

# KEY NOTES



South Atlantic Region of National Garden Clubs, Inc.

October 2017  
Volume 14, Issue 2

“The Beauty of Nature: Protect, Preserve, Enjoy”

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## *Key Notes issues*

Key Notes will be published in early July, October, January, and April.

The deadlines for the respective issues are:

June 20

September 20

~~December 20~~ January 6

March 20

Please submit your articles by email, if at all possible, to [mfloyd3570@aol.com](mailto:mfloyd3570@aol.com)  
Subject: SAR Key Notes

## THE DIRECTOR'S MESSAGE

### *The Beauty of Nature: Protect, Preserve, Enjoy "*

Protect, Preserve, Enjoy-

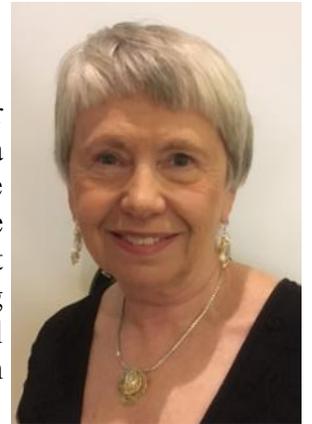
That is my challenge to our SAR Region States.

But how do we do that? How do we involve our club members so that they want to continue to be a part of our organization, and have an impact on the environment? Not easy to answer. However, if we go outside and look around and think a little bit it will come to us. Just being outdoors and observing this wonderful world we live in, the answer will come. Not the same answer for everyone but an answer none the less.

For example, I went outside and noticed all the English Ivy growing up trees and covering yards in my own neighborhood. I remembered a drive to Atlanta and a sign I saw along highway 85 “English Ivy Kills Trees”. So, I had a sign made saying “English Ivy Kills Trees” and put it in my front yard. I have been amazed at the number of people who stop when I am outside and ask me about the sign. Many do not know what English Ivy is and some want to know how to get rid of it. Pull it up by the roots!! And those contacts with people give me an opportunity to mention garden club. Not push it but just mention it. People want to know how I know about these plants. Simple, garden club leads me to the answers.

The people I talk with may not join a garden club but the idea has been put in their heads. Who knows where that will lead.

Another reason for my sign is to educate. If we can educate the people on our streets, and in our neighborhoods, we will have taken a step to Protect, Preserve and ultimately Enjoy Nature. And those we have talked with will remember us and we will have taken a step toward fulfilling our mission.



*Judy Barnes*

## State Presidents' Themes and Reports



### **The Garden Club of Kentucky, Inc. Paula Hyatt, President “Plant America—Kentucky”**

Hello glorious autumn from Kentucky! Our state has suffered through the heat, floods, and even cold weather this summer season. Nevertheless, our garden clubs have participated in county fairs, community beautification, and the planting of BLUEGRASS for our student (and adult) studies. Each district was given 50 lbs. of Bluegrass Seed to plant in a 4x4 plot at several schools..do not mow...then see the blue tips on the grass. History, Agriculture, and "Tales of the Wagon Trains Crossing the Mountains" and looking down into KY's Bluegrass are studies that will answer the

questions of "Why is it called bluegrass when it is green?"

Our fall district meetings will begin on Oct. 11th. I am looking forward to seeing old friends and making new ones. Also, each district will have wonderful programs to both teach and entertain.

*Paula Hyatt*

### **The Garden Club of North Carolina, Inc., Gail Hill, President Theme: "Growing Forward Together to Plant America "**



The year seems to be flying by and a new garden club year has begun. All are a' flutter with activities. Clubs that suspended their meetings for the summer have begun to meet again amid anticipation of a new year of exciting activities.

The Garden Club of North Carolina, Inc. began its year with a Flower Show School, Course I, sponsored by the Winston-Salem Judges Council in Winston-Salem August 21, 22, and 23<sup>rd</sup> with 14 new members attending. The W-S Judges Council has its schedule ready for Courses II, III and IV to be given in the next year and a half. They will be sponsoring a Flower Show Symposium October 22, 23 & 24, 2017 at the Elizabethan Gardens in Manteo, NC.

Many discussions and weather watches went out before we finally decided to go ahead with our Fall Board Meeting. It was held at the Embassy Suites in Cary, NC on September 10-11, 2017, sponsored by the clubs of District 10 of the GCNC. What a fantastic job these ladies did for this meeting. Our new SAR Regional Director, Judy Barnes, spoke to us on Sunday evening on her theme: "The Beauty of Nature: Protect, Preserve, Enjoy". We were so glad to have Judy spend this time with us as she

was not feeling well and had to leave early the next morning because of illness. We had wonderful workshops on Hostas and Fairy Gardens and an excellent speaker, Gerald Adams, who spoke on "Add Color to your Garden".

Then it was on to the National Fall Board Meeting in St. Louis and of course another dazzling job was put together for a great meeting. A lot of information was brought out on the Plant America Grant Program, Ames Tools Project, NGC Tours for 2018 and much more. The Headquarters Renovations were not done but hopefully soon will be and everyone is encouraged to use the website for information on the aforementioned programs and other facts.

This president and her three vice presidents will be on the road in October for District Tours. Here's hoping the hurricane season slows down before then. We all offer our prayers to all that have been affected by the devastation of these storms.

"Lord, let me make the most out of every day that I live"

*Gail Hill*



**The Garden Club of South Carolina, Inc.**  
**Donna Donnelly, President**  
**Theme: "Birds of a Feather Garden Together"**

The fall season is one of my favorite times of the year! It means fluffy white cotton fields as far as the eye can see, fall foliage, cooler mornings, pumpkins and South Carolina garden clubs getting their new club years started! NGC PLANT AMERICA, Ames Tools and Espoma information has been shared with the clubs, and programs and projects are centered on GCSC, SAR and NGC Awards and Grants applications. The GCSC website and SC Gardener Magazine are in the process of updating and refreshing to keep our members informed and connected.

In September, GCSC sponsored a successful Flower Show School in Columbia. Many new members attended Course I and are on their way to becoming judges! FSS Course II and Landscape Design School are scheduled for January 2018. Recently, I met with SC Governor Henry McMaster to initiate a cooperative state project to improve the State Welcome Centers and plant vast beds of wildflowers along SC inter-

states. This project will delight all who live and pass through our beautiful state!

