



Winter 2015

Hartman Harrier

Friends of Hartman Creek State Park

Candlelight Ski, Saturday January 24

Do you need an antidote to cabin fever? Enjoying the out of doors is a sure fire cure, especially in the winter.

Join us on **January 24, from 5:00 to 8:00 pm** at the Hartman Lake shelter for an opportunity to enjoy illuminated trails, a camp-



fire and hot chocolate and cider. There will be baked goods and a hot grill for your use as well as warming fires. A ski trail (2.5 miles) and snowshoe/hiking trail (1 mile) will be lighted with luminaries. Park stickers are required for entrance to the park but trail passes are not required for this event.

Volunteers are needed to work on making candles January 22 1:00 pm at the park shop, and on the 24th to set out the luminaries, light candles, greet skiers and hikers, attend to warming fires, serve refreshments or pick up candles after the event. You can also help by donating cookies and snacks for refresh-

ments during the ski. If you can help call 715-258-2372.

If the night is clear, we should only have a sliver of a moon visible, so star gazing could enhance the experience.

Grab some friends or family members and join us!

Hartman Creek State Park is a treasure in ALL seasons. Hope to see you there!

In the unlikely event of dangerous weather conditions the event may be cancelled—you can call the park or check our Facebook page for updates.

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Newsletter Contributors:
Mike Bergum, Sue Eiler, Bill Herrbold, Matt Kolinski, Megan Karth

Park Stickers Available

2015 Park Stickers are now available at the park. Costs for WI residents are \$25 (\$10 Seniors) and \$35 for out of state. An additional pass for a second car at the same address can be purchased for \$12.50 (WI residents)

Trail passes are required for horseback riding, biking or cross-country-skiing. Passes are \$20 and can be purchased in the park office.

Guide Yourself Into 2015

Check out Hartman Creek merchandise in the park office. For \$15, The Birds (or Trees, Wildflowers, Mammals, Fish, Reptiles/Amphibians) of Wisconsin Guides are sized to stick in a pack or pocket while hiking. Color photos and con-

cise text provide reminders that humans share the earth with others. Learning bird songs? There are CDs for that. ANIMAL TRACKS could help identify those snowy imprints in the woods, and POND LIFE will illuminate the multi-layered

world of aquatic creatures. Apparel is available with Hartman Creek logos and embroidered designs. How about a hand-made walking stick or a new pin? *Proceeds go to Friends of Hartman Creek State Park for activities and equipment to enhance the park for all.*

Message from Hartman Creek State Park Superintendent, Mike Bergum

The winter season at Hartman Creek State Park provides a different and unique experience for park visitors. The busy summer season with throngs of visitors evolves into a quieter time at the park. Boating, camping and beach use give way to skiing, snowshoeing, ice fishing and Fat Tire biking, a fairly new activity here at Hartman Creek.

Winter is the ideal time to enjoy Hartman Creek State Park at its rawest. Gone are the laughing and playing of children at the beach and the chattering of campers in the campground. With their departure the park becomes quiet, serene filled

with many places to experience solitude.

So I invite you to come out and experience Hartman Creek during the beautiful winter season. Walk or snowshoe one of our three trails.



Ski either Pope Lake or the Oak Ridge Trail System to challenge your cross country ski skills.

Or try something new and get out on the Fat Tire bike trails known in the summer season as the single track bike trails. Perhaps a simple walk through the campground to hear the wind blowing through the pines is more what moves you.

Come enjoy YOUR park during this special time of year.

Virtual Hikes of Hartman Creek Online

Do you want to check out a trail before you hike it? Or take a stroll through a lush green trail in the middle of winter? Now you can by taking a virtual hike through the trails of Hartman Creek.

Currently there are two virtual hikes—one of the Deer Trail looping around Allen Lake and one of the Dike Trail going around Hartman Lake.

The virtual hikes can be found on our website:

<http://hartmancreekfriends.org>

More hikes, as well as skiing, snowshoeing, biking and horseback trails will be added in the future.

Is there a trail you'd like to see added? Or other information about the park that you'd like to see online?

Comments and suggestions can be sent to:

friendsofhartmancreek@gmail.com

"What good is the warmth of summer without the cold of winter to give it sweetness?"

- John Steinbeck

WINTER.....and the color RED

The color red is exciting, eye catching and has purpose. Studies of the color red's effect on humans show that when viewed, heart rates go up; handgrip strength increases by 13.5%. A flash of red will actually decrease the ability to solve anagrams or complete analogies; sitting in a red room leads to poor performance on difficult tasks. Olympians wearing red performed better in combat sports than their opponents in blue, not because of what they wore, but because

of the color their opponents saw.

