



President's Message:

by Lois Cantwell

I came across a phrase I hadn't heard before, not only once, but twice in a four-week period. The first time was on a local nature walk led by a member of the Forest Service. Our group was standing in a copse of trees and she made reference to "forest bathing" without elaborating on what that meant. I kind of forgot about it until I recently picked up a Better Homes & Gardens magazine and began to read the editor's letter by Stephen Orr. His advice to readers: "Try the Japanese art of shinrinyoku, or forest bathing, which involves spending time in the woodland environment in order to lessen your stress, lower your blood pressure, and help you mellow out your angry thoughts". Further along, he also suggested "sky bathing", which calls for taking the time to think about how you feel about having nothing over your head other than fluffy clouds or (at night) a dome of stars and planets. So, don't forget to get outside, look around you, and look up. (And please leave your cell phone in the house!)

Fundamentals of Pruning

Knowing when to prune is essential to the health of your shrubs and trees. Pruning woody plants at the wrong time of the year may interrupt bloom cycles or damage plants that are already stressed. The type of pruning that can be done at any time mostly applies to removal of diseased, dying or dead branches. Based on plant life cycles, certain times of the year are better than others. Factor in your geographical location, if you are a northern or southern gardener, or perhaps a little of both. This could contribute to a bit of confusion, especially since a general rule of thumb is to prune during dormant periods. Northern gardeners relocating to the Southeast may want to seek the guidance of a native plant nursery, other established nurseries, an arborist or the nearest county extension agent. What to do about plants "burned" by frost can be tricky, too. Leave them alone until all danger of frost has passed.

Pruning can be detrimental to plants when performed during times when they are expending a lot of energy, such as leafing out or blooming. Spring pruning before flowering removes buds that have formed on "old wood". Pruning after flowering gives them time to regenerate. Late bloomers that flower in the fall should be pruned thereafter, so their new growth in the spring will produce flowers in the following season. Similarly, deciduous trees should be pruned in the spring, before leafing out occurs. Fruit trees should be pruned in the late winter months while still in dormancy and before the buds begin to swell. For evergreens that produce berries, hold off on pruning until after the berries fall. Of course, there are exceptions to the rules, so when in doubt, ask the experts.

To avoid certain pruning dilemmas, subscribe to the "right plant, right place" adage,

considering also the mature size of a shrub or tree before planting. Also, disinfect your pruners and other cutting equipment with alcohol before using them on other plants. This helps to reduce the spread of diseases. Note: Some points in this article have been excerpted from an AP article by Dean Fosdick, "Knowing when to prune is as vital as knowing how", The Alpena News, 8/22/19.

Quotes from "The Life and Love of Trees", Lewis Blackwell

The true meaning of life is to plant trees,
under whose shade you do not expect to sit.
Autumn is a second spring when every leaf is a flower.
He who plants a tree, plants hope.
Someone's sitting in the shade today because
someone planted a tree a long time ago.
The best time to plant a tree is 20 years ago.
The second best time is now.

[Click here to Visit our Website](#)

Field Trip Saturday August 31

This coming **Saturday, August 31, 9:00 AM, Cedar Point Environmental Park**, 2300 Placida Rd is our upcoming Field Trip. Leaders will be Bobbi Rodgers, Barb Seibel and Linda Wilson. It will be interesting to see what is coming up in the areas of the park where the county did some chopping in the spring.

Also, a reminder that I mentioned in our last newsletter: We need to be sending in our Questions for the Open Forum (October 8th Membership Meeting) so that the Panel Members have an opportunity to review them in advance and respond with appropriate answers during the meeting discussion. Please try to get them in by around September 1st. Please send them to: MangroveFNPS@comcast.net, Attention: Ruth Ward, so that she can collate them and pass them along to the panel members. These can range from general to specific, plant care to landscaping, environmental concerns, hardiness, soils, composting, planting, mulching, weed control, watering, pest management, just to name a few categories to get those thinking caps fired up. Thanks for your contributions to the discussion. If you can't make it to the October meeting, pose some questions anyway. The answers may be helpful to your fellow members and to any guests who may be in attendance.

Mangrove Chapter Volunteer

Back in July, I contacted Lisa Bramlage, Lemon Bay Park, Parks and Recreation Specialist, and Brenda Canales, Volunteer and Partnership Coordinator, Sarasota County Parks, regarding our Chapter's status with offsetting the cost of our meeting room rental using volunteer hours. Right now, we only have 3 Mangrove Chapter members who are volunteering at Lemon Bay Park, and/or elsewhere in the SC system. This could jeopardize our ability to qualify for an essentially "free" room rental. Or, at best we can

defray a portion of the rental fee. So, we need to get to work.

