

**Promoting Native  
Plants for Natural  
Landscapes.**

Inside this Issue:

Message from the Co-President	2
Board in Action	3
April Meeting Recap	4-7
Plant Share	7, 8
Mentor Program	8
House for Sale	8
Membership	9
Chapter Calendar	9
Chapter Contact Information	10



[www.facebook.com/wildonesrockrivervalley/](http://www.facebook.com/wildonesrockrivervalley/)



Scan with your  
Smartphone for more  
information about  
Rock River Valley  
Wild Ones



All articles for the June 2016 newsletter, must be submitted to:  
[Constance@wildonesrrvc.org](mailto:Constance@wildonesrrvc.org)  
by May 23, 2016.

**We are moving again, but not far. Our monthly meetings will be held in the Physical Education Center right next to Woodward Tech Center in room PEC 0110. Follow the signs! For details, see the article on page 3.**

*Prairie Plants Close-Up:  
The Hidden World of Flowers and Fruits  
May 19, 2016*

**Location: Rock Valley College,  
Physical Education Center PEC 0110 (lower level)  
3301 North Mulford Road, Rockford, IL 61114**

**Time: 7:00 p.m.**



Ken Robertson is a retired botanist from the Illinois Natural History Survey at the University of Illinois. He received B.A. and M.S. degrees from the University of Kansas, and a Ph.D. from Washington University and the Missouri Botanical Garden in St. Louis. He came to Illinois after spending six years with the Arnold Arboretum of Harvard University.

*"Everyone has many associations with a flower, the idea of flowers. You put out your hand to touch the flower, lean forward to smell it, maybe touch it with your lips almost without thinking, or give it to someone to please them..."* — Georgia O'Keeffe, 1939.

Flowers are indeed special to humans, yet why do plants make flowers in the first place and why the tremendous variation in size, shape, color, and fragrance? Basically, to reproduce. Flowers are pollinated and become fruits. Inside the fruits are seeds, which ensures future generations. Much of the diversity of flowers and fruits is the result of adaptations to pollination or dispersal, usually to attract some kind of animal to visit the flowers to either carry out pollination or to carry away the seeds.

In this presentation, Dr. Robertson will use close-up and detailed macro photographs of flowers and fruits of prairie plants, showing their beauty and structure. These are then used as examples of how flowers are pollinated and how fruits are dispersed. This basic knowledge will help prairie enthusiasts understand some of the complexities of the prairie ecosystem. Dr. Robertson will concentrate on species found at Harlem Hills Nature Preserve and other prairies in northern Illinois, especially in the spring and early summer.

The program is free and open to the public.  
For additional information, call (815) 332-3343

## Message from the Co-President **Ginnie Watson**



**Ginnie Watson**

*photo by Tim Lewis*

Go get a nice cuppa and get comfortable. Are you back? Good. We need to talk. Today's topic: Wisconsin gets it; Illinois not so much.

My favorite day of the week is Monday. My husband and I spend this day of the week babysitting for our two little granddaughters in Monona, Wisconsin. Sammie, the 5-year old, loves to play outside and take walks through the natural areas near her home. They live

very close to the Aldo Leopold Nature Center, a nature-focused institution with hands-on displays, public programs for adults and children, and hiking trails. If you were to walk there from their house, you would go right through the Edna Taylor Conservation Park with miles of trails. Five-year old legs don't walk for miles, but we have had a lot of very pleasant meanders through those woods.

Sammie is a fully functioning electronics wizard, as are most 5-year olds. She has had her own iPad since she was 2, but we don't have time for any of that on Mondays. There are two small green space areas near her house, as well - one with a wooden garden swing and lots of green grass to run around on. The other has a bit more equipment. To get from one to the other, we follow a quiet little path which crosses a stream and winds through a wooded area, which gives the feeling of having an adventure.

The path leads past a common area for the houses near there. Two weeks ago when we took that little path, we came across a gentleman uprooting and removing honeysuckle bushes which had heavily invaded the meadow. He had made quite a large pile and I asked him if he worked for the community of Monona. "No," he said, "I just live over there. We all help keep our common area cleaned up. The honeysuckle just got ahead of us." Someone else was planning on attacking the garlic mustard, which was beginning to get a foothold. They were all accepting responsibility for keeping the invasives out. By contrast, my neighbors in Rockford don't even know what an invasive is.

