



Peligrum

November
2025



Wild Turkey by Dale Erickson



RiverKidz is a nature club that meets twice a month for the WHOLE family to enjoy. Our meetups consist of guest speakers, field trips, educational activities, service activities, kayaking, and more! If you ever wanted to be involved in helping your environment or you just want to explore the outdoors more, this is the group to join. **For more info, email piaudubonedu@gmail.com**

11/8 - Reptiles

10AM-12PM - Reptiles for all ages

1-3PM - Reptiles for teens

12/13 - Scrub-Jay walk & Hallstrom House

10AM-12PM Tour for all ages

1PM-3PM for teens

1/10/26 - Hike North County Conservation Area

10AM-12PM for the whole family

1PM-3PM for teens

2/14/26 - Air Potato Roundup - Sebastian Stormwater Park

Times to be determined

3/14/26 - Manatees with Elyse from the Manatee Center

10AM-12PM - for the whole family

1PM - 3PM for teens

Tuesday Morning Hikes with Leader Ricky Ray

Various locations – Meeting at 7:00 a.m. at IHOP (westside) 88th Avenue & Route 60 – All level welcome – For more information – call/text: 928-853-9654 – snacks, water, binoculars, and bug spray is recommended. No registration required. Most walks are 3-4 miles.



PIAS nature walk led by Ricky Ray to Three Lakes WMA - Prairie Lakes Unit



Our Mission: To preserve and protect the animals, plants, and natural communities, and the land and water on which they depend in Indian River County through education, advocacy, and public awareness.

Executive Director **Donna Halleran**
 Environmental Educator **Jennifer Satterly**
 Office Manager **Bob Montanaro**

Officers & Directors

Officers

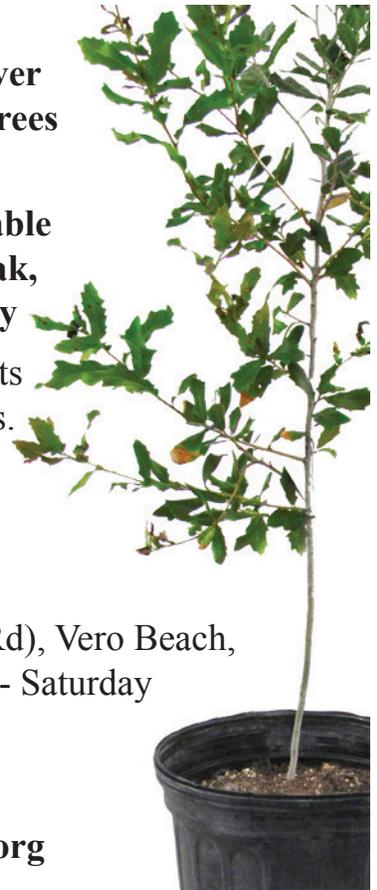
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 1st Vice-Chair **Steve Palmquist**

2nd Vice-Chair **Open**
 Recording Secretary **Lorna Thibeault**
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Ricky Ray '28
Bonnie Swanson '27
 Appointed Board Members:
Justine Carter
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Stop by and browse the native plant nursery - over 33,323 native plants & trees distributed so far!

Free Native Trees Available in 1 gallon pots: Live Oak, Bald Cypress, Mahogany

A selection of native plants are available at low prices.



Audubon House

195 9th Street SE (Oslo Rd), Vero Beach, on Monday - Wednesday - Saturday from 9AM to 11AM

More at

PelicanIslandAudubon.org

FIELD TRIPS

Space is limited. Registration is required. For the schedule & to register visit **PelicanIslandAudubon.org**

MEETINGS

View the full Meeting schedule at PelicanIslandAudubon.org

November 10 – North County Library

History of Ornithology with Paul Gray, Ph.D.

Everglades Science Coordinator

November 17 – Vero Beach Community Center

Gopher Tortoises of the Abacoa Greenway and their impacts on the flora with Jon Moore, Ph.D.

Professor of Biology, Wilkes Honors College, Florida Atlantic University

Pelican Island Audubon Society, Inc. is registered with the Florida Dept. of Agriculture & Consumer Services. A copy of the official registration and financial information may be obtained from the Div. of Consumer Services by calling toll-free within Florida 1-800-435-7352. Registration does not imply endorsement, approval, or recommendation by the State.

