

The Regional Review

Volume 2, Issue 3

December, 2012



Gardening with Pride, Honoring Home, Community and Country

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DIRECTOR'S MESSAGE

"Four score and seven years ago our fathers brought forth...."

As I stood at the Lincoln Memorial in brilliant sunlight this past Thanksgiving and turned to face the length of the mall, following the glistening water to the Washington Monument, I thought about how truly fortunate we are.



To all our C.A.R. members who were affected and are still recovering from Hurricane Sandy, we give our support and efforts to lessen the burden. Several states have established funds to help fellow garden club members with community gardens and landscaping destroyed by the wind and flooding.

It was an honor to be a part of the Ohio C.A.R. Conference in Independence, Ohio, as members stepped up to the challenge of running a successful event under difficult conditions. Kudos to the chairs and registrar, Barbara, Shirley and Kathy; to the flower show committee, vendors and hotel staff and to all the C.A.R. members who braved the airports, highways and flooded parking areas to join in the fun, making this an occasion that all of us will remember. We probably laughed more and kidded more and generally let our hair down or up, as the case may be, and thoroughly enjoyed ourselves.

The varied workshops were a true test of how diversified our interests are. The orchid buying at the end of one workshop was like being in NYC at Filenes' famous basement sale. The program, "A Cool Tour of Cleveland", opened a new view on fabulous designs.

It was with great pleasure that the arrival of the C.A.R. pin came in time for this conference and we can thank Carole Iuso for all her time and effort and the artist, Tammy McEntee, for putting together all the ideas. And no, Virginia, it is not a bunch of bananas but the dog tooth violet.

At this conference we voted to select the Eastern Tiger Swallowtail as the C.A.R. Butterfly. Learn about this big butterfly in an article on page 14.

We had the opportunity to welcome Charter Life Members into the fold and it was a thrill for this director to present the "Golden Perennial Bloom Award" to a dear longtime friend from Ohio, Nancy Heber. It was also an opportunity for me to welcome our NGC President, Shirley Nicolai, and introduce our former fellow state presidents from 1997-1999 (the year Shirley and I served): L. Holzheimer, E. Davidson and J. Vehse. It was also a good time to say hello to the incoming C.A.R. Director, Mary Warshauer, and Alternate Director, Jane Bersch from New Jersey and share introductions of the 7 incoming State Presidents.

For those of you who attended this conference, you will understand when I say, "Hats off to each of you". Have a wonderful holiday season, stay well and enjoy the true comfort surrounded by those you love.



Jeanne T. Nelson

New E Mail Address: j.t.nelson7@gmail.com



A Warm Welcome to our Director-Elect & our Alternate Director-Elect



MARY WARSHAUER

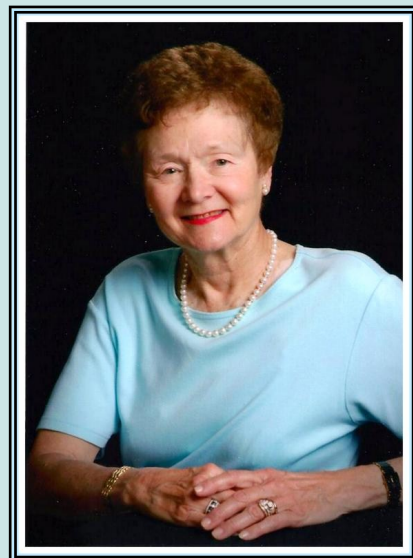
Mary, C.A.R. Director-Elect, is looking forward to positive growth within our region and hopes to promote the love of gardening, floral design and civic and environmental education.

She is a former GCNJ State President who currently serves as the NGC Blue Star Chair as well as the C.A.R. Membership Chair.



JANE BERSCH

Jane is the C.A.R. Alternate Director-Elect. She is also a former GCNJ State President, a NGC Accredited-Master Judge, a NGC Master Landscape Design Consultant and C.A.R. Landscape Design Representative. In addition, she is the Chair for the Violet Thoron Award.



Awards 2012 C.A.R. Conference October 2012

PUBLICITY PRESSBOOKS AWARD

Small Club (under 29 members)

2nd Place Greenport G C, Hudson New York, The Federated Garden Clubs of New York State, Inc. **Certificate**

1st Place Shaker Farms G , Harrison, Ohio, Garden Club of Ohio, Inc. **Certificate**

Medium Club (30-99 members)

3rd Place Mifflin County G C, Lewis-town, PA, Garden Club Federation of Pennsylvania, **Certificate**

2nd Place Town and Country GC of Louisville, Louisville, Ohio, Garden Club of Ohio, Inc. **Certificate**

1st Place The G C of Kinderhook, Kinderhook NY, The Federated Garden Clubs of New York State, Inc. **Certificate**

Large Club (over 100 members)

1st Place Penn-Cumberland GC, Camp Hill, PA, Garden Club Federation of Pennsylvania **Certificate**

District

1st Place Columbia County GC, Hudson, NY. The Federated Garden Clubs of New York State, Inc. **Certificate**

