



Illinois Native Plant Society — Southern Chapter

The Shooting Star

**December
2017**

Newsletter

"Dedicated to the study, appreciation, and conservation of the native flora and natural communities in Illinois."

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The Illinois Native Plant Society announces its 2018 Grant Program

\$4500 is available ranging from \$500-\$1500 to fund one-year projects. Any person, institution or group conducting research on Illinois native plants can apply, with the exception of Illinois Native Plant Society State Officers and Board members.

Eligible research projects may include studies on Illinois native plants (including those that are threatened or endangered) such as life history, reproductive biology, demography, genetics, site inventories, community ecology, as well as research on threats to native plants and communities, such as invasive species. Laboratory research as well as projects focused on research relating to education about or restoration of native plants and plant communities will be considered, but INPS funds cannot be used for plants or seeds for restoration purposes, native gardens or plantings.

Priority is given to: student research or projects that involve students; citizen science projects by qualified individuals; and projects involving volunteers. Priority is also given to projects conducted on public property or on private property having a Conservation Easement or which is designated as an Illinois Nature Preserve or a Land and Water Reserve. All projects must demonstrate how they support the mission of the Illinois Native Plant Society.

Applications must be received by **January 26, 2018**. Awards will be announced by **March 31, 2018**. Application details, instructions, and application form are at: <https://ill-inps.org/2018-research-grants/>



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Message from the Southern Chapter President

I'm writing this month's President's message from chilly northern Wisconsin! I heard it was 12° this morning in Carbondale so the cooler weather has finally hit southern Illinois as well. One thing that's not cooling down is the hard work by the Illinois Native Plant Society Southern chapter board! We are feeling happy and satisfied after the conclusion of another year of successful programming.

We finished up this year's programming with our holiday dinner and award ceremony earlier this month. About 40 members joined us for the dinner which was catered by Cristaudo's and was fabulous! We also greatly enjoyed it the new venue, The Haven, on Crab Orchard Lake. After the dinner we learned about the career of Jim Waycuilis, who retired as site superintendent of the Cache River State Natural Area in 2012. Although we have given this award out several times in the past, this was the first year that we decided to present the award on a yearly basis. Jim is most

deserving of this award and we are all deeply grateful for his hard work in protecting the natural resources of Illinois. Thanks to Jan Sundburg for sharing her video of Jim's work and to all who attended.

We are working on the programming for next year and should have the first six months scheduled in time for the next newsletter. Our next program will be on January 16th at the Carbondale Township Hall at 6:30PM. INPS Southern chapter board member Marisa Szubryt will be the presenter. And on February 10th, my wife and I will host a cadaver botany hike and potluck at our residence in Midland Hills Country Club in Makanda.

Until then, Happy Holidays! ~Christopher David Benda

"Jim [Waycuilis] is most deserving of this award and we are deeply grateful for his hard work in protecting natural resources of Illinois."



This is the time of year when we ask you to renew your memberships. Any new members will be active for the remainder of the year, as well as in 2018. Joining or renewing is easy using our website at <https://ill-inps.org/about-membership/>.

Feature Plant of the Month

Round-Headed Bush Clover, *Lespedeza capitata*

The reddish-brown seed heads of this species are attractive through the winter for landscape interest and wildlife value. One can distinguish this plant by the plump, bristly flower heads and small white flowers. The foliage is clover like, hence the name. It is adaptable to several soils types, adds nitrogen to the soil, and is drought tolerant. It is found throughout the state, although somewhat less common in the southeast region. Habitats include sand, black soil, hill, and gravel prairies, loamy and sandy savannas, limestone glades, and along roadsides and railroads. During the growing season, the flowers are visited by the variety of pollinators, including many bee species, butterflies, beetles, and moths. The seeds are high in protein, serving as an important winter food source for deer, rabbits, groundhogs, upland game birds (turkey, quail), mourning doves, and songbirds, such as the slate-colored junco.



2018



Southern Chapter

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Stay Tuned for Calendar of Events 2018!