We have many events coming up this season, including a Home & Garden Tour in historic and fashionable Aiken County; monthly guided Bird Walks at SC Audubon locations and Botanical Gardens across the state; and Flower Shows. A Veteran's Day Ceremony is planned for November 11<sup>th</sup> with the Fort Jackson Military Band and Guard honoring SC Military in GCSC's Memorial Garden. The Memorial Garden was established in 1945 to honor World War II veterans, the first garden in the USA to do so. Renowned landscape architect, Loutrel Briggs, famous for his Charleston style gardens, designed it. Listed on the National Register for historic Places, the Memorial Garden is a literal beauty spot of serenity and bucolic tranquility. What better place to honor those who give so much to us!

*Donna Donnelly*



**Virginia Federation of Garden Clubs, Inc.**  
**Marty Bowers, President**  
**Theme "Planting Today For Future Generations"**

Summer came and went so fast it is like a blur. Fall is here and we not only see it on the calendar but also see the changing colors in our landscape.

Fall also means that many garden clubs are back in full swing after a month or two off during the summer (more time to work in our gardens). Besides a busy calendar of events and projects, applications for awards must be turned in, planting projects are scheduled for students and special workshops and programs are scheduled in preparation for the holidays.

I have had the privilege of attending the 60<sup>th</sup> anniversary of the Town and Country Garden Club of Wise, Southwest District, and the 50<sup>th</sup> anniversary of Kilmarnock Garden Club in the Piedmont District. It was so great to hear what these two clubs have accomplished during those years and the contributions they have made to their community. Both clubs are very strong and growing.

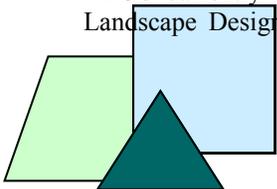
VFGC currently has two schools: Flower Show School and Landscape Design School. Flower Show School had a very

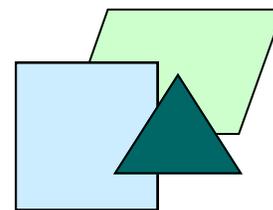
successful Course I in August. Landscape Design School is meeting at Lewis Ginter Botanical Gardens as this article is being written. Day one ended with a "field trip" into the gardens where the students completed an experiment in sensory perception following the Special Interest Topic.

The VFGC Board has approved the startup of a third NGC school in Virginia – Gardening Schools which I hope to have organized by the spring of 2018. This was a perfect time to start this school with the NGC President's theme of Plant America and an emphasis of returning to the "roots" of gardening. Several garden club members have expressed an interest in attending a Gardening School. There is so much information out there and it seems like so little time to learn it all.

Virginia continues to support and dedicate the Blue Star Memorial Marker Program with another Marker being installed in

*(Continued on page 4)*





(Continued from page 3)

Big Stone Gap, Virginia in November. September was my first NGC Fall Board Meeting. It was an enjoyable and informative experience. It is amazing to learn about the many things garden clubs are doing to make an impact on their communities and the world. It has been hard to view all the devastation the recent hurricanes have brought to many of our garden club areas. Recovery will be long and

hard, but I'm positive that garden clubs will be there to help with the recovery and rebuilding of public gardens.

*Marty Bowers.*

**West Virginia Garden Club, Inc.**  
**Carolyn McCafferty, President**  
**Theme: "Opening the Doors to the Future"**



As far as I'm concerned, there is no better time of the year, than Autumn. I love the crisp cool feeling in the air, I love the reds, oranges, and golds, as the leaves change colors, I love getting out my fall decorations, but most of all, I am looking forward to traveling throughout our beautiful state, to each district's fall meeting. There are nine districts in West Virginia Garden Club, and that is nine opportunities to meet all the wonderful club members, (nine delicious meals!), and nine chances to tell those I meet, all about garden club.

I always have plenty to say about our great organization--whether to longtime members or someone who just joined a club.

Did you ever notice, all the signs around that are about gardening? For instance: "Gardeners Wanted, Must Look Good Bending Over," "Gardeners Know All the Dirt," "Weed It and Reap!" One of my favorites is: *Bloom Where You Are Planted.*"

Have you ever thought about that phrase?

I am sure that the person who wrote that phrase, was talking about the flowers in her garden.

But I think it could be talking about us--Garden Club Members. Describing the way we show our love of gardening. Whether we are out in our cities and towns weeding and planting, shopping at a garden center, providing a program for a garden club meeting, or answering questions about garden club--we could be 'blooming!' We can do that with our words and actions. We can do that by displaying the best way we can, our love of gardening and garden club! After

all, isn't that why we are here? Because we love to garden? And is there anything better than sharing that love of gardening with someone else?

We in West Virginia Garden Club are very proud of Brenda Moore, from Oak Hill, West Virginia, who has been elected the NGC Third Vice President. We know that she will do an excellent job, and--don't look now, but Brenda is "Blooming Where She is Planted!" Showing her love of garden club.

One of my "keys" in my theme, is to promote the schools our state has to offer. Landscape Design School and Flower School were both held in West Virginia this summer. Jan Mitchell, Vivian Shomo, and Jan Woodward were all out "Blooming" as they worked hard and provided great learning opportunities for our members and yours.

Gwen Kohut, Conservation Camp Chairman collected over \$6,000 for campers to be able to attend the camp! Wow! Was she out in 'bloom!'

Three clubs in West Virginia celebrated anniversaries this year: High Country Garden Club in Rainelle, 30 years, Moundsville Garden Club in Moundsville, 75 years, and Fort Hill Garden Club in Charleston, 85 years. These clubs are blooming for all to see!

And I'm pretty sure, that if you look around, you will find somewhere that you can "Bloom Where You Are Planted."

*Where life plants you, bloom with grace."*

*Carolyn McCafferty*

# Chairman Reports



## ARBOR DAY

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Did any of your garden clubs do anything special to celebrate Arbor Day this past spring? We need to promote Arbor Day by planting trees or other plantings or by cleaning up an area or any other way to promote Arbor Day. Many of our students (and maybe some parents) don't know about the history of this day and how our projects can help our environment. After planning and/or carrying out your celebration, try to get publicity for your club and state while celebrating in your own way. Try to involve other groups with you. This could become a community project. Let this chairman know what you did. She would like to hear from clubs and states so she can highlight some of the activities. She heard only from several clubs/Councils in Virginia. We know there were lots more! They were not reported to this chairman for recognition!

