

The Missouri
Master
Naturalist
Program is
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University of Missouri

Mississippi Hills Newsletter

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Kid's Fishing Day at Frank Russell Pond

By Anne Coleman



A young lady intently watches her mentor, Annie Hentschke, as she learns how to bait her hook.

Photo Credit—Army Corps of Engineers

The weather was beautiful and the setting at the Frank Russell Pond was picture perfect as 24 young fishermen arrived with their families for a morning of fun hosted by the U.S. Army Corps of Engineers at Mark Twain Lake. Kids Fishing Day was held 9 a.m. to noon on Saturday June 11th, as a part of National Fishing and Boating Week and Free Fishing Days in Missouri (June 11 & 12, 2022).

As the families made their way around the pond to pick their favorite spots, you could see the excitement building as they ran, jumped, and reached for their fishing poles. The Missouri Department of Conservation provided fishing equipment for those that needed it and along with Corps workers were available to assist young anglers throughout the event.

(continued on page 2)

The Missouri Master Naturalist program is a community-based natural resource education and volunteer service program for adults, sponsored by the Missouri Department of Conservation and the University of Missouri Extension.

Its purpose is to develop a corps of well-informed volunteers to provide education, outreach and service dedicated to the beneficial management of natural resources and natural areas within their communities for the state of Missouri.

The Mississippi Hills Master Naturalist Chapter is located in Hannibal, Missouri, and serves the surrounding counties. We are involved in citizen science, community projects, nature interpretation, and community nature education.

FIND US ON THE WEB: <https://www.mississippihills.missourimasternaturalist.org/>
And on Facebook [@MississippiHills](#)

Kid's Fishing Day *continued*

"Any time I am involved in a clinic, my top goal as an assistant is to make sure each kid catches at least one fish.

**Were these kids successful and did they have a good time fishing?
Absolutely!**

I personally saw kiddos pull out bass, bluegill, and green sunfish. I think a majority caught multiple fish. My highlight was hearing one boy laugh uncontrollably every time he caught a fish, or a little girl scream when she caught a bass over 12 inches", said Annie Hentschke, MDC Fisheries Management Biologist, who was assisting the youngsters as they reeled in their catches from this favorite fishing pond at Frank Russell Recreational Area.

In between fishing, chowing down on hot dogs and running off all that energy, the kids visited the Missouri Master Naturalist's table where we were helping each participant build their own bluebird house to take home with them. The joy on the youngster's faces as each screw was carefully placed was a sign of success and reward for the volunteers who assisted them. The material for the bluebird houses was donated by the Friends of Recreation & Environmental Stewardship (FOREST) Council, and 28 bluebird houses were distributed to some very happy kids and their parents.

The Mississippi Hills chapter had eight members at the event with several others helping with preparation of the material ahead of time. Phil Whelan, Vanessa Laatsch, Ken Daniels, and George Wisdom lead the bluebird house brigade while others assisted with lunch (great job on the grill, Al), hauling of equipment and other activities.

As the final step in the building of the bluebird house, the last screw was placed in the roof and the new owner was instructed on how important it was to remove that screw

and the roof to clean out the old nesting material each year because "bluebirds like a clean house". As the kids were handed their bluebird houses, many of them clutched them tightly to their chests with a look of pride on their faces as they walked away with their parents. In that short time, they had accomplished quite a bit—learned how to build a bluebird house, learned facts about bluebirds, and hopefully gained a new hobby watching for bluebirds to visit their new house.

Great job to all involved—thank you Phil, who did a great job of organizing for the event along with Vanessa, Ken, Al Davis, Alan Miller, Bob, George, Sylvia and Kathy for your hard work—apologies to anyone who was missed and put in project hours. And a special thanks going out to Aaron Eckelkamp, Army Corps of Engineers, who did a fantastic job organizing the event. We look forward to working with Aaron and our other partners on future projects.



This young man is so proud of his bluebird box he helped to build!

Photo Credit—Army Corps of Engineers

Sick and Tired of Mowing? ...

By Bella Erakko

Startling fact: lawn mowers did not always exist. Cows, sheep, and goats existed.

They ate grass, and we ate them. A perfectly ecological relationship.

So what happened?

**Why do millions of Americans, weekly, straddle or push a mower,
decapitating grass so it can never ever reseed itself
—and then fertilize it so we can mow it ... again?**



In 1899, Thorstein Veblen (an American philosopher who actually taught at the University of Missouri) wrote in his famous “Theory of the Leisure Class” that lawns, in his mind, were signs of “conspicuous consumption.” To have grass, uselessly growing without the benefit of farm animals, told the world (at least your neighbors) that you were wealthy. The more grass ... the more wealth. Hence, the lawn mower.

Not only were farm animals restricted from luscious acres of grassland, birds, bees, insects, and butterflies that once feasted on biodiverse prairie meadows filled with flowering pollinating plants now faced an inedible green Sahara.

Fast forward to today. More specifically, to late summer. Most of us by now are pretty sick of mowing. It's a hot, sweaty misery. A small but growing contingent of Americans are admitting, ENOUGH. Witness Robert and Wendy Hendrickson, prior garden center and landscape design experts. Robert looks back on his earlier decades as a home owner. “When my daughter was 5-6 years old, and I had only one day off from work, I would wave to her while I was on my lawn mower. That was our connection for the day. I thought, *God, this SUCKS!*” He concluded then- and there, ‘I HATE mowing.’”

