

The Oak

A Quarterly Newsletter of the
Black Hawk County Conservation Board

2410 West Lone Tree Road
Cedar Falls, Iowa 50613
Winter 1992 Vol. 11 No. 2



HEALTH AND YOUR ENVIRONMENT

by J. Mark Linda, Disease Prevention
Manager, Black Hawk Co. Health Dept.

The field of Environmental Health can best be defined in comparison with the study of environmental protection. Whereas environmental protection concerns itself with the control of human impact on the environment, environmental health is more concerned with environmental impact on humans.

While elements of environmental health have been around a long time, greater population density and sophisticated modern technology have resulted in tremendous growth in the environmental health field over the last decade. Although our standard of living and life span are the best ever, we are also faced with more complex threats to personal health. Here are a few that may impact on readers and help define environmental health.

As houses are winterized and furnaces are turned on, we can anticipate an increase in carbon monoxide levels resulting from cracked or rusted heat exchangers in old furnaces. It was pointed out by a local contractor that many of the forced-air gas furnaces installed in our local community 20-30 years ago are now failing. Long-term exposure to even low levels of carbon monoxide can cause barely detectable symptoms such as slight nausea and weakness. Ask your

furnace
utility
or heating

contractor for assistance in checking your furnace for carbon monoxide.

Household pesticides, if they are improperly used or stored, can increase your personal environmental health risk. An EPA survey found that 9 out of 10 American households use pesticides, yet less than 50% read pesticide labels prior to usage. Our own investigations have revealed rusted and leaking pesticide containers in basements and kitchens of homes. Again, the long-term presence of low levels of pesticides in the home environment can contribute to a variety of chronic health symptoms.

The list of these personal environmental threats seems endless. For example, you should never drink alcoholic beverages while polishing your shoes. The presence of alcohol in the system heightens the toxic effects of nitrobenzene in the shoe polish.

Obviously, some of these contaminants pose more of a threat than others. As individuals living in a modern world, we can only read, digest, and attempt to stay abreast of the hazards in our everyday lives. As we evaluate these risks, it is vitally important that we logically assign priorities to what we read and act accordingly.



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TRAIL UPDATES

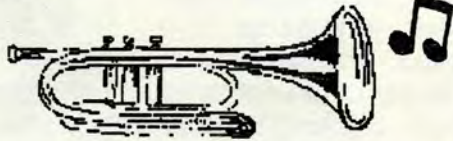
by Bert Hallewas,
Administrative Assistant

National Recreation Trail

The northern half (26 miles) of the Cedar Valley Nature Trail was designated as a National Recreation Trail this fall by the U.S. Department of the Interior. The BHCCB had applied for the status in 1990 after which the trail was inspected and approved by the National Park Service. In 1984 the 16 miles of the trail in Linn County had been designated so that now 42 of the 52 miles of the trail are part of the National Recreation Trail System. The Linn County Conservation Board (LCCB) will wait with application for the last 10 miles, located in Benton County, until a dispute with the 3 private landowners along the trail has been settled.

Trail Use and Concerts

Based on the numbers of trail passes that were sold during 1991, we estimated that



76,000 people used the 52 mile trail this year compared to 71,000 people in 1990. Actually sales of passes were down on our end of the trail but up significantly in the Cedar Rapids area.

The 1991 Summer Concert Series turned out to be a big success. Held at Buzzard's Glory Quarry, the concerts were attended by over 700 people! Preparations for the 1992 Concert Series are already under way.

Construction and Maintenance

The Northeast Iowa Home Builders Association has started construction of their second shelter on the trail. The concrete slab was poured this fall and the structure will be erected this spring. The location for the new shelter is Buzzard's Glory Quarry, where we will be able to use it during the Concert Series. The Home Builders have committed to building one shelter on the trail each year. They provide all labor and materials. The first shelter was built at the trail's parking lot near the en-

trance to McFarlane Park two years ago.

This fall our maintenance crew resurfaced about 4 miles of the trail between McFarlane Park and Brandon. Parts of the subsurface had begun to surface and vegetation on the sides had narrowed the trail path. A special drag was borrowed from the LCCB which successfully did the job. This stretch of the trail is now back to its original 10' width.

