

# Farm & Garden

WOMAN'S NATIONAL FARM & GARDEN ASSOCIATION, INC.

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**RAIN**



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National meeting in Buffalo/Niagara. From left to right: Sylvia Anderson, Sheila Chlebda, Susan Yeager, and Suzanne Smith-Oscilowski.



Fall Council Meeting in Columbus. From left to right: Julia Siefker, Susan Yeager, Mary Bertolini, Faith Tiberio, and Faith Dougherty.

# Farm & Garden

THE MAGAZINE OF THE WOMAN'S NATIONAL FARM & GARDEN ASSOCIATION, INC.  
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## JOIN US/GET INVOLVED

**For information about how to join** a branch of Woman's National Farm & Garden Association or form your own branch, please contact Susan Yeager, 505 E. Willow Grove Ave., Wyndmoor, PA 19038, call 215-247-4739, or e-mail [yeagerrisue@yahoo.com](mailto:yeagerrisue@yahoo.com).

**Members:** Send your accomplishments, tips, and updates for the next issue of *Farm & Garden*. Submissions must be received by August 1, 2011. Electronic format is preferred. Images must be jpeg format, 300 dpi. Send to Kathy Beveridge, Editor at 1195 Dager Road, Warminster, PA 18974, call 215-262-1372, or e-mail [kathleen.beveridge@comcast.net](mailto:kathleen.beveridge@comcast.net).

**On the Cover:** Let it Rain....Learn all about water conservation in the garden on pages 8-10. Photo and article by Suzanne Smith-Oscilowski, Environmental Concerns Focus Coordinator.

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## A WORD FROM WNF&GA PRESIDENT MARY BERTOLINI



There is comfort in familiarity. The welcome sight of your own bed after a trip, the hug of your favorite sweater or robe, the smell of the first oven dinner on a crisp fall evening, the joy of a crocus poking its head through winter's last snow, a pet dancing in delight as you open the door to come home.

These are all things that make us feel wanted, loved, and happy. A Comfort Zone is different for each of us, yet we all have a retreat to which we turn when we need our spirits replenished.

This past winter has been harsh in my area of the country. Weather and health have kept me indoors more than I would care to admit. It has been a season of challenge. However, I am blessed with an ever-changing landscape of woods and wildlife that keep me entertained. Living in this location for fourteen years, longer than any other home, has let me indulge in a very large comfort zone.

Four years ago, a hard look at the landscaping told us we were overdue for changes. Sinking pavers, dying pine trees, and overgrown bushes needed to be replaced. We garnered bids from landscape companies, poured over the quotes and

plans, and decided upon one that would suit our liking and budget. July rolled in hot and dry as the crew of six began the two weeks of back-breaking labor. I worried about heat stroke and hydration as the crew dug, dismantled, discarded and delivered our new look. We were elated when the last bit of dirt was swept away and the trucks departed. The face lift of our hardscape was lovely! Time to choose plantings! What fun!

We hesitated in our decisions. Neither of us had started from bare dirt landscaping. This was a new adventure. I heeled in my perennials, the new beds screamed for something green.

Of course, this was just temporary. Summer glided into fall, still nothing planted. A few weeds popped up, we pulled them out. Winter snows hid the unsightly invaders; we had a place to put the shoveled snow! Hurray! Spring arrived, but there were no spikes of bulbs poking through the snow. I had neglected to plant them last fall. The weeds continued to grow, we procrastinated with our plantings. The seasons came and went yet again. The beds remained weedy and dormant.

A few years later, we invited friends for a fall dinner. I watched as they approached to the front door. The look on their faces said it all: The first impression of my home was that of neglect! They saw everything I chose to ignore. My comfort zone had ballooned out of proportion; I didn't accomplish changes and tasks that needed to be completed. The result was heartbreaking.

Farm & Garden has enjoyed a comfort zone for many years. We love attending Branch, Division or Na-

tional meetings to catch up with friends. We tour, exchange ideas, distribute funds, read reports and return to our homes. Changes necessary for survival remain ignored.

It is hard to admit neglect. Now, as we review our current status, we realize that the old landscaping needs to be revamped. Our foundation is the same. We need a new Vision, new bones, and new soft plantings.

At the Council Meeting in Columbus, we began our journey of change. The Vision and Planning Steering Committee is well on the way to forming a new, updated vision of Farm & Garden. Every member is invited to join us by sharing ideas.

Our new website is just the start of what is to come. We will have new bylaws to support the changes, new forms of communication, and, most importantly, we will look for new members to help us continue the mission set forth by our Founders many years ago.

Our roots remain in agriculture and education. Join the re-landscaping efforts at our meeting in Grand Rapids, Michigan this June. We need trees to lean upon, perennials to mark our paths, bulbs and rhizomes for seasonal delights and annuals for pops of color. Every member can choose her own nursery stock of ideas. Plant with us to see what the future can grow!

## IN FOCUS: Container Gardening—Watering 101

**By Louise Shoksyder**  
**Gardening Focus Chairman**

As gardeners, one of our biggest challenges is to supply the right amount of water to our plants. Too little or too much can cause failure. Watering container gardens is the most challenging!

A large container can require daily or twice daily watering in summer heat. One cannot depend on rain or an overhead sprinkler to do the job. Lush growth of plant leaves prevents water from getting to the roots. Water must be applied liberally at the soil line to get to the roots of plants. You should always see water running out from the bottom drainage hole to know that water has made it all way down the pot.

Given the need of consistent watering, how do we keep from being a slave to our plantings? Help is on the way!

First, consider the pots you use. Clay pots demand the most water. They dry out quickly, wicking water away from the soil and plant roots. Many of us have favorite clay pots, used year after year. Soaking the pot in water before you plant is a big help.

Of course, we must have drainage holes in the bottom of any pot. Plastic or fiber pots allow for drainage holes to be added with a drill. If drainage holes cannot be added to a pot, then a liner pot with drainage must be used.

Another option is the self-watering pots now available. When they were first introduced, these plastic pots were very utilitarian looking, but now there are lovely, sophisticated styles available. Using a wick and reservoir, these pots provide a steady source of water and nutrients for plant roots. It is just up to you to keep that reservoir filled!

The planting medium used in your pots is also important for water conservation. Soilless mix, or pro-mix, is the preferred planting medium for container gardening. Made of a combination of peat, humus, bark, vermiculite or per-

lite, these mixes are light and fluffy. They allow better drainage than heavier soils, and are free of unwanted weed seeds, insects and disease related spores and bacteria. Some mixes have fertilizer and water retaining crystals.

Many of you may have tried water retaining crystals in your containers. There are two types of these crystals: starch based (Quench) and the more common type made from polyacrylamide (Soil Moist). There is currently a controversy over the use of polyacrylamide, as studies have shown that it is a carcinogen. Beyond that, other studies have shown that the use of these crystals may only prolong watering by a day. Personally, I would not use these crystals in a container of vegetable plants or herbs. Have you ever used too many of these crystals in a pot? I have, and I had a floating garden!

The actual application of water is the final point to discuss. Large containers need large amounts of water. Traditionally, we have used watering cans and hoses to get water to the roots of our container plants. A strong blast of water from a hose can displace soil and roots, so I use a bucket, kept by my hose, to apply water to my containers.

Because we travel so much, I've cut back on the number of containers I plant. I have discovered, however, that drip irrigation may be the answer.

At my home, we water with lake water, so we have a seemingly endless supply. For those of you with water bills and watering restrictions in dry weather, drip irrigation would be a blessing. Water is saved and so is your energy.

Drip irrigation can be created to service each pot or window box. If you have an existing in ground watering system, it is easy to add a drip system for pots. Check the Internet or your local garden center for systems. If you have a service company for an in-ground sprinkler system, they would be able to install a drip system for you too.



Self-watering planter



Drip irrigation

Since not everyone has a lake in their backyard, acquiring water may be a problem or expense. Rain barrels have become very popular for reclaiming water for use in the garden. See the article on page 8 in this issue for more information.

In addition to annuals and perennials, don't forget to try herbs or vegetables in pots too. With light pots and soilless mix, you can move these pots around the yard. Find needed sun or fill in a vacant spot in the garden with your pots. Combinations are endless.

Container gardening can be very rewarding, especially with solutions to the watering of each pot. Here's hoping you have a great summer gardening.