But in those days, we didn't know much about nature. We just mowed over it.

Now we know strange and fascinating facts. Monarch butterflies, those beautiful orange “flutter-bys,” will only eat one plant—milkweed.

Evolution paired insects with plants; they grew over eons to depend upon one another. For example, a Carolina chickadee needs 9000 caterpillars to feed a clutch of 6 chicks. Native oaks host 557 caterpillar species while non-native gingkoes support only three.

But Americans, beginning notably with Thomas Jefferson, wanted exotic, non-native, status-satisfying plants from foreign countries. Peonies. Iris. Bush Honeysuckle. Kudzu. The bugs and birds looked at this spreading wave of imported vegetation embedded in acres of surrounding green grass—and not recognizing it—preferred to die by starvation. Sure enough, these population losses are starkly recorded today.

But Douglas Tallamy, noted author and scientist, sees a botanical revolution—terrific win-win solution for weary week-end mowers—right in our own back yard. “If each landowner made it a goal to convert half of his or her lawn to productive native plants, even moderate success could restore 20 million acres ...bigger than the combined areas of the Everglades, Yellowstone, Grand Teton, Canyonlands, Mt. Rainier, North Cascades, Badlands, Olympic, Sequoia, Grand Canyon, Denali, and the Great Smoky Mountains national parks.”

**No mowing.
More birds and butterflies.
More “pollinators”**

(those ‘pro-life’ insects that transport pollen from the womb of one plant elsewhere, creating new plant life).



Several people in Hannibal are taking the challenge, including Robert and Wendy. One day Robert called his old horticultural mentor Henry Eilers and told him, "Wendy and I want to turn the whole front yard into prairie." In 2018, he sprayed the selected three-quarter acre site. He planted it in the winter of 2019 with a wildflower seed mix custom concocted by Heartland Seed in Eolia. In 2020, it bloomed—bright yellow—filled with coreopsis which provided needed shade for the ensuing flowers to be nurtured. The next year, the predominant bloom seemed to be white penstemon. Today the full range of colors fills the "recovered prairie." Robert extolls, "The soil here is just amazing. It's like potting soil."

Wendy walks slowly on paths cut through the prairie. "I am not in a rush. I pick flowers but am careful not to invade bug space. Why hurry? There's so much to take in."

Because these native plants are, well, native, they are genetically designed to handle Missouri weather. They are carefree. The deep roots handle drought while providing much needed carbon storage for our overheated planet.

"Kids love to run through the paths when they come to visit," Wendy adds. "It's such a fun way to introduce young children to native plants."

The Hendricksons love of prairie did not stop in their front yard. Farmland adjacent to them came up for multi-home development. Wendy found out over a mailbox conversation with a new land owner, who explained a road, water, and electricity would soon be coming through. But the Hendricksons and their adjoining neighbor saved it—all 18 acres—and today it is in its "yellow" stage. Bright coreopsis fill the land. Redwing blackbirds soar overhead; quail run through it; deer nestle in it. And mowing is slowly becoming extinct.

If you are intrigued by Robert and Wendy's story, you can start small ... as small as a "mailbox" garden in a dry sunny location with just 6 varieties of plant: Rose Verbena, Butterfly Milkweed, Showy Coneflower, Royal Catchfly, Prairie Blazing Star, Prairie Dropseed, and Royal Catchfly.

WANT MORE INFORMATION? Visit Forrest Keeling Nursery (573-898-5571) or Missouri Wildflowers Nursery (573-496-3492) near Jeff City. Or call Robert and Wendy Hendrickson (443-255-8282), Theresa and Barry Casey (573-406-8475), or Kristy Trevathan (573-248-6581). From household-sized prairies to acre-prairies, they'll encourage and support you.



Robert and Wendy in their reclaimed prairie.

OUR PRAIRIES

By Bob Kendrick

Seven Prairies Per Year For Seven Years

Bob's Prairie Journey

When I first entered the Missouri Master Naturalist program, I was curious where it would lead me on my journey. Speakers would come in and move me into areas of interest where I was pretty sure I had no previous interest, and I was like a bird dog on point in the middle of too many birds.

However, there were a combination of speakers that eventually led me to a focused area of interest.

The first speaker was Kyle Monroe with invasive species and he began with informing us he would ruin every walk that we would take into nature. He floored and almost overwhelmed me with the intensity of this problem.

He gave me the eyes to see the problem of invasive species everywhere I looked.

It hurt.

The second speaker was Sam Lord on prairies and soils. I did not know that we were once a part of a 14.5-million-acre prairie system for some 8,000 years until man changed things. More importantly, I did not know the value of this system or even the fragility of our soils.

The third speaker was my daughter-in-law Sarah with birds. I wasn't really a bird man until she opened my eyes to the little brown bird crisis. I had noticed fewer quail, whippoorwills, and meadow larks and even bees and insects since my childhood years.

On a whim I ordered the book, Missouri Wildflowers by Edgar Dennison, and eventually sent the index to Sam for him to give me a few plants to start getting to know. He crossed several off and

gave me this small list of around 130 genus and species, again I was overwhelmed.

