

Mammoth Prints

A Publication by the Lodi Valley Chapter of the Ice Age Trail Alliance



National Trails Day

The Lodi Valley Chapter of the Ice Age Trail Alliance invites you to have a blast at the Mammoth Fun Run & Hike on Saturday, June 7th. Join us for this National Trails Day celebration on the unique Ice Age National Scenic Trail. Event day choices include a 6 & 8 kilometer run, a 6 kilometer hike, & a 1 kilometer run for kids 10 & under. All distances are approximate. Donations are appreciated for this family oriented event. Expect a beautiful trail with lovely views, fantastic prizes, unofficial timing, homemade treats, free massages, & good times for all! Well behaved dogs welcomed on leash. Donate \$25 or more & receive an Ice Age Trail bandana! Proceeds will be used for corridor protection, Trail building & maintenance. Registration is from 8:00 - 8:40 AM in Doctor's Park, 218 S. Main Street, on the corner of Hwy 113 & County Rd. K, Lodi, WI. Last shuttle to the trailhead is at 8:40 am for a 9 am start. Race day registration only. For more information call Joanna @ 608-592-7817 or visit <http://lodivalley.iceagetrail.org/mammoth-fun-run-hike>



Connor Wawrzyniak, youngest 2013 participant, heads towards finish line (photo by Gary NSki)

Save the Dates

For more info about Lodi Valley Chapter events visit: <http://lodivalley.iceagetrail.org>

Trail Improvement Events: Saturday's at 9am

For more info call Bill Welch at 608-843-3926.

May 17 at Gibraltar Rock
(Traditional Parking Lot Hwy V)
June 21 at Gibraltar Rock
(New Parking Lot on Hwy V)
Look for Yellow IAT event signs!
July 12 & August 2:
Location: To Be Determined.



Chapter meetings: Third Thursday at 7 pm:

May 15, July 17, August 21
Meet at the Lodi Medical Clinic,
160 Valley Drive
For more info, contact Joanna at 608-592-7817

Full Moon Hikes: Meet at 7pm

Thursday, June 12 at Merrimac Ferry Landing
Sunday, August 10 at Robertson Trailhead
Sunday, September 7 (TBD)

Mammoth fun Run & Hike: Saturday, June 7

The Mammoth fun run & Hike is the main fundraiser for the Lodi Valley Chapter. Volunteers are needed on June 7th between 6:45am and 1pm. Hiking or running the event is also a terrific way to support the Trail. If you would like to help out but are not available on event day, there are other ways to contribute, like baking cookies. Contact Joanna at 608-592-7817 for more information.

Summer Solstice Saunter & Social:

Friday, June 20, 6:30pm hike on Gibraltar Segment (park on Hwy V trailhead) followed by social at Ross & Connie's, W10724 Becker Road, Poynette, 608-635-2779. BYOB and a snack. More details will be sent prior to event.

Cold Cache sites near Lodi!

by Dolly McNulty, ColdCache Coordinator IATA

A great way to learn about the geology of the Ice Age Trail, while developing new skills, is to find and complete the tasks for ColdCache sites. Many 5th graders and others who participate in the Saunter program become expert at finding ColdCache sites, and you can do it too!

An EarthCache is a variation of a geocache. Instead of looking for a container with a trinket and log, the participant uses some simple observation and detective skills to identify and answer specific questions about a geological feature. A ColdCache is an EarthCache along the Ice Age Trail.

Participants do not need any prior knowledge of geology to participate. All it takes is a sense of adventure and a willingness to get out on the trail to explore features that may not have been noticed before. It's an activity that can be done alone, as a family, or with a group of friends.

