



# Sea Rocket



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

April 2017

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**

Lois Harris

[lois6459@att.net](mailto:lois6459@att.net)

### **Vice President**

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321-636-5383

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[madeline@digiphase.com](mailto:madeline@digiphase.com)

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David Humphrey

[brevcracker@gmail.com](mailto:brevcracker@gmail.com)

### **Chapter Representative**

Vacant

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### **Membership**

Karen Butrim

[kbutrim@cfl.rr.com](mailto:kbutrim@cfl.rr.com)

### **Education/Outreach**

Vacant

### **Nursery**

Lois Harris

[lois6459@att.net](mailto:lois6459@att.net)

### **Hike Leader**

Paul Schmalzer, PhD

[paul.a.schmalzer@nasa.gov](mailto:paul.a.schmalzer@nasa.gov)

### **Newsletter**

David Humphrey

[brevcracker@gmail.com](mailto:brevcracker@gmail.com)

### **Hospitality**

Armand De Filippo

[armanddf@rcn.com](mailto:armanddf@rcn.com)

OUR HOME  
  
CHERISH IT!

# Earth Day

## And Native Plant Sale

### April 22nd—10 am

## Enchanted Forest Sanctuary

# April Places to Go, Things To Do!

(Note: All future planning can change presently. If in doubt, verify the date and times are accurate.)

- Every Saturday:** GUIDED NATURE HIKES - 10:00am - For information call 321-264-5185.
- Every Tuesday:** FNPS Sea Rocket Chapter Nursery Workday—9am-12noon, email Lois at [lois6459@att.net](mailto:lois6459@att.net) for further info and schedule.
- April 1,15** EFS Saturday in the Garden from 9 AM to noon. We invite volunteers to work in the nursery, and at the Gardens. If you want to learn about native plants, first hand, come join us. Bring a hat, water, gloves, and stable shoes.
- April 5** FTA Hike- Ulumay Sanctuary, meet at new Sam's Club in Cocoa at I-95 and Hwy 520 at 8:30 am.
- April 8** Field Trip to Fox Lake, from 9:00 am to noon. Hosted by Dr Schmalzer. **See page 8 for directions and all the details.**
- April 10** Gopher Tortoise Day—Have you hugged a “gopher” today? Well don't they are Federally protected. Enchanted Forest have several “gophers” that may just be out sunning themselves.
- April 12** FTA Hike - Prairie Lakes Trail - meet at Sams Discount Club at 4255 West in Melbourne at 8:30 am. \$6.00 per car entry fee applies.
- April 12-14** FLorida Exotic Pest Plant Control (FLEPPC) Annual Conference theme, “The Walking Weeds.” Will be held at the Crowne Plaza Oceanfront in Melbourne, Florida All natural resource professionals will benefit from the Information exchange and networking opportunities afforded by this conference. CEUs will be offered in several categories. The agenda will feature research and management presentations, technical field trips, and a vendor product display. [Register Here](#)
- April 17—22** FNPS is heading to North Alabama. Pack your bags for April 17th - 22nd and join us on this amazing tour of the biological wonders of our southern neighbor. Sign up today to reserve your seat on this limited capacity tour. First come, first served! For more information contact Devon Higgenbotham @ 813-478-1183 or [indigotravelcompany@gmail.com](mailto:indigotravelcompany@gmail.com)
- April 19** FTA Hike - Enchanted Forest - meet at West entrance of Lowe's parking lot at I-95 and Hwy 50 in Titusville at 8:30 am.
- April 22** Earth Day Festival and Native Plant Sale at the Enchanted Forest Sanctuary. The festival will have music, food, live animals, Environmental exhibits from across the county. You are invited to come on out and party for the planet.
- April 26** Sea Rocket's Monthly General Meeting. We start at 6:30 pm with refreshments and begin the meeting at 7:00. This months featured speaker is Arial Horner, an EEL Naturalist. She will be presenting the would of Amphibians.
- April 26** FTA Hike - South Beaches. Meet at Sams Discount Club at 4255 West New Haven in Melbourne at 8:30 am.
- April 29** Florida Native Gardening Essentials. From 10:30 at Sams House. Join Landscape Artist, Megan Wilkinson, as she presents on the wonderful native species of Florida that work so very well in all landscaping designs!
- May 18-21** Annual Conference at the Westgate River Ranch, River Ranch, Florida. The venue will be the [Westgate River Ranch Resort](#). This upscale dude ranch is in the heart of Florida, just south of SR 60 and south of Lake Kissimmee.
- May 20** 2017 Secret Garden Tour 9:am to 4 pm. For more information contact KBB office at 321-631-0501

