

CAPITAL SPRINGS NEWSLETTER



**VOLUME III,
WINTER EDITION**



**Harvest Moon Festival
Friday, September 24, 2010**

WELCOME, NEW FRIENDS

Seventy-five new members joined the Friends of Capital Springs at Harvest Moon 2010! See inside for volunteer opportunities throughout 2011.

HARVEST MOON FESTIVAL 2010

As you can see from the photo above, Harvest Moon 2010 was a beautiful evening at the Park. We've got photos and stories to share, as well as our delicious Harvest Moon Chili recipe. Experience Harvest Moon 2010 on YouTube.com: use the search term "Harvest Moon Festival".

CAPITAL SPRINGS ACTIVITIES & NEWS

Read about winter fun at Cap Springs (skiing, snowshoeing, and ice fishing), what's new with the master plan, upcoming environmental education programs in 2011, as well as details regarding our web site and Facebook page.

➡ *Want to know what's up at Capital Springs? Visit us at www.fwsp.org/capitalsprings/ and on Facebook.*
➡ *Have ideas? Contact us by email at CapSprings@gmail.com.*

❧ Welcome, New Friends ❧

Seventy-Five New Members from Harvest Moon Fest!

By Matt Carlson, President of the Friends of Capital Springs Recreation Area

We are thrilled to welcome all of our new members to the Friends of Capital Springs! Throughout the year, we provide a number of opportunities for Friends to volunteer with a host of projects and activities.

Friends have assisted in **prairie burning, tree planting, prairie seeding, trail maintenance work, as well as garden clean-up.** This spring, we are planning an **oak savannah restoration project and an arbor day tree planting.** We also participate in Take a Stake in the Lakes Days, in which volunteers **clean up shorelines** in need of restoration. All

events would be a great way to get involved and learn about the Park's natural resources!

We also need volunteers at Capital Springs events, such as Trails Day in June and our famous Harvest Moon Fest in autumn. We need assistance with **promotions, sponsorship, on-site preparation, and hands-on help during the event.**

Our Volunteer Parks Coordinator, Rhea Stangel-Maier, can notify you via email as volunteer opportunities arise at the Park. Please contact her at 608-224-3601 or at Stangel-Maier@countyofdane.com. We will also post volunteer activities on the web at www.fwsp.org/capitalsprings/.

❧ CAPITAL SPRINGS NEWS ❧

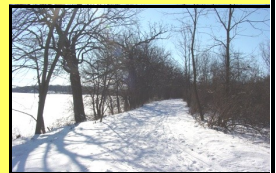
WINTER FUN AT CAPITAL SPRINGS ❧❧❧

Wax up the **cross country skis!** Lake Farm Park, at 4330 Libby Road, offers **5 miles of groomed ski trails, tracked for both classic and skate skiing.** For a longer route, continue onto the Nine Springs E-Way trail. A Dane County Trail permit is required for all skiers 16 years of age or older. Self-registration stations are located at the E-way, the Lussier Family Heritage Center, and shelter #1 trailhead kiosks. Trail passes can also be purchased inside the the Lussier Family Heritage Center during normal business hours. Reminder: No hiking, snowshoeing, or pets allowed on ski trails.

❧ ⇒ Here's a **great cross country ski article from JSOnline** referencing Lake Farm Park and the E-Way trails: <http://www.jsonline.com/blogs/lifestyle/112723484.html>.

Take a **snowshoe hike** on the MMSD boardwalks and the Capital City State Trail. Don't forget to bring your binoculars! Snowshoeing is allowed anywhere in the park except groomed ski trails. Questions? Call Dane County Park at 608-224-3730 or at Dane-Parks@CountyofDane.com.

Or maybe **ice fishing** is more to your liking. Try your luck on Lake Waubesa, accessing the lake from the Lake Farm Park boat launch, located at 4330 Libby Road. The blue gills are always biting!



