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The deadline for articles for the next issue of Regional Review is March 1, 2014 2013.

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.



# Regional Review

/olume 3, Issue 3

anuary, 2014

## **DIRECTOR'S MESSAGE**



What a spectacular Fall! The foliage was extraordinarily bold and beautiful and I can assure you that our spectacular region has been very busy! The Central Atlantic Region states are highly energetic and determined to accomplish the goals that they have set for themselves and they should be commended.

Congratulations to the National Capital Area for hosting an educational, informative and fun conference. The varied programs, tour and workshops ensured that there was something of interest for everyone. A huge thank you goes to Bette Lewis, Anne Bucher and the exceptional committee for their hard work and tremendous effort to make this conference a success. It was, indeed, a "Monumental Event." We were honored to have our National President, Linda Nelson, attend the conference in Bethesda where our members had the opportunity to meet her and learn more about NGC projects and programs.

Many thanks are extended to Sandi Piccirillo and her committee who staged an outstanding symposium with Julia Clevett and Dorthy Yard as the speakers. Well over 100 attendees enjoyed the horticulture and design presentations at this event that immediately followed the conference.

It has been one year since Super Storm Sandy slammed into our region and devastated many towns along the eastern seaboard. Even though some communities have made significant steps forward, many still struggle. It will take more time to recover and our continued support to help those still in need is how our garden clubs can make a difference. The hard-hit areas are most grateful for all of the support and kindness they have received and should continue to receive. In addition to our concern for areas close to home, let us also remember those who have suffered in the Philippines and recently, in Illinois

"Rally our Region- Restore, Refurbish, Replant" applies to everything we, as garden clubs, represent. Where there is need, there is a garden club willing to help. We can all be proud to be members of the Central Atlantic Region and the garden clubs that truly make a difference.

Warm wishes to each and every one of you for a joyous, healthy and peaceful holiday season.

Oonie56@aol.com

Mary Warshauer

## 2013 CAR Awards

## Jean Ladson Outstanding Achievement Award

SMALL CLUB-Crestline Patio Gardener's Club-GC of OH

MEDIUM CLUB-Terre Nova GC, GCNJ

LARGE CLUB-Avon-on- the-Lake GC, GC of OH

## **Civic Development Award**

SMALL CLUB-Chesapeake GC, FGC of MD.

MEDIUM CLUB-First Place-GC of Metuchen, GCNJ

Second Place-Shaker Farms GC, GC of OH

Third Place-Four Seasons GC, FGC of MD

LARGE CLUB-First Place-District 8, FGC of NYS

Second Place-Garden Club of Spring Lake, GCNJ Third Place-Avon-on-the-Lake GC, Avon Lake, OH, GC of OH

#### **Environmental Concerns Award**

First Place-Three Village GC, Setauket, FGC of NYS

Second Place-GC of Spring Lake, Spring Lake, GCNJ

Third Place- Avon-on -the-Lake GC, Avon Lake, GC of OH

## **Outstanding Educational Exhibit**

Joy Coletta, member of the Oxford GC and the Greene GC, both in the FGC of NYS-

"Protecting our Aquatic Ecosystems"

## **Publicity Pressbooks**

SMALL CLUB-less than 29 members

First Place-Shaker Farms GC, Harrison, GC of OH

Second Place-Heritage GC, Troy, GCF of PA

Third Place-Minnowbrook GC, Mohawk, FGC of NYS

MEDIUM CLUB-30-99 members

First Place-GC of Kinderhook, Kinderhook, FGC of NYS

Second Place-GC of McKeesport, McKeesport, GCF of PA

Third Place-Town and Country GC of Louisville, Louisville, GC of OH

HM- Neshanic GC, Neshanic Station, GCNJ

LARGE CLUB-over 100 members

First Place-Orchard Park GC, Orchard Park, FGCNYS

Second Place-Penn Cumberland GC, Camp Hill, GCF of PA

DISTRICT-First Place-The GC of Columbia County (Claverack, Germantown, Greentown and Kinderhook), FGC of NYS

Second Place-Third District, FGC of NYS

AFFILIATE-Harrisburg Area Civic Garden Center, Inc., Harrisburg, GCF of PA

#### **Yearbooks** – all first place winners

Class I-less than 20 members-Finneytown GC< GC of OH

Class II-20-29 members-Country GC of Hartford County, FGC of MD

Class III-30-44 members-Bent Twig GC, FGC of MD

Class IV-45-69 members- Great Kills GC, FGC of NYS

Class V-70-99 members -GC of Spring Lake, GCNJ

Class VI-100-299 members-The GC of Long Beach Island, GCNJ

#### **Violet S. Thoron Award**

Castle Manor GC of Staten Island, FGC of NYS

**Membership Increase Award-**GCNJ , up 2.65%

## Flower Show Schedule

SMALL SFS-First Place-District 3 and 4-FGC of MD for "Who Dunnit?"

Second Place-Ohio Judge's Council North Central Region for "A Walk in the Park" Third Place-GC of Peeksill, Peekskill, NY for "On the Riverfront"

SFS less than 50 members-First Place-Lake Mahopac GC, Mahopac, NY for Glory Days" Second Place-Germantown GC, Germantown, NY for "ABC-123"

SFS greater than 50 members-First Place-Centerport GC, Centerport, NY for "Sail Away" Second Place-Gates Mills GC, Gates Mills, OH for Our River Runs Through It, Life in the Village of Gates Mills"

Third Place-GC of Shelter Island, Shelter Island, NY for "Fanciful Flights"

SFS-Multiple Clubs-First Place-District VI of FGC of NYS, The Garden Clubs of Chenango County for "Along the Chenango"

Second Place-First District of FGC of NYS, for "Paws and Claws"

Third Place-Ohio Judges Council for "Rockin on the Northcoast"

