



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

### Upcoming Events

#### At A Glance



**October 22:** General meeting with speaker Stuart McCausland, a retired Entomologist who has a passion for taking photos of bugs on native plants. Garden Auditorium, Admin Bldg, NBG at 6:30pm.

**November 19: (Third Thursday due to Thanksgiving.)** General meeting and SEED SWAP. Speaker will be Pat Quinn with a presentation she prepared on natives.

**December:** No meeting. Also, NBG has cancelled the Gathering of the Gardeners this year due to the pandemic.

## COASTAL PLAIN TALK

Newsletter of the South Hampton Roads Chapter  
October 2020

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### President's Column

Hello fellow Native Plant people!

We are *finally* into Autumn, the Goldenrod are popping out and leaves are falling. I have Blue Mistflower starting nicely. The Obedient Plant's pinkish purple is showing; and Green-eye Coneflower is in bloom. My first daffodil (not native) popped up a wee bit out of cycle; it's not blooming, just broke soil. I had an Elephant Foot in bloom on the driveway but the spike dropped off so I guess I won't be harvesting the seeds. Many of the plants from the sale/non-sale are starting to go dormant; I will bring a few to the October meeting to raffle off again. Got that? Free plants!!!!

If you haven't checked out the VNPS-SHR website or Facebook page you should. Toni Viudez has done an awesome job posting information and photos on both. It has definitely drawn some interest and we have gotten a few new members as a result. If you have neighbors or friends who are "plant people", please put in a pitch for Virginia Native Plant Society. I see it as a great way to socialize with people who have similar interest in plants or ecology and learn something new.

Our speaker this month is Stuart McCausland. Stuart is a retired entomologist for the state of Virginia. His passion is bugs on plants and he will share some great photos including some new ones taken this summer. We will also have our elections. Two positions are up for election this year: Vice President and Secretary. The Vice President's primary duty is to get speakers for upcoming meetings. We need someone who is familiar with the plant community in Hampton Roads to get speakers for our meetings. We also have one Director-at-Large position to appoint. If interested, contact me at [stasuliss@hotmail.com](mailto:stasuliss@hotmail.com) A list of positions, current officers and appointed volunteers are on p. 5.



Come join us for a meeting. There's plenty of room in the new meeting space...



On November 19th, Pat Quinn, our Plant Sale Chair, has a dynamite presentation she plans to give about natives. We will also have our seed exchange. If you have seeds (*natives only please*) from plants in your garden, bring them to share! I have some good ones to contribute, too... the more the merrier!

We will also be ordering some plants from the nursery to start out this fall so they are ready for our spring plant sale. We need people to join in potting them up sometime in the next few weeks. If you're interested please email me at [stasuliss@hotmail.com](mailto:stasuliss@hotmail.com) and I will send you the particulars.

Stay well and consider joining us in person for our meetings. See the next article for precautions being taken to keep everyone safe. I look forward to seeing you at the October meeting.

—Steve Stasulis, SHR VNPS President

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### Reminder: We Will Be Staying Safe at VNPS Meetings

With the Covid-19 pandemic still here, we've changed some of our meeting procedures so that we are following both rules from Norfolk Botanical Garden and suggestions from the CDC. We will still be meeting at the Garden on the fourth Thursday of most months. The Garden Auditorium in the Old Administration Building is a large space. Attendance during COVID is limited to 40 people. This should not be a problem for us since our attendance is usually under the allowable number. The tables will be spaced out with only two chairs at each one. If your party is more than two, you can move the chairs.

*NBG requires masks to be worn inside the buildings. So please bring a mask and wear it during the meeting.*

We have suspended refreshments until 2021 when, hopefully, the pandemic will be over and the restrictions will be gone. Basically, the NBG green policy does not allow individual disposable bottles or food packaging. The CDC recommends not sharing food or beverages from communal plates or bottles. In other words they are conflicting. You are welcome to bring your own non-disposable beverage container.

— Kathleen Stasulis, Treasurer

## Plant Profile - *Monarda didyma*



Also known as Scarlet Beebalm, Oswego Tea, Red Bergamot.

A dense, rounded, terminal, head-like cluster of bright red, tubular flowers atop a square stem. Scarlet Beebalm is a popular perennial with scarlet-red flowers in terminal tufts. The 3' stems are lined with large, oval, green leaves that are tinged with red near the top of the stem and have a minty aroma. Individual flowers are narrowly tube-shaped, tightly clustered together in 2" heads. The flowers are very showy and hummingbirds are especially attracted to the red flowers along with butterflies. In this area, it blooms from late spring to early summer.

Growing conditions:

Light: Sun, part shade.

