



Farm & Garden

THE WOMAN'S NATIONAL FARM & GARDEN ASSOCIATION, INC.

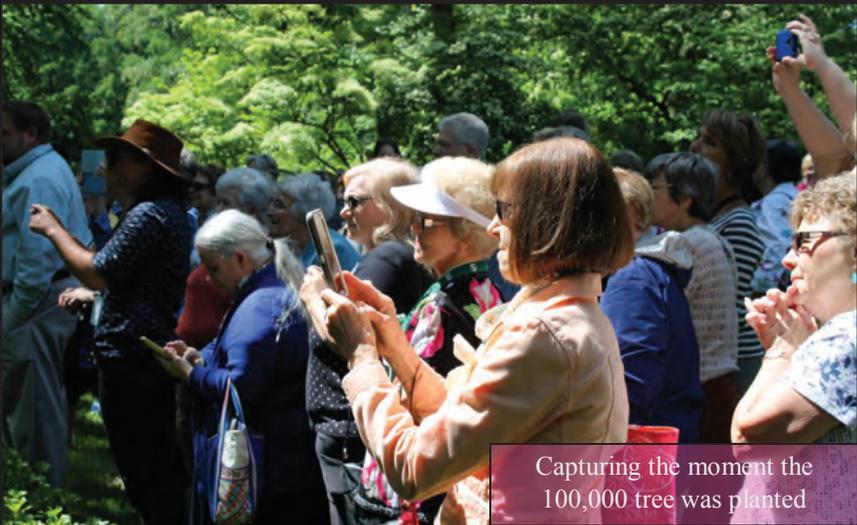
Spring 2016



Members visiting Dumbarton Oaks



Susan & Frank Celentano



Capturing the moment the 100,000 tree was planted

**Washington DC
Annual Meeting
Spring 2015**



Two Charlotte's



Advisor and Past President Julia Siefker with her dogwood tree

Farm & Garden

KEEP IN TOUCH

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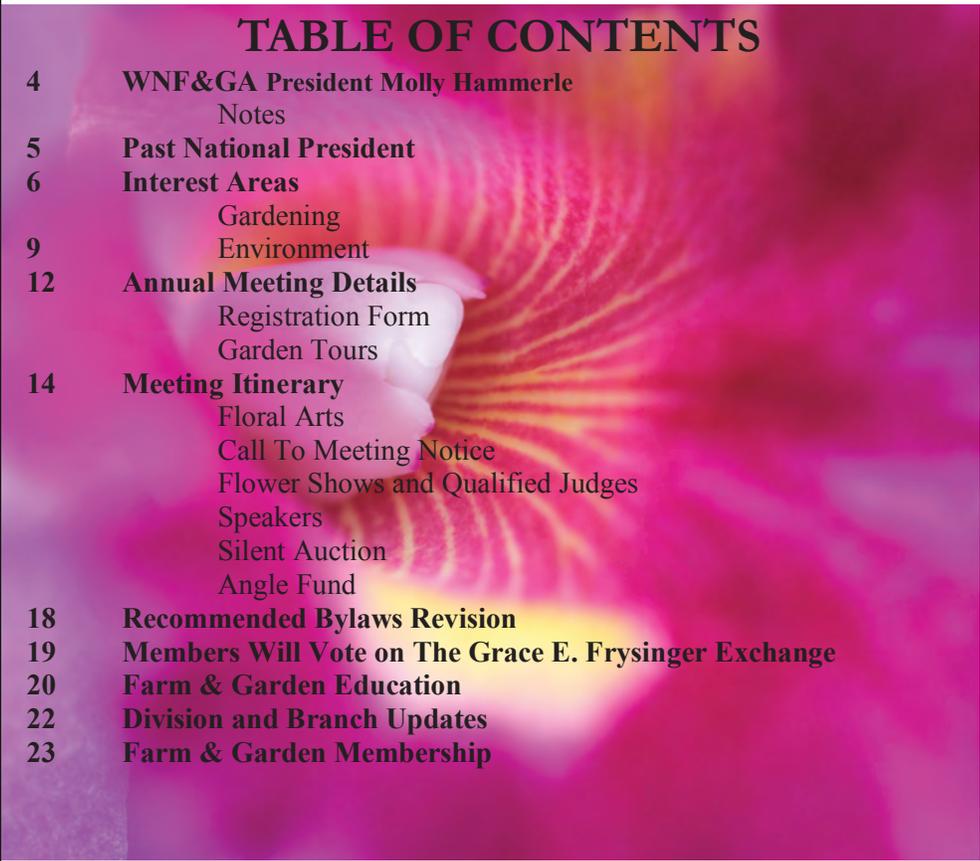
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THE MAGAZINE OF THE WOMAN'S NATIONAL FARM & GARDEN ASSOCIATION, INC.

Volume 101 No 1 - Spring 2016

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JOIN US & GET INVOLVED

To join for a single membership (page 23), or to form a branch of Woman's National Farm & Garden Association, please contact
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The deadline is **August 1, 2016** for the next issue of *Farm & Garden*.

Send magazine information to Mary Pat Ford
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Front Cover : **Bloodroot** M.P.Ford
Back Cover : **Zinnia** M.P.Ford

NOTES FROM PRESIDENT MOLLY HAMMERLE



What a wonderful spring! All this mild weather, just enough rain and lots of budding greenery is making me anxious to get to work in my garden. Before we know it, it will seem like summer, which leads me to speak about the WNF&GA Annual Meeting. The meeting will be held in Nashville, Tennessee from June 1st to June 5th 2016. In the meeting details section of this magazine you will find much more about the meeting, how to get there, where we will stay, costs and deadlines.

There will also be information about some of the issues that we have to vote on at this meeting. Do join us in Nashville. You will meet interesting people, learn more about Woman's National Farm and Garden, hear some

good speakers and see fabulous gardens in a different part of the country. I hope to see a large number of you in Nashville in June.

