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Regional Review

Volume 3, Issue 4

April, 2014

DIRECTOR'S MESSAGE

"Snowdrops and Crocuses are always a welcomed sight. They are the very first harbingers of early spring. Often they pop up in a layer of snow to tell of better days to come and bid good-bye to winter. Their message is one of hope and promise". Helen Steiner Rice



Is it Spring yet?

There is no doubt that we all are looking forward to signs of spring. What a **long, cold** winter we have had.

In January, the NGC Winter Executive board met in New Orleans, LA. It was a wonderful opportunity to get to know fellow gardeners from across the country. The meeting was interesting, educational and FUN. The Better Swamps and Garden Club hosted a field trip to Jean Lafitte, a small fishing town where we walked through Nature Study Park amongst the gorgeous Swamp Red Maples, Bald Cypress and Live Oaks and we cannot forget to mention the egrets and herons. It was a lovely day in the swamp and wetlands of Barataria in Jefferson Parish, LA. Special thanks to the Louisiana Garden Clubs for their warm hospitality and generosity.

The C.A.R. has embraced BeeGAP, one of NGC President Linda Nelson's projects. In January, a bill was passed in New Jersey designating the Black Swallowtail Butterfly as the official state butterfly. Kudos to our garden clubs for recognizing the important role that butterflies and other pollinators play in our ecosystem. Please plant native plants to keep our pollinators happy!

Despite the onslaught of another winter snowstorm, the GCNJ's Standard Flower Show, "From Sea to Shining Sea", part of the New Jersey Home and Flower Show, "America Blooms", exhibited the exceptional talents of New Jersey's garden clubs. The focus of the show was *Water, Making a Difference through Education*.

I look forward to attending "From Roots to Wings", the Garden Club of Ohio's 86th Annual Convention on March 31, 2014, in Mansfield, Ohio. The convention includes outstanding speakers, workshops and a flower show. I look forward to the special evening at Carousel Park.

The Federated Garden Clubs of Maryland is sponsoring their first Environmental Study School, Course 1, Series 1, *The Living Earth*. Congratulations Maryland, the **class is full and registration is closed**.

NGC will celebrate 85 years of existence during the NGC Annual Convention, "Black, Gold & Red Earth", April 30 - May 3, 2014, in Norman, Oklahoma. Many tours and events have been planned. Details and online registration can be found on the **new** NGC website, www.gardenclub.org.

Garden clubs are preparing for the busy spring season hosting garden education centers, flower shows, plant sales, community gardens, NGC schools and state conventions, all in an effort to *Make a Difference*. **Rally on Region--** where there is need, a garden club can and will make the difference.

Mary Warshawer

Oonie56@aol.com

"The Amen of Nature is always a flower." Oliver Wendell Holmes

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

All copy is subject to cut/change.

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

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

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

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

Website: www.ngccar.org.



National Garden Club Conservation Pledge

"I pledge to protect and conserve the natural resources of the planet Earth and promise to promote education so we may become caretakers of our air, water, forest and wildlife."



WATER, WATER EVERYWHERE !!!

The amount of water on earth has not changed. The water that the dinosaurs drank 4.6 million years ago is the same water that falls as rain today. Water is constantly being recycled as it evaporates, condenses and returns to earth as precipitation. This is the Water Cycle.



More than 30 years after the Clean Water Act promised clean water, an overwhelming majority of Americans live within 10 miles of a polluted river, lake or coastal water. These waterways have been compromised for fishing, swimming and aquatic life.

As gardeners, we are especially affected and should be ever diligent. There are many ways we can help to protect and conserve water. Consider having an open meeting and inviting the public to hear a speaker discuss local water issues. Create water conservation posters and place in key areas in your town. Plan and construct a rain garden in a public area to reduce the amount of unfiltered water entering our aquatic ecosystem through storm drains. Begin a cleanup of a river, stream or lake by removing invasive species and trash and add native plants. Plan and construct an outdoor classroom with a local school with the focus on water. Purchase water conservation books and videos for local schools. Involve others by providing various educational activities for citizens--seminars, booths at events, take the message to other local organizations, government agencies and especially schools by sponsoring fun activities highlighting the waterways. Involve your club members and non-members at open meetings with educational activities. Form partnerships with other organizations and work with your local government to monitor and collect data for a local aquatic ecosystem for an extended period of time as they have done in other states.

Join with other groups to campaign for beneficial proposals or to go against actions that will harm the quality of aquatic ecosystems in the surrounding area. Provide educational exhibits at flower shows featuring the conservation and protection of water. Partner with a school for a water project on school grounds or a nearby location. Provide water conservation and protection materials to youth groups--4H, Girls Scouts, Boy Scouts Cub Scouts, Brownies, and junior garden clubs. Volunteer to assist with a program on water at one of their meetings. Promote the NGC Poster and Essay Contest in a local school or school district. Sponsor a poster contest at a school featuring local water concerns such as fish habitats, bird and animal habitats or pollution. Select outstanding beautification, riparian planting and erosion control projects on a quarterly basis. On Earth Day, April 22, prepare water issue demonstrations and activities for all ages. With the cooperation of your local government identify and label storm drains with "NO DUMPING" signage. Plant native trees on Arbor Day to landscape a lake, stream, river or other waterway. Create and perform a skit featuring one or more local water issues. Plan monthly water conservation tips and skits for garden club meetings.

