



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

### Upcoming Events

#### At A Glance



**Oct 24:** Start time is **6:00 p.m.** for refreshments with our Ms. Shufer starting promptly at **6:30** to accommodate her schedule. This is also a General Meeting with elections for our Board and voting on donations.

*Speaker:* Vickie Shufer on native mosses for southeastern Virginia.

**Nov 7:** Rose Garden Hall.  
*Note both date and room change.* Speaker TBA.

### 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)

## COASTAL PLAIN TALK

Newsletter of the South Hampton Roads Chapter  
October 2019

### President's Column

We again have a storm poised to strike on October 20, welcome this time since we had a lengthy draught. Autumn is in the air; the poison ivy has retreated but I do have a public service announcement about that...if you're digging in an area where it has been growing, poison ivy roots have an even greater concentration of the insidious fusel oil than do the leaves and it can remain in the dirt as well. Needless to say, I was careless and it got into nooks and crannies including my activity monitor.

Our autumn blooming plants are finishing up; the lack of rainfall hurt everything except the goldenrod and obedient plants. Leaves are falling, and I hope to have a couple compost bins constructed to take advantage of autumn.

We had an active month. Chuck Abadam was our September speaker. Chuck gave us some incredible insight about mosquitoes. There are apparently several varieties in Hampton Roads and they have different characteristics. Keep those containers dumped out!

There were eight of us on the nature walk at Paradise Creek Nature Park in Portsmouth. Yolima Carr and Larry Lapell led the expedition and gave us some really good information about the project. Paradise Creek is creating a mostly native habitat and putting effort in to eliminate non-native invasive plants.

We are working on getting a November speaker... suggestions???. We'll be back to our usual meeting time of 6:30 (18:30 for those of you on 24 hour clocks) at Norfolk Botanical Garden, probably in the Rose Garden Room.

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 I

am very interested in her talk. Vickie wants to start and finish early...so get there a little early for refreshments as she will begin promptly at 6:30. We may also have a brief presentation by a group which wants to put native bee habitats in Hampton and was hoping for some assistance. October will also have our donations and officers voted on.

The State Meeting at Front Royal in September was a lot of fun. Kathleen and I did more indoor stuff (cell phone photography, seed propagation and digital filing), but we enjoyed the meetings. We did see out-of-towners Larry and Linda Wilcox (now living in Indiana).

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

—Steve Stasulis

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## 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.

“The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul.”

—Alfred Austin

## Elections

We will hold elections for Chapter Board of Director officers at our October 24 meeting. Positions are two-year terms and elections are staggered. President and Treasurer terms expire October 31, 2019. We also need a Vice President, a Social Media person and two Directors at Large. Please consider volunteering and submit your name to Steve Stasulis at [stasuliss@hotmail.com](mailto:stasuliss@hotmail.com).

Thank you to all who  
volunteer.

## Paradise Creek Nature Park Tour

Yolima Carr, our Chapter's Education and Conservation Board member, is currently Conservation Landscape Curator at Paradise Creek Nature Park in Portsmouth. Yolima oversees the horticultural integrity of volunteers, students, staff and youth efforts to restore the conservation value of this urban landscape through native species restoration and invasive species management.



On October 5, Yolima and Larry Lapell took time from their busy planting schedule to give interested VNPS/SHR members a tour of the park and its history as well as the work still being done. One of Portsmouth's best kept secrets, Paradise Creek Nature Park is a 40-acre waterfront park that is teaching future generations what it takes to bring back the health of an urban river. The park includes 2 miles of trails, coastal woodlands, and 11 acres of restored wetlands and meadows.

History: When purchased in 2008, the area where the park sits was a little strip of tidal marsh land on the Elizabeth River that bordered some pretty bleak-looking industrial operations and the Navy yard. The Port of Virginia created the park's signature 11 acres of wetlands by removing 300,000 cubic yards of dredge spoils that created a mud flat and choked a former branch of the creek. The work restored it to a healthy tidal wetland. It is the largest restored wetland in the area.

The park was opened to the public in December 2012, as both a public park and an outdoor field station for exploring firsthand what you can do to restore an urban river to health. Over 2,000 adults and children have helped remove invasive plants, planted native trees, weeded garden beds, removed trash from the trails and wetland, and helped maintain education zones throughout the park.

While much clearing and planting remains to be done, Paradise Creek Nature Park is now an urban oasis. A natural environment that is attractive, instructive and welcoming. The park is for bird lovers, plant lovers, walkers and paddlers (a handicap accessible kayak/canoe launch is available.) Even art lovers will enjoy the trail's sculptures that have an industrial edginess that somehow blends with the natural environment, or admire the driftwood arch leading to the outdoor classroom.

Beautiful ornamental grasses - white muhly grass, panicum shenandoah, and feather grasses - were planted in the median bed lining the entry way. They are in full bloom this time of year as you drive into the park. After clearing the fresh water wetlands ditch along Victory Blvd, over 1,000 native plants were installed. The recently added Edible Park area is bearing fruit. As part of the Healthy Portsmouth project, free public foraging started in 2019



as more than 200 native edible plants mature. Managed meadows are also thriving at Paradise Creek Park. A new playground area is now open. The Department of Game and Inland Fisheries added Paradise Creek Nature Park to their network of best places to see birds and wildlife in the Commonwealth. The addition of an education building with a 30-seat classroom allows staff to offer educational classes for the public and students.

Revitalization efforts continue and, with limited staff, they must rely on volunteers, interns, students and groups to help. *The next scheduled volunteer work day is October 26.* You can find more information on the website: [ParadisePark.ElizabethRiver.org](http://ParadisePark.ElizabethRiver.org). The park is located at 1141 Victory Blvd, Portsmouth 23702. It is definitely worth a visit.

Thank you, Yolima and Larry, for the great tour. We had great weather, learned a lot and had a wonderful surprise at the end. After our two-mile walk, we enjoyed a scoop of vanilla ice cream with homemade blackberry and lemon verbena sauce made by Larry from plants in the edible garden. Delicious!



## 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. Any time changes will be noted in the schedule.

—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 room will be listed in the schedule and in the sidebar on the first page of this newsletter. *Please check the schedule each month to verify the location of our meeting.*

### 2019-2020 Meeting and Event Schedule

- 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. Rose Garden Hall, Main Bldg, NBG. *Please note date change to accommodate Festival of Lights.* Speaker TBA.
- December 16: *Gathering of the Gardeners.* NBG's thank you to all of the societies that support the garden during the year. It's held in Rose Garden Hall, at 6 pm. If you haven't been to this event yet, it's a fun evening with great food and a free trip through the Festival of Lights. (There is no general meeting in December.)
- 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

## 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	757-392-7132 x222	<a href="mailto:ycarr@elizabethriver.org">ycarr@elizabethriver.org</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		