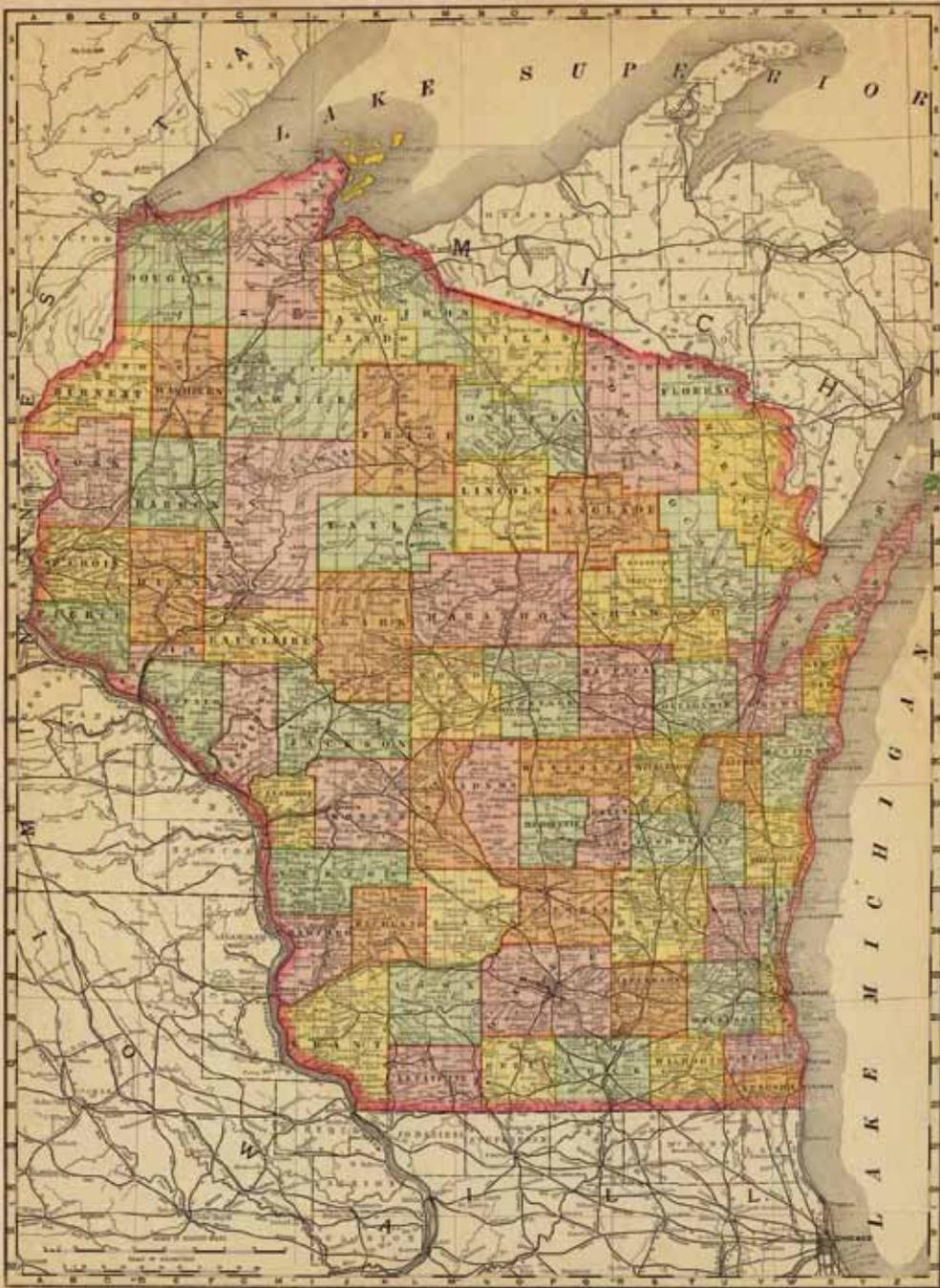


**MY LAKESHORE  
FIELD JOURNAL**

**THIS BOOK BELONGS TO:**

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*Funded by a Wisconsin Department of Natural Resources Lake Management Grant*



# SHARE YOUR SHORE

*For Clean Water & Lakeshore Habitat*

We hope you have fun with this journal and enjoy learning about a few special plants and animals that live in lakes and along the shorelines.

