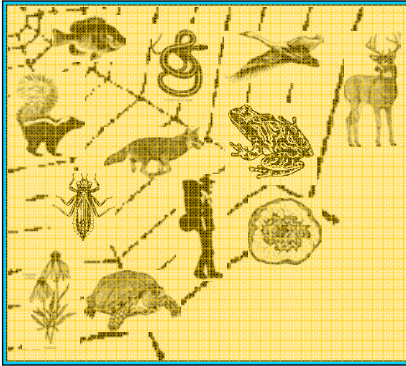


# The Web

*Newsletter of the Iowa Association of Naturalists*



## Dragoon River Romp

Lisa Anderson, Keep Boone County Beautiful

Right from the start the Keep Boone County Beautiful (KBCB) program had a very successful, fun and safe event of which to be very proud. The 2006 Dragoon River Romp received a statewide award from the Iowa Society of Solid Waste Operations. The event was given the "Outstanding Beautification Program Award" at the annual Iowa Society of Solid Waste Operations (ISOSWO) conference.

The Dragoon River Romp got its name from the Dragoons, lightly armed Cavalry soldiers who rode swift horses and scouted the land in Iowa. From this historic name, the River Romp has once again blazed a great trail for this community. In 2006 it removed 6,320 pounds of trash from the river. Over half, 3,760 pounds of materials were recycled. Tires, appliances, televisions, furniture, etc were found in or along the river. Even the Madrid senior class was involved as part of their required 20 hours of community service. With over 125 volunteers the entire day went smoothly. In 2007 the number of volunteers increased to 150!



Lois Powers the KBCB Program Coordinator and Emily Herring (my predecessor) worked hard at starting this great event. One of the details that made it a success was land-lovers option. Individuals that care about their community and wanted to help, but didn't want to be on

the water had the opportunity to clean local parks, boat ramps and other areas that day.

In 2007 there were over 80 sponsors from the community. Show me the money you ask... our cash donations totaled \$2000 as well as donations of products, equipment and other valuable services. The River Romp received a CLEAR Mini-Grant in 2006 for \$1000 (Community Leaders Enhancing Area Rivers) funded by REAP-CEP through the IOWATER program. It takes a lot of resources to make a successful river clean up happen.

Keep Boone County Beautiful, an affiliate of Keep Iowa Beautiful, is a volunteer-based program that strives to raise awareness about litter, beautification and waste management issues. It serves as a "conduit for action" to assist and recognize volunteers and community groups that undertake efforts to maintain and improve the environment of Boone County. The Boone County Landfill serves as the governmental sponsor of KBCB which has financed the River Romp. One key element is a great committee; they meet year round about once a month to ensure success. We are blessed with great individuals who care about their environment!

The third annual Dragoon River Romp is this September 20<sup>th</sup> 2008 on the Des Moines River. If you want to know more about our successful story or want to join us this year please give me a call at (515) 433-0591 or email [lisak@boonelandfill.org](mailto:lisak@boonelandfill.org).

### In This Issue

Monarch Trip 2009.....	page 2
IAN News and Updates.....	pages 3-5
NAI News.....	page 5
Further Your Knowledge.....	page 6
Upcoming Workshops and Opps.....	pages 7-8
Grapevine News.....	page 8
Just for fun.....	page 9

## Monarch Trip 2009

Karen Phelps, Benton County Naturalist

Sondra Cabell and Karen Phelps ventured to Mexico in 2006, and promised their guide, William Calvert, that they would be back. Mr. Calvert (now retired) has over 25 years of guiding experience and is coming out of retirement to lead our group on this life changing experience. Reserve your place now for the March 7-14, 2009 trip to Mexico for the Monarch migration. There are 20 spots available. Following is the basic itinerary.

**Day 1** Arrive at the airport in Morelia, Michoacan and travel to the Casino Hotel.

**Day 2** Travel to the delightful colonial town of Patzcuaro, stopping along the way to tour the Tarascan capital and pyramid at Tzintzuntzan and the nearby 16<sup>th</sup> century Franciscan monastery of Santa Ana. After lunch in Patzcuaro, visit two town squares, Plaza Don Vasco de Quiroga and Plaza Gertrudis Bocanegra. Stay overnight at the Hacienda Iricuaro near Santa Clara del Cobre and Lake Zirahuén, about 25 km to the southwest of Patzcuaro.

