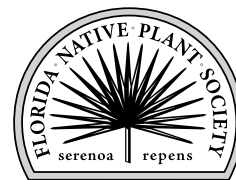


Sabal minor

A bi-monthly newsletter for the members of

THE FLORIDA NATIVE PLANT SOCIETY



VOLUME 10, NUMBER 6
DECEMBER 2007 – JANUARY 2008

Sabal minor E-news

Each member with an e-mail address should be receiving the *Sabal minor* in its new electronic format. If you did not receive it, then the Society needs an update on your e-mail (your address is safe with us). If you wish to continue to receive a hardcopy version via snail mail, “opt in” by writing or calling FNPS.

The electronic version brings color, as well as links to expanded versions of our stories. (To see the web version of *Sabal minor*; visit the Society’s website, and look under Publications.) And of course, it saves trees and money. All good.

December

In bloom, find dune sunflowers, some coreopsis, wild petunia, and passionflower; *Physostegia purpurea*, eastern false dragonhead; *Hibiscus aculeatus*, pineland hibiscus; *Balduina angustifolia*, coastalplain honeycombhead; *Conoclinium coelestinum*, blue-mistflower; *Symphotrichum carolinianum*, climbing aster; and berries on the *Hamelia patens* (firebush), both *Psychotria* species (wild coffees), and *Ilex glabra* (ink berry or gallberry).

January

Look for *Salvinia coccinea*, tropical sage; *Poinsettia cyathophora*, painted leaf; *Gaillardia pulchella*, gaillardia; *Saururus cernuus*, lizard’s tail; *Erythrina herbacea*, coral bean; *Gelsemium sempervirens*, Carolina jessamine.

Since these are the months when blooms are not as abundant throughout the state, it’s time to head south to the Fakahatchee Strand State Preserve and look for some of the orchids that bloom during this period. Go to <http://www.friendsoffakahatchee.org/> and check out the list under publications, the guided walks and canoe trip offered monthly.

Executive Board Profile

Ann Redmond, Vice President for Administration



Ann is the Vice President for Administration and Magnolia Chapter Representative. She has served on the Magnolia Chapter Board since 2002 and from 2002-2005 chaired the Native Plant Garden Restoration at Maclay State Gardens, which was nominated for a 2004 *Take Pride in America* award.

Ann has worked in the environmental profession for many years, including as a regulator and consultant. She recently joined Biological Research Associates as a Senior Project Manager. Ann specializes in mitigation banking, rural land stewardship and developing solutions to landscape-scale issues. In service capacities she served as the private sector representative on the National Research Council’s Committee on Mitigating Wetland Losses and is presently a technical advisor to the Environmental Law Institute’s and Environmental Defense’s Wildlife Habitat Policy Research Program “Design of US Habitat Banking Systems” study. She is married to fellow member Ron Myers.

Highlights from the FNPS Board of Directors Meeting November 10, 2007 • Palmetto FL

Official minutes will be available at the FNPS forum once approved; these highlights are offered to keep the membership up to speed on key decisions. Each year, during the November meeting, the next year’s budget is proposed and reviewed; retention of contractors is also addressed.

Board members attending addressed the excellent service we enjoy from the contractors up for renewal, including Palmetto editing and design by Visual Key (Marjorie Shropshire), Consolidated Administration services from Just Cause Media (Cameron Donaldson) and Accounting by Joslin & Hershkowitz, Inc. A unanimous roll-call vote approved the motion to accept the scope and fees of contracts as provided by Ann Redmond, Vice President for Administration. It was also agreed to add improved standard legal contractual language to each letter of engagement with our contractors. This language is pending legal review, and will be appended after review by the board.

The 2008 FNPS budget was reviewed, amended and approved (roll-call vote: unanimous). New funds were included for retention of legal services, as needed, and for a lobbyist, Sue Mullins, to carry our flag and report on the

Florida Native Plant Society, P.O. Box 278, Melbourne, FL 32902-0278

321-271-6702 Fax: 815-361-9166 www.fnps.org info@fnps.org

President: Shirley Denton, EcotypeS@myrapidsys.com

Editor: Rosalind Rowe, rosrowe@comcast.net

Editor this issue: Cindy Liberton, liberton@earthlink.net

Sabal minor is on-line at <http://www.fnps.org/pages/publications/sabalminor.php>.

Deadlines for *Sabal minor* submissions are: 1/15 for Feb-Mar issue; 3/15 for Apr-May;

Board meeting highlights, cont.

action in Tallahassee. The budget also provides for an increase in the landscape awards, and support for FNPS representation at key conferences. These increases will be supported in part by an approved dues increase that concludes the evaluation and adjustment of FNPS dues structure initiated in 2007.

Fees Structure, 2008	
Donor	\$250
Business	\$125
Supporting	\$100
Contributing	\$75
(\$25 to endowment)	
Non-Profit	\$50
Family	\$50
Individual	\$35
Student	\$15
Library	\$15
New Member	\$25
Gift	\$25
Lifetime	\$1000

The Board also approved replacements for three positions vacated due to time conflicts. New appointments include Vice President of Finance, Candace Weller, Pinellas Chapter, and directors at large, Lynne Flannery, Heartland Chapter, and Fritz Wettstein, Magnolia Chapter.