Next came my old friend, Jamie Ebbesmeyer , private lands conservation agent, with 10-year plans, and burns, attempting to correct our mistakes. Altogether, I eventually came to a solution for me; destroy the invasives, return to natives, and save the world or at least a few birds and bees.

The task seemed formidable, I needed lots of knowledge and lots of help. I became a member of the Missouri Prairie Foundation, went to soils conferences, and bugged the experts – some of whom became friends. I started slowly the first year, but I noticed something that I had not expected. Several of my Master Naturalist buddies were in – not just in – but all in. Were they crazy like me? Well maybe a little, but I had touched on something that they felt also.

My crazy group read books, listened to lectures from experts, attended burn school and successfully completed actual burns, collected over 40 species of natural forbs to establish a library bank of seeds, helped seed prairies, and cleared acres of invasive species, Together we are reclaiming a portion of those vital prairies.

Will we accomplish establishing seven prairies in seven years? We are making progress, now in our third year with emerging prairies on several public use lands including Corps, State Park, Dept. of Conservation and city property along with others on private lands. We, as Master Naturalists, are all in, making a difference. Will the people driving by, observing these prairies, realize the value of our soils and our prairie concept and begin making small adjustments?

We will see.



SEVEN PRAIRIES IN SEVEN YEARS

Year Started	Entity		Location	Size
2020 1	Corps of Engineers	Indian Creek	North side of Paris area food plots	¼ acre
2	Corps of Engineers	Indian Creek	South side of Peach Orchard	¼ acre
3	Corps of Engineers	Indian Creek	East side of south-west thin field	½ acre
4	Corps of Engineers	Indian Creek	South side of Paris Food Plots	1/3 acre
5	Corps of Engineers	Indian Creek	RJs Prairie	2 acres
6	Corps of Engineers	Mark Twain Lake	Frank Russell Demonstration	2 acres
7	Private	Vanessa Laatsch	Maywood MO	1acres
2021 1	State Park	Intersection 107 and Rt U	Mark Twain State Park	10 acres approx.
2	Private	Jan Golian	East of MT High School (FFA)	1 acre
3	City of Hannibal	Mac Ellis Prairie	Hannibal Airport	2 acres
4	Private	Alan Miller	Peno Creek south of Frankford	3 acres
5	Private	Cliff Gander prairie	See's Creek north of Monroe City	1 acre
6	Private	Margie (Ann) Humphrey	East of Doyle Mfg. Palmyra	1/3 acre
7	Private	Lynn Gibson	New London	1 acre
2022 1	Conservation Dept	Hunnewell Fish Hatchery	Hunnewell	6 acres
2	Private	Molly Herrington	Hannibal	1/10 acre
3	Private	Carl Thompson	Monroe City	¾ acre
4	Corps of Engineers	Frank Russell Butterfly Garden	Environmental Trail Frank Russell	
5				
6				
7				



MISSOURI STREAM TEAM

By Brenda Weiss Nuernberger

When most of us turn on the tap, we don't consider where that water comes from. We may have some vague thoughts (perhaps the Mississippi river? Some underground aquifer?) but mostly we take it for granted. Historically, this disconnect led to rampant water pollution from the dumping of tires, appliances, and even old cars, as well as the discharge of raw sewage and industrial waste into local waterways.

In 1972 the Clean Water Act set the foundation for protecting the streams, lakes, and wetlands of the United States. However, monitoring and cleaning the nearly 110,000 miles of streams in Missouri was too big of a task for the Missouri Department of Conservation (MDC), the Missouri Department of Natural Resources (DNR), and the Conservation Federation of Missouri (CFM) to tackle on their own. A concerned fishing group began cleaning up Roubidoux creek and formed the very first Missouri Stream Team in 1989. Since then, Missouri Stream Team has expanded to over 4,900 active Stream Teams as of 2020.

For those who have heard of Stream Team, more than likely it's through a large public volunteering event such as a stream, river, or lake clean up. My first Stream Team event was a float on the Bourbous River in Franklin County where we removed many mesh bags worth of trash and loaded down our canoes with tires that had been dumped in the river.

Stream Team is much more than trash pickups. A lesser known aspect of Stream Team is their water quality monitoring. In the next newsletter article I will go more in depth with the particulars of the water quality monitoring program. For now, it's important to understand that there are two different survey types: biological, where various insects and snails are collected and analyzed, and chemical, where water is tested for aspects such as clarity and the levels of certain chemical pollutants. When trained members of Stream Teams collect and submit this data, it helps to build a picture of the health of the individual stream that is being sampled. When multiple teams cover multiple parts of the watershed (different points on the same stream, different streams that run into the same river, etc.), it gives a good picture of how safe our water is for not only wildlife, but also for us to recreate in and to eventually use in our homes.

If any of this interests you, there are multiple ways to get involved. Our Master Naturalist Group has its own Stream Team that meets twice a year to collect data. We are currently monitoring Peno creek at Ranacker Conservation Area, but there have been talks to adopt a second stream.



Missouri Stream Team *continued*



There is no training required to assist in a sampling day. If you are interested in adopting your own stream and collecting data, you will need to attend a training. Why? Data collected by trained volunteers from around the state can be used by not only the folks who work with the Missouri Stream Team organization, but depending on the quality of the data and the level to which the collecting volunteer is trained, researchers and other government agencies can use that data in a variety of ways. The training helps to make sure that the data is reliable and useful.

