



## Inside This Issue

President's Pen	2
Wild Parsnip Burns!	1
Environmental Safety Day	1
CTMN Graduation Celebration	4
Ralph Wilson Youth Club	8
Interesting Tidbits	10
Farm Pond Café	11
On the Horizon	12
Belton Lake Master Plan	13

## Calendar at a Glance

August 5, hours due.

August 8, 6-8 pm, CTMN General Membership Meeting

August 10, 8am-12 pm, Miller Springs Workday

August 16, 10am-12 pm, Mother Neff Workday

August 24, 8-11 am, Bell County Museum Workday

August 31, 8-11 am, Nolan Creek Hike & Bike Trail Cleanup

Continued on page 12...

## Wild Parsnip Burns!

**-Krystal Trammell**

Parsnip burns? That's right. Did you know you can get third-degree burns from a weed that's commonly found in most gardens across America?

Last month, I was weeding my (admittedly very overgrown) garden. I wasn't wearing gloves, but I wasn't too concerned about anything except spiders.

I was outside for several hours after that, and by that evening, I noticed that the side of my wrist felt like I'd burned it. I dismissed it, thinking I must have brushed against a pot while cooking without realizing it. Later, it was still hurting, so I put some lavender and coconut oil on it.



Continued on page 3...

## Environmental Safety Day Camp

**- Rene Berkhoudt**

Seventeen Chapter members participated in the Texas A&M Agrilife Environmental Safety Day Camp at the Bell County Expo Center on June 22nd. Children participated from as far away as Dallas, although most of the participants were from local youth clubs. Continued on page 6...

*Chapter Motto*

**Earth Day,  
Every Day**



# President's Pen



- Rene Berkhoudt

Well here we are in August, almost at the midpoint of summer. Since the last edition of *The Tracker* in June, the Chapter has continued to be quite busy. Most notably we had our 2017 Graduation Celebration on June 13th at the Temple Public Library in which we welcomed our newest Chapter members into the Texas Master Naturalist program. Compared to our spring calendar, late July, August and early September will be slower by comparison. The summer heat will be a major factor in limiting our outdoor activities. Still many of you will remain active in the program by volunteering at our monthly workday events, or observing wildlife, birds, and rainfall in your own backyards.

With that in mind, I would like remind everyone to observe proper summer heat precautions, stay hydrated, and don't overdo it. Be aware of the symptoms of heat illness including heat cramps; heat exhaustion and heat stroke. The sooner you recognize any symptom of heat illness the better.

## ***Heat Cramps***

Heat cramps are muscle spasms that usually affect the legs or abdominal muscles, often after physical activity. Excessive sweating reduces salt levels in the body, which can result in heat cramps.

If you feel you are suffering from heat cramps, stay calm, rest, sit or lie down in the shade, drink cool fluids and stretch the affected area as allowable.

## ***Heat Exhaustion***

When the body loses an excessive amount of salt and water, heat exhaustion can set in. People who work outdoors in the heat are particularly susceptible.

Symptoms are similar to those of the flu and can include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. Other symptoms include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature.

If you or someone you know is suffering from heat exhaustion, move them indoors or to a shaded area, give them lots of cool water to drink and apply wet towels to their skin or douse them with water.

## ***Heatstroke***

Heatstroke is very dangerous. Heatstroke can occur when the ability to sweat fails and your body temperature rises quickly. The inability of the body to cool itself can lead to organ failure and is often fatal.

Someone experiencing heatstroke will have extremely hot skin, and an altered mental state, ranging from slight confusion to coma. Seizures also can result. Ridding the body of excess heat is crucial for survival.

Do not give a person suffering from heatstroke anything to drink. Move the person indoors or to a shaded area and call for emergency medical help immediately.

I hope you all enjoy the rest of your summer - Stay safe and take proper precautionary and preventive measures to ensure that you protect yourself from heat illness – not to mention venomous snakes and biting and stinging arthropods (Page 7).



# Wild Parsnip Burns!

By the next day, I was in serious pain. My whole wrist was swollen and achy, and I had fat blisters on the side of my hand. I was baffled, and started researching brown recluse bites, but it didn't look like that.

I kept treating it the way I normally would a burn, and the swelling and pain went down after a few days. The blisters remained for over a week, and my skin became discolored around them.

Finally, my master herbalist friend noticed my hand, and we started talking about it. She recognized it as a wild parsnip burn! I was shocked. Apparently the sap of a plant did this to me!

Wild parsnip, also called giant hog-weed, is a seriously poisonous plant that most people don't know about.

