



IWINR NEWS

The Newsletter for members of Iowa Women In Natural Resources

Volume 19, Number 1; November 2007

A Letter From the IWINR President - What is IWINR?

At our most recent meeting of board members the question came up: What is IWINR and what do you do? The question evoked several reactions and got everyone to start thinking about how and why the organization came about.

What are IWINR's goals? What are the goals for the future? Some basic needs came to mind, many of which are laid out in the IWINR by-laws (www.iwinr.com).

I feel we are amiss without taking a survey of our current membership. My personal goal is to do a better job of meeting the needs of IWINR members. As an organization, I feel that one important goal is outreach. How can we better reach out to members and how can our members contribute to IWINR?

The organization provides a diverse network of individuals with a world of knowledge and experience to contribute.

Some of the more important attributes of IWINR include:

1. A network of support and knowledge in natural resources topics.
2. Support for diversity in natural resources career opportunities
3. A learning environment
4. A structure of mentors and students providing a bridge for educators, students and employers.
5. A common appreciation for the outdoors and natural resources conservation.

Our members come from a diverse array of occupations including non-natural resource jobs. It is a misconception that IWINR is only for conservation employees. We have members from non-profit organizations, private individuals who volunteer time, as well as naturalists, biologists, soil scientists, farmers, urban planners and the list goes on.

The continued success of the Outdoor Journey camps for girls is dependent upon IWINR support. Many individuals donate time and money to make this camp a reality. Each and every one of these volunteers should give him or herself a huge pat on the back.Continued on page 2

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Elections – Lori Eberhard
Legislative Issues – Deb Howe
Long Range Planning – Lori Eberhard
Membership– Brenda Vargas
Education– Lori Eberhard & Amber O'Neill
Website – Terri Rogers & Tracy Fahrion
Newsletter Editor – Jacklyn Gautsch

www.iwinr.com

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I would like to hear your comments on what IWINR is to you. What would you like it to be? Your ideas can make it better and stronger. Your comments will be used as seed for discussion at our 20th Annual Conference on January 31 & February 1st. Please send your comments to iwinr2008@hotmail.com.

Thank-you for all that you do every day in your own lives and activities to protect our natural resources. Our members' diverse talents and energy drive this organization. We need your voice today more than ever.

Karen Osterkamp IWINR President

Member Profile – Jane Mild



Favorite fish to catch: Rainbow Trout
Cooler Wildflower: Black-eyed Susan and Jack in the Pulpit
Most spectacular mega fauna:
Favorite season: Fall
Outdoor activity I like to do: Garden or fly fish

Favorite vacation spot: My house or somewhere on a trout stream that you had to hike an hour to find
Thing I dislike most about the outdoors: Bugs and snakes
Place I want to visit: the Mediterranean

Iowa Women In Natural Resources Elections

Iowa Women In Natural Resources is seeking people to run for the board. There will be three positions up for election. The terms are for two years.

Board members meet once every quarter at different places in the state depending where the members are located. You help plan the annual conference, Outdoor Journey for Girls, write articles for our quarterly newsletter, promote Natural Resources and networking with many different people from all over Iowa and other states.

Please let Lori Eberhard know if you are interested in becoming a board member for IWINR, we would love to have you. Elections will be held at the upcoming conference on Jan. 31-Feb.1, 2008. You can contact Lori by email at: Lori.eberhard@dnr.iowa.gov

Wilderness Women

When I was first invited to join an all women's journey to the Boundary Waters Canoe Area Wilderness (BWCA), I jumped at the chance. You just can't have a bad time in the Boundary Waters. Group participants met a few weeks prior to the adventure to get to know one another and discuss the route and equipment needs. The group would overnight at Fall Lake and begin their route at Basswood Lake.

My initial thoughts were concern sharing a route with boats with motors; especially on what initially looked like large water bodies. While we did encounter some small boats with motors on the portages, they were as eager to get away from us as we were to stay away from them. After leaving the first lake, we never saw any again. There were advantages! The portages that the boats with motors used were as wide as small roads and very smooth. What a treat for anyone used to the Gunflint Trail! However, that changed rapidly once we were well on our way. Our group became the self-proclaimed "Sturdy Women" as we traveled over portages and towed canoes through rapids. Amazingly, it seemed almost everyone we met in the BWCA was from Iowa!



