



July 2019 Newsletter

Welcome to the Friends of San Antonio Natural Areas (FOSANA) e-newsletter! We share natural areas news, the Friends' efforts, and opportunities to get involved in volunteering or educational programs at San Antonio's natural areas parks. Please check our website, www.fosana.org, for periodic updates and program information.

That itchy feeling after a walk in the park...

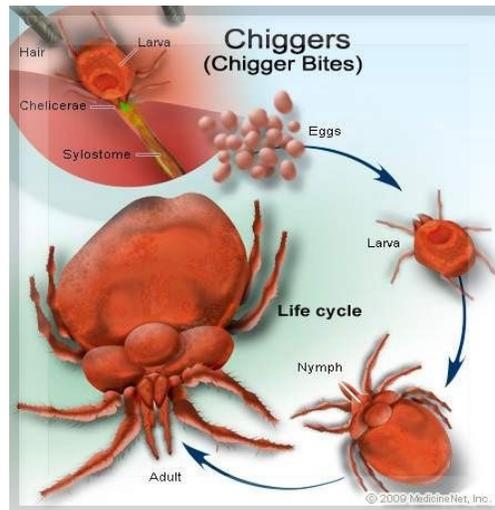
Chiggers

Chiggers are bright red adults and harmless predators of insects. The chigger larvae are 0.15 to 0.3mm (1/100 inch) in diameter and not visible to the naked eye. They get on your body or clothing and move until they find a suitable area of skin to attach themselves with their minute claws. They pierce the skin with their mouth parts and inject enzymes to digest skin cells that are ingested via a feeding tube. The larva feeds for 2-3 days and falls off to molt to the next stage. Have you walked in the park recently and come back itchy especially close to your ankles and on parts of the body where you should not scratch yourself in public? It is possible that you have been the victim of the larval form of the mite genus, *Eutrombicula*.

Avoid chigger bites by wearing protective clothing, such as boots (with socks tucked in), long sleeves, and long pants; and launder clothes before wearing them again. According to the Texas A&M Cooperative Extension, "loose- fitting, tightly woven fabrics provide the best protection, because such fabrics minimize the movement of chiggers through clothing." There are a variety of repellents that can be applied to the skin or to clothing. It is also best to avoid sitting directly on the ground.

While chigger bites are not painful, they cause us to itch and may eventually result in red swelling. The [Mayo Clinic](http://www.mayoclinic.org) website states: "Chigger bites usually heal on their own within one to two weeks. Vigorously scrub the area with soap and water to remove the mites. Control itching with calamine lotion or an over-the-counter anti-itch cream, such as hydrocortisone cream."

The chiggers in North America do not carry any diseases but if you are travelling abroad to southeast Asia, Indonesia, China, Japan, India, and northern Australia watch for symptoms of [scrub typhus](#).



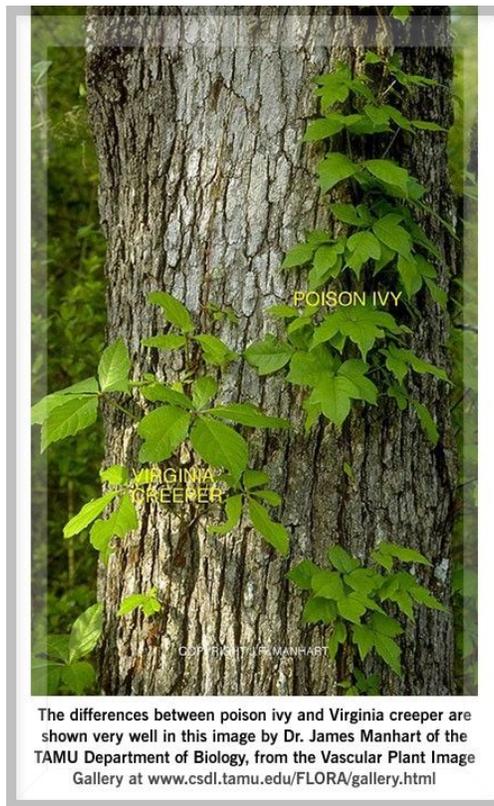
[The life cycle of a chigger mite](#)

Poison Ivy

Found in many parts of North America, another common cause of itching is poison ivy, *Toxicodendron radicans*. Extremely variable in size and growth habit, poison ivy may be a ground cover, a low shrub, or even a vine that can grow into the canopy. While many rely on the phrase "leaflets three, let it be," to identify poison ivy, there are many other plants with three leaflets. It can also sometimes be difficult to pick out the three leaflets.

