

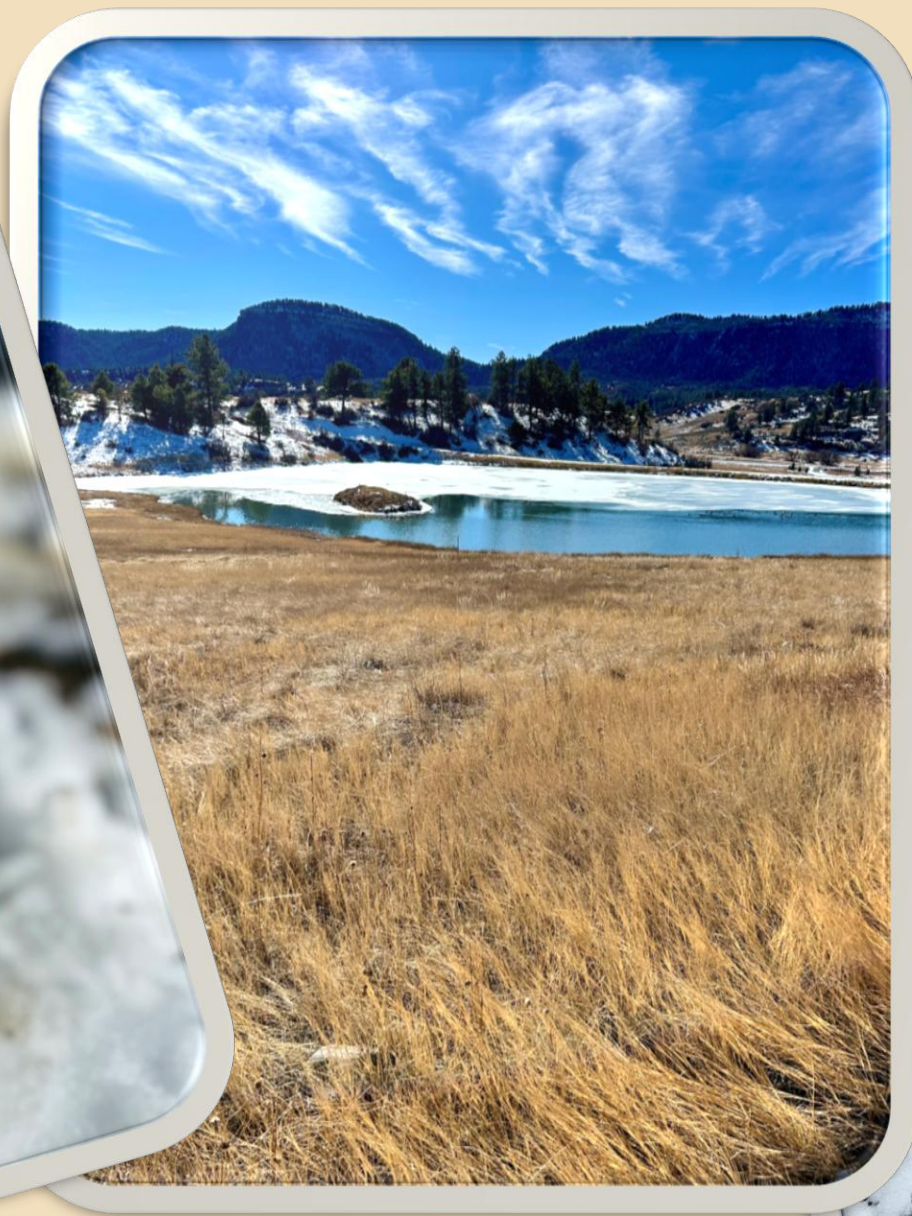


FEBRUARY NEWSLETTER, 2025

Our quarterly community newsletter, highlighting all the wonderful things about Crowley Ranch Reserve!



WISHING EVERYONE A VERY HAPPY VALENTINE'S DAY!

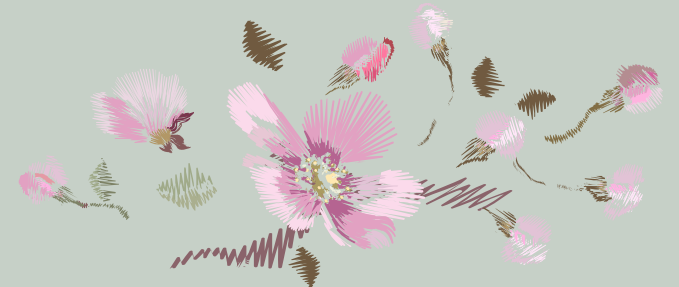
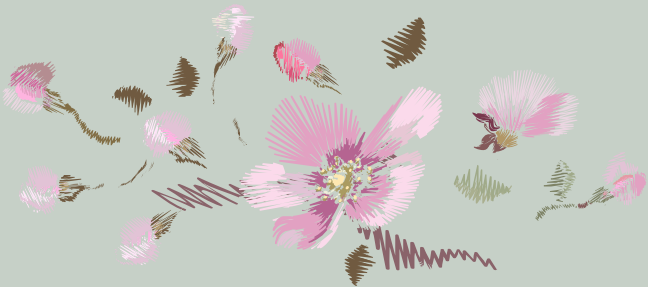