Dates to keep open: Tuesday, January 16th and Saturday, February 10th

Holiday Dinner, INPS Central Chapter

The Central Chapter will be hosting their holiday dinner on Thursday, December 14th at the Madaner's Restaurant in Springfield. If interested, contact Lois Fox at rooffox@gmail.com or Trish Quintenz at trishquintenz@gmail.com or call 217-502-9180.



Local Announcements



Winter Survival: For Crops, Soils and Trees

Now that winter weather has arrived, we take a look at how plants cope with cold. In this first part of this report we hear from a farmer from central Illinois talking about a technique called cover cropping, which can help the soil, and, actually enrich the soil during the typical winter months of December, January and February. Then, we will hear from University of Illinois Extension Forester Chris Evans describing how trees have managed, over millions of years of evolution, to cope with cold temperatures.

To learn more about cover crops and the role that they play in saving topsoil, and helping farms recover nutrients after the growing season, visit: http://web.extension.illinois.edu/bcjmw/cat88_4254.html

To learn more about how plants survive cold weather browse to:
https://web.extension.illinois.edu/forestry/tree_planting.html

To listen to the audio clip, visit :
<http://news.wsui.org/post/winter-survival-crops-soils-and-trees#stream/0>



Photo courtesy, Kevin Boucher

Book on sedges and rushes likely very applicable to Illinois:
<https://www.upress.umn.edu/book-division/books/sedges-and-rushes-of-minnesota>



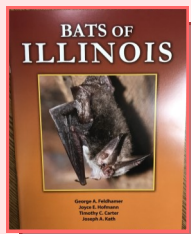
Summary of Past Events

November Program, Pulling for Bats, by Karen and Matt Mangan, Kevin Rohling



We had another terrific program and great turnout for our November monthly meeting! U.S. Fish and Wildlife Service biologists Matt and Karen Mangan presented about the life history of some of the bats that inhabit our area. They also had a terrific guidebook they handed out to the audience and spoke about endangered species of bats in our area. University of Illinois Forestry Extension technician Kevin Rohling also spoke about the impacts of invasive species on bats in southern Illinois.

There are 19 species of bats in Illinois and approximately 1200 species worldwide. Bats make up 20% of the mammals in the world and they are the only species of mammal that can fly. They are primarily insectivores, and can eat 600-1000 insects in an hour. They fill an important niche in the ecosystem, but since they are nocturnal they are often overlooked. They have a longer life span than other mammals of comparable size and have a low birthrate, birthing only pup per year.



Bats are in decline as loss of forest habitat increases the amount of flight necessary for survival. Also, the expansion of wind energy has been detrimental, as bats are attracted to turbines, and collisions kill bats. White nose syndrome is present in southern Illinois as well, and it is a disease that can be deadly for roosting bats. In Illinois, there are three state listed bat species and three federally listed bat species (Indiana, Gray, and Northern Long-eared).

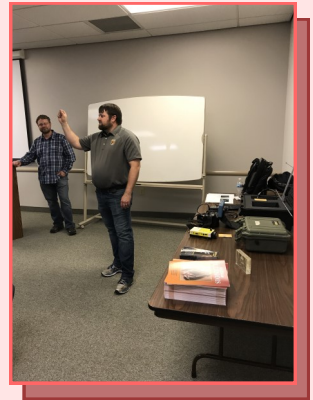
Currently, there is a focus on Indiana bats. Indiana bats spend summers in forests raising pups and migrate in the fall to hibernacula. They roost in colonies in cracks and crevices in trees, under exfoliating bark. They generally use larger trees that can be dead or dying. They like solar exposure so they roost near forest openings and woodland edges. They have been documented to use 33 species of trees, and species vary by region. Ash and elm trees are commonly used in the bottomland and swamp habitats they prefer. They like to forage near road corridors, above the canopy, and need large open areas to maneuver.

