Dot Field is a fixture on the Eastern Shore of Virginia, where for the last two decades she managed and restored some of the most significant coastal plant and animal habitats. Field recently retired from her position as the Eastern Shore Region Steward for the Virginia Natural Heritage Program, culminating a long and successful career in conservation.

“The outpouring of well-wishes has been overwhelming,” she said. “What a fabulous group of dedicated people I’ve worked with.”

The impact of Field’s work extends far beyond the rural confines of the Shore. She is a highly regarded resource manager, biologist, researcher, teacher, and key collaborator, known for her work to create habitat for migratory songbirds – an effort that involves multiple partners and agencies.

“Dot Field has been just the right person to fill the role of natural areas steward on the Eastern Shore,” said Rick Myers, Field’s supervisor of 20 years. “She knows plant communities, she knows birds and their habitat requirements, and maybe most importantly, she knows people. She’s been tremendously effective at engaging volunteers, working with conservation partners, and interacting with the research community.”

The mission of the Virginia Natural Heritage Program is to protect the state’s rare plants and animals and the habitats they require for life. The program is a division of the Virginia Department of Conservation and Recreation (VA DCR).

See Conservationist, cont’d on p. 4

In Our Opinion

ANEC and the Democratic Process

ShoreLine Staff

As described in the flyer in this issue, CBES and the Eastern Shore Chapter of Virginia Organizing are sponsoring an online forum, “ANEC & You,” on August 10, to inform us all of our rights, as members/owners of A&N Electric Cooperative (ANEC) and to describe 2 initiatives being pursued by other electric cooperatives – broadband, and a new state program to save money while improving energy efficiency.

ANEC’s Annual Meeting will be held August 26, to elect 5 of the 9 Directors of the Board whose terms will end this year. In the past, the Annual Meeting was held at Nandua High School, with door prizes to encourage attendance. The Annual Meeting provides the only opportunity for members (essentially all who pay for electricity on the Shore) to raise issues of concern, through a question-and-answer period. Issues raised in

See ANEC, cont’d on p. 2

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the past have included broadband and expansion of solar power.

Due to ongoing COVID restrictions, the 2021 Annual Meeting will be held at ANEC’s headquarters in Tasley, for the sole purpose of electing the Directors (members are encouraged to send in proxies instead of attending in person). There will be no public question-and-answer period.

According to the Seven Cooperative Principles posted on ANEC’s website (https://www.anec.com/content/seven-cooperative-principles), “Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions.” However, ANEC’s Board meetings are not open to the public, and agendas and minutes are not published. Our only opportunity as owners/members is to voice our concerns at the Annual Meeting – but not this year.

We hope that this will be a one-time exception, and encourage ANEC to adopt more transparent processes, to make sure everyone’s voice is heard. We also hope we’ll have other opportunities to discuss ANEC’s support for universal broadband on the Shore, in CBES ongoing efforts to achieve this critical goal.

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Climate Change: Planning Challenges Highlighted
By Sue Mastyl

In a recent webinar, “Climate Change Confusion on Virginia’s Coastline,” on March 18, hosted by the Chesapeake Bay Foundation and Wetlands Watch (https://wetlandswatch.org/va-policy-updates), Skip Stiles, Executive Director of Wetlands Watch, noted that “we’ve got a confusing situation, with a lot of changes taking place,” including development of the Virginia Master Coastal Resilience Plan and changes to flood plain maps. In addition, recent laws passed by the General Assembly have added climate/coastal resilience and adaptation to sea-level rise and climate change to the Chesapeake Bay Preservation Act (CBPA), the Department of Environmental Quality’s statement of policy (across all programs and permitting processes), and tidal wetlands law through the Virginia Marine Resources Commission’s powers and duties. Stiles noted that there are very few, if any, “examples of state actions inserting climate change into existing regulatory statutes,” and added that the work will “involve simultaneous coordination between 2 laws and 2 state agencies, increasing the complexity.”

