

Gideon Lincecum Chapter Texas Master



Naturalist™ *NEWS*

December/January, 2013/2014

From the President:

Well another year passes, can't believe we are well on our way into 2014. Our training classes are scheduled, speakers verified, and locations firmed up. Past President Cindy Rodibaugh, and the training committee have ensured 2014 got started without a hitch. Thank you so much, all of you.

December's Christmas party was not well attended. Mother Nature chose that evening to cause icy rain and slippery roads. Many thanks, to Billie and Allen Burns, and Carol Daniels for putting the party together, and the brave souls that did make it. Board members were selected at that time.



Karen Mahoney, Cindy Hobbs and Cindy Rodibaugh

With that said, I will introduce myself. My husband and I moved to Texas 5 years ago, we spent 3 years in Katy, and in July, 2011 we moved to La Grange. I retired from the Army almost 12 years ago, and have busied myself fostering dachshunds for rescue groups and traveling. It's funny since I retired, I seem to be so busy, I don't see how I ever had time for a job. My husband, Tom, is also a TMN member, and we have four grown daughters, and two grandchildren.

Karen Woods is the new Vice President, and has already lined up advanced training classes for 2014. She has started the year running and our first program will be January 18th, from 11:30 am to 1:30 pm at Winedale. Wendy Rohan will enlighten us on the life of bees and the role they play in our lives. Pack a lunch and join us.

Some other changes in the board: Debbie Copeland is the new Secretary and Nita Tieman is the Hospitality Chair.

The training committee has everything all lined up for the 2014 class, I can't thank them enough for their time and energy to make this class happen. Again, thanks Cindy for making things transition smoothly.

The chapter has several on-going volunteer opportunities, the Outdoor Learning Center in Brenham, the Monument Hill Project, and Adopt a Hwy. Many more opportunities will present themselves as spring approaches. Besides bees, we are working on a program about Dove banding, date and venue pending.

I am looking forward to seeing you all in 2014.

Cindy Hobbs

December Election and Christmas Social

Contributed by Cindy Rodibaugh

"The weather outside was *frightful*..." on Saturday, December 7, but the company and the food at the GLC-TMN Christmas social was delightful. Thanks to Billie and Allen Burns and Carol Daniels for bringing the ham and decorating tables. I was very glad to see those who braved the elements and, as my husband and I slid home, I said a prayer that we would all make it home safely.

After dinner, the 2014 slate of officers was introduced. After motions to accept the slate were put forward, all members voted unanimously to accept the slate as presented.

Please welcome the 2014 GLC-TMN Executive Board:

President: Cindy Hobbs

Vice President: Karen Woods

Treasurer: Mary Jones

Secretary: Debbie Copeland

A Master Naturalist Looks at Nature's Remedies

Contributed by Kathy Cihlar

Elderberry vs. Cold and Flu

We seem to be experiencing a severe influx of cold and flu viruses this season. Colds, though having the same symptoms, can be caused by over 200 different viruses. They are considered a "minor" illness, can cause much misery, and be very costly. Research shows that Americans suffer 500 million colds annually and spend \$17 billion a year treating them. Most of that money spent on over the counter formulas that only suppress symptoms. So what do we do?

In our household we reach for Elderberry and Vitamin C. Elderberry bushes/trees have been used for generations as a source of food and medicine. In ancient times Elder was revered as a tree of Spirit and magic. It also has strong regenerative powers, being able to regenerate from root cuttings, fire etc. For our ancestors this would have been a potent symbol for the cycle of life.

Archeologists found Elder seeds in a Neolithic dwelling in Switzerland and Europeans have planted Elder bushes around their homes for centuries. The entire elder plant –flowers, bark, berries, and leaves are a source of food and medicine. Twigs and branches made basketry, arrows, and musical instruments. It is no wonder "she" is know as "Mother Elder".

Modern research has corroborated Elder's reputation as a cold and flu remedy. It is high in vitamin C, anti-oxidants, and has anti-viral and immune modulating properties.

We take Elder for viral afflictions, general immune support, and prevention---especially when all about you are hacking, coughing, sniffing, and generally yucky. We take at least 2000mg of vitamin C as well. I take the LEC version and feel I reap more benefits. (Liposomal encapsulated vitamin C---1/2 oz. 2 x day).