Spring is also a time for clubs to set budgets. Please keep in mind that we have a number of scholarships that could use donations. The list of scholarships with descriptions was printed in the Fall 2015 Magazine. Unfortunately, some of these scholarship funds do not generate enough money to fund one complete scholarship. There are so many people who need help with paying for college that it would be great if our clubs could donate more money for these scholarships.

Last January, I was able to attend a meeting of the Michigan Division- Troy Branch. I met some wonderful very active gardeners and heard a lecture on Bonsai Trees. I learned a few interesting things.

In May, I will attend a luncheon of the Michigan Division- Rochester Branch. I am looking forward to that.

Enjoy spring and the joy of digging in the garden.

*Molly
Hammerle*

HAPPY 100TH BIRTHDAY MISS RUTH GRAY

Past WNF&GA National President, Ruth Gray, will be celebrating her 100th Birthday on April 15, 2016. She is a delightful active Centenarian. Ruth lives in Orono, Maine where she continues to enjoy fairly good health.

When I asked her to share her longevity secret, she responded that it is important to keep physically active and to continue to enjoy one's most treasured hobbies. So, she walks about 5 miles a day. Ruth continues to visit the University of Maine Library there in Orono to keep abreast of what is going on currently in the academic world. She is known for her sharp intellect, literary skills and her photographic talent, Ruth continues to be curious and positive about the future of our Nation.

I asked Ruth how she found her way into Farm & Garden and when did she join us, she responded, "I really cannot tell you exactly when I joined. When I was

quite young I accompanied my mother to meetings for many years. Then, as I became of age, I just remained in my branch there in Maine. Having grown up on a farm, I saw the value in being connected to such an active group of dedicated women. Later, I served as the Maine Division President and enjoyed attending National Meetings. Some members of the New England Division were very instrumental in supporting our group in Maine. My curiosity and their support spurred me to carry on.”

Ruth served as our National President from 1980 to 1982. In her first message to our membership she stated,

“ The success of an organization over the years is it’s ability to adjust and move with the times, yet not lose sight of it’s original purpose and goals....We should review our purposes, our policies, our progress, our programs to see if we are being responsive to our membership. We should evaluate our needs. We should look at ourselves and ponder: Where are we? Where do we want to go? How do we get there? ”

In 1982 when Ruth handed the gavel to President Elect Hazel Herring, our registered membership was listed at 5,984 nationally. During her two year term, six new Branches had been chartered, scholarships totaling \$52,795 had been granted to 95 recipients and 26 4-H awards had been granted to future leaders. And, much work had occurred to improve communications within our organization.

I believe we exist today because of dedicated members like Ruth Gray. We have been fortunate to have had many fine and talented leaders for over 102 years. When they can no longer be with us, we should remember their service and remain in touch with these “Women Of Vision!”

If you care to send Ruth a Happy 100th Birthday message here is her address:

Respectfully submitted , Audrey E. Ehrler
Corresponding Secretary
and
Member At Large Representative.



Smart Vegetable Gardening

Spring is here, and you may be thinking about starting or returning to vegetable gardening. There is nothing more satisfying than eating your own home grown vegetables and fruit. To be assured of the best harvest, a few growing tips will help.

First of all, when selecting a site for your garden, make sure that you have at least six hours or more sunlight. Most vegetables, fruit and herbs require a full day of sunlight. There should be a water source close to your site, and it is best if the site is near to your home. Next, you need to take a soil sample. Knowing the needs of your soil will save a lot of money and provide a better harvest. A soil test will tell you if the soil needs amendments to

create a better growing medium for your plants. Each state has an Extension Service that provides this service. In Michigan, for example, a soil sample test costs \$25.00 and is available from each county Michigan State Extension office.

It is a good practice to amend your soil. Adding compost is the best way to get good micro-organisms into the soil, as well as making the soil more arable. Tilling of the soil should be kept to a minimum. Deep turning of the soil will break down the soil's structure and kill beneficial organisms in the soil. Should your soil be of a very poor quality, consider a raised bed. Raised beds are easily made or may be purchased. You will be able to fill the bed with quality soil to meet the needs of your plants. Keep the size of your raised bed to 4' x 6' for ease of

care. If you need more room, create another raised bed!

Deciding what to plant should be your next move. What do you and your family like to eat? Plan out where you will plant each type of vegetable, considering height and size of grown plants. Squash and melons, for example, take up a great deal of space. Cucumbers, peas, and some beans need something to climb on, such as a trellis or teepee.

If the plot has been planted before, you should rotate plants. Tomatoes, peppers, and potatoes should be planted in a different area of the garden. Rotation of crops insures that diseases and pests are kept to a minimum. Also, choose plant types that are resistant to diseases. If you decide to plant from seed, some vegetables need to be started in advance of the growing season. Some vegetables are easily planted from seed directly into the garden.

Check with your local Extension office to know your safe planting date when the prospects of frost are gone. The advantage of using seed is that you are able to choose varieties of plants that you might not be able to find in the nursery, such as heritage vegetables or ones that are especially disease resistant. Of course, there are many vegetable plants available in local nurseries. Once your garden is planted, then the real work begins. Your garden



Hot Peppers



Salad “greens” field in Rush, Dublin Co. Ireland

should be checked daily for the onset of problems and the removal of weeds. Disease, insects and weeds will weaken your plants and diminish your yield. Weeds compete with your vegetable plants for water and sunlight. Keeping up with weeds is the easiest and safest way to deal with them. Adding a layer of mulch to your garden will help to keep weeds down.

Insect damage should be handled with thought. How much damage is occurring? Can the insect be dealt with by hand picking? Rather than use insecticides which are not healthful for either human or our precious pollinators, try using safe methods, such as Bt or horticultural oils to deal with munching insects.

Diseases, such as powdery mildew, may be treated with homemade sprays, made of baking soda, vegetable oil, water and liquid soap. Over the counter anti-fungal products are available, but make sure that they are safe to use on vegetables. With any spray program, one must keep a schedule of spraying to keep the various fungal diseases at bay.