A rash from poison ivy is caused by an oil, [urushiol](#). Some people are more sensitive than others and it is [possible to have a reaction](#) by touching a pet who has walked over poison ivy or if your lawn mower has run over it. By washing your skin with lukewarm, soapy water immediately after touching poison ivy, you may be able to remove some of the oil. Because [the resin can remain on garments](#) indefinitely and infect whoever handles them, if your clothing has touched poison ivy remove it carefully and wash it. Ways to [relieve the irritation](#) include applying cold compresses and using topical creams or lotions.

On the positive side, the small fruits of poison ivy [provide food for at least 75 species of birds](#), such as wild turkey, bobwhite quail, ruffed and sharp-tailed grouse, ring-necked pheasants, and mockingbirds.



The differences between poison ivy and Virginia creeper are shown very well in this image by Dr. James Manhart of the TAMU Department of Biology, from the Vascular Plant Image Gallery at www.csdl.tamu.edu/FLORA/gallery.html

Upcoming Event


 CITY OF SAN ANTONIO
 PARKS & RECREATION

ART

in the park

FREE DROP-IN ART ACTIVITIES INSPIRED BY NATURE
SATURDAY, JULY 13
9AM-12PM AT FRIEDRICH WILDERNESS PARK
 21395 MILSA DR. / FOR MORE INFORMATION CALL 210.207.3782
 PRINTMAKING | PAINTING | OLLA CLAY WORKSHOP AT 10AM & 11AM


WWW.SAPARKSANDREC.COM


WWW.FOSANA.ORG
@SAPARKSANDREC

Are you connected to San Antonio Natural Areas on social media?

You can like us on [Facebook](#).

Find us on [Instagram](#) @sanaturalareas.

Membership Update

We're excited to announce that we recently joined with memberplanet to help manage our FoSANA memberships. We're looking forward to offering you a better hands-on system for overseeing your membership. It will allow us to keep track of members and membership renewal dates, allowing us to focus more on promoting the stewardship of our precious San Antonio natural resources. We're letting you know about this change now because you'll receive an email asking you to join memberplanet in the coming days. All you need to register is your name and email address. If you want to renew your membership, then you'll also need a credit card to quickly and easily register.

If you have any questions or concerns, please contact us at friendsofsanaturalareas@gmail.com. Of course, you're always welcome to renew your membership with a check made out to "Friends of San Antonio Natural Areas" and send to:

Friends of San Antonio Natural Areas
21395 Milsa Drive
San Antonio, Texas 78256

Sincerely,
FoSANA Board

Are you a member of Friends of San Antonio Natural Areas (FoSANA)?

Please support FoSANA on the preservation and educational outreach of natural areas around San Antonio by joining or renewing your membership [online](#) today.

Your membership this year will help us continue to

- offer over 400 environmental programs for families and adults at the Natural Areas.
- serve over 14,000 families and adults through education and outreach programs.
- coordinate over 400 volunteer programs and 7,500 volunteer hours supported trail maintenance, habitat conservation and restoration, and native landscapes and gardens.

Plus, when you renew your membership, you'll receive our monthly newsletter that provides updates on natural areas happenings and timely information on upcoming events.

Should you need any assistance or have any questions or comments about your membership, please feel free to email us at friendsofsanaturalareas@gmail.com.

Sincerely,
FoSANA Board

Friends of San Antonio Natural Areas is dedicated to promoting stewardship of San Antonio's Natural Areas, and to the understanding and appreciation of nature through educational and scientific programs.

For the latest updates and more activities, please see the calendar on the FOSANA website.

[Friends of San Antonio Natural Areas Website](#)