There are many large trees in their meadow as well as a cute little pond. The bird songs are incredible and lift my spirit every time we take that little path.

There is also a rather large snapping turtle that mothers know to keep an eye out for. Nature isn't always gentle. Nature on this scale wouldn't be there at all if that little common area hadn't been set aside for the benefit of the people who live there. Thankfully, areas like this are valued in Wisconsin. There is a pair of sandhill cranes that can frequently be seen there.

Recently, Sammie and I were outside gardening in the front yard when a gentleman came over to us to tell us not to be worried when we saw smoke rising from the area behind his house. He and a neighbor were planning to do a prescribed burn to clean up and start fresh for the new growing season. I asked if they had to get permission and, of course, they had all the required permits.

All of this occurred within two blocks of my daughter's house. Knowing about and caring for nature seems to be second nature to those living in Wisconsin. It is perhaps not surprising that Wild Ones got its start in Wisconsin. Our neighbors down here need to know what we Wild Ones know. How can we get the word out here in Illinois? What is your best idea? Let's start sharing our initiative and our knowledge. It is that important!



**Sammie explores the wetlands in the Edna Taylor Conservation Area**



**My Granddaughter exploring the Edna Taylor Conservation Area**

*photos by Ginnie Watson*

## *We Are Moving Again!* **Ginnie Watson, Co-President**

Rock Valley College is closing Woodward Technology Center for renovations and conversion to entirely classroom space. Thus, we will no longer have access to our regular room. We will now be meeting in the **Physical Education Center in room PEC 0110**. This building is right next to Woodward Technology Center (to the right) and parking will be in the same lot as before. Enter the building on the southeast side (around the corner from the side with the large arches) and follow the signs to our new location. This room, with comfortable chairs arranged in concert-style seating, is in the lower level, easily accessible via an elevator. There

will be a greeters' table just outside the door (as before) and a reception area down the hall where you will find the library, booth, merchandise, and refreshments.

PEC 0110 has three screens instead of two, and there isn't a bad seat in the house! You will be sitting at a table, so taking notes will be easy; and the chairs are so comfy. Be sure to join us as we inaugurate our new monthly meeting location with a great program by Dr. Kenneth Robertson on The Hidden World of Plants and Fruit. Just follow the signs and we will see you there!

## *Board of Directors in Action* **Cathy Johnson, Secretary**

Highlights of activities of the Wild Ones Rock River Valley Chapter board of directors, as discussed at the April 14, 2016 meeting, include the following.

- The board is developing succession plans for all positions, with the goal of providing continuity of chapter activities and events in the event of unanticipated situations and transition periods.
- The committee working on the 2017 natural landscape tour presented an initial proposal with suggestions regarding that event, including possible themes, speakers, dates, and sites. The board provided feedback and further direction for the committee going forward.
- Plant sale season is underway and the chapter's sales are moving along well.
- The board meetings have found a new home at Mary's Restaurant on East State Street in Rockford, which promises to be a good location for future meetings.

## *Follow-Up Note: Individual Choices Lead to Collective Impact* **Constance McCarthy, Co-President**

It is always gratifying to hear positive remarks in response to something I have written for the newsletter. My co-president's message last month about leaving dead trees in place to serve as habitat for wildlife and insects prompted some appreciative feedback.

I also learned that there are indeed places in our area where one can already see and hear pileated woodpeckers. For details, ask Lynda or Lee Johnson, Jerry Paulson, or Mike Eickman at a Wild Ones meeting. Still, we should all consider leaving tree snags in place when doing so won't threaten human life or property. Some pileated woodpeckers are good, but more are even better!

Lynda Johnson was kind enough to share a beautiful photo taken by Mark Blassage (reprinted here with his permission) of Lee with a pileated woodpecker at Sand Bluff Bird Observatory and Bird Banding Station. Hopefully the sight of this



glorious creature will inspire you to continue to work to support our local ecosystem. To paraphrase John Muir, everything is connected!

