

# SHENANDOAH SHARINGS

## Shenandoah District



Virginia Federation of Garden Clubs, Inc.  
Member,  
National Garden Clubs, Inc.



Edition 61

August/  
September  
2020

### Message from District President

To say the past months have been interesting would be an understatement. We have missed our friends, family, normal activities and some would say toilet paper. The past months have shown us new hurdles, new ideas, and even new opportunities.

I know many clubs stopped meeting, we as a District did as well as VFGC and NGC but it has opened new doors of possibilities for this fall. As some clubs are beginning to meet in September and some are still choosing to be cautious, we still have opportunities to be a resource and asset to our communities. As many people have taken to the internet and social media to find new activities or virtual activities for themselves and their children, we should consider this as a calling for garden clubs.

Most parents across the District have found themselves as home school teachers and are actively looking for activities for their children, of all ages. Teenagers are a wonderful resource to help set up a Face book or Instagram account and even help maintain it, especially as many schools still have volunteer requirements. We have certainly seen empty shelves at the store this past year and now with talk of a second wave and the recent crop devastation in Iowa and Illinois we may see empty shelves again and most assuredly, raised prices. Learning to garden and even preserve food has not been this important for decades. This is an opportunity for garden clubs to step up, educate our youth and their parents as well as cultivate new members.

A simple worksheet on the life cycle of plants will be fascinating to children, especially if its something they can color and then plant and watch. More advanced and educational posts would be of interest to older children and parents. These do not even have to be original articles or posts, find reputable organizations and share their posts, let's just get the word out about our clubs and gardening. If you are comfortable, maybe work with a local orchard to do an outside and socially distant workshop on canning peaches or making applesauce. Offer a class in a park on the many fall vegetable garden options, we have been thinking outside the box for many aspects of our life, let us not stop there.

### CALENDAR OF EVENTS

Shenandoah Board Meeting: Sept 10: Market at Grelen

District Meeting: Oct 10: Canceled

Youth Essay/Poetry Due: November 1

District Awards Due: December 1

### SHENANDOAH SHARINGS

Editor.....Val Story

valstory@aol.com

I would love to hear from you on what your garden clubs have been doing since we last saw each other and what you have planned for the fall. I am excited to say that Shenandoah District will be moving ahead with installing a Blue Star Memorial Marker in Luray Caverns this fall, we will keep you posted on the ceremony date and time.

I hope to see you all soon, please take care and good luck with whatever form of club activities you choose to do in these crazy times.

Amy



**IN MEMORIAM**  
**Our Deceased Members**



**Luray Garden Club**  
**Mary Lee Bryant**  
**Betty Booton Grubbs**

**Nelson County Garden Club**  
**Burney Carter Jarvey**

**Hill and Valley Garden Club**  
**Anne Moody**

**Hawthorne Garden Club**  
**Shirley Hauptman Gaunt**

**Town and Country: Stuarts Draft Garden Club**  
**Ginger Carter**

**Academy of Gardeners**  
**Florence Nordone**

**Monticello Garden Club**  
**Mary Felger**



**WELCOME NEW COMERS**

**Lake of the Woods**

Karla Pringle  
Ana Smith  
Judy Cramer  
Lee Anne Hamilton  
Tresa Poyhonen  
Gaylen Smoak

**Nelson County**

Frances Van Lear

**Greenvale**

Carole Stilwell

**Town and Country: Stuarts Draft**

Carole Stilwell  
Anne Flory

**Calfee**

Glen Carpenter  
Val Story  
Jill Devine

# NGC AND SAR NEWS



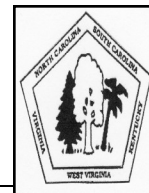
**NGC President  
Gay L. Austin**



*Postcard from home:* Hello fellow garden club members, After several weeks of difficult, yet necessary research for National Garden Clubs, Inc., the 2020 Fall Board Meeting, scheduled for September 23 – 26, 2020 is canceled. This decision was not taken lightly, or without hours of thoughtful consideration for the well-being of not only our members, but also our organization. We are grateful to the North Dakota Garden Club members who have worked tirelessly to organize this important annual business meeting.

