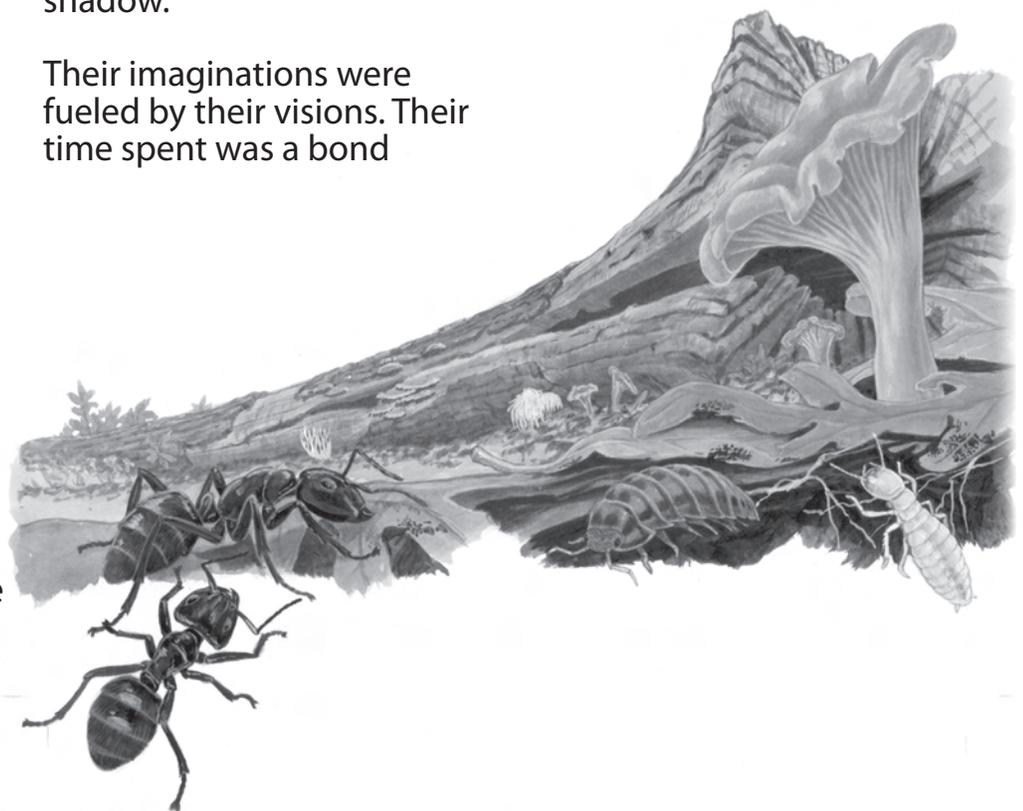
They paused for a moment, shared a smile and returned to their micro hike, confident that the creature with giant claws was still theirs to find. They spent the better part of an hour searching for and exclaiming over their new finds and quickly sketching them in their worn sketch book. The bright morning sun warmed and opened new discoveries with each moving shadow.

Their imaginations were fueled by their visions. Their time spent was a bond

between them and with nature. They were filled with wondrous awe at the tiny world that existed beneath their feet.

Micro hikes. No fancy gear, no special training, no license required. All that's needed is a piece of string, a magnifying glass, maybe a sketchbook and the willingness to get close to nature...really close!

—Thom Kirk,
Assistant Naturalist





Sonya Hollingsworth receiving award for 2000 hours of volunteers service from Robin Grumm, volunteer coordinator.

A 2000 hour milestone has been achieved by Sonya Hollingsworth. (That is equivalent to one full-time year of employment!) Sonya has been volunteering at Runge for 12 years. She has been involved in almost every aspect of programming; helping with puppet shows, Story Tree, off-site exhibits, special events, and of course, her leadership in the popular monthly program, Nature's Needlers.

Back in 2002, when asked why she wanted to volunteer at Runge, Sonya wrote that she had been *"watching the joy and excitement of my grandsons each time we visit here. I believe I could learn to help instill that kind of excitement in others."* Those grandsons were 6 years old then and now they are 18 and have been youth volunteers at Runge since 2011! You are an inspiration, Sonya. Thank you.

Volunteer Milestones

Congratulations to the following volunteers for the hours of service donated to the Runge Nature Center.

