

Become a Friend

Use the form below or visit:
friendsoftherefugeheadwaters.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)

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

Return this form to:

Friends of the Refuge Headwaters
51 East 4th Street, Room 203
Winona, MN 55987
507-494-6229
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



JOIN US TODAY!

Individual & Family Memberships Available
friendsoftherefugeheadwaters.org
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**Connect Your Passion
with a Purpose**

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f friendsrefugeheadwaters

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 or use the attached form.

