

Sow and Tell

May, 2026
Volume 65, Issue 8

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



Dear Garden Club Members,

What an amazing Flower Show we enjoyed in April. The creativity, talent, and dedication on display were truly inspiring. A heartfelt thank-you goes to **Deneen Wilson** for orchestrating such a beautiful and seamless show. And congratulations to all of our exhibitors — your gorgeous designs and excellent horticulture entries made this event shine. To everyone who contributed in any way, large or small, thank you for helping make this Flower Show the tremendous success that it was.

As we move into May, many of us are turning our attention back to our own gardens. This is the month when everything seems to wake up at once — a perfect time to refresh containers, divide perennials, plant warm-season annuals, and give shrubs a light shaping before the real heat sets in. I hope you're finding joy in the rhythm of spring chores and the promise of what's to come.

As our current board concludes its term, I want to extend my heartfelt appreciation to everyone who has helped guide and support our club this year. Some of our board members are already preparing to serve again, and I am deeply grateful for their continued dedication.

A special thank-you goes to our Nominating Committee — **Carolyn Staska, Elizabeth Huebner, and Julia Smith** — for their thoughtful work in recruiting an excellent slate of officers. Your care, discernment, and commitment ensure strong leadership for the year ahead.

I would also like to express my sincere gratitude to every member who has given their time, energy, and expertise — whether by serving on the board, chairing a committee, or stepping in whenever help was needed. Our club thrives because of the generosity and participation of its members, and I am truly grateful for each of you.

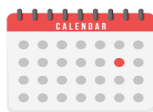
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Finally, I hope to see everyone at the **Installation Luncheon on Tuesday, June 16 at Nostos**. If you haven't RSVP'd or paid for your lunch, please reach out to Stephanie so she can include you in the final count.

Wishing you a beautiful May filled with blooms, growth, and inspiration. *Joy*

CALENDAR OF EVENTS



May 12	Board Meeting
May 19	General Meeting*

NOTE: *To be held at Anne Nelson's home

MAY 19, 2026 SHARING OUR BOUNTY- ANNUAL PLANT EXCHANGE



Bring plants to share, and get new ones, as a part of our annual plant exchange. This favorite event is a chance to enhance your garden and your knowledge of gardening. Please bring your labeled plants to include: Your name, Plant's name, Plant's colors, Plant's requirements (Sun, Part-Sun, Part Shade, Shade), and Plant's details such as Deer Resistant, Heat Tolerant, Perennial, Spring to Frost, etc.).

Location: We will meet at Anne Nelson's, who has once again generously offered her home (10409 Stone Ridge Lane, Vienna 22182) to host this general meeting and plant exchange. Please note that you should unload your plants at the end of Anne's driveway and then park your car on the street. Please do not block neighbors' driveways. If it is easier, you can also drop off plants at Anne's house anytime on Monday, May 18th.

Val Plisko

HOSPITALITY



Installation Luncheon

Please RSVP to Stephanie Roche Rochesteph2008@gmail.com

Money (\$50) will be collected at the May Garden Club Meeting (at Anne Nelson's) **by check or cash**. Kindly write checks out to **Five Hills Garden Club** and write *luncheon* on memo line.

Hospitality for Garden Club Meetings 2026-2027

We still need members to sign up for Hospitality at garden club meetings for 2026-2027. As a reminder, the Hostess Committee includes a lead hostess who coordinates the lunch menu with four or five members and a member responsible for bringing flowers for the buffet table. You can sign up here online:

<https://www.signupgenius.com/go/10C0A4EA9A923A7F94-62382509-20262027#/>
or at the garden club meetings. All need to participate.

Stephanie Roche

MEMBERSHIP

Membership Update

As of May 2026, the membership total for Year 2026-2027 is 36 active memberships, two associate memberships and one Honorary member. We had six members not continue for the coming garden club year for various reasons. We also had three new members join this year and they will continue into the next year. Our average monthly members attendance was 30. September had the lowest attendance (26) and April (36) was our highest attendance. Hopefully we can find new and creative ways to increase our membership numbers. If you have any suggestions, please feel free to share them at our May General meeting.

Valerie Warriner

GARDEN THERAPY

Our next program will be on Tuesday, June 2nd, same time 9:45am, same location in the lobby of Chesterbrook Assisted Living Residence, 2030 Westmoreland Street, Falls Church, VA. If you are interested in volunteering, please call Anne Nelson 703-403-0244. Our volunteers for June are Debbie Doody, Gail Gile, Rosemarie Jaksetic, and Anne. Weather permitting, we will set up on the outside tables in the courtyard just off the lobby on the main level. Program begins at 10:15am and ends 11:15-11:30am, including clean up. If the temperature is too chilly, the alternate space is located in their Activity Room on the lower level.



