



THE NEWSLETTER

Dubuque County Conservation Society

“Organized in 1933 for Protection of Soil, Forests, Waters and Wildlife”

P.O. Box 645

Dubuque, IA 52004-0645

Recycling in Crisis

Submitted by Pat Hayes from assorted websites

At the end of 2017 China imposed an import ban on certain recyclables, including magazines, office paper, junk mail and most plastics. Chinese officials complained that much of the recyclable material the country received from overseas had not been properly cleaned or was mixed with non-recyclable materials, sometimes even toxic. Many types of plastic bags, cups, plastic wrap, and thin film gum up their sorting machines.

In 2016, the U.S. was exporting almost 700,000 tons a year to China alone.

After China's ban went into effect the US started exporting their recyclable plastics to Thailand, Vietnam, Malaysia and Indonesia. These countries did not have the capacity to handle these amounts and were quickly overwhelmed. There were reports that they were burning or dumping recyclable materials into the ocean. They now no longer accept them.

Waste-management companies across the country are telling towns, cities and municipalities that there is no longer a market for their recycling. These municipalities have two choices: pay much higher rates to get rid of recycling, or throw it all away.

According to National Geographic only 9 % of Americans recycle so most of the stuff ends up in landfills anyway. With Americans generating almost 5 lbs a waste a day our landfills are filling up quickly with lots of material that could have been recycled or composted.

I have had plenty of experiences with people trying to recycle the wrong things. Many recycling places even have pictures showing what can and can't be accepted to no avail. I understand that some people are just trying to avoid landfill fees, but I truly believe that most have good intentions but for whatever reasons they just don't get it.

Due to the cheap cost of plastics and the convenience of using them for literally everything, societies around the world have become dependent on them.

I can only come up with 2 scenarios to remedy this problem. One is to change people's habits. Judging how some people get very upset with the mention of getting rid of single use plastic bags or plastic straws I doubt that is going to happen.

The other option would be to find something that is truly bio degradable to replace plastic.

In the meantime the planet is getting polluted and its ecosystems are suffering.
Let's all do our part to cut back.

Remember, the first R in the recycling symbol stands for reduce.

Dubuque Franciscans sign conservation easement of 68 acres of land

From the KCG website

A group of nuns in Dubuque have taken measures to protect acres of land from future development.

In May, the Dubuque Franciscans signed a conservation easement with the Iowa Natural Heritage Foundation. The sisters signed over 68 acres of their property; about 55 acres of prairie and 13 acres of woods.

The sisters will continue to own this land, but the agreement limits future development even if it changes hands.

Sister Marie Cigrand says they hope others consider leaving land as a gift for the future.

"I would just encourage anybody and everybody to if they have land to preserve for future generations, especially like prairies or that because so much of our land is being used now for buildings, cropland and so on," she said.

The land is on the north end of Dubuque along a bluff.

Thanks to the Sisters of St. Francis

Submitted by Pat Hayes

The Conservation Society would like to thank our long time member, the Sisters of Saint Francis, for placing a Conservation easement with the Iowa Heritage Foundation on 68 acres of their property. 55 acres of prairie and 13 acres of timber were enrolled in the program. The sisters retain ownership the property. The easement permanently protects the land from development. See the article above.

The Sisters would like to encourage others to consider enrolling in the Conservation easement program. This is especially important in the present political climate, where public preservation of property is pretty much forbidden.