100 hours – Travis Cain

200 hours – Kristen Hirst, Erin Skornia

750 hours – Lynn Shively, Janet Ruse

Respite in Runge

by Jo Fretwell



Jo Fretwell is a retired Jefferson City teacher and an amateur photographer. Many of her photographs have been exhibited at the Canterbury Hill Winery in Holts Summit and at the Capital Arts Gallery in Jefferson City where one of them received the People's Choice Award. Her love of nature and wildlife is evident in her work. Many of her photographs were taken at Runge Conservation Nature Center which she describes as her "Respite."

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 Drive, Jefferson City).

HOURS: Tuesday–Saturday: 8 AM–5 PM
Thursday: 8 AM–8 PM
Closed Sunday and Monday

TRAIL HOURS: Open 6 AM–9 PM

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

For the Little Ones...

Connect with nature through exciting and age-appropriate opportunities.

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.

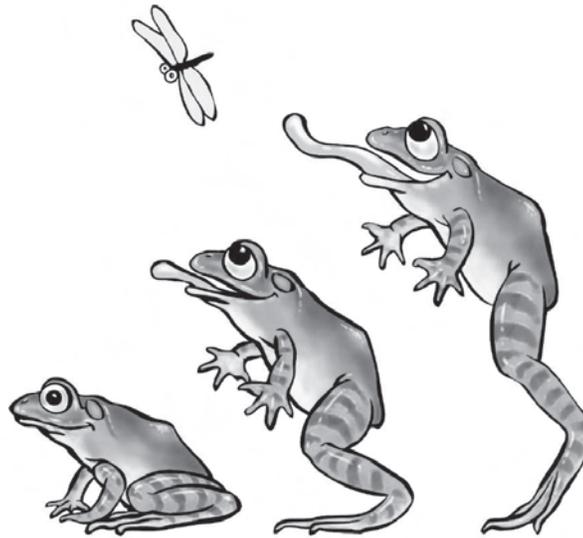
Little Acorns PLUS

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.



discover nature programs...

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



May

Registration begins May 1st
573-526-5544

Peep, Peep, Peepers

It's a zoo in the goo of our nature center ponds! We'll search for those little green monsters (frogs) and look at their fascinating life cycle. It's a "Hoppy" time!

Babes In The Woods

May 9 • Friday • 10 AM
May 13 • Tuesday • 10 AM

Little Acorns

May 10 • Saturday • 10 AM
May 21 • Wednesday • 10 AM

Little Acorns PLUS

May 15 • Thursday • 6 PM

June

Registration begins June 2nd
573-526-5544

Rainbow Romp

Celebrate nature by searching for the colors of the rainbow this month. We will walk a trail and see how many colors we can find. Be ready to look up, down, and all around.

Babes In The Woods

June 13 • Friday • 10 AM
June 24 • Tuesday • 10 AM

Little Acorns

June 19 • Thursday • 6 PM
June 20 • Friday • 10 AM

Little Acorns PLUS

June 14 • Saturday • 10 AM

"If a child is to keep alive his inborn sense of wonder without any such gift from the fairies, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement, and mystery of the world we live in."
Rachel Carson (1907-1964) naturalist, writer, environmentalist

Runge Calendar of Events - May

Get outdoors and experience what nature has provided for you.



May Events

Registration begins May 1st.

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.

What's Going On? Small Worlds

May 3 • Saturday 10 AM–2 PM

No registration required (all ages)

Discover the World of Small through a Nature Boxing activity on our trails and other exploratory activities indoors. Take a closer look at nature with us this weekend.

Homeschool: Mushrooms!

May 6 • Tuesday 1–3 PM

Registration required (ages 9 and older)

Mycology is the study of mushrooms. Today, become a mycologist (one who studies mushrooms) and explore a trail in search of Missouri's interesting fungi and discover the unique habitats in which they are found. Wear clothing that can get messy and appropriate footwear for the trails.

Worm Bin Basics

May 10 • Saturday 10–11:30 AM

No registration required (all ages)

Learn to make your own worm bin. Feed your garbage to the worms, then put the resulting compost in your garden. Finally, use the worms for fish bait. It's a win-win!

What's Going On? Mother's Day Celebration

May 10 • Saturday 10 AM–2 PM

No registration required (all ages)

Celebrate and make memories with mom (or special person) at Runge. Design a wildflower card, watercolor a wildflower craft, and take a leisurely walk. Mom needs a break. Bring her to Runge and relax.

Puppet Show: Big Mouth Frog

May 10 • Saturday 2 PM

No registration required (all ages)

Skunk, Mole and Snake are hungry after winter. Like the real animals, these puppets are finding many different things to eat. Join Runge's puppeteers to see if any of Missouri's animals can help the hungry big-mouthed frog find something to eat.