Harvest is the finale of vegetable gardening. Hopefully, you haven't planted too much for your family to consume. Preserving vegetables can be done by either canning or freezing. Make sure to use best practices for safety. Sharing with friends and neighbors is always rewarding, except for those never end-

ing zucchini! I have had the same problems with cherry tomatoes: the gift that keeps giving! Cleaning up the garden is important. Ridding the garden of any diseased plants and a final weeding is a job that should not be ignored. Also consider adding more compost and planting a cover crop. A good choice for a cover crop is rye. Nutrients are added to the soil by using a cover crop. In the spring, the rye would be turned into the earth.

Uncovered soil is at the weather's whim. Wind can blow off upper layers of the soil. Here's to a prosperous year of gardening. I hope everyone has a successful year of vegetable gardening. Following these suggestions will insure that you will.

Have a Case of the Blues and I Love It!

In spring I like to use Salvias, as Salvia 'Caradonna', to be my main spike for the springtime season. I particularly like dark flowers for contrast to all the pastel colors in spring. Spikes by midsummer become more strategically important when the main flower form seems to morph into all daisy shapes. For large spikes I tend to use *Veronicastrum virginianum*, better known as Culver's Root. I have had a tendency to be disappointed in many of the hybrid Veronicas that should be my go to mid-border plant. Instead, I faced problems with mildew or found that many lost their lower leaves. I hate naked stems which makes me want to cram an annual in front of it which creates more mildew. Catch 22 at its best!

My search is just about ended because I have discovered Moody Blues Veronicas (TM). It is a new compact selection which is 14" tall and about 12" in width. It comes in many colors, but the standouts are 'Dark Moody Blues' and 'Light Moody Blues'. The foliage is a dark green with serrated leaves. It grows in zones 4 to 9. It is a full sun plant and I still think all Veronicas need good air circulation. The surprise is that I deadheaded it after the first bloom which had lots of flowers and it bloomed again right into the fall. I was grinning from ear to ear! I have grown it in different soils, good garden loam and clay soil. It will tolerate a clay soil, it doesn't die, but for optimum growth it needs an improved soil with good drainage. By the way, the common name is Spike Speedwell which always sounded like a boxing name to me. Therefore, I am using this plant as my contender for the title of Veronica "Alive and well by the end of the summer."



Name: Dark Moody Blues Veronica
***Veronica spicata* 'Dark moody Blues'**

Hardiness Zones: 4-9

Conditions: Full sun, well-drained garden loam



Stephanie Cohen, known as the Perennial Diva, has written a book on design called [The Perennial Gardener's Design Primer](#), published by Storey Press. This book was chosen by The Garden Writers of America as the winner in the best overall book. Stephanie finished a new book for fall called "Fallscaping". The Diva has received the honor award from The Perennial Plant Association at their meeting in Canada. Stephanie is the first woman to receive this award - the only other woman won as a husband and wife team. Currently she is working on book three for Timber Press and helping to consult on the restoration of the Muhlenberg House Gardens located in Trappe, Pa. The Diva was written about in "Greenhouse Grower" as one of the people in a "Who's Who" in the perennial industry. Visit her website: www.theperennialdiva.com

Promotion of Conservation and Environmental Sustainability Through the Bird Town Program

Since the 1960s, the overall number of birds in the world has declined by more than 50%. Although the numbers of a few species have increased, the total number of species in decline is growing at an alarming rate with some species becoming extinct. By far the largest cause of decline is destruction of habitat, with building collisions and predation filling out the top three. Of the 750 species of birds in North America, 75% of those migrate over the US in specific tracks called flyways. Millions of birds fly over southeastern Pennsylvania via the Atlantic flyway in the spring or fall while many species remain year round. More than 420 species of birds call this area home for at least part of the year with at least 187 species settling in to breed.

Birds require structurally diverse habitats to breed successfully. Clumps of layered native plants of different heights and species provide the best diversity of habitat because bird species live in different levels of the biome. While some birds make their nests in trees and shrubs, others nest in meadows among the tall grasses and flowers. Birds such as woodpeckers, wrens, nuthatches and owls nest in cavities of dead trees. Many grassland-nesting birds including Eastern Meadowlarks, Northern Bobwhites and Grasshopper Sparrows are in steep decline due to development of farmland.

Because 96% of all baby birds require bugs for food, plants that support the local insect populations are also a critical factor. To put this into perspective, one clutch of chickadees requires ~6,240-10,260 caterpillars to reach maturity. Since high protein caterpillars are the only food source most baby birds can eat to survive, birdfeeders are not going to help their populations.

Greater than 90% of insects are specialists requiring specific plants for food. Over millions of years, plants have developed the ability to produce toxins for protection from insect herbivores. Insects evolved with the plants and those who were unaffected by the toxins were able to survive by eating only those plants that they could digest without harm. In general, the larvae of insect specialists can only feed on 1-3 species of plant while their adult forms may eat parts of different plant species. That means several species of plants need to be present for those species of insects to live through one life cycle. In some cases it's a specific family or genera of plants that insects can eat. For example, the monarch butterfly larvae eat plants from the genera *Asclepias*. Exotic plants support much fewer insect herbivore species than native plants. Displacement of native plant species by exotic invasives adds to the problem of habitat loss plaguing birds.



Baby wren that just jumped out of the nest

The large diversity in bird species frequenting Pennsylvania is correlated to its diversity of plants. According to the Morris Arboretum Flora Project, Pennsylvania has ~2133 species of native vascular flora and ~958 species of non-native plants which were introduced intentionally or accidentally by humans. The Pennsylvania Department of Conservation and Natural Resources (DCNR) list 89 of the non- native species as invasive and 25 more are on the 'Watch List'.