The advantages of a women's only trip are numerous. Everyone listens. Everyone shares. Everyone laughs. There's never a dull moment. Everyone took special care at all times to ensure each person was doing fine at all times. Each woman always helped the next. Perhaps the neatest part was the quiet sound of laughter, rippling from tent to tent at night.

Every participant had something special to share. We learned from Beth Frederick that vet wrap makes a perfect bandage for moleskin. Jayne Clampitt and Julie Falcon found a way to make Karen Osterkamp and my tent livable using safety pins after the zipper broke on the second day-and it rained for the next three! Beth and Laura Wilden taught us emergency blankets on the floor keep your sleeping bags dry after old tents which have long lost their rainproofing ability cover the floor in water!☺ Rebecca Kauten kept us on the straight and narrow using Leave No Trace principles, even when the green bean almondine was nasty stuff. Karen taught us all about fishing and fed us. Kim Proctor was the light of the group with her everlasting smile and funny comments we will all remember!

Wilderness Women was written by Hawkeye Community College Natural Resources Management Professor and IWINR Secretary Terri Rogers.

Eastern Iowa Outdoor Journey for Girls

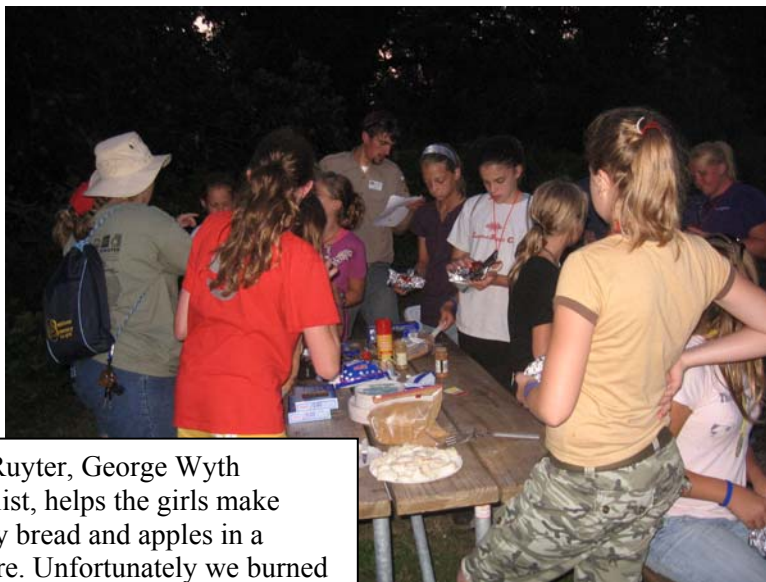
The first Eastern Iowa Outdoor Journey for Girls was a success. We had 27 girls participate in the camp that was at Hickory Hills which is run by Black Hawk County Conservation Board, but located just into Tama County.

The girls participated in canoeing, boat safety, survival, all the requirements for hunter safety and fishing over the three days. The weather cooperated with the sun shining while the activities took place outside and the rain waiting until everyone was inside. There was a pretty good storm that moved through but everyone did great as they enjoyed the wildgame supper provided by Michelle Wilson. She did a great job, there were only crumbs left.

With the help of Amy and Brittney Schminke in the kitchen the girls had great meals. We also had the Tama County Pork Producers come and prepare a meal for us. We also had help from the Cedar Valley Walleye Club with the fishing.

Just a few quotes from girls who attended the 2007 OJ camps:

“It was an amazing experience!!!!”
 “Safety Trail – It was fun – made you think and put you in real situations.”
 “It was really fun and all of the counselors and sessions were awesome!”
 “I learned how to be responsible.”



Andy Ruyter, George Wyth Naturalist, helps the girls make monkey bread and apples in a campfire. Unfortunately we burned the monkey bread, some of it was edible and the apples were great.

Thank you to all of the Conservation Officers, Hickory Hills Staff and the girls for making this camp a great success.

Mark your calendars for next years Eastern Iowa Outdoor Journey for Girls, July 15-17, 2008 or one of the Statewide OJ Camps June 11-13 or August 6-8 at [Springbrook](#).

Eastern Iowa Outdoor Journey for Girls was written by George Wyth State Park Manager and IWINR Vice-President Lori Eberhard.