Nature's Needlers

May 15 • Thursday •

10:30 AM–Noon • 6–7:30 PM

Registration required (ages 18 and older)

Learn more about the various species of Blazing Star, one of the showiest forbes on the prairie. This will be the fifth block in the Missouri Prairie series. Use our basic block pattern and be creative with your interpretations.

Adventure Birding

May 17 • Saturday • 8–11 AM

Registration required (ages 11 and older)

May is one of the most exciting months of the year for birding at Runge! Spring migrants – birds on the move – overlap with the breeding summer residents. This will likely be a colorful outing that will provide the opportunity to see warblers, vireos, tanagers, buntings, grosbeaks, and more. Dress for the weather and bring your binoculars or borrow a pair of ours.

Story Tree – On the Trail!

May 17 • Saturday • 1–2 PM

No registration required (all ages)

Walk the Naturescape Trail and encounter a volunteer naturalist eager to share a nature story or two with you. You will be delighted with the stories and activities you encounter. In case of inclement weather, the Story Tree will be inside.

Beginning Map and Compass

May 22 • Thursday • 6–7:30 PM

Registration required (all ages)

What is a topographic map? How do you navigate with a compass? Learn the basics of using a map and compass during this workshop. Bring your compass or use one of ours, and be prepared to go outside.

What's Going On? Totally Toads

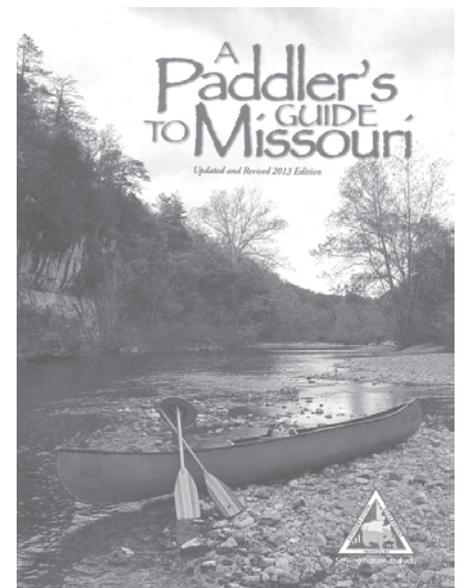
May 24 • Saturday 10 AM–2 PM

No registration required (all ages)

There's more to a toad than its warts! Discover fascinating facts about these bumpy creatures, create a toad abode, and enjoy a naturalist led walk to explore a toad's habitat. Guided walks are at 11 AM and 1 PM.

Gift Shop

20% off featured item for
May and June



\$6.40 plus tax*

*The Heritage Card does not apply.

June Events

Registration begins June 2nd

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.

CAMP F.I.R.E. – Camping

June 3 • Tuesday through

June 5 • Thursday • 9 AM–3 PM

June 6 • Friday • 3 PM through

June 7 • Saturday • 8 AM

Registration required (ages 9–12 years)

Ready to get FIREd up about being outdoors this summer? This camp is the perfect opportunity to explore nature by learning and participating in a variety of outdoor adventures. CAMP F.I.R.E. is a day camp focused on helping you learn how to have fun in our natural world.

This year's theme is all about camping.

Refer to the back page for all the details.

Gone Fishin'

June 13 • Friday • 6–8 PM

No registration required (all ages)

Join us for an evening of "catch and release" fishing while relaxing and enjoying the warm summer air at Runge. Bring your own pole and bait or use some of ours. Ages 16 and older will need a valid fishing permit.

Adventure Birding

June 14 • Saturday • 8 AM–Noon

Registration required (ages 8 and up - Children must be accompanied by an adult.)

Come and see what a condominium or high-rise apartment looks like in the bird world. This month, the Adventure Birding group will team up with the Discovery Hikers and explore Prairie Garden Trust, a privately owned "nature garden" near New Bloomfield. Among other discoveries, we will get a glimpse of a Great-blue heron rookery - the nesting area for these magnificent birds. Transportation will be provided. Dress for the weather, wear sturdy walking shoes, and bring water and binoculars (or borrow one of ours).

What's Going On?

Father's Day Celebration

June 14 • Saturday 10 AM–2 PM

No registration required (all ages)

Make a date with dad (or special person) and visit Runge. Make a nature card. Participate in a father and child(ren) nature center CHALLENGE! Do it together and receive a First Peterson Field Guide.