## April Meeting Recap Constance McCarthy

photo by Pat Hollingsworth



### Edible and Medicinal Herbs: The Past, the Present, the Future

Without plants, most of today's medicines wouldn't exist. Over 40% of medicines now prescribed in the U.S. contain chemicals derived from plants.

Sometimes treasure

is even found in other people's trash. The native Pacific yew was burned for years as trash from logging operations in the Pacific Northwest. In 1975, a substance in its bark (paclitaxel/taxol) was found to reduce the production of cancerous tumors.

Of the estimated 250,000 plant species on earth, only 2% have been thoroughly screened for chemicals with potential medicinal use. Black cohosh, a staple of Cherokee medicine, was used for many purposes, ranging from a diuretic to a cure for rheumatic pain. Bloodroot was used as medicine by the Cherokee to cure coughs and lung inflammation. Blue cohosh, another eastern woodland plant, was used by the Cherokee to cure toothaches, and the Chippewa used the root to treat cramps.

One of the most interesting parts of Dr. Handel's presentation concerned the connections between Native American and Asian peoples, who have similar methods of treating sickness, similar spiritual beliefs, and many similar plant families and species. For example, Native Americans use aromatherapy and Asians use moxa (a substance from dried leaves that is burned on or near the skin); both use herbs medicinally; both practice meditation.

For example, Culver's root (*Veronicastrum virginicum*) is used by many tribes for a wide variety of maladies, including fevers; Siberian Culver's root (*Veronicastrum sibiricum*) is used in Asia for fevers, sore throats, and rheumatism. Bush clover (*Lespedeza capitata*) is used by the Fox Nation as an antidote to poisons; sericea lespedeza (*Lespedeza cuneata*) is used in Asian medicine for snake bites, dog bites, cavities, and skin ulcers.

The golden age of native crops was from 800-1500 AD. Sunflowers and ragweed were grown as crops and the Native Americans did incredible work in hybridizing these plants, increasing the size of sunflower seeds 1,000% through cultivation. Sunflower seeds were eaten raw or used to make bread. Jerusalem artichokes produced edible tubers; uncooked, they taste like water chestnuts, but when cooked they are sweeter than potatoes (although not as firm). Sawtooth sunflower was used by the Fox tribe as a poultice for burns. Western sunflower roots were crushed and used for bruises and contusions.

A lot of Native American medicine was trial and error, and it took them a long time to perfect their formulas.

The progression over the past 10-15 years as regards the use of herbs is remarkable. Then, one could find things like herbal ale, herbs for pets, canned soup with St. John's wort added, and even toilet paper covered on one side with a micro-layer of an herbal extract. Today, more than 60 million people in the U.S. take herbal remedies; more doctors are recommending them, and some health insurance plans even cover certain alternative health treatments.

The U.S. market for medicinal herbs is worth more than \$3 billion annually. Many of the plants supplying the herbal industry are wild collected in mass quantities (hundreds of thousands of plants) because there are, as yet, no techniques to cultivate them on a commercial scale. People should consider the environmental impact of this practice. For example, in recent years, approximately 65 million goldenseal plants and 34 million ginseng plants have been harvested *annually* from the wild in forests of the eastern U.S.

Dr. Handel recommends that folks be careful when seeking information in books or on the web. Sometimes toxicity is not noted. Many of the plants in this presentation are uncommon or rare and should not be taken from the wild. *Also, many of these plants are poisonous if used incorrectly. It is not the intent of this presentation to promote experimentation with edible and medicinal plants.*

### Native plants with medicinal uses

**Blood root (*Sanguinaria canadensis*):** Dr. Handel found a recipe online for a sanguinaria-mint mouthwash. Be warned that because it is in the poppy family (*Papaveraceae*), the juice in the plant

## April Meeting Recap (cont'd)

can be toxic. Indeed, some people are extremely allergic to it.

**Stone mint (also known as dittany) (*Cunila origanoides*):** The oil from the plant is antiseptic, aromatic, and a stimulant. Tea is used for colds and headaches. The Cherokee used a strong, brewed tea to accelerate labor when the delivery of a baby had stalled.

**American hog-peanut (or ground bean) (*Amphicarpaea bracteata*):** This legume was an important food for many tribes. After pollination, the flowers bury themselves and form beans underground. Dr. Handel joked that Native Americans and deer mice formed the first food co-op.