MASTER PLAN FINALIZED

The **Friends** are excited to announce that our master plan was finalized in October. It has been a long process involving a lot folks along the way. Thanks to all who put their time and energy into creating a future design for beautiful Capital Springs. The final draft will be available online from our website in the near future.

NEW! ENVIRONMENTAL EDUCATION PROGRAMS SCHEDULED FOR 2011

We will be hosting a series of environmental education programs this year. Aimed at providing environmental learning opportunities to all ages, each program will be conducted by a qualified instructor on a specific topic. Proposed topics include children and nature, archeology, birds, insects, and amphibians. Stay tuned to our website at www.fwsp.org/capitalsprings/ for further details.

FRIENDS ON FACEBOOK AND INTERNET

We've recently created a Facebook page for the Friends of Capital Springs Recreation Area. If you are a Facebook user, please visit us! We will be developing our page and adding new information soon. For more information about the Friends and Park, go to our website, www.fwsp.org/capitalsprings/. Here, you may buy a State trail pass, join the Friends, read the Cap City Trail nature signs, learn about Park activities and recreation, download maps, and more!

Harvest Moon Festival 2010

Photos, Stories, and Thanks!

By Clare L. Carlson, FOCSRA Newsletter & Web Editor

The Friends of Capital Springs Recreation Area would like to send a heartfelt thank you to the businesses, individuals, groups, and families who donated their time and money to make Harvest Moon Fest 2010 a successful and enjoyable event! Despite the chilly weather (which seems quite mild now), **more than 550 people attended Harvest Moon Fest, and we raised over \$5,000 for Capital Springs!** Whether you enjoyed the excellent educational stations along the torch-lit trail, browsed through the wonderful selection of auction items, filled up on chili and homemade pie, or danced to blue grass music by the campfire, we all had a great time.

TASTY EATS

As in years' past, the Harvest Moon food was a hit. The tasty **Harvest Moon Chili** received rave reviews—a number of our guests requested the recipe (see below)! The large selection of homemade pies went fast again this year—the Friends want to thank **Joanne Swenson for donating her wonderful pies**. And s'mores by the blazing campfire are now a tried and true tradition at Harvest Moon Fest. The Friends send a big thank you to the volunteers who assisted in food service. We loved all the goodies!



HARVEST FUN

We had a **spectacular group of educational stations** along the torch-lit trail this year, including stations concerning **small mammals, eye shines, fire by friction,**

WI bears, modern harvest, and sheep shawling, to name just a few. We send a special thanks to those who came out to educate us about the wonders of nature, science, and Wisconsin agriculture! We had a wonderful group of indoor exhibitors as well, including spokespeople from

MG&E, Dane County Bee Keepers Association, Natural Resources Foundation, Ice Age Trail Alliance, Operation Military Kids, Invasive Aquatic Species experts, and others. Of course, **Smokey Bear** was on the premises that night, shaking hands and clapping his big bear paws to the **blue grass music!**



SILENT AUCTION

Folks had the opportunity to bid on some extraordinary items in our silent auction this year. In addition to the **harvest-themed items such as hand-spun yarn, food, and plants,** our visitors also bid on **jewelry, toys, wine, gourmet coffee, crafts, nature prints, and gift certificates to restaurants and shops** from around Dane County. Thank you to our donors! For a complete list of Harvest Moon silent auction donors, please visit our web site at: <http://www.fwsp.org/capitalsprings/?Id=141>.

HARVEST MOON SPONSORS

Our sponsors generously donated money toward food, indoor and outdoor exhibits, the torch-lit trail, and campfire activities. **Without our sponsors, the event would not be possible.**

- ◆ A to Z RentAll
- ◆ Capps Food Center-Monona
- ◆ Exceptional Catering
- ◆ Gaylord Catering
- ◆ Thrivent Financial for Lutherans
- ◆ Joanne Swenson
- ◆ Miller & Sons Supermarket
- ◆ Sugar Creek Yogurt
- ◆ Michael Best & Friedrich LLP

The Harvest Moon Festival is coordinated by the Friends in support of all the areas encompassed by Capital Springs Recreation Area. For more information about the Park including maps, recreation, and trails, please visit our web-site at www.fwsp.org/capitalsprings/.

