

Sow and Tell

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

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

As the season transitions from summer to fall, we're fortunate to begin another vibrant year with the Five Hills Garden Club. I hope everyone enjoyed the summer break and found time to relax with family and friends during those long, sunny days. With cooler weather arriving, we can once again venture into our gardens for fall planting and maintenance. I'm especially excited to plant some early-blooming bulbs in my shady area, hoping to enjoy their blooms before the trees leaf out.

Not everyone had a relaxing summer. Our Yearbook and Flower Show leaders have worked hard these past months to deliver a beautiful yearbook and lay the groundwork for a successful Flower Show. A heartfelt thank-you to Cheryl Freeman, Elvie Hausken, and Julia Smith for creating our stunning yearbook! I'm also grateful to everyone who lent a helping hand—whether by proofreading, researching websites, checking members' affiliations, or contributing photographs. It truly takes a village to produce such a wonderful publication, and many of you supported Cheryl and her team this year. Thank you again.

Deneen Wilson has been working diligently to fill every slot for our Flower Show in April. Like all of you, I'm excited to participate and admire the beautiful arrangements and horticulture exhibits that will be on display.

With everyone's involvement and Deneen's leadership, the Flower Show is sure to be a success.

We had a delightful summer social at Barbara Tozzi's in August. Ironically, it was the only day that month that wasn't blisteringly hot and humid! That didn't stop us from enjoying Barbara's stunning landscape, delicious treats, and quality time together. Thank you, Barbara, for opening your lovely home, garden, and pool to us.

I'm thrilled to announce that Nancy Walker, a 26-year member of the Five Hills Garden Club, is our nominee for the Perennial Bloom Award. We all recognize the countless contributions and hours Nancy has devoted to our club, and we're excited to honor her selfless service.

I look forward to seeing you all at our general meeting on September 16. Our speaker will be Jennifer Dowdell, presenting

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on *Centering Landscape Design on Sustainability & Resilience*. Don't forget the District III meeting at Meadowlark Gardens on September 25 at 10:00 a.m., and the NCAGC State meeting at the Arboretum on September 30. I hope to see many of you there.

Five Hills is an active, thriving club, and I appreciate everything you do to make it

special. Participating in club activities is a great way to connect with others and make new friends. So please—sign up to help! We truly value your time, talents, and enthusiasm.

Enjoy the lovely gardening weather!

Joy



CALENDAR OF UPCOMING EVENTS



September 9	Board Meeting
September 16	General Meeting**
September 25	District III Meeting
September 30	NCAGC State Meeting
September 30	Glyndon Garden Cleanup

****NOTE:** All general meetings at Vienna Presbyterian Church will be held in the Fellowship Hall on the first floor.

SEPTEMBER 16, 2025 PROGRAM CENTERING LANDSCAPE DESIGN ON SUSTAINABILITY & RESILIENCE

Biohabitats' Ecological Design and Planning Practice Lead, Jennifer Dowdell, will present on resilient design strategies centered in landscape ecology and biodiversity. For over 20 years, Jennifer has worked at the interface of ecology, landscape architecture, and conservation planning, leading projects ranging from regional greenways to state and national parks, institutional and educational campuses, and citywide ecological networks. Her work spans from the Great Lakes to the Gulf Coast, the Mississippi River to the Chesapeake Bay and Hudson River. Recently Jennifer has been leading urban planning projects that center themselves in the ecology of



Forest Ecosystems Restoration from BioHabitats' website

place while responding to community needs and environmental justice and equity.

Val Plisko

HORTICULTURE

Horticulture - We are starting the year off with an easy project that everyone can do. Look in your yard for something blooming. It can be a flower, shrub or tree.

Bring a cutting to the meeting in a green bottle. We will have extra green bottles if you don't have one. Wedging will be provided.

There will be someone available to help you fill out the cards describing your material.

Design - The garden club is a great place to show your creativity. Try making an arrangement and include something that is growing in your yard. It can be a flower or some greenery. Please list your material on a 3X5 card.

Let's learn from each other by bringing in your bounty and sharing with the club what you grow.

Noreen Linnemann



HOSPITALITY

Thanks to all who have signed up to bring food for our garden club meetings!

Close to the meeting day of your signup, you will receive an automated email through SignUp Genius as a reminder to bring food and/or flowers. In addition, you will be contacted by the Host Chairs to coordinate lunch options.

Host Chairs will be contacted by Hospitality to determine what is needed as far as paper plates, utensils, napkins, etc. In general, food provided should feed 25-30 people.

Remember to bring your own coffee/tea mug to meetings.

Thanks for your contributions!

Co-Chairs- *Stephanie Roche and Elvie Germino Hausken*

"Gardening is the art that uses flowers and plants as paint, and the soil and sky as canvas." - Elizabeth Murray

BLUE STAR MEMORIAL

Thanks to everyone who watered and helped to maintain the Blue Star Memorial during the summer. It looked beautiful all summer. We are proud that Five Hills Garden Club was able to be one of the garden clubs to display a Blue Star Memorial in honor of our military heroes.

Noreen Linnemann



(Lucia Bacon, Noreen Linnemann, Joy Salpini, Elizabeth Huebner, Val Plisko, Barbara Tozzi, Roberta Lewis, Ann Carter-not pictured)

SUMMER SOCIAL

Many thanks to Barbara Tozzi for her gracious invitation to Five Hills members to enjoy cookies, lemonade and the use of her pool on an August afternoon. It was a great time to catch up with each other and all enjoyed and appreciated Barbara's generous hospitality. Some of us happily went home with beautiful dried palm tree bark that Barbara had brought back from Florida and with plants dug from her backyard.

