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Mary Warshauer
C.A.R. Director
2013-2015

The deadline for articles for the next issue of Regional Review is September 1, 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**, at 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

Volume 3, Issue 1

June, 2013

DIRECTOR'S MESSAGE

While the Central Atlantic Region is comprised of seven states with varied and diverse garden clubs, a common interest of gardening, civic and environmental concerns exudes a positive influence that binds our efforts together so that our Region stands as a model for what can be accomplished when members are of one mind with similar goals.

Because a natural disaster occurred during the October 2012 C.A.R. Conference in Ohio, the member states of New Jersey and New York suffered extreme devastation to the land and to its residents. Living at the Jersey Shore, I saw firsthand the substantial destruction, loss and hardship left behind by Sandy. Our members have come together on this occasion to provide whatever we can to bring communities back to some semblance of normalcy. Dune grass is being planted to hold beach sand in place; flowers and shrubs have been provided for the re-beautification of areas that had been lost and our members have provided understanding and compassion to those who have suffered the most.

The theme for my term as your Director is "Rally Our Region-Restore, Refurbish, Replant". Let our Region be at the forefront of efforts to help our communities.

Make a Difference!

Oonie56@aol.com



Jeanne Nelson
Outgoing C.A.R. Director/Incoming C.A.R. Treasurer

Thank You Jeanne

Your enthusiasm, dedication and guidance have been an inspiration to the members of the Central Atlantic Region. Thank you for your outstanding leadership and your continuing service to C.A.R.

Let's get acquainted with some of our new C.A.R. Officers for 2013-2015

The National Garden Clubs, Inc. is divided into eight regions and the Central Atlantic Region is one of those regions. We are proud to recognize Delaware, Maryland, the National Capitol Area (parts of Virginia and all of District of Columbia), New Jersey, New York, Ohio and Pennsylvania as part of the Central Atlantic Region.

The Garden Club Federation of Pennsylvania Betsy Smith, President



Betsy Smith
hydeezmom@comcast.net
President of GCFP

Born, raised and educated in Washington, DC, I met and married a fellow from Pennsylvania and have resided in that state for the last forty-nine years. I am the mother of two and the grandmother of six. And, I live in a National Wildlife Federation - deemed "Backyard Wildlife Habitat". I am pleased to note that lots of deer, groundhogs, foxes, rabbits, birds, mice, chipmunks, snakes and an occasional wild turkey have become part of that habitat.



I started my "career" with the Garden Club Federation of Pennsylvania by sitting on a Seed Money Committee. I then became the PETALS Grants Chair followed by becoming Convention Chair and District Director. I belong to the Garden Club of York where I have served as President for 6 years as well as chairing various committees.

The GCFP theme for 2013-2015 is "Lead, Learn, Grow". Three Leadership Workshops will be held this July. Four schools will be held between 2013 and 2014. And the GCFP needs only one more marker to have the Pennsylvania Turnpike named a Blue Star Memorial Marker Highway.

My mantra for the GCFP is Garden Club FUN in Pennsylvania.



Jane Bersch
janebersch@aol.com
Alternate Director

C.A.R. Alternate Director Jane R. Bersch

I currently serve as the NGC Landscape Design Schools Chair, the C.A.R. Landscape Design Representative and The Violet S. Thoron Award Chair.

I am a NGC Accredited Master Judge, NGC Master Landscape Critic and NGC Master Gardening Consultant. I was President of The Garden Club of New Jersey for the 1995-1997 term and am a former

President of the Pinelands Garden Club of Medford.

I have been honored to be invited to judge the Philadelphia Flower Show and this March 2013, served on the NGC Panel which awarded the NGC Medal for Design for the finest design in a major, non-standard flower show. I live in Medford with my husband, John, and enjoy traveling, being in my garden and spending time with our grandchildren.

The Delaware Federation of Garden Clubs

Dottie Howatt, President

I am a resident of Wilmington, DE, an Accredited Master Judge, a NGC, Inc. Flower Show School/Symposium Horticulture Instructor, a Daffodil Instructor for the American Daffodil Society, the originator of "Flower Show in a Box" program and the Prospective Instructor Program (PIP). I collaborated with four other Instructors to write the newly released Horticulture book, *Horticulture, Exhibiting and Judging* and I hold a BS degree



in Horticulture from the University of MD.

I am also the Executive Director of a Children's Cancer Foundation, The Sunrise Children's Foundation, which works to develop programs and camps for children and young adults in the mid-Atlantic region.



Dottie Howatt
ehowatt@aol.com
 President of DFGC

Federated Garden Clubs of MD, Inc. Jackie Handley, President



Jackie Handley
JHandley09@aol.com
 President of FGCMD

Married with two sons, three stepchildren and nine combined grandchildren, I celebrate being a garden club member for thirty years. Early retirement from real estate permitted me to have more time for volunteerism. I have been on the boards of CASA – Baltimore City, the Baltimore Zoo, St. Paul's School for Boys and currently the Baltimore Conservatory Association. I have said that it has been such a joy to be President, to meet the clubs and their members and see what great things are being accomplished by them across our state. But when I am tired or stressed, it is always nice to come home and put my hands in the soil and relax. My theme, "Preserving Our Heritage, Our Accomplishments and Adapting Them for the Future", promotes building our membership; being good stewards in conservation and environment through legislation; actively providing education in horticulture and design to members and working with our youth, seniors and disabled citizens. My project is the promotion and support of the Howard P. Rawlings Conservatory, the second oldest surviving Glass House in the nation.

The Garden Club of New Jersey Barbara F. Mullin, President

Having retired in 1996 as Vice President in Bank Operations, Liability Products, I am currently a member of The Rake & Hoe Garden Club of Westfield (1999) and, since 1998, have taught two 10 week semesters each year on gardening and floral design to seniors in the Plainfield area.