More than a year has passed since this administration began. Who would have ever dreamed that our world would experience such a crisis? What will we do? How will we continue as volunteers for our world? These are complicated questions and goals can be achieved through continued dedication to our mission statement that states “NGC provides education, resources and national networking opportunities for its members to promote the love of gardening, floral design, civic and environmental responsibility.” Although in our 91-year history, we are facing more challenges than we ever thought possible; we are moving forward by creating new venues to communicate, share and learn. Your officers are exploring new ways to continue as volunteers in our “new normal” and anticipate success in all aspects. In addition, NGC is on the verge of launching the new NGC website – what an exciting opportunity for our members.

**South Atlantic Region Director,  
2019-2021  
Patricia Arndt  
Theme: “Jump at every Opportunity”**



**Jump at Every Opportunity by: Improving our communities through youth involvement and reclaiming unusable spaces. As I became the SAR Director as of December 2019, due to resignation of previous director, I have chosen to continue with the theme that she had chosen. I have a passion for the ideas of her special project, so that fit’s beautifully with my own goals for garden clubs of the South Atlantic Region states.**

**States in the Region: Kentucky - President Donna Smith, North Carolina - President Brenda Crocker, South Carolina - President Trish Bender, Virginia - President Mary Sue Floyd, West Virginia - President Vickie Stedman**

**What makes your Region different from others? Honestly, since I have no experience in visiting other regions, I do not know what makes us different. However, I do know what makes us strong – our members!**

**What is the most daring thing you have ever done? That is an easy one – making the commitment to take part in the District, State, Regional and National levels of NGC! It has been so worth the effort. I only wish that more members would “take the plunge” and take part in opportunities that are offered outside of their own clubs.**

**Please see the below statement from the USDA regarding  
Unsolicited seeds from China**

**From:** "USDA Farm Service Agency" <[usdafsa@service.govdelivery.com](mailto:usdafsa@service.govdelivery.com)>

**Subject:** Message from Kansas FSA Director David Schemm

Again, recipients of these unsolicited seed packages should contact their State department of agriculture or the [APHIS State plant health director](#). Please hold onto the seeds and packaging, including the mailing label, until someone from your State department of agriculture or APHIS contacts you with further instructions. People with questions can also call APHIS at **844-820-2234**, Monday-Friday - 8:30 a.m. to 5:00 p.m. ET, or email [CustomerServiceCallCenter@aphis.usda.gov](mailto:CustomerServiceCallCenter@aphis.usda.gov).



# VFGC REPORTS

**Mary Sue Floyd, VFGC PRESIDENT**

What a year we have had!

I hope this finds everyone healthy.

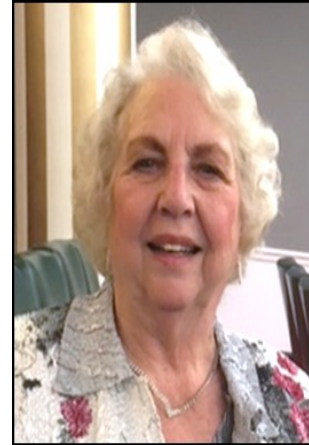
While we are waiting for an end to being quarantined, we can still enjoy our outdoors whether working in the gardens or just admiring what we have.

At this time, we are still planning on being able to meet at the end of August for the board and hold our 2021 convention in Richmond next April when our NGC President Gay Austin will be our guest and will install the 2021-2023 officers.

Even though we had to cancel our convention, the awards were distributed to the clubs. Congratulations to those clubs receiving awards. Start now planning for the next club year!

Changing subjects, I want to thank everyone who participated in our No-Bake Sale. Hazel's report on the No-Bake Sale can be found under the VFGC section of this ODG edition. This year's project is a Virtual Plant Sale. You decide what plants you may want or already purchased. Then send to Hazel your donation equal to your purchase. The proceeds this time will go to our Scholarship Fund.

I have surely missed everyone. Looking forward to District meetings and our convention. Until then I wish everyone a healthy and safe summer.