COLORADO LYNX ON C.R.R. – TRUE OR FALSE?



Which one is FALSE?

- Lynx are currently listed as endangered in Colorado and federally listed as threatened.
- Lynx weigh 50 to 80 pounds.
- The lynx is found in dense subalpine forest and willow-choked corridors along mountain streams and avalanche chutes, the home of its favored prey species: the snowshoe hare.
- Lynx breed in late winter, and after a gestation period of about nine weeks, females produce a litter of about four kittens in April or May.





- Trapping, poisoning, and loss of habitat contributed to the decline of the lynx and its disappearance from our state. However, in the 1990s, CPW began a seven-year effort to reintroduce these amazing Canadian & Alaskan animals back into the San Juan Mountains.
- After the initial 1999 release, four Canada lynx died due to starvation. The next group of wild-caught lynx were held in captivity for a much longer period and released later in the year when more natural food was available. Post-release survival rates improved dramatically. Over the first 10 years of reintroductions and monitoring, lynx that remained in the core release area had somewhat higher annual survival than those leaving the core area.
- Observations of Canada lynx reproduction in Colorado has thus far demonstrated a pattern of several years of higher reproductive success followed by several years of lower reproductive followed by an apparent return to better years. *Variation in prey abundance is one potential explanation for this pattern...*
- The U.S. Fish and Wildlife Service listed the lynx as threatened in 2000, but declined last February to designate critical habitat for it in Colorado. Now, the cat's primary protection in the Southern Rockies is a new Forest Service plan designed to promote lynx recovery and soften, though not eliminate, the impacts of activities like logging, mineral development and recreation on 7.5 million acres of habitat.



I signed up for a zoom workout
that was too advanced for me,
so when the instructor said to
"do a plank, and then bring your
knee to the opposite elbow," I
did a modified version, where
I turned off my computer, and
made pancakes



Various surveys rank **Colorado** as the #1 state for physical activity & fitness, approx. 83% of it's population exercises... *That's inspiring!!!!*

1. Aerobic fitness: 12-minute run or 1-mile walk
2. Upper-body strength: Push-ups
3. Core muscular endurance: Side plank
4. Mobility and stability: No hands get-up

<https://www.wsj.com/health/wellness/fitness-age-cardio-strength-balance-c5a7c1ad>

TEST YOUR AGE
FITNESS!