I became active in the Garden Club of New Jersey in 2003 after working on the state flower show in Edison. I chaired the show in 2009 and have participated each year since in Horticulture and Design or as a consultant.

Because of my love of working in these areas, I became a Gardening Study Consultant and Accredited Flower Show Judge. At the state level I've held positions as District V Director, Treasurer and First Vice President. My time in GCNJ has been exciting and rewarding and I look forward to the next two years as President of GCNJ.



Barbara F. Mullin
Trebor24@verizon.net
President GCNJ



David Healy
davidhealy@dcaccess.net
President, NCA



National Capital Area Garden Clubs, Inc. David Healy, President

I was born in North Central Kansas to a family engaged in farming, ranching and the grain trade. I have a B.S.J.

(journalism) from the University of Kansas and worked as a Scripps-Howard newspaper reporter in Broward County, Florida. I have a J.D. from Georgetown University Law Center and worked as an attorney at Hoppel, Mayer & Coleman in federal administrative law and ship financing; at Faulkner, Shands & Stupar in government contracting, litigation and estates and continued as a sole practitioner in elder care, wills and trusts. I also have experience in the sales of antiques and collectibles and in flea market management. As a member of Concerned Citizens for Eastern Market, I authored the first draft of legislation to preserve Eastern Market as an urban fresh food market.

I am a 30-year member of Capitol Hill Garden Club where I served four years as vice president, four years as president and four years as treasurer. I am a former district director and assistant district director of District I. I have served on the local committee for the World Association of Flower Arrangers floral exhibition in 2009 and the local committee for the National Garden Club Convention in 2011.

I was married to William Dean in 2010 after a 17 year relationship. We share a passion for gardening, films and travel.

VISION OF BEAUTY CALENDAR

As the C.A.R. representative for the Vision of Beauty Calendar I invite you to send photos of creative designs to be considered for the next 2015 calendar edition. We also accept, for consideration, photos of your garden. Vertical digital photos, taken with a camera with a minimum of eight (8) mega-pixels, may be submitted. Designs can be Traditional, Contemporary, New Trends and those appropriate for seasons of the year and holidays. All photos should be vertical to fit the calendar pages.

- A digital print, size 5" x 7", must be submitted by mail, along with an Entry Form. For clarity of reproduction, please also email the digital image to the Chair at ngcvob@gmail.com.
- Individuals may submit a maximum of five (5) entries, with only one (1) background for each entry.
- Sharp focus is a "must for reproduction". Check for sharpness with a magnifying glass. Only quality photos are accepted. Photo Shop is strongly discouraged, unless done professionally, since it distorts the color of plant material and blurs the photo.
- Handle entries with caution when mailing to avoid scratches. DO NOT use Scotch tape or paper clips. Extra packing material or padded envelopes are recommended.
- All entries will be judged by the same criteria used to judge flower show designs.
- Submitted photos become the property of NGC, Inc. Notification will be given if used. No entries will be returned.

CALENDAR DEADLINE: August 1, 2013

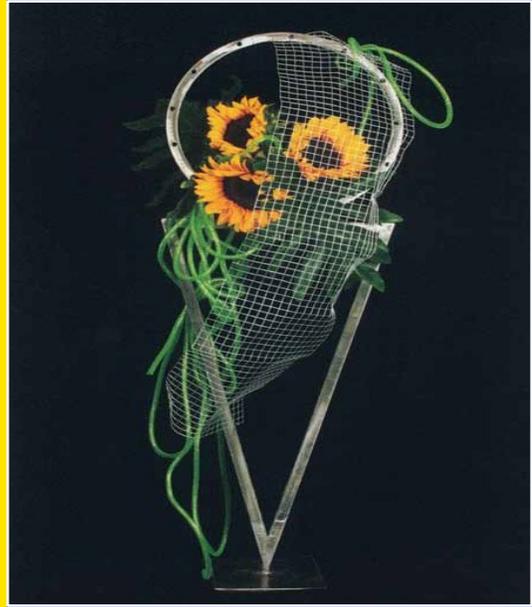
Mail to: Jan Warshauer
PO Box 68036
3663 Oak Wood Ct.
Park City, UT 84068

The NGC Calendar Committee looks forward to receiving creative photos of your designs.

Joy Ericson

jericson@aol.com

C.A.R. Vision of Beauty Calendar Rep.



2014

Vision of Beauty

Making a World of Difference

This creative art form uses a Chip Flynn metal sculpture, Heliathus (Sunflowers), green tubing and netting.

Char Mutschler, Salem OR

HAVE YOU BOUGHT YOUR 2014 CALENDAR?

Be inspired by designs of some of our most creative designers. In addition to a calendar, the publication is an excellent reference and teaching tool. The 2014 calendars are available through Member Services (314-776-7574) and is a great fundraiser.

Brenda Bingham

bbing@comcast.net

Calendar Promotion Chair

2015 Vision of Beauty Calendar Deadline: August 1, 2013

The Requirements and the Entry Form for the 2015 edition of the Calendar are now on the NGC website, www.gardenclub.org. Click on website to see them.

Log in on the Member side, left click on "Publications" and then click on "Vision of Beauty Calendar". Click on "Requirements" and "Entry Form" that are highlighted in red. The form is interactive which means that you can fill it out on the computer, print it and **mail it** to the Chair with the photo of the design. The titled photo **must also be sent** to the Chair **by email** at ngcvob@gmail.com. Read the revised requirements.

Jan Warshauer

jwarshauer@aol.com

Vision of Beauty Calendar Chair

Please note:

Andrea Little is the new NGC Blue Star Chair.

As Mary Warshauer has stepped into her new position as C.A.R. Director, Andrea has assumed the responsibility.

Pertinent information:

Adrea Little

6 Imperial Court

Westborough, MA 01581-3674

littlebruce@msn.com

508-329-1630



Penny Pines Project Review

For the past two years, 2011 - 2013, C.A.R. states have been very supportive of Reforestation Projects.