Brenda gave me a couple of categories of "volunteerism" in the Sarasota County Parks and Recreation system: Only volunteers that fill out a Volunteer Application and document their hours are those that contribute "Direct Service" to the park. These have volunteer accounts with "Lemon Bay Volunteer Opportunity" attached. The other category is "Community Partner", which are hours under "FNPS Mangrove Chapter", and can be reported on a monthly basis. Examples of these hours are those involving monthly meetings/presentations, social media, handling of cash or any other activities. I am still in the dark about whether either or both of these categories apply. I have 2 emails out to Brenda, as well as plans to speak to Lisa in the next couple of weeks (before she retires at the end of September!) Meanwhile you could explore the SC Parks Online volunteer reporting system known as Volgistics. I am assuming there is a section on SC Parks Online that allows you to fill out a Volunteer Application. If you want more info on this process, contact Brenda Canales at the Sarasota office, 941-861-5868.

Meanwhile, Lisa has identified some specific volunteer opportunities at Lemon Bay Park, or under her jurisdiction. She needs volunteers at Lemon Bay Park who are willing to pull and dig up invasive plants from the natural areas and public use areas for 2 hours at least once a week. They also need volunteers who are willing to maintain the gopher tortoise burrow barriers at Buchan Airport at least once a month. She feels that if any of our Mangrove Chapter Members are willing to take this responsibility on, we should be able to garner enough hours. To contact Lisa, her office number is 941-474-3065. You could also email her at lbramlage@scgov.net.

Definition of Topping Trees, Charlotte County Regulations

by Lois Cantwell

In early summer, I was copied on an email from David Wilson (Parkside Urban Forestry and Waterways Committee, Charlotte Harbor Native Plant Advisory Council, and long-standing Mangrove Chapter Member) via Gloria Walberg (CC Certified Code Compliance Officer). The subject was concerning some ornamental holly trees on Harbor Blvd in Port Charlotte that were improperly "trimmed". I thought some of the information was worth sharing for future reference.

"Topping" can also be referred to as stubbing, heading, heading-back, stubbing-off, tipping, hatracking (my favorite), topping-off, dehorning, lopping, roundover, cutover, lollipoping.

It is defined as trimming of limbs to stubs larger than 3 inches in diameter within the tree's crown to such a degree as to remove the normal canopy and disfigure the tree. This practice is strictly prohibited per Charlotte County Code Sections that are a bit too long to list in their entirety. So, I will sort of summarize.

Tree pruning shall be conducted according to the most recent edition of the National Arborist Association Standards. Any tree (regulated under "Tree Requirements") that dies, sustains major damage, or contracts a disease, such that restoration to a sound condition is impractical, must be replaced by a tree comparable in size and type or a combination of trees having an equal number of tree points. Compliance may be determined by a follow-up inspection that may occur at the discretion of the county. The following practices or procedures shall be considered unlawful in the county, except where exempted: it shall be unlawful practice for any

person, firm or agency to "top" or allow to be "topped", or severely pruned, so as to appear stunted, any tree.

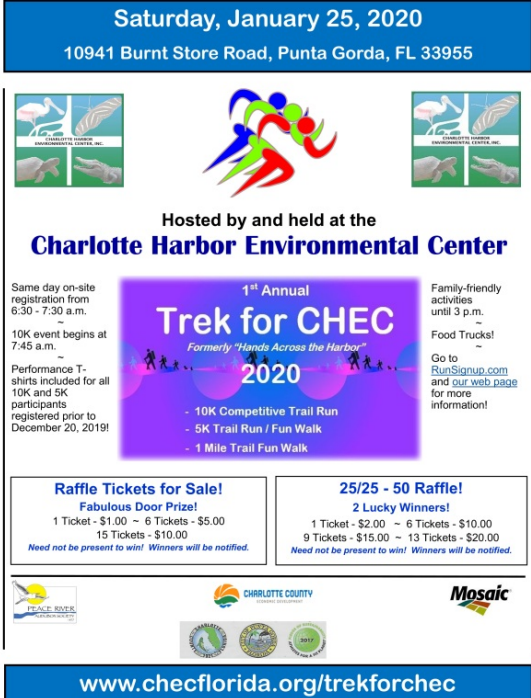
Save the Date

14th Annual Plant Native Day

March 14, 2020

Gardening for Butterflies

Trek for CHEC



Saturday, January 25, 2020
10941 Burnt Store Road, Punta Gorda, FL 33955

Hosted by and held at the
Charlotte Harbor Environmental Center

Same day on-site registration from 6:30 - 7:30 a.m.
10K event begins at 7:45 a.m.
Performance T-shirts included for all 10K and 5K participants registered prior to December 20, 2019!

