

FRIENDS



OF GUADALUPE RIVER STATE PARK
HONEY CREEK SNA



FALL NEWSLETTER 2019

A NON-PROFIT ORGANIZATION

Come on out - the birding is GREAT

by Linda Glinder

Fall is on the way. You can see it in small ways... afternoons are no longer scorchers, leaves are beginning to change, and summer resident birds are leaving. Winter residents have yet to arrive, but birding the park is still a great way to spend a morning. Each day could bring a different list of sightings as migrants pass through. While at the park, one family group to watch for are the doves. Four species of doves call the park home year-round.

Doves are an interesting family that relies heavily on their camouflage as they are favorite prey for some of the park's predators (coyotes come to mind). Consequently, doves are known for their explosive flights and high speeds. In fact, a nearby dove taking flight can easily startle your quiet walk. At a distance, most doves look to be grayish-brown, but get a pair of binoculars aimed their way and you find they are full of beautiful patterns and subtle hues of pink and blue.

In Texas, fall is a time for dove hunting with the season starting in early September and running until early November (depending on county). There are many places to dove hunt in Texas, but the park is not one and all bird species are protected within the park. But the park is a good place to practice identification skills before you try your luck at hunting. In Texas, the legal dove game birds include: Mourning Dove (found in the park), White-winged Dove (found in the park), and White-tipped Dove (found in the Valley area). Introduced species such as the Eurasian Collared-dove and Rock Dove may be hunted at any time. Common Ground-dove and Inca Dove (both found in the park and surrounding area) are protected and not legal to hunt.

One dove species to look for during your visit, the White-winged Dove, is a popular resident and can usually be spotted during any visit. A perched White-wing will have neat white curved bars along the wings. In flight, the white bars become flashing



White-winged Dove (photo by John Prentice)

white stripes worthy of the bird's common name. In the early 1900s heavy hunting led to a serious drop in population size in Texas from about 12 million to 1 million birds. But proactive

management of hunting and the White-wing's ability to adapt to urban life has enabled the population to rebound considerably over the past 80 years. Texas along with New Mexico and Arizona mark the historical northern range for the White-wing, but it is expanding its range and individuals can be found as far away as Canada, Maine, and Alaska. Take time to study one and you will be rewarded with a brilliant blue eye ring and a red iris. What looks like drab brown-gray back, neck, and breast feathers take on hues of pink in the right light. White-wings have a rhythmic coo that sounds like he is proclaiming "too cool for school". They eat all kinds of seeds and grains and especially like milo, sunflower, and corn at feeders. Look for the White-winged dove at the bird blind and along any trail.

A smaller dove, the Inca Dove, is also a resident at the park. They are a park rock star and sought after bird by out of state visitors. Despite being named after the Inca Empire, the Inca Dove does not occur in any of the lands that made up the Inca Empire. Any of the savannah trails such as the Painted Bunting, Prairie, or Bauer Trails are good places to look for one. Inca's are the color of desert sand. Their feathers are tipped with a dark color giving them a scaly pattern over their entire body. In flight their underwings flash a rich cinnamon color. Also, they have a fairly long tail which sets them apart from another park resident, the Common Ground Dove. Inca's are vocal and you might hear them at anytime of the day. Listen for their coo to sound like "no hope". Like their cousin, the White-winged Dove, Incas are seed eaters and will readily partake in backyard feeders.



Inca Dove (photo by John Prentice)

If you would like to learn more about birds, watch the Park's Facebook page and website for upcoming birding programs. Programs vary from month to month and include day as well as evening events. Or take a seat in the Park's bird blind located in the Day Use Area. Birds flock to the water feature and provide visitors with up-close views. So, visit soon and often – the birding is GREAT!

