

**ARLINGTON
CONSERVATION
COUNCIL**

POST OAK

VOLUME 24, NUMBER 9

NOVEMBER 2023



BLACKLAND PRAIRIE PRESERVE • GUY RANDOM PHOTO

November Zoom Meeting



Read more about this program on page 5

Join Zoom Meeting: <https://us06web.zoom.us/j/86203800695>

**For assistance accessing the meeting, contact Frank Keeney,
webmaster@acctexas.org**

6:30 pm social time and equipment check, 7 pm presentation

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From the President **Dick Schoech**



Climate Change: It's way past time to get serious

ACC's October speaker, KTVT-TV senior meteorologist Jeff Ray, made a convincing argument that 2023 weather is the new normal. Future summers will be hotter and longer and winters colder unless we stop putting carbon in the atmosphere.

September 2023 was almost a full degree Fahrenheit hotter than the prior record, and 2023 likely will be the hottest year since reliable global records began in the mid-1800s. Extreme heat, wildfires, droughts, floods and sea level rise will just increase in the coming years. Climate scientists have described the heating of the planet as staggering. Unnerving. One called it "absolutely gobsmackingly bananas."

We can give in, or we can fight. I vote for the latter.

White paint: Purdue University engineers created white paint that reflects up to 98.1% of sunlight and can cool surfaces eight degrees Fahrenheit below their surroundings under strong sunlight at noon. Coating roofs, roads and other surfaces can reduce space cooling cost and dampen the urban heat island effect.

Energy efficiency is one of the quickest and least expensive ways to reduce fossil fuel use. Since it saves money in the long run, very low-cost loans and payback mechanisms can be offered to the poor.

Plant trees and native plants. Hackberry and mulberry are large and fast growing, but first we must protect existing mature trees. Involving youth in this effort gives them knowledge and skills for their warmer future.

Renewable energy: Easy targets are wind farms and rooftop solar, especially on commercial flat-roofed buildings.

Documentation: Publicizing how everyday actions impact our climate can incentivize actions and increase optimism that change is possible. Anesthesiologists at Massachusetts General Hospital now acknowledge the global warming footprint of gases and they're reducing the volume of gas they use.

continued on page 4



ACC POST OAK

Our mission: ACC works to protect Arlington's natural environment through education, community service, and advocacy for a sustainable future

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From the President continued from page 3

Create carbon marketplaces that regulate the buying and selling of carbon emission permits to help meet climate change targets.

Turn the millions of abandoned fracking wells into thermoelectric generators by pumping fluids down to be warmed by the earth. The returning fluid from connected wells can power electric generators.

Carbon capture and storage is still in its infancy, but if only a few of the many promised approaches bear fruit, this could have a substantial impact.

Develop sustainable agriculture. Using abandoned buildings for hydroponics and aquaponics is a way agriculture can be part of the solution.

Cooling corridors can easily be created by connecting parks. They also encourage and benefit wildlife.

Improve the grid. To limit outages, Vermont's Green Mountain Power is asking state regulators to let it install batteries in customers' homes because it will be cheaper than putting up more power lines.

Rearrange current incentives. Solar developers, environmentalists, farming groups and tribal organizations reached an agreement that makes it easier to build large solar farms, which in some places attract stiff opposition. Put solar panels on abandoned coal mines and large landfills.

With two-thirds of the global population expected to live in urban areas by 2050, a combination of heat-reducing actions can be implemented based on a city's environmental and financial characteristics. Singapore is applying enormous resources to cool itself down by 2050 using a model called Green Plan 2030. Strategies include converting asphalt to green space, designing passive solar buildings that encourage wind flow rather than trap pockets of heat, installing rooftop gardens and providing incentives for low-cost essential infrastructure based on trees and dense foliage.

Finally, we cannot ignore the elephant in the room, the wars in Ukraine and Israel. As well as humanitarian calamities, they both are environmental and global warming disasters. If nations could agree to spend as much on climate change as they spend on waging war, we could stop climate change.

Sources

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Our November Program

Texas is home to almost half of the turtle diversity in the United States, with three species naturally occurring only here. Carl J. Franklin and Viviana Ricardez will discuss the value of turtles, their intriguing behaviors, and the challenges that threaten their existence.

Carl and Viviana run Texas Turtles, a nonprofit organization devoted to the conservation of these amazing creatures through research, study in their native environment, outreach, and education.

For over 28 years, Carl has worked with the herpetology departments at the Fort Worth Zoo and Dallas Zoo and with the Amphibian and Reptile Diversity Research Center at UT Arlington. He has conducted numerous collecting expeditions internationally and in the United States that have led to scientific breakthroughs and the discovery of hundreds of new species of amphibians and reptiles.

Viviana has traveled across the state to conduct multiple long-term population monitoring studies and conservation endeavors, including organizing Texas Turtles research sites.

IVAN QUERIDO'S REAL HERITAGE TREE

Special field correspondent Ivan Querido continues his misbegotten arboreal slumming: Trunks! If one trunk is a good idea, why not four, or five, or six? See, that's how you get your sculptural thing going. Yeah, it's a mesquite, seed maybe pooped out here by a lost longhorn, but it has better roots than you. Look, a taproot that never quits, surface roots that go from downtown to Denton. And where's the "real" heritage tree? MIA again! They just can't cut it, pardon the expression.



FLAME ACANTHUS

A spray of bright green leaves,
Arrow-shaped,
Adorned by tiny scarlet trumpets

They seem designed (and maybe are)
As magnets to the passing hummingbirds
(Who work their long, fantastic path
From Canada to Costa Rica
Every week in autumn).

At just the perfect size and form
For tiny thrusting tongues
Each flower lasts a single day

Then drops to ground
As if exhausted.
To be replaced by more
Until December frosts
Chase their whirring fans away.

©2023 John I. Blair

Bits & Pieces

The Terse Treehugger



Wishing we could recycle glass. Learned last month we can't. Looked at my wheelie bin sticker for a little guidance.

Not much here.

(But see page 7 anyway.)

**Visit ACC's
Facebook page
and
Arlington
Conservation
Council
Discussion Group**

Terseer



Happening again, just like last year and the year before, etc, etc.

Phony blobs of bright colors in winter landscapes. Wrong.

And environmental casts?
[Here's one opinion.](#)



Turk's cap

Tersest



Little help here, please.

How do you electrify a peanut feeder?

Lots of volts, or amps, or whatever it takes.

**Join us and act locally.
Use the application form
on the back page.**



Question Corner John Darling

Q: Serious topic. Does Arlington curbside recycling accept glass? Inquire with sufficient diligence of seemingly authoritative sources, and here's your answer: Yes! No! Being diametrically opposed, one of these sources almost surely must be right, and the other doesn't know shards from Shinola. I'm afraid the No! camp is correct. Didn't Arlington once have a central drop-off with a designated bin so glass could be deposited and not shatter? Bin there, done that? Maybe we should do it again. What if one drinks a lot of wine? What does one do with one's empties? Asking for a friend.

signed, In a Glass House, Throwing Stones

A: Recycle glass curbside, NO. Ignore city website information. Central drop-off bin, YES. Long gone, but calm down and [look here](#) for inspiration from Waco. Yes, WACO! Next!

