



# Powerful

**W**ho or what do you think of when you hear the word “powerful”? Governors, presidents, storms, love, tigers, politicians. Those are a few of the answers I’ve been given. The word “power” means ability to accomplish things.

Pollinators by definition are very powerful! They get things done by transferring pollen, allowing plants to produce fruits and seeds. “So what?” you say. If it weren’t for pollinating **insects**, there would be NO CHOCOLATE, no coffee, no apples, and the list goes on and on. Most flowering plants require animals for fertilization and over 90% of those animals are **insects**. Powerful, right?!

Some of our most powerful native pollinators include bees, wasps, butterflies, beetles, and even flies. Plants have adapted a myriad of techniques to ensure their pollination by various **insects**. For example, the flesh-colored flower of a pawpaw tree smells a bit like rotting flesh. That smell and color attracts flies which hold the power of pollination for the plant. The flower provides

important nutrients to the fly and, as the fly feeds, pollen gets transported from the anthers (male) to the stigmas (female) of the flower.

In other situations, it is the shape of the flower that entices the pollinator. Unlike bees, butterflies cannot hover and eat at the same time. They have to pick a flower with a wide landing pad like coneflowers with their large petals or goldenrods that have lots of flowers packed into a perfect landing area.

Bees are the most powerful pollinators of all! They can hover and feed, often having special hairs that become pollen magnets, groom themselves, and collect pollen putting it in specialized brushes or pockets on their legs or body. In addition, they are unbelievably hard-workers spending most of their lives collecting pollen.

When I hear the word “powerful,” I think of pollinators and I hope you will come to our special event, “Powerful Pollinators,” to find out more about our **insect** pollinators. See the back page for details.

—Kathy Cavender  
Nature Center Manager

# Volunteer News

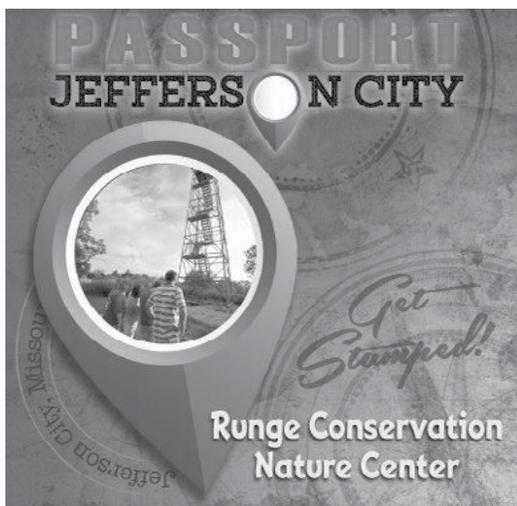
Helping you connect with nature.

## Runge Volunteers Make Connections!



### Milestones

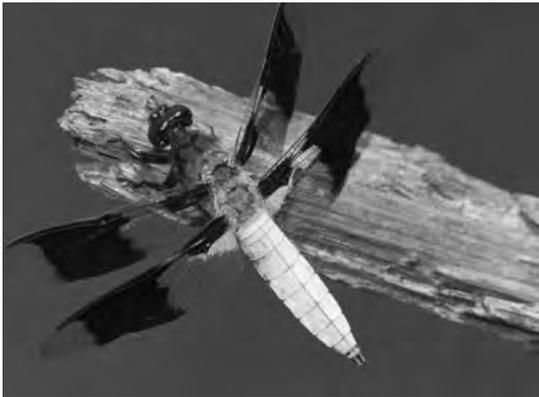
- 200 hours – Glenn Reynolds
- 300 hours – Rachel Campbell  
Rose Mehmert  
Paul Winn
- 400 hours – Lana Wong
- 750 hours – Kristen Hirst
- 1000 hours – Andy Tribble
- 1500 hours – Lee Kudrna
- 2000 hours – Larry Young
- 2500 hours – Linda Tremain



*Let the adventures begin...*

**May 30 - September 5**

See some of Jefferson City's most interesting spots this summer by participating in **PASSPORT JEFFERSON CITY**. Visit a participating site, do a short scavenger hunt or tour, pick up a gift, and get your passport stamped. If you visit all the participating sites, you are eligible to win a large gift basket filled with lots of Jefferson City items.



