



IWINR NEWS

The Newsletter for members of Iowa Women In Natural Resources
Volume 18, Number 1; July 2006

A Letter From the IWINR President

It can be safe to bet, that every single one of our IWINR members is an outdoors person. And it can be safe to assume that you outdoors buffs would like to spend more time outdoors if you had the time. There are many times I will jump at the chance to just get outside and get some fresh air, if even for a few minutes. A quick 10 minute stroll on a nature trail or along a stream works wonders to rejuvenate and distress in the midst of a stressful day.

Have you ever stopped and wondered what it is that appeals to you and why you seek time outdoors? Many researchers in the medical field have found that you feel good when spending time outside because it IS good for you!

The many physical benefits of outdoor exercise like hiking, cross-country skiing and kayaking help build bone density, improves cardiovascular fitness and lifts spirits. Safe exposure to sunlight provides our bodies with the essential vitamin D.

In National Wildlife magazine, Howard Frumkin, MD a physician at Emory University's department of Environmental and Occupational health, stated; "It would not be surprising to me if we get to the point of prescribing nature as a treatment of various conditions. We need more evidence before we do that. But wouldn't it be nice if I, as a physician, could say, 'spend time the park' instead of 'take this medication'?"

A new and emerging group of psychologists, called ecopsychologists, suggest that a lack of connection to the natural world contributes to mental and emotional stress. Human health is affected by the health of the environment. The ecopsychologists prescription: caring for the environment and in turn reconnecting and healing humans.

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<http://www.hawkeyecollege.edu/faculty/trogers/iwinir.ht>

SIDEBAR: Eight Ways to Get More Time Outside

by Karen Olson

If you're having trouble finding time to get outdoors, try these close-to-home micro-excursions. All you have to do is open your door and step outside.

- 1. Sip Your Morning Tea.** Grab your morning paper and read it outside with a cup of coffee or tea. Or consider a workday ritual that gets you out for an afternoon sunshine break.
- 2. Take a Nap.** All you need is a towel, blanket or a hammock and a nice patch of shade. It's easy to catch some z's, or perhaps just watch the clouds roll over.
- 3. Have Lunch.** Instead of sitting at the kitchen table, the office cafeteria or your desk, take your lunch to a local park, your office building's outdoor bench or your own backyard.
- 4. Connect With Friends.** Forget that after-work drink. Going for a walk or jog with a pal is a great way to catch up, get exercise and cover some new ground.
- 5. Pay Bills.** Who says you need to sit at your desk to do basic household tasks? It's just as easy to take your bills outside and enjoy some fresh air while you catch up on business.
- 6. Make Calls.** Alright, so you'll miss out on some of the sounds of nature, but taking and making even a few of your daily phone calls outdoors on a cell or cordless gains you at least a change of scenery and a little sunshine.
- 7. Play Games.** Want more quality time with your kids? A simple piece of chalk can provide hours of entertainment, whether you use it to play hopscotch or tic-tac-toe, or just to draw pictures on the sidewalk.
- 8. Watch the Stars.** Stepping outside at night to see the moon and stars can change how you feel about your day.

Researchers are finding that human connection with nature can have a whole host of benefits from better physical and mental health, to helping children cope with Attention Deficit Disorder. A study conducted at University of Illinois, surveyed parents of ADD-diagnosed children after exposure to green settings were found to have much less severe symptoms than in conventional settings. These children exhibited significantly reduced symptoms when they spent some quality after-school hours and weekend time outdoors enjoying nature. Daylight played a factor in increasing retail sales and contributed to a dramatic increase in student performance in a study conducted by researcher, Lisa Hescong. (Hescong Mahone Group, PG&E 1999) A California Student Assessment Project found that nature promotes an increased engagement and enthusiasm for learning, and greater pride and ownership in accomplishments.

A growing amount of research is backing up our "outdoor intuition" and is documenting what we have known all along- that outdoor activities are not just leisure and fun, they are essential to our physical and mental well-being. It doesn't take much time, just squeeze in the outdoors wherever you can and the hustle and bustle of daily life stresses will become less burdensome. See *Eight Ways to Get More Time Outside* by Karen Olson, Minneapolis-based writer suggests Eight tips to work in more outdoor time.