Not only do the exotic invasives crowd out native plants but they also provide little food for birds. Many native trees and shrubs, for example dogwoods, provide fruits designed by nature to be high in fat content to give migrating birds a caloric boost to carry on their long journey. Exotic Amur Honeysuckle shrub is rapidly displacing our native shrubs in parks and untended areas. The berries of exotic honeysuckles contain ~ ten times less fat than berries of native shrubs so they don't have the caloric boost required by migrating birds. This causes birds to stop for food more frequently increasing their chances of predation and jeopardizing their arrival at their final winter destination before cold weather arrives. Many plants species require birds to consume their fruits or berries and then redistribute them to another location for survival. Many nuts and seeds are stashed by birds like Blue Jays for a future meal and in the process they too are redistributed to other areas. Unfortunately these plant survival strategies are used by invasive plants too and hence we find them growing in our parks and yards when they weren't planted nearby.



Cooper's Hawk

In response to the severe decline in bird populations, the National Audubon Society started a conservation program called Bird Town. Pennsylvania was picked as one of the first states to institute the Bird Town program because of its decline in habitat due to development, position in the Atlantic flyway and the large number of birds that live here.

According to Audubon Pennsylvania's website, "Bird Town is a working partnership of Audubon and municipalities in Pa. to promote conservation and community-based actions to create a healthy, more sustainable environment for birds and people. Audubon provides the tools to engage their residents, schools and businesses in making more ecologically-friendly decisions, conserving energy and in the process, saving money. A Bird Town makes efforts to restore valuable ecosystem services to create a culture of conservation where everyone is a potential steward of nature in their backyard and beyond."

The Bird Town program progresses through several milestones until full status is achieved by the Township or Borough. The first step is to get as many homeowners as possible to sign the Healthy Yard Pledge asking them to consider using native plants in the landscape, remove invasive plant species, aim to reduce storm water runoff, eliminate the use of pesticides on the property and provide for birds while protecting those that show up. When the residents do this, they are entered into a database for the township and their name is added to an e-mail list to provide them with the monthly newsletter informing them of events and educational opportunities.

Residents are also encouraged to register their property as a Bird Habitat Recognition Site. To become a recognition site, homeowners fill out a questionnaire designed to help people evaluate their homes for bird friendliness and attain help if needed. To qualify for this Bird Habitat Recognition, you need to have 20% native trees and/or shrubs, eliminate pesticides from your regular yard maintenance, show some form of reducing storm water runoff (like rain barrels, rain gardens, and decreasing impervious surfaces) and alleviate reflectivity of glass to prevent collisions. Residents also have to one source (there are many options) of these bird friendly features: food, water, nesting sites, cover and natural areas. Once someone fulfills the qualifications, they get a sign for their yard and their location is noted in the database. The database is used to aid in the development of green corridors needed for the larger scale protection of birds.



Northern Flicker



Great Horned Owl

Audubon registrations are used to track the number of homes and their location for the Bird Town program which covers the municipality in which they are located. To qualify as a Bird Town, the municipality must demonstrate that they have at least 5 of the 15 basic requirements designed to improve the overall ecosystem of the township. Many of these requirements are designed to educate the township and its leaders about conservation and how to landscape public areas using conservation landscaping to help repair the fragmented and degraded ecosystems in the municipality. For example, Upper Dublin Township has an Environmental Advisory Board, a park system with natural habitat for birds which is demonstrated by monitoring results and/or data obtained from researchers or local volunteers, parks that offer environmental education, an Important Bird Area segment (designated by the Audubon Society) and a native plant ordinance – plus we adopted a Bird Town resolution.

Once the municipality shows that they have met the five basic criteria they get a year to meet the following criteria to be fully designated a Bird Town:

GOAL: Engagement/Education/Outreach

- * 50 people in the township have taken the healthy yard pledge
- * Audubon and citizen science literature is made available at public locations
- * Speaker series, minimum of three talks scheduled
- * Bird Town newsletter and logo posted on township website
- * A table event promoting Bird Town at ONE township community event

GOAL: Conservation

- * School project proposal developed
- * Stewardship workshop (if funding available)
- * Review of an action plan for the Native Plant Ordinance

GOAL: Create sustainable program with partners

- * Identify one corporate/business partnership for Audubon (where possible)
- * Identify three Habitat Discount Card businesses

In this area of southeastern PA there are several adjoining townships with Bird Town Designation which gives us the ability to work as a cohesive unit to help improve green infrastructure. It also gives us the ability to share resources to provide a synergistic approach to education and conservation. We are all working with our local chapter of the Audubon Society to get the birders interacting with the gardeners. We share seminar, event and workshop information to keep costs down. Our team consists of people from the school district, Parks and Recreation, the Environmental Advisory Board, the Wissahickon Valley Watershed Association, the township manger, the Audubon Society and avid gardeners. We are currently looking for a representative from Temple Ambler to fill out our expertise.

Last year was our first year as a Bird Town so we are still working on many new ways to engage the public. We started regular bird walks with our wonderful friends at the local Audubon chapter leading the way through our local parks. This gives us all a chance to assess the number of birds and native versus exotic invasive species of plants. It also gives a unique chance to educate the public about ecology in general as well as encourage them to plant natives in their own gardens. We have attended several local festivals and given talks to groups including churches, local neighborhood associations and garden clubs where we educate the public about the Bird Town program and the importance of gardening for the birds. Many local residents have helped us work toward our goal of making places Bird Habitat Recognition sites by removing exotic invasives and replacing them with native plants.

I became involved in this program as it gave me the chance to not only help the birds but the environment in general while doing my favorite pastime – gardening. Our motto is plant it and they will come. Try adding a few more native plants to your garden and you too will reap the rewards.



Blue Heron



Bald Eagle pair

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WNF&GA NATIONAL MEETING REGISTRATION FORM

(Please fill out a separate form for each guest. Registration fee is non-refundable.)

Embassy Suites Nashville – at Vanderbilt by Hilton; 1811 Broadway; Nashville, TN 37203; 615-320-8899

Nashville, TN — June 1-5, 2016

Name _____ Member _____ or 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 date/time of arrival _____

Rooming with _____ or Need a Roommate? _____

Regular Diet: _____ or Vegetarian Diet _____ or Other Dietary Needs (specify) _____

Please note breakfast buffet is included with room charge.

