

Regional Review

Volume 4, Issue 3

January, 2015

DIRECTOR'S MESSAGE

The Destination was Delaware! And Dover Downs was definitely the place to be on October 26-28th! Mary Noel and Lisa Arni led their team of hardworking, dedicated garden club members with enthusiasm and efficiency to ensure an outstanding and successful 2014 CAR Conference. Congratulations to the members of the Delaware Federation of Garden Clubs for a beautifully executed event.



Some highlights of the conference were:

Well attended educational workshops with standing room only.

"Let's Talk," a well-received group discussion moderated by Wanda Davis that addressed concerns and issues for the local garden club. Participants were highly energetic. (See page 2 of this issue.)

Ohio's Nancy Fenton from the Western Hills Garden Club was named the CAR 2014 Perennial Bloom winner.

Mary Lou Sewell from the NCA received the NGC Member Award of Honor for the Central Atlantic Region

The GCNJ's Brenda Bingham was chosen as the 2015 Vision of Beauty "Designer of the Year".

CAR awarded two \$2500 scholarships to very deserving students from the NCA and the FGCM.

The GCFP extended an invitation to the 2015 CAR Conference, "A Floral Explosion," on October 25-27 in Gettysburg, PA.

State presidents returned home with many awards in hand to share with their garden clubs.

The NGC Fall Board Meeting, September 25-28, 2014, in Des Moines, Iowa, kept the group busy. In addition to attending important business meetings, a tour was given of the World Food prize facility, Better Homes and Gardens Test Gardens, the Greater Des Moines Botanical Center and West End Architectural Salvage of the HGTV series, "West End Salvage". It was a productive meeting and the tour was fun as well as educational.

Las Vegas will be the location of the NGC Winter Board meeting between January 27 and 29, 2015. Despite the rumors that what happens in Las Vegas, stays in Las Vegas, NGC will definitely report what on happens in Las Vegas!

It is evident that the garden clubs of the Central Atlantic Region are devoted to their communities. Let's continue to RALLY so that our Region continues to prosper.

"Every gardener knows that under the cloak of winter lies a miracle ... a seed waiting to sprout, a bulb opening to the light, a bud straining to unfurl. And the anticipation nurtures our dream." Barbara Winkler



Warm holiday wishes to you and your families for a joyous, peaceful and healthy New Year.

Mary Warshawer

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The deadline for articles for the next issue of Regional Review is March 1, 2015.

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.



LET'S TALK!

At the 2014 NGC-CAR Conference in Dover, DE, a "Sharing" session was held. It was determined that we, as individual members, can take action and resolve our problems on a club, state and regional level. We can share with one another, support one another and work together to be a stronger, united region. If the clubs are "healthy," then state, region and national will be strong, healthy, viable organizations.

One topic discussed was Membership - how to retain our current members and attract new members. The general consensus was our clubs, states and region need to have a constant, interesting and attractive presence in print, on the website and other social media. One Pennsylvania club member described how their club made changes in the time of their meetings, from afternoon to evening to attract new members. They also changed the time for participating in projects, from weekdays to weekends, so other members could participate. Workshops held on weekends and evenings led to an increase in attendance and an increase in membership. A National Capital Area member described how they have two groups in one club. One group meets during the daytime and the other group meets in the evening. They do have various functions when both groups come together, but not for all events. The general agreement was that we need to think about new ideas for clubs, different times for meetings/events and not be restrictive as to who and how many members we can accommodate.

Publicity is a common dilemma and costly- if we pay to advertise. It was suggested to have the individual garden clubs be active on Facebook and other social media. Keep the information current and assign a member to be responsible for the updates and contacts. A Pennsylvania club had T-shirts, with the club name on the front and back of the shirt. They wore the shirt when working on community projects or events. A New York member reminded us to join the local service organizations, invite them to attend the garden club events and flower shows. If you submit, or have, newspaper/magazine coverage, repeat the club's name several times in an article and list a contact person for the club.

There were several other topics discussed, but the above topics created the most interaction in the room.

A discussion of creating a NGC logo as well as logos for individual garden clubs (for stronger recognition in the public eye) led to the conclusion that the CAR Director should appoint a CAR

committee to draft a recommendation to send to NGC regarding this need. It was noted that it was important that individual clubs should have their own unique logo for identification purposes in their local garden club area.

Other topics included the following (but time did not allow an in-depth discussion):

- (1) Mentors Program - Current members sharing the policies and procedures with prospective and new members. Former officers mentoring newly elected officers, prior to the new officers assuming their duties.
- (2) Interconnection and communication with other clubs in the state or region.
- (3) How to be sure the club is doing what the club members are interested in.
- (4) Should CAR meet every year or once during each two year period.
- (5) Is there any interest in creating "Sister" Clubs in other states for exchange of ideas, membership, etc.

Members contributed their ideas of how their clubs/states were handling the issues and it was determined that instead of relying on NGC, the individual clubs needed to resolve the problem utilizing their members, other clubs in their state and/or in the region. If you or your club would like to "Participate In The Discussion" and share your thoughts and ideas with us, contact me at wsdavis2@verizon.net so that your suggestions can be shared with others via the CAR website, the CAR newsletter, Regional Review, and electronic media in the region. We would like to hear your ideas and solutions that have worked for you or any questions that you might have.

Our time together at the Conference was exciting, encouraging and inspiring and I am sorry all of you could not have attended. We have the same goals and, working together, we can make it happen! We are about education, friendships and improving our communities and world! "Let's Talk And Be a Part of the Solutions, Not the Problems!"

