



Charter 2016

Vol 5 ISSUE 3 Aug 2020

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President's Note:

Greetings, Master Naturalists!

Since the June issue of Nature Notes, our chapter has sponsored Tuten Park to become the first public park in the Louisiana Certified Habitat Program. You can read more about that later on in this issue, but I wanted to write some encouragement in this president's note for our members to become involved in other local naturalist-related and conservation-minded organizations.

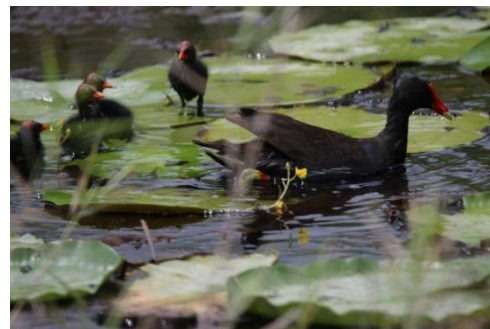
Especially at a time when we haven't had our traditional meeting format since January nor were we able to complete our course this year, getting information through online and print sources as well as independent exploration has been critical for continuing the naturalist journey. Joining organizations (or just visiting their websites) is a great way to learn about the organisms, habitats, niches, evolutionary pathways, and so much more that we just can't fit into the SWLA Master Naturalist Program each year. Even if there isn't a formal organization, there is often a Facebook group where you can meet and have conversations with some of the foremost experts in the field. Lastly, iNaturalist has been my favorite tool over the last five years to explore and document biodiversity as well as to learn about the organisms I'm posting from naturalists worldwide. So, below are some of the organizations, Facebook groups, and other resources I've found useful to continue my naturalist journey this year beyond our course.

Calendar Quick View

August 13, 2020 Volunteer Tuten Park 4:30 pm [Track it Forward](#)

August 29, 2020 LOS Hummingbird Count

October 7, 2020 SLAMN General Meeting



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Native Plants

- [Louisiana Native Plant Society](#)--launched the [Louisiana Certified Habitat Program](#) with the help of the [Acadiana Native Plant Project](#) and the [Native Plant Initiative of Greater New Orleans](#). The LNPS also hosts the [Louisiana Native Plant Society Group](#) on Facebook.
- [Cajun Prairie Habitat Preservation Society](#): They manage two prairies in Eunice which have hosted our Cajun Prairie workshop in the past. Join their [Facebook group](#).
- [Society for Louisiana Irises](#)

Vertebrates

- [Louisiana Ornithological Society](#): also has a Facebook group and a Fall migration hummingbird count. Email LOS president John Dillon (merlin183@yahoo.com) with your name, parish, and city to pre-register. He'll send you a short info packet.
- [Louisiana Amphibian and Reptile Enthusiasts](#): started as a Facebook group, but they have been an incredibly [active group of volunteers](#) for many years.
- [Gulf Coast Bird Club](#): our local Lake Charles-based bird club! They also have a [Facebook group](#).
- [Plants for Birds in Louisiana](#) Facebook Group
- [Audubon Louisiana](#)

Entomology

- [Louisiana Insects and Arachnids](#)
- [Louisiana Dragonflies and Damselflies](#)
- [Louisiana Butterflies and Moths](#)
- [BugGuide](#) and the [BugGuide Facebook Group](#)
- [Odonata Central](#): a great informative source of information on dragonflies and damselflies in North America. They also allow the submissions of sightings and collect relevant sightings from iNaturalist

Mushrooms and Foraging

- [Gulf States Mycological Society](#)
- [Louisiana wild edibles, foraging & wild medicinal plants & mushrooms](#) Facebook group
- [Mushrooms and Fungi of Louisiana](#) Facebook group

General Naturalist Sources

- [Louisiana Naturalist Network](#)

I'm sure there's lots of other resources out there. If you know of some, please share them with me! Otherwise, the board and I will keep watching the COVID-19 trends and guidelines to determine the status of our October meeting. As of now, assume we'll be meeting outdoors, masked, and physically distanced on Wednesday October 7. We'll send out a meeting announcement in the next few weeks with any further information about the meeting.

Thanks,
Irvin Louque
irvinlouque@gmail.com
(225)206-0400

Meeting Notes

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Upcoming Meeting Location and Date

General Meeting Wednesday October 7, 2020

President: **Irvin Louque**

Vice-President:

Barbara Morris

Treasurer: **Clay Ardoin**

Secretary: **Patty Palmer**

At-large Board Members:

David Booth,

Theresa Cross,

Tommy Hillman

Robby Maxwell

Reminder: SLAMN yearly membership \$15.00.