Affiliate

1st Place Harrisburg Area Civic Garden Center, Inc.,



Garden Club Federation of Pennsylvania **Certificate**

MEMBER AWARD OF HONOR NGC/ C.A.R. AWARD

2nd Place Arlene Stewart, All Around Excellence, Conservation, Horticulture, Landscape Design, Civic Development, Design, Youth Activities, and Garden Therapy, Centennial G C, Woodbridge, VA., National Capital Area Garden Clubs, Inc. **Certificate**

1st Place and NGC Regional Winner Frances Wismer, All Around Excellence and Design, The G C of Cranford, The Garden Club of New Jersey **Framed Certificate**

HIGH SCHOOL ESSAY CONTEST

2nd Place Anji Truffa, Ingomar G C Federation of Pennsylvania, **Certificate**

1st Place Breanna Marie Pierce, Milford G C, Delaware Federation of Garden Clubs, Inc. **Certificate and \$100.**

POETRY CONTEST

Kindergarten

1st Place Stefani Leopold, Highland Heights GC, Garden Club of Ohio, Inc. **Certificate**

2nd Place Lillian Wertz, McEwensville GC, Garden Club Federation of Pennsylvania, **Certificate**

3rd Place Leonardo Dougherty, G C of Shelter Island, Federated Garden Clubs of New York, Inc. **Certificate**

Grade 1 (**1st Place Tie**)

1st Place Bena Croushore, Somerset GC, Garden Club Federation of Pennsylvania **Certificate and**

1st Place Madigan Teodoru, GC of Shelter Island, The Federated Garden Clubs of New York State, Inc. **Certificate**

2nd Place Hannah Kloppman, Highland Heights GC, Garden Club of Ohio, Inc. **Certificate**

Grade 2

1st Place Ava Sellers, Belvoir GC, National Capital Area Garden Clubs, **Certificate**

2nd Place Myles Dougherty, GC of Shelter Island, The Federated Garden Clubs of New York State, Inc. **Certificate**

3rd Place Elizabeth Bruner, Indiana G C, Garden Club Federation of Pennsylvania **Certificate**

HM Mary Isabella Genari Shepherd, GC of Shelter Island, The Federated Garden Clubs of New York State, Inc. **Certificate**

HM Matthew Kallmeyer, Highland Heights GC, Garden Club of Ohio, Inc. **Certificate**

Grade 3 (**Tie for 1st and 2nd**)

1st Place Ellie Woodcock, Potomac Village GC, National Capital Area Garden Clubs, **Certificate**

1st Place Alex Hyrcsa, Ingomar GC, Garden Club of Ohio, Inc. **Certificate**

2nd Place Jane Richards, GC of Shelter Island, The Federated Garden Clubs of New York State, Inc **Certificate and**

2nd Place Brandon Velasquez, , GC of Shelter Island, The Federated Garden Clubs of New York State, Inc **Certificate**

Grade 4 (**1st Place Tie**)

1st Place Danika Stone, Pucketos GC, Federation of Pennsylvania **Certificate and**

1st Place Jason Kocsis, Highland Heights GC, Garden Club of Ohio, Inc. **Certificate**

Continued on page 5

The National Capital Area Garden Clubs, Inc. will host the 2013 Central Atlantic Region Conference on October 25, 26 and 27, 2013.

The venue will be the Bethesda Marriott, a convenient location just inside the Capital Beltway, and rooms will be offered at \$114 per night, that will include parking. The theme will be "A Monumental Event" and tours on Friday will feature "The Burning of Washington", a War of 1812 happening and the Naval Academy in Annapolis (for spouses and significant others).

A welcome reception will precede dinner on Friday evening and the general business meeting will be held on Saturday morning. There will be an outstanding design program at the Saturday lunch, followed by meaningful workshops and a banquet, with a featured program, on Saturday evening. We will close out the conference with a brunch on Sunday morning. Make plans to attend "A Monumental Event" in our Nation's Capital in October, 2013.

Save the date and join us!



A Monumental Event

**Central Atlantic Regional
Conference**

October 25 - 27, 2013

hosted by
National Capital Area Garden Clubs, Inc.

Bethesda Marriott at Pooks Hill
Bethesda, Maryland



CENTRAL ATLANTIC REGIONAL SYMPOSIUM 2013

Sunday, October 27 through October 29, C.A.R. will be sponsoring a Symposium. It will follow the C.A.R. Conference sponsored by National Capital Area Garden Clubs, Inc. The meeting will be at the Bethesda Marriott with Julia Clevett as the Instructor for a new program on Design and Dorothy Yard as Horticulture instructor providing an eye-opening new course topic.

Hope to see many of you there.

Jeanne Nelson

C.A.R. Director

2nd Place Nicolas Labrozzi, GC of Shelter Island, Federated Garden Clubs of New York State, Inc.

Certificate

Grade 5 (**1st Place Tie**)

1st Place Madison Kurtz, Westfield GC, The Garden Club of New Jersey, Inc. **Certificate**

1st Place Katrina Carter, Pucketos GC, The Garden Club Federation of Pennsylvania **Certificate**

2nd Place Katrina Raiche, Potpourri GC, , Delaware Federation of Garden Clubs, **Certificate**

3rd Place Lizzy Frazier, Highland Heights GC, The Garden Club of Ohio, Inc. **Certificate**

HM Ezekiel Crampton, Mt. Airy Clay Breakers G C, National Capital Area Garden Clubs, Inc.

