

# The Mangrove

The Quarterly Newsletter of The Friends of Matanzas Pass Preserve

## ADOPT A TREE PROGRAM BEGINS

Have you ever considered giving the gift of a tree? It's now possible with the Friend's **Adopt a Tree** program. Formally approved by our Board in May, this program is to be an ongoing fundraiser. A contribution of \$50 allows you to gift a tree to a family member or friend. The options include live oaks, gumbo limbos, slash pines and black mangroves – all of which reside in our Preserve.

Along with a personalized certificate and a welcome letter, the recipient also receives a one-year membership to the Friends. The donor receives a formal thank you letter acknowledging the certificate, a statement as to how the contribution will be used and a description of the Preserve.

Please note that the adoption is for a tree in the Preserve's general inventory. No specific tree is to be identified as adopted.

Thank you to Julie Schwab and Jim Rodwell for putting together the **Adopt a Tree** program. The creation of a brochure to advertise the program is the next step.



Can you guess who the woman in the red coat might be? Perhaps a not forgotten Guardian Guide? Look inside to learn more.

## DID YOU KNOW...

Our Beach Library is cool, beautiful and a great place to beat the dog days of summer. You can also catch up on your magazine reading! If you chance upon the Audubon magazine, you might just take note that it is courtesy of the Friends.

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



## THE RATTLEBOX

*From Vicki Little  
of Lee County  
Parks & Recreation*

It's been a wonderful year for the Beach Parks volunteer program. We've doubled the number of volunteers working in our shoreline parks and preserves and have expanded our training program. With the support of our Land Stewardship Coordinator, Terry Cain, and our Environmental Educator, John Kiseda, we've offered a wide variety of engaging tours, sharing knowledge of the fauna and flora in our coastal parks and preserves.

We all benefit from the amazing work of our volunteers. We could not begin to provide services or maintain our parks and preserves without the hours of labor, love and support each of our volunteers pour into the facilities every year. Each of our volunteers has his or her own story that leads to his or her own unique rewards. Is it time for you to create a new story in your life? Would you like to become a vital member of our team?

You are warmly invited to attend our next training series! We begin with a Welcome Back & Guest Speaker on Friday, October 28<sup>th</sup> followed by the Saturday Volunteer Training Series on November 12<sup>th</sup>, 19<sup>th</sup> and December 3<sup>rd</sup>.





### OUR BOARD

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Dan Andre, Fund Raising

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Dorothy Rodwell  
Laurie Nienhaus

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](mailto:drodwell@embarqmail.com)  
[editor@glily.com](mailto: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](http://FriendsOfMatanzasPassPreserve.org)

### NEED TO CONTACT US?

Call Dorothy Rodwell  
at 851-7166

## PROFESSOR MANGROVE'S CORNER

*Dear Professor Mangrove,*

*While admiring the bright yellow blossoms of a wild cotton the other day, I noticed a small tree with dark, glossy green leaves right next to it. It had several beautiful blue and white blossoms with long stamens. What is this tree?*



What you have discovered is a Jamaican Caper (*Capparis cynophallophora*). A small tree sometimes reaching twenty feet tall, it can be reminiscent of a Christmas tree in form. Flowering from April to July, the blossoms are white tinged with blue. The stamens are quite dramatic - pollen tipped and reaching two inches in length.

Pollinators are quite fond of Jamaican Caper and include everything from insects and lizards to wind and even humans.

Green seedpods, reaching anywhere from three to ten inches, develop from the flowers July through September. When ripened, the pods bursts open exposing a bright red liner to which seeds are attached. The seeds are a favorite food of bluejays and mockingbirds.

The Florida White Butterfly calls Jamaican Caper home. There are only two known specimens in the Preserve.

