

The Mangrove

The Quarterly Newsletter of The Friends of Matanzas Pass Preserve

VISIONS OF THE PAST – OCT. 29TH

Travel through the past and visit the living history of Estero Island at Matanzas Pass Preserve. Your voyage begins in the 1500's with the Calusa Indians and then springs forward to 1600's when Ponce de Leon led Spaniards to our region. You'll visit 18th century pirates before traveling on to hear what our homesteaders endured. The Koreshan community will share what they brought to this area followed by stories from some of the original pioneers of Fort Myers Beach.

Guides will lead groups every 20-30 minutes along a half mile voyage in the Preserve from 10a.m. to 2p.m. on Saturday, October 29, 2011. The Friends of Matanzas Pass Preserve, Lee County Parks & Recreation, Estero Island Historic Society, Red Coconut RV Resort, Calusa Ghost Tours and Paddlesports, and Tranquility Cove are partnering for this the 3rd Annual Visions of the Past. All feel that the event will be extremely enlivening this year!

For the first time, Traditional Craft Vendors will be on hand displaying wares and goods from years gone by. Anyone interested in setting up a "period type" display can contact Belinda Harper at 239-229-7356. Vendors registering before October 1st will only be charged \$10 per booth.

Along with other food and beverages, Chef Dan Andre will have his famous grill jerked chicken sandwiches for sale. All proceeds will benefit the Friends of Matanzas Pass Preserve.

You might also plan to visit the Historic Cottage to learn more about the history of this wonderful barrier island during this entertaining day of activities.

This FREE event is open to all ages. Children under 12 are to be accompanied by an adult. Reservations are suggested, but not required. For more information call 239-533-7444.

ANOTHER SPRING BREAK AT THE PRESERVE

The University of Georgia students will return for their Alternative Spring Break sometime around 3/10/12 – 3/17/12. Once year's group leaders, Cameron Prybol and Ginny Levito, heard how great last year's trip went, they requested a return to our area to work in our parks & preserve!! And of course we said YES!!

The Mangrove is printed and mailed compliments of Lee County Parks and Recreation.

THE RATTLEBOX

From Laura Greeno, Conservation 20/20 Land Stewardship Coordinator



In 1996, voters approved a grass roots referendum creating a local conservation land acquisition program. Coined Conservation 20/20, this was set

up as a willing seller program whereby people could submit their property for possible purchase.

The funds are provided by a 0.5 mil increase in property taxes (*50 cents/\$1,000 of taxable property value*). Ninety percent of the revenues are used for buying land and ten percent are set aside for restoration and long-term management.

As of August 2011, 108 properties have been acquired, comprising 42 preserves. Once a property is acquired, we conduct fieldwork to prepare a Land Stewardship Plan. This includes ecological information, management strategies and potential resource based public use offerings. The staff also conducts prescribed burns, removes invasive exotic plants, installs fencelines and may implement restoration of hydrology, pastures, or disturbed plant communities. Conservation 20/20 preserves often undergo large-scale alterations to restore the natural systems to conditions benefiting wildlife and plant communities. We utilize volunteers for wildlife monitoring, exotic vegetation removal, filing, data entry, and help with presenting public programs.

For further information on the Conservation 20/20 program visit our website at:

www.conservation2020.org



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Articles, pictures, and questions for inclusion in *The Mangrove* should be sent to our P.O. Box 6561 or emailed to either:
drodwell@embarqmail.com
editor@glily.com

OUR MISSION STATEMENT

The Friends are dedicated to the preservation, protection and enhancement of the natural and fragile beauty of the Preserve; to create a legacy for future generations.



FIND US AT FACEBOOK

OR VISIT OUR WEBSITE AT:

FriendsOfMatanzasPassPreserve.org

NEED TO CONTACT US?

Call Dorothy Rodwell
at 851-7166

PROFESSOR MANGROVE'S CORNER

Dear Professor Mangrove,

While walking in the Preserve with some friends I could swear I smelled a skunk! I know there are rabbits, raccoons and squirrels in the Preserve, but skunks?



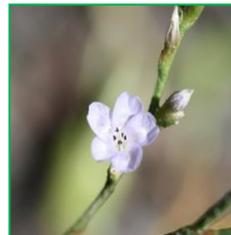
We've no skunks in the Preserve. What you smelled was a White Stopper tree (*Eugenia axillaris*), a native to sandy coastal areas and part of the understory of our maritime hammocks. The tree can reach heights of 25 feet and often have several trunks giving them a shrub like appearance.

