

FIELD NOTES

PENINSULA CHAPTER



HOW BIG IS YOUR CARBON FOOTPRINT?

By
Maria Nissen

Were you inspired by our summer CE series about climate change to take action, but don't know where to begin? This article is for you. Here are some concrete actions you can take that will reduce your own carbon footprint, as well as save you money.

How big is your carbon footprint now? The EPA has a calculator on their website, <https://www3.epa.gov/carbon-footprint-calculator/index2.html>



Screen shot of The EPA Carbon Footprint Calculator on their website

Besides telling you where you are now, the calculator can tell you how small changes such as using cooler water in your washing machine or line-drying the laundry can reduce your emissions and save you money.

Colors of Change

Continued on page 2,

This Fall issue of Field Notes includes a follow up on the summer course on Climate change with a link to the EPA Carbon Footprint Calculator. As always, there are articles and photos of nature, service and volunteering from our members as they continue to make a difference in the world around them.

Thank you to everyone who has contributed to Field Notes this year. Please continue to share your photos and articles with Meera Rao, Newsletter chair. Email articles and photos (as separate attachments to: pnmfieldnotes@gmail.com



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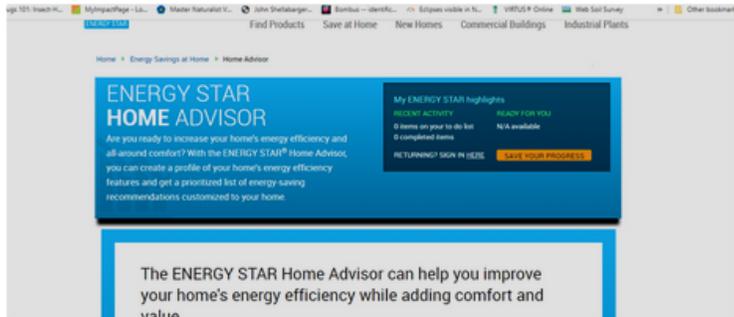


How Big is your Carbon Footprint?

By
Maria Nissen

Continued from page 1,

The Energy Star Home Advisor, <https://www.energystar.gov/campaign/assessYourHome>, can help you increase your home's efficiency AND comfort.



Screen shot of The Energy Star Home Advisor

This tool can help you decide which heating, cooling, appliances and insulation will be best for your situation.

Have you ever considered switching to solar power? There are several reputable solar power installation companies in our area. Or you could share solar power with Dominion Energy's shared solar programs:

<https://www.dominionenergy.com/virginia/renewable-energy-programs/shared-solar-program>
<https://www.dominionenergy.com/virginia/renewable-energy-programs/multi-family-shared-solar>.

Finally, make sure to contact your state and federal representatives and let them know you support clean energy policies.

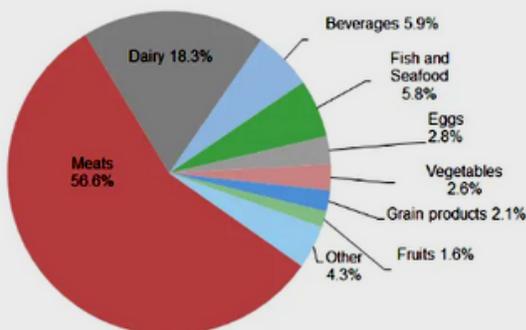
If everyone makes one small change, together we can make a difference.



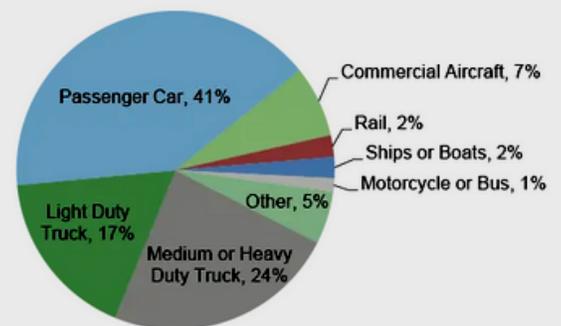
Carbon Footprint Factsheet | Center for Sustainable Systems (umich.edu)

Submitted by Meera Rao

GREENHOUSE GASES CONTRIBUTION BY FOOD TYPE IN AVERAGE DIET



TRANSPORTATION GREENHOUSE GASES, 2019⁶





Nature Journal

Grace Notes

by
Susie Engles



5 Bluebird eggs

The Bluebird Trail at Grace Church in Yorktown is a busy place! Established in 2017 to augment habitat for cavity nesters, I have 6 nest boxes that are monitored weekly. The information is sent to the Virginia Bluebird Society.