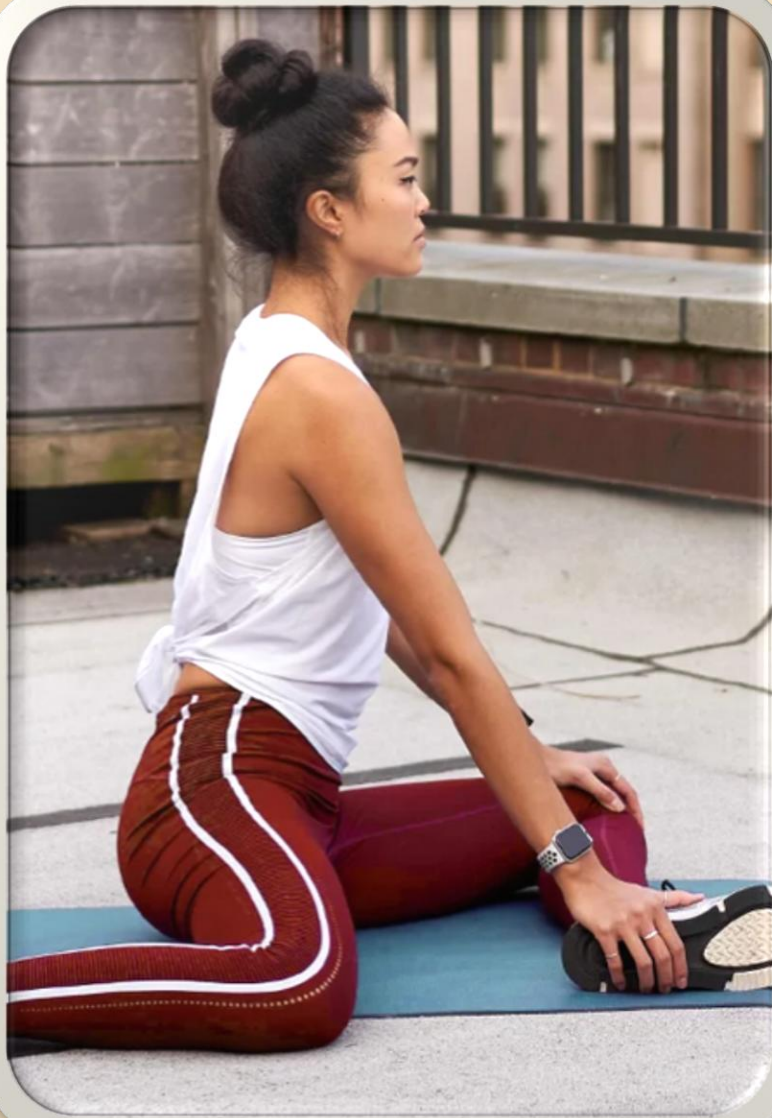


ROWING

Rowing burns serious calories without putting added stress on your joints. It allows you to control the movement and pace and is a great exercise for active recovery.

It's also sometimes recommended as an exercise option for people with early stages of osteoarthritis.





THE 90/90 STRETCH

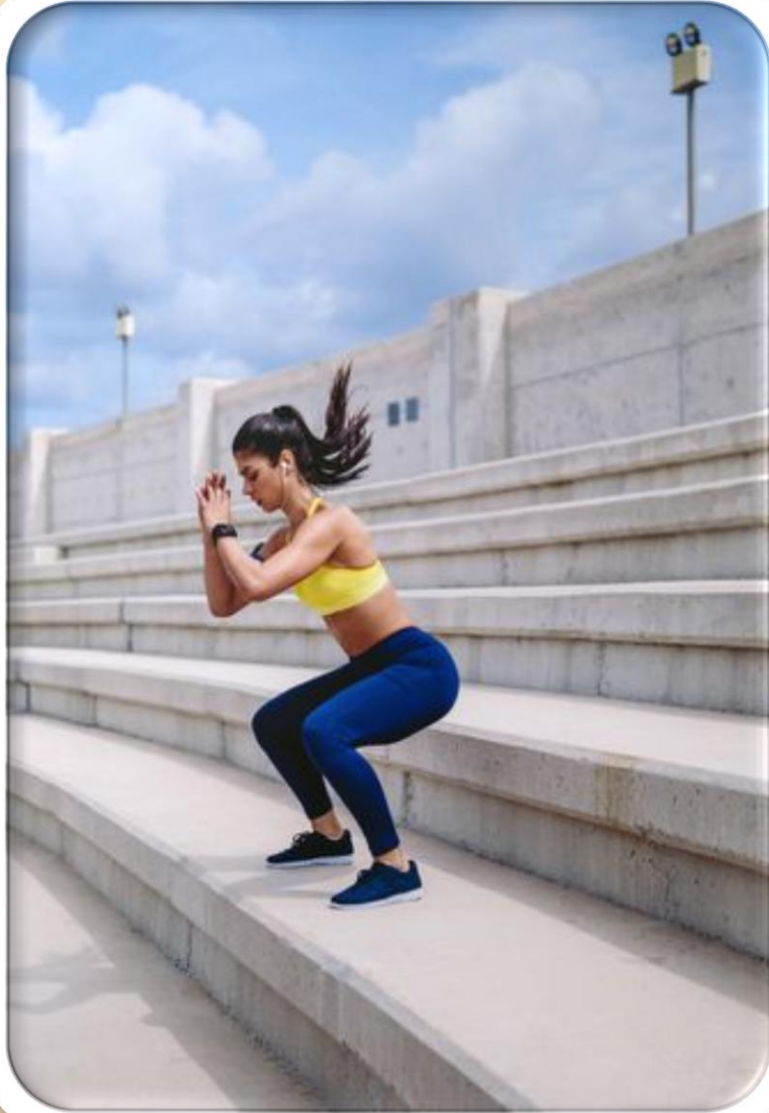
If you're on the computer a lot, this stretch can help improve mobility in your hips, and mobility is key for reducing pain and improving function.



JUMP ROPE

Jump roping has been shown to improve balance and coordination, offer a diversified workout routine, and is considered a full body workout.

Did you know that jumping rope also helps develop the left and right hemispheres of your brain? Jump rope increases spatial awareness and improves your memory, making you more mentally alert... fascinating right?!



