

# 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

Welcome back! I don't know about all of you, but I am stunned at how quickly the summer went by! I hope your gardens survived the scorching heat and humidity. My garden went from beautiful in the Spring to a wilting landscape in August. Now that the temperatures are cooling off, I hope to return and give it some much-needed care.

Our biggest news is that we have succeeded in being granted 501(c) 3 status! Join me in thanking Trish Phillips, who worked hard researching the requirements and submitting the paperwork to the IRS. Thanks as well to Val Plisko for assisting Trish.

I also want to thank everyone in the club who worked on Five Hills projects over the summer. Your dedication and hard work have not gone unnoticed. Lura put together a fabulous new Yearbook, and Val has organized a great set of Programs. The Budget Committee met and has a budget ready for review. Noreen showed off our Blue Star Memorial to Danielle Barbazon and Joyce Skoglund. Margaret Bain and Val Plisko have been keeping our gardens at Glyndon Park alive, and a big shout out to everyone who watered our Blue Star Memorial Garden over the summer months.

September promises to be busy with our general meeting on September 17, our field trip to Ellen Ash's garden on September 19, the NCAGC meeting on September 24, and the District III meeting on September 26. Five Hills will share responsibility for the refreshments for the District III meeting. If you would like to help, please let me know.

Finally, I want to welcome our new Board and thank all of you for stepping up and filling these roles. As you know, we are a volunteer organization that depends on everyone's

*(Cont.)*

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participation. To that end, I would like to ask members of Five Hills to get involved! I know that all of you are busy, but I also know that all of you have skills and talents that our club needs. Take some time to get to know the Chairs of our committees, and work on one that interests you. We especially need members to help the Hospitality committee plan and implement our monthly lunches. This doesn't mean you have to provide anything – except your once-a-year obligation to serve as a host; it is an opportunity to help. Additionally, Margaret needs some members to serve on the Civic committee and assist with planning and selecting plants for the gardens. Again, this doesn't mean you have to be the one to work every month in the gardens. After all, that is everyone's job.

I'm looking forward to another wonderful year together. *Joy*



## **Welcome – 2024-26 Five Hills Garden Club Board**

Please join me in thanking the following members who have volunteered to serve on our Board for the upcoming term:

### **Officers**

President - Joy Salpini  
Vice President - Valerie Warriner  
Treasurer - Shelia Creswell  
Recording Secretary - Pat Thacker  
Corresponding Secretary - Carolyn Staska

### **Committees and Chairs**

Awards - Rosemarie Jaksetic  
Civic - Margaret Bain  
Conservation - Elizabeth Huebner  
Flower Show - Deneen Wilson  
Garden Therapy - Anne Nelson, Lura Marshall  
Horticulture & Design - Jane Schmiedekamp  
Hospitality - Stephanie Roche, Elvira Hausken  
Membership - Valerie Warriner  
Newsletter - Ann Carter  
Programs - Val Plisko  
Publicity - Noreen Linnemann  
Ways & Means - Carolyn Staska, Roberta Lewis

## Supporting Positions & Committees

Advisor - Andy Bothwell

Archivist - Valerie Warriner

Budget - Shelia Creswell, Chair; Joy Salpini, Val Plisko, Valerie Warriner, Carolyn Staska, Roberta Lewis

Field Trip Coordinator - Candace Dibblee

Webmaster - Shelia Creswell

Yearbook - Lura Marshall

## Calendar of Upcoming Events

Sept. 10 - Board Meeting

Sept. 17 - General Meeting

Sept. 19 - Field Trip to Ellen Ash's  
Garden in Great Falls, VA

Sept. 24 - NCA Fall Meeting

Sept. 26 - District III Meeting

Oct 8 - Board Meeting

Oct 15 - General Meeting

Oct 16 - Field Trip to Oak Springs Garden Foundation,  
Upperville, VA

## September 17, 2024 Program

### Arranging Displays with Natives and Other Locally Grown Flowers

Ellen Frost is the owner of Local Color Flowers, a Baltimore-based floral design shop focused on creating personalized arrangements and bouquets from fresh, seasonal, and sustainable flowers grown locally. Ellen has committed her business to using resources responsibly, supporting the local economy, and promoting neighboring farms. She aims to provide an environmentally and socially conscious alternative when purchasing flowers that connects people to the living world around them. Ellen will speak about the benefits of sourcing flowers locally, how to incorporate natives (and why that poses challenges and how some growers and designers are working to make that easier) and the danger of using invasives in design. She will also demonstrate a flower design using local and native plants; her arrangements will be raffled off to lucky winners. Five Hills has extended an invitation to the Ayr Hill Garden Club to attend this program. *Val Plisko*



## Blue Star Memorial



During our June District III meeting, Danielle Brabazon, NCAGC Vice President, said she hoped to visit all of the Blue Star Memorials over the summer. On July 19, she visited ours! Noreen and I met Danielle and Joyce Skoglund at the Vienna Centennial Park, and spent about 30 minutes talking about the program and the history of our memorial specifically. Some of you may not know that the installation of the new Memorial Plaque stone, and the surrounding garden were Noreen Linnemann's President's project. Noreen shared the story of the Memorial, which was originally installed in 1991, along with before and after pictures with Danielle and Joyce. The club had a re-dedication when the renovation was completed.



Thank you, Noreen and Ann Carter, for sprucing up the garden the day before Danielle's visit.

*Joy Salpini*

*"September is more than a month really; it is a season, an achievement in itself. It begins with August's leftovers and it ends with October's preparations . . ."*

*~Hal Borland*

## MEMBERSHIP

Wow! We had a very hot and dry summer and I am very happy to see it coming to an end. We lost a few members but also gained some members. Please welcome Cheryl Freeman who officially joined in June. Membership is: 41 Active members, 5 Associate members plus a fabulous Honorary member. This brings our total to 47 members. The club goal is to increase by 3 or more new members for the year 2024/2025.