Audubon House

195 9th Street SE (Oslo Rd.), Vero Beach
 M - F | 9AM - 1PM

Mailing Address:

P.O. Box 1833, Vero Beach, FL 32961

Phone: 772-567-3520

E-Mail: piaudubon@yahoo.com

Website:

www.PelicanIslandAudubon.org

Kids Need to be Outside *by Donna Halleran, Executive Director*

Time in nature makes kids happier, healthier, and sharper. A Swiss study of 844 children (ages 5–19) found that more “green time” meant fewer mental health problems.

Pelican Island Audubon Society encourages outdoor play and nature journaling—a simple way for kids to slow down, observe, and connect with the world around them. Journaling builds focus, creativity, and appreciation for nature, all while boosting well-being.

The takeaway? More time outside means healthier, more curious kids. The following article was sent to me by a long-time supporter of the Audubon Advocate Program.

Doctor's Orders *by Tina Cerny Pedrotty*

Hanging off the end of the dock is now a wonderful adaptive addition to the Lower Cache Boat Access and for our family, a dream come true. Friday, September 26, marked a very special occasion as our son, Dominic, was the first to push off from the newly fixed accessible kayak dock. To understand the gravity of the moment I'll have to go back few years and explain.



Dominic was an extremely active young man who enjoyed music, sports, but most of all cherished his time spent in nature. He grew up in a military family traveling the world to include many

summers here in Southern Illinois visiting grandparents on the farm. While an engineering student at Virginia Tech, he was called back to this area to attend the funeral of his grandfather, my dad, Richard Cerny. Unfortunately, while driving, he lost consciousness due to a brain aneurysm, and collided head on with an oncoming semi-truck. His sister was his passenger and was killed instantly, but miraculously Dominic survived.

In our quest to help Dominic's rehabilitation, we were blessed with some of the country's best medical and neurological professionals. A valued member of his medical team, Johns Hopkins neuropsychiatrist, Dr. Koliatsos, gave us the best advice we could hope for early in Dominic's recovery process. "Do you have access to nature? To repair your son's brain, he needs to be immersed in the out of doors." Of all the fancy medical breakthroughs — technologies and medications — how could Dr. K prescribe something so simple and so near to Dominic's heart? When we reported that Southern Illinois offers over 30,000 acres of preserved wilderness to include wonderful kayaking opportunities, Dr. K lamented that the Cache was not an option for all his patients.

A quick Google search will answer any question one might have regarding the vast benefits nature can provide to us. Whether our brains are newly forming, repairing, or aging, kayaking appears to be an appropriate prescription. Many two-dimensional activities, including screen time, develop our central focus almost to the exclusion of our peripherals. Dr. K understood that Dominic would best stimulate his entire brain and multiple senses in a calming yet rich environment.

As an example, he would learn to turn his head instinctually again as he heard the many bird sounds. In the early days of recovery, he was still wheelchair bound thus the cardiovascular workout kayaking offered Dominic was a Godsend. Oxygen-rich blood flow to the brain is important to each of us, but vital to those who have experienced a traumatic brain injury. In anticipation of what the twists and bends in the Cache River will present, Dominic's senses are stimulated, as memory recovery and cognition is enhanced. Dominic's right hand is ataxic so the rhythmic paddling on the water helps build strength and develops coordination once again. It has been established scientifically that interactions with nature increase our dopamine, serotonin, and endorphin levels. As you can image these mood stabilizing hormones continue to provide the fuel our son needs to keep fighting for a full recovery keeping depression and anxiety at bay.

Opportunities on the Cache offer all these wonderful advantages, but perhaps best of all is the confidence it has built in Dominic as he now leads others through the waterways — and unbeknownst to them — down a path of extended brain health. The social benefit of his trips with family and friends cannot be underestimated. It's a surprise how something so simple, so inexpensive, could pay such high dividends.

You can now understand what the addition of an adaptive kayak launch really means, not just to Dominic, but to all those who seek the good medicine the Cache provides. We are forever indebted to those who made the assurance for the safe loading and egressing from a kayak possible - IDNR Disability Outdoor Opportunities Program, and the Illinois Conservation Foundation but most of all to Dominic's buddy, Jack Nawrot, and to the Friends of the Cache, those who recognized and continue to maintain this ecological jewel.