## Sea Rocket Chapter General Meeting Minutes 3-22-17

Board Members present: Lois, Jim, Madeline, Armand, Paul, Dave  
Guests: 2 guests + 19 members, two of which are new members

**Welcome and Call to Order:** 7:00 pm

### **BUSINESS:**

**Approval** of February General Meeting Minutes as printed in March newsletter: Approved as printed.

**Treasurer Report:** Madeline Klinko, \$1321.06 in checking; \$2501.55 saving, \$3822.61 total

### **Board Member Openings:**

**Vacant Committee Chairs:** Chapter Representative, Membership, Education/Outreach

**We need your help – This is your Chapter – Get Involved!!!!!!!!!!!!!!**

**Refreshments** – Armand De Filippo, Mary and Bill Roe, Jim, and Dave – Thank you for providing these snacks for our enjoyment.

### **ANNOUNCEMENTS:**

**March 11th, Hike** Dr. Paul Schmalzer was to Maritime Hammock in South Brevard

**April 8 Field Trip will be to Fox Lake Sanctuary.** Direction are in the April Newsletter.

**April Newsletter:** David Humphrey, Newsletter Chair, is accepting articles, photos, questions or other member ideas to be published in our newsletter. Deadline for submittal is the 25<sup>th</sup> of each month.

### **EVENTS:**

Epcot Flower & Garden Festival 3/1 thru 5/29

4/22 Earth Day @ EFS **PLANT SALE HELP NEEDED**

4/26 Guest Speaker – Ariel Horner EFS – Amphibians of Florida

**BOD meeting – 4/11 @** New York, New York in Titusville starting at 5:30

### **OTHER ANNOUNCEMENTS:**

**New Member Arlene** has volunteered to keep our Web Page/Facebook/online presence.  
FNPS Sea Rocket Chapter Meeting was adjourned at 7:22 pm

**Guest Speaker, Greg Hendricks, Florida Master Naturalist Program (FMNP), Native Plant Communities in Florida & Grasshopper Sparrow update.**

Greg, as usual, presented a well thought out and very interesting presentation on FMNP, Native Plant Communities in Florida and an update on the endangered Grasshopper Sparrow. Greg took the assembled members on a trip through [FNPS Web Page](#) focusing on how to find and identify plants for your specific needs. He drilled down using examples from the members to show how easy it is. He then took us on a trip into the busy [NCRS Soil Survey](#) Web site. Amazing amount of data are available for the asking.

Greg then introduced us the Florida Master Naturalist Program. Available to anyone. *The mission of the Florida Master Naturalist Program (FMNP) is to promote awareness, understanding, and respect of Florida's natural world among Florida's citizens and visitors.* The courses are both theory and hands on for a 40-hour course. There are several courses and major modules offered.

Greg was glad to report that the Grasshopper Sparrow has shown new hope as the dry prairie begins to regrow under careful, but not restrictive management.~

## FNPS Named Florida Wildlife Federation Conservation Organization of Year

The Florida Native Plant Society is proud to announce it will be awarded the Florida Wildlife Federation's Conservation Organization of the Year. The award will be presented at the FWF's 80th annual Conservation Awards Banquet April 21st at the Wyndham Grand Hotel in Jupiter, Florida. "It is a huge honor to receive the prestigious FWF Conservation Organization of the Year award," FNPS President Catherine Bowman said. "I look forward to accepting the award on behalf of the dedicated work of the 3,900 members and 38 chapters of the Florida Native Plant Society. I appreciate the Federation's commitment to bringing conservation focused people and organizations from around Florida together."