## ARBORETUM/BOTANICAL GARDENS

Mary Reeves

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What better way to explore our SAR area than to put into practice the theme of our new Director, Judy Barnes. Her theme, is "The Beauty of Nature: Preserve, Protect and Enjoy"! I want to add, as your liaison, to "Love It and See It"!

Over our five-state region, we enjoy 79 arboretums (or arboreta-your choice) and botanical gardens. During the next two years, I will SPOTLIGHT sites in each state. Perhaps you will be traveling and can visit one or more as a side-trip. Or make several gardens a focal-destination. Some of our clubs organize a tour for gardeners as fund-raising projects.

This month we may take a trip to the Core Arboretum at West Virginia University. The WVU Core Arboretum welcomes visitors every day, from dawn to dusk on the Evansdale Campus of WVU, Morgantown, WV. Located on a 91-acre tract of hillside and bottomland The Arboretum has 3 miles of foot trails, lawns with planted trees and shrubs, old growth forest on hillside and floodplain sites, interpretive signs, trailside benches, a small amphitheater, and an information kiosk. The WVU Core Arboretum has a variety of natural habitats in which several hundred species of native WV trees, shrubs, and herbaceous plants may be found. Some of the large trees are likely over 200 years old. The Arboretum is well known as a superb site to see spring ephemeral wildflowers from late March to early May, and has guided spring wildflower walks. Varied habitats and riverside location also make the area an excellent site to observe birds and animals.

Groups interested in using the Arboretum should contact [Zach Fowler](mailto:Zach.Fowler@wvu.edu), WVU Core Arboretum Director: [zfowler@mail.wvu.edu](mailto:zfowler@mail.wvu.edu) or 304-293-0387. The WVU Core Arboretum is also on [Facebook](#), [Twitter](#), and [Instagram](#). [WVU Core Arboretum Brochure \(pdf\)](#)

## AWARDS

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Garden Club Friends, I want to encourage your club members to be thinking about what projects you may like to enter for an award this year. There will be some new categories so check the list on the SAR website to see what award/awards would be best for your club. Be sure to document your work and send pictures. Please review the scale of points to follow when submitting an award. If you have any questions or need help please contact me.

Now is the time to start planning. Good luck!  
Let's make our clubs proud by submitting lots of Award entries this coming year!

### RULES FOR SOUTH ATLANTIC REGION AWARDS SCALE OF POINTS FOR JUDGING AWARDS

#### RULES FOR AWARDS

- 1. AWARDS YEAR:** January 1 – December 31.
- 2. DEADLINE:** January 25 is the deadline for all SAR Award entries to reach the REGIONAL Awards Chairman. All entries are judged by respective states at the STATE level. The State Awards Chairman should MAIL all in one package the state winner of each award to the Regional Awards Chairman for Regional competition, if applicable. A list of state winners being submitted to Regional Awards Chairman must be included in the package. Applications **MUST INCLUDE REGIONAL Award Name**.
- 3. APPLICATION FORM:** Contains questions/topics to be addressed along with any supporting photographs. Forms are available on the NGC website, [www.gardenclub.org](http://www.gardenclub.org), or from the State Awards Chairman. There is a three (3) page limit; use **ONLY ONE SIDE** of the page. Type using "TIMES NEW ROMAN" FONT, **NO SMALLER THAN** size "10". Applications will be accepted in **HARD COPY** form only. Binders and vinyl sheet protectors are no longer needed nor allowed. Note some exceptions. Applications will **NOT** be returned after SAR Convention.
- 4. MEMBER AWARD OF HONOR, YEARBOOKS and PUBLICITY PRESS BOOKS are exceptions, with specific rules, etc. Consult NGC Awards list for these details.**
- 5. CATEGORIES BY CLUB SIZE:** Some awards specify awards according to size. Those are:
  - Small Club: 29 members and under
  - Medium Club: 30 – 59 members
  - Large Club: 60 – 99 members
  - Extra-large Club: 100 members +

#### **SCALE OF POINTS FOR JUDGING SAR & NGC AWARDS**

5 pts. Presentation: neat, concise, includes all required information, does not exceed 3- page limit.  
65 pts. Achievement: Scope of project, need and fulfillment; benefit; accomplishment; comprehensive work; activities to attain goals; evaluation of goals reached; educational; prior planning;

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[www.southatlanticregiongardenclubs.org](http://www.southatlanticregiongardenclubs.org)

## Chairman Reports (continued)

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very brief history of continuing project; financial report; other. 15 pts. Participation: Size of club; involvement of members, community, government agencies, professionals, youth, residents in facilities, others. (Involvement of all these is not required.)

15 pts. Supporting documents: Supporting data (as applicable), clear, well-labeled and neatly attached. 'Before' and 'After' photos, landscape plan (Does not have to be professionally –drawn) financial report, letters of appreciation, community awards, recognition, newspaper / magazine articles, radio or TV script, (if possible), etc. Photocopies are permitted, but need to be 'readable'.

100 pts. TOTAL



### BIRDS

Betty Gorrie

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Albinism

It's that time again, time to focus on Fall and Winter. Fall is now the season to start cleaning out our gardens. If you are thinking about adding to your landscape, you can improve your landscape and garden as a bird habitat by planting some of the following: trees and shrubs: wax-myrtle, sarvisberry, hawthorne, dogwood, holly and many others that produce berries for fall and winter food for our feathered friends. Stock up on seed, suet and raw peanuts and peanut butter. Spread it on the tree bark and watch.

Birds that do visit your feeders in Autumn, as my friend Marilyn says, are scouting. They need to know where the food is when winter hits. Cold increases their calorie requirements just at the time that food becomes harder to get. Remember to keep the feeders clean. Dirty feeders spread disease.

The basic needs for birds are food, water (yes, even in winter. A birdbath heater can be added), protective cover and a place to raise their young are necessary.

By the way, take a look at SAR Award #2 – Bird Protection. Perhaps your garden club has taken on such a project. Your club should consider applying for this award. You can't win if you don't apply.