Grade 6 (1st Place Tie)

1st Place Julia Labrozzi , GC of Shelter Island, Federated Garden Clubs of New York State, Inc. **Certificate**

1st Place Jackie Unger, GC Long Beach Island, The Garden Club of New Jersey, Inc. **Certificate**

2nd Place John Saunders, Ingomar GC, Garden Club Federation of Pennsylvania **Certificate**

3rd Place Sophia Lagana, Dix Hills GC, Federated Garden Clubs of New York State, Inc. **Certificate**

Grade 7

1st Place Kyle Musselman, Mt. Airy Clay Breakers GC, National Capital Area Garden Clubs, Inc. **Certificate**

2nd Place Emily Adams, Highland Heights GC, the Garden Club of Ohio,

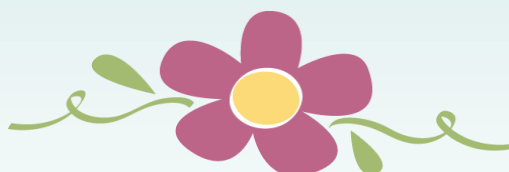
Certificate

3rd Place Caroline Maltese, Ingomar GC, The Garden Club Federation of Pennsylvania Certificate

HM Bahram Tavakoli, Federated Garden Clubs of Maryland Inc.

Certificate

Grade 8 (1st Place Tie)



1st Place Bridget Dickens, Highland Heights GC, The Garden Club of Ohio, Inc. **Certificate**

1st Place Alyssa Seng, Ingomar GC, The Garden Club Federation of Pennsylvania **Certificate**

2nd Place Amaka Okeke, Mt. Airy Clay Breakers GC, National Capital Area Garden Clubs, Inc. **Certificate**

Grade 9

1st Place Teresa Pierce, Milford GC, Delaware Federation of Garden Clubs **Certificate**

Special Ed

1st Place Abigail Faith Bruner, Indiana GC, The Garden Club Federation of Pennsylvania, **Certificate**

SMOKEY BEAR/WOODSY OWL POSTER (all receive certificates)

Grade 1

1st Georgia Raguz, The Garden Club of Ohio, Inc.

2nd Anna Farnschlader, The Garden Club Federation of Pennsylvania

3rd Alexander Hu, The Garden Club of New Jersey

HM Abigail Polus, Federated Garden Club of New York State, Inc

Grade 2

1st Jason Xiao, The Garden Club of Ohio, Inc.

2nd Clara Liang, The Garden Club of New Jersey, Inc.

3rd Maria Lyubezhanin, Federated Garden Club of New York State, Inc.

HM Ayden Soto, Delaware Federation of Garden Clubs, Inc.

HM Peyton Sisonick, The Garden Club Federation of Pennsylvania

Grade 3

1st Isabella Huang, The Garden Club of New Jersey, Inc.

2nd Michael Olthaus, The Garden Club of Ohio, Inc.

3rd Daniel Stewart, The Garden Club Federation of Pennsylvania

HM Cierra Braun, National Capital Area Garden Clubs, Inc.

HM Gabriel Jacobs, Federated Garden Club of New York State, Inc.

HM Julia Sturla, Delaware Federation of Garden Clubs, Inc.

Grade 4

1st Ben Corcoran, The Garden Club of Ohio, Inc.

2nd Natalie DiStefano, Federated Garden Club of New York State, Inc.

3rd Ariella Juliana Gonzalez, Delaware Federation of Garden Clubs, Inc.

HM Sarah Bailey, Federated Garden Club of New York State, Inc.

HM Patsy Buckley, The Garden Club of New Jersey, Inc.

HM Phoebe Lamountain, National Capital Area Garden Clubs, Inc.

Grade 5 Continued on page 7

1st Caroline Tan, The Garden Club of New Jersey, Inc.

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Announcing the 2013 Smokey Bear & Woodsy Owl Poster Contest!



Children from first through fifth grade are invited to participate in the 2013 National Garden Clubs, Inc. Poster Contest!

The U.S. Department of Agriculture Forest Service and the National Garden Clubs, Inc. are giving students the opportunity to demonstrate through original drawings of Smokey Bear or Woodsy Owl their understanding of wildfire prevention and basic environmental conservation principles.

SMOKEY SAYS: ONLY YOU CAN PREVENT WILDFIRES!

Smokey Bear is recognized nationally and internationally as the symbol for fire prevention. The original Smokey Bear appeared in 1944. Smokey's message, "Only You Can Prevent Wildfires!" encourages personal responsibility for fire prevention. Smokey Bear teaches children and adults to be careful with campfires, barbecues, trash fires, and matches.

