

CAR Review



Betty Cookendorfer, Director



From Our Director:

Theme: *PLANT AMERICA; LET'S GET GROWING!*

Central Atlantic Region of State Garden Clubs: www.car-sgc.org

**Delaware Federation of Garden Clubs: Barbara DeRue
www.delawaregardenclubs.org**

**Federated Garden Clubs of Maryland, Inc.: Anna O'Kelly
www.fgcofmd.org**

**National Capital Area Garden Clubs, Inc.: Arlene Stewart
www.ncagardenclubs.org**

**The Garden Club of New Jersey, Inc.: Cecelia Millea
www.gardenclubofnewjersey.com**

**Federated Garden Clubs of New York State, Inc.: Lynne Arnold
www.fgcny.com**

**Garden Club of Ohio, Inc.: Marlene Hatton
www.gardenclubofohio.org**

**Garden Club Federation of Pennsylvania: Sheila Croushore
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***Caroline Carbaugh, Editor*
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- includes all aspects of gardening and horticulture and growing our Region membership

It is wonderful to greet you as we conclude the summer, enjoy the fall color and get ready for the holidays with friends and family. I commend our clubs and members for continuing to host their Conventions, club meetings, special projects and events by in-person or by virtual means while we are still experiencing some apprehension over the COVID-19 virus.

This is an exciting time for CAR-SGC with all the opportunities available to us through Zoom and other virtual platforms for communication and education. While we all enjoy being together in-person, there are some great benefits from the availability of meeting by virtual processes. Many of our committee meetings can be held via Zoom and not take time away from our in-person meetings such as CAR-SGC Conferences, Conventions, state board meetings, district meetings and regular garden club meetings. We hear that even England's beloved Queen Elizabeth is resorting to Zoom meetings more and more frequently!

The Central Atlantic Region is a great place to live, grow and share information. Our seven states, led by their Presidents, have risen to the needs of their members. In the past few months, Tri-Refreshers and schools have been available to students and consultants in Gardening School, Landscape Design School and Environmental School, some in-person and some virtual programming. I applaud our Presidents for the great work they are doing with their members.

There have been Blue Star and Gold Star Memorial programs, Flower Shows, Flower Show Schools, Symposiums, garden tours, youth projects, environmental programming, community gardens and so many other opportunities for region members. Congratulations to

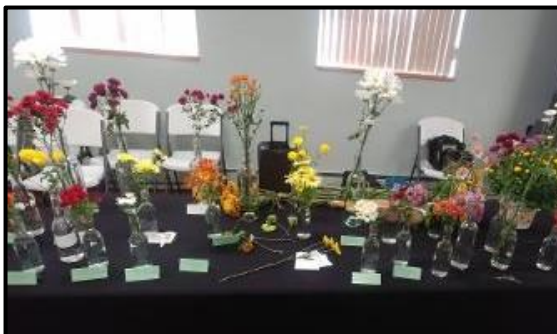
our members and those in leadership who have planned these events

National Garden Clubs (NGC) has started a series of *NGC Virtual Resources Experiences* that is open to all NGC members. The first experience offered to us was a virtual tour of Aero Farms which is the World's largest vertical farm. Watch your emails for announcements and links to these Virtual Experiences programs via Zoom.



A design and hort at Flower Show School held in Cincinnati, Ohio in early October

NGC has started a 3-Rs Workshop on Membership Mondays program to help the regions, states, districts and garden clubs “grow their memberships.” See Elva Davidson, CAR-SGC’s Membership Coordinator’s article in this issue of *CAR Review* for more details about this program being offered virtually.



As a Region, we are dedicated to sharing knowledge and connecting with each other. Chairmen and Coordinators of CAR-SGC Region Committees, I ask you to reach out to your committees via telephone, email or virtual programming. You can generate discussions about what they are doing, projects on which they are working, answer questions or direct them to the appropriate person to seek answers. Information gathered can be shared with region

members through our newsletter, *CAR Review*, or posted on the CAR-SGC Website www.car-sgc.org. Your committee is important to CAR-SGC and again, thank you for accepting the responsibility for your specific group and helping to share the vast knowledge of our diverse membership.

I urge you to join the CAR-SGC Facebook Page (Central Atlantic Region State Garden Clubs). We currently have 196 members and want to build a social media community to promote our events and shared interests and further the goals and objectives of CAR-SGC and NGC. Please connect with us on Facebook as we share garden related experiences, floral designs, photographs and relevant information among our members and friends. Thank you!

A reminder - “Save the Date” for an exciting “Zoom Floral Design Prizefight” on Tuesday, December 7, 2021, at 2:00 PM Eastern Time. Please see NGC and CAR Virtual Resources Chair Cherie Lejeune’s promo in this newsletter. You won’t want to miss this!

Wishing you a beautiful Holiday Season,

***Betty Cookendorfer, Director
Central Atlantic Region of State Garden Clubs***



Fine Arts & Flowers Design by Arlene Stewart, NCA, inspired by works in the VMFA collection.

CAR-SGC Conference 2022

November 1-4, 2022

Seven Springs Mountain Resort, Somerset County, PA

Come join us in the beautiful Laurel Highlands next Autumn!!!