## **Flower Show School**

**Course II will be held at the Four Point by Sheraton  
by the airport  
February 8 -11, 2021**

**Big news: if you want to take Course II for credit come on  
board. You do not have to take Course I first.**

**Succulents and Aucuba Japonica are the horticulture topics  
Table Designs and Petites are the design topics**

**Instructors are Darlene Newell and Judy Binns**

## Awards

Congratulations are in order for five of our Shenandoah District Garden Clubs for earning awards at the National level. The State and South Atlantic Region Awards were announced in March, when we would have had our State convention. Shenandoah District earned many impressive awards.



Without a National Garden Club Convention, learning the results of the NGC awards has taken longer. We have several exciting success stories for Shenandoah District Clubs at the NGC level.

**Calfee and Culpeper Garden Clubs** received the top award for their Standard Flower Show with 2 or more clubs. Their show was titled "Culpeper Times" and presented April 9th, 2019.

**Luray Garden Club and Winchester Council** each received a Certificate of Commendation for holding a flower show supporting the aims and objectives of NGC. Luray presented "September in the Valley" on Sept. 7, 2019 and Winchester staged their show, "Give Thanks, Share Love, Spread Cheer" on November 22 - 23, 2019.

**Green Hills Garden Club** received first place for their yearbook for a club with 20 - 29 members.

**The Madison Garden Club** received the top award for their newsletter, "The MGC Garden Scoop" for medium size clubs.

The NGC web site is under renovation so the complete listing of all NGC awards may not be posted until some time in August. Anyone interested, please contact me and I will happily forward it to you. It is over 40 pages long!

Congratulations to the club members who earned this recognition by the National Garden Clubs.

Heidi Sage  
VFGC Awards Chairman

## **GRANTS to BEAUTIFY & RESTORE**

One of our VFGC Projects provides money for clubs to engage in a project that benefits the community, whether it be RESTORATION of an area that has been adversely affected by weather conditions such as flooding, or BEAUTIFICATION of an area that is prominent and in public view. Up to \$1,000 may be awarded to clubs applying for these Grants.

DEADLINE is September 15. Contact: Judy Ann Fray, Grants to Beautify & Restore Chairman. [Ja.fray@verizon.net](mailto:Ja.fray@verizon.net) or 540-948-4220.

Two clubs from Shenandoah District were awarded Grants for this year.

The report period for those was extended to August 15 due to difficulties resulting from the Corona virus. We look forward to receipt of those reports.

Judy Ann Fray



### **VIRGINIA FLOWER SHOW JUDGES COUNCIL**

Have you thought that maybe someday you might like to become a flower show judge? If so, now is the time to act. The Virginia Flower Show Judges Council is awarding the first 10 people who take the Flower Show Judges School class for credit, and pass the exam, \$100 cash. Just think – you will learn so much about horticulture and design, have fun meeting others in your class, make lifelong friends - and then get \$100 in cash! If you are interested, contact Val Story, Flower School Chairman, and register for the next class. We would love to welcome you as a Judge!

Grace Morris, President VFSJC

## SHENANDOAH DISTRICT NEWS

### Community College Scholarship



I am delighted to report we have a talented recipient of our \$1,000 Shenandoah District Community College Scholarship: Felicity Zimmerman.

Felicity is a rising second year student attending the Blue Ridge Community College in Weyers Cave and majoring in environmental science. She plans to attend Eastern Mennonite University with a career in conservation. Felicity enjoyed an internship at the Shenandoah Valley Soil and Water Conservation District so much that she continued as a volunteer and now has a part time position there as a District Technical Assistant.

After three years of awarding our scholarship to candidates from Northern Virginia Community College, it is reassuring to see our message is getting out to a greater group of community colleges. Felicity planned to attend our Spring District meeting so we could meet and congratulate her in person until it was cancelled. Perhaps we can meet her this fall.

Our scholarship goes to a rising second year community college student with a focus on horticulture, agriculture, the environment or any garden related subject. The funds for the scholarship come from donations by clubs and individuals. We have already sent Felicity's money on to her college and are now receiving funds for next year's scholarship recipient. Checks may be sent to our District Treasurer, George Ann Birkhofer at 448 So. F.T. Valley Rd, Madison, VA 22727. The application form for students can be found on our VFGC web site under "About Us/ Districts" or in the green binder on pages 50 and 51, which is given to all club presidents and chairmen. I will be happy to send you or a prospective candidate the information.