**Day 3** Tour the La Cruz Habitat Protection Project. Then travel to Paricutin, the volcano that emerged in the Mexican farmer's cornfield in 1943. There we will have a picnic lunch and spend several hours walking the lava fields that destroyed the town of San Juan Parangricutiro. Then visit the nearby Tarascan village of Anghuan.

**Day 4** Travel several hours eastward to "butterfly country" and the old mining town of Angangueo and the Chincua Monarch Butterfly Reserve where the Monarch colony is located and view them at our leisure. Stay at the Hotel Las Margaritas.

**Day 5** Visit the model community, Alternare, designed to show locals environmentally friendly methods of rural living. Then visit a second pristine butterfly colony located on the Pelon massif to experience a different community and see a well-protected forest where the butterflies live. Then journey to Hotel Agua Blanca descending about 7000 ft. Experience the amazing contrast between the high altitude boreal forest where the

Monarchs live and the dry deciduous tropical forest on the upper slopes of the Rio Balsas. Here will be opportunity to swim in the two thermal (tepid) pools. Then overnight at the Agua Blanca Resort.

**Day 6** Visit the pyramid, San Felipe de los Alsati, built by the Matlazincas, a group of Indians who had the misfortune of being sandwiched between two major Indian kingdoms. In the afternoon relax, swim and explore the natural history of and enjoy the exquisite grounds of the hotel. A night hike to one of the waterfalls will reveal glowworms and a variety of interesting wildlife.

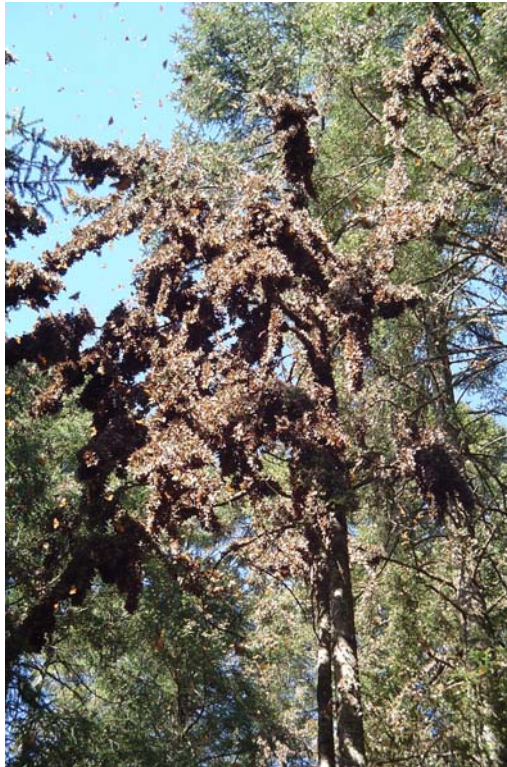
**Day 7** Return to Morelia, tour several churches and museums in this delightful colonial town and have the opportunity to shop.

**Day 8** You will be transported to the airport in the morning for your flight back to the USA.

**Cost of the trip:** The cost of this trip is \$1500 per person for seven days and seven nights in double occupancy rooms (\$1900 for a single occupancy room) plus airfare, which, of course, varies greatly depending on your point of origin and the timing of your ticket purchase. You are responsible for making your own flight arrangements into the Morelia, Mexico airport. This fee includes all meals, lodging and ground transportation but does not include any alcoholic beverages or tips for

the bus driver and personal services (porters and maids). A \$500 deposit for double occupancy (\$900 for single occupancy) secures a place on the trip. This deposit is refundable if you give us sufficient time to fill your spot. All fees are to be paid to the Monarch Trip and mailed to the following address: Karen Phelps; 26 220<sup>th</sup> Trail; South Amana, IA 52334 by the specified deadlines. The \$500 deposit is due by August 29, 2008. The balance will be due by January 4, 2009.

For more information, or to make sure we still have a place for you, call Karen at 319-560-9809. You may also email Karen at home: [wildthing@naturetracks.net](mailto:wildthing@naturetracks.net) (her work email address will be changing so please use this home email address.)



## ***IAN News and Updates:***

### **IAN Mini-grant Updates:**

#### *Iowa Outdoor Recreation Checklist and Iowa Children's Outdoor Bill of Rights*

Marissa Nordschow, Ed. Coordinator -Winneshiek CCB

I am very appreciative to be one of the recipients of this year's mini-grants from IAN. My project entails creating two separate documents: *Iowa Outdoor Recreation Checklist* and *Iowa Children's Outdoor Bill of Rights*.