### BOOK REVIEW

Susan Hooper

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No Nonsense Vegetable Gardening

Donna Balzer and Steven Biggs

Vegetable gardening is an appealing topic to first time gardeners as well as experienced gardeners interested in growing their own food. As experienced gardeners, most of you are probably thinking, "Do I really need another garden book?" The authors of No Nonsense Vegetable Gardening offer this answer, "If you are reading this book, you're probably looking for simple strategies." There are several unique features in this book that make it entertaining and filled with advice from multiple point of view. Illustrators met the challenge to format the information using child-like drawings, actual photographs, charts with sections not usually included in more scientific publications and a character (Ernie) easily recognized by most gardeners. Ernie the Guff is full of unfounded advice. Each chapter, with the exception of the first one, opens with 3 top tips and closes with a summary. The authors engage in a conversation with Ernie to confirm or discount his advice using their experiences, research and opinions. The authors are not always in agreement so their charts of what to buy, what to plant, and what tasks deserve your time/attention offer 2 solutions. It is up to the reader to decide which author or which piece of advice most closely reflects their philosophy or approach to gardening in their particular environment.

Gardeners will find answers to questions such as (1) what is the difference between hay and straw and when would you use each? (2) When is a veggie too mature? (3) What is meant by "dance of the crops" (4) Which 7 veggies can you grow to wow your friends? The charts like the one on page 129 about harvesting are accompanied by photos of plants ready to pick and too late to harvest with an additional column of "incidental" information. The book ends with a 10 column chart that identifies the top 10 plants you can grow and hints on how much to plant, what the seeds look like, problems and TLC tips. It will help you condense the information previously presented and cause you to reread parts of the book that give more details.

When all is said and done, the authors agree that "There's no right way to garden" and that each individual needs to be realistic in their expectations and select the gardening style and plants that will satisfy their desire to participate in raising their food. This book should be available in your local bookstore or an online source. No Nonsense Vegetable Gardening (ISBN 13:978-0-9832726-5-6); published by St Lynn's Press in paperback for \$19.95

## Chairman Reports (continued)



### BUTTERFLIES AND BEES

Marilyn Wright

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Before hurricanes and other natural disasters strike, people always wonder what will happen to the small creatures like butterflies and bees. These little marvels seem to know when something is building in the atmosphere and locate a safe roost. However, a hurricane may be a different story.

The journey southward to Mexico for monarch butterflies had already begun when hurricane Irma rampaged through the southeastern United States. Numbers and data concerning its damage on the butterfly population do not seem to be available. Scientists can make a better assessment after most of the Monarchs have collected in Mexico for their winter roosting.

The population was down in 2017 from 2016 by about 6% - 7%.

When a thunderstorm threatens migrating monarchs, I have seen them stop flying and descend to roosting sites. Their descent is often impressive and dramatic – a chaotic swirling action during the descent and milling chaos while forming their clusters. Thousands of individuals may be involved. This happened one afternoon near Linares, Mexico when a thunderstorm threatened. A large group of migrating monarchs spiraled down from a thousand feet elevation to form a huge roost.

10 ANIMALS THAT CAN PREDICT NATURAL DISASTERS (Akanksha Prabhune – September 13, 2015 <http://www.storypick.com/animals-natural-disasters>)

Have you ever noticed that bees are nowhere in sight before it rains? They sense moisture changes in the atmosphere, causing them to take shelter in their hives before downpours begin. They can also sense changes in air pressure. Also, the hairs on the bees' backs are sensitive and are affected by electrostatic build-ups in weather clouds.



### CALENDARS

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Plan now to get your copy of the 2018 Vision of Beauty Calendar. They are available through NGC Member Services.

### CONSERVATION/LITTER CONTROL/ RECYCLING IDEAS

Jill Rogers

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Following a glance at a picture that appeared while I was deleting emails, I discovered an interesting and useful blog, "Made and Remade", that introduced me to a book and bio-intensive planting.



The picture was of a gallon milk bottle buried in a garden. It was a recycling idea from a book by Shawna Coronado. In *101 Organic Gardening Hacks* you'll find creative ideas Shawna has dreamed up to help gardeners grow healthy and attractive flowers and vegetables. Some are practical timesavers; others



offer clever ways to "upcycle" everyday items in your garden. The ideas are completely organic and environmentally friendly. The book is divided into a dozen different categories for easy reference. Each idea includes a photo that shows you how to make it. Whether you are an experienced organic gardener and recycler or a novice, this book will be a great addition to your gardening library.

**Bio-intensive planting** is #26 in Shawna's book.

It is a planting technique that saves money, space and water and increases soil fertility. The bio-intensive method provides many benefits as compared with other farming and gardening methods. It can be a more easily implemented method that can be used by people who lack the resources (or desire) to implement commercial chemical and fossil-fuel-based forms of gardening. It is most often used for vegetable gardening, but it can also be used for flower beds, particularly annuals. I recently saw it used beautifully in the annual beds at Butchart Gardens in Victoria BC.

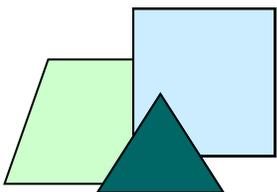


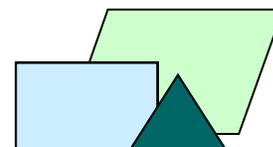
Historically, aspects of bio-intensive planting have been used since the earliest known cultures. More recently it has been scientifically developed into a system with identifiable steps that lead to success. Those steps include deep soil cultivation ("double-digging"), raised beds; intensive planting; companion planting; composting; the use of open-pollinated seeds; and a carefully balanced planting of both carbon rich and calorie rich plants. There are many useful websites that give a variety of ways to implement Bio-intensive gardening in the home garden.

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[www.southatlanticregiongardenclub.org](http://www.southatlanticregiongardenclub.org)





### ENVIRONMENTAL EDUCATION /ENERGY CONSERVATION

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#### *Grassroots Green* The New Normal

So many important environmental issues have developed since our last issue of *Key Notes* that it has been difficult for me to decide which *one* of them I can do justice to in the space allowed for this committee report.

