



## South Hampton Roads Chapter Conserving Wild Flowers and Wild Places

### Upcoming Events

#### At A Glance



- Sept 26 General Meeting  
Speaker: Chuck Abadam on mosquito control.
- Oct 24 General Meeting  
Speaker: Vickie Shufer on native mosses for southeastern Virginia

We look forward to seeing you at the meetings!

Meetings are open to the public. Bring a friend.

## COASTAL PLAIN TALK

Newsletter of the South Hampton Roads Chapter  
September 2019

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### President's Column

Top of the news as I write this on September 1 is Hurricane Dorian, now a category 5 storm. We are entering the peak of the storm season, those two or three weeks where over the years we see the most tropical storms and hurricanes. The storm is projected to make a right turn up the coast and will likely cause tidal flooding, wind damage and very heavy rain. We live in 'Stasulis forest'...for the most part partial to full shade. The tree cover is dense. Think of trees in a forest as a unified system; they protect one another from the driving winds of tropical storms. The front trees deflect the strongest winds, and the trees behind fill in to avoid a vacuum effect. I see many neighbors removing trees, which is truly unfortunate.

My garden does not get as many of the heavy blooming plants. It has mostly shade and plants to match. Some do exceedingly well, such as the *Chimaphila maculate* (striped wintergreen) that has been populating many locations in the garden since we arrived. The *Mitchella Repens* (partridgeberry) has taken a liking to our garden nicely. *Salvia lyrata* (lyreleaf sage) has become rather prolific in seeding itself on our gravel driveway! We have *Clethra alnifolia* (sweet pepperbush) which has done well; along with plenty of understory trees and shrubs including *Kalmia latifolia* (mountain laurel) which blooms light pink with dark red lines radiating out.

We have a partially sunny area where the *Echinacea purpurea* (green eye coneflower) has become a little thuggish, spreading itself well with seeding each fall; *Physostegia virginiana* (obedient plant) with pink blossoms, fighting it out for supremacy in our front garden with *Conoclinium coelestinum* (blue mistflower). We have a fabulous *Solidago* (goldenrod) which blooms well in partial shade. All of these are autumn bloomers.

We need your help.



Thank you to all who volunteer. A special thank you to Barb Ryan for her work on our chapter Facebook page and website. We appreciate all you did for us.

My point is that most of us have at least some sun, some have far too much, but there are attractive native plants for every location. We have a plethora of trees including oaks, loblolly pines, sassafras, American holly, and wild cherry which peacefully co-exist and host many insects and other animals, including cardinals, blue jays, finches and we have great blue herons, yellow crested night herons and osprey which fish from the trees, seeking the jumping fish in Hebden Cove. We have had fox families for several years, leading to a reduction in bunnies, squirrels, rats and mice. It is all part of the circle of life.

We are working on our September 26 speaker...slated to be a specialist on mosquitoes. Usual meeting time, 6:30 (18:30 for those of you on 24 hour clocks) at Norfolk Botanical Garden.

In October, we will have Vickie Shufer speaking right at 6:30 on October 24. Vickie has a presentation on mosses. I am currently trying to get moss to spread on my gravel driveway (shaded) so am very interested in her talk. Vickie wants to start and finish early...so get there right at 6:30.

Bring a friend...we are always looking for potential new members.

—Steve Stasulis

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## Speakers

*We still need speakers.* If you know someone who is plant, conservation or nature oriented, especially if they are a compelling speaker, please ask them if they would be interested and pass the names on to Steve Stasulis at [stasuliss@hotmail.com](mailto:stasuliss@hotmail.com)

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## Elections

Our chapter will hold elections for Board of Director officers at the October meeting. Positions are two-year terms and elections are staggered. President and Treasurer terms expire October 31, 2019; Vice President (currently unoccupied) and Secretary terms will expire October 31, 2020. Please consider volunteering and submit your name to fill a position.

There are also several appointed positions that need to be filled. We really need a Social Media person (Facebook and website). There are also two Director-at-Large positions vacant.

Interested? Submit your name to Steve Stasulis at [stasuliss@hotmail.com](mailto:stasuliss@hotmail.com)



## Plant Profile: Mountain Laurel

*Kalmia latifolia*, or Mountain Laurel, grows well as an understory shrub, often getting as large as 12-15 feet in our area. It can get as much as 28 feet in optimal conditions. Virginia Beach is about as far south as it grows along the east coast; in the mountains it grows well down the Appalachian towards the Florida Panhandle and Louisiana. Blooms in our area are generally early to mid-May, usually within a month after the non-native azaleas bloom.

A beautiful understory evergreen, Mountain Laurel has elliptic, alternating leathery leaves. All parts of the *Kalmia latifolia* are poisonous to people, including honey made from the flowers. The blooms are cup shaped, with five sides, light pink to pink with darker red streaks from center to edge. It grows well in zones 4 to 9, but it is rather difficult to cultivate from seed.

—Steve Stasulis



Editor's Note:

This is *your* newsletter. I hope you enjoy reading the plant profiles. If you have a favorite or unusual native in your garden, please share. If you would like to see more plant profiles (or less), or have ideas for newsletter content, send me an email.

—M.C. King. [mck5110@charter.net](mailto:mck5110@charter.net)

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## Field Trip: Paradise Creek Nature Park Tour

**October 5, 10 am - noon.** Put this on your calendars. If you know members that would be interested let them know, too. This will be a *members and their guests only event*. It will not be open to the general public like our monthly meetings.