#### **Member Award of Honor**

Mary S. Cottrell -Rock Spring GC of Virginia

## **Youth Poetry**

**Kindergarten**-First Place-Addie Sanelli, Highland Heights GC, GC of OH

**First Grade**-First Place-Annie Sanelli, Highland Heights GC, GC of OH

Second Place-Lillian Wertz, McEwensville, GCF of PA

**Second Grade**-First Place-Mia Palmisano, Highland Heights GC, GC of OH

Second Place-Annabella Vergerio, Ingomar GC, GCF of PA

**Third Grade**-First Place-Stella Giordano, GC of New Rochelle, FGC of NYS

**Fourth Grade**-First Place-Emily Kozlowski, Ingomar GC, GCF of PA

Second Place-Ava Natoli, Highland Heights GC, GC of OH

**Fifth Grade**-First Place-Paul Adanatzian, GC of Long Beach Island, GCNJ

Second Place-Jenna Zabroski, Ingomar GC, GCF of PA

Third Place-Florence Ng, Highland Heights GC, GC of OH

Fourth Place-Indira Nzerue, Mt. Airy Clay Breakers, NCAGC

**Sixth Grade**-First Place-Hannah Skimmons, GC of Long Beach Island, GCNJ

Second Place-Vincenzo Battaglia, Ingomar GC, PAGC.

**Seventh Grade**-First Place- Kristina DiSanto, Highland Heights GC, GC of OH

**Eighth Grade**- First Place-Julia Brzozowski, Highland Heights GC, GC of OH

Second Place-Kyle Musselman, Mt. Airy Clay Breakers, NCAGC

**Ninth Grade**- First Place-Sara-Jane Ramotnik, Mt. Airy Clay Breakers, NCAGC

Second Place-Jack Maniscalco, Severn River GC, FGC of MD

Special Ed.- no submissions

## **High School Essay Award**

First Place-Alex Elliott (12<sup>th</sup> Grade), Four Rivers GC, FGC of MD. "Ways We Can Protect Our Aquatic Ecosystems"

## Smokey the Bear/Woodsy Owl Poster Awards-

**Kindergarten**-HM-Kasey Purdy, Catskill, NY, FGC of NYS

**Grade One**-First Place-Julia Deblock Independence GC, GC of OH

Second Place-Karla Garcia-GC of Harrisburg, GCF of PA

HM-Anna Farnschlager, GCF of PA

**Grade Two**-First Place-Taylor Sovchen, Highland Heights GC, GC of OH

Second Place-Abigail Schweitzer, Emmaus GC, GCF of PA

Third Place-Maax VandeGraaff, Little Silver GC, GCNJ

HM-Jayden Crouch, Minnowbrook GC, FGC of NYS

**Grade Three**-First Place-Hans Unruh, Pucketos GC, GCF of PA

Second Place-Kristen Bender, Ridgewood GC, GC of OH

Third Place-Joshua Evans, Worcester GC, FGC of MD.

HM-Ricky Craver, Athens Community GC, FGC of NYS

HM-Cardine Crown, Athens Community GC, FGC of NYS

**Grade Four**-First Place-Patrick Firrell, Independence GC, GC of OH

Second Place- Isabel Fuentes-Norristown GC, GCF of PA

Third Place-Kristine Nietes, Herkimer GC, FGCNYS HM-Raven Smith, Mt. Airy Clay Breakers, NCAGC

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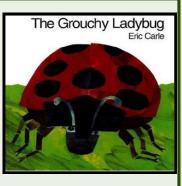
HM-Alan Moszczyrski, Watchung GC, GCNJ

Grade Five-First Place-Matthew Wood, Ilion GC, FGC of NYS

Second Place- Mark Ezaki, Ridgewood GC, GC of

Third Place-Jayne Pilch, Mt.Airy Clay Breakers, **NCAGC** 

HM-Elise Toennesen, Terre Nova GC, GCNJ HM-Carey Zhu, GC of Harrisburg, GCF of PA a sparrow at 9, a lobster at 10, a skunk at 11, a constrictor at 12. a hyena at 1, a gorilla at 2, a rhinoceros at 3, an elephant at 4, a whale at 5, and at 6 .... Well, you just have to read the book to your youngster to know the rest of the story.



Announced at C.A.R. Conference in Bethesda, MD

**SCHOLARSHIP WINNERS** 

Each received \$2500.

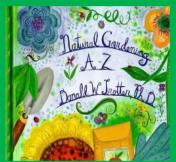
Courtney D. Compton, attending the State University of NY-College of Environmental Science and Forestry sponsored by GCNJ

Amy Lou Miller, attending Ohio State University-sponsored by the GC of OH

## Natural Gardening A-Z by Donald W. Trotter, Ph.D

Published in 1999 by Hay House, Inc. 142 pagesspiral-bound

If you garden using natural techniques, this book will be fascinating to read. Dr. Trotter covers beneficial information on caring for your plants and trees during the seasons without the use of chemicals.



## Lasagna Gardening by Patricia Lanza

A New Layering System For Bountiful Gardens: No Digging, No Tilling, No Weeding, No Kidding!

> Published in 1998 by Rodale Press 244 pages- paperback

"Lasagna gardening" is a

no tilling, no digging, no backbreaking, time saving, etc. way of gardening. The author covers gardening basics, vegetables, herbs, berries, flowers, gardening in fall and winter, ignoring problems and finishing touches.

This is a knowledgeable book to relax with, get pleasure from and to obtain ideas.

> Elise Dougan Book Reviewer

## The Perfect Gift

There is a little bit of something for everyone in the following book selections—entertainment for the young ones(with an adult), "The Grouchy Ladybug", and the two adult books for the new and the experienced gardeners. "Natural Gardening A-Z" and "Lasagna Gardening".

## The Grouchy Ladybug by Eric Carle

Published in 1996 by HarperCollins Publisher

This juvenile book takes you on a journey of a grouchy ladybug who wants to pick a fight in spite of its size or strength. The ladybug starts his morning at 5 o'clock with the aphids, then meets a yellow jacket at 6, a stag beetle at 7, a praying mantis at 8,

## C.A.R. Publicity/Press Book Awards

National Garden Clubs, Inc. #44 Publicity Press Book Certificate of Commendation

Many of your garden clubs are able to get their community gardening activities printed in local newspapers, bulletins, monthly publications and other print materials. I would like to encourage you to participate in the Publicity/Press Book Awards for the upcoming year. Your participation gives us an opportunity to see the evidence of the remarkable achievements being made in your communities and to recognize your clubs for those achievements.

