



UPDATE

CANOE * BIKE * RUN

12th ANNUAL KICKAPOO RESERVE DAM CHALLENGE

Race date, **October 3, 2015**. Registration is nearing 300 with a 500-racer cap.

Seeking race volunteers! – contact the Reserve Visitor Center, 608/625-2967 or e-mail sadie.urban@wisconsin.gov. A segment of County Highway P West will be temporarily closed during the race – watch for detour signs on race day.

Also, some campsites in the Reserve will be closed Friday and Saturday due to their proximity to race course: sites J, I, O, OO, N, and T. Little Canada Trail and Ice Cave Trail will be closed on Saturday. The Friends of the KVR will be serving their fabulous pasta supper at the Visitor Center the evening of Friday, October 2nd. Everyone is welcome to partake of this pre-race day fundraiser. Serving starts at 5 PM.



LUCKY BRIDGE 13

by Marcy West, Executive Director

One of the few remaining truss bridges in the area is scheduled for a facelift thanks to the Ho-Chunk Nation and Bureau of Indian Affairs (BIA). Bridge 13, which is located south of Rockton on the Old 131 Trail crossing the Kickapoo River, will be repaired and repainted with hopes that it lasts for many years to come. Funding support was secured through the federal Transportation Improvement Program (TIP) by the BIA; and at their September meeting, the Ho-Chunk Nation legislature supported a resolution to commence with the project. Bridges 13 and 14 are the only remaining Warren Truss bridges in the Reserve. In the early 70's seventeen of the twenty bridges located between Ontario and La Farge were Truss bridges. A State Historical Marker will be placed at the Bridge 13 site in 2016.



What's Happening!

- Sep. 12—Small Game, Turkey, & Bow Deer Seasons Open
- Sep. 17—KRMB Mtg.—7PM
- Sep. 26—Invasive Species Workshop—1-4PM
- Sep. 27—Lunar Eclipse—8-11:30PM
- Sep. 30—Trout Season Closes
- Oct. 2—KVR Friends Pasta supper—5-8PM
- Oct. 2—Dam Challenge Stargaze—6:30PM
- Oct. 3—Dam Challenge Triathlon—9AM
- Oct. 8—Education & Tourism Mtg.—5:30PM
- Oct. 10-11—Youth Deer Hunt
- Oct. 13—Land Management Mtg.—5:30PM
- Oct. 15—KRMB Mtg.—7PM
- Oct. 17 (noon) - Pheasant Season Opens
- Oct. 21—*Driftless Dialogue*: Bald Eagles—6:30PM
- Oct. 24—KVR Friends Annual Meeting
- Nov. 11—*Driftless Dialogue*: Weasel Family—6:30PM
- Nov. 14—Children's Nature Immersion Workshop—9AM-3:30PM
- Nov. 14—Autumn Stargaze—6-9PM
- Nov. 15—KVR Equestrian & Mountain Bike Trails CLOSE for the season
- Nov. 19—KRMB Mtg.—7PM
- Nov. 21-29—Gun Deer Season
- Nov. 21—Paint with Friends—6-8PM
- Nov. 30-Dec. 9—Muzzleloader Season
- Dec. 5—KVR Friends Holiday Happenings—2-7PM
- Dec. 5—Winter Stargaze—5-7PM
- Dec. 9—*Driftless Dialogue*: Maintaining Ruffed Grouse & Other Wildlife Habitat—6:30PM
- Dec. 17—KRMB Mtg.—7PM
- Jan. 1-Mar. 15—Trial Fat Tire Bike Season, conditions permitting

Save the Date:

- Jan. 9—Winter Festival*
- Jan. 23—Dam Phunski*

GET INVOLVED!

Serve on the Kickapoo Reserve Management Board as a committee member—Land Management, Education & Tourism, Trails—Kickapoo.reserve@krm.state.wi.us for more information; or apply for the Board's education representative—<http://walker.wi.gov/governor-office/apply-to-serve/boards-commissions>.