Its fragrance, coming from the evaporation of volatile oils from the leaves, tends to be musky rather than sweet. It has an organic, earthy, and skunky smell people often hesitate to admit they secretly like.

The summer blooms are creamy yellow and attract honey bees in droves. In the fall, its green berries become a food source for the Preserve's bird population. Early pioneers would gather these berries, dry them and make a tea that was effective in stopping diarrhea, hence the name "Stopper."

The White Stopper has a couple of cousins also residing in the Preserve. First is the native Spanish Stopper (*Eugenia foetida*). The other is the Surinam Cherry (*Eugenia uniflora*) which is not native. Accordingly, the Surinam is promptly cut down by our workday volunteers.

WHAT'S BLOOMING?



Carolina Sea Lavender (*Limonium*

carolinianum) is a showy perennial growing in the salt marsh area between the hammocks and the mangrove swamps. *Limonium* is a small plant with pale blue flowers growing in rows on stems emanating from a ground layer of large basal leaves. Reaching a height of about a foot and a half, its flowers are only about an 1/8" in

diameter. It grows in salt marshes all along the Atlantic Coast and in the Preserve can be found alongside the boardwalk that crosses the salt marsh going out towards the pavilion. Because of its small size it is difficult to find and very difficult to photograph. The mere hint of a breeze sets the flowers to dancing. The root has been used as a remedy for diarrhea, mouth sores, and ulcers.

ECO-ACTION AT FGCU

This year's Co-President for the Eco-Action Group at Florida Gulf Coast University, Logan McDonald (former student intern with Lee County Parks & Rec), has asked to include Matanzas Pass Preserves workdays on the membership calendar of events. They hope to send student volunteers throughout the school year to assist with invasive removal or any other workday project the Friends may be spearheading.

VOLUNTEERS WELCOME

Here are ways you can help keep the Preserve alive and growing...

- Act as a Friends Ambassador at public events
- Help organize and assist at our events and fund raisers
- Manage our **Adopt a Tree** program
- Become a Membership Chair
- Write an article for **The Mangrove**
- Serve on Children's Education Committee

Get involved! Call Dorothy Rodwell at 851-7166 for more information.

CORRECTION

Sid and Sandy Tally are members whose last name was misprinted in our summer issue. Please accept our apologies.

SHED INSTALLATION IN PROGRESS

Summer rains have taken their toll on the installation of our new shed. We now await another load of fill.

The shed, which for now will house a gator dedicated for use in the Preserve, will be located behind the Red Coconut maintenance parking lot.

The Friends have set aside \$500 to install fencing around the shed. A small seeding station for native plants is also part of the plan.

QR CODES GO NATIVE

by Dorothy Rodwell

From Ignorance: *What are those folks doing?*
to

Bliss: *Wow, this is fun!*



QR Codes. They are two-dimensional barcodes developed in Japan in 1994 and you are seeing more and more of them every day.

Here is the story of how they're finding their way into Matanzas Pass Preserve.

Late in June, I got the word. Mother Nature's gone digital! The News Press explained that Ding Darling posted digital signs providing web data along their trail. Shocked yet irresistibly fascinated by this news, several of us went on a field trip to

Ding Darling to investigate this new technology applied to the great outdoors. Kathy Light, Jim Rodwell, Julie Schwab, Terry Cain, and myself found ourselves talking to Birgit Vertesch, Executive Director of the "Ding" Darling Wildlife Society.

Birgit explained that her nephew, Lars Bredahl was the one who made their QR Codes happen as part of a graduate project at Elon University in North Carolina.

We were off to a good start.

With three smart phones between us, we took turns discovering what we could see from the ten signs on their trail. Each sign had an adult message and a children's message so, of course, we looked at both. To our delight we found an assortment of 2-3 minute videos providing simple information about Ding Darling's animal and plant communities. We left sure we could do a smaller version of QR Codes as well.

There is already interest in the community in helping to produce the videos. We'll keep you posted! In the meantime, those of you with smart phones might want to try running your screen over the above QR Code in order to see where it takes you.