Remember: WATER IS LIFE. ARE YOU A LIFE GUARD???

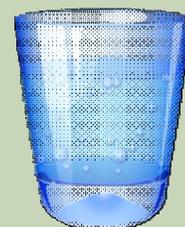
Wini Applegate

winiapplegate@hotmail.com

732-295-1440

C.A.R. Water Conservation Chair

GCNJ Protecting Aquatic Ecosystem Chair



Water For South Sudan



Click on site below to see the story of South Sudan and what Water for South Sudan is doing.

<http://vimeo.com/groups/189824/videos/32587296>

South Sudan's environment is the starkly beautiful, sub-Saharan desert. It has just two seasons, one dramatically wet and the other, harshly dry. During the rainy season, water is plentiful for crops and animals. During the November-to-May dry season, most sources of surface water dry up as daily temperatures frequently rise well above 120 degrees Fahrenheit. So, each year, millions of South Sudanese are on the move, leaving their village homes in the search to satisfy a desperate need: WATER-- for themselves and their livestock. The water they find is often infested with parasites and disease-causing bacteria which sicken humans. Yet there is no choice. Water, however tainted, is needed to survive. Only with the arrival to the next wet season can these people return to their villages.

Men and women but, mostly children, are dying from the tainted water in the remote villages of South Sudan. Water for South Sudan(WFSS) has been closely monitoring the political and military situation in South Sudan. They are hopeful that peace negotiations will help to bring an end to the turmoil that exists there. WFSS is in close contact with members of their drilling team who tell them that they feel completely safe in Wau and the surrounding drilling areas. Wau is in Western Bar el Ghazal, and away from the unrest in other areas of the country. Crews have drilled 20 wells as of February 19, 2014.

Water for South Sudan will continue its mission of delivering direct, transformative and sustainable quality-of-life service to more people of South Sudan by efficiently providing access to clean, safe water in areas of great need. Please continue to support this global endeavor.

Marcia Becker

Marshmelo601@yahoo.com

716-681-3530

World Gardening Chair



Symposium 2014

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

November 6 & 7, 2014

Pittsburgh Marriott North

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

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

Thursday, November 6, 2014

Darlene L Newell, Horticulture Instructor

Allied Topic: "Wheel of Hortulana"

Main Topics: "Ferns—Something Old,
Something New"
"Simply Succulents"

Friday, November 7, 2014

Penny Decker, Design Instructor

Allied Topic: "Here Comes the Judge"

Main Topic: "Color—Make it Exciting"

HOTEL RESERVATIONS

Request Special "GCFP 2014 Flower Symposium" rate.

\$139.50, until October 22, 2014;

Regular hotel rate after October 22, 2014

Reservations must be made directly with the Hotel.

1 800-228-9290—Reservation Line

**To obtain proper credit for this symposium, you must
have an up-to-date 2007 Flower Show Handbook with
you.**

Don't forget your clipboard and pencils!

GENERAL INFORMATION

Lectures are open to the public for the fee stated on the registration. Only NGC, Inc. judges are eligible to take this course for credit. To keep in Good Standing, all Accredited, Life and Master Judges and NGC, Inc. Instructors must continue their judging education by auditing a symposium every 3 years. Contact your State Judges Credentials Chairman to determine your eligibility.

To take the symposium for credit/audit, you **MUST** verify your eligibility at least six weeks in advance by contacting GCFP Judges Credentials Chairman:

Joyce Milberg
635 Smokey Hill Road
Tionesta, PA 16353-5247
814-755-7766
thomsmil@pennswoods.net

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

DIRECTIONS

The hotel is located at the intersection of I-76 and

I-79, in Cranberry Twp., PA.

Directions to The Pittsburgh Marriot North are in a separate file located on the GCFP web site.

PROGRAM

THURSDAY, NOVEMBER 6, 2014

| | |
|---------------|--------------------------------------------------------------------|
| 7:30 AM | Registration |
| 8:00 AM | Welcome & Announcements |
| 8:15-9:15 | Darlene Newell, Instructor "Wheel of Hortulana"—Allied Topic |
| 9:15-9:30 | Break |
| 9:30-10:30 | Darlene Newell, Instructor "Ferns—Something Old, Something New" |
| 10:30-10:45 | Break |
| 10:45-11:45 | Horticulture, continued |
| 11:45-12:45 | Lunch |
| 12:45-1:45 PM | Darlene Newell, Instructor "Simply Succulents" |
| 1:45-2:00 | Break |
| 2:00-3:00 | Horticulture, continued |
| 3:00-3:15 | Break |
| 3:15-5:15 | Horticulture Point Scoring Exam Dinner on your own |

FRIDAY, NOVEMBER 7, 2014

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

Symposium 2014 Registration

November 6 & 7, 2014

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

GARDEN CLUB: _____

DISTRICT: _____

JUDGES STATUS: _____

DATE OF CERTIFICATE OR LAST GOOD STANDING _____

Please advise Registrar of any dietary restrictions.

