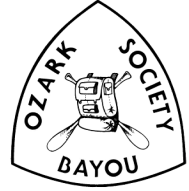


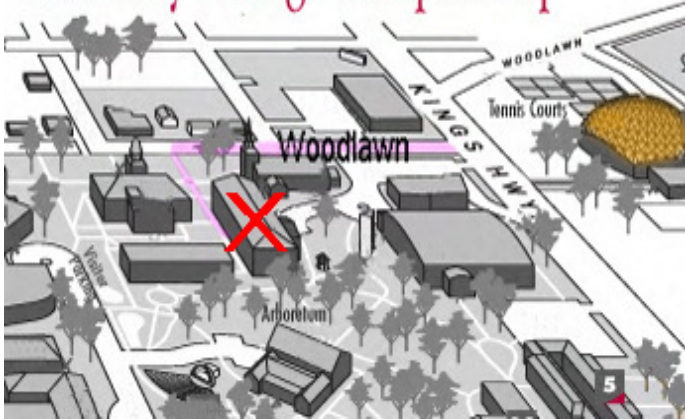


BAYOU BYLINE

Bayou Chapter, Ozark Society
May 2015



Centenary College Campus Map



Our monthly meetings are held at Mickle Hall in the Carlisle Auditorium on Centenary College campus on the first floor.

X marks the spot on the map.

Meetings are held on the third Tuesday of each month. (except December) Program starts at 6:30 pm. Business meeting follows.

Plan to join us after the meeting for pizza and socializing.

May Meeting

Tuesday, May 19, 2015 at 6:30 pm
Carlisle Auditorium, Mickle Hall, Centenary College

Naturalist Larry R. Raymond, current president of the Shreveport Bird Study Group, will be the guest speaker at the May 19, 2015, meeting of the Bayou Chapter of the Ozark Society (BCOS). The BCOS meeting will begin at 6:30 PM in Carlisle Auditorium. The auditorium is in Mickle Hall which is located on the Centenary College Campus. The public is invited and there is no charge for admission.

Raymond retired after 37 years with the Parish of Caddo as a Park Naturalist and Director of Parks and Recreation. Since retiring he has taught at Bossier Parish Community College and Louisiana State University, Shreveport (LSUS). Mr. Raymond also works as a volunteer in the LSUS Museum of Life Sciences identifying and cataloguing plants and animals.

Mr. Raymond, who received his B.S. and M.S. degrees from Northeast Louisiana University, is a Certified Parks and Recreation Professional as well as a Certified Heritage Interpreter. Raymond is very active in the community serving on the Board of Directors of Shreveport Green, the Louisiana Wildlife Federation, Louisiana Ornithological Society, and the Louisiana State Parks and Recreation Commission. In addition, he is an officer of the Louisiana Master Naturalists Northwest Chapter and is on the Board of Governors of the Ouachita Mountains Biological Station.

Our speaker will talk about the Shreveport Bird Study Group, which will include an introduction to common feeder birds and selected recent additions to avifauna of Northwest Louisiana.

“Like” us on Facebook! www.facebook.com/bayouozark

Check out our website www.bayouozark.com!

See all the Ozark Society Chapter newsletters and the Pack and Paddle newsletter at www.ozarksociety.net.

BCOS Planning Calendar

More details will be posted on the BCOS yahoo groups list and on the BCOS Facebook page as the events approach. www.facebook.com/bayouozark

May 16-17: BCOS Outdoor Adventure Weekend – Paddling, Hiking and camping event

June 9 - 13: Buffalo River Trip. Details on page 3.

July 12 - 18: Colorado Trip. Details below. Contact: Bob Ritchie at 501-225-1795 or britchhear@aol.com.



June 6, 2015 is American Hiking Society's National Trails Day[®], the country's largest celebration of trails. National Trails Day events will take place in every state across the country and will include hikes, biking and horseback rides, paddling trips, birdwatching, geocaching, gear demonstrations, stewardship projects and more.