## IN FOCUS: Horticultural Therapy Happenings

### By Marla Diamond, Horticultural Therapy Focus Coordinator

On December 7, 2010, two very deserving and dedicated students studying Horticultural Therapy at Kansas State University were awarded Woman's National Farm & Garden, Inc. Burlingame/Gerrity Horticultural Therapy Scholarships.

We awarded \$1,000.00 for the year 2010. Two students each received \$500.00. They were recommended by Dr. Richard H. Mattson, Professor in Horticultural Therapy, Department of Horticulture at Kansas State.

In his letter, Dr. Mattson introduced the two students as follows:

"Clayton Holthaus, a Sophomore from Holton, Kansas, enrolled in the Horticultural Therapy specialization. He is a non-traditional student with career goals of working with adolescents and youth who have mental health and drug related problems. This semester, in addition to his classes, he is working with developmentally challenged adults in a vocational training program in the campus greenhouses."

"Sherry (Hsuanyun) Chang, a Sophomore transfer student from California who is originally from Taipei, Taiwan. She is enrolled in the Horticultural Therapy specialization. Her career goals are to work with either elderly or children with special needs. She has also been assisting with the enclave of developmentally disabled adults this semester in the campus greenhouses."

"Both students are doing well academically and are highly motivated to becoming successful professionals in their chosen fields. Also, both will require financial assistance in order to complete their degrees on schedule. Thank you for the continued support of the Woman's National Farm & Garden Clubs in assisting with financial support to these two deserving students."

The WNF&GA Standing Rules state: The Burlingame/Gerrity Scholarship is awarded to a student(s) enrolled in a bachelor's degree program in Horticultural Therapy.

The students are chosen by the college.

### Berkeley Hills Branch Continues Horticultural Therapy Program By Dorothy Zippel

The Berkeley Hills Branch started their 25<sup>th</sup> year in providing a monthly Horticultural Therapy program for the residents of Vincentian Regency Nursing Home.

Each session begins with a "walk through the garden" which is a way to discuss and show specimens found outdoors – things from our gardens. These might be blooming flowers, herbs, birds, pinecones, evergreens; in other words, natural material. The leader talks about these things and then passes around the items to each resident.

Each month a project incorporating some natural material is presented which then can be taken back to the resident's room.

Now in the spring, flower seeds will be started and later planted outdoors in a new wheelchair accessible raised planter.

It is very gratifying to hear residents tell of their former gardens and of the plants they grew. It brings back many happy memories of another time and the enjoyment they received from gardening.



## IN FOCUS: 2011 Plants of the Year

By Louise Shoksynder  
Gardening Focus Chairman

### Perennial Plant of the Year

The perennial plant of the year, chosen by the Perennial Plant Association, is **Amsonia hubrichtii**. Known as Amsonia or Arkansas Blue Star, this plant is hardy from USDA zones 4-9. It requires full sun to partial shade and prefers average, moist well-drained soil, but will tolerate less moisture.

Once established, Amsonia will tolerate drier conditions. It grows 36" tall and as wide, to form a nice mounded plant. The flowers are light blue and produced in spring followed by glorious foliage in summer. The golden-yellow fall color is second to none among herbaceous perennials.

Amsonia is a great perennial for borders, native gardens, cottage gardens or open woodland areas. It spans seasons for its garden interest. It is especially attractive when mixed with ornamental grasses and plants that have attractive seed heads. Look for Amsonia plants in your garden center this spring.

### Herb of the Year

The International Herb Association has chosen **Horseradish** as the herb of the year, 2011. Growing Horseradish is easy and it can be very gratifying to create your own condiment. Horseradish plant is typically grown from a root cutting. These may be ordered from a reputable



Amsonia hubrichtii, also known as Amsonia and Arkansas Blue Star



Horseradish Roots

nursery or you might be able to find someone who is raising the plant and will be willing to share some of their plant with you.

The root should be planted in early spring. Dig a hole that is deep enough to stand the root up in. Holding the root upright in the hole, back fill the hole until all but the crown of the root is covered. Once the root is planted, water it thoroughly. Then leave it alone! Do not fertilize or fuss over this plant. Once the plant is established, it will be yours for life.

Keep in mind, when you plant your root, that this plant needs lots of room or firm boundaries. Plant it in a deep container or bury a plastic tub around the root. This will keep the growing horseradish plant in check. To harvest your horseradish, you can wait until fall, right after the first frost. Or, if you prefer, you can do this in the spring, which also helps to divide the plant. Dig down around the horseradish plant as far as you possibly can and then with your spade, gently lift the root out of the ground. Break off some of the roots and replant them in the ground. The rest of the horseradish root can be processed into ground horseradish.

### **Horseradish Sauce for Ham**

¼ cup sour cream  
2 Tbsp. horseradish  
2 drops any brand hot sauce

Mix and serve small portions with savory baked ham.

### **Shrimp Dipping Sauce**

¼ cup catsup  
2 Tbsp. real prepared horseradish  
3 Tsp. Worcestershire Sauce  
½ Tsp. Hot sauce (or more to taste)  
1 Tbsp. chopped fresh chives

Mix, chill for 30 minutes or longer and serve with chilled shrimp.

### Hosta of the Year

Chosen for the **Hosta** of the year is the cultivar, '**Praying Hands.**' The plant has upright, narrow, tightly folded leaves that resemble hands folded in prayer. The leaves are a dark green and heavily rippled with very narrow, golf margins. The leaves have a matte finish above, but are folded, revealing their shiny undersides. They produce lavender flowers on 18" scapes and are abundant in late summer.

Hostas are popular perennials in today's garden due to their versatility in the landscape. Many of us have become addicted to them, and there are more than a few collectors in our membership.

'Praying Hands' is part of the Designer Hosta Collection. It was bred by Jerry Williams and introduced in 1996.



Hosta 'Praying Hands'

# Let it Rain... Water Conservation in the Garden

**By Suzanne Smith-Oscilowski**  
**Environmental Concerns Focus**  
**Coordinator**

For many homeowners gardens provide a source of beauty and contentment. Gardens can also provide an opportunity for wise water management practices that positively impact both the *quality* and *quantity* of water in the local watershed.

We all live in a watershed. But what exactly is a watershed? A watershed can best be defined as an area of land where all the water that is under the land or drains off the land goes to the same place, usually a creek, river, lake, ocean or other body of water.

Perhaps it is easiest to think of a watershed as a gigantic *drainage basin* or area in which all water, sediments and dissolved materials flow from the land into a common body of water. According to the US EPA, the continental United States has 2110 watersheds.

Why are watersheds important? The health of our creeks, rivers and lakes depends on clean water and healthy watersheds.

Clean water and healthy watersheds are determined by both the quality and the quantity of water within the watershed. Water quality refers to the chemical, physical and biological characteristics of water in respect to its suitability for a particular purpose; consider water for drinking versus water for washing the car.

Water quantity relates to the amount of impervious surfaces, such as roadways and rooftops, which cannot absorb water. This water runoff results in erosion and flooding. Impervious surfaces channel pollutants directly into streams

without being processed by infiltrating the soil during transport. Best management practices suggest that as a homeowner it is important to keep the water that falls on your property...on your property! Don't let water run off your property.

Here's what you can do to help keep our watersheds healthy:

- reduce storm water runoff and increase local recharge;
- reduce fertilizer, pesticide and herbicide use; and
- clean up pet waste which introduces harmful bacteria into the water supply.

Garden practices that incorporate rain barrels can minimize storm water runoff by retaining water for later use in the garden.

Rain barrels collect water that would normally flow directly off the roof, through gutter down spouts, and become storm water runoff. Keep-

ing this runoff for garden uses conserves water for plants during dry periods, saves the gardener time spent watering garden plants, and provides a consistent supply of free soft (no chlorine, lime or calcium) water for outdoor use.

Rain barrels come in many shapes and sizes. It is best to select a barrel that is sealed to prevent children or animals from accidentally falling into the barrel.

Rain barrels operate on a gravity-fed system so they usually need to be elevated on top of a single or double layer of cinderblocks or the like. The existing down spout should be interrupted at the correct height of the barrel's water intake opening using a diverter and/or flexible tubing. These are readily available online from sources such as Spruce Creek Rainsaver as well as in some local hardware stores.

It's critical to connect an overflow hose to the barrel. The water overflow hose should be able to accommodate excess water so that during a significant rain event that water can exit the barrel without gushing out and onto the building foundation.

Keep an eye on the barrel until it is determined that the barrel can accommodate a torrential downpour. If the barrel is handling a large expanse of roof, the overflow hole and pipe may need to be enlarged or an additional rain barrel may be connected to the original rain barrel.

