



RIVER COUNTRY CONVERSATIONS

A Publication of the Lee County Conservation Board

Spring 2012

P. O. Box 218 ~ Montrose, Iowa 52639

Volume 26 Issue 1

LCCB Offers Opportunities for Outdoor Enjoyment

By: Tom Buckley

The early arrival of spring has many folks thinking about what outdoor activities are approaching. Once again the Lee County Conservation Board will have a number of activities that will provide you with the opportunity to enjoy a variety of events and programs. Additionally, we will be working on a couple of park improvements in the upcoming months.

The calendar contained in this newsletter offers a number of activities and programs that run through the summer until November. All these activities are geared toward families and are offered at reasonable cost.

Lee County will also offer a slightly different event this year. April is National County Government Month. On April 10 from 4:30 until 6:00 PM all county offices will be open to showcase the services offered and to give the public an opportunity to see the facilities for the respective departments. We would like to encourage everyone to take a few minutes from your busy day and stop by our office at the Heron Bend Conservation Area.

Our office will also be open Sunday evening, April 22 during our Sunday Sunset Stroll and to offer people a chance to see the proposed location for the joint Health Department and Conservation Center. The sunset stroll is in collaboration with the Lee County Health Department, Fort Madison Community Hospital, Keokuk Area Hospital, Wal-greens, and Hy-vee Fort Madison, to encourage healthy lifestyles and to encourage people to enjoy outdoor recreation activities throughout the county. Both of these events will give people some time to visit with our staff about what we do as well as what other events we have upcoming.

In addition, to the events listed on our calendar, the Conservation Board will be expanding electric camping sites at Polmliller Park. The work on this project will begin shortly and we plan to have the upgrade completed by September.

This spring will also mark the first year anniversary of the Wilson Lake cabins. The cabins have been a great addition to Wilson Lake and we have had cabin users every month since the opening last Memorial Day. Complimenting the addition of the cabins at Wilson Lake the DNR has provided LCCB with trout for the lake providing local anglers with the chance to trout fish without traveling to northeast Iowa.

Another 1,000 trout were just released March 23 and there will be another release this November.



There are numerous opportunities for everyone to get outside and enjoy the great weather we have been experiencing. Take a look at the LCCB calendar and plan an event for yourself or your whole family. Don't forget to stop by our office and visit with our staff and learn of other upcoming programs we have planned throughout the year.





2012 Calendar of Events

Sunday Sunset Stroll ~ April 22, 2012~ Heron Bend Conservation Area~ 7PM-8PM~
Join Lee County Conservation Board, Lee County Health Department, Live Health Lee County, Fort Madison Community Hospital, Keokuk Area Hospital, and Hy-vee for a sunset stroll. Along the gravel trail you can learn about animals & plants of the prairie, healthy living tips & recipes, exercise, and more. Bring the whole family out for a free walk. Staff will be on hand to answer questions you may have. For more information contact LCCB at 319-463-7673.

LCCB Meeting~ May 8, 2012~ Heron Bend Conservation Area~ 6 PM~

Pollmiller Tree Planting~ May 12, 2012~ Pollmiller Park~ 9AM~

Join conservation staff to help plant trees throughout Pollmiller Park. Volunteers should meet at the first shelter, near the boat ramp. All equipment will be provided.

Bike to Work Week~ May 14-18, 2012~

There will be the annual bike fleche to Geode State Park. Updates for this event will be posted on our website.

Kids Scholarship Fishing Tournament~ 7:30 AM Registration ~Fishing 8AM -11AM~ May 19, 2012 at Heron Bend Fishing Area, June 16,2012 at Dallas City, June 23,2012 at Pollmiller Park, July 21, 2012 at Chatfield Park~

Lee County Conservation Board, Three Rivers Conservation Foundation, Quail Forever, Queisner Memorial, and Pheasants Forever will be hosting a kid's scholarship fishing tournament for ages 3-16. Registration will start at 7:30AM and fishing will be from 8AM to 11 AM. Lunch and prizes will be held following the tournament. **There is a \$2 fee per child.** The top two from each tournament will be invited to a finals tournament at the end of the summer. For more information contact LCCB 319-463-7673.

LCCB Office~ Closed~ May 28, 2012~

Free Camping at Lee County Parks , June 1-3, 2012~ Lee County Park Campgrounds~

Enjoy free camping at Chatfield Park, Wilson Lake, Pollmiller Park, and Indian Path. Free camping applies to anyone visiting the county parks.

Free Fishing Weekend~ June 1-3, 2012 ~ State of Iowa~

Free fishing applies to Iowa residents only.

Horseback Riding with the Westercamp family~ June 9, 2012~ 2 PM~ Shimek State Forest~

Join the LCCB naturalist and the Westercamp family on a 3 hour horseback ride through Shimek State Forest. Horses and snacks are provided. **Pre-registration is required and space is limited to 12 riders.** All participants are required to sign a waiver form and the fee is \$30 per rider. To register call LCCB at 319-463-7673. Directions will be given upon registration. In the event of rain or trail closure, we will contact each rider to reschedule.

LCCB Meeting ~ June 12, 2012~ Heron Bend Conservation Area~ 6 PM~

LCCB Office Closed ~ July 4, 2012 ~ All Day~

Horseback Riding with the Westercamp family~ July 7, 2012~ 2 PM~ Shimek State Forest~

Join the LCCB naturalist and the Westercamp family on a 3 hour horseback ride through Shimek State Forest. Horses and snacks are provided. **Pre-registration is required and space is limited to 12 riders.** All participants are required to sign a waiver form and the fee is \$30 per rider. To register call LCCB at 319-463-7673. Directions will be given upon registration. In the event of rain or trail closure, we will contact each rider to reschedule.