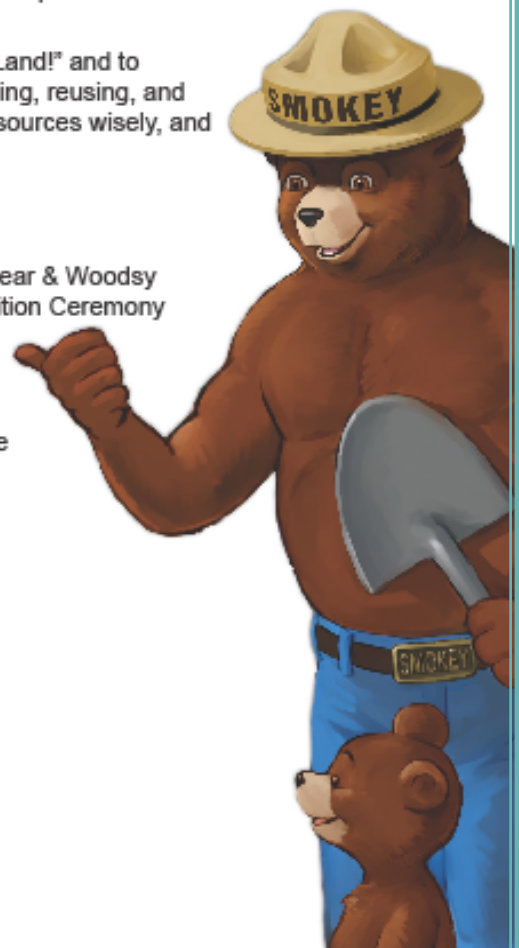
WOODSY SAYS: LEND A HAND—CARE FOR THE LAND!

Woodsy Owl is America's icon for the conservation of the environment. Since 1971, Woodsy has helped parents and teachers inspire children to observe, explore, and care for the environment.

He challenges children to "Lend a Hand, Care for the Land!" and to take an active role in caring for the land through recycling, reusing, and reducing waste, planting and caring for trees, using resources wisely, and not littering.

PRIZES:

- The National Grand Prize Winner of the Smokey Bear & Woodsy Owl Poster Contest will be honored with a Recognition Ceremony in Washington, DC. Round-trip airfare and accommodations for four will be provided.
- The National Garden Clubs, Inc. will award \$50 to each of the First Place national winners in all five grades.



2nd Madeline Peyton, Federated Garden Club of New York State, Inc.

3rd Rafid Hossain, National Capital Area Garden Clubs, Inc.

HM Jordan McMillan, The Garden Club Federation of Pennsylvania

HM Alex Corpus, Delaware Federation of Garden Clubs, Inc.

AMERICAN HORTICULTURAL SOCIETY REGIONAL PERENNIAL AWARDS

1st Place Seaweeder's G C of Bay Head and Mantoloking, The Garden Club of New Jersey, Inc. for outstanding display of herbaceous perennials at a SFS,

Certificate

CIVIC DEVELOPMENT OR IMPROVEMENT AWARD

Small Club (up to 25 members)

2nd Place Green Thumb Gardeners of Oneida Castle, Federated Garden Club of New York State, Inc. **Certificate**

1st Place Crestline Patio Gardeners, The Garden Club of Ohio, Inc. **Certificate and \$100**

Medium Club (26-50 members)

3rd Place Herkimer G C, Federated Garden Clubs of New York State, Inc.

Certificate

2nd Place GC of Mt. Tabor, Garden Club of New Jersey, Inc.

1st Place Seven Hills G C, The Garden Club of Ohio, Inc **Certificate and \$100**

Large Club (over 50 members)

1st Place The Gates Mills G C, The Garden Club of Ohio, Inc. **Certificate and \$100**

ENVIRONMENTAL CONCERN AWARD

Medium Club

2nd Place Shrewsbury G C, The Garden Club of New Jersey, Inc. Project: "A Rain Barrel Initiative".

1st Place Madison G C, The Garden Club of Ohio, Inc. Project:

"Tomorrow's trees today (TTT)", **Certificate and \$100.**



Large Club (over 50 members)

1st Place Queen Anne's County G C, Federated Garden Clubs of Maryland Inc. Project: A survey of area birds. **Certificate and \$100.**

THE VIOLET S. THORON AWARD

1st Place Greenbush G C, Federated Garden Clubs of New York State, Inc. **Plaque and Certificate**

OUTSTANDING EDUCATIONAL EXHIBIT AWARD

1st place Butternut Valley G C, Federated Garden Clubs of New York State, Inc. **Certificate and \$100** "Local Options - Farmer's Markets"

JEAN LADSON OUTSTANDING ACHIEVEMENT AWARD

Small Club (up to 25 members)

1st Place Alliance Area G C, The Garden Club of Ohio, Inc. **Certificate and \$100.** Project: Butterfly sculpture to enhance entrance to butterfly house at Beechwood Botanical Garden and

Nature Preserve.

Medium Club (26-50 members)

3rd Place Great Kills G C, Federated Garden Clubs of New York State, Inc.

Certificate Project: Planted 1200 bulbs together with students
2nd Place– Mt. Airy G C, Federated Garden Clubs of Maryland Inc. **Certificate.** Project: Planted and maintained gardens at Veterans' Memorial and Pine Grove Cemetery.

1st Place– East Livepool/Calcutta Area G C, The Garden Club of Ohio, Inc. **Certificate and \$100.** Project: Flower Show at Library focusing on children's books. Children were encouraged to attend, dressed as their favorite book character. Each child received a bag of prizes.

Large Club (over 50 members)

2nd Place The Gates Mills G C, The Garden Club of Ohio, Inc. **Certificate** Project: Annual Arbor Day seedling give away to school children that has been going on for more than 75 years. This year Pink Saucer magnolia starter trees were distributed.