With a new hybrid format, half of the training can now be completed online at your convenience using Stream Teams YouTube channel ([found here](#)) but the other half must be completed during an in-person, hands on training session. Such trainings are offered throughout the year and registration links tend to be posted under the announcements section of the Missouri Stream Team webpage ([found here](#)). As of the writing of this article, there are currently no introductory trainings offered.

If you have any questions, please email bweiss@vf.k12.mo.us. I will try my best to answer these questions in my next article where I will run through what a day collecting data looks like.

Links/Sources

[https://www.epa.gov/laws-regulations/summary-clean-water-act#:~:text=The%20Clean%20Water%20Act%20\(CWA,quality%20standards%20for%20surface%20waters](https://www.epa.gov/laws-regulations/summary-clean-water-act#:~:text=The%20Clean%20Water%20Act%20(CWA,quality%20standards%20for%20surface%20waters)

<https://mdc.mo.gov/newsroom/celebrate-25-years-missouri-stream-teams-keeping-our-waters-clean>

<https://www.mostreamteam.org/>

<https://www.mostreamteam.org/annual-report.html>

**WILD
AND
WACKY**



Hannibal Central Park

August 9, 2022

Set up 8 a.m..

Children's Activities

9 a.m.—noon

Contact Teresa Casey to volunteer

Pick Your Passion With CITIZEN SCIENCE PROJECTS

By Anne Coleman



Do you enjoy observing nature? I know that I do! As a child I watched ants building their mounds in the dirt, bees feeding on the clover and birds building their nests in the trees. As an adult, I've strived to learn how to identify native plants in the prairie and the bees that visit them, the frog calls at the pond, and the bird calls in the woods. Through observation we learn a lot about nature and how life is so interconnected that it is hard to separate where one life form begins and another ends. Yes, observing nature is a wondrous teacher and there is still so much to learn! Citizen Science projects are a great way to not only observe, but by collecting and sharing data about your observations you are giving back to your community, providing data for science and, best of all, enjoying nature while you learn.

Many chapter members have participated in Citizen Science projects and can share information on how to get started if you have questions. There are usually no group events involved and you participate according to your own schedule. The flexibility is a real plus, although it takes a bit of self-motivation to get started.

While each project is different, generally you will need to:

- Attend Training
- Complete Forms
 - Often in an electronic format and found on the project website
 - Sometimes the project offers a smartphone App to use
 - Paper forms might be used in local projects
- Have access to camera
- Have access to a computer or smartphone
- Local projects might have a single point of contact for submission of paper forms

Virtual training on goals of the project and data collection/submissions is usually provided. Look for training which allows questions and interactions with the presenter. A few of the larger projects or MDC led projects will have field training, but it does vary. If you join mid-season, you may be watching recordings of webinars on YouTube or project websites. Remember that recorded training and/or YouTube videos do not qualify as approved Advanced Training, however hours spent collecting and recording/submitting data will count as volunteer hours for approved projects.

Two smartphone apps which may be used are:

Seek/iNaturalist—Seek uses your phone's camera to help identify plants, insects and more. It works with iNaturalist, which is an online community for naturalists. You can also upload your photos for identification. Signing up is easy and free. Visit [iNaturalist.org](https://inaturalist.org)

eBird—used for Great Backyard Bird Count and Project Feederwatch. You can also use this app to share your sightings of different birds and start your own birding list. Visit [eBird.org](https://ebird.org)

There are often special, short-term projects that come from MDC with requests for participants. Those are sent out via email with contact information provided.

On the next page are a few of the on-going or recurring projects that you can participate in that already have approval. If you learn of other projects that you'd be interested in, please contact George or Gale for review and approval.

All project surveys are limited to Missouri locations.



No matter what your interests are, there's a citizen research opportunity out there for you. Get involved in observing and recording what you see in nature, and you'll be doing your part to make the world a better and healthier place for the diverse life that is all around us.

Spotlight on Species

RUBY-THROATED HUMMINGBIRD

(*Archilochus colubris*)

By Anne Coleman



Photo by Dennis Foss

Description: The ruby-throated hummingbird is only about 3½ inches (tip of bill to tip of tail), with a body weight of less than one gram and has a wingspan of just over three inches. It is the fastest bird in North America and can fly at speeds up to 24 miles per hour, making it capable of crossing some 60 yards in a single second! Males have metallic green upperparts with a red throat that flashes ruby red in the light. Their underparts are whitish with dull green flanks and a tail that is dark and deeply forked. Females also have metallic green upperparts with whitish underparts; sides pale buff; tail green at base, black in middle, with the three outer tail feathers white-tipped and rounded at end. Both make a variety of “chips,” squeals and twitters.

Status: Common migrant and summer resident. This species appears to be doing well throughout its range and is not in need of any special management. Some of the greatest threats may be from cats hunting near nectar feeders and from collisions with nearby windows.

Life Cycle: This species begins arriving in early April; nesting starts in mid-May. May occasionally raise two broods in a season. In summer, you can see broods traveling and foraging with their parents. In August we often see a peak in numbers as northern hummers have begun to migrate through. Our hummingbirds begin migrating in mid-August; most are gone by early October. They overwinter in extreme southern Florida, southern Mexico, and even into South America, flying nonstop over the Gulf of Mexico.