This could be an interesting project for the Friends to undertake. The subject will be taken up with the Board of Directors at its October meeting.



WELCOME CARRIE HILL



Carrie Hill is well-known on our island. You may know her from the Mound House, various plays and the Pirate Festival. But you've yet to meet her as Mayor Carrie **and** Judge Mopner in our new educational program, *Home Sweet Home*.

"I was thrilled when asked to be a part of this, but once I read the program, I was completely intrigued. Looking at our Preserve environment from the perspective of the animals? It's brilliant and is certainly going to catch the attention and curiosity of children.

Hands-on field trips are always memorable and this one is particularly fun. I like the idea helping instill appreciation of and interest in our earth's ecological balance. This also gives me the chance to take on a new character and costume. I've been having a blast."

Welcome Carrie! Oops, we mean....Mayor Carrie.

A WISH TO SERVE



If you attended our Earth Day Celebration, you likely met Samantha Banks of Shamans' Blessings. She helped sponsor that event and is now one of our business members.

Shaman's Blessings, located in the Sneaky Pete's Plaza on Bonita Beach

Road, is a metaphysical retail and light center. In addition to selling a variety of merchandise such as crystals, candles, artisan jewelry, essential oils and artwork, they also offer massage, stress management and classes on meditation, chi-do and money empowerment.

She tells us, "I love the beach. I see my involvement as a way to serve the community, just as we do at Shaman's Blessings."

To learn more about this fascinating shop, you are invited to call 239-947-0000.

A FAN OF THE PRESERVE



Fernando Uva, a third year business member of the Preserve, arrived in the U.S. from Portugal in 1953 and settled with his family in New York City. In 1978 he took his first job as a dish washer. For the next several years he worked every job possible in the restaurant business.

In 1993, Fernando acquired the first of twelve restaurants he would own and operate. His Italian cuisine was savored in New York, New Jersey, Connecticut, Martha's Vineyard and Georgia. His last two restaurants have been here on Fort Myers Beach.

His current restaurant is Terra Nostra. Located at 1821 Estero Blvd, Terra Nostra is a family business with Fernando's wife, Sao, and his daughter, Nicole, playing important roles.

Fernando believes the Friends are serving a valuable community service by enhancing and protecting the Preserve. His sponsorship of last year's wine dinner was greatly appreciated by the Friends.

Many thanks to Fernando for his continued support.

A MAN WE COULDN'T DO WITHOUT!



Workday volunteers always await his white pickup truck pulling the trailer upon which a gater sits. In the bed of his truck is his trusty chain saw - which he wields with the skill of a neurosurgeon. Terry

Lawhon, a 26-year veteran of Lee County Parks and Recreation Department and we couldn't make do without him.

Terry is the senior maintenance man assigned to the Preserve. He cares for the trails and boardwalk, applies herbicides to the more aggressive exotics and cuts down the guinea grass. Lately you can find him spreading fill on the site of the Friend's new shed.

Terry, who has lived most of his life in Bonita Springs, was born to an old Florida family. He is married to Rhonda, also from an old Florida family, and they've two daughters who now have families of their own.

Terry also has two horses. He works with the Bonita Springs Historical Society and Lions Club.

Terry is a great guy and the Friends are lucky to have him.

EARTH ED COMES TO THE PRESERVE



Earth Ed is our newest member of Matanzas Pass Preserve. He represents our children's educational programs and looks forward to a long happy time with us as we add to our repertoire of classes. This year we are focusing on *Home Sweet Home* for 3rd graders.

All of the preparation has been done, the training completed, and now we are seeking children to attend our ten programs this year.

Many thanks to Matanzas Pass Preserve for their kind grant that will allow us to accommodate those who may not be able to afford attending this program. That money, as well as the grant from The Community Foundation, will be put to good use.

Check out our new page for Earth Ed in our website!

THE STRESS DETOX ZONE PROGRAM EXPLAINED – PART TWO

Dorothy Rodwell explains that shifting stress responses in everyday life is quite important to good health. The goal is to observe what a person is thinking, feeling, or experiencing without judging it. What then comes to mind is beneficial, appealing, and possible. Here are the steps that allow it all to happen. During one of these programs, there is time to practice the steps and get some individual coaching.

D – Do something different (*Once we are aware of our response, we can do something different*).

E – Exaggerate (*Take the result of step one and run with it*).