1st Place – Maplewood G C, The Garden Club of New Jersey, Inc. Project: Maplewood Food Garden- working with youth. By July 2011, it had produced 200 pounds of vegetables gathered and donated to food pantry. Mission: "Food Grown for the Community By the Community".

Certificate and \$100



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The 'Dirt' on Growing Great Plants

Wintertime is a great time to sit back and ruminate, contemplate and perhaps even pontificate about how to improve your garden! Often, we will caress catalogues and books for great color combinations or the newest plant introductions that will make our gardens appear better than ever before. However, how often do we think about improving the soil of our garden or getting a better grip on how plants interact with the soil? After all, no matter how unusual or tantalizing the plant combination, it is only as exciting as is the vigor of the plants. I realize that a discussion about soil often distills into a medical condition named MEGO, an acronym for Make Eyes Glaze Over, and is often considered to be - for a lack of a better word - a filthy topic! It is that stuff beneath your fingernails, if you dared not wear gloves, and what gets tracked in on your shoes. However, I thought it might be fun to look at some of the essential aspects of 'dirt' and to develop a better understanding of how healthy soil equates to healthy plants!

Everyone probably realizes that soil consists of small particulates of inorganic matter in the form of sand, silt and clay. Sand, being the largest particle, provides larger pores or air spaces and warms up more quickly in spring, while silt and clay provide the ability for the soil to retain moisture and nutrients. The term 'loam' refers to the perfect mix of sand, silt and clay

that allows the soil to optimally hold moisture in, between rain storms, while having a sufficient number of larger pores that allows air to reach the roots. Without sufficient air, cellular respiration in the roots would cease or slow down, reducing the efficiency of the roots. Gardeners also realize that the upper portion of most soils contains organic matter and it is referred to as the topsoil layer. The depth of this layer is contingent upon the location and the type of soil.

The topsoil layer at the base of a hill is typically deeper than on the side of the hill due to erosion and to a lesser degree upon the wind sweeping the soil to the bottom of the hill. In the Midwest, the topsoil layer can reach close to 2 feet in depth. The sandy soil allowed for deep penetration of oxygen, roots and microbes thus allowing for the development of a much deeper layer.

The organic matter that is found in topsoil is typically found in the form of humus. Humus should not be confused with compost. Compost is typically early in the timeline of decomposition, containing many easily decomposed carbohydrates and proteins and it will shrink considerably in its bulk size before entering the state called humus. Humus is the temporary yet stable end product of plant and animal decomposition. It is the state where the material no longer resembles its original living form and persists for 100 years or longer. It is temporary since it will continue to slowly degrade to the basic elements of Carbon Dioxide (CO₂) and Water (H₂O). Humus is composed of about 30% of each of the following:

- Nitrogen containing proteins

- Slow to decompose lignins (found in plant cell walls)

- Complex Sugars (polyuronides)

Humus is also a very hard to describe material since it is not something that you find as a whole unit, but rather find existing in combination with the inorganic portion of the soil. In essence it is a dark, jellylike material that coats the individual inorganic soil particles and actually serves to 'glue' together the smaller particles, providing the soil with a better tilth or ease with which the soil can be worked. In silty soils it helps the individual small aggregates, or fine grains of the soil, to adhere together, creating larger grains and in turn larger pore spaces in between these grains! The larger pore spaces allow greater air circulation to the roots, which in turn become more vigorous with increased cellular respiration and viola, a healthier plant! Humus also has a much greater ability to hold nutrients and water than even clay! As a result, organic matter improves aeration, water-holding capabilities, nutrient-holding capabilities and - depending upon the source of the humus - provision of major and minor nutrients. Wow!

Another important aspect of soil is the pH, or the degree of acidity or alkalinity. The pH is measured on a logarithmic scale, ranging from 1 to 14, with 7 being neutral. Anything below 7 is acidic and anything above 7 is alkaline. A logarithmic scale means that each number between 1 and 14 is 10 times greater or less than the adjacent number. It was established in 1909 by the Danish chemist, S.P.L. Sorenson.

The pH is important to plants for reasons of nutrient availability as well as for the development of bacteria and other beneficial organisms. Most nutrients are in solution and available to be absorbed by the roots when the pH is between 6 and 7. As you go below 6, some nutrients become insoluble, while others, such as iron, enter into solution. As one would guess, plants become adapted to soils and pH's from which they have evolved and will often languish

when placed in a soil of a different pH. For optimum growth in your garden, the pH should be repeated. Rhododendrons, hollies and blueberries developed in a more acidic soil, with high concentrations of iron. When placed in neutral pH soils, the leaves become chlorotic due to a lack of iron. Other plants such as *Hydrangea macrophylla* have flower colors which are affected by the soil pH. Although most *Hydrangea macrophylla* selections grow in Japan on moist cliffs of igneous rock which are acidic in nature, they will also adapt to more alkaline soils (as well as a less humid environment). In their native acidic soils, the flowers are blue and the foliage a dark green. In alkaline soils, the flowers are pink and the leaves are a light green.