Stiles noted that protecting the house (structural resilience) is different from protecting the ecosystem and its water quality benefits (ecosystem resilience).

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One of the challenges in developing these new regulations is defining the scope; Stiles noted that protecting the house (structural resilience) is different from protecting the ecosystem and its water quality benefits (ecosystem resilience). The second challenge is delineation of the impacts:

- Sea-level rise is currently projected (NOAA Intermediate High) to increase by 1.5 feet by 2050, and 3 feet by 2080, leading to loss of vegetated tidal wetlands, change in type of tidal wetlands, migration of wetlands from the intertidal zone into the Resource Protection Area (RPA), and increased coastal erosion and more pollution.
- Rainfall intensity is projected to increase by 20%, leading to increased erosion, localized changes in salinity, and more pollution.
- Flood/drought cycles are projected to be more frequent.
- Increased temperatures will mean more stress on coastal ecosystems, changes in plant and animal species, and more incursions by invasive species.

He noted that wetlands will migrate upland, as long as sea-level rise is modest, and as long as the wetlands don’t encounter a barrier (bulkhead, riprap, or other hardened structure). According to a 2007 study, Virginia will lose 50% to 80% of its vegetated tidal wetlands with 2.5 feet of sea-level rise.

The real challenge is “converting static regulations to a dynamic situation,” he noted, “as well as regulating for a future condition.” Today’s static regulatory scheme allows wetlands migration “uphill,” but both wetlands regulations and CBPA buffer protections are static, and do not recognize sea-level rise. As water levels rise and wetlands migrate inland, See Climate Change, cont’d on p. 4.
Statistics can be a pretty dry read all on their own. But when a series of news reports, corporate ratings, and official data strings together a narrative of a community or an area, those statistics start to tell a pretty compelling story. The data for the awards and rankings in this article come from the US Bureaus of Economic Analysis, Labor Statistics, the Small Business Administration, the Census, and over 50 other sources.

**Virginia Named the “Top State for Business”**

The Commonwealth of Virginia and several of its communities have recently had that kind of data create some compelling narratives. It was nationally newsworthy when Virginia was named by CNBC as the “Top State for Business” – in back-to-back wins. “Our study is not an opinion survey,” CNBC said. The states were ranked based on 85 metrics in 10 categories – such as the cost of doing business, strength of the workforce, and infrastructure. The 2021 CNBC study featured multiple changes in its criteria, to account for a vastly altered competitive landscape coming out of the pandemic.

Despite the challenging changes in the workplace, both the strengths of Virginia’s reliably funded education system and its ability to nurture and retain talent, and its place as home to the nation’s third-highest concentration of science, technology, engineering, and math (STEM) workers, have been the backbones of the state’s economic strength.

Companies now are increasingly vocal in their demands for inclusiveness in the states where they do business. That, in turn, has increased the importance of equity and inclusion in CNBC’s 2021 competitiveness study. Virginia now requires all agencies to develop plans for diversity, equity, and inclusion; has expanded voting rights; and expanded anti-discrimination laws to extend protections to LGBTQ residents. In addition to education and inclusiveness, other high-scoring metrics for the state included third place for workforce (hampered only by a relative shortage of workers), access to capital, business-friendliness, and infrastructure.

**Best Places to Retire in Virginia**

Several information and data analysis organizations are reliable resources for news organizations, corporations, and the general public, where comparisons can be made among state and regional communities – when planning for retirement, corporate relocation, or a lifestyle change. Using similar sources as CNBC, communities’ profiles, including their assets or deficiencies, are compared. One of the best known, and most popular among people planning retirement, is Stacker. Data used is from Niche, which ranks US counties for relocation potential, marketing, etc., for use by multiple industries and organizations. Its rankings are based on a variety of factors, including cost of living, healthcare, recreation, and weather. The recent report on the 25 best counties to retire in Virginia gave some of the small rural Chesapeake Bay counties and towns high marks. Rankings for 2021 Best Counties for Retirees in Virginia were based on retirees’ criteria – cost of living, government services, health care facilities, weather and overall climate, crime rate, outdoor recreational activities, eating establishments, and cultural and entertainment opportunities. Listed in the top 25 counties/towns are:

