

Rock River Valley Chapter Newsletter

Volume 18, Issue 10 October 2016

Promoting Native
Plants for Natural
Landscapes.

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FOUR RIVERS

NVIRONMENTAL COALITION

MEMBER ORGANIZATION

All articles for the November 2016 newsletter, must be submitted to:

Constance@wildonesrrvc.org

by October 23, 2016.

Native Plants in the Home Landscape Thursday, October 20, 2016

Location: Rock Valley College

Physical Education Center PEC0110 (lower level)

3301 North Mulford Road, Rockford, 61114

Time: 7:00 p.m.



Jamie Ellis will discuss why home yards and gardens are important spaces. They provide us with beauty, a place to play and relax, and a sense of pride when a space is well designed and maintained. Yards and gardens are also part of larger landscape ecosystems and, as such, can and should provide a home for more than just their human inhabitants. With much of the

Illinois landscape utilized for agricultural, urban, and industrial purposes, native plants and wildlife are squeezed into ever smaller patches of habitat. What if we could provide habitat in our home landscapes? Indeed, we have some control in our choices in these spaces. Why not choose native plants? We'll explore what "native" means, some of Illinois' major habitats, thought that goes into planning, and descriptions of a few favorite natives.

Jamie works as a botanist with the Illinois Natural History Survey, where he coordinates and carries out vegetation surveys across Illinois as part of the Critical Trends Assessment Program. He is most interested in the ecology, conservation, and restoration of the all-but-gone tallgrass prairie. Jamie also volunteers with Grand Prairie Friends, where, among other things, he serves on the board of directors, coordinates the summer internship program, and helps coordinate the annual native plant sale. He lives in Urbana with his wife and two children

The program is free and open to the public. For more information, call (815) 332.3343.

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Message from the Co-President Constance McCarthy



Constance McCarthy

photo by Tim Lewis

A Walk in Nature Helps the Body and the Mind

I find it very satisfying when I come across a study that scientifically confirms something that I always thought to be true. A combination of "Ha! Told you so!" and "I knew it!" I had just such an experience when I read a reprint of a news report about a scientific study that considered how exactly a

walk in nature can have physical effects on one's brain. The benefits of physical activity are so widely known - less so are the changes in the brain after a walk in a natural area.

The research being done by Gregory Bratman, a graduate student at Stanford University, led him to further ponder the neurological mechanisms that underlie the effects of being outdoors in green spaces. Brooding (basically, stewing over negative things in our lives) is disproportionately more common in urban dwellers and is strongly associated with activity in a certain portion of the brain. By surveying participants and studying this brain activity both before and after they visited nature, Bratman hoped to obtain a more clear understanding of how nature can effectively change our minds.

Half of the study participants walked for 90 minutes through a leafy, parklike area of the Stanford campus, while the other half (poor souls!) walked next to a loud, hectic, multi-lane highway.

While walking at their own pace, the participants could not have a companion or listen to music. Brain scans and surveys taken by participants before and after the walks yielded what are, in my view, predictable results.

For the highway walkers, their levels of broodiness remained unchanged and the part of their brains associated with broodiness remained as it was before the walk. The nature walkers, however, were not stewing as much about negative things in their lives, and the part of their brains associated with broodiness showed decreased activity.

While questions remain (how much time must one spend in nature before this beneficial effect kicks in? which elements of the natural world are the most soothing? is walking necessary, or is merely sitting in nature sufficient?), this – in my opinion – is just one more reason to get yourself and any broody people around you out for a good walk in one of the many natural spaces our region is blessed with.

This weekend I hiked around at the Nygren Wetland Preserve for a few hours. While I returned home a hot, sweaty mess and covered with more mosquito bites than I could scratch, I was still in such an upbeat mood. The fall wildflowers were starting to bloom, some leaves were beginning to change color, turtles were lounging on downed logs, and, my goodness, the birds! Sandhill cranes, great egrets, cormorants, great blue herons, a belted kingfisher, some eastern kingbirds, various woodpeckers and diving ducks, and the biggest flock of white pelicans that I have ever seen. Certainly the best afternoon I have had in quite a long time. More, please!

October is Oak Awareness Month

Did you know that October has been officially proclaimed Oak Awareness Month in Illinois? Residents, organizations, communities, park districts, private landowners, conservation groups, forest preserve districts, and commercial entities will all be celebrating our state's oak woodlands. There will be numerous oak-related events across Illinois, aimed at increasing awareness of the beauty, utility, and needs of oak ecosystems. This special month has even been given a clever moniker: OAKtober.