## WHAT'S BLOOMING?



**American Bluehearts** (*Buchnera americana*) is a delightful flowering plant currently making its annual appearance in the Preserve. Standing no more than twenty inches high, the tiny five petal flowers appear at the end of a single stem. Either violet or white, the flowers are 1/4" to 3/8" in diameter. Bluehearts are distributed throughout Florida and in Lee County are found in pinelands, disturbed sites and open fields. This specimen was photographed in the Maritime Hammock near the entrance to the Preserve.



**Seaside Heliotrope** (*Heliotropium curassavicum*) is another tiny flower to be noticed this time of year. Heliotrope is not usually found in the Preserve as its typical habitats are beaches and salt flats. Bowditch Point is a good place to find them. It is a low-lying plant with two rows of white flowers only 1/8" to 1/4" in diameter. Blooming all year, it attracts small butterflies such as Blues, Crescents and Hairstreaks. Medicinally this plant may be used as a remedy for coughs and scorpion stings. This specimen was photographed in the Maritime Hammock near the entrance to the Preserve.

## 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.

## PRESERVE MEMBERS DO MORE THAN WORK!

Several Preserve members have formed a riding group that traverses both local bike trails and those further afield. Generally, we like to ride at least 15 miles at a time although the speed varies. Some folks may ride more slowly and others want to fly. It's all good when we meet together at the end of the ride. Call Jim Rodwell at 565-7437 if you wish to join us.

Below is a photo of a recent trip to Inverness, Florida where the group spent two days riding the beautiful Withlacoochee Trail in Citrus County. This versatile 40-mile trail goes through upland vegetation, hardwood hammocks, and wetlands.

Are you up for a ride?!  
Come join us!



Left to Right: Pat and Carolyn McKeown, Kathy and Roger Johnson, Sid Jacobson, and Dorothy Rodwell

## OUR CONTRIBUTORS

The Friends have recently been the recipients of some generous contributions.

Our board was pleasantly surprised at the April meeting when President Tom Myers announced that PAPO (*Politically Active Property Owners*) was contributing \$2,658 to the Friends.



PAPO formed in 1972 and was actively involved in Beach civic affairs for many years. Over time, activity declined. The

organization dismantled and closed their bank account.

Four members of the Friends board - Tom Myers, Betty Simpson, Roxie Smith, and Ann Alsop were also involved in PAPO activities. The four decided the remaining funds of the organization should be donated to the Friends.

Tom, Betty, Roxie, and Ann each spoke about their experience with PAPO. They all expressed a desire to one day restart PAPO on Fort Myers Beach.

It has not been decided just how the PAPO contribution will be used. Until our board decides on the best use of the contribution, the funds will remain resting in a CD at the bank.

At the May Board meeting, Tom Myers also presented a check for \$236. The funds came from donations made at an Easter Dinner event held at the Red Coconut, an annual event of the last several years whose donations have come to our organization.

## ALTERNATIVE SPRING BREAK HELPS MATANZAS PASS PRESERVE

Wow! We were so fortunate to have the University of Georgia students with us for two days in March. Much work mixed with smiles and laughter - enough removed plant debris to fill our 40 foot horticultural dumpster! In fact, the part of the preserve affectionately called "the finger" looked as if a hurricane had hurled on through. Where there was once a wall of unwanted foliage, there was suddenly...nothing. It was a sight to behold.

At lunchtime on the first day of working with us, the U of G students went to the Beach Elementary School for lunch and ice cream (*thanks Larry!*) A quick tour of the library with Alicia Catlett's 3<sup>rd</sup> grade class brought young students and younger students together and generated the smiles you can see below.

And yes a quick stop to teach Tina Cribbs' kindergarten class the Bulldog cheer was part of the agenda.



## NATIONAL TRAILS DAY WHAT A DAY TO BE IN THE PRESERVE!

On June 4th we hosted our inaugural American Hiking Society's National Trails Day® at the Preserve. Over 1,000 organizations across the nation celebrate the positive relationship between humans and nature, health, and conservation awareness on this day. There were a variety of activities for adults and children - including geocaching, nature crafts, guided walks, a mini health fair, raffles and prizes!

