



# Gideon Lincecum Chapter Texas Master Naturalist™ *NEWS*



*December/January 2012/2013*

## **From the President:**

I'd like to thank all of you for participating in helping make 2012 a great year for the Gideon Lincecum Chapter TMN. We have extended our community education outreach through new projects and quality programs at Winedale. Projects added in 2012 include: the FYI summer program at Round Top Library; the invasive identification and removal project at Festival Hill near Round Top; the green house project at the Brenham High School; the Adopt-a-Highway program-between Rutersville and LaGrange on Rt 159. Our chapter also benefited by partnering with area state and federal programs. Several members have contributed their time volunteering and learning at Stephen F. Austin State Park, and the Attwater Prairie Chicken National Wildlife Refuge.

I anticipate 2013 will be just as educational, productive and entertaining as 2012.



I look forward to working with the newly elected board members:

Vice President Cindy Hobbs

Treasurer Mary Jones

Secretary Margaret Atkins  
(not pictured)

Our Christmas Party at St. John's was a wonderful time for all with amazing food and lots of it! Thanks so much to Janet Jarrell for seeing that all went smoothly. Janet, your hard work is always appreciated at all of our meetings. Thanks so much for being such a wonderful organizer.

The next GLC-TMN chapter meeting will be January 19, 2013 from 9 a.m. -11 a.m. at the Winedale Historical Meadows Foundation Conference Center. The afternoon program topic will be 'Restoration' with Meredith Longoria, Wildlife Biologist, TPWD as speaker. She will present an update on the restoration progress since the devastating Bastrop Fire that occurred in September 2011. She has offered to bring several other folks from the Lost Pines Restoration Program.

The 2013 Training class will begin with Orientation, Monday, January 28, 2013 from 6 p.m. to 9 p.m. All chapter officers and committee chairmen will be introduced to the new class members. Our AgriLife sponsors have been invited.

I wish you all a safe and healthy *Merry Christmas.*

I'll see you next year.

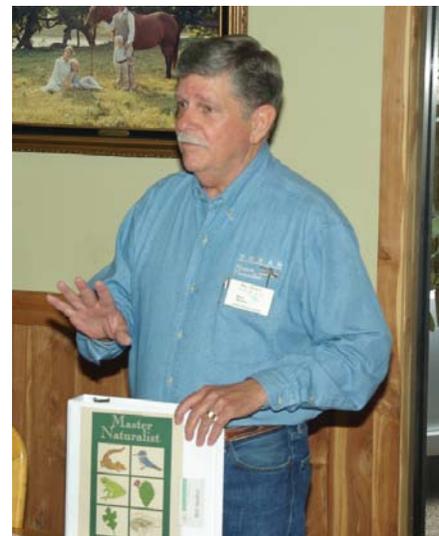
Cindy

## *Columbus Rotary Club Meeting (Nov. 27<sup>th</sup>)*

Contributed by Bill Dudley

Kara Matheney, Colorado County Extension Agent, and I were visiting during the Native Prairie & Wildlife Field Day when she indicated that she might be able to schedule a TMN Rotary recruiting talk on short notice. With the Kara's contact information in hand, I offered my services to the Rotary Club and was invited to speak at there November 27th meeting at Schobels Restaurant.

My comments to the Rotarian's about the key features of our TMN Spring 2013 Class opportunity were apparently well received. An extended question and answer session followed with positive indications from the club members regarding there interest in joining our next class. After the meeting was adjourned I was able to speak with some of the group about more specific questions they had. Peggy, at Kara's Extension office had printed color copies of Judy's excellent class flyer, a detailed one page class schedule, and a Gideon Lincecum Chapter 2013 Class application. The three page information



and application set were given to those who expressed further interest at the meetings conclusion.

I'm keeping my fingers crossed in hopes that some of the Rotarian's will actually join our Spring Class.

### ***Favorite Moments as a Master Naturalist***

...Doing the road clean-up with Debbie Copeland. Lots of Laughs.