Wanda Davis
CAR Parliamentarian
wandasdavis2@verizon.net



CAR Awards

Presented at the CAR Conference in Delaware:

Jean Ladson Award

Small club - Wayside GC – OH
Medium club - Centerville GC – OH
Large club - Gibson Island GC - MD

American Horticultural Society Awards

Federated Garden Clubs of Maryland, Inc.
Tanta Cove GC - National Capital Area Garden Clubs, Inc.

Civic Development Awards

FIRST PLACE

Small club - Brandywine GC – DE
Medium club- Garden Gate GC – DE
Large club - Mountain Laurel GC – MD

SECOND PLACE

Small club - Briarcliff Manor GC – NY
Medium club - Hampton GC – MD
Large Club - Clematis GC - NY

Environmental Concern Awards

Small club - Countryside GC – DE
Medium club - Weeders and Seeders GC – PA
Large club - Gibson Island GC - MD

Outstanding Educational Exhibit Award

Joppatowne GC - MD

“With an Eye for Balance” - illustrating balance in Floral Design.
Designed by Maxine Rising.

Violet S. Thoron Award

Guilderland GC of the Federated Garden Clubs of New York State, Inc.

Membership Increase Award

Delaware Federation of Garden Clubs

Pressbook Awards

A. Single Member Garden Club

i. Small Club - 29 members and under

FIRST PLACE - Greenport GC, Hudson, NY

SECOND PLACE - Damascus GC, Damascus, OH
THIRD PLACE - Town and Country GC of Rice’s Landing, PA
HONORABLE MENTION - Rolling Hills GC, Short Hills, NJ

ii. Medium Club-30-59 members

FIRST PLACE - Newark GC, Newark, NY
SECOND PLACE - Navesink GC, Red Bank, NJ

iii. Large Club- 60-99 members

FIRST PLACE - Hazleton Area GC, District II/III, Hazle Township, PA

SECOND PLACE - Avon-on-the-Lake GC, Avon, Ohio

iv. Ex-Large Club – 100 members and above

FIRST PLACE - Penn-Cumberland GC, Camp Hill, PA
SECOND PLACE – Orchard Park Garden Club, 8th District, Orchard Park, NY

B. Group of Member Clubs- Councils or Districts, etc

FIRST PLACE – GCs of Columbia County (Germantown, Greenport and Kinderhook in NY), East Chatham, NY
SECOND PLACE – 3rd District of The Federated Garden Clubs of New York State, Inc.

E. National Affiliated Garden Center

FIRST PLACE – Harrisburg Area Civic Garden Center, Inc. Harrisburg, PA

Yearbook Awards

Clubs less than 20 members

FIRST-“Making Our Choices” – Brandywine GC, Wilmington, DE - Delaware Federation of Garden Clubs

SECOND-“For Everything There’s a Season” Northview Buckeye GC , The Garden Club of Ohio, Inc.

Clubs 20-29 members

FIRST-Butternut Valley GC, Gilbertsville, Morris, New Lisbon, NY -The Federated Garden Clubs of New York State, Inc.

SECOND- Garden Gate GC – Wilmington, DE - Delaware Federation of Garden Clubs

Clubs 30-44 members

FIRST - The Bay Shore GC, NY – The Federated Garden Clubs of New York State, Inc.

SECOND - Tanta Cove Garden Club, Fort Washington, MD -The Federated Garden Clubs of Maryland, Inc.

Clubs-45-69 members

FIRST- Neshanic GC, District 4, NJ-The Garden Club of New Jersey, Inc.

SECOND - Westerville GC, Westerville OH-The Garden Club of Ohio, Inc.

THIRD - “Cherish the Chesapeake”, Crofton Village GC, Crofton, MD – The Federated Garden Clubs of Maryland, Inc.



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Spotlight on National Capital Area Garden Clubs



A Standard Flower Show

On a beautiful sunny Saturday and Sunday, National Capital Area Garden Clubs in partnership with the United States Arboretum, Washington, DC, produced a Standard Flower Show, *Science into Nature Equals Art*. Titles for Horticulture and Design sections, as well as Design classes, were drawn from areas of interest on the Arboretum grounds.

The show, staged in the auditorium, the front entrance and the atrium of the Administration Building, featured 332 horticultural exhibits, 48 floral designs, 4 Educational Exhibits and 2 Invitational Designs. The horticulture ranged from needled and broadleaf evergreens to fabulous chrysanthemums and dahlias. The floral designs included classes executed with all dried material as well as classes using fresh plant material.

Design classes included horizontal and mono-botanic designs, collages, miniatures and small designs, armatures, creative lines and a special class of posters to be interpreted in all dried material. A class highlighting chrysanthemums was also included.

Many exhibitors competed for ribbons and Top Exhibitor awards. Ninety-one garden club members, twenty-six of whom were NGC Flower Show Judges, entered the Flower Show. All four NCAGC districts were represented as well as the states of Maryland and Virginia and plant societies--Daylily Society, Old Dominion Chrysanthemum Society, Dahlia Society and the Chesapeake Chrysanthemum Society. The Arboretum was represented by an educational exhibit.

Two years of planning and publicity preceded the Flower Show. Garden clubs members attending District meetings were invited to enter the show and a special floral, horticulture and photography demonstration was held at the Arboretum in order to familiarize garden club members with the exhibits to be entered in the Flower Show.

While the Flower Show was open to the public on Saturday and Sunday, four members of the Arboretum staff presented lectures free to the public. The topics ranged from plant collecting, native versus exotic plants, grasses and camellias.

