

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

Ready, Set, Garden! The weather has been ideal for gardening, and I trust everyone has had the opportunity to enjoy the wonderful weather while preparing your gardens for planting.

A sincere thank you is extended to Valerie Warriner for managing the club in my absence during my vacation. Your hard work and dedication are greatly appreciated.

We have numerous activities planned for this spring. First, please reserve April 17 on your calendar for our field trip to Hillwood Mansion and Gardens. The gardens are expected to be spectacular during our visit. For further details, please get in touch with Candace Dibblee.

I look forward to seeing everyone at our April meeting. We are holding the meeting at Barbara Tozzi's house (8995 Kildownet Ct, Vienna 22182) and plan to begin promptly at 10am with the program to accommodate Barbara's neighbor and our presenter Joe Klimavicz's schedule. Weather and blooms permitting, we will start with a tour of Joe's azalea garden. In case of rain or lack of blooms, we will bring the meeting inside.

Following Joe's presentation, we will hold our business meeting, followed by lunch. Barbara has also graciously opened her pool to the club, so please bring your bathing suits and towels if you want to take a dip in the heated pool (90 degrees) and hot tub.

It is time to declutter your closets for our upcoming yard sale. Please collect any items you wish to donate and prepare them for this exciting event. Further details regarding the yard sale will be provided soon. If you have any questions, please contact Carolyn Staska or Roberta Lewis.

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Have you ever attended Historic Garden Week? This year, it will take place from April 26 to May 3. Gather your fellow garden enthusiasts and visit some of the local gardens. Proceeds support the restoration of Virginia public gardens. More information can be found here, <https://gcvirginia.org/historic-garden-week/>

Happy gardening! Joy

CALENDAR OF UPCOMING EVENTS



Apr 15	General Meeting
Apr 17	Field Trip to Hillwood Estate, Museum & Gardens
May 13	Board Meeting
May 17	FHGC Yard, Plant, Bake Sale
May 20	General Meeting at Anne Nelson's home
May 21	Field Trip to Lewis Ginter Botanical Garden, Henrico, Va
May 22	Field Trip to Maymont Park, Richmond, VA

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

APRIL 15, 2025 PROGRAM TOURING AND LEARNING ABOUT AZALEAS FROM BARBARA TOZZI'S NEIGHBOR

Barbara Tozzi has invited the club to visit her neighbor Joe Klimavicz's home to tour his azaleas in bloom and is graciously offering her home (8995 Kildownet Ct, Vienna 22182) for our April meeting. Mr. Klimavicz hybridizes azaleas, has named one of his varieties, "Barbara Tozzi", and has a magnificent yard to see. He has been breeding azaleas for over 40 years and in 2024 was one of the keynote speakers at the Azalea Society of America Convention.



Barbara is also offering to share her heated outdoor pool (90 degrees) with the club, so please bring your bathing suits and towels if you want to take a dip in the pool and hot tub.

Val Plisko

WAYS AND MEANS

Yard, Plant, Bake Sale Saturday, May 17



As you're reading this, our big sale is about a month away. It's time to gather stuff (sellable only please), pot plants and get ready to bake! We thank you for all that you've already contributed and for the work you've committed to do. For questions about the bake sale, contact Anne Nelson; about the plant sale, contact Valerie Warriner. It will take many hours and hands to make this a real success. Thanks to those who have already signed up to help. If you have yet to do so, here is the link:

<https://www.signupgenius.com/go/20F0D4CA4A82EABF58-55771887-five>

Also, we are still taking orders for Spear Head Spades. Take your digging enjoyment to a whole new level for only \$60.00. Choose your favorite color from lime, lavender, yellow, red or teal.

Questions? Contact the following:

General sale & volunteering---Carolyn Staska or Roberta Lewis

Plant sale--Valerie Warriner

Bake sale--Anne Nelson

Spear Head Spades—Carolyn Staska

Roberta Lewis and Carolyn Staska

HOSPITALITY



With the coming start of the new calendar year 2025-2026, we are anxious to fill volunteers for the chair, co-hosts, and the contributor of the flower arrangement for the General meetings to ensure that we meet the

yearbook print deadline. The following is the link to the Hospitality Signup Genius:

<https://www.signupgenius.com/go/10C0A4EA9A923A7F94-55749589-20252026#/>

Stephanie Roche

FIELD TRIP TO HILLWOOD ESTATE, MUSEUM AND GARDENS



Date: Thursday, April 17

Address: 4155 Linnean Ave NW, Washington, DC 20008

Time: 10:30 am – Mansion Tour
11:30 am – Garden Tour
1:00 pm – Lunch – Hillwood's Merriweather Café

Admission

Prices: \$15.00 for seniors; \$18.00 for non-seniors

Our next field trip will take place on Thursday, April 17, 2025 when we will have both a mansion tour and a garden tour of Hillwood Estate. These two tours will be followed by lunch at The Merriweather Café, which is on the grounds of the Estate, for those of you who would like to have lunch there.

The lunch at the café will cost anywhere from \$15.00 - \$30.00. Please feel free to bring a bag lunch if you would prefer.

Please let me know if you are planning to attend and if you would like to carpool to the event with anyone in particular. My phone number is 703-307-0444. My email address is: candacedibblee@gmail.com.



Candace Dibblee

CIVIC

"A garden is a love song, a duet between a human being and Mother Nature."

- Jeff Cox



Thanks to the volunteer gardeners who came out on April 1st to sing a duet with Mother Nature at Glyndon Park garden. Early blooming plants are showing their glory while others are prepping for an early summer show. Check out the list of Glyndon Garden plants at <https://fivehillsgardenclub.org/glyndon-park>. Thanks to Nancy Peters for creating this website link.

