

Sow and Tell

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Member of the National Capital Area Garden Clubs, Central Atlantic Region, District III

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PRESIDENT'S MESSAGE

We're at the end of another year for the Five Hills Garden Club. We've had terrific programs this year—a visit by raptors, the Tea, learning about Purple Martins, Earth Sangha as well as the planting natives for the wildlife. And, of course, Betty Ann's demonstration on making simple flower designs. Val Plisko put in a lot of time and hard work to make it all happen.

We had great success with our fundraising this year; the District III fundraiser, white elephant tables, and our Teacup floral raffles. Our major fundraiser, the Plant Sale, was also successful, despite the rain. Thank you to Valerie, Lura, and all whom contributed time, garden plants, and hard work to make it successful. Willow and Anne Nelson have done an outstanding job with the garden therapy program. And lastly, Noreen and Nancy Walker, our civic chairs, did a great job of keeping our local gardens blooming and organizing our wreath making project. I could go on and on to thank everyone but even if I don't mention you by name, please know our club would not thrive without each and everyone of you pitching in when asked.

I look forward to another year as your president; we have some great events coming up. In the fall there will be two field trips, one being an overnight trip to the Mt. Cuba Center. Val has lined up many interesting programs—some will help us prepare for our big spring event, the **Flower Show**. Everyone should participate in the flower show and after our programs teaching us what to do, you should be comfortable making an arrangement for the show. I'll also be looking for volunteers to help with my president's project, the bluebird house that I hope can be installed near our garden at Glyndon Park.

Lastly I want to remember our members who have passed away this year - Millie Norloff, Erma Rockholt and Muriel Turner, as well as Anita Parke's husband Darell.

Have a wonderful summer and we'll see you all in the fall. Andy Bothwell

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Calendar of Upcoming Events

June 13 Board Meeting, 9:30 am
 June 20 Five Hills Garden Club General Meeting 10 am, VPC Choir Room

Hospitality Sign Ups for 2023-24

In preparation for next year’s meetings, we will again circulate the Hostess sign-up sheets at the June meeting. There will be one for the general meetings and one for board meetings. There will be only five slots each month for members to bring food. Additionally, there will be a slot for one person to bring flowers to adorn our luncheon table. This is your chance to select in what month you want to participate. Those people who have not signed up by the end of June will be assigned a slot based on availability. Things do come up unexpectedly during the year so if you can’t bring food on your assigned month, you can trade with another member of the club.

Raising Honeybees and Supporting Plants Program for June 20th Meeting—VPC Choir Room

Program Chair—Val Plisko

Rita Romano, a mental health practitioner, will take us on her personal adventure as a backyard beekeeper. She will explain how she got started a decade ago and how she has cultivated her interest in beekeeping and native plants that attract and sustain bees. Throughout her presentation, she will emphasize native Virginia plants that she grows in her pollinator garden.



Horticulture and Design Chair—Jane Schmiedekamp

Committee members: Helen Mertz, Anita Parke, Margaret Bain

A Wing and a Prayer by Anders and Beverly Gyllenhaal

This June 5 article in the Washington Post is an eye opener about the loss of birds in our world. In the last few decades 3 billion birds have disappeared. One-third of all birds in North America are among these.

We are in a war against extinction. We depend on birds for pollination, seed dispersal, fertilization and soil formation. They are our canary in the coal mine.

Fewer birds means fewer plants, trees, flowers, and vegetables. More than 8,000 species of plants, and flowers rely on hummingbirds for pollination. When the land is gobbled up for new development, there is less for non-human neighbors. This and climate change mean habitats are in flux and birds and animals are in peril.



Horticulture and Design for June meeting:

Berries Everywhere!

Bring a sample of various edible berries that you collect or grow.

Make an arrangement that incorporates berries

Forests cover nearly 2/3 of Virginia. Forests filter our water, clean our air, provide wildlife habitat, protect and enhance the soil, and offer recreational opportunities. Forests are part of our ecological system, providing an environment and food for mosses, birds, and many animals. Virginia loses 16,000 acres of forest each year, mainly through conversion to home site, roads and other development. Forest land loss threatens the wildlife and the scenic beauty of Virginia.

As garden club members we can support our state forests:

Shop responsibly; recycle.

Encourage responsible land use.

Promote sustainable management of Virginia's natural resources.

Teach others to value our forests.

Civic Chair, Noreen Linnemann



Sharing the summer watering signup genius for the Blue Star Memorial.

<https://www.signupgenius.com/go/20F0D4CA4A82EABF58-blue2>

The summer signup genius link for weekly flower delivery to Iliff Nursing and Rehabilitation Center is below.

<https://www.signupgenius.com/go/20F0D4CA4A82EABF58-iliff6>

Thanks to Lucia Bacon, Andy Bothwell, Noreen Linnemann, Nancy Peters, Willow Prall, and Pat Thacker for helping to beautify the Glyndon Park gardens on our first Tuesday work day. Although the group was small, much was accomplished. Besides weeding, overgrown plants were trimmed and new plants were added to the gardens.

Our work day in July will be on the second Tuesday, July 11th, due to the first Tuesday being July 4. We garden from 9:30 to 10:30. Everyone is invited to join in and help keep our gardens looking beautiful. Also it is fun being together and socializing as well as gardening.



