



# THE PADDLEFISH

## Briefings from Becky

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### There is no July meeting!!

Our August meeting will be at Kellyville. Set up is at 6, meeting starts at 6:30. We will have sign up sheets for food for the new class, which, if we get at least 3 more folks, will begin August 19th, at Collins Academy in Jefferson. Please plan to attend!!

Hope you are all happy and staying appropriately hydrated! I'm still enjoying morning and evening walks and even yard work as long as it is early or almost at sunset. The cicadas are keeping my dog entertained. The Mississippi Kites and the Cooper's Hawks have been pretty entertaining in my neighborhood. Our local nature trail still has very active "lightning bugs".

If you attended the Clymer Meadow Walk, please join me in thanking advisor, Vanessa Neace, for arranging it! Yes it got hot but it was an amazing walk! Our docent did an excellent job, even the young members of the tour made it entertaining. Hopefully, we will do it again in the spring. If you have other ideas about field trips let us know.



Greater Caddo Lake Association appreciated our support of Treasure for Trash clean up at Caddo! It was a fun, interesting day. Caroline and I helped judge the boat parade for July 4th. It really was entertaining! We wore our TMN tags and Caroline event got an address for a potential new member!

We've tried to avoid working in the heat but we really need to get back on to some of the refuge work. Kathy Koenig has helped water the "garden" at the comfort station. Barbary Judkins and Vicki Gilliland are working on the wildlife viewing blinds and bird feeders. Sometime in the next 2 weeks we need to get back on the work at the new trail near the parade ground. We'll look for an early morning time and stop before it gets too, too hot. Remember, you can always walk the trails, do a bit of cleaning/clearing and assessing conditions. It is better not to go by yourself. Some of you who have already worked on the new trail may feel comfortable continuing the trimming and clearing without an official work day. That's fine but please stay hydrated and, even there, it would be best to have someone with you.

~Becky Gullette, CBTMN President

*"Look deep into nature, and then you will understand everything better." – Albert Einstein*

**Cypress Basin Texas Master Naturalists  
Financial Report for  
June 1, 2022—June 30, 2022**

<b>Beginning Bank Balance, 06/01/2022</b>		<b>\$ 17,611.12</b>
Add Deposits: - 0 -	+	0
Less Withdrawals: Sam's Club Renewal	-	101.00
<b>Ending Balance, 06/30/2022</b>		<b><u>\$17,510.12</u></b>
Flotilla Funds	\$ 10,483.98	
Trainee Scholarship Fund	600.00	
General Funds	<u>6,426.14</u>	<b><u>\$17,510.12</u></b>

~ Submitted by Charles Gillis, CBTMN Treasurer

**Cypress Basin Texas Master Naturalists  
Minutes from June 6, 2022**

Attendees: Vicky Gilliland, Barbara Judkins, Phyllis Wilson, Linda Richtsmeier, Calvin Witt, Rachel Laca, Dudley Swofford, Stella Smith, Laura Wilson, Susan Sedberry, Steve Sedberry, Caroline Hughes, Hattie Hackler, Becky Gullette

The meeting was called to order by chapter president, Becky Gullette, at 6:30 pm.

No guests were in attendance.

The treasurers report, included in the Chapter's Paddlefish Newsletter, was approved by unanimous consent.

The minutes from the Chapter's meeting on May 9, 2022 were approved by unanimous consent.

Barbara Judkins has agreed to take over the secretary duties going forward, unless someone else really, really wants the job!

Becky reported the Trash to Treasure at Caddo Lake event sponsored by the GCLA was very successful. The chapter donated \$1000 to support this event. Volunteers were encouraged to collect trash of all sizes from around the lake and bring to a central drop-off site for disposal. Several members of the chapter participated. Prizes were given.

Susan Sedberry reported turnout for Stagecoach Days event in downtown Marshall, May 21, 2022 was great. The chapter shared a booth with other entities that support Caddo Lake. Susan was happy with the amount of interest expressed by booth visitors in exploring Caddo Lake but surprised by how many of the guests had never been there!

Volunteer Opportunities

VMS – Linda requests that members be punctual about entering their VT and AT.

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Trails – All in attendance acknowledged while it is hot outside, we still need to maintain the refuge trails especially the Visitor’s Center Trail.

