

“Looking OUT THE BACK DOOR...”

The Sac County Conservation Board's Quarterly Newsletter

Spring 2013

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Our Mission: “To initiate an awareness and foster stewardship of nature’s rewards.”

Green Spring Cleaning!

Soon enough it will be that time again. Time to open up the windows and air out and clean out the dust bunnies that have been building all winter long. This year keep your home environment safe from harmful chemicals. Many commercial cleaners can outgas fumes that can be toxic to kids and pets. Making your own cleaners is easier than you may think. It is also easier on the wallet than buying commercial brands. Many of these recipes require items you may already have on hand.

Common items used and their properties:

- Baking Soda– cleans, deodorizes and disinfects.
- White Vinegar–cuts grease, scum and mineral deposits, inhibits molds, freshens, kills bacteria, molds and viruses.
- Essential oils of your choice like: Tea Tree, Lavender or Eucalyptus, Lemon and Tyme Oils– freshen and disinfects.
- Natural liquid soap or detergent– cleans
- Hydrogen peroxide– lifts particulates
- Borax– Cleans
- Kosher Salt– Scrubs

You will also need spray bottles and containers to hold cleaning solutions. If you can, use a marker and write the recipes on bottles. No matter what cleaning supplies you are using, always protect your skin by wearing rubber gloves when mixing and cleaning. Listed are some of the best recipes that I have used or found. On those nice days this spring get those gloves on and try out some of these recipes !

Recipes for the Bathroom

To any of these recipes, add essential oils for extra disinfectant power and for fragrance.

TUB AND TILE - Combine 1 2/3 cups baking soda with 1/2 cup vegetable oil-based liquid soap. Add 1/2 cup water and 2 tablespoons vinegar. Shake before using. Apply with a cloth or sponge and rinse well.

If you can't seem to get the grime off, use the scouring recipe and some elbow grease!

Scouring - Combine 1 cup baking soda, 1 cup borax, and 1 cup salt in a jar. Sprinkle on area to be cleaned, wipe with a sponge, and rinse.

The Toilet Bowl - Mix 1/4 cup borax or baking soda and 1 cup vinegar in the toilet. Let it sit for 15 minutes (or longer if necessary), scrub, and flush.

Glass/Mirrors - Combine 1/4 cup vinegar and 4 cups warm water in a spray bottle. Wipe with a dry cloth or piece of newspaper.

Clogged Drain - Pour 1/2 cup baking soda into drain followed by 1 cup vinegar. Let it sit and fizz for 15 minutes, then rinse with hot or boiling water. Repeat and/or leave baking soda and vinegar in overnight until clog clears.

**More recipes
for the house
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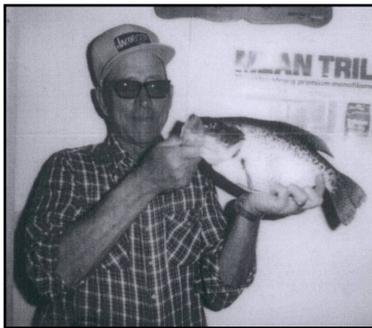
Director's Notes

As the month of March finally arrives, snowflakes are steadily falling outside the window. Unfortunately, we have not received nearly enough snow this winter to replenish our moisture levels. Hopefully March will bring timely and sufficient rainfall to correct our situation.

This past years drought is partially to blame for a project which the SCCB will be doing this camping year. A portion the Sauk Rail Trail which is on the top of the Black Hawk Marsh Dike is going to have to be replaced. Due to cracking and shifting of the ground the trail is beyond patching and needs to be entirely removed and replaced with new concrete. This section of the trail will be closed while repairs are being made. The repairs will make this trail safe and enjoyable one again.

Just a reminder that the SCCB parks officially open May 1st, weather permitting, and that all fees for the 2013 season have remained the same as last year. For more information or questions on your county parks, please don't hesitate to contact our office at (712) 662-4530 or stop by our office at the Sac County Conservation Center.