Yolima Carr is currently the Conservation Landscape Curator at Paradise Creek Nature Park. PCNP is owned by the City of Portsmouth and the Elizabeth River Project runs all educational and environmental programming. One of Portsmouth's best kept secrets, Paradise Creek is a 40-acre waterfront park that is teaching future generations what it takes to bring back the health of an urban river. Yolima oversees the horticulture integrity of volunteers, students, staff and youth efforts to restore the conservation value of an urban landscape, one that includes 2 miles of trails, coastal woodlands, and 11 acres of restored wetlands and meadows. This summer she taught 5 high school Youth Conservation Interns about horticulture, and how to become Citizens of Science through conservation of a nature park with emphasis in the use of native plants.

Trees and plants always look like the people they live with, somehow.

—Zora Neale Hurston

## Bio for Vickie Shufer

### (Speaker on October 24)

Vickie is one of our Appointed Directors for Botany. She is a naturalist, herbalist, and forager with a master's degree in therapeutic herbalism. She teaches classes on edible and medicinal plants, as well as outdoor education programs. Vickie is the author of several books, including The Everything Guide to Foraging (Adams Media, 2011), and was the editor/publisher of The Wild Foods Forum newsletter from 1994 to 2014. Vickie has a certified 16-acre native nursery in northeastern North Carolina where she propagates coastal native plants and forest botanicals and teaches groups how to use them for food, medicine, and crafts. Her website is: <https://ecoimages.us/about.htm> Don't miss her talk on native mosses on October 24.

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## Membership

We currently have about 85 members locally. When renewing, please remember to follow up with a verification when you receive it or your renewal will not be complete. We will address this more at the next meeting. We have had a historic high of membership at 115, and it has dipped as low as the 70's. The South Hampton Roads Chapter has a very large presence on the State Board.

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## Digital Version of The Flora

The Flora is being upgraded to a digital form. The APP is \$20 while the very large book is \$80.

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## Fostering Education and Conservation

Our organization fosters education, conservation and the use of plants native to Virginia in an effort to improve the environment for ourselves, our children and generations going forward. We have actively participated with both Boy Scout Eagle Scout and Girl Scout Gold Award projects, as well as school garden projects. One of our goals is to add to our community with projects that make sense and bring our message into that community. We have members who can help guide and plan but we don't physically work on the projects.

If you know of an education opportunity that fits our mission, encourage them to contact me on how to submit a proposal.

—Steve Stasulis, [stasuliss@hotmail.com](mailto:stasuliss@hotmail.com)

## Schedule of Chapter Meetings and Events

Chapter meetings are held the fourth Thursday of the month, September through May, except as noted below. Meetings are free and open to the public so bring a friend. Light refreshments are served before the meeting at 6:30 pm. The speaker starts at 7:00 pm followed by a brief chapter meeting. —Gates close at 7 pm so arrive in time to get in.—

All meetings will be held in the refurbished Old Administration Building, Garden Room, at Norfolk Botanical Garden (NBG). Note that occasional scheduling conflicts at the Garden may necessitate a room change. The alternate location will likely be the Holly Room in Baker Hall. *Please check the schedule each month to verify the location of our meeting.*

### 2019-2020 Meeting and Event Schedule

- September 26: General meeting. Speaker: Charles Abadam, City of Suffolk, on mosquito control.
- September 27-29: State-wide VNPS Annual Meeting and Conference at Front Royal. All members are welcome. See [VNPS.org](http://VNPS.org) for details.
- October 5: Paradise Creek Nature Park tour with Yolima Carr. 10 am - noon. Members and guest only.
- October 24: General meeting. Speaker: Vickie Shufer on Native Mosses of Southeastern Virginia. **Note: time change.** Vickie needs to begin promptly at 6:30 so please make an effort to be there a bit before so we can begin on time. Thanks.
- November 7: General meeting. *Please note date change* to accommodate Festival of Lights. Speaker TBA.
- December 16: *Gathering of the Gardeners* at NBG, Rose Garden Hall, at 6 pm. *No general meeting.* If you haven't been, it's a fun evening.
- January 23: General meeting. Speaker TBA.
- February 27: General meeting. Speaker TBA.
- March 26: General meeting. Speaker TBA.
- April 23: General meeting. Speaker TBA.
- May 28: General meeting. Speaker TBA.

#### Plant Sales:

- April 4: *Plant Sale* at Francis Land House.
- May 1-2: *Plant Sale* at Norfolk Botanical Garden

Clip and save

## Board of Directors

### Elected Officers:

President	Steve Stasulis	757-486-5485	<a href="mailto:stasuliss@hotmail.com">stasuliss@hotmail.com</a>
Vice President	Vacant		
Secretary	Pat Quinn	757-321-8137	<a href="mailto:paquinn726@gmail.com">paquinn726@gmail.com</a>
Treasurer	Kathleen Stasulis	757-486-5485	<a href="mailto:stasuliss@hotmail.com">stasuliss@hotmail.com</a>

### Appointed Directors:

Botany	Vickie Shufer	757-421-3929	<a href="mailto:wildfood@cox.net">wildfood@cox.net</a>
Education/Conservation	Yolima Carr		<a href="mailto:yolimaamor@gmail.com">yolimaamor@gmail.com</a>
Membership	Sandy Ricks	757-318-1271	<a href="mailto:sandy.ricks@cox.net">sandy.ricks@cox.net</a>
Publicity/Social Media	Vacant		
Newsletter	M.C. King	757-483-1374	<a href="mailto:mck5110@charter.net">mck5110@charter.net</a>
Hospitality	Amy Jones	757-410-8754	<a href="mailto:amynally1@aol.com">amynally1@aol.com</a>
Plant Sale	Pat Quinn	757-321-8137	<a href="mailto:paquinn726@gmail.com">paquinn726@gmail.com</a>
Directors-At-Large	Vacant - Two positions		