## Lobby Exhibit

### **Odonata (Dragonflies and Damselflies) Exhibit** by Randy Maas

This photo display will show close-ups of commonly-seen dragonflies and damselflies. These insects exhibit many different colors and patterns that make some easy to identify. It will be apparent from the photos that some males and females are easy to tell apart. More kinds and greater numbers are found near water, but many are also seen further afield.



## 3D Exhibit

### **Inspired by Nature**

An Exhibit by the Columbia Weavers and Spinners' Guild

Members of the Columbia Weavers and Spinners' Guild are pleased to present their exhibit - Inspired by Nature. Guild members practice and support the skills of weaving, spinning, felting, basket making, knitting, and more. Items on display will reflect how nature inspires their work and will include natural dyes, hand-woven items (rugs, tapestry, towels and more), fiber sculpture, baskets, and more. Guild members will be on hand several weekends during the exhibit to demonstrate weaving and other fiber arts.



## West Wing Exhibit

### **Missouri's Insects and Wildflowers** by Donna Brunet

Enjoy a close-up view of Missouri's insects and wildflowers. Donna Brunet is the author and primary photographer for a new field guide to butterflies and moths that will be published by MDC; some of the prints in this exhibit will appear in the new field guide. She hopes that individuals viewing her work will develop a stronger appreciation for the insects that share our yards and natural areas.



The Runge Conservation Nature Center is located one-third mile north of Hwy 50 on Hwy 179, (330 Commerce Drive), Jefferson City, Missouri. 573-526-5544 <http://mdc.mo.gov/regions/central/runge-nature-center>

**MAILING ADDRESS:** P.O. Box 180, Jefferson City, MO 65102

**BUILDING HOURS:** Tuesday–Saturday: 8 AM–5 PM Thursday: 8 AM–8 PM **Closed Sunday, Monday and all State Holidays.**

**TRAIL HOURS:** Open daily 6 AM–9 PM

# July Programs

Get outdoors and experience what nature has provided for you.



Registration begins **Friday, July 1st**, for the July programs.

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.

## Little Ones

### Boisterous Bugs

What's all that noise? The sounds of summer are all around us. Bug sounds are as distinct as bird songs. Come and join our bug chorus this month.

### Babes in the Woods

July 6 • Wednesday • 10–11 AM

July 21 • Thursday • 10–11 AM

Registration required (ages 0-2 years)

### Little Acorns

July 12 • Tuesday • 10–11 AM

July 27 • Wednesday • 10–11 AM

Registration required (ages 3-6 years)

### Little Acorns PLUS

July 14 • Thursday • 6–7 PM

Registration required. For this program, you need one child in the 0-2 age range and one child in the 3-6 age range.

## Kids for Conservation

### Creek Crawl

July 15 • Friday • 10 AM–Noon

Registration required (ages 7-12 years)

Who doesn't love to walk a creek, wet or DRY? It reveals a trail of a different nature. Let's slow down, crawl at an aquatic snail's pace, and investigate the myriad of creek resources.

## Adults

### Exercise Your Mind and Body

July 7 • Thursday • 6:30–8 PM

Registration required.

Exercise your body and mind while you earn extra points for Missouri River Regional Library's adult reading program. Walk along Runge's trails and learn to identify trees mentioned in selected books. Leaders will give you a sheet of quotations to match with the trail-side locations.

Not able to join us this evening? Request a copy of our tree quotations sheet to complete on your own.

## Color Your Natural World

July 13 • Wednesday • 1–2 PM

Registration required.

Join us as we focus on summer insects. We'll color and hear about 17-year cicadas adding their buzz to annual cicadas and other attention-grabbing insects, such as beetles and mantises. Enjoy some fun time with us. Coloring sheets and pencils are provided.

## The Hikers

July 16 • Saturday • 8 AM–5 PM

Registration required.

Join our volunteer-led program designed to provide opportunities for people to hike Missouri trails and learn about our plants, animals, and natural communities. Meet at the nature center and drive to **Myron and Sonia Glassberg Conservation Area** in north-central Jefferson County, about six miles south of Eureka, and hike a trail. Then travel to **LaBarque Creek Natural Area** to explore this area. Some transportation is provided, but carpooling may be necessary. Bring water, wear comfortable hiking shoes, and come dressed for the weather. *Trail Length:* 4.5 miles. *Terrain:* Moderate inclines and/or occasional rocks/roots. *Notes:* Bring lunch and insect repellent.