Checks payable to:

"GCFP Symposium 2014"

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

BAKLflowers@live.com

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

TOTAL ENCLOSED: CHECK # _____ \$ _____



NGC MEMBERSHIP PHOTOGRAPHY CONTEST *NGC MEMBERSHIP IS...*

NGC Membership Photography Contest Award may be awarded to the highest scoring photograph with caption best depicting the theme, “NGC Membership is...”.

Rules:

1. Entries must be submitted electronically in jpeg or jpg format in high resolution. Digital manipulation of the photo is permitted.
2. All entries must be the original work of a national or international member and be free from copyright restrictions. Members are member clubs, groups of member clubs, State Garden Clubs, NGC Regions and International Affiliates.
3. A release form, available on the NGC website, www.gardenclub.org, must be completed for every individual, including minors, in the submitted entry.
4. The deadline for all entries is March 15, 2015, and must include the club name, state organization, number of members, location, date, caption and release forms. Send all entries to NGCmemberships@gmail.com

Awards:

- 1st Place \$250.00 gift certificate to Member Services and Certificate
- 2nd Place \$100.00 gift certificate to Member Services and Certificate
- 3rd Place \$ 50.00 gift certificate to Member Services and Certificate

Scale of Points:

| | |
|---------------------------------------|-------------------|
| Presentation (meets all requirements) | 10 points |
| Originality | 30 points |
| Technical Excellence | 10 points |
| Caption | 30 points |
| Promotes NGC Objectives | <u>20 points</u> |
| Total | 100 points |

The entry grants NGC perpetual and unlimited right to publish or otherwise use the elements in any and all media now known or hereafter developed.

For more information, contact

Sandy Robinson sandyr5342@gmail.com or Brenda Moore b_moore@frontier.com

NGC Schools News

As previously announced by NGC, effective this past January 1, 2014, the requirement to collect The National Gardener labels(proof of subscription) for all NGC school courses and refreshers has been eliminated. This does not change the requirement to subscribe to and read *The National Gardener*, the official source of news about school programs. This move just simplifies the process for conducting schools and refreshers and for processing the associated paperwork.

The Beauty of Bulbs

One of the great pleasures of bulbs is their ability to provide the element of surprise! Whether the bulbs were planted this past fall or 10 falls past, we always forget where they are located and their colorful arrival is a welcome surprise each year. One of the other benefits is the longevity of bulbs, as many will not merely survive, but multiply and perhaps even naturalize in the garden. Of course, the great challenge of their covert existence is the recollection of where they are located, since the element of surprise also means they can be dug up or damaged during those months when they lie dormant!

Interestingly, what gardeners and catalogues often lump under the heading of bulbs may not, in fact, be a bulb at all, but rather a corm or rhizome! A true bulb consists of swollen leaves or leaf stalks, which are connected at the base by a modified stem called a basal plant. The outer layers of a bulb are modified leaves called scales. Scales contain the necessary food reserves to sustain the bulb during dormancy and during the early stages of growth. The outermost scales become dry and form a papery covering called a tunic, which serves to prevent desiccation and predation. At the center are embryonic flowers, leaves and stems while the roots develop from the basal plate. Examples of true bulbs for the garden are *Tulipia* (Tulip), *Narcissus* (Daffodil) and *Allium* (Flowering Onion).

Corm is yet another type of 'bulb'. A corm is a swollen stem that has been modified for nutrient storage. Eyes or growing points develop on top of the corm from which leaves and flowers develop. Similar to bulbs, roots develop from the basal plate and it is covered by dried bases of the leaves or the tunic. Examples include *Crocus*, *Gladiolus* and *Colchicum* (Autumn Crocus). The last 'bulb' is a tuber, which is also a modified stem, but it lacks a basal plate and an outer tunic. Roots, shoots and leaves emerge from eyes and it is

nearly impossible to determine which side is up from down. Examples are *Cyclamen*, *Eranthis* (Winter Aconite) and *Anemone blanda* (Wind Flower).

Most spring bulbs are native to drier regions of the world and these modified leaves or stems allow the plants to remain dormant and endure extended periods of extreme heat, drought or both. Typically, they develop 'true' leaves, flower and set seed during spring when there is ample moisture and the temperatures are conducive to growth. As the growing conditions become more inhospitable, dormancy quickly ensues! In general, 'bulbs' are easy plants to grow, requiring full sun, good drainage and moderately fertile soils with a pH near neutral or even slightly alkaline. Bulbs with large underground structures of one inch or better are termed 'Major Bulbs'. Tulips, Daffodils and Hyacinths are good examples. 'Minor Bulbs' have underground structures smaller than one inch, with *Galanthus*, *Crocus* and *Chionodoxa* serving as examples. In general, 'bulbs' should be planted to a depth of 3x the diameter of the bulb. If they are planted too shallow, they will produce numerous bulbets (small bulbs) or cormels (small corms) which are often too small to produce flowers. This is the primary reason why older planting of bulbs only produce green foliage and not flowers. As a general rule, bulbs are best transplanted before the old foliage has vanished or planted as early as possible in the fall. Consider large sweeps of bulbs for the best possible impact in the Gardens. For the major bulbs, think in terms of multiples of 50 and for the minor bulbs, anything under 300 will be underwhelming! Typically, I plant the larger bulbs one to a hole, but for the minor bulbs, a more natural effect is achieved if 4 to 6 bulbs are planted per hole --hence the need for at least 300.

