



Gideon Lincecum Chapter Texas Master Naturalist™ *NEWS*

August / September, 2012

From the President:

It's been a hot and busy summer. The Highway clean-up on June 25 greatly improved the scenic drive to Round Top from LaGrange.



Later that week a group of GLC TMN's went on a visit to the LBJ Wildflower Center, a tour of the Westcave Preserve, and a Bat Cruise on Lady Bird Lake in Austin. The exercise was much needed and the company was spectacular. Thank you, Margaret, for arranging our Austin area guides and reservations.

At the LBJ Wildlife Center

In July, discussions began with the training committee on planning for the GLC-TMN class of 2013. The committee chairman, Bill Dudley, has talked with Winedale about securing the Meadows conference room for next year's classroom.

Just this week, with several other chapter members, I attended an orientation meeting at the Stephen F. Austin State Park. The new interpreter and park manager presented several scenarios where we might assist in promoting the park. This provides another great resource for education and volunteer service for our chapter members.

August has been a most interesting month. I was collecting native seed from a prairie remnant and I met a new plant, the **Rattlesnake Master**. As I collected Illinois Bundle Flower seed, I



I couldn't decide if the flower or the dying plant was prettier. I also went to the Attwater Prairie Chicken Native Prairie Reserve intending to collect native plant seeds. Instead, I learned from the managers of the Kika De LaGarza Plant Materials Center in Kingsville and Jamie Gonzalez, from the HNPAT about their seed collection programs and how we can help their needs. Based on the success of propagations reported by these "experts", I was amazed and thankful that the seed we propagated at the greenhouse last year germinated so

prolifically!!! If you received a greenhouse plant at our May meeting, please let us know how they are doing.

Fall is just around the corner and I pray it will bring cooler weather. Michelle Haggerty has announced on-line registration is now available for the Texas Master Naturalist Statewide Annual Meeting and Advanced Training at:

http://www.regionline.com/TMN_13th_annual_meeting. If you have never attended a state meeting, I encourage you to go.

Too much information? There is more to come at our chapter meeting on Saturday, September 15, at Winedale, 9:00 – 11:00 am. See you there!

Cindy



VOLUNTEERING AT STEPHEN F. AUSTIN STATE PARK

Contributed by Judy Deaton

Our President's Letter mentions the orientation meeting we had at Stephen F. Austin State Park in early evening of the 15th of August. Ann Biss, Ed Koslosky, Cindy Rodibaugh, Jennifer Prihoda and I attended the gathering of volunteers and park staff.

Some time ago Toni Platt and I walked the main trails of the park to familiarize ourselves with the terrain, plant life and wildlife with a view to volunteering. What a beautiful, unspoiled and thriving park! With the combined efforts of the enthusiastic TPWD staff, individual volunteers, who are already on board, TMGs and TMNs, it will continue to be a valuable teaching park and amenity where people from all over Texas come to enjoy the hiking, biking, camping, picnicking and nature walks. The Brazos River is a feature of the park and in the past has meandered inside and outside its boundaries. Park management is planning a park boundary survey (as well as several different types of wildlife survey) and hopes to enable access to the river. Toni and I found a few places along the trail where we thought it would be nice to be able to reach the riverside. There is also a seasonal wetland and it would be brilliant to be able to bring groups of newly trained TMNs to the park on field trips.

Rambling along, we were immersed in a thriving diversity of flora and bird life despite the drought, although there were trees down across the trails and much poison ivy to reckon with. The park director, Devin Dipalermo, has great plans for the expansion of facilities and Lisa Reznicek, the interpretive ranger, has an ambitious Saturday, guided trail-hiking program that needs our help. We can all learn a lot from these dedicated folks and contribute our collective knowledge at the same time.



For all you birders: After the meeting we had an impromptu birding venture in the gloaming. One of the individual volunteers is a birding expert and recognizes birds by their song. Cindy and I went along and discovered that “who cooks for you” is a barred owl, some little pips are from cardinals, not wrens, and that angry-squirrel sound can be a tiny wren that wishes you would move on.



Mystery Vine along the Trail

[A Master Naturalist Looks at Nature's Remedies](#)

Contributed by Kathy Cihlar

Offense VS Defense

Okay, here's the deal. We've got Heat, Bugs, Snakes, and Germs to contend with over the next couple of months. I will try to dispense with the jibber-jabber (excuse the eloquence) and offer natural recipes and relief to contend with these situations.

Heat and Your Pets: Limit exercise, provide shade in form of trees or tarps, plenty of water--- we have small kids swimming pool, sheets or pillow cases to lay on in house with carpet, ice cubes in water bowl, freeze towels soaked half with water and roll-up in box for cats. They perspire through pads of feet and their tongues. We fed crushed ice with Gatorade powder on it to goats and sheep at the zoo. Make peanut butter popsicles for dogs.

Bugs and Plants: Don't want to kill beneficial insects...sooo:

Make Bug Juice: Pick the bugs off (great for grasshoppers) and liquefy in a blender. Yeah, I know. Use about 5ml or 1 tsp. of this bug juice to 1 qt. of water, in spray bottle. Spray plants—very effective on a large number of insects. You get used to the yuckiness. Also a separate blender just for bugs is recommended.

Ivory dishwashing liquid and vegetable oil blended can be effective to intruders. A ratio of oil to soap is 2:1 blended. Then 1 Tbsp. in 1 quart of water sprayed tops



and bottoms of leaves.