We'd like to give a special thank you to Lee County Parks & Recreation whose support is invaluable to us. On hand were Lee County Parks & Recreation Sr. Supervisor, Beach Parks & Shorelines, Vicki Little, and Rangers Mickey Miller and Matt Purdy. Thank you also to AJ Bassett of the Fort Myers Beach Historic Society for opening your restroom to those in need! Lastly, thank you to the committee planning this event: Julie Schwab, Dan Andre, and Vicki Little.

### Our Raffle Prize Donors

*Pieces of Eight Pirate Cruise  
Lee County Parks & Recreation  
The OC Studio Suites  
Jungle Golf  
Armando's  
Merlo's  
Beach Bowl  
Crispers*

### Our Participants

*Elizabeth Ulman & Chris Dehaan of  
**The Beach Health Center***

*Dr. Nicole Bennett of **Bennett Chiropractic***

*Susan Carter, RYT of **We Choose Yoga***

*Cori Francisco, L.M.T. of  
**Tranquility Cove Massage***

*Samantha Banks of **Shamans Blessings***

***Dorothy Rodwell, LMFT***

*Pam Schwartz & Diane Woods of  
**Find a Home, Give a Home***

*John Paeno of **Calusa Ghost Tours***

### Our Volunteers

<i>Kathy Light</i>	<i>Betty Simpson</i>
<i>Roger Johnson</i>	<i>Gisela Ellsworth</i>
<i>Amy Jane Mellott</i>	<i>Dan Andre</i>
<i>Jim Rodwell</i>	

*Thank you also to Keri Hendry of  
the Island Sand Paper and Bob  
Petcher of the Beach Observer!*



*Samantha Banks of **Shamans Blessings** donated \$100 to the Friends. Ray Mahar, of New Hampshire, donated \$50.*

**DID YOU KNOW:** Geocaching is a world-wide outdoor treasure hunting game? Players attempt to locate hidden containers, called geocaches, using GPS-enabled devices. Once found, you are to take something from the geocache but also leave something. You can then share your experiences online should you so desire. Visit [www.geocaching.com](http://www.geocaching.com) to learn more about this growing phenomenon.



## CHILDREN'S EDUCATION PILOTS SHINE

In March, John Kiseda led two pilot classes in our Preserve. **Home Sweet Home** (for third graders) and **Connection Inspection** (for fifth graders) were well received by students and the teacher evaluations were excellent.

On the heels of such success, a proposal is soon to be presented to our Board. Upon approval, the Education Committee can begin marketing these high quality educational programs with the hope of having a limited number of students attending by this fall.

You can expect to hear more about our progress in the next edition of *The Mangrove*. If you have questions or would like to become involved, call Dorothy Rodwell at 851-7166.

To the right you see John Kiseda, Sustainability and Education Coordinator for Lee County Parks and Recreation. His help and enthusiasm has been instrumental. Thank you John!

Learning and fun are alive and well at our Preserve.



## AND...



On May 24<sup>th</sup>, the Community Foundation (*formally the Pilot Club*) made a generous contribution to the Friend's children education program. A check for \$500 was presented to Dorothy Rodwell at the Bayfront Bistro. This is the first time the Friend's have received a contribution from the Community Foundation. Pictured left, in the forefront, is Kathleen Duffy, the President of the Community Foundation, and Dorothy Rodwell.

## THE STRESS DETOX ZONE PROGRAM EXPLAINED – PART ONE

When the fight/freeze/flee response occurs in an individual, it can trigger the unwanted physical and emotional reactions we often call *stress*. Stress DETOX is based on research about the physical and emotional responses to stressors and how to clear those responses.

The goal is to teach skills that allow a person to observe what he/she is thinking, feeling, or experiencing without judging it. What then comes to mind is beneficial, appealing, and possible. Using Matanzas Pass Preserve as our setting makes the skill building process particularly effective.

