



Newsletter

March 2025



Since Last Time ...

Things are gearing up for spring. I for one am very ready! We have several volunteer opportunities in the next couple of months. Specifically, the tabling event at Garden Faire in Abingdon April 11 – 12, 2025 and the tabling event for Earth Day in Abingdon on April 26, 2025. Look for details in the newsletter or email wildonesappalachianhighlands@gmail.com.

We have a new and exciting project in progress. There will be a Native Plant Garden created at the Coomes Rec Center in Abingdon. The project has already been approved by the Town of Abingdon Rec Dept. It is coordinated by Gail Olson, Anne Tucker and Josh Banks, WOAHP Board members; along with Beth Merz Master Gardener; Karen Elmore and Monica Hoel, Master Naturalists. Karen Elmore is donating money and plants for the project. There will be more information to share as the project progresses.

WOAH has opportunities to participate in a project in Johnson City, TN assisting kindergarten teachers to plant milkweed for a monarch butterfly garden. (See additional information in the newsletter.) Also, we have been invited to take part in the Earth Day celebration in Elizabethton, TN on April 26. This is the same day as the Abingdon Earth Day event. If anyone is interested in assisting with these projects, please send an email to WOAHP Gmail address already provided.

And lastly, if anyone is interested in establishing a friendship with a new or existing WOAHP member, please let us know at the WOAHP Gmail address. We are referring to this as “Make a friend, Be a mentor”. You could be paired with another member to share a ride, meet at an event, or just be available for sharing information. This is a great way to meet people and learn more about Wild Ones.

Looking forward to seeing more of you at the upcoming events. Thank you for your interest in Wild Ones.

Happy Spring!

Paula Reynolds, President

2025 WOAHP President

Calendar at-a-Glance

March 13: Building a Wildlife Pond
with **Melanie Smith** via
Zoom (details on page 2)

April 11-12: Garden Faire Southwest
Virginia Higher Ed Center
(details below)

April 26: Earth Day
Abingdon Fields-Penn House
(details below)

May 3: Spring Plant Swap
(members only; details
below)

WOAHP Merch



Get outside in style! Spring means we dress in layers and WOAHP has them all.

Short sleeve tees, long sleeve tees, hoodies, sweatshirts, bucket hats and ball caps in many colors!

This merch starts conversations about using native plants and is the only fundraiser for our chapter.

Visit www.bonfire.com/get-wild-6/, or scan the QR code below with your smart phone's camera.



Building a Wildlife Pond

This Zoom workshop features information on creating a wildlife pond to enhance your native habitat. Wildlife ponds are especially attractive to amphibians and insects, both of which are essential parts of the diversity puzzle. Also, learn about FrogWatch, a national citizen science program that you can participate in to provide important data about frogs and toad populations. Attract them and they will come! Presented by Melanie Smith, WOA member, Holston Rivers Master Naturalists and FrogWatch Coordinator.

Time: March 13; 7:00 pm to 8:30 pm (Eastern Time)

Location: Zoom

Link: <https://wildones-org.zoom.us/j/83795791828?pwd=uarJBiHAlosaKsERHYxfkbbqFz6JLv.1>



“The Cedars” and Rivercane Restoration

On February 27, Wild Ones hosted an exceptional presentation by Laura Young, Department of Conservation and Recreation, on “Restoration Ecology for Rivercane, Native Prairies, and Beyond”. Laura described their management and restoration work in [The Cedars Natural Area Preserve](#) and restoration of native rivercane in Southwest Virginia. Thanks to Laura and to Nick Proctor of The Nature Conservancy, and Ben Casteel of Virginia Highlands Community College who are partners in the rivercane restoration project. Wild Ones is planning a site visit in late May/early June of this year to The Cedars Natural Area Preserve with Laura to see this extraordinary natural community of dry, limestone glades and woodlands in southwest Virginia.

Chapter Native Species List for Gardens

The WOA Chapter compiled a list of 147 native species selected to do well in our native habitat gardens. We based the list on **A Guide to Gardening with Southwest Virginia Natives**, other lists of native species, and talking to local nurseries, plus the experience of the working group. The group included Teresa Young, Snow Ferenia, Loyd and Paula Reynolds, Gail Olson and Dick Olson, Josh Banks, Susan Brown, Jani Niner, and Mark Merz. Many thanks to the hard work that this group put in to compile this extensive list.

