

# Cedar Valley Visions

## Conservation News

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### Increasing Accessibility In Our Parks

Photos by Jacob Wilbourne Article by Jacob Wilbourne and Chip Brown

Several important accessibility improvements were made throughout the parks this season with the main goal being to increase accessibility and safety for park users.



Red Oak Park received several improvements including a sidewalk around the playground and to the bathroom. In addition to this we also put in a gravel pad for parking. These improvements have increased the usability of the area so that families are better able to enjoy the simple scenic beauty of Red Oak. While your there don't forget to check out the short path through the woods!

The playgrounds at Bennett, Cedar Valley, and Red Oak had new safety mulch put in. This mulch is ADA compliant and helps increase the safety and usability for playground users. The playgrounds receive a lot of use, especially during the camping season and it is important to us that all users have a safe environment to enjoy.



A brand new staircase has been put in at the quarry overlook at Cedar Valley Park near the campground. This staircase allows easier access to the quarry overlook for wildlife viewing and fishing opportunities.

Last, but not least, the recent round of storms kept us busy with tree cleanup. The trails at Cedar Valley Park and the Hoover Nature Trail had several trees down that staff removed for user safety. Tragically a large walnut tree was lost at Massillon Park near the road through the park.



### Creature Feature~ Periodical Cicada

Photos and article by Jacob Wilbourne-Park Technician



Periodical cicadas emerge in North America in either 13 or 17 year cycles which alternate through the years depending on the brood and region. Periodical cicada groups have synced up their emergence into adulthood so that all members of a particular region emerge together for maximum survival. This year we are fortunate enough to have two such regional cycles sync up for a super emergence, which hasn't happened since 1803! Periodical cicadas differ from our annual cicadas due to their synchronized mass emergence strategy and generally longer lifespan. While some annual cicadas emerge every year all periodical cicadas in a region emerge at once.



Cicadas spend most of their life underground feeding on tree roots for food. Once soil temperatures reach about 64°F at 12 to 18 inches in depth, the cicada nymphs emerge from the soil where they find a place to shed their shell and develop wings. Once they are able to fly and mating is complete the female cicadas lay eggs in the bark of young branches. When the eggs hatch the larval cicada will chew through the branch to fall to the ground where they will burrow down to a root and start the cycle over again.

## Outdoor Fun In Camps

Photos and Article by Jacob Wilbourne-Park Technician



Summer Camps return for another year! It was my goal to make these a reoccurring event with the focus on bringing kids outdoors and showing them different ways to enjoy the outside. Activities from last year and this year have included fishing, archery, hiking, and canoeing. The kids absolutely have a blast at camp! At these summer camps we're sure to play a lot and learn a little at the same time.



Showing the kids how fun it can be to be outside and helping them develop a connection to the outside makes my day. Every camp starts with several teambuilding exercises which help campers get to know one another and show them that working together can help them achieve their goals. The most challenging aspects of the team building exercises require campers to communicate and work together on tasks that may be difficult or impossible alone. Once faced with one of these tasks the campers may initially say they "can't" do it, to which they have heard me say that "can't" means can with team work! With a little bit of gentle coaching and a lot of team work they are able to succeed.

These camps are only made possible through the combined team work of staff members. Last year I was assisted at camps by Mark Roberts and this year from Sarah Subbert, who have both helped with activity planning and implementation.



## Animal Babies on the Move

Photo and Article by Jacob Wilbourne-Park Technician



It's that time of year again where many young animals are on the move. Please keep an eye out for them as they make their way to their new homes, sometimes they may need to cross our yards and roads to get where they are going but, keep in mind that it is perfectly normal for young animals to seem to be alone, often times momma isn't far away. Several young animals are now on their way to making a home for themselves, while others are getting out and about to explore the world with momma. Many young birds are still learning their way around the world, an important process for them to survive all the dangers out in the wild.

In addition to young animals on the move, many reptiles are on their way to laying eggs. Please pay attention while driving and keep an eye out for snakes and turtles. If you have to move a turtle out of the road please use care and always move it in the same direction it is going.