Theme: 7 Super Blooms That Changed the World

Featuring Tri-Refresher Pre-Event and
Dinner Speaker Tom Huston, GCFP Judge, Floral Designer,
Educator, Floral/Decor Business Owner

Workshops on Succulent Wreaths, Butterflies,
Williamsburg Holiday Decorating, Table Designs and more

Hosted by the Garden Club Federation of Pennsylvania

Conference 2022 Chair Nerita Brant and Assistant Chair Mary Jo Gardill
Pennsylvania President Sheila Croushore

From Our States:

Delaware



Barbara DeRue

November 17, 2021 will be our first in-person State meeting since November 2019. Mary Warshauer, the National Garden Club President, is scheduled to attend this meeting. It will be interesting to get an update on her theme *Plant America – Play Outdoors*

and also about using the Zoom platform when in person meetings were not feasible.

Dottie Howatt, chairperson of the Delaware Flower Show Judges Council, will provide the program “Twisted Trash”, simple designs constructed of recycled/repurposed materials suitable for table centerpieces.

My President’s Project, “Grow Locally”, has had seven applications to date. The clubs plan to put the grant money towards projects to grow their membership, grow awareness or grow a garden. Projects include

plant materials for designs and brochures, new or refurbished gardens, special event posters, banners, demos, giveaways, promotional material for a fundraiser for a Blue Star Memorial, and garden beds at a school (K-5) to instruct on vegetable growing.

Our clubs have been busy. A brief update of 2 Clubs:

Salt Air Gardeners had a beautiful day to celebrate their five year anniversary and a successful fund raiser for their Blue Star Memorial in Ocean View in late October. Brandywine Garden Club held a NGC Small Standard Flower Show “Discover Delaware” in September.

Most Clubs are focused on their projects, membership, meetings or just getting back with each other.

**Barbara DeRue,
President, Delaware Federation of Garden Clubs**

Spade & Trowel Garden Club

The Spade & Trowel Garden Club of Seaford, Delaware is back in action, starting the year with programs on design at two monthly meetings, both presented by former president Sharon Christopher.

At the October meeting, members had a workshop in which they made their own creative line designs.

The club has taken orders for nearly 10 cases of pecans in November and is making plans for the annual greens sale, its major fundraiser, in December. After two days of making centerpieces, wreaths, swags and cemetery mounds, members will decorate the Governor Ross Mansion and its Christmas tree in preparation for its annual Victorian Christmas.

Due to COVID restrictions still in place, many of the planned monthly programs will be presented by the club’s own members, and trips will be limited in number. Members are delighted to be able to meet again and have not lost their enthusiasm for gardening and floral design! A new project instituted by President Mary Noel is “Give Some Flower Shine” in which members will make an arrangement to give to a person or establishment with a card saying “Compliments of the Spade & Trowel Garden Club.”



The flower baskets on two bridges in downtown Seaford have been particularly beautiful this year. A photo of one was used on the cover of the club’s yearbook.

Carol Kinsley, Spade & Trowel Garden Club

Three of our Districts held semi-annual meetings in October with an exciting line-up of speakers.

- District I featured Judy Zatsick, Horticulturist and Landscape Designer. Her program **“Breaking Ground – Pioneers in Landscape Design”** introduced us to the remarkable lives and work of two women, Ellen Biddle Shipman and Beatrix Cadwalader Farrand.
- District II **“What in the World are Minor Bulbs & Bulb Lasagna?”** by Carrie Engle well known to the TV viewers in the Baltimore area.
- District V Guest Speaker: Carol Carrier, of Plant Masters in Montgomery County. Carol discussed **“which perennials are worth growing by season for cut flowers”**, when to harvest and some tips to help you become a successful flower grower for your own pleasure.



We were also extremely fortunate to be able to dedicate three Memorials across the State.

Blue Star Memorial Marker at the Youghiougheny Overlook Welcome Center (above) on I-68 Eastbound near Friendsville, Maryland. The memorial was sponsored by Mountain Laurel Garden Club.

Unveiling of the Ellicott City Blue Star Marker. The third time is a charm for this marker which was lost twice before in the devastating floods that swept through historic Ellicott City. Sponsored by the Howard County Garden Club with funds from the NGC National Disaster fund, the marker was purchased and located on higher ground at the Howard County Library.

Maryland



Anna O’Kelly

It seems like September is a kick-off point for so many activities and clubs throughout the state have had a busy Fall. Many clubs have returned to meeting in person, observing social distancing and other COVID protocols.



Maryland’s First Gold Star Marker

Sponsored by FGCMD this marker, dedicated in October, is fittingly located at the Eastern Shore Veteran’s Cemetery.

Our Councils continue to be very active. In October, **Landscape Design School Course 3** was held in Columbia, Maryland. The Council also took a trip to the historic Hampton Mansion. On the grounds they saw the magnificent *Catalpa* trees. Most of the trees are over 200 years of age.



Catalpa Tree Photo courtesy of Terry Conner

Our **Judges Council** has a flower show planned for November. We are sad to announce the passing of three of our Judges this year: Jane Dibbern/Four Seasons Garden Club, Joan Bender/Catonsville Garden Club and Bonnie Stevens/Oxford Garden Club. During their lives these ladies shared their skills

and talents with joy and enthusiasm. They will all be missed.

Photos by Mountain Laurel GC, Susie Middleton and Trish Reynolds.

Susie Middleton

Anna O’Kelly,

President, Federated Garden Clubs of Maryland

National Capital Area

National Capital Area Garden Club members are slowly coming out from behind their computer screens and back into community gardens and meeting spaces. Zoom has been a life saver for many of us, but we have really missed seeing our garden club friends



Arlene Stewart

in-person. We’ve shown creativity as we hold flower shows, meetings, anniversaries, and dedications. We have four districts within NCAGC and each district did something different for their Fall Meeting.