Maryland and Ohio send their club contributions directly to the NGC, Inc. Headquarters for sharing among all national forests.

Because every state in the Central Atlantic Region does not have a designated national forest, states may choose to support a state forest instead.

And Delaware has done so in donating funds to their State Forest Service with their Project, "Dimes for Delaware". For the years 2011 - 2013, Delaware has raised \$3,500.

Pennsylvania has a very large Allegheny National Forest. Clubs in PA contribute for a two year period—that being the length of the GCFP presidential term. This permits a good sum of funds to be raised so that a forest project, that is under contract, can be completed. For the period 2011- 2013, \$7,000 has been raised.

Support for our national and state forests has never been more important. Because of garden clubs everywhere, we are able to provide the needed funds. Thank you for your great support. We shall leave a most beautiful legacy for our children and our grandchildren.

Patricia L. Beall

patricb168@verizon.net

Penny Pines Chair



Think About Environmental Studies School

During Director Mary Warshauer's term, I will be serving as the Environmental Studies School Chair for the Region. Schools taking place in our region will appear in the Review under Stately News. In this month of June, ESS courses will be held in two exciting locations in Pennsylvania and Ohio.

Pennsylvania will host a course at Mt. Pisgah State Park. Mt. Pisgah is located in the scenic Endless Mountains Region of Pennsylvania's Northern Tier. Midway between Troy and Towanda in Bradford County, the 1,302-acre park runs along Mill Creek at the base of Mt. Pisgah, elevation 2,260 feet. A dam on Mill Creek forms Stephen Foster Lake, named after the famous composer and onetime local resident.



Ohio is locating their course at Put-In-Bay, in the beautiful Lake Erie Islands, and travel by ferry is necessary to participate in this outdoor adventure! It will be the height of the season and students will have an opportunity to view the



many environmental, natural and geological features of this fascinating region as part of their course.

All ESS courses require outdoor field trips as part of their curriculum and school organizers try their best to choose exciting, beautiful locations within their states. **If you have never taken an ESS course, there is no time like the present!**

Under exploration is having the Central Atlantic Region host a refresher for ESS in 2014. It would be located somewhere east of Ohio and convenient for many of our members to attend. Anyone with input or suggestions, feel free to email your ideas. Let's get together in 2014 in a great location and learn

about our amazing environment.

Mary Ann Ferguson-Rich

mafr43@hotmail.com

Environmental Studies School Chair

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. Time in the garden may make us smarter.

"We know there is a relationship between serotonin and learning. When you're stressed, you don't learn as well," says Dorothy Matthews, an associate professor of biology at the Sage Colleges and the study's lead author.

(Continued on Page 18)

Container Gardening – Movable Masterpieces In the Garden!



Bruce Crawford
Director of Rutgers
Gardens, NJ

Growing plants in containers is certainly not a new convocation among gardeners. I remember visiting my grandparents during the 60's and there was always a pot of merigolds or sedums decorating the patio. What has changed is how gardeners approach container gardening. Instead of simply using a 6-pack worth of merigolds to fill a container, we now incorporate various plants in the hopes of creating pleasant color or textural container combinations. However, many gardeners simply have not given much thought on how to pull together a container composition and once finished, they feel dissatisfied with their efforts and decide to abandon such future pursuits!

For those that may not have considered container gardening in the past, there are a number of reasons why container culture can provide a very valuable addition to your garden.

1. First, many gardeners are challenged by the lack of open soil! The area around their home is simply pavement or decking and containers are the only way to introduce plants!
2. Container gardening also creates a vertical element and height since the very use of a container in itself will elevate the plants by 24-30 inches. In addition, containers can provide mobile screening.
3. Mobility is certainly a advantage. Once a plant is put in the ground, it is often difficult and much less healthy to randomly move the plant about to other locations. With containers, it is a relatively easy task. It is also helpful if you are growing plants which are frost tender and need the protection of a glass house or garage for the winter.
4. Containers also allow the gardener to easily alter the drainage. Many plants require either a very well drained or a boggy condition if they are expected to thrive. Depending upon the soil mixture, and the presence or absence of drainage holes at the base of the container, the container can replicate desert-like conditions, or a pond! What could be more interesting than a water lily or a large Agave on your patio?
5. Lastly, do not forget about the ability of the container to provide color or humor! We typically consider only the terracotta colored clay pot, but glazed containers can provide the 'object de colour' to compliment the plants. They can be as interesting and extravagant as your imagination.

Actually, much thought does need to be given to the actual container. Containers can be made of terracotta, wood, metal, fiberglass, resin, glazed ceramic or composition concrete. Each will obviously have a desired advantage. Fiberglass, resin and, to a more limited degree, concrete offer resistance to winter freezes and thaws, permitting the containers to remain outside year-round and allowing winter decoration. Glazed ceramic provides the advantage of color to the container, although it will need to be brought into a frost free environment come winter. Terracotta is still the best general container since it 'breathes' and allows more oxygen to reach the roots. Also, as the water wicks through the container and evaporates, it cools the container, making the root environment far friendlier to many cool climate plants native to South



Longwood Gardens

Africa, New Zealand or Southern parts of Chili during our hot New Jersey summers.

As mentioned, drainage is also a requisite for the containers. Unless you are featuring water plants, make certain there are one to several holes located in the bottom of the vessel. Most people consider it proper to place gravel or broken pottery shards at the bottom of the vessel to aid in drainage. It has been found that water does not travel freely from the soil media, with its smaller pores, to that of the gravel with the larger pores. Water typically remains in the soil

medium and will travel down the plane between the inside of the container and the soil, defeating the purpose and need for the gravel. The only real benefit to a gravel base is weight. If the container is to be planted with a tall vertical element, it will become top heavy and is subject to being blown over in heavy winds or – in the case of Rutgers Gardens – prevents the container from being stolen! If your concern is soil passing through the holes in the pot bases, simply place a coffee filter over the holes!