Last, but not least, if these animals do pose a nuisance to yourself we don't mind that you reach out to us but please keep in mind that there are trained professionals in the area who specialize in relocating these animals.

# Kids Corner

## Cedar Valley Visions

### Homemade Flower Press

Please have an adult help you with the following project

#### You will need:

- 1 1x6 board, 12 inches in length
- 4 3 1/2 inch carriage bolts
- 4 wing nuts the same size diameter as your bolts
- 4 washers to fit your bolts
- A drill to make the holes in the wood for your bolts
- Sandpaper
- Wax paper or parchment paper
- A flower to press

#### Steps

1. Cut your 1x6 board at 6 inches, enough to give two equal sized pieces
2. Mark and drill holes in each corner of your two board sections to accommodate your bolts, with all holes on one board being a little larger than the bolt diameter to allow your board to be removed easily.
3. Designate an inside of your boards, this will be the side that presses the flowers. Sand the inside you just designated smooth. This doesn't need to be perfect, just enough to not leave an impression your flowers.
4. Assemble your flower press by placing the carriage bolts through your boards, the head of the carriage bolt should rest on the side with the smaller holes. Place the washers and wing nuts on the bolts coming out of your top board.
5. When you are ready to press a flower place wax paper or parchment paper between the two boards of your press with the flower in between. Hand tighten your boards together and leave pressed for up to a couple weeks depending on your drying conditions.
6. Once dry your flower will be ready but use caution as the flower may be brittle from being dried and pressed

**Summer Nature Scavenger Hunt**  
Go out and try to complete the whole list!

- A bullfrog
- A dragon fly
- A cattail
- A bumblebee
- A cool rock
- A lily pad



## Word Scramble

DNPO                    \_ \_ \_ \_ \_  
IHFSIGN                \_ \_ \_ \_ \_ \_ \_ \_  
ERMSO                 \_ \_ \_ \_ \_  
GDTOHO                \_ \_ \_ \_ \_ \_ \_  
LYFEFIR                \_ \_ \_ \_ \_ \_ \_ \_  
UBUGJNE                \_ \_ \_ \_ \_ \_ \_  
ABSLUSEGR            \_ \_ \_ \_ \_ \_ \_ \_ \_  
CFLORONEWE            \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

## Nature Word Search

C	R	E	E	K	S	W	N	A	K
A	X	H	A	M	M	O	C	K	H
M	O	C	S	M	O	R	E	B	A
P	T	V	N	T	S	A	R	N	M
F	I	R	A	R	U	E	E	W	B
I	K	O	K	B	V	R	U	I	U
R	M	S	E	A	R	E	T	L	R
E	B	L	U	E	G	I	L	L	G
M	M	O	S	Q	U	I	T	O	E
B	E	R	C	T	U	R	H	W	R

CREEK WILLOW SNAKE BLUEGILL SMORE  
HAMBURGER HAMMOCK CAMPFIRE  
TURTLE MOSQUITO

## June Events



### June 22nd, 11:00 am; June 23rd, 2:00 pm.

Naturalist Sarah will be having stand up paddle boarding programs at Lake MacBride, 3971 Cottage Reserve Road Extension, Solon, Iowa . All experience levels welcome!

### Friday, June 21 Pollinators!

West Branch Library, 6:30 pm.  
Come learn all about our pollinators that are so vital to our ecosystem. This program is all ages but geared towards adult learners.

### Monday, June 24 Papier Mâché Containers

Durant Library, 5:30 pm.  
Come learn how to make a unique craft with recycled paper!

### Tuesday, June 25 Pollinators!

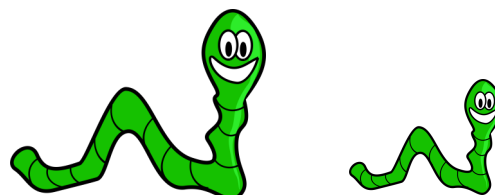
Tipton Library, 10:30 am.  
Learn all about pollinators and how they are important for everyone!