Zoom meeting with breakout rooms



Meeting in person and on Zoom

Hybrid meeting with a video presentation



We held NGC Environmental School, Course 1 this fall, virtually but with a twist. The course was held on Zoom over four evenings (5:30 – 8:30) so it could be attended by those who may be working during the day.

With six student judges, clubs are encouraged to hold flower shows, and it is happening.

District IV Flower Show in tribute to Mary Corley



Our state fall meeting was held on Zoom with a presentation on the Washington Youth Garden at the US National Arboretum, our NCAGC headquarters. Support of this garden is the president’s project, and members/clubs are putting together “Grow @ Home Kits” to be given out to students.

Our Technology Committee has developed a Technology Grant to be given to clubs that apply with specific needs for technology directly related to the club’s ability to educate their members.

New Jersey

I hope you are enjoying the lovely warm, fall weather that we have been experiencing. It seems like an endless summer but a sure sign that colder weather is on its way is the colorful foliage on our trees. I have heard many people say that fall is their favorite season, and I would agree. “Plant Trees: Nature’s Unsung Heroes” is the theme of my presidency and also my President’s Project. I have had a love of trees since my childhood when I played in the woods near my home. As an adult, I have come to understand the true value of trees to all living creatures and to our planet. The Garden Club of New Jersey will be awarding six \$1,000 grants during my 2021-2023 term to garden clubs that sponsor a project that focuses on the planting of native trees. I am hopeful and excited that New Jersey will be planting trees to help preserve this earth for future generations. Remember, when you plant a tree, you invest in the future!



Cecelia Millea

The Garden Club of New Jersey will host a virtual Leadership Conference in November. Several GCNJ committee chairs will speak and provide information about their committees and how they may assist the presidents and the clubs that they represent. We have had a President’s Manual for many years- it is in the process of being updated for distribution electronically. We hope that this virtual Leadership Conference will be as helpful as those held in person.

The Community Garden Club of Hunterdon County held a rededication ceremony of the Blue Star Memorial marker on Route 22 in Whitehouse Station, NJ on October 9th. They hosted a lovely and patriotic event on a spectacular fall day. There were speakers representing the host garden club, the community, the NJ Department of Transportation, the military and many guests. I was honored to represent GCNJ. NGC President, Mary Warshauer, was also in attendance and spoke about the history of the Blue Star Memorial which is a tribute to the men and women who served in the Armed Forces of our nation. Joan Cichalski, GCNJ Blue Star Memorial Chair, told of the Garden Club of New Jersey’s efforts



Centennial Garden Club’s Garden Fair

Tree Dedication to Arleen Ankeney



Ary Hill Garden Club – celebrating 40 years of the W&OD Trail Garden

Photos by M. Sigal, C. Lejeune, D.Brabazon, S. Jeter

PLANT AMERICA for Flowers, Fun and Friends

**Arlene Stewart,
President, National Capital Area Garden Clubs**



to have a marker in every county in the near future. We are almost there with only three of the 21 counties without a marker!

Did you know that the Blue Star Memorials were begun by GCNJ? In the final years

of World War II, members of the Garden Club of New Jersey, led by President Mrs. Lewis Hull, in collaboration with the NJ Highway Commissioner sought a way to recognize service men and women returning from battle. A Section of NJ Route 22 was designated Blue Star Drive and the first marker was placed in 1946. The concept grew and was supported by NGC which proposed that markers be designated in every state. These markers honoring our veterans now dot the highways, byways, parks, rest areas and veterans' cemeteries at 3000 locations throughout our country. The marker that

was rededicated on October 9th is one of the original makers. It was an inspiring day.



**Cecelia Millea,
President, Garden Club of New Jersey**

Rake and Hoe Garden Club, Westfield, NJ

Rake and Hoe Garden Club kicked off its new year with our annual auction, raising \$3,000 for community projects. Covid-19 forced us into Zoom, but did not force us to abandon our activities. This past spring, Juniors and adult members fell in love with fairy houses. Now we are in high gear with two Fairy House workshops being offered at the end of October. Members are busy weeding, replanting, and cleaning up the community gardens, including our historical herb garden at the Miller-Cory Museum.

The fall Plant Exchange was a rare Covid-opportunity to see old friends and joyfully depart with armloads of great plants. Our Archives program now has 1600 documents available through its online portal,

including yearbooks, newsletters, publications and minutes. The Newsletter has two new projects planned: a series of profiles of past club leaders and an invitation for members to submit their favorite nature photograph of all time – not a competition.

Joe Da Rold, Editor, RHGC Newsletter

New York



New York has been off to a great start and busy right up through the holidays. We've had 2 Blue Star Memorial Dedications, two District Flower Shows and many club shows and civic activities. We're looking forward to planned Spring events and our Annual Convention June 12-14, 2022 with a Symposium June 15-16, 2022 to follow. Our Website *fgcnys.com* "theNews" section has been receiving beautiful photographs and articles from our State Board chairmen and club presidents.



All our Best for a Joyous Holiday Season from New York!

**Lynne Arnold,
President, Federated Garden Clubs
of New York State**



Ohio



It is Fall and the trees are in their full glory here in Ohio. Kids are jumping in piles of leaves. Hayrides and mazes in the corn fields add lots of outdoor fun. And many a pumpkin will be carved and eaten over the next couple of months.

