

**A NEWSLETTER OF THE
BREMER COUNTY CONSERVATION BOARD**

Fall 2016 Edition

Ingawanis Woodland is a New Public Area!

By Frank Frederick, Director

After almost 4 years of discussion, fundraising, and grant writing, the 140 acre Ingawanis Woodland project is now a public area for many forms of recreational use. Project expenses totaled over \$560,000, and was paid for by donations, grants and funds without any local tax dollars being used. Large contributions included Young Family Foundation of Waterloo (\$20,000), Mid-American Energy (over \$10,000), local and national chapters of Whitetails Unlimited (over \$18,000) and the Bremer County Conservation Board (over \$100,000). These large contributions complimented over \$36,000 in smaller donations from many, many supportive individuals, families, and organizations. These funds laid the groundwork for the project, and with the help of 2 larger grants, the conservation board was able to purchase the property. A NAWCA (North American Wetlands Conservation Act) Grant for \$60,000 and a REAP (Resource Enhancement and Protection) Grant for \$302,889 both through the Iowa DNR provided the necessary funds to secure the purchase. I cannot say enough about how the REAP program has impacted natural resources in Bremer County and the state of Iowa. The REAP program alone has provided nearly two million dollars in funding natural resource projects in Bremer County alone since its first funding year in 1990. My largest praise must go to the Iowa Natural Heritage Foundation. Without their help with the initial purchase, fundraising and grant writing, this project could not have been possible!

Now that the area is owned, the Bremer County Conservation Board is working on long-range management for the area. This includes updating the facility on the area for both public programs and rental, timber management, and working with mountain bike users and organizations to manage the seven miles of biking trails on the area. Two of these groups hosted events on this area to raise funds to offset interest expenses incurred for the purchase of the area. The Rugged Toad Adventure Triathlon and Shredfest events have raised several thousand dollars to help pay for these interest charges, and have exposed hundreds of participants to this area to see its beauty.

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Ingawanis Woodland, Continued

By Frank Frederick

Besides mountain biking, the area offers hiking, bird watching, mushroom hunting, wildflower viewing and other outdoor nature activities. The Eagle Lodge facility can be rented for a \$50/day fee. It has a meeting room, small kitchen, heat/air and restrooms. At present, the access gate to Eagle Lodge (2588 Hawthorne Avenue) is regularly locked, but a small parking lot can be used just west of Hawthorne Avenue on 260th Street. The entire area is northeast of Janesville.

For more information on this new public area in Bremer County, call our office at 319-882-4742.



The photo above is the kitchen in Eagle Lodge. With donations from private individuals, a new stove, refrigerator, bottom cabinets, countertop and sink have all been added. You may reserve Eagle Lodge for a family gathering or private event. Call Frank Frederick at 319-882-4742 to check on availability.

Below, you will see a photo of the new flooring and bathroom doors as well as the main door (on left) going outside.



Whitetails Unlimited & PRAS help purchase new canoe trailer

By Heather Gamm

Bremer County Conservation would like to thank Prairie Rapids Audubon Society for their generous donation of \$500 to help fund a new canoe trailer. Our trailer was delivered by Darrin Siefken of CrawDaddy Outdoors in June. The trailer was built by Custom Classic Trailers in Fairbank, Iowa. It was custom-made for our needs. It has a box to put our paddles in so this frees up space in my vehicle for life jacket tubs. It also provides a permanent storage for the paddles which means more space in my stall. The trailer is wider and will eliminate the possibility of tipping over. The trailer is also lower to the ground which means I can reach the top rack better when loading canoes. We are able to haul our kayak on the trailer instead of the 6th canoe. The kayak allows naturalists to move more quickly in the river. This is beneficial when the group of children spreads out.

The canoe trailer's estimated cost was \$4,000. However, the actual cost was \$3,587. The Cedar Wapsi Chapter of Whitetails Unlimited donated \$1,000 to the Environmental Education program and it was used to help purchase the canoe trailer. With a donation of \$500 given by PRAS and a trade-in value of \$600 for the old trailer, a mere \$1,487 in REAP funds were needed to supplement the remainder of the cost. This was a HUGE help in purchasing this necessary piece of equipment.

