



The Illinois Prairie Path Newsletter

March 2016

Upcoming outdoor events focused on health and nature



Photo copyright Dulcey Lima

Visit St. James Farm Forest Preserve in Winfield

The Illinois Prairie Path is linked with the farm. Walkers, runners, bikers and equestrians enjoy the scenic trails, picnic areas and restrooms.

The entrance to the parking lot is on the east side of Winfield Road, between Mack Road and Butterfield Road (56).

www.dupageforest.com/Stjamesfarm/

April

Elmhurst Great Western Prairie Work Day

Saturday, April 16

www.epd.org/Elmhurst-great-western-prairie

Potluck and Seed Swap, (P.2)

Sunday, April 17, 1 p.m.

www.theresiliencyinstitute.net

Annual Earth Day Cleanup (P.3)

Saturday, April 30, 9 a.m. to Noon

www.ipp.org

May

Elmhurst Great Western Prairie Work Day

Saturday, May 21

www.epd.org/Elmhurst-great-western-prairie

“Bicycling 1819-1933” – a history presentation by Carey Williams and a Preview of the 2016 National Wheelmen Meet Events (in July, open to the public) Tuesday, May 24 www.thewheelmen.org

June

Permablitz – Ferry Forest Garden

Sunday, June 12

www.theresiliencyinstitute.net

Elmhurst Great Western Prairie Work Day

Saturday, June 18 and June 25

www.epd.org/Elmhurst-great-western-prairie

July

Century Run/Ride on the Illinois Prairie Path

Celebrating 150 Years of Cycling

Thursday, July 7 www.thewheelmen.org

Wheelmen Antique Bike demonstration and formation riding event. Friday, July 8.

www.thewheelmen.org

Elmhurst Great Western Prairie Work Day

Saturday, July 16

www.epd.org/Elmhurst-great-western-prairie

For up-to-date listings and locations of all Path events visit www.ipp.org/events

Ferry Forest Garden Friends Plant Seedlings

By Michelle Hickey, Co-founder, The Resiliency Institute

The Ferry Forest Garden is growing! All of the trees and shrubs were planted last year, and this year, with the help of Forest Garden Friends and volunteers like you, the perennial edibles, flowers, herbs, and groundcovers will be planted.

On Saturday, February 27th Forest Garden Friends came to The Resiliency Institute to seed the perennials in trays to take home and grow until June. We planted 21 trays and the seedlings are germinating.

On **June 12th** Forest Garden Friends and volunteers are invited to attend a Ferry Forest Garden Planting **Permablitz**. In the meantime, we are looking for Forest Garden Friends who can volunteer time to check on the trees & shrubs already planted, water when necessary, fix protective cages, and help with weeding. Visit our website, www.theresiliencyinstitute.net to complete the Forest Garden Friends volunteer form and to register for the Permablitz.

Put your name on this highly visible Growing Food Security project to demonstrate your support for this unique approach to solving food security and hunger.



Soulstice You Blew Me Away - Scrapart by Penny Hardy. The Resiliency Institute is hoping to add a similar scrap art sculpture.



Resiliency Institute community volunteers enjoy great food and conversation



Forest Garden Friends plant seeds

We expect about \$6,000 in expenses to complete the garden and welcome sponsors and donations.

Boy scouts are invited to contact us for their Eagle Scout service projects. Currently, boy scouts have built a raised keyhole bed, bird houses, bridges, and a sign for our Whole Foods Market Edible Forest Garden and we welcome projects for Ferry Forest Garden.

Are there any scrap metal artists out there interested in creating a beautiful sculpture?

We love to meet new people. Come to our potluck and seed swap on **April 17th at 1 p.m. to get to know The Resiliency Institute community and enjoy great food and conversation.**

EARTH DAY TRAIL CLEANUP (RAIN OR SHINE)

Saturday, April 30, 2016

9 a.m. to Noon

VOLUNTEERS are needed for cleanup on the **ILLINOIS PRAIRIE PATH** and the **GREAT WESTERN TRAIL**. If you are interested in helping us, please contact any of the volunteer coordinators listed below. Path cleanup sites are listed from east to west.

