

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



Dear Garden Club Members,

As we gather for our Installation Luncheon and final meeting of the club year, I want to extend my sincere thanks to **Anne Nelson and her team of hosts** for once again hosting our May meeting, plant exchange, and luncheon. This gathering has become such a wonderful tradition, and Anne's hospitality makes it truly special every year.

This month also marks my final message as your President. Serving this club for the past two years has been an honor and a joy. I am deeply grateful for the trust you placed in me and for the support you have shown throughout my tenure. Five Hills is a remarkable club because of its remarkable members, and I have felt that truth every step of the way.

I want to thank all of the members who served on my board. You all worked hard to make the past two years a success, and I am deeply grateful to all of you for serving the club in this capacity. I especially want to thank **Noreen, Shelia, Andy, and Ann Carter** for the wisdom, guidance, and steady encouragement they have shared with me over these past two years. Your insight has meant more than you know. My thanks also go to **Valerie**, who stepped in so seamlessly whenever I was traveling — your help made all the difference.

Although I have now moved to North Carolina, I will always remain a proud "Friend of Five Hills." I look forward to attending meetings whenever I am in the area, and I hope we can all keep in touch. This club will always hold a special place in my heart.

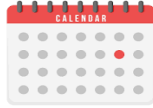
With warmest appreciation,

Joy

W H A T ' S I N S I D E

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CALENDAR OF EVENTS



June 16	Luncheon/Installation of New Officers at Nostos
June 16	Joint Board Meeting after Installation Luncheon

JUNE 16, 2026 OFFICER INSTALLATION



In recognition of new and departing club officers, all members are cordially invited to attend the Installation Luncheon on June 16. The NCAGC president Danielle Brabazon is scheduled to preside at the installation and District III Director Kate Abrahams has also been invited. Please see the Hospitality section of this newsletter for the Nostos Restaurant location, parking, arrival time, and choosing from the menu.

Board Meeting of new and departing officers and board chairs follows the Installation Luncheon.

Val Plisko

WAYS AND MEANS SAVE THE DATE!!

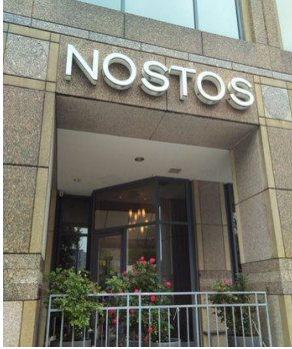
Please mark your calendars for a fundraiser tea on Saturday, September 19 from 1:00p - 3:00p. Anne Nelson has graciously offered to host. The theme is “**A Mad Hatter Tea**”, so come in your most beautiful, outrageous or funny hat! There will be a prize for the best hat as determined by a popular vote. The entrance fee will be \$40.00 for this very yummy and entertaining afternoon. Attendance will be limited to 40 people. If not enough members sign up, guests may be invited—date to be determined later.



Carolyn Staska and Roberta Lewis

HOSPITALITY

Installation Luncheon



We are excited about the Installation Luncheon for Five Hills Garden Club on Tuesday, June 16th.

We will meet at **11am** at Nostos Restaurant, 8100 Boone Blvd., on the side of the building at Aline Avenue, Tysons Corner, Vienna, VA. The Installation Luncheon will be held in the back room of the restaurant.

Parking is reserved for Nostos on the front door side of the restaurant and carpooling is recommended.

You will choose your entree at the meal at Nostos. Here are your choices:

SALMON - broiled with pure olive oil and Greek herbs served with spinach and rice pilaf

KOTOPOULO - semi-boneless grilled half chicken marinated in olive oil and oregano

KREATOMEZE - Meat sampler of lamb chop, chicken skewer and bifteki (seasoned ground beef patties) served with oven roasted potatoes and grilled asparagus

MOUSAKA - layers of potatoes, eggplant and aromatic ground beef topped with a bechamel sauce

VEGETARIAN - Chef's choice of daily vegetables

Hospitality for Garden Club Meetings 2026-2027



Thank you to all who have signed up for Hospitality at garden club meetings for 2026-2027. For those that have not signed up yet, you will be assigned a month to participate.

As a reminder, the Hostess Committee includes a lead hostess who coordinates the lunch menu with three to four members and a member responsible for bringing flowers for the buffet table.

For reference, here is the link to the sign up:

<https://www.signupgenius.com/go/10C0A4EA9A923A7F94-62382509-20262027#/>

Stephanie Roche

CIVIC

BLUESTAR MEMORIAL

Five Hills members came out on May 21 to plant red, white and blue summer annuals at the Blue Star Memorial and to add mulch. In addition, there were enough flowers available to add plants in the flower bed on the opposite side of the Blue Star Memorial and extra mulch to complete that area. After the planting and mulching were finished, flags representing each branch of the U.S. military, as well as American flags, were added at the Blue Star Memorial in observance of Memorial Day.



Val Plisko, Shelia Creswell, Lisa Rzepka, Rosemarie Jaksetic, Noreen Linnemann, Linda Campbell, Nancy Walker and Karen Thompson



Noreen Linnemann

"The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul." Alfred Austin

GLYNDON PARK

Many thanks to Sheila Creswell, Noreen Linnemann, Ann Carter, Val Plisko, and Carolyn Staska for their help on the Glyndon Gardens Part II cleanup on June 5th. Their hard work and dedication made a visible difference — folks passing by took notice and were appreciative of the effort put in. We are grateful to have such committed members making our community more beautiful. Thank you all!

Please help keep the gardens vibrant. A Signup genius will be sent out soon for watering the gardens in the hot summer months.



