

nov/dec2016

# friends

of the cache river watershed



*Explore the beauty of winter in the Cache.*

photo: Michael Jeffords

## The intrepid group of volunteers

who designed, planted and maintained the demonstration gardens along the new Pollinator Interpretive Trail behind the Cache River Wetlands Center met in early November to assess the results of their work. Out of a total of 12 plots planted, 10 were successful. The other two, which failed because they were located in wet spots (including a rather surprising “swamp on the hilltop” site), will be replanted next spring with but-tombush and other wetland species.

A few perennials, like New Jersey tea (*Ceanothus americanus*, a favorite of deer), struggled this year but are expected to come back strong in the spring. Some plots will be thinned, and new plants will be added to others to provide more color and nectar throughout the season. New varieties of milkweed will be incorporated, such as purple (*Asclepias purpurascens*) and whorled (*Asclepias verticillata*). Other enhancements, including trellises and mason bee houses, are also being planned.

For more information, see [www.friendsofthecache.org](http://www.friendsofthecache.org)  
e-mail [friendsofthecacheriver@gmail.com](mailto:friendsofthecacheriver@gmail.com)  
or like “Friends of the Cache River Watershed” on FACEBOOK.



Pictured left to right: Anne Parmley, Amy Morgan, Martha Schwegman, Katie Maderer, Karen Glynn, Lorie Allen, Virginia Street, Susan Post, Michael Jeffords and Ann Douglas.

According to Wetlands Center site interpreter Molie Oliver, there were numerous monarch and other caterpillars in the demonstration plots this summer. She brought some of the caterpillars inside so visitors could watch them form chrysalides. Monarch butterflies, once they emerge, will be tagged and released outdoors.

“The grant from The Nature Conservancy enabled us to accomplish much more than we expected when we first conceived this project,” said Friends of Cache president and project coordinator Michael Jeffords. The remaining grant funds will be used to create permanent signage over the winter months.

The garden volunteers offered a few tips for creating beautiful gardens that are also pollinator magnets:

- **Diversify!** Pollinators need nectar all season long; so, be sure to include early, mid and late-blooming wildflowers.
- **Don't forget to read the fine print.** Reject seeds labeled “pollenless.”
- **Select plants that are in proportion to the size of your garden, and to each other.** This may involve some trial and error, and that's okay!
- **It's better to start with too many plants than too few.** You can always thin out and move plants around later.

# Calling all volunteers!

The Cache River Wetlands Center will be open on Monday, August 21, 2017, 9am to 4pm for the first total solar eclipse over the U.S. since 1979. The main parking lot plus an overflow

area will be available as a great place for viewing the eclipse, on a first-come, first-served basis. Volunteers will be needed to help with parking and directing visitors. We know that many area volunteers are already committed to work at other locations that day, but if you are available to help at the Wetlands Center, please call Molie Oliver at 618-657-2064.



## Field bags are back!

Just in time for the holidays, the Friends Store is offering a new line of custom-embroidered bags, featuring designs such as the green tree frog

## New Field Bags!

(pictured), prothonotary warbler, great blue heron, ivory-billed woodpecker, great egret, monarch butterfly and more. The field bags, which are produced by Women of the Cloud Forest, can be purchased at the Southern Illinois Alternative Gift Fair on December 11, or from the Friends Store kiosk at the Cache River Wetlands Center.

## Notes from My 3x5 Notebook

by Susan Post

Last mid-November, Michael and I were walking on the boardwalk at Section 8 Woods. Most of the leaves had already fallen, so we were better able to see and hear what birds were active. The leafless woods provided good looks at a pair of pileated woodpeckers flying back and forth through the trees. Along the boardwalk's wooden handrails, we found a pair of wheel bugs courting and then mating. Because they eat other insects, wheel bugs are also known as assassin bugs. They

have a short beak, which can give an unsuspecting human a powerful zap. As I walked along, I noticed tiny, off-white granular seeds raining down on us. What were they and where were they coming from? I looked up to see a Carolina chickadee probing a sweet gum ball against a clear, blue autumn sky. Ah-hah! Sweet gum "snow." The granular gems littered the boardwalk. Who knew? There's nothing like being in the right place at the right time to learn something new in the Cache.



## What's Next

### Southern Illinois Alternative Gift Fair

*Sunday, December 11, 2-5pm  
Carbondale Civic Center  
200 S. Illinois Avenue*

Find unique holiday gifts while supporting Friends of the Cache and other community organizations. Be sure to look for the Friends of Cache booth – proceeds from merchandise sales are used to support educational programs in the Cache!

### Annual Christmas Bird Count

*Monday, December 19, 6am-sunset  
Cypress Creek Refuge Office*

This annual all-day census of early winter bird populations has been conducted throughout the U.S. for more than 100 years, resulting in the longest-running database in ornithology. All ages and skill levels welcome. Questions, call Cypress Creek Refuge at 618-634-2231.

### Coming Soon!

*2017 Calendar of  
Programs and Activities*



photo: Tony Gerard

## Do you know who I am?

Answer on pg 4

# Communities of the Cache: Ullin

Located in northwestern Pulaski County on Old Highway 51, the town of Ullin was founded in 1857. Two railroad men, D. L. Phillips and J. P. Ashley, laid out the original grid around the intersection of the Illinois Central Gulf and Missouri Pacific railroads. Legend has it that the town's name was a misspelling of Ulen, a prominent family of early settlers. However, research by author and Ullin native Paul Echols suggests that the name was actually based on a character in the poems of Scottish poet Thomas Campbell, who was very popular in the mid-nineteenth century. The Cache River flows through the heart of the town.

