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THE NATURALIST

The monthly newsletter of the Historic Rivers Chapter Virginia Master Naturalist Program

http://historicrivers.org

MONTHLY NEWSLETTER Volume **ANNUAL HRC Holiday Party "Meeting" DECEMBER 10 (Wednesday)** 6pm to 9pm Legacy Hall in New Town. Casual festive dress. Remember to bring your own eating utensils, plate and a dish of yummy food to share. Cost is \$5.00 per person. For planning purposes, please email sherrybrubaker@cox.net with the number of people attending and it's OK to pay the \$5 per person at the door. In a fine tradition, Inge Curtis, has again generously donated 2 framed pictures for our special raffle that night.

November 2014

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Deb Woodward, Newsletter

Sherry Brubaker, Host

Dean Shostak, Field Trip Coordinator

President's Message

Happy Thanksgiving!

I try to express thanks every day to people who make a difference in my life. "Thank you" means so much to the recipient and requires so little of me.

At each gathering of Master Naturalists I am ALWAYS grateful for the individuals that make our group special and for the group as a whole. Truly "the whole is greater than the sum of the parts."

The multitude of talents and everyone's commitment to the success of our Chapter cannot be overstated. We all seem to make each other better!

I hope you feel the same way. Don't know about you, but I'm extra thankful at this time of year for our wonderful Master Naturalist volunteers and members.

Have a safe and Happy Thanksgiving!

Shirley Devan, President, HRC-VMN

Notes from the Board

All meetings of the Board of Directors are open to members.

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Volunteer Recognitions

At the November 2014 General Membership meeting, three members of the Virginia Master Naturalist – Historic Rivers Chapter were recognized for their many and outstanding volunteer efforts. (l-r) Felice Bond and Les Lawrence were recognized for contributing 2,500 hours in volunteer efforts. Alice Kopinitz was recognized for logging in 1,000 volunteer hours.



Photo by Tom Bond

The Membership Chair, Mike Woodward, reminds you to log in your volunteer and continuing education hours TODAY!!

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A lot of fun at the HRC Picnic!

Photos by Judy Jones















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Saturday morning, Nov 8, our own Master Naturalist Larry Riddick led a Walk & Talk at New Quarter Park about Virginia's Big Tree Program. We got hands-on experience measuring some of New Quarter's trees. Larry Riddick, who is also a Tree Steward, was joined by Larry Gaskins, a JCC Master Gardener and Tree Steward. They taught us two ways to measure trees — one way with a "stick" and one way with a clinometer! Then the group ventured deeper in the park to see New Quarter Park's own "Big Tree."



Larry Riddick & Larry Gaskins



Sue Mutell, Sara Lewis, Maud Ann Wilson, Barb Bucklin, Jan Lockwood

Larry Riddick

Story and photos by Shirley

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Fossil Find Field Trip —-November Edition





Photo by Sherry Brubaker

Sherry Brubaker summed up the field trip this way:

"Thanks, Dean! You have the best ideas and make such fun for us all. I liked the little towers of "sediment" with fossils on top of them all lined up in a row. And I like doing things I've never done before. Good job!"



November 2014

Photo by Joanne Sheffield

MORE FROM the VIRGINIA MASTER NATURALIST STATE CONFERENCE

Native Shrubs and Woody Vines Session

This program was led by Ellen Powell of the Virginia Department of Forestry. Each of the participants was given a copy of the newly published identification guide, **Common Native Shrubs and Woody Vines of Virginia**. It is in the same format as **Common Native Trees of Virginia**. There are 52 woody shrubs and 14 vines described in addition to 10 non-native invasive species. Each description, with an illustration, tells the form, common range, habitat, leaves, flowers, fruit, bark, twigs and a "Did you know" fact about the specimen. The book also includes information about the State forests and nurseries, a glossary, bibliography and other resources.



