



IWINR NEWS

The Newsletter for members of Iowa Women In Natural Resources
Volume 16, Number 2 October 2004

Golden rules for great food plots for wildlife

If you have harsh winters and want to help wildlife through them, food plots can help. But there are a few key rules you should follow in planning and planting the plots to attract and aid your favorite wildlife species.

Place food plots near escape cover.

Food plots will tend to concentrate wildlife--both the species you want and the species you don't. If you're planting the plot so you can find a covey of quail or pheasants, you can bet that fox and other predators will also be looking in the prime feeding area for them. So escape cover needs to be close so that the food plot isn't a cruel trap for your favorite species.



Several small food plots are better than one larger one.

You'll get more diversity of species with more locations, and the escape cover will be closer to feeding wildlife. But larger food plots may be needed if you have heavy deer populations that wipe out the food supply before the winter is over. You want your food supply to be available to your favorite species all winter.

Guard against soil erosion.

Steeply sloping soils plowed or disced for planting are exposed to water and wind, and will erode if precautions aren't taken. See the NRCS to be sure the land is protected against erosion.

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Plant food to attract and support the wildlife species you want.

The three common types of food plots are annual grain plots; green browse plots, and fallow areas. Corn, grain sorghum and forage sorghum are favorite grain plots for pheasants and quail. Green browse plots with pure stands of high-protein legumes and grasses are used by quail, pheasants, turkeys, songbirds and others. Winter wheat, rye, millets and buckwheat are favorites of migrating waterfowl. Fallow plots are disced or otherwise disturbed croplands that are tilled but not planted, that encourage new annuals and weeds to grow that are essential to young quail, turkey and many songbirds. NRCS technical guides, available on the internet, suggest favored food sources. For more information, visit the NRCS Wildlife Habitat Management Institute's website at www.whmi.nrcs.usda.gov or the NRCS home web site at www.nrcs.usda.gov

Did you know - It's a myth that raccoons dip food in water to wash it or clean it before eating. The purpose is to moisten the food before eating.

Golden rules for great food plots for wildlife was written by Elaine Hammer, NRCS and IWINR Board Member

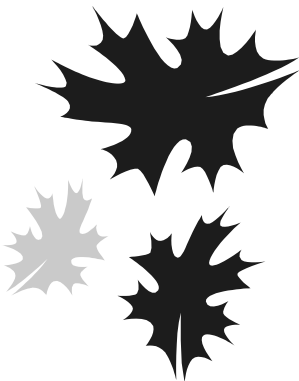
A Letter From the IWINR President

Hello All!

There's a chill in the air; leaves are turning vibrant shades of orange and red; store shelves are overflowing with caramel apples, pumpkins and cider. Do you know what this means? Fall is here and I think winter is fast on its heels!

Fall is my favorite time of year. A brisk walk through the woods leaves me with an invigorating feeling. I sometimes just sit still on a log and watch as the timber comes to life right before me as if I wasn't there. It's hard to hold back a smile when you see a procession of deer or a friendly game of squirrel wrestling.

Sometimes the boundary between fall and winter can be hard to distinguish. Many years we receive snow before the leaves have all fallen from the trees. There's nothing more exciting than the first snow! There's so much to do in Iowa during the winter – ice-skate, snow shoe, cross country ski, downhill ski, eagle-watch, ice fish, hike, hunt – the list could go on!



You'll find this newsletter chock full of fun and exciting things to do during the winter months. Get outside and enjoy what Mother Nature has to offer!

Meggan Daniels
Iowa Women In Natural Resources President

Kids Pages

Scramble Ramble

Try and unscramble the ice fishing puzzles below.

1. gillbuel -----
2. obebrb -----
3. cei guaer ---- -----
4. loeps -----
5. kmismer -----
6. potermhhyia -----
7. relsu -----
8. orwxawsm -----
9. khoos -----
10. lvegs o -----

Pine Cone Bird Feeders

For each Pine Cone Bird Feeder you will need:

- large pine cone
- vegetable shortening, lard, suet or peanut butter
- oats or corn meal
- bird seed
- a few feet of string

Tie a few feet of string to a pine cone. Cover the pine cone with the mixture below. Roll the pinecone in birdseed and then suspend it from a tree branch outside.

