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A Frog That Freezes. Read story on page 2.

HANNEKEN'S

Dinner Specials

Friday & Saturday, Feb. 24 & 25 Fish specials offered every Friday through the season of Lent.

Soy and Almond-Crusted Mahi Mahi Served with pineapple and roasted pepper relish. \$14.95



EVENTS THIS WEEK

Last Time to Watch MIZZOU vs. KANSAS

Saturday, February 25, game time 3 p.m., HK Enjoy ½ price Bud Light draft and ½ price wings as you watch the Tigers take on the Jayhawks — the final duel between the two since Mizzou is changing over to the SEC - Southeastern Conference. Ext. 209 to reserve your table.



UPCOMING EVENTS

AdventureMax Race Takes to the Water

Saturday & Sunday, March 3 & 4, Farmhouse Area

AdventureMax is featuring three events at Innsbrook. The half marathon and the 10K trail run will be held on Saturday only. The two-person team triathlon will be held Saturday and Sunday (the number of athletes is considerably less than the annual June triathlon.) It starts in the Farmhouse area and, for the most part, takes place on Innsbrook trails and in the "back country." Please be alert to participating athletes throughout our development. Thank you for your consideration. For race details, visit the UltraMax website http://ultramaxtri.com

Dinner & a Movie at Innsbrook — **Featuring** "Life in a Day"

Saturday, March 3, 4:30 p.m., CC What happens when you send a request out to the world to chronicle, via video, a single day on Earth? You get 80,000 submissions and 4,500 hours of footage from 192 countries. Producer Ridlev Scott and director Kevin Macdonald took this raw material — all shot on July 24, 2010 — and created the movie Life in a Day.

At our Dinner and a Movie night, enjoy cash bar and appetizers from 4:30 to 5:15 p.m., then popcorn and the movie (1 hr. 30 min. – rated PG13), followed



by dinner, then a panel discussion with dessert. \$19.95/person. Click here for menu http://www.innsbrook-resort.com/dining-parties. Call ext. 0 for reservations.

INNSBROOK CLUBS

For full club info/articles, visit <u>www.innsbrook-resort.com/clubs.shtml</u> Deadline for submissions: Noon Friday before publishing week.

Bible Study

Bible Discussions — All Welcome

Monday, February 27 & March 5, 7 p.m.

Join us at Gay & Ginger King's home at 551 Lorraine Creek.

$\underline{\textbf{Historical Society} \mid \textbf{www.innsbrookhistorical society.org}}$

March Meeting on Genealogy

Saturday, March 10, 1 p.m., CC

The topic is "How to Start Your Family History." The speaker is Patricia Walls Stamm, CG, CGL. Learn how to start your family history. Genealogy begins not on a computer website but with the information that you may have in your own home or the knowledge of other family members. This session begins with the basics and progresses with a peek at where all the U.S. genealogical information records are stored. Questions? Call Debbie at 745-3273.

Cabin work: Weather permitting - Work continues from 9 a.m to Noon, Monday through Friday. Call Wayne at 745-3108 for weekly work schedule.

Stitching Club

Chattin' and Stitchin'

Fridays at 1 p.m. Everyone welcome. Call 745-9202.

CLASSIFIED ADS

FOR SALE: Canoe. You pick up at chalet. \$100 OBO. Call Sharyl at 314-984-0943. 2/15

FOR SALE: Lawn Tractor. 2004 John Deere LT160 with 42" mower deck, 16 HP engine, plus garden cart. \$1,000. Call Bob/Lynn 636-745-8909. 2/15

FOR SALE: Canoe. 2003 Meyers SportsPal wide transom, 13' with trolling motor. \$400. Call Bob/Lynn 636-745-8909. 2/15

MOVING SALE: Household Goods, Lawn & Garden, Fire Pits. 2122 Meadow Valley Drive, Sat. March 3, 10 a.m.-4 p.m. Call 636-745-8909. 2/22