The *Iowa Outdoor Recreation Checklist* will be similar in format to Aldo Leopold's "Life Experiences Inventory" and will provide our youth with an extensive checklist of outdoor recreation activities. Not only will they be able to identify what they have already done, they will be able to see what other opportunities are out there for them to experience. The *Iowa Children's Outdoor Bill of Rights* (ICOBR) will be modeled after an idea that was originally developed by the California Roundtable on Recreation, Parks and Tourism. They developed a Bill of Rights for California children in order to promote health, social skills, and scholastic achievement. (You can view the California information at [www.calroundtable.org/cobor.htm](http://www.calroundtable.org/cobor.htm))

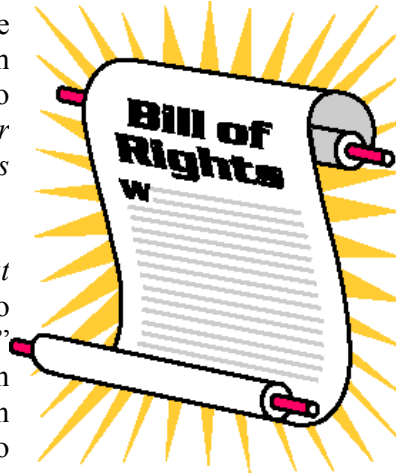
I will be developing a survey to distribute to naturalists and other environmental educators across Iowa (yes, that's you!). Surveys will be used to determine what we, as a group, feel are the essential outdoor activities that children in Iowa should experience before graduating from high school. Essential outdoor activities refers to those activities that teach children skills they can use throughout their lifetime, while teaching them to appreciate the value of natural areas. For example, one essential activity might be "canoeing in a river or lake." By being exposed to this activity, children will be more likely to participate on their own, or with family and friends, later in life. If they enjoy the activity, children will come to understand the importance of keeping the water clean and safe.

From the survey responses, I will assemble the *Iowa Outdoor Recreation Checklist* which will list the outdoor recreation opportunities available to our children and outdoor enthusiasts of all ages. The ten highest ranking activities on the surveys will be included in the ICOBR.

There will be an explanation, mission statement, and list of objectives to accompany each document.

The final documents will be distributed through emails, list-serves, and mailings to environmental educators in all sectors across Iowa. The *Iowa Outdoor Recreation Checklist* and the *Iowa Children's Outdoor Bill of Rights* will be great resources for Iowa children, citizens, educators, and visitors to use in identifying the abundant opportunities for outdoor experiences Iowa has to offer. It is my goal that these documents will be used to unite our efforts as environmental educators, increase our opportunities for programming in the schools, and give us all a common mission in our work of bringing children back to nature.

This project is one part of a new program we are working on developing in Winneshiek County called *Fit Environment*. *Fit Environment* is an outdoor recreation program that we will be offering to schools through the physical education classes. We will be using this new program as another avenue to reach kids for environmental education. Once the program is developed, we hope to share it with other county conservation boards throughout Iowa. The *Iowa Outdoor Recreation Checklist* and *Iowa Children's Outdoor Bill of Rights* will complete one of the steps of a new program that has the potential to benefit all naturalists in the state.



### **2008 IAN Scholarship Winner Announced:**

Sarah Subbert of Graettinger, Iowa, will receive this year's Iowa Association of Naturalists Joe Halbur Scholarship. The Joe Halbur Scholarship is awarded to one high school senior or college student who plans to further their education in programs of environmental education, cultural interpretation, historical interpretation or outdoor recreation. They must be a resident of Iowa and plan to attend an in-state college.

Sarah Subbert is a sophomore at Iowa Lakes Community College in Estherville and will be receiving her Associate in Arts and Associate in Environmental Science Degrees. She interned at Lost Island Nature Center with Miriam Patton in Palo Alto County and is pursuing a Bachelors of Arts Degree in Earth Science with Interpretive Emphasis.

Sarah started teaching as a swimming instructor at the Graettinger Community Pool and that made her realize

that she wanted to teach. She also loved being outdoors, being a naturalist seemed like the right path. She helped with a paper recycling program at her high school which has turned into a goal to get a recycling program set-up for her community. She also helped a family friend plant 3,200 trees in a wildlife habitat project, participated in the West Fork-Des Moines River Clean-up and gained experience during last summer by teaching 9 weekend programs, and assisting with summer explorer workshops, teacher workshop and school field trips.