In addition to our Community College Scholarship, there are four \$2,000 scholarships available from the VFGC. Jill Quinley is our State Scholarship Chairman. The state scholarship information is also on the VFGC website under "Schools".

I hope we will have the opportunity to meet our scholarship recipient, Felicity Zimmerman this fall.

Heidi Sage: Shenandoah District. Scholarship Chairman



A NOTE FROM YOUR SHENANDOAH DISTRICT TREASURER

Your District Treasurer for 2019-2021 is GEORGE ANN BIRKHOFFER. Contact information is as follows:

[madvirginian@hughes.net](mailto:madvirginian@hughes.net)

540.923.4933

448 S F T Valley Road

Madison, VA 22727-2986

Some things to remember:

1. District Garden Club Member Dues are \$1.25 per person and are due before May 31<sup>st</sup> of each year. A list of members is not required but include the number of members with your check. If you gain new members after May 31, please remit an additional \$1.25 for each new member.

**PLEASE NOTE THAT DISTRICT DUES ARE SEPARATE FROM THE DUES PAYABLE TO VFGC.**

A reminder and registration form will be sent to all District Club Treasurers in April 2021.

Please notify your District Treasurer if your Club Treasurer changes at any time and keep your email address current.

2. Make all checks payable to Shenandoah District, VCFG and send to the Treasurer as noted above. This includes dues, registration forms, luncheon checks, donations and any other remittances to the District,
3. "Shenandoah Sharings" is the DISTRICT NEWSLETTER sent to your Garden Club President and it should be forwarded by your President to all Garden Club Members. It is important for all to be informed of District events. Registration forms and other information from your District Treasurer will be included in this newsletter.
4. All registration forms and checks for meetings should be sent to the Treasurer before the due date. Number counts of people attending these meetings need to be sent to the District President by the Treasurer by the due date in order to provide an accurate head count for lunches.
5. Please complete all registration forms completely and always include them with your check. Please note the meeting name or meeting date on the memo line of your check.
6. The Scholarship Fund and the Blue Star Memorial Fund are funded by your generous Garden Club donations. Donations are accepted any time for these funds through the Shenandoah District Treasurer.

## The Rose Garden at Ben Lomond Manor

I full well knew I stood a high chance of being disappointed with a mid -July trip to the Ben Lomond historical site in Manassas, Virginia to visit the French inspired 5,200 square foot old rose garden behind the manor. The garden is advertised as containing 160 cultivars and 200 individual shrubs and as being one of the largest private old rose gardens in the DC metro area. We, my better half, my ever-faithful Shih Tzu, and a cooler with soft drinks, embarked on at least a three-hour one-way Virginia “byway” journey north to Manassas. We were fully aware that there would be no stop to languish over lunch or for that matter make a public rest room visit because, after all, we are in the middle of a pandemic. (We humans made it through the day without the latter, an amazing feat.) Nevertheless, I was determined to lay eyes on a garden devoted to the preservation of living plants whose origins date possibly to the 1700s and some specimens not even being in commerce any longer.

Of course, I had missed the prime bloom time which was in May. I was surprised that there were no companion perennials blooming either. The garden was well weeded, mulched, being watered, and not overgrown with perennials. There were markers on the plants. Some of the roses appeared to be robust while what was left of others looked like my own Zephirine Drouhin c. 1868, a Bourbon, does at this time of year: ravaged by black spot with no leaves. The Zephirine Drouhins never disappoint and grow more leaves with a flush of blooms toward the end of summer as I hope other cultivars do as well. I will give the garden the benefit of the doubt due to my poor choice of what was obviously not the best time to visit.

