The Nature of Things

THE BENTON COUNTY CONSERVATION BOARD QUARTERLY NEWSLETTER

VOLUME 3 SPRING 2014

Exciting Times for the Old Creamery Trail!

On January 14, 2014, the Iowa Transportation Commission approved \$1,643,139 in total funding for seven federal Recreational Trails Program projects. One of those projects was in the amount of \$143,434 to re-surface the entire 15 miles of the Old Creamery Nature Trail. To say this is a thrilling announcement is an understatement!

The Old Creamery Nature
Trail is celebrating its 20-year
anniversary this year. The trail
sits atop a former railroad line
that was built in 1872 and ran
from Vinton to Watertown, SD.
After the railroad abandoned
the line around 1990, the Iowa
Trails Council purchased the
trail from Vinton through Garrison to Dysart in 1994 with
the assistance of a couple local
businessmen (including current
trail volunteer and board mem-



Americorps volunteers work to clean out flood debris near the trestle bridge on the Old Creamery Trail

ber, Bob LaGrange) who had a vision of what this trail could become. For the next 5 to 6 years the railroad was gradually converted to become a limestone nature trail to be enjoyed by bike riders, walkers, runners, and nature enthusiasts.

The trail was officially opened in 2000 and was maintained by dedicated volunteers until 2010. These hard working people took care of all the mowing, trimming, upkeep and maintenance by donating their own time and doing their own fund raising efforts to pay for needed materials. In April 2010, the Old Creamery Nature Trail was donated to Benton County Conservation which provided a major boost for the trail. This allowed the trail access to more equipment, resources, and a non-profit status.

The Old Creamery Trail has seen some rough times over the past six years. The flooding of 2008 washed out many areas of the trail. In several places, the trail was scoured to the original bedrock.

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Electronic versions are available at our website or via email through the following website: www.bentoncountyparks.com or call us at: 319-472-4942 to be added to our mailing list.



Animal Profile: The Chattering Plover By Aaron Askelson, Naturalist

You don't have to travel to the coasts to witness this fun little shorebird because they can be found just about anywhere in the United States. Their call and some of their behaviors set them apart from many other birds. The call of a Killdeer (*Charadrius vociferus*) is very distinct and shrill. In the 18th century they were sometimes referred to as the chattering plover or noisy plover. They spend a fair amount of time on the ground foraging for insects and scurrying around. They are fast on land and in the air, their thin wings propel them through the air with such skill and grace. Their bright orange-buff rump is conspicuous in flight. You would think the best place to find a shore bird would be on the shore but these birds love large mowed areas or grassy pastures that



provide them with easy access to the insects that they crave. It is common to see them in large gravel parking lots pursing insects and sometimes building nests. Early naturalists named the bird the killdeer because the sounds the birds make.

Typically the birds have one to three broods in a breeding season and the clutch size ranges from 4 to 6 eggs at a time with an incubation period of 22-28 days. As soon as this bird's feathers are dry it can walk right out of the nest. In fact Karen and I have observed several of the young killdeers right by the new trail between the Nature Center and Rodgers Park. The babies looked like little cotton balls on stilts. They were already quite agile at this young age scurrying away from us with their mom keeping a close eye on them from above. Since they are ground nesters the parents have developed a few ingenious ways to protect their young from predators and danger. If a predator comes to close to the nest the Killdeer will deploy its famous broken wing act. The bird will stretch out one wing and begin to make quite the ruckus

imitating an injured bird. Most predators will show great interest in the "wounded" adult bird. While hamming it up like this, it will also circle away from its nesting area drawing the predator away from the nest and when the predator has been drawn far enough away the bird will take flight leaving the predator far away from the

nest thoroughly confused and still hungry.

The killdeer is an insectivore which means you won't ever find them hanging out at your bird feeders but they do eat the occasional seed left on agricultural land. They are about the same size and weight of your typical robin but with longer wings and legs. Their migratory range is from Northern Canada to the northern reaches of South America and even further South along the western coast of South America.