We Couldn't Do It Without You

The Iowa Women In Natural Resources and the Outdoor Journey for Girls participants would like to thank the Sponsors of the Outdoor Journey for Girls and Becoming An Outdoors Women programs. Items donated this year include:

Equipment	Number	Provider
Lincoln Falcon Trap Shooters w/ stands	2	Iowa Women In Natural Resources
3D Deer target	1	Delta
3D Turkey target	1	Delta
Arrow holders	4	Ben Berka
Zebco fishing combo 404	5	Bass Pro
Tackle boxes with tackle	5	Bass Pro

Kids Page-Fall Leaf Fun



Make Your Own Leaf Design Shirt

You'll need:

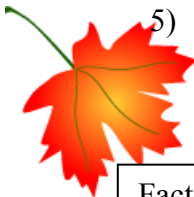
- bleach in a spray bottle
- leaves
- dark colored T-shirt
- large bucket of cool water
- newspaper



Leaves get their green color from chlorophyll, the pigment found in plant leaves which also plants to produce energy from light. Fall's shorter days and cooler temperatures cause the chlorophyll to move from the leaves to the branches, trunk, and roots, and the yellow and orange pigments that are always present become visible.

Directions:

- 1) Collect leaves to design your shirt.
- 2) Put the newspaper in between the front and the back of the T-shirt. Spread your leaves out on the front of the T-shirt. Be creative!
- 3) Spray the front of the T-shirt with bleach. Try and spray as evenly as possible, covering both the leaves and the empty areas.
- 4) Allow the bleach to stay on for about 5-10 minutes. You will start to see the color of the shirt fade.
- 5) Rinse the shirt in the bucket of cool water. Rinse it well to get out the bleach. You're all done!

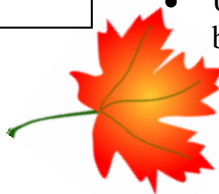


Factors that influence the amount of fall color the leaves will wear each year include:

- Rain
- Amount of sugar in the leaves
- Wind
- Temperature

Helpful Hints:

- Young children should have help from an adult
- Use leaves that are freshly fallen, whole and flat, do not pull leaves off trees
- Spray the bleach as evenly as possible
- When rinsing the bleach out try to resist spraying the shirt with water or stirring it in the bucket of water
- Use a dark colored shirt as the leaves show up better on them



Family Fishing Day At George Wyth State Park

The first Family Fishing Day at George Wyth State Park was a success. With the help of the IA DNR Fisheries, Conservation Officers, Cedar Valley Walleye Club and Ryan Lensing, George Wyth Naturalist. Andrew Keil, Black Hawk/Bremer County Conservation Officer was able to teach youth and parents about boat safety and fishing laws. Bryan Hayes and Dave Moeller from Fisheries brought live fish for everyone to identify and touch to see how their scales/skin felt.

The Cedar Valley Walleye Club were the mentors for our young anglers and they were very successful. One of the young anglers caught 30+ sunfish throughout the morning that were released. Everyone that participated was able to catch at least one fish.

Ryan Lensing did a great job with teaching the youth how to cast and had a couple of fishing programs throughout the day to test their knowledge.



We finished with a lunch of fried catfish. We hope that all who participated are now on their way to a lifetime of enjoyment of fishing.

Family Fishing Day At George Wyth State Park was written by George Wyth State Park Manager and IWINR Vice-President Lori Eberhard.

Cedar Valley Paddlers Trail

Get your kayaks and canoes dusted off and ready to have a great trip around the lakes at George Wyth State Park, Cedar River and two lakes at Hartman Reserve Nature Center located in Black Hawk County. This project was made possible by the DNR Water Trails grant program, Black Hawk County Conservation, George Wyth State Park, Hartman Reserve Nature Center, Boy Scouts and students from Hawkeye Community College Natural Resources Classes.

It is the first water trail to open under the Water Trail Grant and the first to have a loop where you can start and finish in the same place. It starts at Fisher Lake boat ramp in George Wyth. The trail is 10 miles with 1.6 miles of portage trails and 8.4 miles of water. It is for people of all ages and experience levels because you can create your own smaller or bigger trail within the one we have set up.

This trail will be a great experience for Boy/Girl Scouts or other groups wanting to go to the Boundary Waters and being able to practice portaging and how much they really want to carry in their packs.

Each lake is different and has something to see and enjoy. So get out the sunscreen and plan a day traveling around the waters in the Cedar Valley.



Cedar Valley Paddlers Trail was written by Lori Eberhard, George Wyth State Park Manager and IWINR Vice-President.