Each Spring and Fall I am privileged to visit each of our districts. Native plants, butterfly gardens and pollinators seem to be trending this year. Several clubs are planning Flower Shows again.

I am happy to report that my President’s Project is generating a lot of enthusiasm. We are challenged to REDUCE plastic waste in our lives. Clubs are collecting plastic lids to be recycled into benches, nearly everyone totes a reusable beverage container, cloth and paper bags are being utilized while shopping and plastic STRAWS are being refused at restaurants! One person can make a difference!

Next June Ohio Judges Council will be hosting a Symposium in Cleveland. This is like a freebie, as no judging or exhibiting credits are needed to get credit for the refresher! It is open to everyone, not just our judges! Please join us!

As we enter Winter (the 4th season), it is OK to have a layer of leaves in the garden for the pollinators to hibernate and maybe treat the birds to some seeds.

Happy holidays until we meet again!

Marlene Hatton,
President, Garden Club of Ohio

Pennsylvania



In keeping with this administration’s theme, “Watch Us BLOOM”, Flower Shows are being held, Blue Star Memorial Markers are being dedicated, and Garden Tours are being attended.

Sheila Croushore

In August we held a Club Presidents Zoom meeting for all Club Presidents. We covered Bylaw revisions, the GCFP Calendar link, Insurance Coverage, Roberts Rules, The Presidents Handbook, along with what being a 501c3 means. Zoom not only connected us, but screen sharing our website made a fantastic visual impact.



The GCFP Officers traveled separately to insure GCFP was represented at all 10 District Annual Meetings held in September. It was nice seeing everyone and speaking on increasing membership.

District Zoom Program of the Month continues. Topics have been What’s New on Our Website, Gift Baskets and Creative Gift Ideas, and Awards. We have over 100 participants staying engaged.

Fall Board Meeting - We incorporated a decorated hat contest. **Congratulations** to Tonya Young and Marjorie Sears, they each received a Decorated Pumpkin.



A new feature on our GCFP Website is to showcase each GCFP District for a month. Check out our photo gallery and see how GCFP Districts and Clubs are still BLOOMING.

Sheila Croushore,
President, Garden Club of Pennsylvania
Watch us BLOOM

Field Trips in Pennsylvania

In order to keep members interested and engaged, Green Thumb Garden Club, District IV, GCFP, was looking for a way to please both members who wanted to meet in-house and those who liked to travel for programs. Monthly Field Trips, in addition to our meeting, were born! Over the last few years our group has explored nurseries, private and historic gardens, arboretums, gourd farm, vertical growing towers, and charter school featuring hydroponic gardening; most within an hour of home. The club learned much from these trips, and members look forward to our monthly expeditions.

We're pleased to report our first field trip since the pandemic. October 16, 2021, members traveled to see the magnificent 350 year old American Sycamore tree in Centerville, PA. The tree has existed on this site since the Colony of Pennsylvania was known as Penn's Woods. Imagine what Old Sycamore has seen in her lifetime - so much PA history from the writing of our Constitution to the Industrial Age thru our current Environmental Crisis.

Even though a bolt of lightning took out her heart in 1957, she remains strong and viable!



Melanie Markowski
 Green Thumb GC VP

MEMBERSHIP

Membership = The 3Rs

Recruit – When you are in the plant section of a garden center advertise your garden club by opening up to people. Tell them about the fun activities that your club does and invite them to a meeting.

Retain – Keep members happy by connecting and engaging with them. Keep meetings on time, have interesting programs and simplify requirements to join. Think outside the box.

Revitalize – Rekindle your club's favorite activities. Renew civic and community activities such as a plant sale. Reach out to other clubs to see what they are doing. Reaching out is to Plant America.

On the 2nd Monday of each month, starting **November 8, 2021**, the NGC Membership Committee will host a special 1 hour Zoom session from 2 pm – 3 pm Eastern time. The 3Rs Workshops on Membership Mondays will explore each aspect of Member Recruitment, Retention and the Revitalization of shrinking clubs.

State Presidents—when you receive the invitation PLEASE pass the information on to your members so they can register for these wonderful workshops.

Elva Davidson, Membership Chair

CAR-SGC Life Members: October 2021

The CAR-SGC currently has 199 life members. Our newest member added in June 2021 is Lynne Arnold of New York. Life membership costs \$50. The entire fee goes to the Scholarship Fund. Upon receipt of payment, life members receive a membership card and a thank you note. This may also be used as an award to valued members of a garden club, to be sent to a sponsor and then later awarded at a club meeting. It is a great way to honor hard-working club members who may already have life memberships at their state and national level. At the annual in-person CAR-SGC convention, new members are recognized by being presented with an 8x10 certificate in a presentation folder and a pin denoting life membership. The next presentation will take place in November 2022 at Seven Springs in Pennsylvania. The next 25 members will receive the pin for free. After that, the current inventory will be depleted and new pins will have to be created. Therefore, there will be a charge for those new pins. The current pins are a legacy from the former CAR. So join now and help increase the scholarship fund and get a shiny new pin to add to your collection!