Mary Jones

...Discovering Native grasses on my land and observing the many birds I have learned to attract.

Monterrey White

...The "Tracks and Scat" talk at Festival Hill by Cheryl Karr. The worst was doing clean-up at Festival Hill and losing my hearing aid (later found).

Tom Yates

...Doing Outdoor Classroom and having a student tell me "this is the best day of my life!"

Carol Paulson



...Teaching our whole family about wildlife. Last summer, our whole family took a trip to Yellowstone National Park...all 18 of us. Old Faithful impressed us all and we tried to calculate when the next eruption would occur. When we walked through the geyser basins, the grand kids held their noses at the smell of the sulphur coming to the surface. They

learned Morning Glory Pool's blue-colored waters were beautiful to look at but not touch because the temperature was above boiling point. We were in Hayden Valley twice daily to watch the wildlife feed. Everyone was excited to see Mama bear with her cub, bison, elk, fox, coyote, bald eagle, otters, marmots, pelicans, antelope & wolves. We would be driving down the road & someone would yell, "Oh NO, not another Bison Jam!" This meant the bison were crossing the road and stopped right in the middle of the road...so what do you do, turn off the car engine and wait until they moved. The grandkids liked taking small hikes ( 2-3 miles). One of their favorites was the hike to see the marmots. Marmots are small furry mammals that are a little larger than groundhogs. Marmots hibernate in the winter and live in colonies among rocks. They are called whistling pigs because they whistle to alarm when there is danger. The hike took us around two colonies. As we approached the colonies, the alpha marmot would whistle the alarm and then stand watch while the rest of the marmots would hide. The alpha marmot would watch us until we left. The grandkids thought this was cool.

Lefty and LuAn Yarnold

.... I had so many unforgettable moments this year that had to do with the start up of the Festival Hill project and the work day (and yummy picnic) for which we should all be very proud. I attended so many brilliant presentations while recruiting. The most inspiring was the Native Prairies and Wildlife Field Day at Cat Spring Hall on Nov. 9<sup>th</sup> at which so many truly impressive speakers left us with many thought-provoking ideas and valuable information. However, what I remember most fondly was a perfect June afternoon I spent with Toni Platt wandering and chatting along the trails of Stephen F. Austin State Park and learning about all the work she and John are doing to save the Houston Toad. Their pond is truly a labor of love.

Judy Deaton

....It was one of those gorgeous, warm December days, and my family decided to head to the Burton Farmer & Artisan's Market. We loaded up on the farm-fresh cauliflower, tasted some pomegranate mead, and perused the hand-made soaps, and crafts. I asked my boys if they wanted to go explore the TMN Indian Creek Natural Area. Oliver, my eager little explorer, immediately said yes, so we began to walk. We could hear the birds in the creek along the way and he began to imagine all of the wild treasures we were going to find. He said he wanted to collect acorns and leaves, sticks and other various things along the way. I gave pause, wondering how far to take the Leave No Trace ethic. To a 5 year-old, collecting objects to cherish is one of the best ways to fall in love with the land and to really *know* it—not in its sweeping landscape, but in its particulars—its small things. So I gave him the talk: "Everything we see is in nature's perfect balance. But if you see something that you really wants to study, let me know and we'll look at it

and talk about whether we can hold onto it or not.”

As we entered the trailhead area, the majestic Live Oaks hung overhead, making us small and alone. The ground was covered in leaves that were crunching underfoot, and with the warm moist air, it felt like surely we were in a perfect brown and mossy paradise. I picked up a leaf to observe its shape and colors, and Oliver quickly alerted me, “Mama, all of the leaves are cursed and if you touch them you will die!” He created an elaborate story around how they became that way and what will be necessary to break the curse. His world was expansive—it was as if he had intuitively embodied all of the dark fables and tales of the woods that have become some of our most important literature, and certainly have become some of the most popular children’s stories of all times. As a mother, I consoled myself that these dark interpretations of beauty were exactly what he is supposed to be doing in a forest at age 5. So I entered his world. We explored and discussed the varying degrees of cursedness of all the things we saw. I asked him how the berries that fed the birds fit into his elaborate system of good and bad, and he had answers on the tip of his tongue for all of my questions. This is how we explored the woods that day—through story. It is through the narratives we weave about the science we know that makes the natural world come to life.



