

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

I'm sitting in my kitchen with the sunlight streaming in and thoroughly enjoying it. Right now there are tiny little leaves popping out and there's a green hue all around the tree tops. (Did you ever notice the top of the trees seem to get their leaves first?) By the end of April, most of the leaves will be completely out and I won't have as much sun in which to enjoy.

We're coming up to a busy time of our year and it's all hands on deck. First, we have our elegant Tea for our program this month. Lura and her team have been working hard planning and preparing to make it a special event. We have been invited to Ayr Hill's meeting on the 24th at 12:30 to participate in their Botanical Arts activities. And most importantly, we have our Plant Sale on the 29th in which EVERYONE should be participating in so we can make it a success. In May we have our first field trip this Spring to the Audubon Naturalist Sanctuary. Stay tuned — there is a date change on this trip.

In preparation for next year we will circulate the Hostessing sign-up sheets at our April and May meetings. There will be one for the general meetings and one for the board meetings.

Don't forget the first Tuesday each month we will be gathering at Glyndon Park to maintain our gardens. We meet at the Glyndon Street side of the park at 9:30 and work for about an hour. We had a great turnout in April. After crawling around on the hill and digging out weeds, our flower bed is looking terrific.

Andy Bothwell

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Calendar Of Events

April 11	Five Hills Board Meeting 10 am
April 18	Five Hills General Meeting, VPC Fellowship Hall 10 am
April 24	Ayr Hill Botanical Arts Workshop, Emmanuel Lutheran Church, 1-2;30 pm
April 27	Babikow Plant Pick-up, at home of Cary Fitchner-Vu, 4-7 pm
April 29	Five Hills Garden Club Plant Sale, Freeman House lawn, 8-noon
May 2	1st Tuesday Clean up at Glyndon Park, 9:30-10:30

Reminder, if you placed order for Babikow Wholesaler, plants need to be picked up Thursday April 27th between 4- 7 pm. Plants will be arranged into orders by name; cost will be on a sheet placed with orders. PICKUP and PAYMENT IS Thursday 4/27 4-7 pm Address: 4409 Jayson Lane Annandale VA 22003

Local area events

April 30 Historic Vienna Walk on the Hill: Windover Heights landscaped gardens open for neighborhood stroll in historic district. 2-5 pm

This spring **Green Spring Garden** in Alexandria, VA is offering Garden Tour and Tea events. The garden tour is held rain or shine. Meet at the Horticulture Center first for the tour, and then the tea will be held at the Historic House. Scheduled Dates: April 27, May 11, May 25, 1:00-3:00 pm. Cost: \$38.00. To make a reservation: Call the Historic House (when they are open), Wednesday - Sunday, 12:00 - 4:30, phone - 703/941-7987

April 18 Meeting Program: Tea is Brewing

This month, Hillary Coley, owner of DominionTea in Purcellville, VA will speak about the growing and harvesting of teas and provide samplings of three teas from her company. In addition, she will offer tea for purchase for those who would like to try other teas or take home the ones we are tasting during the program.



Our own Lura Marshall and committee will bring their talents and tea sets to organize a superb tea for our April program. The committee of members will bring tea sandwiches, desserts, teacup floral arrangements, and the like for a delightful time.

The floral teacup table arrangements will be raffled off to lucky winners. We will not be hosting a Ways and Means White Elephant table at our April meeting.

Membership Chair—Joy Salpini

Membership News

Please join me in welcoming our newest member, Roberta Lewis! Robertas's bio appears below.

Congratulations to Barbara Tozzi who has achieved Honorable Members status. Barbara has been a member of Five Hills Garden Club since 1982! Thank you, Barbara, for your many years of service to our Club and the Vienna community.

Thanks to everyone for renewing your membership on time -- it is much appreciated! Our membership count for the 2023-24 year currently stands at:

- 42 Active Members
- 3 Associate Members
- 1 Honorable Member
- 3 Friends of Five Hills

New Member

About Roberta... I am a recent transplant to Northern Virginia, having moved from Virginia Beach last fall. Previously, we lived in Baton Rouge, LA. where I became a Master Gardener. I am also an orchid hobbyist and was active in the Tidewater Orchid Society for many years, holding a board position until I moved. I also volunteered at the city of Virginia Beach's animal shelter for the past nine years.

I have a Masters in Public Administration and was a federal contractor. My husband and I have 3 adult children. My eldest lives in England with his family and my daughter lives in Tucson, AZ. We decided to move to Northern Va. to a home across the street from my middle son who will welcome his first child very soon.