Special brochures, condensed from the flower show schedule, were printed to provide information to the public as they viewed the exhibits.

National Capital Area Garden Clubs Inc. was especially



Horticultural Exhibits fill US National Arboretum



The Big Winners

appreciative of the extra lengths taken by the Arboretum to facilitate the staging and presentation of the Flower Show. The Arboretum was a true partner in the presentation of Science into Nature Equals Art.



Members of Flower Show Committee

Anne Bucher, Flower Show Chair

Poss Tarpley, Flower Show Vice Chair

A very nice idea started 8 years ago...

Cheverly Garden Club, NCAGC

Each May 15, thousands of law enforcement officers, families and friends attend the National Police Officers' Memorial Service on the west lawn of the U.S. Capitol. Following the service, family members of fallen police officers attend a picnic luncheon and, when they arrive, the mothers of fallen police officers receive a corsage made by members of Cheverly Garden Club in nearby Cheverly, MD.

For eight years and counting, Cheverly members have gathered on May 14 to create over 100 corsages to be presented to grieving mothers at this event which attracts families from throughout the United States.

Cheverly Garden Club, which is celebrating its 60th anniversary, has always enjoyed a mixed membership of men and women. The club is very active in the Town of Cheverly and is a member of National Capital Area Garden Clubs, Inc.

"Every time a policeman is killed, we know we have another corsage to make," said Cheverly President Ann Gardenhour.

Submitted by David Healy
President of National Capital Area
davidhealy@dcaccess.net



Please forward to your
CLUB PRESIDENTS AND TREASURERS

To maintain your garden club's Tax Exemption status,
your club **MUST** file with the Internal Revenue Service (IRS)
EVERY YEAR.

You must file a form 990, 990-EZ, or 990N (the e-postcard).

Clubs that fail to file an annual 990-series return or notice,
for three consecutive years, will **AUTOMATICALLY** lose their tax-exempt status.

CLICK HERE FOR INFORMATION:

<http://www.irs.gov/charities/index.html?navmenu=menu>

Or Go To

www.irs.gov, then click link for "Charities & Non-Profits."

Clubs-70-99 members

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FIRST-“Origins and Roots” -Exploring our Horticultural Heritage, The Dorchester GC, Cambridge, MD –The Federated Garden Clubs of Maryland, Inc.

SECOND - Skaneateles GC – Skaneateles, NY –The Federated Garden Clubs of New York State, Inc.

THIRD - Pinelands GC, Medford, NJ--The Garden Club of New Jersey, Inc.

Clubs 100-299 members

FIRST - Charles County GC of Maryland, La Plata, MD, “A Diamond Celebration” –The Federated Garden Clubs of Maryland, Inc.

SECOND - Moorestown GC Celebrates 60 years of Community Service, Moorestown, NJ, “Garden Party” – The Garden Club of New Jersey, Inc.

Scholarship Awards - \$2,500 each

Chantel Agnew of Podesville, MD, sponsored by The National Capital Area Garden Clubs, Inc.

Amanda Krow of Denton, MD, sponsored by The Federated Garden Clubs of Maryland, Inc.

Garden Clubs of Maryland, Inc.

SECOND PLACE – “Fall Pleasures”, Neighboring Garden Clubs of Ontario and Wayne Counties, District 7, NY--The Federated Garden Clubs of New York State, Inc.

THIRD PLACE – “Wonder Woman”, Member Clubs of Canton Garden Center, OH--The Garden Club of Ohio, Inc.

Youth Poetry Awards – All First Place

Special Education –Abigail F. Bruner – PA

Kindergarten –Mia Amato –OH

First Grade – John Clark Bruner-Indiana GC, PA*

Second Grade – Gracie Bowers – Somerset GC, PA*

Third Grade – Andrea Napoles – NY

Fourth Grade – Myla Dougherty – NY

Fifth Grade – Gavin Conner – Worcester GC, MD*

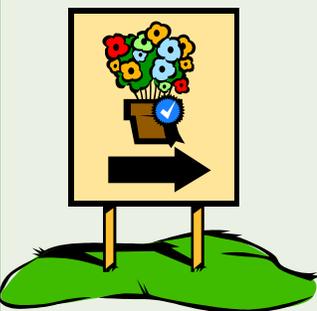
Sixth Grade – Kelli Galbraith – Ingomar GC, PA*

Seventh Grade – Nick Prunkl – MD

Eighth Grade – Raeana Kiss- OH

Ninth Grade – Mason Pung – Moon Flower GC, MD*

*also denotes first place nationally



Flower Show Schedule Awards

Small Standard Flower Show

FIRST PLACE –“In the Spotlight”, Ohio Judge’s Council, North Central Region, OH--The Garden Club of Ohio, Inc.

SECOND PLACE –“Joie de Vivre”, Halten GC, MD--The Federated

Garden Clubs of Maryland, Inc.

THIRD PLACE – ‘Mischief in the Garden”, Emerald Necklace GC,OH-- Garden Club of Ohio, Inc.

Standard Flower Show / Small Club/less than 50 members

FIRST PLACE – “All Hallows Eve”, Chippewa GC-,OH-The Garden Club of Ohio, Inc.

SECOND PLACE – “A Reason to Celebrate”, Lake Mahopac GC, NY--The Federated Garden Clubs of New York State, Inc.

THIRD PLACE – “All Hallows’ Eve”, The Hopp Ground GC, NY--The Federated Garden Clubs of New York State, Inc.

