

# Sow and Tell

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According to Greek philosopher, Heraclides, Change is the only constant in life. And so it is with our 5 Hills Garden Club schedule! Our October, November, and December meetings will **begin at 10:00 in the Choir Room** at Vienna Presbyterian Church. The Church leadership is allowing us to assemble between 9:30 and 10:00 am so that our meetings can commence promptly at the 10 o'clock hour.

## PRESIDENT'S MESSAGE

"In the garden, Autumn is, indeed the crowning glory of the year, bringing us the fruition of months of thought and care and toil. And at no season, save perhaps in Daffodil time, do we get such superb color effects as from August to November."

Rose G. Kingsley, *The Autumn Garden*

It's sad to say goodbye to my Black-eyed Susans and red lobelias which bloom in late summer but in October I enjoy the subtle pinks and purples of the Obedient Plant, Turtle Head, Woody Begonia, Sedums and Japanese anemone. Hopefully by the end of this month the trees will treat us to their beautiful colors too.

We have an exciting program this month. Liz Dennison will be visiting us with her Kestrel and sharing her expertise on raptors and their role in our ecosystem. Thank you Val Plisko for finding a program on raptors! It's also time to show off any fall edibles that you grew in your garden this summer or see if you can make an arrangement using fall fruits and vegetables. Also we'll be taking up a collections for those of you that would like to donate money for a charity in Millie Norloff's name.

I am in communication with Melissa to work out our schedule for the rest of the year. I have a commitment to use the Choir room starting at 9:30 in October, November and December. Melissa will be scheduling the in-house ministry in mid-November for the Spring and I have requested that the garden club be allowed to continue using the Choir room at 9:30 for the rest of the year. I'll keep you informed.

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## Calendar of Upcoming Events

- Oct. 11 - Board Meeting
- Oct. 18 - General Meeting, 10 am \*
- Oct. 20 - Field Trip to Annemarie Sculpture Garden & Arts Center
- Oct. 25 - Glyndon Gardens Clean up, 10 am
- Nov. 8 - Board Meeting
- Nov. 8 - Garden Therapy at Illiff
- Nov. 15 - General Meeting, 10 am
- Dec. 6 Greens and Wreath Workshop and General Meeting, 10 am

\* Note change in start time

### **Program For October Meeting October 18, 2022 Creating a Healthy Environment for Raptors**

Program Chair—Val Plisko

Liz Dennison, founder of the nonprofit Secret Garden Birds and Bees, will share her expertise on raptors and the role they play in ecosystems by introducing us to these magnificent animals in person. Her all-volunteer organization works with wildlife rehabilitators, falconers, naturalists, biologists, and beekeepers to share their love of nature and wildlife with our communities.

In addition to different species of owls and hawks, Liz will bring Pippin, a young American kestrel, the newest addition to the Secret Garden. She will show how these birds all play a significant role in keeping our environment healthy and how we can help them thrive in our increasingly human world.



Horticulture and Design Chair—Jane Schmiedekamp

Committee members: Helen Merz, Anita Parke, Margaret Bain

**Horticulture:** Fall Edibles—Bring any pumpkins, gourds, dried corn, apples, etc. that you grew over the summer.

**Design:** Make a loose arrangement using fall fruits and vegetables.

### Monarch Butterflies

The beloved monarch butterfly is in peril. Every year, Monarch butterflies undertake the arduous 3,000 mile journey from the Great Lakes to winter in California and Mexico. They have followed this migratory path for centuries, pollinating flowers across the continent. They are now under threat.

In July, the International Union for Conservation of Nature placed the species on its “Red List”, designating it is endangered. Experts attribute this decline in monarch population to habitat loss, climate change and the use of round-up. Planting more milkweed and nectar producing flowers could help monarchs.



### Buttonbush (*Cephalanthus occidentalis*)

#### 2022 Virginia Wildflower of the Year

Buttonbush is a shrub or small tree, usually between 6-12 meters in height. It can be found in parts of Canada and New England, California, Texas, and Florida. It grows from California to Virginia. It attracts butterflies, moths, bees, wasps, flies, and hummingbirds. Use the cultivated form in your yard as the native variety has some toxins.

**Free to good homes...**Jane has 4 nice plastic rectangular deep planters for tomato plants or other plants. They are free to anyone in our club... please contact Jane if interested in picking up.

Civics Chair—Noreen Linnemann

### Garden Clean up Rescheduled

We are going to try again to beautify our Glyndon Park gardens. **Our new work date is Tuesday, October 25.** We will meet at **10:00 am** at the garden on Glyndon Street. Our rain date is Friday, October 28 but let's hope that won't be necessary.

Please plan to join us. There are jobs for everyone no matter your age or physical restrictions. We are only asking for one hour of your time. Please support this club project.