The amount of rain that will run off the roof can be readily calculated using the following formula:

*(Continued on page 9.)*



Rain barrel diverter and flexible downspout tubing.

# Let it Rain... Water Conservation in the Garden (continued)



Rain barrel installation using a flexible tubing downspout.

*(Continued from page 8.)*

## **Sample Rain Calculation**

*Assume ½ inch of rain (.5 inch) on an 800 square foot section of roof*

*Standard value- 1 inch rain on 1,000 sq. ft. roof yields 623 gallons of water.*

*800 sq. ft. x .5 in. x 623 = 249,200*

*249,200 divided by 1,000 - about 250 gallons of storm water runoff*

If you have a 54 gallon barrel, it is very important to have an overflow pipe!

The contents of the barrel can be used for hand watering or may be connected to a soaker hose that is attached to the barrel's spigot. If a soaker hose is connected, leave the barrel's spigot valve open continuously (24/7), this will allow the water to infiltrate the soil at a slow pace.

*(Continued on page 10.)*

## **Barrels of Fun**

**By Audrey E. Ehrler**

When I was a girl, rain barrels were as commonplace as the spaghetti pot in our kitchen. Every family in our neighborhood had a rain barrel on their property.

The purpose for the vessel was to conserve precious well-water. Or, to keep the water bill low for those families that had city water piped into their houses.

Our rain barrel was made of wood reinforced with round metal strips that encircled it in three places. It had a wooden cover with an iron latch. We preserved it by oiling it with olive oil on the exterior. It was set beside the house right near the veggie garden and the grape arbor.

The children were responsible for maintaining the rain barrel and for watering the property. But, in our minds rain barrels had a more important purpose-- FUN!!!

If there was a drought, we would use the empty vessel as a vehicle to take an amusement-park-ride around the yard. One child would crawl into the barrel and the other kids would push it around the property. Clickety-Clack-Clickety-Clack--What a ride!!! Perhaps this is where the term "Barrels of Fun" was conceived?

When the barrel was full of water, we would fill our bubble pipes and our water pistols to enjoy many hours of outdoor fun. A few of us had our first swimming lessons at the top of the full rain barrel. It was Cousin Norman's idea that the little ones should practice at the rain barrel before swimming in the lake. I needed to climb on a stool to practice breathing and blowing bubbles. One day, I leaned too far and I fell into the container! The older kids rescued me. That is how we learned a very important fact. One should never ever swim alone!!!

We were budding scientists and many an experiment occurred at the rain barrel. One day, we decided to see what would happen if we threw big jar of Brioschi into the water. For the reader who is not of Italian Decent, Brioschi is the Italian equivalent to Alka Seltzer. Plop-Plop-Fizz-Fizz and all one's stomach problems would disappear. That adventure produced a huge FIZZ followed by giggles and worries. What would happen to the veggies and the grapes if we watered them with the fizzy water? Pete decided that if Brioschi was good for our stomachs the plants would be OK. I am happy to report that none of us became scientists.

I am pleased to hear that rain barrels are making a comeback. I hope the children will enjoy them as we did all those years ago. I hope they have "Barrels of Fun!"

*Audrey Ehrler is past president of the New York Division.*

## Let it Rain... Water Conservation in the Garden (continued)

(Continued from page 9.)

If the barrel usage rate slows down over time, shingle dust from the roof may have clogged the pores and accumulated in the soaker hose requiring the soaker hose to be flushed out by running water from an outdoor faucet through the soaker hose.

Make sure the barrel has a fine mesh screen to prevent mosquitoes from entering and laying eggs. As an added precaution, a "Dunks" or similar biological pest control (*Bacillus thuringiensis* (Bt) 10%) may be tossed into the barrel to kill mosquito larvae. "Bt" is not harmful to pets, birds or insects.

It is not recommended that water from a rain barrel be used on food crops as roof shingles may contain undesirable materials.

To winterize the barrel simply flip the diverter switch or disconnect the downspout and reconnect the old downspout. Finally, flip the barrel upside down. Accumulated sediment can be flushed out of the barrel by removing the mesh screen during spring installation.

Do-it-yourself rain barrels are popular and there are numerous sources of information on the internet. Check with your local county extension service or search YouTube for the *Penn State Three Minute Gardener*- keywords "rain barrel." This short video clip provides precise instructions for making your own rain barrel.

Rain barrels are easy to install, maintain and use; they provide an effective way to conserve water and keep our watersheds healthy and our creeks, rivers and lakes free from contamination.

For more information on purchased barrels visit:

[www.sprucecreekrainsaver.com](http://www.sprucecreekrainsaver.com)

or check with your local county extension office.

For more information on do-it-yourself barrels visit:

[www.aquabarrel.com](http://www.aquabarrel.com)

or check with your local county extension office.



Rain barrel diverter and flexible downspout tubing are used to direct rainwater into the rain barrel in season for capture and use in the garden.

# National Meeting Overview: June 1-5, 2011

## Join us for a Grand Time! on Michigan's West Coast

Join us as we travel westward to Grand Rapids, Michigan for the 2011 National Meeting. This region is highly regarded for the efforts put forth by its citizens in maintaining organic, sustainable agriculture. Grand Rapids is not just "going green" but actually "living green!"

Activities and accommodations were given preference based on their commitment to the environment, to safe and sustainable food, and to the educational value they offer.

**Wednesday June 1** is arrival day. Plan to arrive between 3-6 pm. After you register for your room, WWI-era costumed greeters will be available at the check-in station to kick off your Grand Time! In the true spirit of recycling, be sure to remember to bring a Hostess/Hospitality bag from a previous WNF&GA event so that it can be filled with meeting materials and goodies!

The rest of the evening will be free to have dinner on your own and to explore the wonderful amenities of the hotel, or venture out to many of the fascinating restaurants and pubs within a 3- 10 minute walking distance.

On **Thursday June 2nd** early birds might want to join in morning stretch and meditation. Then prepare to board the luxury coach to journey to the Frederick Meijer Gardens for two tours: one by tram and the other led by a docent. (See the related article on page 14.)

Kindly note that breakfast at the hotel and lunch at the Garden will be on our own today. Thursday evening we will join together at Mojo's Piano Bar, located directly across

the street from the Amway Grand, for a buffet supper and an evening of laughter and camaraderie as two talented musicians "tickle the ivories" and entertain us with songs requested by the audience. Feel free to join in the singing!

**Friday, June 3<sup>rd</sup>** plan to be up early for morning stretch and meditation and breakfast on your own. Then board the luxury coach for a morning visit to the famous Grand Rapids Farmer's Market. But don't expect just your average stroll through the stalls; there will be some surprise educational activities to expand our knowledge about farm markets!

For lunch we will travel to "The Heritage," a restaurant run by the local culinary school, for lunch prepared by student chefs using local, organic, sustainable food.

We will return to the Hotel in plenty of time to start the first session of the Annual Meeting. Facilitated by Kathy Beveridge, the first order of business will be lively, thought provoking, and fun!

Dinner will be together that evening at the Hotel followed by a wonderful program titled: "Fashioning the Future: The Fabulous Women of Farm & Garden." All attendees are encouraged to wear vintage clothing, hats, gloves, and other memorabilia from the past to join in the spirit of the program! Later, enjoy a networking reception in the President's Suite to unwind and relax.

**Saturday, June 4<sup>th</sup>** after breakfast on your own, we will begin with Session 2 of the Annual Meeting, followed by lunch and awards. After lunch, we will have Session 3 of the Annual Meeting. The afternoon will conclude with some fun activities that

will include hands-on Floral Arts, Creative Writing, Gardening-related subjects, or just some free time to relax before our big evening.

Saturday Evening promises to dazzle with the Silent Auction during social hour and dinner. After dinner, we are excited to present nationally known author Elaine Weiss, who wrote 'Fruits of Victory: The Woman's Land Army of America in the Great War.' Ms. Weiss spent a great deal of time researching in the WNF&GA Archives at the Schlessinger Library for material for her book and is very excited to be presenting to our organization.

**Sunday June 5th** is departure day, full of reminiscing and goodbyes after our Grand Time at the Amway Grand.

Whether this will be your first National Meeting or your 21st, everyone will go away with happy memories, new friends, and tons of educational information about Farm & Garden and its past, present and future.

The Annual Meeting provides a networking opportunity and camaraderie with fellow members like no other! Making new friends, catching up with old ones, and the precious memories you will take home round out the rich experience of attending. So become more active in your WNF&GA organization and join us June 1-5, 2011.