2015 SUMMER CAMP FUN!



Jeepers Creepers



Nature Nuts



Leadership Camp

SILPHIUMS

by Ben Johnston, KVR Staff

Within the prairie communities, the four *Silphiums* are noteworthy species. All are tall plants reaching 6 to 10 feet and produce a similar flower: 2-4 inches diameter composite, yellow color, numerous 1- to 1.5-inch long petals, blooming mid to late summer, making them difficult to distinguish by the flower alone. Yet, other features allow quick identification. Cup plant (*S. perfoliatum*) receives its name from the characteristic opposite leaves, clasping around the square stem, forming a small basin. Rain water collects in the “cup”, providing a pool for insects and birds. The leaves are coarsely toothed and generally 8 inches long and 5 inches wide. It has been described as a “native plant that sometimes needs control”, so keep this in mind if planting in small perennial gardens. Compass Plant (*S. laciniatum*) has large 15-20 inches long pinnate basal

slightly resembling deeply cut, pin oak



Compass plant

leaves, oversized, leaves. The common name derives from the tendency for the leaves to

orient in a north-south direction, hence believed as a reliable source for compass direction. Prairie Dock (*S. terebinthinaceum*), sometimes called “Basal Leaved Rosin

weed”, is noted by its large basal, spade shaped, “sandpaper” textured, 12-16 inch long leaves. Burdock or rhubarb leaves come to mind for size comparison. Rosin weed (*S. integrifolium*) is the “short” *Silphium*, typically not exceeding 6 feet. Similar to cup plant, it has a squareish stem, yet the leaves have small teeth and a lance or elongated shape, about 5 inches long by 3 inches wide, with a sandpaper texture on upper and lower surfaces.

Peterson’s Medicinal Plant Guide reports that teas from the root of “some *silphiums*” have been used for a wide range of cures including back and chest pains, coughs and asthma, liver and lung ailments, as well as ulcers. The same book also lists warnings of “unknown toxicity” and “potentially toxic” for these plants.

Of the *Silphiums*, only cup plant occurs naturally within the Kickapoo Valley Reserve, typically found in the wetter soils. Most likely from a seed mix, Compass plant has been observed in the prairie plantings along the West Ridge Trail and the Dam Trail. Rosin weed has recently “shown up” in the Star Valley Memorial Prairie, again from the seed mix. However, Cup Plant, Compass Plant, and Prairie Dock are doing well in a small prairie planting at the Visitor Center along the northwest edge of the parking lot.

NATURE NOTES

by Don Nelson, KVR Instructor

Fall is a Busy Time for Animals, Too

Many households in the Kickapoo Valley still prepare for winter the old fashioned way. Fall produce is preserved, storm windows are hung and firewood is stacked. Animals in the Valley prepare for winter in their own ways. Their fall efforts, like ours, center on securing food and acquiring shelter in a manner that matches their cold weather survival strategies.

Hibernation is one such strategy and enables animals to “sit out” winter. We’re familiar with long sleeps of bears and woodchucks, but reptiles and amphibians also utilize this approach. Snakes gather in large numbers in rock crevasses or under logs. Such hibernaculum shelter dozens or even hundreds of snakes until warm temperatures return. Frogs and turtles burrow in the mud of rivers and ponds absorbing oxygen through their skins. Toads bury themselves in the soil and are protected by glycerol, a natural anti-freeze, produced within their cells.

Migration is another survival technique practiced by many of the Valley’s summer residents, especially those bird species that rely on insects for food. The emerald darter dragonfly is a less obvious fall migrator. These large upland dragonflies travel as far as five hundred miles south of Wisconsin to lay their eggs. Their returning offspring will be some of first dragonflies seen here in the spring.

Many mammals and birds, like most of the Valley’s two-legged residents, stick it out come winter. These critters are tough and resourceful but certainly benefit from the extra food we might provide. Besides, it’s the neighborly thing to do.





Friends

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PASTA SUPPER—October 2

Friday, October 2nd, the night before the Dam Challenge triathlon, the Friends of the KVR will serve a delicious meal of pasta, sauce, salad, garlic bread, beverages and desserts from 5-8 pm at the Kickapoo Valley Reserve Visitor Center. Adults—\$8 one trip, \$12 all you can eat; \$5 children under 12. For the convenience of Dam Challenge racers, check-in will be available during serving hours. Friends' members are asked to donate desserts before the dinner, and volunteers are needed. Please contact, KVR Friends President, Julie Hoel at julievhoel@icloud.com or 608/606-5205 to volunteer to help or to bring dessert.