Amazing Plant Facts

From Iowa's Living Roadway Plant Profile published by the IDOT

- If every American family planted one tree, more than 1 billion pounds (500,000 tons) of pollutants would be removed from the atmosphere every year.
- In one day, an average tree exhales enough oxygen to keep a family of four breathing for that day.
- A mature tree can pull one ton of water from the soil each day. This water cools the air through evaporation, acting as an air conditioner.
- Young trees absorb more carbon dioxide during growth than older trees.
- An acre of trees (400 trees), roughly an area the size of a football field, absorbs the amount of carbon dioxide emitted by a single automobile in one year.
- The world's largest living thing, the General Sherman Giant Sequoia in California, weighs 1,400 tons (as much as 300 elephants.)
- Evaporation from a single large tree can produce the cooling effect of 10 roomsized air conditioners operating 20 hours a day.
- The raffia palm (*Raffia ruffia*) has one of the world's largest leaves; some have been recorded measuring over 65 feet long.
- Fossils of the Ginkgo tree (*Ginkgo biloba*) date back some 160 million years; it first appeared at the time of the dinosaurs (Jurassic era).
- Duckweed (*Wolffia angusta*) is the world's smallest flowering plant. It is a mere 1/42nd of an inch long and 1/85th of an inch wide. It bears a tiny fruit. A tablespoon can hold more than 100,000 plants.
- The Coco-de-Mer palm (*Lodoicea maldivica*), from the Seychelles, has the largest seed in the world. Also known as the double coconut, its seed weighs as much as 40 pounds.
- Speedy tree (*Albizzia falcata*) is the world's fastest growing tree. One specimen was recorded growing 35 feet, three inches in only 13 months. That's over an inch a day!
- Flowering plants dominate the contemporary flora of the Earth. There are an estimated 250,000 species, with the greatest diversity in the moist tropics.
- The orchids (Orchidaceae) have more species than any other family of flowering plants, with 25,000-35,000 species recognized, mostly in the tropics.
- It is likely that 10 to 15 percent of the Earth's flowering plants have not yet been described. Most will be in the moist tropics, especially remote parts of Latin America.
- A conifer, California Redwood (*Sequoia sempervirens*), is the tallest tree on earth (110 m high).
- The Bristlecone Pine (*Pinus aristata*) was thought to be the oldest, at about 4,900 years, but a huge Huon Pine

(*Dacrydium franklinii*) found in Tasmania may be thousands of years older still.

- As plants get smaller, we know less about them. We know 85 to 90 percent of the flowering plants, but only 1 percent or less of some microscopic organisms.
- In developing countries, plants are the main source of medicine.
- Eighty percent of the world's people depend on traditional medicines, made from plants, for their primary health care.
- Two of the largest users of medicinal plants are China and India. Traditional Chinese medicine uses more than 5,000 plant species; India uses some 7,000.
- China has 250,000 doctors trained in traditional medicine, India 460,000. All use plant drugs.
- Latin America, home of a third of the world's plants, also has a long-standing tradition of use of plants as medicine, especially among the indigenous peoples. Nearly 2,000 species are used in the Colombian Amazon for medicinal purposes.
- Plants are the origin of more than 30 medicinal drugs, proven effective by scientifically controlled therapeutic trials.
- Some drugs like aspirin are synthesized copies of chemicals found naturally in plants. Others, like digoxin or morphine, are produced from plants cultivated specially for the purpose.
- An extract from the bark of Cinchona (quinine) from the Andes of Ecuador and Peru was for three centuries the standard remedy for malaria. The active alkaloids have been isolated and synthesized, and crude 'botanical' has ceased to be used in western medicine. However, it is now being reinvestigated for use against strains of malaria resistant to modern drugs.
- Meadow Saffron is one of the oldest medicinal plants that is still in the modern pharmacopoeia. Its use was recorded in 100 AD to treat joint pains, and now is used in the treatment of acute gout.
- Plants provide almost every sort of material in everyday use, such as fiber, gums, resins, luxury foods, and stimulants.
- Fibers, extracted from plant stems, are one of the most ancient and valuable of plant products. People use the fibers of over 2,000 plant species.
- Flax, an annual crop originally from Southwest Asia and the raw material for linen, is probably the oldest cultivated fiber.
- Bamboos, huge grasses with hollow, compartmentalized, woody stems, continue to provide one of the major structural materials of tropical regions, especially Asia.
- Reeds, robust aquatic grasses, are an important sustainable resource of temperate and tropical wetlands. Some peoples, like the Marsh Arabs of the Rivers Tigris and Euphrates, build entire houses (even mosques) from reeds. Reed beds also protect against erosion of lake shores and river banks and
- are important habitats for birds and other wildlife.
- Almost all the world's 65 species of grapevine are native to North America (which the Vikings called Vinland). These North American plants saved the European wine industry after 1867 when root aphids began devastating European vines. Today all European vines are grafted onto American stock.
- Natural rubber, a native of the Amazon basin, is one of the most widely used of all plant products.
- Eighty-four percent of a raw apple is water.
- A cucumber is 96 percent water.
- A notch in a tree will remain the same distance from the ground as the tree grows.
- A pineapple is a berry.
- Advertisements for coffee in London in 1657 claimed that the beverage was a cure for scurvy, gout and other ills.
- Almonds are the oldest, most widely cultivated and extensively used nuts in the world.
- Americans eat more bananas than any other fruit: a total of 11 billion a year.
- An average ear of corn has 800 kernels, arranged in 16 rows.
- Bananas are actually herbs. Bananas die after fruiting, like all herbs do.
- Cranberries are one of just three major fruits native to North America. Blueberries and Concord grapes are the other two.
- Dr. Joel Poinsett, the first U.S. ambassador to Mexico, brought the poinsettia to the U.S. in 1828. The plant, called "flower of the blessed night" in Mexico, was renamed in Poinsett's honor.
- Eggplant is a member of the thistle family.
- Ginger has been clinically demonstrated to work twice as well as Dramamine for fighting motion sickness, with no