Standard Flower Show /Large Club/over 50 members

FIRST PLACE – “Dazzle”, Beach Cliff GC, Rocky River, OH – The Garden Club of Ohio, Inc.

SECOND PLACE – “Star-Spangled Fanfare, Asian Culture in America”, Three Village GC, NY--The Federated Garden Clubs of New York State, Inc.

THIRD PLACE – “Down the Garden Path”, Ohio Judges Council--The Garden Club of Ohio, Inc.

Standard Flower Show – Multiple clubs

FIRST PLACE – “Bugs Rule”, District One, MD--The Federated

National Garden Club High School Essay Award for CAR

“Today’s Choices Affect Tomorrow’s World”

Breanna Crankfield, Four Rivers GC, MD--The Federated Garden Clubs of Maryland, Inc.

CAR Smokey Woodsy Owl Poster Contest Awards

FIRST GRADE –

1st - Tommy Ksiazka, Independence GC, OH

2nd - Ashley Watson, Forest GC, MD

3rd - Mitchell Palmatier, GC of Richfield Springs, NY

SECOND GRADE –

1st - Keely Sears, Independence GC, OH

2nd - Eshika Bhandurge, Terra Nova GC, NJ

3rd – Brooklyn Eastly, Ingomar GC, PA

Honorable Mention -Leah Simpson, Worcester GC, MD

Honorable Mention – Reese Taylor, Athens Community GC, NY

Honorable Mention - Emily Peluso, Milford GC, DE

THIRD GRADE –

1st - Cate Shewmaker, Mack Gardeners, OH

2nd - Katrina Rivera, GC of Richfield Springs, NY

3rd – Grace Reister, Worcester County GC, MD

Honorable Mention-Athena Burns, Pucketos GC, PA

Honorable Mention – Abhiram Kandru, GC of Metuchen, NJ

Honorable Mention – Haylen Dixon, Spade and Trowel GC, DE

Honorable Mention – Daniela Silva, Watchung GC, NJ



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FOURTH GRADE -

- 1st** -- Elaine Stiles, Spade and Trowel GC, DE
- 2nd** – Samantha Wisniewski, Independence GC, OH
- 3rd** – Isabelle McBee, Herkimer GC, NY
- Honorable Mention** – Frankie Richwalski, Worcester County GC, MD

- Honorable Mention** – Reese Fife, Norristown GC, PA
- Honorable Mention** – Daniela Silva, Watchung GC, NJ

FIFTH GRADE –

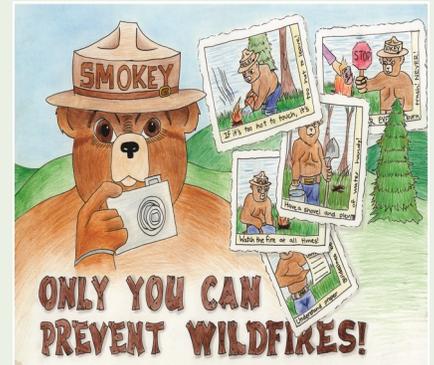
- 1st** – Nicole Gaffey, Parkland GC, PA
- 2nd** – Anna Appenzeller, Independence GC, OH
- 3rd** – Siddarth Surana, Terre Nova GC, NJ
- Honorable Mention** – Anjelique Hernandez, GC of Richfield Springs, NY
- Honorable Mention** – Bryan Santiago, Spade and Trowel GC, DE

Youth Excellence Award

Springfield Acres GC – National Capital Area Garden Clubs, Inc.

Susan Peterson
 CAR Awards Chair
susan@teaberrys.com

National Winner!



Youth Sculpture Contest

Adrain Castilo, GC of Harrisburg, PA - The Garden Club Federation of Pennsylvania



Snapshots from the CAR Conference



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.”

The Color of Leaves

When gardeners typically think of color in their garden, flowers are undisputedly the first ‘thing’ that comes to mind! However, come autumn, the changing color of leaves on deciduous trees and shrubs suddenly usurps the mighty flower for the center of attention. Autumn color is clearly the reason for many an afternoon ride through the countryside, but it is also one of the perspectives about plants that we fail to consider when designing a garden. Indeed, fall color can often provide more intense and longer lasting color than flowers on certain plants! It is also fun to pair together late blooming perennials with trees and shrubs that have harmonizing or complimentary autumn coloration. One of the glories of winter is the time that is now available to sit and contemplate the garden and a better design. Contemplating fall color and the basics of how it occurs is equally as important for the designer! Fall color is the result of the interplay of the three groups of pigments found within a leaf: **anthocyanins, carotenoids and chlorophyll.**

The aspect of color that many fail to understand is that the color of a leaf – or any object for that matter – is not the spectrum of light that a pigment absorbs, but rather the spectrum of light that is reflected! **Anthocyanins are a group of water-soluble pigments that provide blue to purple to red coloration** that, depending upon the plant, can reveal themselves in leaves, flowers, fruits, stems and/or roots! For the gardener, they are responsible for the blue or purple foliage of the various blue foliaged Hosta (such as *Hosta sieboldiana* ‘Elegans’), the European Copper Beech (*Fagus sylvatica* ‘Atropunicea’), Diablo Ninebark (*Physocarpus opulifolius* ‘Diablo’) and the Purple Leaved Smokebush (*Cotinus coggygia*