She has eight, but I might also suggest adding a 9th, my favorite outdoor activity: Go Fishing! Whatever your favorite activity, just step outside and take a friend or a child with you to introduce him or her to the outdoors as well. They will thank you!

Karen Osterkamp, IWINR President

SIDEBAR: Resources

BOOKS

The Voice of the Earth: An Exploration of Ecopsychology by Theodore Roszak (Phanes Press, 2001)

Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder by Richard Louv (Algonquin, 2005)

WEB

www.ecopsychology.org — The site of the International Community for Ecopsychology lists recommended readings, counselors and upcoming events.

greenhour.blogspot.com — The National Wildlife Federation's Green Hour campaign suggests many ways to encourage your kids to spend at least an hour a day outside.

www.hookedonnature.org — This site offers simple activities and experiences for connecting children and adults with nature.

Member Profile – Deb Howe



Name: Deb Howe – Water Patrol Officer – Iowa DNR Law Enforcement Bureau

Favorite fish to catch: Smallmouth Bass

Cooler Wildflower: Cardinal Flower

Most spectacular mega fauna: Grizzly Bear

Favorite season: Fall – you can hunt, fish, bike and kayak!

Outdoor activity I like to do: kayaking and biking

Favorite vacation spot: Maine

Thing I dislike most about the outdoors:

Humidity

Place I want to visit: Alaska

Motto: “The question is not what you look at, but what you see” - Henry David Thoreau, Walden, 1854

Kids Page - Summer Fun!!!

Insects Everywhere!!!

PROJECT: Exploring the hidden life of forest insects

GOAL: To understand that insects live in all the different habitats of the forest, and to learn where and how to find them

AGES: 5 and up

MATERIALS: Magnifying glass, Piece of white fabric, Resealable plastic bag, Jar and funnel, White coffee filter, Lamp or flashlight

WHAT'S BELOW?

When you roll over a rotting log, you are likely to see an assortment of slow-moving pill bugs, sow bugs, slugs, snails and earthworms; and faster-moving daddy longlegs, millipedes, centipedes, crickets and click beetles. If you are lucky, you might spot bright-colored newts and salamanders as well. Your log also may host tiny seedlings, mosses and lichens, mushrooms and other fungi. The kids should be able to tell from the amount of plant and animal life whether the tree died only recently or a long time ago. Generally, the more life the log supports, the longer it has been in decay. Point out that the log encompasses the entire cycle of life: The dead tree provides food and a home for creatures and plants that, in turn, help it to decompose into soil from which new trees will grow.

When you are done with your investigation, be sure to roll the log back where you found it. After all, as the kids said, how would you like it if some giant came along, tipped your house over on its side and left it like that?

WHAT'S OVERHEAD?

Now that your kids are thinking about the life under every dead tree, ask them what animals exist in the topmost branches of live trees. Chances are they will list squirrels, chipmunks, birds and, possibly, opossums and raccoons. The following activity demonstrates that insects, too, like to make their homes in the forest canopy.

Spread a piece of white fabric on the ground (or hold it in the air) beneath a low-hanging branch. With a stick, give the branch a short, sharp rap. Be careful not to brush against the branch first, and don't try shaking it with your hand: You've got to startle the insects from their perches. (Gentler motions feel like wind, and insects are good at hanging on tight.) Your kids will be surprised at the number and variety of crawling, flying insects that come tumbling down. Be sure that when you have finished examining them, you let the insects go without harming them.

WHAT'S IN BETWEEN?

There is one more way to roust forest insects from their hiding places--this time from among the leaves and debris that make up the litter layer on the forest's floor.

During your forest excursion, loosely fill a resealable bag with leaf litter, leaving the bag slightly open for air. At home, your kids can set up a device known as a berlese funnel to coax the insects from the litter. Place an open coffee filter in the bottom of a widemouthed jar and set a plastic funnel into the top. Pack the funnel with the leaf litter and place a lamp directly over the funnel, with the bulb close to the leaves. As the lamp heats up, the insects will evacuate their hiding spots, dropping down through the funnel and into the cooler climate below. The filter paper in the bottom of the jar will help you to see the tiny creatures. When you are done, let the insects go outdoors.

