



WILD NEWS

Prince William Wildflower Society

A Chapter of the Virginia Native Plant Society

Number 2007-06

November-December 2007

MARK THE DATE AND JOIN US!
THURSDAY, NOVEMBER 15, 7:30 p.m.
PRINCE WILLIAM WILDFLOWER
SOCIETY member meeting
Bethel Lutheran Church, Manassas, Virginia
(Plantation Lane at Rte 234 Bus.)

Program: OH MY BLOOMING BACK!!!

Many people enjoy spending their days outdoors planting bulbs, mowing the lawn, pulling weeds, and caring for their gardens. Gardening can provide a great workout, but with all the bending, twisting, reaching and pulling, your body may not be ready for exercise of the gardening variety. Gardening can be enjoyable, but it is important to stretch your muscles before reaching for your gardening tools. The back, upper legs, shoulders, and wrists are all major muscle groups affected when using your green thumb. To make gardening as fun and enjoyable as possible, it is important to prepare your body for this type of physical activity.

Join us on November 15th as chiropractor *Dr. Lisa Bochynski Basler* discusses garden fitness stretches and important information on how to reduce pain and improve flexibility in and out of the garden. Contact **Bonnie Fulford-Nahas**, 703/361-7409 or pawsitive.bfn@verizon.net for more information on the program.

Prince William Wildflower Society
Annual Meeting Minutes
September 30, 2007

President *Charles Smith* called the meeting to order at 2:45 pm and asked all to help themselves to any of the pamphlets he had set out.

Deanna and *Jack High* were the hosts, and

Charles thanked them for having us all to their home.

The weather was beautiful, and we all sat out on the spacious deck and enjoyed the potluck dinner.

He introduced the nominees for the three nominating committee members: *Jeanne Fowler*, *Betty Truax* and *Helen Walter*. *Nancy Arrington* made a motion to accept the ballot and *Marion Lobstein* seconded it. The slate of nominees was accepted with unanimous "Ayes."

Treasurer's report was given by *Diane Flaherty*.



Charles proposed an amendment to the budget that would allow PWWS to



make a donation to PW County, not to exceed \$500, to support bluebells as the County wildflower.

Linda Stoltz made a motion to accept the budget as amended and Helen Rawls seconded it. The budget was accepted as amended.

Nancy Vehrs asked if the budget report could in the future have another revenue line item that was titled Carry-over from Previous Year, and Diane agreed.

Marion Lobstein said donations to *Flora of Virginia* were always appreciated. Mary Sherman asked where one could send such a donation, and Marion was going to get that address in the next newsletter.

Charles reported on the Virginia Native Plant Society state

meeting, and he added the state budget was not approved as it needed some

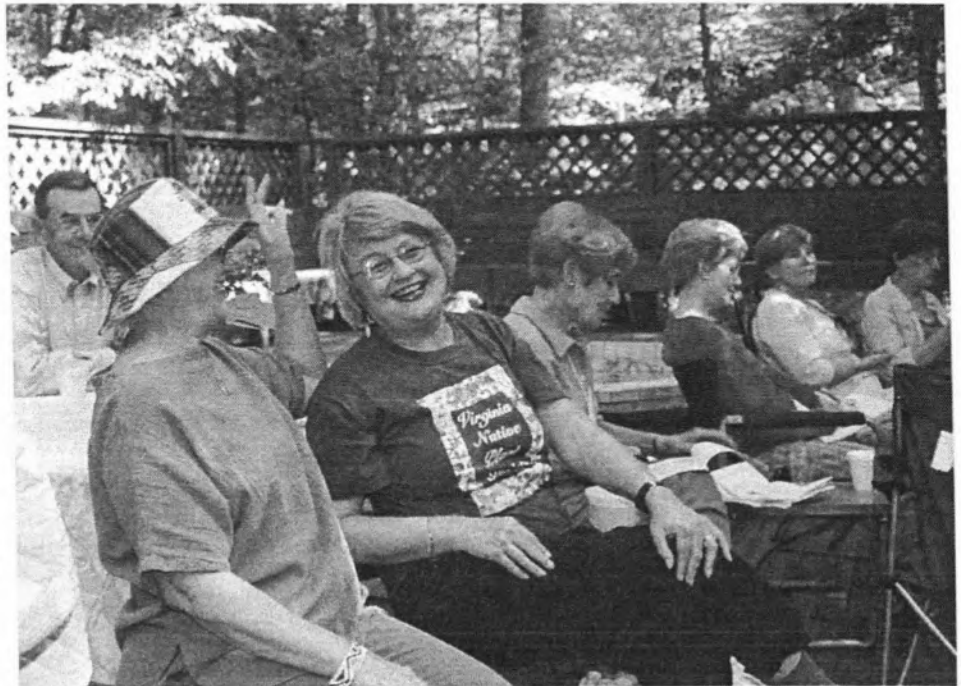
more work. [See Charles' report on the state meeting in this newsletter]