Continued on page 7

Continued from page 6

Although unsightly, do not remove the bulb foliage until after it has completely yellowed or become dormant. The foliage is producing the carbohydrates necessary to increase the size of the 'bulb' and correspondingly, the flower display for the following year. Minor bulbs should be allowed to seed as they often naturalize beautifully. Many bulb seeds have a small white starchy appendage called an elaiosome. Ants are attracted to this appendage which usually has aromatic compounds and is rich in sugars, amino acids and oils. Ants will abscond with the seed and consume the elaiosome or feed it to the developing young. They will either just drop the seed if it is not in the ant hill or discard it in their various 'Compost Bins'. In this manner, the seeds are distributed far and wide and the plants naturalize!

Both major and minor types of bulbs can easily be accommodated in the mixed border or in a meadow setting. In perennial borders, use clumps of the larger (major) bulbs such as *Allium* (to the right), *Narcissus* or *Camassia* (American Potato) as they will be planted deeper and less likely to be disturbed. The smaller (minor) bulbs reseed and are easily disturbed during division of the perennials. However, this ability to reseed makes them great candidates for naturalizing in areas of the garden that will not be disturbed, such as areas beneath shrubs and in lawns. In fact, many of the minor bulbs can be easily grown – and with luck, naturalized – in shrub borders or mixed borders beneath leggy and still slumbering deciduous shrubs. Before the shrubs leaf out, there is adequate sun for the bulbs to flourish and mature. Plus, the area beneath the shrubs is usually dry in the summer, creating the proper conditions for



the bulbs to thrive. If planting into lawns, select the earliest blooming bulbs, such that the foliage will have withered sufficiently by the first cut of turf. Narcissus is best grown in areas with full sun, but not in lawns since this foliage does not become dormant until mid to late June or in moist years, July!

The challenge always becomes which bulbs to plant? In general, I stay away from Tulip hybrids; they perform admirably during the first season, but subsequent years yield fewer and small blooms. However, if you have a warm, sun drenched and dry location, consider some of the species tulips, such as *Tulipa tar-*



da (pictured above). As with Magnolias, the outer sepals and the inner petals appear identical and are therefore called tepals. Appearing in May, the tepals are white with a yellow center and appear atop 8-10" long stems. The back of the outer most tepals are blushed with purple, making it an attractive flower in both bud and bloom!

For those gardeners with deer, Tulips are best avoided, since they are a deer delicacy! However, there are still many choices that deer do not prefer. One of my favorites for late February and early March is *Eranthis hyemalis* or Winter Aconite. Native to woodlands of France east to Bulgaria, this member of the Ranunculaceae or Buttercup family has bright yellow flowers that literally sit atop the foliage. They will slowly naturalize and over a course of 50 years will spread throughout both shrubs and turf. See picture on page 8.

Continued on page 8

Continued from page 7

Obviously not ideal for those that prefer the perfect lawn, it is a refreshing sight come the end of winter and the plants are not deterred by mowing starting in April! This plant is best moved about while it is still in leaf during early May, but if ordered from a catalogue, make certain that the tubers are soaked for 6-12 hours before planting. Rehydrating the tubers is paramount to its success!



Another great bulb for those in deer country is *Galanthus*, commonly called Snowdrop. From the Greek *Gála* for milk, *ánthos* for flower. There are a number of different species from which to select, but they are all winners! Plants typically start to bloom in late February, or as soon as the snow-pack melts. *Galanthus nivalis*, (picture below) is readily available in most bulb catalogues. It too will readily seed into turf areas and is a delight to behold. Unlike the tulip, it is the outer protective sepals that are enlarged and resemble true petals, while the petals are much reduced and are typically streaked with green.



The number of additional 'bulbs' is enormous, but I would be greatly remiss if I did

not mention *Crocus tommasinianus* or Tommasini's Crocus (pictured on right). Found growing on limestone hills in Dalmatia, plants bloom in late February into early March. The straight species is one of the best for seeding and naturalizing into lawns as the foliage is very slender and does not look offensive in turf.



Bulbs, Corms and Tubers are a vast group of plants, but with their minimal maintenance requirements and the number of smiles of surprise they provide come spring, they should be far more common in the landscape. My hope is that more of these treasures find their way into your garden and your spring will be filled with lasting smiles.



Bruce Crawford is the Director and "dreamer in chief" of the beautiful Rutgers Gardens in New Jersey. He passionately defines gardens as "romantic enclosures that create their own special mood." He has 24 years' experience as President and owner of a landscape design company, Garden Architecture; has been adjunct professor of landscape architecture at Rutgers for 20 years and is currently Director of Rutgers Gardens.

He enjoys sharing his knowledge.

Habitat for Humanity

It is NGC's goal to have 100% participation for the Habitat for Humanity Project (HFH), "Open Your Heart and Hands." No commitment, either physical or monetary, is too small.