"The Florida Native Plant Society has worked tirelessly to preserve and restore the plant communities upon which our ecosystems depend. The Society is very deserving to be recognized by the Federation for its fine efforts," stated Manley Fuller, President of the Florida Wildlife Federation.

The Federation's Board of Directors made their selection because of the excellent work FNPS does year in and year out to conserve natural Florida.

ABOUT: The Florida Native Plant Society is a nonprofit founded in 1980 with the mission of preserving, conserving and restoring Florida's native plants and native plant communities. FNPS has 3,900 members and 38 chapters across the state. You can join the Society and find your local chapter at [FNPS.org](http://FNPS.org) or at [Facebook.com/FNPSFans](https://www.facebook.com/FNPSFans).

ABOUT: The Florida Wildlife Federation is a statewide, nonprofit conservation organization founded in 1936. The mission of the organization is to promote the conservation, preservation and sound management of Florida's fish and wildlife natural resources, and to encourage the public's appreciation of Florida's environment through sustainable, resource-based outdoor recreation. You can learn more at [FWFOnline.com](http://FWFOnline.com).

Thank you.  
FNPS Admin Services



### Why join Florida Native Plant Society? FNPS Promotes: the Preservation, Conservation, and Restoration of the Native Plants and Native Plant Communities of Florida.

- We provide information on native plant landscaping and its benefits for a healthy environment including water, wildlife, butterflies and our natural heritage
- We support policies and programs that protect our natural lands and encourage proper management of those lands
- We provide scientifically sound information on native plants, their habitats, the wildlife that depends on them,
- We support policies and programs that protect our natural lands and encourage proper management of those lands and their management and culture
- We support research about Florida native plants

# DOCTORS EXPLAIN HOW HIKING ACTUALLY CHANGES OUR BRAINS

ALANNA KETLER APRIL 8, 2016

While it may seem obvious that a good hike through a forest or up a mountain can cleanse your mind, body, and soul, science is now discovering that hiking can actually change your brain... for the better!

Aside from the almost instant feeling of calm and contentment that accompanies time outdoors, hiking in nature can reduce the “I should have said...” or in scientific terms, rumination. Many of us often find ourselves consumed by negative thoughts, which takes us out of the enjoyment of the moment at best and leads us down a path to depression and anxiety at worst. **But a recent study published in *Proceedings of the National Academy of Sciences* found that spending time in nature decreases these obsessive, negative thoughts by a significant margin.**

The researchers noted that increased urbanization closely correlates with increased instances of depression and other mental illness. Taking the time to regularly remove ourselves from urban settings and spend more time in nature can greatly benefit our psychological (and physical) well-being.

A study conducted by psychologists Ruth Ann Atchley and David L. Strayer found that creative problem solving can be drastically improved by both disconnecting from technology and reconnecting with nature. The researchers of this study noted that both technology and urban noise are incredibly disruptive, constantly demanding our attention and preventing us from focusing, all of which can be taxing to our cognitive functions. **A nice long hike, without technology, can reduce mental fatigue, soothe the mind, and boost creative thinking.**

Attention Deficit Hyperactivity Disorder (ADHD) is becoming more and more common among children. A study conducted by Frances E Kup, Ph.D., and Andrea Faber Taylor, Ph.D., found that exposing **children with ADHD to “green outdoor activities” reduces symptoms significantly. The results of this study suggest nature exposure can benefit anyone who has a difficult time paying attention and exhibits impulsive behavior.** *Editors note: I was a Royal Ranger Leader and would camp out with my dozen or so boys. I found that letting the boys run and jump and scream their brains out not only let them sleep soundly but seemed to keep them from getting into mischief. Now I think I understand.*

Researchers from the University of British Columbia found that aerobic exercise increases hippocampal volume — the part of the brain associated with spatial and episodic memory — in women over the age of 70. Such exercise not only improves memory loss but helps prevent it as well. **Researchers also found that it can also reduce stress and anxiety, boost self-esteem, and release endorphins.**



Luckily, hiking is one of the easiest and least expensive sports to get involved in, and it can have great benefits for the whole family, including grandma! Start out small and test your abilities. **Do what works for you — if that means just walking through trails in a park, that’s fine. Any exercise outdoors is better than none.**

Make sure you have some good sturdy hiking shoes, a hat, and a water bottle, and be sure to layer your clothing so you can take things on or off easily as you warm up and cool down. You may want to consider using trekking poles as well, which can increase your speed and take some of the pressure off your knees. Now, can you just do one thing for me?

