

# Franklin Grove Creek and Preservation Corporation

## Newsletter

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[www.franklincreekgristmill.com](http://www.franklincreekgristmill.com)

Spring 2016

### Upcoming Events

#### Evening at the Mill—Sara Grady

**Saturday, April 23rd, 6:00 PM**

Water, Wonder, Words. Tickets \$25 and include a meal. Contact Alyssa by April 19th at (815) 456-2718 to purchase tickets or for more info. Details page 2.

#### Spring Wildflower Walk with Ellen

**April 16th & May 1st at 1:30 PM**

Enjoy a spring afternoon viewing the beautiful native woodland flowers. Details to the right.

#### Closer to the Creek Nature Day

**Saturday, June 11th**

Spend the day taking a closer look at the Franklin Creek. Kids program in AM and adults in PM. Details on page 2.

#### Water/Ways Exhibition

**May 28—July 9, 2016**

Special Smithsonian exhibit devoted to water, on display for 6 weeks at the mill. Details to the right.

### Ongoing Events

*See page 3 for more details.*

**Bird Walk:** Monthly, 8 AM Free

**Geology Walk:** Monthly, 10 AM Free

#### Franklin Creek Grist Mill Hours:

- April through October: Fridays, Saturdays, and most Sundays (check website calendar) from 12pm—4pm. Stop in for a tour or to just look around.
- Grinding demonstrations are held on the last Saturday of every month and stone ground corn is always for sale! See our featured recipe on page 3.

**(815) 456-2718**

[info@franklincreekgristmill.com](mailto:info@franklincreekgristmill.com)

### What's New at Franklin Creek!

#### A Season of Water Adventures At Franklin Creek

Water sustains life. Nothing, human or otherwise, can live without it. At the Franklin Creek State Natural Area and the Grist Mill, 2016 will be a year of discovery about water and the appreciation of the roles water plays in shaping our lives—quenching our thirst, sustaining plant and animal life, shaping our past, the present and future way of life, and inspiring art, music, and stories with its power and beauty.

#### Water/Ways

“Water/Ways”, a traveling exhibit created by the Smithsonian Institute will be displayed at the Grist Mill from May 28th through July 9th in

“Water/Ways” focuses on the relationship between people and water including global water use, water’s impact on the landscape and the future of water in the United States. The “Local Water/Ways” exhibits tell the story of water in our own community

and answer questions such as: How does water and geology mix to create the creek, wetlands and springs? What power did water provide for early settlements in the area? How does water impact the plant and animal life in the area?

What is the view of water in Native American culture? Why is water an important resource to everyone? How will climate change impact the future of water in Northern Illinois? Guests will have the opportunity to create their own water-inspired poems and art work after viewing the exhibits.



Smithsonian project directors Sara and Robbie checking a few panels, graphics, and props.

conjunction with the Illinois Humanities and the Smithsonian’s Museum on Main Street Program. While the Smithsonian exhibit is at the Mill it will be open every Thursday through Monday from 11 AM to 4 PM. Local companion exhibits will tell the story of water’s importance to life in this community.

#### Rolling River Adventures

The second annual Singing Bird Chautauqua, a festival of art, music and culture, will be held at the Franklin Creek Grist Mill on the weekend of September 10th and 11th. “Rolling River Adventures”, the 2016 Chautauqua theme, will feature water-related stories, nature

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# Franklin Grove Creek and Preservation Corporation

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walks, river inspired music, art, food and performances ranging from French voyageurs, to Mississippi River migrant communities and Mark Twain the master of river lore.

## And More

Join us for even more water related events through-out the season such as Franklin Creek Nature Day (details to the right) and Evenings at the Mill (details on page 3). For up-to-date details about all of these events visit our website [www.franklincreekgristmill.com](http://www.franklincreekgristmill.com) or contact Franklin Grove Creek and Preservation Corporation coordinator, Alyssa Rod at (815) 456-2718 or [info@franklincreekgristmill.com](mailto:info@franklincreekgristmill.com).



## Spend time in nature through Nature Walks

Journey into nature and experience a closer look at what is around you! Enjoy a leisurely walk through nature while looking at the spring wildflowers, local birds, beautiful butterflies and more. Our nature walk guides are filled with a great knowledge about what can

be found within the Franklin Creek State Natural Area. Bird walks and geology walks take place every month from May through October. Check out page 3 for more details.

Special Spring Wildflower walks will be held on April 16th and May 1st meeting at the Franklin Creek Grist Mill at 1:30pm. Local naturalist and board member Ellen Baker will be leading these walks, identifying the beautiful spring flowers that will be blooming. Be prepared to find bluebells, trilliums, jack-in-the-pulpit and more. Call the Mill to RSVP so we know how many people are joining.



## Closer to the Creek Nature Day Saturday, June 11

Take a closer look at the Franklin Creek waters and you may find more than rocks and water. Birds, mammals and frogs are easy to find but what about the bugs? These creepy crawly critters are an important part of the ecosystem that surrounds the creek. They can tell us how healthy the waters are and give us a closer look at the importance of protecting this essential local water resource.

Join us on Saturday, June 11, 2016 for a Nature Day along the Franklin Creek!

The FGC&PC will be hosting two special events throughout the day with a focus on water. Both events are FREE and Pre-registration is REQUIRED.



Participants are welcome to come for the whole day or pick AM/PM. More details will be sent to those that register. Take a look below at the program options:

### Creek Close-ups Workshop with Nathan (10:30 AM - 12 PM)

Kids will join guest presenter Nathan Hill (Rockford Park District Horticulture and Natural Areas Supervisor) for a hands-on workshop to learn about the creepy crawly critters in the creek. Be ready to get wet! This program is for kids ages 7-15 and will be limited to 12 kids so sign up soon.