Please complete the [membership renewal form](#)

Mail your dues and form to:

Clay Ardoin

SLAMN Treasurer

227 Fallis Rd.

Lafayette, LA 70507



Log-in your volunteer and continuing education hours using *Track It Forward*

Set-up your account and start logging in your SLAMN CE&V hours.

Access *Track It Forward* on the SLAMN website:
<https://www.swlamasternaturalists.org/>

Zoom General Meeting Highlights

Committee Reports

Course: Remaining 2020 classes were cancelled due to Global COVID-19 Pandemic and National Emergency declared on March 13, 2020.

Publications: Send information, stories, pictures and any noteworthy information wanting to be included in the newsletter to Arlene Cain at:
arlenevidaurri.cain@yahoo.com

New Business

- [LA Certified Habitat Program](#) – Robby Maxwell has been requested by the Acadian Native Plant Project to help certify native habitats in conjunction with the LA Native Plant Society's program. The program certifies habitat based on native plantings and good practices. The application is available at the above link.

Guest Speaker: Katie Barnes Audubon Louisiana Coastal Stewardship Manager

Katie gave a great presentation on the status of Louisiana's beach-nesting birds. She also talked about stewardship and the important work of volunteers.

Next SLAMN General Meeting: Wednesday October 7, 2020

Additional meeting information will be emailed.

Southwest Louisiana Master Naturalists Chapter meetings are held quarterly on the first Wednesday of the month at Tuten Park at 6:00 p.m. unless otherwise noted.



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New Signs for Tuten Park

Several members of the Southwest Louisiana Master Naturalists met on June 20, 2020 to install the 25 scavenger hunt signs at Tuten Park in Lake Charles.

The City of Lake Charles provided the sign posts and hardware. Members had to drill the signs to enlarge fastener holes, install the posts and then install signs on the posts. It was hard sweaty work, but our team is strong and willing to accomplish good things to help the public engage with nature!

We still have the small plant ID signs to install and are planning another work date in August. Additional work will be scheduled in the fall to refurbish a few of the raised planter beds.

Thank you to our funding partner Louisiana Healthy Communities Coalition and the City of Lake Charles for their support.





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TUTEN PARK BECOMES FIRST PUBLIC PARK REGISTERED IN LOUISIANA CERTIFIED HABITAT PROGRAM



Robby Maxwell (center right) presents the Louisiana Certified Habitat program sign to Irvin Louque (center left). Others present were Clarence Ceasar, director of the City of Lake Charles Recreation and Parks Department (left), and Crystal Briscoe of Sasol (right).

In June 2020, the Southwest Louisiana Master Naturalists designed and installed educational signage in Tuten Park as part of a mini-grant funded by the Louisiana Healthy Communities Coalition. Additionally, they submitted a list of over 75 species of native plants recorded in the park to the Louisiana Certified Habitat Program, making Tuten Park the first public park in the program. With over 75 species of native plants in the park, Tuten Park is in the gold tier.

The Louisiana Certified Habitat program recognizes the efforts of Louisiana residents, schools, and organizations to conserve our natural heritage. The goal of this program is to encourage property owners and managers to increase and protect the ecological value of their land to benefit wildlife and natural systems. All properties with at least 25 native plant species or 25% coverage of native species is eligible to apply. The program is administered by the Louisiana Native Plant Society and their conservation partners including the Native Plant Initiative of Greater New Orleans and the Acadiana Native Plant Project and

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other important advocates around the state. To register a site, visit the website for an application: <https://www.lnps.org/louisiana-certified-habitat>.

Tuten Park is a 24 acre park set aside to be a sanctuary for native plants and wildlife as well as the public. Since 2015, the natural area of the park has undergone a transition with several ongoing conservation projects, including a prairie conservation project and invasive species management. Various organizations have partnered with the City of Lake Charles to help in the park's conservation projects, including McNeese State University, Southern University, LSU, the SWLA Master Naturalists, Boy Scout Troop 107, the Gulf Coast Bird Club, Lake Charles Garden Club, and the Diggers and Weeders Garden Club of Lake Charles. Tuten Park's official list of biodiversity can be accessed here: <https://www.inaturalist.org/projects/tuten-park-biodiversity>.

