THE BOARD OF DIRECTORS INVITES YOU TO

A North Shore Evening

OUR TENTH ANNUAL GATHERING
SUPPORTING THE EDUCATION,
PRESERVATION AND RESTORATION WORK OF
SUGARLOAF: THE NORTH SHORE
STewardSHIP ASSOCIATION

Sunday, November 4, 5 – 7 pm
WHERE: Dodge Nature Center in West St. Paul.
COST: $40 per person
RSVP: sugarloaf@boreal.org or 218-525-0001
Or preregister online at www.sugarloafnorthshore.org/nse.php
NEW this year – Credit cards will be accepted.

The evening features Mark Seeley, author, climatologist, and MPR personality.

Enjoy a delicious soup and salad supper followed by Mark Seeley’s talk, “How is Minnesota’s Climate Changing?” Throughout the evening you can bid on unique North Shore experiences and items at our silent auction. All funds raised will support ongoing Sugarloaf programs at Sugarloaf Cove and along the North Shore.

SILENT AUCTION ITEMS THIS YEAR INCLUDE:

- 2 Summer or 3 Winter nights at Bluefin Bay Resort
- Night in Seville - Spanish Dinner for 8 (On North Shore, Summer of 2013)
- Fishing Trip with Dale Tormodsen
- Summer Solstice Party tickets
- Estate plan to keep your cabin/forest in your family
- Off the beaten track North Shore Geology tour
- Behind the scenes tour of the Great Lakes Aquarium
20th Annual Membership Meeting

On August 11, members of Sugarloaf gathered at Sugarloaf Cove for the 20th annual membership meeting. The meeting began with approval of the minutes of the August 13, 2011 annual meeting. Vice President Greg Koschinska then read a Sugarloaf status report prepared by President Allison Eklund. In the report, Allison highlighted the recent acquisitions at the Cove that improve the general operations including a new shed and furniture. She described the new display case (installed in September – see page 7) and the two new memorial benches installed along the trail to enhance the experience of hikers.

Her report ended by noting the expanded programming this past year, made possible with grants from the DNR Scientific and Natural Areas (SNA) program, the Carl and Verna Schmidt Foundation, and the Cook County Community Fund. These grants allowed Naturalist Margie Menzies to provide tours at SNAs along the North Shore, to expand our weekday and Saturday programming at the Cove and at various other sites along the shore, and to offer movies about the natural world on Friday evenings at the Cove.

Molly Thompson, Executive Director, then thanked Margie Menzies for her hard work and noted Allison’s report highlighted the main activities of the past year.

Margit Berg, Chair of the Nominating Committee, announced the Board of Directors is awarding Andrea Peterson, a charter member of Sugarloaf’s Board of Directors, the Tombolo Award. This award is given periodically to recognize an individual or organization who has significantly contributed to the Sugarloaf mission. The award will be presented to her publicly at the fall North Shore Evening because she was unable to attend the Annual Meeting.

The final item of business was the election of board members and the recognition of retiring board members. Four current board members were nominated to serve another term: Tom Becken, Margit Berg, Allison Eklund, and David Vose. New nominees were Steve Hedman, Duane Lula, Mary McDermid, Michael Monten, and Dale Tormodsen. (See below for their biographies). Three board members left the board - Mike Kennedy, Barb Liukkonen, and Andrea Peterson. Margit thanked them for their service. Additional nominees were called for. Hearing none there was a motion by Margit Berg, seconded by Dave Carlson to accept all those nominated to serve on the Board. The motion passed.

The meeting adjourned at 1:30 p.m. at which time there was an ice cream social and a program about the sun featuring “Astro Bob” King, astronomer and photographer with the Duluth News Tribune. He talked about sunspots and the Perseid meteor shower and brought along a special telescope making it possible to view the sun including the sunspots.

Recorded by Margit Berg, Secretary

Board Member Update

At our annual meeting on August 11, the Sugarloaf Board of Directors was pleased to welcome five new members. Each of them brings to the board a broad variety of experiences and expertise. We look forward to their contributions.
Dr. Steven C. Hedman is Professor Emeritus of Biology and Biochemistry/Molecular Biology from the University of Minnesota Duluth (UMD).

