



# Sea Rocket



Florida Native Plant Society ~ Sea Rocket Chapter ~ Serving North & Central Brevard County

**DECEMBER 2010**

*The purpose of the Florida Native Plant Society is to promote the preservation, conservation, and restoration of the native plants and native plant communities of Florida.*

## ~ Sea Rocket ~ Board of Directors

**President**

**Suzanne Meyer**

321-264-4922

meyermenagerie@cfl.rr.com

**Vice President**

**Debbie Springer**

321-745-2192,

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**Treasurer**

**Betty Page**

321-269-0555

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**Secretary**

**Ginny Blaetz**

321-412-5649

vblaetz@hotmail.com

**Chapter Representative**

**Paul Schmalzer, PhD**

321-268-5473

## ~ Committees ~

**Membership**

*Volunteer Needed!*

**Education / Outreach**

*Volunteer Needed!*

**Nursery**

**Suzanne Meyer**

321-264-4922

**Hike Leader**

**Paul Schmalzer, PhD**

321-268-5473

**Newsletter**

**Shari Blissett Clark**

321-454-6849

## ~BREAKING NEWS~

### THE FLORIDA NATIVE PLANT SOCIETY IS OPENING AN INTERNET STORE!

#### *Let's Grow FNPS!*

At the last FNPS Board of Directors meeting, the Board approved the creation of an internet-based storefront intended to raise money and awareness for FNPS and its Chapters.



Gregory N. Krolczyk is the owner of Skim City and is an at-large member of FNPS. Gregory has been charged with helping FNPS and its Chapters make a bit of money through on-line sales. He will be creating and maintaining a storefront website for FNPS and will handle customer relations, product marketing, and order fulfillment.

Most Chapters have a Chapter tee-shirt or two, note cards, tote bags, or bumper stickers hanging about. This is an opportunity to get those products out into the community and further the FNPS message!

In addition to Chapter products, the FNPS online store is anxious to help market products from local artists. From photography to basket-weaving, and anything in between, if your Chapter has a member whose product spreads the Florida native plant message, the new FNPS Online Store can help!

For more information and to find out how you can sell items in this new online store, contact Greg at 321-243-8287, or email him at [greg@skimcity.com](mailto:greg@skimcity.com)

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## UPCOMING EVENTS & THINGS TO DO

Every Thursday	Sea Rocket Nursery Workday, 9:30am, Contact Suzanne Meyer at 321-264-4922 for information
Wednesday, December 1	Deadline for RSVP to Sea Rocket Christmas Party, email Betty Page at <a href="mailto:sioned@digital.net">sioned@digital.net</a>
Wednesday, December 1	Florida Trail Association Hike, Salt Lake Wildlife Management Area, 9:00am, Contact Jim Escoffier at 321-453-1586 for more information
Saturday, December 4	Sea Rocket Hike, Cruickshank Sanctuary in Cocoa, 9:00am, See details on page 3 of this newsletter
Saturday, December 4	Music in the Forest, The Enchanted Forest Sanctuary, 5:00pm ~ 8:00pm, Contact Joanie at 321-264-5185 for information
Monday, December 6	Scottsmoor Flatwoods Sanctuary Plant Survey, 10:00am, Contact Xavier at 321-264-5185 for information
Wednesday, December 8	Florida Trail Association Hike, Prairie Lakes Trail, 9:00am, Contact Jim Escoffier at 321-453-1586 for more information
Wednesday, December 8	Sea Rocket Christmas Party, Café Margaux in Cocoa Village, 6:00pm Contact Suzanne Meyer at 321-264-4922 for information
Friday, December 10	Make Oyster Mats, The Enchanted Forest Sanctuary, 12noon to 2:00pm Contact Joanie at 321-264-5185 for information
Saturday, December 11	Indian Mound Station Sanctuary Workday, 9:00am to 12noon, Contact Joanie at 321-264-5185 for information
Tuesday, December 14	Scottsmoor Flatwoods Sanctuary Plant Survey, 10:00am, Contact Xavier at 321-264-5185 for information
Wednesday, December 15	Florida Trail Association Hike, Seminole Ranch, 9:00am Contact Jim Escoffier at 321-453-1586 for more information
Wednesday, December 22	Florida Trail Association Hike, Call Jim Escoffier at 321-453-1586 for hike information
Saturday, December 25	<b>MERRY CHRISTMAS!</b>
Tuesday, December 28	Scottsmoor Flatwoods Sanctuary Plant Survey, 10:00am, Contact Xavier at 321-264-5185 for information
Wednesday, December 29	Florida Trail Association Hike, Call Jim Escoffier at 321-453-1586 for hike information