Hello from Brenda Vargas the new Membership Chair!

I will be working with Jane Mild as an AmeriCorps Communications Assistant. Most of my work will involve OJ and BOW, where I will be one of the contacts for both programs. I will be doing community outreach with different minority organizations in order to recruit women and girls from those organizations; I will be translating brochures, flyers and any documents that both OJ and BOW have in order to reach out to the Latino population; another part of my job when outreaching to different community organizations, is to see if they will help with the scholarship program or if we can start one with them, also finding an organization or organizations that will take care of transporting some of the girls and women to both programs. I am also going to be on the Iowa DNR's Diversity Task Force. I work closely with Joli Vollers, Julie Sparks and my supervisor Jane Mild.



Some examples of what I have done are:

- Complied and reported the results for BOW 2007 evaluations
- I will be meeting with Boys and Girls Club to talk about OJ and BOW
- I have contacted a community outreach person from Nationwide to see how I go about contacting these organizations.

IWINR Recipes

Grandpa Denny's Beer Battered Fish

Ingredients

½ can beer (I'm sure you can figure out what to do with the other half!)

½ cup flour

1 tsp oil

Dash of baking powder

Seasoning salt

Fish: works well with chunks of Walleye

Blend ingredients until smooth. Adjust thickness until batter holds between the prongs of a fork for a few seconds. Rinse fish and pat dry with a paper towel. Cut into approximately 1-2 inch chunks. Dip fish in batter to coat. Fry in hot oil until golden brown. Oil must be very hot, use approximately the #8 setting on your stove. Enjoy with alone or with tartar sauce.

Rhubarb Dream Bars

Crust Ingredients

2 cups flour

½ cup powdered sugar

1 cup butter

Topping Ingredients

3 large eggs

2 cups sugar

4 cups rhubarb, diced

½ cup flour

¾ tsp salt

Mix together Crust ingredients until crumbly. Press into an ungreased 9x13 pan. Bake @ 325 for 15 min. In a bowl eat eggs with mixer, add sugar and continue to beat. Add flour and salt, mixing well. Stir in rhubarb and spread on baked crust. Bake @ 325 fro 45 min.

Dutch Oven Lasagna

Ingredients

1 box lasagna noodles, uncooked

1 lb. ground beef

1 jar spaghetti sauce

1 can 14.5 oz tomato sauce

1 lb mozzarella, grated or cut into strips

1 c parmesan chesse

1 container of cottage cheese

2 eggs

First make the meat sauce mixture: brown hamburger meat in skillet and drain. Add spaghetti sauce and tomato sauce to meat mixture. Second make cheese mixture: mix the eggs, and all the chesses together in a mixing bowl In a large Dutch oven layer as follows: ½ sauce mixture, layer of noodles, ½ cheese mixture, repeat. Bake 45 minutes to 1 hour at 350 degrees in a 12" oven: 17 coals on top and 8 coals on the bottom.

Apple Pie in a Jar

Combine 4 c. sugar, 1 c. cornstarch, 2 tsp. cinnamon, 1 tsp. salt and 10 c. water and cook until thick and bubbly. Add 3 tbsp. lemon juice. Peel and slice apples into this syrup until there are enough apples that are well-coated and of the consistency of canned pie fillings. Put in quart jars and seal. Place jars in canner and process for 20 minutes in water bath. Remove after 20 minutes and cool. One jar is usually enough for an apple pie. You may have to stir the apples and sauce to mix up again before using. Use as you would canned apple pie filling.

Congress Overrides Bush Veto First Time By CHARLES BABINGTON

President Bush suffered the first veto override of his seven-year-old presidency Thursday as the Senate enacted a \$23 billion water resources bill despite his protest that it was too expensive. It was the first time in a decade that Congress has passed a bill over a presidential veto. The vote was 79-14 to pass the bill. Enactment was a foregone conclusion, but it still marked a milestone for a president who spent his first six years with a much friendlier Congress controlled by his Republican Party. Now he confronts a more hostile, Democratic-controlled legislature, and Thursday's vote showed that even many Republicans will defy him on spending matters dear to their political careers.

The bill funds hundreds of Army Corps of Engineers projects, such as dams, sewage plants and beach restoration, that are important to local communities and their representatives. It also includes money for the hurricane-hit Gulf Coast and for Florida Everglades restoration efforts. The House voted 361-54 to override the veto Tuesday. Both votes easily exceeded the two-thirds majority needed in each chamber to negate a presidential veto.

