



Connections

Fossil & Prairie Conservation Foundation

Winter 2020



- Banquet ticket information
- Upcoming events

Rudd
ICE

FISHING

FRENZY

Fun!

Raffles

Food

Prizes

February 1st
9:00 - Noon

See complete details
at floydcoia.org



Fossil & Prairie Conservation Foundation presents

Spring Celebration Gala

*Proceeds from this
annual fundraiser
are utilized to support
Floyd County
Conservation projects*

Saturday March 7, 2020

*Floyd Co. Youth Enrichment Center,
Charles City*

Doors Open at 5 p.m.

*Saving Our Avian Resources presentation
Silent/Live Auctions
Raffles*

Tickets

\$25 / person or \$200 per table of 8 (with Preferred seating)

Last day to purchase tickets February 28

For tickets 641-756-3490



Memorials

Marvin Karr
Juanita Schubert

Tom Burnett
Longcor Family - Kevin, Susan, Mitch & Drew
Shirley Casterton

Darlene Eggena
Larry & Sharon Hicok

Gene Ostendorf
Larry & Sharon Hicok
Juanita Schubert

*Memorial Donation and Membership information
can be found online at
fossilcenter.com/Foundation
or by contacting the
Fossil & Prairie Center
641-756-3490*

Donations

Associate (\$100-\$249)- Crinoid/Coneflower
Ron & Toni Noah

Fossil & Prairie Conservation Foundation

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Dale & Berniece Fullerton
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Jon, Talia, & Gemma Schmidt
Joyce Lines Hauge
Doug, Barb, Jake, & Susan Winters
Delores Hauge
Ardis Nicewarner
Kurt & Janice Stowe
Ethyline Sampson
Doug & Diana Sampson
Jean Stock and family
Steve Eline
Paul & Jean Staudt
Carol Burnett
Bob & Diane Jones

10 Tips for Winter Cycling, Skiing, or Hiking in Floyd County.

Too many of us give up on outdoor activities at the first sign of snowflakes, but if you do, you're missing out on a bunch of benefits from being active through the winter. As your body struggles to stay warm in the cold, you not only burn more calories, but your body also learns to use oxygen much more efficiently, according to research from Northern Arizona University. Plus, playing (safely) in the snow can be incredibly fun. You may or may not know that Floyd County has many options for getting out and enjoying those short winter days. Nordic or cross country skiing have been available for some time now, with equipment rentals and groomed trails available at Tosanak Recreation Area. Soon to be available are a fleet of 5 Specialized Fat bikes. If you have never biked in the winter, now is your chance to get out and silently explore the outdoors on a bicycle. These new rental bikes have 4.5 inch tires, and will float over snow effortlessly. The following tips would also apply to Nordic skiing, Hiking and Winter Running.

1. **DO: LAYER CLOTHING . . .** Start with a warm and wicking base layer. Then pile on multiple layers on top that can be removed as you warm up. Note that starting your ride Hike, Ski too warm will be problematic, you should be slightly cool to begin your the activity you choose.

2. **DON'T: BUY A NEW BIKE / SKIS / HIKING BOOTS(UNLESS YOU REALLY WANT ONE) . . .** Come on out and rent one of ours to see if your are interested enough to purchase equipment of your own.

3. **DO: WASH/RINSE YOUR BIKE OR SKIS AFTER EVERY USE . . .** Use in slush and snow can cause corrosion and damage over time. Be sure to Wash/rinse, or at the very least wipe down after use.

4. **DON'T: IGNORE YOUR EXTREMITIES . . .** Your hands and feet typically get cold first, as your body focuses on keeping the core warm. Keeping your extremities toasty is key to an enjoyable winter experience. Air-activated heat packs are cheap and add much-needed warmth to the insides of your gloves and shoes. Be sure to keep a couple extra handy for friends new and old who didn't plan ahead.

5. **DO: PACK EXTRA GEAR . . .** Carry an extra pair of gloves heavier or lighter to handle temperature shifts. An extra pair of wool socks stashed in a re-sealable plastic bag can be a godsend if you get wet while out on the trail.

6. **DON'T: BE AFRAID TO RAID YOUR OTHER SPORTING EQUIPMENT . . .** There's no reason to buy a lot of new gear if you want to spend some time on a bike or skis this winter. Use gear you have (or rent gear) until you know what gear fits and works best for you.

7. **DO: INSULATE YOUR LIQUIDS . . .** Make sure to keep hydrated when out on the trails, Remember your are sweating as you exercise and the air is typically drier in the winter than summer. Keep water in uninsulated bottles close to your body to prevent freezing. For added warmth, bring warm beverages along in an insulated thermos.

8. **DO: MAKE SURE YOU'RE SEEN . . .** Daylight is scarce during winter months, putting a damper on safety. Always keep at least one small, rechargeable light, and if riding a bike, consider investing in a light-blaring taillight. Also consider the Hunting seasons when planning an outdoor adventure. Blaze orange is advisable especially during Deer Season.

9. **DON'T: NEGLECT YOUR SKIN . . .** Even though it's winter, it's still important to apply sun screen to any exposed skin, such as your face, during the day. This is especially true when there's snow on the ground, as snow can reflect nearly 90 percent of UV radiation. Your skin can seriously dry out on those frigid winter rides, too, and applying a protectant such as sunscreen, moisturizer, or even Vaseline can help your skin retain moisture. Also, don't forget the lip balm.

10. **DO: MAKE SURE SOMEONE KNOWS WHERE YOU ARE GOING, AND WHEN YOU WILL RETURN.**

SELF EXPLANATORY . . . Accidents can happen to anyone, at any time, any where.



Upcoming Events

- February 1 Owl Prowl**^o
6-8 p.m. at the Tosanak Recreation Area, 2543 Glass Road, Marble Rock
Join for an evening winter hike to learn about these unique animals. We will be outside, please dress appropriately.
- February 2 Bird Feeder Palooza**^o
1 p.m. at the Fossil & Prairie Center, Rockford Iowa
Create three bird feeders to bring wildlife to your backyard. A variety of different feeder types will be available. Cost \$5 per person.
- February 15 Shed Antler Hunt**^o
1-3 p.m. at the Fossil & Prairie Center, Rockford Iowa
Discover some unique facts about this boney growth and then search for some in the Fossil & Prairie Park. We will be venturing outside, please dress appropriately.
- February 15 Sweetheart Stroll**^o
6-8 p.m. at the Tosanak Recreation Area, 2543 Glass Road, Marble Rock
Bring your sweetheart or come with friends for an evening of cross country skiing along a candlelit trail. \$10 per adult (includes equipment rental & a “sweet” treat)
- March 7 Spring Celebration Banquet** •
See page 3 for complete details
- April 11 Spring Egg-stravaganza** at the Fossil & Prairie Park
- April 22 Earth Day**
- May 2 Fossil & Prairie Center Opens for the 2020 season**

- ^o Pre registration appreciated
• Registration required