## January's Program

**Sea Rocket's January Program will feature Will Hobson, Brevard County's Regional Education Contractor with the St. John's River Water Management District**

**Will's program will focus on outdoor water conservation and the importance of planting and maintaining waterwise landscapes.**

**This meeting will be held at The Enchanted Forest Sanctuary on Wednesday, January 26, 2011**

***Mark your calendar & watch for more details in the January Sea Rocket!***



## Florida Trail Association Resumes Wednesday Hikes

The Florida Trail Association (FTA) has resumed their Wednesday morning hikes. For information about FTA, log onto <http://www.floridatrail.org/>

For information about hikes, including driving directions and trail maps, visit Jim Escoffier's blog at <http://jehikesced.blogspot.com/> You can also view the season's entire hike schedule on this site.

FTA recommends appropriate trail attire, insect repellent, hats, drinking water, and a bag lunch. Hikes range from 4 to 8 miles in length and encompass a wide variety of sites and habitats. Be sure to check Jim's site for trail information, including trail conditions.

This is a great way to get outdoors and explore Central Florida's remarkable hiking trails!

For more information, contact Jim at [jescoffier@aol.com](mailto:jescoffier@aol.com)



### Field Trip Announcement

## Helen and Allan Cruickshank Sanctuary Saturday December 4, 2010 0900-1200

This sanctuary is a joint acquisition of the Brevard County Environmentally Endangered Lands Program and the State of Florida, acquired in 1995 with an addition in 2008. Vegetation is pine flatwoods, oak scrub, and freshwater depression marshes. Prescribed burning, mechanical treatment of fuels, and thinning of pines have been done to restore habitat conditions. There has been a positive response of the Florida Scrub-Jay population to habitat restoration. Several rare plants occur in the sanctuary.

Directions: Central Rockledge just west of US-1, 360 Barnes Boulevard.

From I-95: Take Fiske Blvd Exit 195. At the intersection just north of I-95, go east on Barnes Boulevard 2.4 miles to the Sanctuary entrance and small parking area.

From US-1: Turn west onto Barnes Blvd and travel 0.5 miles. The Sanctuary entrance is on the north side of the road.

Don't forget a hat, water, and insect repellent!



## MYSTERY PLANT

THE "MYSTERY PLANT"  
FEATURE WILL RESUME  
IN THE JANUARY 2011  
NEWSLETTER!



Florida Native Plants,  
Edible Plants, Fresh Produce, Farm  
Products, Rain Barrels,  
Organic Gardening Products, Classes,  
and More!

The Green Marketplace  
at Adamson Rd.

2295 Adamson Road, Cocoa

Visit our website,

[www.naturewiseplants.com](http://www.naturewiseplants.com)

for our newsletter, hours and  
location, plant lists,  
upcoming events and more!