Soil: Rich, moist, acidic. Juglone tolerant.

Habitat: Moist, open woods; meadows; stream banks; mountains to 6500 feet.

Monarda's medicinal use included fever and stomach ailments among others. The name Oswego Tea comes from the fact that the leaves were used for a tea by the Oswego Indians of New York. Early settlers also used the plant when regular tea was scarce. The name Beebalm comes from the folk use of crushed leaves to soothe bee stings.

The genus *Monarda* was named in honor of a 16th century Spanish physician and botanist, Nicolas Bautista Monardes (1493-1588). Monardes never went to the Americas but was able to study medicinal plants in Spain because Spain controlled navigation and commerce from the New World.



## Schedule of Chapter Meetings and Events

Chapter meetings are held the fourth Thursday of the month, September through May, except as might be noted below. Meetings are free and open to the public so bring a friend. Due to COVID, we have temporarily suspended the light refreshments before the meeting. If you choose, please bring your own beverage and/or snack in a non-disposable container that you take with you after the meeting. You are encouraged to come at 6:30 to catch up with friends (masks and safe distancing). The speaker starts at 7:00 pm followed by a brief chapter meeting. Any changes will be noted in the schedule.

All meetings will be held in the Administration Building, Garden Auditorium, 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. Also, verify the room at the NBG gate. Gates close at 7:00pm.*

### 2020-2021 Meeting and Event Schedule

September 24	Speaker: Kaitlyn Silver, Southern Branch Nursery, butterfly presentation.
October 22	Speaker: Stuart McCausland, retired Entomologist, who has a passion for taking great photos of insects on native plants.
November 19	Note: 3rd Thursday due to Thanksgiving. Seed Swap. Speaker: Pat Quinn, our Secretary and Plant Sale Chair, has a presentation on natives to share.
December	No meeting. NBG Gathering of the Gardeners is cancelled due to COVID.

Suggestions welcome for speakers for these dates:

January 28  
February 25  
March 25  
April 22  
May 27

## Board of Directors

### Elected Officers:

President

Vice President

Secretary

Treasurer

### Appointed Directors:

Botany

Education/Conservation

Membership

Publicity/Social Media

Newsletter

Hospitality

Plant Sale

Directors-At-Large

Steve Stasulis 757-486-5485 [stasulisss@hotmail.com](mailto:stasulisss@hotmail.com)

Vacant

Pat Quinn 757-321-8137 [paquinn726@gmail.com](mailto:paquinn726@gmail.com)

Kathleen Stasulis 757-486-5485 [stasulisss@hotmail.com](mailto:stasulisss@hotmail.com)

Vickie Shufer 757-421-3929 [wildfood@cox.net](mailto:wildfood@cox.net)

Yolima Carr 757-392-7132 x222 [ycarr@elizabethriver.org](mailto:ycarr@elizabethriver.org)

Sandy Ricks 757-318-1271 [sandy.ricks@cox.net](mailto:sandy.ricks@cox.net)

Toni Viudez 757-746-7789 [toni.viudez@gmail.com](mailto:toni.viudez@gmail.com)

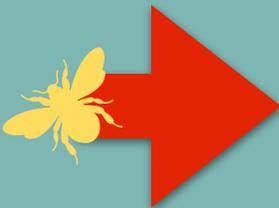
M.C. King 757-969-0279 [gardengirl569@gmail.com](mailto:gardengirl569@gmail.com)

Amy Jones 757-410-8754 [amynally1@aol.com](mailto:amynally1@aol.com)

Pat Quinn 757-321-8137 [paquinn726@gmail.com](mailto:paquinn726@gmail.com)

Susan Marens 757-228-5331 [ccrnat06@gmail.com](mailto:ccrnat06@gmail.com)

Vacant - One position



## Chapter Board of Directors...Volunteers Needed

We still have vacancies on the board. Elected positions are staggered two-year terms. President and Treasurer run through October 31, 2021. Vice President and Secretary terms are ending October 31, 2020, and are coming up for election this month. Also, the appointed position for Hospitality will be open starting in February, 2021. A Director-At-Large is also open now.

Please consider volunteering and submit your name to Steve Stasulis at [stasulisss@hotmail.com](mailto:stasulisss@hotmail.com).

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## Newsletter

I hope you enjoyed this newsletter. I welcome any feedback and suggestions. If there's a topic you'd like to see covered or you would like to submit an article, please email me.

I do my best to proofread the final product, but sometimes we humans see what should be there rather than what is there. Any errors are mine. Please let me know if a correction should be included in the next issue.

Thanks, M.C. King  
[gardengirl569@gmail.com](mailto:gardengirl569@gmail.com)