



The Buzzard Bulletin

Notes & Information for CREW Trust Volunteers

August-September, 2020

Volume 4, Issue 6

Notepad

Welcome

Welcome to new CREW Trust volunteers Randy Anderson, Becky Boyd, Lou Forester, Michael Lund, and Al Monbaron.

CREW concert

The 2021 CREW Concert & Silent Eco-auction is on Saturday, February 27, at Riverside Park in Bonita Springs.

School field trips

Due to the uncertainty about school schedules with COVID restrictions, the in-person Soil Rocks! and Walk Through a Watershed programs for elementary schools have been cancelled.

In their place, Jayne is creating a video program and live conferencing alternative for the schools to use. While disappointing to not be on the trails, one plus is that it will allow the programs to reach a larger number of schools and students.

Hunting dates

FWC allows hunting at Cypress Dome/Caracara Prairie Preserve and at Flint Pen Strand north of Harrell.

Be aware and alert if on the trails during these times.

- Aug. 8-16: archery
- Sept. 5-7: muzzleloading gun
- Nov. 21-29: general gun
- Mar. 6-14, 2021: spring turkey

Volunteer to help at walks, programs

Many things may prevent guided walks from starting in the fall, but current plans are to treat next season as if the show will go on, with CDC safety measures in place. Below are the season's events as they currently stand.

Beginning in mid August, volunteers can sign up to lead or assist (sweep) walks and weekend trips by logging in to their Track It Forward accounts (*see next article*). Volunteers may sign up to sweep only one Strolling Science Seminar or Specialty Walk this season.

Guided walks

(November-April)

- 1st Tuesday: CREW Marsh Trail
- 3rd Tuesday: Cypress Dome Trail
- Wednesdays: Bird Rookery Swamp
- Thursdays: Flint Pen Strand

Weekend trips

(begin in November)

- 1st & 3rd Saturdays (through March) bicycle Bird Rookery Swamp loop
- 4th Sunday (through April) weekend guided walk

Strolling Science Seminars

- Jan. 18: Sparrows
- Feb. 3: Hydrology
- Mar. 5: Herping at CREW
- Apr. 10: Synanthropes/Mesopredators

Specialty walks

- Oct. 17: Fall wildflower walk
- Jan. 25: Masterful Birding
- Feb. 15: Diversity/Inclusion Walk
- Mar. 18: Masterful Birding
- Mar. 27: Spring wildflower walk
- Apr. 24: Geocache Day

Track It Forward changes to make life easier

Track It Forward, the hours tracking software CREW Trust volunteers use to record their volunteer hours, will be put to better use this season.

In addition to emails requesting

volunteer participation in CREW

Volunteers can pick and choose events that best fit their personal interests

Trust events, volunteers will now be able to sign up directly by logging in to their Track It Forward accounts and view all the events for the season. That will allow volunteers to pick and choose the events that best fit their personal schedules and interests.

While in Track It Forward, please take time to update those interests. They may have changed since they were first listed on the volunteer application. Emails tailored to those specific inter-

ests will then be sent so volunteers can be notified of programs they prefer.

The volunteer pool has grown, so volunteers can sign up to assist at only one Strolling Science Seminar or Spe-

cialty Walk. It's still first come first served, so spots will fill quickly.

The new process will open in mid August. Written instructions can be downloaded, staff will make a video with step-by-step instructions, and training sessions will be available.

Staff will also be available for remote or in-person individual instruction for those who prefer direct guidance.

We're trying to make volunteer life easier, so please let us know how we can improve.

Identification tip

Juvenile night herons

Juvenile Black-crowned Night Herons and Yellow-crowned Night Herons are very similar in coloration and size. Unless they are seen together, it can be difficult to tell which is which.

To quickly tell them apart, look at the bills and then think “opposites.”

The lower bill of a Black-crowned Night Heron is yellow.

The lower bill of a Yellow-crowned Night Heron is black.



Black-crowned: lower bill yellow



Yellow-crowned: lower bill black

Staying connected

People

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Web sites

www.crewtrust.org

www.trackitforward.com (hours)

www.crewtrust.org/crew-trust-volunteers (volunteer library—the password is **crew17**)

The Buzzard Bulletin contains notes and information for CREW volunteers and is emailed six times a year (September, November, January, March, May, July). Dick Brewer, editor.

Staying sun safe

Understanding, using sunscreens

TYPES OF SUN RAYS

UVB rays cause sun burns and age skin, and UVA rays cause brown spots and wrinkles. Both can contribute to the development of skin cancer.

SPF RATINGS

Dermatologists recommend using a sunscreen with an SPF of at least 30 which blocks 97% of the sun's UVB rays. Higher numbered SPFs block slightly more but not appreciably.

The SPF only describes protection from UVB rays, the ones that damage skin. UVA rays penetrate the skin more deeply causing wrinkles and brown spots. To protect against both, look for a product with at least an SPF30 that is also labeled broad-spectrum protection.

TYPE: MINERAL SUNSCREENS

Mineral sunscreens, like zinc oxide and titanium dioxide, are natural and nontoxic. They sit on top of the skin and reflect rays away from the skin.

A sunscreen with zinc oxide is generally better because it protects against UVB rays and UVA rays. Titanium dioxide is a good physical sunscreen, but it only protects from UVB rays.

Look for a sunscreen that has both titanium dioxide and zinc oxide for broad-spectrum protection. These ingredients don't break down as easily as other sunscreen ingredients and are better than chemical sunscreens.

TYPE: CHEMICAL SUNSCREENS

Chemical sunscreens must be absorbed into the skin before they can protect from the sun's radiation. The ingredients absorb the sun's rays and convert them into heat that is released from the skin.

Chemical sunscreens provide good UVA and UVB protection, but they do get absorbed into the body and the bloodstream.

People with sensitive skin should avoid chemical sunscreens containing avobenzone which may cause an allergic reaction. Environmentally, sunscreens with oxybenzone as the main ingredient are the ones that contribute to the death of coral reefs.

SKIN TYPES

People with dry skin should look for a sunscreen that has hydrating ingredients. For oily skin, find one with a matte finish and which is oil-free. For sensitive skin, use a mineral-based sunscreen instead of a chemical sunscreen.

HOW OFTEN?

Reapply sunscreen liberally at least every two hours when outside, even on cloudy days.

LOTION VS. SPRAY

There's no real difference in terms of protection, so it's more of a personal preference. What's important is that the sunscreen be applied and reapplied throughout the day.

Lotion sunscreens are generally better only because people tend to cover more areas and to put them on in more generous amounts.

OTHER CONSIDERATIONS

When people have to be outdoors, dermatologists recommend wearing hats and being in the shade as much as possible. Wear sunglasses to protect the eyes, and try to stay out of the sun from 10 to 4 when the sun's rays are the most intense.

Additional information, guidance, recommendations

Tufts University School of Medicine

<https://now.tufts.edu/articles/dermatologist-best-sunscreen-advice>

Consumer Reports

<https://www.consumerreports.org/cro/sunscreens/buying-guide/index.htm>

CDC guidelines

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm