



# IAN Spring Workshop 2019

March 6 - 8, 2019

Hosted by Polk County Conservation



Jester Park Nature Center, 12130 NW 128<sup>th</sup> Street, Granger, IA 50109

## Wednesday, March 6, 2019 - Extended Learning and Offsite Sessions

### **Basic Air Rifle Instructor (BARI) Training**

Instructor: Joe Boyles, Polk County Conservation

Time: 9:00 a.m. - 5:00 p.m.

Location: Jester Park Outdoor Recreation and Wellness Center, 12130 NW 128<sup>th</sup> St. Granger, IA 50109

Cost: \$30 for the first 10 participants to register - thanks to a REAP-CEP Grant, \$60 for remaining openings

Participants: No Min - 18 Max                      Category: I or II

Air rifles, when used properly, are safe, universal, and fun, making them the go-to tool to introduce youth and adults to the sport of target shooting. Target shooting is known as a lifelong sport and can be practiced for most at an early age and continue through adulthood. If you are interested in offering air rifle target shooting as part of your programming, then this training is for you. This 8 hour training will certify you as a Student Air Rifle Program (SAR) Basic Air Rifle Instructor (BARI). Training involves work in the classroom, on the range, and hands-on shooting and teaching. Dress comfortably as all of the training is indoors. Fee includes training materials and lunch. A REAP-CEP grant made the expansion of SAR into Iowa possible along with three complete kits of shared equipment in different locations around the state for your convenience. To learn more about this grant project [www.youtube.com/watch?v=XgZoAliAy0Q](http://www.youtube.com/watch?v=XgZoAliAy0Q). To learn more about SAR and to register for training [www.studentairrifleprogram.org](http://www.studentairrifleprogram.org).



### **Monarch Monitoring Citizen Science Train-the-Trainer Workshop**

Presenters: Laura Lukens, Monarch Joint Venture and Karen Kinkead, Iowa DNR    Time: 10:00 a.m. - 4:00 p.m.

Location: Jester Park Nature Center, 12130 NW 128<sup>th</sup> St Granger, IA 50109

Cost: \$15 includes binder, paper materials and lunch; \$50 includes the aforementioned and field monitoring kit (100-meter tape measure, clipboard, hand lens, and quadrat frame)

Participants: Min 5 - Max 25                      Category: I or II

The Integrated Monarch Monitoring Program (IMMP) is a national initiative to monitor monarch populations and habitat throughout the breeding range. The IMMP draws from existing citizen science programs to deliver a suite of protocols that capture main aspects of habitat quality, threats, and monarch use of that habitat. Citizens use these protocols on sites randomly chosen to represent the major habitat types associated with Monarch recovery plans. Attendees at this workshop will learn how to teach volunteers the data collection protocols (Milkweed & Blooming Plant Survey; Monarch Egg & Larva Survey; Adult

Monarch Survey; and Monarch Survival and Parasitism Survey) and how to use the IMMP's Priority Monarch Blocks Map to choose sites for monitoring. Attendees will be able to take this workshop home to host volunteer trainings in their counties. Those volunteers will be able to choose one or more of the surveys to implement to assist MJV and their partners with learning more about this iconic species.



## Wednesday, March 6, 2019 - Extended Learning and Offsite Sessions - Continued

### **Behind-the-Scenes Tour at the Greater Des Moines Botanical Garden**

Presenter: Sydney Algreen-Hunter, Greater Des Moines Botanical Garden

Time: 1:00 - 2:30 p.m. + any additional time to browse on your own

Location: Meet at the Des Moines Botanical Garden, 909 Robert D. Ray Dr. Des Moines, IA 50309

Participants: Min 5 – Max 25

Cost: Free

Category: I or II

Get to know the infamous corpse flower, take a close look at plants from the Paleozoic era and explore other notable plants during an hour-long tour at the Greater Des Moines Botanical Garden. You'll explore the conservatory, outdoor gardens and have a behind-the-scenes look at the production greenhouses. Following the tour, education staff will provide a glimpse of educational activities, curriculum and answer questions in the Kemin Plant Sciences Lab.