Instead of a Walk-a-thon this year, our NGC President Linda Nelson has presented a novel approach that will allow our members to support Habitat for Humanity at the National Convention in Norman, Oklahoma. C. A.R. can build a new future together by asking its members to submit a donation to HFH in the form of a check payable to your State Federation, Attention: Habitat for Humanity.

Donation levels can include foundation blocks, doors, windows, siding, bricks and shingles that range in cost from \$5.00 to \$25.00. If you prefer, you can determine your own cost of building materials.

The amount collected in your state will be reported at the NGC Annual Meeting in May, but all collected monies will benefit your state. Your Federation can determine the recipient(s) of the donated funds.

Let's support President Nelson in her efforts to support Habitat for Humanity.

Nicky Schwab

Habitat for Humanity Chair

Mako261mom@aol.com

410-437-6979

Central Atlantic Region



National Garden Clubs, Inc.

Let's Build a Future Together!

**"Open Your Hands and Heart to
Habitat for Humanity!"**

***Let's build a home together by
submitting your donations in a check
payable to your Federation.***

Attention: Habitat for Humanity

Foundation Blocks-\$25.00

Doors-\$25.00

Windows-\$25.00

Siding-\$10.00

Bricks-\$10.00

Shingles-\$5.00

**For more information,
contact C.A.R. Chairman Nicki Schwab**

Mako261mom@aol.com



Blue Star News

New Jersey: The 70th ANNIVERSARY OF BLUE STAR will be celebrated with the dedication of a refurbished Blue Star Memorial in North Plainfield.

On May 23, 2014, at 11:00 am, there will be a dedication of the Blue Star Memorial located on Route 22 and North Drive. The deteriorating Blue Star sign was taken down in 2013 and a completely new sign was built with funds donated by New Jersey garden clubs and several generous individuals. The Department of Transportation, a part of the Blue Star Council, beautifully re-landscaped the corner of North Drive and Route 22 with dozens of dogwood, redbud, holly trees and many native plants.

This dedication is so important to New Jersey's 70th year of Blue Star Memorials because it was in June of 1944 with veterans coming home from WW II, that The Garden Club of New Jersey originated the Blue Star Program with a 5 mile stretch of 1,000 dogwood trees along US Route 29 (now Route 22) between Mountainside and North Plainfield. The Program became part of the National Council of Garden Clubs and markers and memorials now number over 2,300 nationwide.



Director Mary Warshauer at a Dedication in New Jersey

New York: Two markers were dedicated in September 2013—one in Rochester and one in Marilla (District 8).

They were impressive dedications with most of the townspeople present. Two more dedications are planned for Memorial Day, 2014, in District 8.

Honor our past, present and future veterans. Make our Blue Star Program an integral part of what your club does for your community.

RSVP to Elaine Di Pietro, Chair of Blue Star Memorials at edipietro33@aol.com , with what's happening in your state.



Elaine DiPietro, Gail Mc Kee (former FGNY President), and David DiPietro, NYS State Assemblyman (Eighth District)

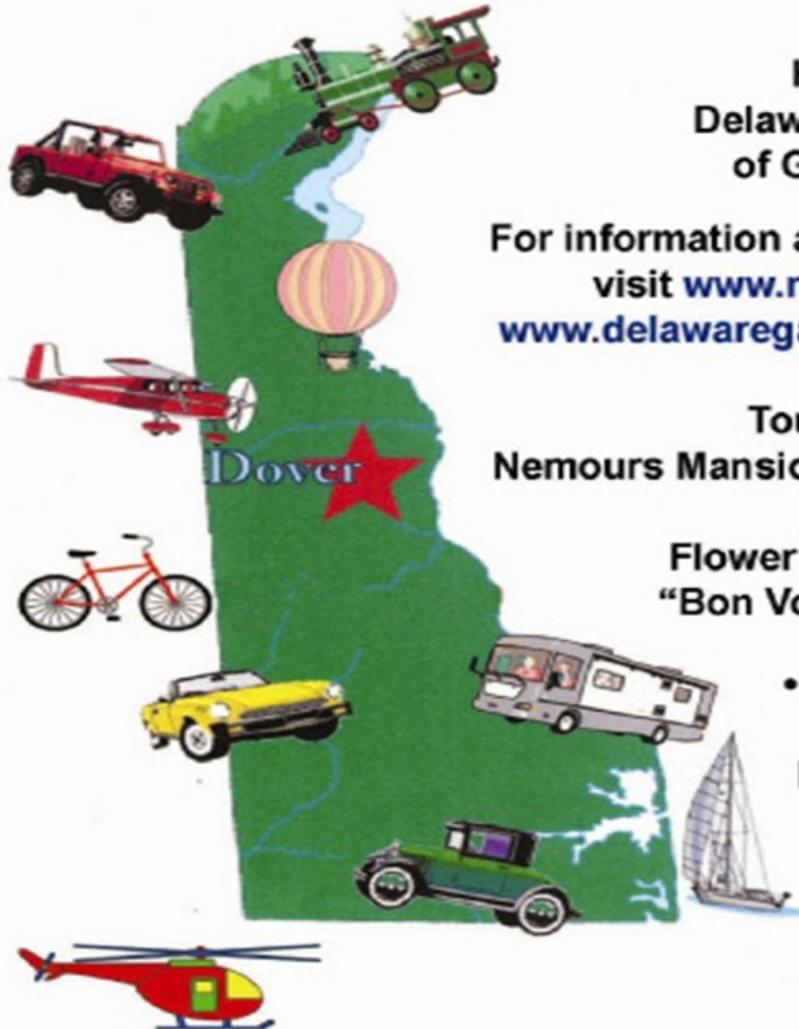


A picture is worth a thousand words so examine the pictures above to see what you can do in your state with Blue Star.