So if you are out and about make sure you keep an eye out for this cool bird; it is amusing to watch in flight and even more humorous to watch scurrying around on the ground looking for its next meal of crunchy insects. These chattering plovers are a fun species to introduce to young birders because of their distinct call and they are relatively common and easy to spot.



Killdeer feigning a broken wing

Outdoor Sports Grant Yields Summer Programming By Megan Jorgensen

Hello! My name is Megan Jorgensen and I am a 2011 graduate of Vinton-Shellsburg High School. Currently, I am a junior at Wartburg College in Waverly, Iowa where I am studying History and Peace & Justice with a concentration in Environmental Studies. In the future, I hope to attend law school and eventually pursue a career in Environmental Law. Growing up, I have attained a passion for the outdoors through my Dad's career as a park ranger and conservation officer for the Department of Natural Resources. I have been taught the importance of environmental stewardship through my hunting, fishing, and camping experiences and hope to educate others and become an advocate for the conservation of natural resources in the future.

This summer, I will be working for the Benton County Conservation Board as a Naturalist intern. With this position, I will be planning and implementing children's programs to initiate interest among the youth to become active environmentalists themselves. In a society that is ever changing and influenced by technology, it is important that the younger generations are taught the importance of resource conservation and the impact they and everybody else in society have on



the earth. My experiences in the environment have been extremely beneficial to me and have helped me to appreciate what I have been given and I understand how detrimental mine and other's decisions can be to the preservation of the beauty of nature that so many of us take for granted. In the end, I hope to engage the younger generations in some of the activities I have been fortunate enough to participate in so that they may share the same enjoyment and love of nature that I do.



Summer Outdoor Sports Educator, Megan Jorgensen proudly shows off her doe she shot with a muzzle loader and also the crappie that she caught. We welcome Megan as part of our summer staff and encourage you to watch for, and attend, many of her summer programs.

A Simple Request By Karen Phelps, Naturalist

What started out as a simple request from Central Lutheran Principal, Jan Doellinger, developed into an award-winning project involving the entire K-8 parochial school in Newhall, Iowa.

In the late fall of 2012, Principal Doellinger approached me about leading a 3-month outdoor exploratory class for the sixth, seventh and eighth graders. After tossing around several ideas, we decided I would work with science teacher Denise Block and her students to come up with a plan to enhance a simple corridor between the classrooms and school gymnasium. That's when the simple request grew into a complete makeover.

Students conducted several temperature readings throughout the day inside and outside the school building – forming a baseline over several months. These were documented along with random habitat surveys around the school grounds. The students were then challenged with ways to improve the habitat and also reduce energy costs. All three classes worked together to design Phase 1 of a three-phase project. With



Trees placed and ready for planting

a plan in place, students then ran it past the grounds keeper, PE teacher, Principal Doellinger, and the school board, for final approval.

A Trees Forever/Trees for Kids grant was written and awarded to the school and the planting of 52 trees took place in September of 2013. Benton County Conservation, community volunteers, and the Iowa DNR all

assisted faculty and students of Central Lutheran on the big day.

The 6-8th grade students divided into te

The 6-8th grade students divided into teams and worked with volunteers and staff to plant, mulch and water the trees. A follow-up watering plan was also implemented to assure the trees would gain a good foothold going into winter. These students then assisted the younger grade levels with a tree planting by demonstrating the proper way to plant a tree, and explaining all the benefits that trees provide and how they would enhance their school grounds. As an environmental educator, watching these students so involved in this project was truly a monumental moment.



Iowa DNR employee, Laura Wagner, demonstrates to students the proper method of planting trees.

Phase Two of the project involves designing and implementing a butterfly garden/prairie

habitat and bird feeding area in the courtyard where several berry-bearing trees were planted. This area is visible from the classrooms, and will provide additional learning objectives for the students.