The Publicity/Press Book Certificate may be awarded to winning books of evidence exhibiting quality, quantity and diversity of coverage in the print media promoting garden clubs and NGC goals and objectives. (See Award issue of The National Gardener.)

**Deadline**: Send your entries to your state chair by your state's deadline. The first place winners <u>in each category</u> are sent to C.A.R. Publicity Press/Book Award Chair, Betty Cookendorfer, by February 23. The regional first place winner <u>in each category</u> is the NGC winner in that region.

There is a change in the Publicity/Press Book Award rules in the categories for the 2013-15 term – the number of members in the club has been changed and an Ex-Large Club Category has been added.

## **Categories:**

## A. Single Member Garden Clubs:

Small Club: 29 members and under Medium Club: 30-59 members Large Club: 60-99 members

Ex-large Club: 100 members and above

B. Group of Member Clubs (Councils or Districts, etc.)

E. National Affiliated Garden Center

For additional information including requirements, format and scale of points see N.G.C. Award #44. Or you may contact Betty Cookendorfer, C.A.R. Publicity/ Press Book Award Chair, at <a href="mailto:bcooken@aol.com">bcooken@aol.com</a> or by cellphone at 513-616-4492.



## Winter: A Time for Pruning Shrubs

Winter is often the time of year when gardeners hibernate indoors, thumbing through seed catalogues that seem to appear endlessly at the doorstep. Granted, there are many days that are not conducive to venturing into the out-of-doors, but there remain a number of very pleasurable days for tending to the garden. Of the winter garden activities, one of the more important tasks that can be completed is pruning. Winter is not the optimum time to prune all shrubs, but where appropriate, it offers the gardener the opportunity to see the structure of deciduous plants, now lying naked without their foliage. In addition, most plants remain frozen in time for a number of weeks, allowing the gardener to pick and choose the appropriate time to venture forth without the pressures found during the growing season. For me, pruning is a very pleasurable and gratifying way to spend winter in the garden. I actually feel that I am helping the health of the plant and doing something very positive for maintaining the integrity of the garden.

Before focusing upon the nuts and bolts of pruning, I thought it best to consider the tools necessary for the job. Many people consider electric, or better yet gas powered hedge shears and a chain saw to be the tools of choice. In reality, hedge shears are a necessity when the architectural qualities of a tightly pruned hedge are of need - it literally pulls the architectural lines of a home or structure out into the garden. They are also appropriate for topiary. However, for all other pruning, or for those instances where a loosely pruned hedge would be appropriate, hedge shears should be omitted. When individual plants are sheared into meatballs or some other geometric form, it often draws attention from the intended focal point and subjects the plant to damage from snow and ice load. In addition, shearing a plant also slices the foliage, allowing the area near the cut to become necrotic and turn brown, which in turn gives • the plant or hedge an overall brown cast. It also does not promote the development of vigorous

new growth from the base, which is essential for many flowering shrubs. In lieu of hedge shears for

projects where it is not a design consider a pair of bypass hand pruners. Bypass hand pruners allow the blade to travel past the anvil, much like a pair of scissors, as it cuts the stem. There are also hand pruners whereby the blade comes down on top of the anvil and crushes the branch in order to make the cut - this actually incurs more damage to the tissue and requires more time for the cut to heal. Bypass pruners are effective for 'wood' that is more or less up to 3/8" in diameter. For larger cuts, a small handsaw is preferred. I prefer a tri-edge saw which provides an exceptionally smooth cut, allowing most of the water to be shed and reducing the speed of decay. The drawback to a tri-edge saw is the blade cannot be sharpened and it is wise to purchase several spare blades when buying the saw. I prefer models with a 6-8" folding blade, as they can easily fit in your pocket and it is good for stems up to 3-4" in diameter. For cuts greater than 4", a chainsaw is preferred. Loppers or pruners with 24"-30" handles are often chosen for wood that is between 3/8"-1" in diameter, but it is one more item to carry about and I actually prefer the saw. The best use for loppers is where an extended reach is necessary, such as into a rose bush or a multistemmed shrub. Otherwise, hand pruners and a pocket-sized saw are appropriate for most of your pruning chores!

Outside of the hedges, the challenge always becomes where to make a pruning cut. I have always found it helpful to walk about the plant and as odd as this may sound – to become 'one' with the plant, much as Chevy Chase said it is important to become "one with the ball" in the mov-As gardeners, we study our ie, Caddyshack! plants on a daily basis and, hopefully, we begin to develop an innate sense for what is good for the plant. In other words, what might the plant be feeling, if it had such an ability, and what pruning, akin to the removal of a poor fitting piece of clothing, would make the plant feel better? thoughts that cross my mind as I look at a plant might include:

 How much of the plant is dead wood, and where is the dead wood located? On Threadleaf Japanese Maples (Acer palmatum

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var. dissectum), the inner limbs die from lack of light and they should be removed to enhance the winter beauty of the plant. If there are major limbs that are dead along the outside of the plant, there are problems outside of the norm and pruning is merely the first level of response.

- What is the natural branching habit and shape of the plant? If there is a branch that is distorting or altering an otherwise attractive natural habit, it should be removed.
- What portion of the plant is putting excess stress upon it? Perhaps there is a cluster of branches or poor branching structure that is compromising the health of the plant.
- How does the plant fit into the garden? What pruning would make this individual plant, or group of these plants better fit the scale and context of the garden.

Aside from an intuitive perspective of how best to prune the plant, it is important to quantify why we need to prune. For the home garden, the mary focus is upon the health and beauty of Consequently, the pruning needs to typically focus upon (1) plant sanitation, (2) plant rejuvenation, (3) maintaining attractive appearance and (4) controlling size of the plant to suit the scale of the garden. For those gardens with shade trees, safety is another key focus. Based upon the plant and which of the above needs is the focus for the pruning determines when best, during the year, to prune. January to early July is the optimum pruning period; plants occasionally respond with a flush of new growth. Growth responding from a late summer and fall pruning would be killed by frost or in some instances, would kill the entire plant. By contrast, sanitation or the removal of dead or injured branches should be accomplished at any time of the year or, as some gardeners say, whenever the shears are sharp! If the plant was diseased, tools should be dipped in a 10% bleach solution to prevent further contamination. Sanitation also includes the removal of crossing and rubbing branches; the constant abrasion from rubbing maintains an open wound and allows a port of entry for insect and disease.