The Illinois Central Railroad depot built in 1897 is still a beloved Ullin landmark. In its early days, when rural school children were stranded in town by winter weather, the stationmaster allowed them to spend the night by the



warmth of the depot's potbelly stove. During the 1937 Ohio River flood, the depot housed women and children evacuated from nearby communities. The structure was listed on the National Register of Historic Places in 1998, and local citizens raised funds to restore the depot, which reopened in 2012 as the new town hall and public library.

*"Communities of the Cache" will highlight a different town in each issue. If you'd like to share historical photos and tidbits about your community, please contact newsletter editor Paula Havlik at [phavlik@illinois.edu](mailto:phavlik@illinois.edu).*



One of the last documented sightings of the ivory-billed woodpecker took place in Ullin, along the Cache River, in 1900. Although various unconfirmed sightings have been reported in the southeastern U.S. in recent years, the ivory-billed woodpecker is classified by the American Birding Association as "definitely or probably extinct."



**Discover a hidden treasure** — one rock at a time! A variety of hand-painted rocks have been placed or "cached" along trails and recreational areas within Cypress Creek National Wildlife Refuge. While you explore the Cache this fall, we invite you and your family to look for these rocks and join in the fun.

Once you find a painted rock, here's how it works. Take a picture and load the photo onto Facebook, with clues as to where you found it, and include the hashtag #cacheriverrocks in your description. If possible, check in or tag the location, such as Limekiln Trail, Hickory Bottoms, etc. Then, you can either, 1) leave the rock for others to

find; 2) place the rock in a new location, somewhere within the Refuge; or, 3) keep the rock as a souvenir, but only if you replace it with one of your own painted rocks to keep the fun rolling!

To create your own rocks, feel free to paint whatever family-friendly image or design comes to mind. Be sure to include the hashtag #cacheriverrocks and the Facebook logo on your rock, and seal it with clear coat spray to withstand the weather. Please do not place rocks near roads, water or the mowed areas surrounding parking lots. Most importantly, have fun! For more information on Cache River Rocks, contact Cypress Creek NWR at 618-634-2231.

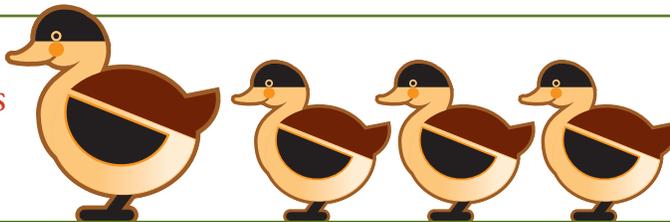
# Cypress Creek Update



Cypress Creek National Wildlife Refuge would like to extend special thanks to Friends of the Cache who contributed to a successful grant application for habitat restoration on the Refuge and other public lands. Ducks Unlimited and 20 partners, including Cypress Creek, were awarded a \$1 million North American Wetlands Conservation Act Grant to conserve 2,300 acres of wetlands in the confluence of the

Mississippi River and its tributaries. Work will be concentrated in south-east Missouri, southern Illinois and western Kentucky. The project area offers crucial protection for waterfowl by permanently protecting 751 acres of forested, emergent and scrub-shrub wetlands, restoring water to an additional 1,282 acres and enhancing 310 acres of existing degraded wetlands. As its share of the grant, Cypress Creek NWR will receive \$74,000 for reforestation in 2017 and 2018.

Happy Holidays to you and your family!



## Become a Friend

- \$15 Individual
- \$25 Family
- New Member
- \$50 Contributing
- \$100 Supporting
- Current Member
- \$250 Sustaining
- \$1,000 Lifetime

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

To remain budget and environment-friendly, all communications are sent via e-mail.

Please let us know if you need to receive information via U.S. mail.

All contributions are tax-deductible. Please make checks payable to Friends of the Cache River Watershed and mail to: 8885 State Rt. 37 South, Cypress, IL 62923.

## Hunting in the Cache

Crisp fall weather turns many folks' thoughts to hunting, and the Cache River Wetlands, with their diverse habitats, provide ample opportunities to hunt waterfowl, deer, turkey, squirrels, rabbits and other game species. Hunting in season is permitted on most public lands within the Cache River State Natural Area and Cypress Creek National Wildlife Refuge, with the exception of designated nature preserves. For more information about hunting permits and regulations, visit [www.dnr.illinois.gov/hunting](http://www.dnr.illinois.gov/hunting) or [www.fws.gov/refuge/cypress\\_creek/](http://www.fws.gov/refuge/cypress_creek/)

To pick up hunting maps, visit the Cache River Wetlands Center, on Illinois Highway 37 three miles south of Cypress, or call 618-657-2064. Site interpreter Molie Oliver is extremely knowledgeable and always happy to answer hunters' questions. The Wetlands Center is open Wednesday through Sunday, 9am to 4pm. To learn more about hunting on Cypress Creek NWR, call 618-634-2231 or stop by the Refuge Office on the Shawnee Community College campus at 137 Rustic Campus Drive, Ullin, Illinois. Office hours are Monday through Friday, 7:30am to 4 pm.

Answer *from page two*

## Do you know who I am?

Virgin's bower (*Clematis virginiana*), also known as devil's darning needles, devil's hair, love vine, traveller's joy, wild hops and woodbine. I'm a climbing vine native to North America. Don't confuse me with my cousin, sweet autumn clematis (*Clematis terniflora*), from Japan: he's become an invasive exotic!