What do You Feed a Jackalope? By Karen Phelps, Naturalist

"What do you feed a Jackalope?".

Perhaps I should start out with answering the astute question "What is a Jackalope?".

According to Wikipedia - the free, online encyclopedia - a Jackalope (*Lepus-temperamentalus*) is a mythical animal of North American folklore (a so-called "fearsome critter") described as a jackrabbit with antelope horns or deer antlers and sometimes a pheasant's tail (and often hind legs). The word "Jackalope" is a pormanteaus of "jackrabbit" and "antelope". A group of Jackalopes is called a flaggerdot.

The story of the Jackalope was popularized in Wyoming in the 1930's after a local hunter used taxidermy skills to graft deer antlers onto a jackrabbit carcass, selling the creature to a local hotel. It is possible that the tales of Jackalopes were inspired by sightings of rabbits infected with the Shope papilloma virus, which causes the growth of horn- and antler-like tumors in various places on the rabbit's head and body. However, the concept of an animal hybrid occurs in many cultures, for example as the griffin and the chimera (and that's another story entirely).



Jackalopes have been spotted adorning the walls with mounted glory at "cowboy steak joints", often times leading to deep discussions as to the realty of these creatures; hey, if it's mounted on a wall it has to be real, right? A dear friend of mine, still doesn't believe me when I tell her they are proof of a taxidermist's creative mind. Seriously, they should be called "Jackadeer" as their rack does not consist of antelope horns but rather deer antlers - most notably of the whitetail species. Like Sasquatch, unconfirmed, rare sightings of Jackalopes exist today.



So with that said, let's move on to the original question pertaining to the care and feeding of our beloved pet Jackalope. Thankfully, both Jack Rabbits and Antelope are herbivore. Their diet consists of mainly grasses, grains, and non-woody vegetation. Thus perhaps a simple diet of lettuce leaves, corn, grains, prairie grasses and clovers would suffice. However, one must ponder if the intermixing of the two species may not have resulted in some carnivorous stimulation in this "fearsome critter", as in the Killer Rabbit of Monty Python fame. Antelope, unlike Whitetail deer, are not good jumpers. Generally they slither under tall fences rather than leap them in a single bound. Jack Rabbits, though they can jump - why bother - as it's easier to run under the fence when being pursued by predators (or in pursuit of prey, if indeed they are carnivorous). Simply put, keeping a Jackalope for a pet, would prove to be difficult as escape would be eminent.

As with all wild animals, the basic rule is: let wild things remain wild. Capturing these animals and trying to instill domestic lifestyles upon them, can, and often times does result in the well-meaning caregiver becoming the meal of the day (another answer to our initial question - what to feed them). Diseases and insect infestations are oftentimes present in wild animals and this too, can be transferred to humans. So basically, one needn't worry about what to feed a Jackalope, as quite clearly, these "fearsome critters" are quite capable of caring for themselves.

Editor's Note: This article was written in response to a student question posed to us recently while at one of the school's in the county. For those of you wanting to add Jackalopes to your life list, perhaps Easter may be a good time to seek them out as some have been reported to have bred with reindeer and have been noted to fly; thus making egg delivery that much more efficient. If you do spot a flaggerdot of them, please let us know.

A Tiny King By Coralee Bodeker

Glancing up from my cereal bowl this morning to look at the feeders just beyond my kitchen window, I noticed two birds on the ground that appeared to be fighting. As soon as the larger bird managed to pin the smaller onto its back in the open snow of my yard, I made an identification: the larger was a male American Kestrel.

American Kestrels are North American's littlest falcons, between nine and ten inches long, usually found hunting small mammals in open fields. This kestrel had dived onto the smaller, female Northern Cardinal as she was hopping about, eating seed on the ground. As the fighting continued, the cardinal flapped her wings



and was briefly airborne. She was quickly overcome, however, fidgeting as the kestrel used his strength to push her down.