There are several soil combinations from which to choose as well. Most soils used in containers are actually a soilless mix containing Peat Moss and Perlite. Perlite is a volcanic glass which, when heated to 1600° F, ‘pops’ and enlarges to up to 16 times its original size! Another material used in soilless mixes is Vermiculite. Vermiculite is a silicate material, which also expands greatly when heated. Vermiculite absorbs moisture and leads to a more moist mix while Perlite holds the moisture on the surface of the material, leading to a better drained mix. If you are planting succulents, add additional amounts of Perlite, bark nuggets or sand to significantly increase the drainage. In general, avoid using pure topsoil unless you are creating a water garden container. Topsoil drains very poorly and compacts in the container, reducing the air space and discouraging root production. Topsoil also contains ample amounts of weed seeds. However, mixing topsoil into the mix has the benefit of adding some well-needed Mycorrhiza and some weight(The word Mycorrhizae comes from two words, "Mycor" meaning **fungus** and "rhizae" meaning **root**. Mycorrhizae is many different species of beneficial fungi that form a symbiotic relationship with plant roots. 99 percent of the plants in the world have this Mycorrhizal association.)



Longwood Gardens

Adding compost to a soilless mix is beneficial, since it too adds Mycorrhiza and slow release nutrients. If the container is small, consider using water holding crystals to reduce the watering chores. The crystals are capable of absorbing several times their own weight in water, which they hold until needed by the plant. A word of caution – follow the directions for the amount needed. If too many crystals are added, the soil volume will expand so much that it will literally boil up out of the container, much like a volcano! Soilless mixes are sterile, and need frequent fertilization. They

(Continued on page 10)



Wave Hill

Designing your containers is in many instances very similar to designing a garden, just on a smaller scale. Remember the color theories – harmonizing colors vs. contrasting colors – and also remember to keep plants of similar cultural conditions together in the same container. A container can be designed unto itself, if it is sufficiently large or serves as

a focal point. However, single pots often look lonely. It is wisest to place several pots together and create a design that integrates all the pots. Consider at least three pots of different heights and diameters to provide an attractive layered appearance and, just as we are taught in planting design classes, repeat the plants and colors among these pots for a cohesive and relaxing look.

The old saying for container design is “Thriller, Spiller and Filler”. The “Thriller” is the upright or the focal point of the container, often taking the form of the dreaded *Dracaena*. The “Spiller” is a plant that trails over the edges and provide interest for the sides of the container while the “Filler” is a green or colorful plant that supports or helps to highlight the thriller. If you are creating a composition of several containers, use one or possibly two “Thriller” plants among all the containers. Just as in garden design, too many feature plants make the garden look nervous and distractive. Typically, the “Thriller” would go in the largest of the containers and various “Fillers” and “Spillers” would be repeated throughout the remaining vessels. However, gardening is to be fun and occasionally mix it up by perhaps planting the “Thriller” in a broad, low container.

When looking at an individual container, **resist** the urge to place the thriller in the center of the container and ring it with one or two other types of plants as the filler. Not only is this dreadfully unimaginative, it magnifies the symmetry of the container and reduces the amount of room for creative designing.



Longwood Gardens

(Continued on page 11)

By placing the "Thriller off-center, and adding a mass of plants that provides a surrounding blanket of color, a more exciting container is created. Use plants that have long, seemingly invisible stems to the flowers (like *Verbena bonariensis*) and work them in amongst plants with attractive foliage. This gives the appearance that the foliage plant has tall slender flowers! Foliage plants are great in a container, and can provide the service of a thriller, spiller or thriller, depending upon the plant. Since the foliage is always of interest, you do not have to worry about whether the plant is in or out of bloom; they always add interest and provide a colorful backdrop for adjacent flowers!

Obviously, the display can be changed seasonally and certain shrubs like the Red Stem Willow (*Salix alba* 'Britzensis') are great for adding winter color to a large container. In addition, a number of leafy vegetables, such as lettuce and arugula also make interesting and edible filler plants! Combining some of these design considerations with a degree of moderation and repetition, a very entrancing and thoughtful seasonal display can be created that will encourage gardeners to continue container gardening for years to come!

C.A.R. Scholarship Award Deadline July 1, 2013

Instructions for applying for this award may be found in the Award Section of the C.A.R. Website, www.ngcCAR.org. Please send all applications (using the NGC Advanced Scholarship Form) by 7/1/13 to:

C.A.R. Scholarship Chairman
Angela Raitano
74 Hillcrest Drive
Charleroi, PA 15022-2516
724-483-6724

MARK YOUR CALENDAR

You will also find all the other C.A.R. Awards and their deadlines listed at the C.A.R. Website for future reference. If you have any questions, please contact me at the email address listed below.

Susan Peterson
C.A.R. Awards Chair
susan@teaberrys.com
908-246-2667

<i>July 2013</i>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Arboriculture– New Cultivars –Trees



Gotti Kelley

cryptomera@aol.com

**Horticulture-New
Cultivars**

Small is good!

If you thought you didn't have space in your garden for a cherry tree, think again. Cherry trees have long been a sign that spring has arrived. While ornamental cherry trees are not native, they are often a focal point in the American landscape. They are a traditional symbol of love and affection and are considered a sign of good fortune.

Chokecherry 'Goldspur Amus'

Prunus maackii 'Jetspur'

It grows to only about 15 feet, about half the size of a typical cherry tree. This compact tree holds its upright, oval shape and offers year-round interest.

In spring, a mass of white flowers appear that turn to tiny black fruit in the summer. Throughout the winter, this tree sheds its striking golden bark, creating an attractive look during the snowy season. It does not like heavy soil and prefers full sun.