Puppet Show: Big Mouth Frog

June 14 • Saturday 1 PM

No registration required (all ages)

Skunk, Mole and Snake are hungry after winter. Like the real animals, these puppets are finding many different things to eat. Join Runge's puppeteers to see if any of Missouri's animals can help the hungry big-mouthed frog find something to eat.

Teen Club: Shooting Skills

June 17 • Tuesday • 1–4 PM

Registration required (ages 12–18 years)

Meet at Runge and carpool to a local range. We will learn the proper techniques for shooting sporting clays. Transportation and firearms will be provided. Please fill out a permission form prior to this activity. You may find the form online at <http://mdc.mo.gov/regions/central/runge-nature-center> and search for Permission Forms or pick one up at the nature center.

Nature's Needlers

June 19 • Thursday •

10:30 AM–Noon • 6–7:30 PM

Registration required (ages 18 and older)

Where are the quail? Learn more about their habitat needs and why we rarely see these elusive birds. Join us for the sixth block of the Missouri Prairie series. Also, on June 28th from 8:00 AM to noon a field trip is planned to Prairie Garden Trust in New Bloomfield. Sign up during the program if you plan to attend.

Designs with Nature in Mind: Stamping Techniques-Peaceful Prairies

June 26 • Thursday • 5:30–8 PM

Registration required (ages 18 and older)

Meet at the outdoor staging area for a short hike to the prairie before stamping. This four card rotation will set the stage for one of Missouri's disappearing habitats "the prairie". You will take home four cards with coordinating envelopes.

Designs with Nature in Mind: Stamping Techniques-Peaceful Prairies

June 28 • Saturday • 12:30–3 PM

Registration required (ages 18 and older)

Refer to the June 26 for the description.

Story Tree - On the Trail!

June 28 • Saturday • 10–11 AM

No registration required (all ages)

Walk the Naturescape Trail and encounter a volunteer naturalist eager to share a nature story or two with you. You will be delighted with the stories and activities you encounter. In case of inclement weather, the Story Tree will be inside.



Free Fishing Days

June 7 and 8 are great days to introduce family and friends to the joys of fishing. No permits or prescribed area daily fishing tags are required for these two days.

Visit mdc.mo.gov/fishing for more information.

vitamin **N** for nature

Vitamin 'N' for Nature;

Connecting with the natural side of things, and in the process reaping many health benefits.

Try these connections:

Take a walk and find a spot that feels special to you.

Lie quietly under a tree and look up through the branches.

www.naturecircles.org

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.

Calling All Hikers

Exploring the great outdoors

Runge has three volunteer-led programs designed to provide opportunities for people of all ages to hike Missouri trails and learn about the 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.

Half-Day Discovery Hikes

May 10 • Saturday • 8 AM–Noon

Registration begins May 1st.

Registration required (ages 8 and older - children must be accompanied by an adult)

Location: Rock Bridge Memorial State Park, near Columbia.

Trail Length: 2 miles Terrain: Rocky and steep.

Focus: Photo Hike. An experienced photographer will give us tips and insights on taking close-up photos of nature.

June 14 • Saturday • 8 AM–Noon

Registration begins June 2nd.

Registration required (ages 8 and older - children must be accompanied by an adult)

Location: Prairie Garden Trust, near New Bloomfield.

Trail Length: 2 miles Terrain: Slight inclines and/or few obstructions.

Focus: Birding with the Adventure Birding group.

Midweek Trekkers

May 21 • Wednesday • 8 AM–5 PM

Registration begins May 1st.

Registration required (adults)

Location: Cuivre River State Park. Southern edge of Lincoln County.

Trail Length: 8 miles Terrain: Moderate inclines and/or occasional rocks/roots.

Notes: Bring lunch.

June 18 • Wednesday • 8 AM–5 PM

Registration begins June 2nd.

Registration required (adults)

Location: Daniel Boone Conservation Area. Western Warren County.

Trail Length: 5 miles Terrain: Moderate inclines and/or occasional rocks/roots.

Notes: Bring lunch.

The Hiking Club

May 24 • Saturday • 8 AM–5 PM

Registrations begin May 1st.

Registration required (adults)

Location: Ha Ha Tonka State Park. South of Camdenton just off of Highway 54. Miller County.

Trail Length: 8 miles Terrain: Occasional significant inclines and/or occasional rocks/roots.

Notes: Bring lunch.

June 28 • Saturday • 8 AM–5 PM

Registrations begin June 2nd.