## An Invitation to Explore and Play, Naturally

**Who:** Children ages 0 through 8 years of age and their big people.

**Where:** Runge's **Nature Explore Areas** along the Naturescape Trail.

**What:** Make music and dance with the wind. Follow a dry creek bed. Find building items small and large to construct your own creations. Walk down a hidden path. Sit in the woods. Climb. Balance. Jump.

**When:** All of these areas are open for exploration when the nature center area is open. Make time, many times to use these areas.

**Why:** For the overall health and well-being of your children and yourself.



Red Milkweed Beetle

# July Programs

Get outdoors and experience what nature is sharing with you.



## Midweek Trekkers

July 20 • Wednesday • 7:30 AM–5:30 PM  
*Registration required.*

Join our volunteer-led program designed to provide opportunities for people to hike Missouri trails and learn about our plants, animals, and natural communities. Meet at the nature center and drive to **Castlewood State Park**, St. Louis County, and hike one or two of the best trails. Some transportation is provided, but carpooling may be necessary. Bring water, wear comfortable hiking shoes, and come dressed for the weather. *Trail Length: 5 miles. Terrain: Moderate inclines and/or occasional rocks/roots. Notes: Bring lunch.*

## Nature's Needlers:

### The Seasons of Nature

July 21 • Thursday •  
10:30 AM–Noon **OR** 6–7:30 PM  
*Registration required.*

Conservationists throughout the world are working to preserve our natural world with agreements such as the Migratory Bird Treaty. Join us and find out what this treaty is all about. The seventh block in The Seasons of Nature series features a bird that benefits from the treaty.

## All Ages

## What's Going On?:

### Inspired by Nature

July 9 • Saturday • 10 AM–2 PM  
*No registration required.*

Visit us today in our lobby and see how nature inspires art. Members of the Columbia Weavers' and Spinners' Guild will be on hand to demonstrate weaving and other fiber arts. Hands-on opportunities await you as well.

## What's Going On?: Scales and Shells

July 16 • Saturday • 10 AM–2 PM  
*No registration required.*

Slither on in and discover Missouri's reptiles: turtles, lizards, and snakes. Through activities and live animals, the characteristics that keep these scaly creatures related will be revealed.

**Lobby activities**—10AM to 2PM.

**Auditorium program**—11AM.

## Snake and Aquarium Feeding

July 22 • Friday • 1 PM  
*No registration required.*

The animals are hungry. Join us and watch as we feed the snakes, aquarium fish, and snapping turtles.

## Mixed Age Groups

### Half-day Discovery Walk

July 9 • Saturday • 8 AM–Noon  
*Registration required (ages 8 and older, children accompanied by an adult)*

Rise and shine! We are off for a morning adventure to Prairie Garden Trust, in New Bloomfield, a beautiful place to hike and look for butterflies. Dress for the weather and bring your binoculars or borrow a pair of ours. Meet at the nature center to carpool to the area.

# Powerful Pollinators

July 29 • Friday • 6–9 PM

*No registration required (all ages)*

Start your buzzy weekend off by celebrating insect pollinators at Runge. We'll sing the praises of pollinators as we discover how important they are to our lives. Have fun wagging like a bee, being lured to flowers, and meeting some peculiar characters as we share our passion about pollinators with you. It is fun for everyone!



# Scout Packs

Get outside and explore.

## Cub Scout Packs

Runge Conservation Nature Center is happy to offer assistance in meeting requirements for some nature-related scout badges. We have a variety of scout packs available with activities and information to assist you in your efforts. Please contact Becky at 573-526-5544 ext. 3408 for more information or to reserve one of the following packs.

**Tiger Adventure Pack:** Backyard Jungle/Tigers in the Wild

**Bear Adventure Pack:** Fur, Feathers, and Ferns

**Wolf Adventure Pack:** Paws on the Path

**Webelos Adventure Pack:** Into the Woods/Walkabout

**Webelos Adventure Pack:** Into the Wild

# August Programs

Get outdoors and experience what nature has provided for you.



Registration begins **Monday, August 1st**, for the August programs.

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.

## Little Ones

### Duck, Duck, Goose

Waddling, paddling, or flying, take your pick. Ducks can do it all! These feathered friends will highlight our program this month. Quack, quack—come join us!