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Wild Birds Unlimited
1660 W. Randol Mill Rd.
Arlington, TX 76012
(817) 275-1000
www.wbu.com/arlingtontx
Hours 10 - 6 Mon - Sat,
Closed Sun



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Cowpen daisy

GOOD WORK. ON TIME.

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Julia Burgen: Turtle or Bumble Bee? John Darling

Editor's note: Julia has died, and it's just not enough to write a few words in a newsletter. Well, that's what I've got, but I'm also going to tell myself Julia is around somehow whenever someone in this town cries over a felled tree; whenever someone at a city council meeting demands an end to fracking; whenever, well, you know the drill. It's the treehugger's endless, usually futile battle. And Julia fought it for a long time. Here are a few random recollections from me. And because she was so important to ACC, look for others in this issue from a few of those who knew her.

This is a bad job for an old guy with a creaky memory. So much goes back to the '70s, but Julia was going strong at least through the middle '90s (and well beyond?). Fragments then, not the organized telling she would have preferred.

Julia rousing little kids at some East Arlington event. How? A tiny woman in a turtle suit urging the laughing children to give pennies to support (I think) some aspect of the Johnson Creek campaign. That is, No Concrete Ditch through the middle of town. Note: I was sure Julia was a turtle on this happy day, but my wife and editor says no, she was definitely a bumble bee. So take your pick; either image would have worked for those kids. And for me.

Julia pursuing her interdisciplinary Master's degree at UTA when I worked in Biology, braving the formalin fumes and acres of lifeless frogs and snakes that must have pained her, stopping by after some wonderful trip to rave about the natural wonders she had just experienced. A diminutive dynamo, trailing outdoor enthusiasm through that dead basement.

Julia at home, searching for some reference I needed. A nice house on a canal, the picture of suburban respectability, but in a big room on the second floor row after organized row of papers: articles, clippings, magazines, all aspects of nature, environmental activism, losses, victories (lots of one, a handful of the other). When? All hard copy. Must have been pre-personal computer and certainly pre-Internet. That's just how it was.

Julia at our kitchen table, overflowing with outrage and despair as she spread out big sheets of flimsy paper — some developer's detailed plans for turning 60 acres of mostly post oak woodland into little boxes made of ticky tacky. Was she still on city council? Was she back to gadfly then? It's a blank until news of the Trust for Public Land, then eventually Sheri Capehart Nature Preserve. And no ticky tacky.

Julia advising me at some event where I stumbled and mumbled after being praised for something: "Just say thank you and shut up." She wouldn't have said shut up, but that was the gist. And boy, did she have lots of practice.

Julia on a special day arranged for her at Fielder House Museum. In her element: a big crowd of very happy friends and admirers, surely some speeches, even a jovial policeman(!) directing heavy traffic. One clear vision from that day, a wonderful sort of banner made from her environmental t-shirts all strung together on a rope that stretched right across the building. Julia's silkscreened history speaking volumes, cotton and commitment.

Julia Burgen Kailey Broussard



“Force for nature:” Former Arlington council member remembered for preservation efforts

KERA | By [Kailey Broussard](#)

Published October 6, 2023 at 10:56 AM CDT

Julia Burgen, a former Arlington City Council member who dedicated her life to environmental preservation, died Oct. 4, 2023 at 89.

Burgen's work shaped the city's approach to parks and open spaces. When the city **considered turning Johnson Creek** into a concrete-lined channel to address flooding in nearby neighborhoods in the 1990s, Burgen fought as a key member of the Arlington Conservation Council to instead preserve the creek and dedicate park land around it.

Arlington city leaders dedicated one of those parks to Burgen in 2017 — the 66-acre linear park at **1008 Ruby St.**

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Julia Burgen continued from page 9

Former Mayor Jeff Williams said during the dedication ceremony that Burgen has consistently advocated for nature preservation.

“The thing you've got to know about Julia is that she will tell you, 'nature is not a place to visit. It's home. We've got to take care of it as our home. We've got to preserve it,’” he said.

Burgen was also a key part of MPAC Women's Political Action Committee. She also served on the Texas Committee on Natural Resources. During her service, she earned her Master of Science degree in interdisciplinary studies from UT Arlington.

After leaving city council, Burgen served on Arlington's Planning and Zoning Commission and the Parks Bond Committee.

Sheri Capehart, who founded MPAC and served along Burgen on city council, called Burgen an “intelligent woman and a force for nature” in a statement. MPAC will plant a tree in Burgen's memory.

“Julia was an exceptional woman of grace and commitment to causes to protect and enhance nature. I had the honor of sharing a city council office with her when I was first elected. She inspired me, mentored me and educated me and we became dear friends,” she said. “Her invaluable service to the Arlington community and to the State of Texas cannot be overstated.”

Burgen's awards and recognition include that of the Texas Recreation and Parks Society Individual Award; Arlington AAUW Outstanding Woman of the Year; Southwest Region of National Recreation and Park Association Award; the Governor's Award for Environmental Excellence in 1995; Arlington Star-Telegram Woman of the Year; National Delta Gamma Shield Award; and the League of Women Voters of Texas Individual Award for Excellence in Environmental Awareness.

Services were held for Burgen at 2 p.m. Monday at Restland Memorial Park, 13005 Greenville Ave., in Dallas. In lieu of flowers, her family requested that people instead donate to the [pollinator project at Julia Burgen Park](#).



Arlington Mayor Jeff Williams with Julia and Donna Darovich at the dedication of her park.

We're Doing Something Big



ACC has established an endowment with UTA to aid future environmentalists.

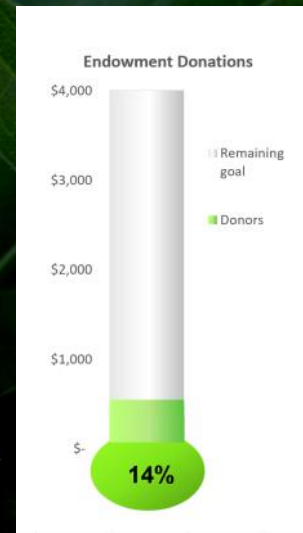
Phase 1 is already helping.*

Now we're working on Phase 2.

An anonymous donor wants us to help even more and has come forward with a second challenge.

This donor will match 5 to 1 the next \$4,000 of donations from you.

If met, the endowment will net \$24,000!



Thanks to you, we have made a start.

We'll get there.

You'll see.

Donate [here](#) and keep it growing.