Wild parsnip's sap contains a substance called psoralen, that reacts with sunlight. It can produce extreme burns on the skin that may even warrant a trip to the emergency room!

The sap eats away at the skin if it's not washed off immediately. It's common to see a reddening of the skin, rashes, and blisters, accompanied by scalding pain. The skin around the burn will turn dark brown or reddish like a scar, and may last for several months afterward. If the sap gets in your eyes, it can even cause blindness.

If you do find wild parsnip in your area, rip it up with gloves and long pants/sleeves on, in the evening to avoid sunlight. Then, wash those clothes in hot water with plenty of detergent!

If you come in contact with it, get out of the sunlight and wash with soap immediately.

The first year's growth is low to the ground and looks a bit like celery. The second and subsequent years, it looks like a yellow Queen Anne's Lace, and usually gets up to 4 feet tall.

Continued from Page 1



*Make sure to watch out for this stuff, and help your kids to recognize it, too, no one wants parsnip burns!*



# CTMN June Graduation Celebration

- Rene Berkhoudt

The Central Texas Master Naturalist Chapter held a Graduation Celebration on June 13th at the Temple Library to welcome our newest graduates into the Texas Master Naturalist program. This year's training was especially successful. Our 2017 trainees were extremely active in community volunteer projects throughout the training period. All of our instructors received high marks on their course presentations and the mentor program in particular worked very well this training cycle.

Welcome to our newest Chapter members!



May Foreman



Vanisse Higginbotham



Connie Kuehl



Ronna Olivarez



Denise Ponder



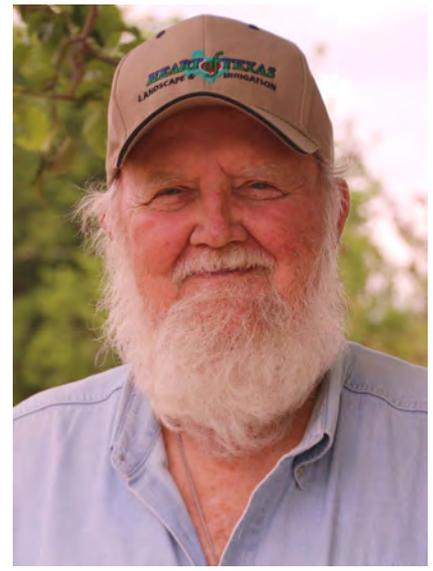
Kathleen Ramey



Lois Reiter



Carol Rowland



Doug Rowland



Charles Sorensen



Cassie Torti



Krystal Trammell

## CTMN Class of 2017



Christa Venette



# Environmental Safety Day Camp ...continued

Our station at the Environmental Safety Day Camp was comprised of a 20 minute safety briefing on venomous snakes and biting and stinging arthropods. Thanks in large part to the environmental education products we have been able to purchase this year through our Texas Parks and Wildlife Department (TPWD) Community Outdoor Outreach Program (CO-OP) grant, we had plenty of hands-on facsimiles, models and displays for the children to look at, touch and feel. Our star speaker was John Atkins who was both highly informative and entertaining. The children just loved him! Our other featured speakers were Lynn Fleming and Mary Ann Everett.

Thanks to all of our Chapter members who turned out to participate in this important environmental education initiative!



CTMN Station at the Bell County Expo Center



John Atkins giving a safety overview to students



Students really enjoyed using the loupes to view our arachnid and insect displays



With our display of venomous snakes and biting and stinging arthropods the Central Texas Master Naturalists provided a hands-on learning experience to Urban 4H students who normally don't get a chance to visit the great outdoors. We hope the students found a new understanding and appreciation of the creatures that comprise our natural world, and the importance of practicing safe habits when hiking or recreating outdoors; and that through their interaction with our Chapter members, the participants gained some insight in how to recognize potential wildlife hazards to avoid bites and stings—even in your own back yard.

