

Sow and Tell

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A Publication of The Five Hills Garden Club
Member of the National Capital Area Garden Clubs, Central Atlantic Region, District III

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PRESIDENT'S MESSAGE

NOTICE: VPC will lock all doors to the Church at 10 am with exception of Park Street entrance. If you arrive later than 10 for our meeting, only the Park Street doors will be open.

Fall is upon us, the evenings are cooler and there's just a hint of color starting in the tree leaves. It's almost time for us to start thinking about planting our bulbs.

I want to thank Kathy Snead and Anne Nelson for stepping up and organizing the food for the District III meeting while I was in San Francisco visiting my daughter and granddaughter. Though it was *supposed* to be a joint effort with several other garden clubs in District III, I understand that our members really stepped up and provided a super spread for all the guests. Thank you to Anne Nelson, Kathy Snead, Val Plisko, Lucia Bacon, Roberta Lewis, Pat Thacker, and Lura Marshall for your generous donations of food. I heard there were a number of others that also attended the District III meeting for a good showing of Five Hills membership. Thanks for representing us well at the District III meeting!



flower designs you might be able to use. We'll be collecting money for the Alzheimer's Association in memory of Mary Ellen's husband. You can bring cash or a check made out to Five Hills Garden Club.

Andy Bothwell

Has everyone been thinking about the Flower Show? While on my trip to California I was taking pictures for my entry for the photography category. There's also a "Morning of Design" program at Messiah Methodist Church in Springfield coming up on November 2nd at 9:30/10am which can give you some ideas of

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Calendar of Upcoming Events

- Oct. 10 Board Meeting, 10 am
Oct. 17 Five Hills General Meeting, VPC Choir Room, 10 am
Oct. 24 Field Trip to Blandy Experimental Farm
- Nov. 2 “Morning of Design” program at Messiah Methodist Church Springfield, 9:30 am
Nov. 8 Board Meeting, 10 am
Nov. 21 Five Hills General Meeting, VPC Choir Room, 10 am

Historic Vienna Community Activities

Saturday, October 14: Halloween on the Green, 10:30 a.m. - 12:30 p.m.

Wednesday, October 25: Halloween Parade, 7:00 p.m., Maple Avenue

October 17th Program: Demonstrating Ikebana

Presented by Noreen Linnemann



Program Chair—Val Plisko

Our own Noreen Linnemann will demonstrate the art of Ikebana design, drawing on her years-long practice of this ancient Japanese art form. Few schools of floral design infuse as much depth of theory, symbolism, design, tradition, and rich cultural meaning as Ikebana.

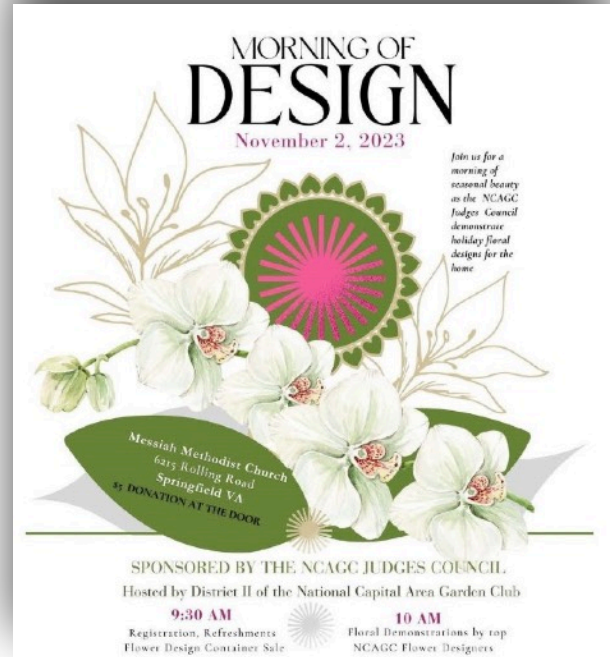
In her presentation, Noreen will distill her wisdom and the Ikebana tradition into a few key concepts applied to creating simple, exquisite arrangements.

Horticulture and Design Chair—Jane Schmiedekamp

Committee members: Helen Mertz, Anita Parke, Margaret Bain

Horticulture: Bring in your Favorite native leaf, labelled, ironed, and preserved between two sheets of wax paper or preserved in some other method.

Design: Design a fall arrangement primarily made of leaves.



Special thanks to Gail Gile for sharing some lesson plans and resources for engaging elementary school-aged children with the life cycle and habitats of native bees and monarch butterflies. Pictured below are a few of Five Hills' members participating in the program.