side effects.

- In 1932 James Markham obtained the first patent issued for a tree. The patent was for a peach tree.
- In the Netherlands, in 1634, a collector paid 1,000 pounds of cheese, four oxen, eight pigs, 12 sheep, a bed, and a suit of clothes for a single bulb of the Viceroy tulip.
- No species of wild plant produces a flower or blossom that is absolutely black, and so far, none has been developed artificially.
- Oak trees do not have acorns until they are 50 years old or older.
- One ragweed plant can release as many as one billion grains of pollen.
- Oranges, lemons, watermelons and tomatoes are berries.
- Orchids have the smallest seeds. It takes more than 1.25 million seeds to weigh 1 gram.
- Peanuts are beans.
- Plants that need to attract moths for pollination are generally white or pale yellow, to be better seen when the light is dim.
- Plants that depend on butterflies, such as the poppy or the hibiscus, have more colorful flowers.
- Quinine, one of the most important drugs known to man, is obtained from the dried bark of an evergreen tree native to South America.
- Tea was so expensive when it was first brought to the United States in the early 17th century it was kept in locked wooden boxes.
- The California redwood - coast redwood and giant sequoia - are the tallest and largest living organism in the world.
- The fragrance of flowers is due to the essences of oil they produce.
- The largest single flower is the Rafflesia or “corpse flower.” They are generally 3 feet in diameter with the record being 42 inches.
- The pineapple was symbol of welcome in the 1700-1800s. That is why in New England you will see so many pineapples on door knockers.
- The plant life in the oceans make up about 85 percent of all the greenery on the Earth.
- The rose family of plants, in addition to flowers, gives us apples, pears, plums, cherries, almonds, peaches and apricots.
- The world’s tallest grass, which has sometimes grown 130 feet tall or more, is bamboo.
- There are more than 700 species of plants that grow in the United States that have been identified as dangerous if eaten. Among them are some that are commonly favored by gardeners: buttercups, daffodils, lily of the valley, sweet peas, oleander, azalea, bleeding heart, delphinium and rhododendron.
- Wheat is the world’s most widely cultivated plant; grown on every continent except Antarctica.
- When a coffee seed is planted, it takes five years to yield consumable fruit.
- Willow bark, which provides the salicylic acid from which aspirin was originally synthesized, has been used as a pain remedy ever since the Greeks discovered its therapeutic power nearly 2,500 years ago.
- Carrots, potatoes and radishes are examples of roots that we eat.
- Leaves have veins that help carry water and minerals to different parts of each leaf. Sometimes many veins are networked within a single leaf.