**Participating CTMN Chapter Members**

- |                   |                       |
|-------------------|-----------------------|
| Charles Sorensen  | Mary Ann Everett      |
| John Atkins       | May Foreman           |
| Kathleen Ramey    | Rene Berkhoudt        |
| Kathy Cantu       | Richard McCarthy      |
| Krystal Trammell  | Ronna Olivarez        |
| Lynn Fleming      | Sam Priori            |
| Lynn Williams     | Shirley Watts         |
| Marian Riegel     | Sue Valdez            |
| Marilyn Whitworth | <b>THANK YOU ALL!</b> |



**Environmental Safety Day Camp**



# Ralph Wilson Youth Club

- Rene Berkhoudt

The Central Texas Master Naturalists spent two days in July with the Ralph Wilson Youth Club. We spent the first day at the Ralph Wilson Youth Club site in Temple where we displayed our Discovery Trunks and interacted with students. We brought four trunks with us for Birds (Ornithology), Bugs (Entomology), Mammals (Mammology) and Snakes (Herpetology). Rehanon Pampell provided an overview of the *iNaturalist* smart phone application to participating students at the youth center. The next morning we reconvened at the Miller Springs Nature Center for a nature hike. The two days in tandem comprised a unique opportunity to pair environmental education with an outdoor field visit. A great time was had by all and plans are already in the works to hold a similar event this autumn.



Rehanon Pampell — Ralph Wilson Youth Club

## CTMN Participating Chapter Members

- Ben Clement
- John Atkins
- Lynn Fleming
- Marian Riegel
- Mary Ann Everett
- Rehanon Pampell
- Rene Berkhoudt
- Shirley Watts

Special Thanks to Murray McCarley  
Retired USACE Ranger



Lynn Fleming

Ralph Wilson Youth Club



Ben Clement — Miller Springs Nature Center



Miller Springs Nature Center—Site Orientation



**Ralph Wilson  
Youth Club**



Miller Springs Nature Center—Nature Hike

# Interesting Tidbits

## The Fascinating Trapdoor Spider

- Rene Berkhoudt

*Editor's note: CTMN recently posted a video clip of a Trapdoor spider suddenly emerging from its burrow to grasp its hapless prey in a scene eerily reminiscent of a Ridley Scott Alien Movie on our Facebook page.*

The Trapdoor spider is a common name for any of several large spiders that nest underground. A Trapdoor spider does not have a web like other spiders do. It lives in a burrow with a hinged trapdoor on top. The trapdoor is made of soil, vegetation, and silk, and each one is expertly camouflaged. The burrow of a Trapdoor spider is about a foot long in depth and two to three inches wide at the opening.

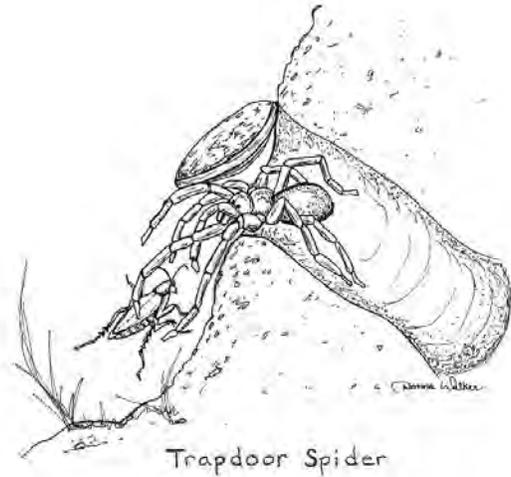
When it is closed, the trapdoor is difficult to see. The trapdoor is hinged on one side with silk. Trapdoor spiders typically wait for prey while holding onto the underside of the door with the claws on their tarsi (which equates in humans to the cluster of bones in the foot between the tibia and fibula and the metatarsus). Prey is captured when insects or other arthropods venture too close to the trapdoor opening. The spider detects the movement of prey through vibrations and when the unwitting victim ventures too close, the Trapdoor spider will leap out of its burrow and capture it.

Trapdoor spiders make up the family Ctenizidae of the order Araneae. Trapdoor spiders have 8 eyes, a pair in the middle and 3 on each side. Their colors range from yellow to brown to red to black. They have powerful jaws and sharp fangs, that stab downwards into its prey. The Trapdoor spiders eight legs are thick and short, but it is a fast runner.

A Trapdoor spider's primary enemies are wasps. If a wasp finds the burrow it will quickly run into the spiders burrow and sting the spider. The only way for the spider to save itself is to grasp the trapdoor with its jaws and try and hold the door to the burrow closed. But the wasp usually wins, because it will actually cut the lid of the burrow open to get inside if it has to. Once it has stung the spider, the wasp will lay an egg on it which will eventually hatch and feed on its paralyzed host. Other predators of Trapdoor Spiders can include birds, centipedes, scorpions, and parasitic flies.



Watch the Facebook Video Here: [Video Link](#)



# FARM POND CAFÉ

*Open 24 Hours... Seven Days Per Week*

## **Farm Pond**

Flat Surface, Some Ducks, Ripples, Water Striders and other Insects on the Surface



## **Typical Fresh-Water Pond**

From the surface down into the mud are Water Boatmen, Water Beetles, Dragonfly and Damselfly Nymphs, Clams and Snails



## **Whole Whirligig Beetles**

Beetles in constant motion on the surface.  
Dive when frightened.