Chester Frank Memorial Donation



The Sac County Conservation Board would like to thank the members of the Frank family for their donations to our fishing programming. We appreciate that you thought our goals of getting kids outside coincided with Chester's love of fishing and kids. The equipment you purchased has been put to good use!

Looking into the fact files! *Piping Plover*



(*Charadrius melodus*)

- These small shorebirds summer along the Atlantic coast and around inland lakes in the Northern Great Plains and winter in the Gulf Coast.
- Considered Endangered in the Northern Great Plains and Threatened along the coast.
- Reasons for their decline are human oriented, like: Dogs, people being near by, development, vehicles, etc.
- They prefer open sandy beaches and alkali flats.
- They eat small insects and aquatic invertebrates.
- Nest sites are aggressively defended— they may chase or bite an intruder.
- Foraging Techniques include, visual hunters, who will tap a foot on the ground to scare up prey. They also forage in a run, stop, survey, peck at the ground and run again.

Thank You

- *The Chester Frank Memorial for their donation of ice fishing equipment.
- *Noble popcorn for their donation of snacks for programs.
- *Pete Hildreth for speaking at the antler scoring program.
- *Conservation Officers: Ken Lonndman, Matt Washburn, and Brian Smith for scoring antlers.
- *Wall Lake Elementary School for providing a gym for the Star Lab unit.
- *Sac County Extension, Lake View Library and Ben Wallace from the DNR for their work to make the Ice Fishing Clinic a Success.
- *A BIG THANK YOU to all the volunteers who helped with the Christmas Bird Count!



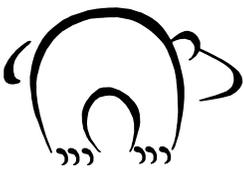
Upcoming Programs

March 8th- Sportsman’s Club Fish Fry- Doors open at 5pm with dinner served till 8pm. During this fish fry there will be door prizes and raffles. The event is held at the Fair grounds 4-H building. Ticket prices are \$7 in advance and \$8 at the door for adults, Kids are \$4 in advance and \$5 at the door. Tickets are available at the Sac County Conservation Board, MGM Plumbing and Heating, and at Shamrock.



March 9th– Cross Country Skiing Clinic –During this clinic at Hagge Park you will learn about the basics of skiing and try it out for yourself. Meet at Hagge Park at 3:30. Call to reserve your spot at 712-662-4530

March 16th Fishing Club—Meeting from 9-10:30. Call 662-4530 for location



March 20th- Knee High Naturalists – Bears It is the first day of spring, yet it looks very wintery outside still. During the spring bears wake from their long winters sleep. We will learn all about bears during this program at Hagge Park from 6-7:30pm. Knee High Naturalist programs are for children ages 2-4 with an adult. Please sign up for a spot by calling 712-662-4530.

March 21st-Breakfast with the Birds--Throughout the spring we will have a breakfast with the birds on the third Thursday of the month. We will meet at the conservation center at 7 am for a light breakfast while we watch the feeders. Then at 7:30 a short program will highlight one local bird. Bring your binoculars if you wish!



March 22nd Pheasant's Forever Banquet--Doors at the Wall Lake Community Building will open at 5:30 with supper served from 6:15-7:30. Tickets are \$45 are available at the Sac County Conservation Board or by calling Rich Feilmeyer at 273-5557 or Joni Bentsen at 660-0842.

April 18th-Breakfast with the Birds-Throughout the spring we will have a “breakfast with the birds” on the third Thursday of the month. We will meet at the conservation center at 7 am for a light breakfast while we watch the feeders. Then at 7:30 a short program will highlight one local bird. Bring your binoculars if you wish!

April 14th– Pelican Fest– During this event there will be a pedal pull and pelican plunge. For more information call Scott Peterson at (712) 657-2634 or e-mail Toni Foval-North at tfoval@hotmail.com

April 20th– Earth Day Birthday Party!