H 10' – 15', W 6' – 9', Zones: 2 – 7



Double Flowering Cherry, 'Weeping Extraordinaire'

Prunus x 'Extrazam'

Fragrant, extra large and double pink fluffy blooms are accented by new copper growth. A very vigorous growing cherry with hunter-green, glossy foliage, turning burgundy in autumn. A stand-out in landscape. Requires average soil moisture.

H 15 – 20', W 20', Zones: 3 - 8

Flowering Cherry, 'Pink Snow Showers'

Prunus x 'Pisnshzam'

This visually stunning, single blooming weeper is blanketed in soft pink in early spring. The serrated dark green leaves take on shades of orange and red in autumn, holding longer than other weeping cherries.

H 20 - 25', W 20', Zones: 5-8

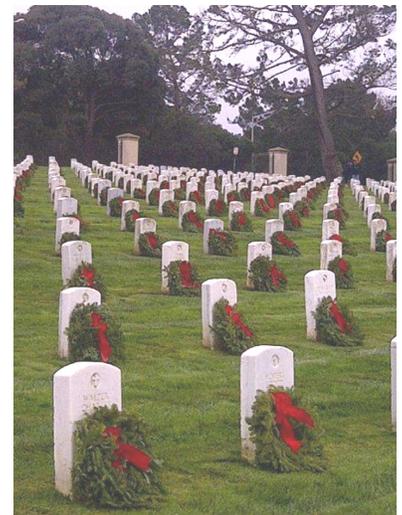


WREATHS ACROSS AMERICA

Mary Warshauer, our new C.A.R. Director, has chosen "Wreaths Across America" (WAA) as one of her projects for the next two years. This program began 21 years ago with the laying of wreaths on veterans' graves at Arlington National Cemetery. It has since become an annual tradition to lay wreaths at the grave markers of our fallen veterans during December, as a way to express our appreciation, and to pay tribute for the sacrifices made for our country by our service men and women.



WAA is a 501©(3) non-profit organization founded to continue and expand the annual wreath-laying ceremony at Arlington National Cemetery begun by a Maine businessman, Morrill Worcester, in 1992. The organization's mission, "Remember, Honor, Teach", is carried out in part each year by coordinating wreath-laying ceremonies in December at Arlington, as well as at hundreds of cemeteries and other locations in the 50 states and at 24 locations overseas. Worcester's company contributes 25,000 wreaths for the cause, with the rest paid for through donations from individuals, non-profit organizations and corporations. All are made of balsam fir, are 21 inches in diameter and feature a red bow.



On Saturday, December 14, 2013, wreaths will be placed on the graves at Arlington and other participating cemeteries at 12 noon. Join in the mission to "Remember, Honor and Teach." You can organize a ceremony in your community, sponsor a wreath, help others sponsor wreaths and volunteer at any location in the country, including Arlington.

Call WAA Headquarters Offices at 207-483-2039 or email Tobin Slaven at tbin@wreathscrossamerica.org for more information on how to proceed.

If you would like to see the story of Wreaths Across America, click on the following link: http://www.youtube.com/watch?feature=player_embedded&v=ZayzIDwk89o

Vivian Morrison

ektenorsk@aol.com

C.A.R. Wreaths Across America Chairperson



The Benefits of Getting Down and Dirty

Gardening is a great way to tone up, burn calories and bury your stress underground says James A Peterson, Ph.D., columnist for the American College of Sports Medicine's Health & Fitness Journal.

All that standing, stooping, kneeling, watering and pulling weeds by hand can burn about 300 calories per hour for a 150 pound person. You can burn about 170 calories in just 30 minutes of compost turning. Tilling a garden and putting up a fence each burn 408 calories per hour.

Your garden may be just as good as your gym.



**Central Atlantic Region
Conference**

October 25 - 27, 2013

Followed by

Symposium

October 27 - 29, 2013

Bethesda Marriott
5151 Pooks Hill Rd.
Bethesda, MD 20814

Hosted by
National Capital Area Garden Clubs, Inc.

For information and registration visit
www.ngccar.org
www.ncagardenclubs.org

Tours:
"The Burning of Washington"
"U.S. Naval Academy and
Annapolis Maritime Museum"

On-Site Vendors
Programs
Workshops

**2013 C.A.R. Symposium
October 27-29, 2013**

Bethesda Marriott North
5151 Pooks Hill Road
Bethesda, MD 20814-5423

GENERAL INFORMATION

Lectures are open to the public for the fee stated on the registration form. Only NGC, Inc. Judges are eligible to take this course for credit. To stay in Good Standing, all Accredited, Accredited Life and Accredited Master Judges must continue their judging education by refreshing every three years. Send the correct form for refresher credit, 13E, 14E or 15E to your state Credential Chair at least six weeks in advance of symposium date (October 27).

We are delighted to have Julia Clevett and Dot Yard as our instructors. Both are presenting new Symposium Topics: "*Creativity and Its New Trends and Topics*" and "*Downsizing . . . Big Time.*" Allied Topics will be: "Maddening Mechanics" and "Making Sense of Comments." Come join us for this exciting Symposium!

The registration form is on the C.A.R. website on the top right of the page under "2013 CAR Conference, A Monumental Event". Scroll down for the "Symposium Information" and "Registration Form". Click here: www.ngcCAR.org. Forms are also available on most of the state garden club websites. (See page 21.)

**Please make checks payable to
2013 C.A.R Symposium**

Mail fee and application to:
Poss Tarpley, Registrar, 1705 Belle Haven
Road, Alexandria, VA 22307.
(703) 660-8661 / posst@aol.com

We look forward to seeing you there for a wonderful, pleasurable learning experience.