The last such veto override happened when Congress dealt President Clinton the second of his two overrides in November 1997. Bush vetoed no bills during his first five years in office. He has since vetoed a stem cell research bill twice, an Iraq spending bill that set guidelines for troop withdrawals, and a children's health insurance bill. House and Senate Republicans managed to sustain those vetoes. But they broke ranks on the Water Resources Development Act, or WRDA, which Bush vetoed on Nov. 2, calling it too expensive.

His supporters have noted that the Army Corps has a backlog of \$58 billion worth of projects and an annual budget of about \$2 billion to address them. The bill, the first water system restoration and flood control authorization passed by Congress since 2000, would cost \$11.2 billion over the next four years, and \$12 billion in the 10 years after that, according to the Congressional Budget Office. Flood protection projects along the Gulf Coast, including 100-year levee protection in New Orleans, would cost about \$7 billion if fully funded. The bill approves projects but does not fund them.

Some of Bush's most ardent allies argued for the override. "This bill is enormously important, and it has been a long time coming," said Sen. David Vitter, R-La., whose state was hammered by Hurricane Katrina two years ago. The bill "is one of the few areas where we actually do something constructive," said Senate Minority Whip Trent Lott, R-Miss. What Bush sees as pork barrel items, Lott said, "are good, deserved, justified projects." "Almost every president opposes this type of bill," he said.

Democrats are sure to remind such Republicans of their rejection of Bush's budgetary concerns when debate turns to several spending bills he also vows to veto. The bill among other things would authorize the construction of navigation improvements for the Upper Mississippi River, at an estimated federal cost of \$1.9 billion, and an ecosystem restoration project for the Upper Mississippi costing \$1.7 billion. The Indian River Lagoon project in the Florida Everglades would be funded at about \$700 million. The bill calls for an independent peer review process of all Army Corps projects costing \$45 million or more, a bid to cut down on wasteful spending.

Upcoming Events and Opportunities:

Iowa Women In Natural Resources 20th Annual Conference Great Strides Into the Future

Mark your calendars for January 31-February 1, 2008 for the 20th Annual Conference at the Christian Conference Center in Newton, Iowa. Look for conference brochures coming your way soon!!

We are working on getting a great conference set for everyone. Some of the sessions are water quality, GIS, fen re-construction and research, and Aldo Leopold Education Program. If anyone has any other ideas or would like to present a workshop please contact Lori.Eberhard@dnr.iowa.gov with the information.

We look forward to celebrating 20 years of Iowa Women in Natural Resources and continuing to Make Great Strides Into the Future!

Big Blue Sky in concert at the Elkader Opera House 7 pm, Saturday, November 24

Blues-blue grass-folk music with an environmental theme, by Jon Stravers and friends. A benefit for Motor Mill, and a tribute to Jon-Jon Stravers. **Musicians to appear include:** Folko Landvoght, Kevin Dohse, Jim Arvidson Special guests: Kristen Talbot of Boise, Idaho on flute; vocalist Kristina Cataneda from Dubuque; Midwest Music Maker Denny Garcia; percussionist Carolyn Failla; and singer/songwriter Jon Larrabee of Portland, OR.

This special Night will include a silent and live auction fun-raisers for Motor Mill (come early to see the auction items doors open at 6PM)

Auction items include:

- "As Free As the Wind," a striking print of two adult bald eagles by artist Mario Fernandez. The print was donated by Nick and Linda Klepinger of Reasnor, Iowa.
- A Civil War replica doll.
- A Motor Mill intarsia (wood inlay) by Jim Ohl & Ida Hendrickson
- Daryl Bruxvoort, who splits his time between Elkader and Iowa City, has donated one of the unique license plate mailboxes that he makes.
- A night at Aunt B's Inn, Strawberry Point
- Rural scene painted on barn board panel by Bev Hannon of Anamosa
- Wildlife Art



General admission \$15 Tickets available in businesses throughout the region; from Larry Stone at 888-807-1828; Jon Stravers at 563-586-2621; or the Clayton County Conservation Board at 563-245-1516.