Fees and Self Registration

The fees for the trail for 1992 will remain the same as they have been for the past 4 years. In order to generate more income from the trail we will install self-registration stations at various places. This will allow trail users to purchase trail passes right on the trail. Passes will also still be available with businesses in towns, although the number of businesses will be greatly reduced compared to previous years. This will allow trail staff to use their time more efficiently.

Daily Pass (ages 11+)	\$1.00
Annual Junior Pass (ages 11-16)	\$2.00
Annual Adult Pass (ages 17-64)	\$5.00
Annual Senior Pass (ages 65+)	\$2.00

Trail Volunteers Needed

In past years the compliance rate of people using the trail with trail passes has been low. Lack of funding for more trail staff has not made it possible to enforce the trail passes adequately. The BHCCB is interested in implementing a system where volunteers would see if trail users are in possession of a trail pass. Volunteers can do this while still enjoying the trail themselves as well. If you are interested in volunteering some time this year, please contact Bert Hallewas at 266-6813. An informational meeting and training session will be held early this spring.



WELCOME!

Park Ranger

A welcome goes out to our newest ranger, **Mike Hendrickson**. Mike will be living at the Rotary Reserve and coordinating activities there. Originally from Hamburg, Iowa, Mike earned a B.S. degree in Wildlife Ecology and Conservation from Northwest Missouri State University.

Mike brings a variety of experience to his new position, including natural history programs at Viking Lake, a waterfowl nesting study at Clear Lake and management of a wildlife area at River-ton for the Department of Natural Resources, and work as a park ranger for the Adams County Conservation Board. In his spare time, Mike enjoys hunting, fishing, trapping and athletics. Welcome aboard, Mike!

McElroy Graduate Intern

The call of the wild. That's what attracted **Leslie Smith** to Hartman Reserve Nature Center (HRNC). Leslie is the Nature Center's newest McElroy Graduate Intern of Environmental Education and Interpretation.

As a graduate intern, Leslie's responsibilities will include programming events, teaching school children about HRNC and working as a part of the management team. She hopes to complete her degree in two years and ultimately would like to work in a management position in the outdoor programming field.

Your BIRD FEED Headquarters:



- ... Sunflowers
- ... Barger Wild Bird Mix
- ... Safflower
- ... Medium Cracked Corn
- ... Ear Corn

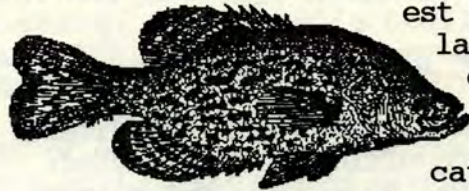
GILBERTVILLE MILLING CO., INC.
6848 E. Washburn Rd., P.O. Box 137
Gilbertville, Iowa 50634
296-1749

ICE FISH-O-REE

by *Daryl Parker, Park Ranger*

The first annual Fish-O-Ree was such a success we are going to hold it again this year. The Izaak Walton League Waterloo Chapter and the Black Hawk County Conservation Board are sponsoring the SECOND ANNUAL ICE FISH-O-REE at Hickory Hills Park, (located 12 miles south of Waterloo on V37), Saturday, February 8, 1992. The fun and fishing will begin at 7:00 a.m. Sat. morning and will end at 3:00 p.m. that same day.

Prizes will be awarded for the largest fish; largest fish of each species: bass, catfish, crappie, and bluegill; most bluegills; and most crappies caught during the tournament. The Cedar Valley Bass Masters Club of Waterloo will award a \$200 grand prize to the person who catches the tagged fish during the event.