Claire Leichter, Life Membership Chair

**CAR-SGC FLORAL DESIGN
PRIZEFIGHT**
December 7, 2021// 2 p.m. ET
ZOOM
*NGC 'Blue Ribbon' Design Pros!
President
Arlene Stewart, NCAGC
President
Sheila Croushore, GCFP
YOUR ONLINE VOTE
determines the winner!
Click here for your ticket
or go to car-sgc.org \$10

https://www.paypal.com/donate?hosted_button_id=X5TYV273CKV48

NGC Life Membership

Become a member of the prestigious group of National Life Members. Your donation of \$200 is divided evenly between two wonderful programs--- THE PLANT AMERICA COMMUNITY GRANTS FUND and the PERMANENT HOME AND ENDOWMENT, which helps to fund the National Scholarship Program.

By joining NGC Life Membership, you will then become a part of a new “Virtual” interactive Garden that will soon be located on the Life Member Page of the NGC Website.

We are so excited about our new Garden. Existing NGC Life Members will be the corner stones and the hardscape of the garden and our new 2021-2022 Life Members will become the beautiful plants within our garden gate; flourishing and growing lush with each and every new membership.

SO DON'T MISS OUT: Walk through our Garden Gate.....

Become a new NGC Life Member today or give a gift membership and become a part of this wonderful garden.

The NGC Life Membership information and application can be found on the NGC website under Members Resources on the home page.

This Garden will take your breath away. Join today! Be part of this new virtual adventure.

If you have any questions, please contact me.

Gail Corle Manna, NGC Life Member Chair
gcorle1214@gmail.com 814-932-3231

Region Award for NGC Flower Shows with Herbaceous Perennials

CAR-SGC offers the American Horticultural Society Region Perennial Award, which may be awarded to a garden club, a group of garden clubs, a district, a council or a state for an outstanding class or section of **herbaceous perennials** in an NGC Flower Show. The overall exhibit must be of outstanding quality and include a minimum of 20 exhibits. Each state can have one winner. Donated monetary rewards will be presented, in addition to an AHS certificate and memberships.



Applying for this award is easy. The book of evidence can be done in the required 3 pages and must include the date, name of State Garden Club, name of show and location; a copy of the schedule's pertinent class/section; a list of botanically named exhibits (genus, species/epithet and cultivar, if pertinent); a clear photograph of exhibits, including staging; a clear

photograph of any top awards in exhibit, if applicable. See the CAR-SGC website for the application form.

Applications for the 2021 calendar year are due by April 1, 2022. Please contact Shirley Nicolai at shirleynicolai@verizon.net with any questions.

Shirley Nicolai

CAR-SGC Scholarship Winner for 2021/2022

MARY IVY MARTIN

The Federated Garden Clubs of New York, Inc submitted the winning Applicant for this year's \$2000 Academic Scholarship. The winner, Mary Ivy Martin, is a graduate student, State University of New York, School of Landscape Architecture, Syracuse, NY.

Ms. Martin worked as an artist creating ecological art before she decided on a career change which combined her love of urban gardening and ecological art. As a graduate student with a 4.0 GPA, she's studying to become an Inclusive Urban Ecological Designer of public spaces with the goal of designing urban spaces which are ecologically healthy, equitable and reflective of the history, culture and values of local communities. In her applicant package Mary wrote, "landscape design is not about my vision as an artist but designing real spaces that shape people's daily lives." We are honored at CAR-SGC to award this scholarship to Mary Ivy Martin.



Mary Ivy Martin

The scholarship committee wants to thank all of the Federate states for their submissions in this year's highly competitive list of applicants. A special thanks to our judges, Gail Manna, Regina Brown and Patsie

Uchello, for volunteering to review the applicant packages and select this year's winner. It takes a team!

Connie Taylor, Scholarship Committee

**NATIONAL GARDEN CLUBS (NGC)
MEMBER OF HONOR AWARD**

CAR-SGC Region Award

NGC Certificate and Pin; Recognized in *The National Gardener*

The Member of Honor Award (NGC-SR4) is given to one member of each Region whose volunteer efforts during a period of five or more years has made outstanding contributions to club and community. Any member of a State Garden Club who has NEVER been a member of the NGC Board is eligible.

This award was created to thank our club members who have contributed so much to furthering the goals of NGC and CAR-SGC. Each state is asked to submit an outstanding club member to the Region Director for consideration. Whether a state's candidate receives the NGC Member Award of Honor for their Region or not, the selection is a distinct honor for that state candidate and should be recognized by their state.

Note: Please use the NGC Award Application www.gardenclub.org/ngc-awards

Deadline: January 15 - Send application to:

Betty Cookendorfer
CAR-SGC Director
10659 New Biddinger Road
Harrison, OH 45030-9522

If application is mailed, it must be secured in a folder. No loose pages can be accepted.

Optional: You may email application to bcooken@aol.com

Join us to recognize valuable community members who have served tirelessly for years – our unsung garden club stars.

Betty Cookendorfer, Director

CAR-SGC AWARDS FOR 2021

As CAR-SGC 2021-2023 Director, it is my sincere pleasure to present the list of the 2021 Region Awards on the CAR-SGC Website. Thanks to our wonderful Region members and CAR Review Editor Caroline Carbaugh, the November issue of *CAR Review* is bulging with articles! A separate document will be emailed to the CAR-SGC Board members with the 2021 Region Awards List attached. We are pleased to have our members connecting and sharing their information. Thank you, members.

Award packets will be mailed to each of our Region seven State Presidents with certificates and/or checks to be distributed to their State Award Recipients. Special thanks to Awards Chair Mary-Ann Ferguson Rich and the Awards Committee for their excellent work.

