



JOURNAL

Warren County Conservation Board

Fall 2017

Featured Flora: Goldenrod (genus *Solidago*)



Goldenrod is a family of native prairie plants. They bloom from July to September and have attractive yellow flowers. Goldenrod are often one of the first plants to bounce back after a fire.

Goldenrods ruggedness and adaptability has given it the reputation of being a weed, along with the common misconception that it aggravates allergies. Goldenrod is pollinated by insects, not by the wind. This makes it very unlikely to affect allergies. The plant that is to blame for seasonal allergies is actually ragweed.

For centuries goldenrod has been used for medicinal purposes including the treatment of kidney stones and urinary tract infections. Native Americans used goldenrod to treat sore throats and it has actually been known as a powerful anti-allergic herb for hay fever sufferers.

Next time you are hiking through the prairie, go ahead and take a moment to appreciate the goldenrod. You may even give it a big sniff!



Conservation Spotlight: Meet Kelsey Longnecker, Naturalist I



Kelsey Longnecker began Naturalist I duties for Warren County Conservation August 21st. Kelsey grew up in Indianola and spent a lot of her time volunteering with and participating in WCCB activities. While going to Iowa State University to earn her degree in Animal Ecology, Kelsey worked for WCCB as a naturalist intern over the summers. She has also had the opportunity to work at the Des Moines Y Camp and Polk County Conservation.

Kelsey is thrilled to be back working in Warren county and getting the opportunity to share her passion of nature and the environment with others. She says, "Warren County is such a welcoming, friendly, interactive community. The people get very involved and passionate about conservation." As Naturalist I, Kelsey will provide environmental education to the schools and public.

In her free time, Kelsey enjoys spending time with her husband and new daughter! She enjoys many outdoor activities including hiking, kayaking, fishing, and horseback riding.

If you stop in at the Annett Nature Center, she would love to meet you and say "Hi!"

Park Update: Grant Park



Grant Park has had some exciting updates this fall. A new campground has been developed including: fire pits and picnic tables at ten camping sites, a road to the campground that also gives better access to the pond, and a new pit restroom. Look for information about Grant Park's new campground opening in the Spring of 2018!



Traveling Exhibit: Turtles



Be sure to stop by and visit our latest temporary exhibit all about turtles! This exhibit travels all over the state getting a chance to visit many different nature centers and communities.

Learn about turtles from cultures all over the world as well as some specific turtles that live in those countries or continents. For example, did you know that in Australia there are long(er)-necked turtles called snake-necked turtles?



Some cultures viewed the turtle as a strong, wise symbol. Others thought of turtles as a evil spirits, or not as smart animals.

You can learn about the turtle life cycle and some interesting facts about their nests and anatomy. Did you know that the temperature of the nest determines the sex of the offspring? In warmer nests, all of the eggs will be females. In cooler nests, all of the eggs will be male. In mid temperature nests, the top (warmer layer) will be female while the lower (cooler layer) will be males!

There are also informational panels showing some of the dangers turtles face throughout their lives. Roadways can be quite dangerous for our turtle friends.



Don't miss out on this neat traveling exhibit! There is even a turtle shell you can crawl into to pretend to be a turtle. It will be at the Annett Nature Center until November 14th so take it slow but steady and come out to see it!

News



WCCB to Host Fall IAN

Warren County Conservation Board will be hosting this fall's IAN workshop, November 7th through the 9th. IAN is the Iowa Association of Naturalists. The workshop is a chance for naturalists from all over the state to come together to share ideas and learn new skills or program ideas to incorporate into their communities. We are thrilled to be hosting such a great workshop!



The Annett Nature Center will still be open during this time, but please be aware that there will be a lot of people here attending the workshop. The WCCB staff will be busy with their hosting duties, showing off the wonderful things Warren County has to offer!

Geocaching Wildflower Adventure Update



Geocaching is like a high-tech scavenger hunt. There are 25 geocaches hidden in parks throughout Warren County. Each one contains a wildflower trading card that you can collect along the way. If you want to try out the challenge, you have until the end of November to find them all! You may use your smartphone, GPS unit or borrow a GPS unit from us to find them. This adventure is a great way to explore nature and discover new outdoor places.

Visit www.warrencb.org/geocaching to get started today.

Wise Words

“Of all the paths you take in life, make sure a few of them are dirt.”