**Field Trip to Blandy Experimental Farm -- to see the Ginkgo Tree Grove
(300 trees turn gold in the Fall)**

Tuesday, October 24, 2023

Address: 400 Blandy Farm Lane, Boyce VA

Time: Meet at 10:30 in the Ginkgo Grove

Note: Bring a camera or cell phone to take pictures

Cost: They would appreciate a donation to help with maintaining the grounds & supporting environmental research and education

Directions: Take 66 West to Rt 50 West (@ 1 hour drive).

Parking: "Main parking lot" & "overflow parking lot" near **Blandy's Route 50 entrance** and walk on the gravel road to the Ginkgo Tree Grove (0.6 miles each way, a 10-minute walk). Parking at the grove is extremely limited, and is reserved for visitors with limited mobility. (See the map for details)

Restrooms: There are no restrooms at the Ginkgo Grove. They are available at the Quarters building and at the Peetwood Pavilion.

History: We can enjoy the Ginkgo Grove today thanks to a scientific experiment dating back to the 1930s and 1940s. Ginkgos have separate male and female trees, and a scientist wanted to know what proportion of Ginkgo's seeds would develop into male vs. female trees. The tally was made in the 1980s: 157 trees were female and 144 were male, roughly 1:1 male - female sex ratio.

RSVP: Please send an email to Rosemarie Jaksetic, rojak14@aol.com, if you are planning to attend by Monday, October 16.



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Map of Blandy's Route 50 entrance and parking area



September's Field trip to Hope Flower Farm

Five Hills Garden Club hosted a field trip to "Hope Flower Farm and Winery" on September 21, 2023. The group explored the farm's flower garden, cut flowers in the flower field, and bought a glass of wine and had a picnic on the property. While the Five Hills group was there,

a florist was preparing flower arrangements for an event at the Kennedy Center, and they let the group watch them make one of the arrangements.



October Garden Therapy at Iliff: Fall Flowers and Pumpkins

Garden Therapy Co Chairs—Willow Martin and Anne Nelson

A garden therapy session was held at Iliff Nursing and Rehabilitation Center on Tuesday, October 3, 2023. Eight residents of Iliff attended and six members of Five Hills Garden Club volunteered at the session. The weather was sunny and warm, and the session was held outside in the courtyard.

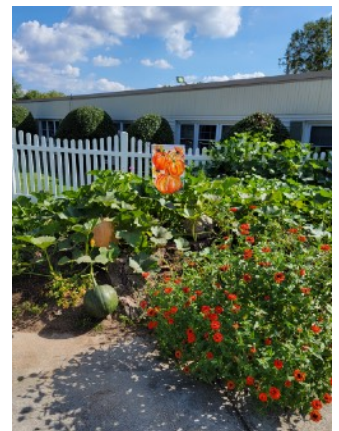
First, participants made fall floral arrangements in cut-out plastic pumpkin shells. Co-Chair Anne Nelson led this activity and provided step-by-step instructions. The flowers used included Alstroemeria, Chrysanthemums, Asters, and Black-Eyed Susans. The Asters and some of the Chrysanthemums were from the gardens at Iliff. Bunny Tail Grass, Dried Wheat and Millet were added as accents. The residents really seemed to enjoy this hands-on activity and the resulting arrangements were beautiful!

The focus of the second part of the session was pumpkins. After a brief discussion about pumpkins, two pumpkins were harvested from the “pumpkin patch” in the courtyard. (A resident of Iliff started pumpkin seedlings inside earlier this year and these were planted in the courtyard during the summer.)

The last activity involved participants guessing the names of pumpkins that were placed on tables in front of them. The pumpkin varieties were diverse and included Cinderella, Blanco, Blue Jarrahdale, Knucklehead, and Yellow Pie. One by one, each participant drew a folded sheet with the name of a pumpkin from a basket, read the name out loud and tried to guess which pumpkin matched the name on the sheet. Multiple guesses were allowed and all participants were successful!



The next garden therapy session at Iliff is scheduled for November 7th. If you are interested in volunteering at this session and have not already signed up, please contact Anne Nelson or Willow Martin.



Civic Chair—Noreen Linnemann

🌻 Civic Gardens 🌻

The Glyndon garden is looking beautiful thanks to our Five Hills volunteers. Plants were relocated as well as some cut back for the upcoming winter season. Forsythia was trimmed and invasive plant species were pulled. Thanks to our faithful gardeners for their help this month. October helpers were Lucia Bacon, Margaret Bain, Noreen Linnemann, Nancy Peters, Val Plisko, Pat Thacker, Nancy Walker and Valerie Warriner.

We will have a bulb planting day later this month when the ground is ready. Please look for the message that will be coming about the date. All are invited to help.

🌸 Iliff Flowers 🌸

Thanks to all who have signed up to take flowers to the Iliff Nursing Home. The staff and residents look forward to our flowers each week. The arrangements have been so beautiful. Please remember to put your name on your vase so it can find its way home. When you deliver your flowers please remember to ask for the vase from the prior week.