SQUAT JUMPS

Squat jumps are great for home workouts since they can be done in a small space without equipment.

You can use them to add high-intensity intervals to your cardio workouts and... they're good for downhill mogul runs 😊.



THREAD THE NEEDLE EXERCISE

If your upper body feels tight after a looong day in meetings or an epic game of table tennis, this yoga pose can be just the thing to help melt that tension.



BICEP CURLS

Curls work the bicep muscles at the front of the upper arm and the muscles of the lower arm. They can also improve grip strength and contribute to overall upper body strength and stability when performed with proper form.

AND you use these muscles anytime you pick something up.

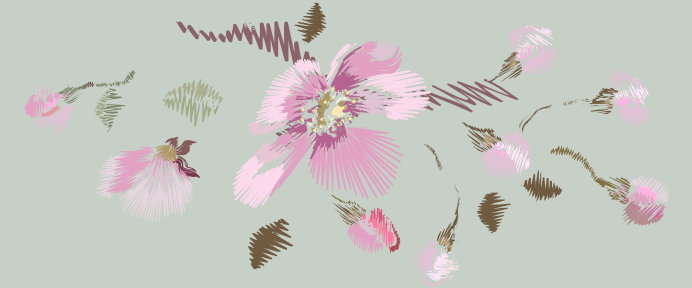
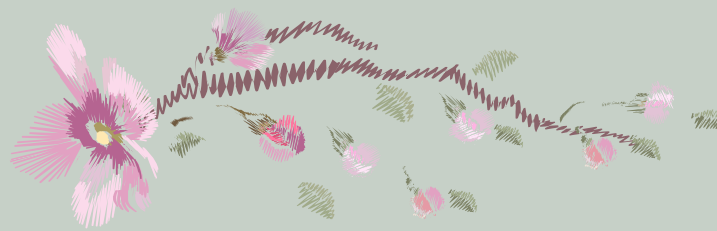
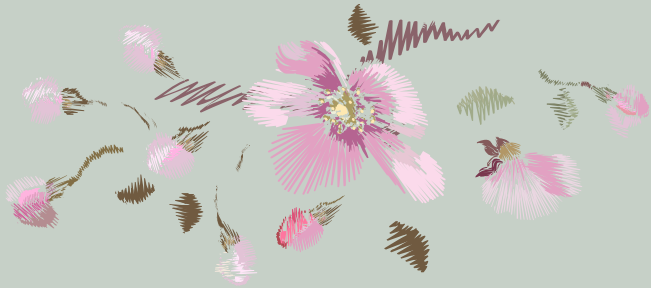


HIP EXTENSION

Hip extension exercises target the glutes, the muscles that make up your buttocks. This huge muscle group provides power, strength, and stability.



IS THIS
YOUR CAR?

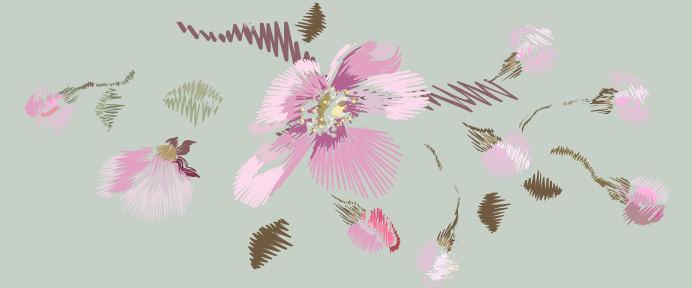
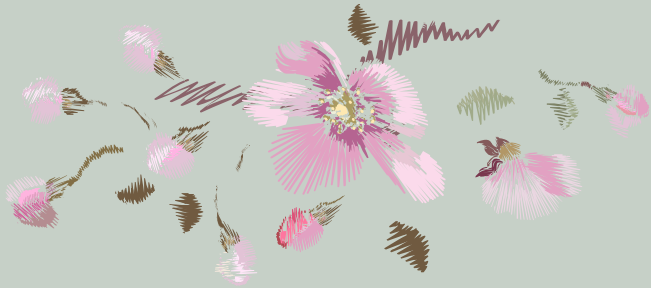


MOST POPULAR VEHICLES SOLD BY STATE:

1. Alabama - Ford F-150
2. Alaska - Subaru Outback
3. Arizona - Toyota Tacoma
4. Arkansas - GMC Sierra 1500
5. California - Honda Civic

6. Colorado - Subaru Forester – This vehicle is popular here due to its ability to handle the state's rugged terrain and snowy winters. With standard all-wheel drive and excellent ground clearance, the Forester can navigate steep inclines and slick roads with ease.

The Forester's fuel efficiency and low emissions also make it a popular choice among eco-conscious drivers in the state.