HOME SWEET HOME

You can find traces of insect life (and sometimes the insect itself) by examining a gall, which forms when a larval insect invades a plant and uses the plant material to create a home. Insects make galls on the stems and leaves of weeds, bushes, cultivated plants and trees, especially North American oak trees. If you see a strange swelling, bulge or bubble on a stem or leaf, look closely: If there is a hole in the bubble, you will know the insect inside already has grown up and climbed out.

The Experience of a Lifetime: Wilderness Trips with Students

Written by: Terri Rogers

Group T-Shirt \$12.50
Nylon Pants \$19.99
Dry Bag \$12.00

Experience of a Lifetime:
PRICELESS!



Thirty years of teaching has given me many teachable moments and many memories of a lifetime, but one week in the wilderness with a group of students changed my life forever! In 2002 Hawkeye Community College implemented a redesigned curriculum which included an Outdoor Recreation Techniques class for first year students and an Advanced Outdoor Recreation Techniques class for second year students. At the heart of the Advanced class was a wilderness trip. Wilderness permits allow for groups of up to nine only, therefore we divided our 24 students into groups of eight, each with a leader. Taking twenty four individuals into the wilderness seemed like a daunting task, but with the help of Vern Fish, Nature Center Director of Hartman Reserve, we planned the trip for two years. Having taken many trips in the past, Vern was a natural mentor. We had partnered with Hartman Reserve on many projects over the years, so this would be no different. Other leaders were Jim Weimer & Anne Duncan of Hartman.

The students began their preparation by taking the Outdoor Recreation Techniques class. Techniques to rely upon in the wilderness were all covered in this class: orienteering, hiking, canoeing, canoe rescue, camping, leave no trace, wilderness ethics, and more. During their first year in the Natural Resources Management program, the students strengthened their teamwork and collaboration skills which were one outcome of this initial class. There were many times during the year that discussions regarding the Boundary Waters surfaced in class discussions.

The second year, the students underwent three weeks of intensive training, reviewing the concepts covered the year before. Portaging was practiced repeatedly. Packs were packed and repacked. At long last the trip began at 6am. The first bathroom break had to be at the Owatonna Cabala's, and then we were on the road again! At Echo Trail Outfitters near Ely we were treated to stories of the origins of the BWCA by Scott Bunny who worked actually setting up the area when it was declared a wilderness.

We learned many lessons the first morning. Patience was the first. We did not actually get into the water until noon, much later than the early morning start we had all envisioned. Much to our dismay, almost one entire group had not picked up paddles for themselves. That left us scrounging...but we learned how nice other paddlers can be! Finally we were on the water...or at least some of us. We had to wait thirty minutes between groups to maintain the vision of wilderness as set forth by permitting rules.

One of the traits of a teacher is the ability to break students into groups successfully. I had placed the most carefree students with Jim Weimer, who I knew would enjoy fishing as he went and would love the interactions of this particular group. My group, on the other hand, had all the females, and individuals who did not know each other well. We would probably be the “weakest” group, and be the group with the most hurdles to overcome. However, we had two leaders, Vern and I. Interestingly, we became the strongest group. I think that is because we were the most considerate to one another and we were determined there was to be no work involved; everything would be play. When one person would need help, everyone was there. No one was ever left out. We were a group on the journey up to Ely; we were a group on the journey back to Hawkeye.

Yes, there were struggles. Vern decided that on our first portage we would use the stream. *Vern, what were you thinking?* So of course, as the 6’6’ tall Marine hauled you know what down that waterfall carrying one end of the canoe as I carried the other end, slipping and sliding, it was only a matter of minutes until our canoe (of course we had the food bag!) tipped. I wasn’t going to let go of a canoe carrying MY food! One student grabbed my camera floating by...he knew my priorities. The Marine got the canoe, but I was still sliding down the waterfall when someone grabbed me too!. This incident set the tone for the entire trip.