Distribution: Hummingbirds are found only in the world's western hemisphere, where most species occur in South America with about 12 species found regularly in the United States and Canada. Only the ruby-throated hummingbird breeds in eastern North America, where it is found from Nova Scotia to Florida. In Missouri, the Ruby-throated hummingbird is found statewide.

Human Connections: Many people enjoy feeding hummingbirds to attract them to their yards. The aerial battles fought by these tiny territorial birds are simply amazing! Hummingbirds are important for many species of plants that require just such a long-billed pollinator. Because of their small size, hummingbirds can end up providing food for many predators that eat insects, including spiders, praying mantises, birds, and frogs.

Sources: Missouri Department of Conservation and *Encyclopedia Britannica*, 26 Mar. 2020



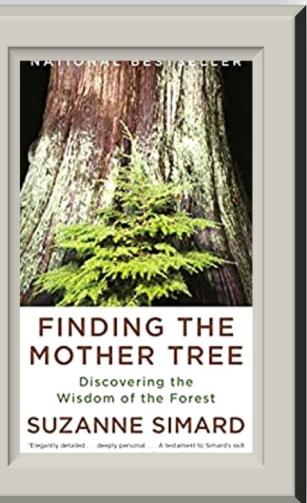
Reader's Review

By Bella Erakko

Finding the Mother Tree:

Discovering the Wisdom of the Forest,

by Suzanne Simard



Really, Simard's book is like getting two-for-one. She is a scientist and goes into great, almost exhausting, detail about her experiments with trees. But she is also a rising woman scientist in a man's world—equally riveting. She's clearly on her own, even though working for the Forest Service. The men are into clear cutting and replanting; she is into problem solving. Why does replanting fail? Do older trees send nutrients to younger saplings? Do dying "mother" trees send an influx of "life" more into kin than non-kin? Will one species nurture another? Will one species warn other of dangers?

When her initial work gets published in a well-regarded science magazine, it is NOT well received by her male colleagues.

What makes her book so engaging is the intertwining of her own personal story and life with that of the trees.

But it is easy to give up on this book, to close it, because it is weighed down by excruciating detail about her experiments. It feels as though she felt she could only write one book—so collapsed two into one—a scientifically technical study of forests, and a compelling personal journey.

For me, the non-scientist, I quickly learned the art of flipping pages between her question and her conclusion. This shortened the read time, but infinitely increased my pleasure in reading this book. She discovers astonishing unexpected connections between trees of the same—and different—species. Personally, she also learns that no human body lasts forever, and that relationships among humans must change and evolve. And just like a tree, she learns to stay rooted in her own truth.



Hummingbirds love these Missouri native plants

- Cardinal flower
- Jewelweed or touch-me-not
- Royal catchfly
- Fire pink
- Wild bergamot
- Trumpet creeper
- Native honeysuckles (*Lonicera dioica*, *L. flava*, *L. reticulata*)
- Red buckeye (a small tree)
- Columbine

To make Hummingbird "nectar",

mix four parts water to one part sugar. Do not add red food coloring to the nectar because it can be harmful, and red hummingbird feeders are all that is needed to attract the tiny birds. Be sure to clean the feeder very well to reduce the growth of bacteria, which can sicken hummingbirds. Change the nectar weekly or more often if it becomes cloudy. Never use honey or artificial sweeteners!

WINTER SOWING: A Capstone Project

By Pamela Whiston

After watching a YouTube video about winter sowing a year ago, I decided to give it a try. My goals were to start my own flowers without the expense of indoor seed starting and grow some native plants unavailable at garden centers. I started in the winter of 2021 with 12 jugs of various flowers. The two most important jugs contained paintbrush and sensitive brier. Paintbrush is seen more in southern Missouri, but they are so beautiful, I couldn't resist. The sensitive brier is such a fun gorgeous plant that I remember from my youth. My children loved it and I wanted to share it with grandchildren.

After joining Missouri Master Naturalists, I mentioned winter sowing to Bob, and he suggested I use it as an individual capstone project. Consequently, I have added several native plant species to my winter sowing project. I currently have 44 jugs setting outside. Hopefully I will have native plants to share with others and spread the grow native philosophy.

What is Winter Sowing?

Winter sowing is a method of starting seeds originated by Trudi Davidoff in 2000. (gardenweb.com)

The USDA defines winter sowing as, "A propagation method used throughout the winter where temperate climate seeds are sown into protective vented containers and placed outdoors to foster a naturally timed, high percentage germination of climate tolerant seedlings."



Simply put, sow seeds in containers, place outside in the winter and let nature do most of the work.

Why winter sow?

Winter sowing requires no special skills. It does not require special equipment such as grow lights, shelves, tables, trays, heat mats, or indoor space. It's low maintenance since nature does most of the work until seeds germinate. There is no dampening off or hardening-off. Seeds stratify naturally and germinate when nature dictates. There is little watering required. Seedlings are strong and weed free as they are put through more adversity. I like being able to grow plants not available at local nurseries. Winter sowing is economical. You can use recyclable containers like milk jugs, water jugs, soda bottles and plastic food containers. Containers act as a mini green house. Planting in containers prevents seedlings from getting eaten, keeps the seeds from washing away in the rain, and reduces the need for watering.