Soil is also constantly undergoing the process of change, although the changes are



discrete. It is passed into the soil. Plus, it is renewable and available! Wood chips and shredded bark also works well, but the more finely ground the material, the more it tends to knit together and - once it dries - become hydrophobic, allowing the water to sheet off the surface and not penetrate into the soil. The addition of mulch also provides a source of organic matter for the soil, which is slowly worked into the soil through frost cracking, insect and worm activity, along with other physical actions by animals. As previously mentioned, although humus is stable, it eventually breaks down to CO₂, H₂O and some minerals after 100+ years and needs to be annually replenished!

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Perhaps at this point you are simply throwing your arms up in despair and wondering if there is a group of plants that will simply grow in poor soils. Providing your pH is above 5.5, consider plants in the Fabaceae or pea family! Plants in this family evolved in soils that had poor nutrient levels and they developed the ability to attract and incorporate bacteria called rhizobium into a portion of their roots called root nodules. These bacteria have the ability of taking the atmospheric or gaseous nitrogen found in the soil pores and converting it into ammonia, which in turn can be used by the plant! Often we consider clover and alfalfa as a 'cover crop' for the fall and winter, which is turned into the soil come spring. The amino acids in the plant, which contain a high level of nitrogen, will subsequently break down over the next year and release the nitrogen for use by the next 'crop' or ornamental planting. There are also a number of attractive ornamental plants in the Fabaceae that can be used in the garden. A great selection to consider is False Indigo or *Baptisia*. *Baptisia* is easy to grow, accommodating soils that vary from the well-drained to the more silty forms that puddle after heavy rains. It is also beautiful for its attractive deep blue, yellow or bicolored flowers, depending upon the species or cultivar. The form that is supposedly native to NJ, although I have yet to see it in the wild, is *Baptisia australis*. It has sultry blue flowers in May and grows to 4' tall and 5' wide! Another selection that is a bit more compact - growing to 3' tall and wide - is 'Purple Smoke'. It has wonderful dusty blue flowers and flower stems, which when combined with its compact habit make it a garden winner! If you need a bit more show, consider the selection called 'Screaming Yellow'! It only grows to 30" tall and wide, but the flowers are an iridescent yellow and can attract the attention of a speeding motorist from 100 feet!

Baptisia x 'Screaming Yellow'



Baptisia australis

Without argument, discussions on soil can easily lead to a serious number of eyes glazing over. However, healthy soil is important for reducing the amount of inorganic fertilizers that are necessary and will lead to the development of much healthier plants and healthier gardens. So, as you contemplate your garden this winter, give a bit a thought to the 'stuff' in which your plants are anchored. After all, there really is nothing wrong with a 'dirty' minded gardener!

Bruce Crawford
Director, Rutgers Gardens

Flower Show Schedule Awards

Small Standard Flower Show

3rd Place Gibson Island GC, Federated Garden Club of Maryland, Inc. for "Garden Friendship, 85 Years of Growing Together", **Certificate**

2nd Place Port Washington GC, Federated Garden Clubs of New York State, Inc. for "Our Town",

Certificate

1st Place The Gates Mills GC, The Garden Club of Ohio, Inc. for "All That Glitters", **Certificate and \$50**

Petite Standard Flower Show

2nd Place Second District, Federated Garden Clubs of New York State, Inc. for "It's a Fair Day", **Certificate**

1st Place Judge's Council of Ohio, The Garden Club of Ohio, Inc. for "We Gather Together", **Certificate and \$50**

Standard Flower Show- 1 club

3rd Place Three Village G C, Federated Garden Clubs of New York State, Inc. for "Midsummer Magic" **Certificate**

2nd Place Nathan Hale G C, Federated Garden Clubs of New York State, Inc. for "Mrs. Beardsley's Dream" **Certificate**

1st Place Woodbrook-Murray Hill G C, Federated Garden Clubs of Maryland, Inc. for, "Notable Natives and City Connections", **Certificate and \$50**

Advanced Standard Flower Show-District

3rd Place District IV of The Garden Club of New Jersey, Inc. , for "In the Spirit of the Garden", **Certificate**

2nd Place The 8th District of Federated Garden Clubs of New York State, Inc. for "Setting a Mood",

Certificate

1st Place District I, Federated Garden Clubs of Maryland, Inc. for "Maryland's Eastern Shore, the Land of Pleasant Living", **Certificate and \$50**

C.A.R. SCHOLARSHIP AWARD

Caitlin N. Campbell, from Brick, NJ student at Moravian College in Bethlehem, PA, **Certificate and \$2500** Scholarship, sponsor: The Garden Club of New Jersey, Inc.

PERENNIAL BLOOM AWARD

Award Winner is Nancy A. Heber, Serendipity G C, The Garden Club of Ohio, Inc. **Certificate**

Finalists from each state:
Dorothy Harrison, Delaware Federation of Garden Clubs, **Certificate**

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On October 30, 2012, Central Atlantic Regional Director, Jeanne T. Nelson, presented **Nancy A. Heber**, member of The Garden Club of Ohio, Inc., with the Golden Perennial Bloom Award during the Central Atlantic Regional Conference. This award is given to the member who, like the faithful perennials in our gardens, has made our clubs grow and bloom with her continuous support of our goals and objectives.



