



# The Buzzard Bulletin

Notes & Information for CREW Trust Volunteers

June-July, 2020

Volume 4, Issue 5

## Notepad

### Welcome

Welcome to new volunteers Richard Kandik and Rick Skrivan.

### Volunteer value

For the year May 8, 2019, to May 8, 2020, CREW Trust volunteers contributed 3,889 hours.

Using the IRS value of \$25.43 per hour, that has an equivalent value of \$98,897.27 of labor donated. Thank you, volunteers!

### Thank you

Thank you, CREW volunteers, for helping me get through my first season as Education Coordinator. I could not have successfully completed the field trips without you! I look forward to meeting and working with more of you in the near future.

...Jayne Johnston

### New programs

Two new programs will begin in the fall: a wet walk for CREW Trust members and a mental health awareness hike for a nonprofit that assists teenagers and young adults with mental health issues.

Information about assisting with these and existing programs will be in the August-September issue of *The Buzzard Bulletin*.

### BRS boardwalk

The last section of the boardwalk replacement project was delayed due to closures and safety concerns. No new date has been set.

## Who makes decisions about CREW trails?

Ever wonder or been asked, “Who decided to close the trails?” or “Why don’t you put a warning sign over there?”

Who does make such decisions?

The South Florida Water Management District (SFWMD) oversees land management at all four CREW trails. Think of it as the landlord. Everything that goes on at the CREW trails is done so with the approval of the SFWMD. It makes all final decisions.

Why were CREW trails closed when the Conservation Collier trails were open?

The SFWMD is state government. Collier and Lee County preserves are county government. What one decides to do does not apply to the other.

Where does the CREW Trust fit in?

The CREW Trust is a non-profit partner and a tenant on SFWMD land. The CREW Trust utilizes the trails for school field trips, guided walks, Strolling Science Seminars, bike rides, and other educational programs.

CREW Trust staff and volunteers can help maintain trails but must receive permission to erect a sign on a trail or to create or modify a trail in any way. Check with Brenda Brooks who can ask for SFWMD permission before attempting to do any work on a trail.

A third partner in the CREW lands project is the Florida Fish and Wildlife Commission (FWC) which enforces all rules and regulations on CREW trails and which conducts wildlife research on CREW lands.

Questionable behavior seen on the trails should be reported to FWC by calling 888-404-3922. Cell phone users can dial \*FWC of #FWC. When that call is finished, please notify Brenda about what is going on.

And of course, in the event of a fire or medical emergency, call 911. Be ready to explain the emergency and give your precise location so emergency staff can find the exact spot. Again, call Brenda afterwards so she is aware of what has happened.

## Two new bird species seen in Flint Pen Strand

CREW Trust volunteers identified two species of birds new to FPS. Barbara Centola photographed a migrating Bobolink on May 1, and Bill Zaino photographed a Royal Tern on May 3.

Below are the total number of species that have been verified to be at CREW trail sites.



CREW trails	birds	butterflies	dragonflies	mammals	herps
Bird Rookery Swamp	109	49	24	14	23
Cypress Dome	79	31	15	10	16
Flint Pen Strand	114	23	18	11	18

Note: Butterflies includes daytime moths; dragonflies includes damselflies

## Identification tip

### Ant Lion or Fire Ant

Ant Lions prey upon Fire Ants. The Ant Lion builds a funnel-shaped hole in the ground and waits, hidden at the bottom, for an ant to slide down where it is captured and eaten.

Fire Ants excavate tunnels and leave a mound above the ground consisting of sand they have carried out. If the mound is disturbed, multiple ants swarm out to defend the nest.



Ant Lion: funnel in the ground



Fire Ant: mound above the ground

## Staying connected

### People

Brenda Brooks  
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Jayne Johnston  
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Julie Motkowitz  
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### Web sites

[www.crewtrust.org](http://www.crewtrust.org)  
[www.trackitforward.com](http://www.trackitforward.com) (hours)  
[www.crewtrust.org/crew-trust-volunteers](http://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.

## Recognizing, avoiding summer threat

As hot and humid summer conditions continue through the coming months, the weather can stress everyone outside on the trails. Extra care needs to be taken to prevent dehydration.

### DEFINITION

Dehydration is when the body loses more water than it takes in. As a result, the body doesn't have enough water and other fluids to carry out its normal functions.

### SYMPTOMS

On the trail, early symptoms can include one or more of the following: increased thirst, dry mouth, dizziness, weakness, confusion, the inability to sweat, and/or a swollen tongue.

### CAUSES

Many conditions can cause continued fluid losses and lead to dehydration. These include too much exercise, a lack of appropriate water and food, and excessive sweating.

People lose water when they sweat and if fluids aren't replaced as they go along, they become dehydrated. Hot, humid weather increases sweat and the amount of fluid that is lost.

### RISK FACTORS

Special risk factors are age and exercising outside on hot and humid days.

As people get older, the body's fluid reserve becomes smaller, the ability to conserve water is reduced, and the sense of thirst becomes less acute.

Exercising outside when it's hot and humid increases the risk of dehydration because when the air is humid, sweat can't evaporate and cool as quickly which can lead to increased

body temperature and the need for more fluids.

When the heat index, a combination of temperature and humidity, approaches or is over 100°, avoid being outside and exercising whenever possible.

### PREVENTION

When on the trails during the summer, plan ahead for a safe and healthy hike to prevent dehydration. Several actions can decrease risks.

- Start hydrating the day before, continue drinking small sips of water during the hike, and replenish liquids after the hike.
- Take water or exercise drinks in a reusable bottle. It keeps them cooler than using single use plastic water bottles.
- Avoid being out during the hottest part of the day, noon to 4 PM.
- Wear light-colored and loose-fitting clothing.
- If feeling overheated, take breaks and rest in shady areas.

### BE PREPARED

When working on the trails during the summer or serving as a trail steward, be sure to carry a fully charged cell phone as well as having adequate water or sports drink.

It's a good idea to carry extra water for guests in need who didn't bring any or who didn't bring enough.

### WHEN TO CALL FOR HELP

If you or a visitor display symptoms of extreme dehydration including difficulty breathing, sluggishness or weakness, fainting, or chest pains, call 911 immediately.

Summer hiking has lots to offer for those who exercise caution before and during any outdoor activity. Be safe.