We will have a great time celebrating Earth Day. We will watch “The Lorax,” make an Earth friendly craft and explore the Earth by taking a hike. This program is open to kids in 1st through 4th grades. This free program will run from 1-4pm at the Sac County Conservation Center. To sign up please call 712-662-4530.



April 20th Fishing Club—Meeting from 9-10:30. Call 662-4530 for location.

May 18th-Wildflower Walk– Spring time flowers live a short and ephemeral life. Come see some of these spring time beauties and learn about some of their unique properties. We will walking the trails at Hagge park from 2-3pm.

May 18th- Fishing Club—Meeting from 9-10:30. Call 662-4530 for location

May 2st-Breakfast with the Birds--This Month we will meet at the conservation center at 7 am for a light breakfast while we watch the feeders. Then at 7:30 a short program will highlight one local bird. Bring your binoculars if you wish!



Kid's Korner

Make the world a better place and create this eco-friendly planter. If you dye eggs for Easter dye up a raw egg or two for this project. There are many natural dyes you can use that are not harsh on the environment. Like red onion peels give you red, turmeric (a spice found in most stores) for yellow, Red cabbage gives a nice blue, and paprika for orange, coffee grounds for brown. Mix 1/4 cup white vinegar and 2 quarts water and either 1 head of red cabbage or 5 cups of red onion peels. Otherwise add 1/4 cup white vinegar and 1 quart water with either 4 tablespoons turmeric or coffee or paprika. Simmer for several hours then strain juice into jars. Use recycled jars or wide mouth mason jars. (For more directions and dyes see the book "Naturally Fun Parties for Kids" by Anni Daulter) [Amazon](#)

Making your Egg Pot!

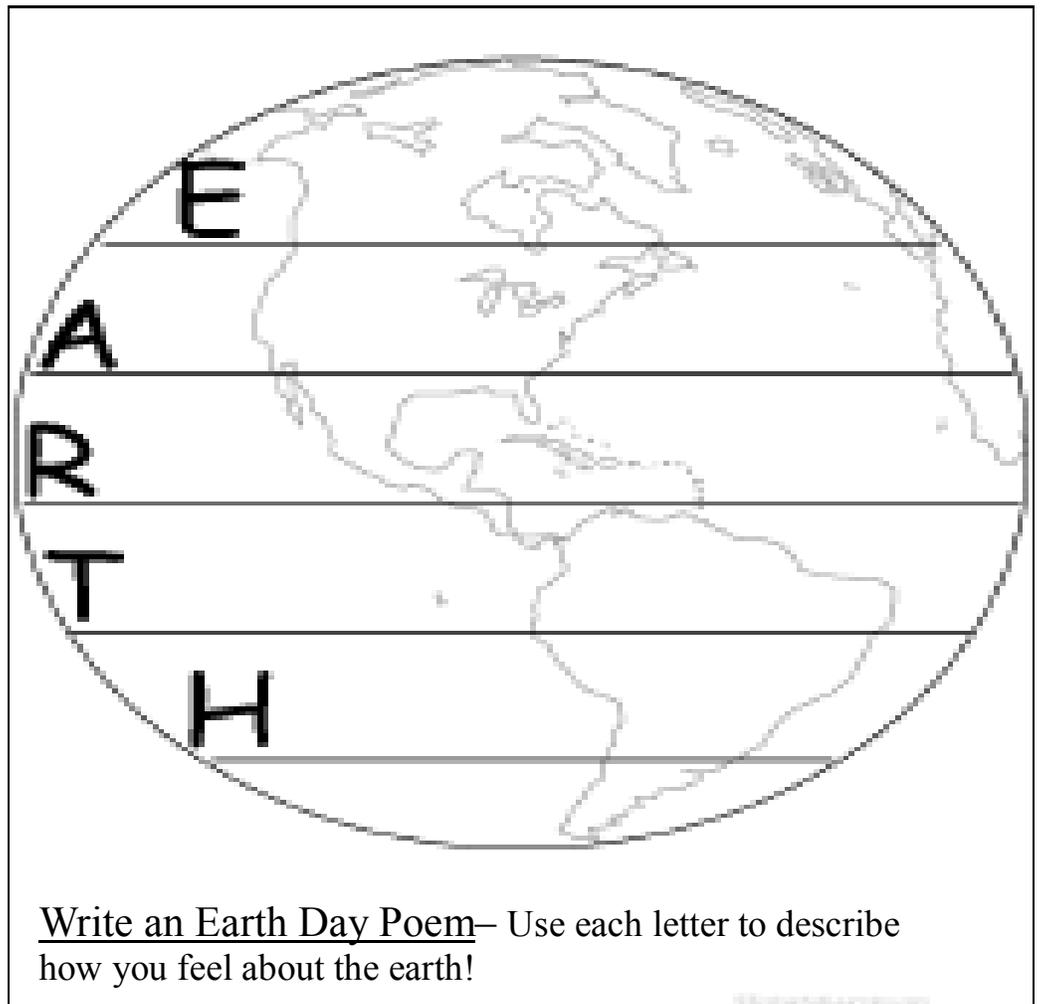
What you will need:

- Clean egg with top broke off and egg contents removed (Don't waste it, make scrambled eggs!)
- Half of a cup of potting soil
- Teaspoon of grass, wheat, rye or lemon grass.
- 5-6 inches of cardstock for base
- Glue, scissors, markers



Making it:

- 1) Cut out a thin 1/2 inch strip of card stock.
- 2) Decorate the strip of cardstock.
- 3) Tape or glue the cardstock into a ring to hold the egg.
- 4) Use a small spoon to fill the egg almost to the top with potting soil.
- 5) Sprinkle the soil with seed.
- 6) Add a thin layer of potting soil on the top.
- 7) Carefully water– you won't need very much.
- 8) Keep in a sunny location.
- 9) It should sprout and be growing in about a week

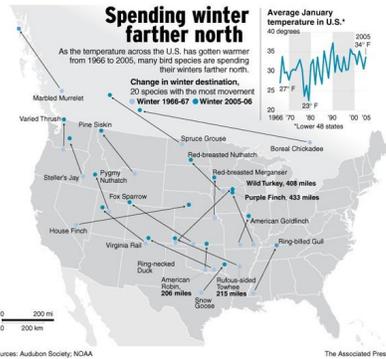


Write an Earth Day Poem– Use each letter to describe how you feel about the earth!



Climate Change and Birds

As Climate Change continues to keep the global temperature on the rise, normal seasonal patterns and food availability is affecting birds now. According to Audubon, almost 60% of the 305 species that winter in the United States are shifting their ranges. Every year



Audubon has their Christmas Bird Count. During this count citizen scientists take a one day snapshot of the birds found in a specific area. They have been doing this for 40 years, and have compiled the data. It is showing that ranges are moving to the north by

an average of 35 miles. Not all birds are that adaptable though, for example only 38% of grassland birds moved. The lack of grassland habitat to the north may be a reason why they are not moving. Unfortunately, these birds will suffer not only from a lack of habitat but by the stress of living in an area that no longer provides them what they need. Climate change not only effects temperature but precipitation as well. Some areas are becoming wetter and others are becoming drier. This is a problem in the