### **Insect in Resin**

Hosted by: Jacklyn Gaustch

Time: 1:00 - 4:00 p.m.

Location: Jester Park Outdoor Recreation and Wellness Center, 12130 NW 128<sup>th</sup> St. Granger, IA 50109

Participants: Min 5 – Max 10

Cost: \$15

Category: I or II

Jacklyn Gaustch will present a hands on session on how to preserve insects in a variety of methods that can be used in EE programming. Each participant will be able to pin and start the process of in-bedding an insect into resin. The remaining steps of the resin process will be demonstrated; your resin insects will be completed by Jacklyn after the workshop and mailed to you. Please bring an insect to resin that is less than 1 inch X 2 inch in size. Resin materials will be provided. Insects for pinning practice will be provided. Attendees should bring a spreading board and pinning forceps if possible. How-to and resource handouts will be provided.



### **Jester Park Cabins**

11407 NW Jester Park Dr.

Granger, IA 50109

6 Person Cabin rate: \$115/night

8 Person Cabin rate: \$150/night

To rent a cabin please call (515) 323-5350

*For more information:*

<https://www.mycountyparks.com/Facility/Default.aspx>

Four cabins are currently being held for IAN. They must be rented at least 30 days in advance.

### **Qube Hotel**

300 Boulder Pointe

Polk City, IA 50226

Room rate: \$65/night

To book a room please call (515) 984-3092

*Or online at:*

<https://booki.ng/2LtxZyf>

Must be booked at least 30 days in advance

*Reservation under IAN Jester Park Conference*

## Thursday, March 7, 2019 - Concurrent Sessions

**6:00 - 10:00 a.m. Breakfast at the hotel**

**8:30 - 9:00 a.m. Registration**

**9:00 - 9:30 a.m. Welcome, Announcements, Introductions in Classrooms A, B, C**

### 9:30 - 10:30 a.m. Concurrent Sessions

#### **Tidbit Talk - Tourism, Trips and Tips**

*Amy Zeigler, Iowa Tourism Office; Laura Elfers, Silos and Smokestacks; Lori Foresman-Kirpes, Polk CCB*

*Location: Classroom A*

*Category: I, II or III*

This Tidbit Talk series offers a variety of tips and insights on group travel planning. Amy Zeigler will share trip planning advice utilizing the new trip planning service on the Iowa Tourism website and digital marketing tactics to leverage trip planning. Laura Elfers will share the wide variety of agri-tourism sites and tips for working with a group tour planner. Lori Foresman-Kirpes, will share tips on budgeting, planning and promotion of bus trips and the benefits of a loyal constituency of bus trip participants.

#### **Conservation Education Grant Program**

*Jerah Sheets, Iowa DNR plus previous grant recipients*

*Location: Classroom B*

*Category: I, II or III*

The Iowa Resource Enhancement and Protection (REAP) fund allots \$350,000 annually to the Conservation Education Program (CEP) to be distributed through environmental education grants to increase environmental awareness and understanding of stewardship and enhance natural resources. Learn more about REAP CEP eligible projects for funding, past project examples, the application process, and more.



#### **How to Run a Bioblitz**

*Keith S. Summerville, Drake University*

*Location: Classroom C*

*Category: Category II*

A Bioblitz is a short-term, intensive inventory of taxa within a certain area. Experts, and occasionally the public, team together to generate lists of species that inhabit as many discrete habitat types as can be reasonably surveyed. This discussion will focus on how to design and implement a BioBlitz in your own natural areas. Keith will also walk participants through the process of using the data from a BioBlitz to engage the public in natural resource management and species conservation.

