

THE DES MOINES IKE



DES MOINES CHAPTER NEWSLETTER
DEFENDERS OF SOIL, AIR, WOODS, WATERS AND WILDLIFE
DECEMBER 2016 (ISSUE #323)
4343 George Flagg Parkway, Des Moines, IA 50321 (515) 244-3773

Menus and Programs

December 5, 2016: Christmas Decorations at 12 Noon.

December 6, 2016: Prime Rib

Ticket Sellers: Kerry Petersen and Bill Gay

Program: Kandyce Weigel from the Iowa DNR State Forest Nursery – Shrubs and Trees for Wildlife Food and Habitat

December 13, 2016: Pork Rib Eye

Ticket Sellers: Mike Sheridan and Roger Lively

Program: Board member meet and greet, bring your questions!

December 20, 2016: Christmas Party! Fun and prizes* at our annual members only event!

Dinner: Rib Eye Steak

Ticket Sellers: Bryan Glider and Mel Hrubetz

***Prize donations are always welcome!**

No meetings Tuesday, December 27 and Tuesday, January 3, 2016.

Meetings will resume January 10, 2016

There are alternatives to the main entrée available such as Chef Salad, a fish entrée, and usually one other entrée. Dinner is served from 6 to 7:00 p.m. and the program starts at 7 p.m.

Reserve Your Dinner Ticket!

Due increased attendance with the resumption of programs we've had occasions recently where we've run out of food. To ensure that your dinner is available please call Carolyn at 515-244-3773 to reserve your ticket.

This Month's Quote

"Civilization has so cluttered this elemental man-earth relationship with gadgets and middlemen that awareness of it is growing dim. We fancy that industry supports us, forgetting what supports industry." — Aldo Leopold, "A Sand County Almanac"

[Bonus Recipe: How to Cook De-Boned Wild Goose Breast](#)

Officers 2016/2017

President: Craig Rogers

1st VP: Mark Shore

2nd VP: Mike O'Deay

Secretary: Joe Gavin

Treasurer: Richard "Bo" Galloway

Past President: Fred Baumann

Honorary Pres: Tom "Bear" Robinson

Directors 2016/2017

Tom Dudley

Bud Hartley

E.M. (Mel) Hrubetz

Robert Jackson Sr.

Earl Kaminski

Mike Simpson

Editor: [Bud Hartley](#)



Programs Are Back!

We had some great programs in November with more to come! Thanks to our presenters:

November 8, 2016: Taxidermy and How to Clean Game - Presented by Danielle Polzin from [Alternative Outdoors](#) in Norwalk.

November 15, 2016: C.J. Cowan from the USDA on Wildlife Damage Management.

If you have suggestions and ideas please reach out to Mike O'Deay, Darwin Nordquist or any board member.

Get Well Tom Holm!

Tom has encountered some health challenge and we ask you to send your thoughts and prayers as he travels towards recovery. Tom is a past Izaak Walton League president, long time member, and mentor for club members. Get well soon Tom, and thank you for your service!

INHF Protection Projects Receive 2016 REAP Grants

The Iowa Natural Heritage Foundation has announced INHF projects that were awarded REAP (Resource Enhancement and Protection program) grants this year.

Dickinson County for the **Milford Creek Wildlife Area**; Buchanan County for the **Roberts Wildlife Area**; Butler County was for the **West Fork Forest Access Area**; Fremont County for **Botna Bottoms and Biscuitroot Bluff**.

REAP grants help INHF complete protection projects that aid in protecting water sources, creating wildlife habitat, expanding conservation programs and maintaining land.



**GIVING HOPE
CHANGING LIVES**

Hope Ministries Needs Your Donations
Your donations will go to help the hungry & homeless living in our communities through programs offered:
Hope Café, Hope Women & Children's Ministries,
ENCORE Thrift Store and Men's Ministries.

**PLEASE VISIT OUR WEBSITE AND
HELP CHANGE A LIFE TODAY!!!**

WWW.HOPEIOWA.ORG

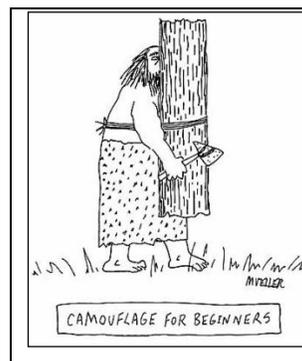
Gun Range Video Coming Soon!

Mike O'Deay has been working with Bryce Jarrett to create a video presentation on our gun range! It's a very cool walkthrough tour showing the features we're planning to incorporate.

