



# NATURE Matters

The quarterly newsletter of The McHenry County Defenders

*"The Sun shines not on us but in us. The Rivers flow not past, But through us."*

JOHN MUIR

July-September 2008, Volume 2, Issue 3

The McHenry County Defenders

## Annual Corn Roast & Potluck Dinner

Sunday, August 17th, 2008



You are invited to The Defenders'  
Annual Corn Roast at  
Bill and Alice Howenstine's Pioneer Tree Farm  
4614 Pioneer Road, north of McHenry  
The gathering and fun start at 4:00 p.m.  
Food will be ready at approximately 5:30 p.m.



See details on page 9.

## Update on the Regional Planning Commission's 2030 Plan

By Jim McNutt

Recognizing the superior quality of life enjoyed in McHenry County and realizing that the impact of change is inevitable, the County Board has directed the development of a long-range plan to guide the future of the County. To assist in this process, the Board created the McHenry County Regional Planning Commission for the purpose of developing the 2030 plan. Commission appointees were interviewed by the County Planning and Development Committee and approved by the full County Board at the end of 2006. The Commission originally consisted of thirteen members and eleven members still remain active.

The Commission's first year was devoted to setting goals and objectives, gathering information and listening to concerns of stakeholders. By creating eight subcommittees of people in various fields of expertise, the Commission was able to gather a wide variety of input. The eight subcommittees are: Agriculture, Communications, Community Character, Economic Development, Infrastructure, Intergovernmental Coordination, Open Space/Natural Resources, and Water Resources. Goals and objectives of each subcommittee are detailed on the McHenry County 2030 Web site. The subcommittees have met independently from the regular monthly meetings of the full Commission. Recognizing that regional change is inevitable and does not stop at borders, input from other governmental bodies has been solicited. Other municipalities, townships and neighboring counties have been invited to present their priorities, concerns and projections for the future.

For future planning purposes, the University of Illinois is assisting with expertise to develop computer modeling. A wide variety of information will be included in the model, such as projected growth, prime natural areas, natural

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# A Note from the President


By Bill Donato

The Board of Directors of the McHenry County Defenders recently voted to change the organization's name to The Environmental Defenders of McHenry County to directly reflect that which we defend. Known widely as "The Defenders," our grass roots organization's environmental mission since 1971 – to preserve, protect and educate – would continue. In January of 2008, the Board of Directors met for an all-day strategic planning session to discuss the direction of The Defenders. As a result, three main items are presently the major focus of the organization: to research a new home (office), to appoint an executive director and, with the closing of the recycling center, to offer additional environmental services for Defenders members and the County. My job as President is to make sure that these three goals are met. Just as organisms evolve with the changing ecosystem, the Defenders' Board proposes to modify the organization's name to accurately describe our mission. That mission would remain the same. We are a citizen organization dedicated to the preservation and improvement of the environment. We are committed to building sound ecological relationships between people and the natural world that supports all life.

To achieve the aim of environmental preservation and improvement, we need our members to become even more active. The organization is more than the Board and committee chairs – it is over 500 citizens that want a better quality of life for themselves and their children. As a result, we will be holding informal "townhall" meetings to gather input from you. For example, recently we reached the decision to build an environmentally green model building on our property at Dean Street and Route 14. We will need a lot of assistance and input from you, our membership, in a variety of ways. While focusing on this important step, we will continue to provide the community with educational programs and volunteer action on pollution prevention, sustainable land use, water protection, and energy and natural resource conservation. We will continue to advocate for policies that protect drinking water supplies and conserve land for open space and agriculture.

Through the years, The Defenders has had many successes in helping to make McHenry County a healthier place in which to live and grow. Some of these achievements include: becoming the first recycling center in the County, formation of the McHenry County Conservation District, preventing landfills on permeable soils, regulation of gravel mining in McHenry County, passage of the Illinois Groundwater Protection Act and the Solid Waste Management Act, and protection of many natural areas, such as Volo Bog. The Defenders has won several awards, including the Illinois Environmental Council's Environmental Organization of the Year, the Governor's Hometown Award, and the McHenry County Outstanding Recycler Award. Since our recycling

center closed the Defenders has operated recycling and reuse drives, but people still identify the recycling center as what the Defenders does. As a result, the Board has started a services committee designed to establish a new service that the Defenders can provide for our growing community. As President, I welcome your comments about these issues and others concerning The Defenders. More information about our proposed name change will be forthcoming and we ask for your support.