GO MEAT-FREE ONCE A WEEK

From <https://www.conservation.org>

Eating meat-free just one day a week can reduce your impact on the planet. It’s easy to not think about the environment when you’re biting into a juicy hamburger, but consider these costs:

The production of one burger requires about 7,000 liters (1,850 gallons) of water — the bulk of which is used to grow grain for cattle feed.

Because cattle ranching requires large tracts of land, producers frequently clear-cut tropical forests to provide pastures for their herds. Cattle ranching has driven 60 percent of the Amazon's deforestation. By one estimate, for every head of cattle, two football fields of rainforest have been destroyed.

If everyone in the United States went meat-free for one day, it would save 100 billion gallons of water.

REDUCE YOUR ENERGY CONSUMPTION

From <https://www.conservation.org>

Making your home more energy efficient can help reduce high energy bills while reducing fossil fuel emissions. Energy-efficient appliances options, such as those that have been certified by ENERGY STAR in the United States, have met energy-efficiency requirements established by the U.S. Environmental Protection Agency (EPA). The ENERGY STAR program has international partners, including Canada, the European Union and Japan.

Don't forget to also use these appliances efficiently:

Set your refrigerator temperature at 3 to 5 degrees Celsius (38 to 42 degrees Fahrenheit)

Set your freezer between -18 and -15 degrees Celsius (0 and 5 degrees Fahrenheit).

Wash only full loads in your dish and clothes washers, and air dry when possible. Unplug the appliances when you're not using them.

WASTE LESS FOOD

From <https://www.conservation.org/>

Roughly one-third of the food produced in the world for human consumption every year gets lost or wasted. And once that half-sandwich or week-old lasagna is in the trash, it's easy to forget about the environmental impacts.

But wasted food contributes billions of tons of greenhouse gases. By the time you step into a grocery store, nearly 3.3 billion tons of emissions are already on their way to the atmosphere due to the production, processing and transportation of food that is eventually wasted. Once in a landfill, decomposing organic waste generates methane, a potent greenhouse gas that traps 23 times more heat in the atmosphere than carbon dioxide; more than 20 percent of all methane emissions come from landfills.

Wasted food also means wasted water — about 25 percent of all fresh water consumed annually in the United States is associated with discarded food. Scientists estimate that we could reduce global water consumption by more than one-third by eliminating food waste.

The good news is that reducing food waste is easy — it just takes a little extra planning. A number of organizations have produced lists of tips, including **Think Eat Save**. A few simple suggestions:

- Before you go shopping, plan your meals; inventory your fridge and pantry; and make (and stick to) a list.
- Prepare reasonable serving sizes.
- Freeze or repurpose leftovers.
- Preserve extra produce through canning, freezing, pickling or drying.

COMPOST FOOD SCRAPS

From <https://www.conservation.org>

Composting is nature's way of recycling. Food scraps are full of energy to harvest and — even if you live in a yardless urban apartment — you can keep them out of the trash bin and out of landfills, where they would otherwise release methane, a potent greenhouse gas.

Even a fire escape or balcony can provide enough space for a small bin, pail or bucket to toss food scraps into. You can purchase these online or make your own indoor bin. Worm composting can also be done indoors.

Or you can simply freeze your food scraps and find a compost collection site. Many farmer's markets and community gardens will also do the dirty work for you. A growing number of curbside composting programs are making urban composting easier — look for one near you.

If you have the yard space, there's a helpful DIY composting guide at <http://www.ecocycle.org/backyard-composting>. No garden to use the compost in? Consider using the compost in your houseplants, offering it to neighbors with gardens, or donating it to a school, community garden or farm.

