



# The Buzzard Bulletin

Notes & Information for CREW Trust Volunteers

October-November, 2019

Volume 4, Issue 1

## Notepad

### Welcome

Welcome to new CREW Trust volunteers Paul Julian and David Minnick.

### New coordinator

Allison Vincent assumes the duties of volunteer coordinator effective October 1.

### Volunteer social

The Volunteer Social is Friday, December 6, from 5-8 PM at Brian Farrar's home in Bonita Springs. Directions will be given upon RSVP.

Please email Allison to RSVP. Include the number and first/last names of people attending in the email as well as a preferred return email for updates.

### Sparrow banding

The mist netting and banding of migratory sparrows that winter here resumes in November. Bob Altman, the project leader, will post a list of potential dates for volunteers to choose from by the end of October.

### Hunting season

Portions of Cypress Dome, Caracara Prairie Preserve, and Flint Pen Strand will be open for hunting on the following dates:

- Nov. 23-Dec. 1 – general gun
- Dec. 7-Jan. 5 – small game
- Mar. 7-15 – spring turkey

## Summer projects prepare for season

Work on several projects to improve both the visitor and volunteer experiences on the trails have been continuing during the summer.

### KIOSK IMPROVEMENTS

Savannah Kushner and Nan Mattingly have been working on updating the kiosks at the trail heads. New posters for the Marsh Trail kiosks are done and Nan's brother Dave is repairing the structures. All should be ready to go for the start of the season.

Creating new posters for kiosks at the Cypress Dome trails is underway.

### TRAIL MARKERS

The "Rusty Hinges" band of volunteers, *right*, has been working to create new trail markers for Flint Pen Strand and the Marsh Trails. All of the trails at the Marsh Trails will now be identified by color rather than descriptive name, so all require new post markers to guide visitors along the trails.

### VOLUNTEER-LED TRAINING

Volunteers interested in participating in or leading volunteer-led volun-

teer training sessions are asked to contact Savannah with their creative ideas for session topics. The topics can be whatever CREW-related passions and interests volunteers may have.

Last year, well-received training sessions included Barbara Centola's session on birding basics and George Luther's session about the history of Bird Rookery Swamp.



## October/November events need volunteers

To sign up to help at any of the events below, please contact Savannah.

### Outreach Programs

- Oct. 20: Ding Darling Days
- Nov. 2: Wiggins Pass Nature Fest

### Specialty Walk assistants

- Oct. 12: Fall Wildflower Walk

### Guided Walks (start in November)

- BRS Guided walk assistants
  - each Wednesday
- FPS Guided walk assistants
  - each Thursday

### College field trip assistants

(\* indicates two trips that day)

- FGCU
  - Oct. 3, 5, \*8, 9
  - Nov. 17
- Ave Maria
  - Oct. \*15, \*17

### K-8th grade field trip assistants

- Home school group
  - Oct. 9

# Poison Ivy an adaptable, sneaky, nasty, resilient plant

The first published records of poison ivy in North America date back to the early 1600s in the writings of Captain John Smith, he of Jamestown fame. Captain Smith coined the common name because of its superficial resemblance to English ivy.

Poison ivy is in the cashew family and grows plentifully in the eastern United States and Canada. Usually a vine twining on tree trunks or straggling over the ground, it can form upright bushes if it has nothing to climb upon.

Poison ivy and its relations, poison oak and poison sumac, have a poisonous sap (urushiol) in their roots, stems, leaves, and fruit. The sap is released when the plant is bruised, making it easier to contract in the spring and early summer when the leaves are tender.

Because urushiol is inside the plant, brushing against an intact plant will not cause a reaction. But undamaged plants are rare because poison ivy is a very fragile plant. Stems or leaves can be easily broken by the wind or animals.

Leaves aren't the only nasty parts. People can get a wicked rash from yanking the vine out by the roots even in the winter, or just by brushing against a root or stem. Using a weed eater or lawn mower to remove poison ivy can result in splattering the sap on any exposed areas.