Elderberry (*Sambucus nigra*) is available in liquid, capsule, and tea form. I prefer to make my own, which I feel is much more effective. Here are a couple of recipes for you to try:

Elderberry/Ginger Tea (Cold Prevention/Soother)

-2 cups water

-2 tea bags, black or green

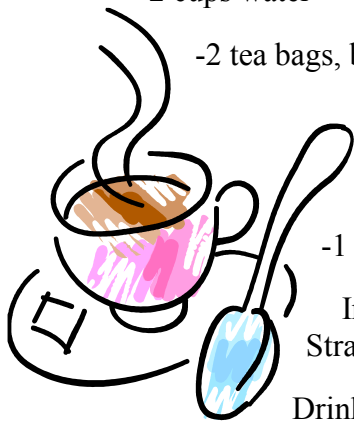
-2 TBLSP dried elderberries

-1 tsp. ginger---powdered or minced/grated

-1 tsp. fennel seeds

In saucepan, bring all ingredients to a boil. Remove from heat and steep 5 minutes. Strain through fine mesh or coffee filter, reserve liquid.

Drink throughout the day. Add honey and milk if desired.



Elderberry Elixir

- -fill jar with fresh berries or 1/3 full with dried berries (pint jar)
- -pour raw honey in slowly until all coated (1/3 pint)
- -next, fill jar with Brandy, stirring to release bubbles
- -cover with tight fitting lid and shake
- -store in cool, dark place for 4-6 wks.
- -strain, reserving liquid and store.

Dose: At first signs of virus:

1/4 to 1/2 dropperful elixir every 2-3 hours. Works best taking small dose frequently

Prevention:

1/3 dropperfull every 4 hrs. (1 dropperfull = 1ml)

Stay healthy!

---KC out.

Building a Keyhole Garden

Contributed by Elisa Henderson

On October 13, 2013, we had a workshop at my home to learn about Keyhole Gardens. A **Keyhole**

Garden is the ultimate raised-bed planter. It is often built in the shape of a circle measuring about 6 feet in diameter that stands waist-high and is notched like a pie with a slice cut away. A hole in the center holds a composting basket that moistens and nourishes the soil. The garden, which looks from above like a keyhole, can be built



with recycled materials and requires less water than a conventional garden. While building, we learned it digests mountains of cardboard, newspaper and greens, it's fun and lots of work to build. The concept of the garden comes from Africa where the garden is supposed to feed a family of 8 people.

Attending the workshop were GLC TMNs, Judy and Bill Deaton, Dottie Schoeneberg and Debra and Russ Healey.



[Farewell to Larry Pierce](#)

contributed by Judith Deaton



GLC members Judy Deaton, Cindy Rodibaugh, Bill Deaton, Carol Daniels, (with Larry Pierce), Gael Burke, Dave Redden and Larry Joe Doherty attended a surprise going away party for AgriLife agent and GLC sponsor Larry Pierce. Larry has taken a new administrative position with AgriLife near his family home in Overton. While it is a great move for Larry and his family, our chapter will surely miss his

leadership and friendship. GLC Chapter offers congratulations and best wishes to Larry and his family in his new endeavor.

[Winter Prairie and Land Notes](#)

Contributed by Charlotte von Rosenberg

The Forestry Mulcher demonstration with Carl Brockman was held at Quebe Farm on November 15. There were eight attendees including Debbie Wellmann of the Washington County Tax Office. She said she had read about this practice for **brush control** in wildlife management plans and was curious about it. It was a beautiful day. Several Master Naturalists were in attendance.

The photograph shows the “After” shot of a wildlife corridor at Quebe Farm – the “Before” being an impenetrable tangle of yaupon holly, vines, etc. Winter is a good time to implement brush control projects for **wildlife cover**. An observer should not be able to see through the cover into the wildlife corridor. Since yaupon holly is evergreen it provides cover when deciduous plants have lost their leaves.



There were, and still are, many dead trees in this area. I was reminded of the necessity of severing certain vines, especially rattanvine and poison ivy in valuable hardwood trees. These vines have killed mature trees on my property.

I plan to have the USDA **seed collection seminar** at Quebe Farm this year. I will contact USDA about a date this summer and let you know when. The **Prairie Committee** will plant for our Third Year at BHS greenhouse. Meanwhile this is a good time to clean and inventory the seeds you have collected over the year. Gather and clean your 3” and 4” pots, plant labels, gloves, Sharpies and whatever else you will need for planting on approximately February 23.