FOR SALE: 1999 Gillgetter Pontoon Boat. Model 612. 105 lb. thrust 36-volt motor, 3 batteries (new June 2007), 3 bank charger (new June 2010), Bimini top, live well, seating for 6, 2006 Bear trailer. \$3,500. Call Bob 314-660-7627 or rlqdot@sbcglobal.net. 2/22

Open to all property owners; items can be for sale or trade. Ads for autos, services, real estate prohibited. 35 word limit including contact name and number. Items are posted for 4 weeks. To place an ad, call 636-745-3000 ext. 216 or send an email to jennifer.junker@innsbrook-resort.com. Innsbrook reserves right to edit or deny material submitted and takes no responsibility for the accuracy of ads. Deadline for ads is Friday at noon the week prior to the publishing week.

NATURE NOTE

Missouri's Endangered Watch List

The Wood Frog is on Missouri's endangered watch list. When the perfectly camouflaged wood frog is sitting quietly among dead oak and maple leaves, it is nearly invisible. When you happen to see one of these rare frogs on a woodsy outing, you have received a special gift!

What does it mean to be on the Watch List? This means the species is not currently rare or endangered, but has a restricted distribution or has experienced sufficient decline to indicate it

may soon become rare or endangered. The U.S. Fish and Wildlife Service, Department of the Interior develops the federal endangered species list. State listings (like this one) are less structured and are led by the MDC's Endangered Species Coordinator



with the participation of many MDC biologists and managers, as well as professionals from colleges, universities and participating organizations.

If you see a small brown frog with a dark eye mask in the woods, it is likely to be a wood frog. There are no other species with a similar appearance to the wood frog in North America. Their first evasive leap is fast and long. Close observation will often glimpse a second short dive under the leaf litter, making the frog appear to disappear.

Females are larger than males. Adult wood frogs are usually brown, tan, or rust colored, and usually have a dark eye mask.



Individual frogs are capable of varying their color. The underparts of wood frogs are pale with a yellow or green cast.

The wood frog has garnered attention by biologists over the last century because of their freeze tolerance. Similar to other north-

ern frogs that hibernate close to the surface in soil and/or leaf litter, wood frogs can tolerate the freezing of their blood and other tissues. Urea is accumulated in tissues in preparation for overwintering, and liver glycogen is converted in large quantities to glucose in response to internal ice formation. Both urea and glucose act as "cryoprotectants" to limit the amount of ice that forms and to reduce osmotic shrinkage of cells. Frogs can survive many freeze/thaw events during winter if not more than about 65% of the total body water freezes.

Excerpt from www.mdc.gov

Have a Nature Note Idea?

Call ext. 216 or email jennifer.junker@innsbrook-resort.com

NEWS & REMINDERS

Car Stickers & Key Cards

March 1st is the deadline to have this year's car sticker posted on your windshield. Every year we require (for security) that ALL property owners get a NEW car sticker. If you have not received your new stickers, please call ext. 180. *Key cards do NOT need to be renewed yearly.*

Snow Plowing - It's Not Too Late! Don't wait! Get your name on the list now for full-season snow

Don't wait! Get your name on the list now for full-season snow removal service for your driveway (automatic snow clearing with snowfalls of 3"or more/\$40 per service). Ext. 193.

Building Permits

Some exterior maintenance at Innsbrook — like installing a satellite dish, changing stain color, painting or remodeling — requires a building permit. We encourage you to go to our website and download the permit application. Ext. 163.

CAUTION: Frozen Lakes

We urge you to KEEP OFF all frozen lakes as thin ice conditions may exist. We DO NOT recommend any activity on lakes this time of year. Also, for your safety and the safety of your pets, take special care when walking dogs near frozen water – as they may wander onto frozen-over lakes. As well, the inclines near the water's edge could be slippery. Ext. 163.

Remodel Your A-Frame this Year

Call today to schedule a FREE "See What's Possible" walk-through of your Innsbrook property with construction manager Dan Miesner. He can offer cost-effective suggestions for remodeling your getaway. Ext. 166.