LCCB Meeting ~ July 10, 2012~ Heron Bend Conservation Area~ 6 PM~

Paddle at Pollmiller~ July 13, 2012~ Pollmiller Park~ 6PM-9PM

Join the Lee County Conservation Board naturalists to paddle around Pollmiller Park Lake to enjoy the sunset and wildlife in the evening. Participants can stop by the beach area any time between 6PM-9PM to try out a kayak or canoe. All equipment including lifejackets will be available and staff will be on hand for basic instruction. Equipment and paddling time may be limited based on number of participants. There is no charge for this event, but donations are appreciated.

LCCB Meeting ~ August 14, 2012~ Heron Bend Conservation Area~ 6 PM~



2012 Calendar of Events

River Float~ August 25, 2012~ Mississippi River (Location subject to change)~ Starting at 9 AM~

Join the naturalists for a canoe and/or kayak float on the Mississippi River. We will be floating from Ortho-Pocket to Heron Bend Conservation Area. The cost is \$20 per person, all participants are required to wear a lifejacket, which will be provided along with equipment. If you would like to bring your own canoe or kayak the cost is \$10 and you will be responsible for transportation of your canoe or kayak. Kayaks and canoes will be reserved on a first to register basis with a limited number available. Participants should bring along a sack lunch, plenty of water, sunscreen, and wear clothing that can get wet.

Call LCCB at 319-463-7673 to register.

LCCB Office Closed~ September 3, 2012 ~ All Day~

LCCB Meeting ~ September 11, 2012~ Heron Bend Conservation Area~ 6 PM~

Monarch Tagging Program~ September 15, 2012~ Wilson Lake Prairie Area~ 9AM-11 AM~

Join us to learn about the monarchs, their life cycle, migration to Mexico, and possibly tag a wild monarch. There will be a limited number of butterfly nets available for use. Participants should dress for the weather and wear footwear to hike in the prairie. You are welcome to bring your own insect net. Please meet at the Prairie Area, near the cabins at Wilson Lake. The cost is \$2 per person. Call LCCB for more information at 319-463-7673.

Dutch Oven Cooking Program~ September 17, 2012~ Heron Bend Conservation Area~ 5:30 PM~

Join the Lee County Naturalists to learn about Dutch Oven Cooking. Help us prepare delicious recipes and enjoy a complete meal all made in the Dutch Oven. Participants should bring their own table service and lawn chair. The cost is \$4 per person and the program is geared towards those 16 years and older. New this year, if you submit us a Dutch Oven Recipe or like us via our Facebook page prior to the event your name will be entered in a drawing for a prize to be announced soon. Drawing only applies for participants attending the Dutch Oven Program. At least five participants must be registered in order to hold this event. **Pre-registration is required** by September 15, 2012, to register contact LCCB at 319-463-7673.

Horseback Riding with the Westercamp family~ September 22, 2012~ 2 PM~ Shimek State Forest~

Join the LCCB naturalist and the Westercamp family on a 3 hour horseback ride through Shimek State Forest. Horses and snacks are provided. **Pre-registration is required and space is limited to 12 riders.** All participants are required to sign a waiver form and the fee is \$30 per rider. To register call LCCB at 319-463-7673. Directions will be given upon registration. In the event of rain or trail closure, we will contact each rider to reschedule.

LCCB Meeting ~ October 9, 2012~ Heron Bend Conservation Area~ 6 PM~

Horseback Riding with the Westercamp family~ October 13, 2012~ 2 PM~ Shimek State Forest~

Join the LCCB naturalist and the Westercamp family on a 3 hour horseback ride through Shimek State Forest. Horses and snacks are provided. **Pre-registration is required and space is limited to 12 riders.** All participants are required to sign a waiver form and the fee is \$30 per rider. To register call LCCB at 319-463-7673. Directions will be given upon registration. In the event of rain or trail closure, we will contact each rider to reschedule.

Non-scary Halloween Hike~ October 20, 2012~ Wilson Lake~ 6:30-8:30PM~

Join the LCCB staff and volunteers for a non-scary hike through the woods. We are still working on this year's theme, but its always something new and fun. So join us to learn about animals and plants along the lighted trail. **Reservations are required.** The cost is \$2 per person to help cover costs of refreshments and costumes. Groups will leave every 1/2 hour from the large shelter. Call LCCB at 319-463-7673 to reserve your time.

2012 Calendar of Events

Wine Tasting & Program TBA~ November 1, 2012 (Tentatively) ~ Heartland Harvest Winery and Vineyard~ 6PM~
Join LCCB and Heartland Harvest Vineyard and Winery for wine tasting and a program. Heartland will host the wine tasting and LCCB will present a program. (Topic to be announced soon) Adults 21 and over for the wine tasting. Pre-registration will be required by calling LCCB at 319-463-7673. Participants may want to bring along a lawn chair.

LCCB Office Closed~ November 12, 2012~ All Day~

LCCB Meeting ~ November 13, 2012~ Heron Bend Conservation Area~ 6 PM~

LCCB is on the web, check us out on facebook for the latest updates and photos.