## Take a hike!

# Ficus Aurea—the Coral Reef of the Tropical Hammock.

David Humphrey

When I first moved down to Florida from Ohio in 1965, there were many things that caught my attention. *Ficus aurea* or best known as the Strangler Fig is one I never tire of seeing.

There are some 900 separate species of figs worldwide. Figs are extremely common because of their means of seed dispersal and that being abundant and good-tasting. The strangler fig, or *Ficus aurea*, likes living in high humidity environments from the Everglades to Brevard County in the North and West to the Tampa area. Strangler figs are native to South Florida and the West Indies. Habitat wise the strangler fig is indeed the coral reef of the hardwood hammock. With its gnarled, overlapping root system it provides a home for myriads of reptiles, amphibians birds, and mammals. It provides not only lodging it is a major food source for many birds and other animals. In fact, it may be the only source of food during certain seasons.



The beginning

## Strangler Fig's Unusual Propagation Method:

Carried in animals or dropped by birds, Strangler fig sticky seeds will stick in bark fissures of the host plant. They will then germinate and send out air roots that take in nutrients and water from the air and host tree. Eventually, the air roots

grow to reach the ground and develop their underground root system.

## Why The Name Strangler Fig:

The Stranger Fig is one of the strangest plants in a tropical hammock. It completely entwines its roots and trunk around a host tree. The fig's crown grows foliage which soon overshadows the host tree. Eventually, the host tree is



The End

"strangled" and dies, leaving the fig with a hollow trunk where the host used to be. The fig then takes advantage of the nutrients produced by the rotting host.

## The Tropical Hardwood Hammock:

Strangler figs grow on raised land called hammocks. The typical tropical hardwood hammock



The forest condo

in the Everglades have raised land areas that are protected from fire, flood, and freezes.

Despite what may appear as a dark side, the strangler fig is a very important tree in a typical hammock. A strangler fig can and will use Cabbage Palm, Slash pine, gumbo-limbo, saw palmetto, poisonwood and

live oak, not to mention boulders and buildings to start growing. They are epiphytic, living off the moisture in the air, before setting down roots. The strangler fig does not need a host but can germinate in the ground. They are long lived and will continue to send down air roots that develop in ground, thus producing a virtual island by itself. They can easily be mistaken for a [Banyan tree](#), which is also a fig or *ficus bengalensis*.

## The Importance of a Strangler Fig:

It is important to note that this seemingly destructive epiphyte provides an important niche and abundant food source to many tropical forest creatures. It is hard to overestimate it's contribution to the environment it lives in. Its hollow trunk, with an abundance of nooks and crannies, provides an important home to thousands of invertebrates, rodents, bats, reptiles, amphibians, and birds. The strangler fig is also considered a keystone<sup>1</sup> tree and necessary in the tropical hardwood ecosystem. Many forms of life are attracted to the fig tree because of its food and shelter.

<sup>1</sup> something on which associated things depend for support

# Earth Day Festival & Plant Sale

at the Enchanted Forest Sanctuary

**FREE!**

- Kids' Activities!
- Environmental Exhibitors!
- Native Plant Sale!
- Live Animals!
- Food, Live Music and More!

**Saturday, April 22nd, 2017**  
**10:00am - 3:00pm**

444 Columbia Blvd., Titusville FL 32780 • 321.264.5185  
[www.eelbrevard.com](http://www.eelbrevard.com)

Find us on Facebook and Twitter!