At the end of our adventure, I found a tree stump about 3 feet tall, and I said to Oliver, “Did you know that this is the famous Magic Tree Stump?” His eyes widened. I continued, “If you stand on the stump, you can be anything you want to be and nothing in the world will be able to touch you.” He jumped on top of it immediately, placed his hands up as if they were paws and started howling. “I’m a coyote!” Then he transformed himself into a turtle, a cat, and then a ferocious bear. We laughed ourselves silly. As I carried him away on piggy-back, I put that day in Indian Creek in my pocket as one of those small treasures you never want to be without.

*Special thanks to all of the dedicated Texas Master Naturalists who have made this Indian Creek Natural Area a place of beauty for all of us.*

Margaret Lamar

...I think my favorite Master Naturalist moments have been (1) meeting another Master naturalist early on a June morning at a new prairie, looking out over the variety of grasses and flowers with the objective of collecting seeds and being introduced to the Illinois bundle flower seeds. (I came home later that same day and found Illinois bundle flower on my property--I grew up in Illinois and never knew about this plant) Also (2) seeing Aaron Weishuhn for the second time at our September chapter meeting present with enthusiasm his experiences at the Range Management Workshop/Camp where he excelled in every challenge and knowing our chapter had a helping hand in advancing him toward his goals.

Cindy Rodibaugh



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

Contributed by Kathy Cihlar

### **Sunshine on a Cloudy Day**

Winter in our part of the world tends to be more cloudy than cold, especially when compared to our northern friends. I guess we are a bit spoiled with all of our sunshine, but we still get those frosts that take away most of the flowers and a lot of the green.

A remedy to brighten your yard that is both sunny and medicinal is to plant Calendula flowers all over. Calendula (*Calendula officinalis*) sometimes called "Pot Marigold" or "Marygold" has bright yellow or orange petals and looks like a sunburst. It is a great winter flower and will last until it succumbs to the "heat". If you pick the flowers it will continue to bloom profusely. Save the flowers and allow them to dry---I put them on paper towels for a couple of weeks, then put them in a baggie for later.



***How to use:***    *Teas (use petals only), tinctures, poultice*

Properties include: healing wounds and inflammation on the skin:

Calms and dries poison ivy

Antifungal-thrush

Antibacterial  
Anti-inflammatory  
Face washes, steams, creams  
Mouth sores  
Conjunctivitis  
Creams, lotion, oils  
Gargle, scrapes, bruises, infections

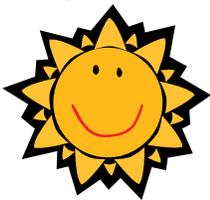
Most uses will respond by just making a tea and pouring it in or on. I only pull off the petals if ingesting, but usually you can use whole flower and just swish not swallow. There are no side effects.

Another cheery addition to the yard is the Wild Pansy (tricolor viola) aka Heartease or Johnny Jump Up. Medicinal uses include: respiratory problems (lungs), skin, and the urinary system. They are also known to strengthen the heart. The flowers are edible and have a “minty” flavor. The leaves and flowers are high in vitamin A and C and are used to decorate cakes, salads, in syrups.

Tea for respiratory problems: Steep 1 TBSP dried pansy leaves and flowers in 1 cup just boiled water for 10 min. Strain, add honey and/or lemon.

I have used both of these flowers in teas and balms. I also include these two in all skin products. I have also made a Flower Essence out of Heartease to help the cows when calves are separated. I think I’ll add pansy to my cough syrup---yummy.