536-1410

*green images*

*Florida Native Landscape Plants*

1333 Taylor Creek Road  
Christmas, Florida 32709

407-568-1333

[greenimage@aol.com](mailto:greenimage@aol.com)

## Maple Street Natives



Sharon & Brent Dolan

7619 Henry Ave.

West Melbourne, FL 32904

ph: 321-729-6857

e: [info@maplestreetnatives.com](mailto:info@maplestreetnatives.com)

[www.maplestreetnatives.com](http://www.maplestreetnatives.com)

RETAIL  
M-Sat 8-5

FLORIDA NATIVE TREES, SHRUBS, WILDFLOWERS, GRASSES



## President's Message

*by Suzanne Meyer*

Can you believe it's December? Things are really hopping now with the Holidays fast approaching, and just as our Festival season revs up, our native plants growing in our yards and nursery are slowing down. And it's a good thing, too, because it's been a very busy year! After five successful plant sales, the Sea Rocket Nursery Committee is refocusing it's attention on plant propagation for future sales; this past year was the best on record for providing native plants to the public! Our Chapter owes great thanks to all the volunteers that worked in our nursery and at plant sales.

Don't forget that Sea Rocket elections will be held in February, so if you are interested in helping keep our Chapter strong and successful we can use your help! Positions which need to be filled are Vice President and Secretary, and members are needed for the Membership and Education Committees.

Please contact any Board member if you wish to run for an office or volunteer for a committee. Board members are always happy to answer questions or assist members.

Don't forget Sea Rocket's Christmas Party at Café Margaux on December 8th! RSVP to Betty Page ~ last year's party was great and this year is sure to be even better!

The Sea Rocket Board and I wish each of you a very merry holiday season, and we'll see you at Café Margaux!



**Students at South Lake Elementary observing native pollinators in the school butterfly garden**



**Photos by Shari Blissett Clark**



**Have you visited the  
FNPS Blog lately?**

**There's a lot of interesting dialog going on!  
Here's the link:**

**<http://fnpsblog.blogspot.com/>**

**Sue Dingwell, FNPS Communications  
Committee Chair, is collecting articles,  
pictures and ideas to blog about.**

**[sue@dingwell.net](mailto:sue@dingwell.net)**



## Meeting Minutes ~ November 17, 2010

*Submitted by Ginny Blaetz*

This meeting was a combined session with the Friends of Enchanted Forest. The meeting began with a presentation by Connor Roberts who outlined his Science Fair project, SODIS, or Solar Distillation of potable water.

The Sea Rocket President, Suzanne Meyer, welcomed all attendees. Shari Blissett-Clark made a motion to approve the Proposed 2011 Sea Rocket Budget as published. Debra Springer seconded the motion & the motion was passed.

The October Mystery Plant was *Lobelia glandulosa*, Glades Lobelia. Dr. Jay Barnhart made the only correct identification and was awarded a native plant.

The Speaker for the program, Shari Blissett-Clark introduced her topic: "Creating your Backyard Wildlife Habitat".

Shari pointed out that we must provide food sources for the wildlife we wish to attract; that we needed to consider the lean times of the year as well as the abundant times. Plants are the easiest and most natural way to provide food. Water and shelter complete the habitat needs of wildlife.

We were urged to think in layers beginning with the tree tops and extending to ground covers. By creating layers we encourage different species to visit and use the habitat. Sustainability is also important because wildlife learns to rely on finding sustenance and safety in our yards.

Shari emphasized that by planting natives we could achieve several goals simultaneously: plants which are hardy and provide food for a variety of wildlife, and also provide shelter and the diversity to sustain multiple species in a balanced environment.

We should begin by thinking small and starting with a specific area. We should decide what species we hope to attract, research the plants, and make a planting plan. Existing assets (critters, plants, and exiting conditions already present in our yards) should be included in the plan.

Types of plants and layers to include in the planting plan include: ferns, ground covers, wild flowers, shrubs, trees, vines, and grasses.

While not all plant types and layers need to be in the small plots we begin with, if the surrounding area or adjacent properties provide additional habitat our small plot will not only become our own backyard haven but will contribute to the biodiversity of our neighborhood.

Plants were raffled and the meeting was adjourned at 8:45pm.



*Palafoxia integrifolia* (Photos by Jim Escoffier)



*Sabatia brevifolia*

## Horticultural Therapy

by Shari Blissett-Clark

### Looking for an enjoyable way to get in shape? Getting tired of the same old routine?

Here's a good way to stay fit and make your yard look first-rate—gardening! Gardening is an excellent work-out because it uses the major fat-burning muscles in shoulders, arms, legs, stomach, back and buttocks.