**10:30 - 11:00 a.m. Break**

### 11:00 a.m. - 12:00 p.m. Concurrent Sessions

#### **Advocating and Integrating Nature in Health and Wellness**

*Chris McCarthy, The Center for Healthy Communities, Unity Point*

*Location: Classroom A*

*Category: Category II*

Nature and the outdoors correlate naturally to health and wellness. This session will look at the definition of health and conditions that influence it. We will explore how nature/outdoors can contribute to improvement of health and wellness. Opportunities for engagement, partnerships and funding as well as examples of programs, apps, and partnerships will also be addressed.



#### **Panel Discussion- If I Present It, Will They Come?**

*Beth Waage, Story CCB; Heidi Anderson, Polk CCB; Aaron Askelson, Benton CCB; Charlene Elyea, O'Brien CCB*

*Location: Classroom B*

*Category: II*

Public programs allow us to reach a larger audience and different demographic than schoolchildren. The trick is figuring out when, where, and what to offer. Hear from several county naturalists representing counties of all sizes on what has and hasn't worked for them.



## **Bobcats in Iowa: An exploration into the life history and biology of bobcats on the Iowa landscape**

Jim Coffey, Iowa DNR

Location: Classroom C

Category: I or II

This secretive animal, rarely seen or heard, has made a dramatic resurgence across the state and now is providing citizens with opportunities and concerns. Iowa DNR Forest Wildlife Biologist Jim Coffey will discuss past research and current regulations of this unique and fascinating species.

### **12:00 - 1:15 p.m. Lunch - Classroom A, B, C**

Chicken fajita and vegetable fajitas wraps with sides of salsa, sour cream, Mexican rice, and mixed field greens salad. \$11.00 per person

### **1:15 - 2:15 p.m. Concurrent Sessions**

#### **Education Raptors 101: What you need to know and consider**

Kay Neumann and Linette Bernard, Saving Our Avian Resources (SOAR)

Location: Classroom A

Category: II

We all know and have seen firsthand that live animals used properly in educational programming can make lasting impressions with the audience and helps make personal connections with the environment. Is a non-releasable hawk, owl, or falcon right for you and your situation? Join SOAR and some of their education birds for an overview about permitting, facilities, training, and cost of having an education raptor.

#### **Behind-the-Scenes Tour**

Lori Foresman-Kirpes, Polk CCB & Lewis Major, Polk CCB

Location: Classroom B

Category: IV

Join us for a behind-the-scenes of the Jester Park Nature Center and the Outdoor Recreation & Wellness Center. The trials, tribulations and triumphs of getting this facility built and open to the public over a 6 year period will be explored.

#### **Building a Conscious Wardrobe: Where Conservation and Your Closet Meet**

Sydney Algreen-Hunter, Greater Des Moines Botanical Garden

Location: Classroom C

Category: I or II



Did you know that textile dyeing is the second largest polluter of water globally? Or that it takes 20,000 liters of water to produce one cotton t-shirt? As conservation professionals, we strive to instill others to care for the environment, but few of us stop to think about how the clothes we wear when we're outdoors, impact the outdoors. During this lecture, learn about the true cost of your clothes and how (and where) you can make more sustainable purchases to keep our water, air and soil a little cleaner.

**2:15 - 3:00 p.m. - Group Photo and Break - We will gather for a group photo at 2:15 on the patio.**

### **3:00 - 4:00 p.m. Concurrent Sessions**

#### **Introduction to Permits and Licenses**

Karmin Klingenberg, Iowa DNR

Location: Classroom A

Category: IV

This presentation will be an overview of the Scientific Collecting, Education Project, Wildlife Salvage and Wildlife Rehabber permits. What license or permit do I need? Who needs to be permitted or licensed? We will also briefly talk about the new licensing system coming to Iowa. If you have specific questions you would like addressed during this presentation, please send an email to [Karmin.Klingenberg@dnr.iowa.gov](mailto:Karmin.Klingenberg@dnr.iowa.gov).

### Tracking Hike with Pete

*Pete Eyheralde, William Penn University*

*Location: Meet on the patio*

*Category: I or II*

Join Pete for hike through the fields and forests to explore the art of tracking. He'll cover the basics of track ID and reading sign, as well as ways to deepen our awareness of the natural world around us.