<http://www.leecounty.org/offices/conservation/index.htm>

<http://www.mycountyparks.com>



Thanks

**Thank you to our volunteers for assisting with the following
Environmental Education Programs.**

Easter Egg Hunt

Heather, Braxton, Xander, & Kevin Wellman

Glenn & Nancy Johlas

Mike & Jody Anderson

Diane VerDught

Larry Shuman

Montrose Health Center

Fort Madison Work Experience Class

Peggy Kranda

Charlie Underwood

Kendrin McCormick

Joe & Janet Henderson

Dan Henderson

Erica & Erin Butchie

Dwight & Nickie Wilson

Monty & Noreda Schnedler

Hunter Safety Education

Ron Dunlay

Rob Faeth

Bill Mullan

Dan Henderson

Joe Fourdyce

Kevin Brothers

George Morgan

Steve Tabone

Jim & Kim Inghram

Tri-State Gun Club

Dave Hinton

Dave Hunold

Mike Anderson

Shawn Szalkowski

Youth Learning Center in Donnellson, IA

Mysteries of the Swamp Halloween Hike

Larry Shuman

Nancy Johlas

Sue Prochazka

Shawn Szalkowski

Amy, Bailey, Kerrigan Bode & Family

Julie & Ashley Meir

Hawthorne 4th Mrs. Koehler's class

Hy-vee Charles City

Basket Program Presentation

Therese Cummiskey

ISU Lee County Extension Office

Newsletter Preparation

Fort Madison Work Experience Class

**Lee County Conservation Board
Summer Youth Program Registration**

Summer Youth Program Registration

Crazy Crayfish Story Time June 13, 2012
9:30AM-11:00AM Cost \$10

Animals with Antlers Story Time June 21, 2012
9:30AM-11:00AM Cost \$10

Owl Story Time June 26, 2012
9:30AM-11:00AM Cost \$10

Adult/Child Campout June 15-16, 2012
Friday 6PM until Saturday 11 AM
Cost \$30 for 1 adult & 1 child (\$10 for each additional person)

Canoe/Kayak Camp July 12, 2012
10:00AM-2:00PM Cost \$18
Participants must be at least 9 years old to attend.

Animal Copycats Camp July 19, 2012
10:00AM-2:00PM Cost \$18

Please circle the appropriate camp/s. You will receive notice of registration and medical/photo form to fill out and return prior to the camp date.

Make checks payable to:
Three Rivers Conservation Foundation



Registration is required 1 week prior to the date of the camp.

Refunds will only be made if a program is cancelled.

Name

Parent or Guardians Name

Address

City, State, Zip Code

Phone

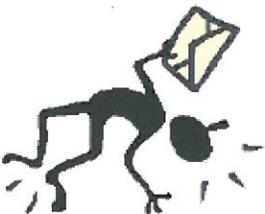
Cell Phone

Parent or Guardians Signature

Date

Authorized adult allowed to pick up your child, if different then above.

There must be at least five participants registered to hold each program, in the event there are not five participants registered LCCB will contact you and refund your money or allow them to register for another camp.



Return form to
LCCB
PO Box 218
Montrose, IA 52639

For more information contact
Karen Johlas-Szalkowski at
319-463-7673



**2012
Summer
Youth**

Programs



Youth Programs Ages 3-6 With An Adult

Crazy Crayfish Story Time Wilson Lake
June 13, 2012 9:30AM-11:00AM

Kids and an adult will learn about crayfish, better known as crawdads. They will enjoy a story, craft, searching for crayfish homes, watching live crayfish, and a snack.

Cost \$10



Animals with Antlers

Story Time

Wilson Lake June 21, 2012

9:30AM-11:00AM

Kids and an adult will learn about amazing animals that have antlers, such as a moose, deer, elk, and caribou.

They will listen to a story, touch furs & antlers, make a craft, and enjoy a snack.

Cost \$10

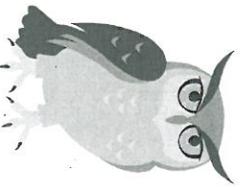


Owl Story Time

Wilson Lake
June 26, 2012 9:30AM-11:00AM

Kids and an adult will learn about owls through a story, craft, games, and snack. They will get to see owl mounts, touch owl wings, see a replica egg, listen to owls, and look at owl pellets.

Cost \$10

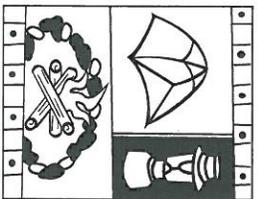


Youth Programs Ages 7 and Up

Adult & Child Campout
June 15-16, 2012

Friday 6 PM until 11AM on
Saturday at Wilson Lake
Campground

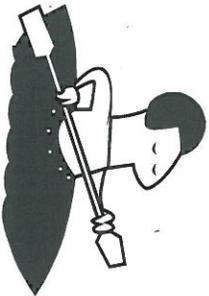
Have you ever wanted to camp in a tent, roast marshmallows



around the fire? Then this is the

camp for you! Have your favorite adult join you for a campout. Participants will be provided with a tent for the night, we will cook our own meals, hike, have a campfire, enjoy adult/child crafts, games, and exploring at Wilson Lake.

Cost \$30 for one child and one adult (\$10 for each additional person)



Canoe/Kayak Camp
Pollmiller Park
July 12, 2012
10AM-2PM

Join us for a day filled with water activities. Try out a kayak in the lake or paddle with friends in the canoe. There will be water games, crafts, swimming, and a snack. Please bring along a sack lunch, swimwear, and clothes that can get wet. Participants must be at least 9 years old.