Don't have a travel partner? Invite a friend, husband, or anyone else that shares a passion for farming, gardening, and making the world a better place to live in!

# National Meeting Details

## National Meeting Agenda June 3-4, 2011 Grand Rapids, Michigan

1. Call to Order
2. Pledge of Allegiance to the Flag of the USA
3. Welcome
4. Recommendations from the Executive Committee
5. Roll Call
6. Agenda Review
7. Officer's Reports
8. Committee Chairman Reports
9. Unfinished Business
10. New Business
  - \* Web Site review
  - \* Arboretum Internship
  - \* Vision/Planning Comm.
11. Awards
12. Open Forum/Announcements
13. Adjourn

### Return of a WNF&GA Tradition: The National Meeting Silent Auction

Anyone who has attended the Silent Auction Fund Raiser at the WNF&GA National Meeting knows firsthand what a delightful opportunity this is to raise money for the National Meeting Fund!

Traditionally held on the last evening, members donate a variety of whimsical items from the inexpensive to the extravagant, thus making it affordable for anyone to be a successful bidder. Examples of past donated items include jewelry, artwork, garden books and related items, pottery, decorative household items, candles, honey and so much more.

So put your thinking caps on, wrap yourself in imagination, then stroll through your home and gardens to search for that perfect item or two (or three!) to bring to the 2011 Silent Auction in Grand Rapids, Michigan – Saturday, June 4<sup>th</sup>.

## Amway Grand Plaza Hotel

A Grand Time! awaits us as we settle into the luxurious accommodations of the Amway Grand Plaza Hotel, located in the heart of vibrant downtown Grand Rapids. Beautifully appointed, the Amway Grand is a delight to the senses, with mouth watering aromas wafting from the four unique restaurants on the property to the gorgeous furnishings, artwork, and gold leaf ceiling in the historic, masterfully restored Pantlind Lobby. This ceiling is the largest gold leaf ceiling in North America!

Meeting Planner Julia Siefker has been working closely with the friendly, personable staff of the Amway Grand to provide a meeting that promises to delight. Guest rooms are well appointed and comfy beds will welcome you after each day of adventure that is planned to educate and entertain.

The Fitness Center boasts an indoor pool with two hot tubs, a lighted outdoor tennis court, a wide selection of advanced cardio equipment, free

weights, tanning bed, and a luxurious women's locker room with sauna. The large gift shop centrally located on the main lobby floor carries practically any item that you require, even a large selection of beer and wine!

Located in central Grand Rapids, Amway Grand Plaza is near the airport and close to the Grand Rapids Art Museum, Public Museum of Grand Rapids, and Gerald R. Ford Museum. Additional points of interest nearby include the Grand Rapids Children's Museum and the John Ball Zoo.

To reserve a room, call the hotel directly: 616-774-2000 or 1-800-253-3590. Use the Group Code 10J5CU.

Room rates will be \$129 for single or double occupancy, \$139 for triple, and \$149 for quad. Parking is available at a 50% discount for \$8/day. Rooms are reserved until May 1st. The Amway Grand Plaza Hotel is at 187 Monroe Avenue NW; Grand Rapids, Michigan 49503.

## Transportation and Directions

The Amway Grand Plaza is conveniently located in the heart of the downtown Grand Rapids' business and entertainment district. At the crossroads of both US-131 and I-196, the hotel is easily accessible and a brief 18-minute drive from Gerald R. Ford International Airport.

### Gerald R. Ford Int'l Airport (GRR):

Transportation options from the airport to the Amway Grand Plaza include:

**CAR RENTAL:** Rental car agencies' counters are located on the first level of the parking garage.

**TAXI:** (Metro Cab (616-827-6500) offers traditional taxicab and luxury sedan service at the curbside. Taxi fare to downtown Grand Rapids is approximately \$32. Luxury sedan service is approximately \$37.

**PUBLIC TRANSPORTATION:** The Rapid bus system (616-776-1100) includes a stop at GFIA on their route. Bus rides cost \$1.50 with one transfer pass included. The latest schedule is available online. Route 17 serves the airport. Greyhound Bus Lines (800-231-2222) depart from downtown Grand Rapids. Call for schedule and fare information or visit [www.greyhound.com](http://www.greyhound.com).

### Driving Directions:

To access driving directions on MapQuest or GPS, use the following address: 187 Monroe Ave NW, Grand Rapids, MI 49503.

Registered hotel guests will pay \$16 per night for self-parking or \$25 per night for valet parking. Both allow 24-hour in-and-out access.

# NATIONAL MEETING REGISTRATION FORM

(Please fill out a separate form for each guest.)

*Amway Grand Plaza Hotel; 187 Monroe Avenue NW; Grand Rapids, Michigan 49503; 616-774-2000 or 1-800-253-3590*

**June 1-5, 2011**

Non Refundable Registration Fee

Name \_\_\_\_\_ Member \_\_\_\_\_ Guest \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone \_\_\_\_\_ E-mail \_\_\_\_\_  
Division \_\_\_\_\_ Division Office Held \_\_\_\_\_ Branch \_\_\_\_\_ Branch Office Held \_\_\_\_\_  
National Office Held \_\_\_\_\_  
Arriving by: Plane \_\_\_\_\_ Bus \_\_\_\_\_ Car \_\_\_\_\_ Expected time of arrival \_\_\_\_\_  
Rooming with \_\_\_\_\_ Need a Roommate? \_\_\_\_\_  
Regular Diet: \_\_\_\_\_ or Vegetarian Diet \_\_\_\_\_

Please note that this year you may select which days you wish to participate in meals/tours and programs to adapt to your budget.

Wednesday June 1	Arrive and check-in (3-6p.m.)	
Thursday June 2	Frederick Meijer Garden Tours Mojo's Buffet Supper/Dueling Piano's	\$ 50 _____
Friday June 3	Farmers Market Tour Lunch at the Heritage First Session Annual Meeting Cocktail Hour/Dinner Program: "Fashioning the Future: Fabulous Ladies of Farm & Garden"	\$ 60 _____
Saturday June 4	Second Session Annual Meeting Buffet Lunch Third session Annual Meeting Cocktail Reception for Elaine Weiss and Silent Auction Dinner & guest speaker nationally acclaimed author Elaine Weiss	\$ 70 _____
<b>Saturday Night Reception, Dinner &amp; Guest Speaker <u>ONLY</u></b> (\$50 members, \$60 nonmembers) (Does not apply to registrants for all Saturday events – above.)		\$ _____
<b>Total Registration</b> (Add up all of the above.)		\$ _____
Angel Fund Donation		\$ _____
Late Fee( After May 1) \$ 25		\$ _____
<b>Total Enclosed</b>		\$ _____

Make checks payable to: *WNF&GA National Meeting Fund*  
Send completed registration form and check to: Julia Siefker, 9355 Rd 11, Ottawa, OH 45875.

Questions: call Julia Siefker 1-419-538-6739; [jverhoff@bright.net](mailto:jverhoff@bright.net). **No refunds.**

**Late fees apply after May 1, 2010. No Exceptions.**

Call hotel directly to make room reservations 1-800-253-3590 Group Code 10J5CU

## Story of the “Farmerette” Lost for 90 Years Author to Speak at National Meeting in Grand Rapids

Imagine a spunkier, and more controversial, Rosie the Riveter—a generation older, and more outlandish for her time. She is the “farmerette” of the Woman’s Land Army of America, doing a man’s job, in military-style uniform, on the rural home front during WWI.

During the war she was the toast of Broadway, the darling of the smart set, a star of the wartime cinema newsreel, and highlight of the Liberty Loan parade. Victor Herbert and P.G. Wodehouse wrote songs about her, Rockwell Kent drew sly pictures of her, Charles Dana Gibson created posters for her, Theodore Roosevelt championed her, the *New York Times* wrote editorials about her, and Flo Ziegfeld put her in his follies.

And then she disappeared.

For ninety years the farmerette has been lost, totally and inexplicably forgotten, wiped from the national memory. Her story has never before been told...until now. *Fruits of Victory: The Woman’s Land Army of America in the Great War* by Elaine F. Weiss brings the lost story of the farmerette back to American history.

From 1917 to 1920 the Woman’s Land Army brought thousands of city workers, society women, artists, business professionals, and college students into rural America to take over the farm work after men were called to wartime service. These women wore military-style uniforms, lived in communal camps, and did what was considered “men’s work”— plowing fields, driving tractors, planting, harvesting, and hauling lumber.