*Horticultural Therapy*, which studies the way gardening helps people heal both physically and emotionally, has discovered that gardening provides a form of emotional expression and release, and provides the psychological benefits of sunshine and fresh air. Studies have shown that just looking at trees and plants can reduce tension, lower blood pressure and relieve stress. Gardening also contributes to endurance, strength, and flexibility as well as calorie burn, which leads to weight loss.

The following chart gives approximate calorie burn for 30 minutes of activity for a 180 pound person:

Activity	Calories Burned	Activity	Calories Burned
Resting	36	Trimming shrubs manually	182
Watering lawn or garden	61	Hand weeding	182
Mowing lawn (riding)	101	Clearing land	202
Trimming shrubs (power)	142	Digging, spading, tilling	202
Raking	162	Laying sod	202
Bagging leaves	162	Chopping wood	243
Planting seedlings	162	Gardening with power tools	243
Mowing (push with motor)	182	Mowing lawn—push mower	243
Planting trees	182	Double digging	344

For those who are inactive or who are looking for additional activities to include in their regime, gardening is a great place to start and for the moderately active it can be an enjoyable way to maintain good health and have a beautiful yard as well!

## Call for Scientific Papers and Poster Presentations FNPS 2011 Conference

The Florida Native Plant Society Annual Conference will be held at the Sheraton Orlando North, Maitland, Florida, on May 19-22, 2011. The Research Track of the Conference will include presented papers on Friday, May 20 and Saturday, May 21. Posters will be on display on Friday and Saturday and the poster session will be on Saturday afternoon.

Researchers are invited to submit abstracts on research related to native plants and plant communities of Florida including preservation, conservation, and restoration. Presentations are planned to be 20 minutes in total length (15 minutes for presentation, 5 minutes for questions).

Abstracts of not more than 200 words should be submitted as a MS Word file by email to Paul A. Schmalzer [paul.a.schmalzer@nasa.gov](mailto:paul.a.schmalzer@nasa.gov) by February 1, 2011. Include title, affiliation, address, and whether you will be presenting a paper or poster.





# Florida Native Plant Society Board of Directors Meeting ~ November 13, 2010

*Submitted by Paul A. Schmalzer, PhD*

- FNPS governance structure will be studied to develop a more effective approach to the Board of Directors time sensitive business decisions, improve the methodology of how committee members are approved, and streamline Board of Directors meetings.
- A New chapter has formed in Suwannee County – the Sparkleberry Chapter of the FNPS
- Merchandising— FNPS will now have merchandise available for sale as a fundraiser. Greg Krolczyk with Conradina Chapter has volunteered his time to collect, photograph and manage the online purchasing system. Items can be donated or sold to FNPS and FNPS will apply a mark up price. If Chapters would like to sell their chapter merchandise on the site, 75% goes to chapter and 25% kept for FNPS general fund. Detailed information will be coming out shortly.
- FNPS Budget—FNPS Treasurer, Daphne Lambright, was given a standing ovation by the Board to congratulate her on the completion of a disciplined budget and fiscal management procedures to assist FNPS in the budget deficit. In order to reduce the budget deficit the Executive Committee recommended budget cuts:
  1. Reduced committee budgets
  2. Government lobbyist -\$5,000
  3. All Research & conservation grants except the one funded by our endowment (+/- \$800)
  4. Landscape awards – reduced budget.Even with the aforementioned budget cuts, FNPS is still projecting a \$19,000 deficit.
- Suncoast chapter grant challenge – Because FNPS cannot afford to fund the FNPS conservation grants this next year, the Suncoast Chapter is donating \$800 towards funding a conservation grant and they are challenging other chapters to match their donation or more for the research and/or awards programs.
- Chapter Donation -The Nature Coast Chapter has donated \$350.00 towards a conference scholarship and a conference sponsorship.
- FNPS Annual Report – Sue Dingwell, FNPS Communications Chair, and Marjorie Shropshire, Palmetto Editor, are working with Chapters and Officers to produce a professional Annual Report. This document will aid with fundraising efforts and provide chapters with a listing of FNPS successes and projects over the last year.
- FNPS Handbook Revisions -The FNPS Handbook revisions are completed and in Wiki format. It is available at: [fnpshandbook.wikispaces.com](http://fnpshandbook.wikispaces.com)
- Policy & Legislation Committee – Gene Kelly states that a coalition from FNPS will introduce themselves to the new Commissioner of Agriculture. In addition, Ann Redmond will attend a meeting and send a letter of welcome/introduction.
- The Chapter Forum portion of the meeting provided an opportunity for representatives to mention their chapter endeavors and also discuss common issues and resolutions.