Cost \$18

Animal Copycats Camp Wilson Lake
July 19, 2012 10AM-2 PM

Have you ever wanted to look like someone else, well, animals do it all the time. Join us to learn about animals that are copycats or mimic other animals in order to protect and camouflage themselves. Participants will enjoy a snack, games, craft, and more. Please bring along a sack lunch. **Cost \$18**



Outdoor Adventure Camp Ages 12-15

Outdoor Adventure Camp
Ages 12-15 Camp Lookout

Boys July 29-31, 2012

Girls August 2-4, 2012

This camp is for young adults who enjoy the outdoors and would like to learn more about it. Some highlights last year were archery, tree stand safety, gun safety and shooting at the gun club, mussel hunting in the river, cleaning catfish, turkey net demo, and hunting information. The girls will participate in the IA DNR Hunter Safety Education Course and the boys will participate in the IA DNR Bowhunter Safety Course. **Cost \$30**

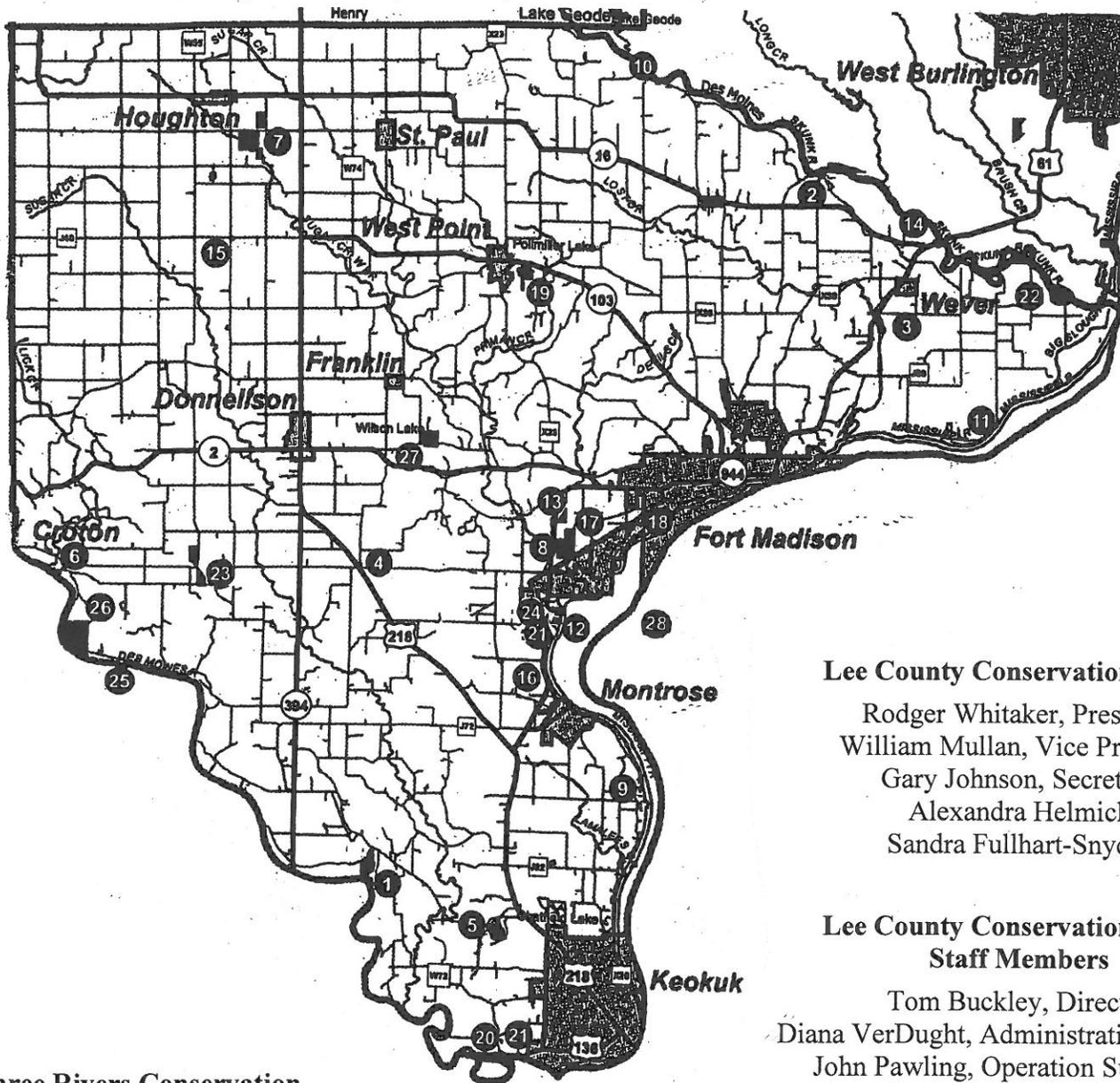
Please call for a separate registration form. Space is limited to 25 so call early because registration is filled on a first form received, first registered basis.

The majority of the additional cost is sponsored by Three Rivers Conservation Foundation, Lee County Pheasants Forever and Quail Forever.