BLACK CRAPPIE

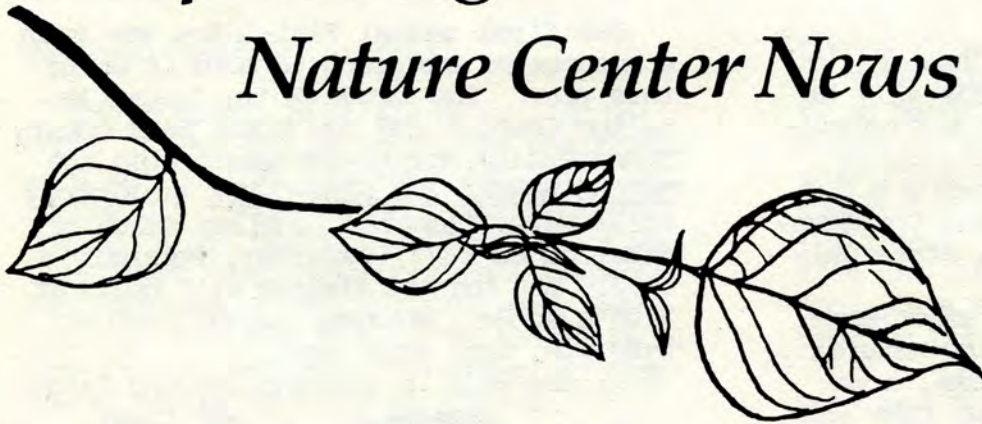
Participants will compete in two age categories: 12 and under, and 13 and over. All contestants must register before and check out after the Fish-O-Ree. A \$2.00 entry fee for persons 13 and over will help defray some of the costs. Refreshments will be available during the event. An ice fishing seminar will enlighten less experienced anglers in the art of ice fishing and demonstrate some of the modern technology used by today's ice fisherman.

Last year 118 contestants caught a total of 242 fish. The largest was a 24 inch, four pound catfish. That's a pretty big fish to pull through an 8 inch hole in the ice. Everyone had a great time! The sponsors are planning a bigger and better Fish-O-Ree this year. Come out and join us for a fun filled February day and see what magic lies beneath the ice of Casey Lake on February 8, 1992.

If you have any questions please contact the Black Hawk County Conservation Board at 266-6813 or Hickory Hills Park at 342-3350.

If you have any questions please contact the Black Hawk County Conservation Board at 266-6813 or Hickory Hills Park at 342-3350.

Sproutings – Nature Center News



FRIENDS OF HARTMAN RESERVE

At the annual meeting of the Friends the following officers were elected: **Kathy Calhoun**, President; **Deb Klingaman**, Vice President; **Ken Cutts**, Secretary; and **Jeannine Claus**, Treasurer. **Phillis Harris** was elected as a board member.

Special thanks goes out the past officers **Frank Esser**, President and **Ruth Buck**, Treasurer; and retiring board member **Dr. Jim Reidy**. Both Frank and Ruth will remain active with the Friends as board members.

COMINGS AND GOINGS

Leslie Smith is the newest McElroy Graduate Intern of Environmental Education and Interpretation!

Nils Nesheim and **Mary Steenblock** have joined the HRNC staff as part-time employees. Nils, a therapeutic recreation major at UNI, is handling our maintenance chores. Mary, a biology major at UNI, is providing clerical support.

SPECIAL THANKS

***The 40 people who contributed to **Nature's Garage Sale**. Over \$1,000 was earned for the programs of HRNC!

*****Webeking Bakery** of Waterloo for sponsoring the Halloween Hikes.

***The 72 volunteers who served as guides and actors for the '91' Halloween Hikes.

***The 12 hardy volunteers who helped clean up 4 tons of garbage from the new addition on Nov. 2, 1991 in the blizzard.

*****Cole Photography** for sponsoring their fall family portraits at HRNC.

*****Weir Nelson** for his program on bird feeding.

*****Roger Ludwig** for his computer skills.

SPEAKERS BUREAU, VIDEOS, SLIDE SHOWS & A MOVIE

The HRNC staff would be happy to speak to your adult group on the programs of HRNC. These presentations cost \$25 and are subject to staff availability.

You can also rent the following AV shows from our library for \$1 per day:

Slide Shows: This Is Your Land (National Parks), We Care About Eagles, Earth Day-Every Day, Forests, Predators, Water, and The White-Tail Deer.

Videos: Bird Adaptations, Bird Behavior, Bird Nesting, Iowa Forests, Iowa's Environmental Issues, Iowa's Natural Resources, and The Birds of North America (5 part series).

Movie: Garden of Eden (Endangered Species).

CEDAR RIVER GREENBELT

by Al Weber, Park Ranger

Black Hawk Park is named after Chief Black Hawk of the Sac and Fox Indian Tribe and is one of the largest county parks in Iowa. It was the first park acquired by the Black Hawk County Conservation Board (BHCCB) in 1957. The original 325 acre park has grown to 1,745 acres. It now forms a 4.25 mile greenbelt on both banks of the Cedar River from just north of Cottage Row in Cedar Falls to the Cedar Wapsie Road (C57).