Trail-of-the-Month – The dates for the fall TOTM have not been set. If you have any suggestions for activities for this project notify Becky.

Flower Bed Near the Comfort Station – Volunteers are requested to assist with watering.

New Trail Near Headquarters – Volunteers are needed to weed eat and clear other vegetation along the existing sidewalks that will become the Headquarters Trail.

Blue Bird Buddies – No report was given but you are still welcome to join the team. Sue Simmons heads this project.

Bird Herd – Barbara Judkins reported she is behind schedule and will reach out to a few in the chapter to help with this project. The bird blinds and wildlife viewing blinds need to be cleaned on a regular basis.

Caddo Mounds State Historic Site – Becky Gullette shared volunteer opportunities available at Caddo Mounds SHS as they rebuild their authentic Grass House replacing the one destroyed by a tornado in 2019. Contact Becky for the list if you are interested in volunteering. It does count as VT for our chapter.

Adopt-a-Loop – Phyllis Wilson reported all loops have been visited for the season. If you are interested in joining this project, contact Phyllis Wilson.

Adopt-a-Paddling Trail – No report was given but Kristi Thomas is head of this project. Contact her if you are interested in joining this project. You will need access to a kayak, canoe or boat.

Starr Ranch Pavilion—Chapter members are encouraged to regularly sweep the inside of the pavilion to rid it of dead insects, spider webs and anything else that could be considered litter. A discussion was held about vegetation around exterior of the pavilion. Its purpose is to catch the run-off from the roof that would stop erosion. A plan will be discussed on how to best maintain the vegetation.

Other opportunities – If you have any suggestions for VT please contact Becky.

#### Advance Training Opportunities:

Field Trip to Clymer Meadows – June 18 – if you are interested contact Vanessa

#TMNT Tuesdays – July 12, Aug 9, Sept 13, Oct 11, Nov 8, Dec 13 Link - <https://txmn.tamu.edu/tmntuesdays/>

If you listen to the recorded version, not the live version, you must listen to the Q&A after the presentation to claim AT credit

Nature Book Club – Caroline Hughes is head of this project. The next book is “The Sixth Extinction: An Unnatural History” by Elizabeth Kolbert. The book club will meet to discuss this book on July 14 at 6 pm on the deck of the Refuge or in the classroom if it is too hot to be outside. The club has recently read the book by Bill Bryson titled “A Walk in the Woods.”

Class Certification Classes – you can earn VT & AT if you assist with the classes depending on your activity – Please note the chapter needs help recruiting and promoting our certification classes. Anything you can do would be greatly appreciated. The next training class schedule is as follows:

Aug 19-20 Sep 16-17 Oct 14-15 Nov 4-5

Certification Presentation - the following Master Naturalists were presented with their lanyard, t-shirt and pin

Stella Smith

Rachel Laca

The meeting was adjourned at 7:30 pm.

1 hour VT earned for attending meeting + setup and/or take down time + drive time

**~~NO CHAPTER MEETING IN JULY!~~  
NEXT MEETING: AUGUST 8, 2022 - KELLYVILLE**

**~ Submitted by Barbara Judkins, Chapter Secretary**

## Seeking New Members

It's time to expand our membership again. Susan and Caroline are working on recruiting new members and organizing our fall training classes. They need chapter members to spread the word about our group and to contact one of them with the name and email of anyone who might be interested in joining Cypress Basin Master Naturalists.



### Cost:

The application fees are \$40 for one person and \$55 for a couple.

### Dates:

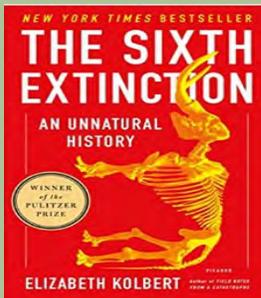
Our fall training class schedule is Friday, August 19 and Saturday, August 20; Friday, September 16 and Saturday, September 17; Friday, October 14, and Saturday, October 15; and Friday, November 4, and Saturday, November 5.

### Contact Training Directors:

Susan: [wssedberry@sbcglobal.net](mailto:wssedberry@sbcglobal.net); Caroline: [cahughes8@gmail.com](mailto:cahughes8@gmail.com)

## TMN Nature Book Club

The Nature Book Club will meet next Thursday at the refuge from 6-7. Please bring a sack dinner. Contact Caroline Hughes for more information or if you would like to be added to the book club email list: [cahughes8@gmail.com](mailto:cahughes8@gmail.com)



Summer Reading

## Exciting Member News

Guess who is semi-retired from the school system and joined Texarkana College as a coordinator of dual credit students entering TC?