This time of year there is still some red to be seen. The fruit of bitter-sweet nightshade, *Solanum dulcamara*, might be spied still hanging on frozen vines. A member of the tomato family, it is one of many introduced "weeds". Books on medicinal plants list it as one to avoid, as its powerful steroids and alkaloids will induce vomiting, vertigo, paralysis, a weakened heart and convulsions. However,

recent studies indicate it may be effective against cancer.

Common barberry, *Berberis vulgaris*, has escaped garden plantings and is spreading into our woodlands. The red berry stands out against a white background and was gathered for use as an expectorant, diuretic, laxative and to relieve itching.

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Major Donations by Friends Help the Park in Many Ways!

Have you ever wondered how your donations and membership dues help Hartman Creek State Park? Here are just some of the donations made by the Friends of Hartman Creek State Park to the park over the past several years:

- Bobcat Tractor (\$19,368)
- Polaris Ranger Utility Terrain Vehicle (\$9710)
- Fund the Park Naturalist/Guide for the summer (\$7200/year for the past 3 years)
- Walk Behind Brush Cutter (\$3059)
- Walk Behind Blower (\$1200)
- Fire/Ice Shed (\$5000)
- Printing and Graphics for Park Summer & Winter Maps
- Used John Deere Mower (\$4800)
- Amphitheater Improvements (\$20,000-Joint Project with Beach Shelter)
- Beach Shelter (Including Concession Stand)
- Ski Trail Groomer (\$2200)
- Combat Invasive Species (\$900 in 2014 alone) plus many volunteer hours
- Contributed Toward Park Snowmobile (\$2167)
- Pave Walkway to Beach Shelter/Concession Stand (\$3485)
- Mower Attachment, Auger and the Hydraulics for Tractor (\$4700)
- Purchase 2 rustic benches for placement outside the Hellestad House Nature Center (\$1050)

Do You Love Nature? Become a Master Naturalist

Two classes of Master Naturalist Volunteers have been successfully trained at Hartman Creek State Park by Mary Trainor and Sue Eiler, and applications are now being accepted for the Spring 2015 class.

The course covers topics such as geology, ecology, plant communities, water and aquatic life, wildlife and human impacts.

The Master Naturalist Program of UW Extension is a statewide effort to promote awareness, understanding and

stewardship of the state's natural resources. Modeled after the Master Gardener program, WIMN is developing a corps of volunteers throughout the state. Once trained, they provide service in the areas of education/interpretation, stewardship or citizen science in parks, schools, natural areas and other venues.

More information at <http://wimasternaturalist.org> or you can contact the instructors at aseiler@charter.net or pastormary@gmail.com

2015 Spring Master Naturalist Training

March 7, 21; April 18, 25 & May 2, 16
9:00am — 5:00pm

Register now through Feb 27, 2015 at <http://wimasternaturalist.org>

Cost \$250

Class size limited to 25 participants

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Root-bark tinctures were used for arthritis, rheumatism, sciatica and for treatment of cirrhosis. Still, this plant is invasive, fast overtaking native vegetation and should be removed. In the bird world, cardinal and red go together. Originally a bird of the south, they were not spotted near the Great Lakes until 1895, reaching Canada by 1945. Bird feeding, more urbanized landscapes and warmer winters have all been cited for their northward expansion.

Subtle bits of red adorn the backs of male downy and hairy woodpecker's heads. Pileated woodpeckers each sport a red crest but the male's extends down to his beak and he has a red cheek patch. The red-bellied woodpecker, and some feel this is a real misnomer, has a full orange-red hood on the male, a shorter version on the female. In this northern local, the belly coloring is so subtle as to be almost non-existent, but in Florida their bellies are brilliant. In this wintry

landscape, perhaps these bits of red will give you strength, addle your brain, make your heart beat a bit faster and remind you of the wonders of the color red.

Friends of Hartman Creek State Park

N 2480 Hartman Creek Road
Waupaca, WI 54981



<http://hartmancreekfriends.org>



The Friends of Hartman Creek State Park was organized for educational and charitable purposes to assist the Wisconsin DNR with interpretive, scientific, historical, educational and related services at Hartman Creek State Park.

To accomplish these goals the group has sponsored interpretive and environmental educational experiences including a paid naturalist in summer, provided educational materials for sale, and provided financial support for programs, facilities and resources at the park.

FOHC members regularly volunteer at the park.

Join today and help support the park!



Mail To:

Friends of Hartman Creek
N2480 Hartman Creek Rd
Waupaca, WI 54981

*Also can be dropped off at
the park*

Name _____

Type of Membership:

Individual (\$10)_____ Family (\$25)_____ Organization (\$50)_____

Individual 5 Year (\$40)_____ Family 5 year (\$100)_____

Address _____

Phone: _____

Email: _____

Would you like to be contacted about volunteering opportunities?

Yes No

Best way to contact you: Email Phone