



# JOURNAL

Warren County Conservation Board

Fall 2019

## Fall Preparations

Fall is just around the corner. We can feel it in the air. The nights are getting cooler and there is a slight crispness in the air. People are getting back into the school routines and looking forward to football, pumpkins and apples, warm drinks, and cozy sweaters. Just like people prepare for the next season, wildlife is taking steps to make sure they are ready for fall and winter, and are using the season very wisely. Some animals will migrate out of the area, some hibernate, and some adapt for the colder temperatures.

Migration is an instinctual response to seasonal changes that affects various resources. These instincts tell the animal that they should travel to a climate with more accessible resources during that season. They have a kind of map programed into them, they aren't just searching for any old winter home. Animals that migrate often participate in preparatory behaviors such as overfeeding to make up for a possible shortage of food on the journey. Some migrating animals ignore temptations such as food, mates, and resting places as they have a sense of finishing their journey before the weather turns. Other animals will graze and rest along the way. Some animals that migrate are turkey vultures, ducks, butterflies, blue whales, elk, sandhill cranes, and some bats.



Hibernation is commonly applied to any time of winter dormancy, and is a specialized adaptation to seasonal changes. A hibernating animal's metabolism slows down and its body temperature drops. Breathing slows and heart rate slows considerably. These changes decrease the amount of energy the animal uses. Hibernators depend on a built up supply of body fat or stored food, and a warm, safe den to keep it safe during the winter. Torpor is a state that might last overnight, or for several months—as is the case in true hibernation. Some animals may wake during particularly warm days to eat a bit and then go back into torpor. Woodchucks, some bats, fish, amphibians, reptiles, snails, and queen bees are animals that use some type of torpor or hibernation to survive the winter cold and lack of food.

Some animals do not travel to warmer climates, nor do they sleep the winter away. Many animals can adapt to the seasonal changes by growing a thicker, warmer coat of fur or feathers, and stocking up fat before the cold. Some animals, like weasels and snowshoe rabbits grow a white coat of fur to help them blend into their environment. Animals may have gathered extra food in the fall and stashed it away in stores, similar to squirrels and beaver, while others change their diets slightly eating bark, moss, and twigs when grass is scarce. Some birds that stick around all winter have learned that bird feeders make a great, easy meal when seeds and nuts may not be as readily available.





# News

## Epizootic Hemorrhagic Disease

According to a news release from the Iowa Department of Natural Resources, “An outbreak of Epizootic Hemorrhagic Disease (EHD) is impacting deer primarily in south central Iowa with the largest concentration of infected animals being reported in Warren County.” EHD is caused by a virus that affects cervids, but especially white-tailed deer. The virus is spread through biting midges that feed on deer. The midges transmit EHD by biting an infected deer and then transmitting the virus as they fly from deer to deer biting them.

Epizootic Hemorrhagic Disease is not related to chronic wasting disease (CWD) in any way.

Epizootic Hemorrhagic Disease primarily affects white-tailed deer and mule deer, but can also infect pronghorn antelope, bighorn sheep, and elk. EHD rarely causes disease in domestic animals, and does not transmit to humans.

The virus causes damage to the walls of blood vessels in the animal, and can cause death or chronic disease. Symptoms can include swelling of the face or neck, lethargy, weakness, lameness, respiratory distress, fever, and excessive salivation. Due to the fever and dehydration, deer are often drawn to water. This means that in unusually dry years when more deer are concentrated around water sources, EHD is more easily transmitted as the midges have a concentrated deer source. EHD causes losses to deer annually, but usually in low numbers.

Outbreaks of EHD are mostly seen in late summer or early fall, and end around the first hard frost, when the virus starts to die with the midge hosts. There is currently no treatment for EHD. Insect control in captive herds could help prevent the transmission of the virus, but is not feasible in wild populations.

To check out the IDNR news release go to the following link: <https://www.iowadnr.gov/About-DNR/DNR-News-Releases/ArticleID/2604/Virus-claiming-deer-in-Iowa>

## Critter Corner: Harvestmen

Harvestmen are an order of arachnids called *Opiliones*. They are sometimes called daddy long-legs. However, they are misunderstood in several ways.

They are not spiders. Spiders have two separate body segments while the harvestmen have one. They do not have silk glands and cannot spin webs. Harvestmen also have only one pair of eyes while spiders have 3-4 pairs.