For a list of oak-related events, visit the Chicago Region Trees Initiative website at http://chicagorti.org/resources/oaktober-oak-awareness-month.

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September Meeting Recap Hometown Habitat: Stories of Bringing

Hometown Habitat: Stories of Bringing Nature Home

Our September meeting brought us together for a different type of program. Instead of listening to a live presenter, we watched the feature length film, Hometown Habitat: Stories of Bringing Nature Home, by award winning director, Catherine Zimmerman of the *Meadow Project*. The film is a 90-minute environmental, education documentary that focuses on showing how and why native plants are critical to the survival and vitality of local ecosystems. The mission of the Meadow Project is to educate and raise awareness about sustainable, native, healthy, easy, and affordable land care practices that support wildlife and human life. The Rock River Valley chapter of Wild Ones is proud to be among the many individuals and organizations that have provided financial support for the feature length film.

Featured in the film is renowned entomologist Dr. Douglas Tallamy, whose research, books, and lectures on the use of non-native plants in landscaping, sound the alarm about habitat and species loss. Tallamy provides the narrative thread throughout the film that challenges the notion that humans are here and nature is someplace else: "It doesn't have to, and shouldn't be that way." The film's eight chapters highlight *Hometown Habitat* heroes, who are reversing detrimental impacts on the land and in the water of major U.S. watersheds, one garden at a time. Each of these chapters will be described below.

The Basics: Douglas Tallamy, Ph.D.

When Doug Tallamy was a boy he often visited a pond in his neighborhood where he watched the life that was part of that pond. Every day he would watch pollywogs develop and looked forward to the day that the tiny toads would emerge from the pond to become terrestrial creatures. Much to his horror, the vacant lot with the pond was about to be developed and a bulldozer buried the pond and all the life within it. He knew then that there were too many people in the world and not enough room for his pollywogs.

Tallamy says that 52% of the land in the United States is in some form of agriculture, 43% is the suburbanurban matrix embedded with bits of nature, and only 5% is relatively pristine, housing 5% of the species, and that 5% is not enough to run the ecosystems that we depend on.

Tallamy talks about the ecosystem services that keep us alive: the oxygen we breathe is produced by plants, plants hold water on the land surface, plants create topsoil and keep it from eroding away, well-vegetated ecosystems buffer weather extremes,

Janet Giesen excerpted from www.themeadowproject

plants sequester carbon, plants provide pollination services, and plants provide food, shelter, and habitat for wildlife. Tallamy implores us to share our landscapes with these ecosystem services to make productive ecosystems at home. The process is not difficult and the habitat heroes we see in the film show us just how to create our own ecosystems that are one with the natural world.

Ecosystem Services: Million Trees NYC

The Million Trees (1M) initiative in New York City is a program focused on having one million trees in the city of New York to accommodate population growth. The initiative began in October 2007 by taking an inventory of every single street tree in NYC. Data revealed that the annual local ecosystem services the 500,000 street trees of NYC provided included shade and carbon sequestration, but they knew that more trees were needed. Data also identified areas that would benefit most to mitigate environmental problems such as no tree canopy, population density, impervious surface cover, surface temperature, and particulate matter. To further expand the study, public health issues were overlaid with the initial areas, including locations with high rates of asthma, childhood obesity, and diabetes. The 1M initiative increased annual tree plantings in NYC from 5-7,000 trees to over 20,000 street trees in one year. The New York City restoration project, part of the 1M trees initiate, gave away trees to local home owners, private cemeteries, and schools in an effort to add canopy to public and private places. NYC city parks use native plants grown from seeds

that they collect from wild populations sourced in and around NYC – doing so helps protect the genetics of local plant populations. The trees, shrubs, and forbs are then planted by local volunteers, who become the city's greatest hope for strong stewards who will see that the native plants continue to survive after they are planted. The tree stewardship program connects residents to the natural world that they otherwise might not experience in the urban setting.

Water Conservation: Habitat Hero Program

Due to the continuing drought in the west, many residents are adapting their yards with plants that need little water. Xeriscaping, as defined by Merriam Webster.com, is "a landscaping method developed especially for arid and semiarid climates that utilizes water-conserving techniques (as the use of drought-tolerant plants, mulch, and efficient irrigation)." Cultural norms can be changed from watering large grassy areas to incorporating drought-tolerant plants in their landscapes. This new mindset can make a positive impact on the local ecosystem.