- #2 – Lancaster County: Irvington, Kilmarnock, and White Stone
- #5 – Mathews County: Mathews
- #7 – Northumberland County: Heathsville
- #18 – Northampton County: Cape Charles, Nassawadox, and Eastville
- #21 – Westmoreland County: Colonial Beach

**More Best Places**

In 2020, Chincoteague was named the “Best Small Coastal Town” in the country – the USA Today Readers’ Choice Award. There were 10 nominees nationwide, each with a population of fewer than 25,000 people. Virginia’s only island resort, “Chincoteague maintains a sense of delightful seclusion while still offering visitors an array of shops, restaurants, motels, and waterside bars. Uncrowded beaches stretch for miles just outside of town.”
Conservationist, cont’d from p. 1

One of the program’s main functions is management of the Virginia Natural Area Preserve System, which is composed of 65 preserves across the state. Natural areas stewards are the keepers of these lands and responsible for a range of management activities to protect their unique natural heritage resources.

Field began as the Eastern Shore Region Steward in 2001 and ultimately oversaw 9 natural areas, including the well-known Cape Charles and Savage Neck Dunes Natural Area Preserves.

Some of her other achievements include:
• Restoring 674 acres of old agricultural fields to critical stopover habitat for migratory songbirds
• Establishing the Eastern Shore Chapter of the Virginia Master Naturalists (and remaining an active chapter adviser and instructor)
• Controlling invasive Phragmites, a nonnative species that can take over wetland areas
• Guiding long-term work to protect and monitor shorebird populations, including nesting sites
• Leading field trips and serving as an ambassador – and an advocate – for Eastern Shore wildlands
• Educating the public about the importance of planting native plants for wildlife

“In 20 years, Dot Field has made more than a lifetime’s worth of conservation impact,” said DCR Natural Heritage Program Director Jason Bulluck. “She helped to conserve more than 3,000 acres of natural area preserves on the Shore. Dot has also sparked and fueled a passion for conservation in countless others, who will continue to multiply her impact through their own contributions to conservation and habitat restoration, outreach, and education.”

Field plans to spend her retirement in Italy. Shannon Alexander, former planning director with the Accomack-Northampton Planning District Commission, has taken on the Eastern Shore Region Steward position.

Information about the Virginia Natural Heritage Program is available at www.dcr.virginia.gov/natural-heritage.

Please join or renew your membership!
The Eastern Shore needs CBES, and CBES needs you!
CBES membership/support at www.cbes.org

High Marks, cont’d from p. 3

And just this year, Southern Living magazine named Cape Charles “The Best Little Beach Town in Virginia.”

“Once the economic hub of the Eastern Shore, Cape Charles settled into a sleepier routine with the decline of the railroad industry and the opening of the Chesapeake Bay Bridge-Tunnel. But more than 50 years later, the salty little hamlet has officially made a comeback, holding tight to its small-town character even as it welcomes a new and growing crowd of beach lovers.” Free summer concerts in Central Park and the wide Cape Charles public beach contribute to an affordable family vacation. The wide variety of town shops and restaurants provide something for almost everyone.

For business, tourism, and retirement, Virginia, the Eastern Shore, and the Chesapeake Bay region are receiving high marks.

2 https://stacker.com/stories/7367/best-counties-retain-virginia
3 https://www.niche.com/places-to-live/search/best-counties-to-retain/virginia/

Climate Change, cont’d from p. 2

the RPA will shrink. In order to keep pace with this, an additional 50 feet or more of land uphill from the existing RPA will be added as part of the changes to the CBPA; the challenge, Stiles noted, is “anticipating where these zones will be in the future,” and “ending grandfathering.” The local governments will be “on the front lines” in this endeavor; guidelines will be developed through VIMS, but these do not have the same weight as regulations. To help the local authorities, “more specificity is needed as to what is expected, [with] more technical support for localities [and] more resource dollars.”