Wednesday June 1	Arrive and check-in (3-6 p.m.) Dinner on your own	N/A
Thursday June 2	Warner Park Bicentennial Capitol Mall State Park Lunch on your own at Nashville Farmer’s Market Centennial Park – Parthenon & Herb Garden Flower Arranging Workshop (optional, bring your floral knife) The Science and Art of Aromatherapy Workshop General Jackson Showboat Dinner and Entertainment	\$ Included N/A \$ Included \$ 5 \$ Included
Friday June 3	Session I Annual Meeting Cheekwood Botanical Garden (Lunch with Speaker and Tour) Dinner at Hotel with speaker	\$ Included \$ Included
Saturday June 4	Session 2 Annual Meeting The Hermitage (Box Lunch and Tour) Opryland Hotel and Gardens Silent Auction/Dinner at Hotel with speaker	\$ Included \$ Included
Sunday June 5	Committee Meetings as Called/Depart	N/A

Total Registration

General Registration Fee (lines labeled “included” above, member or guest)	\$ 315
Optional Flower Arranging Workshop (\$5)	\$ _____
Optional Donation to National Arboretum Internship Fund (any amount)	\$ _____
Late Fee - After May 1 (\$25)	\$ _____

Total Enclosed

\$ _____

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

Send completed registration form and check to: Kathy Beveridge; 1195 Dager Road; Warminster, PA 18974;
215-262-1372. E-mail kathy@sparknpc.com (put Nashville in the subject line).

No refunds. Late fees apply after May 1, 2016. No Exceptions.

Call hotel by May 1st to make room reservations **615-320-8899**. Mention “WNF&GA” for group rate of \$189 (double)/\$199 (triple).

MEETING DETAILS

Join Us for the Nashville Experience

The 2016 National Meeting for WNFGA takes us to the Country Music Capital of the World. Our time there will provide us with a variety of experiences. Our first day of touring will take us to some of the state parks in the area, followed on Friday and Saturday by Cheekwood Botanical Garden, the Hermitage, and a peek at the extensive indoor gardens at Opryland.

Warner Park, one of the largest municipally administered parks in Tennessee, is known for its scenic overlooks just 9 miles from downtown Nashville.

Bicentennial Capital Mall State Park presents a history of Tennessee in a park-like setting. Unlike the other three sides of the capital building, the north end is swampy and not conducive to skyscrapers. A park with walking paths presents displays of Tennessee history.

Centennial Park was the site of the 1897 Tennessee Centennial Exposition. A Replica of the Parthenon was built for the Expo and remains in this park. An Art Center, sunken gardens, walking trails, and much more have a place in this park.

Cheekwood Botanical Gardens is 55 acres that once was the home of the Cheek family, who were connected to Maxwell House coffee. The grounds contain Japanese gardens, an herb garden, perennial gardens, a color garden, and the original Cheek garden with breathtaking views of the hills of Tennessee. We will be treated to lunch, a speaker and tour of the gardens.

Andrew Jackson's Hermitage has been restored with most of Jackson's belongings. It was not only the family residence, but also his office and a gathering hall. The grounds include Mrs. Jackson's one acre garden adjacent to the house, and the remnants of the cotton plantation that Jackson ran.

Opryland Hotel and Garden will be our final stop. The opulent lobby with expansive garden scenes is a must see.

We can't forget the reason we are here in Nashville. Hopefully, our annual meeting sessions will provide you with an update on what is happening in WNFGA, and allow us to address any concerns or suggestions you may have to help make us an organization of which we can continue to be proud.

Of course any experience would not be complete without our culinary events. Besides our dinners at the hotel on Friday and Saturday evenings, we will be treated to an unforgettable Nashville experience on the General Jackson Showboat featuring flavors of the south, Nashville entertainment, and a cruise on the Cumberland River.

This meeting should have something for everyone in the exciting setting of Nashville.

Come join us!

MEETING DETAILS

Floral Arts Class at Nashville Meeting

As is the custom, a Floral Arts class will again be offered at the Nashville meeting. We will be making centerpieces for the tables at our evening meals. Supplies will be purchased as needed by the Meeting Committee. We will make every effort to accommodate all levels of skill, but attendees need to bring the following items to the workshop: small sharp knife, or floral knife and medium scissors. The committee will supply containers, mechanics and materials. This is a class, not an informal workshop. We will work together, under the guiding tutelage of designers, to create arrangements. This class is prepaid, only those who are registered will be able to attend. No knives or scissors will be available, you must supply your own tools. Please pay the \$5.00 fee in the space provided on the Registration form. No confirmation will be sent, additional information regarding day, time and location will be provided upon arrival and registration at the hotel in Nashville. Space is limited to 15 (fifteen) attendees.

WNF&GA National Annual Meeting Call to Meeting Notice

Please allow this announcement to serve as notice to all registered members of the
Woman's National Farm & Garden Association

that the 2016 National Annual Meeting
will be held from

***June 1 - 5 2016 in
Nashville, Tennessee***

The business sessions of the meeting are scheduled for the mornings of Friday, June 3rd and Saturday June 4th for the purpose of any and all business matters of the organization brought before the Executive Board and general membership attending. A full business meeting agenda will be available on the

WNF&GA website at www.wnfga.org
after
May 1st, 2016.

Sincerely,
Mrs. Molly Hammerle
WNF&GA NATIONAL PRESIDENT



MEETING DETAILS

Flower Shows and Qualified Judges...Dilemma and Solution

Davene Brown New York Division, Tri-County Branch

About 25 years ago, Dorothy Lippincott and Vera Stiller drove from Michigan to eastern New York State to teach some of our members who were interested in becoming better floral designers and possibly flower show judges. A few of us would gather for a week twice a year for three years to get our certification. We listened, we watched, we shared and of course took tests to get to be qualified judges in both Design and Horticulture. At that time NY Division had four Branches, and all held flower shows. I am not sure if any other branch of WNF&GA held flower shows at that time but remember very few if any did.