Kenai Peninsula of Alaska where according to the Canada Institute for Scientific and Technical Information, the loss of wetland has negatively impacted some migratory birds. Climate change is affecting timing too. In Wisconsin researchers published the study "*Phenological changes reflect climate change in Wisconsin*" which showed that migratory birds were arriving in southern Wisconsin earlier than usual due to warmer temperatures and early ice melt. Although we may start seeing migration happening earlier with many birds, not all we be so adaptive. The study, "*Adjustment to climate change is constrained by arrival date in long-distant fliers*" birds like the Pied Flycatcher rely on endogenous rhythms (like the Earth's spin, the moon cycle and movement of the Earth around the sun) will leave too late because climate change does not effect these events. Birds are beginning to nest and lay eggs earlier than usual. A study by Dunn, P. and Winkler, D showed that rising air temperatures during breeding season caused North American swallows to lay eggs nine days earlier. There are many new situations the birds are going to have to deal with due to climate change. Birds enrich all our lives; we can give back by limiting our green house gasses. You can do this by unplugging appliances, keeping tires inflated and carpooling. You can also help by participating in the Christmas Bird Counts!

Eyes To The Skies

- March 10th- Comet Pan-STARRS nears the sun. It will be just left of the setting sun and will continue to be visible in the evening sky for the rest of March and into early April.
- March 11th- New Moon
- March 17th- Meeting of the Jupiter and the Moon-The moon will be within a degree and a half of Jupiter. They will be visible in the west about 5 hours after sunset.
- March 20th- Spring Equinox
- March 27th- Full Moon- This moon was known as the full worm moon, or full cow moon.
- April 10th- New Moon
- April 14th- Jupiter and the Moon meet again - This time the moon will be within two degrees of Jupiter and will be visible to the west three hours after sunset.
- April 21st and 22nd- Lyrids Meteor Shower- This is meteor shower produces around 20 meteors per hour. The meteors from this shower usually have fairly long tails. They occur every year between the 16th and the 25th when the earth passes into the dust particles left by comet C/1861 G1 Thatcher. Best viewing is from a dark location after midnight, however the nearly full moon will make it difficult to see any but the brightest meteors.
- April 25th- Full Moon- This moon is also called the Paschal Full Moon as it is the first full moon of spring.
- April 28th- Saturn at Opposition- Saturn will be at its closest approach to Earth.
- May 10th- New Moon
- May 25th- Full Moon- Also known as the full corn planting moon.
- May 28th- Meeting of Jupiter and Venus -These two planets will be within 1 degree of each other. Mercury will be near by as well. Look to the west near sunset.
- May 25th- Penumbral Lunar Eclipse- During this type of eclipse the moon passes though a portion of the Earths shadow, causing it to darken but does not enter completely into the shadow so the moon will be visible.

Green Spring Cleaning Cont...

Floor Cleaner - In a bucket, mix 1/2 cup borax with 2 gallons hot water. Apply with a mop or sponge. Rinsing is not necessary.

Soap Scum Remover - Sprinkle on baking soda, scrub and rinse. Vinegar or kosher salt will also work.

Calcium and Lime on Faucets - Soak a towel in vinegar and wrap it around the faucet. Let it sit for a couple of hours or overnight then scrub.

Mold and Mildew Remover - Mix 1/2 cup borax and 1/2 cup vinegar to make a paste. Scrub with a brush or sponge and rinse with water. For tough mold, let it sit for an hour before rinsing with water.

Grout - Mix baking soda and water into a paste. Scrub in a circular motion with a grout brush or toothbrush. If grout is really bad, mix water and non-toxic oxygen bleach into a paste and scrub. Leave alone for 15 minutes then rinse off.

Recipes For the Kitchen:

The kitchen is one of the places that always seems to need cleaned up. By using a spare water bottle and washable rags on hand the All-Purpose cleaner is great for keeping counter tops clean!

All-Purpose Cleaner - Mix 1 teaspoon baking soda, 1/2 teaspoon dish soap, and 2 tablespoons vinegar into a spray bottle. Shake it and let it sit for a minute. Fill rest of bottle with warm water shake it up. Give it a few more minutes to calm down, and add a few drops of essential oil if desired. Or If you don't like the smell of vinegar use: 2 cups Water, 1 cup Hydrogen Peroxide and 1/4 cup Lemon Juice.

