



Cedar Valley Visions



Spring 2009

Cedar County Conservation

Volume 21 Issue 1

Fishing on the Fly!

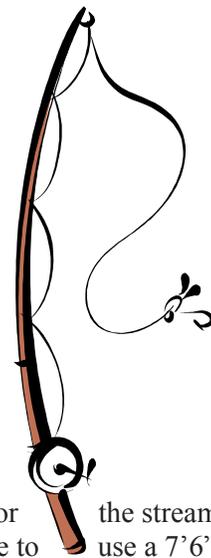
By: Noah Krob

When most people think of fly fishing they think of Montana or Colorado. Northeast Iowa doesn't really come to mind unless you've visited the area. Its bluffs and streams make you feel like you're in a completely different state.

I first started developing an interest in fly fishing about eight years ago. I didn't know too much about it but I thought it would be something different and challenging to try. That and the fact that trout streams were within a days driving distance made it something unique to do relatively close to home.

Like any sport, there is always some necessary equipment to purchase before you can start. The first rod and reel I purchased was a

combination that I bought from Cabela's for about \$60. When I was shopping around for equipment I couldn't believe how much money you could spend on a rod let alone the gear and accessories.



For the streams here in Iowa I like to use a 7'6" rod. I've found this size allows you to maneuver around different objects and limbs. In Iowa when you go out fly fishing most of the streams are narrow and have low hanging limbs where flies will get snagged. This can cause much frustration since the flies a person uses can be up to \$5 a piece.

When I finally became an experienced fly fisherman of Iowa and had lost a good number of flies, I decided to save some money and start making my own. I bought a kit with all the tools and after a little practice, began whipping out a bunch. When tying my own flies I found that catching a fish on something I had made was even more satisfying.

When you decide to make a trout fishing trip to Northeast Iowa, there are many different streams and

areas to choose from. All vary in size, shape, and accessibility. Some of the streams will have a parking lot and walkways that will follow the stream to holes you can fish. Other areas might be a long, steep, gravel drive located out in the country. This is why it is important to know the area you are going to and its boundaries. It can be very easy to get mixed up on where your actual fishing location is.

Fly fishing can be a fun and relatively inexpensive way to enjoy the outdoors in Iowa. You are able to fish for just about any species in the state with a fly rod. Whether you want to travel to Northeast Iowa or just stay around home and fish a pond you're guaranteed to have an enjoyable afternoon.



If you would be interested in learning more join us for our Fly Fishing Clinic on April 25th at Cedar Valley Park. Check out page 3 for details!

Spring into Energy Savings

When it comes to home energy conservation, many people think of preparing for the dropping Iowa temperatures. They focus on weather-stripping doors, removing window air conditioners or installing plastic on windows. But winter is not the only time when a few simple steps can be taken to save some money on your next energy bill. So, as we break out of our winter blues, welcome spring back by trying a few of these earth friendly tips:

1. Vacuum refrigerator vents and coils.
2. Use microwave instead of range to warm up food.
3. Prepare dinners on the barbecue.
4. Use fans instead of an air conditioner.
5. Dry clothes outside on a clothesline whenever possible.
6. Wash only full loads of dishes and clothes.
7. Use low wattage light bulbs whenever possible.
8. Install fluorescent bulbs.
9. Shorten the time and frequency the refrigerator is open.
10. Unplug cell phone or computer charger when not in use.
11. Lower the temperature on the water heater.
12. Turn off lights when leaving the room.



Outdoor Field Trips

Hey, Teachers and Educators! It's time again for spring programs and for getting those students outside to learn and enjoy the warmer weather. Contact the Naturalist soon to pick your topic, date and time for an exciting environmental education program that will supplement your science units.

Last spring we had the Tipton 3rd grade visit Cedar Valley Park. This is just one of the many Thank You's we received after their trip.



Thank you Reba and Noah,

I had a great day. I learned so much, but here's one thing I learned. I learned that some plants stick to you! My favorite things were the games and crafts and the nature walk. It was so fun!

From,
Mara

What's coming up...

Natural Egg Dying– NEW!

Thursday, April 2

CCCB Office at 6:00 pm

Add a new twist to your Holiday preparations this year by coloring your eggs cottonwood tree yellow or Mulberry purple. The CCCB naturalist will show you how easy it is to make and use dyes from natural materials. *Eggs provided.. Registration requested.*

Spring Wildflowers Hike

Saturday, April 18

Cedar Valley Shelter #1 at 10:30 am

Be there to see the first colorful blooms of the season as the Spring Beauties and Hepatics begin to emerge in our woodlands. Learn about the beneficial uses and little known facts about these tiny wonders as you enjoy a leisurely hike along the trail.

Fly Fishing Clinic– NEW!