Maywood/Bellwood: JOANN Murphy
Joann.debock.murphy@gmail.com
630-306-7757

Elmhurst: JOHN Schroeder 630-833-4437 or
Jschroeder@olympiachiroandpt.com

Villa Park: THERESA Bauer
630-834-8500x6059 or tchan.bauer@gmail.com

Lombard: DAVE Gorman 630-620-5765 or
gormand@villageoflombard.org or
SAM Pyne 630-469-0134 or ibsam@yahoo.com

Glen Ellyn: BRENDON Mendoza 630-547-5203
or Bmendoza@glenellyn.org

Wheaton: TRACY Vought 630-260-2870 or
tgasiel.vought@yahoo.com

Winfield: ERIK Spande 630-871-6640 or
erik.spande@comcast.net

Elgin Branch/Oliver Square: (WC) at Rte 64
and 59: DICK/NANCY Wilson 847-299-7882 or
nancy60018@yahoo.com

Warrenville: JENNIFER McMahan 630-514-3040
or McMahan2635@comcast.net

West Chicago/Geneva Spur: RACHEL Miller
630-818-1160 or miller@mapei.com

Geneva Spur at Fox River going East:
DAVID Peterson 630-232-2153 or
dw-peterson-pe@ieee.org

Aurora Branch/Naperville: KEN McClurg
630-858-8352 or McClurg@wideopenwest.com



www.ipp.org

Earth Day/Illinois Prairie Path:

SUSAN Degnan 630-940-4255 or Suelite97@yahoo.com

Great Western Trail:

DON Kirchenberg 630-853-7650 or FrndsGrtWstnTrl@aol.com

“Passing on your left!” Bike helmets? Dogs on a leash?

One of the most wonderful features of the Illinois Prairie Path is its variety of trail users. You share the Path with people of all ages and interests - walkers, runners, bicyclists, horseback riders – and animals. Here are some important safety reminders.



Photo copyright Dulcey Lima

- Keep to the right side of the Path.
- Speeding can startle other trail users, especially children and animals. If possible, try to make dog walkers and equestrians aware that you are approaching. Be especially cautious on narrow trail segments and on trail bridges.
- Riders and runners should travel in single file when passing other trail users. Please announce you're your intention to pass. Always pass on the left.
- All animals should be leashed and kept leashed. Owners need to clean up after them.
- Move off the trail when you are stopped or talking with groups of friends.
- Always wear a helmet when bicycling.
- No alcoholic beverages or controlled substances are allowed on the system. Motorized vehicles are prohibited.

Be aware of where you are on the Path. What city are you in? What mile markers did you recently pass? If an emergency occurs on the Path, please call 9-1-1 and



identify the location of the incident. Uniformed safety patrols - members of the Community Resource Unit in DuPage County - help ensure the safety of Path users. **Information provided by Dan Thomas, Trail Coordinator, DuPage County Division of Transportation**

In Memoriam

Lennel Grace, Maywood



Photo copyright The Village Free Press

Lennel passed away on Monday, March 7th. He was 66 years old. Michael Romain, Editor of *The Village Free Press*, wrote: "There's a hole now in the heart of this village so big ... a hundred men couldn't fill it." He continued, "...Invariably, without fail, after having spoken with him, you would have learned something you never knew before, had several epiphanies; your life (if not your mind and if only marginally) having changed for the better." Lennel was an advocate of the Illinois Prairie Path, a community leader who organized and led Maywood's Annual Earth Day Cleanups and a former board member.

Doris Blicke, Wheaton



Doris recently passed away. She attended the Path's 2014 Annual Meeting and shared memories of working with her husband Fred and neighbors to build the Path off of Delles Road in Wheaton. Her daughter Alayne recalls, "I remember as a kid hauling wheel barrel loads of gravel out to the path, and raking it out by hand as mechanized machinery was not allowed. We spent many a Saturday doing that." Doris also remembered neighbors offering food and water to volunteers from their back yards, as they all worked, laying foot after foot, of new trail.