

# STROLL<sup>®</sup>

Glencoe



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meet the  
**COOTNER  
FAMILY**

PHOTOGRAPHY BY BRENDA ROBLES

DELIVERING NEIGHBORHOOD CONNECTIONS

Chokecherry

# DISCOVER Winter's Beauty

SUBMITTED BY MERIDITH CLEMENT  
FOR FRIENDS OF THE GREEN BAY TRAIL

The dark winter months may seem empty with the absence of summer's flora, wildlife, buzzing insects, birds tweeting, and long sunny days. But it is an excellent opportunity to observe and develop a deeper connection to Nature's second life cycle.

Explore area communities to view and experience the seasonal changes. The changes stand out against the winter landscapes of the Green Bay Trail, local parks, and area trails.

Begin the day with a walk. Hear the crunch of frozen leaves and snow underfoot, enjoy the morning sun, and breathe in the crisp, clean fresh air.

The arrival of freshly fallen snow showcases the tracks of local wildlife. Learn to identify these to find what species overwinter locally. The seasonal transition of familiar native plants provides winter interest against the backdrop of barren brown tree trunks and snow. The Black Chokeberry's dark blackberries, Winterberry Holly's red shiny fruit, and the Red Osier Dogwood's red stems stand out against the snow and provide color and food for wildlife and foraging birds. View the Friends' social media sites for resources and more information.



Dogwood



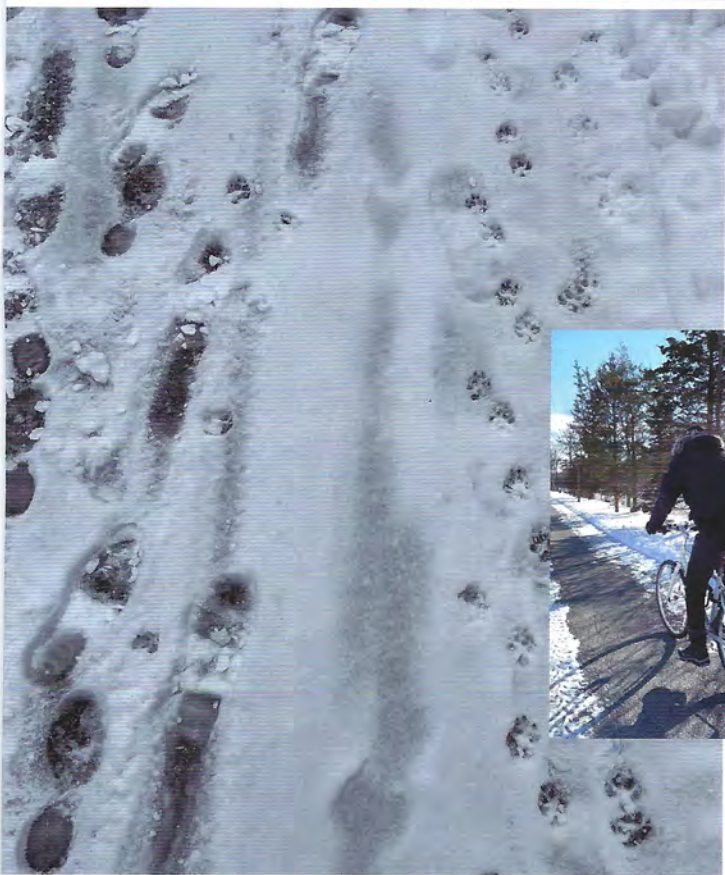
The Green Bay Trail and area trails offer excellent opportunities to snowshoe or ski along the silent paths, discover winter wildlife habitats, and listen to the softer sounds of winter. Equipment can be rented from area park districts and vendors.

Enjoy the calls of overwintering birds and owls. The local Barred Owl's hooting can be heard at dusk and dawn. Mating season begins in December. Not all butterflies fly south in the fall. Look for adult mourning cloak butterflies hibernating in cracks in rocks, holes in trees or on native plant stems. They emerge on winter's warm days to sip tree sap and provide a glimpse of the coming spring.

**CELEBRATE THE ARRIVAL OF LONGER DAYS.**

Join the Friends of the Green Bay Trail on December 21st to celebrate the Winter's Solstice and the arrival of longer days and welcomed shorter nights. More information is available at [www.gbtrail.org](http://www.gbtrail.org) and Facebook and Instagram.

**Enjoy and engage with winter.**



Juniper



Glencoe, IL - Green Bay Trail - Harbor St. pylons.