As it was in 2020, our award numbers are down some, due to program cancellations or postponements. The uncertainty regarding the COVID-19 virus and the Delta Variant has had a major impact on participation in group events, which included the cancellation of our CAR-SGC Fall Conference 2021.

Congratulations to the Award Recipients. If you applied and are not a recipient, please continue your great programs and community projects. Our membership is getting more comfortable with Virtual Programming (including Hybrid programs), so keep that in mind and submit your applications for 2021. The new CAR-SGC 2021-23 Award Rules are available on the CAR-SGC Website. Good luck to all!

Betty Cookendorfer, Director

**Xeriscaping and Sustainable Gardening
What do they mean?**

I think most of you have heard or read of these terms but aren't totally certain exactly what they mean for you as a gardener.

Xeriscaping

The term Xeriscaping was coined in 1981. The word landscape combined with the Greek prefix Xer, meaning dry. Xeriscaping indicates water-conserving landscapes and draught tolerant plantings.

Here are some basics of Xeriscaping:
Thoughtful placement of plants. There are many plant alternatives for dry areas to plants requiring plentiful water.

Don't use plants that are susceptible to insects such as some cultivars in the Rosa family.

Plant Native Plants, Shrubs and Trees whenever possible. Natives have devised, over time, the ability to defend themselves against insects and have adapted to the climate in which they grow.

Sustainable Gardening

To sustain your garden and the earth you have planted it in:

Use thoughtful growing practices.

Stay away from insecticides and herbicides. Insecticides poison not only the insect you are trying to get rid of but also pollute the soil.

Herbicides kill healthy plants, as well as the invasive species or unwanted weeds.

In a heavy downpour, insecticides will percolate down into ground water, polluting rivers, streams and lakes. They are dangerous to the health of birds, bees and domestic animals.

Plant oak trees. They are extremely beneficial in sequestering Co2 into the soil during the growing season, supporting living organisms in the soil.

An excellent book by Josh Tickell is *Kiss the Ground*; it is also a movie on Netflix. It will educate you as to why the earth and our food supply is in trouble and inform you of possible solutions that we all can start with.

Jane Madis,

Xeriscaping and Sustainable Gardening Chairman

Penny Pines

NGC and the USDA Forest Service have formed a partnership with a goal of sustaining our national and urban forests through the Penny Pines reforestation/forest education program. NGC Penny Pines Chairman, Heather White, has provided the following information:

Garden clubs can participate in a meaningful and practical conservation project by contributing \$68.00 to a Penny Pines plantation as part of the costs of

replanting replacement trees indigenous to a particular damaged area. Pine trees and other trees damaged by fire or by other natural catastrophe are replaced. Clubs may designate a specific state they wish to benefit from this contribution.

Under the conservation agreement, the forest service will do the planting, using club donations together with federal funds, providing the same protection from fires, insects, and disease given other forested areas in the plantation. The plantations are a part of the national forest reforestation program on burned-over and brush-covered areas. These plantations provide soil protection, watershed protection, soil stabilization, future harvestable timber, as well as beauty and shade for recreation.

States, regions, districts, clubs, and/or individuals may participate in this program by donating in multiples of \$68. A \$68 donation may be made in honor or memory of ONE individual, organization, or theme. Donations may be made by check payable to



“NGC-Penny Pines” and mailed to National Garden Clubs, Inc. A completed donation form, available on the NGC website, must be included with checks.

Penny Pines Awards will be presented each year at the NGC Convention to states that have donated the greatest amounts to State Plantations and whose clubs demonstrated the most ingenuity in promoting education in conservation by creating public awareness of the need to protect and manage our National Forest resources.

Kay John, Penny Pines Chair



An Article from Audubon

There are 8 actions you can take to protect birds where you live:

1. **Reduce or eliminate pesticide and herbicide use.** By using fewer chemicals in and around your home, you will help keep birds, pets and your family healthy.
2. **Create or protect water sources in your yard.** Birds need water just like we do. Be sure to keep birdbaths clean and change the water three times per week when mosquitoes are breeding.
3. **Identify the non-native invasive plants in your Region** and work to remove them from your backyard habitat. Invasives don't provide as much good food or habitat as natives do and can threaten healthy ecosystems.
4. **Make your windows visible to birds to prevent collisions.** Put up screens, close drapes and blinds when you leave the house or stick multiple decals on the glass.
5. **Let your yard get a little messy.** Leave snags for resting places and stack downed tree limbs to create a brush pile, which is a great source of cover for birds during bad weather.
6. **Close your blinds at night and turn off lights you aren't using.** Some birds use constellations to guide them on their annual migrations and bright lights from windows and skylights can disrupt their steering senses.
7. **Plant native plants.** Native flora provides birds with food in the form of fruit and seeds and is home to tasty invertebrates like bugs and spiders.
8. **Attract hummingbirds with sugar water** made by combining four parts hot water to one part white sugar, boiled for one to two minutes. Never use honey, artificial sweeteners, or food coloring.



*Iris Cisarik,
Birds, Bugs,
Butterflies and
Endangered
Species*

Continue the Tradition of Dandelions and Chicory ... but in Containers

Last year, I transplanted leeks into a large container to have better weed control and easier availability. I did the same with dandelions because it was increasingly difficult to find large dandelion plants available in my one-acre, spray-free yard. I wanted to continue the tradition of my eastern European grandparents who ate wilted wild dandelions as a spring tonic (e.g., to reduce hypertension, detox the liver and gallbladder, boost blood sugar control, reduce night blindness and childhood fevers.)