Thus far this breeding season, Grace's houses have fledged 10 Carolina Chickadee babies and 9 Eastern Bluebirds. Currently (June 2022), we have a diminutive House Wren raising 7 (!) new hatchlings and Bluebird parents busily feeding 4 babies (with brother/sister still in egg, not yet hatched). New life is so egg-citing!!!



*4 Bluebird hatchlings
and One egg*



May 9 Chickadees



7 House Wren eggs



7 house Wrens



The idea of the nest in the bird's mind, where does it come from?

~ Joseph Joubert ~



Nature Journal

A Siren, Nature's Power

By Elizabeth Danielle Hernly

Photo: Elizabeth Danielle Hernley

Nature's Phenomena, A Siren

Nature's tremendous phenomena soars,
Simultaneously uniting and dividing,
Protecting, attacking, uplifting and
flattening.

The beauty of nature surrounds us,
Rustling in the leaves of the trees,
The glistening dew, the crashing waves,
The winding paths drawing all a little
closer
And a little further, all at once.
The teeming sea at once nourishes,
Providing salmon and seaweed,
And takes back a bit more soil each year.
The falling rain, dripping on dry heads,
Waters the flowers and the crops,
Yet too much rain and floods conquer all.
The wind, soft, soothing, and refreshing,
Yet storming, churning, twisting,
Into a hurricane, a tornado.

The contrast of nature's dimensions!
From tiny microbes, teeming in a puddle,
To the coral reefs and acres of trees.
Nature is a siren, a beacon of curiosity,
Always promising a new discovery.
Coming soon! Coming soon!
Nature, Compelling man & woman to
climb,
Struggling to the top peaks of mountains,
The Himalayas, Mt Everest,
Mt St Helens.
Man and woman, plunging to the deep,
Diving depths of the coral reefs,
growing serene and beautiful,
And yet outlying a ring of fire.



*The journeying person travels
To the snow peaked hikes near Kyoto,
Where hotspring surfaces simmer
Bubbling up to a sizzling hot bath.
The contrast and soliloquy,
The parallels and juxtapositions,
All seemingly obvious, ever transitioning.
A foot into a river, and stepping out,
Into the river again . . . the same river,
Yet changing, never the same river.
The tallest oaks and redwoods,
Trees hundreds, thousands of years old,
Climbing high in the sky to the heavens!
A little girl picks blooms on ancestral
plains.
A little boy catches minnows in the river.*

*In the same rivers, the ancestors fished,
Thousands of years gone by, the Clovis.
A line of my ancestry, a part of me.
Native Americans protected, respected
Land, nurtured it, Not to be vanquished!
Yet the children's future heritage.
Like Jacque Cousteau and Philip
Cousteau,
Let humankind embrace nature's power,
The beauty of the potential.
Collaborate for protecting a living legacy.
Let us balance quality and preservation,
Progress and conservation,
Life and living in an Earth full of life.
Believe in potential to grow and heal by
the, Healing hands of humankind's
husbandry.*

COMMUNITY OUTREACH

PAW PAW FESTIVAL

The Second Annual Paw Paw Festival at Historic Endview Plantation on Aug 27, 2022, was a resounding success in many ways. Last year's visitors numbered 147 – this year the festival had 1026 visitors. The parking lot was full and at times, the driveway was full of cars waiting to park. Our thanks to the Boy Scouts of Troop 368 for help with parking the cars.



Nathan Brauner and Bees



Dr. Dash and Visitors



Dave Lauthers at the Leave No Trace Table

Besides a record number of participants, we had a wonderful turnout of outreach organizations: *Peninsula Tree Stewards, Colonial Beekeepers, Butterfly Society of Virginia, Hampton Roads Bird Club, Leave No Trace and Foxy Lady Press.*



Loye Spencer and Francoise Veland at the Kids Activity table,



Sandy Graham at the Outreach table with guests



Daina Henry talking about Paw Paw Plant

Peninsula Master Naturalists had an outreach table, and a kids' activity table. Tours of the trail were led by PMN members Laura Marlowe and Daina Henry.



The talks provided by the outreach organizations were well attended. Daina Henry had about 50 people listening to the talk on how to plant, maintain and harvest paw paws.

The tasting table for free tastings of paw paw was never empty – with both paw paw fruit and paw paw puree available.



Musicians added to the festivity -Roy Moats and our own Kevin Barry

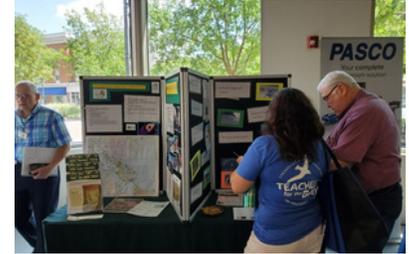
It was a fun event, and it was great to see folks heading into the woods and trail to find and harvest pawpaw.

