

September 2011

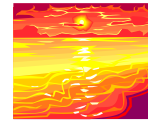
GARDENSCAPE

Charles County Garden Club of Maryland



From My Desk to Yours

“Come September, when two of Nature’s seasons live as one, Where days of summer shed their final afterglow ‘ere falling gently ‘neath an Autumn’s rising sun.” *Hazelmarie Elliott*



Treasured Members,

To my amazement September has come quickly and it seems like I just begun my journey as president. Every member I have called on has not only stepped up to the plate but has leaped and exceeded in everything needed to be done. The energy, the enthusiasm, the creativity has burst out and produced superior programs, flower designs, demonstrations, bus trip and more. I thank all of you and appreciate all the time and work put into the Charles County Garden Club.

I must praise the Designers for the astounding designs which were judged by Paula Winkler as a learning experience for the members attending the meeting. I want to express my gratitude to Molly Giszeman, Mary Lilly, JoAnn Chapman, Lisa Gillespie, Peggy Schaumburg, Linda Dyson and Diane Kramer for creating the designs and helping with that learning experience.

Thank you Betsy and the great Hostesses, Helen Boone, Mary Beth Chandler, Ellen Davis, Sandra Diachenko, Michèle Pence, Carol Rauchgisen and Andrea Turner for a sensational lunch. The tables were long and totally filled with a variety of remarkable foods and graced with a lovely traditional flower arrangement by Mary Beth.

Now we have to continue to go forward and do what we can to make this year’s Flower Show another success. There are so many ways to help with the Flower Show. Judge’s clerks are a wonderful way to watch the judging in action and you will learn and enjoy doing it. Being a hostess offers many opportunities to meet people that visit the building and talk about the wonderful exhibits. I have done it and enjoyed every moment.

Mary Pat is a great member to teach anyone about horticulture, so sign up to help with horticulture entries. There is a place for every member to help, just give me a call and I can give you the person you need to contact.

Take time to sip some tea and sit in your garden,

Sybil

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CCGC Officers

President:	Sybil Alger
1st Vice President:	Gail Manuel
2nd Vice President:	Ronda Goldman
Recording Secretary:	Robinette Ross
Corresponding Secretary:	Rose Haft
Treasurer:	Michelle Pence

MEETING MINUTES - CHARLES COUNTY FAIRGROUNDS

AUGUST 8, 2011

Call to Order: Sybil Alger called the meeting to order at 11:00 a.m. and led the membership in the Pledge of Allegiance.

Invited Guests were introduced by Linda Dyson for Linda Walker; Liz Shifflette for Polly Zimmerman; Sandra Diachenko for Harriett Taylor; JoAnn Chapman for Joyce Kite and Beth Boyd; Mary Beth Chandler for Diane Shizler; Lisa Gillespie for Olivia, her daughter; and Sharon Bolton for Rebecca Bridget, her daughter.

Sybil thanked the Coordinator, Betsy Parbouni, and Hostesses Helen Boone, Mary Beth Chandler, Ellen Davis, Sandra Diachenko, Michele Pence, Carol Raucheisen, and Andrea Turner. Special acknowledgement was noted for the lovely flower arrangement provided by Mary Beth Chandler.

A special thank you was delivered by Sybil, for those members who participated in the floral design and horticulture program. Designers were Jo Ann Chapman, Mollie Gieseman, Peggy Schaumburg, Mary Lilly, Lisa Gillespie, Linda Dyson, Diane Kramer, and Mary Pat Berry presented horticulture.

The Minutes of the previous meeting were approved as written and published in the July newsletter.

Treasurer's Report – Michelle Pence reported that the written report will be in September newsletter.

There were no Officers' Reports.

Committee Chair's Reports:

Artistic Design – Lucy Richmond and Sybil Alger shared wonderful remarks about the "Art Blooms at the Mattawoman" show's theme "On the Water", held on July 24th. Special acknowledgement was made by Sybil for three club members who gave their time and effort to make the art show at the Mattawoman Center a success. Bonnie Castleberry,

JoAnn Chapman, and Lisa Gillespie were honored with gifts, along with brief remarks describing their specific contributions. Bonnie teaching how to paint in watercolor; JoAnn for her two tables full of shell art; and Lisa who taught how to cook with herbs. Also, a thank you to the designers who created 18 design interpretations of the art.

Conservation & Environment – Betsy Parbouni provided an update for the Fairgrounds entrance project and its approval by the members of the Fairgrounds Board. Betsy further announced that \$4,000 had been approved to go toward the entrance project from the Fair Board; with the possibility of future funds from a grant; and sponsorships for various plants. Sponsors will be recognized with a landscaping stone in the future. The project will be completed in 2012.