Registration required (adults)

Location: Graham Cave State Park and Danville Conservation Area. Montgomery County.

Trail Length: 7.5 miles Terrain: Moderate inclines and/or occasional rocks/roots.

Notes: Bring lunch.

Conservation Kids' Club

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



Conservation Kids' club is a club created for kids 6–12 years who love to explore nature. 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.

Stream Team Clean-up

May 20 • Tuesday • 6:30–8 PM *Registration required (May 1 through May 16)*

Dear CKC Members,

You are invited to our annual stream team clean-up on Wear's Creek. Let's wade in the water, pick up trash, and scoop for "live" aquatic insects, fish, or amphibians. Then take a break with me and drink our famous MUDDY FLOAT?

P.S. Don't forget to wear old clothes and shoes to get wet and muddy

Naturally,



Bubba, the tree frog

No June Meeting!

Bubba, our mascot tree frog, goes on vacation. See you in July!

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, May 20. **Please limit your Little Acorn reservations to one program each month.**

MDC Free Regional Workshops

Discover Nature:

Basic Handgun Shooting and Safety for Women

Join the staff of the Missouri Department of Conservation for an exciting and educational experience in handgun shooting. Women ages 18 or older will learn the basics of handgun safety, shooting techniques, equipment, and much more. The program will consist of classroom lessons followed by mentored shooting at a local indoor shooting range.

May 6 • Tuesday • 5:30–9:30 PM

Location: Ammo Alley, 11562 County Road 395, Hartsburg, MO

Required Registration: Contact Brian Flowers at 573-815-7901 ext. 3388 or Brian.Flowers@mdc.mo.gov by May 2nd.

Cub Scout Fishing Event

Are you a member of a Cub Scout pack or a potential Cub Scout (ages 7–11) who would enjoy a free fishing event and achieve his fishing belt loop and sports pin? Professionals from MDC will give presentations and instructions on casting, baiting a hook, fishing regulations, fish cleaning, using artificial bait, and more. Free workshop.

May 10 • Saturday • 8 AM–Noon

Location: Cosmo-Bethel Park, Ficklin Shelter, Columbia

Contact: Central Regional Office 573-815-7900.

Summer Camp Program

Enjoy the outdoors.

Camp F.I.R.E.

Fun In Resource Exploration

Ready to get FIREd up about being outdoors this summer? This camp is the perfect opportunity to explore nature by learning and participating in a variety of outdoor adventures. CAMP F.I.R.E. is a day camp focused on helping you learn how to have fun in our natural world. This year's theme is all about CAMPING!

An important component of CAMP F.I.R.E. is teaching children outdoor skills to pass on to the significant adult(s) in their lives. This year's CAMP F.I.R.E. program will involve an overnight campout. Previous to the campout on Friday, June 6, the children's important adult(s) are strongly encouraged to participate in a variety of activities from 6-8PM. For further details, please call 573/526-5544.

DATE

June 3-7, 2014

TIME

Tuesday – Thursday • 9 AM - 3 PM
Friday • 3 PM through Saturday • 8 AM

WHO

Camp F.I.R.E. is open to youth 9 through 12 years of age.

HOW

A completed permission form is your registration for the camp. Registrations will be accepted through May 2nd. Fill out this form, or go online at <http://mdc.mo.gov/regions/central/runge-nature-center> and search for PERMISSION FORMS, or call us at 573/526-5544 and we will mail you one.

LIMITS

Camp F.I.R.E. is limited to 30 youth. Due to the popularity of this camp, a lottery drawing will be held to determine participants. Successful campers will be notified by May 6th.

I give (name) _____ (age) _____, (name) _____ (age) _____

permission to participate in CAMP F.I.R.E sponsored by Runge Conservation Nature Center, June 3–5 • 9 AM - 3 PM and June 6 • 3 PM through June 7 • 8 AM. A complete schedule of events will be mailed to you prior to the beginning of camp.

Please list any special considerations including allergies or medications for your child(ren) that our staff need to know about.

I understand that in case of an emergency a nature center staff member will contact (name) _____, who can be reached at (phone #) _____.

Parent/Caregiver Signature: _____ Date: _____

Address: _____

Phone: _____ E-mail: _____

Shirt Size (adult sizes) please circle: small medium large x-large

Note: Daily attendance is expected and parent/legal guardian participation on Friday, June 6 from 6-8PM is strongly encouraged.

Return completed application to: Runge Nature Center, CAMP F.I.R.E., PO Box 180, Jefferson City, MO 65102