1st Annual Trek for CHEC 2020
Formerly "Hands Across the Harbor"

- 10K Competitive Trail Run
- 5K Trail Run / Fun Walk
- 1 Mile Trail Fun Walk

Family-friendly activities until 3 p.m.
Food Trucks!
Go to RunSignUp.com and our [web page](#) for more information!

Raffle Tickets for Sale!
Fabulous Door Prize!
1 Ticket - \$1.00 ~ 6 Tickets - \$5.00
15 Tickets - \$10.00
Need not be present to win! Winners will be notified.

25/25 - 50 Raffle!
2 Lucky Winners!
1 Ticket - \$2.00 ~ 6 Tickets - \$10.00
9 Tickets - \$15.00 ~ 13 Tickets - \$20.00
Need not be present to win! Winners will be notified.

www.checflorida.org/trekforchec

We welcome all runners & walkers to our first annual Trek for CHEC event on **Saturday, January 25, 2020**. This event will feature competitive runs and fun walks for people of all ages. There will be food trucks, a band, special activities such as "how to fish" lessons for younger children, a Fabulous Door Prize raffle, a 25/25-50 raffle, and more! Our mission is to build awareness and encourage conservation of our area's rich natural resources while protecting the environment. Proceeds will help further environmental educational programs for children and adults. We hope to see you

there!

The first event is a 10K competitive run. The second event is a dual 5K competitive run and 5K fun walk. The third event is a 1 mile fun walk for younger children. The first event begins at 7:45 a.m. Several (trail) routes will be used simultaneously and at staggered times – see attached and/or website (www.CHECflorida.org) for further information and to register.

International Coastal Clean up

It's time again for the International Coastal Clean Up! Interested individuals and groups are encouraged to participate in this annual event scheduled for Saturday,

September 21 at 9:00 AM. Meet at Cedar Point Environmental Park, 2300 Placida Road in Englewood for supplies then choose your site: Cedar Point Environmental Park, Oyster Creek Regional Park, or Buck Creek Park. Kayaks are welcome.

This event is the largest beach and waterway cleanup program with volunteers around the world participating. Volunteers have collected data since 1986, and the numbers are used to raise awareness, identify hotspots for debris or unusual trash events,

and inform policy solutions. In 2017, nearly 800,000 volunteers collectively removed more than 20 million pieces of trash from beaches and waterways around the world, according to the Ocean Conservancy. That's 20 million fewer potential impacts on whales, turtles and other beloved ocean wildlife. That's an accomplishment we should all be proud of.

Trash doesn't fall from the sky; it falls from human hands. Come help clean up your community. Bags, gloves and data sheets will be provided as well as light refreshments. T-shirts will be supplied to the first arrivals (while supplies last). Just bring a commitment to help. And remember, do your part every day by picking up trash that you see, not just during special clean ups.

This Clean-up effort is organized by the Charlotte Harbor Environmental Center and is sponsored by Keep Charlotte Beautiful. Cedar Point Park is a Charlotte County facility located at 2300 Placida Road in Englewood. To register or for further information, call (941) 475-0769.

Nature Festival Save the Date!

CHNEP is thrilled to present the 2019 Nature Festival! We will celebrate the splendor of Central and Southwest Florida with environmental educators, live animal exhibits, engaging speakers, guided nature walks, games, and food trucks!

Please join us on Saturday, November 16th, 2019, from 10 AM - 3 PM at Laishley Park in Punta Gorda.

If you are interested in having a booth space at the event or volunteering, please register below!

Register to Volunteer at the Nature Festival Here!

Thank **you for promoting and protecting clean water!**

CLICK HERE to subscribe to our quarterly publications and popular Nature Calendar!