Sink or Stovetop/Door Cleaner - Put a 1/3 cup baking soda in a small bowl. Mix in enough warm water so that you get a nice, moist paste. Dip a sponge or brush into the paste and scrub. For the stove door, scrub on mixture and let it set overnight. For all uses wipe clean with a wet cloth.

Microwave Cleaning - Put one or two cups of water in a large, microwave proof

bowl. Add one tablespoon of white vinegar. Microwave until about half the water has evaporated. Let it sit for about 10 minutes. Remove bowl carefully and scrub the walls of the microwave with a sponge sprinkled with a bit of baking soda. Wipe clean with damp cloth.

The Good Silver - This method is fine for sterling silver but is not recommended for plated silverware. Line a bowl with aluminum foil. Place in silverware. Fill pot with boiling water, then add 1 cup baking soda and a dash of salt. Let it sit for a few minutes.

General Use:

These recipes can be used anywhere in the house on an as needed basis.

Carpets - Spills: Blot spill, add club soda to lift mess out of carpet and blot again.

Spot Cleaner: Mix 1/4 cup liquid soap or detergent in a blender, with 1/3 cup water. Mix until foamy. Spray on, then rinse with vinegar.

Deodorize: Sprinkle baking soda or cornstarch on the floor. Vacuum after 30 minutes.

Wood - Cleaner: Mix 1/4 cup white vinegar and 30 ounces of warm water in a spray bottle. Then mop or scrub floors.

Polish: Mix a tablespoon of olive oil and 1 tablespoon of water with the juice of a lemon or 1 tablespoon lemon juice. Mix well and using a cloth dip in mixture, wipe down surface. This mixture will go rancid so it must be discarded after use.

Clogged Drains - Pour 1/2 cup of baking soda, then a 1/2 cup vinegar into drain and cover drain. Let it bubble and work then flush that with one gallon of boiling water.

Fabric Softeners - Dissolve half of a cup of baking soda into your water. Another option is to add a 1/4 cup of 20 Mule Team Borax to the rinse cycle.

Wall Cleaner - Make a 50/50 mix of water and hydrogen peroxide in a spray bottle. Spray and wipe with a dry cloth. For crayons marks add baking soda to your cloth.

Mold Remover - Mix 1 cup of borax with 1 gallon of hot water. Using a spray bottle, spray liberally onto effected area.. Let it sit for a few minutes and wipe clean. You can also use this solution of a 50/50 mixture of hydrogen peroxide and water.

Although I have spelled out the recipes for MANY cleaning solutions, the ingredient list is small, keeping your cleaning closet from becoming too cluttered. When starting a natural cleaning closet it is wise to stock up on old used or new spray bottles, bowls (save back a few smaller dip containers and larger ice cream pails, rags and scrubbing cloths.) Cut out or copy these recipes and store them with your cleaners. Now it is time to get cleaning!!



Sac County Conservation Board

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Barb Bloom-Odebolt— Chairperson
Andy Meredith--Lake View--Vice Chairperson
Kenny Bentsen—Sac City—Secretary
Dean Stock—Lake View—Member
Rich Feilmeier—Early—Member

Staff

Chris Bass—Executive Director
Sandi Huster—Secretary
Rene Stroud—Naturalist

Meetings

Regular board meetings are held the 2nd Thursday of each month at 7:30 PM at the Hagge Park office. These meetings are open to the public.

Hagge Park Office Phone: (712) 662-4530
Email: saccocon@frontiernet.net

The Sac County Conservation Board in the provisions of services and facilities to the public does not discriminate against anyone on the basis of race, color, sex, creed, national origin, age, or handicap. If anyone believes he or she has been subjected to such discrimination, he or she may file a complaint alleging discrimination with either the Sac County Conservation Board Office or the Office of Equal Opportunity, U.S. Department of Interior, Washington D.C. 20240