### Iliff Flower Sign-up

Below is the link for a Sign-Up Genius for the fall slots for Iliff (starting in October).

<https://www.signupgenius.com/go/20F0D4CA4A82EABF58-fall1>

### Local Area Activities in October

Oct. 15 —The Freeman's Store Used Book Cellar in historic Vienna celebrates its 6<sup>th</sup> birthday from 10 am to 4 pm. Specials on new and used books.

Oct. 15 — Vienna Halloween party for youth on the Town Green, 10:30 to 12:30.

Oct. 27 —Vienna Town Halloween Parade 7:00 pm.

You can view Historic Vienna calendar of events and newsletters on their Facebook page, Historic Vienna, Inc.

### Looking ahead to 2023

March 4-12 — Philadelphia Flower Show in Pennsylvania Convention Center

## Remembering Millie

Five Hills members have an opportunity at the October meeting to contribute toward a chapter donation in memory of Millie Norloff. Millie was always interested in Native Americans and visited reservations when they traveled. She had beautiful jewelry from those trips. Barbara Tozzi researched how we could honor this interest and found First Nations Development Institute. The mission of this organization is to strengthen American Indian economies to support healthy Native communities. They received a very high rating on Charity Navigator, a website designed to help donors see where charitable donations are most effective.

We believe Millie would very much appreciate our support of this worthy organization.

## Co-Chair for Hospitality

The Hospitality Committee is in need of a co-chair to assist Eve Anderson. Carol Bolon is unable to continue as the co-chair due to health issues. Carol will be undergoing knee replacement surgery in October, followed by a physical therapy regimen. As the co-chair, you will assist with setting up the room to provide dishes and utensils for the luncheons for our monthly membership meetings. If interested, please contact Eve Anderson 571-594-7611.

## Oak Decline Syndrome

Have you noticed oak trees that appear to die suddenly without explanation? Are you concerned about your oaks dying and want to know what you can do to keep them healthy?

Please join us on **October 19, 2022 at 7 p.m.** to learn about Oak Decline Syndrome; a combination of environmental and biological factors that slowly weaken and eventually result in the death of vulnerable oak trees.

Oak Decline Syndrome has been studied by the US Forest Service since the 1940's and has not been linked with any specific insects or pathogens. This webinar will include a general overview of the history, symptoms and management strategies for oak decline in Fairfax County.

When: October 19, 2022 at 7 pm

Register in advance for this meeting:

[https://virginiatech.zoom.us/meeting/register/tZYtf-uvrTkpEtdcvcvK7KpR1GyOC06WcRzM](https://virginiatech.zoom.us/join/https://virginiatech.zoom.us/meeting/register/tZYtf-uvrTkpEtdcvcvK7KpR1GyOC06WcRzM)

After registering, you will receive a confirmation e-mail containing information about joining the meeting. This webinar is a partnership between Virginia Cooperative Extension, (VCE), the Virginia Department of Forestry (VDOF), and Fairfax Country Urban Forest Management Division (UFMD)

*A Five Hills Meeting &  
Morning of Design with  
Betty Ann Galway*



The 5 Hills chapter is well on it's way in meeting (AND exceeding) it's 2022-2023 goal for the year, thanks to the diligent work of the District III fundraising committee — Lucia Bacon, Rosemarie Jaksetic, Lura Marshall, Anne Nelson and Valerie Warriner—and club members who contributed many hours to making this fundraiser so successful. Five Hills Garden Club made \$862 from our Ways and Means table at the District III event. Our industrious member, Trish Phillips, received donated items for our club and sold them on Ebay for \$100. Way to go, Trish!

Additionally, our September General Meeting included a raffle for the awesome floral arrangements created by Betty Ann Galway as part of the meeting program. More than \$157 was added to our Ways and Means coffer, thanks to Betty Ann's designs showcased on the previous page in a photo collage created by Brigitte Hartke.

The White Elephant sale at the September meeting netted us \$58. You know the phrase "Someone's trash can be another's treasure". Let's keep that in mind and bring slightly used items to be treasured to Club meetings. We have one request regarding donated items: please be prepared to take your items home if they were not purchased. In the past, several members transported unpurchased items to Pennywise or other nearby charities. This has become an added burden to our members. Thanks for your understanding in this matter.

### **Fall Themed Garden Therapy At Iliff**

Amidst sunny skies and temperatures in the 70s, the second garden therapy session was held at Iliff Nursing and Rehabilitation Center on October 11, 2022. During the session, residents made floralarrangements with Mums, Roses and Alstroemeria. Wheat stalks and burlap pumpkin accent pieces finished the Autumn-themed project. After a brief discussion regarding bulbs, tulip bulbs were planted in the center bed of the courtyard.