The squirming lasted only a few seconds before I assume the kestrel snapped the cardinal's spinal cord (as I have read kestrels do to their prey). The cardinal stopped her thrashing and the kestrel just stood, motionless on top of her. He seemed to be watching me in the window as he waited on his dying prey to complete her last breaths.

I pondered the raw beauty of this little falcon as he flew off with his prize over the alfalfa field. I found it quite amazing the kestrel was able to so quickly catch an animal only two inches smaller than he; the whole process took less than two minutes. A tiny king of the fields. Upon further investigation later, I found the scene of the kill to be spotless.

The unusual polar conditions the Midwest has experienced this month appear to be pushing birds to their limits: desperate, freezing birds are venturing to well-stocked feeders from within the deep woods; birds of prey are forced from their typical

hunting grounds to peoples' backdoors. Watching an American Kestrel hunt in sub-zero temperatures from the warm confines of my home has left me with this - if the innocent cardinal hadn't strayed so far into the open there might still be one less bird in the world today. This tiny, resourceful king of the fields has to eat too.

Editor's Note: Coralee is a 6th grade home school student and volunteer for our nature center. She has written and shared with us, several articles on nature which she refers to as "A Prairie Girl's Notebook" inspired by "A Naturalist's Notebook" penned by John Schmitt and found in the Cornell Lab of Ornithology's <u>Living Bird</u> journal. We look forward to being able to share her articles and drawings with you in our quarterly newsletter.

RECOMMENDED FIELD GUIDES FOR BIRDING

Birds of North America: A Guide to Field Identification (Golden Books)
Peterson Field Guide to Birds of North America
Young Birders Guide to Birds of North American (Peterson)
Stokes Beginners Guide to Birds - Eastern Region

Check out Amazon.com - Bird Field Guides, for an abundance of more titles.

The Spring Turkey Hunt By Zach Parmater, Conservation Aide

Turkey hunting at its finest right here in your home state. Ever thought about taking to the woods of Iowa to have a chance at an Eastern wild turkey? I have been hunting turkeys since I was fifteen and let me tell you, not much else can get me as excited as a big Tom turkey walking towards me gobbling, spitting and drumming. If you are one of those that has pondered the sport, let me share an experience I have had in the woods while chasing those Tom turkeys. I hope I can convince you to try it.

Let's start with warming mornings. The thunderous gobbles from every tom turkey within miles. The smell of bluebells and sounds of song birds returned from the South. The potential to walk through a patch of the tasty Morel mushrooms. The sound of a Ruby Throated hummingbird smoothly sliding from bluebell to bluebell only to come to a rest on the end of my shotgun as I sit quivering with anticipation of the morning hunt; my eyes



You can almost feel the spitting and drumming as these majestic Tom's strut their stuff. Photo courtesy Craig Neace.

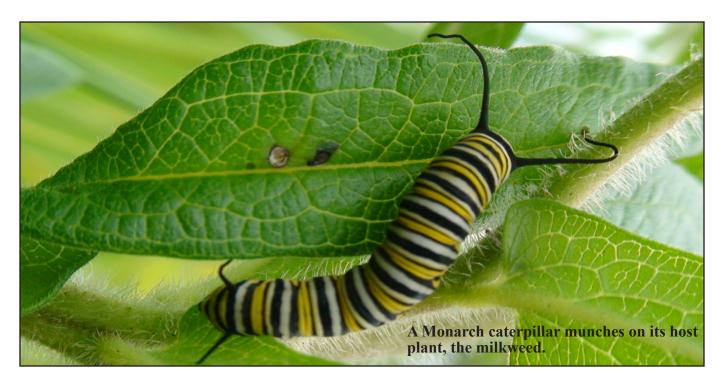
focus to examine the bird's beautiful plumage. What seemed like minutes was only seconds as the tiny bird took flight and continued to feed from flower to flower. As my ears strain to hear the sound of the rapidly beating wings of the little bird that was just on the end of my shotgun barrel, a gobble within sixty yards seems distant.