Fast forward to today. As far as I know Tri-County Branch is the only branch in WNF&GA that still holds a flower show. And of the group that started out in the early 1990's, only two of us (Bea Petersen and myself) are active members. Sadly due to death, illness and relocation, the others are no longer with us.

In order to stay a qualified judge, you need to receive a few blue ribbons in recent years in both Horticulture and Design AND you need to judge a few shows. With Tri-County being the only branch that holds flower shows, it is obviously difficult to judge your own show. In fact it is very difficult for us to secure qualified WNF&GA judges, so we use Federated Judges and ask them to score on a point basis rather than one award of each color in each class, as is done in Federated Rules. In addition, the judges we secure do not get credit for judging our shows; so it is not easy to find Federated Judges to agree to drive to our show and act as judges. Thankfully we have a small group of gracious supporters who do this for us.

WNF&GA has allowed Master Gardeners to judge our Horticulture Divisions; however, we presently have only Bea Petersen (she belongs to Cambridge Area Branch) who technically can judge Design. There has been some talk in WNF&GA of reinitiating the flower show judges program. If we were to do that, we still would have to inspire other branches to have flower shows; it is not possible to do one without the other. Even back in the late 1980s and 1990s, Vera and Dorothy would participate in shows in Michigan however they were Federated shows. They told us many of their members belonged both to WNF&GA and Federated Garden Club.

WNF&GA supports being a global association as well as a cooperative one. Can this be the time to have one set of flower show rules to which all garden clubs can abide? I suggest that WNF&GA adopt the Federated flower show and Judges' rules and regulations. Federated has many schools already set up all throughout the USA that our members could attend. We would not have to reinvent the wheel, and we could co-exist with the major flower show association. My children were involved in horse shows, and many times they would be judged so anyone doing exceptional work would receive a blue ribbon; sometimes there would be many blues, a few reds, etc. In other shows there would be one blue, one red, etc. It would depend on the system of judging that day.

It is possible that WNF&GA could do this as well. Perhaps a member who already belongs to both Federated and WNF&GA garden clubs could approach the idea to join our forces and make it easier to become a judge and find qualified judges for our flower shows. It would certainly be easier than setting up our own schools and keeping judging skills and criteria current.

MEETING DETAILS

GUEST SPEAKERS



Jason Reeves, Curator, UT Gardens, Jackson **One Man's Trash is Another Man's Treasure**

Jason is known for his use of what many would consider “trash” at the Univ. of TN Gardens in Jackson. Working with limited funds, he has found inventive ways to bring whimsy into the Gardens which draws thousands of visitors throughout the summer. When used in the right context, old satellite dishes and bicycles, cook stoves and bedsprings can make unusual but surprisingly tasteful additions to any garden. In 2014 and 2015 Jason used over 6000 recycled glass bottles in the garden. Come see how Jason uses “trash” to create gardens filled with imaginative art that showcase dazzling plant collections. Jason is Ornamental Horticulture Research Associate at UT's West Tennessee Research and Education Center in Jackson. He creates the various seasonal horticultural displays, conducts research on herbaceous and woody ornamentals, assists with the center's annual field day, Summer Celebration, and supports other educational programs. In addition, Jason serves as a contributing editor to *Fine Gardening* magazine. Jason has a B.S. in Agriculture from UT-Martin and an M.S. in Ornamental Horticulture and Landscape Design from UT Knoxville. He has worked at Opryland Hotel and Conservatories, Missouri Botanical Garden, and Longwood Gardens. He has lived and worked as a horticulturist in New Zealand on two different occasions.

A Home for Butterflies, presented by Rita Venable, author of *Butterflies of Tennessee*.

Ever wonder how butterflies view your garden as “real estate?” Do they investigate and stay a while or quickly move out of the neighborhood? “**A Home for Butterflies**” is a program that focuses on what to think about when planning a natural area or a butterfly garden. We will talk about what butterflies need to survive, what gardeners need to know about the butterfly garden, and problems some gardeners experience when planting a butterfly garden. We will discuss whether butterfly houses work or not and some tips for plant selections. *Butterflies of Tennessee*, which lists many specific plants known to be productive for butterflies in Tennessee, will be available for purchasing and signing.

Rita Venable is a writer, photographer, and speaker whose much-loved subject is nature, especially butterflies. She is author of *Butterflies of Tennessee* (2014, Maywood Publishing). Rita has published numerous articles and photographs in literary publications, newspapers, and magazines including *American Butterflies*, *American Gardener*, *Backpacker*, *Discover the Outdoors*, and *National Wildlife Online*. She has won Excellence In Craft awards in writing and photography from the Tennessee Outdoor Writers Association and Southeastern Outdoor Press Association in multiple years and was an artist-in-residence in creative writing with the Tennessee Arts Commission for five years. She was an assistant biologist with the Tennessee Department of Environment and Conservation conducting biological surveys in state parks and natural areas with the All Taxa Biodiversity Inventory program. She developed butterfly checklists for individual parks, led field trips, conducted training sessions for seasonal naturalists, and spoke at wildflower festivals and other state park events. She was editor of *Butterfly Gardener*, a publication of the North American Butterfly Association based in Morristown, New Jersey. Prior to the editorial position in this national organization, she founded the Middle Tennessee Chapter of the North American Butterfly Association. She most enjoys connecting people with the butterflies that live around them.



The Science and Art of Aromatherapy:

Create Your Own Eden with Essential Oils Workshop

presented by Faith Fairhope, B.Min., LMT, CCA, HTP, owner/founder of Tender Touch Therapies, www.faithfairhope.com

Join us as we discuss the ancient history of essential oils, how they are made and how they are used in modern everyday life. We will demonstrate methods for application and explain the French Model of therapeutic grade with a clinical focus as well as the British model of recreational grade fragrance with a relaxation focus. We will define essential oil quality, and the safe use of essential oils. Faith will share her personal experiences with using clinical aromatherapy with her family, friends, and clients that spans over 10 years.