'Destination Delaware'

Central Atlantic Region Conference

October 26-28, 2014
Dover Downs Hotel & Casino
1131 North DuPont Highway
Dover, Delaware



Hosted by
Delaware Federation
of Garden Clubs

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

Tour
Nemours Mansion and Gardens

Flower Show
"Bon Voyage"

- **On Site Vendors**
- **Joy Ericson Design Program**
- **Workshops**

Make Your Destination Delaware in 2014

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

Sneak Preview of an Up and Coming Tour planned for the 2014 C.A.R. Conference

Please join us . . .

For a private tour of the Nemours Mansion & Gardens on Monday, October 27, 2014.



This is a must see event to peek into the private life of American industrialist, financier and philanthropist Alfred I. duPont and his second wife, Alicia.

The mansion is a five story, 77-room, 47,000 sq ft structure that was designed by renowned New York architects, Carrère and Hasting.

Travel by motor coach to Nemours in Wilmington, DE. There then will be a private tour of the mansion and the spectacular gardens. A luncheon will follow..



Upcoming Deadlines

- | | |
|----------------------|---------------------------------------------------------------|
| April 1, 2014 | All applications for awards (except the two following) |
| June 1, 2014 | Violet S.Thoron Award |
| July 1, 2014 | C.A.R. Scholarship |

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

Elisabeth R. Williamson
May 10, 1947 – November 15, 2013

Remembering Lissa

2005-2007

President of Federated Garden Clubs of Maryland (FGCMD)

2008-2009

**Vollmer Center at the Cylburn Arboretum Campaign Chair-
 (FGCMD) Raised \$166,000+**

2009-2011

Civic Improvement & Preservation Chair (FGCMD)

2011-2013

**President's Project, Plantings for Public & Special Places-Trees & Shrubs Chair-
 National Garden Clubs, Inc.**

2013-2015

National, Regional & FGCMD Project Chair

Horticulture Committee-Roadside Beautification Chair-National Garden Clubs, Inc.

National President's Project Chair-C.A.R.



Lissa spent her childhood at Sylvester Manor on Shelter Island, New York, where she developed a lifelong love of daffodils, floral design and wearing hats-- following her mother's example. Upon moving to Maryland, she joined the Chartwell Garden Club and served as president on three different occasions. She became an accredited Flower Show Judge and was an award-winning designer. As President of the Federated Garden Clubs of Maryland, she was a tireless fundraiser for the Vollmer Center at the Cylburn Arboretum.

Designing and hand-hooking wool rugs was another of her many passions. Her rugs were featured in *Rug Hooking Magazine* and became popular raffle items for many organizations. She was particularly pleased with the rugs that she made for her twin granddaughters.

Her enthusiasm for daffodils and the people who love them was unmatched. She encouraged everyone to "Catch Yellow Fever". She was a Judge for the American Daffodil Society and was awarded the 2013 Mid-Atlantic Region Leadership and Service Award. Lissa was able to honor her mother and childhood home by getting daffodil varieties named after Alice Fiske and Sylvester Manor.

Lissa was beloved by her family - son Todd and his wife Tricia; son David and his wife Andrea and her granddaughters Julia and Lauren. Her family was always her first priority; she was an amazing mother and a fun grandmother. Her success as a leader was because of a deep sense of duty to community. She will be remembered by her many friends for her sense of humor, upbeat outlook on life and those hats.

Adapted from the Memorial Service as given by Jackie Handley, jhandley09@aol.com.



Why Should You Care About Healing Gardens?

I am sure you have heard of healing gardens being developed for hospitals and psychiatric facilities. More and more nursing homes are including gardens for their residents. Though there is no firm scientific proof that horticultural gardens have therapeutic value, there is a steadily accumulating body of evidence that compellingly suggests nature and gardens fill a critical niche. This is a definite opportunity for our clubs to become involved with the creation and maintenance of this type of garden and I hope we will rise to the need.

But healing gardens do not stop here. **Can I safely assume that everyone reading this article has a garden? Do you realize that means you already have your own “Healing Garden”?**

I’ve always been fascinated with the idea of healing gardens, but I’m not sure I ever thought about my own garden actually being one. The definition of a Healing Garden is “a place where the process of utilizing plants and horticultural activities to improve the social, educational, psychological and physical adjustment of persons, many times results in regeneration of their body, mind and spirit”.

How do I feel after working in my garden? No matter what psychological condition I was in when I went out, I come back in feeling mentally refreshed and renewed and on top of the world.

Then there is the physical side. Gardening is excellent physical exercise. Nothing like a day in the garden, especially if you are a bit out of shape, when every muscle in your body reminds you that you used every one of them!

