

The Pine Warbler



March 2010

Vol. 30, No 3

Pineywoods Wildlife March Field Trip

March is a great time to head out into the country and enjoy the songs of birds and buzz of bees and Lake Houston Wilderness Park is a perfect place to go for this. The Piney Woods field trip on March 20th is sure to please with the parks 4,700 plus acres of piney woods, cypress ponds and creeks. The park features 12 miles of hiking trails so, lace up your comfortable shoes and let's head out! Cost is \$3.00 per person.

Directions: From Mercer Arboretum, turn east onto FM 1960 and head towards HWY 59. Go north on HWY 59 towards New Caney. Exit FM 1485/New Caney and turn right onto FM 1485 east. Turn right onto Loop 494/FM 1485. Then, turn left and follow FM 1485 to Baptist Encampment Rd. Turn right on Baptist Encampment Rd. and continue to the park entrance at 22031 Baptist Encampment Rd. We will be meeting at the park at 8:30 a.m.



March Presentation

Presented by Farrar Stockton

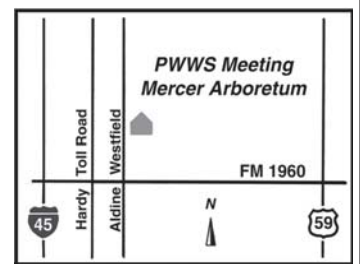
Farrar Stockton will take Piney Woods to New Zealand for our March 16 program. Farrar visited these faraway islands last December and has beautiful photographs to share. As a country settled first by Polynesians and then by people from all over the world, New Zealand has many stories to tell. It has different landscapes, environments, and ecosystems which give visitors unique opportunities for photography. Farrar will take us from Auckland on the north island to Wellington and Christchurch to Queenstown

on the South Island pointing out waterfalls and other spectacular sights including Mt. Cook and Milford Sound. Don't miss this opportunity to visit a faraway place!



Date: March 16
Time: Social 7:00 p.m.
Meeting: 7:30 p.m.

**Mercer
Arboretum
22307 Aldine-Westfield**



And rosy and white on the wanton breeze
The petals fall from the apple trees.

- F.W. Bourdillon





Heart Happenings

When the Padre Island National Seashore was chosen as the beach for the imprinting experiment for Kemp's ridley sea turtle hatchlings in 1978, most of us felt that it was the perfect choice. If the imprinting process worked, adult sea turtles coming to nest would be in the safest place possible. Little did we know that gas wells would be drilled bringing 18 wheel trucks onto the beaches in spite of protests by thousands of people. We learned that arrangements made 50 years ago during the acquisition of the seashore property did not include mineral rights, so protests about drilling fell on deaf ears. Now another unexpected problem has arisen. Last year, a small group of fishermen formed a group called CAC (Citizens for Access and Conservation) to protest the lowering of speed limits for beach driving during sea turtle nesting season. The National Seashore Superintendent, Joe Escoto, decided to lower the speed limit from 25 to 15 mph during nesting season which is April-July. This action also protects campers with children and pets who are often in danger because of traffic.

The CAC complained about this effort by the superintendent to protect campers and sea turtles and a mediator was hired to talk with everyone. Unfortunately, the problem didn't go away. I attended a meeting on February 22 in Corpus Christi with the mediator, National Park Service staff, Sierra Club members and disgruntled fishermen. The problem seems to be that going 15 mph slows the fishermen who want to drive to the end of the National Seashore some 60 miles from their starting point. They also fear that the beach will be totally closed to traffic if more and more sea turtles come to nest. The Park Service superintendent tried to assure them that eggs would always be moved and that their access to the park would continue. The superintendent also said that patrols would begin two weeks later than previous years and end earlier than in the past in an effort to please the fishermen. Unfortunately, the compromise by the Park Service wasn't enough. After a discussion that was heated at times, the meeting ended. Since the fishermen refused to change their stance, the superintendent is left with no choice but to ask for an Environmental Assessment which will take a lot of staff time and cost a lot of taxpayer money.

The nesting season of the endangered Kemp's ridley, still struggling to recover, and the emergence of hatchlings lasts only a few months. Surely, driving at a speed set by the biologists of the National Park Service is not asking too much of an organization whose website states they are dedicated to "working with environmental groups, scientists, attorneys and others." My request to the CAC members at the meeting was that they attend the upcoming patrol training at the National Seashore and then volunteer to help patrol and look for sea turtles for a season. They didn't answer.

Coincidentally, a quote appeared in the Corpus Christi Caller-Times on February 20 in an article about a well-known area fisherman and conservationist. Billy Sandifer said quite simply: "Conservation ain't always convenient. It comes at a price." Driving a little slower on the beach doesn't seem like much of a price for anyone to pay.

East Texas Nature

An Apple a Day... By Diane Cabiness, Texas Master Naturalist



"Gardening is an exercise in optimism." - *Unknown*

We have said a fond farewell to family and rich, calorie-laden food during this past Christmas. It is time to get serious, turn off the computer (oh no) or television and start getting the exercise the doctors say will keep us healthy.

Burning fat is easy. If you are currently alive, you are burning fat. Asleep on the couch? Burning fat. Sitting? Burning fat. Reading this article. Burning fat.