I was surprised to find this spring that I had transplanted two dandelions and two chicories, when the latter bloomed bright blue flowers. Close inspection of the plants' leaves on the picture [L-Dandelion (*Taraxacum officinale*) and R-Chicory (*Cichorium intybus*)] showed that they were indeed different, but both plants are considered wild salad plants. Chicory, escarole and endive are in the chicory family and are believed to have been some of the bitter herbs used by the Children of Israel during the Passover before their exodus from Egypt! Studies show that consuming various amounts of chicory tea brewed from its roasted root effectively cleans the liver, combats fat in the circulatory system, lowers rapid heartbeat, neutralizes acid indigestion and dissolves gallstones. The leeks' white blossom heads, and the blue flowers of the chicory were delightful. Adapted from *Miracle Healing Herbs* by John Heinerman, Ph.D.



*Marilyn C. Backus, Chair,
Container and Indoor Gardening-Horticulture*

First Ozone Garden in Ohio and the Great Lakes

The Avon-on-the-Lake Garden Club coordinated efforts to develop the first **Ozone Garden** in Ohio and around the Great Lakes partnering with the Avon Lake Public Library, City of Avon Lake, and Avon Lake Public School District. Students from the local High School monitored damage from exposure to ground ozone on plants and compared it to a control group of plants that do not show damage. Data was reported to the National Center for Atmospheric Research as part of a worldwide study on air quality and how it affects plants and animals.



Holding the sign from left to right are Elaine George, President of Avon-on-the-Lake Garden Club, and club members JoC Walker and Jennifer Fenderbosch. Mrs. Fenderbosch is the member who spearheaded this project.

Ground Ozone is toxic to both humans causing lung and heart disease and to plants reducing yield. It is a threat to food security. In November 2022, NASA will launch a satellite with special equipment called TEMP (Tropospheric Emissions: Monitoring Pollution). It will measure the atmosphere for chemicals including ground ozone from space as it crosses over North America. Satellites from Europe and Asia will also be launched. This data will be compared to the observations reported from the Ozone Gardens across the world. The Ozone Garden and interactive kiosk at the Avon Lake Public Library was funded from a grant from the Smithsonian.

***Jennifer Fenderbosch,
Avon-on-the-Lake Garden Club***

Support “WREATHS ACROSS AMERICA”

At a recent meeting of the Garden Club Federation of Pennsylvania D.X Board, it was decided to **donate** to **WREATHS ACROSS AMERICA**... one wreath on behalf of each of the D.X Member Clubs.

This action is in support of the charitable organization, WREATHS ACROSS AMERICA, whose mission is to REMEMBER the Fallen; HONOR those who serve; TEACH the value of Freedom....a coordinated effort, mostly by volunteers...to place a wreath on the grave of every Fallen Hero at Arlington National Cemetery in Washington, DC and at 2500 other cemeteries in the U.S., at sea and abroad. This year’s ceremony will be held on December 18, at 12 noon. This year, **TEN** of the many thousands of wreaths will be from **GCFP District X**.

Angie Raitano

A' Learning Arboretum'

The Barnes Arboretum, located on the outskirts of Philadelphia, was very intentionally planted to be a world class collection of specimen plants. Mrs. Laura Barnes opened her Horticulture School in 1940.

The 12 acre Barnes Arboretum was designed to be a learning arboretum, so a visitor can go there to see a whole stand of different viburnums planted together and clearly identified. You can walk from tree to tree and compare the size, the bark, and the shape of each different kind of viburnum. Barnes has so many collections; their newest collection is the National Hosta Display Garden. It is the only hosta display garden in the mid-Atlantic region. The Barnes Arboretum also has an extensive Herbarium, a collection of over 10,000 preserved specimens for students and scholars alike.

Recently, the Barnes Foundation launched an educational partnership with St. Joseph’s University, expanding opportunities for students and the local community. The Arboretum is now much more user friendly and is more accessible to the public. Time for a road trip for our Landscape Design Councils!

For further information, check out:
<https://www.sju.edu/barnesarboretum/about-barnes-arboretum>



Barnes Arboretum

**Sharon
Richardson,
Chair of Central
PA Landscape
Design Council**

Schools Being Held by NGC

Environmental School

Feb. 01 – Feb. 04, 2022 – Buffalo, NY – Zoom – Course 3
 March 07 – March 10, 2022 – St. Louis, MO - Zoom – Course 3
 March 28 – March 29, 2022 – Avondale, PA – In-person Classroom – Course 4
 April 26 – April 28, 2022 - Buffalo, NY – Zoom – Course 4

Flower Show School:

Jan. 24 – Jan. 27, 2002 – Houston, TX, Course 3
 Feb. 28 – March 3, 2022 – Waynesboro, VA, Course 2
 Mar. 6 – Mar. 9, 2022 - Winston Salem, NC, Course 4

Gardening School

Nov. 9 – Nov. 10, 2021 – National Zoom – Course 1
 Nov. 10 – Nov. 11, 2021 – Kalamazoo, MI - Zoom – Course 4
 Nov. 16 – Nov. 19, 2021 – Buffalo, NY – Zoom – Evening – Course 3
 April 08 – April 10, 2022 – Chelmsford, MA – Zoom – Course 4

Landscape Design School

May 24 – May 25, 2022 – Ellicott, MD - In-person Classroom – Course 4



**CAR-SGC HIGH SCHOOL ESSAY
WINNER 2021**

Congratulations to Liam Jack Ellis of Sewickley, Pennsylvania, who is the 2020-2021 CAR-SGC High School Essay Contest winner. He was sponsored by Ingomar Garden Club, Garden Club Federation of PA (District IX). The best news is that Liam was the National contest winner as well! The full text of his essay is reprinted below.