A common myth is that daddy long-legs are very poisonous (venomous) but can't bite through human skin. Harvestmen contain no venom glands, and eat a diet mostly consisting of decomposing vegetative and animal matter, although they will occasionally eat slow-moving insects, insect eggs, and worms. They do not need venom to subdue this prey nor do they need injecting mouth parts.

Harvestmen are very beneficial to the environment by helping decompose plant and animal matter, and providing a food source to many birds, large spiders, and predatory insects like the assassin bug.

Harvestmen are not harmful to humans, animals, buildings, or crops. They can be quite friendly and entertaining to watch crawl along on the grass. They can even break off one of their legs to keep twitching and confuse a predator while they scurry away to safety. Keep an eye out for a friendly harvestman this fall season.





# Camp Highlights



**2019 Day Camps**  
Check out some of the  
highlights from this year's  
summer day camps!





# Events

## September

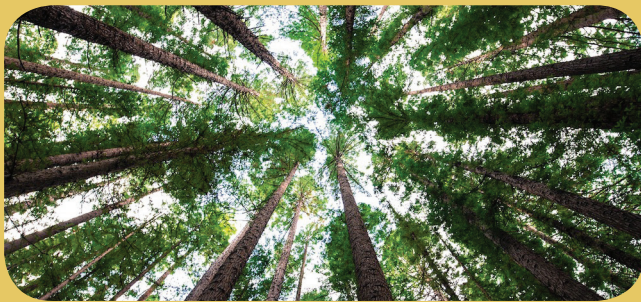
### Forest Therapy

**Sunday, September 22nd | 1:00–4:00 p.m. |**

#### **Buxton Park**

Warren County Conservation and Indianola Parks & Recreation will be hosting a nature & forest therapy guided walk. We invite you to unplug, slow down, and experience mindfulness in nature. This gentle three-hour walk will focus on using all your senses to explore Buxton Park. An Association of Nature And Forest Therapy guide-in-practicum of Association of Nature And Forest Therapy Association will guide you through nature explorations. This walk is based on Shinrin-yoku or forest therapy that can provide many positive health benefits such as lowered blood pressure, decreased anxiety, increased focus, relaxation, and a connection with nature. This program is geared towards those 16 and up.

Registration is required by September 19, 2019. There is limited space and a minimum of 4 participants is required to host this walk.



## October

### Breakfast Dutch Oven Cooking

**Saturday, October 5th | 8:30–10:30 a.m. |**

#### **Annett Nature Center**

Are you in need of an easy, filling, and delicious recipe for your next camping trip or outdoor adventure? Learn to prepare scrumptious breakfast recipes that will feed a crowd. Participants will prepare recipes, cook them in the Dutch oven, and learn how to care for Dutch oven cookware. The best part is breakfast & coffee are included.

The cost is \$5 per person. This program is geared towards those 12 and older. Space is limited, please register by October 2, 2019. This program will be cancelled if there is significant rain in the forecast.

### Iowa Trail Run Series

**Saturday, October 12th | 6:30–8:30 p.m. |**

#### **Annett Nature Center**

Friends of Warren County Conservation are excited to announce that we will be hosting the Iowa Trail Run Series at the Annett Nature Center. Not only will you get to run the trails, but FWCC will be providing delicious smore's after the event. Check out what the IA Trail Run Series has to say about the course.

"Who knew so many trail runners just wanted an additional level of difficulty?! We're going night running again, this time through the beautiful Annett Nature Center just as the leaves turn and Sasquatch come out! Round two of disobeying your parents and playing in the woods at night!" 5K or 10 K (two laps) Packet pick up will be on October 12, 2019 from 4:30PM-6PM at Annett Nature Center. Parking will be in the lot and overflow parking will be signed.

### Volunteer Opportunity:

**We could use some extra assistance with parking, water station, and packet pick up. No experience necessary, just a fun attitude. If you would like to volunteer at this event please call the office at 515-961-6169.**

### Prairie Seed Harvest

**Tuesday, October 15th | 5:30–6:30 p.m. |**

#### **Otter Creek**

Ever wished you could learn a little more about some of the prairie practices used by the Warren County Conservation Board? Do you want to help us preserve our beautiful prairies? Come out to help with the prairie seed harvest!

You will learn to identify and how to harvest seeds from several prairie plants. Come out to Otter Creek and take the opportunity to roll your sleeves up, enjoy the beautiful fall weather, and preserve the prairie seeds to be planted somewhere else.

