

Sow and Tell

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

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Due to a scheduling conflict with Vienna Presbyterian Church, our first meeting on **September 20th will begin promptly at 11AM** in the Choir Room in the basement of the church. For our first meeting, remember to bring containers and native plant cuttings. Betty Ann will incorporate your cuttings into floral arrangements; we will be raffling off the arrangements so you will want to bring \$ for raffle tickets!

We will start with our speaker program at 11 o'clock, then have our business meeting while eating our lunch. Because of church activities, we will need to go month to month with scheduling our meeting time on the third Tuesday of the month and its location in the church. Please bear with us as we make this change to our regular schedule and we will keep the membership posted each month via email and the newsletter as to the time and room location.

P R E S I D E N T ' S M E S S A G E

Welcome Back!

I hope you have all enjoyed a relaxing summer, if not a hot one.

After two years of having most of our meetings on Zoom, I hope this is the year we can get back to normal meetings in person. For the last two years we haven't had to fulfill some of our requirements for membership so everyone should reacquaint themselves with our bylaws. In order for Five Hills to succeed we need everyone to pitch in and help.

There have been a number of our members getting ready for the new year. Debbie Doody has been working on our yearbook getting it ready for print. Brigitte provided a beautiful picture for the cover.

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The Horticulture and Design committee has met and selected themes for each month for members to display at our meetings. Val Plisko has lined up some exciting programs for us this year. Rosemarie has planned interesting field trips for this fall and next spring. Eve Anderson has spent hours filling in the gaps in our Hospitality signups. Our budget team put together our budget for the year. And last but not least, Kathy Snead who is our new Newsletter Chairman is putting together the newsletter.

The District III Fundraiser committee of Lucia Bacon, Rosemarie Jaksetic, Lura Marshall, Anne Nelson, Trish Phillips, and Valerie Warriner have worked hard planning our part of the Fundraiser. We were asked to donate a basket of Italian food and to participate in the TableScapes display which Cary Fitchner-Vu, Linda Campbell, and Valerie Warriner have coordinated. We also had a Ways and Means table which is a fundraiser for Five Hills GC. Members were asked to donate to the Italian Basket as well as donate baked goods and or craft items to sell. Thank you to everyone that donated items for the District III fundraiser.

Thank you to those of you who have provided flowers to Iliff this summer and to those who watered the flowers on Blue Star Memorial as well as those that helped with additional gardening at Glendon Park. The dedication of our members make Five Hills the outstanding garden club that we are.

Andy Bothwell
President



Millicent Scott Norloff
Physicist, Mother, Editor

Millicent Scott Norloff, 93, a resident of Vienna, VA, for 67 years, died August 8 in INOVA Fairfax Hospital of natural causes.

Born November 8, 1928, in White Plains, NY, Millie grew up as a child of the Depression, which contributed to her lifelong thrift. Millie graduated from Mount Holyoke in 1948 with a degree in Physics. A year later the solid-state transistor was invented and the physics world changed. She took classes to learn about this new science that eventually produced what we now know as computer chips.

Millie worked at the National Bureau of Standards (now the National Institute of Standards and Technology). She married Paul Alexander Norloff in 1950. They moved to Vienna, VA, in 1954 where they have lived in the same house since then. Paul died in 2008.

Millie was an active member of Five Hills for most of her life in Vienna, particularly enjoying serving on the Town Beautification Committee, and handmaking live Christmas wreaths with her co-members and dear friends. Millie served as the president of Five Hills in 1962 as well as almost every position on the Five Hills Board. Millie was a stickler for proper English writing, punctuation, and spelling. She was an Editor and Proof Reader for the Five Hills Garden Club yearbook for years. She earned the NCAGC Perennial Bloom award in 2013, was on the NCAGC Environmental and Gardening Consultants' Council and was the most tenured member of Five Hills.



Millie is survived by her sons Chris of Falls Church and Pete of Oakton, her daughter Melissa Wagner of Centreville, eight grandchildren, and eight great-grandchildren.