*The first endowment scholarship has been awarded to UTA sophomore Alexander Andronov. It gave him the opportunity to research Vehicle-to-Grid (V2G) technology, a smart-charging technology allowing car batteries to give back to the power grid. Watch his presentation [here](#).

My Nature Notebook

Who?

The creepy old guy has been making such a big fuss about some lady he knew a long time ago. Maybe that's good because we can see through his window that he's just sitting and staring at his computer all weekend so we can look at all the gross stuff in his yard and he's not running out and yelling. But he did say he thinks about that lady and we should too maybe because his yard might not be full of cool stuff if he hadn't talked to her once in a while. So I said huh? And he said she liked the same things I like and she wanted everybody to have all those things around like in the parks and in their yards and everywhere. Even if you don't care about that, you should know she would dress up like a turtle and make little kids laugh. Now go away, I mean it.



Thinking of Julia

From John Blair, Post Oak poet and ACC president ca. 1980:

My memories of Julia are from years ago when she had a dogwood in her front yard that produced a lot of seedlings, which she gave to people. I got three, of which one still survives despite having had a rough life (a big chunk of a nearby ash tree fell on it a few years ago; and this past summer left a lot of the leaves half-wilted.) But I think that tree will make it. Every time I see it (which is often because it is immediately next to my driveway), I think of her, of her deep devotion to preserving nature in Arlington and her great kindness and generosity. I include a photo of it several years ago when it was in full bloom and had not yet received any damage.



From Carrie and Kevin Donovan, the force behind OS Gray Natural Area:

When I was asked to share a memory of Julia Burgen I thought back through the years about the many memories I have of her and tried to pick just one that stood out. The one that stood out most is the memory of the first time we met her.

In the fall of 1996 we were trying to get the City of Arlington to include the former O.S. Gray pecan nursery on Norwood Lane in the January 1997 Parks Bond package. Part of our strategy to do this was to speak at every city council meeting about what a wonderful park the nursery would be.

As we were leaving one council meeting with our maps and literature we were approached by a soft-spoken, petite, gray-haired woman who asked to see our information. She introduced herself as Julia Burgen. We had never met her but her reputation preceded her, so we were quite excited to meet and show her what we had, hoping to have her endorsement of our efforts.

Since we were outside the council chambers and had nowhere to lay out our materials, Julia took our maps and flyers, got down on all fours, spread the stuff out and went over it all with us. We spent about half an hour there on the concrete with her asking questions and offering advice. Afterwards we marveled that this highly accomplished and esteemed woman would get down on the ground with a couple of people she didn't know to discuss how we might make a positive addition to the quality of life in Arlington.

Julia was the type of person who was willing to not only talk the talk about improving our quality of life but was willing to get down on the ground to walk the walk.

Randol Mill Park Carol Marcotte text and photos

Thinking of Julia, *from Joanne Stewart, founder of Neighbors of Randol Mill Park:*

I first met Julia in the mid-1990s after reading one of her articles in the Star-Telegram about Arlington trees of historical value. I called her and asked if she would take me and a few other realtors on a tour of those trees. She agreed, and that was the beginning of a lifelong friendship. Soon after, I joined ACC and later worked on her two political campaigns for the Arlington City Council, while on her part Julia spoke at a couple of our First Saturdays for the Neighbors of Randol Mill Park. Over the years our paths crossed many times, and we always helped and supported each other. I am very saddened by her passing and realize how much I adored and cared for my friend Julia.

River Legacy Fall Festival

FAUNA (Friends of Arlington's Unique Natural Areas) and Arlington Parks & Rec (APRD) jointly had a booth at the River Legacy Fall Festival on Saturday, October 7. Our goal was to recruit volunteers and inform festival visitors of volunteer opportunities.

FAUNA members Jan Miller, Dick Schoech, Carol Marcotte volunteered to take a shift at the booth with help from Carla Frierson.

Thank you, Laura Capik, for the use of the pollinator game for children, book marker prizes and monarch butterfly wings for a child's photo opportunity. It was all a big hit.



From left, Carla Frierson, Carol Marcotte, Jan Miller



Dick Schoech and Carol Marcotte at the festival

Trail building at the park

The trail building project that began on Earth Day 2023 continues and is now three-fourths complete. The results have been positively received by park visitors using the trails.

Our latest trail building day was September 23. A blistering hot summer morning. Braving the heat with smiles for the event were Dick Schoech (not pictured), Laurie Jagielski, Carla Frierson, Charles Richards and Patty Newcomb. Thank you, APRD for the mulch, wheelbarrows, and tools. And THANK YOU, participants!

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Randol Mill Park continued from page 14



Trail building: from left, Laurie Jagielski, Charles Richards, Carla Frierson. Right, Patty Newcomb. Carol Marcotte photos.

RMP Volunteer workday is the 4th Thursday of each month.

On the Sept. 28 workday Patsy Miller and Dick Schoech removed a giant sunflower from the Pond Triangle Garden. Carol Marcotte photo.

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Randol Mill Park continued from page 15

RMP plant rescue

We continue to rescue prairie plants from the bulldozer for use in our prairie restoration project at the park. In October, we rescued and potted up as much as we could in several trips to the area. Plants include four-nerve daisy, meadow dropseed, purple three-awn, little bluestem, big bluestem, Indian grass, Barbara's buttons, hairy sunflower, basketflower seeds, two-leaf senna, gayfeather, compass plant, and many more.

The RMP prairie restoration is in its third year. We are seeing results from our removal of invasives and non-natives, distribution of over 50 pounds of native seed, and transplanting from numerous rescues.



Above, John Snowden, our prairie plant authority and plant rescue mentor, at a rescue site. Rescued plants headed for the park. Below, the challenges of digging prairie plants with their extensive root systems. From left, four-nerve daisy, gayfeather. Carol Marcotte photos.



Arlington Environmental Hall of Shame

Grand Reopening (at least for now)

It's time to pick on our Central Post Office. A sharp-eyed postal patron just noticed that all the trees on the north side appear to have died, while the wretched grass looks unreasonably emerald. Someone beat up the magnolia (*top*) years ago, and now it has given up. Not a major loss, you say, but almost certainly not necessary.