CALL FOR VOLUNTEERS

Dam Challenge will be held on **Saturday, October 3rd, 2015**. Registration is over 300 racers and filling (we cap it at 500). As always, we are hoping for great weather and a large pool of volunteers to help make the event run smoothly. Your support is very important to us, and we appreciate any time you are willing to donate. Shifts are available for Friday from 10 am - 9 pm (race set-up, pasta dinner, racer check-in) and Saturday from 6:30 am - 4 pm (race day duties). A smile and a willing spirit are the main requirements, as most jobs require little training. Volunteers will receive a race t-shirt, some free refreshments during the day, and many compliments from all the

thankful racers and KVR staff! Please contact KVR Friends President, Julie Hoel at julievhoel@icloud.com or 608/606-5205 to volunteer.

Friends of the
KICKAPOO VALLEY RESERVE
Photography Show

Call for Entries...



The Friends of the KVR annual digital photography contest is now accepting entries. All photos must be of the KVR or activities at the Reserve and may be in black & white or color - scenic views, recreation, close-ups, wildlife. Individuals can submit up to 3 images in jpg format. Friends of KVR will display accepted images on their website, kickapoofriends.org. Submissions close at midnight, October 23, 2015. Twelve winning photographs will be displayed in an exhibit at the KVR Visitor Center during November. Voting for a "People's Choice" Award will be conducted at this time. The Award will be presented at the Friends' Holiday Happenings event on Saturday, December 5. A traveling show of the 12 winning entries will be shown throughout the Driftless Area in 2016. Visit www.kickapoofriends.org for complete contest details.



ANNUAL MEETING & VOLUNTEER APPRECIATION NIGHT

October 24

KVR Friends members have been involved in many events and activities throughout the year. We have much to celebrate! Please join us for the Friends Annual Meeting & Volunteer Appreciation Night on Saturday, October 24, at the KVR Visitor Center. Relax, socialize and enjoy a lovely meal prepared by Joanne Shird.

6 PM ~ Appetizers, wine, beer, socializing and music*

6:30 PM ~ Friends annual meeting

7:00 PM ~ Homemade meal

Please RSVP by contacting Joanne Shird at 625-2768 or joannes@mwt.net no later than October 14.

*If you are interested in sharing your musical talent during appetizers, please contact Mark Katz at 625-2293.

NEXT PAINT WITH FRIENDS—November 21

The Friends of the KVR hosted their first Paint with Friends event on Thursday, August 6th. It was such a fun, creative and social evening, that we scheduled another event on Saturday, November 21, 2015. Attendees will receive a 16"x20" canvas, all the supplies needed, and step-by-step instruction to paint a winter nature scene. Appetizer and beverages will be available by donation. An ugly apron contest and door prizes will keep the event lively. Proceeds benefit the Friends of the KVR. 6-8 PM. Fee: \$30/person; \$27/KVR Friend. To register online, visit <http://kvr.state.wi.us/events/calendar> and click the registration link at the bottom of the page.



HOLIDAY HAPPENINGS—December 5

Join the Friends of the KVR for their annual holiday celebration on Saturday, December 5th. The event will offer a cookie walk, performances by local musicians, a silent auction of winter twig arrangements, and winter stargazing. A soup and salad supper will be served for a fee. Photography contest winners will be announced. Join the Friends of the KVR or renew your membership and receive a 20% coupon for the gift shop. All activities are free and open to the public unless otherwise stated. For more information, visit www.kickapoofriends.org. Please consider donating holiday treats or soup to this event. If possible, deliver treats before noon on December 5th. Hope you can join us!

NEW BOARD MEMBER NEEDED

The Friends of the KVR are always looking for potential new members to serve on the board of directors. The board meets every other month for regular meetings and helps direct the activities and events of the organization. The Friends board members serve for three-year terms. One current board member will be going off the board of directors this October. If you have an interest in serving on the board and would like your name put in for nomination, please contact a current member of the board – Julie Hoel, Liz Daines, Don Nelson, Maureen Hysel, Janet Kruk, Luke Zahm, or Peg La Martina.

Committee Update

The KVR Friends are seeking interested people to be on a hospitality committee. This group would set-up and serve refreshments at events like the Ralph Nuzum talks. If this sounds interesting to you, please contact Julie Hoel at julievhoel@icloud.com.