

# Growing From the Roots

## Spring IAN Workshop

### March 3-5, 2010



Name: \_\_\_\_\_  
 Affiliation: \_\_\_\_\_  
 City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone #: \_\_\_\_\_ Alternate Phone #: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 \_\_\_\_\_ Please add me to the listserv. My email address is: \_\_\_\_\_

**Sign me up for following pre-workshop session:** \_\_\_\_\_ Sockum Ridge \_\_\_\_\_ Basket Class (limit 10) \_\_\_\_\_ Langwood Course

**Meals (✓ all that apply):**

**Thursday Breakfast: \$9.00** \$ \_\_\_\_\_  
 \_\_\_\_\_ Casserole (egg, meat, cheese) \_\_\_\_\_ Vegetarian Casserole

**Thursday Lunch: \$11.00** \$ \_\_\_\_\_  
 \_\_\_\_\_ Potato Bar, relish tray, frozen fruit salad, brownie

**Thursday Supper: \$12.00** \$ \_\_\_\_\_  
 \_\_\_\_\_ Pot Roast with potatoes, onions, carrots, & peppers \_\_\_\_\_ Vegetables only  
 Meal is also served with biscuits, fresh fruit bowl, and Oreo ice cream dessert

**Friday Breakfast: \$9.00** \$ \_\_\_\_\_  
 \_\_\_\_\_ Breakfast pizza \_\_\_\_\_ Vegetarian breakfast pizza

**Friday Lunch: \$11.00** \$ \_\_\_\_\_  
 \_\_\_\_\_ Chicken vegetable soup \_\_\_\_\_ Vegetable soup (also) cornbread, fruit salad, cookie

**Additional Expenses:**

|   |         |
|---|---------|
| Basket Class Pre-Workshop .....                             | \$10.00 |
| Langwood Challenge Course Pre-Workshop .....                | \$5.00  |
| Workshop Fee (required) .....                               | \$20.00 |
| Workshop Fee (non-members - includes membership) .....      | \$50.00 |
| Late registration fee after February 26 <sup>th</sup> ..... | \$5.00  |

**Things to Remember**

- ◆ Table service
- ◆ Mug or water bottle
- ◆ Favorite board game
- ◆ Snacks to share
- ◆ If you need childcare during the workshop, contact Pam Holz at [wccbnaturalist@iowatelecom.net](mailto:wccbnaturalist@iowatelecom.net) to make arrangements.

**Registration deadline: February 26, 2010**



Meals Total = \_\_\_\_\_  
 Pre-Workshop Total = \_\_\_\_\_  
 Workshop Fees Total = \_\_\_\_\_  
**Total Enclosed = \_\_\_\_\_**

**Make checks payable to: IAN Treasurer**

**Mail payment and registration form to:**  
**Laura DeCook**  
**IAN Workshop Coordinator**  
**25069 - 520<sup>th</sup> Street**  
**Centerville, IA 52544**

**Lodging Information:** Riverside Casino and Golf Resort, 3184 Hwy. 22, Riverside, IA 52327. Phone: 877-677-3456. Double rooms (2 queens) is \$69.95 per night. A block of rooms is reserved under IAN Workshop for March 3 and 4. **The blocked rooms will be released after February 15, so make your reservations right away!** When making your reservation, please inform the motel of your method of payment, if you are splitting the cost and of your tax exempt status.

**Motel amenities include:** pool, hot tub and casino. Breakfast buffet is \$8.99 at the motel. There is also a snack shop with assorted breads, etc. for sale. A breakfast option will also be available at the nature center.

The motel is located 14 miles north of Marr Park. Take US 218 north to the Hwy. 22 exit. Go east one mile.

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March 3-5, 2010

Marr Park, Washington County CCB



## Pre-workshop Activities

Wednesday, March 3<sup>rd</sup>

(meet at the nature center)

### 1. Sockum Ridge Field Trip (1:00 - 4:00 p.m.)

Washington County Conservation Board Director, Steve Anderson, will take you on a tour of Sockum Ridge, a WCCB managed timber. In 2000, as part of its management plan, a five-acre "Total Regeneration Area: i.e. Clearcut" was proposed, leading a two year long legal battle, culminating with the Board decision being upheld by the Iowa Supreme Court. Steve Anderson will provide a tour of this area, including a brief discussion of what we learned from it, the success of the regeneration, and the current use of fire as one of the management tools. Participants will be welcome to enjoy the timber after the talk and tour.