The park offers a diversity of facilities and activities to the public. There are two developed areas in the park. The first area is located off of West Lone Tree Road in Cedar Falls. This area offers a campground with 106 electrical hookups, a modern shower facility, and dump station located near the park entrance. A primitive campground is also available for group use. Picnic areas and four open air shelters are scattered throughout the developed area.

Other recreation facilities include a boat ramp on the Cedar River, a firearms range, clay pigeon shooting area, an archery range and a sporting clays course. Sporting clays is an intriguing new sport featuring a simulated hunting course with different types and sizes of clays thrown to simulate different types of game and actual hunting situations. To learn more about this activity call the concessionaire at 319-987-2625.

The second developed area is the Rotary Reserve. This area is located on the west side of the Cedar River off of North Union Road and it offers an area for large group activities. A lodge, which can accommodate up to 500 people, is located on a tranquil section of the Cedar River. This area is managed by the BHCCB in conjunction with the Waterloo YMCA and must be re-

served in advance.

Future developments include a bike trail from Black Hawk Park to Island Park. This trail will connect the campground to downtown Cedar Falls, George Wyth State Park, and the rest of the Cedar Valley Lakes Project.

Most of the park is undeveloped and is accessible only by foot. This large natural area provides opportunities for hiking, cross country skiing, snowshoeing, ice fishing, skating, and public hunting. A three mile trail along the east bank of the Cedar River cuts through the heart of this greenbelt.

This greenbelt is home to a wide variety of wildlife. Animals range from the rare wood turtle to the elusive wild turkey to an occasional bald eagle. The park harbors one of the few remaining groves of cedar trees from which the Cedar River draws its name. It is also the site of a large population of Pasque flowers. This rare flower is just one of several plant species sheltered in a small patch of native prairie hidden along the greenbelt.

Good fishing can be found in the many ponds throughout the park and in the Cedar River. Northern pike, largemouth bass, catfish, crappies, bluegill and sunfish can be found in varying abundance in all waters of the park.

Black Hawk Park is the headquarters of the Black Hawk County Conservation Board. Office hours are 8:00 a.m. to 4:30 p.m. Monday through Friday. Questions and reservations for facilities can be made by calling 319-266-6813. As you can see Black Hawk Park has a lot to offer, so come out and visit sometime!



SPEAKERS

ANTARCTICA, THE LAST PLACE ON EARTH! - Tues., Jan. 21, 7-8:30 pm. World traveler, **Mark Muller**, will bring the beauty and mystery of the south pole to your eyes through his slides and stories. Fee \$1.

THE GRAY TIMBER WOLF - Sun., Feb. 23, 2-3 pm. **Joyce Toenjes** shares her experiences as a wolf researcher in northern Minnesota and Wisconsin. Fee \$1.

A DEER IN MY YARD! - Tues., Feb. 25, 7-9 pm. **Dr. Jay McAninch**, Minnesota DNR, will explain why you have deer in your back yard and discuss ways to deal with their impact. Fee \$1.

LIFE IN ALASKA - Thur., March 26, 7-8:30 pm. Former nature center director, **Mary Duritsa**, and her husband **Steve Hemshrot**, present highlights of 3 years in the interior of our 49th state. Fee \$1.

ORGANIC LAWN CARE - Sun., March 29, 2-3 pm. Paul Homan of Harmony Lawn Care will show you how to have an excellent looking lawn without chemicals! Fee \$1.

MAPLE SYRUPING

MAPLE SYRUPING - Sun., March 1, 8, 15, and 22, 1-5:00 pm. Help collect sap and boil it down to syrup!

MAPLE SYRUP WORKSHOP - Sun., March 1, 1-4 pm. Learn how to start your own maple syrup operation with as few as one tree. **James Hanke** will show you how to tap your trees and make maple syrup. Fee \$5.

MAPLE SYRUP FESTIVAL - Sat., March 7, 9 am to 1 pm. Pancakes, real maple syrup, hay wagon rides, and a maple syrup demonstration. \$3.50 for adults, \$2.50 for children 6-12.

FIELD TRIP

EAGLES, IOWA STYLE - Sat., Feb. 22, 8 am to 5 pm. Tour the historic Four Mounds Preserve in Dubuque and capture a peek at our national bird, the American Eagle, along the Mississippi during this all day field trip. Fee \$8; optional \$5 lunch.