Winter is also the best time to prune for enhancing the beauty of a plant, since a plant's branching habit can be seen and evaluated. Many plants have attractive branch patterns that can be enhanced by judicious thinning of branches and certainly by the removal of any that are dead. On occasion, shrubs such as Heptacodium (Seven Son Flower) will produce water sprouts or vigorous upright growth from branches that not only detract from the form but create new rubbing branches. Often, water sprouts are in response to the plant needing more sugars via photosynthesis. young gardener, I would remove all the water sprouts, as I found them unattractive to the overall winter outline of the plant. Of course, the plant simply responded by producing even more sprouts! It took me 20 years to determine that I was not 'one' with the plant and that these growths should be thinned, not totally removed, in order to fulfill the needs of the plant! Suckers on grafted plants are an indication that the graft is not 100% compatible and the rootstock needs more sugars; the plant compensates by producing shoots from the roots that bypass the graft point. These shoots should be removed as close to the point of growth on the root as soon as it is detected. However, for shrubs that were reproduced by seed or by rooted cuttings that are multistemmed flowering shrubs, the shoots will yield new canes and allow the plant to be renewed through rejuvenation pruning.

Rejuvenation pruning is best for multistemmed flowering shrubs and for some plants used in hedging situations where the hedge has simply become too large. For flowering shrubs, older stems or canes often lose vigor due to the development of tyloses, essentially a vascular clot, which impedes the movement of sugars and water from the roots to the shoots. The removal of these 4-6 year old stems (I generally cut them back to above the ground) will result in the production of new stems that are far more floriferous and provide an overall improved appearance of the plant! Flowering plants such as Forsythia, Phildelphus (Mock Orange), Syringa (Lilac), Deutzia, Weigelia and Hydrangea macrophylla (Large Leaf Hydrangea) benefit greatly from this thinning. All of these shrubs bloom from buds formed during the previous year, providing the

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misconception that removing these stems will deplete the flowering effect. In reality, it is just the opposite.

The pruning of Hydrangeas is often the point of much controversy, as there are species that bloom on old wood or the previous season's growth, and new or current season's growth. Those species native to colder areas, such as *H. arborescens* and *H. paniculata* bloom on new wood and can be



pruned moderately or even harshly in the winter. For H. arborescens, I usually pursue drastic measures and cut the entire plant to the ground in February (as seen above, with the following June pictured to the right)! For *H. paniculata*, pruning is based upon whether the plant produces a very dense panicle of flowers, such as the cultivar, 'Limelight', or a more open panicle such as 'Unique'. Those with more open panicles can be pruned more drastically, down to 12" above the ground or even lower! The plant will respond with a 5-8' shoot of new growth and an abnormally large flower. Since the flower is more open and lighter, it is less inclined to droop over following rain storms. The denser panicled forms should be cut back to a height of 3-4' on average. That will provide a supportive skeleton for the new growth which, in turn, will prevent the new growth from drooping to the ground. Of course, you can also do nothing and allow it to be a large shrub or small tree as well! Those native to warmer climates, such as H. macrophylla and H. quercifolia produce flowers on the previous year's wood and care should be exercised in the amount and which wood is removed. For *H. macrophylla*, the current season's growth is usually a mahogany brown in color and they should not be touched as the terminal bud is the flower bud! Those stems that are gray in color are at least 2 years old and those

that are the most highly branched with a diameter at the base of  $\frac{1}{2}$ -5/8" are 4-5 years of age or older and should be removed. For *H. quercifolia*, the pruning is more to shape the plant. Oakleaf Hydrangea is a large plant, growing to 8' tall. If it is growing too large in its given location, the best solution is to move the plant, as all Hydrangeas move readily, and plant a lower growing cultivar, such as 'Ruby Slippers'.

For plants with colored stems during the winter months, such as Red-stemmed Dogwoods (*Cornus sanguinea*) and Willows (*Salix alba* 'Britzensis'), only the younger stems are colorful, while the



older wood assumes a grey colored bark. In areas populated by deer, it is best to rejuvenate these plants by removal of the canes older than 3 years, stimulating new growth. Allowing the stems from the previous 2 years to remain actually provides the newly emerging stems protection from deer browse. If deer are not an issue, the plants can be coppiced or entirely cut back to a height of 3"-6" every 3 years! It sounds harsh, but this results in a very uniform development on new shoots. This technique is also called 'stooling', since the plant is cut back to the height of a stool leg!



Continued from page 8

This style of pruning is very traditional for *Buddleia* or Butterfly Bushes, but can also be applied to purple or golden forms of *Cotinus* (Smoke Bush as seen in the images to the right), *Cercis* (Redbud) and *Physocarpus* (Ninebark). The plants will not flower, since they bloom on the previous year's wood, but this pruning will yield straight or attractively arching canes with continually emerging colored foliage from May through late September!!

For those old and leggy Rhododendron, Azaleas and Mountain Laurels, which have become too tall or simply unattractive, winter is the time to rejuvenate the plants by cutting them back to 10-24" in height. The plants will break bud along the stems and within 2 years a more compact plant will result! If you simply wish to keep the plants at a given height, without sacrificing the flowers for a given year, lightly prune this group of plants just as the flowers are fading. Typically, the new growth will result in flower bud formation for the upcoming year. Certain other plants, such as all the species of *Ilex* (Holly), *Osmanthus* (Tea Holly), Buxus (Boxwood) and Taxus (Yew), whether they are an individual plant or used as a hedge, can be significantly reduced in size in winter. Much like the Rhododendrons, they do not need to be cut back to a bud or branch, but simply cut back to roughly a foot below the desired height and they will break dormant buds along the stems.

