



## Leaf Pounding

## Celebration Recap

## NWR Week

# Friends of Trempealeau Refuge

## Friends Focus...



a beautiful sunny day that had over

200 visitors come to the refuge. Regional office employees, Friends members, Refuge staff, and the public assembled to celebrate this amazing gift to educating future stewards. Friends board members were presented with a plaque, from Trempealeau Refuge staff, honoring and recognizing them for all of their hard work. Charlie Blair, region 3 chief, thanked the Friends for all of their accomplishments in achieving their goal of building a wonderful learning center. The Friends birthday present is truly the gift that keeps on giving and will have enduring benefits to this special place.

In case you missed it...the Refuge's 80th birthday party and the Outdoor Wonders Learning Center grand opening was a great success! It was

## Fun Facts About Our Local Wildlife

By Scott Lee

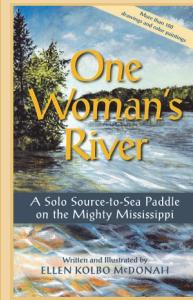


Ah – autumn along the Mississippi River. How can you not love it?! The migration down the Mississippi Flyway in full swing, critters preparing to get through the winter, mosquito-free hiking, cooler (and not yet cold) temperatures, and, of course, the beautiful fall colors. Definitely MY favorite season and, I'm guessing, many of yours. It's definitely NOT the season to stay inside – get out there and enjoy it. How about a fun little activity that can be enjoyed by all ages: "Leaf Pounding" (creating leaf prints)

## National Wildlife Refuge Week

What's great about this community? Its people? Its schools? Its leaders? All of those, and one more that we *don't* make part of our lives often enough: Trempealeau National Wildlife Refuge.

Autumn is a great time to visit the refuge, leaves are changing color and the crisp cool air entices all of us to go outside and enjoy nature. Feel refreshed and rejuvenated with views of warm fall colors and migrating waterfowl. There's no better time to take advantage of your refuge than during National Wildlife Refuge Week, celebrated nationwide Oct. 9-15.



Join us in celebrating with a special presentation from Ellen McDonah artist, kayaker, teacher, and writer. Ellen was the first woman to solo kayak the entire Mississippi River. Ellen will be sharing her story about kayaking down the Mississippi River on Wednesday, October 12th, at the Outdoor Wonders Learning Center located at the Trempealeau National Wildlife Refuge, right next to the visitor center. Her program begins at 6:30 pm with her book, "One Woman's River" for sale after the event.

Plan for some time to enjoy the refuge beforehand!

### Things you need:

- cotton fabric about 8" square (cutting up an old white sheet works great or you can purchase material at a fabric store at about \$4/yd)
- hammer
- small tub/medium sized bowl
- white paper (computer paper)
- and, of course, some pretty leaves
- table salt and water
- newspaper

### Directions:

- Collect some leaves – green or those turning color (not dead)
- Place a leaf, underside down, onto the piece of fabric
- Fold the white paper around the leaf and fabric
- Fold newspaper around it all
- Place on a hard, flat surface and start pounding, making sure you're hitting all parts of where the leaf is hidden under the paper
- When done, dip the leaf-printed fabric into the tub/bowl of saltwater solution to set the colors. It's a fun, artsy little activity the entire family can enjoy and it can all be done outside. Enjoy and have a wonderful autumn (and put the arrival of winter-soon-to-come out of your minds – makes the fall easier to appreciate).

## A Note from the Friends President



Greetings and Happy Fall!

Summer at the Refuge has been busier than ever. Along with the usual activities the big event was the Open House for our “OWL Center”. This was celebrated along with the 80<sup>th</sup> Birthday of the Trempealeau Refuge. It was a spectacular event – what a hoot! Approximately 200 persons joined in the festivities. Kids took to the nature/playscape like ducks to water and those of us, a bit older just chatted and admired our accomplishments.

The next event at the Center will be on October 12. Ellen McDonah will tell of her solo kayak adventure which took her the length of the Mississippi River. This is a free event and is open to the public. Plan to attend and bring a friend. See more details about the event elsewhere in this newsletter.

Have you noticed all the Monarch Butterflies fluttering by recently? It seems that there are more than in recent years. I hope so! These elite athletes will fly to over-winter in Mexico. It is race against time and multiple other perils. Their arrival in early November is celebrated by the local people on All Souls’ Day – November 2.

Recently I have read some articles describing what might be called “nature deficit disorder”. One writer suggested that nature recreation outdoors has slipped significantly since the late 1980’s – to where some children may now play outside less than 30 minutes per week! Children and adults need to get outside and enjoy the rhythms of nature. Because summer is over does not mean there is nothing to explore and enjoy. Each season brings a different slant on plant and animal life. We all need to break the stranglehold of electronics and get outside. As our Refuge Manager says, “It’s your refuge. Get out and enjoy it.”

Have a wonderful Fall and I will look forward to seeing you on October 12,

Judith C. Bautch, President

## A Note from the Refuge Manager



Change is in the air as the leaves begin to turn and birds start moving through the refuge. Change also, as we face a new administration in Washington and at the upper management levels of the Fish and Wildlife Service. One thing is a constant and that is the unwavering support of our Friends. Even as directives and budgets change, the support of our Friends for the special place we call refuge will remain strong and unwavering. And we can be comforted in knowing that because we all collectively value this place, the deer, cranes, turtles, will go about their lives not noticing the changes we must accept. That is the true gift we give this place. Thanks for Friends!

Vickie Hirschboeck, Refuge Manager

## FALL FAMILY FAVORITES AT THE BOOKSTORE!

The bookstore has a wide selection of items. Warm stylish and cozy apparel with the refuge's name, and fun and informative books are waiting for you. Visit the bookstore to find something special for the nature lover in your family!

Hours: M—F, 8:00 to 4:00



Would you like to contact the refuge?

Here's how! Call 608-539-2311

or visit the website @

<http://www.fws.gov/refuge/trempealeau/>

Visit the refuge Facebook page for current refuge information and “Like” them!

<https://www.facebook.com/TrempealeauNWR>

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