Food mixture: Mix 1/2 cup Vegetable shortening, lard, suet or peanut butter with 2 1/2 cups cornmeal or uncooked oats until well blended. Optional: add dried fruit (chopped up), chopped nuts, seeds (especially sunflower and millet), and/or suet, which are high-energy bird foods.

A Junior Birder's First Pair of Binoculars

Birds will start to visit shortly after you hang up your feeder. Here's how you can make your own binoculars for viewing what birds are stopping by for a snack!

You will need:

- 2 toilet paper rolls
 - String
 - Scissors
 - Hot glue gun and glue sticks
 - Items for decorating
 - Paper punch
1. Glue two toilet paper rolls together, side by side, using a hot glue gun
 2. Once the glue has dried, cut a small "v" in both the top and bottom where the two rolls meet (this will allow the "binoculars" to sit comfortably on the bridge of your nose)
 3. Punch two small holes on each side at the top of the "binoculars"(same end where the "v" is cut) and tie some string allowing them to rest on your neck
 4. Decorate using paints, markers, glitter, stickers, etc.
 5. Use these "binoculars" to teach your child how to use a real pair. They will enjoy imitating you using their very own pair to view wildlife on their next hike!

Winter Safety

If you are venturing outside to have some winter fun, do make sure you dress for the weather. Frostbite (the freezing of tissue) and hypothermia (the actual lowering of our body's temperature) can set in very quickly if you are not properly dressed. Make sure to keep extremities like your ears, fingers and toes covered with hats, earmuffs, gloves, mittens and warm socks. Try and keep dry - damp clothing, wind and mild temperatures can cause hypothermia. It is always a good idea to dress in layers that way one or two layers can be removed if temperatures call for such action. Carrying along a back pack with a blanket, extra gloves, hat, socks and hand warmers is perfect for replacing wet clothing and helping you enjoy the outdoors longer. Preparing for your winter adventure will help you have a safe and fun day!

Snowmobiling Iowa SAFELY!

Snowmobiling can be an exciting and adventurous experience for individuals of all ages. Experiencing the outdoors on a snowmobile can open the door to many beautiful areas in Iowa not accessible by car or too far to reach on foot.

Iowa has over 5,000 miles of groomed and signed trails throughout the state. The development and maintenance of these trails is paid for by snowmobile registration fees. Local snowmobile clubs are a key player in the actual maintenance and development of these trails.

When planning your snowmobile trip refer to Iowa's Snowmobile Regulations for age, safety requirements, registration requirements, equipment requirements, operation regulations and many other important items you will need to know. It is important to obey state and local laws. The laws are enforced by state and local officials. Being responsible helps to ensure the safety of all riders and make the experience pleasurable for all.

Please also refer to the Iowa Conservationist Magazine's **SNOWMOBILE SAFETY CODE:**

1. Be sure your snowmobile is in top notch mechanical condition at the beginning of the winter season and throughout the following months.
2. Familiarize yourself with the snowmobile you are driving by reading the manual accompanying the snowmobile.
3. Wear sensible protective clothing designed for snowmobiling.
4. Use a full-sized helmet, goggles or a visor to prevent injuries from twigs, stones, ice chips and flying debris.
5. Avoid wearing long scarves – they may get in the moving part of the snowmobile.
6. Always use the buddy system. Never ride off alone or unaccompanied.
7. Know the terrain you are going to ride. If unfamiliar to you, ask someone who has traveled over it before.
8. Know the weather forecast and especially ice and snow conditions in the area. Carry survival equipment.
9. Do not pursue domestic or wild animals. If you see a violation of this rule, report it to the nearest law enforcement officer.
10. Do not drive on thin ice. Ice must be solid and at least five inches thick to support a snowmobile and rider. When not familiar with ice conditions, stay off the ice.