The sap may be deposited on the skin by direct contact or by contact with contaminated objects such as shoes, clothing, and even pets. Severe cases have occurred from sap-coated soot in the smoke of burning plants.

The sap normally stays active for one to five years on any surface, including dead plants.

People can gain or lose immunity, so assuming immunity because reactions haven't developed in the past is foolish. People and their allergies change as they age.

The first symptom of exposure is a severe itching. Later, a red inflammation and blistering of the skin occurs.

People who know they've been exposed to poison ivy can take several steps to prevent or minimize a potential rash. Rinse with lots of cold water as from a garden hose right away. Hot water opens pores and lets the oil in, so taking hot shower could be disastrous.

Usually within 15 minutes of contact, the urushiol binds to skin proteins. Once the antigen is fixed, it can't be washed off or transferred to other areas. The rash only spreads through direct contact with the urushiol. It does not spread as the result of contamination from the blisters.

Once a rash develops, the oil has been absorbed and the poison ivy can't spread. If big blisters filled with liquid develop, they are mostly water and will not spread the rash even if they break. New lesions that appear a few days after the initial lesions represent less sensitive areas or areas where less antigen

was deposited. They are not from a spreading of the antigen.

The rash can last anywhere from one to three weeks, depending on how bad it is and how it is treated. Prescription remedies make it go away much faster.

Once the itching starts, a couple of home remedies may help relieve the itch (but not the rash): take a shower in the hottest possible water that's bearable for as long as it's bearable. That may ease the itching for up to eight hours; or, spray with a deodorant containing aluminum, which most do. For a serious case, a doctor is a necessity.

Eliminating poison ivy in a yard isn't easy. Contact while pulling it out by the roots can cause a terrible rash and the plant will likely grow back unless every last bit of the root is removed.

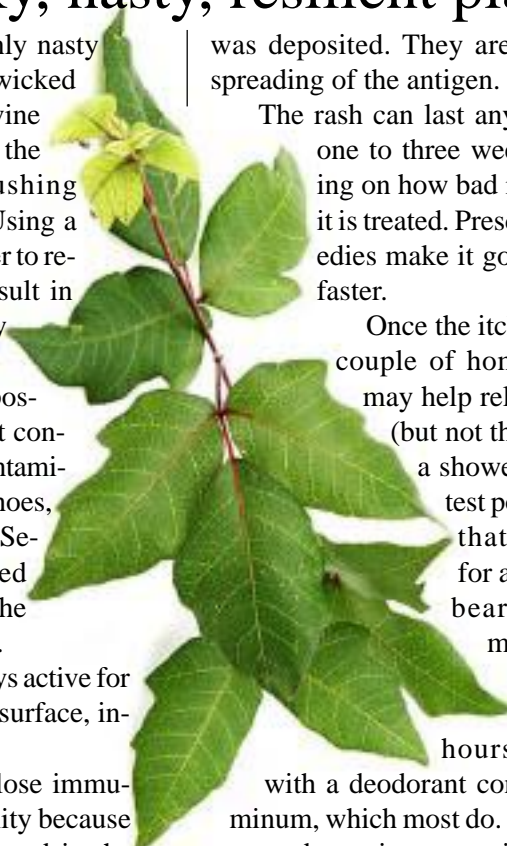
Burning isn't good because the antigen-laced smoke can get in lungs and nose and cause unbelievable sickness.

Continual mowing might cause it to give up and die, but mowing can also cause contact.

Cutting it off at the ground, letting the vine die, and then continual recutting until it gives up works, but that may take several years.

Spraying with a broadleaf herbicide works, but often that only kills the parts above ground and the roots may resprout. Spraying may also kill harmless desirable plants that are nearby.

Poison ivy isn't all bad. It feeds wild birds and animals who eat it without ill effects, and it holds soil very well against erosion. It is also one of the few Southwest Florida native plants whose leaves turn a pretty color in the fall.



## Staying connected

### People

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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.