Vern didn’t try that trick again until the last day when we traversed a mile long stream (uphill). He just wanted to be sure we could survive in the wilderness. We were all determined we would. When I told one student it was a matter of pride and I too would finish it right along with them...their comment was...I understand. Halfway down that stream I stumbled. I never once said I was in trouble...except then. I said I had a rock up my back end and a stick up my pants. I had been caught by the stream and could not move an inch. It took two students to pry me loose!

The experience of our group wasn’t unique at all. We had barely gotten back to camp when we met up with another group and the first words I heard were Thank You Terri! and then the stories started! My favorite was the leach in the water bottle from Anne’s group. To this day, it’s all about the stories, and of course the photos. I gave each group a waterproof camera and I put all the photos on a CD for everyone. I also make movies of the photos to their favorite songs. It’s become a tradition.

Our group had such a fantastic time that we were not ready for our adventure to be over. Our agenda called for a trip to the Wolf Center. The other two groups decided to skip that and go home early, but our group opted to go. They decided to do that the night before we left for home just because they knew it was important to me, and surprised me by turning in on the way home, much to my protests. While we could have eaten at drive through places for our last supper, the group chose a sit down meal to celebrate our accomplishments. Throughout the year, the class would often refer to this trip as **“The Experience of a Lifetime!”**

The wilderness adventure is so much more than an expedition. It is about team building and confidence building. The remainder of the year we saw an increase in commitment to the students’ field of natural resources. They were more committed to each other and to the program and to their instructor. Their attendance improved as did their grades. The students move on to jobs and other universities and now have a network of lifelong contacts that they can always count on. Half of this year’s graduates transferred to ISU and are all enrolled in the same sections of the same courses. When the new Dean of Agronomy heard about this she called it the newest informal learning community on campus!

Our Children and Wilderness

by Ryan Lensing
Naturalist at George Wyth State Park

Most adults who find themselves drawn to the beauty and awe of the natural world can trace that feeling back to a particular set of childhood memories. These could range from family fishing memories, stomping through the local creek and catching tadpoles, or even building tree houses in the backyard. But what of the current generation of children, are they too having these meaningful experiences out in the wilderness? It is hard for a tiny flower or a timid lightning bug to compete with Playstations, Spongebob, and MTV. It is no secret, kids today are just not out playing in nature and wild areas like the kids of generations before them.

A new book by Richard Louv, entitled *Last Child in the Woods: Saving our Children from Nature Deficit Disorder*, is sweeping through the environmental and educational fields drawing attention to this disconnect between children and nature. Louv's book uses interviews, case studies, and a large body of scholarly research to bring to light the shift away from nature and to also raise a call of alarm. I encourage all who have a passion for the environment, education, or have young children of their own to read this book and help make changes to get our kids back outside. Our Children will soon be the leaders and decision makers of our world. We can all do our part to get these kids connected to nature so that the remaining wilderness doesn't fade away with the childhood memories from the past generations.

IWINR Recipe

Orange Campfire Cakes Submitted by Ryan Lensing Naturalist at George Wyth State Park

Supplies: Oranges, Jiffy Yellow cake mix, water, and aluminum foil

Directions: cut the tip off of an orange (like you would when you carve a pumpkin) and save the top for later. Scoop out the orange from the rind (you can eat it now or save it for later!) so that you basically have a hollowed out orange peel. Prepare the Jiffy Yellow Cake Mix as directed and pour it into the orange peels shell about half full. Place the top of the orange back on top to cover it and wrap the whole orange in aluminum foil. Carefully place the orange upright into hot campfire coals and let it bake for about 20 minutes (this will depend on how hot your coals are). The cake will bake right in the orange! Take out of coals and let cool and eat the moist orange cake directly out of the orange peel!!

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.gautsch@dnr.state.ia.us!

Upcoming Events and Opportunities:

IWINR board meeting will be meeting August 7 at Elkader at 10:00. Members are welcome to attend the board meeting and join in a float trip on the Turkey River afterwards. For more information and to RSVP for the canoe trip, please contact Karen Osterkamp at 563-379-4141.

OJ - August 2-4th - We're always willing to take last minute volunteers! Contact Deb for more info.