Stiles also noted that although “living shorelines MUST be the default shoreline erosion control/resilience approach, [they are] NOT the climate change adaptation solution”; in order to serve this function, they must be combined with development restrictions and proper slope in the RPA.

Finally, he pointed out that “robust shoreline adaptation approaches will trigger takings claims by private property owners [, and] this MUST be addressed if we are to ever make progress.”
ne of the first comments I get from electric car skeptics is, “it’s fine for driving around town, but you can’t take it on a long trip.” I own a Tesla Model Y, Long Range electric car. In May, my wife, Lee, and I took a 2,900-mile trip through 11 states. The purpose of the trip was to celebrate the end of the COVID-19 isolation we had experienced during the past year. Our drive took us along the Great River Road, which follows the Mississippi River from the Canadian border to the Gulf of Mexico. We covered the southern leg this year. We’ll save the northern leg for sometime in the future. The trip was great, and the Tesla performed as expected.

The issue of charging an electric vehicle (EV) stands at the heart of every owner’s concerns. As I wrote in my last article, local driving presents no problems, because a Tesla can go up to 326 miles on a full charge. Of course, that number is just an estimate; many things, such as temperature, wind, rain, and the way you drive, can reduce that figure. Long trips require more planning, because places to charge an electric car are not as plentiful as gas stations. “Range anxiety” can be a real concern. Carefully noting the location of charging stops is essential to planning a long trip—no one wants to run out of charge on the side of the road.

Fortunately, the Tesla navigation system pretty much does that for you. Tesla has created a network of “superchargers” throughout the United States that are available to all Tesla owners. They are generally located off interstate highways, and are strategically spaced so that you arrive with an adequate charge. Depending on the specific supercharger, you can charge from 20% to 80% in less than 30 minutes. For every hour you drive, you will probably need 5 to 10 minutes of supercharging. An 8-hour trip will include 40 to 50 minutes of charging. Yes, this is longer than it takes to refuel a gasoline-powered vehicle, but by the time you go to the restroom, get a snack, and stretch your legs, it’s almost time to get going again. Planning stops around mealtime allows you to have plenty of time to eat while the car charges. There are apps that show you where chargers are located along your route, and what amenities are near the charger. I spent a lot of time planning our route to alleviate the dreaded “range anxiety.”

The first leg of our trip took us to New Orleans, where we spent a few days visiting museums, taking a swamp tour, and eating some really delicious food. Our trip south was uneventful, and we did not have any issues associated with charging the car. I got a slow leak on a tire when I hit something on the road and had to get a new tire, but that could have happened with any car. After New Orleans, we headed up to Natchez, MS, where we stayed at a bed-and-breakfast that had an EV charger. We just plugged in and left in the morning with a full charge.

The next day we traveled to Memphis, which included a 250-mile stretch that challenged the limits of the Tesla’s range. I located a “just-in-case” non-Tesla charger along the route, but didn’t need it because the car performed as expected and we got to the next supercharger with plenty of charge remaining. We spent the night in a Memphis hotel that had a free charger, so we had a full charge when we headed out the next morning.

We took the Great River Road to New Madrid, MO, where we began our return trip to Virginia. Our hotel in Bowling Green, KY, had a charger, which allowed us again to charge for free. Hotels don’t ever give you free gas. Always look for hotels that have chargers!

We headed back to Virginia and spent a few days in Abingdon, VA, where we rode the Virginia Creeper Trail—on bicycles, not in the Tesla! Again, the hotel had a charger, so by the time we left, we had a full charge. The total cost to charge the car for the entire trip was $97 for 2,900 miles. To take our gasoline-powered car on the same trip would have cost $270; you can actually save money on trips using an electric car.