Finally, a new chapter was approved in the Marion County area. Thanks to Christina Uranowski, Pine Lily Chapter, who stood in

for the FNPS secretary to capture the motions.

Chapters present: *Cocoplum, Dade, Eugenia, Heartland, Hernando, Ixia, Lake Beautyberry, Magnolia, Mangrove, Naples, Nature Coast, Palm Beach, Pawpaw, Paynes Prairie, Pine Lily, Pinellas, Sea Rocket, Serenoa, Sumter,*

Species Spotlight

Myrica cerifera

How did settlers use Wax Myrtle?

By Chelsie Vandaveer

Wax Myrtle or Southern Bayberry (*Myrica cerifera*) is a large evergreen shrub/small tree native to the southern and eastern coasts of the U.S. Depending upon the authority, there are four to six species in North America and possibly fifty species worldwide. Wax Myrtle, a source of fragrant wax, was never 'official' in the U.S. Pharmacopeia, however the plant has supplied eclectic medicines over history.



Myrtle wax candles and soap were vital to many Native Americans and early

American settlers. Charles Millspaugh (1892) wrote that the extraction of myrtle wax for making candles was first reported in Louisiana, and in 1722, the water in which wax had been extracted was further boiled and used to treat cases of violent 'typhoid' dysentery among the colonists. Myrtle water is astringent (drying) and was probably a last-ditch effort to cure dysentery—there were unpleasant side effects—dizziness, headaches, burning pain in the eyes and nasal passages, dry throat, sensation of hunger, cramping of the abdomen, nausea, chills and fever.

The native Americans chewed the bark from myrtle roots for toothaches and bleeding gums. Extracted as an

2008 FNPS Conference

Uplands to Estuaries: Celebrating Florida's Native Plant Heritage

May 15-18, 2008, Manatee Convention Center

Call before April 14th and mention FNPS for Holiday Inn Riverfront discounted room reservations (941) 747-3727

Social events and musical entertainment are planned for each evening after diverse and exciting conference sessions, including a keynote address by Jon Thaxton, Sarasota County Commissioner twice chosen as the "Grass Roots Activist of the Year" by the Florida Nature Conservancy, and recipient of awards from 1000 Friends of Florida's Growth Management and the Council for Sustainable Florida.

One one night of the conference festivities features entertainment by FNPS members. If you would like to perform, please contact Denny Girard at dennyg29@msn.com

infusion or tea, it was also gargled for sore throats or applied topically to itchy skin. The powdered root bark was applied to hemorrhages, sores, and skin ulcers

Soap made from myrtle wax was considered gentle compared to common lye soap. Country doctors used myrtle soap for 'soap plasters' where a topical medication was kept on the skin. Men also preferred myrtle over traditional lye soap. Millspaugh declared, "Soap from this wax makes an aromatic and very softening shaving lather...." (*Myrica*, American Medicinal Plants, Charles F. Millspaugh, 1892)

Palamedes (*Papilio palamedes*)

by Linda Cooper

Florida, and maybe the entire southeast, is in danger of losing one of its most beautiful swallowtails—Palamedes (*Papilio palamedes*)—due to Red Bay Ambrosia Beetle (*Xyleborus glabratus*). This Asian beetle causes the death of trees in the Laurel family (*Lauraceae*). Palamedes Swallowtail females lay their eggs on Red Bay (*Persea*



borbonia) and Swamp Bay (*P. palustris*) almost exclusively. This large black and yellow swallowtail is widespread and easily observed in pine flatwoods and freshwater swamps. Spicebush Swallowtail (*P. troilus*), another Laurel feeder, will likely be affected also though its host plants are more varied than Palamedes. A search on the web will bring a lot of information about this beetle.

Amazon Jungle Safari Trip Review

by *Joanne Trebatoski*

Twelve people left Miami on October 19th heading for the jungles of Peru. We stayed at various lodges sleeping under mosquito netting, using outdoor latrines and showers, and having only kerosene lamps to light the night. That's a vacation you say? While staying in these remote lodges we took many jungle walks immersing ourselves in the native flora of Peru, many mammals, monkeys, white fronted capuchin monkeys, spider monkeys, tarantulas, many varieties of butterflies, bats, and colorful insects. An anaconda was witnessed as well. The countless, beautiful birds and tropical jungle plants were quite amazing to experience.



This group learned about medicinal plants, boated the Amazon, fished for piranhas, and walked above the forest on a canopy walkway at a research station. A trip highlight was a sanctuary preserve outside of Lima, with an unusual habitat called the Loomis. At the base of the mountains, it never rains here but it almost constantly mists, supporting a wealth of unusual wild flowers and grasses among jagged boulders.

Explorations, Inc. donated \$2,400 to the Native Plant Society from the proceeds of the trip, which brought the total earnings from such trips to approximately \$19,000. Watch for the announcement of the next trip for Fall 2008 and come along!

There was too much adventure to fit! Read the rest on-line at <http://www.fnps.org/pages/publications/sabalminor.php>

CHAPTER TIPS AND TRICKS

AlterNative Publication for Northeast Florida.