Sarah's family and friends live near the river so they were always outside, duck hunting, pheasant hunting, fishing, swimming, etc. Sarah sent a thank you via e-mail, in it she said, *"One of my favorite volunteer projects was helping with the Palo Alto County Jr. Naturalists program. My favorite experience with that was the prairie seed collection. Miriam Patton (and Charlene O'Brien) had just taught me how to identify different prairie plant species and when I helped with the kids, I got to share that knowledge. We also played a few games in the prairie. I never knew how interesting prairies could be until last summer and I really want to tell people about areas like prairies and different subjects to help them realize how fortunate we are to have the resources that we do. Helping with the different education programs last summer confirmed my desire to become a naturalist. I think that would be the best career ever because you get to be a teacher, help the environment, do fascinating projects with people, and you get to teach a variety of subjects. How cool is that!"* Very Cool!



Sarah Subbert caught in the (naturalist) act by the local paper last summer.

We would like to congratulate Sarah for receiving the IAN Joe Halbur Scholarship and welcome her to the world of environmental education in Iowa. For more information about the IAN Joe Halbur Scholarship, contact Maria Koschmeder, Committee Chair, at 319-655-8466 or [iccbec@netins.net](mailto:iccbec@netins.net).

## 2007 IAN Professional Development



- Heidi Anderson
- Lyndsey Anderson
- Julie Brazell
- Ann Burns
- Katie L. Cantu
- Dana Dettmer
- Charlene Elyea
- Bradley H. Freidhof
- Heather Gamm \*5 years
- Christina Groen
- Katie Hammond
- Erica Hartman
- Heather Hucka
- Jerry Keys \*\*10 years
- Theresa Kruid
- Marissa Nordschow
- Jessica O'Connor
- Michele Olson
- Miriam Patton
- Kim Perlstein \*5 years
- Karen M. Phelps \*5 years
- Diane Pixler
- Tina Popson
- Laura Schwendinger
- Victoria Shamblen
- Dawn Snyder
- Emily Vant Hul
- Greg Wolf
- Amy Yoakum
- Elizabeth Yoder
- Linda Zaletel

31 participants total: Three 5 year participants (receiving pins), One 10 year participant (receiving a plaque), and Six new participants. Great Job!!!

## IAN Nature Center Display Swap

Wouldn't it be great to be able to add brand new displays to your nature center every few months? Most of us don't have time in our busy schedules to build new displays as often as we'd like, but there are plenty of exhibits out there, already constructed and ready to be set up in your

nature center. At the Spring IAN Conference business meeting in O'Brien County the idea of an IAN display swap was proposed. So look around your nature center. Are there any displays that could be easily transported, that you'd be willing to trade for awhile?

Nature centers that have existing displays they would be willing to loan out for a period of time (3 months, 6 months, 12 months) can send their information to IAN webmaster Cari Burnstedt at Henry County [cburnstedt@henrycountyconservation.com](mailto:cburnstedt@henrycountyconservation.com) to be posted on the IAN website. The new page will list displays available for swap in alphabetical order by subject. When sending your information to Cari, include the title of the display, a brief description, the dimensions of your display, the best method of transport, and your contact information. The original owners of the exhibits will be responsible for contacting the webmaster about changes in availability of the display.

### IAN ExCom Update

A wonderful way to give back to the Iowa Association of Naturalists would be to run for the Executive Committee. It is a great experience to see and be involved in the inner-workings of IAN. You will gain a whole new appreciation for the organization, and be providing a great service for all of our members. The Executive Committee meets four times a year, and two of those times are before the Spring and Fall Workshops. Other

### NAI News:

#### Region 5 announces 2008 award recipients

Region 5 is pleased to announce the recipients of its 2008 Awards:

- Master Interpretive Manager: **Nadine Meyer**, Education Specialist with Minnesota Department of Natural Resources
- Master Frontline Interpreter: **Jody Moats**, Naturalist with South Dakota Division of Parks and Recreation
- Director's Award: **Christine McCart**, Outdoor Education Coordinator at Black Hills State University
- Meritorious Service Award: **Dr. Jim Pease**, Extension Wildlife Specialist, Iowa State University

Please join Region 5 in congratulating these outstanding recipients. Awards were presented at the Region 5 workshop on Saturday, April 12. This year's award plaques are being manufactured out of bamboo that has been grown in a sustainable manner. Region 5 is pleased to present sustainable, earth friendly plaques that are in the spirit of NAI.

responsibilities include providing articles for the newsletter, as well as the individual responsibilities for each position. If you are curious to know what each position does, please contact the ex-com member in that position. If you are interested in running, please contact Julie Brazell with Clayton County at [phalarope@excite.com](mailto:phalarope@excite.com) or Katie Cantu with Jasper County at [conservation@co.jasper.ia.us](mailto:conservation@co.jasper.ia.us). We look forward to seeing your name on the ballot in the fall!

