General Meeting:
Botanical Art Demonstration
Vi Strain, Nina Antze & Lucy Martin
June 19, 2018  7:30PM

Abstract: Botanical art and the science of botany have evolved together over the ages as generations of explorers, scientists, plant lovers and artists have endeavored to understand and document plant life. Methods of documentation are varied from highly detailed illustrations accompanying scientific text to artistic renderings. Artists interpret how they will depict the essence of a plant and artistic license can be taken if plant characteristics are correctly portrayed. Botanical art can have a poetic element moving beyond accuracy to viscerally connect with a viewer. It is this quality botanical artists hope will help promote awareness, preservation and appreciation of our plant world.

Three artists will demonstrate how they create botanical art using various media from colored pencil on paper and film to watercolor and gouache. The demonstration is interactive and CNPS members are invited to visit with the artists and view the materials used, works in progress and completed works. The artists in the demonstration, Nina Antze, Lucy Martin, and Vi Strain are members of the American Society of Botanical Artists and the Northern California Society of Botanical Artists.

See the following page for the artist’s biographies and upcoming general meeting speakers.

Join us for Dinner before the June Meeting: We'll gather for dinner at 6 pm at Kirin Restaurant, 2700 Yulupa Ave. We hope our speaker will join us, but we always have an enjoyable group of fellow members and a delicious Northern Chinese meal in any case. Please contact Liz Parsons at 833-2063 or lizpar8993@aol.com by June 15th, if you plan to attend.
General Meeting continued

Speaker Abstracts:

For Vi Strain, art has been a constant interest in her life. Early years in Wyoming and Montana gave her a deep appreciation for the beauty and complexity of the natural world. In botanical art, she finds enjoyment in close observation of plant life and trying to reflect the essence of the subject. Vi uses colored pencils primarily on a film surface. This combination allows for detailed work with color richness and a translucent appearance.

Nina Antze is a Sonoma County botanical artist and quilt maker. She has a degree in Fine Art and a Certificate in Botanical Illustration from the New York Botanical Gardens and recently studied with Sarah Simblet at the Ruskin School of Art at Oxford. She teaches Drawing Nature classes at the Sebastopol Center for the Arts, Santa Rosa JC, the Laguna de Santa Rosa and around the Bay Area. She works in colored pencil, watercolor pencil and fabric.

Lucy Martin’s greatest joy has always been exploring the natural world. Her attraction to the strangeness and mystery found in nature has led her to focus in recent years on the marvels of the kingdom of fungi. Lucy paints mushrooms as very much part of their environment, rather than as isolated specimens. The decaying leaves, acorns, fir cones and moss, the lichen and mossy stump, are as important as the mushrooms themselves in her compositions. She thinks of her paintings as small landscapes—glimpses of the forest floor.

Upcoming Speakers- Mark your Calendar!

Join the Milo Baker Chapter of CNPS for our new special focus, six part General Meeting series beginning September 18, 2018.

“In Our Own Backyards: The Joys and Benefits of Gardening with California’s Diverse Native Plants”

This free six part series will feature speakers and discussions including:

September 18th: April Owens, local landscape designer with a focus on utilizing native plants for water conservation, habitat enhancement, pollination and an attractive garden.

October 16: CalFlora representative: “How to” resources to identify plants best suited to your neighborhood microclimate and habitat.

November 20th: Walter Earle, knowledgeable horticulturalist/nursery manager will discuss native plant propagation, care and plant resources.

January 15, 2019: Arthur Dawson, the historical ecology of our iconic native oaks and their ecosystems.

February 19: Breck Parkman, retired Ca. State Archaeologist and Docia Dodds, SSU grad student: - A presentation about some unusual plants identified in ancient soils of Sonoma County.

March 19th: - Round table/panel discussion with experienced native plant specialists, including horticulturalists, landscape designers, and experienced native plant garden owners.

Dates: The third Tuesdays of the month September through November and continuing January through March, 2019.

Time: 7:30 p.m.

Location: Luther Burbank Art and Garden Center, 3050 Yulupa Avenue, Santa Rosa, Ca.

Virginia Hotz-Steenhoven, Programs & Lectures Chair
**Chapter News**

**Eco-Friendly Garden Tour Report**

Dear CNPS volunteers,

The day of the event was bright and sunny and not too hot. I had a marvelous day on Saturday, I hope you did too.

Thanks to all of you for making the 2018 Eco-Friendly Garden Tour a success.

To our native gardens we had 1404 visitors. Just to compare, in 2016 we had 1253 visitors and 2017 we had 1611. We sold about 600 plants for a net of $2851. (2017=$1965) That will be a huge contribution to our chapter work. Thanks to the plant sale folks for sharing your deep native plant gardening knowledge.