EAT SUSTAINABLE SEAFOOD

From <https://www.conservation.org>

You can help keep the Earth's oceans and rivers healthy by choosing to eat fish that has been sustainably sourced. Your choices can help shift demand away from unsustainably harvested stocks and put pressure on suppliers to improve practices so that all fisheries are better managed.

How can you tell which products are sustainably sourced? Here are several ways to find out:

- Check out the Marine Stewardship Council, which provides an online sustainable seafood product finder.
- Visit the Monterey Bay Aquarium's Seafood Watch website, where you can download and print a pocket-sized guide, browse sustainable seafood recipes or sign up for a bimonthly e-newsletter for the latest news about sustainable seafood recommendations.
- To eat sushi guilt-free, consider "Sustainable Sushi," a pocket-sized book with sustainable sushi sources and a website with a sustainable sushi restaurant map.

Events Calendar

Swiss Valley Nature Center/EB Lyons/Audubon Society/Hurstville Calendars

All programs are subject to weather conditions. To check for changes to this schedule, check the websites in the list of organizations below. The programs are open to the public and are designed for people of all ages unless otherwise described. For additional info or preregistration contact one of the following depending on the program's location:

Swiss Valley Nature Center, 13606 Swiss Valley Road Peosta, IA 52068, 563-556-6745. www.dubuquecounty.org or you can search for "Swiss Valley Nature Center Facebook".

EB Lyons Interpretive Center, 8991 Bellevue Heights, Dubuque, IA at 563-556-0620. www.minesofspain.org

Hurstville Interpretive Center, 18670 63rd Street, Maquoketa, IA at 563- 652-3783. www.jacksonceb.com

Dubuque Audubon Society, P.O. Box 3174, Dubuque, IA 52004-3174, 563-582-215. www.audubondubuque.org/

Hurstville Center 15th Anniversary Celebration Saturday, August 17, 12-8pm, Hurstville Interpretive Center. Come enjoy fun programs, activities, food, drinks and live music! All are welcome for this free event! See the website for activities throughout the day.

Kayaking, Canoeing, and Paddle Boarding on the Hurstville Marsh, Saturday, August 17, 3-5pm Hurstville Interpretive Center

Try your hand at paddling a kayak, canoe, or paddle boarding and help celebrate the 15th anniversary of the Hurstville Interpretive Center.

Monarch Tagging Saturdays Sep 7, 14, 21, 28 1-2pm Hurstville Interpretive Center

Join Jackson County Conservation naturalists in learning about the monarch's journey south for the winter every Saturday in September.

Plogging at the Caves Sat., Oct 5 1-3pm Maquoketa Caves State Park, 9688 Caves Rd, Maquoketa, IA 52060
Join Naturalist Tony Vorwald as we hike the trails at the park, pick up litter, get some exercise, and help the caves out!

Other Events Calendar

Summer Farmer's Market Saturday, 7am-noon 1300 Iowa Street

Board Members 2019

Name	Title	563 except as noted	Name	563 except as noted
Mark Kaufman	President	879-3452	Gerda Preston Hartman	588-0649
Pat Hayes	Vice President/ Membership	542-2960	Whitey Kemp	582-7752
Connie Kintzle	Treasurer	583-3907	Punky Birkel	
Bob Walton	Secretary		Dan Simon	583-0514
Tom Klinge	Newsletter	815-747-7786	Paul Kaufman	583-5030
			Bev Rettenmeier	552-1009

