



NATURE NOTES

Dedicated to the Enjoyment and Conservation of the Natural Beauty of Sun City Texas at Georgetown

VOLUME 23

Issue 6

June 2020

No Club Meeting in June

No program information for July

Watch for emails about the resumption of activities

MEMBERSHIP DUES: \$6 for remainder of 2020

Dues include our monthly programs and all Special Interest Group programs and activities.

SPECIAL INTEREST GROUPS (SIGs)

Nature Club activities are posted on the Nature Club website calendar. E-mails are sent to Club members only.



AMPHIBIANS, REPTILES & MAMMALS

Watch for emails concerning future meetings

SIG Chair: Steve Kelly

REPTILE ID, RELOCATION & MAPPING

FREE service, call:

- Steve Kelley 512-639-0539
- Jim Christiansen 512-868-3504
- John Leek 713-825-0145
- Joe Plunkett 774-226-0810
- City of Georgetown Animal Control 512-930-3592



We encourage residents to leave harmless, beneficial reptiles in their landscapes, but call us so we can identify and map all reptiles.

ASTRONOMY SIG

Watch for Special Viewing announcements.

Mon., **June 22**, Cancelled

Mon., **July 27**, 7:00 p.m. CC Florence Room.

Topic is TBD.

SIG Chairs: Richard Wagoner & David Lingo



BIRDING SIG

No meeting for June or July. Watch for emails about the resumption of activities.



BIRD WALKS

No walks scheduled for June or July. Watch for emails about the resumption of activities.

SIG Chairs: Ed Rozenburg & Martin Byhower



BUTTERFLY/MOTH SIG

No Meeting scheduled for June
Tues., July 7, 2:30 p.m., AC Atrium, Video presentation, "Flight of the Monarchs".

BUTTERFLY WALKS

Wed., **July 29**, 9:30 a.m. Meet at the Tranquility trailhead.

SIG Chair: Ed Rozenburg

ENVIRONMENTAL SIG

No meeting for June or July. Watch for emails about the resumption of activities.

SIG Chair: Pamela Tanner



GEOLOGY SIG

No meeting for June or July. Watch for emails about the resumption of activities.

SIG Chair: Paul Swetland



NATIVE PLANTS SIG

No meeting for June or July. Watch for emails about the resumption of activities.

SIG Chair: Larry Fowler



Carolina Wren Nesting

Healthy Trees, Healthy Lives



View the icons and images below to learn why trees are vital to good health and well being.

Trees care for your vitality

Trees absorb pollutants so you can breathe clean, fresh air, helping your brain release serotonin to boost your energy and mood.



Trees care for your peace of mind

Exposure to forests decreases mental fatigue by relaxing and restoring your mind as well as providing a sense of security.



Trees care for your little ones

Urban trees are found to promote higher birth weights and support good health in newborn babies.



Trees care for your healing

Viewing trees while recovering from surgery can increase a patient's pain threshold, requiring less pain relievers and shortening recovery time.



Trees care for your heart

Exposure to trees relaxes and restores your mind, lowering your blood pressure and heart rate.



Trees care for your comfort

Shade from a tree's canopy can reduce temperatures by up to 20°F, making it more comfortable to be outdoors.



Trees care for your fighting power

Being in and around nature helps your body's immune system and boosts disease-fighting cells to act faster.



Trees care for your fitness

Green spaces and tree-lined streets encourage walking, outdoor activities and generally healthier lifestyles.



Trees care for your brain

Children who play in nature are more relaxed and attentive, which improves learning and performance in school.



Trees care for your skin

Urban trees throw shade on your exposure to harmful UV rays, reducing your chances of developing skin cancer.



Trees care for your nutrition

Fruit and nuts from trees contain antioxidants which boost your immune system and provide healthy fats to help decrease bad cholesterol levels.



Trees care for your lungs

Trees help keep our world clean and healthy by filtering particles out of the air we breathe, decreasing the risk of respiratory illnesses.

