



# The Buzzard Bulletin

Notes & Information for CREW Trust Volunteers

August-September, 2023

Volume 7, Issue 6

## Notepad

### Just for volunteers

Oct. 31: Welcome Back social  
Dec. 1: First Friday guest speaker  
Dec. 3: Cookout/potluck social  
Feb. 2: First Friday guest speaker  
Apr. 5: First Friday guest speaker  
*Details will be posted in TiF.*

### Woodpecker wonders

The final free summer seminar, "The Wonder of Woodpeckers," is on Wednesday, August 9. Information is in the Events section at TiF.

### Walk with birds

Monthly bird walks on the trails are new to CREW this upcoming season. Volunteers interested in helping should contact Angel.

### Sweeping up

FGCU Colloquium field trip dates will be posted soon in TiF. CREW Trust volunteers are needed as sweeps for the field trips.

### Be cool

In the U.S., extreme heat kills more people than hurricanes, flash floods, and tornadoes combined.

See page 2 for the fastest ways to cool down.

### 2023-'24 hunt dates

Hunting by permit occurs in CDT and non-trail parts of FPS.

- Aug. 6-14: archery
- Sept. 3-5: muzzleloading gun
- Nov. 19-27: general gun
- Dec. 3-Jan. 1: small game
- Mar. 4-7 & 8-12: spring turkey

## First dates of new season announced

Volunteer help will be needed at each of the following events. More events and details will be added as the start of the 2023-2024 season nears. Information and sign-up will be in Track-it-Forward (TiF).

Additional Strolling Science Seminar and specialty trek topics are set, but dates haven't been confirmed. Watch for emails and new postings in TiF.

### Weekly Guided walks

*(October-May except holidays)*

1st & 3rd Tuesdays: CMT  
2nd & 4th Tuesdays: CDT  
Wednesdays: BRS  
Saturdays: FPS  
Saturdays: tabling at BRS

### Monthly Guided walks & rides

*(October-May except \* Nov-May)*

2nd Saturday: Family hike, CMT  
3rd Sunday: Hike the Loop, BRS  
\* 1st Saturday: Bike the Loop, BRS

### Wet walks

Aug. 5: Plants of the Swamp, CDT  
Aug. 19: Swamp Legends/Myths, FPS  
Sept. 2: Aquatic Critters, CMT  
Sept. 23: Family Wet Walk, CDT

### Strolling Science Seminars

Oct. 25: Survival of the Fittest, CDT

### Specialty treks

Oct. 14: Fall Wildflowers, CMT  
Nov. 4: Geocache Day, CMT  
Apr. 6: Geocache Day, CMT

## Service on the trails

The first of the new trail sponsor signs have been installed with the help of FGCU students. More FGCU service learning projects are scheduled including trail maintenance.

Anyone who has ideas for additional service projects and anyone who is willing to help with the projects is asked to contact Corey.



## Watershed walks rely on volunteer assistance

Volunteer help is needed for the Walk Through a Watershed (WTW) program which will be at CMT in October and November.

All dates and sign-up are posted in Track-it-Forward.

Teacher trainings are on Saturday, September 30, and Saturday, October 7. Volunteers able to help on any of the WTW dates are encouraged to attend one of the training sessions.

*Len Shivok introduces dip-netting, right*

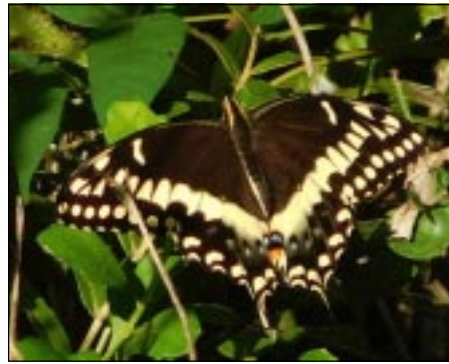


## Quick ID: distinguishing between CREW's dark swallowtail butterflies



**Black Swallowtail**

Royal blue spots on hind wings; two rows of yellow spots by wing edges



**Palamedes Swallowtail**

Yellow band parallel to yellow spots on wing edges; black underneath



**Giant Swallowtail**

Wide yellow band across middle of wings; yellow underneath



**Spicebush Swallowtail**

Whitish spots along wing edges; azure blue patches on hindwings



**Pipevine Swallowtail**

No spots along wing edges; large medium blue patches on hindwings



**female Tiger Swallowtail**

Faint spots along wing edges; blue spots on hind wings

### Staying connected

#### People

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#### Web sites

[www.crewtrust.org](http://www.crewtrust.org)

[www.trackitforward.com](http://www.trackitforward.com) (hours & events, password 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.

### Three sure ways to rapidly cool down

*condensed from the June 22 Science podcast at Scientific American (link below)*

Mammals with fur can't dissipate heat from general body surfaces efficiently, so they have special blood vessels in their non hairy skin (the pads on paws, the tongue, and sometimes ears).

For people, the palms of hands, soles of feet, and upper part of the face are non hairy skin areas which have those special blood vessels to shunt the blood from the arteries directly to the veins, bypassing the capillaries.

Those areas are where cooling down is quickest and most efficient.

So running the hands under cold water or splashing the forehead with cold water works quickly. The water should be cool but not freezing.

Taking off shoes and socks and standing on a cool tile floor or in cool water also works because the soles of the feet are one of those three non hairy areas that cools the body quickly.

Drinking cold water helps cool the core temperature rapidly. But guzzling a huge amount dilutes the fluids that carry signals amongst the cells. That can lead to heart trouble and seizures.

What about a towel soaked in cold water, draped over the neck?

That's actually a *bad* idea because the brain has a thermostat that it uses to trigger the body's natural cooling mechanisms like sweating. That brain region is located near the back of the neck. It uses neck skin temperature and blood temperatures in major vessels there to measure how hot a person is.

A cold towel is going to fool the brain's thermostat into thinking that the body has cooled down, so it will shut down other natural cooling methods. Consequently, people sometimes are dangerously hotter than they think that they really are.

<https://www.scientificamerican.com/podcast/episode/how-to-cool-down-fast-in-summer-heat/>