Jeanne Endrikat asked if it was possible if a PWWS membership list with phone numbers and/or email addresses could be given to members. Nancy Vehrs, membership

chairman, was going to look into producing a user-friendly list.

Meeting adjourned at 3:15 pm.

Respectively submitted,
Karen Waltman, Secretary
Prince William Wildflower Society



SAVE THE DATE! JANUARY 17, 2008

Ring In the New Year with the **Annual PWWS Member Slide Show**. It's fun, informative, and informal! PWWS members will share slides of botanical and natural beauty from all over the world...and from home. Come and enjoy delicious treats and watch the show. If you'd like to show slides, please contact **Bonnie Fulford-Nahas**, program coordinator or **Charles Smith**, president.

**Virginia Native Plant Society 2007
Conference Summary
"Where the Water Meets the Land"**

Location: Virginia Institute of Marine Science, Gloucester Point, VA

Date: September 14-16, 2007

Sponsors: VIMS/William & Mary & Virginia Native Plant Society

PWWS Attendees: Diane and Rick Flaherty, Marion Lobstein, Nicky Staunton, and Charles Smith (reporting below)

The conference included 12 speakers and 14 field trips spread over three days. The field trips were primarily geared toward visiting a variety of communities unique to the coastal plain and tidewater with a few trips focused on horticultural sites. The speakers were focused on the areas of research, ecology, restoration, horticulture (use of natives in the landscape) and history. One historic speaker was on the colonial trans-Atlantic plant trade and the other on the archeological research that found John Clayton's home in Gloucester County. I attended two field trips and heard three speakers and attended the

VNPS board meeting on the morning of the 16th.

Dr. Donna Ware is a retired Professor of Botany from William and Mary. She led a field trip to look at the flora of Jamestown Island. Jamestown Island's first complete botanic survey was conducted by a graduate student over 30 years ago. Currently a botanist from New Jersey (whose name was mentioned but I did not write it down) is engaged in a multi-year inventory that is both updating the previous research and documenting change since previous inventory. In addition to the historic setting of the fort and New Town archeological sites, Jamestown Island is very rich botanically containing both sandy uplands and a wide range of fresh and brackish water tidal marsh and non-tidal wetland environments. Species of note include two species of pennywort, water fern, American beautyberry, red bay, three species of cordgrass, giant foxtail grass, swamp black oak, cherrybark oak, and bald cypress. We saw a marsh restoration project and the effects of hurricane Isabel as well as drought on the island communities.

Dr. James Perry is a Professor of Marine Sciences at VIMS. He delivered the keynote address Friday evening, "Using Native Plants for Shoreline Stabilization." The talk was geared to amateurs and professionals in that it gave great ecological insight but also delved into restoration ecology – using a strong knowledge of plants and systems to design and construct successful restoration projects. Dr. Perry is a "right plant-right place" person. He focuses on using common native species for ecological and practical reasons. They are common in the landscape because they are highly successful in a wide

range of conditions, and because they are common they do not have as many genetic source problems and are more available in the nursery trade.

On Saturday, September 15 I attended a field trip to Grafton Ponds Natural Area Preserve led by VA DCR Natural Heritage staff *Rebecca Wilson, Gary Fleming, and Chris Hobson*. It is imbedded in a park owned by the city of Newport News. There is old land use/disturbance evidence on site. There is a golf course on one side and houses as close as 200 feet to the preserve boundary at another location. Visitors are allowed to bike on old roads through the preserve, and are not restricted from entering the woods on foot. There are invasive species such as *Microstegium vimineum* and too many white tailed deer. In fact, the deer are preventing the few specimens of extremely rare (in Virginia) shrub called pond spice from reproducing because they eat all of the seedlings. Grafton Ponds contains a very rare community type and efforts are underway to better understand the system in order to better manage it. Unique species include several species of plume grass—one very rare, numerous species of sedges, two species of huckleberry, overcup oak—an unusual species for Virginia that is abundant at Grafton Ponds, very unique flowering plants such as Harper's fimbry, both Maryland and Virginia meadow rue, and several rush species. The site has very complex hydrology that defines the communities and there are plans to do further research on the very diverse macroinvertebrate populations.