The Land Army insisted its “farmerettes” be paid wages equal to male farm laborers and protected by an eight-hour workday. These farmerettes were shocking at first and encountered skeptical farmers’ scorn,

but as they proved themselves willing and capable, farmers began to rely upon the women workers and became their loudest champions.

While the Woman’s Land Army was deeply rooted in the great political and social movements of its day—suffrage, urban and rural reform, women’s education, scientific management, and labor rights—it pushed into new, uncharted territory and ventured into areas considered off-limits. More than any other women’s war work group of the time, the Land Army took pleasure in breaking the rules. It challenged conventional thinking on what was “proper” work for women to do, their role in wartime, how they should be paid, and how they should dress.

The WLA’s short but spirited life also foreshadowed some of the most profound and contentious social issues America would face in the twentieth century: women’s changing role in

society and the workplace, the problem of social class distinctions in a democracy, the mechanization and urbanization of society, the role of science and technology, and the physiological and psychological differences between men and women.

Elaine F. Weiss is a journalist whose work has appeared in the *New York Times*, *Atlantic Monthly*, *Harper’s*, *Boston Globe*, the *Philadelphia Inquirer*, and on National Public Radio. She is a frequent correspondent for the *Christian Science Monitor*. She lives in Baltimore, Maryland.

Weiss will speak on Saturday evening, June 4<sup>th</sup>, following our silent auction and dinner.

Those who wish to attend only the dinner/speaker may do so at a cost of \$50 per person for members or \$60 for nonmembers. Use the registration form on page 13 or page 23 to reserve your place.



The American Horse (1998) Nina Akamu at Frederik Meijer Gardens and Sculpture Park in Grand Rapids, Michigan. Photo by Juliana Cerra.

# Gardens and Art: A Visit to Frederik Meijer Gardens and Sculpture Park In Grand Rapids, Michigan

By **Juliana Cerra**  
**Advanced Master Gardener**  
**Country Garden Club of Northville MI**

On a sunny October day, I strolled through the Frederik Meijer Gardens and Sculpture Park with my mother and teen-aged son. Against a backdrop of brilliant fall colors, the world-renown collection of outdoor art glowed with reflected light.

As an art lover, I enjoyed a feast for the eyes as well as the mind. But after a few moments standing before *Aria* (1983) by Alexander Liberman, my mother turned to me and asked, "So...what's it supposed to be?" Her question brought me to earth, reminding me that appreciating modern art can be like sampling unfamiliar food – it's an acquired taste.

Fortunately, we were in a perfect location to "get a taste" of modern masterpieces. Everywhere visitors look, art coexists with the landscape, combining culture and nature in ways bold or subtle, challenging or familiar.

Nature came first when Frederik Meijer Gardens opened to the public in April 1995. Growing from the collaboration between the West Michigan Horticultural Society and Mr. Frederik Meijer, the main buildings include four indoor gardens, guest amenities, an outdoor amphitheatre, and art galleries.

The surrounding grounds, designed by noted landscape architect James van Sweden, feature traditional perennial gardens, seasonal displays, and several specialty areas introduced over the years. Developed with particular themes, the newer gardens highlight the connections between the residents of Michigan and our Midwestern landscape.

The **New American Garden** (1997) uses native plants in organic drifts of color and texture, showing a continued commitment to Michigan horticulture.

The **Gwen Frostic Woodland Shade Garden** (1998), developed along the

**Wege Nature Trail**, honors a Michigan artist inspired by the natural world.

The **Michigan Family Farm** (2003) recreation based on Lena Meijer's childhood home recalls our state's rural heritage.

And, last but not least, the **Lena Meijer Children's Garden** (2004) brings all ages together with imaginative displays and activities celebrating the Great Lakes State.

In 2002, the Sculpture Park joined the horticultural complex, uniting the arts and nature on a monumental scale. Already integrated throughout the gardens, numerous pieces by established and emerging artists reflect Meijer's passion for art and desire to share his significant collection with the world.

Frederik Meijer's collection began with works by Marshall Fredericks, a resident Michigan artist who created stylized and abstracted natural forms. Meijer donated his personal collection to the budding botanic garden as the start of its permanent collection.

Today, visitors encounter a permanent collection of over 160 works carefully placed according to style and scale, as well as highly popular temporary exhibitions. With attendance topping 6.3 million since opening, Frederik Meijer Gardens and Sculpture Park stands among the top art museums in the country.

From intimate works like Degas' *Dancer Looking at the Sole of her Right Foot* (c. 1900) sited in the Victorian conservatory to the gigantic *The American Horse* (1998) by Nina Akamu dominating an outdoor plaza, there is no shortage of traditional representational works with universal appeal.

Even the 23' tall red garden trowel poised mysteriously in a meadow clearly refers to a familiar object, even though its meaning may be open to interpretation (*Plantoir*, 2001, Oldenburg and van Bruggen).



*Plantoir* (2001) Oldenburg and van Bruggen. Photo by Juliana Cerra.

Encounters in the Sculpture Park, however, often follow the more challenging modern movements of abstract and non-objective art. My mother's puzzlement reflects a common problem with enjoying modern art -- thinking that it must represent something, like a physical object or idea.

Instead, we should appreciate these works in the same way as the surrounding gardens. When we look at the interesting forms, colors, and design of a garden, we don't ask, "What does it mean?" Instead we simply look, wander, and absorb the experience, recognizing that no explanation is needed to make viewing worthwhile.

We can commune with the modern art at Frederik Meijer Gardens and Sculpture Park in a similar way – it may give everyone a different impression, but all will share memories of an extraordinary place.

For more information about Frederik Meijer Gardens and Sculpture Park, check out [www.meijergardens.org](http://www.meijergardens.org).

# Envisioning the Future of Woman's National Farm & Garden

"Truly great companies understand the difference between what should never change and what should be open for change, between what is genuinely sacred and what is not. This rare ability to manage continuity and change – requiring a consciously practiced discipline – is closely linked to the ability to develop a vision. Vision provides guidance about what core to preserve and what future to stimulate progress toward." (Excerpt from "Building Your Company's Vision" by James C. Collins and Jerry I. Porras)

## By Kathleen Welsh Beveridge Chair, Vision and Planning Steering Committee

### Envisioning the Future

Jim Collins, author of "Good to Great" has spent much of his career thinking and writing about what makes great organizations great. Much of the growth experienced by truly great organizations relates to their ability to select and articulate the right vision for the future. As Collins points out in the above excerpt – the future is all about what to preserve and what to try to change.

Participants at the 2010 Fall Council Meeting in Columbus wrestled with these issues in a vision brainstorming session. We considered where the road we are currently traveling on is likely to lead WNF&GA. We thought about the bright spots – things that are working well—about our mission and the challenges and opportunities in the world today that are relevant to it, and about paths that might be open to us and where they might lead. Finally, we talked about how these different visions of our future might engage and benefit members of WNF&GA.

### The Report and Recommendations

Following this activity, we reported on our findings and recommendations. This document was signed by all present and appears on page 17 (adjacent).

We decided that we value WNF&GA and want to take a fresh look at connecting our mission to relevant issues today. And we recognized that this activity could be very beneficial for our members, our branches, and our communities. The committee recommended formation of a "vision and planning steering committee" to help lead WNF&GA in developing a vision and action plan and asked that the committee present its progress at the 2011 Annual Meeting in Grand Rapids. Several members volun-

teered to serve on the committee, which is called the VPSC (Vision and Planning Steering Committee).

Volunteers from the Fall Council Meeting and a few others, recruited to ensure geographic representation, came together via conference call on December 3, 2010 to define the role of the VPSC. Here are a few excerpts from the charter we wrote:

#### Mission:

The VPSC exists to champion the Woman's National Farm & Garden Association through the planning process by:

- Designing the strategic planning steps.
- Ensuring that the process is followed to completion.
- Communicating progress regarding the process.
- Evaluating and improving the planning process for future use.

#### Vision:

The vision of the VPSC is to engage WNF&GA stakeholders in and facilitate the process of defining our common direction, defining the steps to get there, and creating the steps to implement and monitor the plan. This will be a five-year plan with intermediate phases and annual action plans.