A Fun Day in the Outdoors for Alton Elementary

Contributed by Carol Paulson

On January 16, we had a make-up outdoor day for the Alton Elementary First Graders. TMNs participating in the Trail Walk were Dave Redden, Tom Yates, Jan Redden and Carol Paulson. After discussing what the four seasons were and how to tell if it is now Winter by using our senses, we went on a hunt along the trail for objects that looked like the shapes we were carrying along. We found triangles, rectangles, squares, circles and yes, hearts! Did you ever look at a greenbriar vine? Well, those lovely leaves that the deer like to eat are heart shaped. Of course, at this time of year much of the landscape looks dead, but as one astute first grader pointed out, the plants are sleeping!



Tom Yates and Alton First Graders see how many shapes are in a blue bird nest box



Dave Redden and his group find that gardens have shapes too.

We are gearing up to build an Outdoor Garden at Krause Elementary and are well on our way to collecting donated materials for the project. We expect to have a work day on February 15. A flyer will go out to you closer to the date. We need many hands as well as a variety of tools, including rakes, nail guns, sawhorses, circular saws, etc. This will be a really big building project on a plot that Krause has allotted to us of 62’ x 62’. We hope to build 10 planting beds. The curriculum for this year will include vegetable plants as well as Texas natives, with an emphasis on Pollinators and the benefits of composting.

See you at Krause on February 15!

Annual Report

Contributed by Carol Daniels

Each year in January, each Texas Master Naturalist Chapter has to report to the state office about its activities for the calendar year just completed. It is always interesting to look back at what we have done over the past 12 months.

Gideon Lincecum Chapter has 106 dues-paying members. Fifty two of our volunteers submitted a total of 4584 volunteer hours worked at approved projects in 2013. Thanks to the grant from the US Fish and Wildlife Service, those hours translate to \$89,388 that Texas Parks and Wildlife can use for programs. Since the inception of the chapter, our members have provided 27,167 hours of volunteer service on behalf of the natural world in Texas. Those volunteer hours need to be on projects that help protect nature, restore native habitat and teach others about how to do the same. We worked at identifying and restoring native prairies, including growing native prairie plants. We worked with both young people and adults in school groups, park outings and programs. Our citizen science programs enable members to help scientists assess how the wildlife in our area is faring. We have helped identify and eradicate invasive species in our state parks and other areas.

Knowledge of wildlife and its habitat is crucial to effectively managing our part of Texas. To that end, in 2013, our members spent 772.5 hours in various advanced training activities—and 6155 since the chapter began in 2006.

The chapter trained 20 more people to become Master Naturalists in 2013, bringing the total number of Master Naturalists that Gideon Lincecum Chapter has trained to 178. Fourteen members of the 2012 and 2013 classes reached the initial certification milestone this year, bringing the number of certified Master Naturalists to 88.

In addition, Gideon Lincecum members worked directly with at least 4130 youths, adults and landowners to help them to learn about , nature, wildlife, the local ecosystem, and best practices for maintaining or improving their “little patch of heaven” in 44 separate events. Our members also manned educational booths and recruited new members at 17 events, reaching 668 interested individuals.

Thirty two members received monarch butterfly pins for having recertified. Four members earned bronze dragonfly pins for having reached 250 volunteer hours. Two members earned silver dragonfly pins for 500 volunteer hours worked. One member earned a gold dragonfly pin for 1000 hours of service.



It is now time to pay those membership dues of \$20 per person. After February 1. dues will be \$30 per person. You can send your dues to Carol Daniels, Membership Chair, 3701 FM 609, La Grange, TX 78945. Make your check payable to TMN-GLC.



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, January 31, 2014 – Work Day at Festival Hill

10:00AM – 12 Noon. Lunch provided by Elisa Henderson. We need people with chain saws and a lot of energy to cut down ligustrum and chinaberry trees and bushes. At least 2 chainsaws are needed.

Thursday, February 13, 2014 – Adopt-a-Highway Clean-up

8:30AM – 10:30AM. Meet in the parking lot at St. John's Lutheran Church in Reutersville. Wear closed to shoes and bring gloves, water, bug spray and pickers, if you have them. We will provide safety vest and bags. Call David or Mary Ann Butler at 979-249-6066 if you can participate or have any questions.

Saturday, February 15, 2014

9:00AM - ?. Workday at Krause Elementary School to create an Outdoor Garden. We need plenty of workers as well as equipment such as circular saws, sawhorses, rakes and manpower. An e-mail with details will be out in a week or so.

Some of our Recent Activities



The onions are *already* sprouting in Elisa Henderson's Keyhole Garden



Christmas, 2013

Carol Paulson at Krause Garden Site after Dave Redden and Carol marked future beds. Plumbing for irrigation will come next.