The trailer is an improvement that will last a long time!



Beneath the Surface Halloween Hike

October 25, 2016



On October 25, Bremer County Conservation will host its annual Halloween Hike at Ingawanis Woodland. This year's theme is about animals that live in or near the water. Actors will include a Catfish, Tiger Salamander, Freshwater mussel, Crayfish, and Caddisfly Larvae. Hikes will begin at 6:00, 6:15, 6:30 and 6:45. Only 25 participants will be registered for each hike. Please call 319-882-4742 by October 24 to register. The suggested donation is \$3. Cookies and cocoa will be served in the lodge after the hike.



Bremer County Nature Alliance

By Heather Gamm

Recently Bremer County Conservation (BCC) has been working with community volunteers to establish a group called the "Bremer County Nature Alliance." The mission of the alliance is to help raise funds, coordinate volunteer efforts, support and advocate for environmental education programs as well as other BCC projects.

Creating a vibrant and active membership is very important to the success of the group and its mission. If you are interested in supporting the group and its efforts, you can subscribe to an annual membership of \$20. We welcome members who are willing to give financial help or volunteer time as we start moving forward with projects and ideas. Donations and membership requests can be mailed to Bremer County Conservation, PO Box 412, Tripoli, Iowa 50676. Checks should be made payable to Bremer County Nature Alliance. Thank you!

For more information, contact any of our current members or staff.

Kris Rash – Denver
Gary Thurm – Readlyn
Andrew Sexton – East Waterloo
Sue Bahe – Sumner
Mary Dove – Janesville
Joyce Harms – Tripoli
Scott Duffus – Tripoli
David McCullough – Waverly
Stacey Snyder - Tripoli

Rugged Toad Adventure Triathlon

By Darrin Siefken, Race Director



I greatly appreciate all Rugged Toad racers, volunteers and supporters for being a part of the excitement and fun of the Second Annual Rugged Toad Adventure Triathlon (Duathlon).

A big thanks to our sponsors: CrawDaddy Outdoors, Field of Yoga Project, Bike Tech, Runners Flat, Bremer County Conservation, Iowa Natural Heritage Foundation, Ingawanis Woodland Trails Group, Bremer County CERT, Jerry Roling Chevy, Roling Ford, Cedar Falls Food COOP, Hansen's Dairy, and Doughy Joey's for all the post race food and lunch.

I also want to thank all of the volunteers who helped get the course ready over the summer months, as well as all that helped the day of the event. I appreciate all that they do.

One of the reasons for the Rugged Toad Tri was to raise funds for the purchase of Ingawanis Woodland. This is the 140 acre area where the entire mountain bike portion, and Eagle Lodge was located. During the race, we mentioned that Bremer County Conservation Board is looking to raise the final \$10,000 for the purchase of the property.



If you would like to make a donation, please send a check to Bremer County Conservation Board, PO Box 412, Tripoli, Iowa 50676. We will be announcing the amount raised from the race soon. Thank you!



Ingawanis Mountain Biking Race

By Dave Roll

Viva La Ingie was the motto for the Ingawanis Shredfest on 24 July as part of the overall Iowa Mountain Bike Championship Series (IMBCS) race card this year. The land was coming off a successful year in 2015 and closed out with the purchase of the land from Iowa Natural Heritage Foundation (INHF) with the assistance of REAP. With all that positive energy it seemed to be a pivotal moment to bring back the annual mountain bike race to the trails. The race had laid dormant since May of 2013 just prior to the original sale of the land from the Ingawanis Boy Scout Camp.

So with bringing back the race, we were able to secure sponsors for the race. Europa Cycle and Ski and Bike Tech both provided cash prizes for certain race categories. Scott Bradfield of State Farm Insurance provided sponsorship for water bottles for the first 65 online registrants. Doughey Joey's Peetza Joynt and Sidecar Coffee Roasters both provided food and liquid refreshments free of charge for anyone in attendance. The original race date was scheduled for the 11th of June, but unfortunately 2.9 inches of rain fell the night prior to the race, making the trail system unusable for a race. We had put in laborious hours of mowing and grooming the trails prior. The total trail system is 7.1 miles, we mowed 5.3 miles for the race course multiple times, which meant 15 total miles of push mowing and two miles of weed eating on the trails.