#### Membership:

The members of the VPSC are:

##### At Large:

Audrey Ehrler ([avhehrler@mailstation.com](mailto:avhehrler@mailstation.com))

##### Michigan:

Judy Henning ([judrich@sbcglobal.net](mailto:judrich@sbcglobal.net))

Jeannete Matyn ([matynjm@att.net](mailto:matynjm@att.net))

Mary Merten ([kmmerten@yahoo.com](mailto:kmmerten@yahoo.com))

##### Mayflower:

Susan Hunt ([mayflowerFG@msn.com](mailto:mayflowerFG@msn.com))

##### New York:

Alice Meager ([ameager@nycap.rr.com](mailto:ameager@nycap.rr.com))

##### Ohio:

Julie Siefker ([iverhoff@bright.net](mailto:iverhoff@bright.net))

##### Pennsylvania:

Kathy Beveridge ([Kathy@SparkNPC.com](mailto:Kathy@SparkNPC.com))

Dee Welsh ([dwelsh149@comcast.net](mailto:dwelsh149@comcast.net))

#### Sponsor:

The VPSC Sponsor is the Executive Committee of WNF&GA, represented by President Mary Bertolini ([mgbertolini@aol.com](mailto:mgbertolini@aol.com)).

#### Member Roles and Responsibilities:

Chair: Kathy Beveridge

Recording Secretary: Judy Henning

Meeting Logistics: Julie Siefker and Jeannete Matyn

#### Context Research:

In our second meeting on January 10, 2011, the VPSC outlined areas where additional information would help us to better understand the internal and external context of our organization. Committee members have conducted research on several topics, including: strategies of other garden associations; how men are becoming engaged in traditionally women-focused groups; how organizations like ours are using the internet; and relevant issues of the day such as obesity, nutrition, and food production. This research is being summarized and will inform the VPSC as we plan our next steps.

#### What's Next:

At the 2011 National Meeting in Grand Rapids, the VPSC will lead meeting attendees in visioning and planning activities that we hope will lead to good decisions about, in the words of Jim Collins, "what core to preserve and what future to stimulate progress toward." We believe there are many exciting opportunities ahead for Farm & Garden. We look forward to your involvement as we envision that future and work to make it a reality.

The VPSC welcomes ideas and feedback from all members of WNF&GA. Please contact any member of the VPSC (our e-mail addresses appear above) with your thoughts. And please join us in Grand Rapids to participate in the process of envisioning the future of Woman's National Farm & Garden Association. We hope to see you there.

**Committee on Brainstorming a Strategic Vision for WNF&GA  
Report and Recommendations – October 1, 2010**

**REPORT:**

The Committee on Brainstorming a Strategic Vision for WNF&GA agreed on the following statements:

We believe that the history of this organization is relevant and that it is an honor to be a part of WNF&GA.

We believe that WNF&GA is a valuable vehicle to improve ourselves, our community, our country, and our world.

We believe the organization should take a fresh look at connecting our mission to relevant global issues today.

We believe we need to be more visible and get our message out to promote membership.

We believe that we need more opportunities to connect individuals to branches, divisions and the national organization.

We believe that if we do not want the organization to become extinct, we must develop a focus or a vision for the organization that benefits our communities and connects to our mission.

**RECOMMENDATIONS:**

The Committee on Brainstorming a Strategic Vision for WNF&GA recommends:

That a special committee be formed to continue thinking about the development of a compelling vision and a plan of action

That this committee be called “the vision and planning steering committee.”

That this committee begin work immediately on a three to five year plan to include a vision, key strategies, and a comprehensive action plan.

That this group will make a presentation of its progress at the Annual Meeting in Grand Rapids 2011.

That the members of the committee of the whole sign this report and recommendations as a symbol of their support.

That some members present today volunteer to join the committee and participate.

**MOTION APPROVED – October 1, 2010**

**INITIATING MEMBERS:**

*Mary A. Beato, Kathleen Welsh Beveridge, Dolores Ann Welsh, Aileen M. Labret, Susan R. Yager Carrace, Jan DeDecker, Faith Tiberto, Faith Dougherty, Julia Sijffer, Evelyn Alge, Nora Tebben, Emmajane Brice, Casnette M. Matys, Fay Puczel, Mary Merten, Mandra Smly, Jean Malatesta, Mawel Proton, Kathayn Morley, Patrice Ann Brown, Marilyn J. Gulker, Judy A. Kenning, Annie Mattick Shoksydel, Marla Diamond, Rita Urbank*

# FARM & GARDEN NEWS

## Michigan Division Update By Carroll Thomson, President

I attended many branch meetings throughout the past two years, and I want to thank all the branches who invited me and members who welcomed me. During the past two years the MI Division Board was successful in accomplishing several projects:

The Board established a successful website this year; Cathy Grogan and Claudia Scioly were instrumental in the venture, and recruited Sally Edwards to help.

An agreement was concluded with Meadowbrook Hall, Oakland University, to permanently house Michigan Division Archives; we elected to donate \$250 annually to Meadowbrook Hall for maintenance.

The 1<sup>st</sup> Annual Daffodil Day and Luncheon at Belle Isle and Detroit Yacht Club raised over \$1000 to purchase another 3,000 daffodils in an effort to further restore Belle Isle gardens. Another Daffodil Day is planned for April 19.

The goal of \$30,000 was reached to establish the corpus in the Michigan Division 4H Endowment. The actual fund is now \$37,000.

An Ad Hoc Strategic Planning Committee led by Rita Urbanski was formed to look at the organization of Michigan Division.

The Board elected to opt out of membership with the CWC, in an effort to focus on state matters, reduce our budget dollars and to streamline committee/board function.

The Ann Arbor Branch celebrated Founder's Day with a presentation by Carrie Riedeman and Claudia Scioly, representing the women who helped in the formation and growth of Woman's National Farm & Garden: Jane Haines, Louisa King, Clara Ford,

Grace Frysinger, Mildred Matthaei, Alice Burlingame, Gertrude Warren, Matilda Dodge Wilson and Faith Tiberio. Carrie and Claudia dressed in period clothing.

We look forward to the annual style show, sponsored by the Springfield Branch, it is always fun; and our annual meeting, May 5 at Meadowbrook Hall, which will include a Flower Show sponsored by the Division. There is word that Mildred and Matilda may make a brief appearance, so look for them.

I'd like to thank my Board for being so supportive and helpful throughout my tenure.

## Bylaw Revision Committee Formed

At the Fall Council Meeting in Columbus, Ohio we began our era of change. The Vision and Planning Steering Committee is outlining a new vision for our organization. To implement these changes, our current bylaws must be reviewed, revised, or rewritten. As President, Mary Bertolini appointed a Committee to accomplish this task.

The Committee Chairman will be Linda Meadors, Michigan Division. Linda is currently a member of the Louisa Saks Parliamentary Unit in Birmingham, MI. She is studying to become a Registered Parliamentarian under the auspices of this group. As such, she has access to resources that will prove very helpful in these endeavors.

In addition to Linda, the Committee members include Jeannette Matyn and Evelyn Olszewski, currently Co Parliamentarians for our National Meetings.

We look forward to concise, easy to interpret and clear rules to run our organization efficiently and effectively.

## Ohio Division Update By Julia Siefker, President

The Ohio Division has had one of the snowiest, iciest winters in recent years. But the weather did not deter the branches from participating in many social activities, branch meetings, and committee meetings.

The Division's major fundraiser, the 7th Annual Holiday Gathering, was held at Brugeman Lodge in Findlay, Ohio in November. There was a nice turnout and everyone enjoyed the beautifully decorated Lodge. The theme was "Falling Leaves & Sparkling Trees" and the Lodge sparkled with fall and Christmas decorations.

Co-chairs Nancy Naugle and Amy Ballinger and committee did a fantastic job. Attendees enjoyed educational sessions, a private chef presented holiday cooking ideas for entertaining, and the evening included a lovely wine tasting. Participants donated hats and mittens that were sent to the Putnam County Community Thrift Store who, in turn, distributed them to local, needy children. Phylis Macke, a representative of the thrift store stated the children were delighted with the gifts.

Proceeds from the Holiday Gathering are used for a yearly scholarship that is awarded to a University of Findlay college student who is majoring in a Horticulture/Agriculture degree program.

The 2nd Annual Take A Girl To Garden Day (TAGG) is scheduled for Friday May 6th from 5-9pm at the Litzenberg Memorial Farm & Woods. This educational program is an indoor/outdoor event that encourages members and guests to bring young ladies for a hands-on gardening experience. In addition to T.A.G.G., the Division will again be selling geraniums as a spring fund raiser.