Gail Gile, our 27-year Club member, 31-year former Teacher and Tutor, and 13-year former Chairwoman of the Garden Therapy Committee, will share her expertise in a program presenting the life cycle of Monarch Butterflies to the 8-14 participating residents, and gracious aides. Our planned activity will have everyone create their own Monarch Butterfly to hang, clip on, or poke into any window, plant, lampshade, door wreath that needs to display a beautiful and friendly “*Danaus Plexippus*”, the Greek name translating to “sleepy transformation” for the Monarch Butterfly’s chrysalis stage.

Anne Nelson

CIVIC



Front row: Valerie Warriner, Val Plisko, Noreen Linnemann, and Lisa Rzepka. Second row: Linda Campbell and Nancy Peters.



One of the two native Fringe trees Five Hills donated in the past to Glyndon Park.

Many thanks to Linda Campbell, Ann Carter, Noreen Linneman, Nancy Peters, Val Plisko, and Valerie Warriner for their efforts in the Glyndon Garden cleanup on May 5th. Together we added beautiful Ostrich ferns to the top of the Glyndon Park garden at Glyndon Street and eliminated many weeds. Thanks to Noreen Linneman for the fern donations!

Another opportunity is coming soon to continue work on the Glyndon Park gardens on the Glyndon Street side and on the Beulah Street side. Stay tuned!

Lisa Rzepka



*"The world's favorite season is the spring.
All things seem possible in May."
- Edwin Way Teale*

FLOWER SHOW “THE ART OF THE BLOOM”

DESIGN: Congratulations to all the wonderful Five Hills Garden Club designers!

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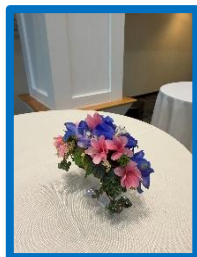
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HORTICULTURE: The club really showed up with lots of beautiful horticulture.



Many thanks to our Flower Show Chair, Deneen Wilson, who was presented with a token of the club's appreciation by our President, Joy Salpini.



“THIS IS A GARDENING SHOW”

There is a new gardening show on Netflix called “This is a Gardening Show,” hosted by Zach Galifianakis. According to producer RadicalMedia, “the show is a refreshing and whimsical take on gardening. Rather than position himself as an expert, Galifianakis approaches the subject with curiosity and self-effacing humor, with the goal of learning alongside his audience and giving viewers valuable, accessible and educational tools to use in their own gardens.” Zach Galifianakis is an American actor best known for playing Alan in *The Hangover* trilogy. In real life he really is a gardener in North Carolina.

Pegplant's Post Gardening Newsletter May 2026

CONSERVATION

DEER REPELLANTS



Top-rated, long-lasting deer repellent sprays effective in Virginia include Bobbex and DeerPro, both providing 4-6+ weeks of protection by using odor and taste aversion, especially when applied as a thick, weather-resistant coating. These products are particularly effective for Virginia's high deer pressure during winter (4-8 weeks) and spring/summer growing seasons. All the sprays I suggest here need to be applied on a dry day and

they need to dry on the plants before they get wet or they are rinsed off and ineffective.

Effective Application Tips for Virginia

- **Switching Formula Ratios:** During fall/winter, use a higher concentrate ratio (1 oz of Bobbex to 5 oz of water) to gain longer 4-8 week protection compared to summer growth periods.
- **Allow Drying Time:** Ensure at least 6 hours of drying time to ensure the product, especially egg-based sprays like Bobbex, adheres to foliage.
- **Apply Frequently Initially:** When starting, apply every 10–14 days for the first few applications, then extend to the 6–8 week cycle.
- **Application Timing:** Spray during dry periods, as rain can lessen the effectiveness if the product has not dried completely.

Other spray repellants: Deer Out and Liquid Fence. I have used all of these and often mix two together as deer can get used to the different sprays and decide to eat the plants anyway. In my yard I usually mix the concentrate according to directions to two gallons of water and go spray what the deer like to eat on a dry day. Usually, it will work 6-8 weeks before the deer decide to try it again.

Sonic Fortress Pro, a light and sound instrument on a stick that is motion activated, works somewhat for about a week, then the deer ignore it.

Elizabeth Huebner