‘Atropurpurea’). For leaves, anthocyanins serve as ‘sun block’ and protect cells within the leaf by absorbing light within the blue-green and ultraviolet spectrum. Obviously, in order for anthocyanins to act as a sun block, they have to be located within the cells of the outer covering or the epidermal layer of the leaf. For those plants without purple or blue foliage, pigment production can also be triggered by rising sugar content. When the sugar concentration reaches the proper threshold, anthocyanin production is initiated, resulting in the deep blue coloration of ripened blueberries, or the purple color of egg-



plant skin and Concord grapes! Higher sugar content is also responsible for triggering their production in autumn foliage too! The cooler temperatures and shorter days trigger the development of a corky abscission layer at the point where a leaf is attached to the stem. This layer creates a blockage, preventing the sugars produced through photosynthesis from exiting the leaf. It is this rise in sugar levels that stimulates the production of anthocyanins and the resulting red and purple fall colors! In Red Maples (*Acer rubrum*, pictured above), Blackgum (*Nyssa sylvatica*) and Sumac (*Rhus* species), anthocyanin production pathways predominate!

The carotenoids are another group of over 600 individual pigments whose ‘job’ it is to protect the inner cells of a leaf. Most importantly, **carotenoids act as a ‘body guard’ for the protection of chlorophyll molecules within the chloroplasts.** Unlike anthocyanins, carotenoids are not water soluble, but rather are fat soluble. Thus, they cannot simply mix with the liquids within a cell, but need to be attached to the cell membrane. The most well-known members are Beta-carotene, a precursor to vitamin A that provides the orange color to carrots and Lycopene, which is responsible for the bright red coloration of a ripe tomato! Carotenoids absorb energy in the blue and green light spectrum, and reflect or appear to the eye as yellow, orange or red colors. Also unlike

anthocyanins, carotenoids are found in nearly all leaves throughout the growing season at levels or concentrations roughly 1/3 that of chlorophyll. In golden foliated or golden variegated plants, the colors of the carotenoids are most strongly evident, although many chartreuse or golden foliated plants of spring will fade to a light green come summer as the chlorophyll concentration slowly builds and becomes the predominant pigment. Carotenoids also differ from anthocyanins as they are an active participant in the process of photosynthesis. Carotenoids do not actually conduct photosynthesis, but rather pass along the energy that is absorbed to the adjacent chlorophyll molecules, giving them the name of an accessory pigment! Chlorophyll molecules can become damaged at any given instant during strong light situations by essentially becoming 'overworked', since the quantum mechanics of photosynthesis is certainly taxing upon the chlorophyll molecule. Carotenoids serve to protect chlorophyll by bleeding off or absorbing some of the excess energy. Like anthocyanins, carotenoids also serve to protect by providing a layer of 'sunscreen' to block various damaging wavelengths of light.

Chlorophyll is of course the workhorse of photosynthesis. Chlorophyll absorbs energy in the red and blue spectrum of visible light and reflects the unused green spectrum. Hence, the green color of a leaf! Chlorophyll is contained within disc-like cells called chloroplast that are predominantly located within the central mesophyll of a leaf and more specifically, in the upper palisade layer of cells. Chlorophyll is the pigment responsible for photosynthesis – the process by which Carbon Dioxide and Water are converted to Oxygen and Carbohydrates. Chlorophyll is a huge molecule ($C_{55}H_{70}MgN_4O_6$) that is insoluble in water and like Carotenoids, is attached to the cell membranes of the chloroplast cell. Despite its size, chlorophyll is not a longed lived and stable molecule, but breaks down quickly in bright sunlight during the stressful processes of photosynthesis. Consequently, during warm temperatures and sunlight – especially on bright sunny days – plants are required to constantly synthesize chlorophyll to replace those molecules that are breaking down. Come autumn, as the corky leaf Abscission Layer develops and reduces the transfer of nutrients traveling from the roots to the leaves, the plants ability to produce chlorophyll is compromised. The reduction in chlorophyll production and resulting concentrations allows the carot-

enoids and anthocyanins to become more apparent to the eye and fall color begins! In some trees, such as Birches, Hickories and Bottlebrush Buckeyes (as pictured above), the Carotenoids prevail and the fall color is a striking yellow!



The best fall color appears during cool, dry and sunny late summer and autumn days. The cool temperatures slow the production of chlorophyll, while the bright sunshine promotes the breakdown of chlorophyll and promotes the production of anthocyanins. The dry weather also reduces the water available for the plant, resulting in an increased concentration of sugars within the leaf. These increased sugar levels promotes the production of anthocyanins. Hence, our dry August through early October in New Jersey of this past year, along with the prolonged cool temperatures and bright sunny days has allowed our trees to produce a saturnalia of bright, autumn colors! As you think to next year's garden, give due consideration to the changing leaf color of fall and how that can both enhance and strengthen plant combinations. It is a topic that most designers fail to consider and typically is not emphasized in school – but, it can create some striking designs that will become the envy of many of your friends!



I'm Dreaming of a Green Christmas: Gifts, Decorations and Recipes That Use Less and Mean More by Anna Getty, photographs by Ron Hamad, Chronicle Books, San Francisco 2009. Large paperback, 180 pages, \$24.95.

Author Anna Getty has many titles-- environmental advocate; writer; television personality; chef; mother and organic living expert. She sits on the board of Healthy Child Healthy World and the Environmental Media Association.

This book is a very thorough guide to greening your holidays, beginning with the introduction, which gives you the ten easiest things you can do to save energy during the holidays. The remainder five chapters gives you tips on cleaning, cooking, gift-giving and how to be "more green during a very wasteful time of year." The author states that "During the holidays, household waste increases by more than 25%. Americans throw away an additional five million tons of trash between Thanksgiving and New Year's Eve." It is because of this that the author was inspired to write this book. The book is attractive with many full-color photos.