**APRIL 22th**  
**at 10:00 am**

**Sea Rocket is having a native plant sale, our first in 2017.**

Come on by—ask about membership in FNPS. Check out the plants & help Florida once again become the fabled “La Florida”

*(Spanish for Land of flowers).*

**COMING  
 EARLY**

April 2017

## CONNECTIONS: ABOVE & BELOW

Florida Native Plant Society  
 37<sup>th</sup> Annual Conference

May 18 – 21, 2017  
 Westgate River Ranch  
 River Ranch, Florida

Original artwork by Linda Conway Duever

This year's conference will address environmental connections that are known, broken, restored and newly discovered. Amazing field trips through the vast array of ecosystems that connect in central Florida to form a long natural corridor will also be offered. Reserve your lodging, RV and camping spots soon! Limited numbers of each are available. For complete conference and lodging details, visit [www.fnps.org/conference/2017](http://www.fnps.org/conference/2017).

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# Community Corner

## News for and about *your* Chapter

### Fox Lake Sanctuary Field Trip Announcement

Saturday April 8, 2017 0900-1200

This sanctuary was acquired in 2007 by the Brevard County Environmentally Endangered Lands Program with some additions in 2009 and incorporates about 2568 ac. Habitats include oak scrub, scrubby flatwoods, mesic flatwoods, extensive freshwater marshes, hardwood swamps, and parts of several lakes. Prescribed burning of scrub, flatwoods and marshes has been conducted since acquisition.

#### Directions:

The entrance to Fox Lake Sanctuary is within Fox Lake Park and the street address is 4400 Fox Lake Road. Take I-95 to St. Rt. 50 (Titusville). Exit and go east a short distance to intersection with St. Rt. 405. Turn left (north) on SR 405. Note SR 405 has sections that run North-South and East-West. Continue on SR 405 to Fox Lake Road. Turn left on Fox Lake Road and go to the end. Park entrance is at the end of the road. Take the park road to its farthest point by Fox Lake. Sanctuary entrance is near the boat ramp and the large pavilion.

**Bring hat, sunscreen, water, and insect repellent.**

### Correction

In the last edition I had Dr. Teresa Cooper's Web Site Address wrong. Dr. Cooper's **NEW, active, and updated Web Site** is;

<http://www.savebromeliads.com>

To our new member and newest Board Member, **Karen Butrim** filling in as Membership director.

Also to our new member **Arlene Perez-Garrido** who has offered to maintain our web presence. Already I have seen a strong uptick in "Likes".



### Amphibian "Did You Know" Fun Facts.

- The most poisonous frog is the **Golden Dart Frog**, which has enough toxic secretions on its skin to kill up to 10 people. South American Indians use the skin secretions of poison dart frogs on the tips of their arrows to kill animals.
- The largest amphibian is the **Chinese Giant Salamander**. It can grow to 6 feet long and weigh 140 pounds. The largest frog is the Goliath Frog which can grow to 15 inches long (not counting the legs) and weigh over 8 pounds. The smallest amphibian is a frog called the paedophryne amauensis. It is also the world's smallest vertebrate animal. It is about 0.3 inches long.
- The best jumper is the **South American Sharp-nosed Tree frog**. It has been recorded to jump over 30 feet high – which is higher than a house!
- **A group of frogs** can be called an army, chorus, or colony.
- **A group of toads** can be called a knot or a nest.
- **A group of salamanders** can be called a band.

<https://www.theschoolrun.com/homework-help/amphibians>



## Seed Propagation Workshop

by Lois Harris

We had a great time and there were lots of questions. Fifteen or sixteen joined the seed propagation workshop. Those that started at the beginning enjoyed the entire presentation and those that joined shortly after or along the way got the condensed version. For those of you that were not able to attend here is another quick overview.

Seed (sexual) propagation is the least expensive way to produce large numbers of new plants or produce those that are difficult or impossible to produce asexually (cuttings, et.al.). Take visual clues from mother nature, observe how the seeds disperse themselves (wind, animals) does the plant produce pulpy or fleshy fruit? Flesh or pulp should be removed to aid in drying seeds and because it may contain root inhibitors that postpone germination.

Viability of many subtropical and tropical plants is short – sometime only 3 to 10 days. Proper moisture, oxygen, temperature, and sometimes light must be provided for germination. Generally, the optimum temperature range for most seeds is 75 to 80 degrees. Although seeds of many plants in Florida are ready to germinate as soon as the fruit matures, some seeds will not germinate until certain internal condition are overcome. Some seeds may need stratification or scarification.