My Hoot

Songs Of Nature Inspire



Music inspires and improves our mood, motivation for creative work, and sense of connectivity, empathy, and energy. My mother, a church organist and choir director, introduced me to music around the age of 6, where I began taking piano lessons and playing the cornet in high school. I also developed a love for Beethoven, as well as the 1960s folk musicians who voiced their concerns for our planet and its inhabitants. I even took bagpipe lessons after loving Scottish music, part of my heritage.

One of my first favorite songs about trees and nature was sung by **Louis Armstrong**, *What A Wonderful World*. His first words are “I see trees of green, Red roses too. I see them bloom for me and you. And I think to myself, What a wonderful world... I see skies of blue and clouds of white...”

Then came *Somethin' Wrong is Goin' On* written and sung by **Bob Rafkin** in 2001:

“The wind blew in this mornin’, across a barren sky. I’m waiting for the rain to fall, the well is almost dry. We can’t hold on much longer, the crops have all but died. Somethin’ wrong is goin’ on, from the earth up to the sky.

A desperate friend just called me, from a thousand miles away. He said the rain keeps fallin’ down, and his house was swept away. The clouds just keep a pourin’, the river’s on the rise. Somethin’ wrong is goin’ on, from the earth up to the sky.

The Amazon is dying, there’s a big hole in the sky. Oil in the ocean, and we sit and wonder why. The answer ain’t in heaven, we hold it deep inside. Somethin’ wrong is goin’ on, from the earth up to the sky.

I read the mornin’ paper, an earthquake hit LA Famine down in Africa, hurricane in the bay. And still we look to heaven, instead of deep inside. Somethin’ wrong is goin’ on from the earth up to the sky.”

One of my favorite nature and tree songs was written and sung by award-winning singer-songwriter, entertainer, and environmentalist **Okefenokee Joe** (Richard “Dick” Flood). I met him singing at the Florida Folk Festival at the Stephen Foster State Park in White Springs. He sadly passed away in 2023 at 90 years (<https://gon.com/hunting/okefenokee-joe-swampwise-legacy>). Here are a few of his great writings and songs about trees and nature:

***It’s Only A Tree:** “It’s only a tree. Just one more tree. Who cares if it lives or it dies? It’s only a tree. What’s one less tree? Who’d miss it? You’d be surprised. The graceful white tailed deer nibbles on the leaves of the purple flower growing in the shade. Take away the tree, the flower grows no more. The deer must find another place to graze. Tiny insects dwell in the shelter of its bark, grateful songbirds flock each day to feed. Take away the tree, they’re shelter will be gone. The insects and the birds will have to leave. It may just be a tree, but it amazes me how much would be missing if that tree should cease to be. The otter eats the fish that ate the dancing fly, born in the cocoon up in that tree. Its leaves will shade the ferns. Its seeds will feed the mouse. Its branches reach out to all those in need. A spider spins its web. A squirrel can build his nest. There’s nothing that a tree will not befriend. How can Mother Earth its roots protect her soil from torrential rains and raging winds. It may be just a tree, but it amazes me how important to all life on earth one single tree can be. From the earth and from the sun, it takes just what it needs, and it shares with all its neighbors willingly. It gives us medicine, shelter, food, and tools, and every book we read was once a tree. Life is intertwined, and somewhere down the line, somehow, we’re all connected to that tree. Otters, fish, and deer, spiders, ferns, and squirrels, flowers, birds, and even you and me. It may be just a tree, but it amazes me how it can serve for life on earth with such diversity. It adds beauty to the earth, cleanses air for all to breathe, asks nothing in return from those it shelters in its leaves. Its golden leaves can reach the soil with fertile energy, and all of God’s creation depends upon the tree. It’s only a tree, just one more tree. Who cares if it lives or dies? It’s*





only a tree. What's one less tree? Who'd miss it. God would, and so would I."

Another favorite: **"If you don't need it, leave it."** Where he sings about every single day in the life of a tree:

"Every single day in the life of a tree, it will take from the earth and the sun what it needs; nothing more will it ask for. That's its philosophy. What a lesson we could learn from a tree. If you don't need it, leave it. Don't be greedy, leave it. That's the golden rule in nature's plan for all living things, including man...Every wild creature in the swamp out here, from the tiniest ant to the biggest black bear, is born to need nature's greed. Without a thought of greed, it will take only what it needs. ... It's just good common sense not to waste whatever we take, we should replace...All living things have a job to do that includes me that includes you. The job of man is keeper of the land. We got to understand and do the best job that we can."