If you bring someone to a meeting, please make sure you give me an opportunity to greet them. Also, have them sign the guest book with their contact information. The book is located next to our attendance sign-in sheet.

Now that we are back in person, it's a good time to review the attendance requirements stated in our by-laws. Each member should plan to "attend five regular general meetings scheduled through the year. A member who misses five or more meetings per year in two consecutive years shall be moved to Associate Membership".

And of course, for information on anything related to being an Active or Associate member, please review the by-laws in Article III of your yearbook.

If you have any questions or concerns, please let me know. *Valerie Warriner*

### Meet new member . . . **Cheryl Freeman**

I am a native northern Virginian residing in Fairfax County with my husband, Mike and our Maine Coon cat, Elvis. Growing flowers from seed became an interest to me from an early age and continues through today. I am fascinated by the natural world around us and enjoy observing flowers, plants, trees, wildlife and insects through photography and in watercolor paintings. My other interests include crocheting, knitting and various handmade crafting. After attending several Five Hills Garden Club meetings and participating in some of the spring activities, I am looking forward to broadening my gardening knowledge.



## Ellen Ash's Garden, Great Falls, VA

Mark your calendar for the next field trip:

Place: **Ellen Ash's Garden**

Date: **Thursday, September 19, 2024**

Address: 704 Gouldman Lane, Great Falls, VA

Time: 10:30 am



**Description:** Join your Five Hills Garden Club members on a visit to Ellen Ash's beautiful garden in Great Falls, VA.

The almost two-acre woodland garden has meandering moss trails lined with a combination of shade and sun plants plus numerous sculptures and whimsical garden accessories. Already growing on the property were hundreds of hollies, oaks, hickories, and dogwoods to which have been added azaleas, rhododendrons, laurels, pieris, daphne, viburnums, camellias, and hydrangeas. Filling out the smaller spaces are more than thirty types of hostas, and countless varieties of hellebores, tiarella, pulmonaria, tricyrtis, primula, aquilegia, ferns, clematis, native groundcovers, heaths, trillium and numerous large and small bulbs, including at this time of the year, a beautiful display of dahlias.

You should have received an email with a Sign-Up Genius where you can indicate if you plan to attend. You can also send me an email at [candacedibblee@gmail.com](mailto:candacedibblee@gmail.com) to let me know you are coming or call me at 703-307-0444. Also, please feel free to bring along a bag lunch. Ellen will provide water for all of us. *Candace Dibblee*

## AWARDS

Congratulations to Noreen Linnemann for receiving the Member of Honor Award from National Garden Clubs for District III, State and the Capital Area Region (CAR). She is pictured here at the June District III meeting with the District III President, Joyce Skoglund and our past president Andy Bothwell.



**SMILES AND FLOWERS AT THE JUNE  
INSTALLATION LUNCHEON . . .**



**AND CELEBRATIONS . . .**

Lura Marshall with Barbara Tozzi (right),  
our newest Honorary Member with 42 years  
as a Five Hills Garden Club member.

Noreen Linnemann (below) recognized as  
our Medal of Honor winner.



## CONSERVATION

The photograph on the right is thanks to Barbara Tozzi. It is a picture of a tick swollen with blood that was encased in a closed plastic container for several weeks and then began producing eggs, large numbers of them (Some have compared their looks to caviar and estimated numbers are between 2000-8000, scary) This is what happens when a tick falls off of a dog or other animal after eating its fill and mating with one or several males who respond to her pheromones. It can remain dormant and can wait until fall when it often starts producing eggs that then hatch in your yard and wait patiently to find you or another mammal and then starts the process all over again. Should you find one please wear gloves and soak it in isopropyl alcohol to kill it or you could add it to a fire if you like to sit outside around a fire pit.



This is why we treat our pets so that ticks that bite them die before this cycle can happen in our neighborhoods. As we all know, tick bites can cause serious illness.

Wishing all a wonderful new year of gardening programs. *Elizabeth Huebner*

## GARDEN THERAPY

WELCOME new Co-Chair Lura Marshall and a new chapter in our Garden Therapy Committee. Since Five Hills Garden Club has been approved to become a 501(c)(3) non-profit organization, we have moved our Garden Therapy program to a non-profit facility, which is:



CHESTERBROOK  
ASSISTED LIVING RESIDENCES  
2030 Westmoreland Street  
Falls Church, VA 22043  
703-531-0781

Carla, the Life Enrichment (Activities Director), is enthusiastic about our programs and future involvement with their residents. We will have our first program with them in

October, and subsequently will meet the alternating months of December, February, April and June. The meeting date will be the first Tuesday of the designated month, at 10:15AM with each program running approximately one hour. For your information, our new facility has requested this day and time slot to coordinate with their in-house activities. Also for December, we will schedule an alternate date to meet since the garden club has its wreath making meeting on the first Tuesday of that month.

A **VOLUNTEER SIGN-UP** sheet will be available at our first FHGC General meeting on Tuesday, September 17. We hope many of our members will volunteer with Lura and me in the continuation of this wonderful committee.

To my former Co-Chair, Willow Prall Martin, we had a fantastic 2-year term, and we will dearly miss you, and wish you great success in your new endeavors. Hope to see you volunteering whenever possible.

*Anne Nelson & Lura Marshall, Co-Chairs*

## CIVIC

It's time to do some sprucing up at the Glyndon gardens after our hot, dry summer. Our next garden work day will be **Tuesday, September 24 at 9:30 am**. Please bring your garden tools and come enjoy gardening and spending time with your fellow Five Hills members. *Margaret Bain*