It should be noted that simply because you have invested \$150+ dollars in tools that you need to prune every plant! *Itea* (Virginia Sweetspire), on right, and *Diervilla* (Southernbush Honeysuckle) are two plants that readily come to mind that rarely – if ever – need pruning!

However, for most shrubs, pruning is beneficial as it literally preserves the past while shaping a garden's future, and winter provides the perfect time for many of these tasks to be completed!





Bruce Crawford Director Rutgers Gardens



## Environmentally Speaking!

## Two-Day Environmental Studies Course Deep Creek Lake, Garrett County, MD

Come and learn about the many facets of our physical world and how it relates to our own landscapes promoting good principles of biodiversity and the love of nature. What more appropriate place to learn about our environment than The Discovery Center, on the right, an interpretive environmental center nestled along the shores of Deep Creek

Lake. Through hands-on exhibits that showcase the natural resources of Western Maryland, the center provides education about the flora, fauna, wildlife, cultural and historical heritage that have turned this former logging and coal mining region into a popular modern day vacation destination.

The facility's numerous natural resource exhibits provide a behind the scenes look into Deep Creek Lake and its watershed and the conservation issues facing the region today. The Discovery Center also features many aquariums with native fish and other aquatic species from the lake and river. An aviary with live birds of prey, native plant gardens, a Monarch Butterfly rearing tank, a live under-water fish camera and discovery science stations all provide a variety of environmental education. The center also includes a Nature Shop where you will find a variety of environmental and educational gifts.



The classroom and conference area of the 6,000 square foot facility will be the setting for this two-day course,



"The Living Earth", being held on Thursday and Friday, April 3 and 4, 2014. The course will include eight one-hour classes: Ecology, Plant Biodiversity, Environmental Science, Environmental Issues, Backyard Wildlife Habitat, Networking & Outreach, Historic Environmental Actions & Leaders and Sustainability. The first day of classes will include a nature discovery field trip onsite at the Deep Creek Lake State Park. The instructors for these classes have been chosen for their education and expertise in environmental and conservation education and are all dynamic and engaging teachers.

The two-day course registration fee of \$100 includes a printed Student Study Manual, all beverages, fruit, snacks and lunch for both days. Discounted rooms are available at the North Glade Inn B & B and at the Quality Inn. Both are very close to the Discovery Center. The second day of classes will offer a course review and a written test that can be taken if you are seeking the Environmental Consultant status through the National Garden Clubs. Otherwise, it is not required and the course can be taken purely for your enrichment.

This will be the first of four courses offered in environmental studies. The next course, "Land & Related Issues", is scheduled for two consecutive days in August, 2014 -- also to be held at The Discovery Center. The courses do not have to be taken in order and any two-day course can be taken that you choose. Course III will be "Air & Related Issues" and Course IV is titled, "Water



& Related Issues". These courses are sponsored by the Federated Garden Clubs of Maryland and will be hosted by the Mountain Laurel Garden Club.

If you have questions or need additional information, please contact Linda Harris by clicking on this email: <a href="mailto:lindaharris355@aol.com">lindaharris355@aol.com</a>, or call 301-453-3293. Registration forms can be emailed to you and will also be available at the websites of the Federated Garden Clubs of MD, <a href="https://www.fgcofmd.org">www.fgcofmd.org</a>, and at the Mountain Laurel Garden Club. Click below to go directly to the forms on their site:

http://www.mountainlaurelgardenclub.com/environmental-studies-school.html. We hope to see you at the Environmental Studies School Course I on April 3 on the shores of Deep Creek Lake where you can learn while enjoying the beauty of Mountain Maryland.

Linda Harris Maryland ESS chair lindaharris355@aol.com

## What Can You do to Make a Difference **Environmentally?**

"Making a World of Difference - Choices Matter" is Linda Nelson's theme. This theme is rooted in our NGC Conservation Pledge that states, "We pledge to protect and conserve our natural resources and promise to promote education about them Earth Stewardship - Material Sources and Citizens Education so we may become better caretakers of them."

Environmental Studies School Courses and Symposiums offer resources/challenges/opportunities to become connected with environmental groups/organizations in your local community.

Encourage garden club members to become aware of environmental organizations within their communities with goals and activities which parallel or are very similar to those of NGC. If Water & Related Issues possible, join, attend their meetings, seminars, and conferences, becoming actively involved. Share your enthusiasm about being a member of the largest volunteer gardening organization in the Wetlands world. Invite them to attend our schools; attend local club Environmental Science - Sustainability meetings.

Consider co-sponsoring a series of Environmental Studies Schools with universities/community colleges with environmen-Garden club members can become tal programs/majors. Environmental Studies Consultants and/or receive refresher Earth Stewardship - Effective Citizenship credits. College students and/or members of the community can possibly receive CEU's and/or college credit with an additional

Subjects for the four Environmental Studies Schools are:

## Course 1:- The Living Earth

Ecology - Overview

Plants - Biodiversity

**Environmental Science** 

**Environmental Issues** 

Backyard Wildlife Habitat

Networking and Outreach

Historical Environmental - Actions & Leaders

Sustainability

Nature Discovery Field Trip to - Study Ecology

## Course 2 – The Living Earth – Land & Related Issues

Ecology - Land

Plants - Agriculture

Source Reduction of Pollutants, Toxics and Materials

Coastal Zone Management

Environmental Science - Resources

Wildlife - Animals - The Misunderstoods

Supplemental Subject - Land Concerns Pertinent to

Location of School

Earth Stewardship - Gardening with Nature

Nature Discovery Field Trip - Emphasizing

the Study of Land and Related Issues

## **Course 3 - The Living Earth – Air & Related Issues**

Ecology - Air

Plants - The Rain Forest

**Environmental Ethics** 

Environmental Science - Pollution

Wildlife - Endangered Plants and Wildlife

**Initiating School Programs** 

Supplemental Subject - Air Quality Issues Pertinent to Location of School

Program

Nature Discovery Field Trip - Emphasizing the Study of Air and Related Issues

## Course 4- The Living Earth –

Ecology - Water

Plants - Aquatic Plants

Wildlife-Aquatic Animals

Youth Programs in Environmental Education

Supplemental Subject - Water Topics Related to Location of School

Nature Discovery Field Trips - Emphasizing the Study of Water Issues

Updated copies of the Environmental Studies School Handbook are available at the NGC Headquarters. The forms are interactive and available on the NGC Website. A brochure of an overview of the subjects for each of the courses is available at the NGC Headquarters and on the NGC Website. An additional brochure, the ESS Student and Consultant Guide is also availa-

As NGC Environmental Studies School Chair, I welcome any questions and concerns state and local ESS Chairs might have pertaining to planning schools, refreshers, obtaining instructors and more.