Fall Flower Show – Ellen Davis announced the need for eight Clerks to assist the Flower Show Judges, along with back up volunteers. She also announced that a sign up sheet was being circulated for Hostess volunteers.

Fund Raising – Michelle Pence announced a new committee being formed for assisting club members with physical problems who would like to purchase bulbs and need assistance with their plantings. In addition to bulb sales, special drill auger attachments will be sold for digging bulb holes.

Plant Sale – Danielle Webber announced the May 19th, 2012, date was for the next plant sale.

There was no other new business.

Announcements –

Sybil emphasized the need for more club members' participation in the plant exchange, mentioning that Ann Draper always participates, but that next year she would like to have more members

bring in plants. She suggested e-mailing or calling her if anyone had questions or suggestions.

Save the Date announcements included the young Gardeners' Fair Workshop on September 14th, and the District II Semi-Annual Meeting, Bowie, October 7th.

Lisa Gillespie shared the successful outcome of the July Lavender Farm Trip. She floated the idea of creating a more local version to create an opportunity for the club's membership to share fun time together.

Sybil adjourned the meeting.

Program

Sybil announced to the designers a change in the Program: they could act as clerk when their design was directed, and our own Paula Winkler, an accredited judge, would be evaluating their designs as a learning tool. This was done to demonstrate to the membership the evaluation techniques that judges use.

The latest info from the Treasurer... *(This information will not be included in the copy that is posted to the website):*

Checking Account Balance \$10,337.11
Savings Account Balance \$5,059.18
Certificate of Deposit Balance \$10,302.90
Total Cash on Hand \$25,699.19 less estimated committed funds of \$10,733.00, with estimated total uncommitted funds of \$14,966.19.

Respectfully submitted,

Robinette Ross, Secretary

HORTICULTURE HINTS BY MARY PAT BERRY

I need your help on Wednesday September 14, 2011. The Horticulture Entry table will be accepting entries from 1-8 PM from our members and the public. I need to have at least 2 assistants to help process all the entries. Evening is always busier. Please call or email me if you can fill in a time slot (and please if you have hours that work better for you, don't be shy!) I'll take all the help I can get.

Wednesday 9/14/11

1 PM - 4:30 PM

4:30 PM - 8 PM

AND CHECK YOUR GARDEN AND ENTER YOUR HORTICULTURE!!

Mary Pat 301-934-2999 berrysbugs@wildblue.net

LANDSCAPE DESIGN — *Ann Draper*

This past weekend I started collecting seeds. Now don't let your eyes glaze over! It is kind of exciting to collect seeds of great annuals that give me so much pleasure. I'm not necessarily talking about the annuals that you buy at the nursery, pay good money for and then let die because you go on vacation and can't water them or you just forget to water them. I am talking about the kind that you just throw down the seeds in March and by May or June you have 3-5 foot gorgeous flowers that bloom for the next 4-5 months some of them are still at it in late October. I grow flowers that are in the wildflower category, such as Sulphur Cosmos, Queen Ann's Lace, Dill, and Verbena Bonariensis. Each one of these is unbelievable workhorses that are tall and have movement. They also are incredible magnets for bees and Butterflies. I also collect seeds from Money plant but this biennial blooms in Early April and only blooms for a couple weeks but I look forward to their blooms every year because they are about the first thing to bloom. I collect these seeds not because I need them but because I can give them as gifts or sell them for Ways and Means at the garden club. **Once you have these annuals and biennials in your garden they will re seed themselves.**



COUNTY FAIR:

Everyone that has a garden can enter the fair. Don't think your flowers, etc. have to be perfect. Every year that I have put entries into competition on Wednesday, I always wish I had brought one of my ratty petunias or Zinnias or whatever because for some reason no one else put an entry in that category. If yours is the only entry in that category, than you get a ribbon. You just never know! I have won the most Blue Ribbons, in horticulture, for the last two years and therefore have had the honor or having my name engraved on a CCGC silver bowl for 2009 and 2010. I am not bragging. I have just been lucky and put a lot of entries into the Horticulture Category. If I can do this, anyone can do this. I garden in Charles County but live in McLean, Virginia. I am a weekend gardener and the weather is always pretty brutal on the Wicomico River (draught and wind) so I always feel lucky just to have enough to enter. **Everyone that has a garden should enter something.**



Member News - Judy Norris and Joyce McDevitt, Membership Committee Co-chairs

New Members: We are very pleased to announce the following new members who have recently joined the Garden Club. We would ask the current members to introduce themselves and extend your congratulations and welcome to these newcomers when you have an opportunity.