### Trails and Greenways INHF Update

*Andrea Boulton, Iowa Natural Heritage Foundation*

*Location: Classroom C*

*Category: I*

INHF staff will give an update on statewide trail initiatives and economic benefits of trails. Plus, learn a variety of unique programming initiatives being done along Iowa trails and greenways.

### 4:15 - 5:30 p.m. - IAN Business Meeting - Classroom A, B, C

### 5:30 - 6:30 p.m. Dinner - Classroom A, B, C

Lasagna, Greek salad, sautéed green beans, garlic cheese bread, and assorted dessert bars. \$15.00 per person

### 6:30 - 9:00 p.m. Social Activity - Game Night at the Outdoor Recreation and Wellness Center

After dinner come over and join us at the Outdoor Rec and Wellness Center for game night! We will have a variety of games set up such as bags, giant jenga, washers and more. Please feel free to bring your own drinks.



## Friday, March 8, 2019 - Concurrent Sessions

### 6:00 - 10:00 a.m. Breakfast at the hotel

### 7:15 - 8:00 a.m. Early Morning Yoga

*Dennis Kelly, Instructor*

*Location: Upper level of the Nature Center*

*Category: II*

Enjoy a serene start to your day with early morning yoga at the Jester Park Nature Center. Bring a yoga mat, water bottle and wear comfortable clothes. We will meet in the upper level of the Nature Center. **Make sure to sign up on registration if you plan to attend this 45 minute class.**

### 8:30 - 9:30 a.m. Concurrent Sessions

### Shinrin Yoku - Mindfulness in Nature - 8:30 - 10:30 a.m. (Double Session)

*Dr. Suzanne Bartlett Hackenmiller, M.D., FACOG, FABOIM*

*Location: Classroom C*

*Category: II*

Explore the healing path of Shinrin Yoku or Japanese Forest Bathing with Dr. Suzanne Bartlett Hackenmiller, Integrative Medicine physician. This mindful walk in nature will invite you to use your senses to enhance your overall wellbeing. This program offers naturalists a different programming style in connecting people to the environment and promoting health and wellness. Part of this session will take place outdoors.



### Are you Telling your Story?

*Beth Waage, Story CCB*

*Location: Classroom B*

*Category: II or III*

Humans are hardwired to tell stories. Naturalists are hardwired to tell nature stories. Is your story portrayed through the programs you present? Is your organizations' story visible in your presentations? We will explore these ideas as well as do some storytelling warm-ups that you can use in your programming.

## **Big Trees of Iowa**

*Mark Rouw, Science Center of Iowa*

*Location: Classroom A*

*Category: I or II*

In his presentation, Mark will describe the National and Iowa Big Tree Programs. Mark will explain what measurements are used and how they are compiled to determine a champion tree. Learn how to avoid some commonly made mistakes so you can measure trees more accurately. Photographs and stories about some of Mark's favorite trees from 45 years of big tree hunting will be shared.

**9:30 - 9:45 a.m. Break**

## **9:45 - 10:45 a.m. Concurrent Sessions**

### **Shinrin Yoku – Mindfulness in Nature (continued)**

*Dr. Suzanne Bartlett Hackenmiller, M.D., FACOG, FABOIM*

### **Using AmeriCorps to Grow your Program**

*Amy Loving, Nahant Marsh*

*Location: Classroom B*

*Category: II or IV*

Nahant Marsh has hosted full-time and half-time members for over eight years through ISU 4-H Outreach and AmeriCorps NCCC teams. This session will cover the pros and cons, application process, the financial obligations, reporting process, and site-supervisor responsibilities. In addition, you'll hear how Nahant Marsh was able to grow its numbers and its reach in the community.