The following members participated: Gail Gile, Anne Nelson, Willow Prall, Karen Thompson and Rosemarie Jaksetic. Members interested in helping with garden therapy in the future should contact Willow Prall or Anne Nelson, Co-Chairs of the Garden Therapy Committee. The next garden therapy session is scheduled for November 8.



Conservation Committee- Elizabeth Huebner, Chair

This month I would like to focus on care of our trees. Thank you, Barbara Tozzi, for suggesting this topic. I have about one hundred trees in various stages of growth on my property of over one acre and I try to keep them all as healthy as possible. This article is compiled from several sites: Arbor Day Foundation, Canopy.org, and Davey Arborists.

First note of importance, **fall is not the time to trim trees:** Because decay fungi spread their spores profusely in the fall and wounds seem to heal more slowly in fall on cuts, this is a good time to leave your pruning tools in storage.

**When to Prune** This depends to a large extent on why you prune. Light pruning and the removal of dead wood can be done anytime. Otherwise, here are some guidelines for the different seasons.

### **WINTER PRUNING**

Pruning during dormancy is the most common practice. It results in a vigorous burst of new growth in the spring and should be used if that is the desired effect. It is usually best to wait until the coldest part of winter has passed.

### **SUMMER PRUNING**

To direct the growth by slowing the branches you don't want, or to "dwarf" the development of a tree or branch, pruning should be done soon after seasonal growth is complete. Another reason to prune in the summer is for corrective purposes. Defective limbs can be seen more easily.

### **PRUNING FLOWERING TREES TO ENHANCE FLOWERING**

For trees that bloom in spring, prune when their flowers fade. Trees and shrubs that flower in mid- to late summer should be pruned in winter or early spring.

### **Some other considerations:**

**Fall is a good time to plant a tree. So it is good to examine the following:**



## The Right Tree in the Right Place

A healthy community forest begins with careful planning. With a little research and a simple layout, you can produce a landscape that will cool your home in summer and tame the winter winds. Your well-planned yard will contain trees that grow well in the soil and moisture of your neighborhood. Your trees will be properly placed to avoid collisions with power lines and buildings, and the aesthetics will increase your property value.

### A proper landscape plan takes each tree into consideration:

1. **Height.** Will the tree bump into anything when it is fully grown? [[sizing guide](#)]
2. **Canopy spread.** How wide will the tree grow?
3. **Is the tree deciduous or evergreen?** (Will it lose its leaves in the winter?)
4. **Form or shape.** A columnar tree will grow in less space. Round and V-Shaped species provide the most shade. [[shape guide](#)]
5. **Growth rate.** How long will it take for your tree to reach its full height? Slow growing species typically live longer than fast growing species.
6. **Soil, sun, and moisture** requirements.
7. **Fruit.** No one wants messy droppings on busy sidewalks.
8. **Hardiness zone** indicates the temperature extremes in which a tree can be expected to grow. For the purposes of this quiz hardiness zone considerations have been disregarded. Check with your community's tree board or forestry department or a local county cooperative extension agent for a list of trees suitable for planting in your specific hardiness zone. ([Arboday.org hardiness zones lookup.](#))

### Another Resource:

[Tree City USA Bulletin: The Right Tree for the Right Place](#)

## Caring for Mature Trees

Mature trees provide shade and many benefits to the urban environment. While they require different treatment than young trees, they still need regular watering, pruning, disease prevention, and protection. Mature trees grow more slowly than young trees and are very sensitive to their surrounding environment. If older trees are damaged or left with large pruning wounds, they regrow wood slowly and are more susceptible to disease.

If watered improperly or growing in poor soil conditions, the tree's health will start to decline. The tree may be stressed for a long period of time before it shows significant symptoms such as leaf or branch drop. Watch trees carefully for foliage changes to catch problems early and begin care and treatment.

### 3 steps to help your mature tree thrive:

#### 1. Water the right amount

The number one thing you can do for mature tree health is to make sure that the amount of water supplied is appropriate for your tree. For most mature trees, regular monthly deep watering is recommended in the absence of soaking rain. Consult Canopy's Trees and Water Section to learn how much and when to water your tree.

## 2. Prune wisely

Mature trees need to be pruned regularly to remove dead or diseased wood and to remove excessive weight from the ends of branches. The process called “end-weight reduction” will reduce the likelihood of branch breakage and hazards. Make sure a trained professional, ideally a Certified Arborist, prunes your tree. Inadequate pruning compromises the health of trees. Whatever you do, avoid “topping” your tree—this harmful practice ruins the tree’s natural structure, starves the tree by removing a high percentage of food-producing leaves, creates openings for disease, and initiates the tree’s eventual demise.