After spending a few minutes going over the use of the key, we followed it to identify some of the plant material in the area. There were no labels on these plants! We soon learned that it would be good to have a hand lens to aid in determining the key to follow to the next step—for instance, leaves with dark hairs on upper surface midvein or leaves without dark hairs on upper surface midvein. There were times when the plant we keyed out was not correct and we found out that we had made an erroneous choice setting us off in the wrong direction. All in all, it was a most enjoyable session and good learning experience.

Joanne Sheffield

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The 2014 Williamsburg Christmas Bird Count

By Bill Williams, Count Coordinator, Williamsburg Bird Club

Please send yourself a holiday greetings card to remind yourself to participate in the 38th annual Williamsburg Christmas Bird Count on Sunday, December 14, 2014. We urge everyone to find some time during that day to be a part of this significantly important citizen science effort. Last year we set a target to have at least 100 participants and we made it! Let's do it again!!

NOTE: The Christmas Bird Count is an approved HRC Volunteer Service Project. Record your time to Project C2a – Christmas Bird Count.

The Christmas Bird Count was initiated in 1900 as a counterplay to a holiday season tradition of seeing how much game could be taken in a single day. Since then this world class endeavor has become one of the standards by which international wintering bird population trends and distributions are assessed over time. Rather than removing wildlife, these counts seek to document the diversity and abundance of birdlife in a defined area. Each count encompasses a 15-mile diameter circle, in our case the center is the Colonial Williamsburg Information Center. The goal for the day is to have as many observers as possible counting every bird of every species within 7.5 miles of the count center. The data are compiled and submitted to the National Audubon Society Christmas Bird Count website where it becomes part of an international database not only for North America but Central and South America too.

Whether you can join us for an hour or the whole day on December 14th your contribution will be exceedingly valuable. The success of the count is based on the numbers of species and how many birds can be found. This includes the common yard and feeder birds, even Rock Pigeons, European Starlings, and House Sparrows!

With that in mind we hope you will choose to join one of the field teams and/or participate from or near your home. All we ask is that you keep track of how much time that day you devote and, if applicable, how many miles you travel during your birding excursions that day.

Feeder watchers, please specify the amount of time you spent and the address and/or neighborhood of the location where you did your counting so it can be matched to its appropriate count section. This is also an excellent opportunity to engage children in birding!!

The count day will conclude with a 5:00 p.m. compilation at Carrot Tree Kitchens on Jamestown Road. This final -tally arrangement is the seventh for our venerable count, a tradition we have come to thoroughly enjoy. Carrot Tree will close for business that day at 4:00 p.m. Therefore, count participants are asked TO PARK BEHIND the bakery so that there is no appearance the business is still open.

If you plan to participate in the count please contact Bill Williams <u>billwilliams154@gmail.com</u> or call 229-1124, no later than December 7.

If you have been part of a field team in the past please consider joining that team again by contacting the team leader. Let Bill or your team leader know in advance if you plan to be at the tally. This will help determine how much food needs to be prepared. Tally HO!!

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New Kent Forestry Center Volunteering

by Cheryl Jacobson



Master Naturalists love New Kent Forestry Center so it is always easy to coordinate activities and volunteers when I receive a request from Lisa Deaton, New Kent Forestry Education Specialist. In one week's time in November, fifteen Master Naturalists volunteered over 80 hours at the Center.

One project involved putting together 500 "We Need Trees" bags for Project Learning Tree. To do this, we helped to prepare over 20 wood product items and then sorted them into 500 grocery bags. This involved sanding lumber, bagging coal, labeling products, and finally-collating. Many of the jobs were dirty and repetitious, but all were done with smiles and great attitudes. The bags will be donated to schools across Virginia to highlight the multitude of uses of Virginia's trees. Pictured (L to R) are volunteer Judy Scott, and Master Naturalists Joanne Sheffield, Cheryl Jacobson, Catherine Short, Judy Jones, Sharon Falconer, and from the Department of Forestry, Lisa Deaton. Not pictured are volunteer Kari Abbott and Master Naturalists Walt and Gwen Harris, Jennifer Trevino, and Deborah Eichelberger.