Becoming and Outdoors Women BOW - registration starts July 10th, check out DNR website for more details - Dates are Sept 22-24

WHAT GOES ON AT AN IOWATER WORKSHOP?

A variety of session settings, indoors and outdoors, will contain topics such as starting a monitoring plan, the "why-to" and "how-to" of water monitoring, what to do with the data, networking with others in your area concerned with water quality, and some muddy fun!

All 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 dollars per person*. This fee covers all program fees, meals, and testing equipment. Check should be payable to Iowa DNR and sent to the workshop contact.

Confirmation letters with directions to training sites and a "what to bring" list will be mailed out after your registration is received. Maximum workshop attendance is thirty participants, and last year we did fill most workshops, so you may want to get yours in early.

*Group registration fee is \$35.00 for up to three people; ten dollars for each additional person (please send everyone's name and contact information with the registration form). Each group receives only one set of equipment to share. Note if you are a state employee you must register as an individual if you are attending for work.

-----clip here and send-----

IOWATER Water Monitoring Workshop Registration Form- Please send to Local Contact (see next page)

Name: _____ Organization/Group: _____

Address:

_____ Street _____ City State Zip

Phone: (day): _____ (evening): _____

Fax: _____ E mail: _____

Please check this box if you would **NOT** want to be included on our informational email list

Please check this box if are a state employee attending for work

Any attendee with special needs or requiring special accommodations while attending the IOWATER workshop should contact IOWATER at (515) 281-4476.

Workshop (check one):

- July 17 & 18 Polk County
- July 28-29 Fayette County
- Aug 18-19 Des Moines County
- Sept 8-9 Webster County
- Sept 15-16 Jackson County; please check for additional Bacteria workshop (10\$ cost)
- Oct 6-7 Johnson County

IOWATER – Making Waves of Difference Across Iowa

Snapshot Sampling Events and More...

Are you looking for a way to get involved with IOWATER monitoring and meet other volunteers in your area? If so, consider participating in an IOWATER snapshot sampling event! During a snapshot event, multiple sites throughout a geographic area are sampled within a short period of time. These events can be completed:

- To increase public awareness and involve the local community in water quality issues.
- To collect baseline data for a geographic area.
- As a screening tool for identifying “hot spots” or streams that may contribute elevated concentrations.
- Using a variety of testing methods, including both field and lab methods.
- Using a combination of physical, chemical, and biological parameters.
- During different times of the year or different flow conditions.

And the best part about participating in snapshot sampling events is that you don't have to be an IOWATER volunteer monitor – ANYONE can participate!

July 15 (Sat); Johnson & Iowa County Snapshot
Contact: Dave Ratliff (319)354-1397
oldmanscreek@qwest.net

July 15 (Sat); Central Iowa River Watershed Snapshot
Contact: Dr. Dean Reynolds (641)-753-3997 (day);
(641)753-0103 (evening)
dean@marshalltownwater.com

July 15 (Sat); IOWATER Spring Statewide Snapshot
Contact: Katie Foreman (319) 335-1571
kforeman@igsb.uiowa.edu

Aug. 19 (Sat); XStream Clean Up (Quad Cities)
Contact: Roy DeWitt (563)468-4218
rdewitt@kscb.org

Aug. 25-27 (Fri-Sun); Grove to Grove Lower Wapsi
River Cleanup

Contact: Melisa 309-737-9016
or KJ at rebar@netins.net

Sep. 23 (Sat); Upper Iowa River Cleanup
Contact: Deb Keefe (877) 787-2267
keefe@earthlink.net

Oct. 14 (Sat); Johnson & Iowa County Snapshot
Contact: Dave Ratliff (319)354-1397
oldmanscreek@qwest.net

Oct. 14 (Sat); Central Iowa River Watershed Snapshot
Contact: Dr. Dean Reynolds (641)-753-3997 (day);
(641)753-0103 (evening)
dean@marshalltownwater.com

Oct. 14 (Sat); IOWATER Spring Statewide Snapshot
Contact: Katie Foreman (319) 335-1571
kforeman@igsb.uiowa.edu



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):
Deb Howe, IWINR Treasurer; 18024 Juniper Avenue; Garnavillo, IA 52049-8055