After explaining and demonstrating the DETOX steps, time is allowed to practice and cement those skills. With only minimal practice, the easy five steps quickly become integrated into a holistic and effective problem solving method.

Science continues to research the impact of outdoor, natural settings on thoughts, feelings, and actions. The arts, however, long ago embraced the idea that good health could be strengthened by outdoor activities.

Dorothy Rodwell, psychotherapist and Florida Master Naturalist, is your guide through the DETOX model of shifting the stress responses causing discomfort and even disease.

In Part II, featured in our next issue, we will demystify the acronym DETOX and learn the five steps to Stress Detox at the Preserve.



## INTERNS! WHAT A BLESSING!

Lee, Mallory, and Melanie are young people who have in the past served as interns in the Preserve.

We can now add Bryn Foster and Nathaniel Blichmann as they are our summer 2011 interns.

Bryn is a Florida Gulf Coast University student and Nathaniel comes to us from the University of North Carolina at Chapel Hill.

What does an intern do? Many think they get me coffee in the morning and take out the trash. Not true. I do not drink coffee and I take out my own trash.

Our interns work much harder. We give them the opportunity to experience field work, attend Friends meetings, research management plans, explore different habitats in the county, meet contractors and learn how to prepare bids. They experience what a land steward's day-to-day job is, which is getting hot, dirty, bug bitten and viewing the natural beauty unique to South West Florida.

Bryn and Nathaniel will be spending 150 non-paid hours with us this summer. At ten dollars an hour, this is a \$3000 dollar savings to residents of Lee County. Bryn and Nathaniel will be supporting our staff by lightening the work load for seven and a half weeks. This is an incredible amount of time and savings for all. If you see them working, please stop and say thank you!

Lee County Parks & Recreation appreciates all our volunteers and interns. We could not do the job we do without you. Many Thanks!!

Submitted by Terry Cain  
Lee County Parks & Recreation  
Land Stewardship Coordinator

## FROM DAN ANDRE...

It is only the beginning of summer but there is quite a bit of interest in our 2<sup>nd</sup> Annual Wine Dinner to benefit the Matanza's Pass Preserve. With many reservations this early, we are moving the event to Merlo's Bar and Grille on Estero Boulevard in order to increase our seating capacity. Everaldo and Lisa Merlo have kindly agreed to donate their time and restaurant to help us expand this event on November 5, 2011.

## WORKDAY SAGA ...A BOWDITCH MORNING

Two years ago, along the bayside of Bowditch Point Regional Park, a high school science experiment attempted to establish and expand the mangroves. The experiment did not work as planned and only a small percent of the mangrove propagules (seeds) sprouted and survived.

The problem with this experiment was a direct result of the shifting sands along the shore, changing the environment needed for the propagules to sprout and thrive.

The problem now is that the propagules were planted inside four to six inch wide bamboo tubes, which were then buried up to 3 feet deep into the sand.

The parameters of the experiment apparently required the bamboo tubes be buried vertically in order to maintain the correct position and to protect the emerging plant from harm. However, as few of the propagules survived and the tubes are now protruding from the sand and creating a hazard to those walking and running along the beach, it was deemed they should be removed.

But how? A crew of fourteen Friends of Matanzas Pass Preserve was willing on May 14th, but tools were few and not up to the job. Threatening weather, complete with lightning, moved in and the subsequent downpour brought the workday to a quick end.

The original planners of this project were thinking long term and had expected the mangroves to grow and the bamboo to deteriorate and biodegrade. Clearly there was no exploration of the possible "what if" scenarios.

Although, perhaps the real lesson here might be that you just can't fool with Mother Nature.