Calendar of Upcoming Event

- Sept. 13 - Board Meeting
- Sept. 14 - District III Fundraiser
- Sept. 20 - General Meeting, 11 am *
- Oct. 5 - Clean Up Day, 9:30 am
- Oct. 6 - Garden Therapy at Illiff, 2 pm
- Oct. 11 - Board Meeting
- Oct. 18 - General Meeting, 11 am *
- Oct. 20 - Field Trip to Annemarie
Sculpture Garden & Arts Center

* Note change in start time

Program Chair—Val Plisko

Program For September Meeting **September 20, 2022** **Designing Simply with Betty Ann**

Our own Betty Ann Galway will lead a **demonstration** of quick and easy floral arrangements for the home this fall. Members will help in the demo by bringing in plant materials and containers that Betty Ann can incorporate. In keeping with our Native Plants theme, members are encouraged to share native plant cuttings for the arrangements. Finished arrangements will be raffled off to lucky winners.

Membership Chair—Joy Salpini

It is hard to believe that summer is behind us, and we are starting another Five Hills Garden Club term. I am excited to take on the role of Membership Chair, and in all honesty, I think it is the best job on the board! Andy will be a tough act to follow, but she has set me up for success by passing on her knowledge and wealth of information to ensure a smooth transition. Thanks, Andy!

We are starting this year with 50 members, but we would love to grow! If you bring a guest to one of our meetings, please have them sign the guest book, located next to our member attendance sheets. Please have them include their contact information. I'll ask you to introduce your visitor during our meeting, and will give your guest an opportunity to stand and say a few words.

Now that we are back to in-person meetings, I want to remind everyone of the attendance requirements stated in our bylaws.

Article III, Section A b. states that active members “attend at least five regularly scheduled general meetings during the year. A member who misses five or more meetings per year in two consecutive years shall be moved to Associate Membership.”

For information on everything membership related, please review your bylaws – Article III – in your yearbook

At the September Board Meeting, attendees raved over the Crustless Quiche Lorraine. If you are interested in getting the recipe, you will find it at the club's website <https://fivehillsgardenclub.org>. Check out numerous recipes from past meetings at the site also. Guaranteed to please!!

Horticulture and Design Chair—Jane Schmiedekamp

Committee members: Helen Merz, Anita Parke, Margaret Bain

How many varieties of oak trees are there?

There are approximately 500 extant species of oaks. The common name “oak” also appears in the names of species in related genera, notably *Lithocarpus* (stone oaks), as well as in those of unrelated species such as *Grevillea robusta* (silky oaks) and the Casuarinaceae (she-oaks).

Do you know the 10 most invasive species in the U.S?

1. Bamboo
2. English ivy
3. *Wisteria sinensis*
4. Callers Pear
5. Cogongrass
6. Purple loosestrife
7. Japanese honeysuckle
8. Winged burning bush
9. Norway Maple
10. Barberry

Civics Chair—Noreen Linnemann

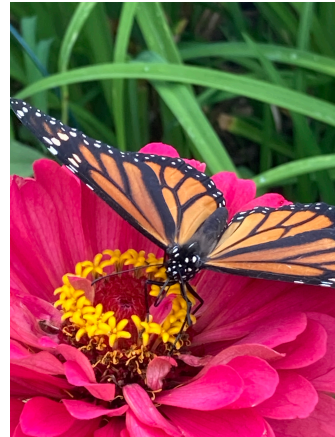
Civic Gardens

Mark your calendars for an opportunity to garden with friends.

On **Wednesday, October 5 at 9:30 AM**, Five Hills gardeners will meet at the Glyndon Park Garden on Glyndon Street. We will also be gardening at the new Beulah Road Garden on the other side of Glyndon Park. We will cut back plants that are finished for the season and add new plants where needed.

With many hands we can have it looking gorgeous in an hour or so. The weather should be cool by then. Please plan to come and help and enjoy being with friends. Rain date is Thursday, October 6.