HEY, IF THEY DON'T LIKE TREES AT THE P.O., MAYBE THEY SHOULD PUT IN A GREAT BIG POLLINATOR GARDEN. WE'LL JUST KILL SOME GRASS, AND OFF WE GO! NO HILL FOR A STEPPER, RIGHT? YOU'RE WELCOME, IVAN QUERIDO

In Case You Missed It Grace Darling



Bitcoin raises its ugly head. A cryptomining facility being built on 265 acres in Navarro County is set to become the largest cryptomining data transaction processing center in the world. A coalition of environmental activists, public interest groups, and cryptocurrency experts says the cryptocurrency industry in Texas poses a risk to the electric power grid, utility rates, and natural resources. The Texas Coalition Against Cryptomining is hosting a week of action in Corsicana Oct. 23-27. [GreenSourceDFW.org, 10/21/23]



Fort Worth is getting a waterwheel, y'all. A waterwheel is a pollution-control, wheel-based machine that is placed in flowing waterways to collect and remove floating pollution. The waterwheel and attached conveyor belt are mounted on a floating platform with booms on either side that funnel floating trash and debris to the conveyor. The

trash is lifted, collected, and deposited into a detachable dumpster which is then hauled by a service vessel to a transfer point for disposal. The entire waterwheel structure — 52' long x 24' wide, with a wheel that is 14' in diameter and 3' wide — works on energy generated by the water current and solar-powered pumps. The roof houses the photovoltaic panels while protecting the equipment and preventing trash from being blown by the wind. You can read more about it here: <https://www.fortworthtexas.gov/departments/environmental-services/initiatives/waterwheel>



Could fungi be key to making Earth resilient to climate change? A team of scientists from the Society for the Protection of Underground Networks [ed: I'm not making this up], a research organization dedicated to mapping out underground fungi, are studying the Kazakhstan steppe because it is considered an environmental hot spot with widely diverse ecosystems: drylands, grasslands, and forests. Understanding which mycorrhizal fungi survive in the harsh temperatures there may help scientists determine how these fungal communities might adapt to the climate crisis as droughts, fires, and desertification become more prevalent. Mycorrhizal fungi often form mutually beneficial relationships

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In Case continued from page 18

with plants. They trade essential nutrients such as phosphorus and nitrogen in exchange for carbon, and act as an extended root system allowing plants to access water they cannot reach.

While deserts are a natural part of Kazakhstan's landscape, more than half of the country's vegetation and drylands are at risk of becoming deserts from a combination of large-scale intensive agriculture, overgrazing, and increasingly warm temperatures and dry conditions. If the research revealed that pristine steppes had higher mycorrhizal diversity compared with more degraded land, those same fungi could be transferred and inoculated elsewhere to improve soil quality. What's clear is that fungi play countless ecological roles underground — many of which help aboveground life to thrive. [Fort Worth Star-Telegram, 10/16/23]



A Year and a Half Ago. President Joe Biden signed Executive Order 14072 on Earth Day, April 22, 2022, mandating that the government categorize and monitor old-growth trees on federal lands. Old-growth trees are key buffers against climate change and provide crucial carbon sinks that absorb significant amounts of CO₂ and other greenhouse gases that contribute to global warming. The policy details how the federal government plans to restore and conserve the nation's forests as a nature-based solution to mitigate climate change and enhance the

nation's resilience facing the ecological crisis; a section even includes measures to stop international deforestation. The presidential decree is unique because it explicitly addresses climate change and makes a commitment to restore forests in foreign countries, considering the impact that foreign assistance can make for incentivizing sustainable forestry and agricultural practices abroad.

A year later, a controversial report by the U.S. Forest Service and the Bureau of Land Management found that more than 32 million acres of old-growth forests remain on public lands in the United States, representing about 18% of all forested land managed by the two agencies. The ages and sizes of these trees vary by species and region, but most are well over 100 years old. The study also concluded that there are around 80 million acres of mature forest — a much higher figure than previously thought, perhaps because the inventory included parts of Alaska and the pinyon-juniper woodlands of the desert Southwest.

The report also notes the growing danger that climate change-fueled wildfires pose to older forests. But the government's plans to protect trees from fire often call for chain saws — an intervention known as thinning that is supposed to restore forests to a time when natural fire cycles regularly cleared away underbrush and small saplings. While many forestry experts support targeted thinning of overgrown forests, some conservationists have accused loggers of using the projects as cover to cut large, old trees. [The Washington Post, 4/20/23]

Now 18 months later and despite some progress [<https://e360.yale.edu/digest/trump-rule-old-growth-logging-oregon-washington>], still pending are a clear definition of “old” trees and strong regulations to limit logging and timber leases that could safeguard those forests, at home and abroad. And we are running out of time, as the effects of climate change accumulate and accelerate the dire outcome.

Social Media

Be sure to visit
ACC's Facebook page
and
Arlington Conservation Council
Discussion Group



You might catch the ACC board
on Funny Hat Day

We're a lot of fun once you get to know us

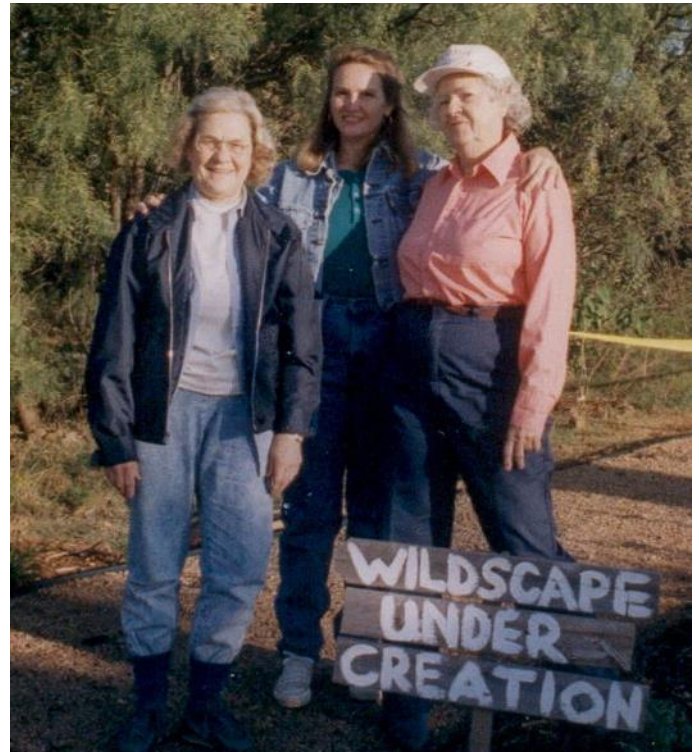
Molly Hollar Wildscape Update Marian Hiler

We might not have a wildscape if not for Julia Burgen. She planted the very first seed that grew into the 5-acre beauty of today. In early 1994, a public service advertisement in the Fort Worth Star-Telegram caught her eye. The Texas Parks and Wildlife Department was inviting applications for wildscape grants. It was a slam dunk to sell Molly Hollar on the idea. These two extraordinary women easily engaged the right folks to select a site, create a landscape plan, and write the winning grant application. The matching grant was awarded Aug. 4, 1994, and ground was broken the following month. For almost 30 years since, tens of thousands surely have come through exploring, learning, enjoying and finding calm here.