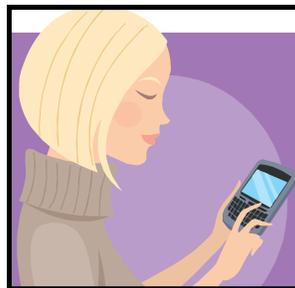
Some of the ideas in the book will make you think, as the author discusses fake versus real trees, cloth versus paper napkins and holiday energy efficiency. There are lots of "expert green tips" from other environmentalists as well. If you are a crafts person, you will find a myriad of fun projects that are environmentally friendly and would make great decorations or gifts. There are also wonderful recipes in the book. A roasted acorn squash soup with Parmesan and crispy sage is particularly tasty. There are interesting craft projects that a garden club might like to do for workshop, such as a pinecone and nut wreath, an herb wreath, silver leaf wire window ornaments and pinecones with recycled glass. This is a book for the crafters among you.

Linda Jean Smith
NGC Book Review Chair
lindasmith@comcast.net

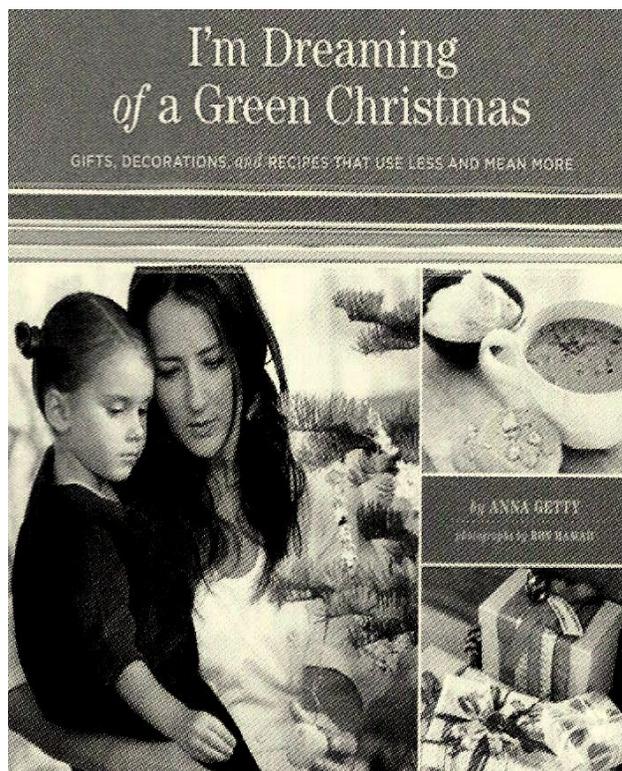
Apps for Tree & Shrub Identification

The Virginia Tech Tree Identification app, *vTree*, brings award-winning material to your phone (android or iPhone). It contains fact sheets for 969 woody plants from all over North America with an in depth description, range map and thousands of color images of leaves, flowers, fruit, twigs, bark and form. Narrow the species list by using your phone's GPS or any entered address or zip code. There's also a series of very simple tree questions that will further narrow the species listing.

The F.A. Bartlett Tree Expert Company



It's easy!
***vTree* is the name!**



What Can You Do To Make A Difference Environmentally?

“Making a World of Difference – Choices Matter” is Linda Nelson’s theme. This theme is rooted in our NGC Conservation Pledge that states, “We pledge to protect and conserve our natural resources and promise to promote education about them so we may become better caretakers of them.”

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

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

Consider co-sponsoring a series of Environmental Studies Schools with universities/community colleges with environmental programs/majors. Garden club members can become Environmental Studies Consultants and/or receive refresher credits.

Subjects for the four Environmental Studies Schools are:

Course 1:- The Living Earth

Ecology - Overview
Plants - Biodiversity
Environmental Science
Environmental Issues
Backyard Wildlife Habitat
Networking and Outreach
Historical Environmental - Actions and Leaders
Sustainability
Nature Discovery Field Trip to study Ecology

Course 2 – The Living Earth – Land & Related Issues

Ecology - Land
Plants - Agriculture
Source Reduction of Pollutants, Toxics and Materials
Coastal Zone Management
Environmental Science - Resources
Wildlife - Animals - The Misunderstood

Supplemental Subject - Land Concern Pertinent to Location of School
Earth Stewardship - Gardening with Nature
Nature Discovery Field Trip emphasizing the Study of Land and Related Issues

Course 3 - The Living Earth –

Air & Related Issues

Ecology - Air
Plants - The Rain Forest
Environmental Ethics
Environmental Science - Pollution
Wildlife - Endangered Plants and Wildlife
Initiating School Programs
Supplemental Subject - Air Quality Issues
Pertinent to Location of School
Earth Stewardship - Material Sources and Citizens Education Program
Nature Discovery Field Trip emphasizing the Study of Air and Related Issues

Course 4- The Living Earth –

Water & Related Issues

Ecology - Water
Plants - Aquatic Plants
Wetlands
Environmental Science – Sustainability
Wildlife-Aquatic Animals
Youth Programs in Environmental Education
Supplemental Subject - Water Topics Related to Location of School
Earth Stewardship - Effective Citizenship
Nature Discovery Field Trips emphasizing the Study of Water Issues

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

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

Possible Environmentally Friendly Ideas:

- 1.Join “Green Team” in churches
- 2.Work with community groups planting victory and/or community gardens
- 3.Volunteer to work at Sustainability Conferences, listening to speakers from around the world discussing what their companies are doing to reduce, recycle and reuse, and the economic issues focus-

ing on informing college students about environmentally-related degrees and careers.