Judy Newman

NGC ESS Chairman

newman9641@aol.com

## **Possible Environmentally** Friendly Ideas:

- Join "Green Team" in churches
- Work with Community groups planting victory and/or community gardens

- Volunteer to work at Sustainability Conferences listening to speakers from around the world discussing what their companies are doing to reduce, recycle, reuse-- and the economic issues focusing on informing college students about environmentally related degrees and careers.
- Joining a native plant organization, e.g. the Wild Ones, in the mid-west, is a wonderful opportunity to learn and share.
- Work with other organizations, e.g. South East Wisconsin Invasive Species Consortium to plan a seminar "Where Ecology meets Economy Forum for Green Industry Professionals (Nursery men) and Land Managers dealing with the challenges of invasive plant species.
- Seek out and share opportunities to recycle medicines, electronics, metals, and some of the plastics.
- ♦ Purchase items made from recycled materials.
- ♦ Shop at sites which sell used clothing, furniture, etc. e.g. Goodwill, Habitat for Humanity.
- ♦ Buy locally grown food.
- Select plants which are disease resistant and consider water requirements of plants.
- ♦ Car pool or use public transportation.
- Seek out ways to reduce energy use in home, e.g. vampire energy.
- ♦ Select products with less packaging; bring cloth bags to stores for purchases.
- Seek out organizations, businesses in your community focusing on the cleaning of the air, managing the resources, waste management and economic issues.
- Create displays to educate others about making "Environmentally Friendly Choices" for libraries, schools, events, etc.
- Write articles for newspapers, newsletters.
- ♦ Compost yard and raw vegetables from kitchen. The Choices you make really Matter. The above list is a sampling of possible Environmental Friendly Choices everyone can make. I would love to know what creative Environmentally Friendly Choices you are making. Contact me to share your activities at <a href="mailto:newman9641@aol.com">newman9641@aol.com</a> so that I can pass them on to others. It is time for you to get involved.

Judy Newman NGC Environmental Studies School Chair



To make a reservation, call 866-473-7378 CAR 2014 Conference—Code GGAR14

Click below for a virtual tour of Nemours Mansion & Gardens

http://www.nemoursmansion.org/

Mary Noel/Lisa Arni C.A.R. Conference Chairs 302-337-1054—302-537-6238 mhnoel@earthlink.net Lma2010@verizon.net



## **RALLY OUR REGION**



## Restore. Refurbish. Replant.

The Central Atlantic Region encourages clubs to rally to restore gardens, shorelines, parks, memorials, historical sites, roadways and community facilities that have suffered natural disasters, neglect or are in need of an up-date. Restoration projects can be supported by local garden clubs, districts, youth including elementary, junior or high school affiliated garden groups and/or state garden clubs. Garden clubs may work with other organizations to achieve goals. Sampling of projects (but not limited to the following):

- Planting of dune grass plugs on devastated shore lines.
- Replanting of trees, shrubs and perennials in a park, forest, cemetery or historical site that is in need of restoration.
- Container plants placed in/on community properties that enhance the lives of those that live there.
- Clean-up/restoration projects on grounds of schools, libraries, parks, Blue Star Memorials & other public areas.
- Project participation includes monetary support of RALLY OUR REGION Projects within the C.A.R. Region.

RALLY OUR REGION Projects qualify for The Award of Excellence for Region #25 and can be applied for during the second year of the project. Send your <u>State Chairman</u> your garden club's application with documentation by **SEPTEMBER 15, 2014**. Each State Chair will select one **RALLY OUR REGION** Project and submit it to C.A.R. **RALLY OUR REGION** Chair, Susan O'Donnell, by **OCTOBER 15, 2014**. Each State Chair will also submit a brief summary of all state projects submitted . **In order for C.A.R. to qualify, all states in the region must participate.** Please document our projects with photos, a brief description and expenditures of the project. Directions and documents are available on the C.A.R. Website, <u>www.ngcCAR.org</u>. Please click here to go directly to the site. If you have any questions or concerns, please contact:

Susan O'Donnell, C.A.R. Rally Our Region Chair 209 Johnson Road Whitehouse Station, NJ 08889-3311 908-489-2127

greenthumbsfo@comcast.net

Let's all restore, refurbish, replant together and see what a difference it makes!

## Upcoming Deadlines

February 15, 2014 **Smokey Bear/Woodsy** January 1, 2014 **Essay Contest Owl Poster Contest Poetry Contest** February 23, 2014 **Publicity/Press Books Sculpture Contest** April 1, 2014 All other applications Award of Excellence for January 15, 2014 for awards (except the State Garden Club following award) Award of Excellence for June 1, 2014 **Violet S.Thoron Award** Regions **National Awards** July 1, 2014 C.A.R. Scholarship February 1, 2014 Member Award of Honor

## New, unusual Cultivars

Monochromatic does not need to be boring! Conventional green and varied shapes and textures can bring out the sculptor gardener in you. Plant breeders have partnered with nature to create velvety gray-greens, muted yellows and olive tints to satisfy those who seek more subtle statements.

Conifers are the workhorses of a garden, giving you 100% throughout the year and here are a few to consider:

#### **Pinus strobus 'Vercurve'** (Eastern White Pine)

It is a compact *dwarf* with soft, short blue-green needles that twist when young. This white pine is dense with a globular shape and develops into a broad pyramid with age. Growing only 2 ½' tall x 3' wide in 10 years, it can be an ideal addition to a garden. Drought tolerant with average water needs, it is suitable for xeriscaping. 'Vercurve' prefers full sun, well drained soil and grows in Zone 3-8.