The video will be used for fundraising, social media and increasing awareness. It should be ready in early December and will be available for viewing at future meetings.

Kitchen Volunteers Needed

Kitchen volunteers are needed for Tuesdays and Saturdays. Including cleaning, making salads, dishwashing and other great opportunities to help out the club. To volunteer see Carolyn or call her at (515) 244-3773.



Camo Fact*

Camouflage was coined in the late 1800s from the French word *comouffler*, which literally translates to "disguise" or "muffle the head" when referring to thieves. During World War I the French military also used the word *camoflet*,

which means "blow smoke in the face of the enemy."

*Source: Outdoor America 2016 Issue 4

Donate Deer Meat to Food Bank of Iowa

Have an extra deer at the end of the hunt? Maybe you bought an extra tag, to hunt longer? Consider donating to Iowa's HUSH program. HUSH (Help Us Stop Hunger) works with 81 participating lockers to provide high quality meat to needy Iowans.

Field dressed deer are skinned, de-boned and ground into two-pound packages...then distributed to local needy families. The program is funded by hunters, who pay a dollar surcharge with each deer tag purchase.

Each locker will accept whole deer, asking the hunter to fill out a Hunter HUSH card. There is no fee paid at the locker. A list of participating lockers is available in the Iowa Hunting Regulations and online at www.iowahush.com.

How to Cook De-Boned Wild Goose Breast*

From Mike Delaney

I saw no Canada Geese around Northern Indiana when I was a kid. I was thrilled to see them show up at our lake cottage in the late 70s or 80's. Soon the cottage owners were chasing them away. Now, there are too many Canadas fouling our beaches and golf courses. Our ecosystem is changed. As in the case of deer, hunters need to balance things out. While we need to take some lives, we need to do more to save some lives by improving wildlife habitat (land and water). Mother Nature will flourish in Iowa if we give her a chance. Right? – Mike

Goose breast, unlike chicken and turkey breast, is dark meat. In fact, it's quite dark, with a considerably stronger flavor than dark leg meat from more familiar poultry. Because it has a potent taste, and because it this wild game easily dries out when even slightly overdone with a dry cooking method, braising is a good option for cooking a deboned goose breast. This wet cooking method provides extra flavor to simultaneously temper and complement the strong flavor and helps keep the bird moist and tender.

Step 1

Pull off any fatty deposits still stuck to the goose breasts. When rendered, these fatty deposits make an excellent, flavorful cooking fat, so freeze them until you're ready to use them.

Step 2

Pat the goose breast with salt and pepper to taste. Add anything else you'd like to use to season the poultry, like coriander, thyme, marjoram or other herbs or spices.

Step 3

Heat up a Dutch oven or deep skillet (I used a deep cast iron skillet) on a burner over high heat. Pour in enough cooking oil to cover the bottom and move it around to coat.

Step 4

Lay the goose breasts in the pan and reduce the burner to medium-high. Sear the bottoms until they're well browned, which should take about four minutes, then turn the breasts and do the same on the other side.

Step 5

Remove the breast meat and sauté some vegetables if you'd like to include them. You could use chopped carrots, celery, onion, green beans or others. Garlic cloves work well, too. Cook for about five minutes, until the additions start turning tender. (I removed the vegetables-MD)

Step 6

Add a few splashes of red or white wine, cider vinegar or broth to the pan. (I added more than a splash of red wine-MD) Scrape the bottom vigorously with a rubber or plastic spatula. This is called deglazing, and it's done because the cooked on bits stuck to the bottom of the pan add a lot of flavor to your preparation.

Step 7

Return the deboned goose breasts to the pan and reduce the heat to medium-low. Make sure they aren't submerged more than about one-third of the way in the braising liquid; if they are, scoop some of the liquid out. Also add any desired seasonings, including any you used to season the breasts before searing them. Cover the pan.

Step 8

Simmer the goose breasts, turning them over every few minutes. Cook them until they reach 165 degrees Fahrenheit at center. Use a meat thermometer to make this determination. Depending on the thickness of the breasts, this should take about 15 to 20 minutes. Spoon some of the braising liquid over the breasts when you serve them.

Things You'll Need

1. Salt and pepper
2. Complementary seasonings (optional)
3. Dutch oven or deep skillet with lid
4. Cooking oil
5. Vegetables
6. Garlic cloves
7. Braising liquid
8. Spatula
9. Meat thermometer
10. Spoon

*Source: LiveStrong.com