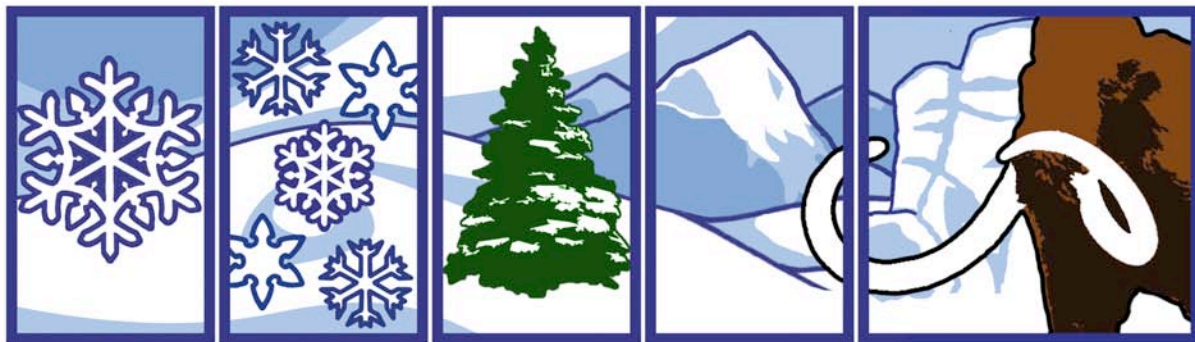
There are currently over 50 ColdCache sites and more are being developed. Check out the link to the ColdCache bookmark list from the ColdCache page on the Ice Age Trail Alliance website. Or use your smart phone to scan the QR (quick response) code shown here.



Each ColdCache site has a webpage that explains what participants will see and why it's significant. Once geologic feature is found, participants will be able to claim credit for it by answering a few simple questions.

There are 8 ColdCache sites within 25 miles of Lodi. That's enough to earn the first 2 award patches. All 5 award levels can be earned without traveling more than 100 miles!

For more information, visit <http://www.iceagetrail.org/hiking-awards-and-programs> and select ColdCache Program.



Snowflake

- 3 sites
- 2 features

Blizzard

- 7 sites
- 5 features

Firn

- 12 sites
- 9 features

Ice Sheet

- 18 sites
- 14 features

Glacier

- 25 sites
- 20 features

For more information and hints on how to begin the adventure, contact Dolly McNulty, at coldcache@iceagetrail.org. First Hint: participants do not need a GPS unit for many sites!

Birding Paradise on the Ice Age Trail

By Bill Beers

The Lodi Valley area segments of the Ice Age Trail offer excellent chances to see many of the 328 species of birds native to Wisconsin. There are people who walk these exceptional trails, however, who would like to see or hear something more than the sandhill cranes in the marsh or the Eastern Towhee singing 'drink your tea' near the twin pines. It's one thing to see a Red-tailed Hawk soaring over Gibraltar Rock, quite another to discover a nesting pair of Blue-gray Gnatcatcher, their delicate mossy nest no bigger than a golf ball.



Many people want to get into birding, but are discouraged by the difficulty in seeing unfamiliar feather things weighing less than three ounces. The good thing about birding on the IAT is that you start and end in beauty, no matter what you see, and it only gets better as the birds become more obvious. Here are some tips to help you get over the first few bumps on the trail to birding.

One reason people quit birding is that they never see the less obvious birds well enough to try to puzzle out their identity. Inexpensive binoculars are often the cause, so try out a pair of \$225 binoculars. You'll be amazed by the clarity. Pick up a field guide that has color drawings, not photographs (Peterson's or Sibley's). Now let's get on the trail by the ferry and move south, and start thinking like a bird. (Look for the Baltimore Oriole and Warbling Vireo that often nest in the cottonwoods down along the river.)

Food and nesting occupies birds nearly all the time. Food: find it and avoid being it for a predator. As you enter the woods pay particular attention to transitional areas between two habitats, like edges of woods or scrubby areas with different heights of vegetation. Here birds can look for insects and other invertebrates while also being able to keep an eye out for a cooper's hawk. You may hear the Ovenbird (the one yelling teacher!) in the deeper part of the woods, or towards evening the "eolay" of the Wood Thrush or the fluting "veed, veed, veer, veer" of its cousin the Veery, but most birds will be found in the transition zones.

At the top of the trail, rest on the Leopold bench and let the birds get used to you. Now listen: Northern Cardinal, Towhee, Rose-breasted Grosbeak, Scarlet Tanager. In late spring and early summer, these will be feeding and nesting, raising their young. Up further along the trail there might be Indigo Buntings, Brown Thrashers, and as the summer wears on the seemingly endless call of the Red-eyed Vireo. I've also seen Blue-headed and Yellow-throated Vireos in the woods north of the Slack Road trailhead. Gibraltar offers excellent habitat for most of the Wisconsin woodpeckers. There are also Brown Creepers, Eastern Wood-pewees, and Eastern Phoebes nesting in any number of places along the way.