Steve is a native Duluthian who received his B.A. Degree from UMD and Ph.D. from Stanford University. He also served as Associate Dean of the University of Minnesota Graduate School and Associate Vice Chancellor for Academic Administration at UMD for many years.

Steve is married and has three children. He and his family are active users of the North Shore resources as well as being very interested in protecting the environment. Steve’s extracurricular interests are running, camping, skiing, reading, fishing, and geocaching.

Duane is a Senior Planner with the Arrowhead Regional Development Commission and works with local governments and organizations on projects in Northeastern Minnesota. He has a B.S. degree in Forest Resources Management from Purdue University. He previously worked as a Byway Specialist at the America’s Byways Resource Center in Duluth, MN, where he provided training, technical assistance and facilitation services to agencies and organizations involved in the National Scenic Byways Program. He’s had a 35-year career in the fields of natural resource management and planning with the U.S. Forest Service.

Volunteerism has been present throughout Duane’s life, having been active the American Cancer Society for over 10 years, serving on fundraising committees and fielding “Relay for Life” teams. He served as a Girl Scout leader for 5 years and achieved the rank of Eagle Scout in the Boy Scouts. Duane and his wife Kelley have two daughters, Emily (at UW Superior) and Becca (a senior at Cloquet High School).

Mary attended UMD from 1966-1970 and Concordia College in St Paul in 1984-85. In her career she taught in elementary schools and preschools. She worked in special education, and was the owner/bookkeeper of Minnesota Mailing Systems from 1995-2005. She is currently retired.

Her volunteer experience is rich, currently serving on the board of Coffee House Press and she participated this past year in Sugarloaf’s Lost Forest Program in order to become a woodland advisor. She is a volunteer with the Girl Scouts of America, MN Reading Corporation, Hennepin County Library (homework helper), and the Jungle Theatre.

Mary and her husband have a home in Beaver Bay. She enjoys gardening walking, hiking, listening to music, attending concerts, theatre, and lectures, and loves everything about the North Shore.

Mike is the former principal of Vectes Partners, LLC, an advertising, creative development and production consultancy focused on global brand and advertising management for multinational corporations. In previous years, Mike was managing partner/executive producer with Wilson Griak, Inc, a Minneapolis-based film production company, and began his career in advertising at Campbell Mithun in Minneapolis.

Mike is a community volunteer with interests in environmental affairs, politics, and social justice. He has served in numerous leadership roles in community organizations. An avid reader and moviegoer, Mike’s other passion is fly-fishing. He and his wife Roseanne have a home less than a mile from Sugarloaf Cove.

Dale was born in Duluth and moved to Tofte shortly after his birth where he attended school and graduated from Cook County High School. He spent three years in the Navy, graduated from UMD with a BS degree in Industrial Education, and later received a masters and educational specialist degree in secondary administration at St Cloud State University.

His career in education took him to Buffalo, MN where he taught for 19 years, then into administration in Winona, Barnum, Wrenshall, and finally as District Superintendent in Grand Marais. This enabled Dale to move back to the land his grandfather homesteaded when he came to America from Norway in 1902.

Continued on page 9.
Evaluating the Lost Forest Program

By Mike Reichenbach
University of Minnesota Extension Educator, Forestry

Over the last two years, 15 North Shore landowners participated in Sugarloaf’s Lost Forest program. They have completed numerous hours of classroom training about everything from planting trees to controlling invasive plants. As part of this project, Mike Reichenbach interviewed participants to better understand what motivated him or her to participate in the program and what restoration activities they are undertaking. I think you will find the following article very enlightening.

Several of the most important aspects of the Sugarloaf Lost Forest Program include engaging people in discussion about their connection to the North Shore, creating an awareness of the need to take action, and providing the education content to allow people to take action.

Based on Lost Forest Program participant interviews, this article describes two lessons learned about the link between learning and action. These lessons focus on understanding why people participate in conservation practices and why people take action.

Why do People Participate?

Participants in the Lost Forest program have deep connections to the forests and waters of the North Shore. These connections are often rooted in childhood memories. Visiting or living on the North Shore also creates connections to the land and to the character of the North Shore. These connections seem to fuel enthusiasm for learning and help to motivate the act of planting trees and taking action within the community to care for the forests along the North Shore of Lake Superior.