The site manager was lovely and talked to me about the garden. Most of the information he gave to me was reinforced by what I have been able to find out about the origins and status of the garden online. While the property is the site of an 1847 federal style home commandeered to serve as a hospital during the Civil War, what was more than likely a smaller antebellum garden behind the house became the final resting place in 1996 for over 100 old roses. It was the entire collection of a prominent citizen, Jim Syring, who donated this from his estate, Smitherwood, to the local Lake Jackson Garden Club. The idea of undertaking a project of this size would have been daunting, both financially and in the task of managing the move and care of that many rose bushes. The garden is maintained now by the Prince William County Park Authority. With the dedicated help of many volunteers along with interventions from horticulturists, and, apparently, over the years, individuals with expertise in growing roses to help oversee the garden, it continues to survive although not in its original entirety. There were no brochures with information about the garden available. The most recent information I could find about the status of the garden online was an account of a 2010 restoration project of the site. I believe the accompanying photo of the garden for this article would have been taken during that period following that restoration. There is a 2009 online post of an updated catalogue at that time of all the old roses in the garden. Frank Harrell, who posted this information stated, “This is a garden of historic roses rather than an historic garden.” \*1



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An online blog written by a rose grower active in the restoration detailed the steps needed to be taken to restore the rose garden which by 2010 had become choked with overgrown perennials, weeds and suckering rose bushes. Photos of the garden taken before restoration, while it looked prolific and pretty, had suffered the loss of many of the original roses planted in the garden. I did ask that question of the site manager and his opinion was that he doubted that there were



anywhere near the number of roses originally planted and I could see for myself, no immediately obvious reason to disagree with him. The article's recommendations of how to go about this project was interesting. Clearing the beds of overgrowth and weeds, removing old barriers, reidentifying and cataloging the remaining plants before rebuilding could serve as a how to guide to any type of our member's restoration projects whether it be in the community or a personal garden. Undoubtedly restoring is synonymous with hard work. \*2

We all know the toughness of the old or antique rose. They survive through disease and hard times to live surprisingly long lives. Their connection to the past is enduring and the creation of a collection of them to preserve a living history is important. I personally have a gardener's itch to add to my own garden the Reine des Violettes rose, a Hybrid Perpetual from 1860, or maybe Leda, a Damask rose from the early 1800's. Both types were found in the collection when it was moved to Ben Lomond in 1996. To find the remains of this historic collection at a Civil War site that is already steeped in painful history is remarkable. I promise myself to visit again during a more appropriate month, and once our own dilemma of living in an ongoing epic of historical significance, can be tamed.

\*1 - The Antique Roses of Ben Lomond Garden (Frank Harrell)  
[nps-vip.net/history/BenLomond/rose](https://www.nps-vip.net/history/BenLomond/rose)

\*2 – Restoration of the Rose Gardens at Ben Lomond Manor  
[Hartwoodroses.blogspot.com](http://Hartwoodroses.blogspot.com) Nov 2010

Community Gardens Chairman  
Carol Davis



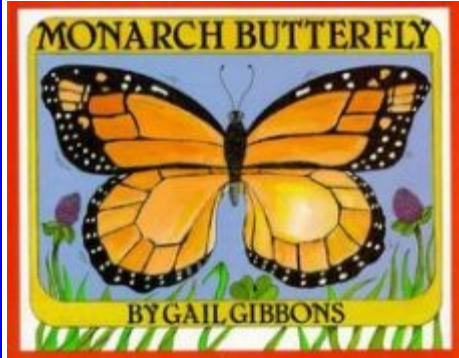
## Monarch Butterflies

Monarch butterflies are one of our most coveted species, people try to attract them, photograph them, and lastly enjoy them. Young children can be made aware of their special story in many ways. This is an activity for primary children that can be adapted to almost all age groups.

Suggested Materials: *Gotta Go! Gotta Go!* A picture book by Sam Swope, *Monarch Butterfly*, by Gail Gibbons, caterpillar cookie cutter and sugar cookie dough, pale green icing, clean watercolor paint brushes, large coloring book picture of a monarch butterfly, black and orange crayons, and wax paper.