Looking for a Healthful Climate: by Charleen Moore & Mackenzie Brown

Disease and Medicine in the Hill Country of the Mid-19th Century

During settlement of the Hill Country in the 1840's, many Germans came to Texas looking for land, economic opportunity, freedom, and a healthy climate. Early immigrants and explorers promoted the healthful properties of Texas. For example, Dr. Ashbel Smith (1805-1886), who moved to the Texas Republic in 1837 and was a co-founder of the Texas Medical Association in 1853, remarked in the first significant medical paper published in Texas, "For general healthfulness, Galveston Island including the City, is probably unsurpassed by any place in the world. We are here exempt from the typhus fevers of cold climates, and the malignant endemics of the miasmatic regions of the south....The mild breezes that are wafted over us, bear no unseen deadly poison on their wings" (8, p. 18). Ironically, the article, published in 1839, described the yellow fever epidemic that broke out that year in Galveston. Viktor Bracht (1819-1887), an explorer and later a merchant in New Braunfels, wrote in his report of 1848: "The climate of Texas may truthfully be characterized as one of the most pleasant and healthful in the world....It is the hilly region of Texas that has attracted the attention of thousands of Germans. Here the expectations of many, who came to find a healthful climate, were either surpassed or at least justified." However, Bracht also warned: "...the so-called low lands, must be characterized as very unhealthful for new immigrants from Europe.... Nowhere has yellow fever appeared in a more dangerous form than in the cities of Galveston and Houston during the past fall." (3, pp. 12-13). However, even in the Hill Country there were problems. After every flood, outbreaks of cholera, typhoid fever and dysentery occurred. A typhoid epidemic took a terrible toll in New Braunfels and Fredericksburg in 1846, and San Antonio experienced cholera outbreaks in 1849 and 1866 (2, p. 135; 5).

From the time that German immigrants arrived in Texas and as they moved toward the Hill Country, they were plagued with disease. Pity the poor immigrants who landed in Indianola in 1846. About 4,000 Germans arrived that year and over a quarter of them died at Indianola, on the road to New Braunfels or soon after they arrived in that town. There had been unprecedented rains that year and no transportation was available, all carts and wagons having been expropriated by the Texas army after declaring war against Mexico. The immigrants had

to spend weeks at Indianola without shelter where malaria, fevers, and dysentery soon broke out (6, p. 414-416). Even under the best of times, life expectancy was only about 35 years (7), some of the most common causes of death being infectious diseases, trauma, and childbirth. Approximately half of children died before age 10, primarily from diseases like whooping cough, diphtheria, and dysentery (1).

Many German immigrants did not think much of American doctors during this time. Prince Carl of Solms-Braunfels (1812-1875), founder of New Braunfels in 1845, for instance, wrote in his diary that the Texan "either has no doctor in his neighborhood, or if he does, it is an American, i.e., a man without knowledge, who never studies medicine or surgery. Since it is an American custom to hand out titles to one another, many assume the title 'doctor' with the hope of making a fortune. His principal remedies are to make one bleed, 'schroepfkoepfe' [cupping], and calomel, everything being mere guess work. Consequently, in Texas the majority of men die either on account of the lack of reliable doctors or through their own ignorance and quack remedies" (6, p. 277). Prince Carl was not the only one who was leery of doctors. D.E.E. Braman (1814-1898), a citizen of Matagorda, gave this advice to immigrants in 1858, "I would further caution new-comers who desire peace, prosperity, and health, to avoid lawyers, doctors, and quack medicines, and all other unseemly monsters" (4, p. 16).

Prince Carl was actually not far from the truth about physician remedies. In the mid-19th century, whether in Europe, the United States or Texas, treatments by physicians can be summarized as "bleed, blister, purge and puke."

Dr. Ashbel Smith followed these same tenets in his advice for yellow fever patients:

- Treat early and have "an ever watchful and trusty attendant or nurse"
 - Bleed until slight faintness or mitigation of pains occurs – 12-18 oz. blood (Bleed)
 - Mustard bath for feet (Blister)
 - Senna, rhubarb and Virginia snake-root to open the bowels (Purge)
 - Laudanum for nausea or vomiting (Puke)
- (8, pp. 34-35)

Looking for a Healthful Climate: by Charleen Moore & Mackenzie Brown

As there were few doctors to be found in the Hill Country, what did the early settlers do when they became sick? Ferdinand von Roemer (1818-1891), who was the first scientist-explorer to describe the geology of Texas as well as recording his travels and experiences from November 1845 to May 1847, described medical treatments in Texas as “quinine, calomel, and castor oil, the American panacea” (6, p. 288). In fact, housewives used many items in their pantry, such as vinegar, soda and lard, for medicine as well as for food. Common remedies included the following: willow bark for arthritis; cobwebs for staunching bleeding; wet tea leaves for covering burns; cockroach tea for tetanus; for baldness, rubbing the head with cow manure, axle grease, or cod liver oil; and for the common cold, consuming chicken soup and sipping a cough syrup with honey, lemon and whiskey. Although we can’t vouch for the cockroach tea or cow manure treatments, chicken soup and the cough syrup mentioned are still popular remedies for colds (1).