Three Rivers Conservation Foundation

Lee County Conservation Board Recreational Area's



Three Rivers Conservation Foundation Board

Thomas Hoffman, President
 Don Edwards, Vice President
 William Mullan, Treasurer
 Ed Kircher, Director
 Don Edwards, Director
 Mel Allison, Director
 John Schuldt, Director
 Mary Moore, Director
 Joan Crowe, Director
 Harry Sylvester, Director
 Thomas Hutchcroft, Director

Iowa Department of Natural Resources
Conservation Officer
 Joe Fourdyce 319-470-0788

Lee County Conservation Board

Rodger Whitaker, President
 William Mullan, Vice President
 Gary Johnson, Secretary
 Alexandra Helmick
 Sandra Fullhart-Snyder

Lee County Conservation Board Staff Members

Tom Buckley, Director
 Diana VerDught, Administrative Assistant
 John Pawling, Operation Supervisor
 Karen Johlas-Szalkowski, Naturalist
 Ross Geerdes, Assistant Naturalist
 Rick Tebbs, Wildlife Manager
 Dustin Johnson, Wildlife Manager/Park Ranger
 Clint Oldfield, Park Ranger

Poaching is a crime
 call "TIP"
 1-800-532-2020

	LEE COUNTY CONSERVATION PARKS	ADDRESS	Campsites - E-electric, N-nonelectric, GC-Group Camp Area, D-Dump Station	Water - D-drinking, S-showers, Toilets - F-flush, P-pit, PT -Portable Toilet	Cabin Rental	Shelter - E-enclosed, O-open F-free	Trails - H-hiking, B-biking E-questrian,	Swimming B - Beach	Fishing -D-Dock, L-lake (acres) S-stream R - River P-Pond, HD-handicap dock	Boating - E-electric motors, G-gas motors, C-canoes, K-kayak, R-ramp, BR- boat rental	P-playground, H - horseshoes FG - Fresbie golf, IS/S-ice skating/sledding	Sites H-historic site, P - prairie, WO-Woodland Area, BW - Bird Watching	Hunting - U-upland, F-forest, W-wetland
1	Amborn Pagin Wildlife Area	2020 340th Street, Keokuk, Iowa					E,H,						U,F
2	August Access	1414 Perkins Road, Augusta, Iowa							R,S	K,C,M		B	
3	Burks Run	1798 Highway 61, Wever, Iowa					H						U,F
4	Charleston Park	2546 198th Avenue, Donnellson, Iowa				O							
5	Chatfield Park - Boat Ramp	3604 Lake Road, Keokuk, Iowa	P			O	H		L9	K,E,C,R		H,W,O	
5	Chatfield Park - Campground	3592 Iowa Road, Keokuk, Iowa	E26,N6,D	D,PT			H			K,E,C		H	
5	Chatfield Park - Picnic Area	3593 Iowa Road, Keokuk, Iowa		D,PT		O-2	H			K,E,C		H	
6	Croton Civil War Memorial Park	1123 254th Street, Croton, Iowa		D,P		E	H		S			H	
7	Denning Conservation Area	1640 130th Street, Houghton, Iowa		D,PT		E,O,F	H		S			P	
8	Devils Creek Access	2496 263 Avenue, Fort Madison, Iowa										B	
9	Galland School	3160 Mississippi River Road, Montrose, Iowa				O						H	
10	Gray's Landing	2847 Old Quarry Road, Denmark, Iowa		D,PT	1				R	K,C,M		B	
11	Green Bay Access	2112 Green Bay Road, Wever, Iowa							D,R	K,C,M,R		B	
12	Heron Bend Conservation Area	2652 Highway 61, Montrose, Iowa					H		S			P,W,O,B	
12	Heron Bend - River Access	2660 Henry Layden Drive, Montrose, Iowa		PT		E	H		R	K,C,M,R		B	
13	Heron Bend Fishing Area	2382 Highway 61, Fort Madison Iowa		PT			H		L	K,C,E		P,B	
14	Indian Path Park	1599 Highway 61, Wever, Iowa	E6,N6	D,PT					R	K,C,M,R		B	
15	LaCrew Roadside Rest Area	1600 160th Street, Mt Hamill, Iowa				O						H	
16	Linger Longer Rest Area	2866 Mississippi River Road, Montrose, Iowa		D,P		O-2			R			H,B	
17	Lotus Flats Conservation Area	1 mile north of Montrose in Mississippi River							R	K,E,G,C		BW	W
19	Noth Winds Conservation Area	2 miles west of Fort Madison in Mississippi River							R	K,E,G,C		BW	W
19	Pollmiller Park	2448 Highway 103, West Point, Iowa	E20,N11,D,GC	D,S,F,P		O-1	H,BH,		L16	K,C,E,R	HS,IS/S	P,WOB	
19	Pollmiller Park Beach	1720 Pollmiller Park Road, West Point, Iowa		D,S,F			H	B		BR	P,H	B	
20	Redwing Boat Ramp	3941 Valley Road, Keokuk, Iowa							R	K,C,M,R		B	
21	Reuther Refuge	2688 253rd Avenue, Montrose, Iowa										B	
22	Skunk River Access	1760 400th Avenue, Wever, Iowa							R	K,C,M,R		B	
23	Sugar Creek Bottoms	1679 255th Street, Donnellson, Iowa											
24	Trumpeter Marsh	2513 Henry Layden Drive, Montrose, Iowa				O						P	U,F,
25	Turkey Run Access	2829 Belfast Road, Argyle, Iowa		D					R	K,C,M,R		P,B	
26	Turkey Run Wildlife Area	2787 Belfast Road, Argyle, Iowa					H		R			P,W,O	U,F
27	Wilson Lake Park	2195 220th Street, Donnellson, Iowa	E15,N6,D,GC	D,F,P	2	O-6	H		L6,P2	K,C,E,R	H,P,IS/S	P,B	
28	Lotus Flats Conservation Area	1 mile north of Montrose in Mississippi River							R	K,E,G,C		BW	W
28	North Heron Bend	2478 263rd Avenue, Fort Madison, Iowa							R	E,G,C,K		BW	W

The Season Of The Mushroom

By: Rick Tebbs

As spring arrives many people think of mushroom hunting. The most common and well known fungi that are hunted for is the morel mushroom.