There are still several weeks that need a volunteer to sign up to take flowers over to Iliff. If you haven't had an opportunity to make an arrangement yet, please don't forget to sign up. Here is the sign-up genius link for taking flowers to Iliff for fall:

<https://www.signupgenius.com/go/20F0D4CA4A82EABF58-44456306-iliff#/>



Ways and Means Update

Ways and Means Chair—Valerie Warriner

During the September meeting, an issue was raised about incorporating a fundraiser with our spring Flower Show. It could be a good opportunity to increase our income during a major club event. Some proposed ideas were a bake sale, raffling floral arrangements made by members, or hosting a silent auction (dinner at a restaurant, wine tastings, gift certificates, painted bird houses, etc.). If you have additional thoughts or ideas, please share them with us.

In Memoriam

A memorial contribution will be made to the Alzheimer's Association in memory of M'Ellen Alden's late husband. Those who wish to contribute to this fund will have an additional opportunity at the October meeting.

District III Photos

What do a piece of driftwood, a brown paper grocery bag, grapevine, and a thrift shop 'find' have in common? For Betty Ann Galway, these items served as design elements during the September District III meeting. Photos courtesy of Lucia, Bacon, Anne Nelson, and Kathy Sned.



Conservation

Conservation Chair—Elizabeth Huebner

Last month I mentioned that water testing is important. For those of you on public water, the water is tested regularly for multiple contaminants and you don't need to worry as the County Health Department is looking out for you. Should you want to know more about this, look up water testing online and you will see much more on this subject.

For those of us on wells, our water is not tested regularly unless we arrange to have it tested. I have been informed of a program for testing well water sponsored by VCU and their findings for some wells in Great Falls have been less than desirable with worrisome findings of contaminants such as heavy metals, some pathogens, and other contaminants. Much of this is due to increased disturbance of the soil to add considerable numbers of large new homes on wells and septic systems and hard surfaces that don't absorb water to replenish the aquifers.

Having learned this now, I am interested in having my water tested, but at present I am not particularly concerned as I live in an old established neighborhood next to two parks and the earth around my house and surrounding neighbor's houses has not been disturbed for years. However, years ago I did report to the health department that for about a month I noticed while walking my dog the soil around a distant neighbor's house had a fecal odor. Unfortunately, I was correct, and they had to do major renovations on their septic system.

Acorn and Nut Collection

On a different topic, I want to share information with you about the state Department of Forestry acorn and nut collection efforts. **The Virginia Department of Forestry (DOF)** needs your help to continue producing quality seedlings for Virginia landowners. DOF grows more than a dozen species of hardwood seedlings at the Augusta Nursery. The seedlings produced are sold to landowners, typically to reforest open lands. Growing the forests of tomorrow begins with seed. Virginia-grown seed generally produces trees that thrive best in our state's climate. Acorn and nut collection is a great activity for both children and adults and provides an opportunity to learn more about Virginia trees.

Species Needed 1. Black Oak * 2. Black Walnut 3. Chestnut Oak * 4. Chinese Chestnut 5. Northern Red Oak 6. Pin Oak 7. Shumard Oak 8. Southern Red Oak 9. Swamp Chestnut Oak 10. Swamp White Oak 11. Water Oak 12. White Oak * 13. Willow Oak * These species are especially in need.

How and When to Collect The best time for seed collection is during September and October in most areas of the state. Try to stay away from trees in the forest. It's often difficult to identify where the seed came from if there are many different species of trees nearby. Look for healthy trees; avoid trees that have bulges or insect infestation or appear diseased or strangely deformed.

If you'd like to participate in seed collection, use the following guidelines:

1. Make sure the tree is correctly identified.
2. Minimize debris (e.g., sticks, leaves, gravel, trash) in the collection bag.
3. Store the acorns or nuts in a bag made of breathable material (e.g., burlap or paper). No plastic bags, please!
4. Make sure each bag of acorns or nuts is labeled with the species, source location and date. Do not mix acorns or nuts from different species in the same bag.



5. Store collected acorns or nuts in a cool area (not a freezer) for no more than 10 days before delivering to a DOF office. If necessary, acorns and nuts may be placed in a refrigerator for a short period of time.
6. Bring the acorns or nuts to the Augusta Nursery or your local DOF office within 7 to 10 days. For questions or help with identification, contact your local forester or the Augusta Nursery:

Augusta Nursery 90 Forestry Center Lane, Crimora, VA 24431 (540) 363-7000;
Nursery@DOF.Virginia.gov

For more information about services or programs in your area, contact your local DOF office:
www.DOF.Virginia.gov Virginia Department of Forestry 900 Natural Resources Dr., Suite 800
Charlottesville, VA 22903 Phone: (434) 977-6555 ; VDOF@DOF.Virginia.gov FT0011; 09/2023.