What can you winter sow?

You can winter sow almost anything except tropical plants. This is a great way to start native plants. This method of planting also works well with perennials, herbs, annuals, and many vegetables.

When to start sowing?

Different seeds do better at different times so you need to research your plant varieties and know when the optimum planting time is for each one.





WORDS OF WISDOM

From our MHMN President, George Wisdom

Summer has finally arrived, and my daylilies are blooming as well as a lot of the native flowers I planted this spring. The summer birds are here, and I have been seeing fledglings as well as young rabbits and squirrels. The outdoors always has new things to see and experience if you just take a few moments to look around. Hickory (my black lab) and I have been having a great time that now summer is here with lots of trips exploring the outdoors.

Our chapter has had a great year so far. We have participated in a lot of projects already (Sodalis night hikes, Stream Team data collection, fishing and blue bird house construction for youth, Ranacker CA tree planting and more). We have lots more opportunities and projects coming up. If you are having problems getting started or need more information on a project, just let us know. There are several members

which will be glad to help and love to work with you. Remember that our service pin for this year is the **Grass Pink**. You will really want to earn this award. All it takes is 40 volunteer hours and 8 hours of advanced training.

Our class of new interns is now about halfway through their training. Let's help and encourage them as much as we can. If you can, take some time and attend one of the sessions. This is a great way to meet our new naturalists.

Summer is such a good time to be in the outdoors and I hope to see you on the trail.

George W. Wisdom, President

BY THE NUMBERS

(rounded to nearest whole hour as of June 30, 2022)

2022

SERVICE PROJECTS

Volunteer Service Projects Total Hours = 1653

ADVANCED TRAINING

Advanced Training Total Hours = 540

Special Congratulations to

◊ Phil Whelan

For achieving his *Bronze Milestone* pin for 250 volunteer hours

Recognition for achieving Initial Certifications!

- * Lynn Gibson
- * Deborah Daniels
- * Doris Kurz

Congratulations on 2022

Recertifications!

- * Theresa Casey
- * Alan Miller
- * Kristy Trevathan
- * George Wisdom
- * Ken Daniels
- * Phil Whelan
- * Quintin Heaton



ADVISOR'S CORNER

STAY SAFE OUT THERE!

by
Kathi Moore



Summer is a great time to be outdoors. Sunshine and longer daylight gives us more time to finish outdoor projects, enjoy outdoor recreation, and soak up some vitamin D.

Following a few summer precautions will keep you enjoying the summer for a long time.

Protect yourself from the Sun. Use a water-proof sunscreen of SPF of 30 or above. If you don't like the feel of sunscreen on your skin, consider the many different SPF clothing options. Be sure to coat your ears with sunscreen or wear a wide brim hat. Protect your eyes with polarized sunglasses.

Stay hydrated. My favorite summer drink is lemon water with stevia drops. I fresh squeeze lemon juice and freeze it in small ice cube trays. I add one or two ice cubes to my half gallon water jug with my stevia drops and I am ready for the day. There are many products on the market to add a flavor kick to help you drink more water.

Be crepuscular (kruh-puh-skyuh-lr). Crepuscular animals (deer, squirrels, foxes, skunks) split their active time between early morning and evening, avoiding activity in the heat of the day.

Watch for heat exhaustion and heat stroke.

Symptoms of heat exhaustion include, headache, dizziness and confusion, feeling sick, excessive sweating, pale, clammy skin, fast breathing or pulse, and excessive thirstiness. If finding a cool spot and resting for 30 minutes does not clear the symptoms or not sweating even while still feeling hot, seizures, loss of consciousness, or non-responsive, seek medical help immediately.



Tick proof. If spending time in the woods, treat clothing the night before with permethrin. Wear light color protective clothing. Use DEET to treat the day you go out. Check yourself, your children, and your pets for ticks.

ID Poison Ivy. If you have been exposed, wash skin with soap that removes the oil. (Dawn dishwashing soap, Fels Naptha, Tecnu.) There are also pre-poison ivy treatments like IvyX. Once home, machine wash all the clothing you wore. Clean all tools and equipment by wiping them down with rubbing alcohol or washing them with soap and lots of water. Oils can stay present up to a year. Do not forget to bathe your pets.

Take a first aid kit. First aid kits can be as simple as keeping some band aids in your vehicle or as complex as including a snake bite kit. Before going out evaluate what your needs are and prepare accordingly. Consider the many different scenarios you may encounter and how much weight you want to carry.

File a plan. Let someone know where you are going, what time you will be home.

Have a great summer and enjoy the outdoors.

Kathi



GETTING

TO

KNOW

YOU

MEET “Bucket List Bob” Kendrick

By Bella Erakko

Anyone spending even five minutes with Bob Kendrick will soon find their pulse racing, ideas flying, and projects unfolding. For him, life is an amazing wonderful bucket list. His wife Diane would say it a bit differently, “Your damned glass is half-full.”

Second-born in 1949 of seven children, he grew up on the family farm raising cattle, hogs, chickens, and sheep. His mother worked in the school system, raised kids, and coaxed vegetables out of a massive garden on their property south of Indian Creek. Food was so abundant that one trip to town, she spent only \$4 for the whole month on flour, sugar, salt, and yeast. Other than that, they ate chicken almost every day, interspersed with rabbit, squirrel, bull frogs, even young ground hogs (which according to Bob taste fabulous).