Leia’s lovely garden, being so centrally located, brought the most visitors and I think people were interested in the drought tolerant sod they laid. Thanks to Leia and Paul for that transformation in time for the tour. All the gardens were beautiful and Natasha’s had her water recycle system and amazing phacelia to wow visitors. Bill and Becky said folks were very appreciative and interested, especially about the native plantings they have done along their side of the creek. Katherine’s garden was a jewel with the added feature of her back garden, a real oasis. And thanks to Maggie at the Laguna foundation and all of our volunteers for making this garden more beautiful than ever, and to Anita who organized all the logistics and volunteers at the Laguna so smoothly. Thanks to all our garden owners for participating. It is a huge contribution to educating our community about creating habitat in the city.

Thanks to everyone who made the 2018 Eco-Friendly Garden Tour a successful event:

**Greeters** - Mary, Elmarie, Barbara, Judy J, Deb, Terri, Sandy, Judy H, Wendy S and Jane.

**Garden Docents** - Bill and Becky, Natasha, Wendy B and Cynthia, Leia with Deb and Theresa, Katherine with Penny, Pam and April, and Marcia, Wendy K at Laguna.

**Sales Docents** – Kathi, Louise and Pat S. (and thank Bryan S for setting up and takedown)

**Cashiers** – Betsy, Anne, Cindy, Heidi, Colleen, Judith and Jim.

**Parkers** - Bob, Paul and Steve.

**Education Outreach Table** - Virginina- Patty, Susan, and John D and John H for set-up and take down.

You are why our gardens are so appreciated- you made guests feel welcomed and provided information making every visit a friendly and educational opportunity.

This tour would not have happened without a great team of planners and doers. A special thank you to Sandy Martensen for communications; Cindy for organizing the cashier; Penny for herding up lots of weeding help; Wendy Born, Deb Dobish, Becky Montgomery, Penny Dalton, and Kathi Dowdakin for liaison to each garden. Virginia Holz-Steenhoven for planning the wonderfully educational table; Pat Sesser and Marcia Johnson for great ideas; and April Owens for sharing her Habitat Corridor/CNPS garden designs, that we hope to have on the tour in future years. Thanks to Chad Singleton and the Saving Water Partnership for their support.

If you have any suggestions for improving the tour, please let me or one of the Planning Committee members know. Thanks to all for a wonderful day.

*Betty Young,*

Garden Tour Committee Chair
Plant Sale News

Nursery Project Update

Just in time for our May 22 potting workshop, we completed the nursery with all tasks in our original budget accomplished! The nursery construction was completed due to 1460 hours of volunteer effort.

Of course, it never would have happened without the generous financial support from our members. Art Slater more than matched the Community Foundation-Wine Country Weekend grant we received. He also arranged for his Boy Scout Troop to build 32 plant tables. Other donations were made by Peggy & Glen Calkin, Nancy Giambastiani, Liz Parsons, Kathi Dowdakin, Barbara Coe, Dave Webster, Alan Good, Gerald Corsi, Laura Morgan, Marcia & Ralph Johnson, Ann Howald, and Denise Kelly, and several anonymous donors.

In order of hours given starting with the most, I want to thank all of you who made this ambitious project happen: Ralph Johnson, Penny Dalton, Chris Watson (Laguna Foundation volunteer), Wendy Born, John Dean, Steve Smit, Bryan Sesser, Kathi Dowdakin, Judith Rousseau, Pat Sesser, Jan Lochner, Cindy Tancreto, Ann Howald, David Leland, Wendy Krupnick, Wendy Smit, Marcia Johnson, and Susan Dean. Thanks to the Board of Directors for their continuing support through the process.

What’s left to do? Essential to the prevention of the diseases is fencing, so each visitor steps through a disinfecting mat. We also need to build or buy a pasteurizer for our potting media, to destroy any spores in the media. And last a small shed to store tools, media and equipment.

We hope to receive a grant from CNPS main office to help cover some of these costs, but it requires a funding match- which should amount to about $4000 plus the approximate $2500 we have left from your donations. If you are interested in details, contact me.

Thanks to everyone involved; we made a great team.

Betty Young,
Nursery Project Chair

Member Article

Prevention is Possible

Anyone who gardens, hikes, or has pets that wander the wilder edges of Sonoma County most likely knows about the seriousness of tick borne diseases, such as Lyme disease, and the importance of avoiding tick bites. However, many people still do not know that it is possible to protect yourself from ticks and still be outside.

There are three kinds of ticks common in Sonoma County; dog tick, wood tick, and the deer tick. Most concerning is the deer tick (Ixodes pacificus) which is smaller than the others and more tear-drop shaped. If you have any doubt about the identity of a tick, the Sonoma County Health Dept. lab will ID any tick for free.