4.Join a native plant organization, e.g. the Wild Ones in the mid-west is a wonderful opportunity to learn and share.

5.Work with other organizations, e.g. South East Wisconsin Invasive Species Consortium to plan a seminar, “Where Ecology meets Economy- Forum for Green Industry Professionals (Nursery men) and Land Managers dealing with the challenges of invasive plant species.”

6.Seek out and share opportunities to recycle medicines, electronics, metals, and some of the plastics.

7.Purchase items made from recycled materials.

8.Shop at sites which sell used clothing, furniture, etc. e.g. Goodwill, Habitat for Humanity.

9.Buy locally grown food.

10.Select plants which are disease resistant and also consider water requirements of plants.

11.Car pool or use public transportation.

12.Seek out ways to reduce energy use in home, e.g. vampire energy.

13.Select products with less packaging; bring cloth bags to stores for purchases. Seek out organizations, businesses in your community focusing on the cleaning the air, managing the resources, waste management, economic issues.

14.Create displays to educate others about making “.Environmentally Friendly Choices” for libraries, schools, events, etc.

15.Write articles for newspapers, newsletters.

16.Compost yard and raw vegetables from kitchen.

The Choices You Make Really Matter.

The above list is a sampling of possible environmental friendly choices everyone can make with increased awareness. There are many more examples. I would love to know what creative environmentally friendly choices you are making. Contact me to share your activities at newman9641@aol.com so that I can pass them on to others. It is time for you to get involved.

Judy Newman

NGC Environmental Studies School Chair



MEMBERSHIP PHOTOGRAPHY CONTEST

Theme: "NGC Membership Is..."

Description

The NGC Membership Committee would like to see the essence of NGC Membership portrayed through your photos with captions. What does NGC Membership mean to you and your state or local club? Give it some thought and take some pictures that best convey the idea of NGC Membership. Then, join in the photo contest!

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

Entries may originate in any format but must be submitted electronically. All entries must be the original work of a national or international member and free from copyright restrictions. Members are member clubs, groups of member clubs, State Garden Clubs, NGC Regions, and International Affiliates.

The photograph should be a .jpeg or .jpg format with the highest resolution possible. Digital manipulation of the photograph is permitted. A release form for everyone depicted in the photograph, including minors, must be included. Release forms are available on the NGC website. **Entries must be received by March 15, 2015.**

[Click here to download a copy of the NGC Membership Photography Contest rules.](#)

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

All entries must be submitted through email to: NGCMEMBERSHIPIS@GMAIL.COM

Include club name, state organization, number of members, location, date, caption, and any required release form with the photograph.

Scale of Points:

- Presentation (meets all requirements): 10 points
- Originality: 30 points
- Technical Excellence: 10 points
- Caption: 30 points
- Promotes NGC Objectives: 20 points
- 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, Membership Committee Chair, sandy5342@gmail.com.

Do You Know the Difference?

As the winter holiday season is upon us, a discussion of conifers might be in order. They are beautiful and many people call all of the trees, "Christmas trees". But, are they pine trees, spruce trees or fir trees? Do you know the difference? There is a quick way to tell these three common conifers apart.

Look for the number of needles that come out of the same spot on a twig. If a twig bears needles in groups of two, three, or five, you can safely call it a pine. If the

twig carries its needles singly, it's a good bet you've got a fir or a spruce.

Okay--now how to tell the difference between these two.

Pull off a needle and roll it between your fingers. If it feels flat and doesn't roll easily, it's a fir. If the needle has four sides and, thus, rolls easily between your fingers, it's a spruce. Enjoy the holidays.

Look at the pictures below to reinforce what you learned.



Spruce



Fir



Pine



Tips to successfully use holly in your decorating this holiday season

Deck the Halls

1. Holly should be kept in water or saturated floral foam to stay fresh.
2. Recut or crush stem ends to help absorb water.
3. Light misting of foliage will help sustain it longer.
4. Keep it cool--away from heat vents, fireplaces and direct sun.
5. Store in cool, dark place before use. Freezing temperatures, however, will blacken it.
6. **Happy Holidays!**

Clayton Leadbetter
Plant Breeding Coordinator
Rutgers University



Herbal Seasonings

The holidays are the most wonderful time of the year -- the food, the decorations and the parties. Yes, the parties, and you are invited. Your aunt's holiday party is first on your list and you cannot wait. You are filled with excitement as you arrive at your aunt's front door. And when she opens the door, you are not disappointed. The smells of the season fill your senses, along with the sight of a beautifully decorated home. Your eyes scan the room -- first the decorated fireplace mantle, the walls, and then you look up. There it is, the "kissing ball," known as the evergreen herb, mistletoe.

There are over 1300 species of mistletoe worldwide, but only two species are native to the United States:

- *Phoradendron flavescens* is a native and grows as a hemiparasite on certain trees in a line down the east coast from New Jersey to Florida, as well as in the west.



- The other type, of European origin, is *Viscum album*. This one, seen on apple trees, and on oaks, is a green shrub, has small, yellow flowers, white, sticky berries and is considered poisonous.



All "dwarf" and "American mistletoe" species occurring in California are native plants. There are twelve dwarf mistletoe species in California, as well as 7 species of American mistletoe. Mistletoe grows on the stems and branches of trees and certain shrubs. They depend on their hosts for water, mineral nutrients and some carbohydrates. But it is capable of growing on its own, using photosynthesis to live.

