

Regional Review

Volume 4, Issue 1

June, 2014

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DIRECTOR'S MESSAGE

Congratulations are in order!!! Our state presidents returned home from the 85th NGC Convention in Norman, Oklahoma, with many ribbons and awards! Our region has five (5) NGC scholarship winners, each receiving \$4,000. C.A.R. commends our dedicated members. We extend heartfelt thanks to the members of the Oklahoma Garden Clubs for making our stay in their great state most pleasurable. Everyone's tremendous efforts and hard work to prepare for the convention was apparent.



C.A.R. is very excited and proud! **Brenda**

Bingham, GCNJ, is the recipient of the Helen S. Hull Calendar Award as Flower Arranger of the Year for the 2015 Vision of Beauty. The 2015 Vision of Beauty features eight (8) designers from the Central Atlantic Region, a strong showing of the talented designers in the region.

To qualify for the **Award of Excellence**, a Region Award # 25, all seven (7) states must participate in the "Rally our Region" Project. Please make it happen by submitting your state's application to your state chairman no later than September 25, 2014. Refer to the C.A.R. website, www.ngccar.org, for the "Rally our Region" Project information.



Mark your calendars for October 26 - 28, 2014, and prepare to travel to Dover Downs in Dover, Delaware, for the *Destination Delaware* C.A.R. Conference. Tour the Nemours Mansion and Gardens, participate in workshops and enjoy the Standard Flower Show, *Bon Voyage*. The design program is by C.A.R.'s own Joy Ericson. Take advantage of the opportunity to tour Winterthur and visit the very special Downton Abbey Costume Exhibit from the PBS mini-series. Register before September 1 for the "early bird" savings. Conference information and the registration form are on our website, www.ngccar.org as well as in this issue on pages 8-10.

Consider honoring a member or former member with a C.A.R. Life Membership or a listing in the Book of Recognition. Both of these honors are in support of the C.A.R. Scholarship Program.

The Blue Star Memorial Highway Program is celebrating its 70th year. The GCNJ founded this special program in 1944. NGC, formerly National Council of State Garden Clubs, adopted the Blue Star Memorial Highway Program in 1946 as "A ribbon of living memorial plantings traversing every state." Clubs throughout the region as well as across the USA are celebrating the anniversary with dedications and re-dedications honoring the men and women of our armed forces.

Summer has finally arrived, and many clubs continue to work in their communities. **Rally On**, where there is need! There is always a garden club that can make a difference. But also relax and enjoy these special days.

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken". ~James Dent

Warm regards,

Mary Warshawer



The deadline for articles for the next issue of Regional Review is September 1, 2014.

All copy is subject to cut/change.

The Regional Review is not responsible for any copy submitted or printed.

All material must be submitted to the **Editor, Ruth Korn:**

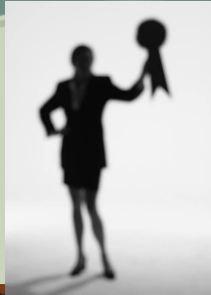
ruthkorn@verizon.net or mailed to 85 Fish Hawk Drive, Middletown, NJ 07748.

Regional Review is archived on the **C.A.R. Website:**

www.ngccar.org.



Your State Presidents in Oklahoma!



Delaware
DOTTIE HOWATT



Maryland
JACKIE HANDLEY



Ohio
MICKIE MARQUIS



National Capital Area
DAVID HEALY



New Jersey
BARBARA MULLIN



New York
GAIL MCGEE



Pennsylvania
BETSY SMITH



Symposium 2014
Sponsored by The Garden Club
Federation of Pennsylvania &
The Judges Councils of
Pittsburgh, Erie & Laurel Highlands

November 6 & 7, 2014
Pittsburgh Marriott North

100 Cranberry Woods Drive
 Cranberry Twp., PA 16066
 724-779-4216

<http://www.marriott.com/hotels>

Thursday, November 6, 2014

Darlene L Newell, Horticulture Instructor
 Allied Topic: "Wheel of Hortulana"
 Main Topics: "Ferns—Something Old,
 Something New"
 "Simply Succulents"

Friday, November 7, 2014

Penny Decker, Design Instructor
 Allied Topic: "Here Comes the Judge"
 Main Topic: "Color—Make it Exciting"

HOTEL RESERVATIONS

Request Special "GCFP 2014 Flower Symposium" rate.
 \$139.50, until October 22, 2014;
 Regular hotel rate after October 22, 2014
 Reservations must be made directly with the Hotel.
 1 800-228-9290—Reservation Line

**To obtain proper credit for this symposium, you must have
 an up-to-date 2007 Flower Show Handbook with you.
 Don't forget your clipboard and pencils!**

GENERAL INFORMATION

Lectures are open to the public for the fee stated on the registration. Only NGC, Inc. judges are eligible to take this course for credit. To keep in Good Standing, all Accredited, Life and Master Judges and NGC, Inc. Instructors must continue their judging education by auditing a symposium every 3 years. Contact your State Judges Credentials Chairman to determine your eligibility. To take the symposium for credit/audit, you **MUST** verify your eligibility at least six weeks in advance by contacting GCFP Judges Credentials Chairman:

Joyce Milberg
 635 Smokey Hill Road
 Tionesta, PA 16353-5247
 814-755-7766

thomsmil@pennswoods.net

Out of State Judges, must have their credentials chairman notify Joyce Milberg, of their eligibility for this Symposium.

DIRECTIONS

The hotel is located at the intersection of I-76 and I-79, in Cranberry Twp., PA. Directions to The Pittsburgh Marriot North are in a separate file located on the GCFP web site.