**Spicebush (*Lindera benzoin*):** The bark, leaf, and fruit of this plant were used by Native Americans. It is an antiseptic, carminative, diaphoretic, emmenagogue, and expectorant. It is used to treat fevers, colds, flu, nausea, indigestion, and croup. A decoction of the twigs can be used as a soothing bath for arthritic pain.

**Groundnut (*Apios americana*):** The tubers are very high in protein (three times as much as potatoes). The plant can be dried and pounded into a bread and as a winter storage food. It is an important food plant for plains Native Americans and eastern tribes. Today, it is a nice plant for a trellis or other climbing support.

**Sumacs (*Rhus typhina*, *R. glabra*, *R. copallina*):** A drink made from the berries can be used for fatigue during summer. In middle eastern countries, the dried fruit is ground into a powder and used in a way similar to the American use of paprika in daily cooking. Chewing sticks and dried powdered bark are used for bleeding gums and teething babies.

**Wild onion and leek (*Allium* spp.):** Native Americans used them much the way we use onions and leeks today. They were also used to preserve meat and add flavor. Compounds in the plant were used for colds and fevers. Be warned that wild onions and leeks are far more potent, taste-wise, than the onions and leeks one would find at the grocery store.

**Milkweeds (*Asclepias* spp.):** Also known as pleurisy root because of the extensive use of the roots to treat pulmonary problems. Almost all contain cardiac glycosides, which are toxic to



Bob Arevalo with guest Malia Hennessy

humans and livestock; the plants must be boiled to remove these compounds. The same compounds are what make monarch butterflies and larva toxic or bitter-tasting for birds. Sand milkweed contains compounds that have been shown to inhibit the growth of tumors. The fluff from milkweed seed pods was used during World War 2 as stuffing for floatation devices; not only is it buoyant, but it also has good insulation properties.

**Spiderwort (*Tradescantia virginiana*):** The plant is used for food, as a salad green. The aloe-like juice from the stems is used to soothe stings and bites, as well as for burn treatment. It was rumored that these plants were going to be grown around nuclear power plants because they are incredibly sensitive to radiation (nature's Geiger counter).

**Nettles (*Laportea canadensis*):** They are used as a diuretic and antispasmodic. The plants must be cooked. The barbs can penetrate skin and are a real irritant.

**Purple coneflowers (*Echinacea* spp.):** The juice from the plants can be used as a general anesthetic and analgesic. With the exception of

## April Meeting Recap (cont'd)



**Speaker Bill Handel with Eli Vasilopoulos (couple)**

ginseng, purple coneflower is the most studied medicinal plant in North America. Over 200 pharmaceutical preparations in Germany are made from their native *Echinacea* species. Can be used as an analgesic (rub juice into your hands to make them numb to pain).

**New Jersey tea (*Ceanothus americanus*):** Used as soap; Native Americans used the root tea for colds, fevers, snakebites, and as a laxative. A tea-substitute during the Revolutionary War. However, to make tea, the leaves must be fermented to remove the soapy taste.

**Joy Pye weed (formerly *Eupatorium*; now *Eutrochium*) and "friends":** Also known as boneset (from its use to treat break bone/dengue fever). Used to dissolve gallstones and to treat chronic urinary and kidney disorders. After the Native Americans introduced it to European settlers, it became one of the foremost medicinal plants in early America. During cold and flu season, it is used to relieve coughs and upper respiratory congestion. Bonus Trivia: Abraham Lincoln's mother was killed by milk sickness; when cattle eat white snakeroot (formerly a *Eupatorium*; now *Ageratina*), the meat and milk become contaminated with the poison. When humans consume that meat or milk, they can become poisoned themselves.

**Great blue lobelia (*Lobelia siphilitica*):** Poisonous. The Chippewa nation combined it with sumac to treat gonorrhea and syphilis. It contains the alkaloid lobeline that is used to revive newborn infants and people suffering from drug overdose.

**Evening primrose (*Oenothera biennis*):** The roots were boiled in several changes of water and eaten like parsnips. The leaves were cooked as a vegetable or added to salad for a peppery taste.