Saturday April 25

Cedar Valley Park Quarries 10:00 am– noon

Learn everything you need to start fishing for those Iowa trout in four stations covering casting, tying your own flies, equipment, cleaning and cooking. Registration Required.

Wildflower Walk w/Cedar Co. Historical Society

Sunday May 3 and Saturday May 9

Geller Property at 1:00 pm

Join wildflower experts from the Historical Society and the Cedar County Naturalist on a leisurely hike through the Geller Property preserve. Easy walk, but minimal uphill hiking required. You may also call the Historical Society for more information at 886-2899.

Fishing Clinic

Saturday, May 30

At Bennett Park Shelter #3 and Pond

9:00 –12 noon

This introductory clinic for beginners, or someone who would benefit from a quick review, will give you all the information needed to be a successful

angler. The morning includes six exciting stations covering topics from casting to cleaning and one hour of fishing at Bennett Pond, applying what you've learned. Poles and bait will be provided. This is a free program.

Night Hike

Friday June 12

Bennett Park Campground at 8:00 pm

Nocturnal animals rely on sense beyond their sight. Learn about which animals come out at night, what they do and how they do it on this leisurely hike in the dark.

SUMMER CAMPS

June 15 & 22, and 17 & 24-

Little Adventures Camp (ages 4-5)

July 14-16 and 28-30-

Chipmunk Camp (ages 6-9)

July 6 & 13-

Toddling into Nature (ages 2-3)

August 3-5

Day Camp (ages 10-12)

“Free Fishing days”

June 5, 6 & 7, 2009

The Iowa DNR will not require a fishing license for Iowa residents these days only. All fishing regulations must be obeyed. See the DNR 2009 Iowa regulations booklet for more information.

Project AWARE

June 20-27th

Join the Iowa DNR, CCCB staff and over 100 volunteers while they float and clean up the Cedar River. Float will be going through Cedar Co. on the 25-26th. Call for more details.

The Cedar County Conservation Board Meeting call for time and locations

Held the Second Monday of the Month

Open to the Public

For information on any of these programs contact the Cedar County Conservation Board office at (562) 886-6020

Kids for Conservation

Make it Rain!

It's spring again and as the saying goes, "April Showers bring May flowers." Rain is a vital part of spring that helps get mother nature growing again. But what happens when the life giving rains don't come? Rainsticks, thought to have been invented in Chile, are played by many cultures in the belief that they could invoke the rain spirits and bring about rainstorms. The traditional rainsticks were made out of cactus. The sounds produced by turning one upside down and holding it at a 45 degree angle or tapping the sides for a more controlled noise, are meant to imitate falling water. When you're stuck inside on a rainy day this spring try making your own rainstick and imitating the noises you hear. Then you can listen to the sounds of a rainstorm any time of the year!

Materials:

*Long tubes from gift wrap, paper towels or mailing tubes

*Strips of cardboard or aluminum foil

*Paper

*Tape

*Seeds or rice

Directions:

- Cut out two 4 inch circles out of the paper (trace a cereal bowl for the shape).
- Put one over the end of the tube, and fold the sides down, and tape around the tube. Make sure it is well taped on and use sturdy paper so that your Rain Stick won't leak!
- Cut cardboard or foil into strips narrower than the tube (about 1 inch wide should work). Fold them back and forth like a fan or twist them into spring shapes. Put the strips into the tube. The first one should fall to the bottom of the tube. Keep adding strips until they reach the top of the tube.
- Pour in 1/4 cup of rice and 2 tbsp of seeds (dried peas, popcorn, or lentils) into the tube.
- Tape the other circle over the open end of the tube and tape in place.
- Decorate the tube with markers, paints, or by gluing on paper or ribbon. Happy listening!



Quote for any Rainy Season

Anyone who says sunshine brings happiness has never danced in the rain— Author Unknown

The best thing one can do when it's raining is to let it rain. —Henry Wadsworth Longfellow

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Marnell Scheeper.....Lowden

Vice-Chairman

Dick Maske.....West Branch

Secretary

Jean Driscoll.....Mechanicsville

Board Members

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 Leon Steinhagen.....New Liberty

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 Naturalist.....Reba Reddick
 Office Secretary.....Maureen Krutzfeld
 Conservation Aide.....Harry Denny
 Summer Naturalist.....Aaron Askelson
 Seasonal.....Zach Brecht

Cedar Valley Visions is published four times a year by the staff of the Cedar County Conservation Board. It is provided free of charge to anyone who requests to be on the mailing list. If you would like to receive your own copy, please phone the conservation office at (563)886-6930 or send your name and address to:

Cedar County Conservation Board
 400 Cedar St., Courthouse
 Tipton, IA 52772
 or e-mail at cedarccb@iowatelecom.net