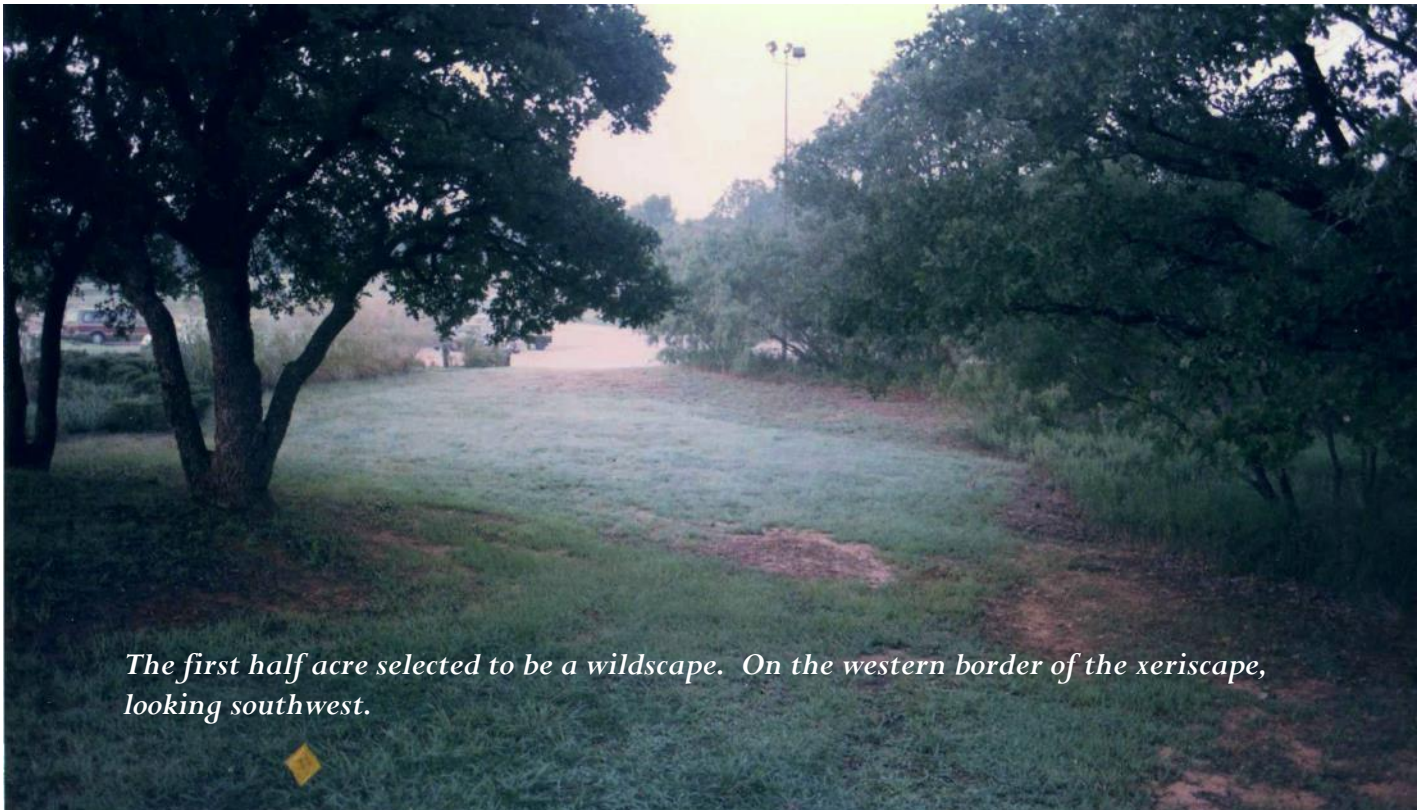
We thank Julia, remembering the signature accolade she loved to bestow:

*Bouquets of woodland violets and prairie celestials
to you, dear Julia.*

continued on page 22



Making a start: from left, Julia Burgen, Gayla Stephenson, Anita Garmon.



The first half acre selected to be a wildscape. On the western border of the xeriscape, looking southwest.

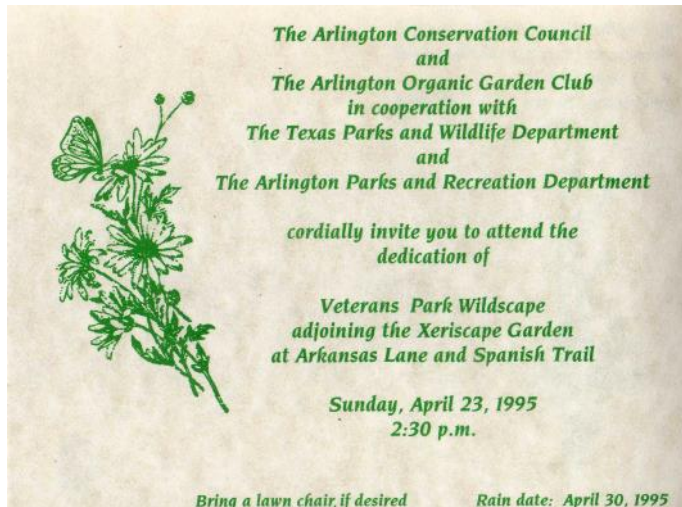
Wildscape Update continued from page 21, continued on page 23



Above, The spot that is now the berm at the corner of the xeriscape and the south parking lot. The sign in the background is for the xeriscape. Below, And so it begins.



Wildscape Update continued from page 22, continued on page 24



Above left, Invitation to the Apr. 23, 1995 wildscape dedication. Right, Martha Martin and Tommey Conway reveal the brand new wildscape sign. Below, Key players cut the ribbon, from left, Molly Hollar, Julia Burgen, Ray Whitney TPWD, Pete Jamieson, Arlington Parks & Recreation Department, Debbie Simek, and Gayla Stephenson



Wildscape Update continued from page 23



Molly Hollar speaks to the crowd celebrating the official opening of the wildscape.

Those who hung in there through the intolerable hot summer are being rewarded now with new vitality. Both the flora and the volunteers have returned with greater vigor. This month's focus has been on getting desirable plants into the ground. Plants that were either leftover from the Sep plant sale or rescued from the mini prairie of our enduring benefactor John Snowden. Many were added to the various grasses and forbs already installed on the west side of the Wildscape along the parking lot and disc golf fairway to mitigate erosion. All the rain runoff from the parking lot and uphill flows through here and has carried much of the soil with it. Expect a green spectacle as the plants get established and the soil stays put.

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Volunteers rescuing John Snowden's treasured plants. From left front, Melanie Harris and Bonnie Garcia. Background, Patsy Miller, Katy Walsh and Marylee Thomason. Dana Austin photo.



Wildscape Update continued from page 24, continued on page 26



Left, wildscape benefactor John Snowden digs up inland sea oats. Joe Martinez photo.