Medicinally, Native Americans used the root for coughs, as an antispasmodic, to suppress pain, and to reduce inflammation. It is rich in an essential fatty acid (gamma-Linolenic acid, GLA), which is extracted from the plant's seeds; has been shown to be useful in treating eczema, high cholesterol, and mild hypertension, among others. Also contains several substances that are used to treat burns, wounds, and skin lesions.

**Compass plant (*Silphium laciniatum*):** Native Americans believed that lightning would strike where the compass plant grew (not surprising, considering the height to which the plant can grow). Was used as a stimulant, antispasmodic, and diuretic. Although reportedly used as sort of chewing gum, bear in mind that what passed as chewing gum to Native Americans is not like what we consider chewing gum today.

**Bottle gentian (*Gentiana andrewsii*):** Used by several tribes as a bitter tonic for stomach digestion and to stimulate the appetite. Currently, several compounds in the gentian family are used to treat malaria and rheumatic fever inflammations.

**Illinois bundle flower (*Desmanthus illinoensis*):** Native Americans used leaf tea used for itchy skin. The seeds were used to treat conjunctivitis in the  
(continued on page 7)

## Calling All Members: Plant Share! **Mary Anne Mathwich - Plant Rescue/Seed Collection Coordinator**

Last year was our first year of the Plant Share program, and many extra native plants from Wild Ones' yards found new homes. The program helps to disburse extra native plant material by connecting members who have extra plants to members who have a place to put them throughout the growing season.

Members with extra native plant material should contact the Plant Rescue/Seed Collection Chair (me; contact info on last page of this newsletter), who will evaluate where and when we can disburse the plants. Plant share opportunities are typically at:

- Show Me/Help Me events
- the annual social in July
- plant rescues.

Members with a place to plant the extra plants take what they like.

All plant materials involved in these events are to

### *April Meeting Recap (cont'd)*

eyes of babies. The plant contains a sugar that is antibacterial and helps to fight eye infections.

#### **Teas, tonics, digestives, and Granny's elixirs**

**Passion flower (*Passiflora incarnata*):** Used in sleeping pills in Germany; the leaves are used as a sedative. A decoction has been used to treat bronchial asthma. Fruit and flowers can be eaten raw or cooked in jellies and jams; young leaves are used as a cooked vegetable or eaten in salads.

#### **Bee balms, mountain mints, and other mints**

**(*Pycnanthemum, Monarda, Mentha*):** Can be used in a way similar to a hot toddy given to ill children (makes them sleep). Native Americans used it for upper respiratory illnesses, such as cold and flu. Many contain thymol, an aromatic oil that has antiseptic properties.

#### **Jewelweeds (*Impatiens pallida* and *I. capensis*):**

Used as a medicinal herb by a number of Native American tribes, mainly as an external application for wounds and a range of skin ailments (including poison ivy). However, can cause dermatitis for some people.

#### **PSI: Plant Scene Investigation**

With credit to Dr. Phil Millhouse, one can look for clues from the past by looking where plants are found today. Sometimes plants are found near

be shared at no cost and also with no guarantee of viability. Shared plants should not be sold and are intended to be for the use of the member for their landscape or a project to which they are contributing. Please make sure you are sharing only material from your property, not roadsides, parks, neighbors' lots, etc. Also, shared plant material is to be only material that is native to our area. Contact me if you are not sure.

So be on the lookout for plants that are too abundant or that have jumped the boundaries of your planting area and are threatened by a lawn mower or yard project. When digging plants, try to get most of the roots and keep the material watered until it can be exchanged. Marked with a Sharpie, discarded and cut-up mini-blinds make good temporary labels, as do old plastic spoons.

Plant Share is another great member benefit!

archeological sites that seem out of place, and some plants have a unique distribution in Illinois. For example, there is a cedar glade near Galena that contains many medicinal plants, including a plant that is supposed to be found only in fens. Dr. Handel speculates that Native Americans may have put seeds in bags in large quantities and left them at this site. Still, he wonders how a fen plant could persist for hundreds of years in the absolute opposite of its normal habitat.

Native Americans and shamans traded seeds and plants, and this could explain the reason some plants are found in the most atypical locations.

Kentucky coffee trees found in this area are typically related to burial sites. The seeds were also used as toys and for games similar to dice.