The McHenry County Defenders is proud to serve the natural world, to promote citizen involvement in the environment, and to continue its work to provide for a healthier future for everyone. Thank you for your continued support. For more information on membership and the history and current work of The Defenders, please go to: [www.mcdef.org](http://www.mcdef.org) or contact our office at 815-338-0393 or [mcdef@owc.net](mailto:mcdef@owc.net). 



## McHenry County Defenders Mission Statement

The McHenry County Defenders is a citizen organization dedicated to the preservation and improvement of the environment. We are committed to building sound ecological relationships between people and the natural world that supports all life.

To achieve the aim of environmental preservation and improvement, we provide the community with educational programs and volunteer action on pollution prevention, sustainable land use and energy and natural resource conservation.

We advocate policies which protect drinking water supplies and conserve land for open space and agriculture. We demonstrate waste reduction through recycling drives and reuse centers. We encourage natural resource protection through native landscaping and stream protection programs.

### Letters to the Editor

Please address Letters to the Editor to: [ckanner@mcdefenders.net](mailto:ckanner@mcdefenders.net). Letters will be published based on space and Board review. Opinions expressed do not necessarily reflect the position and/or policy of the McHenry County Defenders. Letters can also be mailed to The Defenders: 124 Cass Street, Suite 3, Woodstock, IL 60098

resources such as gravel and mapping of different types of agricultural land. This system, known as LEAM (Land use Evolution and impact Assessment Model), allows for testing various scenarios and how they impact one another. Once an initial baseline is established in these areas other models will be added to review overall impact in areas tested. The five initial Issue Models are listed below:

- Issue Module 1: Development Stress on Public Services and Infrastructure
- Issue Module 2: Access to Quality Education
- Issue Module 3: Natural Area Protection
- Issue Module 4: Development Stress on Agriculture
- Issue Module 5: Water Resources

The Commission is developing a preliminary draft of the 2030 plan for review. To accelerate the draft writing process the full Commission meets bimonthly. With the completion of basic research, subcommittee meetings have been suspended to

allow for all members to participate in the writing process. Once an initial draft of the report is prepared, public meetings will be held throughout the County to solicit feedback from stakeholders in this process. The result of the 2030 planning process is to provide planning direction for McHenry County. A Web site was created at [www.mchenrycounty2030plan.com](http://www.mchenrycounty2030plan.com) to ensure residents and concerned parties are kept up to date. Designed to provide the latest developments of the Commission, important information can be found at the site, including reports, meeting dates, minutes of previous meetings and excerpts of presentations by experts. Public participation is encouraged at every stage in this process. Beginning at 6:00 p.m., meetings are held on the second and fourth Thursday of each month in the McHenry County Government building located at 667 Ware Road in Woodstock. Written statements detailing views are also encouraged. ♻️

*Jim McNutt is a McHenry County Regional Planning Commissioner and a resident of Fox River Grove.*

## 2030 Regional Planning Committee Subcommittees and their Goals

### **AGRICULTURE**

Preserve the most productive farmland, as a source for viable agricultural activities that enhance the county's economy and provide rural character.

### **COMMUNICATIONS**

A public, County Board and media that are clearly and routinely informed on the mission, purpose, activities and recommendations of the McHenry County Regional Planning Commission.

### **COMMUNITY CHARACTER**

*Housing* – Promote and encourage “opportunities” ( Zoning, Subdivision, Redevelopment, etc.) for diversified, affordable, and attainable housing that meets the needs of all of the citizens. If you work here, you should be able to live here.

*Quality of Life* – Promote development, redevelopment, infill development, conservation, environmental protection, and public improvements that support the highest quality of life in existing and future communities. The owner of property today must be a responsible steward of the land for future generations.

*Neighborhood Form* – Promote and encourage the appropriate use of design principles as an alternative to conventional suburban sprawl. The essence of neighborhood cohesiveness should be emphasized and encouraged.

*Schools* – Promote growth that supports overall long-term financial health, and best utilization of existing and future facilities for all school districts. Improved educational opportunities should be a result of future growth.

*Historic/Cultural Heritage* – Promote the conservation and protection of historically significant structures and sites in both the urban and rural setting. If we don't know where we came from, we cannot expect to know where we are going.

### **ECONOMIC DEVELOPMENT**

1. Support the work of the McHenry County Economic Development Corporation, including the attraction of new businesses and the retention of existing businesses, to help broaden the county's economic base. 2. Support the work of the McHenry County Convention & Visitors Bureau to help broaden and promote tourism throughout the county. 3. Provide adequate transportation facilities and supporting infrastructure in order to retain and attract new businesses to help broaden the county's economic base. 4. Encourage the expansion of institutions of higher learning to enhance workforce skills to help broaden the county's economic base. 5. Work with municipalities to develop and/or re-vitalize commercial retail centers to help broaden the county's economic base.