Volunteer Opportunities:

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Tuten Park Work Day
August 13, 2020 at 4:30 pm

Louisiana Healthy Coalition Grant Update

Southwest Master Naturalists and 2020 Candidates

Plant ID signs are fantastic and now it's time to install them. We need volunteers to hold post, pound post, and turn screws on signs. There are 30 signs. Many hands make the work go fast. Bring gloves and other tools you think might be useful.

It will be great to see you! Hope you can come out. Sign up on [Track it Forward](#)



Volunteer Opportunities:

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Hummingbird Yard Count

The Hummingbird Yard Count is set on three weekends to get a snapshot of Ruby-throated Hummingbird numbers across the state. Mark your calendars for three Saturdays: August 29, and September 12 & 26. Next, register with John Dillon by email: merlin183@yahoo.com. He will need your name, city and parish. Pick the best time and best viewing spot in your yard to maximize seeing the most individuals on each of the count days. Finally count all the hummers you can see at the same time. Keep doing counts until you are satisfied that you have your highest in-view count. Even if you don't have breeding hummingbirds, you can get migrants. Maybe it's time to enhance your yard with a few favorite hummingbird plants between now and then. Favorites include fall-blooming rosebud sage (*Salvia puberula/involucrata*) or Hardy Red Gloxinia (*Sinningia sellovii*). Also consider adding more feeders as your hummer numbers increase. After each Saturday count, email your results to John. We would like the following information. John will also provide this information by email when you sign up.

- Maximum number of Ruby-throated Hummingbirds counted in view at one time.
- Does your yard have hummer flowers: yes or no
- Number of other hummingbird feeders in your yard that are not in view during count; estimate territorial birds at those feeders on each of the days.
- Did it rain during count day: yes or no Hummers often swarm to feeders with rainy weather
- Any species of hummer other than Ruby-throated present? If so, species and number of individuals on each day.
- Any additional comments or insights you'd like to share.

John Dillon LOS President

Be sure to register for our first ever fall migration hummingbird count!!

All you really have to do is submit your maximum number of Ruby-throated Hummingbirds seen at your feeders on August 29, September 12, and September 26, via the submission form (along with just a few other questions).

Interested?? Email me at merlin183@yahoo.com with your parish and city to register, and I'll send you the submission form ASAP!

Volunteer Opportunities:

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Hummingbird Nectar

LOS asks that you please use proper sugar to water ratios of between 1:5 or 1:3 (with 1:4 being the usual). We also ask that you make sure all nectar is fresh, not spoiled, and that you have no black mold on any feeders. And finally, please do NOT use red dye! *Thanks for your concern over the health of our migrating Ruby-throats!*

Making Hummingbird Nectar

Ingredients

- Refined white sugar
- Water

Directions for making safe hummingbird food:

1. Mix 1 part sugar with 4 parts water (for example, 1 cup of sugar with 4 cups of water) until the sugar is dissolved
2. Do **not** add red dye
3. Fill your hummingbird feeders with the sugar water and place outside
4. Extra sugar water can be stored in a refrigerator
5. Change feeders every other day and thoroughly clean them each time to prevent harmful mold growth

Continuing Education Opportunities:

[Back](#)**Earn Continuing Education Credit****Watch one of many free webinars and record your time in [Track it Forward](#)****Conservation Biology Institute Webinar Series <https://consbio.org/products/webinars>****[SCGIS - Lessons learned from the front lines of climate change](#)**

This webinar takes you to the front lines of climate change and will highlight lessons learned, resilience strategies, and geospatial tools we are using at Pepperwood to adapt to changing conditions and respond to community needs. The Dwight Center for Conservation Science and the Pepperwood Preserve encompasses 3,117± acres ...

**[SCGIS - COVID-19: Rethinking our relationships with wild animals & wild places](#)**

The COVID-19 coronavirus has catapulted across the ever-evolving interface between humans and wild places, generating global impact and alarm. Quarantines have been imposed, and borders have been closed. Free movement of people, the pursuit of normal daily routines, economic well-being — and in too many instances, health and even life itself — have been dramatically curtailed by a virus that previously lived beyond the pale and a disease that was ...

**[SCGIS - Floods & Fires: CI's responses to recent natural disasters in South America](#)**

Natural disasters are a potential threat at all scales and geographies, affecting both people and nature. Join us as we discuss examples from a few of Conservation International's geographies of natural disasters and the role of GIS in understanding and responding to them. Colleagues from CI's Bolivia and Brazil programs will share their experiences with the role of both floods and fires in Bolivia, and the most recent fire season ...