Mullein which is a wild/weed plant is a fluffy, flannel feeling rosette shaped medicinal. It is light green and fuzzy looking, growing low the first year and tall with blooms the second. The leaves are the best thing for “winter cough”---any lung health. My plants are transplants but came back from seed. Try 1 oz. to 1 QT water, strain through cloth, as mullein has tiny hairs you want filtered out. Let your tea brew for a few hours before straining----I’m not sure this one tastes, it may need some flavor doctoring. Add to the Pansy brew. I tincture mine in alcohol (over 6 wks.)



Wishing you sunshine.

KC---- out.

## [2012 Annual Meeting at Camp Allen](#)

Contributors – Carol Paulson, Charlotte von Rosenberg, Bill Dudley

My attendance at Camp Allen was my first experience at the State Annual Meeting. Even though I have been a Master Naturalist since 2009, I never took the time to attend an annual meeting. If you have been as

lackadaisical as I have, then you have missed a lot of good information and good times with people who enjoy nature and want to learn more about how to help this part of our planet. On Friday afternoon, I arrived about 30 minutes before my first “Lecture” and was enthusiastically greeted at the Sign-in Table by Bill Dudley and Carol Montgomery who had lots of advice and details for me as to what was going on. I visited a number of other tables in the lobby, all chock full of interesting things to do (guess different plants) and buy (great stuff, I bought a T-shirt). After some coffee in the cafeteria, I went to my first meeting. A TPWD Ranger, Amber Conrad, was conducting a workshop on “Leave No Trace”, which I thought would be interesting. It was mislabeled however, because Ms. Conrad stuck to the topic of “how to get city mothers into the woods by taking away their potty fears”. Except for the fact that no one was laughing, it was funny, and it was good information, just not what I expected. I can now set up a private potty in the woods any time I want.

After that, I attended a seminar on “Introduction to Texas Conservation Action Plans” by Wendy Connally, another TPWD Employee. I learned a lot here, mostly about agencies and how to find where the need is the greatest.

I did not spend the night, but, like most of our local TMN’s, I day-tripped it. I think spending the night would have greatly added to the experience and I will do so next time.

On Saturday, I attended a seminar by an eminent Professor at A & M, Dr. Hatch, (pictured with Charlotte von Rosenberg and other Naturalists). After a short lecture, we spent the rest of a beautiful morning outside identifying plants in the area. A lot of fun and very interesting for anyone wanting to learn more about Native Grasses

*“Sedges Have Edges  
Rushes Are Round  
Grasses Grow Straight Up From the Ground”*

Lastly, my class on “Amphibians, Reptiles & Aesthetics of Nature” by Harry W. Green, Dept. of Ecology & Evolutionary Biology at Cornell University was interesting, informative and made me want to delve deeper into a subject that I don’t know much about.

Carol Paulson



Camp Allen was my second time to attend a TMN Annual Meeting.

The first was at T Bar M Resort and Conference Center in New Braunfels, TX in 2010.

This time I did not stay over and in 2010 I had the whole weekend experience. There is something really special about “camping together” over the weekend with a few amenities like a bed indoors, great food and air conditioning. I enjoyed my one day at the meeting because I saw my friends there. The best thing about the Annual Meeting for me is the fellowship with other naturalists. Seeing the familiar faces of friends and

comrades sharing a mission always makes me return home with a better “action plan”. The “staying over” aspect of the meeting recalls summer camp and the values learned there. I’m thinking of what I learned at Heart O’ the Hills camp for girls (honesty, faith, goodness, courage, truthfulness, unselfishness, trust, purity). But I digress! At the meeting one can see the handiwork and photographs taken by other naturalists. Of the educational classes I attended, “Gardening for Wildlife” was the very best I saw. I saw Mark in 2010. He has that passion and thorough knowledge that it takes to hold your complete attention from start to finish. And he makes you want to learn more.

I believe that attendance at Annual Meetings is very important, regardless of your level of activity. It is great fun and you learn so much. You will be inspired. And you get Advanced Training hours to report. I was disappointed by how many from our Chapter attended. As to how to get more members to attend – I think outreach and hosting by “campers” to potential campers would help. Adopt a Buddy to meet up with there. People want to be sure they know somebody at the meeting. An outstanding location is Camp Heart O’ the Hills in Hunt, TX. I recommend that for a meeting in the future. Meanwhile, it’s a new year coming up with many opportunities for continuation and for something completely different. I’ll see you on the prairie.