JUNE MEETING

At our June meeting, the Five Hills members enjoyed a program presented by Paige Canfield from Sumner B. Designs about floral design which included the members creating their own designs. Some of those beautiful arrangements are pictured here.



CONSERVATION

Parkinson's is a global public health crisis

Parkinson's disease is the fastest growing neurological disease in the world having doubled since 1990 and is expected to double again by 2040 (according to the American Scientist). I would not bring this to the garden club's attention except that this increase seems to be linked to the use of pesticides as well as chemical preservatives in prepared/junk food and I know that some of us use these things occasionally. Therefore, I want members to be aware of these links and use them extremely carefully. Please, never spray these chemicals as inhaling them can cause neurological damage.

When James Parkinson first described the disease that bears his name in 19th century London, he reported six individuals with the disease. "Two hundred years later, the global burden of disease is now estimated to be more than 6 million people," said **Ray Dorsey, MD**, the David M. Levy Professor of Neurology at the University of Rochester and co-author of the book "**Ending Parkinson's Disease**". "The rates are growing far faster than aging could explain alone. It has to be environmental factors and air pollution, pesticides, and industrial chemicals are all important contributors."

The chemical burden contributing to Parkinson's rise is a byproduct of industrialization, in the form of ongoing pollution and the toxic legacy of contaminated sites, as well as the introduction of synthetic chemicals for agricultural use. The association between Parkinson's and industrial growth is strong. Countries that have experienced the least industrialization have the lowest rates of the disease, whereas those undergoing the

most rapid transformation, such as China, have the highest rates of increase.

Paraquat, a widely used and highly toxic herbicide, and other pesticides are increasingly being linked with Parkinson's disease. A landmark study in 2011 showed that occupational exposure to paraquat increases Parkinson's risk by 150 percent. More recently, research by Cory-Slechta and Sobolewski published last year in the journal *Toxicological Sciences* shows that paraquat can enter the brains of mice via the olfactory nerve.

Safety concerns have led to the banning of paraquat in more than 30 countries. However, its domestic use continues to rise unabated and the weed killer is applied to millions of acres annually to aid the production of soybeans, corn, cotton, and other crops. *Ray Dorsey, MD, PhD, works at a table in the Center for Health + Technology at the University Of Rochester Medical Center.*

An investigative report published in the British newspaper The Guardian last year details how for decades paraquat's manufacturer downplayed the chemical's toxic effects, hid its own research results, and discredited the work of other scientists. One of the scientists targeted by the company was Cory-Slechta, who was one of the first to show that paraquat killed dopamine-producing neurons in mice, hinting at its role in Parkinson's disease. Internal documents show the company worked behind the scenes in 2005 to block her from serving on an Environmental Protection Agency's (EPA) scientific advisory committee on pesticides. "Rather

than remove this dangerous chemical from the market or develop a safer alternative, the company doubled down on its blockbuster product and sought to expand its use," said Dorsey, who argues that the U.S. should join the European Union, UK, and China to ban paraquat.

Experts in the US think that, in most people, the cause of Parkinson is a mix of genes and the environment. Studies have shown that rural life, exposure to well water, and exposure to agricultural pesticides and herbicides are linked to Parkinson's. But these factors don't guarantee you will get the disease. Nor does their absence prevent new cases increasing by 50% in the US compared to past estimates. Specifically, the number of new diagnoses is now estimated to be around 90,000 per year, whereas previous estimates were closer to 60,000. This increase is partly attributed to an aging population and also linked to environmental factors, according to a Parkinson's Foundation study.

Lastly, other recent health research has implicated micro plastics in increases in Alzheimer's (men and women) and also decreased testosterone levels in men. Please try to use glass, waxed paper and other containers for food storage.

Elizabeth Huebner

Landscape Design School – HYBRID

Course 3 coming October 27 & 28th
Christ Evangelical Lutheran Church
3810 Meredith Dr, Fairfax, VA
Or Zoom

Brochure/Registration coming soon.
Please email the chair, Sylvia Sloan at
lds@ncagardenclubs.org

CIVIC

Come out and join your Five Hills friends at the Glyndon Garden cleanup on Tuesday, September 30, at 9:30am. Bring clippers, weeding tools, and/or a spade and we will work together to refresh the garden after a hot summer.

Lisa Rzepka



NCAGC SCHOOLS

Gardening School – HYBRID

Course 1 coming November 17 & 18th
Christ Evangelical Lutheran Church
3810 Meredith Dr, Fairfax, VA
Or Zoom

Brochure/Registration coming soon
Please email the chair, Connie Richards
at gs@ncagardenclubs.org

FIVE HILLS GARDEN CLUB IS PARTICIPATING IN THE VIENNA HALLOWEEN PARADE!

To get our name out in the Vienna community and grow our membership, Five Hills is participating in the town's Halloween parade **Wednesday evening, Oct. 29**. We will carry our banner identifying our club and are asking as many members as possible to take part. No floats, funny cars, or music for us, just fun being together in costume! This year's parade theme is 'Broadway on Maple', so Five Hills has chosen the musical **Little Shop of Horrors** as ours. Valerie Warriner has offered to host a gathering in early October to construct our Audrey II man-eating plant, placards, and costumes (more information to come.)



Val Plisko