7. Connecticut - Toyota RAV4

8. Delaware - Ford Explorer

9. Florida - Toyota Corolla

10. Georgia - Chevrolet Silverado 1500

11. Hawaii - Toyota Tacoma

12. Idaho - Ford F-150

13. Illinois - Honda Civic

14. Indiana - Chevrolet Silverado 1500

15. Iowa - Ford F-150

16. Kansas - Chevrolet Silverado 1500

17. Kentucky - Ford F-150

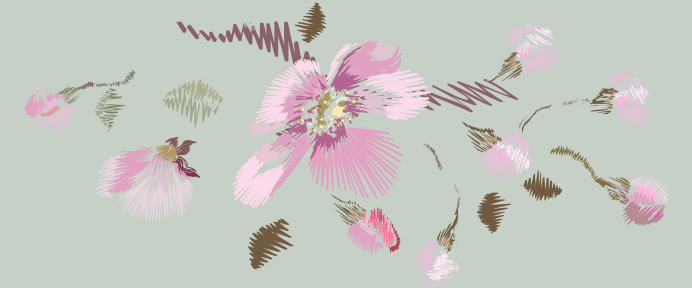
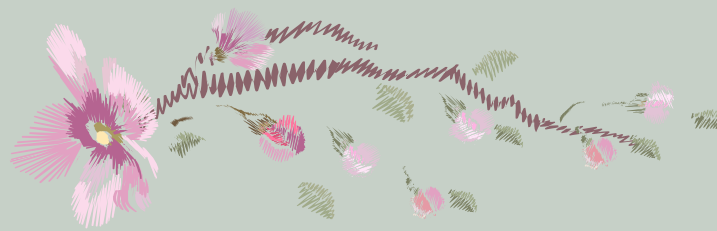
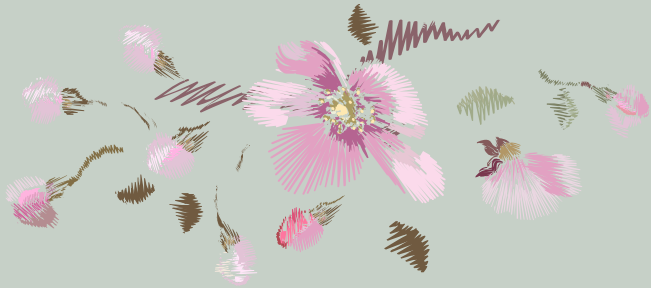
18. Louisiana - Ford F-150

19. Maine - Subaru Outback

20. Maryland - Toyota RAV4

21. Massachusetts - Honda CR-V

22. Michigan - Ford F-150



23. Minnesota - Chevrolet Silverado 1500

24. Mississippi - Chevrolet Silverado 1500

25. Missouri - Ford F-150

26. Montana - Ford F-150

27. Nebraska - Ford F-150

28. Nevada - Toyota RAV4

29. New Hampshire - Subaru Outback

30. New Jersey - Honda CR-V

31. New Mexico - Ford F-150

32. New York - Honda CR-V

33. North Carolina - Toyota RAV4

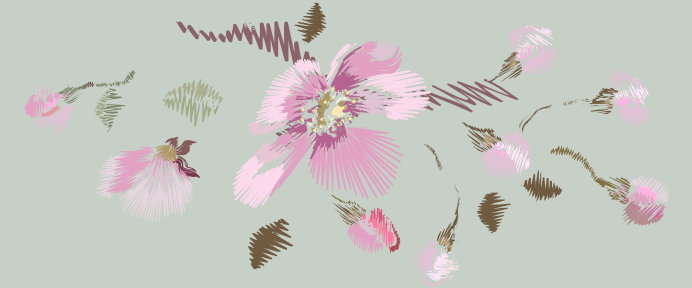
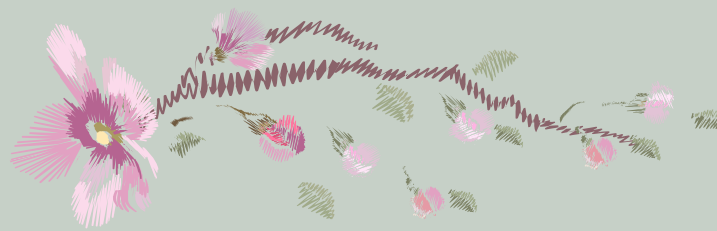
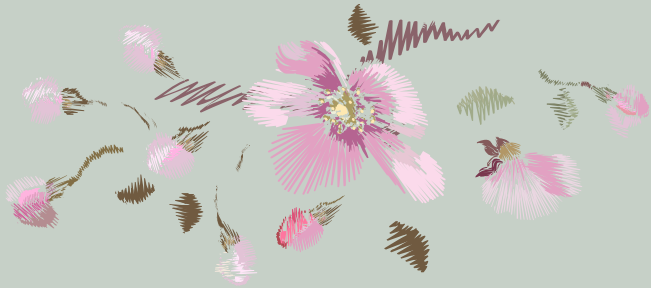
34. North Dakota - Chevrolet Silverado 1500