# FARM & GARDEN NEWS

## Calling All Writers and Photographers

Upcoming issues of Farm & Garden would benefit from your talents as well as information about activities in your branches. Please let Editor Kathy Beveridge know if you would like to submit an article or photographs. We also welcome tips about branch and division activities related to upcoming feature stories.

Here are some topics that will be covered in upcoming magazines:

### Community Service

What has your branch done to improve your community? Tell us how people were affected. Take pictures of these projects when they are looking great this summer and send them in to the magazine.

### Nutrition/Food

Are you involved in any food production in your community? Community gardens? Gleaning programs? Tell us how your branch is contributing to local availability of nutritious foods. Don't forget to include pictures!

### Herbs

Having an herb lunch? Creating an herb garden? Going on an herb outing? Got great herb recipes? Tell us all about it.

Send your ideas and submissions on any of these subjects to Kathy Beveridge at 1195 Dager Road, Warminster, PA 18974; [kathleen.beveridge@comcast.net](mailto:kathleen.beveridge@comcast.net).

Electronic submissions preferred. Photos should be in jpeg format, 300 dpi or greater. If you have questions, just call and ask: 215-262-1372.

Thank you!

## Our Newest Addition

Farm & Garden has a wonderful history of adventure. Our members are eager to try new and exciting opportunities to expand their world. The latest edition of our web site is no exception.

Our first foray into the Cyber world was a wonderful beginning. It gave us a presence on the Internet, added a new dimension to our communications and served as an immediate link for National Meeting information. Scholarships and Grants, National Awards, ACWW connections could be found along with other tidbits of interest to all.

At the Fall Council Meeting in Columbus, Ohio, it was agreed that the current web site needed some attention. An in depth review showed the site to be serving the basic needs of members, but could be expanded to include so much more. With this goal in mind, a search was conducted to find the best web company at the lowest price.

The resources of our membership constantly amaze us! Co Parliamentarian, Evelyn Olszewski, came through with a member of her family involved in the business. Over the last few months, Dee Welsh of the Pennsylvania Division has been working diligently with the company to build a user friendly site.

Our new look should be up and running by April 15. Join us on the web at [www.wnfga.org](http://www.wnfga.org). Post your comments, print your National Meeting Registration form, use the link to register for your hotel room. Navigate through the site to read more about the history of Farm & Garden. Read the current issue of the Magazine. Missed back issues or want to refer to them quickly? Some of the latest editions will be there, too.

This is the first step of the Vision Committee. Members asked for change, and this is just the beginning. Come to the meeting in Grand Rapids, MI in June, 2011. Find out what else is in store for you!



Members enjoying each others' company at the 2010 Fall Council meeting in Columbus Ohio and the 2010 Annual Meeting in Buffalo/Niagara.

# FARM & GARDEN NEWS

## New York Division Update

By Janine Thomas, President

Opening the Sunday edition of our local newspaper on a cold January day, I noticed a wonderful story about a beautiful old home in the country. The warm yellow painted cedar shakes contrasted artistically against the bare winter branches and crisp white snow. I recognized the house and knew the woman who was raised there.

As the New York State Division looks toward a new year, it will fondly remember Betty Monahan.

Betty brought the love of a country garden to all of us. She was a wealth of information. No one can forget her diligence and dedication to the environment. Her efforts to educate the public and communicate her message were tireless.

Biodegradable pens and patterns to make a tote bag from a tee shirt were only two of the tools in her environmental arsenal. Betty single handedly led the charge. She cared deeply. Consistently, meeting after meeting, year after year, Betty reminded us of our responsibility as the caretakers of planet Earth.

My hope is all farm and garden members will continue Betty's work. A new year is a great time to introduce her message to "stay conscious of what you do in all you do". Be a good caretaker. Resolve to avoid any activity that could cause your planet harm.

The wonderful article ended with a simple statement that expresses, quite nicely, the philosophy of the girl who grew up in the yellow farmhouse: "Home, very simple, very modest, very loved."

Happy New Year!

## Saginaw Branch Activities

By Vicki Engel, Saginaw Branch,  
Michigan Division

The WNF&GA of Saginaw is involved with supporting nature centers. One of our projects is Green Point Nature Center. We donated \$200 toward supplies for a garden there last year. Three of our members- Marilyn Karpecke, Nancy Kleekamp and Betty Prioux have been very involved with the center, donating innumerable volunteer hours throughout the years.

GreenPoint is part of Shiawassee National Wildlife Refuge, one of the largest and most productive wetland ecosystems in Michigan. What a treasure we have here. It's hard to believe this setting at the edge of Saginaw is a huge wildlife refuge. Go to the south side of Saginaw, take Maple Street, lined with homes, and drive a long block and there you are at the beginning of this Wildlife Refuge.

Shiawassee NWR is designated as a United States Important Bird Area for its global significance to migratory waterfowl. During peak populations, usually in late October, up to 20,000

Canadian geese and 30,000 ducks visit the area! More than a 100 songbirds visit annually. That's only the bird population! You are sure to spot deer and other wildlife native to Michigan.

Many children today have never seen a forest or wildlife up close. Green point is a learning center. There are programs for school groups, scout groups and anyone interested in exploring the area.

You can explore over 2.5 miles of marked trails at the center. In June "Kids Free Fishing Day" takes place on the Saginaw river at Ojibaway Island. Green Point is among the sponsors of this "fishing extravaganza" for children from age 3-13. This popular event has been taking place for going on 30 years. You will find Marilyn, Nancy and Betty there helping out with fishing poles.

On Wednesday nights, attend the center's "Nurturing Nature Series." Some of the interesting programs that have taken place are, "An Introduction to Nature Photography" with tips on techniques for getting great shots of flowers, landscapes and wildlife.



Left to right: Nancy Kleekamp, Betty Prioux and Marilyn Karpecke of the Saginaw Branch, Michigan Division.

# FARM & GARDEN NEWS

April's program was, "In the steps of John Muir." Sara and Will Reding present a program on their 2006 trip retracing Muir's steps during this 1,000-mile walk in 1867, from Indiana to the Florida Keys. That is just a sampling of the interesting programs offered.

Look close and you may find a jewel in your own back yard.

## Troy Garden Club Wins Award for Garden Walk

One of the awards presented at the 2010 National Meeting in Buffalo/Niagara was, regrettably, not listed in the fall 2010 edition of *Farm & Garden*. The Troy Garden Club, Michigan Division, earned recognition in the category of Promotion and Growth for their Garden Walk. Congratulations Troy!

## Thistle & Twig Branch Update By Dorothy Zippel, President, PA Division

Last fall, the members of the Thistle & Twig Herb Branch visited and toured Glade Run, a school for troubled children sponsored by the Lutheran Church. As part of their Horticultural Therapy program, the children use their greenhouse to start vegetable and flower seeds which are then planted outdoors in raised beds.

Each year the garden has a different theme; farm animals was the theme for 2010. A different farm animal cut from plywood and painted was the focal point of each raised bed. Flowers and/or vegetables eaten by that animal or associated with it are then planted in that bed. After harvesting the vegetables, the children may also help prepare them for a meal. Making salsa is one of their favorites.

Not only do the children use the greenhouse for various projects, but there are farm animals housed on the

campus property as well. A stable houses several horses which the children ride and in various pens reside pigs, goats and chickens.

The children take great joy in what they do and, hopefully, they will use that knowledge later on in life.

## Be Aware of Histoplasmosis

If you work with soil (who doesn't?), you might want to pay attention. Histoplasmosis (*H. capsulatum*) spores become air borne and grow in our lungs when the infected soil is disturbed.

Doctors have easy tests to check for Histoplasmosis, but often don't because it is not "**popular**" in Michigan. Doctors can check with a swab of the mouth, urine or CT scans. The problem is that Histoplasmosis mimics cancer. Physicians frequently jump to the wrong conclusion and start to cut, especially if the calcium doesn't show in the X-rays.

In one woman's experience, her family was told that "PET scans don't lie," and her husband was cut wide open to remove his "cancer" filled lung. Then he was quarantined when doctors thought it might be TB. Histoplasmosis could have been easily detected with a mouth swab. Needless trauma and stress to his body, paralyzing of his vocal cord, and the traumatic emotions of the whole family could have been prevented.

Her husband was treated with a heavy drug used for cancer and HIV patients for over six months. It made him sick and very thin. Thankfully, he is now Histoplasmosis free. His lungs will forever have the scars. He still gets short of breath but he is healthy and alive.