Winter

WORKSHOPS

WINTER SOLSTICE - Jan. 17-20. The Iowa Conservation Education Council environmental education workshop, Endangered Species, at Springbrook State Park. Call 515-747-8383 for more information.

WILD/Clean SWEEP - Feb. 14, 15 and 27. Iowa Department of Education workshop at HRNC. To register call Duane Toomsen at 515-281-3146.

NAI REGION V - March 12-15. The National Association for Interpretation is holding its regional meeting at the Iowa 4-H Education and Natural Resources Center near Madrid, Ia. Call HRNC for registration and carpooling information.

FISH IOWA! - March 21, 8:00 am-4:00 pm. Iowa Department of Natural Resources teacher workshop on fishing and aquatic education at HRNC. Call HRNC to register. Fee \$7.50.

MIDWEST ETHICS - March 20-22, 1992. Nationally and internationally known speakers will again be part of this conference on ethics and the environment. Held at the Iowa 4-H Education Center. For information call: 515-294-1017.

EARTH FAIR 1992!

Celebrate EARTH DAY, April 26, 1 - 5 pm, at HRNC. Activities, music, food, and booths. The Cedar Valley Coalition for the Earth will again coordinate the Earth Fair and school program, Earth Works. Anyone interested in helping call 277-2187.



PHOTO EXHIBITS



Iowa's Wild Places - This collection of photos by Carl Kurtz is produced by the Iowa Natural Heritage Foundation and will be on display during January and February.

Maple Syrup Time! - Learn how maple syrup is produced from sap to syrup by viewing this photo exhibit during March.

OWAA Traveling Photo Exhibit - These photos range from a lightning storm over a Kansas prairie to the serenity of an Alaskan mountain, and are sponsored by the Outdoor Writers Association of America. Photos on display starting in April.

Schedule

ON THE SNOW

SKI LESSONS - Sun., Jan. 19 & 26, 2-5 pm. Learn the basics of cross country skiing. Dress for indoor and outdoor sessions. Registration required, \$7.00 fee does not include skis.

MOONLIGHT SKI - Sat., Feb. 15, 7-9 pm. Snacks, warming "hut," and owl calling. Adults only! Fee \$5. Ski rental \$5.

SNOWSHOEING - Sundays, Jan. 19, 26, Feb. 2, 9, 16, 23, 1-5 pm. The snowshoes will be available for use on the trails of HRNC, snow permitting. Fee \$1.



FOR KIDS

JUNIOR SKI LESSONS - Sat., Jan. 25, 10-11:15 or 11:30-12:45. Skis will be provided for youth ages 10-15 yrs. Call to register, fee \$5.

RANGER RICK - Saturdays, March 28, April 11 & 25, 9-11:00 am. For 1st, 2nd & 3rd graders. Call to register, \$5 fee for the series. Don't miss the fun!

GIRL SCOUT BIRD BUDDIES - Brownies, Juniors, and Cadette girls can complete the Bird Buddies patch during spring break.



Brownies - Tues., March 17, 1:30-4pm.

Juniors - Wed., March 18, 9:30-noon.

Cadettes - Wed., March 18, 1:30-4 pm.

Advanced registration required. Fee \$1.

BIRDS



BIRDFEEDER SURVEY - Jan. 23-26. The Iowa Department of Natural Resources is asking for volunteers to help survey the winter birds of Iowa. Call HRNC to get a survey form or visit HRNC on Jan. 26 to help count our birds.

BIRD BANDING - Sun., Feb. 2 & 16, 1-4 pm. Hold a chickadee in your hand as you help naturalist Mark Muller band the birds of HRNC. \$1 fee.

WANTED

High School Volunteers

Reward

\$500 College Tuition!

The Iowa Corps is offering to provide a \$500 college tuition payment to volunteers willing to provide community service work for 100 hours!

If you are interested in volunteering to work on a project at Black Hawk Park, Hickory Hills Park, Cedar Valley Nature Trail or Hartman Reserve Nature Center, call HRNC for more information. All applications are due by April 1, 1992.

Hartman Reserve Nature Center

WINTER BIRDSEED SALE

**Sunday,
Feb. 2, 1992
1:00-5:00 pm**

***PLEASE NOTE: NO
ADVANCE ORDERS:
Purchase seed at
this time only.**

**Hartman Bird Mix
25 lb. \$6.50**

This specially prepared recipe contains sunflower seeds, cracked corn, white and red millet. These ingredients are blended to appeal to a variety of birds by the Gilbertville Milling Co.