During that same week, we assisted in leading two different schools in their field trips to New Kent Forestry Center. Lisa has done an excellent job in providing enriched, hands-on experiences for children. They may lie in a hammock (chrysalis) and listen to the story of the life cycle of a Monarch, be led by a Master Naturalist through the Swamp, see and learn about live fish that are in tanks and that were obtained from the Chickahominy River, see and touch many samples of mammal furs and skulls, learn about trees and experience many other awesome learning opportunities.

So next time I call for volunteers, come out to New Kent and see why it is loved by Master Naturalists.

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CONGRATULATIONS!!

Our own Linda Miller's art work is featured in a new brochure for the VA Department of Forestry!

Virginia Department of Forestry Brochure Trees and Wildlife

by Linda C. Miller, Virginia Master Naturalist and Botanical Artist

Last year, Ellen Powell, Conservation Education Coordinator, sent an "artistic casting call" to the Virginia Master Naturalists to learn if there were any artists in the group who would trade their talent for volunteer hours. I "raised" my hand. This summer, El-

len sent a note asking for a painting of a raccoon by a stream for a children's brochure. I answered the call and over the next few weeks, I was asked to create several illustrations. Here is the new brochure!



Linda C. Miller Artist ~ Naturalist ~ Instructor



Miscellaneous Activities of HRC-VMN Members

Deb Woodward and Shirley Devan man HRC display at Volunteer Fair held at Colonial Heritage Clubhouse.

Photo by Joanne Sheffield





Catherine Short, Joanie Haury, Deane Gordon, and Sara Lewis represented HRC at Bethel Elementary School's Science Fair on November 6th. "Tank" the tortoise was the overall hit at the 5th grade event in Gloucester.

By Deane Gordon

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This month's Trivia comes from the National Wildlife Federation Calendar Submitted by Sherry Brubaker

Chickadees may hide up to 50 seeds a day, one at a time, across 30 acres.



Bison once ranged across much of the United States, which is why today you can find towns, creeks, and rivers named for them in the East.

Among North America's smallest owl species, the saw-whet can prey on birds up to four times their size.

The white ibis is a wading bird that favors crayfish for food but will also eat insects. The ibis can live for more than 15 years in the wild.

Although the red fox preys on hundreds of different animals across its range, it also may eat nothing but fruit in autumn months.

Cardinals are named after Catholic cardinals, whose bright red robes are reminiscent of the species' plumage.

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A TALE OF CAUTION by Patty Riddick

Larry Riddick, Cohort I, has developed an allergy to red meat, and here's his story. Early last spring Larry had a tick bite which went unnoticed for a number of days. Being a naturalist and out in the woods often, he removed the tick and thought no more about it. A month or so later he awoke in the middle of the night with his hands fiercely itching. After a bit, it went away. This happened a couple of times and was not considered significant – though puzzling.

Next came the 4th of July and we grilled hamburgers for dinner. About midnight Larry woke with hands and feet fiery red and really itching. This occasioned our first emergency room trip. The ER doctor had no idea what was wrong, nor had he ever heard of red meat allergy. Larry was given Benadryl and presumed to have hives.

The second emergency room trip occurred when we were in Maryland with our daughter and our son-in-law grilled hamburgers for dinner. Around midnight Larry woke coughing non-stop, then his hands and feet begin to swell and itch, and the finale was his lips swelling. He looked like a cartoon character with huge lips. Off in the car we went to the ER nearby. First of all the nurse chided us for not calling 911 asking me what I would have done had he stopped breathing while we were driving there. Point well taken! This ER doctor had never heard of red meat allergy either. They gave Larry Benadryl, Epinephrine, and Steroids post haste. The nurse gave me another heads up: You can see what is affected outside the body but you cannot see the effect on the organs inside the body. This led me to believe the severe coughing was his windpipe swelling. Whoa!

As a little history. We had an HRC member who had this happen to her some years ago. She had been out for a steak dinner and had to rush to the ER later on. This is how I had first heard of this allergy. She was subsequently fine and didn't eat any more red meat. This is a little known allergy which has made little sense to physicians as the body does not react immediately as normal allergies do. The reaction comes on four to six hours after eating.