You're crawling through the woods on your hands and knees, eyes are focused on the ground. You're alert, patiently searching for the treasure. Finally, you spot it: a morel mushroom. Today's mushroom hunters are known as mycologists, and they take their quest seriously. Starting in the spring, fans of morels, chanterelles and other delicate species spend their weekends hiking through the woods, staring intently at the ground. Any foodie is now on the hunt for rare and delicious fungi.

Hunting the tasty morsels has become so popular, in fact, that mushroom clubs are springing up across the country. According to Ike Forester, president of the North American Mycological Association, "We have over 2,000 members and 70 affiliated clubs, and most of them are looking for people with whom to share their passion for mushrooms."

Local clubs are great resources; they often provide guides that include valuable information, like where to hunt. Even so, be aware that asking a seasoned mushroom hunter where to search is like asking an angler to divulge his favorite fishing hole. You must understand that mushroom hunters are a jealous lot and do not like to reveal their favorite spots. But there are actually many species that are harvested wild, and spending the time to educate yourself on the species you can eat can be very rewarding, but there are several rules that need to be followed.

You need to know what to pack for a foray. For starters, bring a basket and either wax or brown paper bags to collect your treasures (plastic hastens deterioration). Always bring a guidebook with pictures of the different types of mushrooms and a pocketknife in case your finds need to be cut. I also advise to keep the weather in mind and have decent shoes. Those who like to go the extra mile, preparation-wise, can bring a big walking stick, magnifying glass, gloves to protect against poison ivy, tight clothing to keep ticks away, a compass, and a map.

Ask anyone in the U.S. about eating wild mushrooms. I doubt they'll be very enthusiastic. A man in the grocery store once said to me, "Mushrooms? I don't eat those things. They grow in the dark!"

There are over 10,000 mushroom species in North America; less than a dozen are actually deadly. There are about 200 common poisonous mushrooms (you won't die, but you may wish you were dead!). And there are many whose edibility is "unknown" (which means no one's willing to find out). Nevertheless, the vast majority of mushrooms out there are quite harmless. That doesn't mean you want to play fungus roulette, however. In some areas, certain poisonous and even deadly mushrooms are quite common.

It's true that several common edibles have other poisonous species that people often mistake for them. But how familiar were these people with the mushrooms? And how careful were they?

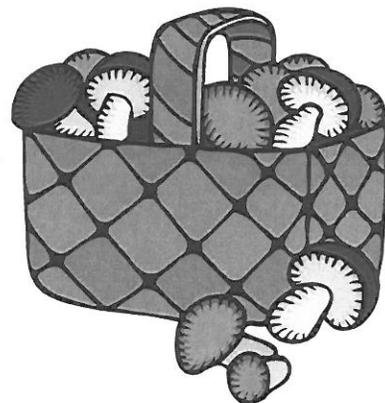
Only one professional mycologist is known to have died from eating mushrooms, and it was not from misidentification. He had an allergic reaction to a commonly eaten mushroom, on top of a pre-existing condition. Of all the members of amateur mycological societies, i.e., mushroom clubs, there is not one case of fatal poisoning on record.

Still, when it comes to eating wild mushrooms, being an expert is not about knowing a lot. It's about being careful. Amateurs can easily avoid the deadly species and mycologists can easily get poisoned. I believe what gets people in trouble most of the time is sloppy eagerness. Know what you don't know and leave your ego out of it. There is an old saying that there are old mycologists and there are bold mycologists, but no old bold mycologists.

I have been asked if I've ever poisoned myself by eating a mushroom. The answer is no. Maybe I have just been lucky, but one never knows when an allergic reaction can occur from eating anything. I talked with one individual that ate a very commonly eaten mushroom and was ill for two days. This was the famous "chicken of the woods," considered fool-proof. It is practically unmistakable, but it also makes people sick about 5% of the time (no one knows why). But every time you go out to eat at a restaurant there is the risk of eating something that doesn't agree with you.

So the truth is that eating wild mushrooms (like driving) has some measure of risk. But then practically everybody does it anyway!

If wild mushrooms are so dangerous, why after thousands of years does most of the world continue to eat them? Because the benefits far outweigh the risks. It should be no surprise, for instance, that many of those beefy-tasting mushrooms are



high in protein. More so by weight, in fact, than any vegetable except soybeans. Mushrooms are also rich in most vitamins, particularly B and C, and contain practically all the major minerals; particularly potassium and phosphorus.

Speaking of harm done, few people realize that picking mushrooms is like taking apples from a tree. The fungus is still there, in the ground or the log, doing its thing. There are mushroom spots in Iowa that have been picked over for hundreds of years and they keep coming back. The only thing that is bringing about the demise in the number and diversity of wild mushrooms is society's wide use of pesticides so that we can have weed-free yards, green golf courses, and cheaper food.

Identifying a wild mushroom starts with digging up, examining and even smelling it. There's no danger in this. You have to actually swallow about a quarter teaspoon of a deadly mushroom for it to kill you.