35. Ohio - Honda Civic

36. Oklahoma - Ford F-150

37. Oregon - Toyota RAV4

38. Pennsylvania - Honda CR-V



39. Rhode Island - Honda Civic

40. South Carolina - Ford F-150

41. South Dakota - Ford F-150

42. Tennessee - Chevrolet Silverado
1500

43. Texas - Ford F-150

44. Utah - Ford F-150

45. Vermont - Subaru Outback

46. Virginia - Toyota RAV4

47. Washington - Subaru Outback

48. West Virginia - Ford F-150

49. Wisconsin - Chevrolet Silverado 1500

50. Wyoming - Ford F-150

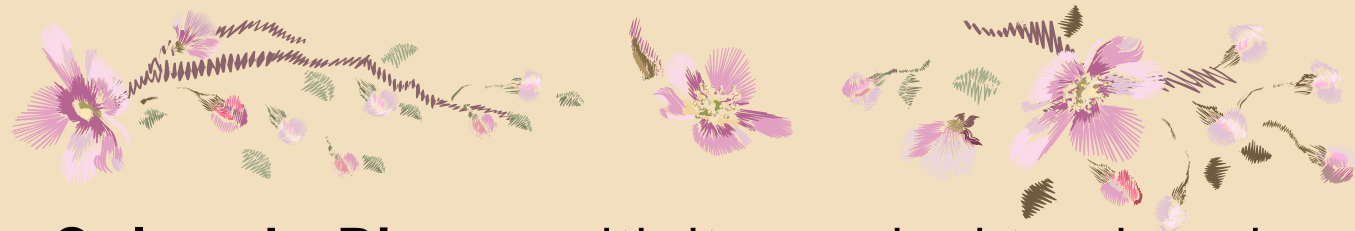
<https://www.jdpower.com/cars/shopping-guides/most-popular-vehicles-sold-by-state>



COLORADO PINYON PINES

How many have you seen while hiking Crowley
Ranch Reserve?





The **Colorado Pinyon** with its crooked trunk and red-brown bark, is found in dry, rocky places at elevations of 5,000-8,000 ft.

Typically growing where yearly precipitation is only 10-20 inches per year, they depend on their enormous root system to harvest enough water to survive. This root system is at least as large as the above-ground part of the tree. Tap roots stretch down 40 or more feet into the soil, while lateral roots stretch as far horizontally. This is the reason you don't see Colorado Pinyon clumped together very often because they must spread out to accommodate the root system requirements.

This pine also has a very slow growth rate: *a 10-foot-tall tree could be 80-100 years old!!*



Pinyon pines are dependent on Pinyon Jays and Clark's Nutcrackers for their survival. These birds are equipped with a crowbar-shaped bill and throat storage pouches so that they can harvest, transport and cache large quantities of pine nuts.

To ensure survival through the most difficult winters, a single bird will need to cache up to 30,000 nuts. Seeds from the caches that are not eaten during the following winter, will germinate and sprout another generation of Colorado Pinyons.





FOOD WHIMSY

david_stark_design





VISUAL PRESENTATION







EAT WITH YOUR EYES







VIRTUAL
FENCING...

AN
INNOVATIVE
SOLUTION!





DID YOU KNOW?

- The benefits of Virtual Fencing can positively impact the migration corridors of critical wildlife species.
- “Countless miles of twisted wiry fences crisscross the American West like strands of spider webs, which equates to a conservative estimate of 600,000+ miles of fencing that could circle the Earth’s equator 24 times. That number is without counting property fencing in cities and suburbs.
- A landmark 2005-06 fence study conducted in Utah and Colorado by Utah State University found that for every 2.5 miles along 1,200 miles of barbed wire fencing, at least one ungulate died per year. This equated to one dead pronghorn per year per 5.6 miles of fence; one dead mule deer every year per 17.8 miles of fence, and one dead elk per year for every 10.3 miles of fence.”
- <https://bozemanmagazine.com/articles/2023/05/01/117217-barbed-wires-impact-on-the-history-of-the-west>



DID YOU KNOW?