Wing beats of a larger bird. . .I bring myself back to reality just in time to see one of the reasons I am out here. The Tom I had been after, flew down from his roosting tree just sixty yards from the tree I sat propped against. I clucked, he gobbled, I yelped, he gobbled, I purred and he went silent. As my eyes moved once again to the tiny hummingbird feeding in front of me, I forget about the Tom walking towards my location.

The hummingbird's wings and beak doing all the work, moving from flower to flower with exact precision. A vibration felt deep in my chest snapped me back to reality once again. "He's drumming", I thought to myself as my eyes focused on the big bird now only 30 yards from my position. "I have two trees - only two tree between here and there that when he walks behind one of them, I can get my shotgun to my shoulder". My nerves got the best of me when he walked behind the first tree, I hesitated, only one tree left. This tree was a little larger in diameter, which would give me a fraction of a second longer. His head disappeared behind the tree. I snapped my trusty shotgun to my shoulder. As he appeared from behind the tree my sights were on him. At this point he had closed some distance and I had not called for quite some time - hoping he would keep coming and look for the hen that I was imitating with my calls.

He ripped a gobble that I felt deep in my chest. I drew a long and steady breath, thought to myself this is why I love it. Taking the safety off sounded like a cannon going off, but with the return of the song birds and their endless chatter, the gobbler was unaware of the sound. I clucked with my mouth call, the bird stepped out of strut and stuck his head in the air. I squeezed the trigger. The bird crumpled right where he stood. I tagged the bird and admired its beauty. Can't complain about carrying a 28 lb. bird half a mile back to the truck after a hunt like that. I can't wait for next season. I encourage you to get out there and try turkey hunting, I am sure you will be hooked for life.

2014 Spring Turkey Seasons:



Extreme Outdoors: Dare to Participate!

We invite you and your family to get off the couch, put away the electronic games and get out and experience these adrenaline filled opportunities to experience the Iowa outdoors in ways you may not have tried or even knew existed as options. There are exciting opportunities for all ages and skill levels.

Extreme Outdoors is a series of adventuresome, fun, challenging, exhilarating and safe outdoor recreational activities sponsored by naturalists with Buchanan, Bremer, Benton, and Chickasaw Counties. Limited transportation may be available from these local County Conservation offices - please call Aaron or Karen at 319-472-4942 to inquire for more information. Each activity will be led by experienced professionals.

Please Pre-Register by calling 319-636-2617 or email fontanapark@iowatelecom.net

- ☐ May 3 Slack lining & Mountain Biking; Camp Ingawanis; rural Waverly. Minimum age 10. Fee TBD
- June 17– Whitewater Kayaking; Charles City; Fee \$40/person
- August (date TBD) Bow fishing; Mahaska County; Minimum age 10; Fee \$15/person
- ☐ September 13 Primitive Tools (atlatl & flint knapping); Vinton; 10 am noon; Fee 10/person
- October (date TBD) Hot Air Ballooning and Fall Colors; Fee TBD.

A Simple Request continued from page 4

Phase Three will be constructing a rain garden in an area where downspouts and land-slope are creating some constant wet areas. Again, both of these phases will be studied and designed by the students with some guidance from Mrs. Block and the Naturalists of Benton County.