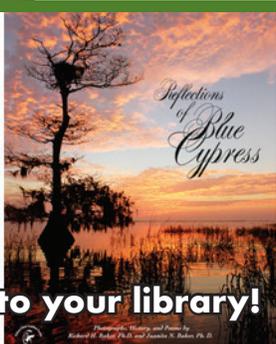
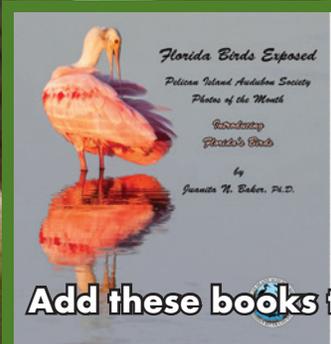
Pete Seeger pointed this out with ***This Land Is Your Land***. Like it or not, we humans have become the ***Keepers of the Earth and Shepherds of the Land***, which is also a great Okefenokee Joe song that points out that throughout our world, humankind must understand we are responsible for keeping our Earth healthy and clean. Look at what we have done, how we have grown, our progress is moving forward, yet we did not create our earth, but we now have total responsibility to protect and save it. Unfortunately, we are still unable to stop killing each other in wars and shootings (***Where Have All the Flowers Gone*** by **Peter, Paul and Mary**).

A final message for us all, Okefenokee Joe's song:

That's Where I Fit In: *"He sings the importance of some of the following and how they influence our earth: "I am a drop of rain. Life on Earth depends on me. All living things are made of me; that's where I fit in. I am the changing moon; life on Earth depends on me. The cycle of life centers on me... I am the blazing Sun. Life on Earth depends on me. I am the source of energy...I am the atmosphere. Life on Earth depends on me. I provide air to breathe... I am a mere earthworm. Life on Earth depends on me. I enrich the soil you see... I am the blade of grass. Life on Earth depends on me. Many other creatures that I feed... Each of us must pull our share. For all living things are connected, you see, the plants, the animals, you and me. I am a total tree; life on earth depends on me. Many are those I shelter and feed... I am a timid mouse; life on earth depends on me. I feed on the plants and their seeds...I am a working Ant for life on earth depends on me. I clean up the mess others leave... I am a long black snake...I feed on others, they feed on me... I am a red-tailed hawk; life on earth depends on me. I pray on all those smaller than me... I am a simple man; life on earth depends on me. I am the keeper of the land, you see... Everything fits in somewhere; each of us must pull our share, for all living things are connected, you see, the plants and animals, you and me. I am the mighty sea. Life on Earth depends on me. I am only the fish you see... I am a tiny mosquito. Life on Earth depends on me. I am the food for the fish you see, that's why life on Earth depends on me. All living things are made of me. I am the keeper of the land."*

He also has great songs about eagles, gators, and black bears. There are many songs about nature and what we need to do to protect it.

NPR radio quotation 10/11/25: "Take time for yourself, go out and touch a tree."



Add these books to your library!

**Reflections of Blue Cypress:
Photographs, History, and
Poems of the Headwater Lake of
the St. Johns River by Richard
H. Baker & Juanita N. Baker
with a Forward by George
Schaller. [124 pages]
\$25 - Price includes tax**

**Florida Birds Exposed: Pelican
Island Audubon Society Photos
of the Month Introducing
Florida's Birds
by Juanita N. Baker
\$32 - Price includes tax.**

Purchase online at PelicanIslandAudubon.org or at Audubon House, 195 9th St. SE (Oslo Rd), Vero Beach

Nature Adventures

by Jennifer Satterly

Environmental Educator

turtle shells, alligator scutes, and more. The students also got hands-on experience, with a face to face meet and greet with Noodle the corn snake. It is an amazing process to watch kids get over their fears and hold a snake they never thought they would even touch.

Our next week consisted of a field trip to the Hallstrom Farmstead Conservation Area where we explored native plants and habitats along with the threats they are facing. The students got a chance to take the cameras out with them on the trail to document all of nature's beauty. It is always a wonderful thing to see these kids out in the field seeing, touching, tasting, smelling, and photographing which reinforces all of the lessons and vocabulary words that we are learning in the classroom.