Photos by Shari Blissett Clark



Sea Rocket Volunteers selling plants at Merritt Island National Wildlife Refuge

### The Enchanted Forest Sanctuary Education Center

444 Columbia Blvd, Titusville, FL 32780 321-264-5185

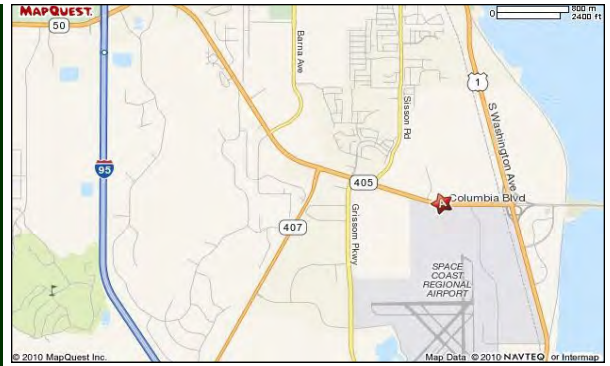


Driving Directions to the Sanctuary:

**From I-95 Northbound:** take SR-407 Exit 212 east 2.7 miles to SR-405 intersection. Turn right onto SR-405 and go east 1.9 miles (the Sanctuary entrance is on the left 0.4 miles past Sisson Road)

**From I-95 Southbound:** take SR-50 Exit 215 east. Turn left onto SR 50 and turn right onto SR-405 (2nd light) Travel 3.6 miles (the Sanctuary entrance is on the left 0.4 miles past Sisson Road)

**From U.S. HWY 1:** go west 0.5 miles on SR-405 in south Titusville. Sanctuary entrance is on the right.



### Florida Native Plant Society

For membership information, address change: P. O. Box 278, Melbourne, FL 32902-0278

Phone: 321-271-6702; Fax: 321-951-1941; Email: [Info@fnps.org](mailto:Info@fnps.org)/[www.fnps.org](http://www.fnps.org)

Sea Rocket Chapter mailing address: P. O. Box 236341, Cocoa, FL 32923-6341



**NO MEETING IN DECEMBER ~**



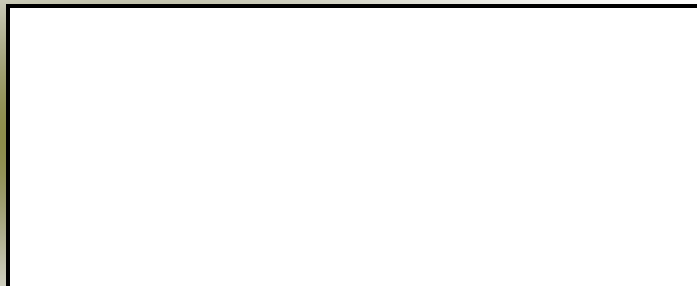
**SEE YOU AT THE JANUARY MEETING!**



### *SEA ROCKET CHAPTER*

PO Box 236341

Cocoa, FL 32923-6341



**GO GREEN! RECEIVE YOUR NEWSLETTER VIA EMAIL AND SAVE SOME GREEN! GO GREEN!**