John Muir



Help Save the World One Coffee at a Time



How can you help save the world? There are many small things you can do to help the environment. Who doesn't love a hot beverage on a crisp fall morning? Whether coffee or tea, hot cider, or hot cocoa is your drink of choice, consider your options for carrying that drink. Styrofoam or even coated paper cups can take quite the toll on the environment. If someone buys 5 drinks a week (well below average) then that comes to a total of 260 drinks per year. Styrofoam production creates large amounts of greenhouse gasses and incorrect usage of styrofoam can actually cause health problems to people. Styrofoam takes AT LEAST 500 years to decompose and ends up in a lot of water sources as well as landfills. Wildlife will eat the styrofoam when it breaks apart and can choke or starve because of it. Sea turtles eat pellets of broken styrofoam thinking they are food and the buoyancy doesn't allow them to dive to catch food, causing them to starve to death. Paper disposable cups are made from a renewable resource, but are often coated with petroleum based plastic to prevent leakage. Paper disposable cups can still take up to 20 years to decompose and take as much or more energy to produce.

A simple, fun way to help out the environment can be to find a great reusable mug or thermos. Some places will even offer a reduced price to refill your own mug, plus there are some fun choices out there for reusable mugs! So go ahead and indulge in that warm drink, just use your own reusable mug instead of the disposable kind!



Events

November

Pinterest Inspired Crafts

Tuesday, November 14 | 6 p.m. | Annett Nature Center

Join Ted Lare Gardens and a WCCB naturalist for an evening of Pinterest inspired crafts. Crafts featured will relate to the outdoors or gardening. There will be a materials fee based on the crafts selected. Children under 5 must be accompanied by an adult. Check back soon for more details on specific crafts. Please register and pay through Ted Lare Gardens at www.tedsgardens.com or call 515-981-1075.



December

Nature Holiday Crafts

Saturday, December 2 | 1 p.m. | Annett Nature Center

Do you love nature, DIY projects or Pinterest crafts? Join a Warren County Conservation naturalist for a relaxing & fun craft day at the Annett Nature Center. There will be several crafts to choose from, all using objects from nature to make holiday decor for your home or to give as a gift. We will enjoy hot chocolate and refreshments. Workshop fee is \$5. Please register by November 29th at <http://www.warrencb.org/events/naturecrafts/>

December

Candy Cane Hike

Saturday, December 9 | 1 p.m. | Annett Nature Center

Join the WCCB naturalist for a wintery hike on the Annett Nature Center trails in search of hidden candy canes. This will be a guided hike to explore nature and wildlife in the winter and find hidden candy canes. There will be light refreshments and hot cocoa after the hike. Please dress warm as the hike will be 45 minutes in length. Please register at <http://www.warrencb.org/events/candycane/>



Kids Night Out

Friday, December 29 | 5 p.m. | Annett Nature Center

Join Warren County Conservation for Kids Night OUT. A fun way for kids to get outside over winter break. We will spend the evening exploring in the snow, hike under the stars, and enjoy a craft and snack. Program fee is \$5 per child. Please register by December 22nd at <http://www.warrencb.org/events/kidsnightout/>. Include your child's age in the comment section of the registration form.



To register for any of our programs:
Call (515) 961-6169 or visit
www.warrencb.org/events

Thank You!



Parks Tour & Wine Tasting

Annelise Winery
La Vida Loca Winery
Jasper Winery
Monty & Lori Freeman
Donna Fink
Kathy Krogmeier
Steve & Mary Weaver
Shawn Szalkowski
Kathy Witzenburg
Autumn Witzenburg
Ashley Vanderflight
Kathy Krogmeier
Black Keys: Lewella Riker, Cortez Daniel
Zach Howarth, and Graham Brooks