PROGRAM

THURSDAY, NOVEMBER 6, 2014

7:30 AM Registration
 8:00 AM Welcome & Announcements
 8:15-9:15 Darlene Newell, Instructor
 "Wheel of Hortulana"—Allied Topic
 9:15-9:30 Break
 9:30-10:30 Darlene Newell, Instructor
 "Ferns—Something Old, Something New"

10:30-10:45 Break
 10:45-11:45 Horticulture, continued
 11:45-12:45 Lunch
 12:45-1:45 PM Darlene Newell, Instructor
 "Simply Succulents"
 1:45-2:00 Break
 2:00-3:00 Horticulture, continued
 3:00-3:15 Break
 3:15-5:15 Horticulture Point Scoring Exam
Dinner on your own

FRIDAY, NOVEMBER 7, 2014

7:30 AM Registration
 8:00 AM Welcome & Announcements
 8:15-9:15 Penny Decker, Instructor
 "Here Comes the Judge"—Allied Topic
 9:15-9:30 Break
 9:30-10:30 Penny Decker, Instructor
 "Color—Make it Exciting"
 10:30-10:45 Break
 10:45-11:45 Design, continued
 11:45-12:45 Lunch
 12:45-1:45 PM Design, continued
 1:45-2:00 Break
 2:00-3:00 Design, continued
 3:00-3:15 Break
 3:15-5:15 Design Point Scoring Exam

Symposium 2014 Registration
 November 6 & 7, 2014

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

GARDEN CLUB: _____

DISTRICT: _____

JUDGES STATUS: _____

DATE OF CERTIFICATE OR LAST GOOD STANDING _____

Please advise Registrar of any dietary restrictions.

Checks payable to:

"GCFP Symposium 2014"

Mail to: Barbara Lotito, Registrar
 1428 O'Block Rd, Pittsburgh, PA 15239-2520
 724-327-0501

BAKLflowers@live.com

_____ FULL COURSE WITH EXAM OR AUDIT
 (Thurs/Fri, lunch included)
 \$165.00
 _____ FULL COURSE
 WITHOUT EXAM OR AUDIT \$160.00
 _____ THURSDAY ONLY (Lunch included)
 \$85.00
 _____ FRIDAY ONLY (Lunch included)
 \$85.00
 _____ LATE REGISTRATION FEE
 (After Oct. 1, 2014)
 \$10.00
 TOTAL ENCLOSED: CHECK # _____
 \$ _____

Garden Therapy: Opportunities to Bridge the Generation Gap

As we grow together as a garden club, we need to think of ways to honor those that have come before us and embrace the future. Our passion is there to help those that can't do as much as they used to. But how do we put a new spin on it? We have all done the miniature floral designs for the patients at the nursing homes. What can we do to spice things up a bit? Hmmmmmmmm.....can we put on our thinking caps for this?

We want to spice things up a bit, right? How about the mini greenhouse gardens with Italian Herbs seed packs? How about helping to plant an herb garden along with some veggies so we can make a salsa night complete with chips, salsa and some salsa music? Oh yes, don't forget the virgin margaritas! Maybe go Italian as well. But wait! I can hear you from my computer keyboard, saying we, ourselves, aren't as young as we used to be either! Can't dig a garden? How about building or purchasing one of the raised veggie stands? Some of our husbands are just itching to play with their power tools – get them involved too! Put them to work building the elevated garden beds. These beds are ergonomically easier for a lot of us to use – not just nursing home residents. How about hiring a youth group like 4H'ers or scouts or your children/grandchildren to pitch in with their strong backs? Some of these children need community service hours or a project to earn a badge. Where there is a will, there **is** a way!

Now I am beginning to hear the “hms”.....and “oh yes, that is a great idea!” coming through to my computer. Make a big day of the “harvest”. Make plans for homemade pizzas with fresh Italian herbs or a spaghetti dinner. Or go Mexican with your theme and decorate the Activities Room. Have an activity of making a piñata while waiting for the herbs to mature in the intervening months. Get the flower arrangers in the group involved..... nothing like fresh herbs and flowers as centerpieces.

Now you have the horticulture side of the club working on one end of this, the crafters and the floral designers bringing in their talents and all are benefitting!

I love the idea of building up to the event of breaking bread.....invite the youth and the elderly and you, too, can help bridge the generation gap!

I can see the smiles and hear the laughter already from your Harvest Luncheon. Take pictures and post around the nursing home so they can all remember the fun and festivities.

I hope I have inspired you to put a new twist on your projects with the seniors and the youth. I would love to hear your success stories. Let me know how it works out for you. Maybe your stories and pictures will make the Regional Review. That's amore!

Sylvia Deck
C.A.R. Garden Therapy Chair
sylvia1862@verizon.net



Try a raised bed



All ages can benefit



Mini Greenhouse Garden



Fruits, vegetables and flowers--perfect combination

New, unusual Cultivars

Plant breeders are working hard to deliver new varieties that won't become pests in the landscape. Consider **Azurri Blue Satin**. This is a new seedless single Rose of Sharon. It's beautiful. It's blue. And it does not produce seed.



Brand new for 2014 is a seedless version of **vicary privet**" **Golden Ticket** (available in 2015). It's adaptable, durable and perfect for the gardener who is compelled to use power tools on the shrubbery. Now you can satisfy that gardener without worrying about a lot of little baby privets clamoring for their own shearing.



Some interesting, new arrivals on the scene:

Cornus florida rubra 'Fircomz'
Firebird Variegated Dogwood

Mature size 20' – 25' h x 20' w, with a rounded open shape. Plant up to Zone 5. Like its par-



ent Cherokee Brave, Firebird boasts red flowers with white centers. Firebird looks fresh and enjoyable all season long. It is a smart choice for smaller landscape installations requiring a focal point with a three season interest.

Echinacea 'Meteor Yellow', 'Meteor Red' and 'Meteor Pink'.

These showy perennials, with exquisite Anemone double flowers on strong, upright and compact stems, will certainly make a statement in your garden. 19" h, 13" w, in Zones 4 – 9. Plant in full sun.



Lavandula x intermedia 'Niko'
PPAP

Lavender 'Phenomenal'

Loves full sun, 4' h, 2-3' w with a vibrant purple flower and silver foliage. This top perennial is a new, hardy cultivar that solves all your worries, a showstopper and true performer in the garden. Hardy to Zone 5, surviving the tough winters of the north but also tolerant of heat and humidity. Striking in the garden with year-round silvery foliage and uniform growth. An added bonus: deer-proof in all gardens.



Acanthus 'Whitewater'
Variegated Bear's Breeches

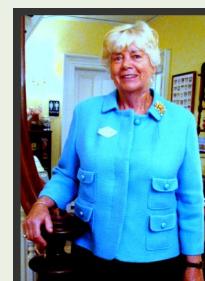
Bred with A. 'Summer Beauty' for vigor, hardiness and heat/humidity tolerance. 36" h, 36" w. Good for zone 7 – 10. Happy in full sun, part shade or full shade. This could become a favorite of mine with its striking, longer leaves, pink and cream flowers and 4' tall showy flower stalks. A great bold accent in shade gardens or perennial border.