Also please add their names and pertinent information to your yearbook so that you can easily get in touch with them.

As a reminder to all our members including the newcomers, you become eligible for a \$50 drawing to be held at the end of the year when you sponsor a new member.

Michelle Bolton
3920 Mt. Zephyr Farm Place
La Plata, MD 20646
Tel: (301) 375-8545
E-mail: mbolton999@hotmail.com
Sponsored by: Sharon Bolton and Judy Norris

WELCOME

Rebecca Bridgett (Mrs. Dennis)
10210 Old Sycamore Road
Charlotte Hall, MD 20622
Tel: (301) 934-1988
E-mail: gridgettdr@yahoo.com
Sponsored by: Melissa Willett and Sandra Harrison

Susan Montgomery (Mrs. Francis)
15585 Prince Frederick Road
Hughesville, MD 20637
Tel: (301) 934-8734
E-mail: susanpmont@yahoo.com
Sponsored by: Lucy Richmond and Peggy Schaumburg

Naomi Petrash (Mrs. Robert)
11722 Wollaston Circle
Issue, MD 20645
Tel: (301) 259-4279
E-mail: N/A
Sponsored by: Susanne Marshall and Bonnie Matthews

Harriet Taylor (Mrs. Donald H.)
10617 Shooting Starlane
Waldorf, MD 20603
Tel: (301) 645-7352
E-mail: hjbtaylor@comcast.net
Sponsored by: Sandra Diachenko and Ronda Goldman

WELCOME

Kate Zabriskie (Mrs. Chris)
9015 Katie Court
Port Tobacco, MD 20677
Tel: (301) 934-4063
E-mail: kzabriskie@businessstrainingworks.com
Sponsored by: Sybil Alger and Paula Winkler

Yearbook Changes: Carol Jackson has moved, and the following changes should be made to her entry in the yearbook:

Carol Jackson
P.O. Box 384
Newburg, MD 20664
Tel: (301) 259-2616
E-mail: wrjcmuj@msn.com (remains the same)

Fairground Entrance update from Sybil

Once the Fair is over, the work to enhance the entrance to the Fairgrounds will commence. Jim Berry, Mary Pat's husband, will be removing the old trees and amending the soil.

Plants will be purchased from Wentworth's and they will also be doing the installation.

This will be a magnificent addition to our wonderful fairgrounds and we can't wait to be able to show it off once it has been completed.

The fall is a great time to get everything planted... well, hopefully we won't have too many more tropical storms or hurricanes to deal with but, we will remain cognizant of potential weather threats that could impact our area and adjust the work schedule accordingly.

We will provide photo updates for all to see!



Charles County Garden Club

Young Gardeners Program

Is looking for boys and girls who are interested in Horticulture, Gardening, Flower Design, Conservation

Our goals include promoting an interest and life-long learning in the areas of horticulture, environmental conservation, flower design, trees, shrubs, wildflowers and birds.

Those interested would be participating in fun activities throughout the year at no cost.

UPCOMING ACTIVITIES

September 14 Young Gardeners enter Flower/ Horticulture designs in the Charles County Fair
Paint Rain Barrel at Fairgrounds

October 25 Pumpkin Harvest (planted in June)

December 10 Young Gardeners participate in the "Greens Workshop"

Please call Sandra Harrison 301-274-0171 for more information or if you know of someone interested in joining!



“KIDS DESIGN AT THE FAIR”

YOUNG GARDENERS WORKSHOP
SPONSORED BY
the CHARLES COUNTY GARDEN CLUB

WEDNESDAY, SEPTEMBER 14, 2011 at 5:00

p.m.

at the

CHARLES COUNTY FAIR GROUNDS
FLOWER BUILDING

ARRANGMENT THEME

HUMPTY DUMPTY

TWEEDLEDUM AND TWEEDLEDEE

Bring your own flowers and container
Design must be assembled by kids at the fair

All eligible entries will be judged for awards
Division and rules page 35 in Fair Handbook

For information contact Sandra Harrison at 301-274-0171 or sbh1mail@gmail.com

Be sure to check out our website: charlescountygardenclub.org Webmaster: Melissa Willett

Save Time, Have More Energy, Be Happier and Healthier. The Key To Life Breathe Better! *warning parents please use discretion when letting your children read