### Summer IAN

Canoe and Kayak Training in Dallas County  
July 7-8, 2008



We have had a great response to this year's Summer Workshop. So great that there are no longer openings in the Canoe portion of the training and only a couple of openings in the kayak portion.

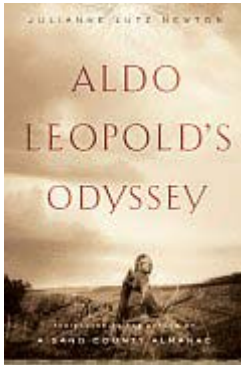
Nate Hoogeven will be teaching canoeing and Darrin Siefken will cover kayaking. At the end of this training participants will receive a certificate from the Department of Natural Resources. If you are interested in signing up for kayaking, please contact Beth Waage at [waage1@hotmail.com](mailto:waage1@hotmail.com) or 515-202-1703.



## ***Further Your Knowledge of Natural Resources:***

### **Book Review: Aldo Leopold's Odyssey**

by Julianne Lutz Newton; Reviewed by Tina Popson,  
Program Manager, Pottawattamie County Conservation



After a trip to Wisconsin last summer, I became enamored with Aldo Leopold and discovered this read. This book portrays Aldo Leopold's multifaceted journey as an intellectual adult and encourages us to consider what Leopold meant by "land health." As many know, Leopold pursued the hope of harmony between people and the land. This quest took him on two scholarly paths: one to think about the land itself and the other to contemplate human motives and behaviors, particularly how people could be encouraged to want to implement good land practices.

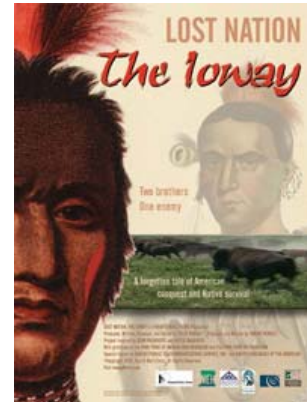
Newton illustrates how Leopold identified three cultural attitudes that, in his opinion, posed grave obstacles to conservation: individualism, a get-rich-quick mentality, and the commodification of nature. Conservation to Leopold's mind was about the relationship between the human thoughts and actions and their effects on the land. By following Leopold's cerebral journey as an adult, the reader gains an intimate knowledge of his insights and struggles.

If you've read *A Sand County Almanac* by Aldo Leopold and/or just want to know more about this Iowa native who influenced the development of modern environmental ethics as well as the movement for wilderness preservation, this book is for you. Happy Reading!

### **Do you like to read? What to share what you learn with others?**

Then write a book review for the next IAN newsletter! Books reviewed should be about environmental, conservation, or cultural resources. Reviews should be around 200 words and can be sent to Jackie at [jackie.gautsch@dnr.iowa.gov](mailto:jackie.gautsch@dnr.iowa.gov) or any IAN ExCom member.

## ***Further Your Knowledge of Cultural Resources:***



Forth Wall Films is now scheduling showing so *Lost Nation: The Ioway* at schools, museums or other venues with a discussion following with the filmmakers.

Fee: \$350.00 and up plus travel expenses.

To schedule or to pre-order the DVD with Study Guide: Contact Fouth Wall Films at (309)797-0544 or [fouthwallfilms@aol.com](mailto:fouthwallfilms@aol.com)

Synopsis: In the twilight of a Native American empire, two Ioway brothers travel to Washington DC in 1824 to meet with Superintendent of Indian Affairs William Clark. Both sign a treaty ceding a large portion of tribal land of settlement. White Cloud sees cooperation as the only way for his people to survive, while Great Walker regrets the loss of land where his ancestors are buried.