There's just one thing to remember, even if the only mushrooms you ever want to put in your mouth are the ones at the salad bar, it's a good practice to always cook all mushrooms because their cell walls are indigestible raw. Yes, I know you've always eaten button mushrooms raw. That doesn't mean wild ones will be as forgiving. Many "edible" species also have toxins which are only destroyed by cooking. Remember, every mushroom is edible- once!

So, with all that said, if you want to take the wild mushroom plunge, get yourself a field guide, preferably one easy to understand one. If you're going to rely on books, you're going to need more than one because there is no one good mushroom book. Each has its benefits and drawbacks. In general, I would recommend buying the following books, one at a time, in this order. If you stick with it, using each will convince you to buy the next.



Edible Wild Mushrooms of North America (David Fischer & Alan Bessette, \$30)
Mushrooms, The DK Handbook (Thomas Laessle and Gary Lincoff, \$19)
The Audubon Society Field Guide to North American Mushrooms (Gary Lincoff, \$19)
All that the Rain Promises and More (Dave Arora, \$17)
Mushrooms of Northeastern North America (Alan Bessette, \$45)
Mushrooms Demystified (Dave Arora, \$40)
Peterson's Field Guide to Mushrooms (Kent and Vera McKnight, \$17)
Medicinal Mushrooms (Christopher Hobbs, out of print)

As you can see, a decent set of field guides can cost over \$100. But since a pound of wild mushrooms cost \$18-35 in the store and dried mushrooms cost as much as \$65, and you can often find that much in an hour, I think it's a worthwhile investment.

While hunting mushrooms can be an exhilarating challenge, eating the wrong one can make you sick or even kill you. Some simple rules that need to be followed are:

- If in doubt, throw it out.
- Stay away from LBMs (little brown mushrooms), as they include many poisonous species that are difficult to distinguish from the edible species.
- Don't eat too much of any mushroom that you haven't eaten before, because it's possible to have an allergy to one particular species.
- Be suspicious of any mushroom with warts, scales or raised projections on its cap. It could be a poisonous amanita. These often have white gills, a ring around the stem and a bulb on the bottom.



**Check out the Prairie States Mushroom Club website at:
www.iowamushroom.org**

This website has lots of identification tips, color photos, mushroom books, and calendar of events for Iowa forays.

Outdoor Adventure Camp

Sponsored by



Camp for Boys July 29-31, 2012 (Includes IA DNR Bow Hunter Safety Course)

Registration July 29, 2012 at 9 AM

Wildlife Conservation
Rifle Shooting
Archery
Basics on how to hunt deer & turkey
Shotgun shooting
Waterfowl Decoy Setup
Gun Cleaning
Turkey Net Demo

Depart July 31, 2012 at 4 PM

Catfish cleaning and fish fry
Canoeing
Muzzleloading
Archery
Furharvesting/Trapping
Goose Hunting
Game Care & Handling
Fly Fishing Basics & Fly tying

*Adult chaperones will also have the opportunity to participate in all activities.
Certification will be given after passing the exam. Activities are subject to change.*

Camp for Girls August 2-4, 2012 (Includes IA DNR Hunter Safety Course)

Registration August 2, 2012 at 9 AM

Iowa Hunter Education
Firearm Safety
Wildlife ID & Game Care
Hunter Responsibility/Ethics
Hunting Laws
Archery
Furharvesting/Trapping

Depart August 4, 2012 at 4 PM

Wildlife Conservation
Fish ID, cleaning catfish, and fish fry
Fly Fishing Basics & Fly tying
Canoeing
Rifle & Shotgun Shooting
Muzzleloading

*Adult chaperones will also have the opportunity to participate in all activities.
Certification will be given after passing the exam. Activities are subject to change.*



For more information contact Karen or Ross at:

Lee County Conservation Board
PO Box 218
Montrose, IA 52639
Phone 319-463-7673 Fax 319-463-5013
Email: kjszalkowski@leecounty.org

Objective – These camps allow the participants to experience many hunting, conservation, and recreational opportunities that are available in the great outdoors of Iowa and become aware of the state’s great diversity. Activities are led by experts in their field, which allows participants to leave with a new found confidence in new and old activities.

Participants – Camps are for young adults ages 12 to 15 who enjoy the outdoors and would like to learn more and improve their skills.

Location – Camp Lookout, Montrose, Iowa Camp Lookout is located on the bluff of the Mississippi River above Montrose which offers a breath taking view. The diverse habitats of the area are ideal for this purpose. We will also use the Heron Bend Wildlife Area.

Lodging will be in bunk house style cabins with 12 young adults and 2 adults per cabin. You will need to bring your own linens (pillow, blanket, sheets, towels, sleeping bag, etc). Shower facilities are at the site. All buildings are smoke free. The food is included and will be prepared on site by our concessionaire. You will not be hungry!

Chaperones - Chaperones get a 3 day free vacation while enjoying the great outdoors with young adults. Chaperones truly make the camp flow smoothly and make a difference on what the young adults learn from this camp. The camp would not be a success without the help and support of chaperones. As a chaperone your responsibility is being a part of a group during the day and making sure the group gets to each activity. At night you are responsible for 12 young adults. But the most important responsibility is to make sure everyone is having fun, including yourself! We ask that chaperones be at least 16 years old and a background check is required prior to camp for all chaperones.