8th Annual Water Monitoring Conference: Monitoring for the Next Generation



February 25-27, 2008

Benton Auditorium Scheman Building - Iowa State University
For more information visit: wqm.igsb.uiowa.edu or call 319-335-1576

68th Midwest Fish & Wildlife Conference

December 9-12 2007

The Conference theme is **“Be The Change: Manage Locally, Conserve Globally”**. Mahatma Gandhi’s “You must be the change you want to see in the world” was a call for local, individual action to make a difference. Likewise, Rene Dubos challenged participants in the 1972 United Nations Conference on the Human Environment to “Think Globally, Act Locally” suggesting that ecological consciousness begins at home.



We wanted to issue a similar challenge to fisheries and wildlife professionals at this conference. Thus the blending of these two ideas, the emphasis on local, individual action, and the imperative of putting local management efforts into a global perspective. What we do locally on our individual fish and wildlife properties or on private lands in our own states can and will have an effect on Midwest regional fish and wildlife populations and their habitat.

We are inviting attendees to explore ways to put their individual management actions into a larger context to benefit all fish and wildlife across the Midwest. The challenge of natural resource professionals today is to manage for ALL fish and wildlife and their habitats. This goal can result in conflicting management strategies for habitats required by different species (e.g., managing for early or late successional forests).

One potential solution to this problem is to think and plan at different scales so management moves beyond the local scale towards management of sustainable and healthy habitats across a larger landscape, integrated with but buffered from human development. This solution can provide a model that can be emulated nationally and globally, particularly where natural resource management is in its nascence.

The theme of this conference will explore how thinking and planning at different scales can be used to manage for all species of fish and wildlife and their habitats across states, the Midwest region, the continent, and beyond. We are considering a variety of symposia topics to help emphasize this theme:

- Prescribed fire
- Lead impacts on fish and wildlife
- Urban fish and wildlife
- Coping with terrestrial and aquatic invasive species
- Aquatic organism passage
- Habitat fragmentation
- Landscape and watershed scale research, management and planning in the Midwest
- Emerging diseases and pathogens in fish and wildlife

The diverse and exciting program, unique setting, and special events promise that the 2007 conference will be one that you will not want to miss. So, please put the dates of December 9-12 on your 2007 calendar NOW, and plan to come and see us in Madison.

Iowa Pheasant Forever State Convention

This year's Iowa State PF Convention in Altoona on January 11th and 12th will be filled with both entertaining and educating topics and events. Some items to look forward to, include:



- Friday Night Social- State Speaker, Texas Hold 'em Tournament, 3-D Pheasant Lazer Shot Competition and Gun Raffle.
- Farm Bill updates, Program on Iowa Buffers, Program on Improving Iowa's Pheasant #'s, Grassroots Conservation Campaign
- National Youth Initiatives, Habitat Specialists 101, Iowa DNR Youth Mentor Hunt Program, Quail Topics, Winter Cover Food
- Plots, Prescribed Burnings, Fundraising Ideas, Habitat Chairman Responsibilities, Sustainable Funding and much more...
- Saturday Luncheon of Prime Rib Sandwiches and Chapter/Volunteer Award Presentations
- State Council Art Contest
- Saturday Night Dinner and Fund Raising Banquet-Great Prizes, Raffles Games and Auctions
- State Council Meeting and Elections

CLEAR Grants: Money Available for Volunteer Watershed Cleanups

This summer, several Iowa communities got help cleaning up their waterways from the Iowa Department of Natural Resources (DNR). The DNR will accept applications for up to 18 watershed cleanup mini-grants until February 8th, 2008. The mini-grants, worth up to \$1,000 apiece, are part of the DNR's CLEAR (Community Leaders Enhancing Area Rivers) program. Winning applicants will use the money to fund cleanup events on local lakes, rivers or streams.



The cleanup events will include volunteer trash removal, natural resources education and responsible waste management (collected garbage must be properly disposed of and recycled when possible). Cleanup organizers should plan to make their events self-sufficient in subsequent years. Find more information, including application materials, at www.iowater.net.

The CLEAR mini-grant program evolved from the DNR's annual river cleanup event called Project AWARE (A Watershed Awareness River Expedition). That program, a weeklong canoe trip and watershed cleanup, has involved hundreds of Iowa volunteers every year since 2003. Funded through the DNR's REAP (Resource Enhancement and Protection) program, CLEAR grants are administered by the DNR's watershed monitoring and assessment program.

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; PO Box 294; Stanton, IA 51573