#### Pinus sylvestri 'Aurea' (Golden Scotch Pine)



This Pine has earned the RHS prestigious Award of Garden Merit and is an ideal landscape tree. With chartreuse foliage in spring, needles turn to blue-green and then to a bright golden yellow at first frost, off-setting its flaked orange-red brown bark. It definitely brightens the winter landscape.

It grows to 45' with a spread of 9' - 12' in Zone 3 -7 and is a bold accent tree. It is deer tolerant, dislikes humidity and prefers moist, acidic, well-drained soil in full sun.

#### Thuja plicata 'Franky Boy' (Oriental Arborvitae)

It is a dwarf conifer in form of a tear drop and displays a fine, threadlike foliage texture,

making it strikingly unusual. Add its bright chartreuse color and you have a winning year-round plant. This unique member of the Cypress family comes from Holland and was introduced just a few years ago. Its unique texture sets this evergreen apart from all others year-round.

'Franky Boy' prefers full sun, part shade and a moist, well-drained soil. Growing only 4' tall x 3' wide to Zone 5, it could be a great feature for container gardening or foundation planting.

# T

## Taxodium distichum 'Secrest' (Bald Cypress)



An unusual architectural garden plant, it is ideal for a position by a pond or stream. Its feathery, soft-green foliage turns to a golden burnt -orange in fall. As a slow-growing, fascinating tree, with average water needs and deer resistant qualities, it grows to only15′- 20′ in full sun, definitely a unique addition to a "patient" gardener's garden.

Acer shirasawanum 'Aureum' 'Autumn Moon' (Japanese Red Maple)

This tree deserves to be focused in your garden. Its brilliant golden foliage pops in the landscape

and adds depth and interest. Growing only to 16'-20' in full sun/ part shade, it is a low maintenance, small, slow-growing, deciduous tree. Leaves emerge a lovely pastel-orange, changing to a stunning bright yellow, making a big splash of color. Autumn Moon thrives vigorously in full sun to Zone 5. It is one of the best yellow-leaved maples with eye-catching hanging coral red flowers in spring.



## Continued from page 14

Bear in mind there are passionate collectors of everything, from stamps to cards. For a growing number of homeowners, collectible, uncommon specimen trees can rejuvenate and breathe new life into a landscape. Each of the above dwarf and small trees could be the start of your individual collection.

Gotti Kelley Horticulture/New Cultivars cryptomera@aol.com



Snapshots from the C.A.R. Conference



# **Wildflowers** – Flowers which are not intentionally planted or seeded but which flourish in the wild with no need for human intervention.



Experts estimate that over 20,000 types of wildflowers can be found in North America alone. "Wildflower" is not an exact term. Terms like native species (naturally found in the area) introduced species (not naturally occurring – some of which may be invasive that out-compete other plants) or naturalized (introduced but now widely considered native) are more accurate and specific definitions of wildflowers.

Here are 6 steps to follow when creating a Wildflower Garden:

Decide on the types of Wildflowers you want to grow. Best success will probably come if you stick with ones naturally occurring in our area.

Pick an appropriate location for your Wildflower Garden. This should be a site with conditions similar to where your selected Wildflowers grow in the wild.

Purchase Wildflower seeds from reputable nurseries, garden centers or online. Or, maybe better yet, get them from a gardener friend willing to share seeds from plants they have grown successfully in their Wildflower Garden.

Prepare the soil. This is especially important in order to grow a successful Wildflower Garden from seeds. Clear the spot of vegetation. Till or rake the soil to about a 1 inch depth. Amend with potting soil or compost.

Plant your seeds in the spring after danger of frost has past. Sprinkle seeds evenly over the area and then press into the soil with a garden roller or simply walk over them, pressing them in gently, with your feet. Wildflower seeds planted too deeply may not sprout.

Water the seeds, being careful not to drown them. After they hopefully sprout in about 2 weeks, water occasionally, especially in the dry months of summer.

Remember, a Wildflower Garden does more than simply provide a lovely display of blooms. It can serve to spread awareness of the heritage of native species – including the preservation of some that may be considered endangered. And, it can help reinforce the need for conservation in all of Nature – Wild or Not-So-Wild!!

Linda Masland
Xeriscaping/Wildflower Chair
lindamasland@verizon.net



## Pollinator Deserts or Havens

The new NGC Project "BeeGAP" couldn't have come at a better time as we are inundated with gloomy headlines announcing the continuing decline of our pollinator population. We have had the Time Magazine's cover story of a "World

Jeannie Geremia NJ Butterflies & BeeGAP Chair jeannieg42@earthlink.com

Without Bees", followed by a New York Times' article entitled, "The Year the Monarch Didn't Appear", that outlined the disappointing numbers of 60,000,000 migrating Monarchs this last winter, dramatically eclipsed by a mere 3,000,000 this past autumn. Then we have the ongoing battle of "Monsanto versus Monarch". There is a proposed suspension of neonicotinoids, chemicals blamed for the loss of the Monarch's host plant, milkweed, and partially blamed for slowly poisoning our honeybees, native bees and other pollinators. Europe has already banned these neonicotinoids, hoping to stop their pollinator losses.

What to do? We can help one garden at a time! Instead of throwing our hands up in the air, our garden clubs can help to lead the way, making a difference by example and by education. The public must get beyond the mindset of creating a "perfect" landscape with manicured lawns and "cookie cutter" plantings of the same repetitious evergreens, boxwood and yews, virtually creating a desert for our pollinators. How appealing is that to a butterfly or bee? Think about planting a backyard haven brimming over with native plants (preferred by pollinators on a 3-1 basis over introduced species), water sources and nesting sites. Leave noninvasive weeds and some bare ground, resist the use of chemicals and/or fertilizers and sit back and reap the rewards of a plethora of pollinators visiting your gardens. We know that we can have a profound effect on their health and wellbeing, and ultimately, it will have a profound effect on our own health and wellbeing. That is our ultimate goal!