Ways and Means Chair—Valerie Warriner

Our April Plant Sale was an all-around success—financially as well as providing an excellent community outreach event. The total income from the sale was \$2705.12 and total expenses were \$1213.12. Our expenses included advertising, the use of square, and the wholesale purchase of annuals purchased for the plant sale. Income minus expenses - we made a profit of \$1492.

The plant sale profit added to our numerous *other* Ways and Means fundraiser efforts throughout the year—white elephant sales, District III country store fundraiser, floral teacup arrangement raffles—resulted in total of \$3159.66 in the positive. Well done, Five Hills club members!

Again, thank you to all members of our club who helped make our fundraising efforts for the year successful.



Meet New Member...Elizabeth Lemersal

I am pleased to be joining a group of plant-focused women. Many of my memories and daily pleasures revolve around the natural environment, especially plants: flowers, trees, shrubs and their textures and scents that change each season.

I live in the town of Vienna, in the same home for 41 years. (My childhood was spent in many areas of the U.S. as an Air Force kid.) My garden takes up almost all of my yard with only a strip of grass adjacent to the street (to please my husband!). Although I have reduced my gardening time in recent years, I still cannot resist interesting plants, especially Virginia natives that are somewhat showy!

My profession was in the natural hazards and how to protect people and the built environment from hazards such as earthquakes, floods, and hurricanes. I worked in both the private and public sectors; I retired from the U.S. Geological Survey 7 years ago. My geological sciences education lit my interest in natural hazards.

CONSERVATION

Conservation Chair, Elizabeth Huebner

As we head into summer, we are noticing that some areas around here have not had as much rain as usual. This might be an appropriate time to look at things we can do to conserve water. My suspicion is that most of our members follow the hints on this chart, but thought it never hurts to repeat what our mothers might have told us early in life.



For my deck, patio and drive I prefer a leaf blower rather than a broom. If it really needs cleaning doing it after a good rain decreases the amount of water needed to clean the patio and deck.

In my house I changed two of my toilets to low flow, but more because the original 14" height of the toilets was really hard on my knees. But it should be noted that the old toilets required 5 gallons of water with each flush. My new toilets are 17 ½ inches high use only 1.5 gallons and are much easier on my knees.

Today I heard about a couple who were renting a house and while living there a water leak developed. They were unaware of the leak, but over the course of one month their water bill jumped to \$20,000.00. The leak could have filled an Olympic size swimming pool. The couple was able to negotiate the bill down to \$4000.00, but then asked how they could have known as the leak was on the property, they couldn't see it. This is by way of encouraging members to look at all fixtures and even the water meter (if it is going around to beat the band and you

aren't running any water that you know of) be aware you may have invisible water loss. In my case I have a well, but I want it to last at least as long as I do, so I listen for dripping faucets and running toilets, etc.

One other household water leak source might be your ice machine in your refrigerator, mine leaked so when I got a new refrigerator, I got one that makes ice in a large container in my freezer and when it gets to a certain amount it stops making ice until I change it or use it.

Have a great summer and good gardening, Elizabeth Huebner

Many thanks to Salman Zafar of Middle East, Sustainable Development, Water.

District III June Meeting

District III conducted their June meeting at Meadowlark Garden on June 15th. New officers were inducted:

- Joyce Skoglund - Director
- Kate Abrahams - Asst. Director
- Chris Getek - Treasurer
- Trish Phillips - Secretary

Perennial Bloom Award Nominees were also honored. Five Hills' nominee, Lisa Adelman, was recognized with a certificate and flower arrangement for her long-standing and continuous support of the Club's goals, which has made Five Hills grow and bloom over the years.



Garden Therapy Chair, Willow Prall; co-chair, Anne Nelson

Sensory Garden Tour At Iliff

The rain stopped, the sun emerged, and Five Hills members held the final garden therapy session of the season at Iliff nursing home on Wednesday, June 14, 2023. While only six participants were expected, more than ten residents attended the session. The session began with participants selecting a sun hat. Assisted by Five Hills members, residents were led on a sensory tour of the gardens.



The areas visited included the following: a memorial garden, a shade garden, a center display garden bed, a hummingbird garden, a native garden, a raised bed garden planted by residents, and a wildflower "meadow" area. As part of the tour, residents touched

Lamb's Ear, smelled Lavender, Oregano, and Bee Balm, saw a number of colorful flowers in bloom, and heard the sounds of birds and wind chimes.



Following the tour, participants helped create a "rock garden" in a planter that will remain in the courtyard. Participants selected stones with words engraved on them and placed the stones in the planter alongside Scottish moss, alyssum, and Corsican mint.

GARDEN THERAPY

Participants were then able to relax under a tent, as lemonade was served and summertime classics were played. At the end of the session, participants selected a flower of their choice from the gardens and were able to take the flower back with them to their rooms.

The residents seemed to enjoy the garden tour and other activities. Thanks to all Five Hills members who volunteered at this session and at other sessions throughout the year. Members who participated in this month's garden therapy were as follows: Lucia Bacon, Anne Nelson, Willow Prall Martin, Kathy Nebhut, and Lura Marshall.