T – Tune up (*This is the place where going into a natural setting makes a difference*).

O – Oneness (*Being aware of what is happening right now*).

X – Flex (*Body relaxed, mind alert – do something in nature to preserve for all*).

After learning the steps, you will be surprised and delighted at how quickly they fall into place as they become a conscious habit that makes life a little brighter and more joyful.

LIVING MINDFULLY – SEPT 16-24, 2011

This week long festival culminated with a Peace Walk at Lakes Park. The purpose was to join together to learn, share and experience sustainable, life-affirming skills that reduce stress and contribute to your health, awareness, and well-being.

The partners for this event included Heart's Path to Mindful Living, Inc., Integrative Mindfulness, Lee County Parks and Recreation, Renaissance School, Lee County Alliance of the Arts, and SWFL Naturally. All proceeds to this event went to Heart's Path to Mindful Living, a not-for-profit organization dedicated to providing education on mindfulness practices.

Our own Stress Detox Zone Program was scheduled four times during that week. On September 24th the Friends of Matanzas Pass Preserve had a table in the mindful garden pavilion and also provided a short ethnobotany stroll.

Did you miss this? No worries as its supporters look for this to become an annual event.

WHAT IS MINDFULNESS?

“Mindfulness is the skill of paying attention on purpose in the present moment non-judgmentally. It is an opportunity to be present and engaged as life unfolds. Free from mental chatter and a seemingly endless stream of thoughts, negative emotions, or fearful, anxious feelings. It is a skill that can be learned and continuously strengthened through a regular mindfulness practice.”

From <http://www.pathtomindfulness.org>

OUR SECOND ANNUAL WINE DINNER



It's getting to be that time of year again! The Mango Street Inn will now be hosting the second annual wine dinner to benefit Matanzas Pass Preserve on November 5th beginning at 6:00 p.m.

This year's wine dinner will feature small plates from around the world. Of course, we wouldn't want to spoil the entire surprise, but I can tell you that we'll go to New Orleans for Chicken and Andouille Sausage Gumbo and then head south for Seafood Enchiladas with Roasted Red Pepper Sour Cream Sauce.

Tree Andre, our resident sommelier, will be pairing her wine choices for each of the five courses.

This event sold out last year and, as there are already quite a few early reservations, we are expanding the seating to be forty guests.

Mark your calendar for November 5th and plan on joining us for some delicious food and wine under the stars.

The cost to attend this fund raiser for the Preserve is \$100 per person. Please call Tree at 239-233-8542 or email tree@mangostreetinn.com to reserve your seat. The reservation deadline is October 31st. Our inclement weather make-up date is Sunday, November 6th. Parking is available in the lot behind the Flying Fish.

We will need volunteers to make this dinner a success. If you like to decorate tables, help organize the raffle, contact sponsors, pick up and return chairs, tables and table cloths or help as a server please contact Dan Andre at 703-346-5989 for more information.

Cheers.

By Dan Andre

INTERPRETATIVE NATURALIST... THE WHY'S & HOW'S

To become a **Matanzas Pass Preserve** Volunteer Interpretive Naturalist you must have an understanding and awareness of the unique fragile ecosystems in Southwest Florida, be willing to develop a caring relationship with the natural environment and foster an active participation in stewardship of these natural areas. We strongly suggest you work towards your Florida Master Naturalist certification by completing their Coastal Systems Module. Classes are offered by the University of Florida and are held locally throughout the year.

You must also complete the Lee County Parks & Recreation Beach Parks/Preserves Interpretive Naturalist Training Program offered in the fall and participate in ongoing volunteer training programs and events offered throughout the year.

Lastly, you must mentor with a seasoned LCPR Volunteer Interpretive Naturalists by shadowing their scheduled guided walks and programs.

To obtain more information about FMNP visit: www.masternaturalist.org or contact Vicki Little 239-229-0649.

Working Conditions: Outdoors, unlevel walking paths, primarily in the shade along the boardwalk

Personal Characteristics:

- Independent worker
- An enthusiastic interest in nature
- The ability to communicate with visitors in a pleasant, confident, and engaging manner
- The ability to relate well to all kinds of people
- The ability to work as part of a team

MORE FROM LOIS GRESSMAN'S

SELF-GUIDED TOUR OF MATANZAS PASS WILDERNESS PRESERVE...