So, a plant that does not have to invest in a root system like other plants and is always produced by a seed that is transported mainly by birds is a pretty smart plant. The single-seeded berry of the mistletoe contains viscin, a watery sticky substance that sticks to a bird's plumage and feet and is deposited on the tree during preening.

Wherever the bird preens or whenever the seeds pass through its digestive system, the seed sticks to the tree, and begins to grow.

Although mistletoe has been the cause for widespread damage to many trees, the Navajo name for mistletoe, "basket on high," shows that mistletoe provides excellent roosting and nesting locations for many different, and rare birds. Mistletoe is toxic to people, but the berries and leaves provide high protein food for many animals. Many bird species rely on mistletoe for food. Butterflies lay their eggs on the plants and use the nectar as food. Mistletoe is also an important pollen and nectar plant for bees.

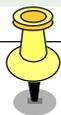
Aside from the amazing botany of this plant, its custom is ancient. A man and a woman who meet under a hanging mistletoe were obliged to kiss. This kiss was a privilege. Each time a kiss took place, the man would pluck a berry from the mistletoe. When all berries were gone, the privilege was no more. No berries, no kisses. Where, exactly, the custom started, no one knows. The custom may have Scandinavian origin and was described in 1820 by American author, Washington Irving. It may also have been a Cornish tradition: "Mistletoe was originally a fine tree from which the wood of the cross was made, but afterwards, it was condemned to live on only as a parasite." It may have started with the Greeks and their winter festival of Saturnalia, or the appearance of mistletoe at their early marriage rites. Whatever the origin, all agree that mistletoe will bring fertility due to it being evergreen during the barren winter months.

Mistletoe has medicinal value too. The entire plant, just before the berries form, is dried, and used as medicine. Mistletoe contains mucilage, antioxidant flavonoids, terpenoids, helpful acids, sugar, resin, some tannin and various salts. Old herbals say it was traditionally used as a tea, tincture or decoction. It was used for convulsions, hysteria, neuralgia, nervous debility, urinary disorders, heart disease and other complaints of the nervous system. Today, mistletoe is used with other modern medical treatments in cancer and epilepsy. Mistletoe extract, iscador, is the leading cancer treatment in Germany.

Maybe now you know a little more than you did about this amazing herb. But most amazing, is its power to make everyone equally kissable. HAPPY HOLIDAYS!

From Golden Gardens eNews
Publication of California Garden Clubs





Stately News

2015

Environmental Studies Schools

March 23-24 Course IV, NCA

April 15-16 Course III, Air & Related Issues, Garrett College, 687 Mosser Road, McHenry, Garrett County, MD

September Course IV, Water & Related Issues-no date scheduled as yet

Annual Events

February 12-15 GCNJ Flower Show, NJ Convention & Expo Center, 193 Sunfield Ave., Edison, NJ

March 1-8 Philadelphia International Flower Show

May 12-18 NGC Convention, Louisville, KY

October 25-28 CAR Conference, "A Floral Explosion", Wyndham Hotel, Gettysburg, PA

Flower Show Schools

April 27-29 Course III, Reading, PA. Registrar: Betsy Hassler, 610-777-9956. Flower Show Procedure & Design, Julia Clevett; Horticulture, Jim Schmidt, Spring branches, Combination Plantings, Spring Bulbs

April 29-May 1 Course II, Rochester, NY

May 5-7 Course II, 130 Log Cabin Rd, New Brunswick, NJ. Carol English, Chair, ovebrook@comcast.net or 908-931-1326. Registrar: Louise Davis, 973-402-4043 or ldavis@gmail.com. Flower Show Procedure & Horticulture, Dorothy Yard, Flowering Branches & Spring Bulbs

September 16-18 Course III, Rochester, NY

Landscape Design Schools

April 15-16 Course II, Antoinette Babb, Chair, 845-246-4445, Chappaqua, NY

April 14-16 Course III, Holly House, 130 Log Cabin Road, New Brunswick, NJ Peggy Koehler, Chair, 908-526-1309 or koehlerpeggy@yahoo.com

September 29-October 1 Course II, MD

October 6-8 Course III, Chappaqua, NY

Flower Show Symposiums

April 28-29 4500 Crain Highway, Bowie, MD, Registrar: Susie Middleton, 410-228-5756. Design: Barbara May, abstract creative, color & light. Horticulture: Darlene Newell, flowering arboreal branches & ferns, allied topic: "Wheel of Hortulana"

October 27-29 Gettysburg, PA, Registrar: Joyce Milberg, 814-755-7766. Design: Claudia Bates, "Creating Rhythm", "Creating Multi-rhythmic Designs". Horticulture: Dottie Howatt, "Simply Naked", "Bare/berried Branches", "The dreaded any other class", allied topic: Arabella Dane, Photography

Gardening Studies School

March 16-17 Course II, Series IX, Merrifield Garden Center, Fairfax, VA. Plant diseases & garden pests, container gardening, techniques for growing vegetables, growing lawns and/or lawn alternatives, how new plants are developed and evaluated. Contact Joyce Skoglund at 703-591-4017 or ieskog612@gmail.com

March 25-26 Session in PA

2016

April 5-7 Landscape Design School-Course IV, Chappaqua, NY

May 2-6 NGC Convention, Grand Rapids, MI

June 8-10 Flower Show School-Course IV, Rochester, NY

October 23-26 CAR Conference hosted by FGCNYS, Inc.