And here is a note to those of us who love perfection in every sense:

"When gardening, focus on the feeling of the sun warming your back, the earthy smell of the dirt, and the sweet and fragrant smell of the flowers. Just the experience of the task becomes the reward, not the perfection of the outcome." P.A. Fallell

Gotti Kelley
cryptomera@aol.com
Horticulture-New Cultivars



Seeds – Where It All Begins

Spring is the time when gardeners are busy sowing seeds of annuals, vegetables and perhaps even perennials, all in great anticipation of a bounty of color – or food – later in the season! However, have you ever wondered just what is actually within a seed that when provided with a bit of water, soil and the proper temperature magically transforms itself into a plant? I am always astounded to learn that most people do not understand that they are eating ‘seeds’ when they eat peas, beans, peanuts or even an ear of corn! Seeds range in size from tiny dust sized structures of Begonias and Orchids to enormous structures, such as coconuts. By definition, seeds are the result of sexual reproduction and are produced by Gymnosperms (‘Conifers’) and Angiosperms (‘Flowering Plants’). By contrast, Mosses and Ferns produce spores which are the result of asexual reproduction. Both have proven to be very successful in the perpetuation of a particular plant, allowing it to:

Grow legs! They allow the plant to become mobile in the hopes of finding a new location favorable for growth. Seeds and spores actually travel about by various modes of transport, including water, wind, animals, insects or even people.

Endure! Often, plants encounter long periods of drought, cold, heat or some other stress that is not favorable for the growth of the parent plant. However, the seed or spore is designed to endure these inclement conditions and will ‘sprout’ when the environment is once again favorable for the growth and reproduction of the plant.

Seeds essentially contain an embryonic plant along with sufficient amount of stored food reserves that allow the tiny ‘plantlet’ to initiate growth. Growth is initially seen in the elongation and emergence of the embryonic root, which is called the radicle. It is typically the initial stage of growth since its role of absorbing both water and nutrients is crucial for the survival of the plant. The food reserves also provide the energy for the embryonic stem, called the hypocotyl to elongate and emerge above the soil level permitting the first set of leaves to be exposed to sunlight. The food reserves are stored in either the cotyledons, or in the endosperm, depending upon the plant. Cotyledons are modified leaves that serve to both store food and, in many instances, act as the first pair of leaves that start to produce carbohydrates through photosynthesis. Although they are typically green and are photosynthetic, they do not resemble the true leaves for the plant, which appear next on the developing stem (see the image of the Lima Bean in the next column). Peas, beans and peanuts are



actually the ‘seed’ and the bulk of this seed consists of the cotyledons! Plants that produce two cotyledons are called dicots and including most flowering plants. In peanuts, the nut – alias the seed – often splits in half

and what you are actually seeing are the individual cotyledons! Plants that have only one cotyledon are called monocots and include grasses, corn, trillium and lilies. Gymnosperms often produce a whirl of 2 to 24 cotyledons, which for conifers is marked by the appearance of a whorl of needles. *Pinus maximartinezii*, the *Big Cone Pine* is an example of a pine with 24 cotyledons! Many plants have the stored food reserve as a separate structure called the Endosperm. Endosperm consists mostly of starch, but the tissues can also contain oils and proteins. Most cereal grains, including wheat, consist mostly of endosperm. This is also true of corn, with some forms having higher levels of sugar, which we call “sweet corn”!

Seeds are obviously an incredible structure that we all too often take for granted. The next time you are enjoying a bowl of peanuts, an ear of sweet corn, or simply watching in wonder as a young plant sprouts forth from the soil, give some thought to those wonderful seeds. The plant world around us and even our daily diet all begins with a seed!

Article from Rutgers Gardens

SALE

Please note: GCNJ has a new shipment of **Conditioning Books** available for sale.

Cost: \$6.00 each plus shipping.

Contact GCNJ Office Manager, Shirley French, at gcnjinc@aol.com to purchase. For questions, call 732-249-0947.



National Garden Clubs, Inc. Awards Banquet-May 3, 2014 Norman, Oklahoma

#2 Garden Center-The Fisher Garden Center Award-
Afternoon GC, OH

#6 Conservation-In honor of Lucile Droege Mauntel-
Worthington GC, OH

#7 Special Achievement-Hilliard Area GC, OH

#12 Publiciations -Tommy Donnan Certificates of Merit

- 1 Newsletter-1 sheet of paper-Pucketos GC, PA
- 2 Newsletter or Magazine of 3-12 pages-Rake and Hoe
GC, NJ
- 3 Magazine or Bulletin of 13-24 pages-Calvert GC, MD
- 4 Magazine or Bulletin over 24 pages- District III, NCA

#13 Publications-Tommy Donnan Certificates of Merit

- 1 Manuals, Handbooks-District VIII Judges' Council, NY
and Federated Garden Clubs of Maryland, Inc., MD
- 3 Horticulture, Design-Moonflower GC, DE
- 8 Other, Federated Garden Clubs of NY State, "Did You
Know?". NY

#16 Yearbooks by Region--Central Atlantic Region

- 1 (under 20) Brandywine GC, DE
- 2 (20-29) Butternut Valley GC, NY
- 3 (30-44) The Bay Shore GC, NY
- 4 (45-69) Neshanic GC, NJ
- 5 (70-99) The Dorchester GC, MD
- 6 (100-299) The Charles County GC MD

#19 Horticulture Therapy

Overall Winner-Muirfield Village GC, OH

The club works with the horticultural program at Ohio
Reformatory for Women in Marysville. Twenty inmates,
who qualify, study 25 hours weekly for a year. Upon com-
pletion and passing of a certification test through the Ohio
Nursery and Landscape Association, they may seek
employment in garden and landscape related businesses.

#27 Radio and/or TV

Overall Winner-Hazleton Area GC, PA

A program, "The Girls": was aired 23 times within a week
on SSPTV/Channel 13. "Think Spring" was a 1/2 hour
episode featuring knowledgeable horticulturists and floral
designers.