**Cornell Lab Bird Academy****<https://academy.allaboutbirds.org/>**

Cornell Bird Academy offers a wide range of birding courses from nature journaling, bird photography, and bird identification to bird biology. These courses are for a cost and are self-paced.

If you are interested in birds and conservation, you will enjoy listening to Cornell's Open Lectures: <https://academy.allaboutbirds.org/live-events/>

Cornell's Open Lecture series are free. Most are about an hour in length. These lectures will help you earn continuing education credit.

**iNaturalist.org's Journal Official Blog**

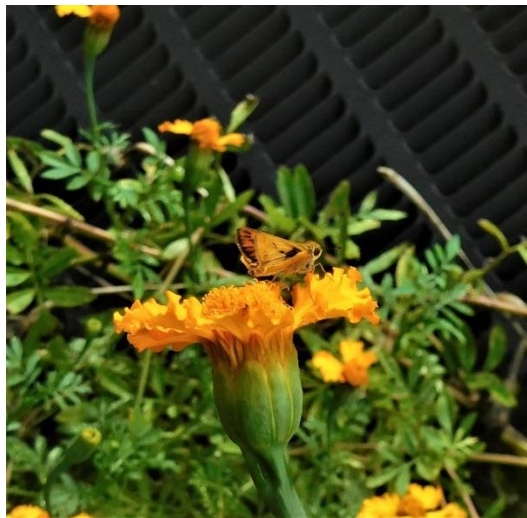
<https://www.inaturalist.org/blog>

Check out the "Observation of the Week" post.

iNaturalist Southwest Louisiana Master Naturalists Project**Observation of the Month****by Southwest Louisiana Master Naturalist 2020 Candidate****James Doucet****Fiery Skipper (*Hylephila phyleus*)**

Add your observations to the Southwest Louisiana master Naturalists Project

<https://www.inaturalist.org/projects/southwest-louisiana-master-naturalists>



Join the Southwest Louisiana Master Naturalists project.

Add your observations and photos to our group project.

<https://www.inaturalist.org/projects/southwest-louisiana-master-naturalists>



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Sorting out Red Salvia by Pam Langley

The importance of botanical names became clear to me recently when a fellow gardener and I were talking about red salvia. It turns out we were talking about completely different plants, but ones that are all commonly grown in south Louisiana. This is my attempt to sort out the different types of 'red salvia' that are grown in our area.

Salvia elegans

Some people refer to *Salvia elegans* as red salvia or red sage. Another common name for *Salvia elegans* is Pineapple sage. Pineapple sage produces a shrub that will often survive our mild winters. It is a native plant to Mexico and Guatemala. Pineapple sage is also edible. The flowers can be added to a salad to add bright red color and a mixture of citrus and mint flavors. The leaves, when crushed, emit a pineapple aroma, thus the common name. Leaves may be used in cooking just as herbs and in drinks like mint leaves. The leaves have a minty pineapple flavor.

Pineapple sage, *Salvia elegans*, does best when planted in full sun and well-drained soil. It likes rich garden soil and will grow to 3 or 4 feet tall and wide in one growing season. It doesn't like a lot of water and will suffer if over watered. It begins blooming in late summer and blooms until the first cold spell - just in time for the humming bird fall migration through our area. If mulched well, it will often survive our winters.

Pineapple sage may be found in stores or nurseries during the spring. It is often included with the herbs, since it is an edible plant.



Salvia elegans or Pineapple sage is edible.

Salvia splendens

Another 'red salvia' is *Salvia splendens*. *Salvia splendens* is sometimes called scarlet sage and is an annual bedding plant that is native to Brazil. It is perennial in zones 10 – 11, so it may survive winters in the southernmost part of Louisiana.

Scarlet sage, *S. splendens*, grows from 1 to 1.5 feet in height and spreads about a foot. It should be grown in rich, well-drained soil, in full sun. It likes more water than pineapple sage, but still cannot take standing water. Unlike pineapple sage, scarlet sage is not edible, but is also a member of the mint family.

Salvia splendens is usually available in nurseries as bedding plants. It is planted as annuals in most landscapes in our zone and more northern zones. One characteristic of this species is that the calyx is a bright showy red color that matches the color of the flower. The calyx stays on the plant longer than the flower and so it seems that the flowers stay longer, but in truth it is the red calyx that makes the longer lasting show.