Many thanks to Historic Endview, Laura Willoughby and her volunteers for making this possible.

Submitted by
Daina Henry
Photo credits: Daina Henry

COMMUNITY OUTREACH

ODU recently formed the *Southeastern Virginia Environmental Education Consortium* and hosted the expo event on July 20th. It was attended by lead teachers and science coordinators from Hampton, Newport News, Norfolk, Portsmouth, Suffolk and Williamsburg-James City County school districts. Our chapter attended to tell the teachers and coordinators about what we do and some of our projects. In addition, we provided them a list of resources to support their development of class projects. We also spoke with the people from other organizations providing information. One of the people we met is Maya Anderson who is now a member of Cohort 17 in our new Basic Training course.



Jim Francis and Rex Holmlin

**Submitted by Daina Henry, Jim frances, and Rex Holmin.
Photo : Daina Henry**



Amber Miller doing the great tug on the grape vine at Endview



Daina Henry

Preparing wreaths on July 25, 2022, a Endview for December

**Submitted by
Daina Henry
Photos: Daina Henry**



CNU Leadership Students volunteered at Endview on Aug 18, 2022. PMN members Jim Francis, Amber Miller and Roger joined in to help mulch, take out paw paw from the trail and marked the trail with wood.



**Submitted by
Daina Henry
Photo : Daina Henry**



We had a successful outreach at Traditions Brewery. The topic was 'What To Do With Your Harvest.'

In the photo: Sandy Harbinger, Kimberly Prisco-Baggett, Phyllis Kohlman, Daina Henry, and Fred Kohlman

**Submitted by Daina Henry.
Photo: Daina Henry**

Mariners Museum Gardens

by
Charlotte Bourdeaux
Photos: Larry Lewis



Several Master Naturalist volunteers have helped with the two gardens we have maintained for several years. It all started when Chris Gwaltney and I were walking on the trail and noticed how overgrown they were and asked if help was needed. Originally, Chris, Larry Lewis, my husband Denis and I, worked along with Bev Nunnally. Daina Henry became a helper soon afterwards. We have recently added some new Master Naturalist helpers: Ann Graber, Barbara Waring, and Gayle Phillips. When we first started to work, much of the gardens were overrun by Japanese Honeysuckle. We have removed most of it and are now fighting with Chinese Bittersweet in the Lily Garden especially.



Sensitive Fern

In the Split Rail garden which is behind the Long Leaf Pine garden, we have trimmed trees and moved plants around that were there such as Lenten Roses to fill in the garden. We have added many Native Plants like Obedient Plant and Rough Leaf Goldenrod, fall bloomers; Black Eyed Susans, Bee Balm, Black and Blue Salvia (that isn't native, but is a butterfly attracter) Mountain Mint and Green Cone Flowers that bloom in the summer. The Milkweed that was there has expanded so we watch for caterpillars to raise if we find them. We have also planted some ferns such as Beech Ferns and Ebony Spleenwort that the deer aren't eating. There is a group of Sensitive Ferns toward the back of the garden that are doing well. Finally, we added some paths so that visitors can walk through the garden to see more plants. We received many comments and questions about the Bee Balm when it was blooming. The blooms were stunning!

The other garden is located to the left of the Lion's Bridge in the woods and is called the Lily Garden. It is more of a natural woodland garden with some Large Honey Locust trees inside. The deer have eaten most of the Lilies, so we have planted Downy Sunflowers, Spiderwort, Mountain Mint, accented a Royal Fern, added a path, and also planted Green Cone flowers, Swamp Sunflowers, and Beauty Berry shrubs. Recently we have added Sundrops, Woodland Sunflowers, and Black and Blue Salvia. We have added trees such as a Redbud, a Buckeye, and a Claradendron, that isn't native, but is a butterfly attracter. We have spent a lot of time weeding the beautiful Sensitive ferns in the picture. We have planted ferns and Beauty Berries to accent the large Live Oak that was there. It used to be covered in Grape vines that were removed. There are other shrubs in the garden such as Cranberry Viburnum, Mahonia, and a rare Chinese Fir.



Mountain Mint



Bee Balm



Garden Path and Live Oak

I hope some other naturalists will visit the gardens to see many of the native plants in bloom and the Bees and Butterflies that visit there. Many walkers have commented that the gardens are their favorite part of the Noland trail which makes our work all worthwhile.

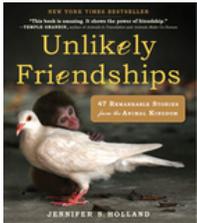




BOOK REVIEWS

Unlikely Friendships.....One story Retold by Shirley Chirch

I was delighted to run across this book *Unlikely Friendships* by Jennifer S. Holland, (2011) filled with short stories of “unlikely friendships” as the title was appropriately named. Each short two pages was filled with heartwarming, feel good stories, one of which I will describe briefly.