Whether or not you believe all the information the media puts out about Climate Change, you can believe the changes you have seen with your own eyes – or personally experienced in the last few years. Sink holes in Florida have swallowed up areas the size of three football fields. In 2003 an extraordinary heat wave killed 70,000 people in Europe and it was considered a once-in-500-year event. In South Carolina, in 2015, we had what was referred to as the 1,000-year-flood.

Other areas of our region have felt the brunt of stronger storms powered by warmer ocean waters and even severe beach erosion. Perhaps there have been floods in *your* area in places that have *never* flooded before. These events are no longer ‘isolated’ events they are repeated occurrences that are beginning to become our ‘new normal’.

There is no question that carbon emissions currently blanket the atmosphere and trap heat near the earth’s surface, more that nine out of ten of the world’s scientists agree with that premise...but, how we will *use* that information has become the real issue.

We have known about carbon emissions since a Swedish scientist predicted in 1896 that carbon from burning coal would warm the planet...but how did we use that scientific information to improve our world for future generations? The answer to that question is that we have done *very little* in the last 121 years to control the amount of carbon emissions that we *knew* would cause global warming.

We possessed enough technology forty-eight years ago to put a man on the moon. If we had begun tapping some of those bright minds in the late 1960’s and requiring them to explore alternative ways to mitigate pollution we would not be facing the problems we are today.

Why are we *still* allowing industries and municipalities to use energy sources that we know pollute or have the potential of releasing radiation that could irreparably harm our world?

Why have we not required the leadership of our municipalities to stem growth in areas that we know to be ecologically fragile? Why have city planners allowed developments that lay more concrete, more asphalt and cut more trees and not be required to plant any back?

Some of the answers to the above questions lie within each of us. Short-term personal agendas often get in the way of long-term plans for the future of mankind.

As I approach a milestone birthday in a couple of month’s

time, I seem to have become more introspective. We are fortunate in this country to have the education and the where-with-all to make good decisions for ourselves, and the future of our world...yet we are part of the fifth generation who has deferred being accountable and making difficult/unpopular decisions about how to protect our world. Perhaps *now* is time for us to use our collective voices to ensure that change for the good of our planet happens on *our* watch.

**Recycling Tip:** Do you use fabric softener dryer sheets? Do you throw them away after one use in the dryer? Try using them twice, then save them as cleaning cloths. They are great for polishing chrome fixtures, scrubbing soap scum from shower walls, mopping up spills. They will wash out, dry with minutes and they also make a fresh addition to your linen closet layered between sheets or towels. Send me your favorite re-cycling idea and I will share them with our readers.



### GARDENS: COMMUNITY GARDENS/ CONTAINER GARDENING

Gail Hill

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336-292-8007 bgthill\_gail@aol.com

“Cleaning and Debugging Potted Plants Before Bringing Them Indoors”

Many People choose to move their houseplants outside during the summer to bask in the sunshine and humidity...but how do you bring them back indoors without the bugs? Debugging potted plants before bringing them back indoors is a critical first step for house plant pest prevention. Summer is a wonderful time for growing plants, and houseplants really benefit from being outside for a change.

But when fall comes and it’s time to bring the houseplants back inside for the winter, things can get ugly. It’s important to take a few steps to ensure the transition is painless for both you and your plants, and avoid bringing bugs and pests indoors.

Don’t leave your house plants outside too long. Plan to start bringing your houseplants inside several weeks before cool weather hits in the fall. If they are left outside for too long, cold weather could trigger them to drop their leaves, or worse, it could kill the plant. Plus, the transition back inside will be more of a shock to them if they are left outside too long when the weather starts to cool down. A good rule of thumb is to move houseplants back inside at least two weeks before your average last frost date.

## Chairman Reports (continued)

(Continued from page 8)

**Tips For Bringing Houseplants Back Inside.** If you have a lot of houseplants, I would recommend planning to move them back inside in small batches. Trying to do a marathon weekend of cleaning and moving plants back inside can be very stressful and exhausting for you (and hard on your back). Also, if you find a houseplant if pot-bound, repot it into a larger container before moving it inside – that way the mess will stay outside.

Debugging and cleaning potted plants before bringing them back inside is a crucial step to avoid houseplant bug problems. Aphids, mealybugs and other houseplant insect pests aren't normally a problem when houseplants are outside, but can quickly turn into a major infestation during the winter if they are brought inside on your plants.

### Easy Steps for Cleaning and Debugging Potted Plants

(Note: Only use this method for houseplants that are in pots with drainage holes!)

Step 1. Fill a large tub/bucket with water and add a few squirts of a mild liquid soap. Mild. Do not use any soaps that contain degreasers or detergents.

Step 2. To kill bugs fill the water up over the container and complete plant and leave for 20 minutes. The soapy water will wash the bugs out of the soil and kill them plus wash the plant leaves.

Step 3. If the foliage isn't covered completely by water, use a spray bottle of soapy water to wash the leaves that are sticking out of the water. If you don't want to mix your own soapy mixture for your spray bottle you can buy an organic insecticidal soap instead.

Step 4. After soaking, pull the plant out of the tub and scrub the pot with a scrub brush to clean it.

Step 5. Rinse the whole plant and pot with the hose to get all the soap and dirt off.

Step 6. Set the plant aside and allow all the water to completely drain from the pot before bringing the plant back indoors.

This method for cleaning and debugging potted plants is great because now your houseplants will get a good watering before you bring them back indoors. Another added benefit to soaking the plants is that all the dead leaves and other debris will float to the top, making it easy to discard. You can use a wide kitchen strainer to skim all the debris off the top of the water before removing the plants from the tub.



## GARDEN STUDY SCHOOL/CONSULTANTS COUNCIL

JoJean Scott

7961 Twin Bridges Rd. Alvaton KY 42122

270-781-2089 [jojogarden.34@gmail.com](mailto:jojogarden.34@gmail.com)

For all SAR Gardeners!

The South Atlantic Region has set a goal for our five states. The goal is that each of our five states will, during this administration, have a Gardening School Chairman. Congratulations to The Garden Club of North Carolina and State President, Gail Hill! And many thanks to Charles McLendon for accepting this responsibility and this challenge for North Carolina. Good luck, Charles, as you plan for North Carolina's Gardening School Course 1.