Annual rainfall for parts of Colorado can total just

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September Meeting Recap (cont'd)

11-12 inches, which makes it a semiarid environment. Working with Audubon Colorado, a program was created called Colorado Wildscapes, and out of that program came the Habitat Hero project, which encourages residents to use regionally adapted plants in their landscapes. Their vision is to build a network of wildlife habitats, especially in urban areas across the Rocky Mountains and beyond. The project helps people become aware of what they can do with a minimal amount of water and provide habitat for insects, birds, and other wildlife.

Even though southeastern Colorado has been experiencing the 10 driest years in 1,200 years, some people use 50-70% of their home water to irrigate their gardens. The Water Conservancy District of southwestern Colorado is informing its local citizens how easy it is to use low water plants such as native grasses and forbs. Not only are private property owners embracing xeriscaping, but multifamily communities are landscaping with drought tolerant native species, as well. It's important for people to learn how to design with a sense of place, and using native plants is the right tool for the job.

The Habitat Hero program, through Audubon Colorado, educates people through a variety of programs that stress how "wildscaping" creates a sustainable home not only for their citizens, but also for the creatures with which they share their land.

Environmental Art Solutions: EcoArtists

An "EcoArtist" is an artist who cares about the environment, and more importantly, how people interact with that environment. The essence of "EcoArt" is artists and scientists collaborating to engage the community in innovative ways to solve environmental problems. Art is a way to communicate an idea and science uses ideas to solve problems. The Everglades National Park is an aquatic ecosystem that has been rapidly drained and developed. This development has decimated mangrove forest ecosystems, which are the buffer between land and water, making them critical to the environmental health of south Florida. Each year new mangrove propagules are displayed in 1,200 plastic cups that make up the live mangrove forest art exhibit at the Frost Science Museum in Miami. After viewing the exhibit, museum visitors plant a seedling in a native mangrove habitat, thereby helping restore that habitat to its natural state. Working with EcoArtists and scientists, museum visitors are helping to solve an environmental problem. To date, over 10,000 propagules have been planted by over 5,000 volunteers. The project is sustainable and a way for people to connect with nature and become stewards of the land.

Old Dixie Eco Walk at Seabourn Cove, Boynton Beach, Florida is a collaborative program with engineers, fountain makers, and landscape architects to create a living space that otherwise would have been a huge dry detention basin. Using nature as a guide and following snaking rivers and waterways, an EcoArtist worked with the native plant pallet to create a sustainable wildlife habitat with beneficial ecosystem services. The water that would have sat in a detention basin after a storm now comes from a storm water retention pond, and then runs into a brook through a series of fountains and meandering streams. The water is naturally cleaned as it moves through this system, and it attracts and supports native wildlife.

The EcoArtist worked with the local native plant society to select plants that would work in the project. With 70 native plant species the area has become a scientific lab where citizen scientists provide useful information about the wildlife through research and observations of this experimental endeavor. The results demonstrate what can be done to an area that would otherwise have been a dry, lifeless expanse.

Sustainable Practices: Redefining the Horticulture Industry

The old mantra "right plant, right place" declared that if a plant worked in the right kind of soil, the right kind of orientation, and the right kind of moisture, then that was the right place for the plant. This refrain can no longer be embraced. Often we did not pay attention to the provenance of the plant and forget that adding non-native plant species to our local environments was most likely not the right thing to do. Today, we must focus on using native plants that work together, in their natural communities, so that the plant life provides the ecosystem services that we now expect, such as supporting storm water capture, sequestering carbon, creating bio habitats for pollination, building soil, and beautifying the landscape.

Today, landscape designers need to understand sustainability and teach their clients about native plants and how they function in the environment. And property owners need to know how their property can play a role in the larger ecosystem. Garden designers have a role today to educate their clients, but they must educate themselves first about the importance of using native plants in the landscape.

The Chesapeake Bay Landscape Professional Certification Initiative is a credentialing system and network of landscape professionals who can provide the services that are needed to clean up the Chesapeake Bay. These professionals are helping Volume 18, Issue 10 Page 5

Summer 2016 Show Me/Help Me Recaps (cont'd)

citizens to include rain gardens and native plants in their home landscapes, and encouraging them to allow tree leaves to accumulate in garden areas that will enrich the soil. Home landscaping practices can positively or negatively affect the natural ecosystem of the Chesapeake Bay, and credentialed landscape professionals are the environmental stewards who can teach homeowners better and more sustainable ways to landscape their property to provide habitat and clean water for local waterways.