#28 Landscape Design for Church Gardens

Greenbush GC, NY

#29-1 Blue Star Memorial Landscaping, Byway Marker

Crofton Village GC, MD

Clematis GC, NY

#38 Calendar Flower Arranger of the Year

2015 Arranger of the Year, Brenda Bingham, Cedar
Grove, NJ

#44 Publicity Press Book by Regions-Central Atlantic Region

Greenport GC, NY

Newark GC, NY

Hazelton Area GC, PA

Penn-Cumberland GC, PA

Garden Clubs of Columbia County, NY

Harrisburg Area Civic Garden Center, PA

#46 World Gardening

Emerald Necklace GC, OH

#50 Historic Preservation- The May Duff Walters Award for Preservation of Beauty

Gates Mills GC, OH

#51 Decoration of Historic Building

Crossroads of Hughesville GC, MD

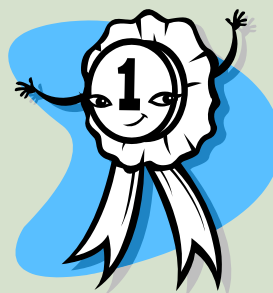
#53 National Garden Week

Milford GC, DE

#55J Youth Environmental Concern Award - The

**Winifred F. Fink Award -Overall Winner-Youth
Division of Shelter Island GC, NY**

Over 1,000 daffodil bulbs were planted by students to
enhance Shelter Island roads and gardens.



**Congratulations to
All !**



2014 CENTRAL ATLANTIC REGION CONFERENCE

“DESTINATION DELAWARE”

**Dover Downs Hotel & Casino,
Dover Delaware**

HOSTED BY THE DELAWARE FEDERATION OF GARDEN CLUBS

October 26-28, 2014

DINNER/LUNCHEON PROGRAMS

BUTTERFLY RICK

RICK MIKULA has been entertaining audiences for nearly two decades with his humorous butterfly presentations. From 4 to 104, everyone loves these fast-paced, informative presentations. Here is your chance to see what is happening in the world of the beautiful creatures. Find out how you can attract, keep, and enjoy butterflies in your garden. Long regarded as one of the top butterfly farmers, Rick reveals many of his techniques for raising butterflies in a low cost manner the whole family can enjoy

DESIGN PROGRAM – DELAWARE and BEYOND

Joy Ericson will delight you with her outstanding design program “Delaware and Beyond”. The audience will travel the world of design with her to Peru, Argentina, Costa Rica and Ireland. Several of the container designs will be raffled off at the end of her program. Joy is an Accredited NGC Master Judge, former President of Delaware Federation of Garden Clubs and a former C.A.R. Director.

DIAMOND STATE CHORUS – Plan to enjoy a delightful evening of “Travel Music” with the Diamond State Chorus.

A STANDARD FLOWER SHOW

BON VOYAGE – Presented by the Delaware Federation of Garden Clubs. Join us for a fun excursion to the far corners of the world. “**All Aboard**” with 39 classes of Horticulture, “**Customs – Passports Please,**” 5 classes of Design, and “**Oh the Memories,**” Sightseeing” (gardening techniques and practices from around the world), and “Souvenirs” (a photography section featuring single specimens, gardens and landscapes).

HOTEL RESERVATIONS: Dover Downs Hotel & Casino, 1131 North DuPont Highway, Dover, DE Reservations must be made by 9/16/14 to receive special rate of \$135.00 per night +taxes +fees. Please call 866 473 7378, use conference code **GGAR14** for the C.A.R. Conference. Dover Downs overnight guests receive \$25.00 spa dollars, \$30.00 free slot play, and 15% discount at Frankie’s Restaurant.

Garden Photography for all of your Destinations

Ken Arni will conduct this workshop. With some basic understanding of photography you will be able to take stunning pictures of your garden and the gardens you visit. Learn about taking wonderful pictures with your smart phone or point-and-click camera. This workshop will focus on appreciating background, lighting, and composition of the total image (Two Sessions).

Exciting New and Underused Plants from Around the World

Val Cordrey will conduct this workshop. The workshop will highlight the very latest plant varieties from breeders around the world. Also, many great and underused plants in the home and landscape will be discussed. The latest trends in the industry will affect us all – trends in the food markets, research and developments. Europe and technology – all work together to present an exciting future.

Ornaments, Made from Natural Organic, Recycled Materials

Six Garden Club Members will conduct this workshop. Get inspired by this demonstration to create handmade ornaments and decorations from materials found in your home, garden or any future destination. Learn to make wonderful things from materials such as pine cones, plastic pots, light bulbs, cork, and dried flowers.

WORKSHOPS

A New Design “Destination” – Armature Form Design

Dottie Howatt will conduct this workshop. Component selections, construction techniques and creative design approaches will be demonstrated to introduce this intriguing new NGC floral art form.

TOURS

Nemours Mansion & Gardens – On Monday, October 27, 2014 we will have a Private tour of Nemours Mansion & Gardens. This is a must see event to peek into the private life of American industrialist, financier and philanthropist Alfred I. DuPont and his second wife, Alicia. The mansion is a five story, 77 room, 47,000 sq. ft. structure that was designed by renowned New York architects, Carrère and Hasting. Travel by motor coach to Nemours in Wilmington, DE. There will be a private tour of the mansion and tram tour of the spectacular gardens. Luncheon at the DuPont Country Club included.

Costumes of Downton Abbey - Winterthur Museum – A limited amount of tickets have been reserved for the Downton Abbey Exhibit including an optional 1 hour house tour and an optional 25-minute tram tour of the gardens (weather permitting) at Winterthur Museum. They have 3 wonderful gift shops plus a Downton Abbey gift shop too.. This is a special group tour on Wednesday, October 29, 2014 for C.A.R. registered attendees only. Why not take this tour on your way home? It is only an hour away from Dover Downs.