The Garden Club of Kentucky has a Gardening Schools Chairman and a Gardening Consultants' Council. Course 1, sponsored by the Garden Club of Kentucky and the Cardinal Council of Bowling Green, recently completed Course 1 with 34 registered students and 14 students taking the exams for NGC certification. The organizing committee for this Course 1 count their efforts a success. The 4 Instructors were educational, informative and inspiring. The trip to the Baker Arboretum for propagation demonstration was a memorable experience for all students.

The dates and place for Course 2 have been set. The place will be the Warren Association of Baptists Building in Bowling Green, Kentucky. The dates are Tuesday and Wednesday, March 27 and 28, 2018. For more information or for early registration, contact:

Jo Jean Scott. [Jojogarden.34@gmail.com](mailto:Jojogarden.34@gmail.com)

Martha Morgan. [Marthamorgan@twc.com](mailto:Marthamorgan@twc.com)

Wishing you great gardening days.



## MEDIA/VIDEOS/DVD PROGRAMS

Dorothy Richardson

P.O.Box 14 Loris SC 29569

843-756-7413

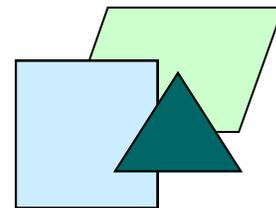
This Chairman would like to let you know that we have lots of exciting garden-related Programs. If you need a program on a particular subject please contact NGC Headquarters, MEMBER SERVICES. Email: [headquarters@gardenclub.org](mailto:headquarters@gardenclub.org).

Phone: 314-776-7574; Address 4401 Magnolia Avenue, St. Louis, MO 63110

Key Notes

October 2017

[www.southatlanticregiongardenclubs.org](http://www.southatlanticregiongardenclubs.org)



### MEMORIAL GARDENS

Bud Qualk  
1235 Oxford Trace Paducah KY 42001  
270-933-7051 budqualk@gmail.com  
What exactly is a Memorial Garden?

Memorial gardens are areas planted for a specific purpose. That purpose is to remember someone or something special. Memorial gardens are usually planted in memory of people or animals who have passed away. The garden is planted as a tribute to the life or lives that were lost. A memorial garden can be any size or can be planted with any type of plant. A single tree or flower can be a memorial garden. Memorial gardens also can be several acres in size. These gardens may include trees, flowers, shrubs, grasses, and other objects. For example, other objects may include memorial stones, benches or sculptures. Memorial gardens give surviving people a place to remember who was lost. These gardens give people a chance to share their grief and to heal. Two of the larger and most famous gardens are for the Oklahoma City Bombing victims and the one in New York City for the 9-11 disaster. Both hospitals here in Paducah have memorial gardens dedicated to families that donated large sums to their foundations or building funds.

Gardens are often filled with memories. A friend planted a tree in my yard for my Father and Mother when they died and I remember them every time I walk by. Many of the shrubs and flowers in my yard are from friends that shared them from their gardens and I will always remember them when I enjoy their beauty. Creating a memory garden can be as simple as planting a single tree, or as elaborate as designing a new flower bed. Before you start your memory garden, consider whether your spot gets sun or shade. While it might be tempting to plant underneath a tree, remember that it may be too shady there, and there may be too many roots in the ground, for plants to thrive. If you still want to plant there, try above-ground planters. Fill them with good organic matter, well-draining soil, and use plants that won't need much sun after the leaves appear in spring. A memorial planting doesn't require a lot of room. Use a corner of your yard; a container on your porch or deck; or a box on the balcony of your apartment or townhouse. You can even use a single specimen plant, like a rose or a perennial. You can do it! Good Gardening

### NEW AND IMPROVED CULTIVARS

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Winston-Salem NC 27106-5507  
336-416-4871 cchudgens@mindspring.com

In researching for this article, I found a focus on plants that are newer versions of native plants and I was introduced to the term "nativars". This is a focus on creating new cultivars of plants that are native to areas in an effort to support bees, butterflies, and other pollinators. In your region native plants are sometimes the only food source for pollinators. For the year of 2017 here are a couple of new perennial "nativars":



*Echinacea purpurea* 'Green Twister' features a ray of petals that are pale green at the ends bleeding into carmine-red in the center around a bronze to brown cone. It grows to just over three feet tall on sturdy stems that sometimes have a burgundy hue. Although most green-flowered coneflowers have not lived up to expectations, the hybridizer reports 'Green Twister' has come through extensive trials. Zones 4–9, 9–1. Jelitto Perennial Seeds.



*Coreopsis Uptick* series. This tickseed has bigger flowers and longer periods of bloom. Shown in these photographs are the 'Uptick Cream & Red' it features a dark maroon center that transitions to creamy petals and the 'Uptick Gold & Bronze' This series of plants has a mounding habit and grows at least a foot tall and wide. Zones 5–9, 9–1. Darwin Perennials.

## Chairman Reports (continued)

### PENNY PINES

Ann Fiel

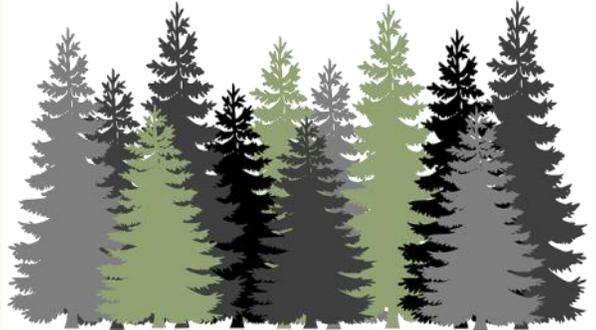
141 Stone Brook Dr. Morehead KY 40351-1846  
606-784-8207 ann@fiel.us

We are all aware of the devastating events to our country in recent months. Not only have homes and lands been destroyed but also many trees and forests.

Can you help by donating a “few pennies” to help replant our trees? We need trees to help clean our air, provide soil protection, watershed protection, soil stabilization, future harvestable timber, as well as beauty and shade for recreation. You may specify what State you wish to have your donation benefit from your contribution. The Forest Service will do the planting.

Please “Pass the Hat” at your District and State meetings to collect for Penny Pines. Contributions must be in the amount of \$68 (or multiples of) made payable to “NGC-Penny Pines”. Mail to: NGC National Headquarters, 4401 Magnolia Ave, St. Louis, MO 63110-3492.

