



## Audubon Center of the North Woods

PO Box 530  
Sandstone, MN 55072  
320-245-2648  
[www.audubon-center.org](http://www.audubon-center.org)

Below is information about several of our upcoming events. If you have room in upcoming publications/enewsletters/calendars, etc. to help us promote any of these, that would be wonderful.

For more info, either visit our website at [Audubon-center.org](http://Audubon-center.org), email me at [fenner@audubon-center.org](mailto:fenner@audubon-center.org), or give me a call at 320-245-2648.

### **‘Autumn at the Audubon’ Open House & Fall Harvest & Craft Fair**

**Saturday, September 21, 2013—10 a.m.-2 p.m.**

#### ***Free, activity-filled day of family fun!***

Enjoy the beautiful changing colors of fall and learn about the Audubon Center of the North Woods! Start the day by participating in our 6<sup>th</sup> Annual Renewable Trail Run/Walk and spend the day enjoying wildlife programs, apple cider pressing, climbing wall, zip line, face painting, Fall Harvest & Craft Fair, hay rides, and more.

*Lunch is available for purchase (served noon-1 p.m.).*

Call 888-404-7743 or visit [www.audubon-center.org/openhouse.html](http://www.audubon-center.org/openhouse.html) for more info!



### **6th Annual Renewable Trail Run/Walk**

**Sat., September 21, 2013**

5K run/walk and 10K run starts at 9:00 a.m..  
Awards ceremony is at 10:30 a.m.  
All proceeds go towards the development and improvement of our energy education. The 5K Run or Walk is entirely on the trails here at the Center. The 10 K Run starts out on our trails then proceeds around Grindstone Lake (some of the 10K is on the road).

#### ***Pre-registration required!***

Online registration is available on our website at <http://www.audubon-center.org/trailrun.htm>

Audubon Center of the North Woods  
Phone: 1-888-404-7743  
Email: [fenner@audubon-center.org](mailto:fenner@audubon-center.org)  
Web: <http://www.audubon-center.org/trailrun.htm>



T-shirt (first 100 registered racers) and post-race refreshments are included in trail run registration.  
Pre-registration (by 9/19/13): for run only = \$20, run with lunch = \$27

Registration on day of event (after 9/19/13): for run only = \$30, run with lunch = \$37

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## Women's Wellness & Adventure Weekend October 4-6, 2013

Audubon Center of the North Woods, Sandstone, MN

All-inclusive, complete holistic retreat - comfy lodging, wonderful food, and a variety of classes and activities to choose from, such as (for example only – not all classes are offered every season):

- Adventure & Challenge (examples include high ropes course, canoeing, hikes, etc.),
- Wellness & Nature (examples include yoga, massage, reiki, bird banding, facials, medicinal plant classes, etc.), and
- Creative Expressions (examples include art/crafts, basket making, drumming, cooking, etc.).

Lodging, meals, all programming and 10 minutes of massage or reiki are included in the weekend fee (additional massage or reiki available for an additional fee). All-inclusive weekend package rates \$275-\$340. Commuter rates also available.

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Phone: 1-888-404-7743

Email: [fenner@audubon-center.org](mailto:fenner@audubon-center.org)

Web: [http://www.audubon-center.org/womens\\_wellness.htm](http://www.audubon-center.org/womens_wellness.htm)



### EARLY BIRD DISCOUNT

Take 10% off regular rates if registering by November 28, 2013

Online registration is available on our website at [http://www.audubon-center.org/womens\\_wellness.htm](http://www.audubon-center.org/womens_wellness.htm)

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## Winter Family Escape

December 27-30, 2013

**Exciting 3-night / 4-day all-inclusive family getaway!**

Wonder, adventure and discovery for the whole family! Make memories that last a lifetime and celebrate the holiday break with family in the north woods at this winter wonderland retreat!

The activities that your family can participate in during your stay at the Audubon Center range from active programs such as climbing wall and snow zoo building to educational programs such as Minnesota Mammals and Winter Ways of Native Cultures to winter sports such as cross-country skiing and dogsledding to quiet activities such as crafts and sleigh rides.

### EARLY BIRD DISCOUNT

Take 10% off regular rates if registering by November 28, 2013

Online registration is available on our website at [http://www.audubon-center.org/family\\_camps.htm](http://www.audubon-center.org/family_camps.htm)



All-inclusive rates include 3 nights lodging (each family gets a private room), 9 meals and all programming: \$240 for adults, \$195 for children 5-18 years old, no charge for children 4 yrs and under. Family group rates: Families of 4 = \$795 (each additional person = \$125). Commuter rates also available.

## Dinners & Brunches at the Lake

Saturday, October 12, 2013 – Jennifer Drayna, National Eagle Center – *‘Golden Eagles’*

Sunday, November 10, 2013 – Hunter’s Brunch (11 a.m. to 1 p.m.)

Sunday, November 17, 2013 – Hunter’s Brunch (11 a.m. to 1 p.m.)

Sunday, November 24, 2013 – Hunter’s Brunch (11 a.m. to 1 p.m.)

Tuesday, December 31, 2013 – New Year’s Eve at the Lake - TBD

Saturday, January 18, 2014 – Mike Roberts – *‘Last Keeper at Split Rock Lighthouse’*

Saturday, February 15, 2014 – Mike Link & Kate Crowley – *‘Full Length Mississippi’*

Saturday, April 19, 2014 – Darby Nelson – *‘For the Love of Lakes: The Paradox’*

Sunday, May 11, 2014 – Mother’s Day Brunch (11:30 a.m.; entertainment tbd)

Saturday, October 18, 2014 – tbd

Wednesday, December 31, 2014 – New Year’s Eve at the Lake - TBD