

# 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

Welcome back! I hope everyone had a great summer. A number of us have been busy getting ready for the new year. The budget committee met and worked up a budget and Debbie Doody has been busy putting our yearbook together. Others have worked in our garden at Glyndon Park as well as taken flowers to Iliff or watered the plants at our Blue Star memorial.

This is the year we host our Flower Show. You have several months to practice with your arrangements to gear up for the show. You don't have to win a blue ribbon to have fun participating—my first try I didn't win anything. If you haven't already signed up to help and create a design, you will have an opportunity to do so at our first meeting.

Val has lined up some very interesting programs for the coming year. In winter, we'll have an artist present on how invasive plants are used as raw material for his art. There will be additional programs on insects, Ikebana design, healthy soil, and bluebirds. This is also the year we install new officers and we are working to find a venue for our installation luncheon.

District III's fall meeting is September 28th. Betty Ann Galway will again be demonstrating floral design (a great time to pick up flower arrangement tips to prepare for the flower show). Everyone who attends will be given a raffle ticket to win one of her designs. When you come in you will be given a raffle ticket and will be able to purchase additional tickets if you like. Five Hills will be contributing to the refreshments, so let Andy know if you would like to help out.

I look forward to seeing everyone soon. Don't forget to pick up your yearbook and membership card when you sign in at the first meeting.

Andy Bothwell

P.S. We will be meeting in the Choir Room on the lower level of VPC.

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### Calendar of Upcoming Events

- Sept. 12 Five Hills Garden Board Meeting, 10 am
- Sept. 19 Five Hills Garden Club, General Meeting, 10 am  
Choir Room on lower level in Vienna Presbyterian Church
- Sept. 21 Hope Flower Farm & Winery Field trip to Waterford, VA
- Sept. 27 Mt. Cuba overnight field trip
- Sept. 28 District III meeting, 9:30 social, 10 am program Meadowlark Gardens
- Oct. 3 Glyndon Park Clean up, 9:30-10:30 am

### September Program:

### Sharing on Bees and Monarchs

Gail Gile  
September 19, 2023

Program Chair—Val Plisko

Our own Gail Gile, a former teacher, is going to give a program on bees and also on monarch butterflies. She has been presenting lessons on different insects to preschool and elementary school children and is going to share her information as well as ideas on activities to do with your own kids and grandkids. Gail is especially fascinated by native bees and the amazing last generation of monarchs.



## Membership News

Membership Chair—Joy Salpini

And just like that it's September! I don't know how the summer's seem to fly by faster and faster every year --

We are starting the year with 42 Active, four Associate and one Honorable member for a total of 47! Help us grow by inviting your fellow gardening friends to join our active club. Yearbooks and Membership cards will be available at the General Meeting. If you cannot attend, let me know and I will mail or deliver your yearbook to you.

As you all know, M'Ellen Alden's husband recently passed away after a long illness. Donations to a charity of M'Ellen's choice will be accepted at the September meeting. She has not yet designated the charity, although it will likely be one dedicated to Alzheimer's. M'Ellen has also moved recently so please check the Yearbook for her updated contact information.

## Honeybees and Sustainability

The April 2023 issue of *Savory* presents an interesting article on beekeeping from the perspective of a seasoned beekeeper and the National Board of Honey. The article describes honey as an energy source that has low impact on the environment but big impact on foods we eat. Honeybees pollinate 35% of the foods we eat. Pollination is one of the greenest and most effective ways go grow food on a large scale. To learn more, go to [savoryonline.com](https://savoryonline.com).

The April issue also features numerous recipes and beverages that use honey. Check out the Bees Knees cocktail with thyme!



## CIVIC

Civic Chair—Noreen Linnemann

Our next gardening day at Glyndon Park is Tuesday, October 3. We will meet at 9:30 at the Glyndon Street garden. Thanks to all who have been faithful volunteers all spring and summer. The gardens have been beautiful and a source of pride for Five Hills.

