



The Buzzard Bulletin

Notes & Information for CREW Trust Volunteers

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Notepad

Welcome

Welcome to new CREW Trust volunteer Peter O'Flinn.

Rusty Hinges

The Rusty Hinges volunteers have completed picnic table restoration at several CREW trails and have also restored the Boy Scout deck below the overlook tower at CMT.

Volunteers who would like to join the group and help with maintenance should contact Allison.

4th of July

CREW Trust will have an outreach table at the Bonita Springs 4th of July event at Riverside Park from 5:30 to 9:30 pm to share information about CREW Trust's education programs, hiking trails, wildlife, and whatever else comes up.

Four volunteers will allow shifts so volunteers can wander and enjoy the event when not at the table.

Sign up in Track-it-Forward.

Skulls & bones

The CREW Trust has permits from the U.S. Fish & Wildlife Service to collect certain animal remains (skulls, bones, teeth, fur) to use for its education programs.

CREW currently lacks skulls of raccoon, opossum, squirrel, deer, and most species of birds like ibis.

Volunteers may collect using the CREW Trust permits if they have a copy of the permit with them and written permission. Contact Julie for more information.

Don't try to be a hero

Summer heat increases health risks

The evaporation of sweat regulates body temperature. However, strenuous exercise or overexertion in hot, humid weather makes the body less able to cool itself efficiently because sweat can't evaporate as easily.

That creates the potential for different heat related illnesses.

Heat cramps are the mildest form of heat related illness. Cramps develop when people sweat so much that their bodies lose salts and fluids. Signs and symptoms of heat cramps usually include heavy sweating, fatigue, thirst, and muscle cramps. Heat cramps can be treated by drinking fluids or sports drinks containing electrolytes, finding a place with cooler temperatures such as a shaded place, and resting.

Heat exhaustion is more serious than heat cramps. It occurs when the body can't cool itself through sweating. Symptoms include rapid breathing and heart rate, headache, general weakness and fatigue, sudden excessive sweating, and sometimes nausea, vomiting, and fainting. Left untreated, it can progress to heatstroke.

Heatstroke is the most severe of the three types of heat related illness. During heatstroke, the body temperature climbs suddenly to dangerous levels. Often, people with heatstroke stop sweating; other symptoms can include confusion, dizziness or lightheadedness, and sometimes stumbling

or clumsiness. It's time to call 911. The body's mechanisms for dealing with heat have been overwhelmed and without treatment, heatstroke can be deadly.

Heatstroke isn't something people can push through, no matter how strong or healthy they are. When battling the heat, don't try to be a hero.

There are precautions volunteers can take to prevent heat related illnesses. When temperatures and humidity climb, remember to...

- Wear loose fitting, lightweight clothing. Wearing excess clothing or tight fitting clothing doesn't allow the body to cool properly.
- Drink plenty of fluids. Staying hydrated helps the body sweat and maintain a normal body temperature. This is especially true for older adults because their bodies store less water and are more prone to dehydration.
- Take frequent breaks in the shade.
- Protect against sunburn. Sunburn affects the body's ability to cool itself. Protection includes wearing a wide-brimmed hat and using a high SPF broad spectrum sunscreen on all exposed skin.
- Always take precautions when on the trails in the summer heat and humidity. Take an ice pack in a first aid kit, a towel that can be moistened and used to cool down, and water. Know the symptoms of dehydration and heat illness and watch for them.

Dehydration an equal concern in hot weather

Dehydration can have serious consequences. It occurs when people lose more water than they take in by not drinking enough water, or by losing water too rapidly through sweating.

To beat dehydration, drink before feeling thirsty. If you're thirsty, you're already mildly dehydrated. Some symptoms include headache, dizziness, or a dry mouth and/or a dry cough.

Trail improvements ongoing at all sites

Improvements to the CREW trails are continuing, and some have already been completed.

Charlie Egli and Tom Maish have finished replacing most of the older “iron ranger” donation boxes with more secure new ones built by Collier students at the Lorenzo Walker Technical Institute in Naples.



Staying connected

People

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Web sites

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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.

Volunteer help needed for FPS trail restoring, reporting, maintaining

The SFWMD has completed the initial part of the restoration of wild-fire affected trails at FPS and is hoping that volunteers can continue restoration work during the summer.

On May 10, it began shredding and widening trails in FPS. Its goal is to eventually widen all of the CREW trails to approximately six feet where possible so that emergency vehicles can access all parts of the trails in emergency situations.



Trail maintenance help is needed to clean up debris left in the trails from the mechanical shredding like part of the FPS red trail at the left..

SFWMD has also asked that volunteers report any exotic species (acacia, lygodium, Brazilian pepper, melaleuca) incursions that often appear after a wildfire.

Volunteers willing to help identify patches of exotics and who would like some training and identification tips can contact Allison.

Suggestions sought for accessibility project

Environmental Educator Angel Kelley has been working on an accessibility project on the CREW trails.

The project involves assessing the trails using a checklist from an organization, Birdability, to point out the areas that can be improved and will better meet people’s varied needs.

This project’s immediate goal is to evaluate the overall accessibility at CREW and to create a list of concerns and improvements to be made. The long term goal is to make all CREW trails more inviting for trail users.

Some of the areas and facilities that are being studied are the parking lots, trail surfaces and width, benches, boardwalks and steps, bathrooms, and other potential safety concerns.

At this point in the project, recommendations, feedback, or resources from volunteers who are frequently on the trails would be greatly appreciated.

Comments regarding accessibility challenges or any other suggestions for improvements at any of the CREW trails can be sent to Angel at ee@crewtrust.org

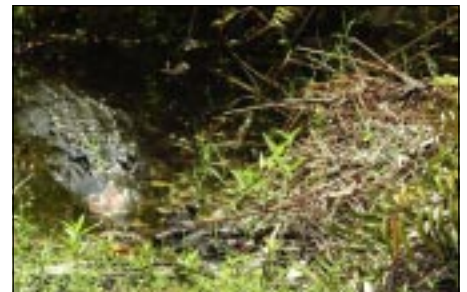
Nests, aggressive gators found in BRS in summer

June through August is alligator nesting season when mother gators will be aggressively guarding nests until the eggs hatch in late August.

Once hatched, the female gators will continue to aggressively challenge anything near the babies.

Berms along the raised trails in BRS are ideal locations for gator nests.

Be alert and be aware. Report all suspected nest sightings to FWC.



A gator guards her nest at the edge of the trail in BRS in 2019. SFWMD had to close the trails for the summer because of the gator nest.