## 3. Watch for pests or diseases

Learn about [tree pests and diseases](#) that may affect your tree. If you suspect disease, consult a **Certified Arborist**. The arborist can also inspect the tree for weak branch attachments and periodically check your tree for safety. Watch trees carefully for foliage changes to catch problems early and begin care and treatment.

## 4 ways to protect your mature native oak

Native oaks require special attention because their roots share soil space with the Oak Root Fungus which specializes in living off of oak and other woody roots. Under natural California conditions, this fungus (*Armillaria*) is dormant during the hot, dry summer, and comes to life only with the winter rains.

Our native oaks—valley oak, coast live oak, and blue oak—do not require and **do not tolerate irrigation** in the dry months. If irrigation is applied near their trunk during the dry season, the *Armillaria* fungus will grow due to the combination of warmth and moisture. As the tree matures, continued watering around the trunk maintains the fungus infestation, which in turn will cause the tree to die, or tip over from too few roots to anchor its top weight.

### 1. Remove competing plants, including ivy and lawn

These plants can hide defects such as areas of decay and can trap moisture around the root crown, creating the perfect environment for fungus. Garbage collects under ivy and it creates a breeding ground for rats. Ideally all competing plants within the drip line will be removed. Laying mulch around the trunk (but leaving the root crown exposed) can help keep ivy and other plants from returning.

*Don't let your tree look like this! Once established, ivy can be difficult to remove.*

#### How to remove ivy:

The method Canopy recommends is to remove as much of the ivy as you can by hand, including the roots. Ivy that is climbing up a tree should first be cleared away from the base of the trunk. Then, the ivy should be cut back 2-3 feet around the base of the tree. Pulling down the ivy higher up can damage the tree’s bark. Once detached from the roots, the ivy will die and can then be removed.



You will most likely not kill all of the ivy in this way and some of it will come back. Often you will have an 80% success the first time and 20% will return. Keep at it, in the end you will triumph.

If you choose to use a chemical weed killer to speed up the ivy removal process, locate any large main ivy roots. Cut the ivy root cleanly so that there is a fresh wound above the soil. Immediately paint a strong concentrate of Glyphosate, also sold as Roundup or Kleenup. The Glyphosate will move through the ivy's system and kill some of the plant without hurting the tree or surrounding plants.

## 2. Remove built-up soil from around the root crown

Root crown fungus growth slows down when the fungus is exposed to air. By ensuring the root crown is dry and exposed to air, you will prolong the life of your tree.

Removing dirt until you can see the root crown is called "root crown excavation." It may expose the fungus and will remove moisture from the area.



## 3. Water properly

The area within 10 feet (or more) of the trunk of a native oak should remain undisturbed and clear of any vegetation and irrigation. Ideally no irrigation should be applied and no lawn installed in the area extending from the base of the trunk out to the tree's drip line. It's best to remove existing lawn inside the drip line; this will reduce competition from other plants and help eliminate excess moisture. Do not water or allow water to collect around the root flare. Do not allow sprinklers to spray on the trunk.

## 4. Have your tree evaluated for root crown infection

Contact an **ISA-certified arborist** for an inspection. An arborist should also be consulted if you see signs of decay in the wood, or clusters of mushrooms growing from or next to the trunk.

## Annemarie Sculpture Garden & Arts Center

Mark your calendar for the next field trip:

Place: **Annemarie Sculpture Garden & Arts Center**

Date: **Thursday, October 20th, 2022**

Cost: \$5.00 donation

Address: 13470 Dowell Road, Solomons, MD

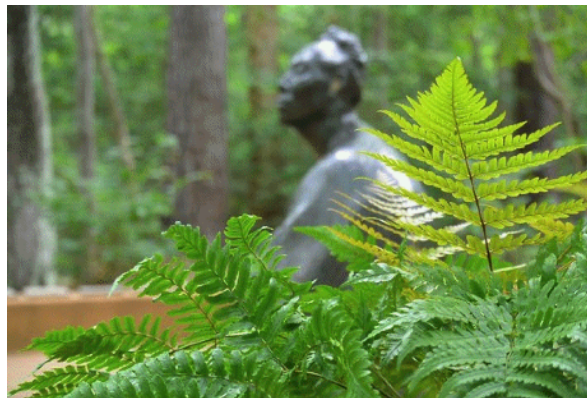
Hours: 10:00 – 5:00 daily

Description:

This is a place to explore and nature.

Inside - the Murray Arts building with exhibits and a gift shop.

Outside – explore the shady walking path that meanders through the woods past permanent and



loaned works of outdoor sculpture, many on loan from the Smithsonian's Hirshhorn Museum and Sculpture Garden and the National Gallery of Art.

We will have a map to explore the garden on our own.

**Notes:**

More specific details will be provided at a later time.



Dahlia entry submission of Trish Phillips pictured above.

