

# Become a Friend

Use the form below or visit:  
[friendsofthefugeheadwaters.org](http://friendsofthefugeheadwaters.org)

## Membership Application\*

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

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Membership Dues

- Student/Senior \$10
- Individual \$20
- Family \$35
- Lifetime \$500
- Donation \$ \_\_\_\_\_

### Activities in which you wish to participate (check all that apply)

- School field trips
- Field work with Refuge staff
- Removing invasive plant species
- Refuge office assistance
- Fishing line recycling program
- Bird-watching outings
- Paddling outings
- Board membership
- Summer fishing events
- Youth ice-fishing event
- Grant-writing
- Fundraising
- Member recruitment
- Photography contest
- River clean-up

Return this form to:

### Friends of the Refuge Headwaters

51 East 4th Street, Room 203  
Winona, MN 55987

507-494-6229

[forhwinona@gmail.com](mailto:forhwinona@gmail.com)

\*Information provided will not be shared.  
FORH is a 501(c)3 non-profit organization.



Field Trips  
Refuge Assistance  
Board Membership  
Grant-Writing  
Fundraising



Bird Watching  
Field Work  
Removing Invasive Species  
Photography Contests



Paddling Outings  
Recycling Programs  
River Clean-Ups  
Ice Fishing Events



## FRIENDS OF THE REFUGE HEADWATERS

## JOIN US TODAY!

Individual & Family Memberships Available  
[friendsofthefugeheadwaters.org](http://friendsofthefugeheadwaters.org)

 [friendsrefugeheadwaters](https://www.facebook.com/friendsrefugeheadwaters)

## Connect Your Passion with a Purpose

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## Who are the Friends of the Refuge Headwaters?

Friends of the Refuge Headwaters (FORH) is a volunteer organization made up of people who support the Upper Mississippi River National Wildlife and Fish Refuge. We are based in Winona but draw members from the surrounding area as well, both in Minnesota and Wisconsin. We host activities throughout the year that bring people out onto the Refuge (paddling, fishing, bird-watching), assist Refuge staff with biological surveys, and educate and advocate on behalf of the Refuge.

## What is the Upper Mississippi River National Wildlife and Fish Refuge?

The Upper Miss Refuge is a world-class bird, fish, and wildlife area that also offers fantastic recreation opportunities. The most-visited refuge in the U.S. and the largest in the lower 48 states, it begins at the confluence of the Chippewa River near Wabasha, Minnesota and ends 260 miles later near Rock Island, Illinois, touching four states along its boundaries. Our Friends group supports the Winona District of the Refuge, a 40-mile portion from Wabasha, MN to Trempealeau, WI.



## What do the Friends do?

We do a lot! We carry out a wide variety of activities, most on the Refuge or in the vicinity of Winona and nearly all in concert with the staff of the Refuge, who are employees of the U.S. Fish and Wildlife Service. These events bring young people, seniors, people with disabilities, families, people of diverse nationality, and others into the outdoors and enjoying the refuge. In addition, the Friends advocate for the Refuge and national wildlife refuge system at the local, state, and federal level.



## Annual activities include:

- A Swan Watch charter bus tour that leaves Winona and takes the group to one or more spots along the river where they can view tens of thousands of migrating tundra swans
- Fishing events—both winter and summer—for kids, disabled adults, and others (equipment provided)
- Outings on the Refuge by foot, snowshoe, canoe, and kayak (equipment provided)
- Helping Refuge staff reduce invasive plant species, remove trash from the river, and carry out surveys of eagle nests, heron nests, and waterfowl hunters



## And More!

In addition, our Friends group installs, monitors, and maintains monofilament fishing line recycling containers at 35 boat landings and popular fishing sites over a 30-mile stretch of the river. We bring in expert speakers on wildlife and conservation topics. And we compete for grants to support our activities.

**Become a Friend today!** Just visit our website [friendsoftherefugeheadwaters.org](http://friendsoftherefugeheadwaters.org) or use the attached form.