Ixia Board members found a solution to their outreach problem of how to educate landscape planners, developers, and homeowners on the threat of commonly used non-native invasive plants in landscaping when it received news of a FNPS Education grant.

The Ixia Chapter was the proud recipient of a FNPS Education Award in March of 2007 to help fund an "AlterNative" brochure for northeast Florida. The purpose of the publication is to help educate the community on the threat that commonly used non-native invasive plants have in natural areas and recommend alternative plants that would be good substitutions.

Ixia subcommittee members have spent a considerable amount of time over the last few months determining what 15 invasive plants should be featured and researching appropriate native plants to recommend. Text will also be included throughout the publication highlighting the benefits of using native plants and adopting other sustainable gardening practices like water conservation and integrated pest management.

The publication is already scheduled to have various public debuts such as being featured in one of Duval County's largest plant seminars, *Springfest 2008*, as well as being presented at large garden clubs and various online websites.

Native Plants Mean Water Conservation in Projected Drought

The **Tarflower** chapter hosted a panel discussion about landscaping for water conservation and invited water management, county & city officials as well as local Landscape Architects, Environmental Lawyers, Master Gardeners and Land Planners. The discussion was taped for the local television station programming and prompted pertinent and important discussion.

Ray Jarrett of the **Lyonia Chapter** sent an article with pictures to the regional newspaper in his area of the state. To his surprise, it ended up as front page news, under a huge headline "Florida Lawns Going Native," with large photos and key facts on several native plants, and an engaging shot of Ray in his landscape. Ray says, "We thought it would be a small article in the garden section." Instead, Ray's article was published in full, with full description of the benefits of the use of natives in home landscapes. And yes, they addressed the coming drought, and identified FNPS as a resource.

Such success suggests there is a paradigm shift happening throughout the state, and landscaping for water conservation and native plants are in the spotlight more than ever. Karina Veaudry, FNPS Executive Director, encourages all chapters to write an article and submit it to regional newspapers. Members of the ExComm are available for text review and photo searches. Contact Karina at executivedirector@fnps.org

In you live in the Southwest Florida Water Management District's region, they want to talk to your Chapter now. SWFWMD is seeking speaking engagements to talk about the drought, and what people can do to help. They have ads and editorial content for newsletters, Powerpoint presentations and talking points available. To take advantage of these resources, contact Michael Molligan, Communications Director, Southwest Florida Water Management District, (352) 796-7211, ext 4750, Michael.Molligan@swfwmd.state.fl.us

FNPS Retreat Synopsis

Mary Echols, Naples Chapter

We attended the “first annual” FNPS Retreat in October held in Lake County near Lake Dora. The retreat site’s longleaf pines, plentiful sinkholes and ponds with abundant plants and wildlife including herons, sandhill cranes and egrets was a nice backdrop to interesting sessions and great social time.

There were about 35 people in attendance and the weekend included time for networking, a field trip to a local preserve, presentations on advocacy, tips for using illustration in your plant or field journals, a rain barrel workshop, and wonderful meals.

A clever game of FNPS Jeopardy, plant ID contests, and a member’s forum on making your Chapter activities successful rounded out the program. There were even special activities for children which makes this members’ retreat a possible family vacation.

Jane Wallace, Mangrove Chapter

I attended the Florida Native Plant Society Retreat on the weekend of October 6-7. It was a fun and delightful weekend filled with interesting events. I recommend other members try it next year.

For me, the highlight was the workshop, *Plant Journaling*, taught by Marjorie Shropshire. Although I am not an artist, I thought I would see what it was all about.

Our instructor, Marjorie, is an artist and brought some of her detailed journals. To see examples of these type of field sketches, refer to the book *Drawing from Life, the Journal as Art*. A plant journal is a personal record of what you see and experience and if you include text, a wonderful tool to refer back to. Marjorie recommends dating the pages, never tearing them out, using softer pencil leads such as HB, 2B and 3B, a kneaded eraser, a mechanical pencil for taking notes and a journal that contains water proof paper.



Plant Journaling at the FNPS Retreat.

You will have an opportunity to gain these helpful tips as Marjorie will be teaching another session of plant journaling at the 2008 retreat as well. Also, the conference in May will highlight a botanical pen sketching workshop with Susan Trammell.

Next year the retreat is planned at Camp Kulaqua Retreat just north of Gainesville during the weekend of September 26-28, 2008; <http://www.campkulaqua.com/>

Holiday Mega Membership Explosion! **December 2007 thru Earth Day April 22 2008**

GOAL is for each and every FNPS member of each chapter to present a gift membership to a friend, colleague, neighbor, family, ally, or foe. Over FIVE MONTHS of holiday giving opportunities, with Grand Prizes for all Chapters that enlarge their membership by 100%. NEW and GIFT memberships both apply toward the 100% goal. All awards will be presented at the 2008 Conference. For more information contact the FNPS Membership Chairs, Lynka Woodbury <lwoodbury@fairchildgarden.org> or Mary Ann Bolla <bollam@bellsouth.net>

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Florida Native Plant Society
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