In our area acorns can be taken to the Pennino Building at the Government Center in Fairfax.

We are not growing these trees in the wild at present as the deer eat them when they sprout. The deer will not eat Beech trees or Paupau trees so we have an overabundance of both of these trees in our parks.

FLOWER SHOW 2024 SIGN-UPS FHGC

DIVISION IV BOTANIC ARTS

“PHOTOGRAPHY IS THE LOVE AFFAIR WITH NATURE”

CLASS 1

“HOW LOVELY THE SILENCE”

PHOTOGRAPH OF STILL LIFE COMPOSITION WITH SOME NATURAL ELEMENTS

1. TRISH PHILLIPS
2. ROSEMARIE JAKSETIC
3. BRIGITTE HARTKE
4. DENEEN WILSON

CLASS 2

“ALL THINGS BRIGHT AND BEAUTIFUL, ALL CREATURES GREAT AND SMALL”

PHOTOGRAPH WITH NATURE’S CREATURE(S)

1. KATHY NEBHUT
2. ANNE NELSON
3. VALERIE WARRINER
4. LURA MARSHALL

CLASS 3

“LOOK DEEPER INTO NATURE AND YOU WILL UNDERSTAND EVERYTHING”

PHOTOGRAPH CLOSE- UP OF NATURE

1. NANCY PETERS
2. JANET KREMER
3. BRIGITTE HARTKE
4. CANDICE DIBBEE

CLASS 4

“IT’S ALL VERY BEAUTIFUL AND MAGICAL HERE...” PHOTOGRAPH OF LANDSCAPE

1. M’ELLEN ALDEN
2. JANE SCHNIEDEKAMP
3. BARBARA TOZZI
4. DENEEN WILSON

DIVISION 11 - DESIGN



SECTION A

CLASS 1

“BE YOUR OWN KIND OF BEAUTIFUL”— CREATIVE
DESIGN

- 1 KAREN LUCAS
- 2 SHELIA CRESWELL
- 3 KAREN THOMPSON
- 4 LINDA CAMPBELL

CLASS 2

“FLOWERS ARE THE MUSIC OF THE GROUND”—NOVICE
CREATIVE DESIGN

- 1 ELIZABETH HUEBNER
- 2 PAT THACKER
- 3 STEPHANIE ROCHE
- 4 JOY SALPINI

CLASS 3

“FLOWERS DON’T TELL, THEY SHOW”—CREATIVE
DESIGN

- 1 ANDY BOTHWELL
- 2 VALERIE WARRINER
- 3 ANN CARTER
- 4 CARY FICHTNER- VU

CLASS 4

“JUST LET GO AND FALL LIKE A WATERFALL”—
CASCADE DESIGN

- 1 ANNE NELSON
- 2 NANCY WALKER
- 3 M’ELLEN ALDEN
- 4 KATHY NEBHUT

CLASS 5

“ SPRING IS NATURE’S WAY OF SAYING, ”LET’S PARTY!”— TABLE DESIGN

- 1 TRISH PHILLIPS
- 2 BRIGITTE HARTKE
- 3 GAIL GILE
- 4 LUCIA BACON

CLASS 6

“THE EARTH LAUGHS IN FLOWERS”- NOVICE (NEVER WON A BLUE RIBBON) CREATIVE DESIGN

- 1 LURA MARSHALL
- 2 DEBBIE DOODY
- 3 AREZU INGLE
- 4 VAL PLISKO



FHGC: FLOWER SHOW 2024 COMMITTEE CHAIRS



SHOW CHAIR - DENEEN WILSON

SCHEDULE - TRISH PHILLIPS

STAGING - NANCY PETERS (SIGNAGE)

MARGARET BAIN - ON SITE

HORT. CHAIR - JANE SCHNIEDEKAMP

HORT. ENTRIES - ELIZABETH HUEBNER

KAREN LUCAS

HORT. PLACEMENT - ANN BALCH

VALERIE WARRINER

DESIGN CHAIR - ANDY BOTHWELL

DESIGN ENTRIES - LUCIA BACON

BOTANIC ARTS CHAIR. - DEBBIE DOODY

JUDGES CHAIR - LURA MARSHALL

CLERKS CHAIR - NOREEN LINNEMANN

CLERKS - JULIA SMITH

SHELIA CRESWELL JANET KREMER

VAL PLISKO ANN CARTER

HELEN MERTZ ROBERTA LEWIS

HOSPITALITY CHAIR - CAROLYN STASKA

CANDICE DIBBLEE BARBARA TOZZI

AWARDS CHAIR - JOY SALPINI

PUBLICITY - PAT THACKER