Summer Movie Night

Indianola Parks & Recreation

Trailer Usage to pick up Turtle Exhibit

John Fensterman

Monarch Tagging Program

Ashley Vanderflight
Kay Whipple
Indianola Parks & Recreation



Priscilla Daumber Butterfly & Pollinator Exhibit Planting

Ackworth Garden Club



Hunter Education

Robin Kluesner
Ace Hendricks
Bryan Herold
Rod Goodrich
Craig Cutts



Prairie Picnic

Nancy Engle
Register Media
Steve Dermand
Monty & Lori Freeman
Ace & Judy Hendricks
John & Kathy Krogmeier
Donita Petersen
Bob & Jackie Sarasio
Jeff & Marlys Sowers
Steve & Mary Weaver
Randy & Sue Edwards
Ashley Vanderflight
Lisa Niedermayer
Shawn Szalkowski
Bill & Donna Fink
Blair Lawson
Doug Gaumer
Lori Shephard
Uncommon Grounds
Mark & Char Vukovich
Simpson College Rotaract Club
Putney Auction
Blank Park Zoo
Bozi's Beads & Baked Goods
Green Acres
Hudson Valley Seed
Legacy Financial Group
Milo Locker
Tecvisions-Pilot Tim Cloyd
Ted Lare Design & Build
Warren County Izaak Walton League
Hickory Park Restaurant
DeLay Outdoor Solutions
Cleaveland Access Controls LLC
Black Keys: Lewella Riker, Cortez Daniel
Zach Howarth, and Graham Brooks





Parks

The Annett Nature Center

Open 8:00 a.m.–4:30 p.m.
Monday–Friday*
Open 12:00–4:00 p.m.
Sundays, March–October

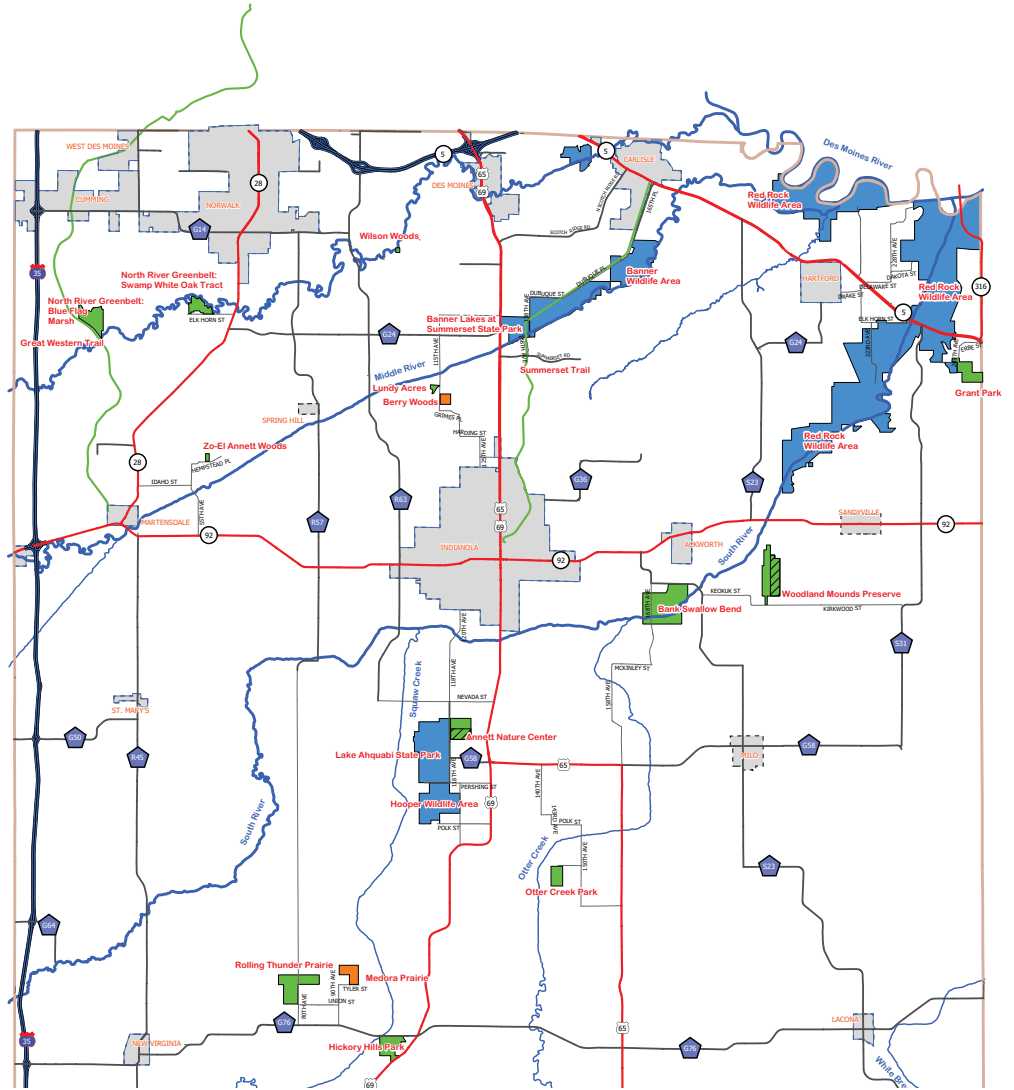


Come visit to check out:

- Interpretive Exhibits
- Variety of live animals
- Butterfly Garden
- Trails through prairie, wetland, and forest
- Wildlife Viewing Blind
- Observation Tower

*Duties sometimes require all staff be out of the office, calling ahead is advised.