IBK Cable Channels in TV Guide

Interested in finding out what's on your cable channels while here at Innsbrook? You can set up a free account at tvguide. com. First you must register with TV Guide, then choose Innsbrook Cable as your provider and you'll always have a current list of shows at your fingertips. Need help? Call ext. 180.

Harmonie Church

Protestant Services, Sundays at 10 a.m.

Misdial of 911? Stay on the Line.

If you misdial and accidentally call 911, DO NOT HANG UP. Stay on the line and tell the operator that you misdialed. In the case of 911 hang-ups, officers are sent to the corresponding address to ensure there is no emergency.

Neighbor-Friendly Colored Tarps

Brown & green tarps are for sale again at the PMB: 8x10-\$10, 10x12-\$13, 12x16-\$17, 16x20-\$27. See pg. 4 for hours. Ext. 180.

Be Sure to Register Your Guests

If you are having guests out to your place at Innsbrook, fill out a guest authorization form at the Main Gate or go to our website and fill out the online form at http://www.innsbrook-resort.com/news.shtml. Guest authorizations must be filled out by the owners of the property and not the children of the property owners. Question? Ext. 400.

WORKSHOPS & CAMPS

Our kids' **Summer Workshop** weeks have been set. These workshops will offer opportunities for Innsbrook kids ages 6 (graduated kindergarten) through 15; workshops will be presented each morning throughout those weeks.

June 11-13 Beginning Tennis; ages 10-15 June 11-13 Art and Adventure: ages 6-9

June 18 & 19 Sailing: ages 7-15

July 9-11 Circus Skills; ages 6-9
July 9-11 Circus Skills; ages 10-15

July 12 & 13 Cooking; ages 10-15

July 12 & 13 Sculpture; ages 6-9

July 16-18 Tennis; ages 6-9

July 16-18 Survival Skills; ages 10-15

July 19 & 20 Cooking; ages 6-9

July 19 & 20 Sculpture; ages 10-15

Call ext. 180 to reserve your spot. *Space is limited.* \$25 is required to secure your workshop spot (will be



applied to full class fee amount). Full payment is due 2 weeks before event. Cancellations must be made 2 weeks in advance. If less than 2 weeks, your fees will be forfeited unless your space is filled. Sign up for more than one workshop for the same child and receive a 20% discount on all subsequent workshops.

Weeklong Camp Innsbrook is back for 2012: June 25-29. *Space is limited - only 20 spots left.* This one-of-a-kind experience will take the qualities that are so unique to Innsbrook and roll them into one incredible week. The camp is open to children and grandchildren of property owners who have completed



kindergarten through 6th grade in 2012. The campers will be divided into groups by age. Each day this camp will explore a variety of nature, art, outdoor sports and performance activities. Campers will take part in hands-on take-home projects, creek and animal nature exploration, songs and skits, paintball art and target shooting, beach fun and more. Highlights

include visits from The City Museum's Christian the Magician and hula hoop masters from Hoop Connections who will teach hoop dance and hoop making. The week will end with a family beachside program where the campers can show off some of what they learned and enjoy the evening entertainment.

Camp hours: Monday through Thursday: 9 a.m. to 1:30 p.m., with a parent/grandparent sharing time at 1:15 p.m.; Friday 9 a.m. – Noon, & 6 p.m. - 8:30 p.m. for a family campfire finale.

Cost: \$210 per child; additional siblings are \$180 each. Register at 636-928-3366 ext. 180 or email activities@innsbrook-resort.com.

MUSIC VOLUNTEERS

The 2012 Innsbrook Institute Music Festival will be held June 8-16. As always we are looking for volunteers for this year's festival. We are greatly in need of home/chalet/condo donations for our visiting musicians/faculty, as well as ticket takers at concerts. Call ext. 218 or email institute@innsbrookresort.com if you are interested in volunteering. Visit our website at http://www.innsbrookinstitute.org for more information about this year's academy and festival.

