

Sow and Tell

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Member of the National Capital Area Garden Clubs, Central Atlantic Region, District III
President: Andy Bothwell, 703-850-6177
Editor: Kathy Snead, 571-216-6391, kathymsnead@gmail.com
fivehillsgardenclub@gmail.com

PRESIDENT'S MESSAGE

It's that time of year when we're all extremely busy getting ready for the holidays. Don't forget to slow down enough to enjoy your family and friends.

We all came together for our annual festive wreath-making. Noreen and Nancy did a great job of organizing the materials to make it a successful day. Thank you both for all your hard work. Thanks to everyone who made a wreath, whether you picked up materials and made it at home or you came to the church to make a wreath. They were all beautiful and I'm sure the recipients are enjoying them throughout the holiday season.

Thanks also to Cary for the delicious Coq A Vin and Orange Herbed Rice. For those of you that asked for those recipes and for Pat Thacker's Nantucket Cranberry Cake recipe, you will find them on the Five Hills website.

We finally have a set schedule with the Church on which room we will meet in for the rest of this year. Please make a note in your yearbook so you know where to find us. The Fellowship Hall is on the same level as the Church Street entrance. Opposite the sanctuary is a hall and the room is down that hall on the left.

January 17 - Fellowship Hall
February 21 - Choir Room (lower level)
March 21 - Fellowship Hall
April 18 - Fellowship Hall
May 16 - Annual plant exchange at Anne Nelson's
June 20 - Choir Room (lower level)

Wishing each and everyone of you a Happy Holiday and I look forward to seeing you all in the new year.
Andy Bothwell

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Additional Notes:

Trish Phillips received additional money to send to the First Nations Development Institute in Millie Norloff's name. If you would like to make a contribution, there is still time. Trish will be sending the money after our meeting in January.

Trish is also collecting money for Five Hills GC in Erma Rockholt's memory. If you would like to contribute money, it will be used toward a Five Hills Garden Club project that will honor Erma.

And a warm welcome to Stephanie Roche, our newest member of 5 Hills Garden Club!

Please be on the lookout for a short bio about Stephanie in our January newsletter. Welcome aboard, Stephanie!

Calendar of Upcoming Events

January 10 Board Meeting, 10 am

January 17 General Meeting, 10 am

Local Area Activities in December

Sunday, December 11, 12-2pm Santa visits the Freeman Store. Free admission, no reservations required.

**Exploring Dumbarton Oaks Gardens**

In the dead of winter, it's fun and much warmer to take in our local gardens through the magic of the internet. Here is the link to videos of the magnificent gardens at Dumbarton Oaks in Georgetown--[Explore the Gardens — Dumbarton Oaks \(doaks.org\)](http://doaks.org). The landscape gardener Beatrix Farrand designed the gardens beginning in the 1920s for the private residence of Robert Woods Bliss, a diplomat, and his wife Mildred, heiress to the Fletcher's Castoria fortune. In a close collaboration that spanned almost three decades, Beatrix and Mildred planned every garden feature—from the sweep of the terraces down to the detailed curves of the benches. The gardens are notable for Farrand's use of distinct garden rooms and connecting vistas that make for an elegant setting to meander on-line or, when the weather warms, in person.

From Program Chair — Val Plisko

Civic Program Chair — Noreen Linneman

Holiday Wreath Workshop

Thanks to everyone for the great job of making our wreaths and swags. They were graciously received. I think they were especially beautiful this year. What a talented group!

A special shout out to Nancy Walker who has been the backbone of this project for many years.

I would like to acknowledge each person who helped with preparations but I'm afraid of missing someone. Thanks to those who made those beautiful ribbons, those who wrapped the wreath forms, the beautiful tags, the group who helped transport materials to VPC, the set up group, the clean up group, everyone who brought greens and however you participated, you are most appreciated.

I wish you a joyous holiday season.



In

Memory of Erma Rockholt

Erma Rockholt was an avid gardener and member of Five Hills Garden Club since 1978. She participated in plant sales and other fundraisers even when she was unable to attend meetings; she kept up with our activities through the newsletter and was a huge supporter of the Club. She designated Five Hills Garden Club as the recipient of any memorial contributions upon her passing. Several members have already made contributions. For others who wish to do so, Trish Phillips will be collecting donations at the January meeting.

Additional photos from the Greens Workshop



Garden Therapy Committee Chairs — Willow Prall and Anne Nelson

Sensory Experience at Iliff

A garden therapy session was held at Iliff Nursing and Rehabilitation Center on Tuesday, November 8th. The focus of the session was herbs.

Members of Five Hills Garden Club brought herbs from their gardens to share with residents, including Rosemary, Lemon Balm, Pineapple Sage, Lemongrass, Basil, and Thyme. Participants smelled and touched the herbs, and then guessed the name of each herb. Members talked a little about each of the herbs, including their culinary uses, and residents were able to share their own experiences with the herbs.

The second part of the sensory session involved lavender. Residents removed dried lavender buds from the stems of lavender and made lavender sachet bags. Each participant removed lavender buds from one bundle of lavender. This was enough to fill two, small sachet bags. While residents were working with the lavender, the aroma in the room was delightful!

Residents seemed to enjoy this garden therapy session. Thanks to all who helped to make this a memorable experience!



Conservation Committee — Elizabeth Huebner, Chair

As chair of the conservation committee, I have a request of our members, each one of you. We are becoming more aware of the fact that we are all imbibing minuscule plastic particles everyday and they are showing up in our food, water, and blood stream. I would like for each of us to examine what we do each day that might be putting plastic in our bodies and the bodies of those we feed and shelter.

Some examples include storing food in plastic containers/plastic bags, drinking from plastic bottles, foods packaged in plastic/Styrofoam, wrapping food in plastic wrap, etc.

Would each of you please look at your kitchen and storage practices and see what you can/will change for your health and the health of your loved ones—make a list, share your current practices, and ideas for change. If you each will share these things with me, I can compile and condense what you come up with for the whole group. Note what is easy, what is hard, and what you do not want to change and why.

Vienna has a shop on Church Street that specializes in ideas for changing our practices. In talking with friends in Ayr Hill, they have members who have made great progress in this area. Ideally each of us can make some progress in this area and reduce the accumulation of plastic in our blood streams, as well as in our loved ones before we have clogged arteries and no medicine to unclog them.

Please participate in this endeavor as it is important for everyone's health and each of you will have some important idea that will help all of us. My goal is to get each of us thinking about this and perhaps make incremental changes that can add up to real change for better health and a cleaner environment and ocean.

Wishing all of us a very happy and healthy holiday and New Year, Elizabeth