### RiverWatch Monitoring (1:00 PM - 3:30 PM)

Participate in hands-on citizen science and help with performing water monitoring along the Franklin Creek. This volunteer program looks at the health of the water especially by looking at the macro invertebrates. This program is for 16 years old and up and will be limited to 10 adults. Kids from the morning class are welcome to join in this program with an adult that is participating.

Sign-up today for these water-filled, fun programs by calling the Franklin Creek Grist Mill at (815) 456-2718 or send an email to [info@franklincreekgristmill.com](mailto:info@franklincreekgristmill.com).



# Franklin Grove Creek & Preservation Corporation

## An Evening at the Mill with Sara Grady Water, Wonder, Words: Language, Stories, & the Cradle of Life

**April 23rd, 6:00 PM**

\$25 Tickets for Dinner with program after

Purchase your ticket by April 21st



The presence or absence of water can build empires and destroy civilizations.

It has been said that our planet should be named “Water” or “Ocean” rather than “Earth.” The surface is 70% water, and every living thing here depends on this simple, vital fluid. Just as rivers carve canyons and oceans sculpt the shore, so too water has influenced human cultures from Ancient Mesopotamia to our modern metropolises.

In this lively exploration, writer and educator Sara Grady will lead a globe-trotting tour, diving into history, anthropology, literature, and legend, tracing the ripples of water in our shared cultural history. We will explore how people across the globe and throughout history reflect water’s life-giving, treacherous, fertile power through profound myths and entertaining stories, tasting the rich and varied water-words of languages both familiar and foreign – words that are being lost and eroded, but which illuminate and enunciate the wonders of our vibrant, blue planet.

At the second Evening at the Mill on August 13th, Lee Murdock will tell the tales and sing the songs of people who work on the rivers and lakes of Illinois.

## Become a volunteer during the Smithsonian Water/Ways Exhibition!

Love Water? Love History? Want to be a part of a Smithsonian Exhibit? Join the Franklin Creek Grist Mill Docents! A docent is a volunteer educator and our dynamic group of docents will teach thousands of visitors about our local water ways.

Inspired by water, the Smithsonian Institute’s traveling Museum on Main Street exhibit will focus on the purpose of water, its uses, and what people can do to protect it. Prior to the six week exhibition, as a docent, you will be mentored by seasoned volunteers, immersed in the general history of the grist mill, and trained to present the amazing topic of water in a meaningful and relevant manner.

If you love nature and are interested in becoming a volunteer with us: Contact the Franklin Creek Grist Mill to apply today! Call (815) 456-2718 or email [info@franklincreekgristmill.com](mailto:info@franklincreekgristmill.com).

Two Required training sessions:

Intro & Mill - Wednesday, May 11, 6:30 – 8:30pm

Water/Ways – Wednesday, May 25, 6:30 – 8:30pm

**OR** Thursday, May 26 from 9:00-11:00am.

## FEATURED RECIPE

### Cornmeal Strawberry Cake

#### Ingredients:

- 1 1/3 cups STONEGROUND CORN-MEAL (available at the grist mill)
- 2/3 cup unbleached all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 3/4 cup unsalted butter
- 1 1/4 cups white sugar
- 4 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup plain low-fat yogurt
- 1 cup sliced fresh strawberries

#### Directions:

1. Preheat oven to 350 degrees F. Grease and flour a 9 inch round cake pan. Sift together the cornmeal, flour, salt and baking powder, set aside.
2. In a medium bowl, cream together the butter and sugar. Beat in the eggs, one at a time, then stir in the vanilla. Add the dry ingredients alternately with the yogurt, stirring after each addition. Finally, fold in the strawberries. Pour the batter into the prepared pan.
3. Bake for 45 to 50 minutes in the preheated oven, until a toothpick or knife inserted, comes out clean. Cool cake in the pan on a wire rack for 30 minutes then invert onto a serving plate. Serve with ice cream or whipped cream.



### Bird Walks

~The second Saturday of every month, May-October at 8am. Meet at the Franklin Creek Grist Mill. Join seasoned birders as they lead a walk through the Franklin Creek State Natural Area highlighting the migrating birds and the ones who make the natural area their home. **Mark your calendars for May 14, June 11, July 9, August 13, September 3, and October 8.**

### Geology Walks

~The last Saturday of every month, May-October at 9am. Meet at the Franklin Creek Grist Mill. Get ready for a lesson in geology! For starters Franklin Creek State Natural Area has the oldest exposed bedrock in Illinois. At 500 million years old, the New Richmond Sandstone is remarkable. **Mark your calendars for April 30, May 28, June 25, July 30, August 27, September 24, and October 29.**

### Become a Volunteer

Do you love spending time at the Grist Mill? Do you enjoy nature, the outdoors, or how mills work and machinery? If your answer is yes to any of these questions, think about becoming a volunteer. Please contact the mill for more info: (815) 456-2718 or email [info@franklincreekgristmill.com](mailto:info@franklincreekgristmill.com).

Franklin Grove Creek & Preservation Corporation  
1893 Twist Road  
Franklin Grove, IL 61031-9315

Return Service Requested



## So Much to See and Do!

Enjoy a nature walk with  
a volunteer guide.



Take a peak at our  
newest exhibits!



Water/Ways Exhibition  
May 28—July 9 (pg 1)

Family and group tours  
available!



Evening at the Mill  
this April 23 (pg 2)

*The Franklin Grove Creek & Preservation Corporation strives to preserve and protect high quality natural areas in the Franklin Creek watershed, while providing educational, cultural and recreational opportunities for the public to discover, explore and experience the area.*