**Thistle Seed
5 lb. \$5.50**

Thistle seed is the preferred food of the American Goldfinch, the state bird of Iowa. Putting this food in your feeder also attracts redpolls, pine siskins, chickadees, juncos and mourning doves.

**Sunflower Seed
25 lb. \$8.00**

Sunflower seeds are a high oil-bearing seed which is an important source of calories for winter survival. They are popular with most winter birds such as chickadees, nut-hatches, cardinals and many others.

**Safflower
5 lb. \$3.00**

This speciality seed is for use if you are having trouble with house sparrows, blackbirds, and squirrels. Use in place of sunflower to eliminate all but cardinals and a few others at a particular feeder or area.



ACORN GIFT SHOP

The following gift shop items can make your winter more enjoyable or prepare you for the warm weather:

- Bird books for kids/adults
- Nature books for pre-school and school aged children
- Butterfly books and nets
- Maple syrup starter kits
- Pen microscopes
- Recycled greeting cards
- Tornado tubes
- Folding binoculars
- Peterson field guides
- Sun print paper

Gift Shop Hours:
M-F 8-4:30
Sunday 1-5 pm

Biological Approach

»Harmony»

Lawn Care

Now is the time to learn about the "Non-toxic Biological Lawn". During the winter months **Harmony Lawn Care** has two presentations available for you.

Don't be left out in the cold next Spring.

Call (319) 233-6607 today and sign up for one or both.

When: **January 23, 1992 7 p.m.**
Where: Educational Center on the UNI Campus
Co-sponsoring with the Iowa Waste Reduction Ctr.
of the University of Northern Iowa
Free admission

When: **March 29, 1992 2 p.m.**
Where: Hartman Reserve
657 Reserve Drive, Cedar Falls
Hartman Reserve charges \$1.00

MAKING A DIFFERENCE

by Leslie Smith, McElroy Grad. Student

As John Miller paused to lock his pickup into four wheel drive my eyes scanned the fields that lay to the south-east of us. Close by, red survey flags stuck out among the corn stubble to mark the placement of terraces which will be built in the spring. The December sun had melted much of the snow from the field we were driving through, making the top rather soft, but in the distance the snow still clung to the vertical portion of the terraces John had installed to prevent soil erosion.

Field terraces and corn stubble left on the ground over the winter are not the only physical evidences of John's sustainable farming practices. A windbreak of pine trees frames the farmstead on the north and west, making the 100 year old farmhouse invisible from the road. John planted some of those trees while a school boy on his father's rural Cedar Falls farm, a farm originally settled by John's great grandfather and which John now owns and manages.

Continuing across the partially frozen field, John points out grassed headlands. These grassed strips have been planted at the end of the crop rows near the fences and waterways. This grass serves to bind the soil and slow down the runoff of surface water. In a nearby field a grass waterway serves the same purpose while providing a route for water to travel out of the field. Across the road, an intake pipe sticking out of the ground provides evidence of an underground tile line; another way for water to travel without eroding topsoil.

Conservation does not stop with John's fields, however. Nearby grass waterways have been planted with native Iowa prairie grasses. Prairie grasses are heartier than other grasses and can survive drought because their roots go deep into the soil. A waterway with well-established prairie grasses needs less herbicide to maintain weed control. Weeds are controlled naturally. In addition to controlling weeds, prairie grasses provide food and habitat for wildlife.

While terraces, waterways, headlands and prairie grasses provide physical evidence of John's commitment to sustainable agriculture, these are not new additions to his way of life. He first



became involved with conservation farming in the 1960's, when he built the first terrace on his farm. John's lifestyle is one of stewardship but it does not stop with his own land.

As a member of the state Soil Conservation Committee and as a board member of the Leopold Center for Sustainable Agriculture, John is actively involved with projects designed to improve farming methods. Projects range from water quality, soil conservation and livestock management to pest control and alternative energy sources. Education is included as well as research. Doesn't this take a lot of time away from his own farm? Yes, but John Miller is an individual who is committed to making a difference.