More and more people are asking for native plants at their local garden retail centers and although they might not be asking specifically for native plants, they want plants that attract butterflies and birds. Businesses need to learn about the many benefits of native plants, including that they:

- are beautiful and aesthetically pleasing, and provide color in all seasons
- provide services such as solving problems in dry or wet garden areas
- easily adapt into the landscape
- don't need a lot of water once established
- don't require fertilizer
- have less issues when planted in the right location
- attract birds, butterflies, and other insects
- come up every year
- allow rainwater to enter the ground water instead of running off into local waterways.

Many retailers have point-of-sale literature about native plants to help customers better plan to have success with natives. As homeowners become more educated about the importance of native plants, designers, landscape contractors, and the nursery trade will become more educated about the need and the demand for native plants. Economics will drive more nurseries to bring native plants into the mainstream and provide homeowners with wonderful plants that can enrich their lives and provide important ecosystem services.

Restoration and Conservation: Steven Apfelbaum

While working on restoration and conservation projects through his business, Steven Apfelbaum realized that he wanted to work with his own property, Stone Prairie Farm, in Juda, Wisconsin. The field of restoration ecology began to become commonplace in the late 1970s. And it was then when he and his wife experimented with plants and land structure to bring back his property to its original state. Apfelbaum had little to go on as there were no books on restoration ecology at that time so he and his wife used their intuition and nature to bring back the plant communities – the ecosystems that were on

his land historically. He started by collecting locally native plant seeds in the county and surrounding areas to ensure they had the right genetics to be adapted to the local environments. North of his barn he planted plugs in rows (and harvested the seeds each year) that would eventually become *Taylor Creek Restoration Nurseries* – the first nursery of Applied Ecological Services, Apfelbaum's business. That seed was also used as foundational seed for the key species that are now grown at Taylor Creek Restoration Nurseries, which has over 400 acres in production and grows about 650 native plant species.

Prairie Crossing is a widely acclaimed conservation community in Grayslake, Illinois. The community began in 1986 and was designed to combine the preservation of open land, easy commuting by rail, and responsible development practices. It is a national example of how to plan communities to enhance the environment and support a better way of life. Initially, there were plans for intensive housing development at the site, where 1,600-3,000 homes were to be built on 675 acres. After much study, the decision was made to build homes as a conservation development, saving the land through limited development of originally 300 homes, and making the development an ecological statement that in fact, conservation could be assisted by a housing development.

The homes are intertwined with native plants along with 10 miles of footpaths and waterways where storm water treatment is central to the community's land planning. Instead of the majority of storm water running into storm sewers and being exported as a waste product, the storm water treatment chain at Prairie Crossing starts at the rooftops and then moves into gutter downspouts that drain into the native plant landscape. The native plants slowly allow the water to move through them and eventually enter a culvert, which then circles back into a cul-de-sac as a demonstration of prairie and wetland storm water management. The purified water ends up in one of the high-quality lakes. Restoration connects people with the land and people to people. We need to learn how to use nature as a valuable asset and elevate nature's role in our daily lives.

Interfaith Environmental Movement: Sacred Grounds

Houses of worship are tremendous opportunities for making a difference in the landscape. Many of these institutions have large tracts of land and buildings that have large, impervious surfaces such as roofs and parking lots that contribute to vast amounts of storm water runoff. The problem can become an opportunity to replace the expansive lawns with

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Summer 2016 Show Me/Help Me Recaps (cont'd)

conservation landscaping practices that include rain gardens, natural areas, and native plantings that help wildlife at the same time. The Sacred Grounds initiative helps to bring people together of different faiths for the purpose of helping the local ecosystems and their wildlife. Sacred Grounds programs teach congregations the hows and whys of native planting, and then how to put those plans into action. Through education, groups of people can teach others that all the free water that has been running off their properties can be used to create better habitats for wildlife and, ultimately, people. They learn that they can turn the storm water waste product into a valuable asset.

In an effort to clean and protect the wildlife and those who live around the Anacostia River in Washington, D.C., the East Washington Heights Baptist Church has installed a rain garden to mitigate the effects of storm water runoff. Through the Sacred Grounds initiative, church members have learned how to create gardens on the church property that will capture storm water and hold it to reduce the water that would otherwise run across the grass and parking lot, taking with it pollutants, and eventually winding up in the river. The pastor and leaders of the local community are encouraging schools, other churches, and local residents to take part in environmental activism that will connect the natural world with their daily lives.

Kunzang Palyul Choling is a center for Buddhist study and practice in the Nyingma tradition that is located in Poolesville, Maryland. Temple members support the web of life through their environmental actions by planting native plant species to attract, feed, and provide shelter for local wildlife. The RainScapes Program in Maryland promotes and implements projects that reduce storm water runoff and improve water quality. This program helps the congregation manage storm water on their property and identifies places where they can do more conservation landscaping. The volunteers can then take their experiences back to their home landscapes and make important changes to support wildlife through native plantings and storm water mitigation.