How to Register – Mail the completed registration form at the bottom of the page, *along with a \$30 check for camp fees* to LCCB, PO Box 218, Montrose, IA 52639, (319-463-7673). **Please make checks payable to Three Rivers Conservation Foundation.** The additional cost of \$130 per camper will be sponsored by the Three Rivers Conservation Foundation, Quail Forever, Lee County Pheasants Forever Chapter, and grants.

Registration is on a first form received, first registered, & space is limited to 25 participants in each camp. The deadline to register is July 20, 2012. IF YOU ATTENDED CAMP LAST YEAR YOU ARE NOT ELIGIBLE TO ATTEND THIS YEAR.

Once you are registered, a packet of information will be sent to you before camp starts. **PLEASE PRINT CLEARLY**

Make check payable to **Three Rivers Conservation Foundation** & mail to: **PO Box 218, Montrose, IA, 52639**

Name _____ Name that will appear on name tag _____

Food Allergies or Dietary Restrictions _____ (A health form will be sent prior to camp)

Address _____

(City, State, & Zip)

Phone _____ Birth Date _____ Age _____ (must be 12-15 during the camp)

Social Security Number _____ (necessary for certification in DNR safety courses)

T-Shirt Size _____ Small _____ Medium _____ Large _____ XL Other size (list) _____

Parent Signature _____

OUTDOOR ADVENTURE CAMP (check one) _____ Boys Camp July 29-31,2012 _____ Girls August 2-4,2012
_____ I would like to be a chaperone.

REGISTRATION DEADLINE IS JULY 20, 2012



Donation's

Thank you to all of our friends for your donations. Your donations are placed in the Three Rivers Conservation Foundation account unless specified otherwise.

Contributing Member ~ \$1 - \$99

Mary B Davis - Fort Madison
Charles W. Holmes - Fort Madison
Dave & Meryl Brewer, Keokuk
Lawrence Decker, Fort Madison
Frank & Anna Reed, Fort Madison
Derald & Jean Dressler, Fort Madison

Hall Excavating & Septic Service, Ft. Madison

H.L. & J.A. Grabowski, Farmington
John & Nancy Martin, Keokuk
Janet Dinkel, Keokuk
Dr. & Betty Kaiser, Fort Madison
Jerry & Diane Kearns, Keokuk
Bob & Kathy Norton, Fort Madison
Ray & Nancy Holt, Donnellson
Deah Westercamp, Farmington
Roger & Mary Sue Chatfield, Montrose
Bruce & Dianne Huddleson, Fort Madison
Doris Stigall, Fort Madison
First Community Bank, Keokuk
Tom Kearns, Donnellson
Dave Tull, Donnellson
Ron & Kim Hundt, West Point
May W. Crowe, Donnellson

Contributing Member continued ~ \$1 - \$99

Beth Roth, Donnellson
Phillip & Donna Hoffman, Bourbonnais, IL
Dr & Mrs. David Castrodale, Keokuk
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James & Beverly Merritt
John & Diane Rempe, West Point

Supporting Member ~ \$100 - \$499

Gary & Sharon Johnson, Keokuk
Scott Kincaid, Laurel, MD
Jeff & Louise Fuller, Keokuk
JLM Farms, Inc., Keokuk
Bonnie & Ivan Hasselbasch, Keokuk
Thomas Hoffman, Fort Madison
Roquette America, Inc., Keokuk
Gary & Joan Grohe, Fort Madison
Jim & Dana Rheinschmidt, Fort Madison
Robert Wustrow, Keokuk
Denny & Kathy Osipowicz., Fort Madison
Willis & Colleen Kirchner, Fort Madison
Ed's Auto Repair, Keokuk

Sustaining Member ~ \$500 - \$999 Meyers Driveway & Septic Tank, Keokuk

Life Member ~ \$1,000

Ernie & Chery Schiller, Alicia Schiller - Holland
Amanda Schiller - Kite, Arie Schiller
Pheasants Forever, Lee Co. Chapter
Janice Morgan, Keokuk
Gary & Joan Grohn, Julie Nickel, Janie Rees
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Eleanor R. Denning, Houghton
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Louise Marcoux Fuller & J.R. Fuller, Keokuk
Catfish Bend Casino
David & Suzanne Waddell, Keokuk

*The Lee County Conservation Board, Three Rivers Conservation Foundation Board and Staff
would like to sincerely Thank you.*

Your donations have been used for the Lee County Conservation Board's following projects:

The Cabin's erected at Wilson Lake Park, 2195 220th Street, Donnellson, Iowa.

Educating today's youth at Adventure Camp and Day Camps.

The Stone marker at the Trumpeter Marsh.

Prizes and scholarships or the annual Youth Fishing Tournament.

Prizes for the Trout Fishing Derby at Wilson Lake Park.

Daily educational programs in the public schools by the Environmental Education Department.

The following public programs such as; Easter Eggs Hunt, Halloween Hike and Eagle Days.

◆-----◆

Become a Member of the
Three Rivers Conservation Foundation
Where your gift can make a difference for the future
Membership Categories:

Contributing Member - \$10 – \$99
Supporting Member - \$100 - \$499

Sustaining Member - \$500 - \$999
Life Member - \$1000

You will receive the River County Conservation LCCB's newsletter.
Three Rivers Conservation Foundation is recognized as a 501 (c) 3 organization.

Name: _____

Address: _____

Phone: _____

Amount Enclosed: \$ _____

_____ I want to volunteer to help
_____ I want to receive the Newsletter

Lee County Conservation Board
P.O. Box 218
Montrose, Iowa 52639

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