Throughout the mid-to-late 19th century, tuberculosis was of major concern in Europe, the United States and Texas. A folk remedy of the time stated: “Live outside and eat beef.” Erastus “Deaf” Smith (1787-1837), who was a spy and scout during the fight for Texas independence, promoted an alternative: eating skunk meat. “Roast the meat upon a stick, before the fire; divest yourself of prejudice; taste a bit, and you will never refuse an opportunity to feast upon what, if placed unawares upon the plate of an epicure, would be pronounced exceedingly savory” (6, p. 290).

Many people seeking a cure for tuberculosis came to Texas for its sunny days and dry climate. Numerous institutions opened in San Antonio and Boerne to care for these individuals, such as St. Mary’s Sanitarium in Boerne. In a letter to Caspar Wistar Pennock in Philadelphia in 1839, Dr. Ashbel Smith again extolled the healthy climate in Texas: “If you have any invalids send them among us....For rheumatics and consumptives the climate is particularly genial” (8, p. xi). Advice from Dr. Smith also brought an excellent surgeon to San Antonio in 1844 from Scotland, Dr. George Cupples (1816-1895), who was seeking treatment for his ill wife. Dr. Cupples helped establish the Bexar County Medical Society and the Texas Medical Association. Cupples, Smith, and their medical colleagues brought a new level of care to the citizens of San Antonio and the Hill Country when Texas became a part of the United States.

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TrailFest at GRSP

by Barrett Durst

Guadalupe River State Park and the Friends of the park are proud to partner with Overland Race Management to have our annual Guadalupe TrailFest. Guadalupe TrailFest in Guadalupe River State Park
1/2 Marathon & 12K
Sunday 10/20/19

The Guadalupe State Park - Bauer Unit (Northside of the park) provides excellent running trails with old growth, prairie grasses and live oak woodlands. Come enjoy the morning with a group of like-minded individuals and take in the outdoors of your natural wonders in the TX Hillcountry.

Online reg open now <https://bit.ly/2HhG9YS>



Friends of GRSP Summer Intern

by Jessica Bergner

Hello all! My name is Jessica Bergner and I have had the opportunity to serve as Guadalupe River State Park's intern this past summer. I am a recent graduate from Texas A&M University-San Antonio and aspire to become a wildlife biologist. As my time here is quickly approaching its end, I just wanted to take some time to thank everyone who has made an impact on my experiences here at the park! While a lot of days were spent helping at headquarters, I did have the privilege of gaining a lot of other experience within the park by assisting with general maintenance, interpretive services and park hosting. Learning about the water plant and its operation located on property was also an experience that I am very appreciate of. My biggest project entailed data collection from departing visitors, which will hopefully assist with our capacity closures in the future. Duration of time spent in the park, main reason of visit, best asset of the park and what the visitor thought we could improve upon was all collected. I thoroughly enjoyed making the trek to work everyday as I really appreciate all the hard work that volunteers, visitors and employees pour into the park. When not officially working, I would spend ample amounts of time at the bird blind or down by the rapids underneath the bald cypress trees. Experiencing the Honey Creek hike and the time I got to spend tagging along to bird band and survey were some of my favorite memories from the summer! My hopes are to remain employed with Texas Parks and Wildlife as I continue down my career path as my personal and the agency's mission closely align. I am also a Texas Master Naturalist (Alamo Area-Class 44) and plan to continue volunteering in the future at GRSP. Hope to continue meeting fellow friendlies of the park!