Pollinators in their natural habitats

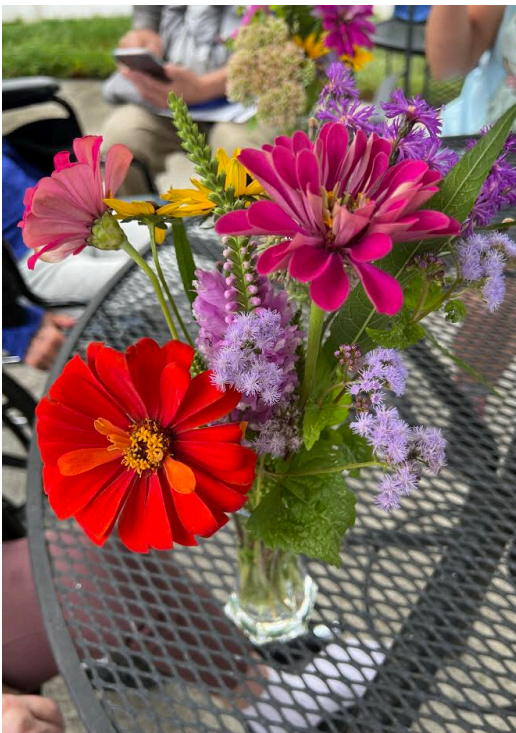


Photos courtesy of Noreen Linnemann and Kathy Snead

Garden Therapy Begins At Iliff

Garden Therapy Chairs — Willow Prall and Anne Nelson

The first garden therapy session at Iliff Nursing and Rehabilitation Center was a success. The session was held on Tuesday, September 6th in the outdoor courtyard. Six members of the Five Hills Garden Club participated and more than ten residents of the nursing home attended, along with a number of their family members. The focus was on flowers. Members brought flowers from their own gardens to share with residents, including New York Ironweed, Blue Mistflower, Black Eyed Susan, Obedient Plant, and Zinnias. Iliff residents used these flowers to make small floral arrangements, with assistance from Five Hills members. A planter for the courtyard was also planted with numerous Fall blooming flowers for residents to enjoy.



Ways and Means Chair -Valerie Warriner

Our major fundraiser for 2022-23 is a community Plant Sale for Spring 2023. The tentative date is Saturday, April 29th on the lawn outside of the Freeman house in Vienna. Members should start thinking about plant donations and rooting starter plants for the spring. We welcome any thoughts or ideas to make this fundraiser a success.

The white elephant sale will continue this year. 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.

Thank you to the members who organized our first fundraiser at the District III Tablescape – Anne Nelson, Lucia Bacon, Lura Marshall, and Rosemarie Jaksetic. AND, Thank you to all the members who contributed baked goods and crafts to our table. *Our Success* is always a collaboration of ideas and generosity. The selected handmade items below are samples of the handmade crafts donated by 5 Hills club members for the event.

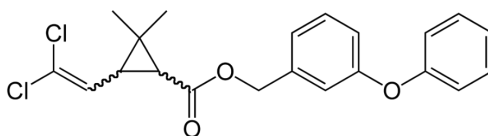
This month Elizabeth Huebner draws our attention to the effects of Mosquito Treatments on humans, pets and wildlife. Elizabeth has identified an article by renowned conservationist and blogger Colin Purrington. First published in 2018, this article has been reposted countless times in recent years. To view full citation, go to: <https://colinpurrington.com>.

Effects of mosquito sprays on humans, pets, and wildlife

[Mosquito Authority](#), [Mosquito Joe](#), [Mosquito Platoon](#), [Mosquito Shield](#), [Mosquito Squad](#), [TruGreen](#) are often very reluctant to reveal what insecticides they use and sometimes imply that the chemicals are safe for everything except mosquitoes. This page contains information on what, exactly, they spray and what effects those chemicals have. After a little digging, I think I've uncovered most of the active ingredients used by these companies:

- **Mosquito Authority:** [bifenthrin](#), [deltramethrin](#), and/or [permethrin](#)
- **Mosquito Joe:** [lambdacyhalothrin](#)
- **Mosquito Platoon:** [permethrin](#)
- **Mosquito Shield:** [D-allethrin](#) and/or [bifenthrin](#)
- **Mosquito Squad:** [bifenthrin](#), [cyfluthrin](#), and/or permethrin

Please [email me](#) if you think I've made an error or if you know that a formulation has changed (which happens). All of the chemicals are either pyrethrins or [pyrethroids](#), which are natural and synthetic (respectively) neurotoxins that cause almost instant paralysis and death to mosquitoes. Below is the chemical structure for one, permethrin:



Are these chemicals safe for humans?