Colorado Trip - July 12 - 18

Signup will begin after January 1, 2015, for the 2015 Colorado high adventure trip taking place on Sunday July 12 thru Saturday July 18. The campground reservations will have been made at the Cascade Campground in the Collegiate Peaks area of the San Isabel National Forest. The campground is located on County Road 162 west of Nathrop, Colorado. The trip is limited to 60 people so if you want to go you need to send in your reservation by June 1, 2015. You should plan to arrive at the campground by mid-afternoon Sunday July 12. The first meal will be that evening. All meals will be provided through dinner on Friday July 17 as part of the trip. If you prefer motel accommodations to camping, you can make reservations at nearby Mount Princeton Hot Springs Lodge, 15870 County Road 162, Nathrop, Colorado, 719-395-2361 or other nearby motels or bed & breakfasts. Meals at the campground will be provided for all trip participants, regardless of whether you are camping or staying elsewhere.

There will be a variety of outings to choose from: commercial rafting or boating on the Arkansas River, hiking, fishing, mountain biking, horseback riding, or sightseeing. Rafting on the Arkansas River may be available depending on the number of qualified raft captains that are part of the group and the water levels.

If you have any questions concerning the Colorado outing, Contact: Bob Ritchie at 501-225-1795 or britchhear@aol.com.



Click here www.lacamo.org to get information on the newly formed Louisiana Camouflage Coalition organized by the Louisiana Department of Wildlife and Fisheries. The LA Camo Coalition offers sportsmen and women the opportunity to send information and opinions on issues important to hunters and anglers to decision makers at the local, state and federal level.

2015 Buffalo River Trip - June 9 - June 13

Trip leaders Stewart Noland and Steve Heye are ready to lead a four day fun float on the Buffalo National River from Tyler Bend (Hwy. 65) to the river's mouth at Riley's Landing on the White. The float begins on Tuesday, June 9th, at 10 A.M. We'll gather at the canoe launch area at Tyler Bend and organize group gear, outfit the John boat and load our personal boats. You will also give your car keys to our shuttle service, who will drive your vehicle to the finish. After a quick briefing on trip policy and a kick off lunch, we'll hit the river for an easy half day, including an ice cream stop in Gilbert. We'll camp on gravel bars. The next three days will be easy paced paddling, stopping to take in the sights, swim in the rapids, fish and enjoy the company of fellow paddlers. Saturday is an easy half day to the end of the Buffalo and our awaiting cars. Non-stop natural fun!



COST IS \$175 PER PERSON (\$150 FOR CHILDREN 12 & UNDER)

Provided is the car shuttle, food from noon Tuesday to noon Saturday, and an ice drop on Thursday afternoon for coolers. If you need a boat, rental can be arranged for a fee. Let Stewart or Steve know.

You will be responsible for all personal gear, shelter and personal drinks of choice. Remember no glass on the river. Please save room in your boat for a small piece of group gear. The John boat will be carrying most of the group gear, kitchens, all the food and group shelters. We are also leaders in river hygiene, we use groover toilets while on the float to minimize impact.

Space will be limited to 60.

Please also send an email to either Bosshq@aol.com or hey@aristotle.net telling us that you have sent in your check. You can also email either address for additional info.

Signup will close May 26, 2015

Ready to go!?!

Send a check to "Ozark Society":

Bob Ritchie

Ozark Society

707 Pleasant Valley Drive #10

Little Rock, Arkansas 72227

The Chairman's Corner

Another one in the pages of history. Hosted by Marsha and Jack Land the BCOS annual Crawfish Boil was a success. No one was left hungry as there were many bugs left at the end of the day.+ or - 30 people attended a good time was had by all.

Next on the list will be the Arkansas Adventure weekend. 16 - 17 May. Again PLEASE, if you plan to attend, drop me an e-mail at rmax62@comcast.net. We need to get an approximate number in order to make plans for the spaghetti dinner or just a pot luck, depending on participation.

I would like to remind one and all that on the 30th of May, the Cross Lake Flotilla will be held. Surprisingly enough, on Cross Lake at the American Legion Post. This years theme is Let the good times float. A few more decorated canoes or kayaks for the contest would be a good thing. I get lonely out there by myself and while it is much more difficult to decorate a canoe or kayak than it is to decorate a party barge, it can be done. Two years ago I took home \$250.00 in prize money. So, Exercise your creative side and come join the fun. The worst that can happen is you have a good time on the water.