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<i>American Trust Bank</i> 895 Town Clock Plaza	<i>The Friedman Group</i> 880 Locust St. P. O. Box 1780	<i>Organic Valley</i> Dickeyville WI	<i>U.S. Bank</i> 270 West 7th
<i>Artistic Cleaners</i> 107 Locust St.	<i>Freuhleo Consulting and Forester</i> 2230 Chippewa Dr.	<i>Pfohl's Blinds, Drapes Inc.</i> 335 West 1st Street	<i>Wahlert High School</i> 2005 Kane Street
<i>Bait Shack Inc.</i> 2095 Kerper Blvd.	<i>Hendricks Feed Co.</i> 880 Central	<i>Pheasants Forever</i> Holy Cross, IA	<i>Weber Paper Co.</i> 4300 Chevenelle Dr.
<i>Brennan Baumhover Ins.</i> 2615 Dodge St.	<i>Herbst Upholstery & Auto</i> 76 Main St	<i>Pregler Electric</i> 216th Ave LaMotte IA	<i>White Front Feed & Seed</i> 4290 Dodge St.
<i>Dennis Baumhover Ins.</i> 2615 Dodge St.	<i>Hurstville Interpretive Center</i> Maquoketa, IA	<i>Premier Bank</i> 1975 JFK Rd.	<i>White Water Native Seeds</i> Epworth, IA
<i>Behr's Funeral Home</i> 1491 Main St.	<i>IIW Engineers & Surveyors P.C.</i> 4155 Pennsylvania	<i>Schuster Heating & Pump</i> 15674 Key City Lane	<i>Zuccaro Dental</i> 895 Main St Suite 900
<i>Breitbach's Country Dining</i> 563 Balltown Rd.	<i>Iowa DNR</i> Maquoketa, IA	<i>Schuster Tree Service</i> 7273 Schueller Heights Rd	
<i>Cedar Cross Overhead Door</i> 1040 Cedar Cross Rd	<i>Jo Daviess Conservation Foundation</i> Elizabeth, IL	<i>Schwartz Plumbing</i> 4904 Asbury	<i>Sisters of Saint Francis</i> 3390 Windsor Ave.
<i>Citizens State Bank</i> P.O. Box 50 New Vienna	<i>Kaufmann Painting</i> 17368 S John Deere Rd.	<i>Skip Breithbach Feed</i> Balltown, IA	
<i>Copper Kettle</i> 2987 JACKSON ST	<i>Klauer Optical</i> 1705 Delhi St.	<i>Spahn & Rose Lumber Co.</i> 1101 Jackson St.	
<i>DNR Forester</i> Anamosa, IA	<i>Miller Flooring</i> Box 125 New Vienna	<i>St. Mark Community Center</i> 1201 Locust Street	
<i>Dubuque Soil & Water Cons. Dist</i> Epworth, IA	<i>Mines of Spain Rec. Area</i> 8991 Bellevue Heights	<i>Stephen Hempstead High School</i> 3715 Pennsylvania Ave	
<i>Dupaco Credit Union</i> P.O. Box 179	<i>Nature's Way Lawn Care</i> 440 Burch St.	<i>Steve's Ace Home and Garden</i> 3350 JFK 200 South Locust	
<i>DuTrac Credit Union</i> 3465 Asbury	<i>NICC Outdoor Learning Lab</i> Peosta, IA	<i>Swiss Valley Nature Center</i> Peosta, IA	
<i>Environmental Management Services</i> 5170 Wolff Rd	<i>Oky Doky Food Mart</i> P.O. Box 300	<i>TFM Co.</i> 2040 Kerper Blvd.	
<i>Sherry Horsfield Farm Bureau Insurance</i> 20214 E Pleasant Grove Rd			

Dubuque Co. Conservation Society
P. O. Box 645
Dubuque, IA 52004-0645

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Reminders:

The next meetings will be held **Tuesday September 10, 2019 and Tuesday October 8, 2019** on the second floor of the Oky-Doky at 250 West 1st street. All Members are invited and everyone is encouraged to attend.

Check the event calendars for some exciting things to do.

Support your local Farmer’s Markets. Support our local Sponsors.

This months insert - None

This month’s focus - None

Change your furnace filter.

Recycle whenever possible.

Visit our web page at www.dbqccs.org

- OR -

Visit our Facebook page:

<https://www.facebook.com/pages/Dubuque-County-Conservation-Society/421655257997596>

or you can search for “Dubuque County Conservation Society Facebook”.