### **INFRASTRUCTURE**

Development in McHenry County shall be served with adequate infrastructure, including wastewater treatment, potable water, stormwater control and management systems, roads, waste management and other utilities.

### **INTERGOVERNMENTAL COORDINATION**

1. Encourage and promote individual community identities. 2. Promote coordinated plans between neighboring municipalities, townships and the County. 3. Encourage municipalities to enter into boundary agreements. 4. Encourage the stewardship of the land – lead by example.

### **OPEN SPACE, ENVIRONMENTAL AND NATURAL RESOURCES**

Wise land use decisions that recognize the qualities of natural resources and the environment, that protect environmentally sensitive areas, and provide aesthetically pleasing places.

### **WATER RESOURCES**

Wise land use and development decisions that preserve and enhance existing surface and groundwater resources.

# The Importance of Buying Local

By David & Cary Woodruff

Food rationing is a real threat in our world today. We're lucky here in the U.S. that we do not really have to worry about rationing or shortages like many other parts of the world, but we can help keep down their food shortages by purchasing responsibly. By helping our global neighbors, we're helping ourselves and our local neighbors as well.

Our local farmers' markets abound with fresh and wholesome products that are produced right here in our area. Of course, we know that getting the freshest available foodstuff is the most nourishing and tasty for us and our families. Less time on the road means less chance for those precious nutrients to degrade and is less damaging to the environment. We use fewer non-renewable resources, such as gas and oil, to get those goods to market. Locally produced means less travel time, less fuel, less pollution, and cleaner air for all of us. Locally produced also means putting money in our neighbors' pockets, which means any sales tax stays here and, in turn, our neighbors are more likely to spend their hard-earned money in the neighborhood, thus enriching our community. This is certainly a better way to keep our dollars local than subsidizing ethanol and taking crop land out of food production. It is a win-win situation.

The Woodstock Farmers' Market is partnering with local businesses to promote both the Market and the businesses. For instance, restaurants will feature produce grown by farmers in the Market, and the farmers in the Market will advertise restaurants using their produce. In this way, both the Market and the restaurant will benefit.

Farmers' markets also help create, or perhaps re-create, a sense of community that seems to be gone from much of our lives. The friendly bustle of the market on a nice Saturday morning is reminiscent of an earlier time when community meant more than learning to recognize the cars you pass each day. At the Woodstock Farmers' Market, vendors know each other, share the latest stories (usually revolving around the weather or insect pests) and cheerfully help each other set up. The customers start off at their favorite vendors, joke about the topics of the day (often weather and insect pests), and before you know it, they meet the neighbor across the street. There's always laughter and news at a farmers' market.

The sense of community is further enhanced when other attractions are included. Music from local musicians adds enormously to the fun at the Woodstock market. There is something very soul-satisfying in watching musicians, whom you actually know, play a piece that they obviously truly enjoy, even if the music is a style you do not care for! Watching children swirling in dance thaws out the crustiest neighbor. Tapping toes and sipping coffee or tea on a bright summer morning amidst smiling people is hard to beat.

Other members of the community may be involved as participants of the Woodstock Farmers' Market as well. The local high school might have a group running a fund raiser in the park on



*Scenes from the Woodstock Farmers' Market. Above, Michele Aavang from Willow Lea Stock Farm talks to a customer. Below, flowers adorn the Woodstock Square.*



the Square. Other non-profit groups share their good deeds and needs with the gathering. Churches have sold cook books created from recipes gathered by the membership. This pretty well defines community!

A farmers' market can be a variation on Grimm's tale of "Stone Soup." First a few folks want to grow food and sell it locally and personally. Yes, this food can be bought anywhere in our country, but this group wants to supply a degree of freshness and tastiness that grocery stores can't match. It is probably badly packaged, often poorly displayed, but it is of an excellent quality. The simple ingredient of fresh food in the stone soup then attracts other "ingredients" (vendors), such as those with soaps, candles, games and so on. All are made locally for local consumption. This leads to a more interesting "soup" (market) that begins to attract larger groups of customers, who mingle with each other at the town square. Musicians are added (oyster crackers?), so sound becomes a part of the mix. Soon, the market is an event that helps bind the community together, reminding its members where the food comes from and increasing inter-connectedness. Helping the local economy helps ward off global shortages.

Not bad for what started as some seeds planted in the dirt. ♻️

## Waste-Not Garage Sales

Don't buy new, REUSE!

Through the generosity of a Defenders' member, we will have the use of a barn to do monthly Waste-Not Garage Sales now through October. Donate your items and help the Defenders raise funds while upholding the reuse/recycle philosophy.