Snowmobiling Iowa SAFELY! was written by Deb Howe, Iowa DNR ATV Officer and IWINR Board Member

Warm up to Coldwater Fishing

When cold weather sets, in many anglers hang up their fishing poles for the year and head indoors. These “warm weather” anglers, however, are missing out on some of the year’s best fishing. Iowa’s lakes and streams offer an excellent fall and winter fishery as well. Fishing coldwater streams offers an individual the adventure of exploring northeast Iowa’s beautiful bluffs complete with blazing fall foliage especially if you visit in October. Fishing crystal clear waters tucked away in the solitude of northeast Iowa’s “mini mountains” is a relaxing time for anglers in November. Another luxury of fall and winter fishing is the demise of the biting insects and stinging weeds after a good frost. There’s nothing comparable to a nice hike along a stream in fall and winter plus catching an unwary trout is an added bonus.

In fall, spinner baits, flashy blades or a grasshopper imitation will entice trout. Also, try a piece of night-crawler or prepared baits. Later in the winter, it is often best to fish during mid-day using artificial nymph or freshwater shrimp imitations.

Look for areas with deep pools and overhead cover, bank-hides and vegetation along the edges. Riffle areas also provide cover and a natural smorgasbord for hungry trout, so try those too. Just be careful to avoid casting your shadow over the water or making any noise along the stream edge. Trout easily become quite wary and will retreat into a hiding place leaving many an angler empty-handed!

You don’t necessarily have to go to northeast Iowa to catch trout in winter. In addition to Iowa’s many coldwater trout streams, several winter lake fisheries are stocked with trout. The newest addition to this winter trout fishery is Banner Lake at Summerset State Park near Des Moines which received its first stocking at its dedication ceremony in October. It will be stocked again later this winter. Other winter trout fisheries include Blue Pit a 10-acre lake near Mason City, North Prairie Lake, an 8 acre lake on the south edge of Cedar Falls and Heritage Pond, a 10-acre lake in Dubuque.

Unlike many states, Iowa has a year-round trout fishing season, offering anglers extended opportunities to hook into a beautiful rainbow, brown or brook trout. Over fifty coldwater streams are stocked with catchable, half-pound size trout from April through October. Many trout remain in some streams all year round, so your chances of catching a fish on Thanksgiving Day are as good as on the 4th of July. Angling pressure drops tremendously as temperatures drop leaving more fish to catch for those willing to brave the colder temperatures.

Also before you go out into the great outdoors, make sure you have everything you need. If you are fishing on a trout stream or lake stocked with trout, make sure that in addition to your fishing license, you have your trout stamp. A resident trout stamp costs \$11 and non-resident is \$13.50. This fee helps support the trout hatchery stocking program.

So, you have no excuse, take those poles back out of storage and start your fall and winter off with a trout fishing adventure. Dress warm and head outdoors, you will be pleasantly surprised.

For more information or to request a trout map call the Decorah Trout Hatchery at 563-382-8324 or Manchester at 563-927-3276 or visit the DNR website.

Tin Foil Trout Recipe by Theresa Blackburn

Gut the fish, leaving the skin and scales on; add about 2 tablespoons butter, onions sliced thin, minced garlic and your seasoning salt. Wrap everything in the tin foil and place on the grill and cooked for about 20 minutes (turning once about half through) or until the meat flaked off the bones. What a great treat on a cold winter’s night!

Warm up to Coldwater Fishing was written by Karen Aulwes, Iowa DNR Fisheries Biologist and IWINR Board Member

Nature Art and Poetry Contest

River of Words, a non-profit organization, was founded in 1995 by then-U.S. Poet Laureate Robert Hass and writer Pamela Michael. Every year, in affiliation with The Library of Congress Center for the Book, an international poetry and art contest is conducted for children in grades K-12 by River of Words.