We love Wisconsin lakes and rivers, and a lot more of us are building along shorelines. Sometimes cabin owners change shorelines to suit their needs like cutting grass to the water's edge, taking out trees and shrubs to have a clear view, or raking away plants to make the perfect sand beach. Letting some areas along the lake go back to native plants can attract more wildlife, slow erosion and cut down on yard work.

Complete the activities found inside and create your very own keepsake Lakeshore Field Journal. So, dig in and explore the life in and around your lake!

Our lakes....a long time ago.



Belvidere Park, near Grand view

Resorts, like this one, with wooden boats, were common years ago

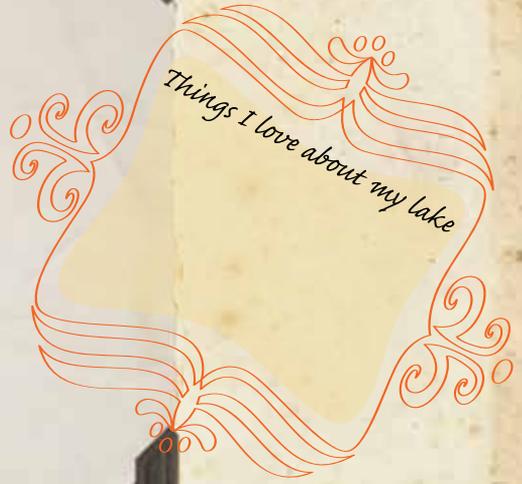


Great fishing in 1942



# What does your lake look like today?

Here is a journal you can use to remember fun times at your favorite lake. Draw or paste pictures below and write fun memories and stories to capture your experiences on the lake.



# The Life of a Frog

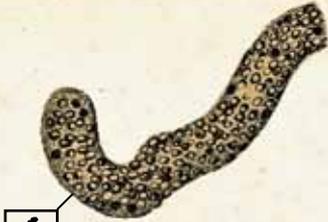


Some frogs lay as many as 1,000 to 4,000 eggs

THAT'S A LOT OF BABIES!!



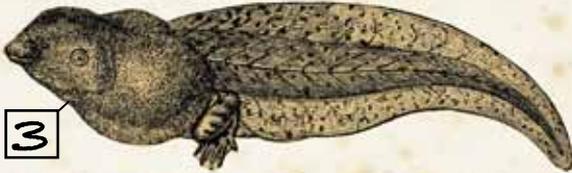
Adult green frogs stay close to the waters' edge all summer. The male frogs begin calling when the water warms up. Their call sounds like someone strumming a loose banjo string.



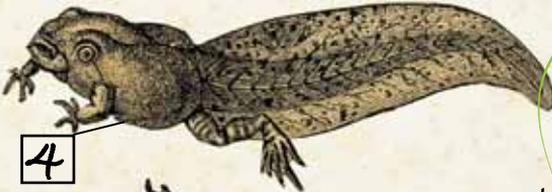
1 Eggs



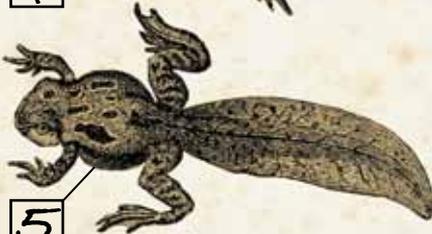
2 Tadpole



3



4



5



6 Grown Frog

## WAYS TO HELP FROGS THRIVE!

1. Keep part of your shore natural, with lots of plants and places for frogs to hide.

2. Let the eggs transform & tadpoles grow! Depending on the type of frog, it can take 40 days – 2 years to grow from an egg to frog.