Glyndon Park garden on Beulah Road



At Glyndon Park garden on
Glyndon Street

Lisa Rzepka

MAY MEETING - PLANT SWAP

Despite unseasonably high temperatures, there were nothing but smiles on the faces of the Five Hills members as they ventured outdoors to enjoy the annual Plant Swap. As always, our hostess Anne Nelson extended us her gracious hospitality and provided us with lovely, cool spaces to enjoy our meeting and luncheon together.



RICHMOND FIELD TRIP MAY 20

Ten members of Five Hills Garden Club made their way to Richmond to visit Maymont Park and Lewis Ginter Botanical Gardens. It was a weather perfect day with blue skies, breezes and low 70's . The spring flowers were just gorgeous to behold.



Anne Nelson, Rosemarie Jaksetic, Val Plisko, Valerie Warriner, Elizabeth Huebner, Karen Thompson, Kathy Nebhut, Gail Gile, Lura Marshall and Willow Prall



Lura Marshall

GARDEN THERAPY

After two successful years of presenting Garden Therapy's bi-monthly programs at our new non-profit 501(c)(3) Chesterbrook Assisted Living Residences, located in Falls Church, VA, we are proud to report that our Committee and programs of correlating seasonal themes have enthusiastically been welcomed and invited to return for the next two-year term.

Three quotes relating the joy of the month of June...

- "June is Busting out all over!" Opening line of song from Musical "Carousel" by Richard Rodgers (1902-1979) & Oscar Hammerstein II, (1895-1960)
- "I wonder what it would be like to live in a world where it is always June?" L. M. Montgomery, Canadian author, best known for her "Anne of Green Gables," (1874-1942)
- "Green was the silence, wet was the light, the month of June trembled like a butterfly..." Pablo Neruda, Poet, former Senator of the Republic of Chile, (1904-1973)

Our June Program...

Our Club member, Gail Gile, presented her expertise in the Life Cycle of the Monarch Butterfly with easy-to-follow photo boards, life-sized props of the four major stages of metamorphosis, and fascinating details about the Monarchs. The Residents had a full semester's worth of education condensed into a brilliant 20-minute session.



The craft aspect of our program was to design a Butterfly to hang anywhere light can illuminate its colors.

Each person was given a set consisting of 2 layers of black die-cut outlines (veins) as on Butterfly wings, attached with head, thorax, stomach (its 3 body parts), 2 laminate papers, colored cellophane sheets, ribbon, and a colored mini clothes pin.

Next, one layer of wings was centered and placed on a sticky sheet of laminate paper.

Third Step, assorted colored cellophane sheets were cut to fit into the spaces on the wings (scales) like puzzling stained glass.

Fourth Step, the second die-cut layer (veins, wings, body) was placed directly on top and centered to match the bottom set, like making a sandwich.

Fifth Step, the second sticky sheet of laminate paper was carefully adhered on top and sealed the butterfly all around.

Sixth Step, our volunteers Debbie Doody, Gail Gile, Rosemarie Jaksetic, and Val Plisko, and myself, assisted each person in cutting off excess laminate and cellophane papers for a clean-cut appearance.

Lastly, a small hole was punched into the head, a ribbon tied on for hanging in a window or on a lampshade to catch the light. A mini clothes pin was also given as a second option for displaying the butterfly on a hook, frame, or vase.

Thank you to volunteers Kathy Nebhut last February, and Val Plisko this month, and Gail Gile for this enlightening lesson on Monarchs. And to our fantastic core volunteers Debbie, Gail, Rosemarie for another year of Memorable Garden Therapy Adventures.



Anne Nelson

CONSERVATION

Brief overview of Beech Leaf Disease (BLD) which is now active in Riverbend Park and other areas.

Leaf striping, as seen from below, is a symptom of beech leaf disease (Photo: Yonghao Li, The Connecticut Agricultural Experiment Station, Bugwood.org)



What You Should Know

Beech Leaf Disease (BLD) poses a substantial threat to beech trees in the eastern United States, affecting all types of beech trees, including our native beech, *Fagus grandifolia*, and European beech trees, *Fagus sylvatica*. The disease is caused by a foliar nematode, a type of microscopic roundworm, that feeds inside the leaf buds of beech trees. When the leaves emerge, they have a characteristic striped appearance, and may become curled, leathery, or withered as the season progresses. Over time, the canopy will thin as it loses leaves, and the tree will no longer be able to photosynthesize, causing it to die. Small saplings may succumb to BLD in a year or two, while larger, more mature trees can die within 7 to 10 years.

Current Management Options

Research into effective management options for beech leaf disease is in its early stages and is ongoing. As new research becomes available management recommendations are likely to be updated. Initial research and plant health care (PHC) providers' experience has shown that using phosphite fertilizers can help boost the vitality and natural defenses of beech trees and may also inhibit nematode activity in the tree, helping to suppress beech leaf disease. A recent study showed that applications of the nematicide/fungicide with the active ingredient fluopyram (registered for ornamental use as "Broadform") reduced nematode populations substantially over three years. A fungicide with the active ingredient thiabendazole hypophosphite (registered for ornamental use as "Arbortect 20S") which has been commonly used to help protect elm trees from Dutch Elm Disease, has been shown to have nematocidal properties and has also been reported by PHC providers to show positive results when treating for beech leaf disease. While these treatments may help individual trees in ornamental landscapes, there is currently no cost-effective treatment available for beech trees in forest settings. It is important to remember that research on this topic is relatively new, and treatment recommendations could change and improve with time. Trade names listed are not an endorsement but are provided as examples of available registered materials.

If you suspect BLD has invaded your neighborhood, you can work with a local arborist to determine the best course of action for your property. To find an ISA-certified arborist in your area, you can use [this online tool](#).

Many thanks to Margaret Pickoff, Extension Educator, Penn State Extension, August 29, 2024,

Elizabeth Huebner