
SUN CITY CENTER AUDUBON CLUB

March 2020

Ponderings from your prez

Here is some interesting research from Aging, Healthy Living – August 25, 2016.

Simply sitting in a green space or listening to the sound of falling water helps people feel more alive, and for seniors who struggle with depression or feelings of hopelessness, this is an immeasurable gift. According to Richard Ryan, a prominent psychology professor at the University of Rochester, “research has shown that people with a greater sense of vitality don’t just have more energy for the things they want to do, they are also more resilient to physical illness. One of the pathways to health may be to spend more time in natural settings.” What’s more, seniors who get outside on a regular basis feel less tired – Ryan’s research reports that a whopping 90% of people feel more energized after a day connecting with nature.

Five Facts About Outdoor Exposure for Seniors

1. Being outside boosts vitamin D levels.

Vitamin D is directly related to an improved immune system and a more positive outlook. Spending about 15 minutes of time each day in the sun is an ideal way for seniors to boost their vitamin D levels.

2. Nature can help boost immunity.

By helping seniors feel more positive and increasing mental health, the great outdoors help seniors build and maintain healthy immune systems.

3. Being outside helps seniors feel more energized.

Tired? Take a walk! Getting outside is a great way for sluggish seniors to feel more active.

4. People who spend time outside recover from injuries faster.

Exposure to natural light is powerful, and people who spend lots of time outdoors can recover from injuries faster.

5. Being outside helps seniors improve focus.

Being outdoors gives the brain a break from everyday multitasking and allows it to form new memories and heal itself from over-extension. This contributes to higher attention levels and improved mental health.

Reading research is good, but I know this from my own experience as well. It has been a month filled with both stress and illness for me. Things are better, thank you; but the opportunity to go on the field trip to Lettuce Lake and then walk the Nature Trail yesterday buoyed my spirits no end. Even if you don’t feel like getting out, do it! It works!

Ralph Waldo Emerson once said, “*In the presence of nature, a wild delight runs through the man, in spite of real sorrows.*”

Mary



Colorful Florida Butterflies

Are the Highlight of

March 7 Meeting

Come learn about Florida butterflies from a scientist who has authored multiple books on the subject. Marc Minno, Ph.D., is a zoologist who currently serves as a Water Resource Coordinator with the Suwannee River Water Management District. He will discuss the ecology of Florida butterflies and their role in the natural world at the March 7 meeting at 10:00 a.m. in the Florida Room.



Nathalis iole (Dainty Sulphur) butterfly

Our state has about 170 kinds of butterflies representing Eastern, Western, and Neotropical faunal regions, as well as some Florida endemics. Since 2011, Marc has been working with biologists in Cuba to better understand the ecological relationships of imperiled butterflies in southern Florida.

In addition to his years of experience with wetlands, Marc is keenly interested in conservation biology and has conducted field research throughout the United States and in Central America, South America, the Caribbean, Europe and India.

Club members and guests are invited to enjoy refreshments and socializing before the presentation.

General Meeting
Florida Room
3/7/20

Florida Butterflies
Marc Minno

Florida Room - Atrium

9:30am Refreshments

10:00am Business Meeting

10:45am Program



Celebrate Earth Day's 50th Anniversary on the Nature Trails



Save the date of April 22 for an Earth Day celebration on the Nature Trails. To commemorate the 50th anniversary of Earth Day and encourage the SCC community to enjoy the trails, the club is sponsoring a special event on Wednesday, April 22, from 9 a.m. to 12:30.

Activities will include a “Bird Lovers” walk with Master Birder Ray Webb, a “Tree Huggers” walk with Florida Master Naturalist Melanie Higgins, and a “Bugs and Blooms” walk with naturalist and photographer John Lampkin. Water and light refreshments will be provided. The activities will end with a Drum Circle.

Explore the different habitats of the Nature Trails -- including pine forest, pine flatwoods, hardwood hammocks, wetland meadows and cypress swamp – by taking a self-guided walk with questions and answers.

Learn about the unique resources and opportunities the Nature Trails offer to our community – for birding, nature study, relaxation, exercise and more. Find out how SCC Audubon provides active stewardship of the land in collaboration with the Community Association.

The first Earth Day was April 22, 1970. The idea was to raise awareness about our role in protecting our natural world. Today, it has become a popular day for many communities to clean up litter, plant trees or simply reflect on nature.

The Nature Trails are located off West Del Webb between Seton Hall Drive and Vincennes Drive. Stay tuned for more details closer to the event.

April Meeting

04/04/20

Love is in the Air

Reinier Munguia

***Officers & Committee Chairs
2019-2020***

President	Mary Duncan
Vice-Presidents/ Programs	Patsie Ginley
Secretary	Ann Fenimore
Treasurer	Betty Giles
At Large	Rod Rodrigues
	Gail Mongiello
	Linda Floyd
Refreshments	Pat Dean
Membership	Loni Baxter
Name Tags	Jo Ann Wilkinson
Conservation	Joe Mustion
	Melanie Higgins
Historians	Ed & Clara Clancy
Newsletter	Denise Rosen
Publicity	Susan Shuttleworth
Greeter	Gail Mongiello
Field Trips/ Master Birder	Ray Webb
Three Day Trip	Kathy Eckhart



News from our Master Birder

Ray

The winter season is progressing, with a few hints of spring. The purple martins have arrived. The martin houses at the Celery Fields in Sarasota are abuzz with activity, and here in Sun City Center the same is true. During my last morning walk at the West Campus Nature Trail, I saw and heard many newly arrived Northern Parula warblers. Right on schedule. Many of the plants and trees there are flush with spring growth. Remember that here in Florida, our season begins ahead of those folks up north.

The great horned owl at the corner of La Jolla Ave. and Pebble Beach Blvd. N. has been evicted from the osprey nest - by Mother Nature! During the recent windstorm, the nest blew down, and she flew the coop. Maybe now she will find a nice tree to nest in. I have already seen the ospreys back at their nest. Hopefully, they will rebuild it in time to nest this year.

Field trips for May and June have been set; we will visit Sarasota Jungle Gardens on May 20, and the Pirate Water Taxi on June 16. You can sign up for these trips at our meetings or online.

I have scheduled a Field Trip Meeting for March 11, at 10 AM, in the Palm Room at the Atrium. Feel free to attend if you have any suggestions for the remaining field trip schedule for 2020/21.

Upcoming Field Trips

Monday 03/09/20
Marie Selby Gardens
Sarasota, FL

Friday, 4/26/20
Honeymoon Island State Park
Pinellas County, FL

Full schedule of meetings & trips available at
<http://www.sccaudubonclub.com/meetings>