Start the activity by reading Gail Gibbons' *Monarch Butterfly*,

this will give the children an overview of the life cycle of the butterfly. Next hand each child a sheet of wax paper and put their names on each sheet. Hand out 2 cookies per child. These caterpillar cookies have been prepared ahead. Make the icing and tint it a pale green. Each child will "paint" their cookies. These will be set aside to dry.



Next is a coloring activity, give a large coloring book type drawing of a monarch butterfly to each child. Provide only orange and black crayons.

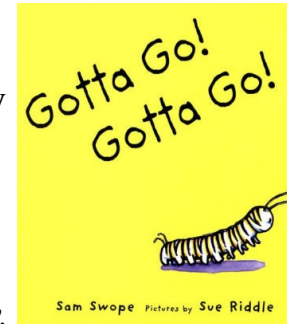
Make sure you have pictures of the monarch around the room so the children can see and decide which parts to color orange and black.

The cookies are dry; now let us eat them!

End with the picture book *Gotta Go! Gotta Go!* By Sam Swope. A cute little caterpillar knows it must go to Mexico, but she is not sure why.

There are other books available to share with the children. Perhaps you could even bring in a piece of milkweed. The possibilities are endless. We need to make sure we instill the values of caring for our planet and its creatures at an early age.

Betsy Walker, Shenandoah Chairman for Birds and Butterflies



## Attributes of Gardening in The Time of Pandemic

At the risk of the subject of this article being redundant, I have chosen to add to the fray, my comments regarding gardening during a pandemic. I would bet that there are many members within our organization that have maintained a modicum of sanity throughout this nightmare by taking themselves outside to absolutely obsess over their own personal gardens.



My garden has never received so much attention. I feel that it is almost a sure bet that that same obsession has spilled over to the care and maintenance of community gardening projects that are managed by many of our member clubs. With the ongoing care that those projects need, if there is a will there is a way. I can testify that my club's gardening projects are groomed to perfection.

All of this has been achieved by working in two member teams, masked and distanced.

With the escape I sought by turning to work in the garden, there were obstacles. When I needed supplies (or additions) my enthusiasm and bravery was quickly dampened by the sight of parking lots at Lowes, Home Depot, and my favorite garden centers filled nearly to the point of overflow. Delays for products offered from mail order companies, no matter if you were ordering by mail, computer, or by telephone, were a promise rather than the exception.

The catalogue suppliers were burdened by short staff, short supply and increased requests. According to George Ball, CEO of Burpees, the largest seed catalogue in the USA doubled their monthly sales from last year making it the largest spike in 30 years. I do hope all Burpee shoppers got their seeds in time for spring planting. I know that my solution to the obstacles I faced was to simply move the plants I do have to new resting spots. And I became remarkably familiar with a person who home delivers mulch. Between the mail orders that I did receive, the mulch man and my gardener's obsession to move plants, I satisfied my spring planting tic.



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From Oxford University to America's own CDC, their studies related to the attributes of working in a garden have always been positive. Their studies found that symptoms of many conditions such as type 2 diabetes, hypertension, ADHD, depression, osteoporosis, sleep disorders, stress, etc. were lessened or improved because of working in a garden

We all know the attributes of the aerobic and almost total body work out that a day spent working shoveling, watering, and weeding can provide to an individual. Just getting closer to the earth and absorbing some sun light as well as helping to produce something of beauty and/or something good to eat can masquerade as an inexpensive psychiatric session or a cheap gym membership.

I can say, with almost complete confidence, that all my fellow gardeners in our district have not only maintained but improved their club's projects as well as their own gardens. The reason for that just might be that living in the time of pandemic has forced us to focus on more readily available and less complex distractions. Think about this, my friends, as we put our gardens to sleep this fall and thank them for being there for us to care for in this exceedingly difficult of times.

Community Gardens Chairman  
Carol Davis



## WOODSY OWL POSTER CONTEST



After contacting the Forestry Department, I am happy to announce that the 2021 Poster Contest will take place!

Smokey Bear's 75<sup>th</sup> birthday was this year. Woodsy Owl will be celebrating his 50<sup>th</sup> birthday in 2021. So it is Woodsy Owl's turn to have his own poster contest. All 2021 posters will be just Woodsy Owl.