S. splendens or Scarlet sage is a common bedding plant sold in nurseries.

Salvia coccinea

The last 'red salvia' covered here is *Salvia coccinea*, which is a native to the south eastern part of the United States. Some common names for it is Indian Sage or Texas Sage. Texas sage, *S. coccinea*, is very easily grown in our area. Being native it is accustomed to our climate and you do not need to water it during normal weather conditions. It can withstand our heat, humidity, wet and dry soil. It is also somewhat salt tolerant, so it may be grown in gulf coast areas. It grows from 2-4 feet tall and 2.5 feet wide. It blooms from late spring until the first frost. Deadheading will promote more profuse blooming. In the heat of the summer, it sometimes gets leggy and blooms sparsely. When that happens, cut the entire plant back to below the flower spikes. Within a week it will be bushing out and producing more flower spikes.

S. coccinea can be grown as far north as zone 4 as an annual and is a perennial in zones 9 and 10. During extra cold winters in zone 9 it will die back to the ground, but will return from the roots in the spring. It prefers acid soils and spreads easily by seed. It blooms best when planted in full sun, but will also grow in partial shade. It attracts several different pollinators, humming birds, butterflies, warblers and bumblebees.



S. coccinea or Texas sage is a native that benefits pollinators.

It is very close in appearance to pineapple sage, *S. elegans*. To tell them apart crush a leaf and check the aroma. If you smell pineapple then it is *S. elegans*, which is edible. If you do not detect a pineapple aroma, then it is *S. coccinea* and is not edible.

There are several different cultivars of *S. coccinea* which provide pink flowers, white flowers, or red flowers with black calyxes. All these different cultivars are just as easily grown as the species plant.

In conclusion, there are many different types of *Salvia* and three that are red and easily grown in our area. Of course, they are all in the mint family so they have the characteristic square stem and opposite leaves. *S. elegans* or Pineapple Sage is edible and has a pineapple aroma and flavor. *S. splendens* or Scarlet Sage is a bedding plant that is a native of Brazil. Our own native is *S. coccinea*, Texas Sage, supplies nectar to humming birds, bees, and butterflies. It is easily grown and started from seed and requires little maintenance.

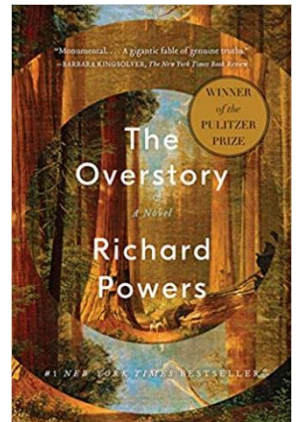
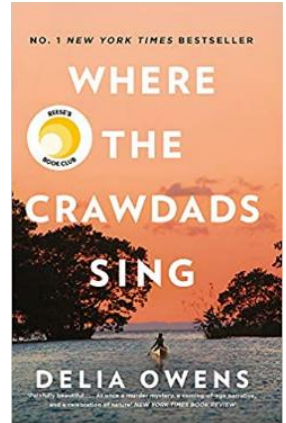
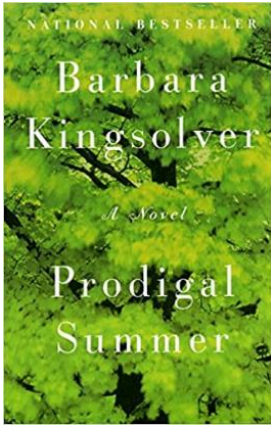
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Naturalists Notes:

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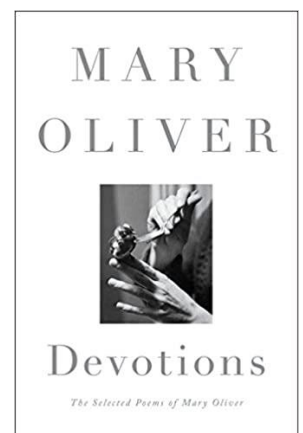
One of the things that delights me as an Old English major and now Master Naturalist is to come across a piece of fictional writing that celebrates the natural world. WHERE THE CRAWDAD SINGS by Delia Owens is one recent which is still a bestseller. I love a mystery, a survival story, a lyrical love story with feathers and insects and water, and yes, too, a telling of a strong woman's journey. This novel had all of those things. Another novel of natural wonder that touched my soul is Barbara Kingsolver's PRODIGAL SUMMER. I don't even remember many details now and I do remember feeling a deep love of creation. I didn't have much science background when I became a Master Naturalist and I tell myself that what I lack in science knowledge I make up for with enthusiasm. That's what led me to write this bit about literature that stirs that enthusiasm. So to continue with my literary love affairs... Barbara Kingsolver again more recently wrote FLIGHT BEHAVIOR, a wonderful saga of the monarch butterfly and so much more. Richard Powers' THE OVERSTORY may stir your love of trees and for me some grief as well. And, of course, reading poet, Mary Oliver, is always good for settling into the solace of noticing nature. It is amazing how she can capture a vision with just a few words.... "Are the clouds glad to unburden their bundles of rain?" (From "Do Stones Feel?" DEVOTIONS). So you can see that my master naturalist activities center around reading particularly during this virus time. It's been a lifelong passion and joy.



I will leave you with a piece from a William Wordsworth's poem:

"And I have felt a presence that disturbs me with the joy
Of elevated thoughts; a sense sublime
Of something far more deeply interfused
Whose dwelling is the light of setting suns,
And the round ocean and the living air,
And the blue sky, and the mind of man;
A motion and a spirit, that impels
All thinking things, all objects of all thought,
And rolls through all things."

(From "Lines Composed a Few Miles Above Tintern Abbey")
Nice, huh?



WHERE THE CRAWDAD SINGS by Delia Owens

https://www.amazon.com/Where-Crawdads-Delia-Owens-author/dp/1472154649/ref=asc_df_1472154649/?tag=hyprod-20&linkCode=df0&hvadid=333503577727&hvpos=&hvnetw=g&hvrnd=12636925895755409917&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9025291&hvtargid=pla-610772662731&psc=1

PRODIGAL SUMMER by Barbara Kingsolver

<https://www.amazon.com/Prodigal-Summer-Novel-Barbara-Kingsolver/dp/0060959037>

THE OVERSTORY by Richard Powers

https://www.amazon.com/Overstory-Novel-Richard-Powers/dp/039335668X/ref=asc_df_039335668X/?tag=hyprod-20&linkCode=df0&hvadid=312820134939&hvpos=&hvnetw=g&hvrnd=4640989087756636709&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9025291&hvtargid=pla-703483733914&psc=1&tag=&ref=&adgrpid=67737761892&hvpone=&hvptwo=&hvadid=312820134939&hvpos=&hvnetw=g&hvrnd=4640989087756636709&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9025291&hvtargid=pla-703483733914

DEVOTIONS by Mary Oliver

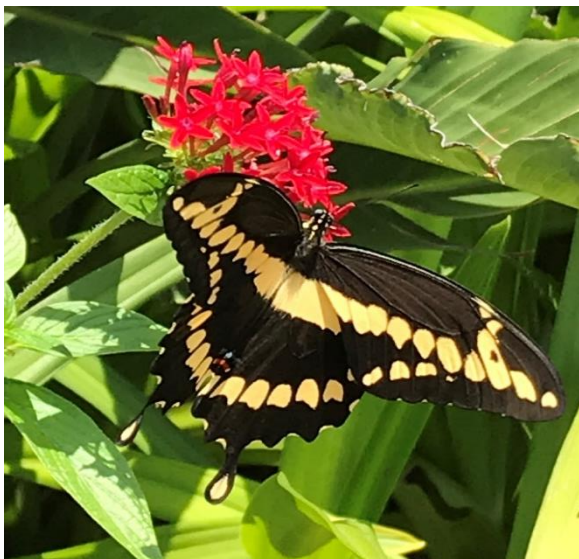
https://www.amazon.com/Devotions-Selected-Poems-Mary-Oliver/dp/0399563245/ref=asc_df_0399563245/?tag=hyprod-20&linkCode=df0&hvadid=312057607832&hvpos=&hvnetw=g&hvrnd=6542957623456580753&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9025291&hvtargid=pla-395333668744&psc=1