Sandi Smith Piccirillo
sswombat@verizon.net
Symposium Chair

“LEADERSHIP”....A MAJOR KEY TO MEMBERSHIP

Being a skilled leader, with creative communication techniques, is a necessity in order to gain and retain membership. This skill creates interest and encourages growth within the garden clubs throughout our region. This statement should be of major interest to anyone concerned about the future of our organization and our declining membership numbers.

Being a good leader is one thing, but helping club officers to hone their Leadership skills is another pressing issue. Initiating workshops to help club presidents with basic knowledge has become a useful tool in our goal for membership. These workshops help establish guidelines to make their term in office less stressful and give them added confidence to do their assigned jobs. This truly has become a great way to give something back to our membership. We are also hoping that these workshops will help clubs attain and retain new officers, which is an ongoing problem everywhere. Hopefully, this will give them the skills to have interesting and creative meetings, keeping members happy and fostering club growth.

Help your officers face to face—one on one—Up Close and Personal!

Communications and the use of modern communication formats is another resource that must be encouraged if we are to gain members from Generation X and/or Y. And yes, they do exist and yes, we are the older generation and yes, many of us remain foreign to these modern techniques of communication. They do not talk “face to face” anymore. They speak via texting, Facebook, Twitter and e-mail, etc. We must learn to communicate in whatever form works to reach and interest this younger generation of future members. Old dogs must learn new tricks if we are to remain viable in the future. It is very clear that we must all learn to think out-

side of the box when it comes to membership—especially in this day and age, to insure the growth and sustainability of our garden clubs.

Think Outside the Box!

We must also remember that our generation is not the forgotten age group. We are active, many retired with time to devote to the joys of gardening and looking for an outlet for our “energy”. We have much to give to this organization, so go out there and look for new members who, much like you, love gardening. They can be found anywhere and everywhere. They just need to know who we are and what we do. “MARKET” your garden club by publicizing what you do in the newspapers, your town’s television channel on cable, your town’s website, your school’s website, etc. I think most people who come to know us will want to join in the fun. You must make yourself a visible entity.

Put your garden club’s best features out there in the Marketplace!

So don’t miss out on learning how to encourage membership in our clubs. Come and join us at the workshop being planned for the C.A.R. Conference in Bethesda, Maryland.

LEADERSHIP... the KEY to MEMBERSHIP

You will learn how leadership skills and communication techniques will maintain interest and encourage growth. This membership issue is too big and important for you to miss this informative discussion. See you in Maryland in October. Come with an open mind and lots of enthusiasm. You are not alone!

Gail S. Corle

gscorle@verizon.net

**C.A.R. Membership
Coordinator**



NGC President's Special Project **MAKING A WORLD OF DIFFERENCE - Choices Matter**

The 2013-2015 President's Two-Year Special Project, "Making A World of Difference - Choices Matter" will open new doors for in-depth and creative learning and educational opportunities centered on the natural resources of the planet, Earth - our air, water, forest, land and wildlife. It is important that members of National Garden Club, Inc. promote education as the "Key" in making responsible decisions for today and tomorrow. Educated garden club members are responsible stewards, who then are able to make wise choices for saving and protecting our planet, Earth, and its natural resources.

The Special Project is divided into two categories for awarding purposes -- States and Clubs. Both States and Clubs will have equal opportunities to participate. Through generous grants, NGC will present monetary awards and certificates recognizing outstanding achievements for projects in each named category. A project award application will be required and simple rules followed. The Book of Evidence deadline is March 31, 2015, with no exceptions. Application and rules will be published in many venues as well as on the NGC website- www.gardenclub.org. Click this address to view.

CLUBS -- Making A Difference -- Protecting and Conserving Our Natural Resources

AIR --- WATER—FOREST – LAND – WILDLIFE

Research and scientific sources of educational and other types of information should be requested from the related chairs who serve on the project committee. See listing below.

AIR -- Doris Jackson, Chairman --dfcfx@aol.com

Suggested related committees --Energy Conservation, Indoor Gardening

WATER – Mary Sue Colvin, Chairman --jhcolvin2@bellsouth.net

Suggested related committees --Xeriscaping, Rain gardens, Aquatic Ecosystems

FOREST – Phyllis Besch, Chairman --pdbesch@verizon.net

Suggested related committees --Trees, Native Plants, Invasive Plants

LAND – Caroline Wittman , Chairman --caroline.wittman@cox.net

Suggested related committees --all gardening/planting committees, Native Plants, Organic Gardening, Therapy Gardens

WILDLIFE—Mary Jacobs, Chairman--mary_gardens@att.net

Suggested related committees --Pollinators, Endangered Species, Birds, Butterflies

Although water and air are recognized as our most essential and familiar resources -- forests, lands and wildlife are also very important concerns. NGC Garden Clubs are asked to get involved in the President's Special Project by planning and completing a project related to a local concern involving one or more natural resources. Education of both the members and community may be necessary in order to make responsible choices.

Club projects could be partnered with other community organizations -- including NGC Environmental Councils or Master Gardeners. Communities across the nation are different, with varied concerns that may be unique to a specific area, state, county or village. Club projects may have been started before May 2013.

STATES --- DOES IT MATTER? - Education for Responsible Choices

States are asked to promote education through workshops, speakers, seminars, articles in newsletters and using one or any combination of available learning tools that will help in educating their members and the public, in making responsible choices that will protect and conserve our natural resources - our air, water, forest, land and wildlife.

Please print and retain pages 17 and 18

for the 2013-2015 Special Project

The President's Two-Year Special Project was initiated to highlight through State Programs and Garden Club Projects the basics stated in the NGC Conservation Pledge:

I pledge to protect and conserve our natural resources of planet Earth and to promote education so that we may become caretakers (stewards) of our air, water, forest, land and wildlife .

The National Garden Club firmly believes that education is the key that opens the doors to the responsible decision-making process that allows us to make responsible decisions pertaining to conserving and protecting our natural resources - AIR - WATER - FOREST - LAND - WILDLIFE.