Each April, eight U.S. winners, one international winner, and a "ROW Teacher of the Year" are honored (during National Poetry Month) at an Award Ceremony at The Library of Congress in Washington, DC. After the international competition, the remaining Iowa entries will be sent back to IOWATER so that they may hold a statewide ROW contest.

The contest is free, and every child is acknowledged with a personalized "Watershed Explorer" certificate. Children may enter on their own or through schools, nature centers, libraries, youth clubs and other organizations. Girl Scouts earn their "Water Drop" patch by entering the contest and fulfilling other requirements (www.epa.gov/adopt/patch). For specific information (artwork and poetry requirements, due dates, contact information, etc.) please visit the ROW web site at www.riverofwords.org, or contact IOWATER at iowater@iowater.net.



Save the Date! IWINR Annual Conference

Our Annual Conference will be held February 11, 2005 at Wickiup Hill Outdoor Learning Center in Hiawatha, Iowa. Contact Deb Howe at Deborah.Howe@dnr.state.ia.us or Karen Aulwes at Karen.Aulwes@dnr.state.ia.us for more information.

**IWINR
Annual
Conference:
February
11, 2005**

IWINR News is "Paperless"!!

IWINR News is now Paperless. It will be send out over email to all members who have email addresses listed in the IWINR directory (the others will receive the snail mail version). If the email address listed in our directory is outdated or you would rather receive a paper copy, please let Jackie know at jacklyn.neely@dnr.state.ia.us!

You Could Write for IWINR

IWINR News is always looking for new and interesting articles to share with its members. If you are interested in submitting an article please let Jackie know at jacklyn.neely@dnr.state.ia.us!

Upcoming events and Opportunities:

Caring For Creation: Symposium on Global Warming and Religion

October 15, Prairie City

Sponsored by Ecumenical Ministries of Iowa, National Religious Partnership for the Environment, & National Catholic Rural Life Conference; Caring for Creation is a daylong discussion that brings together speakers and people of all faiths to discuss the role of religion in advocating environmental stewardship. The Phoenix Café in Grinnell will provide lunch. Let us know if you need a vegetarian meal. Symposium fee is \$15. Participation is limited to 75 people due to space limitations. To register call or email Jacqueline at (515) 296-0081 or jmarie64@isunet.net.

World Monitoring Day

October 18

On October 18, citizens of the global community will join in World Water Monitoring Day (WWMD), a worldwide opportunity to positively impact the health of rivers, lakes, estuaries and other waterbodies. Volunteer monitoring groups, water quality agencies, students, and the general public are invited to test four key indicators of water quality: temperature, pH, dissolved oxygen, and turbidity.

After gathering water quality information, the data will be entered into a global database that stores all information collected during the monitoring period from September 18 through October 18. Data collected by all participating monitors can be viewed at www.worldwatermonitoringday.org.

For more details or to get a water monitoring kit visit the World Water Monitoring Day website at www.worldwatermonitoringday.org.



Bioneers Satellite Conference

October 15 – 17, Fairfield

The Bioneers Satellite Conference in Iowa will broadcast live from the annual International Bioneers Conference in San Francisco, California (www.bioneers.org). Plus, live music, local food, exhibitors, tours, and practical workshops on:

- Plant Based Products & Energy
- Prairie Medicinals
- GMOs: Consumer Response
- Energy Efficient Home Renovations
- Ecological Agriculture
- RainGardens: Reducing Runoff
- Cold Climate Greenhouse Plans
- Solar Hot Water Installation
- Wilderness Survival: Tom Brown Tracking
- Affordable, Natural Home Building
- Fire in the Landscape: Land Management

Keynote Speakers: Ronnie Cummins, Neil Hamilton, and David Osterberg

For more information: www.eco-living.org, (641) 472-6665 or fairfieldbioneers@yahoo.com.