HORSE CAMPS 2012 Kids' Horse Camp

Price is \$250 per child. Ages: 6 and up (no adults, please). Camp includes grooming, general horse care, basic horseback riding and groundwork skills with horses. For reservations call Kim Michelson at (636)745-3000 ext. 300 or email horseluvenlady@hotmail.com

4-day Camps, Monday through Thursday, 9 a.m. to 1 p.m.

May 28-31 June 4-7 June 11-14

June 18-21 June 25-28

BIRD WATCHING

Here at Innsbrook, our 8,000 wooded acres are a haven for a variety of birds. For the next several weeks we will post a picture of a bird you can find here at Innsbrook. We would love to hear if you can identify them! Can you name this feathered friend pictured here? E-mail us: news@innsbrook-resort.com

Last week 3 Goldeneye ducks were spotted swimming on Lake Aspen. Did you get a chance to see them?

based on business.



GOLF NEWS

2012 Property Owner Golf Meeting

Saturday, March 10, 9 a.m., CC

Please plan on attending this annual meeting to learn how you can help us enhance your Innsbrook golf experience in 2012!

Cool Season Rates — **EXTENDED**

Rates extended through Sunday, April 1, 2012

- •Weekdays for \$24 for unlimited golf with cart
- •Weekends for \$29 for unlimited golf with cart
- •Unlimited green fees (walking) weekdays for \$8
- •Unlimited green fees (walking) weekends for \$9

Call ext. 203 to set up tee times.

Join Our "FREE" Greens Club

Innsbrook's Free Greens Club — golf throughout 2012 & 2013 and pay NO GREENS FEES!

- 1) 2-Year Weekday Membership just \$198*
- 2) 2-Year Full-Week Membership just \$398*

Only 275 memberships will be sold! Questions? Visit us at http://www.innsbrook-resort.com/FGC-email1forgenpub.html Call today. Ext. 203 *Taxes not included

Winter Tuesday Senior Scrambles 10 a.m. shotgun start through February. Arrive no later than

9:30 a.m. Ext. 203.

Winter Golf Closure Policy

Pro Shop hours will vary December to March, based on weather/ground conditions, the number of tee times reserved in advance, and day of the week. Advance reservations are required; if you want to play golf or shop at the Pro Shop on the spur of the moment, call ahead to make sure we're open. If we have no tee times for Saturday/Sunday by end of day Friday and weather/ground conditions look doubtful, we will likely shut down for the weekend. Need more info? Call ext. 203 or email golf@innsbrook-resort.com.

HOURS OF OPERATION CALL (636)928-3366 or (636)745-3000 plus ext. listed

Prop. Mgmt. Bldg. **a** ext. 180 West Gate Winter Hours **a** ext. 401 Monday - Friday | 9 a.m. - 4 p.m. Friday - Monday | 8 a.m. - 4 p.m.

Tuesday - Thursday | Card Access Only Conference Center Note: Hours extended Monday - Thursday | 8 a.m. - 6 p.m. Winter Hours 🕿 ext. 207

> Friday & Saturday | 8 a.m. - 8 p.m. Restaurant Monday - Thursday | Closed (see bar menu) Sunday | 8 a.m. - 4 p.m. We serve Sunday breakfast. Friday | 11 a.m. - 8 p.m. PO Night

Saturday | 11 a.m. - 8 p.m.

Gift Shop Sunday | 9 a.m. - 3 p.m. Same as Conference Center — see above Open 7 days/week 🖀 ext. 209 Hanneken's Bar

Hanneken's

Fitness Center Daily 6 a.m. - 10 p.m. **a** ext. 600 In inclement weather 8 a.m. until no golfers on course or until (no golfers on the course), restaurant closes for the day the bar will close. Manned 24-hrs./day ar ext. 400 Main Gate

Bar Menu: hot dogs, hamburgers, brats, NEW Bar Menu ▶ chili, chicken pot pie, quiche, side salad and **ATM** | Located on the lower level of Hanneken's breakfast sandwiches