### **Tidbit Talk – STEM Activities**

*Jennifer Meyer, Jackson CCB; Jacklyn Gautsch, Iowa DNR; Lewis Major, Polk CCB*

*Location: Classroom A*

*Category: II*

This Tidbit Talk series offers a variety of STEM related activities. Jennifer will share a modification of a typical predator program for 4th graders by having the kids engineer a prairie predator. Jacklyn will show a hands-on aquatic invertebrate/water quality activity that incorporates how science & math is used to address an important environmental issue. Lewis will demonstrate an interactive STEM mini tipi construction kit and a Native American tool building activity that can easily be duplicated with relatively no cost.

**10:45 - 11:00 a.m. Break**

## **11:00 a.m. - 12:00 p.m. Concurrent Sessions**

### **On the Spectrum...programming with Autism**

*Kris Steinmetz, Autism Society of Iowa; Evelyn Holt, & Dr. Suzanne Bartlett Hackenmiller, M.D., FACOG, FABOIM*

*Location: Classroom C*

*Category: II or III*

Learn insights and techniques for programming with individuals on the Autistic spectrum. This session will provide an overview of autism, behavior techniques, and tips from parents on how to work together.

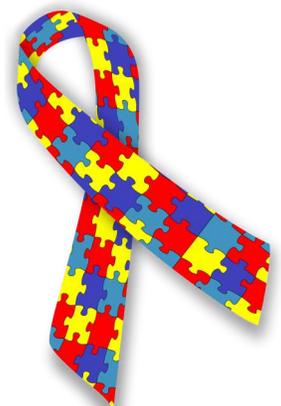
### **Shooting Sports Trailer Mobile Archery and Air Rifle Range**

*Emily Klein, Poweshiek CCB*

*Location: Outdoor Recreation & Wellness Center*

*Category: II*

With a tight budget it is sometimes difficult to get the items that are desired to help promote environmental and conservation education. Poweshiek County Conservation Naturalist, Emily Klein, will present about her experience with community partnerships, fundraising with local groups and businesses, and grant writing to purchase an enclosed trailer and turn it into a safe, mobile range used for archery and air rifle classes for school field days, after school clubs, and the general public. The range will be set up for shooting, taking pictures, and copies of the grant proposal and budgets used will be available to all session participants.



## Vermicomposting in Schools (optional make your own box)

Lora Kanning, Cass CCB

Location: Classroom A

Category: II

School composting can be an exciting way to get the entire school community working together to help the community and the environment. Different grades, waste streams, outputs, and systems will be discussed. She will also discuss how to bring the local community into the project. Come learn about their successes, struggles, and hurdles in the process of vermicomposting in the schools. Our projects include preschoolers all the way to high schoolers! Gear up to start your own program with your own box for \$8. **Make sure to sign up on registration if you plan to build your own box.**



### 12:00 p.m. Lunch - Classroom A, B, C

Assorted wraps (ham, turkey, roast beef, sautéed vegetable), ranch, homemade chips, cookie. \$10.00 per person

Depart - Safe Travel Home

### Professional Development Category

Category I - Knowledge of Natural Resources

Category II - Program Development and Educational Skills

Category III - Communication Skills

Category IV - Administrative Skills

Category V - Other Certification/Training

The Professional Development Program is designed to recognize IAN Naturalists that attend workshops and educational opportunities on a regular basis to make themselves better at their profession. Certificates are awarded annually to naturalists completing the required continuing education.

The first five categories are based on the major areas of the Professional Standards for Interpretive Naturalist as defined by the Iowa Association of Naturalists. Professional Service is the sixth category. The applicant must earn 20 contact hours per year. Ways to earn these hours include attending seminars, correspondence courses, workshops, regular college courses and independent study. Independent study must be documented with a brief written explanation. Applicants should show how the knowledge gained was used in their work and how it relates to the Professional Standards. Each independent study project is worth one hour. A maximum of four hours may be applied to any of the first four categories.

Register online:

<https://www.mycountyparks.com/Org-Event/9/Spring-2019-IAN-Polk-County.aspx>