Understanding the participants’ connection to the land provides a starting place from which to develop educational and technical assistance programs that build awareness of the issue and to solidify awareness of the need to act. Once participants express an awareness of the need to act, educational efforts can shift to provide knowledge about the skills and tools needed to take action.

Lost Forest participants’ personal connections include a sense of their properties as a private retreat that must be cared for to protect the natural values. One participant is interested in “bringing life back to what was there.” Another participant asked, “Why do I want to care for the forest?” This participant answers by stating, “Aesthetics, spirituality, and financial stability. A property without a forest would be worthless.”

The participants bring an enthusiasm for learning to the program. This enthusiasm goes beyond learning skills to improve their own property and extends to building a community of people with a common interest in restoration of the North Shore Forest. For example, one of the participants was enthusiastic about tree planting and enjoyed talking with others who are also passionate about it. Meeting with neighbors to encourage forest restoration was important to several participants. One participant noted, “The Sugarloaf Lost Forest Project has helped me meet people. Especially meeting people who are concerned about the issues you are concerned about.”

Finally, one participant suggested that the task of forest restoration along the entire North Shore is a large project. To accomplish this, action on one’s own property and action within the community will be required.

What Actions do People Take?

The Lost Forest Classes motivated the participants to plant trees and to manage the trees on their own property. The classes also provided the participants the skills needed to ensure the trees planted were of the appropriate species, seed source, and stock type.

One participant realized it might be better to focus on planting a few trees well and to take care of those trees than to try to plant large numbers of trees. This participant noted, “In terms of caring for the forest, the birch are dying out and I’ve been working with Jan [the consulting forester on this project] and others to try
and figure out how to keep them going a little bit longer because it is... a beautiful forest... And it's not all birch. There's a little bit of mix to the shoreline... I've always been interested and have planted a few trees here and there... I always thought I was going to have to do some plantings because in my birch forest there's some open areas and I thought well, I'm just going to have to fill that in with something else. But this class showed me that maybe there are some things to do to regenerate birch. You know not to lose hope for that.”

The same participant also expressed awareness of issues of public concern. “Well, I am certainly concerned with water quality issues. Not just on my property but the whole North Shore. The flashiness of the rain water we get, the erosion issues we get along the lake, climate change changing our storm patterns.”

This awareness was expressed in other ways by another participant. “One of the things I like about the program is hopefully it will develop an advocacy for the forest. Broadening the focus [of Sugarloaf to include the entire North Shore] make them more interesting and I think that the program’s really smart because I think it develops a core of advocates for the forest in a larger sense along the North Shore and that hopefully will be helpful. I feel like I am armed to talk about the forest more thoughtfully than I was before and I hope that will continue through the summer as we go through the rest of the program. That may be the most valuable thing the program is doing. It may be more valuable than what anybody does with my [their] piece of property.”

Participants want to act by planting trees on their own land and they are interested in working within their communities to create awareness of the need for establishing more conifers along the North Shore.

Increase in Coordinated Efforts to Restore the North Shore

The Sugarloaf Lost Forest program provided several participants with the skills needed to serve on the boards of local non-profit groups and effectively advocate for restoration of the Lost Forest. One participant is a resident in a condominium association on the shore of Lake Superior and has been very active on the board of the homeowners association. Through her actions, owners of the association and adjacent resort have begun planting more conifers on the grounds, retaining more forested areas in a natural state, and have initiated fireside chats on natural resources to inform guests of the resort about the need for restoration of conifers along the North Shore of Lake Superior.

Another participant has become involved in the North Shore Forest Collaborative and is active in writing grants to support invasive species control efforts by agencies and homeowners. The same participant has donated his time as a professional videographer to create a video on the conifers of the North Shore and a video about tree planting.

One Lost Forest Program participant helps the North Shore Forest Collaborative plan for and coordinate forest restoration efforts along the North Shore. The Lost Forest Program has also increased work for Prairie Restorations, Inc., a private provider of native plants and restoration services.

Summary

Sugarloaf’s Lost Forest program was a tremendous success. Because of this project:

- 12 Stewardship plans were developed for 245 acres of private lands
- Sugarloaf received national press coverage
- Over sixty community members participated in a community discussion about restoration of the North Shore forests.
- Participants donated over 2235 hours of volunteer time by working on stewardship projects, and learning and working in their community to restore forests.
- Sugarloaf has received additional funding to continue its mission of preserving and restoring the North Shore.