*Middle, Fall Aster ([*Symphotrichum oblongifolium*](#)) Ann Knudsen photo.*

Below, Enjoying a cool workday for a change. Foreground, Marylee Thomason and Carol Marcotte. Jane Oosterhuis in the background. Ann Knudsen photo



Wildscape Update continued from page 25

The Molly Hollar Wildscape was one of 3 sites, along with Tierra Verde golf course and River Legacy, selected for the Urban Systems field trip for the 2023 Cross Timbers Master Naturalists class. Along with visiting nature in the urban environment, the class was gently encouraged to personally experience nature's health benefits on regular workdays here. If you are interested in taking this fantastic course in 2024 go [here](#).

First Saturday mini-classes

At the mini-class scheduled for **Nov 4** Master Gardener John Cheney will share information on how to become a good insect hotel host and attract beneficial insects to our garden. Come join us, if only for the class, at 11:30 in the compost area.

Volunteer Opportunities

9:00 – noon Wednesdays and the first Saturdays

All are welcome, no experience necessary. Members of ecology and garden groups can receive credit hours. For more information contact info@thewildscape.org



The Cross Timbers Master Naturalist class of 2023 on a recent field trip to the wildscape. Ryan Wiggins photo.

Julia Burgen, Columnist

6A — ARLINGTON Citizen-Journal — Week of September 25, 1994

Easy being green

with **Julia
Burgen**



A lawn mower with no air, noise pollution

Kay and Don Allen of 2110 Inverray Court have earned this season's "Think Globally, Act Locally Award."

Neither air pollution nor noise pollution emanates from their yard when Kay Allen uses her Craftsman Quiet Cut human-powered lawn mower. Additional thumbs up to them for having little grass and lots of trees with their beneficial, energy-saving shade. Brick paths wind through half the front yard and all of the backyard among plantings appropriate for a woodland.

This summer, they got rid of the power mower. Kay Allen said the reel push mower is easy to operate and has a clean cut. She added that the new mower was inexpensive, requires no gas or oil, and leaves lots more room in the storage shed.

Kay Allen said she hopes others will follow their lead, and she suggests sending the savings in money to the Nature Conservancy or Wilderness Society, or some group trying to maintain ecosystem preserves.

Opportunities this week: The Arlington Conservation Council kicks off its fall programs Wednesday at 7 p.m. at a new meeting place — the Center for



Don and Kay Allen's home at 2110 Inverray Court received a recent yard of the month award.

Community Service/Junior League Building, 4002 W. Pioneer Parkway.

Ray Whitney, of the Texas Parks and Wildlife Department's Urban Fish and Wildlife Program, will speak on the state's new Wildscape Backyard Habitat emphasis.

Rapid urbanization has led to losses in habitat for many species that are necessary to maintain a working ecosystem. Whitney, an Arlington resident, will describe ways that city yards can incorporate appropriate plants and water features for the benefit of wildlife and the total system.

He will also tell about the 1994 Wildscape Challenge Grants, one of which has been awarded to develop a demonstration Wildscape Garden at Veterans Park. The project is a joint venture of the Arlington Organic Garden Club and the

Conservation Council, with the cooperation of the Parks Department.

Visitors are welcome and ACC invites area residents to come learn how their own yards can be more environmentally friendly.

The Organic Garden Club meets at 7:30 p.m. Thursday at the Arlington Downs Clubhouse, 386 Westview Terrace, and visitors are welcome. Lucy Harrell, of Redenta's Garden, 5111 W. Arkansas Lane, will describe how an organic program can integrate perennials, edibles, annual flowers and herbs.

Harrell has been gardening in southwest Arlington for 17 years and has been doing it organically for the last 10 years. She managed a nursery in Arlington for five years, then ran an organic lawn maintenance service for six years. She joined Redenta's three years ago.

Ruth Kinler, owner of

Redenta's Garden, announced in its fall newsletter that the nursery is totally organic. They have safely disposed of remaining chemicals, and will gladly assist homeowners in making the same transition. For more information call 451-2149.

On Friday celebrate American Indian Day with volunteers from the Living Science Program at River Legacy Park. The public is invited to hear Ann Buse-Bailey, a Cherokee, talk about "A Woman's View of Tribal Life." The event is Friday, 7 to 9 p.m. at the Arlington Parks and Recreation Building, 717 W. Main St. (Main and Cooper Streets).

Last year's program was well received, according to K.C. Rudy, education director for the River Legacy Foundation. Teachers and others who work with young people are especially invited. Refreshments will be served, so those planning to attend should call 860-6752.

East Arlington Renewal's September Yard of the Month belongs to Edna and Powell Lawrence at 2411 Stonegate St. A young red oak, bird bath, bird house, bird feeder, garden gnomes, crape myrtles and colorful annual flowering plants are features of the front yard. White mums will bloom in October and nandinas provide winter color.

The Lawrences have lived there for 29 years. Several years ago they cut down trees so that the grass would grow. They found out that was a mistake, and realized the benefits of shade; so they planted the oak in 1991.

Quality Lawn Care mows and edges and Edna cares for the plantings. Squirrels and birds that visit the yard provide interest and Edna takes videos of them to show her grandkids.

Julia Burgen's column appears Sunday. Send comments to Easy Being Green, Box 1088, Arlington 76004, or fax to 261-1193.

Sheri Capehart Nature Preserve Annabelle Corboy

Coming Up: Macroinvertebrates at SCNP Nov. 4, 9 am

"Does what you can't see in the water bug you?"

We will explore water entomology and stream-side ecology. We will learn the connections between aquatic invertebrates and the health of the water, about aquatic species collection, how to determine species types and numbers and what their presence or absence may mean in our nature preserve pond environment.

Our leaders are Zoe Ann Stinchcomb, Retired Education Director at Texas Freshwater Fisheries Center, Texas Parks and Wildlife Department, and Melissa Walker, City of Arlington Stormwater Education Specialist and Bee City USA Affiliate Coordinator.

A Facebook Event is coming so you can sign up and get a reminder!



North Texas Giving Day 2023 — Thank You

Thank you to the donors who supported the Friends of Sheri Capehart Nature Preserve on North Texas Giving Day, Sept. 21. We raised \$1,210 during this year's campaign. These gifts will help fund the volunteers' work — from trail maintenance to habitat restoration, programs, events, wildlife monitoring, and more, they're all important to help protect SCNP.

As the days turn cooler and the green/brownish scenery begins to turn toward fall colors, please plan a visit to the Sheri Capehart Nature Preserve. Hike the trails and visit the ponds, look for pollinators, migrating birds, and the final fling of the dragonflies.

Sheri Capehart Nature Preserve continued from page 28

October 14 Program Review: Bats of the Area and How to Find Them

So much good information from Kate Rugroden, so few bats!

Local bat enthusiasts Ellen Ravkind and Anne Alderfer along with bat expert Kate Rugroden from the Bat World Sanctuary provided our program at the preserve. Kate knows all there is to know about the bats in this area and elsewhere. She emphasized how



important bats are to humans — and how interesting and diverse the species of bats are. By the way, of the 5000 or so species of mammals, 1400 are bats! There are six species of bats verifiably observed in the Tarrant County area. And Kate and her partners at Bat World have seen all of those plus bats from all over Texas — Kate also described the work of the Bat World sanctuary — which includes education as well as rehabilitation. For lots more information about her work, see batworld.org and find Kate's extensive information, including courses on bats and rehabilitation [here](#).