The barn at 8118 Route 31, site of the Defenders Waste-Not Garage Sales.

**When:** The third weekend (Friday and Saturday) of each month, 9:00 a.m. to 1:00 p.m. now through October. If you have items to donate, please bring them on the second Saturday of each month, 9:00 a.m. to 1:00 p.m., or during regular sale hours. **This is a private residence. Please do not bring things except at the designated times.**

**Where:** 8118 Route 31, Richmond (across from Richmond High School)

**What:** This indoor garage sale is held rain or shine. The barn is filled with an assortment of housewares, furniture, tools, bicycles, electronics, toys, games, and more! All items must be in good working order.

**We can accept:** antiques and collectibles, books, cameras, clocks, dish sets and glassware, electronics, wood or metal furniture, household goods, including stainless steel and cast iron pans and Pyrex/Corning Ware, lamps, office equipment, pictures and frames, small appliances, stereo equipment, radios, telephones, tools and garden equipment, toys and games, CDs and DVDs, and any items that sell at garage sales.

**We cannot accept:** upholstered furniture, clothing, TVs, computer monitors, large appliances, or construction materials (doors, windows, etc.)



### RECYCLING DRIVES

#### WOODSTOCK

**When:** Second Saturday of even-numbered months (Feb. 9, April 12, June 14, Aug. 9, Oct. 11, Dec. 13, 9AM-noon.)

**Where:** Farm Bureau parking lot, 1102 McConnell Rd.

**What:** Fluorescent fixtures and household batteries

#### McHENRY

**When:** Second Saturday of odd-numbered months (Jan. 12, March 8, May 10, July 12, Sep. 13, Nov. 8, 9AM-1PM.)

**Where:** Metra Station parking lot, 4005 Main St.

**What:** Fluorescent fixtures, household batteries, buy-back program for cans and non-ferrous metals.

#### About NATURE Matters

Members of The McHenry County Defenders receive the newsletter as a membership benefit.

Basic memberships start at \$50. For information, questions, comments on membership or address changes, please contact Moria Marcucci at (815) 338-0393 or e-mail her at mmarcucci@mcdefenders.net.

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#### Editorial Policy

Opinions expressed in NATURE Matters do not necessarily reflect the position and/or policy of the McHenry County Defenders. However, NATURE Matters will not directly advocate positions in opposition to those of The Defenders. We reserve the right to condense or revise articles and illustrations for space, clarity or libel. Knowledgeable local environmentalists may be consulted to check facts.



## Earth Day 2008 Brought it on Home

Article and photos by Cynthia W. Kanner

Earth Day 2008, “Bring it on Home,” attracted 150 people to the McHenry County Conservation District’s (MCCD) Prairieview Education Center in Crystal Lake. Don Parker, Editor of *Chicago Wilderness* magazine, gave the key-note address with a message on how to find nature close to home. With 300,000 acres of protected land within three hours of Chicago – land formed by fire and glaciers – “the wild lands of this region are dynamic places,” said Parker. Three nature-bios come together here: prairie, north woods and deciduous forest. Mr. Parker’s advice is to find your “go to” place amongst all this natural beauty and go there often, preferably without getting into a car. There are other places that Parker recited, such as the “in your face place,” which is your very own yard where a native garden will connect you to all that is happening on a larger scale at nearby preserves. A native garden will also help nature regain a foothold in areas where it has been boxed out by our homes. With shapes as a metaphor for his talk, Parker suggests we get out of our boxes – our homes, cars, and planes,

and nurture our long history of human involvement with nature, and help nature reconnect, right here at home.

Throughout the afternoon at Earth Day, in two separate buildings, educational activities took place, while environmental exhibitors spoke informally with participants about their products and services. There was music, storytelling and puppet shows not to mention a vast prairie (photo at left) calling to Earth Day goers to meander awhile. Thousands of pounds of computer and electronics equipment were collected. The sneaker bin gaped a smile as it swallowed up those old Converse and Nikes, as if to say, “bring it on home.” ♻️



Larry Reinhard of the McHenry County Farm Bureau.



Mundtala – the world music ensemble from Cary-Grove High School.



Deb Chapman of MCCD and Bill Donato of The Defenders, give a warm thanks to those who attended Earth Day 2008.