Bring a pair of gloves if you would like, and dress to be amongst the prairie plants! There will be light snacks provided. Please register by October 14th at noon so we can assure we have enough snacks.

**For more details and information, or to register for events, please visit [www.warrenccb.org/events](http://www.warrenccb.org/events) or call 515-961-6169.**



# Events



## October Cont'd

### **Halloween Hike: Rule Breakers**

**Monday, October 21st | 6:30– 8:00p.m. |**

**Annett Nature Center**

Join the Friends of Warren County Conservation for a non-scary Rule Breakers' Halloween Hike! This year's theme is all about species that break the rules! Science teaches certain rules to determine what makes something a plant and if an animal is a reptile, bird, mammal, fish, or amphibian. Trek down the jack-o'-lantern lit trail and meet some interesting species, including the platypus, bat, ostrich, venus flytrap, and the slender glass lizard.

Afterwards, you can enjoy a craft and a snack in the nature center. Costumes are encouraged!

The event is \$2 for children and \$3 for adults, children 3 and under are free. Pre-registration is required. For more information please visit: <http://www.warrenccb.org/events/halloween-hike-rule-breakers/>



### **Woodland Mounds Artifact Presentation & Hike**

**Saturday, October 26th | 9:00–11:00 a.m. |**

**Woodland Mounds Preserve**

Join Gary Valen to explore a 2000 year old village and ceremonial site. Archaeological discoveries indicate people lived in what is now Warren County for approximately 13,000 years and maybe more. The Woodland Mounds site has been preserved well enough that we can gain a picture of what the community was like. We will examine the mound group and the village along with artifacts that came from the site to understand the culture that thrived on the same land we occupy 2000 years ago.

Please bring along a blanket or lawn chair for the presentation. After the presentation we will take a hike to the mounds.

There is no charge for this event. Please register by Thursday, October 24, 2019.

## November

### **Holiday Crafts with Ted Lare Gardens**

**Tuesday, November 12th | 7:00– 8:00p.m. |**

**Annett Nature Center**

Join the naturalists as we host Ted Lare Gardens for an evening of holiday crafts. Each craft would make a lovely addition to your holiday decorating and features live plant materials. Participants can choose from the following crafts to make: Amaryllis planter \$25, mini evergreen bouquet \$20, or a living ornament \$20. Registration and prepayment is required. Please register at [tedsgardens.com](http://tedsgardens.com) or by calling 515-981-1073.

### **Family Fall Hike & Homemade Gifts**

**Saturday, November 16th | 2:00– 4:00p.m. |**

**Annett Nature Center**

WCCB and Young Living Essential Oils are teaming up to get you exploring outside and using essential oils. Bring the whole family out for an afternoon of making homemade gifts for the holiday season. Roller bottles, lotions, diffuser necklaces, and bath salts would make an easy, fun, and excellent gift for your friends, family, or teachers.

Young Living Essential Oil members will be available to explain the benefits of oils, how to use them, and answer any questions. There will be a scavenger hunt to help you learn more about essential oils. WCCB staff will lead you on a short guided fall hike that finishes with smores & hot chocolate. You can even add a drop of essential oil to your hot chocolate. You can also explore the Annett Nature Center exhibits and trails.

This is a come & go as you please event. The cost is \$20 per family. Please register by November 15, 2019 at noon to ensure we have enough materials. The program fee includes all activities, snacks, door prizes, hike, and gifts. (gifts include one of each item-roller bottle, lotion, diffuser necklace, and bath salt.

#### **Notes:**

**-The hike will be from 2:45PM-3:15PM**

**-All children must be accompanied by an adult. Some activities are geared towards those 6 years and older.**

**For more details and information, or to register for events, please visit [www.warrenccb.org/events](http://www.warrenccb.org/events) or call 515-961-6169.**





# Events

## November Cont'd

### OPT Outside Hike

**Saturday, November 30th | 2:00– 3:00 p.m. |  
Annett Nature Center**

OPT outside should be more than just on Black Friday, don't you agree? Or maybe you just need to burn some holiday calories. Bring the whole family, in-laws and all, as we hike the trails at Annett Nature Center. There will be light snacks and time after the hike to explore the educational exhibits.

Registration is required by November 29, 2019. Visit [warrencb.org](http://warrencb.org) or call 515-961-6169 to reserve your spot.