Sunday, Oct. 26, 2014	
3:00PM- 7:00PM	Registration, no walk-ins
2:00PM- 5:30PM	Flower Show Entries Received
3:00PM- 4:00PM	Executive Committee Meeting
3:00PM-10:00PM	Vendors Open Duty Free
5:00PM	Executive Committee Dinner
6:30PM	Flower Show Judging
8:00PM-10:00PM	Flower Show “Bon Voyage” Open to the Public
Monday, Oct. 27, 2014	
7:30AM- 9:00AM	Registration, no walk-ins
8:00AM-7:00PM	Flower Show and Vendors Open
8:15AM-9:00AM	C.A.R. Board Meeting
9:15AM-3:30PM	Nemours Mansion & Garden Tour
10:00AM-11:00AM	Dover Downs Chef Demo
1:30PM-2:30PM	Workshop “Recycled & Natural Ornaments Demo”
1:30PM-2:30PM	“Race Track Tour”, \$10., limit 15
3:00PM-4:00PM	“Race Track Tour”, \$10., limit 15
4:00PM-6:00PM	Registration, no walk-ins
4:00PM-6:00PM	C.A.R. Roundtable, “Let’s Talk”
6:00PM-7:00PM	Cash Bar
7:00PM	Banquet & Program “Butterfly Rick”

Tuesday, Oct. 28, 2014	
7:30AM- 11:30AM	Registration, no walk-ins
8:00AM-7:00PM	Vendors Open Duty Free
8:00AM-3:00AM	Flower Show, “Bon Voyage”
9:15AM-11:30PM	General Session
11:30AM-12:30PM	Social Hour
1:00PM	Luncheon & Design Program “Delaware and Beyond”
3:00PM	Flower Show closes
4:00PM-4:45PM	Photography Workshop
4:00PM-4:45PM	Armatures Workshop
5:00PM-5:45PM	New Plants Workshop
5:00PM-5:45PM	Photography repeated
6:15PM-7:00PM	Reception, Cash Bar
7:00PM	Banquet & Program/Music By “Diamond State Chorus”



2014 CENTRAL ATLANTIC REGION CONFERENCE
“DESTINATION DELAWARE”
Dover Downs Hotel & Casino, Dover Delaware
HOSTED BY THE DELAWARE FEDERATION OF GARDEN CLUBS
October 26-28, 2014

This registration form is available on www.ngccar.org. Print and mail with your check to Nancy Hickman, 2 Tidewater Drive, Seaford, Delaware 19973, 302-629-6337, nhickman7@hotmail.com. Make check payable to C.A.R. Conference 2014.

NAME _____ State Garden Club _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

TELEPHONE NUMBER _____ CELL _____ EMAIL(for confirmation) _____

PLEASE STATE DIETARY RESTRICTIONS _____

Credentials, voting and protocol (please check all that apply)

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> National President | <input type="checkbox"/> State President | <input type="checkbox"/> Landscape Design Consultant | <input type="checkbox"/> Garden Club Member |
| <input type="checkbox"/> National Officer | <input type="checkbox"/> National Board Member | <input type="checkbox"/> Environmental Consultant | <input type="checkbox"/> Delegate <input type="checkbox"/> Alternate |
| <input type="checkbox"/> Regional Director | <input type="checkbox"/> Flower Show Judge | <input type="checkbox"/> State Life Member | <input type="checkbox"/> Spouse or Guest |
| <input type="checkbox"/> Former Regional Dir. | <input type="checkbox"/> Gardening Consultant | <input type="checkbox"/> C.A.R. Life Member | Serving as C..A.R. Officer or Representative _____ |
| | <input type="checkbox"/> NGC Life Member | | _____ Title |

FULL TIME CONFERENCE REGISTRATION (includes registration and all three meals/programs/workshops)

Nemours tour and race track tours additional.

- Full Time Conference Registration..... \$ 245.00 _____
- EARLY SPECIAL (postmarked before 9/10/14).....\$ 225.00 _____
- Monday, 10/27/14 Tour to Nemours Mansion and Gardens.....\$ 70.00 _____
- Monday, 10/27/14 Race Track Tour 1:30-2:30PM...(limit 15).... \$ 10.00 _____
- Monday, 10/27/14 Race Track Tour 3:00-4:00PM...(limit 15).....\$ 10.00 _____
- Patron Donation, from below..... _____

FULL TIME TOTAL ENCLOSED _____

PART TIME CONFERENCE REGISTRATION.....\$ 35.00 _____

- EARLY SPECIAL (postmarked before 9/10/14).....\$ 25.00 _____
- Monday Banquet and “Butterfly Rick”.....\$ 80.00 _____
- Tuesday Luncheon and Joy Ericson, “Delaware and Beyond”\$ 70.00 _____
- Tuesday Banquet/Music by the “Diamond State Chorus”.....\$ 80.00 _____
- Monday, 10/27/14 Tour to Nemours Mansion and Gardens.....\$ 70.00 _____
- Monday, 10/27/14 Race Track Tour 1:30-2:30 PM...(limit 15).....\$ 10.00 _____
- Monday, 10/27/14 Race Track Tour 3:00-4:00 PM...(limit 15).....\$ 10.00 _____
- Patron Donation , from below..... _____

PART TIME TOTAL ENCLOSED _____

WORKSHOPS ATTENDING (check) Chef’s Demo 10/27, 10-11AM () Recycled Ornaments Demo 10/27, 1:30-2:30PM () Armatures Workshop 10/28, 4-4:45PM () New Plants Workshop 10/28, 4-4:45PM () Photography Workshop 10/28, 4-4:45PM () Photography Workshop 10/28, 5-5:45PM ()

Please consider being a Patron in our Program listing and add your favorite destination for the option chosen below:
 World Traveler \$50 _____ Continental Traveler \$25 _____ Central Atlantic Traveler \$10 _____

\$25.00 Handling fee for any refund– no refunds after September 26, 2014

Dover Downs Hotel & Casino reservations: For Conference reservations call 866-473-7378 (VIP Reservations) and give the conference code GGAR14. Reservations must be made by September 16 to guarantee the rate of \$135 per night+taxes+ fees.



Bruce Crawford is the Director and “dreamer in chief” of the beautiful Rutgers Gardens in New Jersey. He passionately defines gardens as “romantic enclosures that create their own special mood.” He has 24 years’ experience as President and owner of a landscape design company, Garden Architecture; has been adjunct professor of landscape architecture at Rutgers for 21 years and is currently Director of Rutgers Gardens.