The Special Project will present outstanding NGC State programs and NGC Club projects with monetary awards and certificates of recognition. Remember **"You can't WIN if you're not IN"**.

**AWARD APPLICATION PROCEDURES FOR THE 2013-2015
PRESIDENT'S SPECIAL PROJECT**

GENERAL RULES APPLICABLE TO BOTH STATE AND CLUB APPLICATIONS

Award Application: Typed and preferably sent by email to designated chairs. Postal mail acceptable. To be received no later than **March 31, 2015**. Applications received after that date will be returned. **Retain a copy for your records. Application will not be returned.**

Application is limited to three (3) pages - letter size paper - printed on front of pages only. (No plastic or binder report covers allowed).

Photos should be included (digital photocopies permitted)

Top of First Page must include complete name of applicant (State or Garden Club) exactly as it should appear on any award/certificate. Include each of the following: State or Club Category (Small, Medium, Large, X-Large), State Garden Club, Region, Contact Person with their email address and telephone number (verify information), and Title of Program or Project with a Brief and Concise Description.

Project or Program Summary should "tell the story" and include involvement of members, public, other organizations, publicity expenses and/or funding sources, continuing involvement and follow-up if applicable, evaluation of goals or achievement.

State Award Applications Send to: Marion Hilliard, Project Coordinator - marionh@bellsouth.net

State Garden Clubs applications shall be judged according to size determined by number of members on whom NGC dues are paid.

A First Place (\$200.) and a Second Place (\$100.) will be given in Category A, B, C, and D.

- A. Small State: up to 999 members**
- B. Medium State 1,000 -- 2,999 members**
- C. Large State 3,000 -- 7,999 members**
- D. X-Large State 8,000 -- and over members**

SCALE OF POINTS: STATE APPLICATION

Presentation -- 5 pts. Neat, concise, includes all required information on first page of application.

Achievement -- 65 pts. Scope of program(s); goals; prior planning; brief history if ongoing or continuing; need; education programs and activities to attain goals; accomplishments and benefit(s).

Participation -- 15 pts. Numbers of members and clubs; involvement of clubs and members; youth; community organizations; government agencies; others (not all must be involved).

Documentation -- 15 pts. Supporting applicable data; (may include labeled photographs, samples of publicity, program and speakers, letters of appreciation, financial report) **Photocopies accepted.**

Club Award Applications Send to: The Project Chair most closely related to the club's project.

Garden Club applications shall be judged according to size determined by number of members on whom NGC dues are paid.

A First Place (\$200.) and a Second Place (\$100.) will be given in Category A, B, C, and D. in EACH of the FIVE natural resources Air, Water, Forest - Land - Wildlife. If merited, a total of 20 club awards may be given.

- A. Small Club 29 -- members and under**
- B. Medium Club 30 -- 59 members**
- C. Large Club 60 -- 99 members**
- D. X-Large Club 100 -- and over members**

Project Chairmen:

AIR - Doris Jackson dfcix@aol.com (Energy Conservation, Solar, Wind)

WATER - Mary Sue Colvin mocolvin2@gmail.com (Xeriscaping, Rain Gardens, Aquatic Ecosystems)

FOREST - Phyllis Besch pdbesch@aol.com (Trees, Native Forest Plants, Invasive Shrubs/Trees)

LAND - Caroline Wittman caroline.wittman@cox.net (All Gardening/Planting, Native Plants, Organic Gardening, Therapy Gardens, Roadside Beautification, Wildflowers)

WILDLIFE - Mary Jacobs mary_gardens@att.net (Bees, Butterflies, Endangered Species, Pollinators)

SCALE OF POINTS: CLUB APPLICATION

Presentation -- 5 pts. Neat, concise, includes all required information on first page of application.

Achievement -- 65 pts. Scope of project, need and fulfillment, benefit, accomplishment, history, comprehensiveness, evaluation of goals reached, prior planning, brief history if continuing project, other.

Participation -- 15 pts. Size of club, involvement of members, community youth, public and others.

Documentation -- 15 pts. Supporting data, before and after photos (if applicable), clear, well-labeled photos, financial statement, letters of appreciation, community awards.

Photocopies accepted.

MAKING A WORLD OF DIFFERENCE - Choices Matter

Marion Hilliard

Special Project Coordinator

marionh@bellsouth.net

(continued from page 7)

Garden Smarts

This knowledge inspired Matthews and her team to study how the bacterium might affect the ability of mice to navigate a maze and to remember that information over time.

Even the researchers were surprised with the results. "The mice exposed to *M. vaccae performed twice as fast with much less anxiety. They were focused on getting the award," says Matthews. And the positive effects lasted well after the exposure to the soil bacterium ended.**

Matthews believes the take-home message is that spending time in the garden not only provides us with food but puts us in contact with microbes that play a role in our mental health.

This line of research has clear implications for the current educational system. Learning environments that include outdoor play, especially school gardens, could boost students' ability to learn new material. "We should design future schools with curriculums that put kids outside planting seeds and seeing how things grow--where they can develop a respect for and appreciation of nature," Matthews says.

From Organic Gardening, Vol. 57:6

****Mycobacterium vaccae* (*M. Vaccae*) is a nonpathogenic species of the [Mycobacteriaceae](#) family of [bacteria](#) that lives naturally in [soil](#). Its name originates from the [Latin](#) word, *vacca* ([cow](#)), since it was first cultured from [cow dung](#) in [Austria](#). Research areas being pursued with regard to killed *Mycobacterium vaccae* vaccine now include [immunotherapy](#) for allergic [asthma](#), [cancer](#), [depression](#), [leprosy](#),^[3] [psoriasis](#), [dermatitis](#), [eczema](#) and [tuberculosis](#). **From Wikipedia****



RALLY OUR REGION: *Restore, Refurbish, Replant*

The Central Atlantic Region encourages clubs to rally and restore gardens, shorelines, parks, memorials, historical sites, roadways and community facilities that have suffered natural disasters, neglect or are in need of an update.