Due to the current uncertainty of schools opening, teaching on-line, potential closing of Boys and Girls Clubs, an increase of home school children etc., we will need to be creative in contacting our communities and schools to let them know the Poster Contest will take place.

I ask that all club presidents contact me with their contest chairmen information. I am sure we can make this another successful year!

Toni Shreve  
Shenandoah District  
Poster Contest Chairman  
toniandjims@comcast.net

## Awards for 2020-2021

Hello Everyone,

This chairman hopes everyone's gardens are looking particularly pretty this year with all the warm weather, rain and so much free time to pull weeds. Of course some of us, me included, may not be as diligent and quote Scarlet O'Hara "Tomorrow is another day," at times.

For the upcoming year of awards, please reference the newly posted list of awards for the Shenandoah District. There have been some changes you should be aware of for this coming year. We have added a Penny Pines Award. Due to this a few of the award numbers have been changed. Most awards are still due December 1, 2020. The Youth Essay and Poetry applications are due November 1, 2020. Woodsy Owl Posters are due to Toni Shreve by December 30, 2020. She will have more information as the school year progresses and will provide information if there are any changes. Since many school children may not be attending classes physically other way to meet these awards will need to be investigated. In the same vein with many clubs not meeting this year and activities and projects being put on hold this may also apply to club awards as well. For the Awards your club does apply for please remember all applications are to be mailed in TRIPLICATE as hard or paper copies and one electronic copy.

On the application Heidi Sage's contact information is given but all Award Applications need to go to District Award Chairman first. The contact information for the District Award Chairman is on the District Awards List. Scrapbook applications do not need to be submitted until March 5, 2021. Remember that even if you submit a Digital Scrapbook you must submit a printed copy.

This has been a difficult year for all garden clubs but it is hoped that some projects are being worked on and there will be some award applications submitted. Denise Gorsky



## Flower Show Schedule Chairman

Never judge a plant by its name. That's certainly the case with milkweed (*Asclepias*), a lovely wildflower that isn't really a weed at all. This though denizen of North American Fields, wetlands, and prairies is the sole host plant for the struggling monarch butterfly. But that unfortunate misnomer has blinded some gardeners to milkweed's many aesthetic attributes. The plants in these photos are all Milkweed. They are wonderful butterfly and bee attractors and can be very beautiful in the garden as they are in mine. Not only are the flowers beautiful, but fragrances waft by and bees are buzzing around.

This is the only plant monarchs need to use to lay their eggs on. They use the underside of the leaves to lay the eggs and when they hatch the caterpillars graze on the leaves.

Three species of milkweed are good all-round choices for gardens in most regions of the country:

Pictured: Common milkweed (*A. syriaca*) Pink



Swamp milkweed (*A. incarnata*) orange



Butterfly weed (*A. tuberosa*) yellow.



The last two are highly ornamental and beautiful in the garden. Many can be purchased in garden centers.

Submitted by Mary Ann May

## **SHENANDOAH DISTRICT WAYS AND MEANS**

Do you need something special – like floral glue, Oasis, decorative wires, containers, etc. – that you can't always find in local stores, send me an email ([glyonm@aol.com](mailto:glyonm@aol.com)). I might just have it for sale for our District Ways and Means. If you have a special request that I don't have on hand, please let me know in advance and I will try to find it for you. Hopefully, we can meet as a group again soon and we'll have all our things on display for shopping.

Be careful, stay well and remember to stay in touch with friends.

Hugs!

Grace Morris

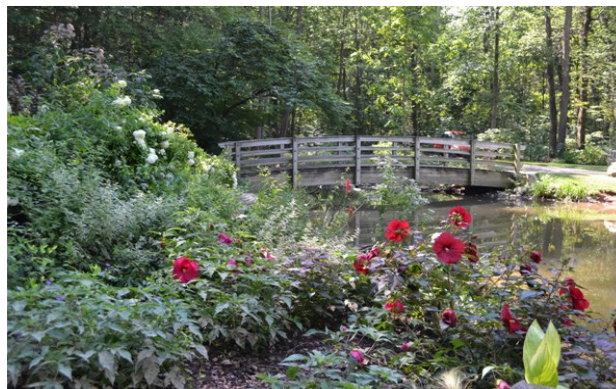


## **GARDEN THERAPY COMMITTEE**

Elizabeth Upshur, Chairman

Many thanks to Joy Poole of Lake of the Woods Garden Club for her suggestion to explore the labyrinth located at the Edith J. Carrier Arboretum in Harrisonburg. Walking in a labyrinth clears the mind and gives insight into the life journey. It calms those in the throes of transition, and helps us to see life in the context of a path.