Start by reading as much as you can about tips for providing nesting sites, habitat and food sources for our pollinators. The following should help you get started:

1. <a href="www.crownbees.com/NGC">www.crownbees.com/NGC</a>-- you can sign up for BeeGAP mail and/or become a BeeGAP speaker. Crown Bees and the NGC have formed a partner-

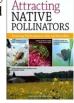
ship advocating for our native bees, and this website has a huge array of articles with step by step instructions to start you on raising and/or attracting native bees to your gardens, yards and parks.

**2.** Gardener's Supply Company-- an amazing amount of articles on pollinators under Backyard

Habitat plus materials designed to help attract our precious pollinators.

- **3.** Xerces Society's book on "Attracting Native Pollinators".
- **4.** Douglas Tallamy's book, "Bringing Nature Home".





# Websites and Social Media to Enhance the Garden Club Experience

A website and social media sites can be wonderful tools to communicate with your membership and reach out to your community. These assets can only be realized if your group makes a firm commitment to keeping these sites up-to-date. An outdated site will immediately turn off your audience. It makes you look incompetent, uncaring or lazy.



You should brand your group consistently across all media. This should include a logo, your name in a chosen font and color and a mission statement. It is worth taking time for your group to discuss these items in depth, so that you are all moving forward together. Don't reinvent the wheel! Consult with your state garden club board members. There should be someone in the organization to meet with your group to help with planning and implementation.

You will require personnel committed to monitoring your sites to answer queries and eliminate inappropriate content. You *must* have back-ups for these personnel in case of planned absences or emergencies. Do *not* rely on relatives of members to fulfill these functions.

**Content matters!** If your members do not consistently add material to any social media site, it will become stagnant and nobody will become a regular visitor. Schedule regular contributions by your president and chairs.

Carefully read the policies of any social media where you set up an account. Some sites will own the rights to content such as photos once you publish them. \*Be certain that your contributors are acquainted with these policies. You should clearly state what content is acceptable on your site. If not, well-meaning members may flood it with religious, political and commercial messages that may be annoying or offensive. If you have launched your social media carefully, you

will have a mission statement. This will help you to delete unwanted content without offending members. You can and should also remind them that your 501 (C) 3 IRS status can be compromised by content not in line with your mission statement.

Maximize your impact by linking with NGC, regional and state websites or social media. Linking with other horticultural, environmental, landscaping or floral design sites may bring in new members. Be certain that these other organizations will reciprocate by linking to you.

members. Be careful not to include addresses of meetings if they are at member's homes. This has great potential for expanding membership. You can also use this as a closed forum.

#### **Twitter**

Inside a Tweet you'll see photos and videos from people you know or behind-thescenes moments from the biggest stars. You can link to news stories, blogs, websites



Twitter is a great resource for finding content to add to a Facebook page, but it is of limited use in sharing garden club information. The standard to keep up any type of following is to tweet four times a day. If you tweet the same announcement repeatedly, people will be bored and block you. Do you have reliable, competent personnel who can make this commitment?

Victoria Bergesen C.A.R. Communications Coordinator victoriabergesen@gmail.com

# Possible Social Media for Garden Clubs Facebook

You will be most familiar with this site. It is easy to setup and many of your members will already belong. The trick is to encourage them to share relevant news.

## *Flickr* – www.flickr.com by Yahoo

This is a great site for sharing photos of meetings, projects and events. You can create a private or public site. Within a public site you may designate some photos for members only, by designating them as "friends" and restricting the photos to "friends".

## Meetup - www.meetup.com

Meetups are neighbors getting together to learn something, do something, share something...

You can use this site to communicate meetings to your members and attract new

## 2013 C.A.R. Life Member Presentations

C.A.R. Annual Conference in Bethesda, MD

**Photos by Bill Dean** 



























# **Stately News**



## **Environmental Study Schools**

**January 14-15, 2014--**Derwood MD (NCA), the Agricultural History Farm Park, Course II-Series VI. For information call Chair Lydia Barbour at 301-203-6696.

**April 3-4, 2014--**Deep Creek Lake, The Discovery Center, Garrett County, MD, Course I. Contact Chair Linda Harris at <a href="mailto:lindaharris355@aol.com">lindaharris355@aol.com</a> or call 301-453-3293.

**August, 2014--**Deep Creek Lake, The Discovery Center, MD, Course II. More information to come.

## **Annual Events**

May 1-4, 2014--NGC Convention, Norman, OK 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

March 19-21, 2014, Course II, Canton, Ohio, Registrar-Shirley Wigginton, 330-268-9931. FSP & Horticulture-Dorthy Yard-Container grown foliage & Spring bulbs with daffodils, Design-Claudia Bates-Creative Mass and American Creative designs.

May 14-16, 2014, Course III-FGCNY, Great River NY, Registrar-Marion Romeo

May 20-22, 2014, Course 1- 1040 N. Park Road, Reading, PA. Contact Jane Centrella, Registrar, at 610-906-0931. FSP & Horticulture- Container grown foliage & perennials, herbaceous-Dorthy Yard, Design-Mary Huntoon

October 1-2, 2014, Course IV-FGCNY
October 7-9, 2014, Course I-GCNJ. Contact Chair Carol English at <a href="mailto:overbrook@comcast.net">overbrook@comcast.net</a> or 908-931-1426.



## **Landscape Design Schools**

**April 15-18, 2014**--Holly House, East Brunswick, NJ, GCNJ Course II. For more information call Chair Peggy Koehler at 908-526-1309 or koehlerpeggy@yahoo.com.

## Flower Show Symposia

**April 8-9, 2014--GCNJ**--Holiday Inn Convention Center, East Windsor. Registrar: Jane Bersch, 609-654-6580; Design: Barbara May, Allied Topic "Viva La Difference", "In and Out" Underwater designs with abstraction; Horticulture: Karen Booker-Allied Topic "Sensational Sunflowers" and "Captivating Combinations" African Violets.

June 2-4, 2014--Rochester, NY. Registrar: Lucy Volland, 716-833-0494; Design: Jean Moran "Color for Design"; Horticulture: David Robson, Topic "Hosta & Heuchera", Allied Topic "So You Think You Know Your Handbook".

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?".

## **NGC Board Meetings**

September24-28, 2014-- Fall Board Meeting, DesMoines, 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