- As one of the first ranchers in Archuleta County to test new Virtual Fencing technology, our neighbors the Bramwell's, have found that what works for one type of operation and terrain will not necessarily work for another. (Consider the difference between cattle grazing on open, flat pastures vs. in mountainous timber hillsides).
- The Vence Virtual Fence system relies on three components: the collar, base station, and software or management.
- Collars track animal locations and enforce boundaries, while the base station connects collars to a software platform that allows ranchers to create and adjust virtual paddocks remotely.
- As an example, by using a virtual system, ranchers can improve grazing management. I.E., reduce the time cattle spend in and near streams, which can improve water quality.



DID YOU KNOW?

- Because the base station towers themselves differ; the Bramwell's experience is that the range and maintenance are of a better quality with a company called Vence. In addition, they have found that the Vence style of collar is less obtrusive & more durable, with the batteries lasting 8 months.
- Since Colorado is a "Fence Out" state, if neighbors do not keep their fences up as required by law, the virtual system will keep the cattle where they need to be. It likewise allows ranchers to see on the computer screen where each animal is within the last hour.
- The ability to fence out harmful and deadly plants such as Larkspur is similarly important. Ranchers can *virtually* fence these areas out until the plant has bloomed and dried up, making it less of a temptation for the cattle.
- Another benefit is the virtual fencing allows the rancher to do heat maps on the grazing fields which they use to determine the amount of carbon the cows are sequestering yearly. (Digesting cellulose, Grazing, Rotational grazing, Soil microbiome).



STRATEGIES FOR GROWTH

“As with all technology there are flaws and breakdowns in the system, but because this is new technology, like cell phones, it will continue to improve.

Virtual Fencing is a very expensive tool to have in the rancher's toolbox, but it has its benefits. Keeping in mind these are animals wearing the collars, so nothing is going to be the complete fix... Another good reason why animal husbandry will be the overall caretaker.”

One thing that can be said today is the Bramwell's now spend more time looking **at** the cattle instead of looking **for** them!

Win/Win!!



THANKS TO ALL
THE VOLUNTEERS!!

LAST O.S.C. PROJECT
FOR 2024!!