So, on with the story. While we were in Maryland, and Larry was fine again, we researched red meat allergy online. The University of Virginia has done extensive research about this as well as Vanderbilt University. When we got home we visited our family doctor who had never heard of it either. Larry was then on steroids, epinephrine and Benadryl for a couple of weeks.

Then came the visit to the allergist for a diagnostic blood test although we felt sure we knew what it was. In the allergist's words, "You tested positive – Big Time." Her advice: "Do not eat the meat of any animal that has hooves!" You got it, lots of fish and chicken plus we carry epi-pens wherever we go. Some people may outgrow this allergy but eating red meat or contacting another lone star tick can retrigger the problem. We have chosen not to test it. On a lighter note, the allergist did say that humans and monkeys do not carry alpha-gal sugars, but we're not going there either.

And here's the critter that caused all the trouble, the lone star tick. This tick is prevalent in our area, common in wooded areas. It is not the deer tick which gives you Lyme disease. Dr. Robert Valet, in an article on Vanderbilt University's website (Boerner, C, February, 2014) states: "The thought is that the tick has alpha-gal sugar in its gut and introduces it as part of the allergic bite and that causes the production of the allergy antibody that then cross-reacts to the meat." He went on to say: "Lone star tick bites are likely the cause of thousands of cases of severe red meat allergies that are plaguing patients in Southeastern states including Tennessee, North Carolina and Virginia and spreading up the Eastern Seaboard along with the deer population."

So, there you have it. I felt compelled to share this as we Master Naturalists love the woods and Mother Nature. Be aware and take care!



Lone star tick

Amblyomma americanum

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Fun First Friday Frolics at New Quarter Park

By Sara E. Lewis

Master Naturalists Sue Mutell, Gary Driscoll, Sara Lewis, and Bill Wallace posed for a selfie in the Bobwhite Habitat while planting sunflowers during the inaugural Friday Frolics at New Quarter Park. The group dug up a mountain of invasive dog fennel and planted sunflowers as well as other plants grown for seed, all donated by Cynthia and Bob Long, Bobwhite Habitat champions. Master Naturalists haven't seen any Bobwhite in the Habitat yet, but it was full of butterflies during the first Butterfly Count in August.

You can earn volunteer hours at New Quarter Park in many ways and by charging to the following accounts:

Clb - Wildlife Mapping, Chapter Sponsored Sites

C2a - Christmas Bird Count

C2b - Spring Bird Count

C2f3 – Bluebird Trail Monitoring, New Quarter Park

C2u - Project Osprey Watch

C3a - Butterfly Count

C4a - Project Budburst

C4b - Big Tree/Remarkable Tree Survey

Elb - NQP, Native Plant Teaching Trail

E2b - Zoo in My Luggage

E2f - Bird Sleuth

E2i - NQP, Youth Education Programs

E2n - NQP, Adult Education Programs

E2o - NQP, Special Needs Population Education Programs

E4a - Walk & Talks, and other 1-time speaking engagements

S1b - Invasive Species Control, New Quarter Park

S2a5 - Trail and Park Maintenance, New Quarter Park

S2b - Clean the Bay Day

S3a - Bobwhite Habitat Restoration Project, New Quarter Park

S3d - Oyster Restoration Programs, VIMS and Chesapeake Bay Foundation

Watch your email for more opportunities to frolic with your Master Naturalists friends on Fridays at New Quarter Park. If you'd like to lead a Walk and Talk or be a project champion for one of the many outstanding initiatives at New Quarter Park, contact Sara Lewis, Park Interpreter, (saraelewis@cox.net or 757-784-0344) or Molly Nealer, YCPRT Recreation Supervisor (nealerm@yorkcounty.gov or 757-890-3513.