### Welcome New Members!

Julianne & Dean Anderson, Wonder Lake  
Joni & Mike Bohne, McHenry  
Matthew Buller, Crystal Lake  
Theresa DeNicolò, Algonquin  
Marianne & Mike Farinas, Algonquin  
James Hanna, Chicago  
Debbie & Glenn Lingle, Spring Grove  
Sylvia Martino, McHenry  
James McTague, Cary  
John Niziolek, Crystal Lake  
Susan Richards, Woodstock  
William Saylor, Champaign  
Carolyn & Michael Sullivan, Crystal Lake  
Kelly Walter, Crystal Lake  
Lauretta Wolf, Harvard

Thank you for your support.

# Fox River Rescue Day Boone Creek Clean-Up

By Nancy Schietzelt



As the clean-up sponsored by The Defenders and The Sierra Club began on Boone Creek between Highway 31 and Green Street in McHenry on May 17th, participants were wondering what might be the most unusual item of trash found during the event. No one could have predicted that that item would be a safe stolen from the theater nearby! As you can imagine, this added quite an element of excitement to the day as crowds gathered to watch a team of police and their diver retrieve the safe from the river!

The clean-up crew of 16 people diligently continued collecting trash from the area as the drama played out. In addition to members of the sponsoring organizations, several members of the Falcons 4-H Club, Girl Scout Troop 690, and interested members of the public collected over 630 pounds of trash and over 150 pounds of recyclables from the area. A stop sign took second place in the most unusual item contest. Of course plastic items of all sorts were in greatest abundance. In addition to helping solve the stolen safe case, the clean-up crew left that area of Boone Creek in much better shape for the



A diver drags out a safe, which fast become a highlight of the clean-up day. Photos: Cindy Skrukruud

interesting variety of plants and birds that reside there and prevented all of that trash from polluting the stream. ♻️

# Defenders Turtle Creek Canoe/Kayak Outing a Success

By Tom von Geldern

Each year, Defenders-paddling enthusiasts get together for a series of day trips on local waterways, combining recreation with river monitoring. Historically, these trips have covered stretches of the Fox and Kishwaukee Rivers, as well as Nippersink Creek. This year the group expanded their list, beginning with a run on Turtle Creek (a tributary to the Rock River) near Darien, Wisconsin. Based on the responses of participants, this new route is a definite “keeper!”

The first Sunday in June was a perfect day to be on the water, clear and pleasant with just enough breeze to provide an occasional section of choppy water. The creek was flowing quickly, so that even a leisurely paddle ensured good progress along the 15-mile route. The group of nine passed through many undeveloped areas, noting crystal-clear inflows from tributary creeks and springs. Trip leader, Steve Byers, and Defenders Member, Dennis Dreher, discovered high-quality fens and sedge meadows adjacent to the creek, while birders Nancy Williamson, Dwight Dalton and Dan Wilson observed numerous uncommon species. The group noted how clean and generally free of debris the creek was, but still contributed a small clean-up effort, removing cans, bottles, and a section of loose drain tile. ♻️



A happy group enjoying the day on the Defenders' first canoe/kayak outing of the season. Photo: Cindy Skrukruud

Please see the calendar on back cover for future canoe trip dates. Next trip date is Saturday, July 12 for a paddle on the Kishwaukee.



## Full Moon Theater

The Education Committee of The Defenders invites you to the next **Full Moon Theater** Thursday, July 17 at 7:00 p.m. Stage Left Cafe Woodstock Opera House

Cassandra McKinney, Water Resources Manager for McHenry County, will discuss groundwater issues.

Join other members and friends for an important discussion about one of the most pressing issues facing our County.

Discussion and beer & wine reception to follow (cash bar). Reservations are not necessary.

## The Defenders NEEDS YOU at the County Fair

Last summer, Defenders members worked at the McHenry County Fair, which turned out to be a very successful fundraising endeavor for us. We're fortunate to have the same opportunity this year. The Defenders is now looking for ticket takers to work at the Fair (located at the McHenry County Fairgrounds in Woodstock on Country Club Road) on July 30-August 3. The Fair Board will give the McHenry County Defenders \$6.00 per hour for our volunteers who will work as ticket takers. Help from our members is vital in order to make this another successful fundraiser. The shifts available are:

**Wednesday, July 30:** 9 people are needed to cover 3 gates. Three shifts need to be filled (27 volunteers) from 7:00 a.m. until 9:30 p.m.

**Thursday, July 31:** 9 people are needed to cover 3 gates. Two shifts need to be filled (18 people) from 7:00 a.m. until 5:00 p.m.

**Friday, August 1:** 9 people are needed to cover 3 gates. Two shifts need to be filled (18 people) from 7:00 a.m. until 5:00 p.m.