We are a busy club and due to conflicts on the 1st and 4th Tuesdays in June, our next ***Glyndon Park workday will be Tuesday, June 17th at 9:30am***. I hope you will mark your calendars for an early morning at the park. Please remember to bring work gloves, spade, leaf bag, and clippers.

Lisa Rzepka

GARDEN THERAPY

On Tuesday, April 1, 2025, we presented an "April Showers brings May Flowers" themed program to the Chesterbrook Residents and were finally able to bring the group outside to enjoy their beautiful and welcoming main level courtyard.

We poured our nine bags of organic potting soil into the raised bed planters belonging to the Chesterbrook facility. We planted a selection of Herbs starters; Basil, Dill, Lavender, Oregano, Rosemary, Sage, and Thyme. The Marigolds were added for color later. The courtyard had a well-established bed of mint, so our 10-pot flat will be planted around the front entrance outside seating area when I return to plant the Parsley.

Due to the 40 degree temperature, we had only four participants brave the chill with our four volunteers, Debbie Doody, Gail Gile, Rosemarie Jaksetic, and myself. As with most of our well researched programs, we usually read a few pages of interesting facts relating to the theme of each meeting.





In wanting to preserve our body heat and numbing fingers, we left all the fascinating details on the pages and will include them in our June program.

Our next meeting is scheduled for Tuesday, June 3, 2025. As always, thank you to our wonderful volunteers.

If you are curious about the Garden Therapy Committee and would like to join us for our next meeting, please call me or

click on the link [Garden Therapy: Garden Therapy 2024-25](#) and scroll to 6/03/2025. Click "Sign Up" and fill out the details. We meet in the front lobby at 9:45am, set up in the Activity Room, the program runs from 10:15am – 11:15am and then there is a quick clean up.

Please Google or Safari for directions to:

Chesterbrook Assisted Living Residences
2030 Westmoreland Street
Falls Church, VA 22043
Carla, Life Enrichment Director
703-531-0781

Hope to see you there.

Anne Nelson

CONSERVATION

DROUGHT

In 2024, heat and a lack of rainfall led to widespread drought across the Mid-Atlantic states (West Virginia, Pennsylvania, Delaware, New Jersey, Maryland, Virginia, and the District of Columbia). For some locations, this was the worst drought the region experienced in more than two decades.

Because drought often emerges slowly, the damage it causes is gradual. People, particularly those who live in urban areas, may not even be aware that they're living in a drought-impacted area.



• It is important to communicate about droughts to inform people about current drought conditions and to provide drought education. Effective drought communication encourages people to take actions—such as conserving water—that promote adaptation. [Research indicates](#) that the public believes as a group—it should be the first to take action to reduce water use in a drought.

Other favored strategies include limiting water use on public landscapes and private lawns, reusing treated wastewater for landscaping, and reducing industrial water use.

Drought health impacts:

Water: Reduced stream and river flows can increase the concentration of pollutants in water and cause stagnation. Higher water temperatures in lakes and reservoirs lead to reduced oxygen levels. These levels can affect fish and other aquatic life and water quality.

Runoff from drought-related wildfires can carry extra sediment, ash, charcoal, and woody debris to surface waters, killing fish and other aquatic life by decreasing oxygen levels in the water. Many parts of the United States depend on groundwater as a primary source of water. Over time, reduced precipitation and increased surface water evaporation mean groundwater supplies are not replenished at a typical rate.

Food and Nutrition: Drought can limit the growing season and create conditions that encourage insect and disease infestation in certain crops. Low

crop yields can result in rising food prices and shortages, potentially leading to malnutrition.

Air Quality: The dusty, dry conditions and wildfires that often accompany drought can produce harmful fluorocarbons. These substances can irritate the bronchial passages and lungs, making chronic respiratory illnesses like asthma worse. This can also increase the risk for acute respiratory infections like bronchitis and bacterial pneumonia.

Sanitation and Hygiene: Having water available for cleaning, sanitation, and hygiene reduces or controls many diseases. Drought conditions create the need to conserve water, but these conservation efforts should not get in the way of proper sanitation and hygiene. Installing low-flow faucet aerators in businesses and homes is one example of how to reduce water consumption while maintaining hand washing and other healthy hygienic behaviors.

Recreational Risks: People who engage in water-related recreational activities during drought may be at increased risk for waterborne disease caused by bacteria, protozoa, and other contaminants such as chemicals and heavy metals. Exposure can occur through accidentally or intentionally swallowing water, direct contact of contaminants with mucous membranes, or breathing in contaminants.

Infectious Disease: Increases in infectious disease can be a direct consequence of drought. Viruses, protozoa, and bacteria can pollute both groundwater and surface water when

rainfall decreases. People who get their drinking water from private wells may be at higher risk for drought-related infectious disease. Other groups also at increased risk include those who have underlying chronic conditions.

Things we as gardeners can do:

- 1) Put in native plants, 2) plant trees, 3) get rid of invasive plants that overtake and kill native plants, (English Ivy, honey suckle bush, garlic mustard, etc.). 4) Put in a rain garden that will hold the water in place rather than race right off. 5) Be careful of saw dust catching fire after using a chain saw. We had a fire in River Bend Park last summer from this, but fortunately a

neighbor was walking by and called the fire department. It burned a quarter acre before it was put out.

Resources:

Please note the April 7 Press Release below regarding current Drought conditions in Virginia:

[NEWS RELEASE: Drought Advisory Update](#)

Much of the information for this article is thanks to Drought.gov, Mid-Atlantic Drought Assessment.

Elizabeth Huebner