More territory is lost as the Ioway people are divided, with some regarding one brother and a traitor and the other as a patriot. *Lost Nation: The Ioway* tells the dramatic true tale of two brothers struggle to save their people from inevitable American conquest, and the Ioway's current fight to reclaim and maintain their unique Native history and culture.

## Upcoming Workshops and Events:

### Loess Hills Prairie Seminar



May 30, 31 and June 1, 2008

Loess Hills Wildlife Area, Onawa, Iowa

The Loess Hills Prairie Seminar is sponsored annually by Northwest Area Education Agency for educators, students, park and conservation persons, community leaders, and citizens. It's held in the Loess Hills Wildlife Area northeast of Onawa, Iowa. The philosophy and rationale is grounded in the concept of the "total village" – the belief that schools are part of the larger community that must come together to share and learn about the natural world and how to protect it. More information can be found at:

[www.nwaea.k12.ia.us/en/upcoming\\_events/loess\\_hills/](http://www.nwaea.k12.ia.us/en/upcoming_events/loess_hills/)

### ACA Kayak Training: CrawDaddy Outdoors Darrin Siefken, ACA Kayak Instructor



ACA Training:

Quick-start your Kayak

Intro to Kayaking

Essentials of River Kayaking

**Cost: \$75**

Lodging is free, meals are provided

**June 9-10:** Louisa County Conservation Board  
Location: Langwood EE Center

**August 4-5:** Franklin County Conservation Board  
Location: Maynes Grove County Park

Space is limited so pre-register by calling  
Darrin Siefken at 319-352-9129 or by email at  
[info@crawdaddyoutdoors.com](mailto:info@crawdaddyoutdoors.com)

### Exploration of the Mississippi River Workshop

Dates: June 30 - July 2, 2008

Location: Wyalusing State Park, Near Prairie du Chein, WI

Registration fee: \$60 (participants will also need to purchase a state park admission sticker -- Wisconsin residents \$25 Annual or \$7 daily -- Non-resident annual stickers are \$35 or \$10 per day).

Graduate credits: \$180 for 2 credits

Registration Deadline: June 1, 2007.

The workshop includes the following:

- Food and lodging for 3 days/2 nights at the Wyalusing Indoor Group Camp (also includes the option for participants to stay the night of June 29)
- An all day field trip on the river that will include several hands on presentations about fish, wildlife, mussels, invertebrates, vegetation, forestry, etc.
- Classroom sessions on the history and ecology of the Mississippi River,
- An activity guide that focuses on the river and other resources.

The workshop fee also includes guided presentations at Effigy Mounds and Villa Louis. Both of the presentations will be more in depth than people would get on a normal school hike or general public presentation. Many folks have commented that even though they had previously visited these places, they found these presentations to be worthwhile giving them a better understanding of how the sites can be more effectively used as a resource and/or helpful for providing a well rounded workshop of human uses of the Mississippi River.





No Women Left Inside!

Women in the  
**OUTDOORS**  
NATIONAL WILD TURKEY FEDERATION

July 11th & 12th, 2008

Brushy Creek State Recreation Area, Lehigh, IA

**What would I do?** Meet women with similar interests, learn new skills and enhance older ones, or just to be outdoors. It should be a great day to meet new friends and enjoy all that nature has to offer.

**Who can attend?** Women ages 14 and older are invited to participate. Bring your best friend, sister, mother, and daughter to join in on the fun. \*Youth under the age of 18 must have a parent present to participate. This is just the event to create long-lasting memories!

**How do I Register?** Contact Karen Hansen or Erin Ford at 515-576-4258 or contact John Laird at 515-832-9570. Classes are filled on a first-come, first-serve bases and some classes are limited. Deadline is June 18, 2008. Registration cost is \$45. If mailed after the deadline registration is \$55, unless bringing a friend the joint cost will be \$90 (\$45 per person). You'll receive WITO membership, class options, breakfast, lunch, and a subscription to the Women in the Outdoors Magazine.

American Wilderness Leadership School



July 21-25, 2008

Springbook Conservation Education Center

Promoting participation in the outdoors through education and involvement within a partnership with the Iowa chapter of Safari Club International and the Iowa Department of Natural Resources to improve the quality of life in Iowa and ensure a legacy for future generations.

The registration fee is \$250, which covers all the meals, lodging, instructors, and materials for the program. Lodging will be in dormitories with linens provided. Shower & restroom facilities are in the buildings. All buildings are smoke-free and air-conditioned. All meals are included and prepared on site by our concessionaire.