If evidence of the value of Place-Based education is ever needed, this project is one that could be studied under a microscope and revel even more information than I reported. I think what speaks the loudest for the project being a success is not that the trees were planted or the fact that the school received the Iowa Association of Naturalists/Iowa Conservation Education Coalition (IAN/ICEC) Sylvan Runkel Whole School Award, but instead a dialogue that took place shortly after the project was completed:

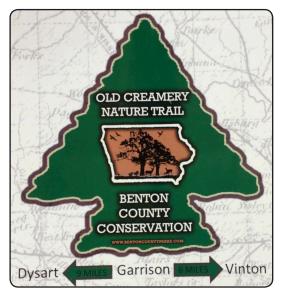
I arrived at the school and was approached by several students and Principal Doellinger. The concern was that someone had vandalized the Kentucky Coffee trees as almost all the trees had lost their leaves. Noting it was not vandalism, rather a natural occurrence, I asked the students "If a company had come in and planted the trees, would you have even noticed that the leaves had fallen off?" "No" they replied. "So why did you notice?" "Because they are our trees and nobody better mess with them!"

Ownership: These trees will thrive and so will the students.

Creamery Nature Trail Continued from page 1, by Randy Scheel, Conservation Board member

In July 2011, the derecho hit the trail head-on with its 120 - 130 mph winds, leaving the trail in shambles. But thanks to many volunteers and the Tri County Snowmobile Club, the trail was only closed for two weeks. Unfortunately flooding hit our area again in spring 2013 and more areas of the trail were washed out.

So all of this is shared to point out how important this grant is for the Old Creamery Nature Trail. As stated at the start, the project's goal is to re-surface the entire 15 miles of the trail. This includes trail preparation (grading and spraying vegetation), putting down base rock in wet areas and rip-rap for erosion control on the nine bridges. We will also be laying down a weed barrier that will be 6 feet wide the entire length of the trail, placing 4" thick crushed limestone for resurfacing, and finally, grading, rolling, and watering the trail to insure firmness. Some of the trail prep work will start in 2014. A majority of the work on the trail will be done in the spring and summer of 2015. All of the work must be completed by November 2015.



Trail signs such as this, mark several trailheads in various towns along the route.

Stipulated in the grant was that an additional \$20,000.00 needed to be raised. Our Old Creamery Nature Trail Committee and the Benton County Conservation Board will be fund raising for this project. We're very confident that we will achieve this with the support we have seen so far. We already have received donations of \$5000 from Cargill and \$2500 from the Cedar Trails Partnership. In addition, generous contributions from individual and private donors have totaled over \$2000 so far. What great communities we live in to support us!

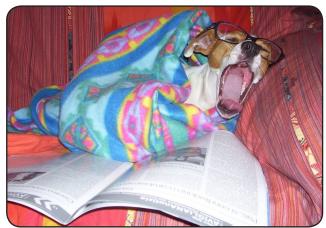
The benefits of this project are going to be many. With a consistent, safe, surface, we anticipate the amount of trail users to more than double. This will have a positive economic impact on Vinton, Garrison, and Dysart. It will also help bring attention to the new library being built in Garrison that adjoins the trail and also a new prairie planting along the trail just west of the large grain bins in Garrison. Mid to long term plans are to connect the trail to Hickory Hills Park north of Dysart and to the Cedar Valley Nature Trail on both ends (Vinton to Urbana and Dysart/Hickory Hills to La Porte City). As I mentioned at the start, these are very exciting times for the Old Creamery Nature Trail!

If you would like to contribute to our fund raising goal for the grant match, please contact myself, Matt Purdy or any member of the Old Creamery Nature Trail committee. Or if you work for a company that may be interested in donating to our project, please contact me and I will be happy to set up a time to meet with the appropriate people. Thank you! Randy Scheel, BCCB member and Old Creamery Trail committee member.

To contact Randy or Matt, please use the following emails or phone the Conservation office at: rscheel@hightowerservices.com mpurdy@bentoncountyparks.com 319-472-4942

Cleaning out the garage, basement, closet, kitchen: One way to part with those treasures is to donate certain items to the Nature Center for environmental education. We are always looking for wildlife ID books, a good working blender (for paper recycling), binoculars, insect nets, children's nature books, clay pots, and various other nature related items.

"I'm Bored" . . . Calling all Volunteers!



