

RAPPAHANNOCK RAMBLINGS

Issue 3 Volume 5

June/July 2021

Salamander Loop Nature Walk

By Lili Tabada

On a lovely spring morning in April, a group of nine Master Naturalists led by Evelyn Way enjoyed a nice and informative walk at the Salamander Loop Trail. Evidently, from the pictures, we spent a lot of our time looking down and identifying the early spring growth. But occasionally we did remember to look up and admire the young dogwood trees in bloom.

“The mountains are calling and I must go...”



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Evelyn very graciously identified for us a number of different plants along the way, a sample of which are provided below. (Cont't p. 2)

Photos by Lili Tabada



Downy Rattlesnake Plantain



Star Chickweed
(Stellaria pubera)



May Apple
(Podophyllum peltatum)



Plantain-leaved pussytoes
(Antennaria Plantaginifolia)



Indian cucumber root
(Medeola virginiana)



Jack in the Pulpit
(Arisaema triphyllum)



Tiny Bluet
(Houstonia pusilla)



Yellow Trout Lily
(Erythronium americanum)

Salamander Nature Walk (con't from p. 1)

As always, there was sharing of very useful random tidbits of information.

Anazalea – Is a lens attachment iPhone and Android Phones. Here are the specs: Wide Angle & Macro Lens (Screwed Together), Cell Phone Camera Lens Kit for iPhone X XR XS Max 8 7 6S Plus Samsung S9 S8 and Android Phone (Black). Unfortunately, it is currently unavailable in Amazon but perhaps check again later.

<https://www.amazon.com/Anazalea-Android-Screwed-Together-Samsung/dp/B07L48DT59>

Avenza trail maps – Provides access to a large digital map store. Some are free and some have a cost. The app has features such as GPS location tracking, navigation, photo geotagging, route and photo sharing among others.

https://www.avenzamaps.com/mobile-maps?cam-paignid=10221828697&adgroupid=102940455500&adid=453328850375&gclid=CjwKCAjw47eFBhA9EiwAy8kzNCBDcah67exTyHWpfybUe5-6qh5NrHZKjV4e14-RjPE7pFdB2KRMsb0Ch2EQAvD_BwE

Seek app by iNaturalist – This app draws from observations recorded in iNaturalist to help identify wildlife, plants and fungi.

https://www.inaturalist.org/pages/seek_app

BirdNET app – Is a bird identification app from Cornell. It has a recording feature that allows the user to record the bird sound and the app analyzes the recording and identifies the bird.

<https://birdnet.cornell.edu/>

The Lost Book of Herbal Remedies by Dr. Nicole Apelian – is a Best Seller in Amazon and was written for people with no prior knowledge about plants. The book identifies and provides pictures of almost 200 healing plants, lichens and mushrooms and shares remedies, some of which have been used for hundreds of years.

https://www.amazon.com/Lost-Book-Remedies-Claude-Davis/dp/1732557101/ref=sr_1_2?dchild=1&keywords=the+lost+book+of+herbal+remedies+nicole+apelian&qid=1622063433&sr=8-2

After the walk, we all lingered awhile at the parking lot to chat some more. After an especially long year of social distancing, it was nice to be out in nature and enjoy the company of fellow Master Naturalists.

Thank you Evelyn!

Stream Quality at Hazel Run

By Amy Settle

When chapter member Rikki Lucas was working on her master's degree in biology at Virginia Commonwealth University she studied urban stream quality around Richmond. Her thesis was titled "Characterizing Water Quality and Hydrologic Properties of Urban Streams in Central Virginia". Rikki has given several talks to the Virginia Master Naturalists across the state on urban stream quality since becoming a master naturalist.

At our April chapter meeting she gave a talk on urban streams where she taught us about many of the concepts discussed in her thesis. In early May she took us on a field trip to Hazel Run at Alum Spring Park to take some measurements and have some fun. Several of us showed up in hip waders to trudge along through Hazel Run with Rikki.

We walked along several sections of Hazel run looking at how the stream has changed with heavy rains in recent years. We looked at characteristics of the stream in different locations to calculate the bank stability using bank height, vegetative cover, and substrate.

We walked through a long section of the stream counting riffles, runs, and pools as we went being ever so careful not to fall into some of the deeper pools. We took measurements to calculate the bankfull capacity of the stream in several locations. Rikki also introduced us to a tool called a canopy densiometer used to determine canopy closure.

Rikki is a great resource within our chapter and really has a love for the work she does on stream quality. She is always willing to teach us more so there will be more hip wader outings in our future.



Photo by Amy Settle

Calendar of Events

June 15 - Chapter Meeting, Google Meet at 7pm, Speaker: Imogene Treble
-- Better Impact Overview, <https://meet.google.com/ftp-byxk-xor>

June 27, Belmont Nature Walk 2 - 4 pm, 224 Washington Street, Falmouth
(Preregistration is required; contact Jody Wilken at jwilken@umw.edu or 540-654-1839.)

July 1 - Board Meeting, 6-7 pm, Wegmans upstairs in cafe area

July 20, Chapter Meeting, 7-8 pm

July 27, Belmont Nature Walk 2-4 pm, 224 Washington Street, Falmouth
(Preregistration is required; contact Jody Wilken at jwilken@umw.edu or 540-654-1839.)

Please contact arsettle@msn.com if you have any events for our calendar.

Better Impact

By Amy Settle

What is the Better Impact Site? This is the new volunteer management site used by the Master Naturalists across the state.

<https://app.betterimpact.com/Volunteer/Main>

On the Better Impact site you can use the calendar of opportunities to sign up for events. You can even add these events to your calendar right from Better Impact. This is also where you log your volunteer and continuing education hours to track for your certification.

If you haven't logged in to the new site yet and need assistance with your username and password, please email Imogene Treble (trebleei@gmail.com) or Amy Settle (arsettle@msn.com).

Remember to log in your hours by the end of June to be counted toward milestone achievements or initial certification.

Contact Us

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