With a chance to reschedule the race, we carried over the 64 online registrants to the 24th of July date. So we reloaded and went back after the trail grooming again, but shortened the race course to 4.5 miles in order to make for a better course. In the end we had 10 race categories, and 73 racers attend that day. With the online registrants from the original date, we totaled 103 registrations. The overall success of the race raised in excess of \$2,600.



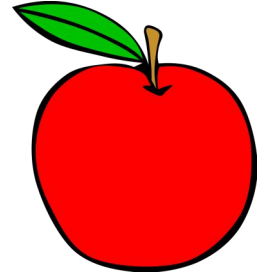
A large Thank You to those who contributed is not limited to but includes, Bremer County Conservation, Karmen Woelber, Michael Maney, Scott Bradfield, Chuck Landau, Russ Clarke, Brent Johnson, Michael Johnson, Tara Sundt, John Taiber, Kathleen Porter, Mike Stevens, Andy Fuchtman and many more.

A Bushel of Facts about Apples

from Wisconsin Apple Growers Association

FOR YOUR HEALTH

- Antioxidants, especially quercetin, in apples and apple products play an essential role in reducing risks of prevalent diseases such as cancer and Alzheimer's.
- Apple consumption increases the number of good gut bacteria.
- Eating one apple a day for four weeks lowered blood levels of oxidized LDL, the "bad cholesterol," by 40%.
- Pectin in apples is a good source of soluble fiber. Research indicates that pectin limits the cholesterol the body absorbs and may be an important link to preventing heart disease. Besides being high in pectin, apples are a source of vitamins A, B1, B2, C and niacin as well as minerals phosphorous, iron, magnesium, iodine, and potassium. Apples are low in sodium. That means that apples help prevent infections, aid growth, are important for eyesight, and help digestion.
- Dieters often find apples an ideal food because they're sweet and bulky, yet only have 80 calories per medium apple.



APPLE TIPS

- Apples come in all shades of red, yellow, and green. Full color alone is not indicative of quality or maturity. A mature apple has full flavor, aroma, and a pleasing flesh texture.
- Select the right apple for your needs. Various apples mature at different times and have individual characteristics. Tart, firm apples are for cooking; sweeter apples are best eaten raw. Use the tart, firm apples for pies, desserts, cakes, breads and sauces. Put the sweeter apples in the lunch box or for salads and snacks.
- Store small quantities in your refrigerator, in plastic bags in the crisper. Don't allow them to freeze. Apples can absorb odors from other foods, keeping apples in plastic bags prevents this and helps apples retain their own moisture.
- Apples ripen six to ten times faster at room temperature than if they were refrigerated. One or two days sitting on a counter top and the fresh crunch of your apple is lost forever.
- Handle them lightly - The surface should be firm and reasonably free of bruises, blemished, and surface breaks. If the skin looks damaged, it may mean that the fruit is too ripe or was handled poorly.
- Lemon juice helps prevent apple discoloration. Sprinkle a little lemon juice on sliced apples before adding to salads or immerse apples in a solution that will coat and protect them. One to two tablespoons of juice per one cup of water works well.

No need to travel all the way to Wisconsin to find apples! There are two orchards in Bremer County. Visit Apples on the Avenue at 3035 Addison Blvd Nashua where you can pick your own apples as well as buy picked ones. Apples on the Avenue also has a family weekend scheduled for October 1 – 2. You can also checkout www.applesontheavenue.com. Blueridge Orchard at 105 Blueridge Drive near Denver reports damage to their orchard grove on their Facebook page. They usually open in September. However, due to the damage, they will not have apples this year. Check out both of these orchards on Facebook!



Bremer Bulletin

Bremer County Conservation Board
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BREMER BULLETIN

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Bremer County Conservation Board

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