# Frog Count

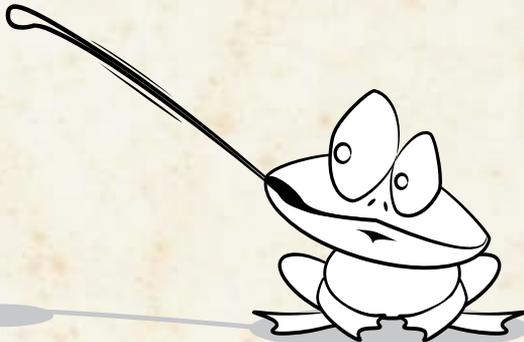
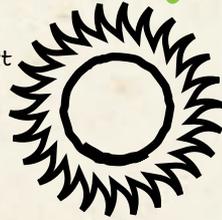
Date    How many    What they looked like (color, size...)

Date	How many	What they looked like (color, size...)

## ADULT GREEN FROGS ARE CARNIVORES

They eat insects that mostly live on the plants and trees along lakeshores. They love to eat ground beetles and bark beetles. Native vegetation along lakes provides both a source of insects and a place to hide from herons, raccoons and mink. Frogs can be one indicator of a healthy lake and shoreline.

Frogs eat insects to survive.  
Draw a bug for the frog to eat



# The Painted Turtle



Since turtles are cold blooded they sunbathe on logs and rocks along the lake shore to warm up so they can begin to feed, grow and lay eggs. Active feeding takes place when the water temperature reaches 68 degrees.



## SNACK TIME!

Turtles like to feed on snails, crayfish, insects and tadpoles that live in shallow waters. They also will eat fish dead or alive!

Sometime they will get into fish baskets tied to docks and eat all the fish!