It’s hard to say how the trip would have been with a different manufacturer’s electric vehicle. The Tesla charging system is by far the best currently available, and more chargers are being installed every day. [Ed. note: As of now, different manufacturers’ fast (DC) chargers are not completely interchangeable.]

In my next ShoreLine submission, I will discuss what is necessary to be able to charge from home.
**Getting Our Kids Into the Game**

A book review by Caroline Luzzatto in *The Virginian-Pilot* (April 11, 2021) highlighted 4 children’s books that celebrate the natural world and encourage our young citizens to get involved in recycling and reducing waste.

*Kids vs. Plastic*, by Julie Beer (ages 8 to 12, National Geographic Kids, $14.99), is a “colorful, photo-heavy guide to plastic use, pollution, and solutions.” It includes vivid illustrations to demonstrate the scale of the problem – “for instance, the amount of plastic produced since 1950 is equal to the weight of 45 million blue whales.” Luzzatto notes that “the book isn’t gloomy … it’s filled with examples of recycling, plastic alternatives, and steps kids can take to make the world a less wasteful place.”

*Treemendous: Diary of a Not Yet Mighty Oak*, by Bridget Heos, illustrated by Mike Ciccotello (ages 3 to 7, Crown Books for Young Readers, $17.99), tells the tale of “the many-year path from acorn to mighty oak [as] a heart-warming ode to the power of trees,” and is “packed with scientific details as well as cheerful illustrations.” The once-tiny acorn exults, “I feel like I’m part of something big now.”

*The Outdoor Scientist: The Wonder of Observing the Natural World*, by Temple Grandin (ages 8 to 12, Philomel, $18.99), includes projects, historical notes, and personal anecdotes, and “is a 177-page love note to children [like Grandin], who find anything and everything about the outdoors fascinating.” Projects include fake fossils, wind chimes, bird feeders, and an egg carton glider. Luzzatto describes Grandin’s anecdotes of life in nature as “notes of joy, [which] encourage other nature lovers to embrace their wild sides.”

*Wild Vet Adventures: Saving Animals Around the World With Dr. Gabby Wild*, by Gabby Wild with Jennifer Szymanski (ages 8 to 12, National Geographic Kids, $19.99), includes “gulp-inspiring stories” from this exotic-animal veterinarian, “including doing a root canal on a cranky jaguar as the power flickers out.” The book includes “luscious” photographic spreads, with “up-close views of irresistible wild faces” of both well-known and little-known species.

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**Volunteer!**

**CBES 28th Between the Waters Bike Tour**

**Saturday, October 23, 2021**

Grab your friends. Meet friendly folks. Pick the tasks and times that suit you. Check in riders, cheer on participants, help at rest stops, & MORE!

Riding in the Tour but want to help? Help with setup prior to Saturday.

**Sign up at:** https://www.signupgenius.com/go/10c0f4daeb22a3fbc52-cbes

**Need help with signing up? Give Mary a shout.**

Mary Ehmann, CBES Bike Tour Coordinator, cbesbiketours@gmail.com
(973) 787-7895

All state COVID regulations will be followed.

**Thanks for Supporting “Pedal to Protect Virginia’s Eastern Shore”**

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**Got a Yen for a Pen?**

Are you a civic-minded individual with a desire to help make the Shore a better place? Are you a good communicator, and a good writer? If so, please consider volunteering to contribute to *ShoreLine*. The publication provides information on events, issues, and initiatives of interest to CBES members and the broader general community, along with occasional editorial opinions and comments. The *ShoreLine* Editorial Board selects or writes, edits, and publishes material that is consistent with the core beliefs, goals, and objectives established by the CBES Board of Directors. Past issues of *ShoreLine* are published on the CBES website at www.cbes.org.