Cedar CCB Website:
<http://www.cedarccb.org>

If anyone believes he or she has been subjected to discrimination on the basis of race, color, national origin, age or handicap, he or she may file a complaint alleging discrimination with either the Cedar County Conservation Board or the Office for Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

2009 "Cedar Wild" Photo Contest

Official Entry Form

2009 "Cedar Wild" Photo Contest

Each photograph must be accompanied by a separate entry form. Photocopies of this form are acceptable. **Deadline June 15th.**

- Categories: Having fun in the Outdoors
 Wild Animals
 Nature's Beauty

Photo Location: _____

Name _____ Age if Under 18 _____

Address _____

City _____ State _____ Zip Code _____

Telephone Number _____

**I have read and understand all the rules listed.
 I understand that my entry may be displayed at the Cedar County Fair and on the Cedar CCB's website.**

I certify that I took this photograph in Cedar County. I understand that my print will not be returned unless it is accompanied by a self-addressed, stamped envelope or unless I make arrangements to pick it up after the Cedar County Fair.

 Signature

Complete this entry form and send it with your photograph to:
 Cedar County Conservation Board, *Cedar Wild* Contest,
 400 Cedar Street, Tipton, IA 52772

Rules: For more information, call the Cedar County Conservation Board at (563) 886-6930.

1. Photos must have been taken in Cedar County. On the back of the photo, please write location it was taken, your name and phone number.
2. No more than four entries per category and entries must be postmarked by June 12, 2009.
3. Slides are not accepted. Photos must be between 5 x 7 inches up to 8 x 10 inches, please do not mount or matt photo.
4. Pictures will not be returned unless accompanied by a self-addressed, stamped envelope.
5. Members and employees of the Cedar County Conservation Board (CCCB) and the judging team, and their immediate families, will not be eligible for this contest.
6. Individuals whose main source of income is photography are not eligible for this contest.
7. The CCCB reserves the right to display photographs in public areas, in a newsletter, or in area newspapers.
8. Each Photograph must be accompanied by a separate, completed entry form, copies are acceptable.
9. The CCCB reserves the right to place pictures in appropriate category.
10. Previous winning entries are not eligible.

11. **Any contestant is eligible to win only once in each category.**
12. The CCCB reserves the right to make any and all decisions regarding interpretation of rules.



Cedar County Conservation Board
 400 Cedar St, Courthouse
 Tipton, IA 52772
 Phone 563-886-6930



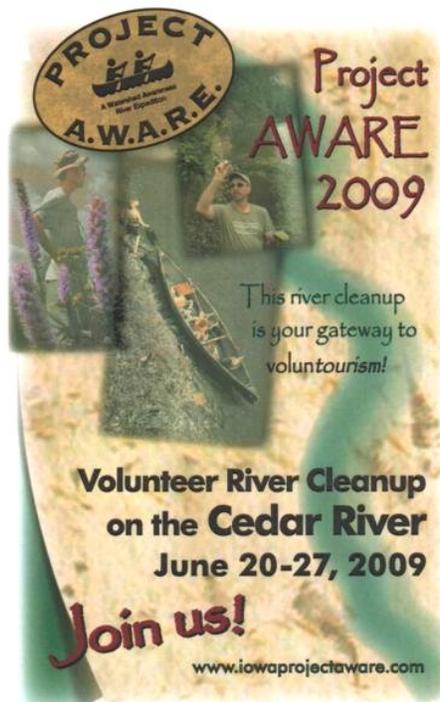
NON PROFIT ORGANIZATION
 U.S. POSTAGE PAID
 Permit No. 0048
 TIPTON, IA

RETURN SERVICE REQUESTED

Project AWARE

For the past two years, the conservation board has held a river clean-up here in the county. Reception has been mixed. Last year, with overcast and drizzly skies, the number of participants was low, although the amount of trash was high. We needed reinforcements and this year we've got them! The Iowa Department of Natural Resources conducts their own river clean-up, called Project AWARE, which travels around the state focusing on a different river system each year. Well, this is our year. Project AWARE (A Watershed Awareness River Expedition) will be taking to the Cedar River in June.

The group, which consists of DNR staff, county staff and almost 200 volunteers, will be starting north of Cedar Rapids on Sunday, June 20th and completing their journey in



Muscatine Co. on Saturday June 27th. That means that they will be moving through Cedar Co. on Thursday June 25th and Friday June 26th. The group plans to stay overnight at Cedar Valley park Thursday night.

Each evening different educational programs will be offered to the participants. The cost involved to participate is very low, consisting only of meals which are catered throughout the week. So if you enjoy camping, canoeing and helping the local environment, this is the trip for you! Or if you are looking to try something new and want to make a positive difference this summer join us for an experience of a lifetime!