Look for the little mangrove crab who likes to run up and down the trunks of the mangrove trees. The periwinkle snail can also be seen moving down to the ground to eat algae and detritus during low tide and moving up again as the tide comes in.

Other animals found in the pass are squirrel, opossum, raccoon, rats, indigo, rat, and black racer snakes, box and gopher tortoises. Overhead one might see the red shouldered hawk, a turkey vulture, a pileated woodpecker, or the osprey. A dive-bombing brown pelican is often seen looking for a tasty meal, or a cormorant perched atop a channel marker drying its wings. Wading birds such as the white ibis, or the blue or white herons may be seen walking stealthily along the shore.

What animals have you seen in the Preserve? Cone web and banana spiders? Marsh rabbits? Coral snakes?

**A NEW OPPORTUNITY TO
SUPPORT THE PRESERVE!**

**A gift for all occasions: Births & birthdays,
Graduations, Anniversaries, Holidays
Weddings, In memory**

For a \$50 contribution you can adopt a tree, for a year, in our 60-acre Preserve on behalf of yourself or any other designated recipient.

The contribution includes a certificate of adoption (including the name of the tree adopted), one-year membership in the Friends of Matanzas Pass Preserve, the Mangrove, the Friend's quarterly newsletter (four issues).

The balance of the contribution will specifically be used by the Friends for enhancement and restoration projects in the Preserve.

Trees available for adoption include Live Oak, Gumbo Limbo, Slash Pine and Buttonwood.

**Fill out the application to the right &
send your check for \$50 to:**

**Friends of Matanzas Pass Preserve
P. O. Box 6561
Fort Myers Beach, FL 33931**

ADOPT A TREE APPLICATION

Your Information - Date _____

Name

Address.....

City, state, zip.....

Phone.....

E-mail.....

Recipient's Information

In memory of In honor of

Name.....

Occasion.....

Person to notify.....

Address.....

City, state, zip.....

Phone.....

E-mail.....

Check tree selected:

Live Oak Gumbo Limbo

Slash Pine Buttonwood

WOULD YOU LIKE TO JOIN US?

To join, complete this membership application and return along with your annual dues to:
Friends of Matanzas Pass Preserve, Inc.

P.O. Box 6561

Ft. Myers Beach, FL 33932

Name: _____

Mailing address: _____

Phone: _____

E-mail: _____

Please call me as I'd like to learn more about volunteer opportunities! I would possibly be interested in:

Education Preserve Workdays Special Events The Mangrove

Fundraising Friends Ambassador Adopt a Tree Program

Types of membership: Individual \$10/yr _____ Life Membership \$100 _____

I'd like to donate an additional amount of: _____ Total amount enclosed: _____

HERE'S A PEEK AT OUR FALL SCHEDULE

Tuesdays: Friends Meeting at Bay Oaks, 4:30 p.m. – October 11, November 8, December 13

2nd Wednesdays: Matanzas Mangrove Walk 9:30 a.m. – 11 a.m. – October 12

Thursdays: Matanzas Mangrove Walk 9:30 a.m. – 11 a.m.

November 3, 10, 17 & December 1, 8, 15, 22, 29

4th Wednesdays: Ethnobotany Walk - 9:30 a.m. – 11 a.m. – October 26, November 24, December 28

Saturday: Workdays in the Preserve – 8-10 a.m. – October 8, 22, November 12, 26 & December 3, 17

Important Note: As Preserve work-days can change, please call Pat Gano at 745-5970 or check www.FriendsOfMatanzasPassPreserve.org to be sure a particular date has not been rescheduled.

SPECIAL DATES & EVENTS OF INTEREST

October 29: Visions of the Past

October 30: Monofilament Madness – Lee County

November 3-6: Calusa Blueway Paddling Festival

November 5: Wine Diner

November 5: National Estuaries Day – Bunche Beach Preserve – 8 a.m. – 12 p.m.

November 12, 19, & December 3: Lee County Parks and Recreations Training for Beach Volunteers

Important Note: Stress Detox Workshops are now by appointment. The fee is \$10 per person with a six person minimum. Call Dorothy Rodwell at 533-7444.

FRIENDS OF MATANZAS PASS PRESERVE

PO Box 6561

Fort Myers Beach, Florida 33931