### Tuesday, June 25 Roving Retirees: Black Walnut Taffy

Stanwood Library, 2:30 pm.  
Come join us while we make and enjoy this tasty treat!

### Friday, June 28 Worms!

Mechanicsville Library, 11:00 am.  
Come visit Sarah at the Mechanicsville Library to learn all about our wiggly wormy friends that live in the ground!



## July Events

### Tuesday, July 9 Lowden Library At the Park

Memorial Park Open Shelter, 10:00 am.  
Come have fun with Sarah and the Lowden Public Library staff with a day at the park!

### Monday, July 15 No Bake Dessert

Durant Library, 3:00 pm.  
Come join Sarah in making and enjoying this easy treat!

### Thursday, July 18 If Barns Could Talk Lecture

5750 Osage Street SE, West Liberty, 11:00 am.  
Come visit a historical Octagonal Barn and learn about the history and importance of these structures. Please pack a sack lunch for on site picnic. Pre-registration is required please call the office at 563-886-6930 to register.

### Saturday, July 20 Paddle Boarding

West Rochester Sand Pits, 11:00 am.  
Come learn the ins and outs of paddle boarding with Sarah. This program great for beginners and experienced alike!

### Monday, July 22 Interrogate a Toad

Durant Library, 5:30 pm.  
What's Tina the toad hiding? Come learn about toads and get some up close experience with a live toad!



Photo Credit: Mark Roberts

### Saturday, July 27 Paddle Boarding

West Rochester Sand Pits, 11:00 am.  
Come learn the ins and outs of paddle boarding with Sarah. This program is great for beginners and experienced alike!

### Sunday, July 28 Paddle Boarding

West Rochester Sand Pits, 2:00 pm.  
Come learn the ins and outs of paddle boarding with Sarah. This program is great for beginners and experienced alike!

### Monday, July 30 Turtles!

Tipton Library, 10:30 am.  
Come to the Tipton Public Library and join us in learning about turtles!



## August Events

### Friday, August 2 Cedar County Health Fair

Cedar County Courthouse 9:00 am – 1:00 pm.  
Make sure to come see us at the Cedar County Health Fair.

### Saturday, August 10 Herbert Hoover Days

Herbert Hoover Presidential Library, 7:00 am to 4:00 pm.

Join us in celebrating the 31st president. This will be extra special! Stop by and visit our booth!

### Monday, August 12 Perseid Meteor Shower Viewing

Draco Hill, 1398 Franklin Ave, West Branch, 10:00 pm.

Join at Draco Hill, a private 'Nature Farm' for a viewing of the Perseid Meteor Shower from an excellent location by the Cedar River. Please be sure to preregister with Draco Hill at 319-643-4055.

### Sunday, August 18 Pelican Festival

2564 Amana Road NW, Swisher, Iowa 11:00 am – 4:00 pm.

Join us at Pelican Festival at the Hawkeye Wildlife Area for some fun for the whole family!



### Thursday, August 22 Prairie Hike and Seed Collection

Draco Hill, 1398 Franklin Ave, West Branch, 10:00 pm. 5:00 pm – 7:00 pm.

Join us at Draco Hill for a great prairie hike and collect some native prairie seed! Please pre-register with Draco Hill at 319-643-4055.

### Saturday, August 24 Heritage Day

Cedar County Historical Society Museum  
1094 IA-38, Tipton, IA

Come out to Heritage Day and see us there!

## September Events

### Saturday, September 14 Stanwood Fun Fest

Stanwood City Park, 12:00 pm.

Come join us for Stanwood Fun Fest. There's going to be so much to do just make sure to remember to stop by and visit us!

### September, 21 Prairie Walk

Draco Hill, 1398 Franklin Ave, West Branch, 6:00 pm.

Join us at Draco Hill for an enjoyable walk through their prairie! Please pre-register with Draco Hill at 319-643-4055.

### Sunday, September 22 Paddle Boarding

West Rochester Sand Pits 2:00 pm.