We can live for more than a month without food, two weeks without water, but don't hold your breath to try to out-unbreathe David Blain (or for much longer than two minutes). Our breath is what sustains us and with the right oxygen supply and/or breathing techniques, we can do extraordinary things, with less effort, more comfort and/or a healthier, happier disposition. Blain's record setting time of 17 minutes and four seconds (set on the Oprah Winfrey Show) required the use of pure oxygen to keep his lungs and heart from being damaged and his body capable of continuing on with life after his feat. Without pure oxygen, the underwater feat can only last half as long. If the purity helps sustain life and healthy bodily function for twice as long with no other life force, imagine what breathing cleaner, healthier air could do for our day to day feats and over all health?

How can we know if air quality is influencing the health of our lives? The EPA¹ reports that any syndromes of dry or burning mucous membranes in the nose, eyes, and throat; sneezing; stuffy or runny nose; fatigue or lethargy; headache; dizziness; nausea; irritability and forgetfulness can be indications of sick building syndrome, not uncommon to indoor environments where air quality is poor. Poor lighting, noise, vibration, thermal discomfort, and psychological stress may also cause, or contribute to, these symptoms.²³ Symptoms can arise when you walk into an indoor area or when you leave or result in a prolonged illness when not treated. You probably can't convince your doctor to write you a sick note to or a prescription to go to a remote island for better air quality, but if symptoms aren't taken care of, a visit to the doctor, time off work, reduced productivity, irritability, loss of relationships and other chronic illnesses (and even death!) may result.

Poor air quality can be caused by 'presence of indoor air pollution sources; poorly designed, maintained, or operated ventilation systems; and uses of the building that were unanticipated or poorly planned for when the building was designed or renovated.' Pollutants can come from carpet, paint, pressed wood products, office furniture, adhesives, copying machines, water-damaged ceilings, walls and carpets, pesticides, asbestos, tobacco smoke, cleaning materials or biological contaminants of dirt ventilation systems. They also come from vents being connected to areas with harmful air (from car exhaust, broilers, dumpsters, etc) or being located in areas where the use embedded toxic substances into the environment that results in further degradation of air. This doesn't mean that all indoor locations will have these problems, but they have become markers for regulatory agencies like the Green Building Council to create healthier systems for individuals to live and work in.

Fortunately, problems with bacterial and fungus growth from moist ceilings, walls, carpets and furniture, humidifiers and air conditioners, carbon monoxide, nitrogen dioxide, respirable particles, pesticides,

¹<http://www.epa.gov/iaq/pubs/insidestory.html>

²<http://www.epa.gov/iaq/pubs/hpguide.html#Diag%20Quick%20Ref>

³Family, friends and neighbors have also been accused of causing these symptoms as well.

formaldehyde, and asbestos, can be taken care of by the simplicity and beauty of nature. Despite all the bad news of what could be going wrong, the good news is that you're probably all ready helping rid your home or office of toxins without (or with) knowing it. Plants take carbon dioxide and convert it to oxygen and other compounds can be taken from the air, broken down and made useful for the plant or other organisms living in through the 'breathing' and conversion techniques (one man's toxin is another plant's pleasure?), making them useful for breaking down disagreeable toxins. Aloe vera, spider plants, Mother-In-Law-Tongue, golden pathos, red-edged dracaena, weeping fig, azalea, English ivy, bamboo palm, heart-leaf philodendron and peace lily are just a handful of plants that a NASA⁴ study⁵ indicated to help 'tackle formaldehyde', a chemical found in most products that frequent indoor spaces. Gerber daises, Warneck dracaena, and Chinese evergreen are just a few others that help to clean out other toxins. All of these plants also help to reduce benzene, trichloroethlyne, toluene, xylene, carbon monoxide and/or airborne fecal-matter to name a few other chemicals and toxins. By simply arranging beautiful plants (with dry to damp soil to prevent more mustiness) in stuffy rooms or placing plants in the right light can (but not guaranteed to) help illness causing toxins, helping to cultivate more energy and vitality in your life and environment.

We cannot choose what we breathe, but we can choose to cultivate healthier air quality in the areas we reside in. The health of this breath will help our capacity to think, to function and to excel in the areas we strive to excel in (or the opposite) while helping us to have the quality and vitality of life we are capable of. One plant might not seem to make a difference, but each one helps and is an excellent place to start, inside or outside! The important thing is to bring awareness to the importance of breath, the quality of our breathing and what we do to help or cultivate it. If we can't change what we're breathing now, we can change what we breathe in the future by cultivating healthier environments and plant life in the present. . Having plants is just one of the foundational stones we can use to set a healthier, more beautiful future that also helps us to breathe easier. "Breath is the bridge which connects life to consciousness, which unites your body [and what you do] to your thoughts," - Thich Nhat Hahn. The better the bridge, the more supportive it can be; the better the breath, the healthier the life we are able to live.