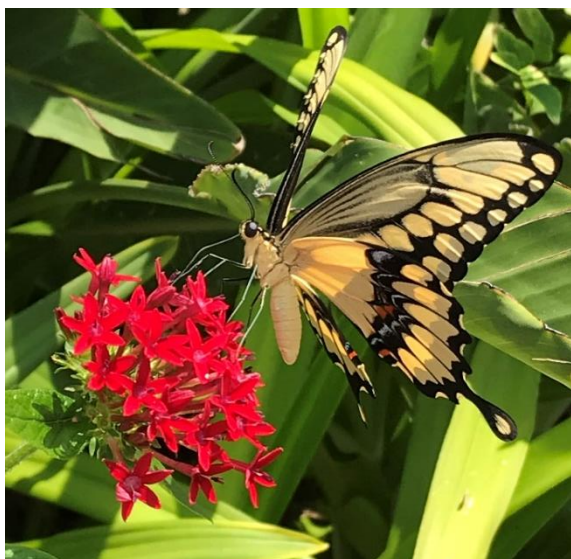
Naturalists Notes:

[Back](#)***Papilio cresphontes*, Giant Swallowtail by Pam Langley**

I recently was lucky enough to get some photos of a giant swallowtail butterfly as it visited my flower bed. Giant Swallowtails are one of the largest butterflies in North America. In the photos you can see it was partial to the pentas (*Pentas lanceolata*) that are in full bloom now. Pentas are not native to the US, but they are butterfly attractors and



Dorsal view of Papilio cresphontes



Ventral view of Papilio cresphontes

are perennials in SWLA. They are also attracted to buttonbush blooms (*Cephalanthus occidentalis*) and lantana.

Earlier this year I was not as happy to see the immature Giant Swallowtail after some citrus seedlings I was trying to get started. Giant Swallowtail caterpillars are known as orangedogs to citrus growers. Citrus is a host plant for them along with the devil's winking stick (*Aralia spinosa*) and the toothache tree (*Zanthoxylum americanum*). Giant swallowtail caterpillars are masters of disguise in that they resemble a pile of bird droppings to ward off birds interested in making a meal of them. Most of my seedlings recovered, but they can do major damage to young trees. However, they usually do no noticeable damage to grown citrus trees. I did remove them from my seedlings and placed them on a full-grown citrus tree.



Two caterpillars belly to belly look like mirror image!



Orangedogs resemble bird droppings

Giant swallowtails are found throughout North America. They are known to migrate south during winter months. However, they are found year-round in the southernmost gulf coast region. They have 3 or 4 broods a year. Males are somewhat smaller than the female, but there is no difference in markings between the sexes.

I haven't been fortunate enough to see an actual chrysalis of the giant swallowtail, but I did find a photo from the University of Florida that I've included here. I'll be on the lookout the next time I notice orangedogs.



Giant Swallowtail Chrysalis

Naturalists Notes:

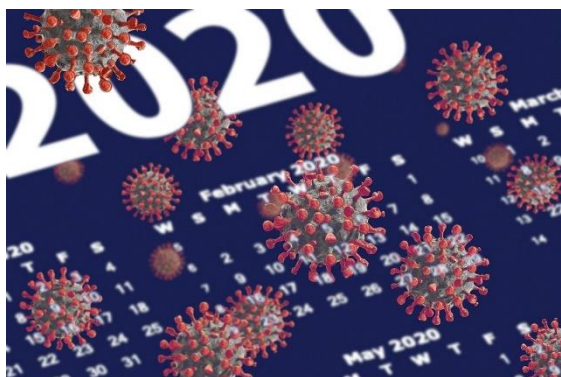
[Back](#)**Abstract Nature by *Ellen Anthony*****“I Hate Cats”**

There has been an incredible proliferation of lizards on my patio this season. They are beautiful in all the three variations I have identified, but I love the green and red anoles best. My deceased cat loved them too, for breakfast, lunch and dinner. I know the surviving anole progeny were taught to really hate cats!

**“I Am Phibian”**

I created both abstract backgrounds a while back. I wanted to add amphibians because the texture and color of the original abstracts reminded me of them. I decided to start with the anole. I wanted the second abstract to pair with the first one, so I took artistic liberty and found a suitable match on the internet; a frog with red eyes.

Upcoming Events:

[Back](#)**Upcoming Education Programs at Tuten Park** 3801 Nelson Road, Lake Charles

Sign up for any upcoming programs at: bit.ly/TutenEd or by email or phone: Irvin.louque@cityoflc.us , 337 491 8770.

Keep informed about what's happening at Tuten Park, sign up for the Tuten Park monthly newsletter by contacting Irvin Louque at: Irvin.louque@cityoflc.us

August 13, 2020 Tuten Park Plant ID sign installation sign up at [TRACK IT FORWARD](#)

August 29, September 12, and September 26, 2020 LOS Hummingbird Count

Email: merlin183@yahoo.com with your parish and city to register

October 7, 2020 Southwest Master Naturalists General Meeting.