#### **Recommended books**

Kelly Kindscher, *Edible Wild Plants of the Prairie: An Ethnobotanical Guide* (University Press of Kansas, 1987).

Kelly Kindscher, *Medicinal Wild Plants of the Prairie: An Ethnobotanical Guide* (University Press of Kansas, 1992).

D.E. Moerman, *Medicinal Plants of Native America. Research Reports in Ethnobotany*, 2 vols. (University of Michigan, Museum of Anthropology, 1986).

## Update: Mentor Program **Melanie Costello, Mentor Coordinator**

Spring has sprung! It's finally time to be outside working in our yards and landscapes. If you need some assistance figuring out what to plant or how to solve your native landscaping issues, now is a great time to be matched up with a mentor to help. Or maybe you have a good foundation of knowledge and a little extra time to help a less experienced member.

One of the many benefits of Wild Ones membership, the Mentor Program matches less experienced members who request a mentor, with more experienced members who are willing to share their knowledge. The requirements to have a mentor are simple.

- You must be a Wild Ones member.
- You have to ask!
- You must value your mentor's free offering of time. One important way to do this is by putting in the effort to learn - through reading books, and attending meetings and/or Show Me/Help Me events. You can't rely entirely on your mentor.

The requirements to be a mentor are also simple.

- You need to have a willingness to share your time (two visits for the growing season are suggested).
- You need to have enough knowledge and experience to help a less experienced member. Please note: this doesn't mean that you must be an "expert," and there are no tests to pass!
- You need to have the wisdom to know when your knowledge is inadequate, and help your mentee find other resources.

The advantages of the program to the mentored member are obvious. However, the advantages to the mentor are also notable. It is a wonderful opportunity to further the Wild Ones mission. I've often heard it said, and I believe, that you don't truly learn something until you teach it.

To participate by requesting a mentor or offering to be a mentor, contact Melanie Costello, Mentor Program Coordinator, at [melhjh1@hotmail.com](mailto:melhjh1@hotmail.com) or at (815) 751-1583.

### House for Sale

Nestled into Searls Park with its dog park, ball fields, BMX track, shelter house, golf practice field, woods, stream, bike path, and prairie all within walking distance, 4180 Safford Road is a stone and brick home on a small lot planted with wild flowers, shrubs, and trees. The home has three bedrooms, 1-1/2 bathrooms, large kitchen/dining room, family room, hardwood and tile floors, wood burning fireplace, and backyard patio. I am hoping to sell to a Wild Ones member without going through a realtor so that the wild areas will be maintained. Come see the house at an open house on Sunday, July 31 from 1:00-3:30 p.m.

For more information on the house, contact Francie Barnes at [francie.barnes@gmail.com](mailto:francie.barnes@gmail.com). For more information on the prairie, visit [www.dnr.illinois.gov/INPC/Pages/Area1WinnebagoSearlsParkPrairie.aspx](http://www.dnr.illinois.gov/INPC/Pages/Area1WinnebagoSearlsParkPrairie.aspx).

### Member Offering Plants to Share

Free celandine poppy (*Stylophorum diphyllum*) is being offered by member Deanna Larson for members willing to dig them from her property. This bright yellow woodland plant will grow well in rich woodland soils. It can tolerate drier, sunnier sites with some care. After seeds drop out of its large, hairy pods, celandine poppy will go dormant. Seedlings will readily emerge everywhere if fresh seed is scattered on the soil surface. Ants typically aid in seed dispersal.

If interested, contact Deanna at [phf\\_larson@yahoo.com](mailto:phf_larson@yahoo.com) or 815.737.8703. Please bring weed-free soil to fill in the dug out holes.



# Membership Update Ginnie Watson, Interim Membership Coordinator

A membership e-form and our membership brochure describing the benefits of membership are both available on the chapter website ([www.wildonesrrvc.org](http://www.wildonesrrvc.org)). Click on **Join/Renew** under the **Membership** tab. You can renew (or join) with any major credit card through PayPal (no PayPal account required) by using our website. We appreciate your support!

## 223 memberships as of April 23, 2016

### Special thanks to our members who made contributions above the basic \$37 dues!

Deanna Larson gave \$80.00 in memoriam for her mother Doris Burleigh Steward. Included therein is a one-year gift membership, the recipient yet to be determined.