⁴National Aeronautics and Space Administration. Interior Landscape Plants for Indoor Air Pollution Abatement. September 15, 1989.

⁵<http://www.mnn.com/health/healthy-spaces/stories/15-houseplants-to-improve-indoor-air-quality>

ITEMS OF INTEREST

May Plant Sale to be held Saturday, May 19 at the Port Tobacco Court House as part of the Market Day at Port Tobacco sponsored by the Society for the Restoration of Port Tobacco. The event will be held 9-2. Any questions, contact Danielle Webber or Gail Manuel.

Check the Mattawoman Creek Art Center website - Impressionist Painter from the Eastern Shore, Jackie Clark, will be featured at a reception on Sunday, September 11th from 1pm until 4pm.



Garden Club Trip in October

We are excited about our upcoming garden club trip (with tour and lunch) on October 11, 2011 to Cylburn Arboretum and Vollmer Center (home of our Maryland Federation Headquarters). We will depart at 8:30 AM from the old Safeway parking lot (in front of the Dollar Tree). We will proceed to Cylburn and have a guided tour of the mansion and some of the gardens by Glenda Weber, Cylburn's Naturalist, which will take approximately 1 1/2 hours, after which we will meet in the greenhouse classroom for a box lunch before proceeding to Homestead Gardens for some fun and shopping.

Classic Catering will provide our lunches which will include sandwich, whole fruit, chips and housemade dessert. Please indicate your menu choices and send along with your check. Turkey Breast or Baked Ham & Havarti or Curried Chicken Salad. The cost for bus transportation, tour, snacks and lunch will be \$35.00. Please send your check (which is your reservation) to our Treasurer, Michelle Pence, by Sept 23, 2011. For further information, please contact Doris White, trip coordinator, at 301-934-0999 or doris409@verizon.net

FEDERATED GARDEN CLUBS OF MARYLAND CALENDAR



SEPTEMBER

- 1 District V Board Meeting Holly Hills Country Club 10:30 a.m. – 1:00 p.m.
- 5 Labor Day
- 6 State Office Opens
- 7 District I Board Meeting Sun Trust Building Easton, MD
- 7 District IV Board Meeting
- 7 Cylburn Sounds 6:00 p.m. free concert, bring a picnic and enjoy some Jazz.
Inclement weather will move the concert inside the Vollmer Center
- 9 District II Board Meeting 10:00 a.m. Our Shepherd Lutheran Church, Severna Park, MD
- 13 State Board Meeting
- 15-17 WCGC Standard Flower Show "A Day at the Beach" Ocean Pines Library, Ocean Pines, MD
Contact Marion Novack 410-641-8234 or Doris Lloyd 410-641-6278
- 16 Ikebana International Chapter 118 11:00 a.m. Greenhouse Classroom
Cylburn Arboretum
- 16 District III Presidents/Delegates meeting 10:00 a.m. St. Thomas Episcopal Church, 1108 Providence Road
- 17 Bulb, Plant & Seed Exchange Watkins Regional Park Upper Marlboro, MD
- 21 Landscape Design Council Meeting 10:00 a.m. Chartwell Country Club, Severna Park, MD
- 22-25 St. Mary's County Annual Standard Flower Show
- 23 Fall begins
- 28 Judges Council Meeting in conjunction with Flower Show School
- 28-30 Flower Show School Course II, Bowie, MD
- 28 Rosh Hashanah begins at sundown
- 29 Rosh Hashanah

Our show dates have been forwarded to State for inclusion on the calendar.

P. O. Box 1496
La Plata, MD 20646



September

Fall Flower Show
Charles County Fairgrounds Flower Building

Saturday, September 10th—Cleanup at the Building
10:00 am

Bring along gloves, rags, bottle washers, vinegar—just in case the bottles have to be cleaned—paper towels or rags. The building will be “blown out” with a blower so hopefully that will get rid of most of the debris.

If you signed up to hostess and need to know your time, give Courtenay a call.

Hort Entries are Wednesday only. Designs may be placed on Wednesday and Thursday morning by 10am.



October

Make the trip to the Cylburn Arboretum and Vollmer Center. See page 9 for details.