## **Face of Whirligig Beetle**

Two sets of eyes: upper ones view pond surface, lower ones view below the surface.



*Menu Changes Monthly!*

\*Images are from open stock on the internet—no copyrights involved.

**Chef: Richard G. McCarthy**

# On the Horizon

## SEPTEMBER

Tue 5 Enter Hours in VMS

Tue 5 Board Meeting Agrilife Extension Building 3pm - 5pm

Tue 12 CTMN PACE Meeting. Belton Church of Christ Meeting Room. 6pm - 8pm

Thu 14 (V) Miller Springs Workday. 8am - 12pm Mary Ann: [everett.maryann4@gmail.com](mailto:everett.maryann4@gmail.com)

Wed 20 (V) Mother Neff Workday 10am - 12pm. Yvonne: [yeele@ymail.com](mailto:yeele@ymail.com)

Thu 21 (V) Conservation Expo - Texas A&M Agrilife Extension. Rene: [rene.berkhoudt@gmail.com](mailto:rene.berkhoudt@gmail.com)

Thu 28 (V) Bell County Museum Workday. Lynn: [lynnfleming99@gmail.com](mailto:lynnfleming99@gmail.com)

Please contact Rene if you have any questions - [rene.berkhoudt@gmail.com](mailto:rene.berkhoudt@gmail.com)

## MORE IDEAS TO KEEP YOU BUSY ...

A. Would you like to volunteer your services to be our Chapter lead for the 20th Anniversary Oral History Videography Project? Every TMN Chapter is to be represented in this project. Please contact Rene ([rene.berkhoudt@gmail.com](mailto:rene.berkhoudt@gmail.com)) with your questions or to step right up and take charge!

B. Scott Summers of the Fort Hood Natural and Cultural Resources is looking for volunteers to search for zebra mussels in the lakes at Fort Hood. They are understaffed and do not have time to do the surveys and are asking CTMN for help. Contact Rehanon if you're interested in helping (254) 770-6569 [rpampell@brc.tamus.edu](mailto:rpampell@brc.tamus.edu).

C. Did you know that the price for lifetime senior passes (62 years +) with National Parks & Federal Recreational Lands will be increasing from \$10 to \$80 in August? The senior pass has maintained its \$10 price since 1994. The lifetime senior pass provides access to 118 of the 417 National Parks that charge a gate fee as well as other recreation sites managed by 6 federal agencies. After August seniors can purchase an annual pass for \$20 per year.

D. Bell County Master Gardeners Monthly Seminars. Open to the Public, 6:30pm-8pm at AgriLife Building, 1605 North Main Street, Belton. Email for questions: [upchurch@sbcglobal.net](mailto:upchurch@sbcglobal.net) August 17 - Fall Gardening September 21- Cooking with Herbs October 19 - Fruit and Citrus Trees November 16 - Composting

E. Texas Waters Specialist Seminar Series: Aug 22, 6:30pm - 7:30pm. Subject is Texas Water Law and Planning. This webinar is the last in a series of 4 providing a deeper dive into Texas Waters :) Presented by Cindy Loeffler, Chief, Water Resources Branch Chief, TPW. For info contact Johnnie Smith (512) 389-8060 <https://tpwd.texas.gov/education>

F. Annual Swift Fest with Friends of Balcones Canyonlands National Wildlife Refuge, August 19, 4:30pm - 10pm. Location: behind the City of Jonestown's offices & Fireman's Park, 18649 FM 1431, Jonestown TX.. Need your help with the kid's activities, teaching them the wonders of the migratory chimney swifts; or volunteer from 2:30pm - 4pm to help with set-up. Several educational activity stations and 2 volunteers are needed for each station. All materials and training is provided. Contact Jennifer with US Fish & Wildlife Service, [Jennifer.brown@fws.gov](mailto:Jennifer.brown@fws.gov) or call (512) 339-9432

G. Gala of the Royal Horses. August 20. 3pm. Cost \$20-\$40. Bell County Expo Center.

H. Central Texas State Fair. September 1 - 3. Bell County Expo Center.

# On the Horizon

I. Un-Included Club Summer Education & Leadership Retreat July 29 - August 5. Temple Texas SPJST Education & Nature Center for middle and high school students. If you'd like to be involved, email Rehanon at [RPampell@brc.tamus.edu](mailto:RPampell@brc.tamus.edu)