To get there, in Harrisonburg, find the James Madison University Conference Center on University Boulevard on the east side of I-81. The Arboretum is almost across the road from the end of the huge parking lot. The entrance is not obvious so you need to look for it. The sign for the labyrinth is to your right after you turn in the entrance.



Continued next pg.

Do what I did - which is to NOT find the labyrinth right away or even see the sign. The first thing to do is to get bowled over by the sight of the Arboretum and the wonderful smell of flowers. Walk the circuit path all the way around the small lake – pausing to sit on one of the many benches and listen to the quacking ducks and singing birds.



If you have on your walking shoes and are carrying a bottle of water, you can also lose yourself by taking one of the many hiking trails which lead off from the paved paths. You may be in Harrisonburg but you will feel like you are out in the woods – which you will be!



Continued next page

Back to the labyrinth which is clearly marked on a large map at the entrance. (You will need to turn the map upside down in your head.) Across from the small parking lot is a sign and a wide gravel path which leads up a hill about two city blocks to the labyrinth which will be on your left. (It is too wide to photograph from any one place around it).

The labyrinth was built in 2002 of limestone rocks, gravel and riprap donated by Frazier Quarry. It is modeled on the labyrinth at Chartres Cathedral in France and is sixty feet wide. Large boulders mark the entrance which is located within a deciduous oak-hickory forest. Plants of ancient origin were chosen to be planted – some used by Druids and some mentioned by the Romans.



**Due Date**  
**For Shenandoah Sharing Article Submissions**

February 17, 2021

Email articles and pictures to

[valstory@aol.com](mailto:valstory@aol.com)

Newsletters are emailed to Board Members and Club Presidents;  
**Club presidents need to email the newsletter to their members.**

**APPLICATION FOR VFGC LIFE MEMBERSHIP/BOOK OF HONOR**

Check One: \_\_\_\_\_ Life Membership  
                  \_\_\_\_\_ Book of Honor

Name of Honoree  
\_\_\_\_\_

Address  
\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Honoree's Garden Club  
\_\_\_\_\_

Honored by  
\_\_\_\_\_

District  
\_\_\_\_\_

Date of Presentation  
\_\_\_\_\_

Surprise? \_\_\_\_\_ Yes \_\_\_\_\_ No  
Club Meeting \_\_\_\_\_ District Meeting \_\_\_\_\_

Send life membership pin and card or Book of Honor Card to:

Name  
\_\_\_\_\_

Address  
\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_

E-mail \_\_\_\_\_

**CHECK payable:** VFGC, Inc.

**MAIL to Shenandoah Life Membership**

**Chairman:**

**Denise Henderson** 540-547-3328

5114 States Mill Road

Boston, VA 22713-4419

chadenva@aol.com

**Contributions to**

**Blue Star Memorial**

**Make Payable to**

**Shenandoah District, VFGC**

**In honor of President or Individual:**  
\_\_\_\_\_

**Name of Club or Individual making**

**Donation:** \_\_\_\_\_

**Check memo line: Blue Star Memorial**

**Send Check and form to**

**Polly Gable**

540-347-7708---pollygable@gmail.com

6416 Summerfield Lane

Warrenton, VA 20186

**Contribution to**

**Shenandoah District  
Scholarship Fund**

**Make payable to:**

**Shenandoah District, VFGC**

**Check Memo Line: Scholarship Fund**

**Send Check and Form to**

**Heidi Sage**

**1057 Jacks Shop Road**

**Rochelle, VA 22738-3907**

**Print:** \_\_\_\_\_

**Club Name**