Submitted Jan Hladik  
(Workday Regular at Matanzas Pass Preserve)

## HAPPY 1<sup>ST</sup> ANNIVERSARY TO THE MANGROVE!



- L:** *I don't know, Dorothy. How could we possibly fill four pages?*
- D:** *Gee Laurie, maybe we best consider only two pages to be on the safe side.*



## TAKING A STEP BACK IN TIME WITH LOIS GRESSMAN

The Estero Island Garden Club's interest in the Preserve began with the planting of a

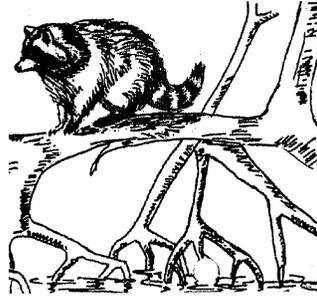
live oak on Arbor Day in 1977.

In addition to hands on projects, this small club of 26 members raised \$4075 for the Preserve. They formed "Guardian Guides" to sponsor tours and it was Lois Gressman who wrote their "spiel".

Lois also wrote a self-guided tour booklet, drew the booklet's images and developed the accompanying slide presentation. Below is an excerpt from the original booklet's introduction, reprinted with Lois' permission:

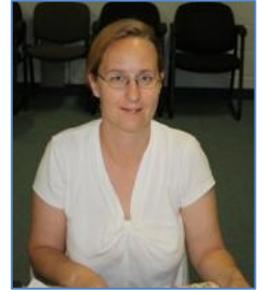
*...Wind whispering through the trees, colorful mangrove leaves, ebbing and flowing with the changing tide, carrying energy from mangrove fringe to bay and gulf creatures; an osprey, eagle, or red shouldered hawk gliding overhead in endless search of prey; a golden orb weaver busy spinning her web; squirrels leaping on sabal palm fronds; raccoons walking on red mangrove roots...all these experiences and more await a receptive visitor in the ever changing Matanzas Pass Preserve!*

*...We invite you to visit often and enjoy the beauty. When you do, remember to leave nothing behind but your footprints and take nothing but your memories.*



## INTRODUCING OUR NEW SECRETARY MS. AMY MELLOTT

Some may not yet be aware of Amy Mellott, but as Tom Myers' executive secretary for the last ten years, rest assured you have seen her efforts. Having just begun attending Friends meetings, she is now our secretary.



We are thankful to have Amy in our midst, especially as she is already quite committed in our community. She has served as the secretary and treasurer of Lee County's RV Park Owners and Manager Association and is now their president. She is the committee chair for the Spirit of the Holidays. Amy also assists in decorating and donation collection for the Arrival Refuge Center's yearly auction.

Although Amy lives off island with her husband of eight years, she spends a fair amount of time at her mother's home on the beach. It is here where she "fiddles" with the HO scale train set she is building. Partly destroyed in Hurricane Charlie, she is currently building the scenery.

Amy is an avid reader when not volunteering or working on model trains, with mysteries being her favorite genre.

Amy is most comfortable being behind the scenes but you may have run into her at National Trails Day where she ran the kid's table. Thank you, Amy! And welcome!

## 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:

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 Summer Schedule

**Tuesdays:** Friends Meeting at Bay Oaks, 4:30 p.m. – July 12, August 9, September 13

**2<sup>nd</sup> Wednesdays:** Matanzas Mangrove Walk 9:30 a.m. – 11 a.m. – July 13, August 10, September 14

**4<sup>th</sup> Wednesdays:** Ethnobotany Walk - 9:30 a.m. – 11 a.m. – July 27, August 24, September 28

**Saturday:** Workdays in the Preserve – 8-10 a.m. – July 9 & 23, August 6 & 20, September 10 & 24

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

## Special Dates & Events of interest

**Fishing Tournament:** Bowditch Point Regional Park – TBA, call 463-0300

**July 4<sup>th</sup> BBQ:** Bowditch Point Regional Park

**July 5:** Beach Clean Up

**September 17:** International Coastal Clean Up

**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.

**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