



Summer 2010: Looking ahead by looking behind

What a busy winter! We have been more involved in the community than in the past and have had more participants in our various programs than ever before. We launched a re-designed website (<http://www.montanadiscoveryfoundation.org>) and have had a great time working to make it a useful resource. We have added pages with lesson plans for the Adopt-a-Species Program, updated historic area descriptions, and changed to a Google calendar. We are always looking for input and ideas, so please don't hesitate to speak your mind! Our sincere thanks to Board President Bob Person for taking on this big project and getting us started.

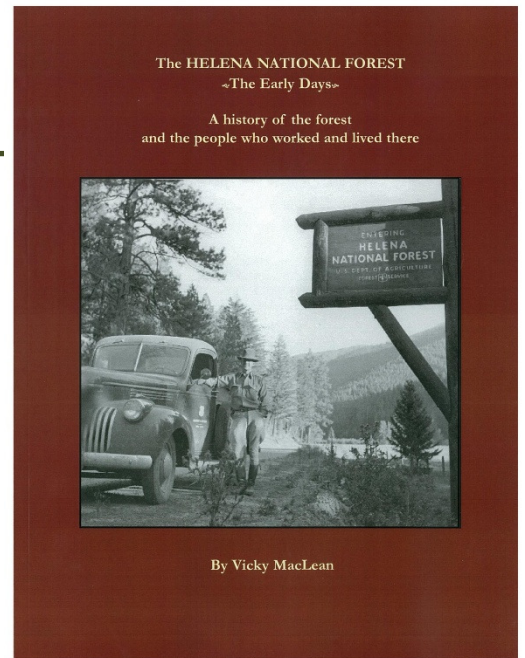
We also launched two e-mail groups to try to stay in touch with our volunteers and anyone interested in participating in our program offerings. Both groups are hosted by Google. There is a link to the public events group on the calendar page of our website. Our volunteer group link is <http://groups.google.com/group/MDFvolunteers?hl=en&lnk=>. We will have this link on our website soon.

Summer is almost here! We need to ignore the recent snows and celebrate the blooming flowers! Please look on page 2 for our summer calendar. See you in the woods and on the trails!

New book focusing on the History of the Helena National Forest!

We are pleased to announce the publication of Vicky MacLean's amazing historical work The Helena National Forest: The Early Days. This publication is now on sale at the 3 Forest offices for \$16.95. It is a great read and makes an outstanding gift for anyone with an interest in the National Forest system. Vicky is a retired Forest Service employee who lives west of Helena and continues to be fascinated with the lives and work of past Forest Service employees and locations.

We look forward to learning about her continuing research on other Forests.



*The Helena National Forest:
The Early Days
By Vicki MacLean*

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RESERVATIONS:
495-3711

Upcoming Events—Mark Your Calendars!

- *Moonlight hike: Monday May 24. Helena Valley Regulating Reservoir 7 to 9 PM*
- *May 17: Celebrating Wildflowers Training. Mt. Helena parking lot 5:15 PM*
- *May 29: Wildflowers on Lewis & Clark Pass. 10 AM to 2 PM*
- *June 23: Flowers & photos on Carl Creek with Mary Van Gilder and Nancy Tuber*
- *Moonlight hike: June 24. CDT on top of MacDonald Pass*
- *July 10: Charter Oak mine tours*
- *July 13 & 20: hikes to Lewis & Clark Pass 10 AM to 2 PM*

Upcoming Schedule of Events

May to October 2010

May 17—Celebrating Wildflowers Training. Mt. Helena parking lot 5:30 PM

May 18—Celebrating Wildflowers on Mt. Helena 8:30 AM to 2:30 PM

May 19—Celebrating Wildflowers on Mt. Helena 8:30 AM to 2:30 PM

May 24—Moonlight Hike: IMBD at the Helena Valley Regulating Reservoir. 7 to 9 PM RSVP

May 28— Adopt-a-Species Fair at Broadwater Elementary School: Mountain Lion

May 29—Wildflowers on Lewis & Clark Pass. Group limit of 25. 10 AM to 2 PM. RSVP

June 12—Helena Outdoor Fest. Spring Meadow Lake State Park.

June 17, 18, 21-23—A Forest For Every Classroom professional development workshop #2

June 18-20—Beyond BOW: Birding in Montana. Contact Liz Lodman at 444-2615 for details

June 23—Flowers and Photos along the Carl Creek Trail in Deep Creek Canyon, Townsend Ranger District. Offered through Old Baldy Continuing Education Program, Townsend School District. RSVP 266-5512 \$\$\$

June 24—Moonlight Hike on top of MacDonald Pass. 7 to 9 PM RSVP

July 10—Charter Oak Tours 9 AM to 4 PM

July 13—Hike to Lewis & Clark Pass. 10 AM to 2 PM

July 16—MT City Kids Out of School Time group

July 20—Hike to Lewis & Clark Pass. 10 AM to 2 PM

July 23—Moonlight Hike to Trout Creek Canyon 7 to 9 PM RSVP

July 24—Charter Oak Tour for the Junior Grange Camp

August 14—Charter Oak Tours 9 AM to 4 PM

August 15— Music in the Woods: Jazz with the Wilbur Rehmann Quintet at Moose Creek Cabin. 1 to 3 PM

August 21—Moonlight Hike to Willard Creek. 7 to 9 PM RSVP

September 11—An afternoon of music at Moose Creek Cabin with the Sagittarius Trio. 2 to 4 PM—just in time for tea!