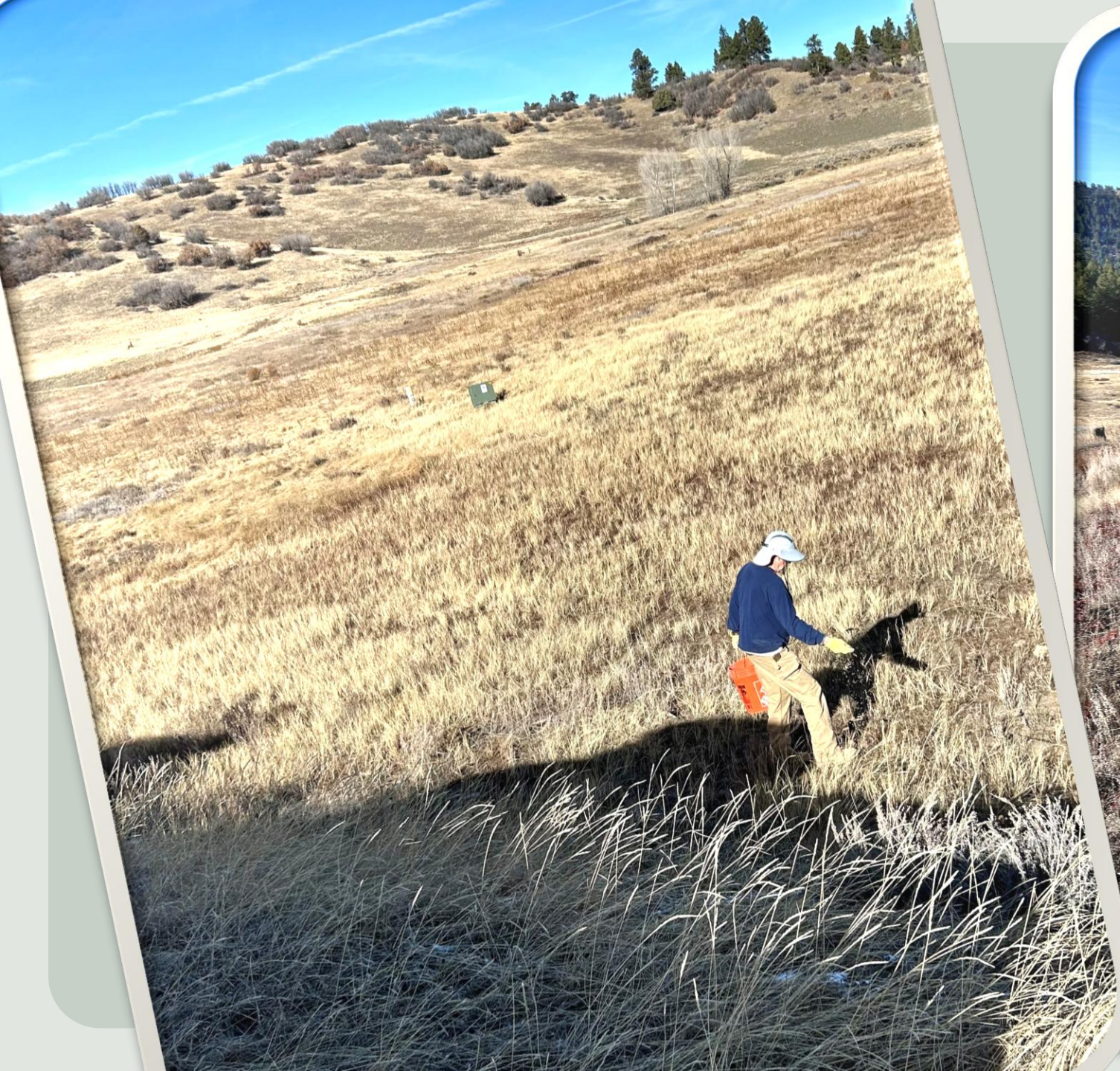
FUTURE INITIATIVES

1. Unmanaged, invasives can spread by an average of 20% per year, so moving that needle in the opposite direction is a good benchmark.
2. **Once removed, the noxious weed areas must be seeded with native vegetation, otherwise the weeds will move back into these empty spaces.**
3. While managing invasives, 3-5 years is when you can really start to see the pay off, it's a long game.
4. Some years there is more moisture and more of the seedbank is activated. It may appear that you took a backwards slide...however, when managing invasives, you are managing the seed bank, just as much as you are managing the above ground population.
5. In 5 years, the goal is to see a healthy stand of native or desirable vegetation with a few weeds poking up that you need to go pull.





NATIVE GRASSES AND WILDFLOWER SEEDS!





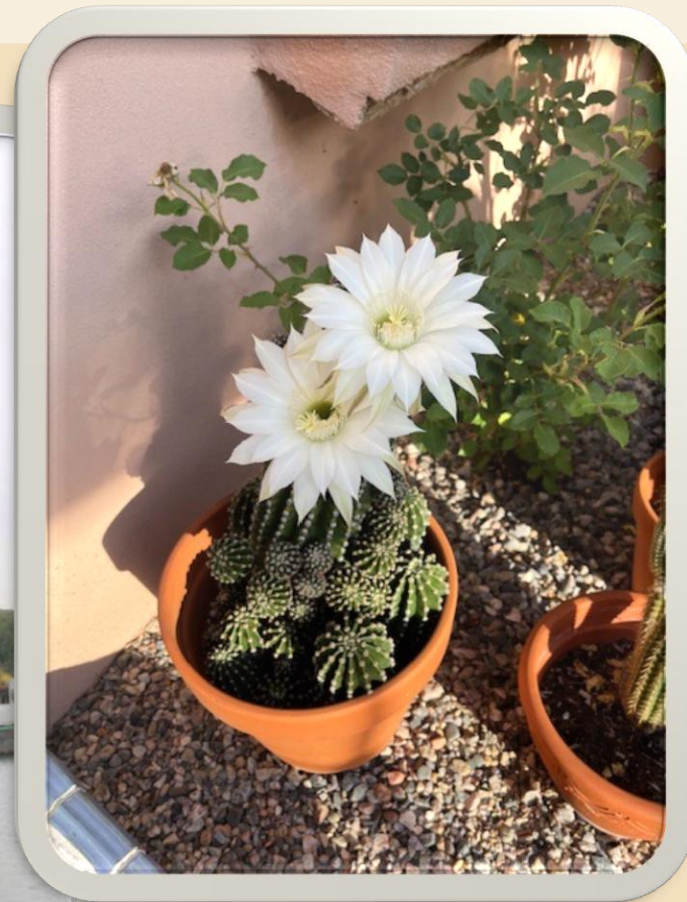
NOXIOUS WEED CONTROL

Our new CRROA Board member, Kelly, has applied for another CDA grant that will control noxious weeds, mitigation costs, and county fines.





IN FOND MEMORY OF EDITH & DAVE



SHOW US WHAT YOU GOT!

Send in your best 3 pictures, per quarter, for any category, so at least one may be included.

Pictures are due by the middle of each month listed:

➤ February ➤ May ➤ August ➤ November

Email: Dawn Olson, dgodawn@gmail.com