Hospitality Sign Ups for 2023-24

In preparation for next year's meetings, we will circulate the Hostess sign-up sheets at the April and May meetings. There will be one for the general meetings and one for the board meetings. There will be only five slots each month for members to bring food. Additionally, there will be a slot for one person to bring flowers to adorn our luncheon table. This is your chance to pick what month you want to participate. Those people who have not signed up by the end of June will be assigned a slot based on availability. Things do come up unexpectedly during the year so if you can't bring food on your assigned month, you can trade with another member of the club.

Horticulture and Design Chair—Jane Schmiedekamp
Committee members: Helen Mertz, Anita Parke, Margaret Bain

Horticulture: Spring Flowers—bring in any spring flower that you grew for the first time this year.

Design: Create a design using your favorite spring flowers.



Members of Five Hills Garden Club, Helen Mertz and Jane Schmiedekamp planted a native sweet bay magnolia tree at Church of the Holy Comforter in Vienna. Margaret Bain, member of Five Hills and a Master Gardener, is sponsoring an initiative at Holy Comforter to plant all native trees on the church property and allow parishioners to donate these memorial trees to the church.

Facts about current Climate Change

- * The current climate change is the first caused by an animal and not by a natural event.
- * Since the advent of agriculture, approximately twelve thousand years ago, humans have destroyed 83 percent of all wild animals and half of all plants.
- * Globally, humans use 59 percent of all the land capable of growing crops to grow food for livestock.
- * There are approximately thirty farmed animals for every human on the planet.
- * In 2018, 99 percent of the animals eaten were raised on factory farms.
- * On average, Americans consume twice the recommended intake of protein.
- * People who eat diets high in animal protein are four times as likely to die of cancer as those who eat diets low in animal protein are.
- * About 80 percent of deforestation occurs to clear land for crops for livestock and grazing.
- * Animal agriculture is responsible for 91 percent of Amazonian deforestation.
- * Forests contain more carbon than do all exploitable fossil fuel reserves.

Civic Chair—Noreen Linnemann

Iliff Flower Sign-up

Below is the sign-up genius for taking flowers to Iliff this spring:

<https://www.signupgenius.com/go/20f0d4ca4a82eabf58-iliff5#/>

Five Hills Garden Club Proclaims the First Tuesday of Each Month, Clean Up Day!

The Glyndon Park Garden received a facelift on our first Tuesday clean up day. Weeds were pulled and plants were cut back to make everything look neat. Thanks to Lucia Bacon, Margaret Bain, Andy Bothwell, Shelia Creswell, Rosemarie Jaksetic, Noreen Linnemann, Val Plisko, Kathy Snead, and Nancy Walker for supporting our garden projects. The Beulah Road side had mulch added under the sign but the larger garden is on the agenda for next month. It was a beautiful day and fun to be gardening again together.

Join us on the first Tuesday of each month for a quick and dirty clean-up effort. Rakes, trowels, and willing volunteers make easy work of clearing and cleaning garden beds that need some TLC. Special thanks to David, Lucia's husband, for supplying the needed "fuel" to energize the work crew!



Garden Therapy—Willow Prall, Chair; Anne Nelson, co-chair

Spring Planting at Iliff

On April 4th, the first outdoor garden therapy session of the year was held in the courtyard at Iliff nursing home. Eight residents and six volunteers from the Five Hills Garden Club participated. The weather was sunny and warm and the tulips that Five Hills members planted last Fall were in full bloom! The session began with participants smelling a purple Hyacinth that was in bloom in the courtyard and looking at the Pussy Toes that were in bloom in the native garden bed. With the help of Five Hills members, participants then planted potted herbs, flowers, and flower seeds in fabric pots.

Each participant selected and planted one potted herb, one potted flower and three different types of seeds. The herbs planted included Rosemary, Lavender, Chocolate Mint, Lovage, Sage and Chamomile. The potted flowers included Lithodora, Phlox, Pincushion Flower and Candytuft. The seeds planted included Borage, Bachelor's Button, Cosmos, Calendula, and Nasturtium. The pots were numbered and sheets were given to participants with corresponding numbers, so that participants could easily identify their pots.

After the planting was finished, the pots were placed in the courtyard in a raised garden bed donated by Karen Thompson. Using small, lightweight watering cans, residents then watered their "garden beds."

Participants watched Rosemarie plant native Trumpet Honeysuckle in a garden bed in front of a trellis that she donated. This should look beautiful as it climbs the trellis and will hopefully attract hummingbirds to the courtyard area. The residents really seemed to enjoy being outside and planting. Over the coming weeks, they will be able to check on the progress of their "garden beds" when they are out in the courtyard.