MEETING DETAILS

SILENT AUCTION ROUND UP

Buckaroos it is time to put some thought into what you can contribute to the time honored Silent Auction.

Place an item or two in your saddlebags before you ride the trail. Then on Saturday sashay over and take a gander and bid on the imaginative items that your fellow cowpokes have provided.

Sue Vette, Michigan Division-Troy Branch

WNF&GA ANGEL FUND

Our Angel Fund is a grant that benefits WNF&GA members directly. It was set up several years ago to help first time attendees get to our annual National Meetings. Members in need of assistance may also apply for this grant. If you are thinking about attending our upcoming meeting in Nashville, Tennessee, check with your Division and/or Branch President to request an Angel Fund Grant. **SURE HOPE TO SEE YOU** at the Nashville Meeting. Members of the Planning and the Executive Committees will be waiting for you in the Music Capital Of The World!

For our 102nd Annual Meeting in Nashville, Tennessee, WNF&GA members will be staying at the Embassy Suites Nashville – Vanderbilt, in Nashville’s West End. That’s right on Broadway where, according to the locals “all of the best ‘Honky-Tonkin’ takes place.” [Urban Dictionary definition: a loud, rowdy bar that plays ‘honky tonk’ country music. It’s what you do on weekends in Nashville for the classic and ultimate Nashville experience.] There will be lots to see and do, so plan to join us in Nashville, June 1-5, 2016. **Make your room reservations before May 1, 2016** to receive the group rate of \$189 for a King Suite or a Double/Double Suite. Triple and quadruple occupancy is possible at a rate of \$199 and \$209 respectively. A full breakfast buffet is included each day.

Embassy Suites Nashville – at Vanderbilt (by Hilton)

1811 Broadway Nashville, TN 37203

Reservation line: 615-277-4963

Reference the Woman’s National Farm & Garden Association room block.

Take the Bus to Nashville, Tennessee For Our 2016 National Meeting Depart June 1, 2016 Return June 5, 2016

The past two years have been thrilling with celebrating our 100th WNF&GA Anniversary and our exciting trips to the Philadelphia area and Washington DC. This year our WNF&GA National Meeting will take us south to Nashville – the Country Music Capital of the World!

So grab your cowgirl boots and 10 gallon hats and plan to join us for our travels south.

Our bus ride will take nine hours with rest stops and a stop for lunch. We will start in Troy with stops in Plymouth, the Trenton Area, and Ohio. The cost will be \$140. The deposit will be \$70.

Get your deposit in early as seats will sell out. The final payment of \$70 is due on April 15, 2016.

Nashville Bus Registration Form

Name _____ Branch _____ Division _____

Address _____ City _____ St. _____ Zip _____

Phone _____ Cell Phone _____

E-mail _____ Member _____ Guest _____

Send payment of \$140 payable to: National Meeting Fund with “bus payment” on the memo line.

Send check and a copy of this form to:

Helen Jositas

2834 Shannon Drive, Oakland, MI 48363

Contact me at 248-766-2300 or email rjositas@aol.com

MEETING DETAILS

Proposed Changes to Farm & Garden National Bylaws:

Bylaws are the structure of any organization or business. The bylaws describe the purpose of a group, enumerate the duties of officers and members, the requirements for membership, set limits on the scope of jurisdiction and disbursement of funds. Standing rules work with the bylaws, giving more detailed information about the methods needed to maintain the working order of a group or business. Both bylaws and standing rules are always a work in progress. While every parliamentarian hopes to compose the most adequate and all-inclusive documents, each knows changes are inevitable as the organization or business evolves through the years.

A better method of understanding how these two sets of guidelines work together is an analogy of a house: The bylaws are the framing, or structure; they are the foundation, walls, windows and roof of the house. The standing rules are the personal touches that make the house the home. These include the heating and cooling, plumbing, wall and floor coverings, cabinets, countertops, window treatments, etc. Obviously, some of these things can be changed much more easily. Who doesn't like fresh drapes or curtains, a coat of paint or new wallpaper, perhaps new carpeting or flooring to change the look, feel and purpose of any room?

To this end, proposes have been made to change the bylaws and standing rules that were approved at the 2013 National Meeting. These changes make it easier and more efficient to operate as Farm & Garden, save money and define jobs in a better fashion.

The proposed changes are as follows:

Section 5: Duties of Officers, A: President, 8

Current reading:

Section 5: Duties of Officers, A: President, 8: Review all information prior to posting on the official Web Site.

Proposed Changes: Delete item 8 from the Presidents duties, move this responsibility to the Corresponding Secretary. Reasoning: Most correspondence is electronic rather than US Post. A Corresponding Secretary, or Social Secretary is named in the Incorporation papers, thus we must maintain the position. Letting the Corresponding Secretary handle the Web Site gives another purpose to the job.

Section 5: Duties of Officers, E: Corresponding Secretary

Proposed Change: Add the following to the description of duties:

Section 5, E-4: Act as Web Site Monitor for all electronic correspondence to/from the National Web Site. The Secretary will approve postings to the Web Site, working with the Web Site Mistress, and a copy of the correspondence must be forwarded to the appropriate individuals.

Reasoning: Electronic mail inquiries are received more often than US Postal letters. Allowing the Corresponding Secretary to answer these notes via the internet makes more sense than forwarding the notes to many Directors and sub chairmen. A copy of the correspondence should be sent to the appropriate individuals.

Section 5: Duties of Officers, F: Administrative & Operating Treasurer, 11 & 12:

Current reading:

Section 5, F-11: Recommend to the Executive Committee an auditor/CPA to review the records at least every two (2) years.

12: Working with the Finance Committee, submit to the Association every two (2) years a financial report of the review/audit.

Proposed Changes:

Section 5, F-11: Recommend to the Executive Committee an auditor/CPA to review the records at the end of the each term of office, prior to the transfer of records to the succeeding elected officer. (continued on page 17)

Section 5, F-12: Working with the Finance Chairman, submit to the Association a financial report of the review.