Charlotte von Rosenberg  
Quebe Farm  
TMN Class of 2006

Carol Montgomery and I arrived Friday early and helped with the registration and presenter off load and set up. I spent both nights at the meeting in the Camp House. Bunk beds for children, lots of roommates, and community showers were a challenge for this old man. The food was great and lots of it. One of my roommates said they were force feeding us. Three large meals per day will add some pounds, that's for sure. Blue Bell Ice cream to top it all off. Great facility in all respects, but the sleeping arrangements could have been better.

The class room sessions I attended were all first class. I probably benefited most from the two workshops on chapter leadership. My favorite training was the Wildlife Tracking Training with Jonah Evans and Dave Scott as instructors. The class room Power Point was followed immediately by a wonderful field trip on site. I learned more about tracking in 3 hours than I have in my lifetime.

I did expect that more of our chapter members would be in attendance. They missed it. I have offered to help next year at the New Braunfels Meeting.

Bill Dudley

Attendees from Gideon Lincecum Chapter of Master Naturalists at the Annual Meeting at Camp Allen.



Carol Paulson, Bill Dudley, Carol Montgomery, Donna Cooley, Royceanna Kendall, Charlotte von Rosenberg, Wes Davenport, Madeline Johnson.

## [TMN GLC Highway Cleanup](#)

Submitted by Elisa Henderson



On a crisp, sunny morning on November 07, six dedicated people decided to give our 2 miles of adopted highway a fresh look . Cindy Rodibaugh, Judith Deaton, Dave Redden, Mari Ann and David Butler and Elisa Henderson collected many bags and left the highway between Rutersville and La Grange looking fresh and clean without litter and a joy to drive by.

*Pictured is Elisa Henderson*



## **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:

### **Friday, Saturday December 28-29 – Annual Lost Pines Christmas Bird Count**

Hyatt Regency Lost Pines Resort and Spa, LCRA's McKinney Roughs Nature Park and the Bastrop County Audubon Society, sponsors. Go to [www.VisitLostPines.com](http://www.VisitLostPines.com) for details and to register.

### **Various Dates from December 29 through January 27 – Tree Planting at Bastrop State Park**

Contact Volunteer Coordinator Katie Raney at [katie.raney@tpwd.state.tx.us](mailto:katie.raney@tpwd.state.tx.us) or at (512) 718-0211 or see the flyer published by Cindy Rodibaugh on November 28 regarding December volunteer opportunities. Look for [FromButch.docx](#) to see all details.

### **Saturday, January 19, 2013 – GLC TMN Business Meeting**

9 a.m. -11 a.m. Winedale Center. All Chapter Master Naturalists are encouraged to attend.

### **Saturday, January 19, 2013 – Program on "Restoration in Bastrop:**

12 PM-2PM Winedale Center. 'Restoration' with Meredith Longoria, Wildlife Biologist, TPWD. She will present an update on the restoration progress since the devastating Bastrop Fire that occurred in September 2011. She will bring several other folks from the Lost Pines Restoration Program that we can speak to also.

### **Saturday, January 19, 2013 – Orientation Meeting for 2013 Training Class**

6 p.m. - 9 p.m at the Winedale Center. All chapter officers and committee chairmen will be introduced to the new class members. Our AgriLife sponsors have been invited also.



Carol Daniels needs your hours for the year with either your signature and the date (if you mail your hours or your electronic signature and the date (if you e-mail). Please send them as soon as you know you have your volunteer hours and advanced training hours completed for 2012. The deadline is January 5, 2013.

*Some pictures from this year that you might enjoy!*



Echinacea Seed Pods



Woolly Bear by Dave Redden

Cindy Rodibaugh, Charlotte von Rosenberg, Keith and Carol Hale



Buffalo from the Yarnold family vacation



Bill Deaton at Festival Hill