Sustainability in the Home Garden

Sustainability

Sustainability has recently become an overused and almost trite term, yet it remains a more than deserving concept. It is defined as state or condition that can be maintained at a certain level, indefinitely. In the broad sense, sustainability pertains to three issues of a society:

- A. Economic (Jobs, Stockholder Profits)
- B. Social (Education, Health, Poverty, Crime)
- C. Environmental (Water Quality, Air Quality, Natural Resources)

All three of these parts interact, each affecting the other and, to a degree, determining the life span of a society. The same three aspects also apply to garden design! Initially, economics and the costs of construction and maintenance is the focus. The social perspective is broached through the garden’s ability to attract groups of individuals, create a sense of safety and improved health through physical activities or mental relaxation. Unfortunately, the initial costs of a more environmentally and socially friendly garden are far greater than a garden that is simply driven by economics. For the gardener, the obstacle is overcoming the economics, permitting the social and environmental benefits to reveal themselves.

Why Sustainable?

The reasons are manifold, but one social focus I’d like to consider is our growing dependence upon electronic and other technological advances. As our technological improvements advance and our daily needs to venture beyond the indoors diminish, our daily interaction with nature diminishes as well. A typical suburban house features a broad drive up to garage doors, a narrow path to the front door, a modicum of shrubs with a pristine lawn gracing the front yard and perhaps a small deck or patio off the kitchen in the back yard. We use technology to heat and cool the house. We eat frozen food or store bought produce and the domesticated dog or cat is our source of wildlife! Most of our garden is merely allowed to grow 2” tall. It needs weekly trimming and only looks great with copious

water, fertilizer and herbicide applications. The outdoors is not intended for use, but merely to be seen. This style of design enhances an economy that is increasingly driven by the use of natural resources. This effectively reduces the water and air quality, decreases health, narrows education and ultimately impacts the job numbers and the economy. **Wow**, talk about the power of a garden!!

Hopeful Solutions

Obviously, the scenario above is slightly exaggerated. However, as the population density increases, gardens will also need to reduce the burden upon our increasingly stretched resources. Initially, these solutions will come at an additional cost to the consumer, but the ultimate end will be the perpetuation of a healthy economy, society and environment.

1. Summer Cooling, Winter Protection and Heating

The reason farmers and settlers planted a shade tree off the Southwest corner of the home was to protect the home from the beating afternoon sun. Remember, it takes 25 years for a shade tree to grow to a sufficient size to cool a home. During home construction, there is often an existing tree or trees that can be saved through proper site construction management and utilized for shading the home. In order to save those trees and 25 years of cooling in the process, protect those trees during construction from soil compaction. During winter, the naked canopy allows the solar rays to reach and help to heat the home. In addition, winter winds predominantly blow out of the Northwest. Locating a coniferous or a tall mixed vegetative windbreak along the Northwest side of the property will help to reduce the wind’s impact upon the home’s heating system. Also, do not forget that ivy or vines, that cover outdoor masonry wall surfaces will provide insulation, as do evergreen espaliers.

2. Inviting Outdoor Rooms

People need to be outdoors to understand the outdoors! Consider designing this ‘room’ as an outdoor extension of an indoor space. This helps to eliminate barriers and makes going outdoors more inviting and seductive. Creative uses of arbors, hedges, trees or allées of trees will help to create a better indoor/outdoor spatial and architectural relationship. No one will be beckoned out-of-doors if the patio or deck is in full beating sun.

An overhead structure such as an arbor or shade cast from a tree planted to the SW of the patio will make the area far more inviting. Trees also cool through evapotranspiration and are best positioned when branches are not directly overhead. Experience has taught me that bird nests are often not a desirable attribute for those sitting below!

Water features and ponds are additional fun accessories that will lure people outside. Outdoor rooms also need to have windbreaks; most people enjoy the BBQ year-round, as well as going out to study ice formations of a water feature or to pick herbs—a far more pleasurable activity without a chilly wind!

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activity without a chilly wind!

3. Water Conservation

Reduced water consumption along with reducing impervious surfaces, creative techniques for storing storm water and reduced erosion are all part of water conservation. Fresh water is rapidly becoming the next limited natural resource and storm water damage has become a major issue.

A Kentucky Blue Grass lawn is a huge consumer of water. Solutions to this dilemma range from changing the turf to the far more drought tolerant tall fescue or to simply reduce the size of the lawn and incorporate drought tolerant plantings in its stead. These plantings can assume the form of prairie-like meadows in sunny locations to masses of shade tolerant shrubs and herbaceous materials in woodland locations. Turf should

also be considered as only semi-pervious. Woodland and Prairie settings allow about 10% of rainfall to runoff as sheet flow, while turf allows close to 55% as sheet flow, taking with it many of the fertilizers, turf related chemicals and bacteria from animal waste. One of my favorite substitutes for turf is *Carex pennsylvanica*, Pennsylvania Sedge (pictured below). Strongly rhizomatous, it knits together, producing a turf that needs no water, is nearly weed proof, can be mown once or twice a year if needed and can accept light pedestrian traffic!



Many gardeners also think that shredded wood products are now the ultimate ground cover, especially if it is dyed **orange**! Shredded wood typically develops into a dense matt that becomes hydrophobic as the materials dry, causing the water to simply sheet across the top. In nature, decaying leaves and the myriad stems of herbaceous plants slow the movement of water across the land. The rough texture of the leaves does not knit tightly and allows water to penetrate into the soil. Although it often does not look as neat or uniform as shredded bark, it is far friendlier to the environment and reduces erosion potential and the pressure on streams and stream banks.

Sediment from eroded soils and stream banks impact the environment in a variety of manners, stretching from the obvious loss of topsoil to the loss of temperature stratification in lakes and ponds as they fill with sediment. Aside

from mulching with leaves, consider groundcovers with a strongly rhizomatous root system since the thicket of stems and entangled roots helps to minimize soil erosion. Groundcover does not simply imply plants to a height of 6"! Southern Bush Honeysuckle *Diervilla sessifolia* (pictured below) is a perfect example of a woody plant that grows to 3 feet in height while creating a total thicket.

Yellowroot (*Xanthorhiza simplicissima*) is another great native plant for ground cover use.