September 21—Moonlight Hike to Hellgate Canyon. 7 to 9 PM RSVP

September 24-25—Forest For Every Classroom Fall Workshop – Eagle Guard Station

October 21/22—MEA/MFT Conference in Helena

October 23—Moonlight Hike: Charter Oak Mine. 7 to 9 PM

For more information, to reserve a spot, or to volunteer for any of the above events, please contact Debbie at 495-3711.

Rules of the Game: Animal Olympics

Here are some ways to get active and healthy outdoors in the Spring! Turn these fun motions into a contest between species!

Stand on one leg! It is not uncommon to see a Great Blue Heron standing with one leg drawn up in a resting position, and balancing like a seasoned acrobat on the other leg. Stand like a heron! See how long you can balance on one leg.

Can you walk the walk? Bears have 5 toes, each with curved claws. They walk in a shuffling, flat footed manner. Start by getting down on all fours (hands and knees). Then raise your knees while keeping your hands and feet on the ground. Next, raise your head and begin moving forward starting with your right hand and left foot following with the left hand and right foot. See how fast you can “walk like a bear” to a cone and back.

Sproinnnggg!!! Frogs make a tasty snack for many animals. Since frogs don't have sharp teeth or claws to defend themselves, the best thing they can do to stay safe is to escape as quickly as possible with their fantastic ability to leap! Pretend you are a frog! To leap like a frog, squat down and put your hands flat on the ground between your feet (shoulder width apart). Then, push downward with your legs on your feet, reach forward with your hands, and leap up and forward. See how quickly you can hop like a frog to a cone and back.

Drop and give me 50!!! Lizards communicate by doing push ups. They might be saying hello, you're in my space, or even I'm in good shape and will escape if you try to catch me! See how many pushups you can do in 1 minute. Be like a lizard!

GOING FOR THE GOLD!!!

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|----------------------|---------------|--------------|----------------------|
| 1. Stand on one leg: | _____complete | _____seconds | Semi-finalist |
| 2. Walk like a bear: | _____complete | _____seconds | Finalist |
| 3. Frog leap: | _____complete | _____seconds | Bronze medal |
| 4. Lizard push-ups: | _____complete | _____total | Silver medal |
| | | | Gold medal! |

Heritage and History on the Helena National Forest

While researching Forest history, Vicky MacLean came across a photograph of Moose Creek Ranger Station from the 1920's. The image was mis-filed in the archives at the Regional Office in Missoula. The photo was quickly scanned and shared across the Forest. When MDF had the cabin open for the start of Race to the Sky, volunteer Michael Chapman took a photo of the cabin as it is today, from very close to the same vantage point of the original photo. This almost should be a "Find the Differences" search since the site has evolved as the ever-changing forest grows, dies, and matures.

1920's

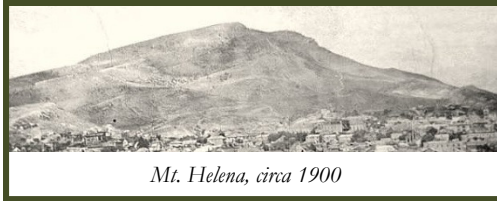


Interested in History? Become a Site Steward!

We are pleased to announce that MDF is partnering with the Helena National Forest to offer a two day training session for the Montana Site Stewardship Program. This program was started as a cooperative work between Montana State University, Project Archaeology, and the Bureau of Land Management in 2009.

The goal of this program is to develop a trained cadre of volunteers with an interest in preserving, protecting, and monitoring cultural resources in perpetuity.

A Site Steward works on a site to monitor for deterioration and destruction by vandalism, natural processes or other impacts. This is done through the use of observation, field notes, drawings, and photography to record changes over time.



The changes are then reported to the Federal or State archaeologist with jurisdiction over the site.

Anyone can be a Site Steward if he or she is interested in preserving the cultural resources in our area. No particular expertise is needed and training is provided.

MDF is hoping to assist the Helena National Forest by identifying and supporting anyone who is interested in becoming involved with this program.

There are a multitude of heritage sites scattered across the Forest and surrounding public lands.

If you are interested in becoming involved in the Montana Site Stewardship Program, please contact Arian Randall at the Helena National Forest. She will be facilitating the training in Helena, scheduled for October 8 - 9, 2010. Arian can be reached at arandall@fs.fed.us or at 495-3752. The application form can also be found on the Montana Discovery Foundation website.

The Montana Discovery Foundation is organized to involve citizens in conserving and enhancing natural resources in order to achieve and maintain sustainable, healthy landscapes, resources and our community. We believe that hands-on experiences in nature will lead people to value and promote our natural resources, which will ultimately make our community a better place to live. If you have an interest in any of the events or would like more information, please call.

495.3711



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***Connecting Nature
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Through Education***

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