No other world existed for Bob except farmland, woods, and a swimming hole. He set off for college at University of Missouri/Columbia, but ran out of money for that so he joined the Marines and ended up at 29 Palms in the Mohave Desert. This is probably where the bucket list kicked in.

He took up “bouldering”—not rock climbing, but using ropes to get from boulder to boulder. After Marines and a little more college, he spent a year in Yosemite National Park. Now picture this: Bob Kendrick as cocktail waiter and wine steward, expected to visit every Napa Valley vineyard. During this phase, he also dived head first into the classics, waking up at 4:30 a.m. and reading till 7:30. *Les Misérables. Don Quixote. Dante.* Whatever...



Bob Kendrick and with notes to keep the event organized and successfully completed.

Add to that, skiing every winter day, parachuting, parasailing, scuba diving, and a LOT of hiking. He was living the Forrest Gump life. But one of his peak experiences occurred when he and a friend hiked up to the California redwoods, settling under Old Grizzly, a tree 600-800 years older than Christ. It was the tree that Teddy Roosevelt and John Muir slept under in wool blankets as they envisioned the idea of a national park. His personal peak experience occurred under that tree when he witnessed his first “thunder snow,” as the heavens opened up with sound and fury.

Eventually he got back to college, met his wife Diane, married, and joined her father’s Pete Pars Chevrolet Dealership for 34 years until all the small-town dealerships were driven out of business. In a way, selling cars is like promoting nature—with passion, commitment, and determination. Bob kind of exudes these qualities...

Bob Kendrick *continued*

Diane and he raised two boys and a daughter. When his son Kip played football in high school, Bob approached the coach with this idea: get these guys to lift weights every day, keep their grades up, put \$100 in a common fund—and come summer, he'd take the lot of them to the Colorado Rockies. Done.

After about six years of these Colorado trips, Bob walked in the front door only to be confronted by his daughter Megan. Why couldn't she go? "Megan," Bob explained, "You won't be able to go as far or carry as much weight," to which she responded, "You sexist pig." Thus began the female trips to the Rockies. Today is it a gender-neutral adventure, tackling "The Classics"—the 54 mountains that are 14,000 feet or higher.

Today, in addition to being a founding member of the Mississippi Hills Master Naturalists, Bob works with the Corps of Engineers to create hunting experiences for the disabled. It has grown to include veterans hunts, make-a-wish like experiences, and hunts with mentors. Not to mention his 3 day-a-week commitment to managing the Monroe City municipal pool.

Bucket-List Bob had no idea what was in store when he signed up for the first Master Naturalist class three years ago. It just seemed like a bucket-worthy idea. "I was just curious. Speakers would take me into areas of interest where I was pretty sure I had no previous interest." But almost immediately, he "was like a bird dog on point in the middle of too many birds." The second speaker, Sam Lord, opened his eyes to prairies. "I did not know that we were once a part of a 14.5 million acre prairie system for some 8,000 years."

Kendrick was hooked. Especially when a 91-year-old man took him to two original prairie remnants near Monroe City, pointing with his walking stick (and naming) over 71 species.

Prairies are so foundational. From soil to insect to flower to bird, it is the smorgasbord-of-life for the Midwest. Bob's bucket today is largely filled with prairie projects. His goal? Seven prairies each year for seven years. Starting in 2020, restored prairies are dotting our landscapes from Indian Creek to Frank Russell to member Vanessa Laatch's property to Peno Creek, the airport, and Molly Harrington's yard.

**Bob exudes, "I've FOUND my group:
They're crazy. Up for anything. Not
"in" but ALL IN. I have so much fun.
Who needs alcohol when you can
talk smack about nature."**



On September 29, 2016, Mr. **Bob Kendrick** of Monroe City, Missouri was presented with the Enduring Service Volunteer Award at the Columbia Bass Pro Shop.

Missouri Master Naturalists at Work

Gale Rublee and Kristy Trevathan had a great nature walk at Veterans School with Kids grades 1st - 3rd.



Earth Day Litter Pick-up at Mark Twain Lake with Ken Daniels & Anne Coleman.



Kid's Fishing Day at Frank Russell Pond with Blue Bird House building activities. Phil Whelan, Vanessa Laatsch, Ken Daniels, and George Wisdom assisting the kids with the construction.



Chainsaw training with MDC at Hunnewell--Phil Whelan, Bob Kendrick, Alan Miller and others.



Core Training on Invasive Species with Kyle Monroe, MDC.



Monthly Meetings

Monthly Chapter Meetings are held on the 4th Tuesday of every month

Bi-monthly Board Meetings are held on the 2nd Tuesday of every other month



We're searching for articles for our next newsletter.

Contact Janet Golian for more information, to share your ideas or to provide feedback for our newsletter.

The deadline for contributing to the next newsletter is September 30, 2022.