There may be many more cases of Histoplasmosis than are being reported. If you know anyone short of breath and coughing that works out-

side a lot, tell them to get checked for Histoplasmosis. It can save them a lot of pain and worry. It could even save their life.

## Angels of Farm & Garden By Julia Siefker, President Elect and National Meeting Registrar

The Angel Fund began several years ago when then National President of WNF&GA, Barbara Hochstetler, recognized a need to provide financial support to members who could use a boost with their budgets to attend a National Meeting. Farm & Garden members have been quite generous in donating to the Angel Fund by checking the Angel Fund space on the National Meeting Registration form and filling in the amount they wish to donate at their discretion.

Who can request assistance from the Angel Fund? Any WNF&GA member who is attending their first ever National Meeting!

Please note that the dollar amount is limited to covering the cost of the meeting registration fee only. Travel and hotel accommodations are the responsibility of the applicant. It is awarded to a member one time only.

To take advantage of this opportunity, please fill out the meeting registration form included in this issue (see page 13) and simply write your request at the bottom of the form. Requests are kept strictly confidential and are awarded on a first come-first serve basis as funds allow.

For more information, contact: Julia Siefker, National Meeting Registrar at 419-538-6739 or [jverhoff@bright.net](mailto:jverhoff@bright.net).

# FARM & GARDEN NEWS

## How to Apply for a National Award

WNF&GA enjoys rewarding its members with special recognition for their hard work.

We have created an award for each of our eight focuses listed below. To apply for these awards please use the application on this page or the one that appears on our website ([www.wnfga.org](http://www.wnfga.org)).

National Awards are available to members of the Branches and Divisions for outstanding efforts related to each focus (see below). Awards applications must be sent postmarked by April 30, 2011.

### Civic Service Focus

The goal is to make sure we leave our community a better place because of our having been here, and to stimulate and promote interest in community activities concerned with civic improvement and beautification.

### Education and Scholarship Focus

The goal is to make scholarships available to anyone wishing to further the aims and purposes of our organization and who meets the specific requirements. In addition, our goal is to provide on-going education about our organization and its history.

### Environmental Concerns Focus

The goal is to leave our earth a better place because of our having been here, and to stimulate and promote an interest in healthy environmental activities.

### Floral Arts Focus

The goal is to facilitate an appreciation of floral arts within our organization; to better educate our members in floral arts; to honor any member(s) who have made outstanding contributions in this focus to our organization; and to make provisions for any of our members, so desiring, to qualify as a Flower Show Judge.

### Gardening Focus

The goal is to balance our social activities with physically growing things.

### Horticultural Therapy Focus

The goal is to help heal and rehabilitate

people with special needs, and to improve our physical and mental well-being through the use of plants and horticultural related activities. To further the interests of our members in this important endeavor, and help them accomplish their goals.

### International Cooperation Focus

The goal is for us to become more

aware of the needs and activities of women around the world in our sister organizations, and to do our part to help.

### Promotion and Growth Focus

The goal is, simply, promote the name and grow the organization; keep the members we have, and acquire new ones.

## WNF&GA National Awards Application Form

	Points
1. Name of Applicant (Branch or Division): _____	2
2. Date: _____ (Must be postmarked by April 30 <sup>th</sup> . Awards year is calendar year 1/1—12/31.)	2
3. Check focus area in which you are applying for an award: (One application per focus, please.)	2
_____ Education	
_____ International	
_____ Gardening	
_____ Horticultural Therapy	
_____ Environmental Concerns	
_____ Civic Service	
_____ Floral Arts ( <i>Send application form to National Flower Show Chairman</i> )	
_____ Promotion and Growth	
4. Four photos and slides (slides optional) best depicting your activity. Please identify the photos on the back of each. They will be used in educational and promotional endeavors by WNF&GA. These pictures will not be returned.	2
5. A written description (not more than three pages) which covers the following:	
a. A brief description of your activity/activities	15
b. What you intended to do...your goal	15
c. Who was involved, how many, and describe how involved	15
d. What were the costs in carrying out the activity/activities	15
e. Describe WNF&GA publicity: i.e., t-shirts, plaques, brochures, press	15
f. Were your goals met?	15
6. Check the class size of your branch (if applicable)	2
Class A: _____ 20 members or less    Class D: _____ 65-99 members	
Class B: _____ 21 – 34 members    Class E: _____ 100 or more	
Class C: _____ 35-64 members	

All applications for awards are appreciated and will be accepted.

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Send application to the appropriate focus coordinator via e-mail or regular mail. Find contact info in Fall 2010 magazine or on our website. Or mail application to:

Woman's National Farm & Garden Association, Inc.

P.O. Box 1175; Midland, MI 48641-1175

**Applications must be postmarked by April 30, 2011.**

# FARM & GARDEN NEWS

## US National Arboretum Internship 2011—Request for Support

By Audrey E. Ehrler, WNF&GA  
Renaud/Peterson Representative

Dear Farm & Garden Members,

The harsh winters of 2010 and 2011 in the Washington, D.C. area have caused unusual damage to the Gardens at the U.S. National Arboretum.

Last year, Kyle Crawford, did a wonderful job restoring the Louisa King Dogwood Collection. We supported him for a ten week stay at a cost of \$5,460.05. Kyle cleaned up the damaged areas, located and mapped the Past President's Dogwood Trees, and planted Faith Tiberio's tree.

Kyle's report is in the 2010 WNFGA National Magazine.

This year, the Internship Program will be 12 weeks long at a cost of \$6,424.14. We need your support.

Due to the downturn in our national economy, the staff at the Arboretum has been cut. The Interns are needed now more than ever before. The program starts in May and ends in August. The Interns work hard and learn under the supervision of a licensed curators and horticulturists. As you can well imagine, the experience and benefits you provide will last a lifetime.

Thank you for your past support. I hope you will be generous this year. If you are able to contribute to this cause please send your donation to:

Margaret Latham, E & C Treasurer  
PO Box 325  
Rawson, Ohio 45881

If you are planning a trip to Washington, D.C. please take the time to visit The Arboretum. It is a lovely peaceful and inspiring place to visit. Admission and parking are free. It is our national garden and yours to enjoy!



Dr. Marvel Proton and Jean Malatesta,  
Michigan Division.

## Join Us for Dinner and Guest Speaker Elaine F. Weiss—*Fruits of Labor:* *The Woman's Land Army of America in the Great War* June 4, 2011

The Woman's National Farm & Garden Association is delighted to offer tickets to a reception & dinner with guest speaker, nationally acclaimed author Elaine F. Weiss on Saturday, June 4, 2011 at the Amway Grand Hotel in Grand Rapids, Michigan.

Reception at 6:00 p.m., Dinner at 7:00 p.m., Presentation begins promptly at 8:00 p.m.

Ticket price includes silent auction, cash bar reception, dinner, and attendance at Elaine Weiss' presentation on her book "Fruits of Labor: The Woman's Land Army of America in the Great War."

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ E-MAIL \_\_\_\_\_

How did you hear about this event? \_\_\_\_\_

Number of tickets needed: WNF&GA Member: \$50 \_\_\_\_\_ Non Member: \$60 \_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_

Make checks payable to: *WNF&GA National Meeting Fund*

Send completed order form and check to: Julia Siefker; 9355 Road 11; Ottawa, OH 45875

Questions? Contact Julia Siefker at [jverhoff@bright.net](mailto:jverhoff@bright.net) or 419-538-6739.

**Deadline for ticket orders is May 15th, 2011.**

*Ticket included in national meeting registration for Saturday, June 4th events.*

WNFGA  
LOGO

Woman's National Farm &  
Garden Association, Inc.  
P.O. Box 1175  
Midland, MI 48641-1175

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

**Author Elaine F. Weiss to Speak  
June 4 at National Meeting**

The story of the "farmerette" was lost for 90 years. Now, *Fruits of Victory: The Woman's Land Army of America in the Great War* sheds light on a lost part of American history.

Nationally acclaimed author Elaine F. Weiss will speak about her book at the National Meeting in Grand Rapids, Michigan on Saturday, June 4, 2011. (Reception at 6, Dinner at 7, Presentation at 8.)

The history of the WNF&GA is right at the center of this compelling story. In fact, Ms. Weiss spent considerable time at our archives in the Schlessinger Library researching her book.

Register as part of your national meeting registration (form on p. 13) or purchase tickets for Saturday night dinner and presentation only (form on p.23).

You won't want to miss this exciting presentation in Grand Rapids on June 4th.