What is Predictable

by Thea Platz

The topic in every elevator right now? The weather of course. It's the only time of the year you can believe the weather forecast. Hot and dry, it is one of the rare times that the weather is predictable. One of the wonderful things about nature is that it is both predicable and unpredictable. It is so very hot now, which we can always predict this time of year, but just how hot- for how long...unpredictable.. We got those nice regular rainfalls this spring and then they stopped-ushering in dry conditions and 100 + temperatures. Who could predict so many of them with no break? But when it comes to unpredictable the weather has nothing on humans! Talk about making life interesting- with people all bets are off! With that in mind, have you ever stopped to think about a day in the life of our park staff and the dedicated volunteers working during the wonderful Texas summer? It is hard to predict what each day will bring, but you can bet it will be interesting. With summer brings vacationers, kids out of school and everyone wanting to cool off in the river- that's predictable. The Long lines to get into the park, many early closures due to reaching capacity limits, (sometimes before the park even opens), this was not predicted by many of our visitors! A new reservation system with a bit of a learning curve required some adjustment time for park staff as well as visitors. Construction delays and staff changes always occur, but are particularly prevalent during the summer months and make things even more unpredictable. Add to that a burn ban – “what do you mean?!? No campfire? No charcoal to cook my hot dogs?”, “I was here all day then I was told I couldn't fire up the grill!! I get my money back right?” Yes, this summer, even more than usual, was not for the faint of heart. We love our visitors. All of them. But it takes a special person to do this work and we have many of them. What is predictable? That our amazing park team will make it happen every single day – provide a safe, clean and welcoming park. Our friendly, professional staff, volunteers and Board members go above and beyond to take care of the visitors, support the park and each other. I am always so proud when I see the interactions of our

What is Predictable

by Thea Platz

Guadalupe River State Park personnel (whether paid or not) doing such a wonderful job handling all of the situations that arise with a positive spirit and helpful attitude. To say it is not easy under the unpredictable circumstances that present themselves on a daily basis is a severe understatement and they do it not only during the stressful summer months, but every day. After a challenging summer season, I say WELL DONE!! I encourage you to take a minute the next time you visit to show your appreciation as well.

Upcoming Events

by Thea Platz

The Monarchs are coming soon and we are getting ready with some fun events you won't want to miss, so mark your calendar and if you would like to help contact me or any board member.

October 4th 9:00 am
iNaturalist and Pollinator Bio Blitz Training

Learn about the TPWD Pollinator Bio Blitz and how to use iNaturalist to identify and contribute pictures of pollinators and nectar producing plants during the Pollinator Bio Blitz. Participants will get to practice and contribute to the Bio Blitz during training. <https://www.inaturalist.org/>

October 4-20 participate in the T
exas Parks and Wildlife Dept. Bio Blitz

<https://tpwd.texas.gov/education/bioblitz>

Observers can share their photos and videos on Instagram and Facebook (#TXPollinators). Pollinators can be difficult to identify, so observers are encouraged to post what they know, which may be a simple description of the species or its behavior. To take part in citizen science, participants can post a photo and more details on iNaturalist (view last year's data in 2018 Texas Pollinator BioBlitz project), which records the date and location of the observation and allows other naturalists to help with identification.

October 19th 10am-2pm
Monarch and Friends Pollinator Fiesta

We will celebrate the end of the Bio Blitz and the migration of the Monarchs with a fun and informative afternoon full of activities speakers and a photo contest. The amazing Monarch butterfly and essential pollinators need will be showcased at this event by some of the leading organizations for family fun and outdoor adventures. Come learn more about these amazing creatures and how you can help them thrive. Some of the participating organizations are The San Antonio Zoo, NPS- Missions SA, Witte Museum, TX AM Agrilife Extension and The Heritage Museum of the Texas Hill Country.

The park events are free with admission and are located at the Discovery Center

Interpreter Update

by Holly Platz

It's been a wonderful summer, full of exciting new activities and programs, thanks to our Seasonal Interpreter Patti Lozano, and our dedicated volunteers. Families have enjoyed new hikes, special events sponsored by the Friends of Guadalupe River State Park/Honey Creek SNA, arts and crafts programs, Star Parties, Archery in the Park, pollinator programs in our Habiscape, and so much more.

As we move into the fall, I'm eager to build on these programs, as well as offer new activities. Our big fall event is our 2nd Annual Monarch and "Friends" Pollinator Fiesta on October 19th, celebrating all things pollinators. But we also have a lot of other exciting programs planned. Check out our September schedule below, and don't forget to check our website calendar and Facebook page for future programs.

See you outside this fall!