Resources for the Naturalists:

[Back](#)**Pandemic blues?****Do a nature walk around your yard. Go for a walk in the park! Go birding!****Grow a native garden. Compose a nature journal.****Be a Citizen Scientist and post your findings to iNaturalist and eBird!****Audubon How to Start Birding**<https://www.audubon.org/birding/how-to-start-birding>

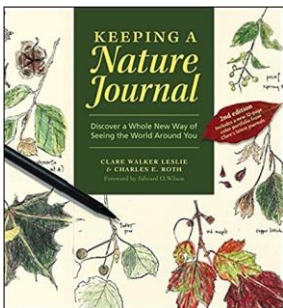
If you've been considering joining the ranks of the 47 million birders in the United States, there's no better time than the present to take the plunge- or at least dip your toes in. But wait. Which bins should you choose? Where should you go? How do you even find a bird? If you're a novice, this handy primer will give you the tools you need to venture into the field with confidence.

**Louisiana Native Plant Society**<https://www.lnps.org/>

Learn how to grow a Louisiana native plant garden. You can find resources, helpful information and support on the Louisiana Native Plant Society website.

**Nature's Notebook**https://www.usanpn.org/natures_notebook

Discover and document changes in nature near you. Become an observer. When you participate in the program, you'll go outside to observe nature in your backyard or nearby area weekly and enter this information online.

**Keeping a Nature Journal: Discover a Whole New Way of Seeing the World Around You by Clare Walker Leslie and Charles E. Roth**https://www.amazon.com/Keeping-Nature-Journal-Discover-Seeing/dp/1580174930/ref=asc_df_1580174930/?tag=hyprod-20&linkCode=df0&hvadid=312064598816&hvpos=&hvnetw=g&hvrnd=1326980960197554491&hvnone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9025291&hvtargid=pla-458868711834&psc=1

Experience the splendor of nature with fresh eyes! Featuring an inspiring portfolio from Clare Walker Leslie's nature journals, this guide offers easy-to-learn techniques for capturing the world around you in pictures and words. Encouraging you to make journaling a part of your daily routine, *Keeping a Nature Journal* is full of engaging exercises and stimulating prompts that will help you hone your powers of observation and appreciate new aspects of nature's endlessly varied beauty.

Our Mission Statement

The mission of the Southwest Louisiana Master Naturalists is to promote awareness, understanding, and respect of Louisiana's natural resources using unbiased, accurate, scientific information provided by a trained corps of volunteers. These volunteers provide education, outreach, and services dedicated to the conservation and management of our ecosystems

Visit our website:

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<http://www.swlamasternaturalists.org/>



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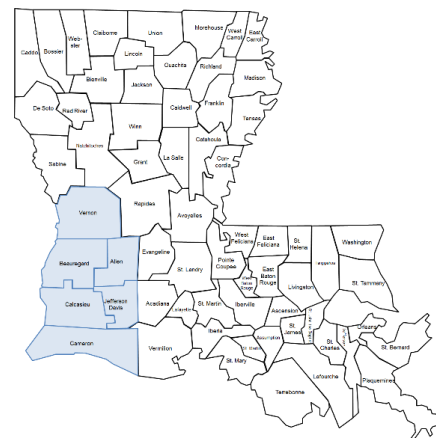
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IT'S YOUR NEWSLETTER!

We welcome contributions of original writing of observations on nature in our area of Southwest Louisiana. We also welcome reports, reviews, poems, sketches, paintings and digital photographs. Please type "Newsletter" in the subject line of the email. When you send a digital photograph, please include in the email the subject, your name, location, date and any interesting story or information about the photograph. Please send your email to the Newsletter Editor: arlenevidaurri.cain@yahoo.com



iNaturalist.org is a place where
 you can record what you see in
 nature, meet other nature lovers, and
 learn about the natural world.



From hikers to hunters, birders to beach-combers, the world is filled with naturalists, and many of us record what we find. What if all those observations could be shared online? You might discover someone who finds beautiful wildflowers at your favorite birding spot, or learn about the birds you see on the way to work. If enough people recorded their observations, it would be like a living record of life on Earth that scientists and land managers could use to monitor changes in biodiversity, and that *anyone* could use to learn more about nature.