Ellen and Anne showed us how their tablet/smartphone-connected devices can use echolocation attachments from Wildlife Acoustics (Echo Meter Touch 2) to track bats in the area and identify which species are present. In the absence of bats that evening, they had plenty of historical tracings to share, including some from our other evenings at SCNP. We guessed that the cool evening had kept the insect count down, and thus the bat activity. A good reason to schedule another evening next spring.

By the way, Kate Rugroden is Director of Special Projects for the Bat World Sanctuary and is a licensed wildlife rehabilitator, specializing in bats, raccoons, and opossums. Dr. Ellen Ravkind is the Naturalist Manager/Environmental Educator at River Legacy Foundation/River Legacy Nature Center. Anne Alderfer is a part time Naturalist at River Legacy Park and a Master Naturalist.

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Sheri Capehart Nature Preserve continued from page 29

New home on the prairie for bluebirds Jim Frisinger

Denise Pederson and Jim Frisinger moved a bluebird box from near the kiosk to the North Prairie near the northwest gate. Denise reports that reduced bluebird activity encouraged the move, and the North Prairie spot seemed ideal. Spring will tell.

New home on the prairie for John Snowden's plants Jim Frisinger

John Snowden gifted the preserve a wide diversity of plants last week that required immediate rescue. Volunteers Lynn Healy, Jan Miller, Morgan Chivers and Jim Frisinger worked the multi-day effort of digging, replanting and watering. Look for new flags along the South Pond handicap trail (and picnic area), Pollinator Meadow and the North Prairie. Plantings include Lord Snowden big bluestem, American beautyberry, maximilian sunflower, Indiangrass, switchgrass, gayfeather, false gaura, willow leaf aster, verbena, sand lovegrass, black nightshade (physalis) (still being verified), black spear grass, bergamot, goldenrod, mealy blue sage (*Salvia farinacea*), Missouri violet, willow leaf aster, rosette grass (*Dichanthelium*).



Jim Frisinger with relocated bluebird box on the North Prairie. Denise Peterson photo

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Left, As yet unidentified plant among those gifted to the preserve by John Snowden.



Right, Morgan Chivers with American beautyberry stem during planting on the North Prairie.



Sheri Capehart Nature Preserve continued from page 30

SCNP iNaturalist Observations and Species September 2023

September totals: 48 Observations, 43 Species, and 8 Observers.



Mischievous Bird Grasshopper (*Schistocerca damnifica*) - jenb_99, Maximilian Sunflower (*Helianthus maximiliani*) - frank-g, Eastern Poison Ivy (*Toxicodendron radicans*) - charley



Eastern Poison Ivy (*Toxicodendron radicans*) - charley, Late Boneset (*Eupatorium serotinum*) - charley
Prairie False Foxglove (*Agalinis heterophylla*) – joshmols

The Emotional Cost of Climate Change Michael Smith



“To sharpen our gaze is to behold not only the passing beauty of this world, but also its deep suffering, and I’m afraid of the pain and purgation such vision will entail, that it will break my heart open in ways I’ve only begun to fathom.”

Fred Bahnson

We know the trouble we are in, and we feel the stress of it. The Sixth Assessment Report of the Intergovernmental Panel on Climate Change (IPCC) [<https://www.ipcc.ch/report/ar6/wg2/>] tells us that human-induced climate change has caused widespread damage to nature and people. This does not just represent normal weather variability. Over 3 billion people live in situations that make them very vulnerable to climate change, and a “high proportion” of species is vulnerable. Further, “current unsustainable development patterns” are increasing our danger.

The danger includes more wildfires in various parts of the world, “100-year” floods now happening every few years, glaciers melting, stronger and more frequent hurricanes, drought, and extreme heat. Warmer climates allow mosquitoes and other pests to thrive, leading to disease for humans and trees (milder winters let bark beetle populations expand [<https://www.fs.usda.gov/ccrc/topics/bark-beetles-and-climate-change-united-states>]).

Our sense of safety erodes and the world feels less familiar as we watch world leaders make excuses and see too many fellow humans who are unconcerned or too preoccupied with their immediate challenges to take action. That can lead to helplessness and despair if we’re not careful.

How did we get here?

How did we get to a point where things are so crazy? Who is to blame? We elect leaders, we use fossil fuels and buy all kinds of stuff — are we to blame? I’ve been on the planet for over seventy years, surely there’s more that I should have done. On the other hand, we were born into a culture of growth and consumption. Many of the world’s cultures see nature as a sort of big-box store where it’s all for sale and the more you buy, the higher your status. Western culture enshrines unending economic growth as the only possible path to a satisfying life. It’s hard to swim against those cultural currents. And no matter how much I recycle or try to live “off the grid,” the fracking wells keep getting drilled and Congress keeps giving about \$20 billion a year to the fossil fuel industry.

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We can't wait for the culture to change. The culture is us, even if each individual is a drop in the ocean. But we do what we can, even if it's just for our own sense of integrity. And we reach out to others, pulling drops together until we fill a bucket, and buckets become waves, until we can get something done. Our actions can be guided by what is good for more than just "me," we can place the well-being of living things above the acquisition of more things, and we can be satisfied with what we have.

The toll it takes

The damage to the planet takes a heavy toll on us, whether we're watching from the sidelines or working hard in climate activism. A report from the American Psychological Association and others [<https://www.apa.org/news/press/releases/mental-health-climate-change.pdf>] discussed the impact of the anxiety and loss that people are experiencing. There can be trauma from climate-worsened disasters such as tornadoes, floods, and fires. Sometimes the images and fear of future harm can lead to pre-traumatic stress.

There can be a loss of a physical place (a home, a favorite creek, a glacier, etc.), and a person may experience pain and longing when such a place is gone. Such an experience has been termed "solastalgia." In the opening chapter of Richard Louv's *Last Child in the Woods* [<https://richardlouv.com/books/last-child/>], there is a fifth-grade girl whose loss of an important place sounds like solastalgia. The girl loved being out in nature:

"I had a place. There was a big waterfall and a creek on one side of

it. I'd dug a hole there, and sometimes I'd take a tent back there, or a blanket, and just lie down in the hole, and look up at the trees and sky. Sometimes I'd fall asleep back in there. I just felt free; it was like my place,

"And then they just cut the woods down. It was like they cut down part of me."

Richard Louv, p.14

Some environmental losses may be very significant, even when they are on a smaller scale than melting glaciers or burned forests.