Ixodes ticks are disease free when they hatch and need a blood meal from an infected animal to be
able to pass on Lyme and other diseases caused by spirochetes. At different stages the ticks feed on small rodents, birds and deer, all of which can pass on Lyme if they are infected. The good news is Ixodes also eat from the Western Fence Lizard, whose blood contains compounds that actually cleanse the tick of any Lyme infection it may be carrying. This awesome service provided by fence lizards may be why Lyme disease has not reached the epidemic proportion on the west coast as it has on the east coast and in Canada.

A very effective method of protection is to wear clothing treated with Permethrin, a compound similar to natural pesticides found in Chrysanthemums. It is non-toxic to humans, even for pregnant women, if used properly. You can treat your own clothing and gear, or have it professionally treated. Permethrin products are only used on clothing and objects, rather than to skin, because it loses its efficacy when in contact with the oils of your skin. When you treat your own clothes the protection lasts 6 washings, when professionally treated it lasts through 70 washings.

One concern I had is that Permethrin, in liquid form, while not toxic to humans is very toxic to fish and cats. Be careful to never get any liquid or spray Permethrin in an aquatic habitat or on a cat’s fur. The professionally treated clothing is safe for use around cats because the Permethrin is tightly bonded to the fabric and will not affect them.

A common misconception is that DEET, a chemical that needs to be applied to your skin, will repel ticks. It does repel insects such as mosquitoes and biting flies but it does not work effectively against ticks.

If you do end up with a tick biting you the best tool for removal is very pointy tweezers, pulling straight out. Sonoma County Public Health, 3313 Chanate Rd. (the round building as you enter the parking lot), has a laboratory that will test ticks for the presence of Lyme disease. The tick does not have to be whole or alive but should be kept moist with a few drops of water in the container with the tick. Each test costs $31. The phone number for the lab is 707-565-4711. Current thought is that ticks need to have been feeding for quite a while before the infectious spirochetes can be transferred to a person but any deer tick that has managed to become deeply embedded should be tested after removal.

Diagnosis and testing for Lyme and the other tick borne diseases can be problematic. Lyme disease’s classic bull’s eye rash only appears in about 68% of infections and the other early symptoms are similar to flu and easy to misdiagnose, particularly in children. The current blood tests depend on antibodies that are not always present at the time of the test. There are also new strains of Lyme and other tick borne diseases for which tests have not been developed yet. It is extremely important to detect and treat these diseases early, especially in children, when they can be treated effectively with antibiotics, and avoid long-term infection which can lead to disability and death. Preventing tick bites is a good way to dodge the uncertainty surrounding the treatment and cure of tick borne diseases.

Heidi Freestone

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**Field Trips and Events**

**From Willow Herb to Coral Root: Martin Griffin Preserve**

Saturday, June 9, 2018  
10:15am-12:45pm, (meet to carpool at 8:45)

Audubon Canyon Ranch,  
4900 Shoreline Highway, Stinson Beach, CA  
Carpool at Hwy 12 park-and-ride, between Vet’s hall and fairgrounds, east side of parking lot

Join us for a hike exploring the Preserve’s many ecosystems from the willow herb blooming in the marsh reeds to the hot sticky monkeyflower hillsides among coastal scrub, to cool redwood forests and seasonal creeks. Enjoy sweeping views of the Bolinas Lagoon and learn how the ecosystems on the hill affect the lagoon and vice versa. This moderate 3.5 mile hike does include an uphill portion that is not shaded, so please plan accordingly. Bring a bag lunch to enjoy in the yard, explore the bookstore, art exhibits and Curiosity Room. Donations requested at registration. Learn more at www.egret.org
Lilium pardalinum ssp. pitkinense
Pitkin lily

Newsletter & Web Site Info:
Send newsletter submissions to:
Editor, cnpsmbnewsletter@yahoo.com
Deadline for inclusion in the June Newsletter is June 15th.
The chapter web site milobaker.cnps.org contains a wealth of information plus current and archived newsletters.
For newsletter mailing/membership issues, contact: cnpsmbmembership@gmail.com

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Milo Baker Chapter Officers & Board of Directors 2017/2018

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☐ Milo Baker (Sonoma County)
☐ Other county ______________________

Membership category:
☐ Student or Limited Income………………… $25
☐ Individual………………………………… $45
☐ Family, Group or Library………………… $75
☐ Plant Lover……………………………….$100
☐ Patron…………………………………….$300
☐ Benefactor……………………………….$600
☐ Mariposa Lily…………………………….$1500

☐ New Member  ☐ Renewal

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