## Main Ingredients



snails



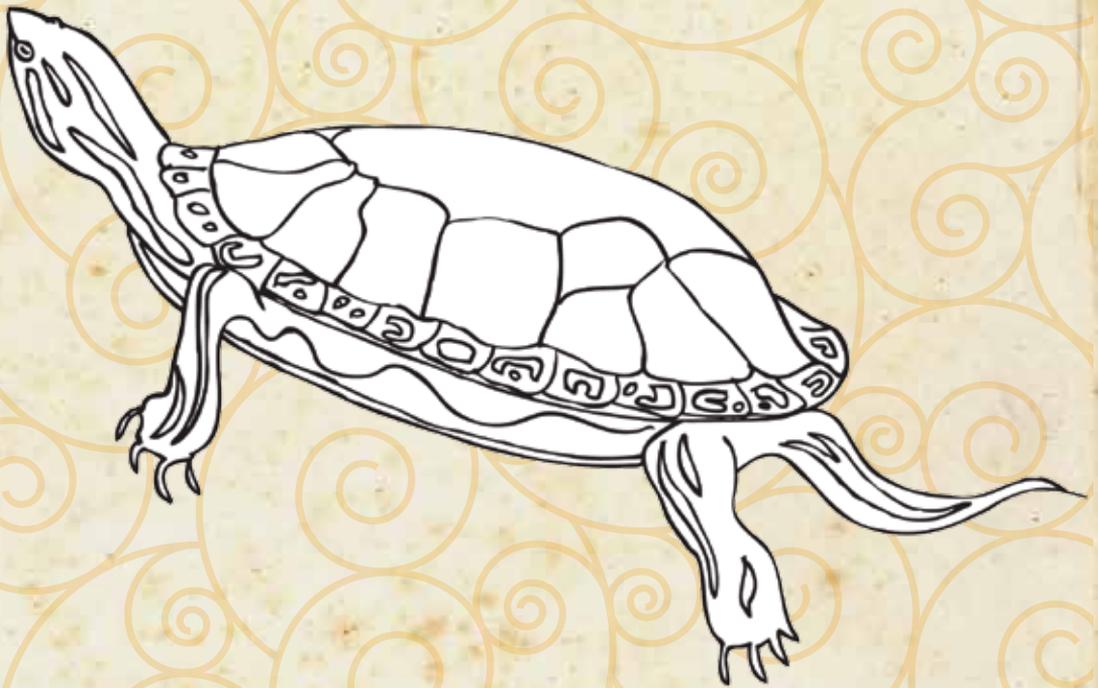
tadpoles



crayfish

SOME OF THE  
TURTLE'S  
FAVORITE FOODS!  
→

# Color the painted turtle



## Crawling for their lives...

Painted turtles are found on most lakes. Female turtles leave the safety of the water and risk hungry predators and busy roads to dig nests and lay eggs in upland soils.



Female turtles make their way on land to lay eggs.



She finds a hidden spot to dig a hole for her eggs.



She makes her way back to the lake.



This turtle uses a log as a launching point to jump back into the lake.



Natural shorelines help turtles make it safely back to the lake. Egg laying begins in late May and runs through June. Most females lay 2 clutches per year of 4 - 20 eggs.

Dragonflies

Aerial Acrobats



Dragonflies are a spectacular, colorful group of insects. They have long wings, big eyes, and slender bodies. Their shiny green, shimmering blue, and metallic bronze colors can be seen darting across an open meadow, just above the still waters of a lake or along the shoreline. Dragonflies zip and dart around, catching mosquitoes, flies and other insects.



## FLYING TRICKS OF THE ACROBATIC DRAGONFLY

Dragonflies can:

- Fly backwards
- Change directions in mid-air
- Reach speeds of up to 35 miles per hour
- Stop and hover like a helicopter
- Land with their wings flattened out like an airplane

# Young Dragonflies Are Underwater Hunters!

Dragonflies spend most of their lives under water at the lake, and are called nymphs until they are fully grown. The dragonfly nymph is a ferocious predator, feeding on other water insects, small fish and tadpoles.

At the end of the nymph stage, the nymph crawls out of the water and finds a dry spot on a nearby shoreline plant. The nymph then sheds its skin onto the stem of a plant. After leaving the old nymph body, it is a full-grown dragonfly!

The skin the nymph leaves behind often stays stuck to the plant for a long time after the dragonfly has left it. Go explore the plants along your lakeshore to search for the fragile shed skins of the nymphs like the one in the picture - see how many kinds you can find - check out the cool details on their dried skins.



*Observe the Dragonflies on your lake* – You can keep a record of each kind of dragonfly you see along the shore. Record where and when you saw it - and take note of its colors and some of the fancy flying tricks you see it do.

DragonFly		
Date	Place	Description (color, size...)

# POPULAR FISH IN YOUR LAKE

## Crappie



Wisconsin has two similar species of crappies, black and white crappies

### WHERE THEY LIVE

- These fish like to hide by logs, plants, and rocks that are in the lake
- Crappies travel and feed in loose schools, eating small water insects called “zooplankton”

### BAIT THEY LIKE

- tiny “crappie minnows”
- small feather-covered jigs
- plastic minnows

**Beware**  
of the trademark  
spiny-rays on the  
dorsal fin of this  
crappie - ouch!



Paste in a picture of a fish you have caught or draw a picture.

## Take a Picture

If you are not going to eat your fish, take a picture and then release the fish so it can be caught by someone else.

**Remember... do it quickly as the fish can't breathe out of the water!!**

Fish images pages 12 -14 copyright Wisconsin Department of Natural Resources courtesy of Virgil Beck

## Blue Gill



### WHERE THEY LIVE

- Blue Gills like to hide in weeds & lily pads along shallow edges of the lake
- Just before winter seals the lake with ice, look for blue gills in 4 to 6 foot waters
- Fishing is at its best after "ice-on," and again a few weeks before "ice-off"

### BAIT THEY LIKE

These are the smallest fish in the lake and will eat just about anything.