Thanks to all who volunteered and made this month's garden therapy a success! The following members volunteered at the session: Willow Prall Martin, Anne Nelson, Debbie Doody, Rosemarie Jaksetic, Pat Thacker, and Valerie Warriner. Thanks also to Karen for donating the raised garden bed and to Rosemarie for donating the trellis.



Photos by Anne Nelson

Ways and Means Chair—Val Warriner

FIVE HILLS GARDEN CLUB PLANT SALE

Saturday, April 29, 2023

8-noon on the Freeman Store lawn, Vienna, VA



Our Plant Sale is fast approaching. *All member participation is needed in some way for this major fundraiser to be successful.* This year, as in the past, we rely on members to bring plants from their own or friend's yard. We are supplementing the home grown plants with both annuals and perennials purchased from a wholesaler.

Since our last general meeting, we have made a few changes on members' plant delivery for the event. We are asking members to take their plants to the Freeman House in Vienna, instead of taking the plants to Noreen Linnemann's home. The Freeman store closes at 4:00 pm on Friday afternoon so members can drop off their plants after that time. The plan is to price the plants that evening and place them on the patio in the back of the Freeman Store. Ayr Hill Garden Club has done this in the past and have had no problems keeping them safe overnight at the site.

Please remember to...

- *** wear your Five Hills Garden Club t-shirt (or any purple shirt) on the day of the sale**
- *** collect shallow cardboard boxes & plastic bags for customers' purchases**
- *** locate your list of plants for sale, along with their significant characteristics**
- *** collect any gently used garden or flower items to sell on a side table such pots, baskets, tools, wreaths, handmade cards**
- *** tell your neighbors & friends about the plant sale. Pat Thacker has created a lovely poster to display in stores, libraries, as well as a digital flyer that can be shared electronically.**
- *** cards and stakes will be provided to share important information on your plants. Please indicate if your plant is a native to Virginia.**

Still Needed:

- *** *Fold-up tables for cashiers and display of non-plant sale items. Shepherd Hooks***
- *** *Canopies in case of rain for our cashiers & non-plant items.***
- *** *Wagons would be really helpful to assist customers carry plants to their car.***



RSVP BY APRIL 15TH

BOTANICAL ARTS WORKSHOP

APRIL 24TH 1 - 2:30PM
EMMANUEL LUTHERAN CHURCH
2589 CHAINBRIDGE RD, VIENNA

MONICA.ANSCHEL@HOTMAIL.COM

INCLUDE:

SELECT ONE - NOTECARDS, PICTURE FRAME, HAT BAND OR JEWELRY
VOLUNTEER FOR SETUP, CLEANUP OR SNACKS

Five Hills Earns District III Recognition

At the March meeting of the National Capital Area Garden Clubs, Certificates of Recognition for 2022 were announced. Five Hills Garden Club received two certificates of Merit; one for Club Yearbook and another for Club Publication/Newsletter. Our Club tied for 2nd place in the Yearbook category for clubs with membership in the 45-69 member range. Five Hills was awarded a Publications Certificate of Merit for Outstanding Club Newsletter for clubs with 21-50 members whose publications were 3-12 pages in length. Congratulations for these awards. Thanks also to Candace Dibble for submitting the nominations for these District III recognitions.

Five Hills Field Trip – Nature Forward (Audubon Naturalist Society)

****NEW DATE – Thursday, May 4 ****

(Moved the date - since Five Hills already has events on May 2)

ADDRESS: 8940 Jones Mill Road, Chevy Chase, MD

GARDEN TOUR BOOKED: "Native Plant Garden"

TIME OF TOUR: 10:30 - 12:00 with Alice Sturm (Five Hills Garden Club speaker on 2/21/2023)

COST: \$10 each (\$150 for a group, if less than 15 attend - cost will increase by a couple of dollars)

DESCRIPTION: There are 40-acres to explore with wildflower meadows, meandering woodland trails, native plant garden, pond, and gift shop in the historic Georgian mansion, hours are 11:00 am – 3:00 pm

LUNCH: Picnic tables have been reserved under the tent. Each carpool can coordinate what they want to bring for lunch, and we can sit together and get to know one another.