The Blue-winged Warbler and Chestnut-warblers nest around the transitions zones of the trail, and finding them is a real joy. More common in the open and low brushy areas out by the marsh are the Common Yellowthroat and the Yellow Warbler, both preferring to be closer to water. Many of the other Wood-Warblers nest much further north, so you'll only see the Black-throated Blue Warbler and the Cape May Warbler and my favorite, the Blackburnian Warbler as they pass through early in May. For the migratory Warblers, early in the morning, after they have travelled all night, is a good time to see more than a few. They will be very hungry. Look high up in the leafy trees as they glean caterpillars and other insects from under the leaves.

In March out on the prairie above the marsh early in the evening you might be lucky enough to see a Woodcock doing his arial mating display. But, whatever you see (or hear), know that your support of the trail will ensure that Ruby-throated Hummingbirds, Whip-poor-wills, and the Common Nighthawk will have food, shelter, and life enough to share with you as you hike and bird and enjoy the treasure that is the Ice Age Trail.

Spirit Stick Awarded to Bill Welch

The Ice Age Trail Alliance's Spirit Stick award symbolizes long-term dedication and service to the Ice Age Trail and is presented to only one recipient per year. Spirit Stick nominees exhibit a passion for the Trail that becomes a way of life, lead by example and inspire those around them, and carry out their service in a spirit of cooperation, optimism and enthusiasm.

The Lodi Valley Chapter (LVC) nominated Bill Welch for the Spirit Stick award and he was presented with the Spirit Stick at the 2014 IATA Annual Conference.

Bill's dedication and service to the IATA have been evidenced in a variety of ways since he first became involved in 2002. Bill has been a member of the IATA Board of Directors, including serving as president. He has assisted and continues to assist with Alliance strategic planning. He participates in IATA Annual Meetings and regional meetings, is a member of the Yellow Blaze Club and assists with outreach to other potential donors.

Bill has logged close to 3000 volunteer hours from January 2007 to September 2013. As an active member of the LVC Bill, has been the chapter liaison for local Mobile Skills Crew (MSC) projects, organized and led hikes, volunteered with chapter events, provided support for Saunters and attended almost all the monthly meetings. Bill organizes trail improvement events for our chapter and regional workdays involving multiple chapters. He mows a number of trails in the LVC area and does ongoing trail maintenance. He also speaks to local groups about the IAT. Bill is trained as a MSC Crew Leader and Project Support Leader and participates in a number of MSC projects across the state each year.

Bill has led and continues to lead a number of projects for youth, including scout groups, summer school groups, and others. Bill particularly enjoys working with youth and is good at engaging them in meaningful ways through their volunteer activities. Bill has also been the contact person for Boy Scouts who are working with the LVC to earn their Eagle Scout status. Bill wrote a grant to support a group of Lodi high school youth as trail maintainers and works with a Lodi high school teacher to organize work days and activities of this group.

Through all his various activities with the IATA, Bill demonstrates a spirit of cooperation while also showing a willingness to take on leadership roles as appropriate. He is a true believer in the value of the IAT for those of us who are enjoying it now and for future generations. He was so pleased when his young grandsons worked alongside him on a MSC Project!

We are proud and honored to have Bill as a member of the LVC!



Keep Your Eye in the Sky for Red-Tailed Hawks

By Ken Richardson

When hiking, bring binocs, a bird book, and beware!

The Red-tailed Hawk, one of the most common hawk species in North and Central America from Canada to Nicaragua, is now considered endangered or threatened in 13 of our states, including Wisconsin. These hawks are found in deserts, grasslands, and forests, as well as at different altitudes and climates.

Protected nationwide by the Migratory Bird Treaty Act of 1918, the Red-tailed Hawk (RTH) was placed on the Wisconsin Department of Natural Resources list of threatened species in 1979. It is illegal to hunt, poison, or trap RTHs. Also, these hawks cannot be taken from the wild nor purchased as pets, except for wildlife rehabilitation or falconers licensed by the state.

The Red-tailed Hawk is a powerful, medium-sized bird of prey – its body length is about 1½ to 2 feet, weight 1½ to 3½ pounds, and wing span 3½ to 4½ feet. The female is about 25% larger than the male. They feed on small rodents, rabbits, reptiles, bats, fish, squirrels, other birds and even insects.

The plumage of these hawks is generally dark brown with a whitish, streaked underbelly. The red tail feathers of an adult hawk are more pronounced when viewed from above (how many hikers have this vantage point?) and appear slightly reddish as one soars over you.