### 2. Basket Class (Noon - 5:00 p.m.)

Join Laura DeCook and spend a relaxing afternoon weaving Nantucket-style baskets out of reeds. The baskets will be made by soaking reeds and weaving them around a mold to create the desired shape. By the end of the class, everyone will have a 4 inch round basket to take home. There is a class limit of 10 people. Cost is \$10.00 per person for supplies.

### 3. Langwood Challenge Course (Noon - 5:00 p.m.)

Louisa County has high rope elements that take participants 30 feet off the ground and through a series of utility poles, ropes and cables. Participants are kept safe by wearing a helmet and a harness attached to a dynamic belay rope which is also attached to a trained belayer on the ground. The course consists of 5 traversing elements and 2 zip lines. High rope elements include: Burma Bridge, multi-vine, log, two-line bridge and sky chair. If weather does not permit use of the outdoor course, an alternate course will be held indoors. Cost per participant is \$5.00.

5:00 p.m. - Dinner & Evening Activities (on your own)

Dinner Options:

- Riverside Casino
- Four Corners Restaurant, Ainsworth (off US 218)
- Bryn Mawr Steakhouse, Ainsworth (Hwy. 92 east)
- Pizza Hut, Washington (Hwy. 92)
- Pizza Ranch, Washington (Hwy. 92)
- Casa Grande Mexican Restaurant, Washington, (Hwy. 92)
- Unc & Neph's Bar & Grill, Washington, (Hwy. 92)
- Café Dodici (upscale Italian restaurant), Washington square
- Plus a few more restaurants on the square

**Area Attractions:** The City of Washington features a historic district with shops and restaurants. Nearby Kalona (north of Washington on Hwy. 1) hosts a historic village, quilt museum and quaint shops (quilts and Amish handiwork).

**Directions to Marr Park, Washington CCB:** Marr Park is located two miles west of Ainsworth or seven miles east of Washington on Hwy. 92. Directional signs are also visible along US Hwy. 218 (highway between nature center and motel).

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Marr Park, Washington County CCB



## Thursday, March 4<sup>th</sup>

8:30 a.m. Registration/Breakfast

9:00 a.m. Welcome, Introductions, Announcements

9:30 a.m. **CLASSROOM GENERAL SESSION I: Karen McCaa, Inspirational Speaker**

Springtime is a time of rejuvenation of nature and US! Enjoy this motivational talk focusing on our workshop theme "Growing From the Roots".

10:45 a.m. Break

11:00 a.m. **CONCURRENT SESSIONS I:**

**CLASSROOM It's Time for You to be Seen! Using Video to Share Your Message**

**~ Heidi Anderson & Lewis Major, Polk CCB**

Television and the internet are two of the most effective and powerful forms of communication of our time. The average American spends around 60 hours a week staring at a television or computer screen. This session will discuss how Polk County Conservation is using video to encourage people to get outdoors. We'll share some of our videos, discuss how they are produced and where to post them.

**LIBRARY Iowa Fossils ~ Pete Eyheralde, Mahaska CCB**

Learn about fossils and then take it a step further. Pete will tell you about fossil sites around Iowa and the best places for naturalists to take kids to go on fossil hunts.

Noon Lunch

1:00 p.m. **CLASSROOM GENERAL SESSION II: Finding Drug Paraphernalia in County Parks**  
**Eric Weber, TFO, Washington-Louisa Drug Task Force**

Meth labs and drug paraphernalia and equipment can cross our paths while giving programs outdoors in our county parks. Deputy Weber will show examples of meth manufacturing items and explain how these things work together in drug manufacturing.

2:15 p.m. Break

2:30 p.m. **CONCURRENT SESSIONS II:**

**LIBRARY Master Conservationist ~ Rebecca Christoffel, Iowa DNR**

Have you hosted or co-coordinated an Iowa Master Conservationist training program? Or are you thinking about doing so, but would like to know more about the program? Are you confused or frustrated because the program seems to have changed? If you answered "yes" to any of these questions, please come to this session to learn about the current status of the program and share ideas to help shape its future.

**CLASSROOM Hawk ID ~ Mike Havlik, Boone Y Camp**

This fun, energetic, and hands-on session will provide you information to strengthen your hawk identification skills.