DEADLINE: RSVP by April 28

You can either use the sign-up sheet at the April meeting, or send an email to:
ejaksetic@aol.com

PAYMENT: Cash or check. Checks to Rosemarie Jaksetic, address: 3103 Valentino Court, Oakton, VA 22124

Field Trip Coordinator—Rosemarie Jaksetic

Showcasing Two (2) Native Plant Nurseries in the Area

(Instead of a field trip, garden members can go on their own - so they have more room in their cars for plants)

Earth Sangha Native Plant Nursery

(Five Hills guest speaker in March 2023)

Address: 6100 Cloud Drive, Springfield, VA

Phone: 703/333-3022

Hours: Monday, Thursday, and Sunday, 9:00 am – 1:00 pm

Pricing: Trees/shrubs/woody vines - \$20.00, Quart Pots - \$8.00

Plugs (tray of 21 or 50) - \$2.00 a plug

Their website lists the plants available for sale <https://www.earthsangha.org>

NOTE: You need to go on-line and reserve the date and 1-hour time slot to shop for plants

Watermark Woods Native Plant Nursery

Address: 16764 Hamilton Station Road, Hamilton, VA

Phone: 540/441-7443

Hours: Tuesday – Friday 9:00 am– 2:00 pm

Saturday 9:00 am – 4:00 pm

Nursery is open from April 1 – October 31

They have a plant database so you can look up their inventory by specific plants

<https://www.watermarkwoods.com>

Conservation Chair— Elizabeth Huebner

Having just completed NGC's Environmental Studies course on water, I elected to focus on our locality and its water. All of it flows into the Chesapeake Bay, the largest estuary in the United States and a genuine jewel that needs our protection.

Living in Great Falls, my home is on a well for water and so is my family's farm in Maryland so we pay attention to the quality of our water. For instance, I know that my water is acidic which means that I must treat it and neutralize the acid, or my copper pipes will develop pin hole leaks all over the house. The farm water is neutral so it does not require treatment. The wastewater in both places goes to a septic system that distributes the waste water over an area that has been tested to perk so the water will be filtered by the earth and reenter the aquifer as clean water.

Most of our members who live in Vienna get city water that they pay for to support the system that allows us to turn on the tap and get water for drinking, cooking, washing and sometimes watering our yards. This water comes from the Potomac River and is treated before coming to your homes so it is safe to drink.

The waste water from these public systems goes to a treatment center (Blue Plains)
Please read the following public information on this:

"DC Water's Blue Plains Advanced Wastewater Treatment Plant is the largest plant of its kind in the world. On an average day, the facility treats close to 300 million gallons of wastewater and has the ability to treat over 1 billion gallons a day at peak flow. Wastewater flows in from the District of Columbia and from Montgomery and Prince George's Counties in Maryland and Fairfax and Loudoun counties in Virginia.

The plant opened as a primary treatment facility in 1937. Since that time, new processes and technologies have been added to provide advanced wastewater treatment. The Blue Plains facility now uses both primary and secondary treatment as well as denitrification, multimedia filtration and chlorination/dechlorination during the treatment process.

At DC Water, we believe wastewater is more than just waste. During the treatment process, useful products like biosolids and energy are extracted to be reused. We land apply our biosolids across the region, recycling nitrogen and phosphorous back into local soils. The thermal hydrolysis process used in our digesters generates about 10 megawatts of electricity that we reuse to cut our electricity consumption by a third. These efforts help to continue to improve our treatment process and remain a leader in sustainability for the future.

For more information on the Blue Plains Advanced Wastewater Treatment Plant, we encourage you to take an [in-person](#) or [virtual tour](#)."

Water quality, an important factor in healthy ecosystems, is at the center of Department of Environmental Quality's (DEQ) efforts to protect and improve Virginia's streams, rivers, bays, wetlands, and ground water.

The agency administers state and federal laws and regulations to protect aquatic life, human health and other beneficial water uses. Permits are issued to businesses, industries, local governments, and individuals that take into account physical, chemical, and biological standards for water quality.

Virginia citizens play an active part in monitoring and cleaning up impaired water bodies. When developers strip land of trees and foliage they have to put up waterproof fences that don't leak. However, often they do leak or breakdown, and that is when neighbors need to contact the county inspectors so they come and make the developer fix it or the water will silt in the nearby water ways and kill the small animals that live in the water. Other big contaminants come from runoff from lawns, golf courses, farms, parking lots, roads, etc.

One thing that many of us can do is put in a rain garden that uses roof water runoff water. If you want to look at some fairly large rain gardens, one is on top of the Capitol One building in Tysons across from the Metro; another is the rain garden built by Great Falls Garden Club beside the library, it is the one that is filling up the drainage pond built to contain the water runoff from the surrounding area. It was a constant eye sore so about 10 years ago the GFGC began building the rain garden.

Here is a photo from the summer.