Congratulations Caroline Hughes!! Keep doing what you love!

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*"To make a prairie it takes a clover and one bee, one clover, and a bee, and revery. The revery alone will do, if bees are few." – Emily Dickinson*

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# 411 on Staying Safe When It's Hot Outside



## Heat Pet Safety

**Never leave your pets in a parked car!**

[weather.gov/heat](http://weather.gov/heat)

### Safety Tips For Your Pets

- Watch the humidity
- Limit exercise on hot days
- Provide ample shade and water
- Don't rely on a fan
- Watch out for hot pavement

## EXTREME HEAT SAFETY TIPS

Extreme heat can be dangerous after long periods of exposure, if proper precautions are not taken. To protect yourself and your family from the heat, we suggest you follow the tips below:

*"Even when it is warm and sunny outside, there are vulnerable members of our community who need our help. Please share this information with your neighbors and remain vigilant in looking out for our homeless brothers and sisters in the extreme heat."*  
Calvin Ball, Howard County Executive

- NEVER** leave children or pets unattended in a parked car or other hot environment.
- Wear light-colored, light-weight, loose-fitting clothing, a hat and sunscreen.
- Stay hydrated. Drink water and caffeine-free liquids. Alcoholic beverages do not keep you hydrated.
- Take frequent rest breaks in air conditioned or shaded environments if you must work or exercise outside. Avoid the hours of 10:00a.m. to 3:00p.m. if possible.
- Know the signs of heat related illness, including extreme weakness, muscle cramps, nausea, headache, possible vomiting or fainting, dry red skin. Check on elderly friends, family and neighbors.

## Recognize Signs of Heat Illness

Heat Exhaustion	Heat Stroke
Faint or dizzy	Throbbing headache
Excessive sweating	No sweating
Cool, pale, clammy skin	Body temperature above 103° Red, hot, dry skin
Nausea or vomiting	Nausea or vomiting
Rapid, weak pulse	Rapid, strong pulse
Muscle cramps	May lose consciousness

**Call 9-1-1**  
Take immediate action to cool the person until help arrives.

Get to a cooler, air conditioned place.  
Drink water if fully conscious.  
Take a cool shower or use cold compresses.

# Wildfire Safety

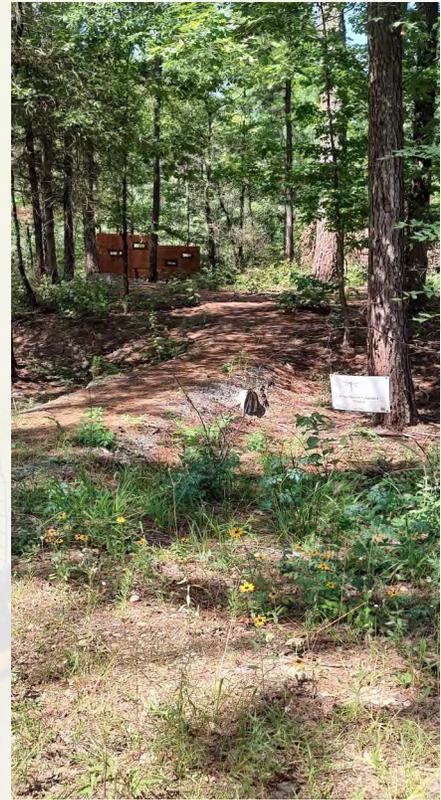
- Keep vehicles off dry grass.
- Avoid activities with open flames or sparks.
- Avoid equipment that creates sparks.
- Obey burn bans.
- Evacuate if fire/smoke is headed your way.
- Evacuate if asked to do so by local officials.

## Safety Reminders

- Build an **emergency kit**. Make a **family communications plan**.
- Keep up-to-date on fire and forecast information and local emergency instructions.
- Call before you burn.**
  - Call the NWS at 1-800-211-1448 anytime to get local forecast information to help you determine whether it is safe to burn.
  - Call your local authorities (sheriff/fire department) to inform them of your burn plans or to obtain a burning permit.
- Keep plenty of water on hand in case of flare-ups.
- If you must prepare to evacuate because of a wildfire:
  - Secure your home. Turn off utilities at the main switches/valves if instructed to do so.
- If you must leave your home:
  - Know all possible escape routes.
  - Have tools available (shovel, rake, axe, handsaw, chain saw, etc.)
- For more tips on how to make your home fire resistant see the Firewise link below.