This project was funded in part by a grant from the National Fish and Wildlife Foundation.
Exciting new Sugarloaf projects

Sugarloaf has a lot of exciting new projects underway and on the horizon. Most involve working with you on North Shore forest restoration projects. Two address improvements at the Cove. Here is an overview.

- Sugarloaf is working with engineering firm LHB on a plan to redesign the parking lot and trail entrance at the Cove. We are aiming to make the lot much more inviting and user friendly. Funding for this project is from Minnesota’s Lake Superior Coastal Program.

- The pine plantations at the Cove will be thinned this November or December. See page 8 for more information.

- With funding from Minnesota’s Lake Superior Coastal Program and the Duluth Superior Area Community Foundation Biodiversity Fund, we are updating our forest restoration handbook and will be mailing it to landowners around Sugarloaf Cove.

- The Coastal Program is also funding two forest restoration YouTube videos that should be available late winter.

- With funding from the National Fish and Wildlife Foundation (NFWF) and the Coastal Program, we will be offering invasive plant control and forest restoration workshops. In addition, we will be purchasing equipment you can borrow to plant trees and control invasive plants on your property. And, we are looking for 50 landowners to sign up for free woodland stewardship plans!

Upcoming opportunities for you!

BECOME A MINNESOTA MASTER NATURALIST.

Would you like to learn more about the Northwoods and share the knowledge with others? Sugarloaf is happy to announce Margie Menzies will be offering Master Naturalist training at Sugarloaf Cove starting this February. Master Naturalists complete a 40-hour, hands-on course studying natural history, environmental interpretation, and conservation stewardship. Participants receive a detailed course manual and a certificate of accomplishment with the completion of 40 hours of volunteer service. Cost is $200 and scholarships are available. Call 218-525-0001 to register.

RECEIVE A WOODLAND STEWARDSHIP PLAN WITH POSSIBLE TAX INCENTIVES.

Through a partnership with the Natural Resources Conservation Service, we are looking for 50 landowners (any size acreage) interested in receiving a free forest stewardship plan. If you are interested, call 218-525-0001 or email sugarloaf@boreal.org.

GIVE TO THE MAX ON NOVEMBER 15!

Sugarloaf is making a difference every day working with you to restore the North Shore forest, and preserving and protecting Sugarloaf Cove. Now you can help the North Shore forests and the Cove even more by making your year-end donation on Give to the Max Day, November 15.

Why donate on November 15?

Your donation may help Sugarloaf even more! During Give to the Max Day 2012 Sugarloaf will be eligible for prize grants in the form of hourly “Golden Tickets” – an hourly drawing to add $1,000 to a donor’s donation, randomly selected from donors who gave during each hour of the event. Plus, at the end of Give to the Max Day, one donation from across Minnesota will be randomly selected for a $10,000 Supersized Golden Ticket! Help us increase our odds by making your gift on November 15.

Together, we hope to raise more than $3000 on Give to the Max Day and we’re counting on your help! Follow us on Facebook so you can share in the excitement of the giving day and remember to give November 15. Visit www.GiveMN.org and search for Sugarloaf to make your donation.
Fabulous new additions at Sugarloaf Cove

This summer, there were many improvements made at Sugarloaf Cove. We started out the summer by installing a storage shed next to the main building. It was built at the North House Folk School and they no longer needed it. Thanks to Mike Monten, Greg Koschinska, and Dale Ulrich, the shed got a fresh coat of stain. Then Skip Lamb and Greg placed large rocks around the base and now it looks like it has been there for years. We quickly filled it with items that have been cluttering up the nature center. Soon we will be purchasing tools and other equipment you will be able to borrow for your own North Shore forest restoration projects, thanks to a grant from the National Fish and Wildlife Foundation. Watch for more details soon.

New tables and chairs were the next improvement. While the wooden picnic tables and benches fit the décor of the building nicely, they were very unwieldy to move and not very comfortable. We also had an eclectic collection of chairs. Thanks to a generous donation from a Sugarloaf supporter, we were able to purchase lightweight folding tables and stackable chairs that are comfortable and much easier to move and clean. We are using the picnic tables for our interpretive exhibits.