**\*Two to three additional people are needed on Friday, Saturday and Sunday at the Main gate from 3:00 p.m. to 6:00 p.m.**

To schedule a shift, please call The Defenders office at 815-338-0393 OR e-mail Joe Starzynski at [jojstarz@comcast.net](mailto:jojstarz@comcast.net). It is important that volunteers leave contact information such as address, home phone, cell phone and e-mail address, so that a reminder can be sent regarding scheduled shifts and any additional details. Free admission to the Fair for volunteers. Thank you in advance for your help!



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### McHenry County Defenders Advertising Policy

The Defenders will accept advertisements in NATURE Matters if the product or services offered are consistent with the mission of The Defenders, as determined solely by our Board of Directors. Products or services advertised in NATURE Matters do not necessarily carry the endorsement of the McHenry County Defenders. The Defenders is not responsible for the accuracy of the ads, or for the performance of the products or services advertised.

Rates:

Full Page	\$300
Half Page	175
Quarter Page	100
Eighth Page	75

Discounts for multiple advertisements may apply.

## Defenders Annual Corn Roast - Sunday, August 17

**Location:** Bill and Alice Howenstine's Pioneer Tree Farm, 4614 Pioneer Road  
(Located 1/2 mile off Route 31, three miles north of McHenry.)

All welcome at 4:00 p.m. Food will be ready at approximately 5:30 p.m.

**What to bring:** Please bring a main dish, salad or dessert to share and enjoy a day of fun for the whole family and your fellow Defenders members! Bring serving utensils and your own **non-disposable** plates, cups and utensils. Please label your wares so that you can be sure to get them back at the end of the day. Roasted corn, lemonade, iced tea and hot coffee will be provided. If you want something else to drink, bring it along. Picnic tables are available, but you might want your own blanket or chairs as well.

**Activities:** There will be lots of fun activities, including informal nature walks, volleyball, horseshoes, frisbee, tetherball, feeding chickens, just sitting around talking, and a hayride!

**Help needed:** Anyone willing to help roast corn and those willing to help set up and/or take down, please call Bill or Alice at 815-385-8512, or just pitch in when you get there. Questions? Call the Defenders office at 815-338-0393 or call Alice and Bill.



## Thank you Alice, Barb & Dave!

The Board and staff of the McHenry County Defenders wish to extend their heartfelt gratitude to Barb Day, Alice Howenstine and Dave Kozlowski for the time, energy and resources they have donated to the Defenders as members of the Board of Directors throughout the years. Although they have retired from the Board, we will all look forward to their continued participation as active members and plan to carry on all the good work they established during their tenures.



The Fox River. Photo: Cynthia W. Kanner

### The McHenry County Defenders and The Village of Algonquin

Invite you to celebrate the Fox River  
at

## "It's Our River Day"

Saturday, September 20, 2008

1:00 p.m. to 4:00 p.m.

Cornish Park, Algonquin, IL

(At Route 62 and Harrison Street below the dam.)



### Schedule of Events

**Speakers:** 1:00 p.m. to 1:45 p.m.

Pat Quinn, Lt. Governor of Illinois (invited)  
John Schmitt, President, Village of Algonquin  
Cindy Skrukud, The Defenders/The Sierra Club  
Representative, Friends of the Fox River

**River Clean-up:** 1:45 p.m. to 3:00 p.m.

Bags, gloves and goodies compliments of The Sierra Club

**Kayak/canoe demonstrations:** 3:00 p.m. to 4:00 p.m.

Prairie Coast Paddlers  
St. Charles Canoe Club

**Live music by** \_\_\_\_\_  
The Mack Hotterson Band



Come celebrate the beautiful Fox River and help keep her clean! Learn about the river and conservation, pick up trash & recyclables, enjoy live music and learn about safe fun on the river through kayak/canoe demonstrations.

Event is free and open to the public.



## Water Bottle Options

By Meg Murray-Bradshaw

How did we ever manage before single-serve water bottles arrived on the scene? I drank a lot more soda and juice when I was away from home. Since being spoiled with the opportunity to bring water along with me, I have been on a quest to find the best material for my water bottles, and the best bottles to fit the bill. Below is what I discovered.

### Resources:

Virtually all single-serve water bottles at the store come in plastic bottles. This poses a dilemma for a tree-hugging water-lover like myself. Plastic is usually made from precious, ever more expensive, petroleum resources, as well as from water, and its manufacture contributes to global warming.

The Pacific Institute estimates that in 2006:

- Producing the bottles for American consumption required the equivalent of more than 17 million barrels of oil, not including the energy for transportation.
- Bottling water produced more than 2.5 million tons of carbon dioxide.
- It took 3 liters of water to produce 1 liter of bottled water.

Plastic bottles continue to be made from virgin resources, because few bottles are recycled, and the ones that are primarily create products other than new plastic bottles.