Program Park Highlights

by Holly Platz

Guadalupe River State Park offers a wide variety of programs for the public throughout the year. All programs are free with park admission of \$7 for ages 13 and above (12 and under free) or a current TPWD park pass. Unless otherwise indicated, programs do not require pre-registration.

Our programs are engaging, hands-on and designed to connect children and adults alike to the nature of the Park. If you are looking for a positive learning experience in the outdoors, please consider attending one or more programs at the Park. We believe you and your family will find the drive worthwhile!

And while you are in the Park, be sure to make plans to enjoy a picnic near the river or take a swim, or do a little fishing (we have a tackle loaner program in the Park). In addition, be sure to stop into our Discovery Center, complete with hands-on exhibits and all sorts of wonderful skins, skulls, artifacts, and more to enjoy. Hours are 10 am - 4 pm on Saturdays and Sundays, and open weekdays as staffing allows.

You can also check out a free backpack with binoculars, magnifiers, field guides and more to make your own discoveries along the trails of the Park.

****Please note:** On busy weekends, the park often reaches Day Use capacity and will close, not reopening until 4 pm. **If you are coming out for the day on a weekend, we recommend that everyone, including Annual Passholders, "save the date" online ahead of time** -- this can be done up to 30 days in advance with a credit card, or your annual Park Pass. <https://texasstateparks.reserveamerica.com/>

Every Saturday, 9:00 - 11:30 am: Honey Creek Nature Hike – Honey Creek State Natural Area (inside the park) Meet at the Rust House

Join our trained volunteer guides each Saturday morning for a walk to and along Honey Creek. You'll be immersed in both the natural and cultural history of the area as well as come to understand the importance of Honey Creek and our efforts to conserve this important area. These hikes, sponsored by the Friends of Guadalupe River & Honey Creek, request a \$2 donation per person to support ongoing Friends Group support for the park and natural area, in addition to park admission. No dogs, please.

Friday, September 6th, 3:30 - 4:30 pm: Young Naturalists Children's Program at Mammen Family Public Library, Bulverde - (830) 438-4864

Join Ranger Holly on the first Friday of every month for Young Naturalists! We'll find out about nature, read a story and do a craft or activity. Preregistration is required; call the Library for more information and to register: (830) 438-4864.

Saturday, September 7th, 7:30 - 9:30 pm:

Star Party with San Antonio Astronomical Association

Held at the large Overflow parking lot (just up the road from the Day Use area) The San Antonio Astronomical Association will have a variety of telescopes for viewing and will be glad to explain their operation and more. Cloud coverage could cancel this program –

September 2019 Family Programs

Guadalupe River State Park

3350 Park Road 31

Spring Branch, TX 78070

(830) 438-2656 (Park Headquarters)

Look for more programs and information on the park's webpage:
<http://www.tpwd.state.tx.us/state-parks/guadalupe-river>



Like us on Facebook!

[Facebook.com/GuadalupeRiverStatePark](https://www.facebook.com/GuadalupeRiverStatePark)

check the park's Facebook page by 4 pm or call the park the day of the event for updates.

Saturday, September 21st, Drop in between 9:30 and 11:30 am:
Meet the Neighbors - Held at the grassy area in the middle of the Day Use parking lot

Join Master Naturalist Charles to find out more about the animals that make their homes here at the park! Come check out a variety of antlers, furs, and other cool specimens, and also find out about the animals that lived here millions of years ago!

Wednesday, September 25th, 12 - 1 pm: "Backyard Birds and Beyond"- Lunch and Learn at Tye Preston Memorial Library, Canyon Lake - (830) 964-3744

How do you attract birds to your yard? What's the best type of birdseed to buy? Join Ranger Holly from Guadalupe River State Park as we discuss how to set up a bird-friendly yard. We'll talk about bird feeding, water features, native plants, and more! No registration required, call the Library for more information: (830) 964-3744.

Friday, September 27th, 9:00 - 10:30 am: Birding 101- meet at the amphitheater behind the Discovery Center

Join Ranger Holly and some of Guadalupe River State Park's most colorful residents for a birding bonanza, as we find out how to identify our flying friends. We will also go over binocular tips and tricks and then head over to the bird blind to see what birds we can spot. Binoculars provided or bring your own. All ages and skill levels welcome!