Golden Perennial Bloom Award Winner

Mary Ellen Bay , Posthumous Award, Federated Garden Clubs of Maryland, Inc. **Certificate**

Eleanor Keyser, National Capitol Garden Club, Inc. **Certificate**

Kay McCormack, The Garden Clubs of New Jersey, Inc. **Certificate**

Gertrude Sokolowsky, Federated Garden Clubs of New York State, Inc. **Certificate**

Mary Cramer, The Garden Club Federation of Pennsylvania **Certificate**

MEMBERSHIP INCREASE

1st Place Federated Garden Clubs of Maryland, Inc. **Certificate**

YEARBOOK AWARDS (NGC/C.A.R. AWARD)

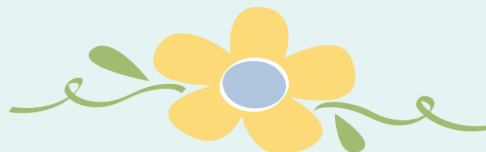
Class (Under 20 members)

HM Cambridge G C, The Garden Club Federation of Pennsylvania, **Certificate**

3rd Place Northview Buckeye G C, The Garden Club of Ohio, Inc. **Certificate**

2nd Place Mt.

Vernon GC,
National



Capital Area Garden Clubs, Inc. **Certificate**

1st Place and National Regional Winner, Saugerties Society of Little Gardens, Federated Garden Clubs of New York State, Inc. **Certificate**

Class II (20-29 members)

1st Place and National Regional Winner, Seedling GC, Federated Garden Clubs of Maryland Inc. **Certificate**

Class III (30-44 members)

3rd Place Moon Township GC, The Garden Club Federation of Pennsylvania **Certificate**

2nd Place Hollyberry GC, Federated

Garden Clubs of Maryland Inc. **Certificate**

1st Place and National Regional Winner, Laurel GC of West Springfield, National Capital Area Garden Clubs, Inc. **Certificate**

Class IV (45-69 members)

1st Place and National Regional Winner, West Trenton G C, The Garden Club of New Jersey, Inc.

Certificate

Class V (70-99 members)

1st Place and National Regional Winner, Pinelands G C, The Garden Club of New Jersey, Inc. **Certificate**

Class VI (100-299 members)

1st Place and National Regional Winner, Gibson Island G C, Federated Garden Clubs of Maryland Inc.

Certificate

HELPING HANDS C.A.R. COMMUNITY

PARTNERSHIP THERAPY PROJECT

Small Category (tie)

1st Place Mt. Airy Clay Breakers GC, National Capital Area Garden Clubs, Inc. **Certificate and \$25**. Project: Lutheran Church School Garden project with youth

1st Place Cincinnati Judge's Study Class, The Garden Club of Ohio, Inc., **Certificate and \$25**. Project: sponsored flower show at Maple Knoll Village, a non profit retirement community of 300 residents. Hosted classes and workshops in design and horticulture and hosted show.

Large Category

1st Place Franklin G C, The Garden Club of Ohio, Inc, **Certificate and \$25**. Project: After budget and staff cuts at the Chadwick Arboretum provided horticulture therapy project and learning gardens.

New Cultivars – Trees

Results of the recent storm that devastated so many properties in our Central Atlantic States, and brought havoc to tall trees, are in. Small deciduous trees seem an ideal solution to replace the fallen giants. To select properly, consider available space, protection, growth rate and soil adaptability. Look for new varieties of small trees. Be aware of their water requirements to match the conditions at your site. Allow adequate width to keep walkways and driveways clear of overhanging branches as many small trees can spread as much laterally as vertically. Microclimate sites protected by buildings and larger trees offer greater opportunities for tree selection than open, exposed locations. Color and texture are important. For variety, plant several kinds of trees-- if space allows. You could have colorful flowers, interesting bark and fruits, varied foliage texture and fall colors for year-round interest.

Carpinus Carolina, Native Flame American Hornbeam

An upright oval versatile newcomer, also known as musclewood, leads the pack in bright fall colors. Good growth and form, it combines the graceful informality of a native with the brilliant yellow-orange colors of a modern cultivar. Moist soil.



H 30', spread 20', to Zone 5

Gleditsia triacanthos 'Christie' Halka Honey Locust



This is rapidly becoming one of the favorite Honey Locust cultivars. Its vigorous growth, symmetrical, full crown and fine textured foliage make it a desirable newcomer.

H 40', spread 40', to Zone 4

Koelreuteria paniculata 'JFS-Sunleaf' Summerburst Goldenrain Tree



This small tree is appreciated for its symmetry, heat resistance and improved foliage quality. Its lantern-like seed capsules are blushed with pink. The smooth, glossy, dark green foliage holds up well during summer heat,

punctuated by bright yellow flower clusters. It loves a dry site. H 30', spread 30', to Zone 5.

Nyssa sylvatica 'David Odom' Afterburner Tupelo

The uniform, symmetrical branch structure and straight central leader makes this new cultivar both easier to grow and more beautiful in the landscape. Its high gloss, bright green foliage shines throughout the summer, turning bright red in fall, burning brightly after most Tupelo have defoliated.



H 35', spread 20', to Zone 5

Taxodium distichum Green Whisper Bald Cypress



The freshest, softest, brightest green foliage seen in a bald cypress gives this deciduous conifer its inviting appearance and the appeal of a fluffy green feather pillow. Vigorous growth and upright pyramidal form also make stand out. Prefers full sun.