The following week we had Heather Stapleton from Indian River Lagoon National Estuary Program (IRLNEP) teaching us all about the Indian River Lagoon, the impact we as humans have on it, and how we can help. We discussed what is ailing the Lagoon and some of the projects going on in the Lagoon right now and how they are helping. Heather brought this lesson to life with her hands-on game, Lagoon Pong, a creative twist on pong with an educational mission. She had a plastic bin that was decorated like the lagoon with some solo cups placed inside representing different projects that help prevent or remove pollution while the kids had ping pong balls labeled with different pollutants like dog poop, fertilizer, oil, etc. The goal was to get the pollutants into the cups and not straight into the lagoon but the kids quickly learned that it wasn't as easy as it looked. As we increased the number of cups (projects), it got easier to get the ping pong balls into the cups and not into the lagoon. Lagoon Pong didn't just teach the Advocates about threats, it showed them the power of solutions.



Our latest class was bloodsuckers where the students learned all about mosquitoes led by FMEL's Dr. Nathan Burkett-Cadena. We explored their life cycle, the types of diseases/illnesses they can transfer to humans, their importance to the environment, that it is only females that bite for egg production, that the larvae live in water, and more. We were able to get hands-on experience of going out into the field to collect mosquito larvae out of bromeliads and then bringing them back to the classroom to look at them under the microscopes. It is always so fun to hear the squeals of excitement from the students when they see the larvae up close.



The homeschoolers are also having a blast, continuing their learning all about the ocean with hands-on experiential field trips to Pepper Park Beach and the Sebastian Inlet where they got a chance to see everything in person. We learned about the animals that rely on this habitat, the plants that are needed, and the water that they all live in and around.

It is never a dull moment in the classroom with Miss Jen. These students are all getting a chance to make connections with the natural world that will forever be engraved in their hearts.

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WINE RAFFLE



November 11, 2025 at

Portside Pub & Grille

717 Coolidge St, Sebastian

Six Cases of Wine To Be Ruffled

Six Chances To Win!

You do not have to be present to win.

Raffle Tickets: \$10 each

Call 772-567-3520 for ticket information.

Enjoy discounted prices on select

menu items on November 11, 2025

All proceeds benefit Pelican Island Audubon Society.





Those Unusual Pumpkins by Linda Chancellor

It is almost Thanksgiving! Should you dispose of those unusual pumpkins you bought for fall décor before you start putting up holiday decorations? Do you remember when you walked into the store, in September, and saw the crates filled with large pumpkins of different sizes and shapes? There were blue-grey ones, bright red-orange ones and some with warty skins. They were definitely unusual and maybe you thought of how you could use them for ornamental fall displays. I know I did. These pumpkins are not new varieties but are heirloom pumpkins. Seeds from heirloom pumpkins have been passed down from generation to generation because they produce fruit that is identical to the parents.

These are a few of the heirloom types.

- **Rouge Vif D’Etampes** is a bright red-orange. It is a historic French pumpkin that was introduced to the U. S. by W. Atlee Burpee Seeds in 1883.
- **Musquee de Provence** is a dull orange pumpkin with defined ribs and is popular in Southern France. Some believe the original seeds were brought back from the New World by the Spaniards. It was introduced to the U.S. by Vaughan’s Seed Store in Chicago in 1895.
- **Marina Di Chioggia** has warty grayish-blue skin and was developed in Italy around the 1600s and is still used in cooking today.
- **Jarrahdale** is a true blue-gray and was bred in Australia between the early and mid 20th century.
- **Lumina, Ghost and Baby Boo** are white pumpkins that were created, in the U.S., through selective breeding in the 1980s and 1990s. Initially the public was not interested but today they have become very popular and are even used in fall wedding arrangements.
- **Seminole pumpkins** have been grown by several tribes in Florida because of their ability to grow in hot weather. They would plant the seeds at the base of a dead tree, let the vines climb and then the pumpkins would hang from the branches. The Miccosukee word for hanging pumpkins was “Chassa howitska.” So before disposing of those unusual pumpkins you might try cooking them.

FYI – UF/IFAS recommends Seminole Pumpkins as the most reliable pumpkin that is suited to our climate. The vines need lots of room to spread if grown on the ground. In *The Naples Daily News*, Jan. 21, 1987 Patrick D. Smith, author of *A Land Remembered* said, “This is absolutely the very best pumpkin that we have ever eaten!”