"Nature is pleased with simplicity. And nature is no dummy." – Isaac Newton

## Volunteers in Action



### New Construction

New bird blinds and benches have been constructed on the Old Rail Trail. They were installed by Ted Barrow with assistance from his friend, Eric McNeely.



### Official TMN Members

Rachel Laca and Stella Smith have completed all their requirements and are now official TMNers!

## What is a Master Naturalist?

Someone who's NOT afraid of digging in the dirt and slogging through the mud while giving back to the community. Volunteers with the interest and desire to give back to their community and willingness to attend the training. Volunteers must complete a training course on the area's natural features and the impact that people have on nature. The course includes presentations by biologists, geologists, naturalists, and others from local, state, and federal agencies and universities. You must complete a minimum of 40 hours of volunteer service and 8 hours of advanced training during the first 12 months following your completion of the course (to be completed before your course's graduation anniversary date).



## Volunteers in Action visiting Clymer Meadows



"Leave the road, take the trails." ~Pythagoras

# Volunteer Opportunities

## OFFICERS:

Becky Gulette  
*President*

Susan Sedberry  
*Vice President*

Barbara Judkins  
*Secretary*

Charles Gillis  
*Treasurer*

Caroline Hughes  
Susan Sedberry  
*Training Co-Directors*

TBD  
*Class Rep.*

Linda Richtsmeier  
*Membership Director*

Vanessa Adams  
Neace  
*Advisor*

Doug Weir  
*Advisor*

## In Need of AT?

Remember that out of the 8 hours of advanced training required each year, only 4 can be online. Hopefully we will be able to continue with our chapter face-to-face AT before too long. Here are a few good online options:

**Forestry and Natural Resources Webinars**  
<http://forestrywebinars.net/>

**Conservation of Natural Resources**  
<http://www.conservationwebinars.net>

**Natures Notebook**  
<https://www.usanpn.org/nn/webinars>

**Texas Wildlife Federation**  
<https://www.texas-wildlife.org/webinars>

**Cornell University**  
<https://academy.allaboutbirds.org>

## Join the Bird Herd!



Volunteers needed to maintain the bird blinds at the Refuge.  
Please contact Barbara Judkins

## Join Bluebird Buddies



Volunteers to help maintain the bluebird houses and counts.  
Please contact Sue Simmons

**Now recruiting trainees for the upcoming training class in the fall. Bring interested folks to a meeting!**

**#TMNTuesday**  
July 12, 2022  
12pm CST

**KENNETH ANDERSON TAYLOR**  
Authentic Leadership in Public Service

## Authentic Leadership in Public Service

Dr. Kenneth Anderson Taylor will join TMN this July to define authentic leadership and discuss how nonprofit leaders can transmit leadership to other members of the team. The webinar will explore research data and provide findings and in-

sights on leaders rated by employees on the constructs of self-awareness, transparency, morals, and balanced processing. The discussion will provide recommendations for the next steps participants can take to heighten their development as leaders.

Dr. Taylor is a Professor of the Practice at the Texas A&M Bush School of Government and Public Service and serves as the Director of Outreach and Professional Development within their Center for Nonprofits & Philanthropy.

Date and time: Tuesday, Jul 12, 2022 12:00 pm | (UTC-06:00) Central Time (US & Canada)

**Register here to join !**

Access previous months recordings at <https://txmn.tamu.edu/>

## 2022 Meeting Dates

**July**—No meeting

**Aug 8**— Kellyville

**Sept 12** — Potluck at Transportation Center

**Oct 10** — Marshall Fire Station

**Nov 14** -Caddo Lake State Park

**Dec** — No meeting

*Please share pictures and updates of any presentations, field trips, etc. that is going on! We also can use interesting articles you come across. You can email them to [cypress-basintmn@gmail.com](mailto:cypress-basintmn@gmail.com)*

"I go to nature to be soothed and healed, and have my senses put in order. " - John Burroughs

Follow us:



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