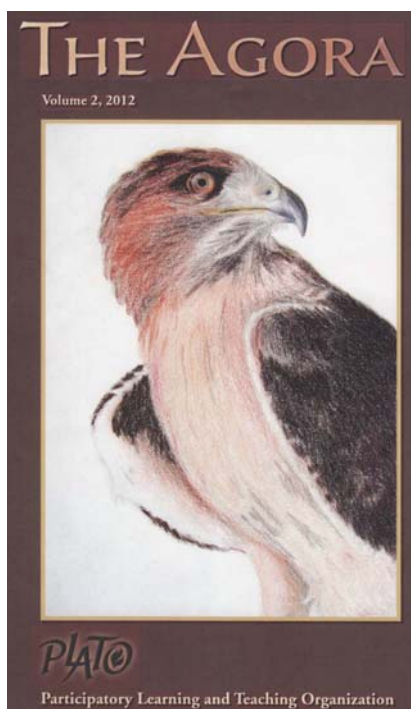
To conserve energy, the RTH seldom flaps its wings and relies on wind currents to stay aloft, gliding and soaring from 20 to 40 miles per hour. However, some have been clocked at 120 mph! The feathers of the RTH are of religious significance to Native Americans who may possess the hawk's feathers legally and use them in various ceremonies and rituals; non-Native Americans may not buy the feathers.

The hawk's habitat in Wisconsin is among mature forest landscapes, usually hardwoods, and near water. Two of the largest nesting sites in our state include the Nicolet National Forest (with 200-250 breeding pair) and the Menominee Reservation (300 nesting pair). The Ice Age Trail passes a few miles to the west of these two sites.

When hiking among forest landscapes of oak, aspen, beech, birch, and maples, you might see a large, stick nest in the fork of a main trunk and hear or see some chicks in April, May or even June. However, beware of a high-pitched scream that might sound like a warning – and don't get too close to the nest!

Ken drew the red-tailed hawk during a community college art course in Winston-Salem, NC about 10 years ago. He took several art courses in Hartford, CT before that. In fact, he had thought about a career in art before deciding to try journalism, which over 40 years turned from being a newspaper reporter into a career in advertising, sales promotion, public relations, market research, and marketing.

This red tailed hawk sketch was featured on the cover of The Agora in 2012.



Volunteer Spotlight:

THANK YOU

Hats off to our Fantastic Volunteers!!

The Lodi Valley Chapter
generated 294.5 VIP hours
from January - March,

Wow, that's a lot of volunteering!

**Giving time to the Trail is Fun & Rewarding,
plus you'll meet a lot of Terrific Trail People!
For information on how to be more involved,
contact Joanna at 608-592-7817.**



A number of members will be receiving awards at IATA annual conference:

- 10 Year Service: Tracy Erickson
- 100 Volunteer In Park Hours: Wendell Holl & Ron Smith. Ron actually has given a lot more hours, but individual records were not kept until 2007.
- 250 VIP Hours: Hannah Fanney
- The following people passed the 250 VIP hour increment & will receive a one-year National Parks and Federal Recreational Lands Pass: Sharon Bloodgood, Barbara Wollmer, Hannah Fanney, Bill Welch, & Kevin Welton.

**Interested in becoming a member of the Ice Age Trail Alliance?
Visit <http://www.iceagetrail.org/> or call 1-800-227-0046.
You can chose to affiliate with a specific chapter,
or join as a statewide member.**

Lodi Valley Chapter Leaders:

Coordinator:

Joanna Kramer Fanney, 608-592-7817

Treasurer:

Barbara Wollmer, 608-592-3025

Co-Secretaries:

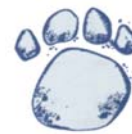
Jody Crowley Beers, 608-592-2031 and
Julie Richardson, 608-592-4606

Maintenance:

Bill Welch, 608-843-3926

If you have poems, photos, stories,
or topic ideas for future Mammoth Prints,
submit to Joanna:

lodivalleychapter.iata@gmail.com



Mammoth Prints

Editor: Joanna Kramer Fanney
Graphic Designers: David & Tracy Erickson

After thoughts from a Thru Hiker: Kehly Johnson

Describe your off trail transition? I think it is difficult to truly explain what it feels like to be done with a thru hike but I will try. When I crossed the finish line I felt both a sense of loss and one of accomplishment. I was excited to be done. I had had enough of wet feet, long days, and bad weather. I was ready for a hot shower, a real meal and about a week on the couch but as the days passed all these things became less and less appealing. I longed to be back on the trail in a very painful and real way. I belonged on the trail in a way that I often didn't feel in my "real life". I missed, and still do, the freedom of it all. Life is simple when you are living out of a backpack, rising with the sun, and your sole purpose is to walk as far as your blistered feet will take you each day. I left the trail that day in late October but it's been months and the trail hasn't yet left me. I hope that it never does.