## December

### Candy Cane Hike

**Saturday, December 7th | 1:00– 3:00 p.m. |  
Annett Nature Center**

Bring the whole family out to hike the trails of Annett Nature Center in search of hidden candy canes. Submit your guess for how many candy canes are on the trail and get entered to win a wintery surprise. There will be refreshments, hot cocoa, and exhibits to explore inside.

This is a self-guided hike, so you can come and go between 1–3 p.m. Check in at the front desk for instructions and a trail map. Please dress for the weather. Registration is required by December 6, 2019.

### Forest Therapy

**Saturday, December 14th | 1:00– 4:00 p.m. |  
Annett Nature Center**

Immerse yourself in nature and experience the benefits of being fully present in the medicine of the forest. This gentle three hour forest therapy walk offers a rich experience in nature that can improve mood and provide relaxation. Shinrin-yoku or forest therapy offers researched based health benefits such as lowered blood pressure, decreased anxiety, and improved cognitive functioning. Certified guides, from Forest Therapy Pathways, will guide you to become sensitized to the healing environment of the forest. You'll have the opportunity for self-reflection, social interaction and a little child like fun! We invite you to slow down and unplug with mindfulness based nature connection invitations on this one of kind nature excursion. Join us for this unique wellness activity to rejuvenate and experience nature in a new way!

Note: Please come prepared by wearing comfortable walking shoes/boots and dress in layers appropriate for the temperature. The trails at ANC are hilly, uneven, and are easy to moderate in skill level.

Bring a healthy snack and drinking water. You may find a small backpack useful. We will walk if there is light rain, so bring rain gear if showers are possible. Please no pets. This program is geared towards those 16 and up.

Program Fee is \$20 per person, please register by December 12, 2019. This event will be cancelled if there are less than 5 registered.



**For more details and information, or to register for events, please visit [www.warrencb.org/events](http://www.warrencb.org/events) or call 515-961-6169.**



# News



## Thank You!

Ted Lare Gardens Farmer's Market  
Steve Derrand  
Carla Kuehl-Purdum

Iowa DNR State Forest Nursery  
For letting us borrow Smokey  
the Bear to help out with Cricket  
Camp Graduations every year!



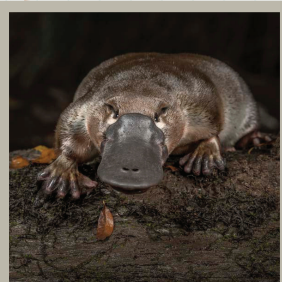
## FWCC's Annual Halloween Hike

- A non-scary, kid friendly Halloween option!
- Come test out the kids' costumes at the hike!
- Call 515-961-6169 to reserve a hike space!

Friends of Warren County  
Conservation presents:

## RULE BREAKERS

A non-scary Halloween Hike



This year's theme is all about species that break the rules! Science teaches certain rules to determine what makes something a plant and if an animal is a reptile, bird, mammal, fish, or amphibian. Trek down the trail and meet some interesting species. Afterwards, you can enjoy a craft and a snack in the nature center.

Monday,  
October 21, 2019.  
6:30-8:00p.m.  
Hikes go out  
every 10 minutes.



RESERVATIONS REQUIRED  
call 515-961-6169.

\$2 per child \$3 per adult.  
Children 3 and under are free.





# Fall 2019

## 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.

Subscribe to *Three Rivers Journal* via email!  
Reduce waste and get frequent updates on  
programs, parks, & projects:  
[subscribewccb@warrencb.org](mailto:subscribewccb@warrencb.org)



### BOARD MEMBERS

Sue Boll, President	Carlisle
Joe Gavin, Vice-President	Martensdale
Ron Miller, Secretary	Milo
Ace Hendricks	Ackworth
Mark Kickbush	New Virginia

### STAFF

Jim Priebe	Director
David Youngblut	Operation Coordinator
Mark Wilson	Natural Resource Specialist
Doug Gaumer	Conservation Technician
Tyler Seufferer	Conservation Technician
Karen Johlas-Szalkowski	Naturalist II
Kelsey Longnecker	Naturalist I

The Warren County Conservation Board does not discriminate against anyone on the basis of race, color, sex, creed, national origin, age or handicap. If anyone believes he or she has been subjected to such discrimination, he or she may file a complaint alleging discrimination with either the Warren County Conservation Board or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

Warren County Conservation Board  
15565 118th Avenue  
Indiana, IA 50125-8852  
(515) 961-6169  
[www.warrencb.org](http://www.warrencb.org)  
RETURN SERVICE REQUESTED