Dick M
Absolute Ruler for Life
& all around good guy

Bayou Chapter of the Ozark Society April 21, 2015 Minutes

At 6:30 p.m. Vice Chair Tom Goleman introduced the speaker Julie Hartley, a licensed dietitian, a registered diet nutritionist and a certified holistic health coach. She spoke on Green Cleaning, and how to make your own environmentally friendly, non-toxic, effective cleaners See article elsewhere in the newsletter for more on his talk.

Following Ms Hartley, Ray Pellerin talked to us about some upcoming canoe/kayak racing within Louisiana: the Tour de la Riviere Rouge (in Sept and Oct), the Tour du Teche 135 (in Oct), and the 410 de Louisiane (Sept and Oct). Lisa and Adam Willard are coordinating the Tour de la Riviere Rouge that starts here in Shreveport and goes to Port Barre for 275 miles.

Chairman Dick Maxwell called the business meeting to order at 7:30 p.m.

Treasurer's report: Lisa Wilson reported:

Balance - \$11,826.14, which is made up of
Operating Fund: \$4,745.21;
Instructor Development Fund (IDF): \$2,198.58;
Red River Cleanup: \$4,882.35.

Dick then welcomed guests: Ray Pellerin and Steve Shipp.

Secretary report: Cathy Joyce reported the minutes were posted in the April newsletter. Sandy Roerig moved and it was seconded that the minutes be accepted as posted in the newsletter. Motion passed.

COMMITTEE REPORTS

Conservation: Sandy Roerig reported on the increased earthquake activity in Oklahoma. In 2009 there were 20 quakes; in 2014 - 518 quakes; and in 2015 the average is two per day so far. There are theories on whether the fracking or the drilling to dispose of the waste water used in fracking could be major causes of the increase in earthquakes in that area.

Canoe & Kayak: Adam Willard told of the Arkansas Canoe Club (ACC) canoe/kayak schools coming up. He says there could possibly be a local paddling clinic in mid-June.

OLD BUSINESS

T-Shirts - Jenny Hackman brought two types of t-shirts for material sampling. There would be the full BCOS logo on the front. Jenny will post more information on BCOS messages and Facebook to get a count on those interested in ordering these shirts.

Dick wanted to know if anyone had looked up the Louisiana Wildlife Federation to see if becoming a member would be a good fit. No response. He would like us all to look this up to decide if we should support the Federation with our membership. He will send out an email to remind us to look at this website.

PAST OUTINGS

Float: Dick Maxwell and Sandy Roerig went paddling on Caddo Lake for the Earth Day float, since the Saline River trip had been cancelled. They got rained on, but it was still a good float.

NEW BUSINESS

George Gehrig suggested we could store the kayaks on the Centenary campus. Then they would be available to college students (provided they became members of BCOS). It was generally decided we would not store the boats on the campus at this time.

UPCOMING EVENTS

April 27: Jon Soul will have a group of kids at the Red River Wildlife Refuge from 8:30 to noon. He would like a couple volunteers for safety boats.

May 2-3: ACC Whitewater School.

May 3: Crawfish Boil at Jack & Marsha Land's place.

May 16-17: BCOS Outdoor Adventure. Harvey Kennedy is trying to get this going. He and Dick Maxwell will get together and put something out on BCOS and facebook to promote this.

June 9-13: Buffalo River trip with the Ozark Society. \$125 per person. There are at least four BCOS members going.

June 16: Paddle day at the Red River Wildlife Refuge. We don't have to bring any boats, just be there to help get people started (life jackets, etc), and maybe help out as a safety boat.

Meeting was adjourned at 8:05 pm.

Play Safely On the Water With These Tips



Going into the water? Practice these swimming safety tips:

- **First and foremost, learn to swim before heading out to any swimming area.** If you are not a strong swimmer, or you are getting tired, wear a life jacket. Children are strongly encouraged to always wear life jackets while swimming in lakes and rivers.
- **Be aware of your surroundings.** Watch for sudden drop-offs, changing bottoms, unseen limbs, rocks, and other objects.
- **Stay hydrated.** Take frequent breaks, wear sunscreen, drink plenty of water and avoid alcohol.
- **Never swim alone.** Even the most experienced swimmers can tire or get muscle cramps.
- **Supervise children at all times.** Drowning is the second leading cause of accidental death among children, so keep your eyes on your kids.
- **Know your swimming skills** and don't rely on flotation devices.
- **Swim in designated swimming areas** which are the safest and best places to swim.