The Sacred Grounds initiative works to create an environment where wildlife and humans can thrive in harmony. Collectively, the actions of diverse groups of people can create sustainable wildlife habitats that support ecosystem services.

Environmental Activism: Wild Ones

We can solve our environmental problems from the bottom up, through local groups such as Wild Ones, which has been advocating for native plants in the landscape for 35 years. Wild Ones has been rebuilding nature's relationships on small scales, community scales, and ecosystem-wide scales – all through the hard work and devotion of its volunteer members.

Wild Ones founding member Lorrie Otto was an environmental activist and supporter of the protection of biodiversity. She helped bring about the ban of DDT in the United States and to launch the Environmental Defense Fund. After DDT was banned in the U.S. in 1972, Otto traveled across the country talking with people about healing the Earth, one yard at a time, to make up for all the damage that DDT had done to the environment. She advocated that native plants could make a profound difference in the healing process. At that time, popular landscape practices included non-native species from Asia and Europe, and it took persistence, time, and education to convince people to incorporate native plants in their landscapes.

Wild Ones was chartered in 1979 with a group of seven devoted people. Today, there are over 4,000 members from over 50 chapters across 13 states.

Chapter members advocate for the environment by educating constituents of their local community government, as well as citizens who can make a difference by incorporating native plants species in their landscape practices. Wild Ones has helped bring together city, county, and state officials who might not have been aware of the many services native plant communities offer, such as mitigating water runoff, supporting crop pollination, providing recreational benefits, increasing sustainability, and improving economic development.

Using native plants in the landscape can have profound effects on other environmental areas, including waterways, roadways, and open areas. Wild Ones advocates for alternatives to traditional landscape management practices. In doing so, we can make a difference in our environmental footprints – by working with local and county governments, schools, businesses, not-for-profits, and other entities. Wild Ones is a perfect organization to teach the Millennial Generation, who are motivated to change the world around them. Wild Ones can be the catalyst to engage these folks to engage in solving environmental problems while at the same time, becoming lifelong learners through volunteerism and activism.

Doug Tallamy concludes the video by stating that we can learn to live with nature successfully. He believes that nature is quite resilient and forgiving, and that through the ongoing efforts of Habitat Heroes and organizations such as Wild Ones, we can make a difference, one yard at a time!

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Membership Apdate 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). 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!

215 memberships as of September 19, 2016

Special thanks to our members who made contributions above the basic \$37 dues!
Paul & Carol Soderholm, Mount Morris, IL
John & Judi Peterson, Durand, IL

Welcome to our returning member! Oran Wilder

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!

55 attended the September meeting including 14 guest visitors

A big thank you to our September meeting volunteers!

Greeters: Constance McCarthy
Refreshments: Khrisa Miskell, Anita Johnson
AV/Sound Equipment: Bob Arevalo
Meeting Recap for the Newsletter: Janet Giesen
Library Assistants: Craig & Glenda Shaver,
Karen Matz

Anniversaries 15 years:

Steve Hall Jack Kaskel

5 years: Eric Meyer

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 above your name on the label. 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. 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

October 20 7:00-9:00 pm

Illinois Natural History Survey

Rock Valley College P.E. Center PEC 0110 (lower level)

November 17 6:00-9:00 pm

Pot Luck, Seed Exchange & Annual Meeting-members only. All members welcome with or

without seeds. Bring a dish to share.

present annual report

Chapter Co-Presidents to

Unitarian Universalist Church of Rockford 4848 Turner Street Rockford, IL 61107

December

No Meeting-Happy Holidays!

Unless noted, programs are free and open to the public. Programs are subject to change. For more information please contact Lisa Johnson at ((779) 537.8939.



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 10/1/2016, 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: 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.

Regular meetings are held the third Thursday of the month at 7:00 p.m. at Rock Valley College,

Regular meetings are held the third Thursday of the month at 7:00 p.m. at Rock Valley College, Physical Education Center PEC0110 (lower level), 3301 North Mulford Road, Rockford, 61114.

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 Constance McCarthy (815) 282.0316

constance@wildonesrrvc.org

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doreen@wildonesrrvc.org

At-Large: Kim Lowman Vollmer
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Prairie Plant Sale: Rick Freiman (815) 871.7424 rick@wildonesrrvc.org

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

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

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

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