- garden worms
- jigs & artificial bait
- night crawlers
- meal worms & wax worms
- minnows

## Rock Bass



### WHERE THEY LIVE

- They are found in lakes 5 to 30 feet deep
- They like to live around large rocks, trees or logs

### BAIT THEY LIKE

- jigs
- minnows
- artificial bait

## Largemouth Bass



### WHERE THEY LIVE

- These fish like to hide under fallen trees, under docks, along drop offs and near lake plants

### BAIT THEY LIKE

- fish & crayfish
- large insects
- worms
- artificial bait: spinners and plastic worms

### How to tell a largemouth from a smallmouth bass?

Look for an upper jaw, on the largemouth bass, that reaches past the eye and a deep notch in the back fin

## walleye



### WHERE THEY LIVE

- They are found in lakes 5 to 30 feet deep
- They hide near the bottom of the lake on warm summer days

### BAIT THEY LIKE

- minnows
- leaches
- jigs

### TIP:

walleyes are most active at dawn and dusk

### FUN FACT

walleye is the largest member of the perch family & one of the most highly prized game fish



**Loon**

Protecting natural loon nesting sites is the best way to improve the long-term health of loons.

*Photo credit: Ginger Gumm and Daniel Poleschook, Jr.*

*Post Card*



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**SHARE  
YOUR  
SHORE**

For Clean Water & Lakeshore Habitat

**Send a postcard** to friends or family with some of your favorite lakeshore animals.

**Bald Eagle**

Bald Eagles nest in tall pine trees  
and return to the same site each year.  
*Photo credit: John Haack*

*Post Card*



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**SHARE  
YOUR  
SHORE**

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**Leopard Frogs**

They spend summers finding insects on land and winters below the ice. In Spring, they lay eggs in shallow water along natural shorelines.

*Photo credit: John Haack*

*Post Card*



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**SHARE  
YOUR  
SHORE**

▲ For Clean Water & Lakeshore Habitat

**Heron**

An up-close encounter with the graceful blue heron is unforgettable. Watch for them stealthily hunting in shallow water along well-vegetated shorelines.  
*Photo credit: Jeffrey J. Strobel*

*Post Card*



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For Clean Water & Lakeshore Habitat



## Yellow Perch



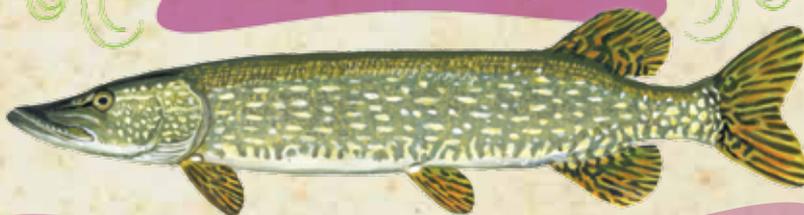
### WHERE THEY LIVE

- Smaller fish spend time near lake plants or fallen trees. Look for bigger perch in deeper water

### BAIT THEY LIKE

- minnows, baby insects, and worms
- ice fishing jigs
- small minnows

## Northern Pike



### WHERE THEY LIVE

- Near shallow marshy bays in weed beds 4-12 feet deep
- Fishing best when water is cool in late spring and early summer

### BAIT THEY LIKE

- live minnows - suckers or shinner minnows up to 8 inches long



Paste in your favorite fishing spot or fishing photo

## THE FISHING HOLE

### CREATING A FISHING LOG:

*Creating a fishing log helps you answer questions about:*

- What bait or lure works best for me on the lake during spring, summer, fall and winter?
- How many fish have I caught this year?
- What were the weather conditions like when I fished the lake?

Fish have patterns of behavior. Creating a log will help you find those patterns and remember them. In no time at all, you will be a skilled angler. Use the next page to start keeping track of your fishing success.

Track your  
**BEST**  
fishing spots!

- Get a map of your lake or draw one to mark some of your best fishing spots!



# ANIMAL TRACKS

Animal tracks provide clues about the animals on your shoreline. Look for tracks in the damp sand along the water's edge near lake plants, especially in the early morning.



Finding these webbed tracks may lead you to some really smelly otter droppings full of crayfish claws and fish scales nearby.