Pyrethroids are relatively safe but should *not* be viewed as harmless. If you spill enough on your skin you might experience itchiness, numbness, nausea, and respiratory problems, among a rather long list of adverse events. Although you obviously can't test whether pyrethroids harm human brains, [studies on mice and rats](#) suggest that the chemicals *do* act on mammalian nervous systems; that should at least give you pause if you have kids rolling around on the grass after the yard gets dosed. Indeed, there is at least one [correlational study](#) that suggests exposure to pyrethroids is not good for kids (or at least boys). There are also scattered reports that some pyrethroids are carcinogenic and estrogenic but I don't think such effects are shockingly large, and to date they seem to be restricted to mouse studies. At very high doses pyrethroids can kill you, a fact known because some people have injected it (suicide) and in [one case](#) because somebody ate food that was cooked in pyrethroid concentrate (it resembles cooking oil).

Are pyrethroids safe for pets?

Dogs and chickens seem to be fine. Cats, however, lack sufficient levels of a liver enzyme that helps detoxify pyrethroids and can thus develop what is called [pyrethroid toxicosis](#). A good indicator of cat sensitivity to pyrethroids is the standard warning of keeping cats away from pyrethroid-treated dogs. I.e., if you dose your dog with a large amount of pyrethroids (to kill fleas, e.g.), [cats that cuddle with the dog are at risk](#). If you'd like to see a video of rag doll cat with pyrethroid poisoning (you probably don't), [here's a video](#).

Do pyrethroids kill other animals?

Yes. For example, the spray kills **monarch caterpillars**, even weeks later later due to the presence of insecticide dried onto milkweed leaves ([Oberhuaser et al. 2006](#)).

And the spray can kill **honey bees**, even if honey bees are inside their hives when the pyrethroids are sprayed (workers bring small amounts back to the hive the following day if they land on treated plants or if they find small puddles of water to drink). Sublethal amounts of pyrethroids can [change honey bee behavior](#) and [make workers smaller](#). I would imagine the pyrethroids would end up in the honey, too.

And pyrethroids kill **fireflies**, which are most active in a yard in the late evening when mosquito-spraying franchises like to fog. My favorite group of unnoticed insects that are killed by evening pyrethroid applications are **solitary bees**, of which there are approximately [4,000 species](#) in the United States. These are bees that collect pollen and nectar during the day but spend their evenings and nights in holes (e.g., mason bees) or clamped to low vegetation. E.g., [look at this a two-spotted long-horned bee](#) (*Melissodes bimaculatus*) from my front yard this summer. Everyone has dozens of species of native bees in their yards but few people realize it. So when pesticide applicators claim their pyrethroid sprays “don't harm bees” or are “bee friendly”, that is entirely untrue. It's simply a marketing slogan they were taught when they bought the franchise, and they will insist it's true even when presented with evidence to the contrary.

Anyone using a spraying service is, therefore, killing all of the above and more. Insects are small and easy to ignore, but if you were to go out after a spraying and look very carefully, you'd find thousands of dead insects on the ground. And only an extremely small percentage would be mosquitoes.

Pyrethroids can kill ALL arthropods, in fact, not just insects. So if a yard is sprayed, likely you'd likely find dead **spiders, mites, centipedes, and millipedes**.

One obvious consequence of gassing all the arthropods in a yard is that **bird** species that eat arthropods will have a lot less to eat. Population levels of swallows and flycatchers, for example, have dropped in last several decades and [one explanation](#) is that there are fewer insects to eat.