Volunteer Opportunity Calendar for July, August and September 2022

Event Date	Event Time	Event Title
7/21/2022	08:30 am - 11:30 am	Parks / Conservation Areas :: Hannibal Parks :: Huckleberry Park :: YESA--Fishing Savvages
7/22/2022	07:30 pm - 09:30 pm	Parks / Conservation Areas :: Hannibal Parks :: Hannibal Parks & Rec Interpretive Programs :: Creatures of the Night
7/23/2022	10:00 am - 12 noon	Parks / Conservation Areas :: Hannibal Parks :: Hannibal Parks & Rec Interpretive Programs :: Where or Where does the River Run
7/26/2022	07:00 pm - 08:00 pm	Program Support :: Chapter Meeting :: (07) July
7/28/2022	08:30 am - 11:30 am	Parks / Conservation Areas :: Hannibal Parks :: Huckleberry Park :: YESA--Fishing Savvage
8/6/2022	08:00 am - 12:30 pm	Chapter Education & Interpretation Projects :: Hannibal Arts Council :: Wild & Wacky
8/12/2022	07:00 pm - 09:00 pm	Parks / Conservation Areas :: Hannibal Parks :: Hannibal Parks & Rec Interpretive Programs :: Evening Exploration
8/20/2022	10:00 am - 12 noon	Parks / Conservation Areas :: Hannibal Parks :: Hannibal Parks & Rec Interpretive Programs :: Insect Safari
8/23/2022	07:00 pm - 08:00 pm	Program Support :: Chapter Meeting :: (08) August
8/26/2022	09:00 am - 02:30 pm	Chapter Education & Interpretation Projects :: Pike County Farm Safety Day
8/26/2022	07:00 pm - 09:00 pm	Parks / Conservation Areas :: Hannibal Parks :: Hannibal Parks & Rec Interpretive Programs :: Evening Exploration
9/13/2022	06:00 pm - 07:00 pm	Program Support :: Executive Board :: Board Meeting
9/15/2022	08:00 am - 04:00 pm	Chapter Education & Interpretation Projects :: Promote/Develop Native Seed Bank Program :: Heartland Seed of Missouri
9/27/2022	07:00 pm - 08:00 pm	Program Support :: Chapter Meeting :: (09) September

Now is a great time to enter your hours!

Please visit—<https://www.hills.missourimasternaturalist.org/>

Enter your hours at the end of each month for Advanced Training and Volunteer Service or send your Hours to Anne Coleman. Please let her know if you need assistance.

Tracking hours helps you towards Certification and credits our Chapter for your hard work and conservation efforts.

THANK YOU!



Advanced Training Calendar for July, August and September 2022

Watch for new training that is added on the website or emailed.

If you find additional training not on the calendar, please send to George, Kristy and Anne so that it can be added.

If you aren't sure whether the new training qualifies please ask!

THANKS!!

Event Date	Event Time	Event Title
7/18/2022	05:30 pm - 09:00 pm	Core Training Class (07) :: Endangered Species of Missouri (the NE region) / Mushrooms and other Cool Stuff
7/19/2022	10:00 am - 11:00 am	MDC--Native Plants: That's Some Gall (Virtual)
7/20/2022	12 noon - 01:00 pm	MDC--Habitats: The Rockstars of Rot: Decomposers (Virtual)
7/20/2022	04:00 pm - 05:00 pm	MPF Webinar: Grow Native! Webinar: Lincoln University's Finca EcoFarm with Nadia Navarrete-Tindall
7/21/2022	04:00 pm - 05:00 pm	MDC--Discover Nature: Whoo's There? (Virtual)
7/25/2022	05:30 pm - 09:00 pm	Core Training Class (08) :: Forest Ecology and Tree Identification
7/26/2022	06:00 pm - 07:00 pm	Chapter Meeting----TBD
7/29/2022	12 noon - 01:00 pm	MDC--Insects: Moth Madness (Virtual)
8/1/2022	05:30 pm - 09:00 pm	Core Training Class (09) :: Wildlife Regulation as a Management Tool / Conservation K-9 p\Program
8/6/2022	10:00 am - 10:45 am	MDC--Discover Nature: The Buzz About Bumble Bees Virtual Program
8/8/2022	05:30 pm - 09:00 pm	Core Training Class (10) :: Missouri Geology and the Lincoln Fold / Chapter Website Navigation and Time Keeping
8/9/2022	06:00 pm - 07:00 pm	MDC--Discover Nature: Naturalist Notes Virtual Series: Glades
8/13/2022	05:30 pm - 09:00 pm	Core Training Field Trip (03) :: Prairie Fork Conservation Area
8/15/2022	05:30 pm - 09:00 pm	Core Training Class (11) :: Insect Biology, Ecology, and Identification
8/22/2022	05:30 pm - 09:00 pm	Core Training Class (12) :: Wetland Ecology and Reptiles / Bats of Missouri
8/23/2022	06:00 pm - 07:00 pm	Chapter Meeting----Ryan Kelly
8/29/2022	05:30 pm - 09:00 pm	Core Training Class (13) :: Effective Volunteers & Graduation Ceremony
8/29/2022	03:00 pm - 04:00 pm	MDC--Birds: VIRTUAL: Hummingbirds
9/10/2022	TBD	Master Naturalist Field Day—TBD
9/27/2022	06:00 pm - 07:00 pm	Chapter Meeting----TJ Peacher

MDC and MPF training requires advanced registration. If you want to sign up for a training session, please use the appropriate link below.

FOR MDC: <https://mdc.mo.gov/events>

FOR MPF: <https://moprairie.org/events/>