River Otter  
**Front Print:**  
2.5" - 3.5" Long  
2" - 3" Wide  
**Hind Print**  
3" - 4" Long



The mink love to lope along the shore searching for frogs.



Mink  
**Front & Hind Print:**  
1.5" - 2" Long  
1.5" - 2" Wide

## Blue Heron

Print Length:  
to 6.5" Long

Straddle: 8"

Stride: 9"



These birds walk along the shoreline in search for frogs and fish.



## Green Frog

Straddle: to 3"



**FUN FACT**  
What is a straddle?  
A straddle is the distance between the animals' left and right foot prints

The best place to find frog tracks is along the muddy shoreline. They sometimes come out at night to sing.



Turtles come out of the water from time to time to lay in the sunshine. Notice how their tail drags and the mark they make with their claws.

## Painted Turtle

Straddle: 4"-10"



# Native Plants...what are they?

Plants that grow naturally in your area are called native plants

Native plants are important because they are the best ones to grow in our weather and soils. Without these plants, some of our wildlife could not survive, because animals use native plants for food and shelter.

Have fun collecting, drying, and pressing lakeshore plants

You can save your plants in this journal after they are dried or pressed. Here are some tips and ideas of how to save your plant clippings.

## WHAT TO LOOK FOR

- Pick plants that are plentiful
- Pick flowers and leaves with thin petals for pressing
- Larger flowers can be gathered in a bunch, hung upside down to dry and put in a vase
- Leave plenty of each kind to make seeds for next year

## WHEN TO LOOK

- Look at noon on a dry sunny day
- Wait for dew to dry
- Look before hot sun wilts the plants
- Pick on same day you plan to press or dry them as they'll wilt in about a half hour

Fireweed

## COLLECTING TIPS

- 🌿 When picking flowers, include the stems and some leaves too
- 🌿 Handle the flowers carefully, the petals can get bruised and turn brown in the press
- 🌿 Collect plants of different sizes, shapes, colors and textures
- 🌿 Avoid poisonous plants and NEVER put plants in your mouth

# Pressing Plants

## ❧ PRESSING TIPS ❧



❧ Create your own press by using an old phone book with a brick on top – or if you intend to do a lot of plant pressing – purchase a traditional plant press from a craft or toy store

❧ Each plant specimen should be between two or three dry newspaper layers separated by cardboard

❧ If plants seem to stick to the newspaper, use wax paper between the newspaper to avoid ripping the flowers

## PRESSED FLOWER PROJECTS

Pressed flowers and leaves can be used to decorate writing paper, place in your journal, create greeting cards, and bookmarks, decorate candles, and add something special to photo albums or mount a specimen in a glass frame. Below are some ideas for your pressed flowers.



Blue Vervain



# Native Plants...on your shore

Take your journal to the shoreline and try to find each of these plants. Write down the date you found the plant and animals or bugs you spotted near it. If you don't have one of these plants, check your local nursery and plant it on your lakeshore to enhance its natural beauty. Then either DRAW or tape or glue in a pressed plant specimen to keep an example for future reference.



SWAMP MILKWEED

Date: \_\_\_\_\_



pressed plant specimen

Animals/bugs nearby: \_\_\_\_\_

COOL FACT: Many birds use the old stems of the swamp milkweed to build nests. Flowers bloom in July through September. Found in moist soils along lakes, rivers and wetlands.

Date: \_\_\_\_\_

CHOKECHERRY



pressed plant specimen

Animals/bugs nearby: \_\_\_\_\_

COOL FACT: Chokecherry berries are a favorite food for birds and other critters, like black bears. People sometimes make jelly from the fruit.

## BERGAMOT

Date: \_\_\_\_\_



pressed plant specimen

Animals/bugs nearby: \_\_\_\_\_

COOL FACT: Source of nectar for butterflies and humming birds.

This plant is a mint and can be used to make tea. Flowers bloom July through September.