To burn up excess fat is a different matter because it is much, much harder. For most humans it means, one hour of activity such as walking each day. There is no magic pill or potion that will make the pounds drop away (more bad news!). If you want to burn the excess fat, you must eat fewer calories than you burn through your activity of choice. Glenn Cardwell, an accredited practicing Dietitian says "fat burning is free. It requires change and a lot of hard work. Most people know this deep down, yet they prefer to buy hope (a fat burning pill or fat burning drink) and ignore the truth. ...the truth can be the best investment anyone ever made."

Do what the sensible doctors say, eat plenty of fruit, vegetables, legumes, whole grains, lean meat and very few cakes and bread (truth is tough to swallow when you have had a rough day at work). Eat only until you are no longer hungry. Exercise rounds out the picture towards good health and dropping the extra pounds.

I joined a gym in Humble when I worked at Mercer Arboretum. Not my best idea since I lived in Montgomery. I joined the gym with a female co-worker and at the time I thought it would work well then her schedule changed and there I was driving out of the way to exercise by myself. I needed to find a form of exercise closer to home. Since I enjoy walking I decided to start a walking program but we have no sidewalks in my neighborhood. When I go for a walk on our road I have to hold my breath and say a prayer when a car zooms past at faster than posted speed. In the nick of time, landscaping and gardening came to the rescue. Granted you may not want to dig around in someone else's dirt to get your heart pumping, but you may want to start gardening unless of course the gardening bug has already bitten you. Making a new garden or renovating an old garden, pruning, mulching, weeding to name just a few of

the exercises that make up this hobby, will help keep you limber and healthy.

Let's not forget the children. They need exercise too. With all the homework and computer games that abound in their lives their time outdoors may only occur on occasion. Gardening with their parents, grandparents or neighbors might just plant a seed not only for out of door exercising but a love for gardening. You are thinking but they are already involved in sports. True but when they get older, bad knees, work schedules, raising a family may prevent making a trip out to a gym but on the other hand their backyard will be only steps away from their house.

On a landscape job this past fall, I noticed my client who was watching one of her grandchildren had struck up a deal with her grandson. For every root he dug up he got 5 cents to \$1.00 depending on the size. Walker had to identify the right plant and roots to dig up in Judy's garden to earn the coveted money. Now when he visits Grandma the next time, he may just want to include going outside to help his granny in her new garden rather than just playing a video game or reading.

When adults remember their favorite childhood haunts, it is usually outdoor locations (Louv, R." Last Child in the Woods: Saving our Children from Nature-Deficit Disorder", 2005) and very often involve natural features (trees, streams, bushes, rocks, sand, woodland). Adults are quick to recall at an early age having enjoyed playing with leaves, seeds, twigs as a part of their outdoor experiences.

"In childhood especially the years between ages 6 to 12, finding or creating special places in the landscape appears to be a common experience for children of all cultures. For many children that special spot in the yard can provide a sense of

comfort in difficult times." K. Dovey ("Refuge and Imagination: Places of Peace in Childhood", 1990) illustrated his paper with quotations from several adults. "The willow tree in our backyard was our favorite thing from about four until it was cut down when I was eight...It was the center of my childhood fantasies. The branches served as ships for horses, swords for duels, hair for mermaids...When I was angry or upset I used to sit far above the world swaying in the breeze in the comfortable curve of its topmost branches." Another wrote: "One of my favorite places to go and tell my worries to was the big apple tree in my backyard. It was my refuge and for once I was able to talk and have someone that would always agree with what I was saying."

With the weather cold and wet in various degrees in Montgomery and Harris County, this is a good time to build your garden with help from your kids, grandkids and neighborhood boys looking to earn a little money before spring arrives in town. Enjoy the added bonus of getting a great workout for free. Can't you feel those holiday pounds just melting away?

"And when your back stops aching and your hands begin to harden...You will find yourself in the Glory of the Garden." - *Rudyard Kipling*

Please share with me your nature experiences at dianecabusinessplants@consolidated.net



PWWS needs a new education chairperson, someone with energy, enthusiasm, and resourcefulness. The challenge is how to "hook" more people into protecting our environment. Contact Al Barr, president.

Piney Woods Wildlife Society Membership Form

Last Name(s):		First Name of Members(s):	
Street Address:		City:	State and Zip:
Home Phone No:	Work Phone No:		Email Address(s):
Annual Membership Fee \$15.00*		Mail this form and check made payable to PWWS to:	
Additional Contribution \$ _____		Piney Woods Wildlife Society	
Total \$ _____		P.O. Box 189	
*Per Household - Includes <i>The Pine Warbler</i> newsletter		Spring, TX 77383-0189	
New <input type="checkbox"/>	Renewal <input type="checkbox"/>	Rejoining <input type="checkbox"/>	



Piney Woods Wildlife Society
 P.O. Box 189
 Spring, Texas 77383-0189

Piney Woods Wildlife Society Field Trips

Lake Houston Wilderness Park
March 20, 8:30 a.m



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Heart Hotline.....281444-6204



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For membership information write to us at P.O. Box 189, Spring Texas 77383-0189. Annual Dues: \$15.00 per household.

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The deadline for submissions is the 25th of the previous month, earlier if possible. Always add "PWWS" in the subject line. All emails will be resonded to with in 3 days. If you do not recieve a response please call 832 717-3276. All articles are subject to approval by the PWWS Board.

Please send new address changes and corrections to Mike Drummond at drummond@thedrummonds.com and add PWWS to the subject line. Thank you.

Visit: <http://pineywoodswildlifesociety.org>