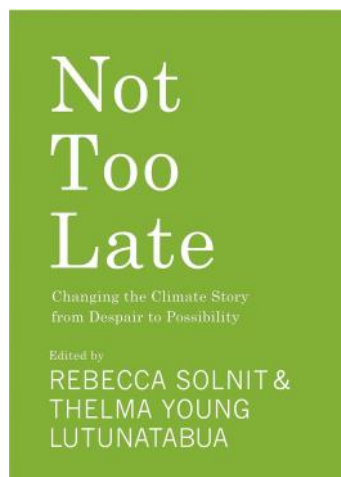
Many people are experiencing anxiety and other emotions. A survey [[https://doi.org/10.1016/S2542-5196\(21\)00278-3](https://doi.org/10.1016/S2542-5196(21)00278-3)] of 10,000 teenagers and young adults in various countries found that 59% of them were very or extremely worried about climate change. Most had feelings such as sadness, anxiety, anger, helplessness, and guilt.

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It's not just the kids. Many of us — whatever our age — are grieving for the loss of a healthy and familiar



climate. This past summer reminded us how much has already changed, and how we took for granted summer days when you could take a walk or work in the garden without risking heat stroke. We might not have thought about how good it was to live in the

old climate. With the new climate, we watch the sense of normal and safe begin to slip, and it's slipping on a planet-wide basis.

Is it too late?

In some places, especially among young people, you hear considerable hopelessness about climate. We have missed many opportunities to act, and the further we go, the harder it will be to slow down that enormous freight train of climate warming. The question that keeps coming up is, “are we doomed?” [<https://www.cbc.ca/news/canada/thunder-bay/lakeheaduniversity-climatechange-anxiety-youth-1.6769928>]

A recent book by Rebecca Solnit, Thelma Young Lutunatabua and other contributors has the title “Not Too Late.” [<https://www.nottoolateclimate.com/>] It is certainly not an optimistic book, if optimism is believing everything will be OK, don't worry. Solnit writes that “to hope is to accept despair as an emotion but not as an analysis.” She makes the case that there are

still possibilities for action and she reminds us of all the times that something looked impossible until it actually happened. Public opinion has shifted, over \$40 trillion has been divested from fossil fuels, and renewable energy is becoming more feasible and affordable. The outcomes are still uncertain; the authors' point is not that everything will be fine. Maybe it won't. But uncertainty means that things could turn out better than our fears suggest.

Taking care of ourselves

Even if we accept that things are not hopeless, we are still left with more frequent, climate-driven catastrophes and losses. What do we do about the resulting grief and anxiety? We can share grief — including grief for losses we see coming — with trusted others. We can put anxieties into words and make them more manageable. We can figure out ways to keep from being overwhelmed and actions that reduce our sense of helplessness.

There are already some avenues for doing this, such as the “Climate Cafés” [<https://www.climatepsychologyalliance.org/index.php/component/content/article/climate-cafes?catid=13&Itemid=101>], provided through the Climate Psychology Alliance. These are online gatherings where people can discuss climate fears and anxieties, led by the Alliance's facilitators. There is also the Good Grief Network [<https://www.goodgriefnetwork.org/>], “a peer-to-peer support group for people overwhelmed by eco-anxiety, climate grief, and other experiences of eco-distress” (quoting from their website). At least in Texas, all such events are available online only.

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Cost continued from page 34

I recently started a small face to face discussion group where we can talk about environmental anxieties and grief. There are real advantages to talking with a few trusted others in a situation where we feel heard and understood. The group is for adults — people 18 years old or older. Children's understanding of these issues and ways of coping with them and expressing feelings about them are somewhat different, so the group does not include children.

My professional career and training has been in psychology and I am a licensed Psychological Associate. That does not mean that this is group therapy, and participants are not clients. I simply support and facilitate our discussion and gently keep us within the boundaries of supporting each other and encouraging self-expression. There is no charge for the group.

One of the central issues for the group will likely be what we can do to take care of ourselves. I recently wrote [<https://greensourcedfw.org/articles/summertime-blues-north-texans-struggle-extreme-heat>] about coping with the record-breaking heat this summer and I outlined the following ways to help cope with the anxiety and loss:

- **Express yourself: talking, journaling, drawing, etc.** Most things are easier to carry when we share them with people who listen with empathy. Writing in a journal or drawing are other helpful modes of self-expression.
- **Practice mindfulness and acknowledge beauty.** When in natural settings, paying attention to the present moment, with an attitude of acceptance, is a helpful way to let go of persistent thoughts and emotions. The beauty

we find in flowers, a woodland, or a sunset reminds us of the good that still exists.

- **Accept uncertainty.** Mindfulness is a good way to work on this one. It is hard to live with uncertainty, but letting go helps more than trying to control what is not controllable. We can still take helpful action (see below) but with less struggle.
- **Engage and act.** We can easily feel helpless with a problem this big and complex. It helps to find something to do (as noted above, drops come together to fill buckets and buckets become waves). We can be part of something bigger, such as Arlington Conservation Council, 350.org, or other groups.
- **Find a therapist.** If things become too heavy, we can seek out a counselor or therapist. Climate Psychology Alliance-North America maintains a climate-aware therapist directory [<https://www.climatepsychology.us/climate-therapists>].

It's easy to be anxious or sad in an uncertain climate future, with painfully slow progress in fighting climate disruption. If those are your feelings, you're not alone. A recent poll by the American Psychiatric Association [<https://www.psychiatry.org/news-room/news-releases/climate-poll-2020>] found that more than two-thirds of Americans are "somewhat" or "extremely" anxious about climate change. Do what you can, find a community of people who understand, and take care of yourself.

(The epigraph at the beginning of this article is from Fred Bahnson's "The Ecology of Prayer" (2017) in Orion, v. 36 No. 4. More information about my climate grief/anxiety group can be found at <https://livesinnature.com/climate-anxiety-grief/>)

Blackland Prairie Preserve Guy Random

If you're not Spotted gayfeather or Maximilian sunflower, you might as well go home. Not that many grasses plumping out seedheads. Surely they don't mind record heat and devastating drought.



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Our November Zoom Meeting

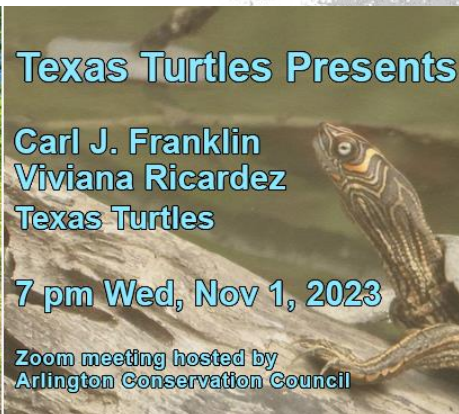


Texas Turtles Presents

Carl J. Franklin
Viviana Ricardez
Texas Turtles

7 pm Wed, Nov 1, 2023

Zoom meeting hosted by
Arlington Conservation Council



See pages 2 and 5 for more on this presentation.