Program Park Highlights

by Holly Platz

I wanted to give a quick update about the Birding and Star Party upcoming volunteer opportunities from my previous email, as well as let you know about a new exciting opportunity in October.

Birding Program -Sunday, September 22nd, 9-10 am: We have one Texas Master Naturalist volunteer, Julie Crouch, who has volunteered to help with this birding activity for Girl Scouts. If anyone is interested in talking to these folks about birds, bird ID, and birding, this would be a fun opportunity. They have a large group but I would speak ahead of time with their director to get a better idea of their numbers. I would recommend capping this at 10-15 folks, since there's limited space in the bird blind! Since I've been working here some of you have assisted with birding programs – I think a program like that would be easy and fun.

Continued...

Program Park Highlights

by Holly Platz

Just let me know if you'd like to do this with Julie, and I will speak to the Girl Scout leader and get it set up for you.

Star Party – Saturday, October 5th, 7:00 – 9:00 pm:

We still have this availability for someone to help with San Antonio Astronomical Association's monthly Star Party. Texas Master Naturalist volunteer Patti Lozano has volunteered, but if anyone else is free to assist her with loading the truck, setting up, etc., that would be very welcome. And again, if this sounds like something you're interested in, but don't know how to do, I would be more than happy to show you how to set up the telescope! Our next Star Party is next Saturday, September 7th, so this would be a perfect opportunity for me to show you how to set up the telescope. It's not tricky, and the SAAA folks are not only knowledgeable, but very helpful and eager to share their expertise if you need it. They've definitely helped me!

Monarch and Friends Pollinator Fiesta – Saturday, October 19th, 10 am – 2 pm

The Friends of Guadalupe River State Park and Honey Creek State Natural Area are organizing our 2nd Annual Monarch and Friends Pollinator Fiesta! Participants will come together to celebrate the last leg of the Monarch Migration to Mexico as well as the TPWD BioBlitz <https://tpwd.texas.gov/education/bioblitz> and all things pollinator- bats and bees, hummingbirds, native plants, gardens and more...

If you would like to have a table at this event, we are looking for any fun activity, especially those related to Monarchs, other pollinators and what they pollinate- games and crafts, information and demonstrations--anything celebrating nature!

There is no fee for tables, and entrance to the park is free for those working at the event.

Alternatively, if you would like to come volunteer for this event, and help wherever needed, we would love to have you! Whether it's helping kids with a craft, manning a table so another volunteer can take a break and see the rest of the event, or many other opportunities, there's lots of ways you can help.

Please let me know if you are interested in any of the above events, or if you have any questions.

**Thank you again for all you do!
I'm looking forward to a busy and fun fall!**

2019 Membership Dues Are Now Payable

Become A Friend / Renew Your Friendship Today:

Memberships at all levels directly support Guadalupe River State Park /Honey Creek State Natural Area. You will be kept up to date on all the upcoming programs, events and park news as well as information on volunteer opportunities through our quarterly newsletter and park updates. As a Friends member you and your family will also have access to member only events.

Fill out the section below and mail to the address below:

Name(s): _____

Phone: _____

Address: _____

City: _____ State: _____

Zip: _____ Email: _____

Membership Type: _____ New Member _____ Renewal

Friend \$25.____, Good Friend \$50.____, Really Good Friend \$100.____,

Best Friend \$500.____, Best Friend Forever (lifetime level) \$1000. + ____

Other____

If you are also interested in helping the park through volunteering, please tell us your areas of interest: _____

Make checks payable to Friends of GR/HC, Inc. Mail to:
3350 Park Road 31, Spring Branch, TX 78070
Friends of Guadalupe River/Honey Creek, Inc. is a 501(c) 3 organization.
All donations are tax deductible. Membership dues renew in January.
We will not share your information or clutter your inbox.

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and Honey Creek, Inc.**

3350 Park Road 31
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We're on the web!

<https://friendsofgrhc.org>

**The Friends of Guadalupe River and
Honey Creek, Inc. is a
non-profit organization working with
Guadalupe River State Park and
Honey Creek State Natural Area.**

**The "Friends" meet monthly at the Park.
Please join us on the first
Thursday at 5:30 pm.
And bring a friend!**