Robert and Lisa Harper presented their findings from years of archival and field research in a program called "The Archeological Quest for John Clayton."

The Harpers were the lead team members for a group that researched and finally located through field archeology the residence of Virginia's premier colonial botanist John Clayton. The research revealed numerous interesting facts about prominent citizens, places and events in colonial America as well as unveiling a great deal of information about the household and lifestyle of the Clayton family.

Helen Hamilton delivered a program on using native grasses in the landscape. Helen has a great deal of professional and avocational experience in education and horticulture. She is very knowledgeable about our native grasses and provided practical knowledge about how they can be used in landscapes and can replace non-native and non-native invasive species.

On Saturday evening we had a reception, the annual meeting, raffle and dinner at the Historic Freight Shed in Yorktown. The location is on the recently renovated waterfront with walkway, beach and shops along the river front. The area along the walkway is planted with native grasses and forbs. The John Clayton Chapter did an excellent job of arranging the dinner, information about the plantings, and a walking tour guide for Yorktown by a local historian. It was good not having a speaker with dinner. Now that the VNPS annual meeting is combined with the state native plant conference, there are numerous speakers on Friday and Saturday and no need for a speaker after dinner. This makes the event truly more of a social event and a chance to recognize those who put the event on.

On Sunday morning, some members headed out for more field trips, sightseeing or shopping in

Williamsburg prior to heading home. VNPS officers, chairs and chapter presidents were cloistered in the VIMS conference room at Waterman's Hall for the quarterly board meeting. It should be noted that the state budget was deferred until the December meeting pending clarification of some items, and that Potowmack Chapter has tentatively agreed to host the 2008 annual meeting and conference.

Practical BEEKEEPING for Beginners

The Northern Virginia Beekeeping Teachers Consortium is offering *Practical Beekeeping for Beginners* consisting of weekly classes held in the evening from mid Feb. to mid April, 2008. The class is open to



adults and children (ages 9 and over) who are interested in getting started keeping bees this year (or in the future) as well as to

those who are just interested in learning about bees. **Class Size is limited** so please register early. Teaching materials included in the class fee (\$85) are: Mid Atlantic Apiculture (MAAREC) books *Beekeeping Basics* and *Honey Bee Parasites Pests and Predators & Diseases*, and Kim Flottum's *Backyard Beekeeping* as well as handouts and a one year membership in one of the local beekeepers associations. Classes will be taught/overseen by Master Beekeepers Billy Davis and Pat Haskell, and experienced beekeepers John Lewis, John Strecker, Dane Hanum, and Kim Fraser. (See class schedule, below.)

President	Charles Smith, 703/361-5125 chrissmith@msn.com
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History	OPEN
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Original Artwork by Nicky Staunton	

Deadline for January-February issue of *Wild News* is January 1, 2008

Please send or email information to Deanna High, 9613 Heather Green Drive, Manassas, VA 20112;
deannah@agb.org.

VNPS home page: <http://www.vnps.org>

Class schedule for Practical Beekeeping for Beginners:

Clarke County	Virginia Arboretum, Blandy Experimental Station, Boyce, VA (Thursdays) Contact John Lewis (540) 869-4919
Culpeper County	Verdun Center, Rixeyville, VA. (Tuesdays) Contact Ann Harmon (540) 364-4660
King George	VA Cooperative Ext. Office, Village Center, King George, VA (Tuesdays) Contact Regina Prunty (540) 775-3062 or rprunty@vt.edu
Loudoun County	Loudoun County Coop. Extension Office, Leesburg, VA (Fridays) Contact Billy Davis (540) 903-9274 See http://www.loudonbee.org
Northern Virginia *	Falls Church High School, Falls Church, VA (Wednesdays) Contact Pat Haskell (703) 560-3484

Prince William **	Location to be determined - Manassas or Bristow area (Thursday) Contact John Strecker (703) 675-8251 See: www.PWSBeekeepers.com
Page County	VA Cooperative Extension Office, Stanley, VA (Tuesdays) Contact the VA Cooperative Office at 540-778-5794
Spotsylvania County	Marshall Center, Spotsylvania Courthouse, Ray Simms Room (Mondays) Contact Kim Fraser (540-785-8769)

*Northern VA includes Arlington, Alexandria, and Fairfax counties

** Prince William Regional includes Stafford and Fauquier Counties

Email contact: PWSBeekeepers@gmail.com

Prince William Wildflower Society Meeting Minutes Thursday, July 19, 2007

President Charles Smith opened the meeting at 7:35 p.m. He invited all throughout the program to enjoy refreshments brought by Betty Truax and Bonnie Nahas.