### Welcome our new members!

William & Malia Hennessey  
 Deb & John Rogers  
 Keevin Quillen  
 Deanna Larson...returning  
 Ruth Little

New members are identified with a green ribbon on their meeting name badges. Please introduce yourself to them and help us welcome all new members to our great chapter!

## 110 attended the April meeting, including 26 guest visitors

### A big thank you to our April meeting volunteers!

*Greeters:* Jane Evans, Janet Giesen  
*Refreshments:* Khrista Miskell  
*AV/Sound Equipment:* Bob Arevalo  
*Meeting Recap for the Newsletter:* Constance McCarthy  
*Photographer:* Pat Hollingsworth  
*Library Assistants:* Judy LeTourneau, Karen Matz

### Anniversaries

20 Years - Elaine Hutchcroft  
 10 years - Sue & Bob Jordan

**It is preferred that renewal memberships be sent directly to the chapter** for quicker processing and to avoid delays in receiving your chapter newsletter. Remember that your dues include membership in *both* National Wild Ones and our chapter. Please use the address below:

Wild Ones Rock River Valley Chapter  
 1643 N Alpine Rd Ste 104  
 PMB 233  
 Rockford, IL 61107-1464

Your expiration date is on your chapter newsletter and your national Journal address labels. You will be mailed a renewal reminder from the chapter two months prior to your expiration date with a completed membership form and return envelope for your convenience.

Twenty-five percent of all dues paid (about \$9.25 per membership) is returned to the chapter by National Wild Ones to support our chapter activities. National Wild Ones provides liability insurance for our meetings and events. All dues and donations are fully tax deductible.

Please send address and email address changes to the Membership Coordinator at [membership@wildonesrrvc.org](mailto:membership@wildonesrrvc.org). Email or call (815) 627-0343 if you have any questions about membership.

**Wild Ones Annual Memberships:** Household \$37, Associate (student, senior, disabled) \$20, Affiliate Non-Profit Organization or Educator \$90, Business \$250.

### Thank you for your continuing support!



## 2016 Chapter Programs and Events

<b>May 13-14</b>	Native Prairie Plant Sale Pickup		Caledonia, IL
<b>May 19</b> 7:00 p.m.	Prairie Plants Close Up: The Hidden World of Flowers & Fruit	<b>Dr. Kenneth Robertson,</b> retired Ill. Natural History Survey	Rock Valley College Physical Education Center PEC 0110 (lower level) Rock Valley College Physical Education Center PEC 0110 (lower level)
<b>June 16</b> 7:00 p.m.	The Balance of Design and Nature	Michael Herrenbruck, Co-owner of Eco Harmony Landscape & Design LLC, Mequon, WI	Rock Valley College Physical Education Center PEC 0110 (lower level)

Unless noted, programs are free and open to the public. Programs are subject to change.  
 For more information please contact Lisa Johnson at (815) 881-1014



NATIVE PLANTS. NATURAL LANDSCAPES

## ROCK RIVER VALLEY

ROCK RIVER VALLEY CHAPTER NEWSLETTER

c/o Pambi Camacho  
1643 N. Alpine Rd., Suite 104  
PMB 233  
Rockford, IL 61107

### *Don't become extinct!*

If the expiration date on the mailing label is **5/1/2016**, this is your last chapter newsletter and you have received your last Wild Ones *Journal* until you renew your membership. National Wild Ones drops expired memberships the first week of the expiration month, so please don't be late! See the *Membership Update* for renewal information.

#### **Mail your renewal:**

Wild Ones Rock River Valley  
1643 N. Alpine Rd., Suite 104  
PMB 233  
Rockford, IL 61107

#### ADDRESS SERVICE REQUESTED



### *Wild Ones Mission*

Wild Ones: Native Plants, Natural Landscapes promotes environmentally sound landscaping practices to preserve biodiversity through the preservation, restoration and establishment of native plant communities. Wild Ones is a not-for-profit environmental education and advocacy organization.

### *Rock River Valley Chapter Meetings*

Regular meetings are held the third Thursday of the month at 7:00 p.m. at Rock Valley College, Woodward Technology Center (WTC), 3301 N. Mulford Rd., Rockford, IL.

