

Fall 2014

Horizons

The Voice of Friends of Havenwoods

Walk 100 Miles

by Beth Mittermaier

We've known for quite a while that we, as a nation, are more sedentary than we were just a generation ago. Changing job demands combined with increasing time spent glued to electronic screens has resulted in less active lifestyles. Physical activity helps control weight, builds lean muscles, reduces fat, and promotes strong bones and joints. After several months of too much to do and too little time to do it, I can also share that it does wonders for reducing stress and overcoming writer's block.



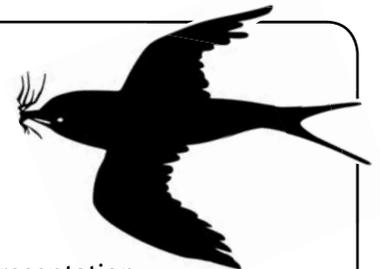
Recently, Mayor Barrett's "Walk 100 miles with the Mayor" visited Havenwoods. Jim Goetz and I hosted the mayor, Alderman Puente, and a small group of people as we walked a mile on our trails. The mayor initiated these walks around the city to encourage healthy lifestyles among residents. Check out his website for more information, including upcoming walks in the city. <www.milwaukee.gov/walk100>

But you really shouldn't wait for anyone (not even the mayor) to start walking. Just start. Park your car at the back end of the parking lot to add a few extra steps. Snub the elevator and take the stairs. When you have a choice between standing and sitting, choose to stand. When you can choose between walking and running, run. When you arrive five minutes early for an appointment, take a walk around the block instead of sitting in the waiting room. It all counts up . . . and you want it to! A goal of 10,000 steps a day might seem easy until you try to do it. Get a pedometer and find out how many steps you are taking right now. Then, slowly increase your movement until you can feel the difference in your energy level, your muscles, and your outlook on life.

Don't forget to be safe. Walk on sidewalks or trails. Walk with a friend in more remote areas. Always remember that—while cars are supposed to yield to pedestrians—cars are big, and drivers are not always attentive. Wear reflective clothing when walking in the evening. And, enjoy walking in nature whenever you can.

Friends of Havenwoods

Annual Meeting



All are invited to hear a presentation by Carl Schwartz, the state coordinator of Bird City Wisconsin.

The presentation will be followed by the Friends' Annual Meeting with election of Board members and officers.

October 14, 6:30 pm

Superintendent's Report

by Judy Klippel

There are lots of good reasons to visit Havenwoods during the next few months. This amazingly comfortable August weather coincides with the best time to see prairie flowers in bloom. Most prominent are the yellow flowers, like gray-headed coneflowers, black-eyed Susans, Jerusalem artichokes, cup-plants, and rosinweeds. Look for the yellow compass-plants and prairie-docks standing high above the other flowers and grasses. You'll find varying shades of pink to lavender and purple in the milkweeds, bergamots, joe-pye weeds, purple coneflowers, blazing-stars, and ironweeds. White is showing in culver's roots, wild quinines, and daisy fleabanes; and the butterfly-weeds are still blooming in their bright orange.



Black-eyed Susan

As you walk the trails, you'll also see some mowed areas where you wouldn't expect them. No, they aren't pretty to look at, but they are a reminder that some important work is taking place. Several of the invasive plants, like buckthorn, wild parsnip, crown vetch, and teasel, have spread in those areas beyond our ability to remove them individually, so we are cutting them down with a large mower. In fall, our staff will work with about 100 student volunteers from Carroll University and UW-Milwaukee, who will collectively spend about 500 hours cutting individual teasel and buckthorn plants in areas that aren't dense with invasives.

After the prairie flowers have given way to their seeds, we will be involved in Doors Open Milwaukee (DOM). This year the event is on September 20 – 21, 10:00 – 5:00. In this celebration of Milwaukee's history and architecture, people can visit and find out the stories



behind more than 150 sites in the city. Of course, the story here at Havenwoods is the land and all the changes it has seen since the mid-1800s. We have some fascinating historical photos of this site's County House of Correction and US Army Reserve facility included in our history program. Historic Milwaukee's website <www.doorsopenmilwaukee.org> has more information on the weekend.

Just a few weeks later, on October 4, 12:00 – 4:00, we will host our new Nature and the Neighborhood festival. There will be lots of nature activities for kids and adults. We also want to collect people's stories about their memories of Havenwoods during the earlier years of the park and during the military use of this land. We will be joined by the Police Department with McGruff (a crime-fighting character) and the Fire Department with the Survive Alive House and a fire truck. Both agencies will have safety lessons to share with kids.

By then, new colors will be starting to show on the land: the maple trees with yellow and red leaves; shagbark hickories with brown-speckled gold; red and white oaks, staghorn sumacs, and highbush cranberries with red; various kinds of ashes with yellow, purple, or maroon; and basswoods with yellow to brown.

As I said before, there are lots of good reasons to visit!



Black walnuts

Mystery Photos!

by Beth Mittermaier,
Conservation Biologist

Mystery Photo #20 (the new mystery)

As you hike the trails enjoying the wildflowers, look for goldenrod plants that look as if they have swallowed marbles. What has happened here? Is something inside? Are you going ice fishing this winter? These questions will make sense if you do some exploring!



Emerging from a split in the old skin.

trunk and usually waits for evening. It takes a while for the nymph's skin to split open and for the adult cicada to wiggle out. Then the pale green adult must hang from the old skin while it pumps body fluids into its crumpled wings. When the wings are fully extended, the insect must wait for them to dry before it is able to

fly. During this whole emergence process, the cicada is easy prey for birds, squirrels, and many other mammals, including dogs that can eat so many they get sick.

When the adults are able to fly, they soar up to the treetops where males begin calling for females. Since the adults only live a few weeks, they don't waste much time before getting down to business. During this intense mating time, don't be surprised if a cicada lands on you while you are pushing a noisy lawn mower or operating power



Wiggling out of the exoskeleton.



Waiting for wings to harden.

tools. I guess any loud buzz gets them thinking about the future!

While they usually emerge at night, you can find them emerging during the day. If you see a nymph crawling up a tree trunk, take time to witness the miracle of a bright-green, winged insect emerging from a crusty, dirt-colored shell. See you in the forest!

Answer to last issue's mystery

In summer, I shared a photo of an alien-looking creature that I found at Havenwoods. I'm sure that some of you immediately recognized it as a cicada.



In my youth, I loved to collect these empty insect exoskeletons. At family reunions, I often attached one to my clothes like one would casually wear an antique brooch. I'm not exactly proud to admit that my motivation for doing this was largely to terrorize one particularly squeamish aunt. Let's just say it was very effective year after year!

Cicadas fall into two large groups. The periodical cicadas are the ones that make the news. They emerge en masse during May and June after spending 13 to 17 years underground. The other group, annual cicadas, keep a much lower profile, emerging during the dog days of summer in much smaller numbers. They rarely receive media attention.

The life of an annual cicada begins as a small egg laid in a slit in tree bark. The egg hatches, and, after feeding for a few days, the nymph drops to the ground. It burrows down and attaches itself to the root of a tree. For the next two to five years, it sucks plant juices from the tree. When the nymph is full size, it works its way up through the soil, leaving behind a pinkie-sized emergence hole. The nymph climbs up the nearest tree



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Do you have a story?

Are you a writer with a story about spending time at Havenwoods or enjoying nature? Send it to FOH, and it might be in the next issue of Horizons!



Friends of Havenwoods, Inc.
6141 North Hopkins Street
Milwaukee, WI 53209-3565

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