For more information go to the NGC website: [gardenclub.org](http://gardenclub.org) and look for Penny Pines under “Ongoing Projects”.



### THE CORRIE WHITLOCK MEMORIAL SCHOLARSHIP FROM SAR

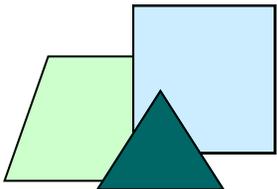
Phebe Kirkman

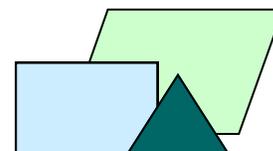
101 Brampton Court Winston-Salem NC 27106  
336-774-0118 pinkland2@aol.com

A rising Junior or Senior in College and/or a graduate student are eligible to receive the Corrie Whitlock Memorial Scholarship or the SAR Scholarship. Each state within the South Atlantic Region may submit one application to be in competition for a Scholarship. A qualifying student is one majoring in the study of Horticulture, Floriculture, Landscape Design, Botany, Plant Pathology, Biology, Forestry, Agronomy, Environmental Concerns, City Planning, Land Management and/or allied subjects.

Two Scholarships are given each year. The Scholarship amount is determined by the SAR Board of Directors, and the winners announced each year at the SAR Conventions. Applications will be judged on the following scale:

Academic Record	40 %
Applicant's Letter	30 %
Listing of Honors/ Extracurricular Activities/ Work Experience	10 %
Financial Need	15 %
Recommendations	5 %





**SOUTH ATLANTIC REGION  
DIRECTORS PROJECT 2017-2019**

Sandra Dutton

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919-26691329 r\_dutton@bellsouth.net

Plant, Protect, and Preserve our South Atlantic Region: Its national parks, state parks, public lands and community spaces.

There are many ways we, as SAR members, can contribute to the beauty of our lands. From picking up litter to educating the public on the plants that thrive in our 5 state regions, to working in public areas to repair and replace damaged plants. It is our responsibility to take the lead and Plant, Protect, and Preserve our South Atlantic Region.

To encourage our clubs an award has been established by the South Atlantic Region Director, Judy Barnes and is in effect for the two years of her term. A \$100.00 Award will be presented in 2018 and one in 2019 to the clubs who have shown the most effort in Protecting and Preserving our public lands.

This award is printed in detail in the SAR Directory on pages 29-30; and were in the July issue of Key Notes.



**WILDFLOWERS/ROADSIDES**

Marsha Alexander

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864-576-1513 marshaalexander@charter.net

*Wildflowers in the South Atlantic Region*

When I was researching information for this article, I came across this quote. “Wildflowers are part of nature’s grand beauty”. They grace our roadsides and landscapes, and add such beauty and interests to our region of the United States. They are an important part in the history of the region. It is documented that they supplied food and medicine to Indians and the early settlers.

North Carolina proclaimed *Lilium michauxii*, the Carolina Lily, as the State Wildflower in 2003. It grows throughout the State, from the mountain and forests of Cherokee to the swamplands in the coastal regions of the state. It blooms most prevalent in July and August, but can bloom in some areas of the state as late as October. The petals of the bloom are a brilliant red – orange and have brown spots. The blooms appear to be nodding. The petals are curved backward, almost to the base of the flower. The stem can grow three to four feet tall and have one to six blooms at the summit.

The Carolina Lily is not endangered, but it is considered rare. The plants are slow growing and don’t produce many seeds. They are drought tolerant and thrive in a sandy, slightly moist soil. Propagation is easiest from dividing the bulb which can be dug as soon as the plant goes dormant. The seed is ripe in late Summer and can be collected six to eight weeks after the bloom period. They usually germinate in the Fall Season.

The Carolina Lily was named for Andre Michaux, a noted 18<sup>th</sup> century explorer. He made a number of noted discoveries in the region. This beautiful wildflower can be found in each of our five states in the South Atlantic Region. By recognizing this wildflower as The State Wildflower of North Carolina, it provides an educational opportunity, as well as brings awareness of the need to preserve and propagate more of our wildflowers before they are considered Endangered. South Carolina also has a State Wildflower, the *Soldago artissima*, better known as Goldenrod. According to my research, our other three states do not have a State Wildflower. I hope that you will consider promoting one in your State, to provide an opportunity to educate and bring more awareness of this part of “nature’s grand picture”.



### YOUTH PROJECTS – GIRL SCOUTS

Carolyn King  
1332 N. Edgewater Dr. Charleston SC 29407  
843-763-6145 cskingworld@aol.com  
NGC NATIVE PLANT BADGE

Now that our garden clubs are meeting again after enjoying the summer months, I hope all of you are beginning your projects working with our youth helping them to learn gardening and to earn their Girl Scout patches. This chairman read in the newspaper recently that the Girl Scouts are adding 23 new badges to their requirements so girls will have more options to choose from about the environment.

The South Windermere Garden Club in Charleston, SC has made arrangements with a local elementary school to help three classes plant a butterfly garden, an herb garden and an edible garden again on their rooftop garden area in the middle of October. This was a huge success last year, and each class was so very proud of the work they had done in their garden. This is a wonderful way to work with our youth, and I will be glad to give you any ideas if you are interested. Any small garden area will work.

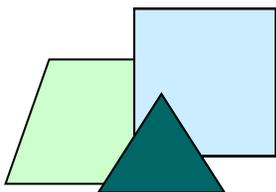
Don't forget to let me know what your garden club is doing with our youth, and when your Girl Scouts have finished earning their requirements for the NGC Native Plant Badge or their Girl Scout Patch, please let me hear from you. Working with our youth is so much fun and very rewarding.



### YOUTH – SMOKEY BEAR/WOODSY OWL POSTERS

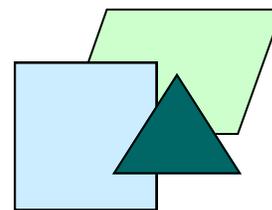
Barbara Ohmsen  
2881 E. Meadow Wood Dr. Chesapeake VA 23321-4243  
757-484-1753 basohmsen@cox.net

**SMOKEY BEAR/WOODSY OWL** – Are your clubs interested in this contest? Have you even given it a thought? Your state chairmen have received a packet of information from this chairman. Please contact them to get help – we need ALL clubs to think about this – AND PARTICIPATE! This chairman looks forward to hearing from every state by January 18, 2018 – five posters – the winners in each state!!!