Call us to learn how to take part in this rewarding event. How will you spend your summer?

Working to help instill "the conservation ethic" in the citizens of Cedar County.

Cedar County Conservation Board

Summer Camp Schedule 2009

The following camps will be offered the summer of 2009. Please pay close attention to the details of the camps ages, quantity limits and registration deadlines.

Little Adventures Camp *Ages 4-5 years* *Cost:\$4.00*

Mondays, June 15, (Fish) and 22, (Amphibians) at Cedar Valley Park, Shelter #1, 6:00 to 8:00pm
OR

Wednesdays, June 17, (Fish) and 24, (Amphibians) at Bennett Park, Shelter #1, 9:00 to 11:00 am

This camp, designed for preschool age children, is available one day a week for two weeks in the month of June. Activities include books, crafts, games and songs on a particular subject. Come one day or both and choose either Cedar Valley or Bennett as the activities are the same for each park. **Number of participants will be limited. Registration required by June 8, 2009.** Parents are invited and encouraged to stay during camp.

Toddling into Nature *Ages 2-3 years* *Cost: \$2.00*

Monday, July 6 and Monday, July 13 at Red Oak Park, 6:00 to 7:00 pm

This camp will excite the already curious toddlers and help them to explore beyond their backyards. Toddling into Nature is a two session camp; the first session will be "Treemendous" and the second session will focus on "Mammoth Mammals". **Number of participants will be limited. Registration required by June 29, 2009.**

Chipmunk Camp *Ages 6-9 years* *Cost: \$5.00* *9:00 am to 12:00 pm*

Tuesday, July 14, Wednesday July 15 and Thursday July 16, at Bennett Park, Shelter #1

OR

Tuesday, July 28, Wednesday July 29 and Thursday July 30, at Cedar Valley Park Shelter #1

This year we are "Going Green!" as we explore where in nature all of our 'stuff' comes from. The days will include crafts, like making recycled paper, Wacky Olympic games, natural resource hikes, books and many more outdoor activities. Snacks and drinks will be provided. **This camp is limited to 20 participants at each park. Registration is required for both by July 6, 2009.**

Day Camp *Ages 10-12 years* *Cost: \$10.00* *9:00 am to 12:00 pm*

Monday August 3rd at Cedar Valley Shelter #1

Tuesday August 4th at Bennett Park, Shelter #3

Wednesday August 5th meet at Cedar Bluff for canoeing

Take part in this year's "Science Fair" and learn how to make your own lava lamps and speed boats, play with 'Gluep' and a material that is both a liquid and a solid, and lots more! The last day of camp is our canoe float down the Cedar River from Cedar Bluff to Cedar Valley Park. Once there, we will hold a Camp festival which family members are invited to join in for food and fun. **This camp is limited to 20 participants. Registration is required by July 27, 2009.**

SUMMER CAMP REGISTRATION

Full name of Camper _____
Parent or guardian of Camper _____
Address _____
Phone _____

Please circle the camp you wish to attend.



Little Adventures Camp Ages 4-5 years Cost: \$4.00
Mondays, June 15 and 22, at Cedar Valley Park, Shelter #1, 6:00 to 8:00 pm
OR (choose one)
Wednesdays, June 17 and 24, at Bennett Park Shelter #1, 9:00 am to 11:00 pm

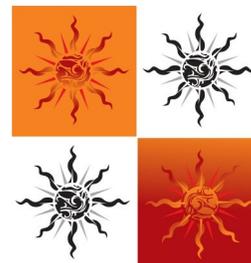
Toddling into Nature Ages 2-3 years Cost: \$2.00
Monday, July 6 and Monday, July 13 at Red Oak Park, 6:00–7:00 pm (includes both days)

Chipmunk Camp Ages 6-9 years Cost: \$5.00 9:00 am to 12:00 pm
Tuesday, July 14, Wednesday July 15 and Thursday July 16, at Bennett Park, Shelter #1
OR (choose one)
Tuesday, July 28, Wednesday July 29 and Thursday July 30, at Cedar Valley Park Shelter #1

Day Camp Ages 10-12 years Cost: \$10.00 9:00 am to 12:00 pm
Monday August 3rd at Cedar Valley Shelter #1
Tuesday August 4th at Bennett Park, Shelter #3
Wednesday August 5th meet at Cedar Bluff for canoeing (includes all three days)

Camps will be filled on a first come, first serve basis. After this sheet is received at our office, a registration packet will be sent to your address. It will contain special forms for you to fill out, sign and return, along with payment, to our office. Once these forms are finished your child's registration will be complete. Copy this sheet as needed for more than one child.

Send this form to:
Cedar County Conservation Board
Summer Camps
400 Cedar Street
Tipton, IA 52772
563-886-6930



Thank you for taking part in our programs offered this summer