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:

- 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 on community properties that enhance the residence's lives.
- Clean-up/restoration projects on grounds in schools, libraries, parks, Blue Star Memorials and other public areas.
- Project participation includes monetary support of RALLY OUR REGION projects within the C.A.R. Region.

RALLY OUR REGION Project qualifies for The Award of Excellence for Region, #25, and should be applied for during the second year of the project. **In order for C.A.R. to qualify, all 7 states in the region must participate** Please document your projects with photos, a brief description and expenditures of the project.

Submit to: **Susan O'Donnell**, 209 Johnson Road, Whitehouse Station, NJ 08889-3311

908-489-2127 greenthumbsfo@comcast.net

Sunday, September 8th, 2013

Calling all garden club members
that are Grandparents!



Let's plant seeds of love with our precious little sprouts. Create floral designs, plant seeds or bulbs, go for a nature walk through a butterfly conservatory, tour a public garden, build a bird

feeder, stepping stone or bird house. We can inspire today's sprouts to become the gardeners of tomorrow.

The future custodians of Mother Earth will grow up before you can blink an eye. So have some fun with these little ones. Create and enjoy memories that will last a lifetime!

Sylvia Deck

C.A.R. Garden Therapy Chair

Sylvia1862@verizon.net

Yearbook Update on Page 16 of NGC Award List

As your garden clubs prepare their Yearbooks this summer, they must be made aware of the change that was put in place in December, 2012.

The OLD Scale of Points:

4. Programs, workshops, tours furthering NGC Goals & Objectives-- 40 points
give brief word description (lecture, slides, demonstration, hands-on workshop)
- of program topics (theme not required) --12 pts.
 - Variety of styles of programs (lectures, slides, PowerPoint, tours, etc.)--12 pts.
 - Variety of speakers (specialists, members, panel, etc.)--12 pts.
 - Portion or full program explaining projects of NGC President--2 pts.
 - Portion or full program on NGC Member Services--2 pts. Variety

The CHANGE

d. and e. have been deleted. Because d. and e. were equal to 4 points, the 40 point total has been redistributed as follows:

(a) 14 pts.

(b) 12 pts.

(c) 14 pts.

The New Scale of Points:

4. Programs, workshops, tours furthering NGC Goals & Objectives, 40 points
give brief word description (lecture, slides, demonstration, hands-on workshop)
- of program topics (theme not required) (14 pts.)
 - Variety of styles of programs (lectures, slides, PowerPoint, tours, etc.) (12 pts.)
 - Variety of speakers (specialists, members, panel, etc.) (14 pts.)

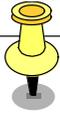
To help guide you to the correct person for information, please note some of the chair changes for C.A.R. in 2013-2015:

- 1. Membership: Gail S. Corle-814-943-4242/gscorle@verizon.net**
- 2. C.A.R. Awards: Susan Peterson-908-537-9424/susan@teaberrys.com**
- 3. Environmental Study School-Mary Ann Ferguson-Rich-330-630-9625/
Mafr43@hotmail.com**
- 4. Gardening Study School-Ilona Ontscherenki-908-879-0232/
ontscherenki@yahoo.com**
- 5. Publicity/Pressbook Awards-Betty Cookendorfer-513-367-9379/
bcoken@aol.com**
- 6. C.A.R. Book of Recognition: Patricia J. Cargnoni-585-289-3539/
pjcar@windstream.net**

You only need to click on a Chair's blue email address (above) and write your request for information on the window that comes up.

Stately News

Stately News



Environmental Study Schools

June 5-6, 2013--York, PA, Course III For information call Registrar Sheila Croushore at 814-233-6769.

June 25-27, 2013--Put-In-Bay, OH, in the Lake Erie Islands, Course I will be offered. For information call Registrar Pat Rupiper at 740-652-3682.

June 26-27, 2013--Troy, PA, at the Mt. Pisgah State Park Nature Education Center, Course IV will be offered. For information call Registrar Sheila Croushore at 814-233-6769

Annual Events

October 25-27, 2013--C.A.R. Conference, National Capital Area

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 4-6, 2013--Course I-Canton, Ohio Registrar: Shirley Wigginton, 330-453-7056 Instructors: Design & FSP-Lynn Fronk; Horticulture, Dolores Stouwie, Chrysanthemums & Marigolds

Flower Show Symposia

July 15-17, 2013--Harrisburg, PA Local Registrar: Nancy Cartwright, 717-972-0286 Instructors: Design-Trece Chancellor, Topic: "Dine-A-Rama"; Allied Topic: "Armature Form Design"; Horticulture-Dorothy Yard, Topics: "Seeing Plants in 3D Color, Form & Texture"; Allied Topic: "Journey of a Flower"

July 23-24, 2013--Mayfield Village, OH Local Registrar: Judy Guinn, 440-526-6871 Instructors: Design-Julia Clevett, Topic: "Driven to Abstraction"; Allied Topic: "The Broad Picture"; Horticulture-Darlene Newell, Topics: "Ferns and Conifers"; Allied Topic: "Wheel of Hortulana"

October 27-29, 2013--Bethesda, MD Local Registrar: Poss Tarpley, 703-660-8661 Instructors: Design, Julia Clevett, Topic: "Creativity and its New Trends and Techniques"; Allied Topic: "Maddening Mechanics"; Horticulture-Dorothy Yard; Topics: "Downsizing-Big Time"; Allied Topic:



Left to right: **Mary Warshauer, C.A.R. Director, Linda Nelson, NGC President, Jeanne Nelson, former C.A.R. Director and incoming C.A.R. Secretary/Treasurer**

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