# SAR Convention 2018



## SAR IN “RIVER CITY”

**March 18 & 19, 2018**

Kentucky is excited to host the SAR Convention, March 18 – 19, 2018. A highlight will be a tour of the Spring Grove Cemetery and Arboretum with over 733 acres (no you won't have to walk) offering picturesque landscapes, champion trees and world-class gardens.

Spring Grove is the 4<sup>th</sup> largest cemetery in the United States dating back to 1844. It is recognized as a National Historic Place and Historic Landmark and is the resting place for many Civil War Generals & Colonels as well as the graves of the founders of Proctor & Gamble, Kroger supermarkets and many politicians.

The registration information will be coming out and you will find other exciting programs we will be offering. Hotel registration will soon be posted on the SAR website.

We are meeting at the lovely Embassy Suites on the river and we will have: 2- room suites; Complimentary cooked to order breakfast; Free evening cocktails & snacks; Free In-suite wifi; Free parking

All for \$149 a night

Embassy Suites Cincinnati River Center

10 East Rivercenter Boulevard

Covington, KY 41011

859-261-8400



# National Garden Clubs



Nancy Hargroves  
2017-2019 NGC President

Theme:  
“Plant America”



## NATIONAL GARDEN CLUBS CONVENTION

May 21-24, 2018

Philadelphia PA

Lowes Hotel

At this time we have no details about the 2018 NGC Convention, but that should be forth-coming soon. The NGC website will have the details about programs/speakers/tours as well as the Registration Form. We do know that we will have interesting and informative speakers and programs. These are always well-planned by dedicated committee members.

So, mark your calendar now and make your plans to attend. It is always fun to see our South Atlantic Region friends at these conventions

Remember — May 21-24 at the Loews Philadelphia Hotel on Philadelphia PA



Key Notes *October 2017*  
[www.southatlanticregiongardenclubs.org](http://www.southatlanticregiongardenclubs.org)

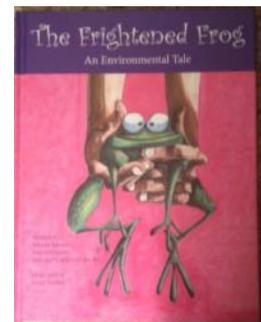
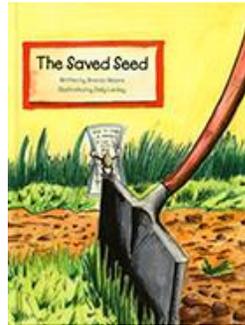
## National Garden Clubs (continued)



### YOUTH PROJECTS

National Garden Clubs is continuing “The Frightened Frog” program with the book. This year there is another book to use with children, “The Saved Seed”, tracing the life of a pumpkin seed. This book is also \$10 and can be ordered from NGC Member Services.

As has been done for many years, we will continue to sponsor the Smokey Bear/Woodsy Owl Poster Contest. Don’t forget the Poetry Contest for K-9. This year’s topic is “Let It Grow”. The HS Essay contest for grades 9-12 has the topic “Community Gardens—A Solution to Blight, Crime, and Hunger”. All rules may be found on the NGC website. And finally there is the Youth Sculpture Contest open to grades 4-8. The sculpture is to be made of recycled, reused, or reduced items.



### GRANTS FOR “PLANT AMERICA”

Are you aware that NGC has grants for projects involving working with youth and/or other groups as you “Plant America”? The deadline for submitting your application is November 1, 2017. All the details and application are found on the NGC Website. Check it out and consider applying!

**We hope** you are reading the interesting/informative articles in each issue *The National Gardener*. Don’t receive it?? Check with your SAR or state chairman or go online to NGC to subscribe. You’ll be glad you did!

## Odds ‘N’ Ends

#### Yearbook Corrections:

P. 51 Life Member #481: Mrs. Jenny Marlowe

P. 12 Arboretum/Botanical Gardens: Mary Reeves email [reevesmary3@gmail.com](mailto:reevesmary3@gmail.com)

P. 14 Historic Trails: Marcia Loudon email [gmama4@gmail.com](mailto:gmama4@gmail.com)

P. 14 Garden Therapy/Healing Gardens: Lee Ann Terrell address [28 Elm Ave. Moundsville WV. 26041-1321](mailto:28 Elm Ave. Moundsville WV. 26041-1321).

P. 14 Invasive Plants: Donna Hopkins address [1640 Old Lawrenceburg Rd. Frankfort KY 40601-8407](mailto:1640 Old Lawrenceburg Rd. Frankfort KY 40601-8407)

Schools/Symposia (as found on the websites. Check websites for details)

Landscape Design School: Course 2 Jan. 19-21, 2018 South Carolina

#### Symposium:

Oct. 22-24 Manteo NC

Nov. 1-2 Henrico VA

#### Flower Show Schools:

Flower Show School Course 2, Feb. 26-Mar. 1 Henrico VA

Flower Show School, Course 2 Mar. 19-21 Winston-Salem NC

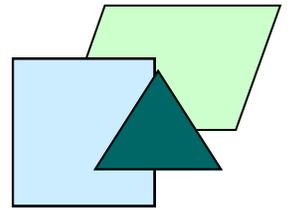
The new Flower Show Handbook now available, and took effect as of July 1, 2017. Check the websites for each of our states as many states are scheduling Flower Show Schools using the new book.

Key Notes

October 2017

[www.southatlanticregiongardenclubs.org](http://www.southatlanticregiongardenclubs.org)

## *The South Atlantic Region Member States*



**NGC Mission Statement**  
National Garden Clubs, Inc provides education, resources, and national networking opportunities for its members to promote the love of gardening, floral design, and civic and environmental responsibility.

*Key Notes*

*October 2017*

[www.southatlanticregiongardenclubs.org](http://www.southatlanticregiongardenclubs.org)

**Pleased Share This Newsletter With Clubs In Your  
State And With Members Of The State Boards  
Thank You**