The **Meadow Native Species List** is available on our website under the Tools tab. [Native Species List for Our Region - Wild Ones Appalachian Highlands Chapter Native Species List](#)

It includes 6 cover species, 11 ferns, 47 forbs, 6 grasses/sedges, 36 shrubs, 4 vines, and 37 trees with over 100 available from local native plant nurseries. We encourage you to use the list in designing your garden. If you purchase native plants locally, we ask you to thank them. If they don't carry the native species that you are looking for, please urge them to add them to their inventory.

Also, soon to come under our website Tools tab is the document **Promoting Native Plant Species** which is an introduction to our list and encouragement for nurseries to carry natives.

There Are Many Ways to Get Involved!

Volunteer: Wild Ones does not require formal training classes, volunteer work hours, or continuing education hours for membership. However, the Chapter has events that do require volunteer member help. Tabling events such as the April 11-12 Garden Faire are opportunities for introducing the public to WOA. We will pair new volunteers with a Board member.

If you can volunteer even an hour or two, please send an email to [Chapter gmail](#). There is a WOA Board that meets a little less than once per month, and our chapter also has various committees. Perhaps you'd like to serve on one! Let us know with an email to the above address.

Newsletter: Your fellow WOA members would love to hear from you!

Send in your own member profile. As you've seen over the last several months, your profile can take many forms. It can be as simple as telling a little about yourself and how you got involved with native plants, or you can include photos and go into more detail as a few others have done in previous newsletters.

Write about your garden. What are you hoping to accomplish, what resources did you use, what strategies did you employ? Do you have before and after pictures that show what you've done?

Have you read a good nature book that you'd like to review?

Send your text and photos to [Chapter gmail](#).

Wanted –

Creative Volunteer

Volunteer to assemble and arrange materials on the new Chapter display board. The 36x72 inch table-top display consists of 3 panels to attach photos or text using Velcro or magnets.

If you can help the Chapter create our display, please - click here on [Chapter gmail](#).

Connecting people and native plants
for a healthy planet

Volunteer Opportunity Johnson City!

Our Chapter has been contacted to help several kindergarten teachers in Johnson City who want to plant milkweed to attract monarchs so their students can learn about the life cycle of monarchs. Nancy Miles is a District Science and STEM Coach supporting science and STEM instruction in K-5 schools. She will coordinate the project. If you are willing to help with this project, please contact Nancy at MilesN@jcschools.org. This is a unique opportunity to promote the Wild Ones vision and interact with elementary students.

Event Details

April 11-12

Washington County Master Gardeners Garden Faire

This event features: a garden marketplace with perennial and annual plants, **native plants**, garden art, supplies, all things gardening; plus, multiple speakers and workshops and tool sharpening. The link below will guide you to the full schedule of speakers and workshops.

We need volunteers to help at the Chapter information table. Volunteers will talk about WOAAH to those that stop and hand out free seed packs. We will pair new volunteers with experienced Board members. It is a great opportunity to get to know WOAAH members and learn about Chapter activities and our vision. Admission \$6 but **Volunteers will get in free!** Two-hour shifts will start at 9:30, 11:30, 1:30 and 3:30 each day. Please send an email to wildonesappalachianhighlands@gmail.com and indicate times you can participate (you will only be signed up for one).

Time: 9:30-6:00 Friday; 9:30-4:00 Saturday

Location: Southwest Virginia Higher Education Center, Interstate 81 Exit 14, One Partnership Circle, Abingdon, VA

Link: <http://www.gardenfaire.net/>

April 26, 2025

Earth Day, Abingdon VA

The Sustain Abingdon Committee will host the annual Earth Day Celebration at the Fields-Penn House, including Wild Ones and many other informational booths plus kid's activities, food and more. Please consider volunteering to help man the Wild Ones booth.

May 3

Spring plant swap (members only)

We are working on getting plant donations from nurseries and we have a \$50 gift certificate from Shy Valley nursery to give away. This event alone returns values greater than your annual dues. More details to come.

Time: 3:30 pm

Location: Civitan Shelter, Steele Creek Park, Bristol, TN

Late May TBD

The Cedars Natural Area Preserve

Walk with Laura Young DCR to see this extraordinary natural community of dry, limestone glades and woodlands in southwest Virginia.