4. Biodiversity

It is important to maintain or restore plant and animal biodiversity, as well as provide animal habitat and shelter. There are very few animal habitats in a well-maintained lawn! Plants that provide fruits and seeds for birds; nectar and pollen for butterflies, bees and hummingbirds; as well as thickets and trees for shelter are all very important. Install as many pollinator-friendly plants as possible to maintain a food source for our native birds and insects. Otherwise, suburbia will become an animal and insect desert! And who does not like to watch birds and butterflies in action?

5. Food Sources for Humans

Most people still have the hunter-gatherer instincts and enjoy the thought of growing their own vegetables and fruits. The reality and problem lies in that most people would rather hunt and gather at a grocery store!!

Consider planting vegetables in the mixed border as well as fruits, such as Kiwis (*Actinidea*) Blueberries (*Vaccinium*) and Paw Paws (*Asimina*). They can add beauty to the garden while at the same time be quite functional!

In Practice

It must be noted that Sustainable Designs should not be confused with Boring Designs! While most gardeners are certainly interested in conserving resources, the unfortunate truth is that many are often not willing to give up personal needs, or to implement solutions with an initially higher cost. The challenge is to create a design that is aesthetically pleasing and one that meets our needs while at the same time conserving the resources for the future. One of our most effective goals is to develop designs that reacquaint our family and guests with the garden. Once a deeper appreciation of the outdoor environment is created, a broader social appreciation will hopefully develop towards the environment and its conservation.

Garden Smarts

Not only are gardeners happier, but they might be smarter, suggests a new study from the Sage Colleges in Troy, New York.

In 2007, United Kingdom researchers linked that happy feeling gardeners have after they've been digging in the



dirt to a little soil organism called *Mycobacterium vaccae*, which decreases anxiety and increases serotonin, the "happy hormone."

The same common soil bacterium has now been found to increase learning ability.

Get digging! Get smarter!

Help us to build a Monarch Milkweed Corridor by purchasing plugs of milkweed that are pesticide free and starting a milkweed garden. Buy the Common Milkweed, *Asclepia syriaca*, plant it and become a **Waystation for Monarchs!**



RRR RRR RRR
Roar About It!



Be A Part of the Count!
Restoring! Refurbishing! Replanting!

Make a difference in our Central Atlantic Region by being part of the effort to Restore, Refurbish and Replant gardens, park areas, shorelines, Blue Star Markers, neglected cemeteries.....the possibilities of spaces to improve are as numerous as the inspiration and determination in the members of your club.

What has your garden club done to improve your community's space? Go to the C.A.R. or your state's website and download the Rally Our Region packet. Retell the story of how your members reclaimed, improved the space with determination, ingenuity and elbow grease. After filling out the simple form, mail it to your State Rally Our Region Chair listed on the form. Applications are due by September 15, 2014. One project per state will be advanced to C.A.R., but all state projects will be tallied to document the cumulative affect. That number will then be combined with all the projects in all the states in the region.

It's time to **ROAR!**

Be part of the crusade to Rally Our Region!





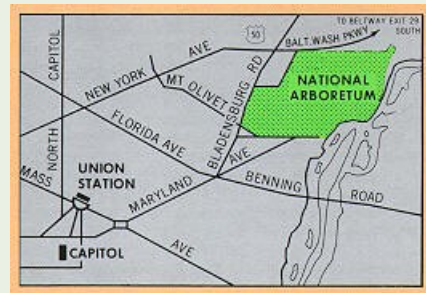
A Standard Flower Show

National Capital Area Garden Clubs (NCAGC) in partnership with the United States National Arboretum will present a Standard Flower Show, “Science Into Nature Equals Art,” at the US National Arboretum, Washington, DC, on October 18 and 19, 2014. The United States National Arboretum is located at 3501 New York Avenue, NE Washington, D.C.

The show’s Chair, Anne Bucher, announced that photography has been added for the first time in an NCAGC show and a section for fruits and vegetables has also been included. In addition, the US National Arboretum is providing an educational exhibit and speakers for the four lecture programs held during the show.

You are invited

All members of National Garden Clubs, Inc., and members affiliated with National Capital Area Garden Clubs, Inc., are eligible to compete for awards. Anne asks that all entries to all Divisions must be received between 10am and 4pm on Friday, October 17. You can find the show’s schedule online at: www.ncagcgardenclubs.org. Click on “Review the Flower Show Schedule.”



MASON BEES READY TO FLY!

With the decline of the honey bee, Crown Bees, an NGC partner, is helping C.A.R. **MAKE A WORLD OF DIFFERENCE** for our food supply by educating us about the benefits of raising Mason Bees and providing Mason Bees and supplies to members at a discount. Please visit the NGC section of Crown Bees website at www.crownbees.com/category/ngc to learn about this partnership. Sign up for “Bee-Mail”, a monthly e-newsletter at www.crownbees.com and participate in **NGC’s BeeGAP(Gardeners Adding Pollinators)**.



"Making a World of Difference:



Choices Matter"

There is still plenty of time to complete a project for Linda Nelson's "Making a World of Difference: Choices Matter". The final deadline for your state or club's application is March 31, 2015. Applications should be sent to one of the following chairmen, and although email is preferred, postal mail is also acceptable:

Air: Doris Jackson

Email: dfcix@aol.com (energy conservation, solar, wind)

Water: Mary Sue Colvin

Email: mscolvin2@gmail.com (xeriscaping, rain gardens, aquatic ecosystems)

Forest: Phyllis Besch

Email: pdbesch@aol.com (trees, native forest plants, invasive shrubs and trees)

Land: Caroline Wittman

Email: caroline.wittman@cox.net (all gardening and planting, native plants, organic gardening, therapy gardens, roadside beautification, wildflowers)

Wildlife: Mary Jacobs

Email: mary_gardens@att.net (butterflies, endangered species, pollinators)

Award applications should be typed and be no longer than three pages of letter-sized paper. Photos should be included (digital photocopies permitted).

State projects should have as their priority: education, workshops, speakers or seminars. In Ohio, President Mickie Marquis has been flitting about the state, planning a project with the educational focus on butterflies.