Oh, have we got a job for you! Do you like playing in the flower beds getting your hands and knees dirty? Maybe you're one of those obsessive compulsive individuals that just can't seem to clean enough; or perhaps you have a great talent for working with wood and like to make furniture or display cases; do you have a great artistic talent that the world hasn't yet discovered; love to paint buildings; can't stay off of a lawn mower; enjoy talking with people, filling our bird feeders. . . We have so many ways for you to volunteer at our Nature Center.

As many of you know upon visiting our Nature Center, we are working extremely hard to get our displays built.

Currently Aaron and Karen are working on trees for our Oak savanna, painting murals on the walls and for our tunnel under the Eagle's nest. Our children's touch table is just waiting for someone to construct it. We have the wood and the plans - we just need your talent and time. Further plans are to obtain a live raptor, such as an owl or hawk. This bird would require a special outdoor contained habitat that would need to be constructed prior

to the birds arrival. Take those building skills of yours and put them to work. Not only will our future raptor benefit, but many visitors to our facility will as well.

Perhaps you have a skill set we haven't mentioned but think we could use your help; just contact our office and we would like to talk with you.

Donating time not your thing. Don't worry, we can use your dollars as well. We have educational animals in our freezer awaiting funding so they can be turned into educational furs or taxidermy mounts. Our fish, turtles, snake and the outside birds sure get hungry and need lots of food - all of which can be supported by your financial



donations. We are always in need of funding and volunteers to further our educational programs. So whether you can afford to financially support us, or volunteer your time with us, we'd love to talk with you.

All donations are tax deductible through our 501c3 Foundation. Check with your employer for volunteer hour contributions.

Contact the Naturalists, Karen or Aaron, to set up a time we can get together and meet with you. So many opportunities, and so little time. . . Help us make a positive difference in your county. Karen: 319-560-9809 or kphelps@bentoncountyparks.com

Aaron: 319-560-7017 or aaskelson@bentoncountyparks.com General contact info: 319-472-4942 or info@bentoncountyparks.com

But Oh Those Trees, Those Oak Trees!

Not quite like the Truffala trees from The Lorax, but we are quite proud of our Oak trees here in Benton County. Oh, we are proud of the ones we have outdoors, but we are referring to our labor-intensive, hand-made Oak trees "growing" indoors at our Nature Center.

After working with several design agencies who could possibly create our displays, due to the overall plan for our facility, we realized the cost was prohibitive for what we could afford. Now realize, you are dealing with two over zealous Naturalists who can't see the obstacles for the trees. What we assumed would be a somewhat simple task (alright, we knew it wouldn't be that easy), has turned into a grand undertaking. Not only are we Naturalists over zealous, we are perfectionists who need every crevice in our bark, and every leaf on our tree to be just perfect - much to our Director's dismay. Even Mother Nature probably doesn't fuss as much as we do.

The following photos should give you an idea of how the work has progressed over the past several months. Our goal is to have these trees leafed out by the end of summer. Stop by and check out the progress. Most Mondays, and some Tuesdays, between 8:00 a.m. and 4:30 p.m. are our general construction days. We love to show off our trees, those trees, those beautiful Oak trees!



Conservation Board Members

Stephanie Black - Urbana Jean Ohlen - Blairstown, Member Mark Pingenot - Vinton, Chair Denni Randall - Belle Plaine, Member Randy Scheel - Garrison, Member Matthew Purdy Scott Bahmann Karen Phelps Aaron Askelson Jon Geiger Zach Parmater

Conservation Staff

Executive Director
Deputy Director/Ranger
Interpretive Naturalist I
Interpretive Naturalist II
Park Ranger

ter Conservation Aide

The Benton County Conservation Board meets the first Monday of every month at 5:30 at the Nature Center. Meetings are open to the public.

Please follow us on Facebook at Benton County Conservation or visit us on the web at www.bentoncountyparks.com

Benton County Conservation 5718 20th Ave., Dr., Vinton, IA 52349 319-472-4942