J. 18th Annual Texas Master Naturalist Conference. October 20-22. Corpus Christi. Info: <http://txmn.org/2017-annual-meeting/>

K. Texas Waters Day at 18th Annual Meeting on Friday October 20. Lots of activities planned including recognition of the first group of folks who have completed 8 hours of Texas Waters Advanced Training by 8/31/2017 and have earned their Texas Waters Specialist pin. Exclusive field trip to Nueces Delta Preserve for a study of estuarine plants, birds, soils & fish. <https://txmn.org/2017-annual-meeting/>. Contact Johnnie: [Johnnie.smith@tpwd.texas.gov](mailto:Johnnie.smith@tpwd.texas.gov)



## Belton Lake Master Plan Revision

- Rene Berkhoudt

The Army Corps of Engineers (USACE), Fort Worth District, is revising the Belton Lake Master Plan. The Master Plan is intended to serve as a comprehensive land and recreational management plan with a life span of 25 years. It guides the stewardship of natural and cultural resources and the provision of outdoor recreation facilities and opportunities to ensure sustainability of federal land associated with Belton Lake.

The current Master Plan for Belton Lake was prepared in 1970. The Plan and the land classifications are in need of revision to address changes in regional land use, population, outdoor recreation trends and USACE management policy. Key topics to be addressed in the revised Master Plan include revised land classifications, new natural and recreational resource management objectives, recreation facility needs and special topics such as invasive species management and threatened and endangered species habitat. Public participation is critical to the successful revision of the Master Plan.

It is also important to note that the Belton Lake Master Plan predates the Endangered Species Act of 1973. The Golden Cheeked Warbler (*Dendroica chrysoparia*), an endangered species of bird that breeds only in Central Texas, is known to frequent the Miller Springs Nature Center. The Endangered Species Act of 1973 seeks to protect and recover imperiled species and the ecosystems upon which they depend. The National Environmental Policy Act (NEPA) of 1970 mandates Chapter 7 consultation with the U.S. Fish and Wildlife Service for plan revisions that involve listed or endangered species and that protection of the species and its corresponding habitat is of paramount consideration in all plan revisions.

This is your opportunity to make your voice heard to help shape the future of our public lands. Visit the USACE website to find out more: <http://www.swf.usace.army.mil/>

### CHECK US OUT ON FACEBOOK!

<https://www.facebook.com/Central-Texas-Chapter-Texas-Master-Naturalists-116648718373317/timeline/>

(V) Approved for Volunteer Hours  
(AT) Approved for Advanced Training  
(MA) Must Apply for approval of hours

## Newsletter Mission Statement

*“Our mission is to inform and educate Master Naturalist members and the general public about our local environment and resources, and what we, as caretak-*

### Board of Directors

**President:** Rene Berkhoudt

**Past President:** Lynn Fleming

**Vice President:** Mary Ann Everett

**Secretary:** Mary Sharp

**Treasurer:** Marian Riegel

**Web Master:** Dale Hughling

**Membership:** Ben Clement

**Historian:**

**Host:** Mary Odom, Sue Valdez

**Training:** Mary Ann Everett

**Newsletter:** Rene Berkhoudt

### Chapter Advisors:

Whitney Grantham,  
County Extension Agent, Natural Resources

Derrick Wolter,  
Wildlife Biologist, Texas Parks and Wildlife

### Newsletter Staff

**Editor:** Rene Berkhoudt

**Proofreader:** Zoe Rascoe

**Contributing Writers and Photographers:** Krystal Trammell, Richard McCarthy, Rene Berkhoudt, Marian Riegel, Donna Lammert

**Please send any news of events, articles or photos of what you're doing or what's going on in your yard or area to:**

**Rene Berkhoudt at [rene.berkhoudt@gmail.com](mailto:rene.berkhoudt@gmail.com)**



A Northern Mockingbird in a peach tree  
— Rene Berkhoudt

### The Central Texas Master Naturalist Chapter:

Holds member meetings the 2nd Tuesday of February, April, June, August, October and December at 6 p.m. at the Belton Church of Christ at 3003 N. Main. Location exceptions are in December and June.

**PACE** meetings are at the Church location at 6 p.m. the 2nd Tuesday of January, March, May, July, September and November. **THE PUBLIC IS WELCOME AT ALL OF OUR MEETINGS.**

**Programs      Activities      Committees      Everything else**

The Board of Directors meet the 1st Tuesday of January, March, May, July, September and November at 3 p.m. in the Board Room at the Agrilife Extension Center at 1605 Main in Belton.