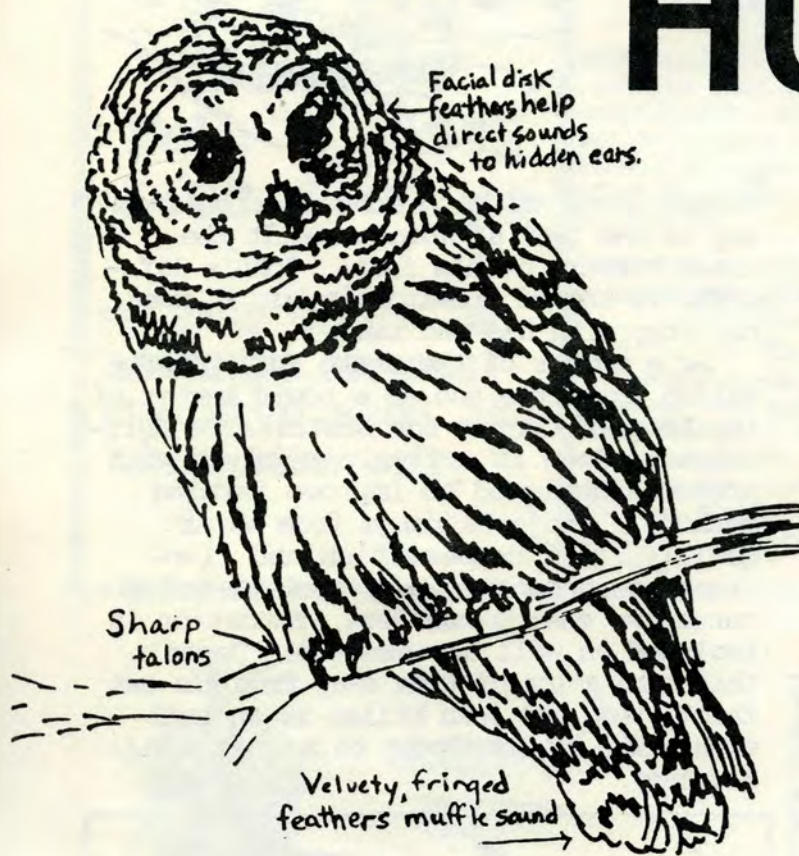
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SILENT HUNTERS



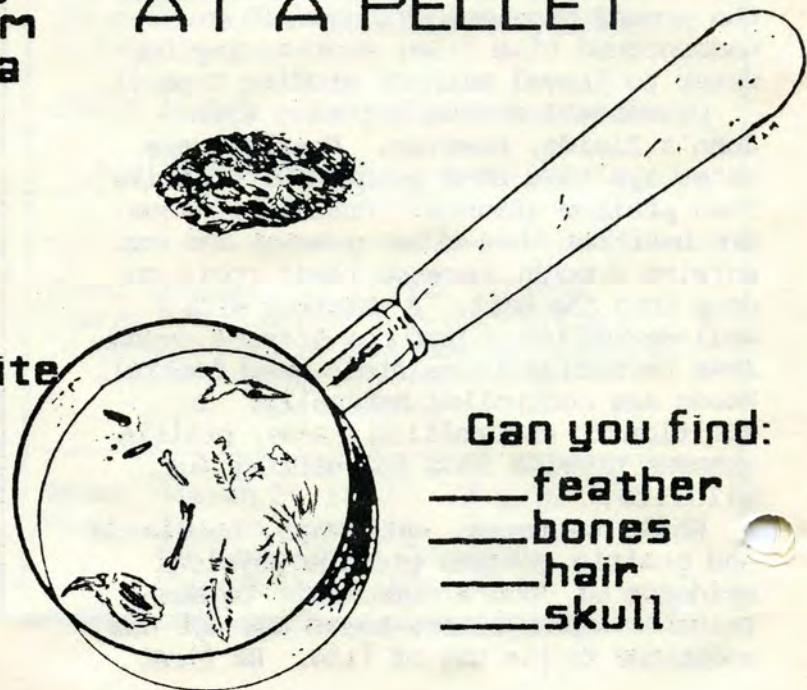
Winter is the time to search for owls. You can hear them call in the cold night air or catch a glimpse of one sitting in a leafless tree. Owls are well equipped for life at night. With only the light of a candle 1000 feet away an owl can see. On a quiet night it can even hear a mouse scurrying around the candle.

Owls are night time predators. They have many adaptations which help them hunt. Fill in the blank with a letter.