Charles announced that the efforts to re-write the Prince William County Park, Trails and Open Space chapters are ongoing, and that the Game and Inland Fisheries is going to purchase the Merrimac Farm near Quantico. Also the Prince William County Board of Supervisors is still being pressured to choose Virginia bluebells as the County wildflower.

Charles introduced Nicky Staunton, past president of PWWS and Virginia Native Plant Society and currently 2nd Vice President of VNPS. Nicky spoke on wildflower photography and shared some beautiful pictures of her work. Some of the flowers shown were a series of *Sanguinaria canadensis* and a solitary bee interaction, *Talinum teretifolium*, *Asclepias variegata*, *Orchis spectabilis* and *Hypericum gentianoides*.

Nicky began with the simple philosophy of *Carpe Diem*-seize the moment. In other words, always have your camera with you and take lots of pictures to get a desirable

photograph. Make the camera an extension of you.

While out in nature, she follows a nature photographer's ethics-take pictures without destroying any other plants. She also uses photography of a plant as a means of later identifying an unknown.

According to Nicky, photography is *your* vision of an object. Some photos can be made more interesting, however from different levels and with a changed perspective. For a photograph from a different level, you may have to get down on your belly and point up to the underside of a plant. For an example of a changed perspective, she showed an acorn taken from the end where the early growth of the root had appeared. She also suggested we look at subjects in a different way. Go out after a rain; she showed a photo of a flower with rain drops on it-just beautiful.

Other hints: Keep a simple background. Use a polarizer to keep from having too much glare and sharpness. Underexposed is better than overexposed because you can use some computer software to lighten the underexposed. Use a tripod. Take many photos to get a "keeper." Check the owner's manual for your camera. Know the limitations and the strengths of your camera and work with them. For pictures of flowers, try the "macro" mode on your camera if there is one. Most camera manufacturers use an

icon of a tulip to indicate this mode. Remember you can crop the photo for composition and to enlarge the desired subject once you have it on your computer.

Nicky's daughter Lou Staunton was present and added that we shouldn't get too hung up on how many megapixels our cameras have. More megapixels do not necessarily translate into better photos. In fact, some experts believe the sensors inside the cameras have not been able to keep up with rapid megapixel growth and, therefore, some cameras with high megapixel counts actually take less crisp photos than other cameras with fewer megapixels. In addition, the human eye is only capable of discerning a certain (fairly low) resolution, so at some point, we're not able to see the difference in the resolution on our computer screens or once printed.

Some recommended magazines for ideas and equipment: *B & H Online*, *Nature Photography*, *Nature's Best Photography*, and *Virginia Wildlife*.

Helpful books include *Focus on Flowers*, *Landscape Photography*, and *Digital Printing*.

Nicky showed some equipment and lenses that might be helpful and/or desirable and concluded with answering some questions. Nicky's photographs of wildflowers and wildlife among the flowers were beautiful and will encourage many to keep their cameras with them. You never know when you can seize the moment.

Those present included: Charles Smith, Tom Attanaro, Jeanne Endrikat, Karen Waltman, Irv Brunkenhoefer, David Dellinger, Nicky Staunton, Lou Staunton, Rick Flaherty, Diane Flaherty, Grace Shultz, Dee Brown, Glen Macdonald, Kathleen Frampton, Nancy Protheroe, Bob Schmidt, Paul and Phyllis Boyd, Rosemary Luckett, Amy Hamilton, Laura Farron, Ruth Johnston. (Twenty-two signed in, but there were 28 present at the meeting.)

Respectively submitted,
Karen Waltman, PWWS Secretary

How You Can Support the *Flora of Virginia* Project

You can support the *Flora of Virginia* Project by making a contribution of any amount.

Flora of Virginia Donor Categories

White Oak	\$100,000 and above
Sweet bay magnolia	\$50,000 to \$99,999
Great laurel	\$10,000 to \$49,999
Virginia bluebell	\$1,000 to \$9,999
Spring beauty	below \$1,000

Donors of \$1,000 and above will receive a first edition of *The Flora of Virginia* and will have their name inscribed in the book. Donations may be made in multiple year pledges.