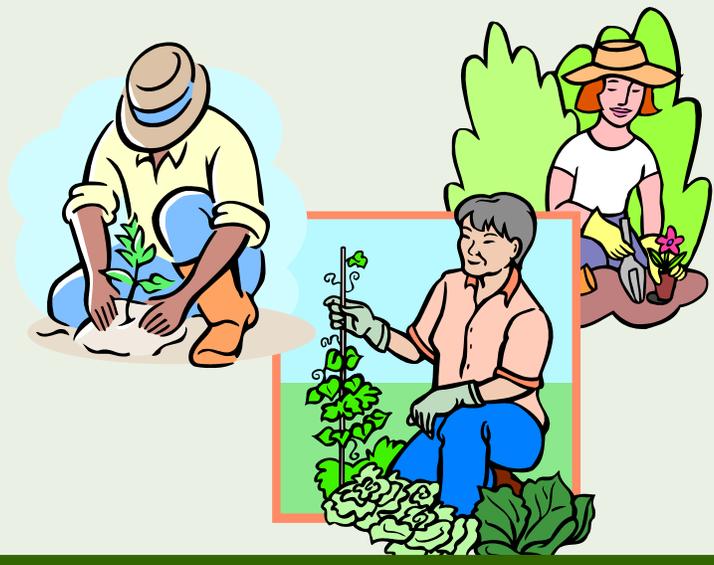
It doesn’t have to end there. Do you grow fruits and vegetables in your garden? Even if you only have a patio or a balcony, organic fresh produce can still be grown—there’s nothing better for your physical health. Now, take it a step further and grow fresh herbs to further improve the taste.

Speaking of herbs, do you know that many of today’s medicines are derivatives of herbs? The tradition of herbal medicine has been going on for thousands of years. In addition to enjoying an herbal cup of tea, you may want to experiment with making your own healing ointment. And then there’s aromatherapy, meditation, Feng Shui, Zen gardens and more.

Remember--

A garden cannot mend a broken bone
But it can repair a damaged soul
Recover a person’s lost spirit
Recall events from the distant past
Restore an exhausted body
It has oh, so much power and potential!!!!

Barbara Shepard
Healing Gardens Chair
dshep6380@sbcglobal.net



Wings to Fly – Save the Monarch!

CHOICES REALLY DO MATTER

I never made a choice to be a gardener; it's just what I am. However, I make choices as a gardener constantly. I choose not to spray biocides; I choose to plant native species for birds, bugs and butterflies and I make a choice to accept less than perfect foliage when a plant suffers insect damage.

I remember the sunny summer day that I looked out from my living room window and saw my garden in a magical light. It was *alive!* The flowers were a cacophony of color and hovering above was another layer of color – fluttering, flashing, flittering butterflies; their numbers as great as the flowers. I was captivated. My husband, Godson, and I embarked on a new journey to study and learn all we could about butterflies. We would plant a host plant for a specific butterfly and within days *that butterfly would visit!* My garden proudly boasts every species of swallowtail indigent to Ohio and many others.

WHERE'S THE MONARCH?

The Monarch Butterfly was one of our favorites. My garden club released monarchs for our 75th anniversary and I purchased 25 extra for my own garden. Each year, I had been seeing fewer of them. In 2012 I only saw 3 Monarch Butterflies; I had seen over 30 the year before. There were a number of reasons for this – most of them were human imposed. I was going to be installed as Garden Club of Ohio, Inc. President in 2013 and I knew this had to be my President's Project. Fifty years ago the Eastern Bluebird was an endangered species. Many garden clubs hosted nest boxes along bluebird trails, educated their members about bluebirds and campaigned to protect these birds. Today their population numbers rival those of the American Robin. We are part of that success story!

WINGS TO FLY!

My project, Wings to Fly! has been embraced by gardeners statewide – we are committed to be part of a new success story! What are we doing? Planting *Asclepias* in epic numbers; creating gardens without the use of biocides in public and private homes; educating our members' children and the public; planting late season nectar plants for later migrants and registering our gardens as Monarch Waystations.

HOW TO BE A MONARCH WAYSTATION

I registered my own garden as a Monarch Waystation about 3 years ago; my registration number is 3564. It's easy to do:

Go to MonarchWatch.org and complete an application. You will be asked questions about your gardening practices and habitat- especially how many species of *Asclepias* you are growing. Once you complete the application, they will ask for a one-time fee to certify your site. You will be mailed a certificate. There is a larger, more attractive metal sign you may also choose to purchase, if desired.

Your garden site will be listed on their international registry and you may opt to receive emails about other promotions. You may register as a public or private garden. They sell a lot of educational items and also monarch tagging supplies. I am challenging members in my state to register their gardens as Monarch Waystations. Please contact me for specifics I may not have covered here – I truly am committed to this effort.

Mickie Marquis
President, The Garden Club of Ohio, Inc.
(513) 850-1653
mickiem@cinci.rr.com.