Dormancy caused by a hard seed coat can be overcome by scarification – the process of penetrating or cracking the seed coat barrier. Other seeds require a cold period before they will germinate. Cold stratification can be accomplished by soaking the seeds 12 to 24 hours, then mix with sphagnum peat or vermiculite and store in the refrigerator for 2 months. Seeds should be planted immediately after removal from refrigerator.

The germination medium must hold adequate water yet drain freely and should be sterile to prevent disease. The medium should be moistened before the seeds are planted and kept moist, but not too wet. Seeds should be planted no deeper than 1 to 2 times their diameter and larger seeds should be planted at a depth less than their diameter since 2-3" planting depth is maximum for any species. Cycad seeds are exceptions and should be planted just under or level with the medium surface. The key to successful seed germination is maintaining a moist environment and a favorable temperature.~

Hosting the Sea Rocket Newsletter since 2001;

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

North Brevard Business & Community Directory

David N. Rich

**Peak Performance Co.**

4030 Winter Terrace, Titusville, FL 32780

**321-267-7367**

[DavidNRich@gmail.com](mailto:DavidNRich@gmail.com)

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

*Tulinda's Garden*

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Linda Gombert

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

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Mobile 321-446-9338

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321-536-1410



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7619 Henry Avenue  
W. Melbourne, FL 32904  
321-729-6857

**Maple Street Natives**

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

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

[www.facebook.com/maplestreetnatives](https://www.facebook.com/maplestreetnatives)

*green images*

*Florida Native Landscape Plants*

**1333 Taylor Creek Road  
Christmas, Florida 32709**

**407-568-1333**

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

## The Enchanted Forest Sanctuary Education Center

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

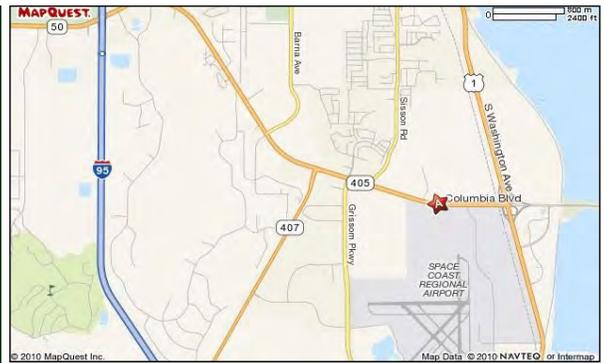


Driving Directions to the Sanctuary:

**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

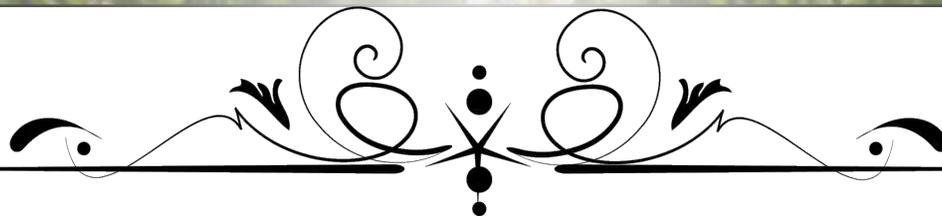
Phone: 321-271-6702; Fax: 321-951-1941; Email: [Info@fnps.org](mailto:Info@fnps.org)/[www.fnps.org](http://www.fnps.org)

Sea Rocket Chapter mailing address: 444 Columbia Blvd, Titusville, FL 32780



*The May 2017*

*Laurilee Thompson on the Indian River Lagoon*



## Attract Migrating Birds With Native Plants

Nothing quite says spring like sprouting plants and migrating birds. By growing native plants, you

will give birds the food and shelter they need, help fight climate change, conserve precious water resources—and see more birds in the process!

Search our native plants database for the best native plants for your area. With new features like more bird customization, easier filtering of plants, and additional resources in your community, our database has everything you need for planting with birds in mind.

Click on this to [find your plants](#).

The [FNPS Database](#) is designed to find native plants for your specific location, sun light needs, water needs, soil type, etc. The Audubon site specializes in finding the NATIVE plants for attracting specific birds. The Audubon site compliments the FNPS site perfectly. Excellent resource.