Voices of Iowa Farm Women

October 7, Ames



7 p.m., Brunner Art Museum, Scheman Building, Iowa State University

The Women, Food and Agriculture Network (WFAN) and Practical Farmers of Iowa will present a story of Iowa's heritage told through the oral history interviews of contemporary Iowa farm women who support small farm, value-added and direct marketing practices. The Leopold Center will host a reception following a panel discussion by project producer Cynthia

Vagnetti, ISU history professor Pamela Riney-Kehrberg and WFAN coordinator Denise O'Brien who farms near Atlantic. Contact: Denise O'Brien, WFAN, (712) 243-3264.

Iowa Energy Summit 2004 –

October 27, Des Moines

The Iowa Association for Energy Efficiency is accepting registration for the Iowa Energy Summit 2004 at the Airport Holiday Inn in Des Moines. Non-members are encouraged to attend. For more information or to conveniently register electronically or print out a brochure to register by mail visit www.iowaenergy.org/iaee/conference. Register by October 15 to avoid a \$20 late fee.

Trees Forever Annual Celebration

November 4, Ames

Over 4000 guest from across Iowa and Illinois are invited to attend a special celebration of "15 Years and Growing," highlighting accomplishments and achievements of the many volunteers, partners, and sponsors that have truly made a difference within the organization and the environment in the past year. Visit www.treesforever.org for more information or to make reservations to attend.

Outdoors Events from INHF

There's still time to attend the last four events in the Iowa Natural Heritage Foundation's "25 ways to celebrate Iowa's GREAT outdoors" promotion. It's a great way to explore Iowa's natural resources throughout the state, guided by local experts!

October 9 - #22: Hitchcock HawkWatch Public Festival sponsored by the Pottawattamie County Conservation Board near Council Bluffs.

October 16 - #23: Mississippi Bluffs Eco-Cruise sponsored by the Clinton and Jackson County Conservation Boards and departing from Sabula.

October 16 - #24: Halloween Hike at Grimes Farm: an environmentally-themed night hike sponsored by the Marshall County Conservation Board.

November 6 - #25: Wet & Wild Iowa Bus Tour sponsored by the Louisa County Conservation Board at various county, state and federal wetlands projects in Louisa County.

Note: The last 3 events all require pre-registration! For more information and pre-registration instructions, visit www.inhf.org/25events.htm.

Methane Recovery from Hog Waste Integrated with Combined Heat & Power Technologies

November 3, Cedar Rapids

November 4, Sioux City

The Iowa Department of Natural Resources will present a one-day workshop, Methane Recovery from Hog Waste Integrated with Combined Heat & Power Technologies: A Waste-to-Energy Workshop for Iowa's Swine Industry. The workshop will be held at two locations – Western Iowa Tech Community College in Sioux City on November 3 and Kirkwood Community College in Cedar Rapids on November 4. The workshop will address Iowa manure management requirements, methane recovery and combined heat and power (CHP) technologies, technical and financial incorporation of recovered methane with CHP, economic and environmental benefits, financial incentives, and funding and technical assistance opportunities. The purpose is to inform and educate Iowa pork producers on the issues and benefits of methane recovery from hog waste and the integration of methane recovery with CHP technologies. Online registration is available at <http://www.ucs.iastate.edu/mnet/biogas/home.html>. For more information, please contact Jim Bodensteiner at (515) 281-8416.

IOWATER Level 1 and Advanced* Workshops

October 22-23: Moorehead Park in Ida County

November 5-6: Heartland RC&D in Runnells

Want to learn how to test water quality in your own backyard? Then join IOWATER! All Level One workshops are based on ten hours training, set-up comfortably over two days. Hours may vary depending on location. Workshop registration fee is \$25.00 per person or \$35.00 per team (up to three people). This fee covers all program fees, meals, and testing equipment. Visit www.iowater.net or call Jacklyn Neely at 515 281 4476 for more information.

The advanced workshops offered during the 2004/2005 winter season are the Benthic Macroinvertebrate Indexing and Bacteria Monitoring workshops (see dates and locations below). Contact Jacklyn Neely at 515 281 4476 or jacklyn.neely@dnr.state.ia.us to register. *You must have attended a Level 1 workshop to participate in an advanced workshop.