Club projects should involve the planning and completion of a project related to a local concern. In the National Capital Area, Woodmoor Garden Club, noticed a diminishing number of neighborhood trees and has facilitated planting more than 25 native trees by harnessing a \$25 rebate coupon offered by the state's "Marylanders Plant Trees" Program and making use of a multiple purchase discount offered by Behnkes Nursery. The Club hopes to repeat this program in years to come, to keep the neighborhood a leafy haven.

What wonderful projects are you working on in your state and for your club? Don't forget to get your application in so you can receive recognition and a possible monetary award! And tell the Regional Review Editor about it!

Mary Ann Ferguson-Rich

mafr43@hotmail.com

HISTORY OF THE BLUE STAR MEMORIALS

At the close of WW II, National Garden Clubs (called National Council of State Garden Clubs at the time), was seeking a suitable means of honoring our service men and women. Garden club members visualized a living memorial, preferring to help beautify and preserve the country these men and women had fought for, rather than build stone monuments in their honor.

C.A.R. can be proud that the idea for a Blue Star Memorial had its beginning in New Jersey. In 1944, Mrs. Lewis M. Hull, GCNJ President and future NCSGC President, and Mrs. Vance Hood, who was Roadside Chairman, had an inspired idea. One thousand flowering Dogwood trees would be planted along five miles of highway, which was designated the Blue Star Drive by the legislature. No billboards were allowed on the stretch of highway. The project was named for the blue star in the service flag, which hung in windows of homes and businesses to honor service men and women. At the 1945 Fall Semi-Annual Meeting of NCSGC, the project was approved. A "ribbon of living memorial plantings traversing every state" called The Blue Star Memorial Highway Program was adopted at the 1946 Annual Meeting in New Orleans. In 1947, Mrs. Frederick R Kellogg (NCSGC President 1930-1933) designed a marker, which would identify the highways. Clubs responded enthusiastically. After official approval of the site, garden clubs would purchase markers and planting materials. Highway departments would plant and maintain the area. This was the first program undertaken by garden clubs on a national scale. It began to honor WW II veterans but in 1951, the mission was enlarged to include all men and women who had served, were serving or would serve in the armed forces of the United States. The need for an extension of the program became apparent to accommodate areas other than just highways. A smaller By-Way Marker was approved in 1981 and then, the marker was changed in 1994 to be more descriptive by including the words, "A tribute to the Armed Forces of America". In 1996 a third marker was added which was identical to the Highway Marker, except for the removal of the word "Highway". This change allowed the marker to be placed on the grounds of a National Cemetery or Veterans Administration Centers. In 2004 the scope of this marker was enlarged to include other appropriate civic locations.

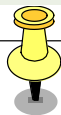
The importance attached to the Blue Star Memorial Program was underlined when the NGC President's pin, designed in 1952, contained seven diamonds and one large sapphire, symbolic of the program.

We have had four Blue Star Chairmen from C.A.R. since it started in 1944. Captain Robert B. Quiesser, an Ohio National Guard veteran (1916) is credited with designing the original Blue Star Banner. In 1917 the Congressional Record stated: "The world should know of those who give so much for liberty. The dearest thing in all the world to a father and mother--- their children." On October 17, 1943, Congress authorized the flag which was approved as an official design. Make the Blue Star Memorial a priority in your state!

Shirley Basista

sibasista@yahoo.com

Stately News



Environmental Study Schools

August 14-15, 2014--Deep Creek Lake State Park, The Discovery Center, Swanton, MD, Course II. Contact Chair Linda Harris at 301-453-3293

September 16-17, 2014--Derwood, MD (NCA), Course III. Contact Chair Lydia Barbour at 703-282-8924

Annual Events

October 26-28, 2014--C.A.R. Conference-Dover DE-Dover Downs, 1131 North Du Pont Highway, Dover, DE. 302-674-2014

Flower Show Schools

September 30-October 2, 2014--Course IV-FGCNY, Great River, NY. Registrar: Marion Romeo at 516-785-7851. Instructors: FSP & Horticulture: Sandra Joyce-bulbous, dahlias, container grown foliage plants; Design: Mary Huntoon

October 7-9, 2014--Course I-GCNJ. Contact Chair Carol English at overbrook@comcast.net or 908-931-1426. Registrar: Louise Davis at 973-402-4043. Instructors: Horticulture: Cathy Felton-annuals (marigolds) and herbs (salvia)

Landscape Design Study Schools

June 25-26, 2014--Course III, Akron, OH
State Chair: Barbara Shepard at 614-890-4627.

September 16-18, 2014--Course I, Country Inn & Suites, Annapolis, MD. For Information, call Ann Christ at 410-241-5501. State Chair: Diana Bonner at 410-643-6779, debonner@verizon.net

October 1-3, 2014--Course I, Chappaqua, NY.
State Chair: Antoinette Babb at 845-246-4445.



Flower Show Symposia

July 8-9, 2014--Cincinnati, OH. Registrar: Jeri Timon, 513-451-4247; Design: Jo Krallman, "Tables", Allied Topic "Leaf Manipulation", Horticulture: Jim Schmidt, Allied Topic "What Kind of Judge Are You?"

November 6-7, 2014--Pittsburgh, PA. Registrar: Barbara Lotito, 724-327-0501; Design: Penny Decker, "Color--Make it Exciting", Allied Topic "Here Comes the Judge", Horticulture: Darlene Newell, Topic "Ferns--Something Old, Something New", "Simply Succulents", Allied Topic "Wheel of Hortulana".

Gardening Study School

August 26-27, 2014--Course I, Bedford, PA.
Local/State Chair: Micki McCahan at 814-327-6720.

October 14-17, 2014--Course I, Holly House, New Brunswick, NJ.

NGC Board Meetings

September 24-28, 2014-- Fall Board Meeting, Des Moines, IA.

DELAWARE--

WWW.DELAWAREGARDENCLUBS.ORG

MARYLAND--WWW.FGCOFMD.ORG

NATIONAL CAPITAL AREA--

WWW.NCAGARDENCLUBS.ORG

NEW JERSEY--

WWW.GARDENCLUBOFNEWJERSEY.COM

NEW YORK--WWW.FGCNYS.COM

OHIO--WWW.GARDENCLUBOFOHIO.ORG

PENNSYLVANIA--

WWW.PAGARDENCLUBS.ORG

National Garden Club--

www.gardenclub.org

Central Atlantic Region--

www.ngcCAR.org