For any further questions contact
CHNEP Outreach at
outreach@chnep.org or 941-575-3385
www.CHNEP.org
941-575-3392
Toll-free 866-835-5785

What's Up In My Garden

by Bill Dunson

-In our last Membership Newsletter I asked folks to please share what is happening in their yards this summer, so I am passing along this reply from Bill Dunson, as he and Margaret have been busy establishing a habitat for wildlife on their new property. Enjoy reading about their progress so far. Lois Cantwell

Well you asked for reports from the FL Native Plant Society members about their northern summer yards so here goes. I have always enjoyed your reports from Michigan and have fantasized about visiting some of the members in their remote summer yards someday.



After selling our fantastic 107 acre farm near Galax, VA, we downsized to a two acre lot on Chestnut Knob Rd. near Boone NC. This is a very hilly area at about 3400 feet in the Blue Ridge Mountains just one mile west of the Blue Ridge Parkway (very easy to visit

us- go off at the US 421 exit in Deep Gap). We are now in our second summer working on this lot and there is plenty to do. But we were lucky that this 30 year old brick/cedar siding house had some very mature plants of rhododendron, azalea, Japanese ilex/holly (has fabulous small blooms that attract insects for about one week) and dogwood plus many others. The front photo taken May 1 shows the dogwoods and azaleas just starting to bloom. The house is built on a steep slope above the New River so it has been necessary to build a network of hairpin trails to access the slopes for planting. The panoramic summer photo shows a scan from the front to the backyard with a beautiful view of the Appalachians in the distance. We have so far planted in excess of 75 plants of perennials and shrubs such as arrow wood viburnum, serviceberry, and spicebush, all favored by wildlife.





Our crowning achievement in terms of enhancing wildlife has been in attracting black billed cuckoos to nest in our yard (see photo of adult carrying a stonefly presumably to the nearby nest). We have also been very successful in attracting more than a dozen species of butterflies to our native and non-invasive exotic flowers including coral honeysuckle, zinnias, Brazilian vervain, cone flowers, coriopsis, butterfly bushes, joe pye, phlox, bee balm, etc.



We are designing the hillside as a wildflower meadow with new species sprigged into the existing grass and perennials. This not only saves the hidden jewels in the ground cover such rattlesnake plantain/orchid and ebony spleenwort, but makes for less work in weeding and presents a more natural meadow-like appearance. Great lobelias will be sprouting up soon in late summer and they are a joy to see. We think that a former and unknown and likely deceased owner has given us some of these botanical jewels to discover and protect. That is a great thought to keep in mind when we plan our own gardens and hope that they live beyond us and are enjoyed by others in the future.

Cheers- Bill Dunson



THE NATIVE PLANT SHOW

November 7-8, 2019 | West Palm Beach, FL

SOLUTIONS TO SAVE THE PLANET



CEU classes | Native Plants | Suppliers & Services

Greetings

Attendee registration is now open for the 7th annual [Native Plant Show](#), November 7-8, 2019 in West Palm Beach, Florida.

Whether you're a landscape architect, designer, garden center, property manager or homeowner, you'll find new information that helps you successfully use native plants. Return to work or home with everything you need — including the plants. Our ever expanding education program with more than [19 new speakers](#) and 35+ different classes offers different tracks for industry professionals and property owners.

And we're super excited about this year's outdoor exhibits setting at beautiful Mounts Botanical Garden. Most classes will take place indoors in the Clayton Hutcheson Center, in cooperation with Palm Beach County.

[See schedule](#)

Multiple registration options let you build your own schedule or take advantage of specially priced ticket bundles.



THE NATIVE PLANT SHOW

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SOLUTIONS TO SAVE THE PLANET

Florida Association of Native Nurseries The Native Plant Show November 7-8, 2019 West Palm Beach, FL

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Multiple registration options let you build your own schedule or take advantage of specially priced ticket bundles. **Register Now**

FANN members receive an additional 10% discount when you login to your member account.

As always, we'll have hard-to-find native plants for sale along with books and fun garden and landscape novelty items.

The Native Plant Show is unlike any other native plant event. Nowhere can you meet and talk with as many native plant growers, see the diversity and quality of native plants now available, take practical, experience-based classes and buy plants. So check out all the options, put your plan together and register soon.

We're all seeking solutions to the problems that face our planet. Planting natives is one of the easiest, highest impact things we can each do right now.

We look forward to seeing you in November.

Cheers,

p.s. Want to align your organizations with leaders in sustainability through native plants? FANN welcomes new **sponsors and exhibitors**. Your success is ours as well.

Florida Association of Native Nurseries

PO Box 972

Melbourne, FL 32902

(321) 271-4885

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