Credit: <http://tpwd.texas.gov/state-parks/parks/things-to-do/swimming-safety>

Cleaning Green - Julie Harley

Our guest speaker in April was Julie Hartley, a licensed dietitian, registered diet nutritionist and certified holistic health coach. After giving us a run-down on things that are toxic in all forms of our lives, Julie spoke on how to clean "green". Some interesting points she made about toxins in everyday life:

Phthalates

- endocrine disruptors
- not labeled (on products)
- look for the word "fragrance free" (to avoid phthalates)

Perfumes and cologne are highly toxic: endocrine disruptors. Once we take these chemicals out of our systems, we become highly sensitive to them.

Perchloroethylene or PERC

- neurotoxin
- dry cleaner and carpet cleaners

The EPA has ordered "phasing out" of PERC machines by 2020.

Triclosan

- found in "antibacterial" soaps and cleansers (Purel hand sanitizer)
- no evidence that this makes us healthier.

These actually are keeping us from being healthy, because bacteria actually stimulates our immune system in many ways.

QUATS - Quaternary Ammonium Compounds

- fabric softeners and sheets, most cleaners labeled "antibacterial".

Use vinegar to clean or soften!

Butoxyethanol

- window cleaner and multi-purpose cleaner (it's the smell given to these)
- law does not require it to be listed on the label
- Side effects include: pulmonary edema, severe liver and kidney damage.

Ammonia

- powerful irritant (lung cancer)
- polishing agents
- poisonous gas if mixed with bleach

Use Vodka (!) and toothpaste to clean and shine. Vodka is a great cleaner for vegetables, along with apple cider vinegar.

Chlorine

- toxic (along with fluoride)
- scouring powders, toilet cleaners, TAP WATER
- Thyroid disruptor

Install filters on your taps for drinking.

Lots of medicines and antibiotics are now showing up in tap water.

SPRING WATER is the "gold standard" of drinking water. It's the most nutritious water on the planet. If you can collect it, it's preferable to do so in glass containers. The chemicals in plastics: BPA - another endocrine disruptor. WELL WATER is the 2nd best water for you.

Sodium Hydroxide

- oven cleaners and drain openers
- sore throat for several days

Baking soda and vinegar is the BEST. And combined, they are not corrosive.

Candles are toxic! For fresh scents, use a diffuser with natural oils or essential oils, and they are actually healthy for you.

Some essential oils:

- Lemon - it's soothing, calming
- Orange
- Tea Tree oil - anti-bacterial, anti fungal.
- Oil of Oregano

DON'T buy the cheap knock-off oils

Good cleaners (with no toxins): EXCOS and BORAX.

As with food products: the fewer the ingredients, the better.

Julie gave a hand-out with a list of essential cleaning products, plus recipes for making our own non-toxic cleaning products.



Classifieds

This area is reserved for classified ads to buy or sell by BCOS members. If you have any items for sale you think Ozark Society members might be interested in buying please contact Kalli Bailey at kallikbailey@gmail.com

Slightly used 6 person tent.

Asking \$250.00 or will trade for precious metals, stones, ammo or used guns. Email Tom at attytomthompson@gmail.com.



Two Dagger RPM Kayaks with skirts

\$300 each. Call [318-455-7148](tel:318-455-7148)

10 ft green and sand colored sit on top (fishing kayak). It has been garage kept and comes with paddle, life vest and rod holder. Only been used a couple of times. \$225.00 for all and will deliver. Email Jack at jland1@bellsouth.net.

2 bedroom, 1 ½ bath 2 story with elevator Camp Home on Monterey Lake off Monterey School Road, north Caddo Parish. \$130,000. Max Whatley, 318-455-7233.

Business Members



Gearhead Outfitters

<http://www.gearheadoutfitters.com>



Eat for Sport

<http://eatforsport.com>



Satori Adventures and Expeditions

<https://www.facebook.com/satoriexpeditions>



Hiking the Ozarks

<http://hikingtheozarks.com/>



Sacred Strawberry

<http://sacredstrawberry.com/about/>
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Backpacking Arkansas

<http://www.backpackingarkansas.com>

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See all the Ozark Society Chapter newsletters and the Pack and Paddle newsletter at www.ozarksociety.net.

“Like” us on Facebook!

facebook.com/bavouozark

Visit our website at:

www.bavouozark.com

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