In fact, the Association of Postconsumer Plastic Recyclers and the American Chemistry Council reported that the U.S. recycled only 23.8% of the plastic bottles sold in 2006. They also reported that HDPE bottles are recycled into other products, such as detergent bottles, pipe, and lawn and garden products.

PET bottles are recycled into other products as well, but can also comprise a small portion of new PET bottles. According to the As You Sow (AYS) Foundation and the Container Recycling Institute, in 2004 PepsiCo and Coca-Cola used nearly 10% recycled materials in their beverage bottles, while all other beverage bottlers on the score card used less than 1% recycled content.

### Health:

Drinking from plastic bottles can also be harmful to your health.

GlassForHealth.com reports:

The following plastics, as identified by the recycling number on the bottom, should be avoided: Polyvinyl chloride (PVC, #3) often contains di-2-ethylhexyl phthalate (DEHP), which is an endocrine disruptor and probable human carcinogen; polystyrene (PS, #6) may leach styrene, which is a possible endocrine

disruptor and human carcinogen; polycarbonate (PC, #7) may leach bisphenol A (BPA), which is an endocrine disruptor that has been linked to cancer of the breast, ovaries, and prostate, in addition to many other adverse health effects, such as birth defects, infertility, brain damage, Type II diabetes, obesity, hyperactivity, and endometriosis.

Polyethylene terephthalate (PET, #1) should also be avoided because it may leach antimony, a silvery white metal, into water; the longer it sits on a shelf, the more antimony is leached. The implications for human health are still unclear (see Internet Link to Environmental Science & Technology, January 2007).

GlassForHealth.com further warns that “The scratches that can occur in plastic bottles may harbor harmful bacteria, even after cleaning (Institute for Agriculture and Trade Policy, 2005).”

### Alternative Bottles:

#### Plastic:

In April 2008, plastic bottle maker Nalgene announced it is phasing out production of its Outdoor line of polycarbonate containers that include the chemical Bisphenol-A (BPA).

The Nalgene Web site features a new Everyday™ line of bottles, and states this is a #7 plastic, but does not include BPA. The site also has a comparison chart of its various single-serve water bottles, including which ones are BPA-free, at <http://www.nalgenechoice.com/compare.html>.

#### Stainless Steel:

Another alternative is stainless steel, which is generally considered safer to drink from than plastic. Stainless steel mugs and bottles are not too hard to find. One online source is [www.kleankanteen.com](http://www.kleankanteen.com). Unfortunately for me, being picky picky, I have found that drinking from stainless steel adds a tinny taste to my water that I just can't get past.

#### Glass:

Glass is healthy for people and the environment. GlassForHealth.com explains, “Glass is made from non-toxic, raw materials (e.g., sand, soda ash, limestone) and can be recycled over and over with no loss in quality or purity (Glass Packaging Institute, 2005).”

Walking down the beverage aisle of my local grocery store, I recently discovered a variety of glass bottles perfect to re-use as water bottles. I bought a four-pack of Jones soda, in glass bottles with twist off caps that, while not highly durable, will last awhile. They are shaped like beer bottles, so they fit in a beer cozy that can reduce the chance of breakage. I also bought Snapple, in a larger bottle and with a more durable cap.

I now have a variety of clear glass bottles, cleaned and put to re-use as water bottles. Each time I clean one of my glass water bottles, I fill it with water and put it in the fridge to chill, ready to grab on my way out the door. ♻️

## Schedule The Defenders' Groundwater Presentation for Your Group

The Defenders groundwater presentation, “**Water: Our Most Precious Resource,**” is a Power Point presentation that focuses on our water concerns in McHenry County and reviews basic information about the water cycle, groundwater aquifers, and recharge and discharge areas. The importance of a healthy groundwater aquifer system is stressed and emphasis is placed on the fact that in McHenry County we must rely solely on groundwater for our drinking water; thus, maintaining the quality and quantity of our water is vital.

Any group, including **high schools, businesses, clubs, and government offices** would benefit from this presentation, which was produced by the groundwater subcommittee of the Defenders Water Resources Protection Committee. To schedule a presentation, please contact the Defenders office at 815-338-0393, e-mail [mcdef@owc.net](mailto:mcdef@owc.net) OR e-mail Nancy Schietzelt at [buroak@owc.net](mailto:buroak@owc.net).

The Defenders is now an [Amazon.com](http://www.amazon.com) Associate. When you purchase anything from Amazon through the special link on our Web site (below), The Defenders receives 4-10% of the sale. Amazon is more than just books and music. You can get movies, clothing, compact fluorescent bulbs, food – just about anything you need!