3:30 p.m.

**CONCURRENT SESSIONS III:**

**LIBRARY** **Iowa History and the Environment ~ Mike Zahs, Washington County Historian**  
Mike Zahs is a former junior high history teacher. He has been featured on Iowa Public Television and founded the *Iowa: Eye to I* tours, an intense class covering history across the state. Through Mike, learn more about Iowa history and how the land has changed over time.

**CLASSROOM** **Stellar Activities About Our Solar System ~ Cari Burnstedt, Henry CCB**  
If you would like to develop a program on astronomy or the solar system, this session will provide you some creative "make and take" activities.

4:30 p.m.

Break

5:00 p.m.

Business Meeting

6:00 p.m.

Dinner

7:00 p.m.

**EVENING ACTIVITIES:**

**1. Night Hike ~ led by Mike Havlik, Boone Y Camp**

Night hikes can be a fun and educational addition to your EE program. Join Mike on a fun night time excursion filled with hike activities that can be done anywhere - a backyard, parking lot, forest, prairie, in a city or out in the country. Anyone interested in taking this hike can meet in the Library at 7:00 p.m.

**2. Evening Movie feature "Under Our Skin"**

Gather in the classroom at 7:00 p.m. to watch the Academy Award-nominated film "Under Our Skin". This movie exposes the hidden story of Lyme Disease, one of the most controversial and fastest growing epidemics of our time. Each year, thousands go undiagnosed or misdiagnosed. Following the stories of patients and physicians fighting for their lives and livelihoods, the film brings into focus the haunting picture of the health care system and a medical establishment all too willing to put profits ahead of patients. For more information, check out [www.underourskin.com](http://www.underourskin.com). This will be a good introduction to the Lyme Disease session held on Friday. Of course, we'll have popcorn and snacks available!

**3. Board Game Fun**

Bring your favorite board games to share and play with other naturalists. We will meet in the library following the night hike and movie.

**Friday, March 5<sup>th</sup>**

8:00 a.m.

Breakfast

8:30 a.m.

**CLASSROOM** **GENERAL SESSION IV: The Iowa Core Curriculum**  
**Gail Barels, Linn CCB**

How can EE programming blend with the curriculum of school districts throughout Iowa? This presentation will explain the direction to take to ensure environmental education remains an integral part of your school district's curriculum. Participants will be given time to map how their programs fit in with the essential skills and concepts of the Iowa Core Curriculum.

9:30 a.m.

**CLASSROOM** **EE Curriculum Brainstorming Session ~ Tina Popson, Pottawattamie CCB**

Now that we have learned more about the Iowa Core Curriculum, let's take what we have learned a step further. A panel of naturalists will share how they have begun implementing the curriculum into their county's EE programming. This will also be an opportunity for everyone to share ideas.

10:15 a.m. Break

10:30 a.m. **CONCURRENT SESSIONS IV:**

**LIBRARY** **Lyme Disease: What You Need to Know ~ Kathy Cuddeback, Iowa Lyme Disease Association**

With good reason, Kathy has been a strong advocate of Lyme Disease awareness. She has been fighting this ailment for 17 years. Formerly the Washington CCB naturalist, Kathy will inform you of what every naturalist needs to know about this debilitating disease and the ticks that carry it.

**CLASSROOM** **Native American and Pioneer Games Played In Iowa ~ Cherie Haury-Artz and Lynn Alex, Office of the State Archeologist, University of Iowa**

This presentation will demonstrate a number of historic games played by Native American groups and pioneers in Iowa. Participants will learn how games were played, and will make and take examples to use in programming.

11:15 a.m. **CONCURRENT SESSIONS V:**

**CLASSROOM** **Crafty Camp Ideas ~ Melanie Perry, West Des Moines Parks & Rec.**

Do you need some new craft ideas? Melanie will share some of her favorite crafts that she uses for the camps that she plans and teaches each summer. You are also welcome to bring your own craft ideas to share!

**LIBRARY** **Suitcases for Survival ~ Ann Burns, Jackson CCB & Cari Burnstedt, Henry CCB**

Ann and Cari will share their program activities for their collection of items made from confiscated animals that are federally protected. They will also share how you can receive these materials.

Noon Lunch & Departure