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Wildflower Spot-November 2014

John Clayton Chapter, Virginia Native Plant Society

Wildflower Spot-November 2014

John Clayton Chapter, Virginia Native Plant Society

Seaside Goldenrod

Solidago sempervirens



Of the many goldenrods in Virginia, this is the only one with thick fleshy leaves that have smooth toothless edges. Firm stems with numerous narrow leaves reach up to 6 feet from a rosette of narrow, lance-shaped leaves. A spray of bright yellow flower heads are in curved, one-sided clusters, forming a large mass of blossoms at the ends of stems. Blooming from August-November, goldenrods are a magnet for butterflies, bees, wasps, hoverflies, all preparing for the winter. On a sunny day the blossoms will be covered with busily foraging insects of all shapes and sizes.

This is a plant of marshes and sandy soil near the sea, growing at the edge of salt or brackish marshes, on small dunes and in meadows. Occurring only in the Coastal Plain in Virginia, Seaside Goldenrod is found in salty places along the coast from the Gulf of St. Lawrence to tropical America. The plant has spread

inland locally, especially along highways that are salted in winter, reportedly even as far west as Michigan.

Species of goldenrod were used by Native Americans for toothaches, colds, heart disease, sore throats, fevers, cramps, and internal hemorrhage. When the Omaha were on the summer buffalo hunt, the sight of goldenrod indicated that their corn was beginning to ripen at home. The name comes from Latin *solidus*, and *ago*, "to make whole", because this group of plants supposedly heals wounds.

For more information about native plants visit www.claytonvnps.org.

By Helen Hamilton, past-president of the John Clayton Chapter, VNPS

Photo: Seaside Goldenrod (Solidago sempervirens) taken by Helen Hamilton

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Mark Your Calendar!!
Upcoming General Membership
Meetings



December 10 - Holiday Party

January 14- Citizen Science Projects, David Mellor, CSP Coordinator VMN

February 18 - Pearl Beamer, wildlife rehabilitator - combined meeting with Williamsburg Bird Club

March 11 - Cohort 9 Graduation - speaker Evan Davies, Colonial Beekeepers Association

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Clyde's Annual Christmas Poem from the "Zoo"

By Clyde Marstellar

Twas the night before Christmas and all through the Zoo Not a creature was stirring except a mouse or two.

The millipedes were all snug in their beds While visions of mushrooms danced in their heads.

Their stockings were hung from one wall to another Hundreds of them , they were such a bother.

The roaches were running hither and thither While writing to Santa for edible litter.

The Hissing cockroach writes for its brood The young prefer cheerios for their food.



The worms were writing their lists in dark interlude Trying to find who's he/she without being crude.

The termites were all in a bunch Writing for a Yule Log(trying not to be lunch).

Slugs and snails are sending to Santa their texts "What to buy a creature when you don't know its sex"?

Betsy Beetles were busy talking and squeaking While with their lists they're constantly tweaking.

Black Widow is accused of eating her mates But her silken letter simply states:

"To be guilty of Husbandcide is a bunch of lies"
And proceeds to ask for Blue Bottle Flies.

Wolf Spiders Lobo and Shelob have their eggs in a silken globe.

When their young come in hatches
The toys will be sure to come in batches

The toads and frogs dream of crickets galore Not free range but bought from a store.



The Eft has turned into a Newt So it needs a new list. What a hoot.

Our Spotted Salamander dreams of spring Wishing for a pond is just the right thing.

The centipedes have written for food

Termites and ants would festive their mood.

The tree snake was curled up in its cage, its eyes on a mouse
Wishing it could slither across the floor of the house.



The Box Turtles Jacob & Terry were asleep in their shells Until spring, so we just wish them well.

In the winter woods and not in the Zoo
The apex predator Black Racer too.

Is coldly calculating
Asking for a mate so captivating.

The Zoo Cru Gals and Guys

Are all wondering how time flies.

They're celebrating the end of the year There will be new visits, never fear.

Now Ma in her Snuggy and I in my cap
Had just sat in our chairs for a long nap.

When from the Den there arouse such a clatter I sprang up to see what was the matter.

I opened the door and what did I hear?
All the creatures were singing:

"Merry Christmas to all and a Happy New Year"

From all the creatures both great and small A Happy Holiday to you all.

The Zoo Keeper (retired) and Catherine, the Zoo Cru & all the creatures in

"A Zoo In My Shopping Bags"



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