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Date: \_\_\_\_\_

## BLUE VERVAIN



pressed plant specimen

Animals/bugs nearby: \_\_\_\_\_

COOL FACT: Flowers bloom all summer long. Native Americans used this plant for food and medicine.

Other Shoreline Plants I found...



Date Found: \_\_\_\_\_

Name: \_\_\_\_\_

Animals/bugs nearby: \_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_



plant specimen



plant specimen



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Animals/bugs nearby: \_\_\_\_\_



\_\_\_\_\_

# Native Plants and Trees to grow

Make a list of the native plants that you plant on your shoreline.

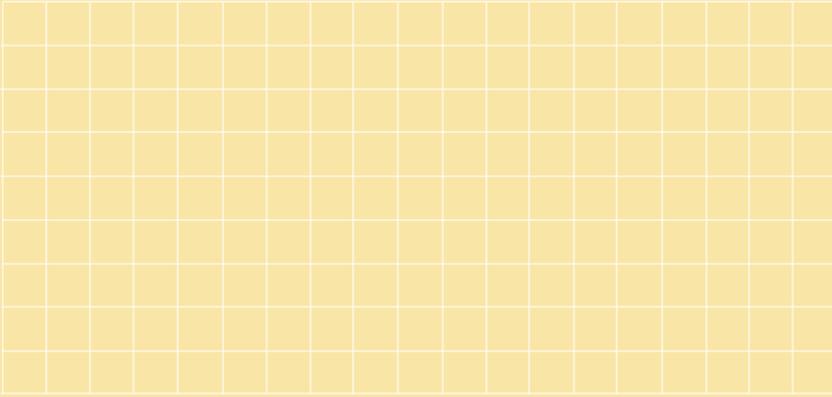
Plant/Tree Name: \_\_\_\_\_ Date Planted: \_\_\_\_\_

Location: \_\_\_\_\_

Talk to your local nursery about native plants they have available.

# Planting trees, shrubs, and plants

Draw your plan here



1. PLAN your planting location & space plants 12 to 18 inches apart, shrubs 3 to 4 feet apart and trees 10 to 12 feet apart.



2. LAY MULCH down before planting. Spread 2 to 3 inches of straw or leaves to conserve moisture and reduce weed growth.



3. DIG HOLES for your plants with a planting shovel, a trowel or a bulb planter. Make sure that you go through the mulch and into the soil.



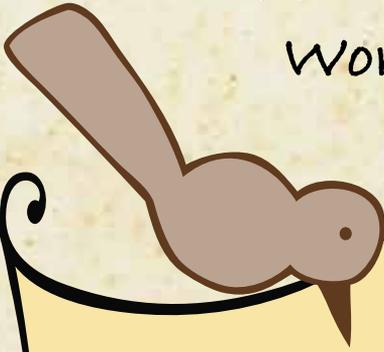
4. Your plants will grow better if planted on a COOL DAY or in the morning or evening hours.

5. TO PLANT, separate the mulch, dig a hole, place the plug in the hole, and press the soil gently around the plug. Make sure the plant is not buried in mulch.

6. WATER PLANTS immediately after planting and at least every morning for 2 to 3 weeks. Once the plants become established, water is required only if there is a long period without rain.



# Around The Lake Word Search



Q K V F I S H Y L Q P Q P  
C P C R S H O R E L I N E  
E L Z O J L U H C C T A H  
O A S G L S Z B Q A R M X  
T N U P K J H E T E A L Z  
T T T R X Q R I T R R A W  
E S L E B R B A A A E K R  
R P L R C A W H T O O E N  
J F O L H V L Z B O S R S  
A Y O D R I N P R D L A A  
V V N C F X T U R T L E O  
N O P B Y B O W Z H T T T  
H M L F B O V H E R O N Y

Find and circle each of these words.

FISH

HABITAT

LAKE

OTTER

TREES

WATER

FROG

HERON

LOON

PLANTS

SHORELINE

TURTLE



SHARE  
YOUR  
SHORE

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Lake Management Grant