(515) 961-6169
15565 118th Avenue
Indianola, IA 50125



Reserve Today!

Looking for a beautiful, affordable site to hold your wedding, family gathering, or other event?



Consider the community room at the Annett Nature Center, the barn at Hickory Hills, or the picnic shelters at Hickory Hills, Grant Park, Otter Creek, or the Great Western Trailhead. Call (515) 961-6169 for details.

Warren County Parks & Conservation Areas	Biking	Hiking Trails	Picnicking	Camping (primitive)	Camping (electric)	Fire Pits	Shelter w/electric	Shelter w/o electric	Drinking Water	Restrooms (pit)	Restrooms (modern)	Fishing	Hunting	Nature Center	Community Room	Acreage	Location in County
Annett Nature Center & Park		✓	✓			✓	✓		✓		✓	✓		✓	✓	160	SW
Bank Swallow Bend												✓	✓			543	SE
Grant Nature Land		✓	✓					✓	✓	✓	✓					150	NE
Great Western Trail		✓	✓	✓			✓	✓	✓	✓	✓					200	NW
Hickory Hills Park		✓	✓	✓		✓	✓	✓	✓	✓	✓					160	SW
Lundy Acres			✓	✓		✓										15	NW
NRG*: Blue Flag Marsh													✓			138	NW
NRG*: Swamp White Oak Tract			✓													121	NW
Otter Creek Park		✓	✓	✓		✓	✓	✓	✓	✓	✓					80	SE
Rolling Thunder Prairie													✓			282	SW
Summerset Trail	✓	✓	✓				✓	✓	✓	✓	✓					212	NE
Wilson Woods																12	NW
Woodland Mounds Preserve		✓	✓							✓			✓			325	NE
Zo-Ei Annett Woods		✓	✓													10	NW

*North River Greenbelt

Seasonal Spotlight



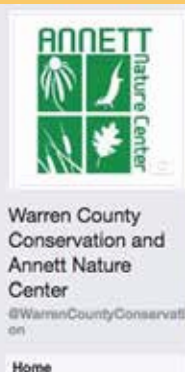
Fall Foes: Insidious Flower Bug

This time of year, there is a small insect that can have a big impact on your day out enjoying the fall weather. The insidious flower bug is a tiny insect, about $\frac{1}{5}$ of an inch long, that has a disproportionate bite to their size. They are oval to triangular in shape and have black and white markings on their backs. They are flat insects, and they are usually found on flowers, under loose bark, or in leaf litter. Although they can be a pesky addition to an autumn picnic, they are actually beneficial predators that feed on small insects, spider mites, and the eggs of other insects. Some examples of their prey are aphids, thrips, and corn earworm eggs.



Insidious flower bugs are around all summer, but they are in the fields, woodlands, and gardens until late summer or fall. In the fall, they are noticed a lot more and begin their biting habit. Insidious flower bugs have a short, blunt beak that they plunge into the skin. This needle-like beak attaches at the front of the head and bends back underneath the head when not in use. They use these mouth parts to penetrate their prey and suck out their juices. Although painful, the bugs do not feed on blood or inject venom or saliva into the bite. This causes people to generally have less of a reaction than to a mosquito bite. However, some people may get a very similar red bump.

Unfortunately, insect repellents are ineffective against these bugs because they work by confusing the sensory apparatus insects use to detect us. Minute bugs are not attracted to people like mosquitos are. Since they land randomly on people, insect repellent would be of no help. Widespread insecticide is not very effective and is also not desirable due to their beneficial role. Their flat body shape makes them difficult to wipe off of the skin as well. Some say that wearing dark clothing on days when they are abundant will deter them. Once the weather turns a bit cooler, with day-time temps consistently below 50°F, the insidious flower bugs will move into their protected, over-wintering areas.



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Fall 2018

Warren County Conservation Board



The Warren County Conservation Board manages over 2,200 acres of land for the benefit of its citizens. Visitors can enjoy a variety of outdoor activities on areas being conserved for this generation and generations to come.

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