Paul Nicklen, a National Geographic photographer was assigned to do a photo shoot of Leopard Seals below the Antarctic ice. He was assigned to get as many pictures as possible of the thousand-pound seals and wrap up the photo shoot as quickly and safely as possible. He was astonished at what unfolded. Initially after a female seal decided he was no threat, she seemed to take a liking to him and decided that the swimmer needed to be cared for. She then proceeded to bring him a meal.... of dead penguin, which he happily declined. Then her next attempt was to try a live penguin, surely that would work. Having failed at the first two offerings, she then went on to demonstrate how to eat a live penguin, in case he was totally unaware of how it was done!

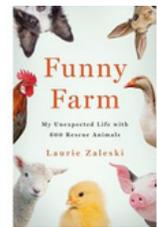
During this time, she showed no indication of wanting to harm him, quite the contrary. What initially was a routine filming assignment turned into a wonderful encounter with a wild creature who became a “photographer’s greatest companion”. Needless to say, he admits to being sad when it was time to leave her behind and was forever impacted by that experience. He knew that something magical had transpired between two different species.



Funny Farm, by Laurie Zaleski -My Unexpected Life with 600 Rescue Animals- Book Review by Bonnie Baffer

(I presented this book at the last book club Zoom meeting but wanted to expand my review here.)

Laurie Zaleski is the founder of the Funny Farm animal sanctuary in southern NJ. (www.funnyfarmrescue.org) She describes her life growing up poor after her parents divorced. Her mom worked at an animal shelter, and brought unwanted animals’ home, where they were cared for by Laurie and her siblings. Laurie became a graphic artist and started a business but kept caring for the animals. After her mom died, Laurie bought a larger farm, and opened it to the public. Laurie and her siblings care for dogs, cats, horses, cows, pigs, ducks, and chickens. She brings animals to schools, where they teach lessons on overcoming adversity and getting along with other species.



I really enjoyed this book. It is a quick read and has photos of the animals enjoying their surroundings.

Consider joining in the book club fun! We meet bi-monthly on Zoom and discuss whatever nature themed book you have read. Please contact Meera Rao if interested. The next meeting will be Thurs. November 10 at 7 PM.



“The clouds were building up now for the trade wind and he looked ahead and saw a flight of wild ducks etching themselves against the sky over the water, then blurring, then etching again and he knew no man was ever alone on the sea.”

—Ernest Hemingway, The Old Man and the Sea

PENINSULA CHAPTER

2022 Peninsula Chapter Board of Directors

President	Jim Frances
Vice President	Shirley Chirch
Secretary	William Boeh
Historian	Maria Nissen
Treasurer	Christy Gardner
Chapter Advisors	Megan Tierney & Meghan Mulroy-Goldman



Member Meetings and Continuing Education

Day/Time: Second Tuesday of every month, 6 p.m. - 8 p.m.
Location: Sandy Bottom Nature Park
1255 Big Bethel Road, Hampton, VA 2366
(Currently held in person and also on Zoom)

2022 Committee Chairs

Basic Training	Rex Holmlin
Better Impact Coordinator	Laura Marlowe
Continuing Education	Yukari Hughes
Community Outreach	Kimberly Prisco-Baggett
Fund Raising	Charlotte Boudreau
Hospitality	Merry Kennedy
Membership	Cindy Moore
Newsletter	Meera Rao
Projects	Chris Gwaltney
Property Manager	Jeanette and Ray Yoh
Public Relations	Nate Brauner
Web Master	John Berry
Past President	Charlotte Boudreau

Upcoming Meetings and CE are listed in VMS-BI Calendar

Date: Tuesday, October 11, 2022, Monthly Member Meeting
Time: 6:00 p.m. CE: Catch the King Tide at 7:00 p.m.

Date: Monday 19 September, 1 - 2 p.m.
CE- The Cornell Lab webinar: Miracles of Bird Migration: link in BI Calendar

Date: Saturday, September 17, 2022, CE: Forest Immersion/Nature Healing (MM)
Time: 9:30 AM - 10:30 AM contact info in BI Calendar

Date: Wednesdays through Nov 16, Basic Training
6:00 PM - 9:00 PM (details: BI Calendar)

FIND US!

Peninsula Chapter Website: <http://vmnpeninsula.weebly.com/>

Facebook: <https://www.facebook.com/VMNPeninsula/>

YouTube: <https://www.youtube.com/channel/UCTbIGR9RcDI62oxfJSLi3Ww>

Pinterest: <https://www.pinterest.com/VMNPeninsula/>

Instagram: <https://www.instagram.com/vmnpeninsula/?hl=en>

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