

Association for the Wolf Lake Initiative

A not-for-profit organization and land trust

Working across state boundaries to enhance the Wolf Lake Watershed

September 21, 2015



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Saturday's Active Living Faire
Features two new speakers

Contact: Michael Boos 219 933-7159 or 312 220-0120

Immediate Release

Speakers at Saturday's 12th annual Active Living Faire at Wolf Lake will include two who will be making their first appearance.

The Faire, free to the public, is sponsored by the Association for the Wolf Lake Initiative (AWLI). It begins at 9 a.m. Saturday, September 26 at the Environmental Education Center, 2405 Calumet Avenue, Hammond.

Dolly Foster will speak at 10:30 a.m. on Gardening without Pesticides. As landscape horticulturist for the Oak Lawn Park District, she is responsible for designing and maintaining all landscapes in the park district.

Her focus is on native rather than cultivated plants, foraging for wildlife and pollinators, and drought tolerance. Foster has been a master gardener for 15 years, an Indiana accredited horticulturist for 13 and a certified arborist since 2008.

For the past 14 years, Foster has been presenting lectures on many gardening topics. She spent four years as an adjunct faculty member of the Joliet Junior College Agriculture/ Horticulture Department and recently adjunct faculty at Moraine Valley Community College.

She has been butterfly gardening from the very beginning of her gardening career. Her passion has led her to raising monarch and swallowtail butterflies for the past seven years.

Olivia Wagner will speak at 3 p.m. at William Powers Conservation Area, 26th Place and Avenue O, Chicago. A registered dietitian nutritionist, certified health coach, and ACSM certified personal trainer, she will discuss eating to fight inflammation.

Born and raised in the western suburbs of Chicago, Wagner studied nutrition and dietetics and Italian studies at Miami University. She completed her Masters of Science in Nutrition and Physical Performance at Saint Louis University.

Wagner believes health is a positive vitality, not just the absence of disease. She takes a comprehensive and individualized approach to coaching each of her clients, incorporating their unique history, physiology, and lifestyle to paint a holistic portrait of health.

She is passionate about a whole foods approach to nutrition and has a knack for developing easy-to-prepare, innovative and wholesome recipes. Some areas of practice Wagner focuses on include integrative and functional medicine, vegan/vegetarian diets, farm-to-table practices, mindfulness, food intolerances/sensitivities, and sports nutrition.

With a background in nutrition for athletic performance, Wagner possesses the skill to integrate sports nutrition techniques into her practice. This helps athletes and clients alike to optimize their training and performance.

AWLI is a bi-state organization and land trust. It seeks to protect and enhance the Wolf Lake Watershed, which includes Wolf Lake, Powderhorn Lake and Prairie, Eggers Grove, George Lake, Forsythe Park, Indian Creek and other natural areas.

CCSJ Rm 614, 2400 New York Ave., Whiting, IN 46394-2146 ◆ PO Box 17080, Chicago, IL 60617
219 933-7149 ◆ 312 220-0120 ◆ FAX: 219 473-4259

michael@wolflakeinitiative.org

<http://www.wolflakeinitiative.org>

Following is an updated schedule of activities for the day:

12th annual Active Living Faire
September 26, 2015

Saturday Morning Session
Environmental Education Center
2405 Calumet Avenue, Hammond

- 8:30 a.m. Registration
- 9:00 a.m. Opening remarks
- 9:05 a.m. Tour of the Environmental Education Center by Racine Kovach of the Lake County Solid Waste Management District.
- 9:25 a.m. Poster contest begins
- 9:30 a.m. Nature walk along George Lake by Lara Gonzales and Racine Kovach
- 10:00 a.m. Family Tour of the Lakes Bike-a-Thon (helmets required) by John Pastirik
- 10:30 a.m. Hike along Wolf Lake led by Dr. Young Choi, PUC (bring binoculars)
- 10:30 a.m. Gardening without Pesticides by Dolly Foster, master gardener and landscape horticulturist
- 11:30 Announcing poster winners
- Noon CCSJ rowing crew demonstration by Dr. Joan Crist (weather permitting)
- 12:30 Lunch
- 1:00 p.m. Transfer to William Powers State Fish & Wildlife Area

Saturday Afternoon Session
Wm Powers State Fish & Wildlife Area, Shelter 2
126th Place and Avenue O, Chicago

- 1:30 p.m. Registration and setup
- 2:00 p.m. Wolf Lake 8K Walk-a-Thon
- 2:30 p.m. A talk on safely eating fish by Mario Longoni, Field Museum
- 3:00 p.m. Nutritionist Olivia Wagner will talk on Eating To Fight Inflammation
- 4:00 p.m. Conclude Active Living Faire

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