### Babes in the Woods

August 5 • Friday • 10–11 AM

August 16 • Tuesday • 10–11 AM

*Registration required. (ages 0-2 years)*

### Little Acorns

August 17 • Wednesday • 10-11 AM

*Registration required. (ages 3-6 years)*

### Little Acorns PLUS

August 23 • Tuesday • 10–11 AM

*Registration required. For this program, you need one child in the 0-2 age range and one child in the 3-6 age range.*

## Teens for Conservation

### Archery

August 11 • Thursday • 9 AM–Noon

*Registration required. (ages 13-17)*

National Archery in the Schools Program (NASP) is a very effective way to teach archery and is used in many of our local schools. We will be using the NASP method for this introduction to the sport of archery. Instruction will begin indoors and then we will spend time outside testing our archery skills. Come prepared to be involved. You will find it irresistible!

## Adults

### Discover Nature Women: Archery

August 11 • Thursday • 6–8 PM

*Registration required. (Women)*

Archery is a lifetime sport, enjoyed by all. This is an opportunity for women of various ages to learn a new skill or perhaps revisit an old one. We will provide all necessary equipment and instructors for an evening of shooting. This program is based on the National Archery in the Schools Program.

### Midweek Trekkers

August 17 • Wednesday • 8 AM–5 PM

*Registration required.*

Join our volunteer-led program designed to provide opportunities for people to hike Missouri trails and learn about our plants, animals, and natural communities. Meet at the nature center, drive to **Scrivner Conservation Area** in Cole County and hike one or two of the best trails. Some transportation is provided, but carpooling may be necessary. Bring water, wear comfortable hiking shoes, and come dressed for the weather. *Trail Length: 5 miles. Terrain: Moderate inclines and/or occasional rocks/roots. Notes: Bring lunch.*

### Color Your Natural World

August 17 • Wednesday • 1:30–2:30 PM

*Registration required.*

Dragonflies, butterflies, and moths are adding their unique colors and acrobatics to our summer skies. Share an afternoon hearing about their appearances and antics as we color. Leaders will provide sheets and pencils or you may bring your own drawing tools.

### Nature's Needlers: The Seasons of Nature

August 18 • Thursday •

10:30 AM–Noon **OR** 6–7:30 PM

*Registration required.*

The mink is a fascinating mammal weighing in at one and a half pounds to three and a half pounds and standing 3 to 4 inches tall. Learn all about their lifestyle and create the eighth block in The Seasons of Nature series.

### The Hikers

August 20 • Saturday • 8 AM–5 PM

*Registration required.*

Join our volunteer-led program designed to provide opportunities to hike Missouri trails and learn about our plants, animals, and natural communities. Meet at the nature center and drive to **Rocky Falls and Klepzig Mill Shut-ins**, east of Eminence in Shannon County. Some transportation is provided, but carpooling may be necessary. Bring water, wear comfortable hiking shoes, and come dressed for the weather. *Trail Length: 2 miles. Terrain: Moderate inclines and/or occasional rocks or roots. Notes: Bring your lunch. Also, bring wading shoes and wear something that can double as swim attire if you wish to take a dip in the creek.*

### Designs with Nature in Mind: Origami Insects

August 20 • Saturday •

9:30–11:30 AM **OR** 1–3 PM

*Registration required. (Women)*

Summer is prime time for insects. Explore the life of the ladybug beetle as we create a card using origami. The card will be designed for a special child in your life.

# August Programs

Get outdoors and experience what nature has provided for you.



## All Ages

### Aquarium Feeding

August 5 • Friday • 1 PM  
*No registration required.*

The animals are hungry. Join us and watch as we feed the aquarium fish and snapping turtles.

### What's Going On?: Inspired by Nature

August 13 • Saturday • 10 AM–2 PM  
*No registration required.*

Visit us today in our lobby and see how nature inspires art. Members of the Columbia Weavers' and Spinners' Guild will be on hand to demonstrate weaving and other fiber arts. Hands-on opportunities await you as well.

### Puppet Show: Boisterous Bugs

August 13 • Saturday • 1–1:30 PM  
*No registration required.*

Bizz-zz-z...cha-zz-a...brez-zz-z...gazzee-e. What's all that noise about? It's the "Boisterous Bugs" getting ready for their show in Runge's Puppet Theater. When you come to their performance, you'll meet Grasshopper, Cricket, and their friends. Perhaps Salamander and Turtle will be there, too. Come see who pops up.