Harvest Moon Chili

Ingredients

- 1 ½ lbs ground chuck
- 1 (14.5 oz) can diced tomatoes with green chilies
- 1 (14.5 oz) can diced tomatoes
- 3 (15 oz) cans black beans
- 2 (8 oz) cans tomato sauce
- 1 (12 oz) can of beer
- 2 tbsp olive oil
- ½ C chopped celery

- ½ red & green bell pepper each, diced
- 1 medium sweet onion, chopped
- 1/3 C pitted ripe olives, chopped
- 3 cloves garlic, minced
- 1 ½ tsp cumin seed
- 1 Tbsp chili powder (more to taste)
- 1 tsp minced oregano
- 2 tsp minced cilantro leaves
- 1/8 tsp salt, 1/8 tsp black pepper
- Cheddar cheese, for serving

Directions

Cook chuck and drain. Remove meat from pot; wipe pot dry. Heat oil and sauté onion, garlic, peppers, and cumin for 5 minutes. Stir in seasonings, tomatoes, tomato sauce, and beer. Add meat back to pot, cover, and simmer on low heat for 20 minutes. Add beans and olives, simmer 15 minutes. Stir in cilantro and serve with cheddar cheese. Makes 8 servings.

CAPITAL SPRINGS STATE RECREATION AREA INFORMATION

3101 LAKE FARM ROAD, MADISON, WI 53711

The Capital Springs Recreation Area just south of Madison encompasses about **2,500 acres** stretching from Fish Hatchery Road east to Lake Waubesa, including most of the Nine Springs E-way. There are many different areas of the park to explore, including the Lake Farm Park, the Jenni & Kyle Preserve, and Capital City State Trail which meanders through the park, connecting to other area bike trails and downtown Madison. Stop by the Lussier Family Heritage Center for additional information and a map.



Capital Springs protects more than three-quarters of a mile of undeveloped Lake Waubesa shoreline.

Hiking and skiing trails, picnic shelters, a boat launch, rental bikes, ski trails, and the Lake Farm Campground are just some of the activities and amenities available. For camping or picnic shelter reservations, contact Dane County Parks at 224-3730, or reserve campsites online at www.reservedane.com. For more information, contact Dane County Parks at Dane-Parks@CountyofDane.

Your support is vital to the continued growth and success of Capital Springs Recreation Area. Please consider volunteering your time, joining the **Friends of Capital Springs Recreation Area**, or sending a tax-deductible donation to the **Friends of Capital Springs Recreation Area, Inc.** All funds received go directly to park improvements and **Friends** initiatives. Thank you for your support and we hope to see you soon at the park!

Park Directions: From Madison or Interstate I-90, take the West Beltline (US Highway 12/18) to the South Towne Drive Exit (exit 264) and go south. Continue for almost one mile and then turn left on Moorland Road, which turns into Lake Farm Road after the road curves. The park is located about 1/4 mile past the curve at 3101 Lake Farm Road. You'll see the Lussier Family Heritage Center and campground on your left.

*The Capital Springs Newsletter is published by volunteers of the **Friends of Capital Springs Recreation Area, Inc.** as a benefit to its members.*

Friends Board of Directors: Matt Carlson, President; Anna Thomas Bates, Vice-President; Bruce Lindsay, Vice-President; Judie Pfeifer, Treasurer; Bill Lunny, Secretary.

Dane County Liaison: Linda Mittnacht

Park Ranger: Brian Meixner

DNR Liaison: Kevin Swenson

Dane County Volunteer Coordinator: Rhea Stangel-Maier

Newsletter & Website Editor: Clare L. Carlson



Friends of Capital Springs Recreation Area, Inc.
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