And then there are **fish**, which are acutely sensitive to pyrethroids. Franchise owners will generally avoid spraying near people's fish ponds and bodies of water. Indeed, by law pyrethroids can't be used near water, though there are many reports of franchises ignoring that regulation. Even if a property doesn't have a pond or stream, pyrethroids are rather stable in the soil and tend to get washed into nearby streams after rains. It is increasingly accepted that [runoff of pyrethroids](#) into creeks [can kill fish downstream](#).

Finally, pyrethroids are toxic to certain **earthworms**. This is probably especially true for those species that come out onto lawn surfaces in the evening, when pyrethroids are often applied. To be honest, many people don't really care about earthworms (some hate them) but for people who love aerated lawns it should be pointed out that fogging with pyrethroids might result in less aeration. And, perhaps, result in robins that wonder where all the worms have gone. Note that people who spray their yards with pyrethroids will still have butterflies, fireflies, etc. They just won't have as many, and likely the some of the ones they do see are from the neighbors' yards. And people who have their yards sprayed with pesticides invariably won't perceive the drop in wildlife numbers and will likely truly believe that the sprays are harmless to everything but mosquitoes. [Confirmation bias](#) is a fundamental part of human nature. And, of course, everyone believes they are immune to confirmation bias.

Do pyrethroids affect plants?

As you might expect, plants that depend on pollinators are likely to have reduced seed production if dosed with an insecticide. E.g., [Brittany Harris found](#) reduced reproductive success of rare plants in Florida when they were located near houses sprayed with insecticide. Pyrethroids can also harm plants directly (e.g., [Tu 1981](#), [Bragança et al. 2018](#)).

Pyrethroids are engineered to last for weeks

As mentioned above, pyrethroids adhere to plant surfaces and stay chemically active for weeks, so the risk to all the organisms mentioned above can last for weeks. Here's a description of pyrethroid persistence that I found on a [Mosquito Squad FAQ](#):

“How can the barrier spray continue to kill mosquitoes for 21 days? Mosquitoes will feed on plant juices. When they attempt to feed on sprayed leaves, the residual from the spray will kill them.”

Mosquitoes don't eat leaves, of course, but the quote is correct about the fate of insects that walk on treated leaves. Pesticide franchises like to claim that once their product is dry it is no longer toxic, but that claim makes no logical sense in light of their claim that the product *provides protection for three weeks*. Some pyrethroids can even last for 90 days if they are on shaded surfaces.

Signage and notification requirements

There doesn't seem to be a Federal law requiring either signage or neighbor notification when a yard is sprayed with insecticide, and state laws are variable ([here's a good review](#); [here's another](#)). Many states have laws that require applicators to leave signs at properties that have been sprayed, and some require notification of neighbors prior to spraying. For example, most counties in New York require that neighbors be notified 48 hours before spraying ([details](#)). That's also an option for beekeepers in some states, too; in that case the pesticide applicators need to search a database of hives in a town, then notify hive owners when spraying will happen (completely false; they do no such thing).

Is spraying effective?

Although spraying pyrethroids might be a good way to kill mosquitoes near the ground and in low shrubs, many mosquito species spend most of their time high up in the canopies of trees [and are untouched by sprays](#). For example, many species in the genus *Culex* (transmitters of West Nile virus, St. Louis encephalitis, eastern equine encephalitis, western encephalitis, avian malaria, etc.) [are tree dwellers](#) and only occasionally come down to feed on humans and pets. This limitation isn't just theoretical: [one study](#) showed spraying didn't reduce numbers of *Culex* at all. So if you have trees and birds, don't expect that spraying will be effective.

But I don't want to imply that spraying is completely ineffective. Pyrethroid fogs will probably kill a large percentage of *Anopheles* spp. (vectors of malaria) and *Aedes* spp. (vectors of dengue, yellow fever, Zika, etc.) because these species are more likely to be lower in the vegetation.

Do garlic sprays work?

Many pest-control companies offer a garlic-based spray, too. I haven't been able to find any scientific publication on these sprays. They might work. But they might also just cater to people's hopes. Ask the company for printed efficacy data and pass if all they give are testimonials and promises. If you know of a peer-reviewed article showing that garlic spray kills and/or repels mosquitoes, please contact me and I'll include here.