H 55', spread 30', to Zone 5

Gotti Kelley

Garden Club of New Jersey

These new cultivars will be available

Spring 2013.



Because the Eastern Tiger Swallowtail Butterfly was chosen by the attendees at the C.A.R. Conference in Ohio this year, it was thought that a quick educational discussion was in order for C.A.R. members.

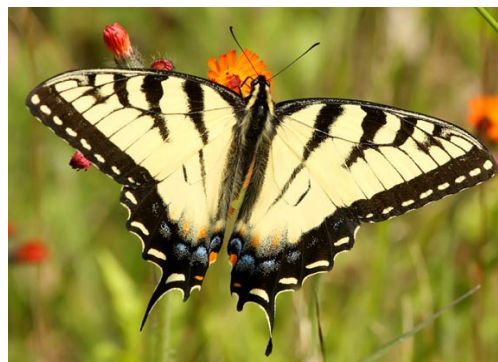
The **Eastern Tiger Swallowtails or *Papilio glaucus* Linnaeus** can be found throughout the US but prefer grasslands and woodlands. They do not actually eat—they drink fluids and have a proboscis that acts like a straw, drinking nectar from flowers like the butterfly bush, zinnias, oregano and the purple coneflower—overripe fruits as well.

It goes through **4** stages of life. The **egg** is laid on a plant that will provide immediate nourishment when the caterpillar (**larva**) hatches, eats its shell and then eats the leaves. The caterpillar makes its own nest by folding a leaf over and securing it with silk. This becomes the **pupa** where the caterpillar (larva) transforms into a **butterfly**. No eating or drinking takes place during this stage. The emerging butterfly lives about one month.

Plants in the vegetable or herb family such as the Umbelliferae family attract the butterfly and are good sources of pollen. Parsley, celery, coriander, fennel, lovage and dill are part of this group. In fact, the swallowtail sometimes lays its eggs on flat-leaf Italian parsley. So, be kind to yourself and the butter-

Eastern Tiger Swallowtail Butterfly

Eastern Tiger Swallowtail Butterfly



flies and overplant the parsley so that you will provide some plants for cooking and some just for the caterpillars. You just might see them go through their **4** stages—metamorphosis. It is said that other preferred plants that act as hosts for the caterpillar include wild cherry, birch, ash, willow, poplar and aspen.

The Eastern Tiger Swallowtail is a large butterfly--3 1/2-4 1/2 inches with a wingspan of 4 to 5 inches. The male and female of the species are yellow and black with striped markings, resembling a tiger. **However, the female Eastern butterfly is the only one that has two forms. The second form is a dark color that replaces the yellow areas.**



This butterfly has Swallowtail as part of its name

because it has a long tail on each hindwing that resembles the long, pointed tail of the swallow (bird). The Eastern Tiger Swallowtail is the state butterfly of Georgia, South Carolina and Delaware. It is also the state insect of Virginia.

Try to create a butterfly sanctuary for the C.A.R. "Chosen One"--The Eastern Tiger Swallowtail-- in your garden.

Water for South Sudan

I wish to express my deepest appreciation and a sincere "Thank You" for the generous donations collected during our lunch at the CAR conference in October, 2012.

Water for South Sudan, Inc. seeks to improve the quality of life and health of families in South Sudan by drilling wells to provide fresh, safe, potable water. Each day hundreds of thousands of people in South Sudan drink unsanitary water obtained after hours of walking—water contaminated with parasites and cholera bacteria! This exposure results in pain, sickness, and often death for these destitute families. Water for South Sudan, Inc. drills wells and provides the most basic of human needs...water.

December marks the beginning of the 2013 drilling season in which Water for South Sudan, Inc. plans to drill 40 new wells. Each new well means as many as 3,000 more people can have access to fresh clean water.

Access to clean water creates profound change. Life-altering opportunities arise when villagers, especially women and girls, no longer have to walk miles for water. Markets spring up. Schools and clinics can be built. A new future begins to emerge for a community that has fresh clean water—bringing with it self-sufficiency for the South Sudanese.

Donations are still being accepted by this chairman at:

Marcia Becker
CAR World Gardening Chairman
601 Columbia Avenue
Lancaster, New York 14086-1239
Marsahmelo601@yahoo.com



Charter Life Members at 2012 C.A.R. Conference ☐☐

Stately News

Flower Show Symposia

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: "Making Sense of Comments"

Flower Show Schools

May 15-17, 2013—Course IV-New Brunswick, NJ Registrar: Nancy L. Gahtan, 908-879-7991 Instructors: Horticulture & FSP-David Robson, Pansies and Ivies, collections/displays, Design-Claudia Bates

Landscape Design Study Programs

April 11-13, 2013—Course IV-Cincinnati, OH State Chair: Barbara Shepard, 614-890-4627

April 16, 17, 19, 2013—Course I-East Brunswick, NJ State Chair: Nancy Schmaltz, 732-741-1943

Multiple Refreshers

May 24-26, 2013—Seattle, WA, Tri-Refresher-Event Chair: Mary Dahlgren, 425-747-9335

Annual Events

March 16-18, 2013—Annual Meeting and Installation, Millennium Hotel, Buffalo

May 23, 2013—NGC Convention & Installation, Seattle, WA

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



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