Benthic Macroinvertebrate Indexing:

Dec 11, 2004 (1 - 5 PM), DNR Field Office (Atlantic)

Jan 22, 2005 (8 AM- 12 PM), Lime Creek Nature Center (Mason City)

Feb 26, 2005 (8 AM- 12 PM), Geologic Survey Office, Oakdale Campus (Iowa City)

March 4, 2005 (5 - 9 PM), Fontana Nature Center (Hazleton)

March 19, 2005 (8 AM- 12 PM), Chichaqua Longhouse (Polk County, N of Bondurant)

Bacteria Monitoring:

Dec 11, 2004 (8 AM- 12 PM), DNR Field Office (Atlantic)

Jan 22, 2005 (1 - 5 PM), Lime Creek Nature Center (Mason City)

Feb 25, 2005 (5 - 9 PM), Geologic Survey Office, Oakdale Campus (Iowa City)

March 5, 2005 (8 AM- 12 PM), Fontana Nature Center (Hazleton)

March 19, 2005 (1 - 5 PM), Chichaqua Longhouse (Polk County, N of Bondurant)

Rebuilding the Unity of Health and the Environment in Rural America

November 29-30, Iowa City

The Institute of Medicine (IOM), The University of Iowa College of Public Health, and the Environmental Health Sciences Research Center will co-host a workshop on at University of Iowa's Memorial Union. This IOM workshop, sponsored by the Roundtable on Environmental Health Science, Research, and Medicine, will examine Iowa's unique environmental health landscape. Topics of potential interest include the growing role of agribusiness in impacting environmental health, urban sprawl into rural regions, the changing built environment, and the intersection of the social environment and health.

The workshop and networking session are free and open to all interested parties, but we kindly ask that all participants pre-register. Registration forms and a preliminary agenda are available on the Roundtable website (www.iom.edu/ehsrt) or can be obtained by calling 202/ 334-3193.



Iowa Children's Water Festival

May 12, 2005, Ankeny

Do you know a 5th grade student? If so, be sure they are coming to the Iowa Children's Water Festival on the Des Moines Area Community College Campus in Ankeny.

Registration information has been sent to all 5th grade teachers in Iowa. The return deadline is November 1, 2004. Adult volunteers are also needed. For information or a registration form contact Linda Kinman at kinman@dmww.com or visit the festival website at www.iowachildrenswaterfestival.org.

"Winds of Change" MEEC Conference

July 20-23, 2005; Mason City

Mark your calendars for "*The Winds of Change*," the 2005 Midwest Environmental Education Conference (MEEC). Iowa is hosting this event, in cooperation with North Iowa Area Community College in Mason City. The conference will begin with registration and social on Wednesday evening, July 20th and will continue through Saturday, July 23rd. The planning committee is working on speakers, field trips, vendors, entertainment, Iowa meals and concurrent sessions. The north central Iowa area has many fine tourist attractions as well. Why not plan your family vacation around this inspiring Environmental Education opportunity?! Call Carol Schutte, 641-422-4319 for more information.

Call for Nominations for Iowa Recycling Awards

Deadline: October 11

The Iowa Recycling Association invites entries in any of eight categories. Nominate your own program, a client or customer or someone else who you feel deserves recognition for the work they do in recycling! Entries must be postmarked by October 11, 2004. Contact Lesley Goodyk (641) 828-6846, lslcam1@aol.com or Dewayne Johnson (515) 265-1596, djohnson@iowarecycles.org.

Iowa Women In Natural Resources
c/o: Jacklyn Neely
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TO:

IWINR registration/Renewal Form:

Name

Affiliation/Employer

Address

Phone (D)

Phone (E)

Email

Active \$15 Student \$10 Lifetime \$300 Sponsoring \$25 and up

Please clip out this form and send it and your check (payable to IWINR):
Stephanie Penniston, Treasurer, 205 E. Fifth St., Tipton, IA 52772