Graduate Credit will be available through Drake University. Traditionally there have been three credits available for the course for an additional fee for the credit, payable at the start of the course.

## *Grapevine News*

Kim Perlstein, Environmental Education/Public Relations Coordinator for Des Moines County, has been promoted to Executive Director.

Clay Steele, Naturalist from Pocahontas County, will be taking the Environmental Education/Public Relations Coordinator position in Des Moines County.

Elizabeth Yoder, AmeriCorps Naturalist from Louisa County, will be taking the Interpretive Naturalist position in Des Moines County.

Laura DeCook gave birth to a son, Wyatt John on March 17. He joins Brother Joshua and Dad Mike.

Pam Holz, Washington County Naturalist is finalizing the adoption of her two girls ages 8 (Samantha) and 10 (April). They've been with Pam since the end of October. She says "We are looking forward to it being official. And I am looking forward to taking them camping and hiking and birdwatching and..... (we've already done snowshoeing)."

Brad Freidhof, naturalist for Johnson County Conservation Board, is the 2008 recipient of the Brass Bluegill Award, presented each year to an instructor who has established an outstanding local program that exemplifies the goals of *Fish Iowa!* He was presented the *Brass Bluegill Award* March 13, during the Natural Resource Commission meeting at the Annett Nature Center, south of Indianola.

## *Just for fun:*

The following article appeared in the February 4R's news letter.

### **Unwrap the Mystery of Paper Making**

Many types of paper can be used for this activity: computer paper (unprinted), newspaper, magazines, egg cartons, old cards, toilet paper, paper bags, non waxed boxes, (pre-soak in warm water), office paper, tissue paper (for finer paper), typing paper, napkins, and construction paper,

Materials needed: sponge, window screening, wood frame (old picture frame may be used, too), plastic basin/tub (large enough to totally immerse frame), blender/food processor (for making paper pulp), white felt or flannel fabric, staples or tacks (for tacking screen on frame), and liquid starch (optional).

#### Instructions:

1. Select the pieces of paper to be recycled. You can even mix different types to create a unique mixture and texture.
2. Rip the paper into small bits and place into the blender (about half full). Fill the blender with warm water. Run the blender slowly at first, then increase the speed until the pulp looks smooth and well blended (30-40 seconds). Make sure that no flakes remain. If flakes remain, blend longer.
3. Next, make the mold by stretching the window screen over a wooden frame and stapling or tacking it. It should be as tight as possible.
4. Fill the basin about half-way with water. Add three blender loads of pulp (the more pulp you add, the thicker the finished paper will be). Stir the mixture.
5. Add liquid starch for sizing (this is not necessary, but if the paper is going to be used for writing, this prevents inks from soaking into the paper fibers.) Stir two (2) teaspoons of liquid starch into the pulp.



6. Place the mold into the pulp and then level it out while it is submerged. Gently shake the mold from side-to-side until the pulp on top of the screen looks even.
7. Slowly lift the mold up until it is above the level of the water. Wait until most of the water has drained from the new paper sheet. If the paper is very thick, remove some pulp from the tub. If it is too thin, add more pulp and stir the mixture again.
8. When the mold stops dripping, gently place one edge on the side of a fabric square (felt or flannel square). Gently ease the mold down flat with the paper directly on the fabric. Use a sponge to press out as much water as possible. Wring the excess water from the sponge back into the large plastic tub.
9. Hold the fabric square flat and lift it to the edge of the mold. The wet sheet of paper should remain on the fabric. If it sticks to the mold, you may have pulled too fast or not pressed out enough water. It may take a little practice. You can gently press out any bubbles and loose edges at this point.
10. Repeat the steps above and stack the fabric squares on a cookie sheet. Save one fabric square to place on the top of the stack to cover the last piece of paper. Use another cookie sheet to press the remaining water out of the stack.
11. After you press the stack, gently separate the sheets. They can be dried by hanging on a clothesline or laying them out on sheet of newspaper. When the sheets have dried, peel them off the fabric and you have paper.

For a step-by-step instructional video on the paper making process, visit:  
[http://www.paperrecycles.com/school\\_recycling/index.html](http://www.paperrecycles.com/school_recycling/index.html)

Check out the IAN Web Site – [www.ianpage.20m.com](http://www.ianpage.20m.com)

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*Naturalists* – planting the seed of environmental stewardship by communicating the meanings and relationships in natural, cultural, and historical resources.