[www.mcdef.org/Store.htm](http://www.mcdef.org/Store.htm)

## Jewel Shop and Share

**When:** August 18-20

**Where:** Any Jewel-Osco location

**What:** Defenders earn 5% of what you spend at Jewel Osco during these days. Just copy or cut out the coupon at right and take it with you shopping. You can copy more than one and go shopping all three days. There's no limit to the amount we can raise; it depends entirely on the interest, enthusiasm and participation of our members! This is a wonderful fundraising opportunity for the Defenders, so please go stock up your shelves and help the Defenders at the same time!



### SHOP & SHARE IDENTIFICATION SLIP

AMOUNT OF PURCHASE

0726033

GROUP NUMBER      STORE NUMBER

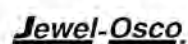
DOLLARS      CENTS

GROUP: **Mc Henry County Defenders**

YOUR SHOP & SHARE DAYS: **8/18/2008, 8/19/2008, 8/20/2008**

SIGNATURE \_\_\_\_\_

PLEASE SIGN THIS SLIP AND TURN IT IN TO YOUR CHECKER WHEN YOU SHOP.  
 PARTICIPANTS CAN MAKE PURCHASES AT ANY JEWEL-OSCO ON THE DATE ABOVE.  
 IDENTIFICATION SLIPS ARE NOT TO BE DISTRIBUTED IN FRONT OF ANY JEWEL-OSCO.



## Membership Form

### Levels of Membership

- Supporting – \$250.....
- Patron – \$100.....
- Organization – \$50.....
- Family/Basic – \$50.....
- Senior – \$25.....
- Student/Other – \$10.....

Subtotal: \$ \_\_\_\_\_

Additional donation: \$ \_\_\_\_\_

Total contribution: \$ \_\_\_\_\_

Name #1 \_\_\_\_\_

Name #2 \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Township \_\_\_\_\_

E-mail #1 \_\_\_\_\_

E-mail #2 \_\_\_\_\_

Phone \_\_\_\_\_

Year moved to McHenry County: \_\_\_\_\_

Number of individuals residing in household: \_\_\_\_\_

My check is enclosed.

Please return completed form to:  
 McHenry County Defenders  
 124 Cass Street, Suite 3  
 Woodstock, IL 60098 OR  
 Join on-line at [www.mcdef.org](http://www.mcdef.org)  
 Questions? Call 815-338-0393

Code: *nwsltrsumm08*

# Calendar of EVENTS & ACTIVITIES

## JULY

July 12, Saturday

**Kishwaukee canoe trip**, 10:00 a.m. Runs from County Line Road to Red Horse Landing.  
Leader: Neill Sachs, sachs@mc.net, 815-568-3019

July 17, Thursday

**Full Moon Theater**, 7:00 p.m., Stage Left Cafe at the Woodstock Opera House on the Square.  
Cassandra McKinney, McHenry County's Water Resource Manager, speaking on groundwater issues. Beer and wine reception to follow.

## AUGUST

July 30-August 3

**McHenry County Fair. Volunteers needed!** Please see page 8 for details.

August 17, Saturday

**Annual Corn Roast** at the Howenstine's Pioneer Tree Farm. 4:00 p.m. See page 9 for details.

## SEPTEMBER

September 20, Saturday

**It's Our River Day**, Cornish Park, Algonquin 1:00 p.m. to 4:00 p.m. Leader: Cynthia Kanner

September 28, Sunday

**Fox River canoe trip**, Leader: Cindy Skrukud, cindy.skrukud@sierraclub.org, 815-675-2594

### **Save the Date! October 25 – Make a Difference Day**

Workday at Kishwaukee Headwater Site, Leader: Dan Wilson, danwil126@aol.com, 815-648-2389.

### **Local Farmers' Markets**

**Algonquin:** www.downtownalgonquin.org (events). Thursdays, 8:00 a.m. to 2:00 p.m. June 5 through October 2.

**Crystal Lake:** www.downtowncl.org. (calendar of events). Saturdays, 8:00 a.m. to 1:00 p.m. June through October.

**Huntley:** www.huntley.il.us. Saturdays, 8:00 a.m. to noon, June through September 27.

**Marengo:** Located at Grant Highway and Ann Street, Fridays, 2:00 p.m. to 6:00 p.m. June through October 17.

**McHenry:** www.ci.mchenry.il.us. (upcoming events). Thursdays, 4:00 p.m. to 7:30 p.m. June 5 through August 28.

**Woodstock:** www.woodstockfarmersmarket.org. Tuesdays/Saturdays, 8:00 a.m. to 1:00 p.m. May through October.



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