- A. facial disk
- B. curved beak
- C. sharp talons
- D. fringed feathers

1. ____ Tears up food into bite sized pieces.
2. ____ Helps owl to fly silently.
3. ____ Helps owl to hear.
4. ____ Used to kill its prey.

TAKE A LOOK AT A PELLETT



- Can you find:
- ____ feather
 - ____ bones
 - ____ hair
 - ____ skull

A CAPTURED MOMENT

by Vern Fish

A flight of geese, two rows of three fronted by a single leader. As they pass the treetops to my right my body twists to follow their path. They disappear over the bend in the river but my eye is captured by two ski trails which have broken a double path across the fresh wind-swept snows. The channel of the river sweeps parallel to the ski tracks as both disappear over my right shoulder and under the wings of the geese.

My partner and I stand motionless while the simple beauty of the moment soaks into our minds. Our breath hangs in the still, frozen air as the last wingbeat disappears from our ears. We are left standing on our skis in an eerie world lit only by moonlight which has been filtered through the clouds and trees and is now being dimly reflected to our eyes from the unbroken snow all around us.

The moment is finally broken by the creep of the ever-present cold which is slowly reaching through our thin layer of clothing. A quick kick of the skis and a pull of the poles and the heart pumps another surge of warm blood to the surface to push away the cold which surrounds us. No words are passed for there is nothing to say. The image has been frozen in each mind as tightly as the frozen river beneath our sky.



With a ski lesson and some snow, you, too, can capture a special moment. Skiing is a great way to fight the winter blahs!

HRNC will offer two ski clinics on Jan. 19 & 26 from 1-4:00 pm. Lessons cost \$7.00 and you must provide your own equipment.

If you already ski, the local parks offer a variety of ski challenges:

NOVICE

***Hartman Reserve Nature Center will track over two miles of flat trails.

INTERMEDIATE

***George Wyth State Park is blessed with over three miles of flat, wide trails. Call 232-5505 for maps and information.

***Black Hawk Creek Greenbelt contains numerous flat, wide trails which can be accessed from several locations. Call the Waterloo Park Commission at 291-4370 for information.

***McFarlane Park ski trails are both short and flat. The Cedar Valley Nature Trail can also be accessed from McFarlane.

CHALLENGING

***Hickory Hills Park provides two hilly trails: West Paha and the Overlook. A novice skier can enjoy the Casey Lake Trail.

***Black Hawk Park trail covers three miles along the Cedar River. The distance will test the endurance of the novice!

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Waterloo/Cedar Falls	January 9, 1992
Waverly	January 10, 1992
Independence	January 20, 1992
Manchester	January 24, 1992
New Hampton	February 11, 1992
Waukon	February 13, 1992
West Union	March 3, 1992

January 1985



BOARD

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Daryl Parker
Al Weber

Resource Management:
Kevin Alpers

Park Custodians:
Peg Truair
Bernie Watters

HISTORY AND PURPOSE

The Black Hawk County Conservation Board (BHCCB) was authorized by the people of the county at the general election in 1956, for the purpose of purchasing and developing land for parks, hunting and fishing access and other recreational use within the county. Currently the BHCCB manages over 6,000 acres of land in Black Hawk, Buchanan and Tama counties.

BOARD MEETINGS

The Black Hawk County Conservation Board meetings are open to the public and visitors are welcome. The Board is scheduled to meet at 7:00 pm on Jan. 9, Feb. 6 and March 5. Please note, these dates are subject to change.

SPECIAL THANKS

City of Waterloo Print Shop
R.S.V.P.
Roger Ludwig

INFORMATION

Black Hawk Park
2410 W. Lone Tree Rd.
Cedar Falls, IA 50613
(319) 266-6813
Hours: M-F, 8 am to 4:30 pm

Hartman Reserve Nature Center
657 Reserve Drive
Cedar Falls, IA 50613
(319) 277-2187

Hours: M-F, 8 am to 4:30 pm
Sundays, 1 to 5 pm
(when programs scheduled)
Closed: Saturdays & major holidays
Trails: open everyday sunrise to sunset.

Located at the intersection of Greenwood Ave. and Timber Dr. in Cedar Falls.

NEWSLETTER FUND

Though the newsletter is available without subscription, your contribution towards its publication does help defray costs. Any donation is appreciated. Please let us know of any change of address.

Hartman Reserve Nature Center
657 Reserve Drive
Cedar Falls, Iowa 50613

Address correction requested

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