Photo by Linda Chancellor.



Juanita & Richard Baker and Donna Halleran



Congratulations!

Bay County Audubon Society
 Citrus County Audubon Society
 Duval Audubon Society
 Four Rivers Audubon Society
 Hernando Audubon Society
 Manatee County Audubon Society
 Pelican Island Audubon Society
 Santa Fe Audubon Society
 Southeast Volusia Audubon Society
 Seminole Audubon Society
 South FL Audubon Society
 Audubon of the Western Everglades

The annual Audubon Florida Assembly was held in Howey-in-the-Hills, a charming Central Florida town. Dr. Richard Baker and I attended as representatives of the Pelican Island Audubon Society, one of 44 chapters across Florida with a combined membership of 40,000. Each chapter operates independently but shares a unified commitment to conservation and environmental advocacy—giving our collective voice a strong influence statewide.

One of the breakout session’s themes, “*What’s the best way to help birds in your neighborhood?*” highlighted the importance of using native plants—a practice we’ve long championed. Pelican Island Audubon is proud to be recognized as one of Indian River County’s few nurseries dedicated exclusively to native plants and trees.

A highlight of the Assembly was Audubon Florida’s **Conservation Leadership Initiative (CLI)**, an immersive program connecting undergraduate students with chapter leaders for mentorship and hands-on conservation experience. Each fall, 25 students from across Florida are selected to explore topics such as habitat restoration, advocacy, and nonprofit leadership.

Meeting these inspiring students is always a memorable part of the event. We encourage our members to attend next year’s Assembly to learn about statewide efforts—and if you know a college student passionate about the environment, please share their name with us!



Adopt an Advocate! Please help support our 14-week outdoor science, after-school Audubon Advocates program, which focuses each year on 5th graders from four underserved elementary schools.

Goal: Improve science vocabulary, mental health, and opportunities for under-represented minorities and girls to be comfortable outdoors and become Environmental Advocates for Indian River County.

Focus: Introduce students to outdoor, hands-on Lagoon science, help them understand the interconnectedness of life and the value of all native species, and help them be good stewards of the environment.

The environmental educator takes students outdoors into nature to kayak, photograph, sketch, meet a variety of scientists in the field, familiarize themselves with scientific methods, collect specimens, document their

experiences, and educate others at school and their parents, family, and friends. While learning “leave no trace & earth manners.”

Results: Educated, healthier, empowered students; new aspirations and possibilities for underrepresented students; and, over time, a healthier Lagoon.

It will be transformative for the students, their parents, our community, and our environment—and for you as a sponsor!

Please Adopt an Advocate: Do Something Extraordinary! \$500 Supports One 5th Grader per term, or consider giving what you can.

Help fund one or more students to attend our 14-week after-school program at Audubon House. Thank you!

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Email _____

My check is enclosed. Make check payable to Pelican Island Audubon Society, or donate online at PelicanIslandAudubon.org

1 Student \$500 any amount

(Please check) if you would like an update on your sponsored student.



Pelican Island Audubon Society is looking for Volunteers to help in the following areas:

- **Native Gardens – Help watering plants and/or selling plants**
- **Bird Walks – Lead walks - Kayak Tours – Lead tours**
- **Outreach – Help with events such as Festivals, Landscape Conference, help with movie nights, greeting people at monthly meetings**
- **Teaching a course of interest**
- **Grant writing**

If you have any questions or the time to help with any of the above, please contact Lorna Thibeault at piasvolunteer@gmail.com or (203) 687-7156.

Go Green!

Members may sign up to have the Peligram emailed to them. Saves postage and paper. Email piaudubon@yahoo.com with your name & email address with “Peligram” in the subject line.



Pelican Island Audubon Society Membership Form

Enclosed is my:

NAME _____ \$ _____ \$30 for annual membership

ADDRESS _____ \$ _____ \$35 for family membership

CITY, STATE ZIP _____ \$ _____ \$100 Scrub-Jay sustaining membership

E-MAIL _____ \$ _____ \$200 Osprey sustaining membership

_____ \$ _____ contribution

_____ \$ _____ TOTAL

Please mail this completed form with a check made out to:
 Pelican Island Audubon Society
 P.O. Box 1833
 Vero Beach, FL 32961

Or join online using a credit card at www.PelicanIslandAudubon.org