



From Our President

Who needs a psychiatrist? Stress levels may be declining somewhat over the last week and the market was up today but with the financial crisis, the Swine flu, increased government and personal debt and never ending wars and terrorism it would seem that all of us might be calling for appointments.

I'm not wanting to necessarily deprive my medical colleagues of business but I and thousands of others are practicing an alternative that provides mental and physical benefits along with the emotional. My alternative as any reader might surmise is gardening- gardening with natives.

I've had the best time this spring putting in a new bed in an oval area about 20x15 feet by a small creek opposite our kitchen window. I have to admit that removing two large Bois d'arc trees, forking up the soil and digging in the compost and a modest amount of expandable shale wasn't unadulterated pleasure but during the process there were no thoughts of just how much my 401K had declined.

Acquiring the plants was unadulterated fun and I have to admit that there are few pleasures I enjoy more than browsing in a bookstore, wine store, and nursery or at a native plant sale. I don't always come out of these establishments with exactly what I went to buy. I've also been known to purchase my just share of plants having no more than the vaguest idea of where in the ground they might go. Perhaps I'm not unique in these regards and there's hope for self-improvement.

Roger Sanderson's Heard sale was great fun this year and was just the opportunity to acquire the majority of the plants I needed. I had shopped at a nursery in North Dallas that I have long patronized but after several visits was disappointed in their decreasing selection of natives.

As my plants, all perennials were in containers ranging from only 4 to 8 inches in diameter the planting was a cinch. This isn't to say that I didn't spend some significant amount of time pondering just where in the bed they should go and wondering how they might look later this spring and in the fall.

I think that not once during all of this did the slightest concern for any of the worldly cares iterated above cross my mind and after a day in the garden there is no reserve for feeling stressed or worried in the evening.

I'm definitely not in need of seeing a psychiatrist as the gardening has assuaged so many of my concerns. That's not to say that I won't be calling the doctor. If the Aleve doesn't handle the arthritis in the hands from pulling weeds or the strain in the lower back from hoeing, I'll be calling a good GP.

Bill Woodfin woodfin@dfwair.net

May 5 Program: Sonnia Hill The Post Oak Savannah Sand Hill Flora

The Heard Museum (Laughlin Hall)
Doors open at 7:00 p.m.
Program starts at 7:15.
There is no admission charge.

Sonia began teaching herself botany in May 2002, using the Illustrated Flora of North Central Texas (published by the Botanical Research Institute of Texas). She became hooked and started identifying any wildflowers, weeds, etc., using the dichotomous keys.

Sonia spends much time studying the native plants of Texas. Sonnia was born in Colombia, S.A. and was raised in the US and Colombia.

NPSOT – Strategic Planning

Betsy Farris

At the April board meeting in Wichita Falls, the Board approved the NPSOT Strategic Plan. The board requested two changes to the plan and the final, updated document is on the NPSOT web site so that members/leaders can access it at any time.

The Strategic Planning committee along with responses from Chapter leaders, provided the information and ideas that were compiled to produce the final document. This final product will provide direction, so that NPSOT can become a stronger organization and a better voice for native plants.

With the approval of the Strategic Plan, two new VP state level positions will be established, VP Environmental Liaison and VP Advocacy. The official duties for the two new positions will be decided at the June Board meeting.

Monthly Meetings

January – October at the Heard
The Heard Natural Science Museum
(Laughlin Hall)

1 Nature Place; McKinney, TX
www.heardmuseum.org (972) 562-5566

7:00 p.m. – Doors open; visiting

7:15 p.m. – Program starts

After program – Short business meeting

May 5: Wildflowers of East Texas

Sonniah Hill

June 2: Heard walk

Walk at the Heard Museum prairie, wetlands, and forest. Early start: 6:00 a.m.

July 7: TBD

August 4: Garden Show and Tell

September 8: Floristics Defined and Role in the Herbaria in North America

Dr. Nelson Rich, Collin College

October 6: How to Know the Grasses of the Blackland Prairie

Rich Jaynes

Members and guests are always welcome to attend our monthly meetings. There is no admission charge. Bring plants or seeds you'd like to trade with other members.

Information is available on our web site:

<http://www.npsot.org/CollinCounty/>

2009 OFFICERS

President: Bill Woodfin wwoodfin@dfwair.net

Vice President: Rodney Thomas
rook.thomas@yahoo.com

Program: Bill & Fran Woodfin
wwoodfin@dfwair.net

Secretary: Jim Smittle jim@smittle.com

Treasurer: Betsy Farris;
visittingsisters@yahoo.com

COMMITTEE CHAIRS

Newsletter: Linda Smittle; (linda@smittle.com)

Web Master: Dolores Williams
(quiltingpony@hotmail.com)

Questions? Contact 214-693-0103.

NPSOT News

Betsy Farris

Planning for the **2009 NPSOT Symposium in Wichita Falls (Oct 15-18)** is well under way with focus on the Cross Timbers and Rolling Plains regions. The host hotel is the Howard Johnson's in downtown Wichita Falls (Broad and 5th.) The NPSOT room rates are only \$65 per night! The River Bend Nature Center, just minutes from the hotel, will be the location of the Thursday night social. The nature center, completed in 2008, features a large children's garden, 15 acres of nature trails, The Bryant Edwards Learning Center and gift shop

Current VP of Administration, Bill Hopkins, has volunteered to be the **new NPSOT webmaster**.

Two new chapters have been formed since January 2009 and both are in East Texas. NPSOT welcomes the Four Corners Chapter and the Lake Country chapter.

Two state level officer positions are still to be filled for 2010: VP of Administration and VP of Education. These positions have been filled for the past two years by Bill Hopkins and Kathy Ward. State officer positions can only be held for a maximum of two consecutive years thus Bill and Kathy must step down. Please see the NPSOT website for the job descriptions if there is any interest in the holding these positions.

In the **next NPSOT newsletter**, look for an article on the 2008 educational grant award winner, Chris Gadler. He is a PHD student at Rice.

Calendar Updates

May 30: Stiff Creek Wildflower Walk (northern Collin County) 5th annual Wildflower Walk, 10:00-12:00 with pot luck brunch to follow. For directions and information: fswoodfin@dfwair.net

Oct 15-18, 2009: 2009 NPSOT Symposium (Wichita Falls)

Oct 7-10, 2010: 2010 NPSOT Symposium (Denton)

Native Plant Society of Texas

A 501(c)(3) non-profit organization that promotes research, conservation and utilization of native plants and plant habitats of Texas through education, outreach and example.

<http://www.npsot.org/CollinCounty/>