

The Nature Nuts News

March 2010

“You see they are clearing the swamp so fast. Every year it grows harder to find things, and Indian stuff gets scarcer.” -Elnora in “*Girl of the Limberlost*” by Gene Stratton Porter

Welcome to volume 3 issue 3 of “The Nature Nuts News”, a monthly newsletter keeping you updated with Allen County Parks Volunteer activities. Included is a monthly calendar of events for volunteers.

A Cautionary Tale of Eastern Skunk Cabbage

Eastern Skunk Cabbage is also known as Clump-foot Cabbage, Foetid Pothos, Meadow Cabbage, Polecat Weed, or Swamp Cabbage. It is the first plant to poke its head through the ground in the spring. Where black bear still exist, Skunk Cabbage heralds the spring emergence from their dens. It also makes up 50% to >99% of their diet. Possible diuretic?

Medicinally, Skunk Cabbage is known for treating respiratory conditions, including asthma, tuberculosis and whooping cough. The decoction of the root in combination with Lady’s Slipper is used to treat diabetes by the Micmac. The Iroquois used the plant to rid their children of parasitic worms. It contains high levels of salicylates with account for its pain-relieving attributes. A poultice of crushed leaves has been used topically to treat pain.

CAUTION! Skunk Cabbage also contains high levels of calcium oxalate crystals (throughout), making the raw plant potentially deadly in high enough doses. Heat and drying will break them down. Never use roots that have not been dried. Leaves that have been dried may be used in soups and stews. The actual toxicity is controversial, possibly due to its aroma?

Trail Guide Training Workshop

Sunday, April 18th, 1-4PM

Take a hike with a naturalist!

Its spring, wear boots!

Get warm with coffee/cocoa & conversation.

Naturalists will share trail guiding tips, tricks, gimmicks and gadgets.

Call 449-3246 to pre-register by April 13.

FREE—bring a friend!

Metea Programs

Monday Mornings w/Michael

North Metea Park: March 1 & 22, 7AM

Payton County Park: March 8 & 29, 7AM

Metea County Park: March 15, 7AM

Story Night at Metea, March 5, 7-9PM

Jr. IMN OPEN HOUSE!, March 6, 11AM

Payton’s the Place, March 13, 10AM-3PM

Home School Series, March 18, 2-4PM

Craft Night at Metea, March 19, 6-9PM

The Metea Challenge, March 20, 10AM-Noon

Fourth Friday Night Hike, Mar. 26, 7-8:30PM

Non-flowering Plants, March 30, 2-4PM

Fox Island Programs

Fox Kit Club “BATS”, March ???, 9:30-10:30AM with Bob Walton

Scrapbooking, March 12, 6PM-Midnight

Spring Timberdoodle, March 20, 7:30-9PM

Preschool Discovery Hour, March 23, 1-2PM

Tai-Chi, March 24-May12, 6-7PM

RACE INTO THE WILD Spring Day Camp, April 5-9, 9AM-5PM

Special Events, aka FREE to Volunteers!

March 4, 1-3PM, Trail Trekkers

April 18th, 1-4PM, Trail Guide Training



Requests for assistance or suggestions on how the county can better meet the needs of those persons with disabilities may be submitted to the ADA Coordinator at:

Human Resources Department, Room 208, 1 East Main Street, Fort Wayne, Indiana 46802, or by telephone at 260-449-7217, TDD 260-449-7881.

Allen County Park VIP's

March 2010

*Metea County
Park*

Jr. Indiana Master Naturalist class is now taking registrations. Please download a registration form for your 9-13 yr. old from allencountyparks.org



	1 7AM North Metea with Michael 6:30-9PM Volunteer Dinner!	2	3	4	5 Story Night at Metea, 7-9PM	6 Jr. IMN OPEN HOUSE! 11AM-NOON
7	8 7AM Payton Monday Morning with Michael	9	10	11	12	13 10AM-3PM Payton's the Place!
14	15 7AM Metea Monday Morning with Michael	16	17	18 Home School Series 2-4PM	19 Craft Night at Metea, 6-9PM	20 The Metea Challenge, 10AM-NOON
21	22 7AM North Metea Monday Morning with Michael	23	24	25	26 Fourth Friday Night Hike, 7:00-8:30PM	27
28	29 7AM Payton Monday Morning with Michael	30 Non-Flowering Plants, 2:00-4PM	31			

Metea County Park Activities

Call 449-3777 for info.

We are hunting skunk cabbage...



Join the Quest for Skunk Cabbage with homeschoolers on March 18th, 2-4PM! Contact Nat Haley, nhaley@allencountyparks.org

In addition:

***Join the committee for Metea's fall fundraiser in 2010! Contact**

bdispenza@allencountyparks.org.

***Join the Friends of Metea. Contact rdivelbiss@allencountyparks.org, or call 449-3778.**



March 2010

Fox Island County Park

"Into the Woods, Its time to go...."



	1	2	3	4	5	6
				Trail Trekkers, 1-3PM		
7	8	9	10	11	12 Scrap-booking, 6PM-Midnt.	13
14	15	16	17	18	19	20 Spring Timberdoodle, 7:30-9:00PM
21	22	23 Pre-School Discovery Hour, 1-2PM	24 Tai-Chi, 6-7PM	25	26	27
28	29	30	31 Tai-Chi, 6-7PM			

Fox Island Park Volunteer Activities

Call 449-3180 for info.

Volunteers needed for all activities on calendar.

Volunteers also needed for:

- Informational signs for the exhibits.**
- Putting together specific program props.**
- Bulletin Boards.**
- Trail Guiding.**
- Special Events.**

Contact Ron Zartman or Natalie Haley for more information at 449-3186 or 449-3246.

Email: programs@allencountyparks.org



Canterbury 2nd grade having a winter blast at Fox Island!



**Allen County Parks
and Recreation**

7324 Yohne Rd.
Fort Wayne, IN 46809

PLEASE
PLACE
STAMP
HERE



The Nature Nut News

A Publication for Allen County Parks Volunteers



*“Where have all the
young owls gone?
Three or more weeks
old, every one.
When will they ever
learn?
When will they ever
learn?”*