Speaking of exhibits...we have a beautiful new exhibit. With funding from Minnesota's Lake Superior Coastal Program, we installed an exhibit featuring a map of Sugarloaf Cove, surrounded by four panels with information about Sugarloaf Cove’s history, geology, the organization, and our work on North Shore forest restoration. We hope this is the first of many new exhibits to come.

Our final fabulous addition was a new reception desk. Gone is the old cluttered gray desk hiding in the corner. We now have a much more welcoming reception desk that allows our staff and volunteers to greet visitors the moment they come in the door. The desk was a donation from the National Scenic Byways Center that closed this summer.

If you haven’t been to the Cove lately, drop by and take a look. We will be open every second Saturday, except in December, for special programs.

Summer naturalist report

The reports are in and everyone agrees our summer programs at Sugarloaf Cove were a hit! This summer, our naturalist, Margie Menzies, was back and better than ever. She offered programs every Thursday through Sunday with the geology and bird banding programs being the most popular. She also hosted Friday night movies at the Cove. I hope you had a chance to attend one or more of her programs. We also hosted a variety of amazing guest speakers including Larry Weber, “Astro Bob” King, Dick Ojakangas, and Chris Sandberg.

Bird banding at the Cove was new this year. It provided a fun and educational experience for our visitors, while providing valuable information about the birds that live or visit Sugarloaf Cove. All data collected was sent to the National Bird Banding Laboratory located at Patuxent Wildlife Research Center in Maryland. As of October 6, Margie had banded 390 birds with 55 recaptures and about 450 birds caught. This included 17 species of warblers(!), 8 species of sparrows, 4 species of thrush, and 3 species of vireos among many more. A complete list can be found on our website at www.sugarloafnorthshore.org/

A special thank you to our program funders this summer, the Carl and Verna Schmidt Foundation, the Cook County Community Fund, and the MN DNR Scientific and Natural Areas Program.
Healthy Trees = Healthy Forests

As you walk the trail at Sugarloaf Cove, you pass through areas with planted red pine trees – or pine plantations. When Consolidated Papers Inc. stopped using the site in the 1970s, they removed most of the buildings and planted pine and spruce trees in some areas to cover the bare soil. Today there are about 6 acres of closely planted red pine plantations. These trees are now 40-50 years old and only 6-8” around because they were never thinned. A lack of thinning has resulted in minimal understory vegetation and more stress from competition for sunlight and water, making them more susceptible to diseases such as pine bark beetle. To remedy this situation and follow our mission of being stewards of the North Shore, this winter we will be thinning the pine plantations with the help of foresters Jan and Greg Bernu and the Conservation Corps of Minnesota.

In September, Jan and Greg used blue paint to mark the trees that will be harvested. The pattern of the cut will be random, resulting in a more natural looking forest. Next spring, we will plant white pine and other conifer seedlings around and among the thinned plantations. This will result in a healthier forest with increased habitat for plants and animals such as bunchberry, wintergreen, ground nesting birds, Eastern red-backed salamanders, and boreal owls. The trees will be more resistant to insect and disease outbreaks, ice storms, and other weather events. This project is funded in part by a Conservation Partners Legacy Grant through the Clean Water Land and Legacy Amendment.

Thank you Volunteers!

We really appreciate our volunteers. Whether they helped with bird banding, painting the shed, making signs, greeting visitors, or a variety of other tasks, we would not be the same without you.

Barbara Johnson Adkins
Dennis Adkins
Gerald Bartels
Margit Berg
Dave Carlson
Matti Erpestad
Glen and Donna Hambleton
Grace Glick

Greg Koschinska
Skip Lamb
Mary McDermid
Mike Monten
Rita Ryan
Ron and Nancy Scheel
Carol Tveekrum
Dale Ulrich

With warm appreciation...