Most important lessons? I think the most important lesson I learned on the trail was that my mind is capable of so much more than my body says it is. Like in the military, I had to push myself in ways that at times felt impossible. There were moments on the trail when I was sitting on the side of the road crying over my painful feet that I thought there was no way I would ever finish, but each time I stood up and hiked a few more miles. I also learned that I am not as shy as I thought. I learned that I am more than capable of befriending strangers and even being outgoing. You can't be shy and raise nearly \$4,000 for a charity.

Greatest Challenge? My greatest challenge was by far my feet. They were blistered, swollen, and painful!! In all it took 4 pairs of shoes, 4 different insoles, 100's of bandaids, several foot soaks and ice packs, and a strict vitamin I (Ibuprofen) regiment to get me to the finish line. Thankfully my feet have since healed and are back to feeling and looking normal.

Has your thru hike changed the course of your life? Definitely. I have a new job thanks to my thru hike. Literally I stumbled on New Vision Wilderness LLC., a wilderness therapy program, while on my hike. I went with my gut and applied and I am

proud to say that I am officially a full time wilderness instructor starting in March. I'm hoping to use some of the lessons that the trail taught me to impact the lives of others. The wilderness has an incredibly way of healing us and I know that first hand.

Advice for future thru hikers? Pack light! Even if you think you can handle a 40 lb. pack do everything you can to get your pack weight down. The less weight you are carrying the more enjoyable your hike will be. Also, reach out to the Ice Age Trail community! You will meet so many incredible people who will be lining up to help you succeed. I made lifelong friends on the trail and I think that is probably true for everyone. Lastly, don't give up!!! Know that you too are stronger than your blistered feet. The trail will test you in ways you cannot even begin to prepare for but it will also give in ways that you didn't think possible. When you least expect it, and most need it the trail will provide.



Artists Corner

Artist's Statement
Kippian (Kipp) Inglis Yost

Needle work, working with my hands, gives me a way to “settle” and quiet my active mind and body and I thoroughly enjoy the process. My family spent lots of time hiking in the woods of the various states we lived in and I get the same feeling of peace, connectedness with nature and this planet we call home in both sitting to sew and hiking the trails. I have had a needle and thread in my hand since I was five years old; camping and hiking even earlier. A family friend showed me how to make clothing for my baby doll to keep me busy. I have been playing with thread, fabric, fibers and dye ever since. A Theatre Costumer designer by training and an American History buff and re-enactor, I have studied historical fabrics and their uses, manufacture, and sewing techniques.

I took up fabric dyeing and found a niche market in the quilting world as a supplier of the wool for penny rug work and continue to be a vendor at quilt shows. However, I always NEED a needle and thread in my hand, so I also create pieces for sale at craft shows. Since I already dye wool – the process and dyes are the same, I have ventured into dyeing wool roving and silk to use for nuno-felting and wet felting – a new fiber art with ancient roots. Nuno felting is the process of driving the wool fibers into the silk and shrinking them together to make a fabulous textured piece because the silk and wool shrink at different rates. Wet felting uses the wool roving to actually make the fabric and mold it into a desired shape. I am currently learning to play with flora and fauna as a dye technique on the wool and silk and look forward to my hikes to pick up interesting bits and pieces with which to experiment. I see landscapes in my future endeavors that reflect the vistas I see on the Ice Age Trail around me in Lodi and the other parts of Wisconsin as well as colors and imprints derived from the local interesting bits that I will find.



Kipp's beautiful artwork can be found at Sunfall on Main, a Lodi business located on the Ice Age Trail! Photo by Julie Richardson.



My needlework is my solace, my sanity and my avocation for life.

Kippian (Kipp) Inglis Yost
All Sewn Up
608-335-1237, Lodi, WI
KippInglis@gmail.com

Description of photo:
Tree bird ornaments are hand sewn in the tradition of Penny Rugs.
The Nuno-felted scarf was hand-dyed, and made of merino wool on silk.
The small across-the-body purse was made of specialty fabrics – Japanese Cottons, Indian Cottons, Wool, Batiks, Home Dec, & high quality quilting cottons.