Thanks to all who have been taking flowers to Iliff each week. Both the staff and the residents really appreciate receiving the flowers. It is a small gesture that brings such pleasure. Please remember to pick up the vase from the previous week when you deliver your flowers and contact the person that you have their vase. However it is important that you **PUT YOUR NAME ON YOU VASE**.

### Iliff Flower Sign-up

The sign-up genius schedule for taking flowers to Iliff for the summer is filled:

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

The fall sign-up will be available soon.



## GARDEN THERAPY

Garden Therapy Chairs —Willow Prall Martin and Anne Nelson

The first Garden Therapy session of the fall season at Iliff Nursing Home is Tuesday, October 3, 2023 at 2:00 pm. We are looking forward to another great year of interactive activities with Illiff residents. Volunteers will be notified by e-mail. Willow will lead an Autumn and Halloween themed program. The courtyard garden at Iliff continued to thrive and bloom over the summer months; selected snapshot below provided by Willow Prall Martin.



## WAYS AND MEANS UPDATE

Ways and Means Chair—Valerie Warriner

This year we have no major fundraiser initiative but hopefully we can think of easy and less time consuming ways to raise a dime or two. As always, we will have a white elephant table during the general meetings. Please bring items that are gently used and in good condition. If your item/items are not picked, you are responsible to take them home with you. Looking forward to our new year.

## CONSERVATION

Conservation Chair—Elizabeth Huebner

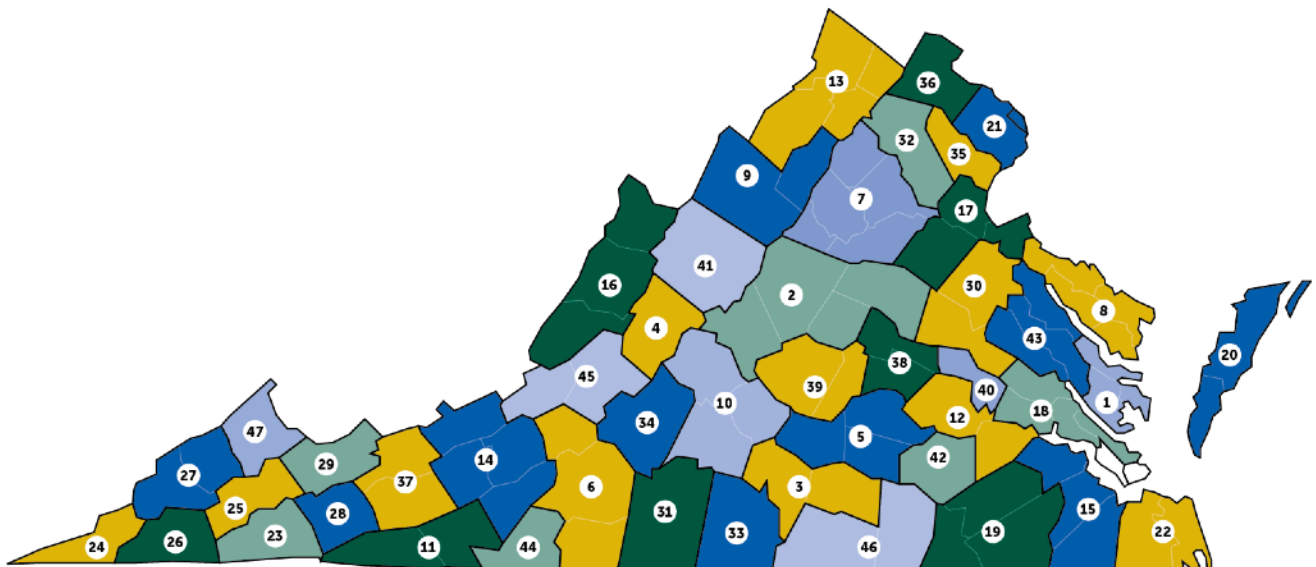
Department of Conservation and Recreation

I thought that we might want to learn more about Virginia's Department of Conservation and Recreation. Information shared here can be found on the DCR website, <https://www.dcr.virginia.gov>

Each of us can contribute to controlling our non-point sources of pollution, but the loss of open space in our state due to development and no comprehensive plan for connecting the areas left as open space for the safe passage of animals from one area to another is a more difficult issue to tackle. Later we can discuss ways to influence safe passage routes in our state. As the state's lead conservation agency, DCR protects what Virginians care about – open space, clean water, natural habitat, safe infrastructure.