Donations to the *Flora of Virginia* Project, a 501(c) (3) organization, are tax-deductible as permitted by law.

Make checks payable to: The *Flora of Virginia* Project and mail to:

The *Flora of Virginia* Project

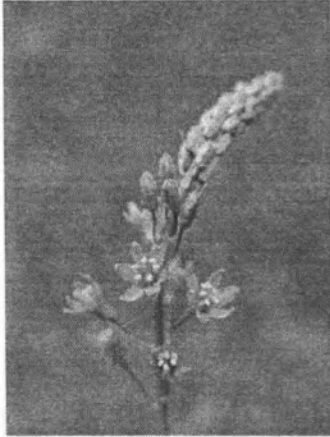
P.O. Box 512

Richmond, VA 23218-0512

PALE BLUE YONDER

EDIBLE, SQUIRREL-RESISTANT, and easy to grow, *Camassia scilloides*, (syn. *Camassia esculenta*, Wild Hyacinth, or Eastern Camass) is a garden-worthy addition to the spring bulb parade and a viable alternative to tasty tulips and hyacinths, which often are just expensive deer-snacks. None of the camass are fussy, and even the western varieties do very well in our heavy clay. Bloom is a "loose-flowered raceme 1-2' high, with white to pale blue flowers 1/2 -3/4" wide and 1-2' high."

Leaves are basal and strap-like and die back after bloom, which occurs in mid- to late spring.



Camassia is historically well known as having kept from starvation Lewis and Clark's "Corp of Discovery" in the fall of 1805. Native Americans cultivated vast tracts of camassia (*C. quamash*) as a critical food crop.

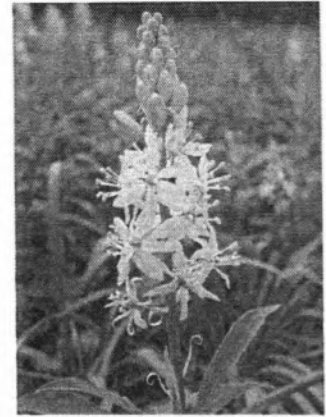
When I lived in New England, Thanksgiving weekend sometimes

found me out scabbling in the frost-hardened soil, in a desperate attempt to plant my fall bulbs before the land "locked" for the winter. Thanksgiving in Virginia, on the other hand, seems to be a fine time (most years) for putting bulbs in

the ground. With this in mind, I've ordered *Camassia leichtlinii* 'Sacajawea' from Brent and Becky's Bulbs (in Gloucester, Va.) to add to other camassias that fill in perennial beds and flow along woodland paths with reliable grace every April and May.

The larger and perhaps more beautiful quamash hail from the Pacific northwest; William

Cullina says that *Camassia scilloides* "does not have the garden presence of *C. cusickii* or *leichtlinii*, but its loose racemes of thin-petaled flowers and agreeable nature make it a good choice for naturalizing." Plant dormant bulbs "four times deep as they are tall, and plant smaller species in groups of 5-7 for best effect." Camassia goes dormant when hot weather sets in, so grouping them with other plants is a good idea. Cullina also notes that *Osmunda regalis* (Royal fern) "is a particularly effective companion."
-Deanna High, ed.



Laurence Newcomb, *Newcomb's Wildflower Guide* (Boston: Little, Brown, 1977); Dennis Horn and Tavia Cathcart, *Wildflowers of Tennessee, the Ohio Valley, and the Southern Appalachians* (Auburn, Wash.: Lone Pine Publishing, 2005); William Cullina, *Growing and Propagating Wildflowers of the United States and Canada*, (Boston: Houghton Mifflin, 2000). Photos: top right, Edith Bettinger, Native Plant Image Gallery, 1986; left, Stefan Bloodworth, Sara P. Duke Botanical Gardens, Native Plant Image Gallery ID 18853.

PRINCE WILLIAM WILDFLOWER SOCIETY
A Chapter of the Virginia Native Plant Society
PO Box 83, Manassas, VA 20108-0083

exp. 10/08

Nancy Arrington
8388 Briarmont Lane
Manassas, VA 20112-2755



NEXT MEETING: THURSDAY, NOVEMBER 15, 2007, 7:30 p.m.
"Oh, My Aching Back" with Dr. Lisa Bochynski Basler