The presenters also discussed forest management for bats. It's important to maximize forest diversity and structure with different forest types and stand characteristics. One thing landowners can do is to leave dead trees standing. Another is to protect riparian areas and road corridors, as well as access to water. Landowners can also promote forest regeneration by thinning and burning and can introduce artificial roosting habitat (bat houses) poles with fake bark.

Invasive plants can also impact bat populations. Habitat structure and composition are important and vines like Bittersweet, Kudzu, and Winter Creeper, form a monoculture that kills trees. Kudzu has been documented to cover a cave entrance enough to prevent entry by bats. Shrubs like bush honeysuckle and multiflora rose infest the understory, preventing tree regeneration and general bat movement. Significant increases of bat activity have been found in areas that have had invasive species cleared and understory burned. Other invasives like ground cover (Japanese Stiltgrass and Garlic Mustard) prevent sapling growth. The dichotomy of integrated pest management is prevention vs. intervention.

Landowners should prioritize treatment by starting with outliers, then work on edges and move to the interior of the forest. One of the worst new plant invaders is Japanese Chaff Flower, which spreads by clothing and fur.

Thanks to our speakers for their great presentation!



The Tunes of Trees

<http://www.americanforests.org/blog/the-tunes-of-trees/>

By Dylan Stuntz, American Forests

Headphones are so ubiquitous today, it's common to see people walking by with earbuds in, going about their days listening to their favorite music or the latest podcast. If you fall into that camp, consider disconnecting the next time you venture outside, because there are a variety of mental, physical and social benefits to just listening to the sounds of the natural world.

YOU'LL BE LESS STRESSED

Researchers recently conducted a study in which participants listened to silence, Mozart and nature sounds, while recording self-reported stress levels, pulse rate and muscle tension. They found that after just seven minutes of nature sounds, participants reported lower stress levels along with a measurable decrease in muscle tension and pulse rate. Surely you can find seven minutes out of your day!

Another study was conducted measuring self-reported stress and physical stress symptoms after doing difficult arithmetic problems, and found similar results. Participants listening to nature calmed down quicker than those listening to a variety of other sounds. The next time you find yourself stymied by a difficult problem? Go take a walk in a natural setting and let the sounds wash over you — it may help you calm down both mentally and physically.

IT CAN HELP YOU PAY ATTENTION

In a similar vein, scientists at Brighton and Sussex Medical School measured brain activity while listening to nature sounds, and they found an increase in brain activity associated with attention span. A different study found that birdsong was reported as the most effective sound to restore attention. It's been found that nature sounds can help reduce time needed to recover from "attention fatigue," which refers to the mental exhaustion that happens when you've been focused on one task for too long. If you're feeling overwhelmed, exhausted or just simply unable to focus, a bit of time in nature can work wonders.

IT CONNECTS YOU WITH THE NATURAL WORLD

No one rocks quite like this robin! Other than the health benefits, there's also the untold benefit of simply being present in nature and aware of all the life around you. There's a subtle piece of music being conducted every day, and you can hear it with the wind in the trees, the babbling of a brook or the melody of a songbird. To be outside and hear such a unique symphony, which only exists in that specific moment in time, there's something magical about that. Your playlist won't go anywhere, but to just take a walk in the woods and truly listen, that's a playlist that can never be found anywhere else.

There's music found outside that calms you down, makes you more attentive and plays 24/7. It doesn't require a subscription, won't deplete your phone battery and can be found almost anywhere. All you need to do is listen.

Local Events

Cache River Wetlands Center

Annual Christmas Bird count

Monday December 18th, 6 am—sunset

This annual all-day census of early winter bird populations has been conducted throughout the U.S for more than 100 years, resulting in the longest-running database in ornithology. All ages and skill levels are welcome. For questions, call the Cypress Creek National Wildlife Refuge at (618) 634-2231.