Thermotropism

Have you ever wondered why the leaves of plants such as *Rhododendron* and *Daphniphyllum* curl and droop in the cold, only to gradually unfurl and slowly rise back to their horizontal position as the



day warms? Leaf motion in response to changes in temperature is called thermotropism, and as one would surmise, it is an action on the part of the plant to protect itself from the cold. The leaves droop or become pendant during temperatures below freezing in order to reduce the direct exposure of the leaf surface to the sun. These plants are typically found in deciduous forests, where they have become acclimated to lower light intensities in the summer thanks to the tree canopy. However, without this forest canopy, even the relatively weak sunlight of winter can be damaging when temperatures fall below freezing. Leaves that are directly illuminated during subfreezing temperatures experience damage to cell membranes, especially those cells containing chlorophyll called chloroplasts. To reduce the exposure to the sun, the leaf becomes pendant and damage to the chloroplasts is minimized! While leaf curling reduces solar exposure, it appears to have an additional purpose as well. With the fluctuation in temperatures, it is obvious that these leaves also go through daily extremes of freezing and thawing. If the leaf warms too quickly, the cell membranes that had been damaged by ice crystals do not have a chance to recover. However, if the leaf warms gradually, the membranes can heal. The curling of the leaf allows it to become 'self-insulating', allowing for the leaf to warm more slowly and ensure survival! Thus, even though the plants may appear as if they are being ravaged by the cold of winter, they are actually much better protected against the cold. Pretty darn smart, these plants!

Invasive Plants

Is the winter wreath that brightened your front entrance looking a little bedraggled? Is it time to get rid of it? Wait! Before you toss it, check it over very carefully. If bittersweet is part of the design, you could be spreading an invasive plant.



The native species, American bittersweet, is a wonderful vine that adds color and texture to fall and winter floral designs and wreaths, but Oriental bittersweet is a potential forest killer. There has

been at least one case of a reputable nursery unwittingly selling Oriental bittersweet labelled as American bittersweet. The invasive form of bittersweet is similar to the native variety, but there are significant differences.

American bittersweet is a compact vine that produces orange fruits and capsules at the end of a stem. (See picture above) Oriental bittersweet also produces orange



fruits, but the capsules are yellow and scattered along the stem. (Picture to the left) The plant can take root wherever it touches the ground or if birds eat the fruits and spread the

seeds; either method of propagation can produce 66 foot long vines that can smother trees. Infestations are difficult to eradicate because of the ease with which the non-native species grows and spreads. Simply cutting the vine and brushing the stump with herbicide does not always work; both ends of the plant must be treated. Oriental bittersweet out-competes the native species to the extent that American bittersweet may become extinct in some parts of the United States.

Terry Kroke

tlkroke@yahoo.com

NGC Environmental Concerns & Conservation Chair

C.A.R.

Did you ever wonder?

A Little Bit of History about the Central Atlantic Region

Thought everyone would enjoy some little known facts about this great region; the one we know as the "C.A.R." **Please remember, we are not a "car"!**

Each of our seven states, including the National Capital Area, were federated at different times and became part of the National Organization, which at that time was known as the National Council of State Garden Clubs, Incorporated. Four of our states are honored with being Charter Members.

Maryland, New Jersey, New York and Ohio became Charter Members in May 1929.

Pennsylvania—Federated-May 1931, **National Capital Area**—Federated-May 1954

Delaware--Federated-May 1958

All eight regions were added to the National Council of State Garden Clubs, Inc. in 1949. At that time the Central Atlantic Region included only the states of Maryland, Ohio, Pennsylvania, New Jersey and New York.

The first Central Atlantic Regional Director was Mrs. William J. Walters of New Brunswick, New Jersey. Her term of office was 1949-1951. Mrs. Walters later became National President and it was during her administration that the idea of having a National Headquarters occurred. Because of this wisdom and its importance, the Conference Room, downstairs at Headquarters, is named in her honor and a beautiful oil portrait of this gracious lady from the Central Atlantic Region, hangs in prominence there.

Our National Headquarters is a magnificent building and gardens that are located next to the Missouri Botanic Gardens in St. Louis, Missouri. One of the most breathtaking sites you will ever see, as you enter our Headquarters Building, is the beautiful carpets with each and every one of our State Garden Club Seals incorporated within. It is such a joy and pleasure to walk the carpets and look at all the different flora and fauna from around our great nation representing all our state organizations. Wow! What a memory! And to think our Region played such an important role in this stately garden club landmark.

So, now, if anyone asks you, "JUST WHAT IS THIS C.A.R.?" You will have the confidence and information to state just who we are and where we came from. Plus it is great trivia for your garden club meetings!

Gail Corle

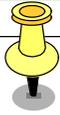
gscorle@verizon.net

Past President GCFP



NOT!

Stately News



Environmental Study Schools

April 3-4, 2014--Deep Creek Lake, The Discovery Center, Garrett County, MD, Course I. Contact Chair Linda Harris at lindaharris355@aol.com 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-Dorothy 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 610-906-0923, RayJane8585@yahoo.com. FSP & Horticulture- Container grown foliage & perennials, herbaceous-Dorothy Yard, Design-Mary Huntoon

October 1-2, 2014, Course IV-FGCNY

October 7-9, 2014, Course I-GCNJ. Contact Chair Carol English at overbrook@comcast.net or 908-931-1426.

***June 1-7, 2014, **NATIONAL GARDEN WEEK**

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.



This came across the computer recently. Are you ready for this?

Pray for Spring!

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?".

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

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