The other region State winners for 2020-2021 were:

- Maryland: Sophia Brice Clark, Severna Park MD, sponsored by Four Seasons Garden Club (District I)
- Ohio: Sampurna Sarkar, Mayfield Heights, OH, sponsored by The Gates Mills Garden Club (Cleveland District)

NGC no longer sponsors this contest, but the CAR-SGC Board is committed to continuing this incentive for all high school students in our region. Therefore, the contest award has been raised to \$150. The High School Essay Contest Rules are now posted on the CAR-SGC website.

This contest typically focuses on themes relating to the environment, and the 2021-2022 theme prompt is: “What can we do to reduce water pollution?” Students from all over our Region live in states that have major waterways, as well as small rivers and streams. This resource and its quality are vital to our environmental health, so the topic is timely and significant.

Each State Awards Chair has received the updated guidelines and rules for the contest, and they are urged to distribute the information to their Districts and Garden Clubs. There is no audience more important for the future of our planet than our students. Perhaps students who enter the contest will be encouraged by the experience to apply for scholarships from our Garden Clubs, Districts, State Garden Clubs and NGC. Please promote the CAR-SGC High School Essay Contest to your Clubs, and encourage them to submit the work of promising young writers.

**Barbara Brand,
High School Essay Contest Chairman 2021-2023**

High School Essay Contest

Liam Jack Ellis
1600 Royal Oak Drive
Sewickley, PA 5143
412.749.9320

Aquinas Academy of Pittsburgh
Grade 10

Activities:

- National Aviary Teen Volunteer
- Beekeeper in training
- Aquinas Academy Pollinator Garden Project Leader
- Aquinas Academy Lacrosse Team
- Aquinas Academy Band
- Aquinas Academy Debate Team
- Acolyte, St. Stephen's Church, Sewickley

Sponsoring Club: Ingamar Garden Club



Liam Ellis

Taking Action to Protect Pollinator Habitat

Habitat loss, the careless and excessive use of pesticides and weed killer, and other factors are causing populations of pollinators such as bees, butterflies and other beneficial insects to dip drastically. U.S. National Agricultural Statistics show a honeybee decline from about 6 million hives in 1947 to 2.4 million hives in 2008, a 60 percent reduction. While we face declining numbers and increasing ecosystem loss, there are steps you can take to provide healthy habitats and improve pollinator conditions, including choosing native, pollinator-benefiting plants for your gardens, eliminating the use of chemical pesticides and herbicides, and educating those who are unaware of the ways they can help address the environmental problems our world now faces.

Harmful pesticides and herbicides are not only used by big farms, but also by many people in their own yards. Weedkillers and garden pest control chemicals have proven to be deadly to pollinators, particularly bees, who are harmed by the toxins as well as the loss of plants that are important food sources. Noxious chemicals aside, pesticides destroy biodiversity, and many plants considered to be "weeds," such as clover and dandelions, are needed by bees to sustain themselves, particularly in spring and late summer when there is a dearth of pollen. Additionally, when these chemicals are applied, they do not simply disappear. They seep into the ground and water sources in the form of runoff. The best step we can take to help hamper the spread of these chemicals is to simply not use them. If homeowners could recognize that a lawn does not need to look like a spotless golf course to be socially acceptable, they would be helping to create a healthy habitat that is tremendously helpful to local pollination populations.

Another basic yet highly beneficial way that you can provide habitat is simply choosing the right plants for your garden based on their value as pollen sources, rather than on appearance alone. Most local garden supply centers are happy to help with choosing flowers that are most effective at drawing pollinators.

Plants you choose should ideally be native to your area and drought resistant as to maximize the chances of them flourishing in your garden, reduce the need for watering, and ensure attraction to pollinators. Simple changes in plant choice, such as milkweed, could have the potential to help sustain a large number of pollinators. For the pollinator garden that I started earlier this summer on my school grounds, I met with staff at the local Audubon center who were very helpful in instructing me on choosing the best plants, how much water and shade they needed, and how to space them out. In the school garden's first year, we are already attracting clouds of bees and butterflies to the milkweed, bee balm, tick seed, anise hyssop, and cone flower we have planted.

Another important action we can take to help pollinators is educating others including young people on their importance. Many adults as well as children are unaware how crucial bees are and that one third of the food we eat is made possible from bee pollination. While "educating" could be as simple as a conversation with a friend or family member, if you are a teacher or student, you can do what I did and spread knowledge by establishing a garden at school, talking about it on social media, and petitioning to have the importance of protecting pollinators incorporated into the curriculum. Sharing information is, in a way, the most important and helpful thing you could do. For example, I learned how fragile honeybee ecosystems are from my neighbor, a beekeeper. In helping him care for his hives, I learned how easily a hive can collapse and how hard it is for them to regain stability.

In conclusion, we are facing a possible crisis in terms of rapidly depleting pollinator populations. Every person on earth benefits from the existence of bees, butterflies, and other pollinators because we all need food to survive. By making better choices in our own gardens and yards, we can make a huge difference in ensuring these vital creatures flourish and continue their role in our world.



Pumpkins in Alexandria, VA

Photos by Caroline Carbaugh