For more information, please email *ShoreLine* editor Sarah Morgan, at savoystudio@gmail.com.
Peach Pudding

Peach season – roadside stands and farm markets down our way have baskets-full, warm from the heat, and redolent of the sweet aroma of high summer. Peach pie, peach cobbler, peach ice cream, peach preserves – all celebrate the season. Tucked in a few of those old church and community cookbooks, I came across Peach Pudding. Not really a classic pudding, not really a cake. A light biscuity-cake base, fresh peaches, a crunchy burnt-sugar top, and a caramel-y sauce under all. Add a bit of ice cream and you’ve got a dessert made for a summer evening.

Cake:
- 3 cups sliced peaches – peel, slice, and let rest for 20 to 30 minutes
- ½ cup sugar
- 1 cup flour
- 2 tsp baking powder
- Cinnamon or allspice to taste
- ½ cup milk

Topping:
- 1 ½ cups water
- ½ cup sugar
- ½ cup brown sugar
- Nutmeg to taste

Start topping first. Combine all ingredients in saucepan and bring to a boil. Stir constantly while sugars melt. Reduce heat and simmer gently for 8 to 10 minutes, stirring occasionally, until slightly thickened.

In bowl, combine dry cake ingredients. Stir in milk until mixture is combined. Gently fold in peaches. Pour into well-greased 8” x 11” x 2” baking pan. Slowly pour boiled topping over cake. Bake at 400° for about 40 minutes, until toothpick in cake comes out dry and top is well browned. Serve with ice cream.

**Community Calendar**

*NOTE: For current status of public meetings, go to the appropriate website or contact by email or phone.*

**Accomack County**
757-787-5700  
www.co.accomack.va.us

1st Wed  Board of Zoning Appeals  
10 AM, Accomac

2nd Wed  Planning Commission (PC)  
7 PM, Accomac

3rd Wed  School Board  
6:30 PM, Accomac

3rd Wed  Board of Supervisors (BOS)  
5 PM, Parksley

4th Tues  PC Work Session  
7 PM, Accomac

4th Thurs  Wetlands Board  
10 AM, Accomac

**CBES and Other Activities**
1st Wed  VIMS Public Seminar  
7:30 PM, Wachapreague

3rd Tues  ES Ground Water Committee  
10 AM, Accomac or Machipongo

3rd Tues  CBES Board Meeting  
7 PM, Eastville or Belle Haven

**Northampton County**
757-678-0440  
www.co.northampton.va.us

1st Tues  Board of Zoning Appeals  
10 AM, Eastville

1st Tues  Planning Commission (PC)  
6 PM, Eastville

2nd Tues  Board of Supervisors (BOS)  
6 PM, Eastville

2nd Thurs  School Board Work Session  
6 PM, Machipongo

3rd Wed  Wetlands Board  
Meets as needed, Eastville

3rd Wed  PC Work Session  
2 PM, Eastville

4th Tues  BOS Work Session  
5 PM, Eastville

4th Thurs  School Board  
6 PM, Machipongo

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**SAVE THE DATE!**

CBES 3rd Annual PICNIC @the BARN  
Sunday, September 19  
3 until 6 PM

A kickback, fun afternoon at historic Cherry Grove Farm  
(west of Eastville)

Gourmet picnic • Live music. Singing, dancing, and much merriment!

Celebrate Shore Livin’ & CBES 33rd Year!
YOU Deserve
RELIABLE, AFFORDABLE INTERNET
Can YOUR Electric Cooperative HELP—YES!
But are they???
FIND OUT!

YOU are a MEMBER/OWNER of
A&N ELECTRIC COOPERATIVE

GET PLUGGED IN – KNOW
YOUR RIGHTS

Learn
• How Many Co-ops are Expanding Broadband to their Members
• About a New Energy & Money$$ Saving Program You Can Afford
• Your Rights & Responsibilities as an ANEC Member/Owner

If you pay for electricity on the Shore — YOU have a VOICE.
It’s time to use it.

Register at https://tinyurl.com/anecyou or SCAN QR code above

Presented by Virginia Organizing & Citizens for a Better Eastern Shore