I live in Pennsylvania, one of several states that allows people to be placed on a [Pesticide Hypersensitivity Registry](#). Once on it, pesticide applicators will know you have a medical issue with pesticides and they are obliged to inform you of future spraying (so you can leave the area). If you want to know what rules might apply in your state, Googling "[pesticide notification laws regulations residential pennsylvania](#)" (replace with your state) will get you started. If that doesn't help just contact your [state agency that regulates pesticide use](#). Towns and cities will sometimes have their own rules but some states prohibit such rules.

How local governments can help

All towns and cities should maintain a web page that provides mosquito information and relevant pesticide laws to residents. Towns can also enact ordinances on third-party pesticide applications. For example, a town might require that franchises alert neighbors 48 hours before spraying is done.

State governments can also make sure that pesticide franchises are not making false claims. E.g., if companies claim through words or imagery that their pyrethroid-containing sprays are "environmentally friendly," "bee friendly," "kid friendly," "pet friendly," or government approved (e.g., "EPA-approved"), sue them. Massachusetts did, and now has several restrictions on advertising including a ban on ads that "[rely on images of young children to convey a sense of harmlessness](#)". Almost all sites I've looked at have misleading wording, especially the claim that pyrethroid-containing sprays "target" mosquitoes and ticks (completely false; they do no such thing).

Automatic fogging systems

For about \$4,000, some companies will install systems that dispense pyrethroids over your yard at regular intervals. Don't do this. Just don't.

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.

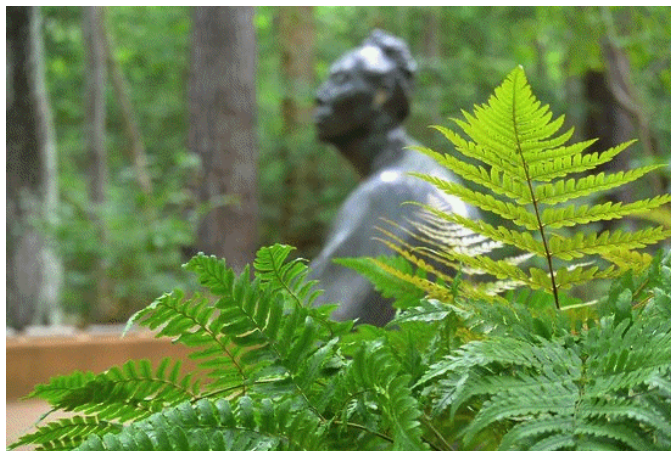
Outside – explore the shady walking path that meanders through the woods past permanent and loaned works of outdoor sculpture, many on loan from the Smithsonian’s Hirshhorn Museum and Sculpture Garden and the National Gallery of Art.

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

Notes:

More specific details will be provided at a later time.

If you are interested in the trip, you can send an email to Rosemarie (ejaksetic@aol.com).



District III Fundraiser Results

The District 3 Fundraiser held at Meadowlark Gardens on September 14, 2022 was a huge success for 5 Hills Garden Club, in terms of participation, representation, AND profitability. Our club sponsored an Italian themed basket as a District III fundraiser as well as hosting our own Ways and Means General Store. Handmade decor, jewelry, holiday crafts, and delicious edibles were center stage in the busiest General Store at the fundraiser. Additionally, we were one of only three chapters to submit a themed tablescape. Betty Ann Galway's floral demonstration was truly inspiring—thanks so much for representing our chapter— in such spectacular fashion—Betty Ann!

The committee and club members contributed many hours to put this fundraiser together—baking, crafting, collecting unique items, setting up the displays up on site and staffing the tables at Meadowlark. Thank you committee members, Lucia Bacon, Rosemarie Jaksetic, Lura Marshall, Anne Nelson and Valerie Warriner. Special thanks goes to Valerie Warriner, Linda Campbell and Cary Fichter-Vu for the beautiful tablescape. And now, the exciting news (drum roll please)... Five Hills made \$862 from our Ways and Means table. Well done, ladies!