### What's Going On?:

#### Flying Dragons and Damsels

August 27 • Saturday • 10 AM–2 PM  
*No registration required.*

Dragonflies and damselflies originate in the water and then take to the air with their wings. Join us through discovery, exploration, and other activities to learn about their similarities and differences.

## Mixed Age Groups

### Half-Day Discovery Hike

August 13 • Saturday • 8 AM–2 PM  
*Registration required (ages 8 and older, children accompanied by an adult)*

Join our volunteer-led program designed to provide opportunities to hike Missouri trails and learn about our plants, animals, and natural communities. Meet at the nature center and drive to **Onondaga Cave State Park**, located in Leasburg, to hike the Blue Heron Trail. Some transportation is provided, but carpooling may be necessary. Bring water, wear comfortable hiking shoes, and come dressed for the weather. *Trail Length:* .5 mile. *Terrain:* Moderate inclines and/or occasional rocks or roots. *Notes:* There is a fee to enter the cave. Staff will contact you with the cost.



## Reminders...

### Essentials for Runge Hiking Programs

Hikers need:

1. Appropriate footwear – trail shoes or hiking boots.
2. Water – 2 water bottles or 70 oz. reservoir.
3. Food – lunch, plus nuts, energy bars, or dried fruits.
4. Appropriate clothing – dress in layers, carry a hat, be prepared for rain.
5. Insect repellent, sunscreen, lip balm, and personal medications.
6. Optional: walking sticks, camera, binoculars, etc.





# Powerful Pollinators

## Bee Abodes...

- Make a natural home for pollinating bees

## Trail...

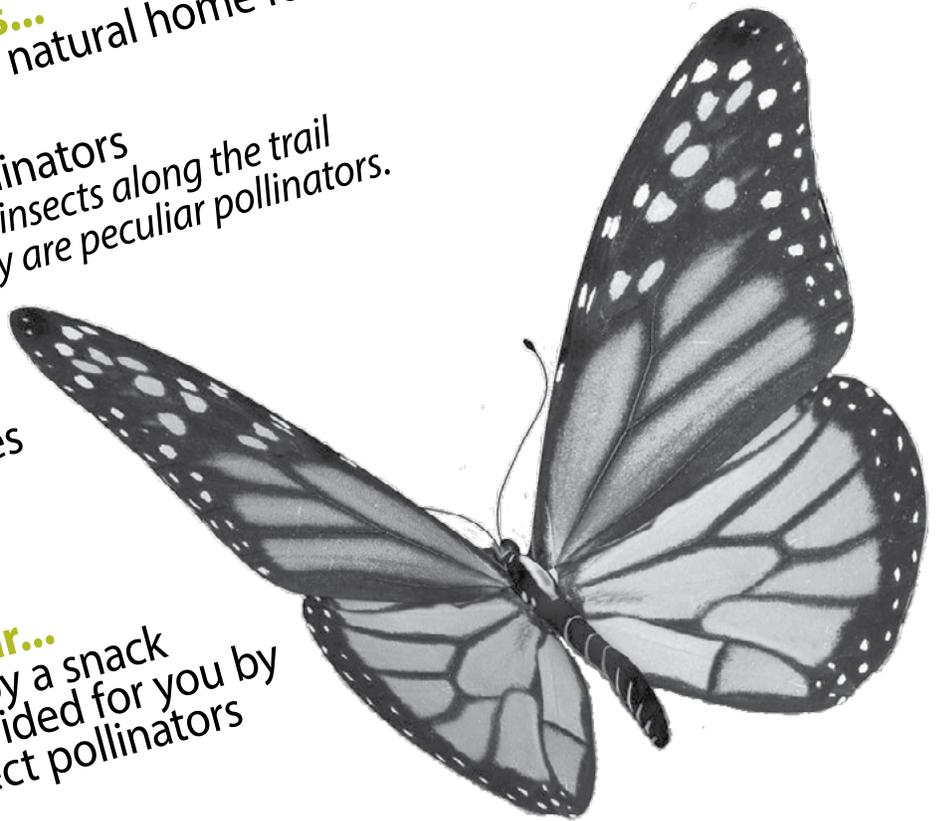
- Path of Peculiar Pollinators  
Meet three costumed insects along the trail and find out why they are peculiar pollinators.

## Stations...

- Beautiful Butterflies
- Wonderful Wasps
- Busy Bees

## Snack Bar...

- Enjoy a snack provided for you by insect pollinators



Friday, July 29, 6-9pm