Garlic, jalapeno, oil, and vinegar mix let sit a day or so, strain and dilute ½ with water. Spray once or twice a week.

Venomous Snakes: Ahhhh! They will be making a more September. It is sort of a feeding frenzy in preparation for the had a snake bite weekly (September) last year with our dogs.



concentrated effort in coming winter. We

Our solution: Rescue Remedy Flower Essence 4 drops on gums or paws every 5-10 minutes. Echinacea tincture (double extracted) 5 ml in syringe shot down throat. 5-10 grams Vitamin C in water shot down throat. Echinacea and Vitamin C repeated every 30 minutes x 2 hours then every 3-4 hours. Don't stop Vitamin C until all clear of symptoms. It may take a couple of days for all swelling to subside, but they improve within 1st couple of hours.

Vitamin C Revised: For people and pets I am going to be using Liposomal Encapsulated C. Liposomes are microscopic spheres of phospholipids that are similar to the cells in our body and are water soluble. They have excellent absorption and may be more effective in a lower dose than intravenous vitamin C. They also don't have bowel tolerance effects of other oral vitamin C supplements. I personally believe Vitamin C in high enough doses can cure or prevent anything. Check out the book: "Curing the Incurable" by Thomas Levy, M.D., JD and the web site www.Pdazzler.com/archives/62 homemade liposomal C.

Germs, Colds, Flu and Tonics: FIRE CIDER or TEXAS HEAT is a popular herbalist concoction that is antibacterial, antiviral, decongestant, digestive calming, immune stimulating.

Ingredients: Horseradish, Ginger root, Garlic, Jalapenos, Onions, Cinnamon, and Cloves

Other beneficial additions that you may choose are hawthorn berries, dried blueberries, elderberries, thyme, oregano, rosemary, parsley, beets. I use beets and hawthorn mostly.

Fill quart or ½ gallon jar with chopped and or grated ingredients. Cover with organic apple cider vinegar. Place wax paper between top and lid. Store in a cool dark place for 2wks to 6wks. Or even a couple of months. Strain out herbs. Add a cup or so of honey.

Uses: immune boosting, for colds and flu, daily tonic for Fall and Winter, warming and energizing, decongests, poor circulation, those sensitive to cold weather. Also can be used/rubbed on sore muscles and joints, congested chest, Drink it straight or diluted, in vinaigrettes, soups, stir-fry, baked potatoes.



At the beginning of a cold use ½ tsp-to ½ shot glass, straight or diluted 3-5 x day. As a winter tonic small amount once or twice daily. Mine is spicy sweet---it hides the beet taste.

And as always Vitamin C for health: the average adult can consume 6000mg-12000mg daily. Aging pets need a supplement as well

Have great day. Take a walk in Nature to soothe the soul.

---KC out.

[Prescribed Burn Association News:](#)

Contributed by Dave Redden

The South Central Texas Prescribed Burn Association is planning a half dozen or more burns this fall and winter. If you are not a member of SCTPBA but would like to participate in a burn to learn more about the practice, you are welcome to get on the friends of SCTPBA mailing list and be informed of upcoming events. Check out the web page at www.sctpba.org for more information. If you want to be on the list, send a note to Dave Redden at dredden00@gmail.com or info@sctpba.org. One of the upcoming burns will be near Bastrop to improve habitat for the Houston toad. This will likely be in November or December. Stay tuned for more information.

[Land Restoration Blog:](#)

An outstanding Blog has recommended by our own Charlotte von Rosenberg – full of good information for those of you interested in restoring your land.

Follow this link: http://nokeslandscapedesign.com/nokes_projects.html?page=2



[Greenhouse News/Prairie Committee/Quebe Prairie News:](#)

Contributed by

Charlotte Von Rosenberg

We are getting closer to bloom time for warm season plants like native grasses. The Prairie Committee hopes to identify more native remnants this year. See

<http://www.prairiseedco.org/> - it's a good link for information on seed collection. GLC TMN's will plant again at the greenhouse in September. Watch for info as to when we need volunteers. Quebe Prairie is keeping a low profile and waiting for a good rain shower.



Brenham Elementary Garden News:

Contributed by Margaret Lamar

The Brenham Elementary Garden is starting back up this fall! We have 7 classes and 150 children who will be learning about nature with us. We will need your help throughout the year to read nature stories, talk to the children about soil and compost, and plant flowers and vegetables. If you have any interest in being kept in the loop on the schedule for volunteer opportunities with the children, please contact Margaret Lamar at gretalamar@gmail.com.



CALENDAR FOR THE NEXT MONTH OR 2?

Make sure you mark all of these on your calendar. Each opportunity here will increase your knowledge as a Master Naturalist. (The camaraderie is a big bonus too!) These are in date order:

Saturday, September 15 –9:00AM – 11:00AM – Gideon Lincecum Chapter Business Meeting

12PM – 2:00PM “Arachnids” and “Life in Soils” Presented by Valarie Boug and Peg Wallace from the Butterfly Forum

Both meetings will be in the Winedale Meadows Conference Room

Saturday, October 13 – 8:30AM-4:00PM “Science and Politics of Water”

Washington County Fairgrounds, 1305 East Blue Bell Rd. \$25 if registered before Oct. 1; \$35 at the door, lunch included

Friday, Saturday & Sunday, October 26-28 – TMN Annual Meeting

On-line registration available now at

http://www.regonline.com/TMN_13th_annual_meeting

Camp Allen, Navasota, TX

Gulf Fritillary Caterpillar on Passion Flower Vine