The Virginia Department of Conservation and Recreation works to conserve, protect, enhance and advocate wise use of the commonwealth's unique natural, historical, recreational, scenic and cultural resources. Citizens' livelihood, quality of life and future depend on how wisely we manage our natural resources.

Soil and water conservation districts (SWCDs) were established in the 1930s to develop comprehensive programs and plans to conserve soil resources, control and prevent soil erosion, prevent floods, and conserve, develop, utilize and dispose of water. Today, 47 districts serve as local resources for residents in nearly all Virginia localities. Districts, which are political subdivisions of the state, manage conservation programs, employ staff and deliver conservation services free of charge. Northern Virginia and Fairfax are presented on the map below as district 21.



Since the mid-1980s, DCR has relied heavily on districts to help deliver many programs aimed at controlling and preventing nonpoint source (NPS) pollution, often on a hydrologic unit basis. With their volunteer boards and more than 150 full- and part-time technical and administrative employees, districts provide a valuable delivery system for Virginia's statewide nonpoint source pollution prevention programs.



## **NONPOINT SOURCE POLLUTION IN VIRGINIA**

**WRITTEN BY JACK LOONEY**

One particularly troublesome threat to biodiversity comes from nonpoint source pollution of surface waterways and groundwater. Nonpoint source pollution is basically pollution that doesn't come from the end of a pipe. Some examples are petroleum products and salts washed off roads, nutrients from excess fertilizers spread on lawns, soil particles eroded from agricultural fields and acid precipitation derived from the combustion of fossil fuels.

DCR is the lead state agency for nonpoint source pollution and the Natural Heritage Program works closely with DCR's soil and water conservation division to help address nonpoint source pollution threats.

Natural heritage data are used to help identify high priority waterways to help direct state and federal funds, which are used to reduce nonpoint source pollution. Natural Heritage Karst Program staff work with industries and localities to address problems associated with cave and groundwater pollution and are especially active in public education efforts. Natural heritage staff members provide information to landowners on best management practices and on government cost-share programs that can help reduce pollution, which results from agricultural and timber harvesting activities.

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## Steps to Help Control NPS Pollution

- Participate in planning and restoration opportunities in Virginia's Nonpoint Source Implementation program.
- Participate in one of Virginia's [Watershed Roundtables](#).
- Participate in one of Virginia's active [Implementation Projects](#).
- Limit use of pesticides and fertilizer and use them at appropriate times of the year in recommended amounts. Contact a local extension agent for instructions.
- Participate in a stream cleanup program.
- Keep litter, pet waste, leaves and debris out of street gutters and storm drains—these outlets drain directly to lake, streams, rivers and wetlands. Never directly deposit anything into a storm drain.
- Recycle grass clippings and leaves by mulching or composting.
- Pick up pet waste and bag it with regular household trash or use a backyard dog waste composter.
- Dispose of used oil, antifreeze, paints, and other household chemicals properly, including accidental spills —do not deposit or wash waste into storm sewers or drains.
- Make sure the home septic system is working properly. Maintenance and prompt correction of problems are important.
- Plant a rain garden to catch and infiltrate excess storm water as it flows across your yard.
- Direct roof runoff onto a grassed area or into a rain barrel.
- Watch for soil erosion. Seed, install sod or plant ground cover to protect an eroded site.
- Use porous surfaces such as flagstone, gravel, stone, and interlocking pavers rather than concrete or asphalt.