*Special meetings, outings, and events are scheduled periodically and sometimes replace the regular meeting. Contact any officer to confirm information about our next meeting.*

### *Rock River Valley Chapter Board and Coordinators*

#### **Board**

*Co-Presidents:* **Ginnie Watson**  
(815) 398.0138 [ginnie@wildonesrrvc.org](mailto:ginnie@wildonesrrvc.org)

**Constance McCarthy** (815) 282.0316  
[constance@wildonesrrvc.org](mailto:constance@wildonesrrvc.org)

*Vice President:* **Jerry Paulson**  
(815) 222.4414 [jerry@wildonesrrvc.org](mailto:jerry@wildonesrrvc.org)

*Secretary:* **Cathy Johnson** (815) 978.0865  
[cathy@wildonesrrvc.org](mailto:cathy@wildonesrrvc.org)

*Treasurer:* **Janet Giesen** (815) 899.6139  
[janet@wildonesrrvc.org](mailto:janet@wildonesrrvc.org)

*At-Large:* **Doreen O'Brien** (815) 985.4064  
[doreen@wildonesrrvc.org](mailto:doreen@wildonesrrvc.org)

*At-Large:* **Kim Lowman Vollmer**  
(815) 397.6044 [kim@wildonesrrvc.org](mailto:kim@wildonesrrvc.org)

*Immediate Past President:*  
**Lenae Weichel** (815) 282.5482  
[lenaew@wildonesrrvc.org](mailto:lenaew@wildonesrrvc.org)

#### **Coordinators**

*Membership (interim):* **Ginnie Watson** (as to the left)

*Newsletter-Production:* **Pambi Camacho**  
(815) 332.7637 [pambi@wildonesrrvc.org](mailto:pambi@wildonesrrvc.org)

*Newsletter-Editorial:* **Constance McCarthy**  
(as above)

*Volunteers:* **Khrisa Miskell**  
(815) 298.5449 [khrisa@wildonesrrvc.org](mailto:khrisa@wildonesrrvc.org)

*Woodland Plant Sale:* **Jodell & Marty Gabriel**  
(815) 963.2137 [jodell@wildonesrrvc.org](mailto:jodell@wildonesrrvc.org)  
[marty@wildonesrrvc.org](mailto:marty@wildonesrrvc.org)

*Prairie Plant Sale:* **Rick Freiman**  
(815) 871.7424 [rick@wildonesrrvc.org](mailto:rick@wildonesrrvc.org)

*Tree & Shrub Sale:* **John Peterson**  
(815) 979.8539 [john@wildonesrrvc.org](mailto:john@wildonesrrvc.org)

*Plant Rescues & Seed Collection:*  
**Mary Anne Mathwich** (815) 721.5187  
[maryanne@wildonesrrvc.org](mailto:maryanne@wildonesrrvc.org)

*Programs:* **Lisa Johnson** (815) 881.1014  
[lisa@wildonesrrvc.org](mailto:lisa@wildonesrrvc.org)

*Show Me/Help Me:* **Claudia Fleeman**  
(815) 985.5158 [claudia@wildonesrrvc.org](mailto:claudia@wildonesrrvc.org)

*Youth Education & Grants:*  
**Kim Lowman Vollmer** (as above)

*Booth, FREC rep., website:* **Tim Lewis**  
(815) 874.3468 [tim@wildonesrrvc.org](mailto:tim@wildonesrrvc.org)

*Facebook:* **Marilyn Heneghan**  
(815) 389.7869 [marilyn@wildonesrrvc.org](mailto:marilyn@wildonesrrvc.org)

*Library:* **Ginnie Watson** (as above)

*Mentors:* **Melanie Costello** (815) 645.8430  
[melanie@wildonesrrvc.org](mailto:melanie@wildonesrrvc.org)

*Merchandise:* **Cynthia Chmell**  
(815) 969.7435 [chmell@wildonesrrvc.org](mailto:chmell@wildonesrrvc.org)

*Publicity:* **Doreen O'Brien** (as above)

*Meeting Recaps:* **Pat Hollingsworth**  
(815) 627.9180 [pat@wildonesrrvc.org](mailto:pat@wildonesrrvc.org)