Sugarloaf thanks the following generous funders, donors and partners:
- Elmer L. and Eleanor J. Andersen Foundation
- Apter Family Fund
- Tom and Kay Becken
- Conservation Corps Minnesota
- Cook County Community Fund
- Duluth Superior Area Community Foundation
- Biodiversity Fund
- IComp Payroll Services
- Lloyd K. Johnson Foundation
- Loll Designs – general operating support through 1% for the Planet
- Mike Reichenbach – University of Minnesota Extension
- Minnesota’s Clean Water Land and Legacy Amendment
- Minnesota Department of Natural Resources Scientific and Natural Area Program
- Minnesota’s Lake Superior Coastal Program
- National Fish and Wildlife Foundation’s Sustain our Great Lakes program
- Carl and Verna Schmidt Foundation
- Trillium Family Foundation
- Dale Ulrich
- USDA Forest Service Superior National Forest
- Sugarloaf Board of Directors and members

Sugarloaf thanks the following business members for their generous support:
- Lambs Resort, Schroeder, MN – 218-663-7292
- Loll Designs, Duluth, MN – 877-740-3387
- Lutsen Resort, Lutsen, MN – 218-663-7212
- Schroeder Baking Company, Schroeder, MN - 218-663-7331
The Arrowhead region has four non-native invasive thistles: three biennials (Plumeless, Musk, and Bull thistle) and one perennial (Canada thistle). The two most common thistles (Bull and Canada) have become established in many areas of the Arrowhead where they crowd out native plants and limit human recreation. Due to their aggressive character, these non-native thistles have been the target of control efforts by local residents and agencies. Many individuals participating in these invasive thistle management activities may not realize we also have native thistles in the Arrowhead region. Three native thistle species have been reported in region: *Cirsium muticum* (Swamp thistle), *Cirsium flodmanii* (Flodman thistle), and *Cirsium pumilum var. hillii* (Hill’s thistle).

The most abundant native thistle is the Swamp thistle. As its name suggests, it is found in damp low-lying woodland areas, wet meadows, and near rivers. It is a long-stemmed plant noted for its ribbed stem and widely spaced, nearly spineless leaves. These features distinguish it from other native and non-native thistles.

Flodman thistle is more commonly found in western Minnesota but can be found sporadically in the Arrowhead region. It prefers damp, open areas, such as meadows, prairies, and pastures. Similar to Swamp thistle, Flodman thistle’s spines are less dense and prickly than non-natives thistles. Flodman thistle stems have a mottled white appearance due to its long, woolly, white hairs becoming tangled into bunches. Its leaves are shiny green on top and white-woolly on the underside. Its leaves are almost at right angles to the stem resulting in its distinctive “flipping appearance”. Compared to the other native thistles, Flodman thistle is the most prone to becoming weedy and has been declared a noxious weed in at least one Canadian province.

Hill’s thistle is the spiniest and shortest native thistle reaching only two feet at maturity. In addition, its leaves are oblong to elliptical with serrated edges and tiny dense spines along the edge. Hill’s thistle prefers open, dry, sandy areas where it plays a key role in stabilizing soil after disturbance. Unfortunately, Hill’s thistle has been replaced by more aggressive non-native species in many of these areas leading to its placement on Minnesota’s Species of Special Concern list in 1984.

Native and non-native thistles often occupy the same habitat, which can make it difficult to differentiate between them. You can visit Sugarloaf’s website and click on the invasive species link to view pictures of these thistles and download a handy identification chart. You can also contact Michael Lynch at (218) 387-3772 for more information.

Board Member Update

*Continued from page 3*

Dale and his wife Rachel built a home overlooking Lake Superior in Tofte.

Dale presently carries on the family tradition of commercial fishing for herring and lake trout. He also has his US Coast Guard license for a Charter Captain for Lake Superior fishing. He is a past member of the Board of the Tofte Fishing Museum. Dale and Rachel have a son, Dale, twin daughters, Monica and Melody, and 5 grandchildren. Dale enjoys passing on the old traditions to them.
FALL/WINTER EVENTS

NOVEMBER 10, 10 AM

Pine Martens

JANUARY 12, 7 PM

Winter Skies

FEBRUARY 9, 10 AM

Birds of the Wetlands

MARCH 9, 10 AM

Birds of the North Shore

APRIL 13, 10 AM

Peregrine Falcons of the North Shore


Annual memberships are tax deductible. Please make checks payable to Sugarloaf, and mail to the business office at 6008 London Road, Duluth, MN 55804. Memberships are also available through the website at www.sugarloafnorthshore.org. Sugarloaf is an educational, non-profit 501(c)(3) Minnesota Corporation.

Please enroll me as a member of Sugarloaf in the category I have indicated.

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SUGARLOAF
6008 London Road
Duluth, MN 55804
sugarloaf@boreal.org

THANK YOU!