Come learn the ins and outs of paddle boarding with Sarah. This program is great for beginners and experienced alike!



Photo Credit: Sarah Subbert



## Wild Recipe: Foraged Wild Berries



Photo Credit: Jacob Wilbourne

Now is the time of year to start enjoying wild berries like mulberries and raspberries! They are super easy to identify, look for the aggregate berries, which is a fancy way of saying they look like raspberries! If they are on a tree it's mulberry and if its closer to the ground then it's wild raspberries! You can tell the berries are fully ripe when they are a deep purple, though less than fully ripe taste great as well!

These tasty treats can be enjoyed freshly picked, but for best taste I prefer to take them home and give them a quick wash and let them chill in the fridge for a bit. After they have cooled down they make an excellent and refreshing snack!

They can make great garnishes for dessert bars or ice cream. Feel free to add them as topping or try adding them to your favorite summer salad. The possibilities are nearly endless!

## Cedar County Conservation Board Members

Jean Driscoll  
Dylan Haub  
Rick Rouse  
Leon Steinhagen  
Teresa Wendt

### Staff

Mike Dauber, *Director*  
Sarah Subbert, *Naturalist*  
Andy Petersen, *Park Ranger*  
Chip Brown, *Park Technician*  
Jacob Wilbourne, *Park Technician*  
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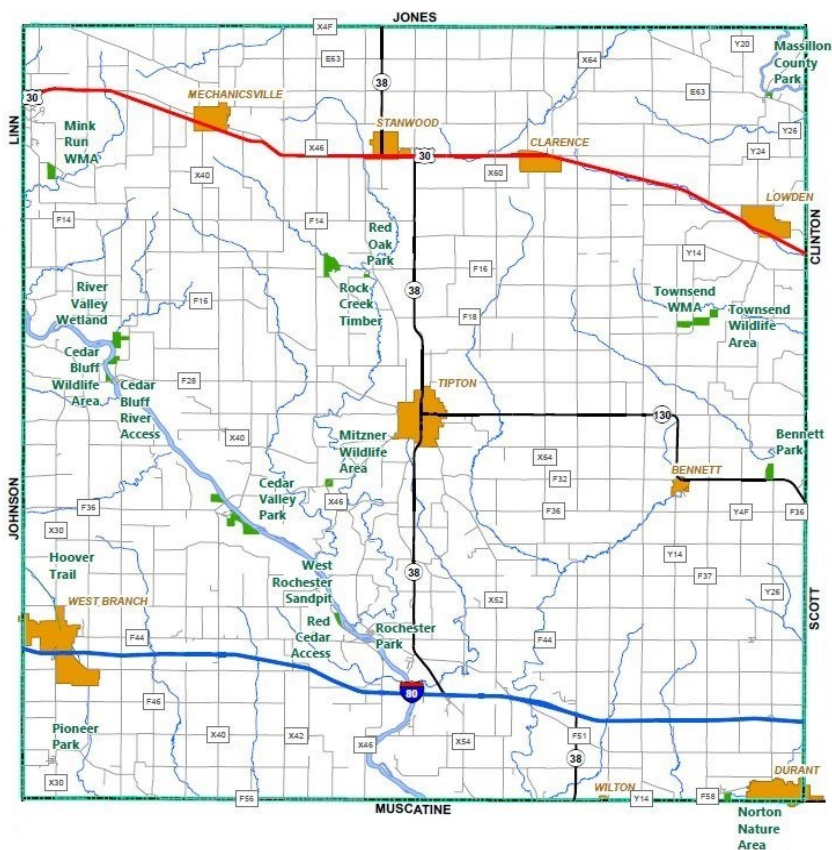
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To be added to our newsletter email list please send an email to Newsletter Editor

[jjwilbourne@cedarcounty.iowa.gov](mailto:jjwilbourne@cedarcounty.iowa.gov) with the subject "newsletter".

## Cedar County Conservation Parks and Wildlife Areas



Scan to visit  
[www.mycountyparks.com](http://www.mycountyparks.com)  
for information on our  
parks.