Long Forestry's Landowner Education Series

**Free one hour presentations for private landowners,
given by professional foresters**

Bush Honeysuckle: Its Ecology, Economic Impacts, and Treatment Options Understanding the Herbicide Label for Forest Landowners

**December 12, 2017
at 6:00 PM**

at

**Carbondale Civic Center
200 S. Illinois Ave
Carbondale, IL 62901**

**www.longforestry.com
Click the Landowner Resources Tab**



**Southern Illinois (618) 893 2307
West Central Illinois (618) 639 TREE**

Beneficial Plants for Winter Wildlife



Deciduous holly, *Ilex decidua*,
good for birds



Prairie crabapple, *Malus ioensis*,
good for deer and small mammals



Purple coneflower,
Echinacea purpurea, good for birds



BECOME A MASTER NATURALIST

The Illinois Master Naturalist program is designed to **educate and train** a corps of **volunteers** to provide support in the conservation, management, and interpretation of the area's natural resources. The program provides **science-based** educational opportunities that **connect people with nature** and help them become **engaged environmental stewards**.

When is the next training?

Thursdays from March 1 through May 17, 2018
from 8:30am—4:00pm

Where?

Crab Orchard National Wildlife Refuge Visitor Center. Optional field trips for additional hands-on experience and training will be scheduled based on participant interest.

What does it involve?

60 hours of training + 60 volunteer hours to become certified.

How do I apply?

For an application or more information about University of Illinois Extension Master Naturalist Program, contact:

Erin Medvecz, Energy and Environmental Stewardship Extension Educator
University of Illinois Extension
PO Box 604

515 E Vienna Street, Suite G, Anna, IL 62906

Phone: 618-833-6363 | Fax: 618-833-6304 | Email: emedvecz@illinois.edu

Space is limited.

Fee of \$250.00 includes all twelve weeks of classroom sessions and field training, handouts, and the Master Naturalist manual.

Visit our website for Alexander, Johnson, Massac, Pulaski, and Union Counties at:
<http://web.extension.illinois.edu/ajmpu/>



INPS SOUTHERN CHAPTER
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Dodecatheon frenchii –
French's Shooting Star

Board Members

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Know someone who would like to receive our newsletter? Please have them send their email address to southernillinoisplants@gmail.com to be added to our distribution list!



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☐ Renewal ☐ Additional Donation

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Membership Categories

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☐ Supporting.....\$50.00
☐ Patron.....\$100.00
☐ Business.....\$125.00
☐ Life.....\$500.00
☐ *Iliamna* (life).....\$1,000.00
☐ *Dodecatheon* (life).....\$2,000.00
☐ *Erigenia* (life).....\$3,000.00

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Illinois Native Plant Society, P.O. Box 271, Carbondale, IL 62903

The Harbinger Newsletter is sent electronically by email.

☐ Check here to receive the newsletter BY MAIL

Erigenia, our scientific journal, is now available digitally as well as in print.

Please indicate your preference for receiving the journal.

☐ Email only ☐ Postal Mail only ☐ Both

Chapter Affiliation

- | | |
|--|--|
| <input type="checkbox"/> Central (Springfield) | <input type="checkbox"/> Northeast (Chicago) |
| <input type="checkbox"/> Forest Glen (Westville) | <input type="checkbox"/> Quad Cities (Rock Island) |
| <input type="checkbox"/> Grand Prairie (Bloomington) | <input type="checkbox"/> Southern (Carbondale) |
| <input type="checkbox"/> Irene Cull (Peoria) | <input type="checkbox"/> Other/Uncertain _____ |
| <input type="checkbox"/> Kankakee Torrent | |

I would like to help with:

- | | | |
|---|---|--|
| <input type="checkbox"/> Leadership & Organization (serving on board at State or Chapter level) | <input type="checkbox"/> Giving Workshops &/or Seminars | <input type="checkbox"/> Public Media/Communications |
| <input type="checkbox"/> Leading Field Trips & Tours | <input type="checkbox"/> Public Speaking | <input type="checkbox"/> Writing/Submitting articles |
| <input type="checkbox"/> Organizing Workshops &/or Seminars | <input type="checkbox"/> Fund Raising | <input type="checkbox"/> Photography |
| | <input type="checkbox"/> Website Assistance/Managment | <input type="checkbox"/> Other: _____ |