Section 5, Duties of Officers, G: Educational and Charitable Fund Treasurer, 9, 10, 11

Current Reading:

Section 5, G 9: Working with the Finance Committee, submit a financial report of the review/audit to the Association for adoption every year.

Proposed Changes:

Add:

Section 5, G 9: Recommend to the Executive Committee an auditor/CPA to review the records at the end of the each term of office, prior to the transfer of records to the succeeding elected officer.

Section 5, G 10: Working with the Finance Chairman, submit to the Association a financial report of the review.

Section 5, G 11: Responsible for all IRS filings for these accounts

Reasoning: A financial review or audit by an accredited/licensed auditor/CPA is not necessary every 2 years. It is a fiscal burden which we cannot afford. A review at the end of a term of office, prior to surrendering the files, will suffice. The Treasurer will still report to the general membership regarding the status of our accounts.

These proposed changes are published in the current copy of the Farm & Garden magazine for every member to review. The changes will be voted at the next National Meeting in June, 2016, to take effect immediately upon approval. All changes to the current bylaws and standing rules will be published in the Fall issue of Farm & Garden magazine for members' quick reference.

Members Will Vote on International Approach at the 2016 Annual Meeting

The tradition of the Grace E. Frysinger Exchange goes back decades within Woman's National Farm and Garden Association as an international exchange program created to promote understanding among women around the world. Although there is funding set aside for the Frysinger Program from donations made over the years, the program has been on hiatus for the past ten years as WNF&GA members have debated its future.

Two years ago a Frysinger Special Committee was appointed to generate options for the future structure of the Program. The Committee recently identified a new direction for the program which will be presented for consideration at the 2016 Annual Meeting in Nashville, Tennessee.

Briefly, the Frysinger Special Committee recommends that the Frysinger International Exchange Program be converted into a Frysinger International Project that takes place approximately every two to three years. WNF&GA can work within the existing framework of selecting and overseeing international projects that exists at Associated Country Women of the World (ACWW), of which WNF&GA is a member. We can sponsor a project and, as an organization, inspire members to learn about the women who will be affected, their needs and their country, and provide financial and other kinds of support throughout the project to its completion. Reports on the outcomes of the project will be submitted to ACWW and will be shared throughout our organization.

The Frysinger Special Committee also recommends that leadership of the Frysinger International Project be provided by the Chair of International Cooperation and that the responsibilities and opportunities associated with holding this leadership position be adjusted to make the position more reasonable and more appealing. A new job description will be proposed for members to consider at the National Meeting.

Please come to the meeting in Nashville prepared to share your perspective on the value of international involvement for WNF&GA members and the organization as a whole. We look forward to a fruitful discussion that leads to a positive new direction for the Frysinger program.

FARM & GARDEN EDUCATION

2015 Sarah Bradley Tyson Memorial Fellowship

I am excited to write this letter to the members of the Woman's National Farm & Garden Association to report on the progress I have made toward obtaining my Ph.D., as well as on the project proposed in my 2015 fellowship application.

Since receiving the 2015 Sarah Bradley Tyson Memorial Fellowship, I have accomplished two important goals necessary to continue pursuing my Ph.D. The first of these is the publication of the first chapter of my dissertation. This paper was in review at the time of my fellowship application. I am pleased to report that the paper was accepted and published in June in the peer-reviewed journal *Biology Letters*. In addition to publishing the first chapter of my dissertation, I also passed my comprehensive examinations and was admitted to doctoral candidacy.

In addition to the important milestones discussed above, I have also made great progress on the project outlined in my Sarah Bradley Tyson Memorial Fellowship application (Project Title: An evolutionary analysis of limb bone shape in turtles and its implications for aquatic invasions). In my application, I proposed visiting four museums (Smithsonian National Museum of Natural History, American Museum of Natural History, Carnegie Museum of Natural History, and Florida Museum of Natural History) to collect physical measurements and digital photographs of limb bone elements of numerous turtle species from four functionally diverse lineages. These data were to be used to assess whether limb bones of rowing turtles are functionally and structur-

ally intermediate to flapping marine and terrestrial walking turtle species.

I have now visited all of the proposed collections. Data from the initial three museums have been analyzed and some very exciting patterns are emerging! As predicted, sea turtles (marine flappers) do show a distinct flattening of the humerus (the upper arm bone), however it appears this flattening is achieved through the allocation of additional bone mass to the anteroposterior (head-to-tail) diameter of the bone, rather than by reduction of the dorsoventral (back-to-belly) diameter of the bone. Such a shape change aligns with our prediction that flattened bones can evolve in groups that experience reduced twisting loads during aquatic flapping, but contradicts our hypothesis regarding the manner in which this flattening occurs.

This may be explained by the need for additional bone mass in sea turtles to maintain neutral buoyancy in marine habitats, as this group of turtles typically exhibits shell reduction (and, as a result, presumably reduced bone mass) compared to turtle species that do not exhibit shell reduction. Intermediate degrees of limb bone flattening were not observed in rowing turtle species, contrary to our predictions. Rather, soft shell turtles (freshwater rowing specialists) exhibit relatively short limb bones and robust limb bone diameters. As with sea turtles, this group exhibits shell reduction, so increased limb bone mass may serve as ballast to maintain body position on stream and river bottoms. In semi-aquatic pond turtles (freshwater rowing generalists) limb bone diameters were neither expanded nor reduced relative to limb bone length or body size (i.e., limb bones grew at the same rate as the rest of the body as animals increased in size). Tortoises (terrestrial walkers) exhibited relatively long forelimbs and robust

limb bone diameters relative to body size. This result aligns with our predictions that terrestrial species should have more robust limb dimensions in order to resist body support demands and greater twisting loads typical of terrestrial locomotion in organisms with a sprawling posture.

These results were presented at the annual Society for Integrative and Comparative Biology meeting held in Portland, OR in early January. Following the Portland meeting, I intend to finalize my analyses with new data from the fourth museum. The results from this study will not only inform us of how the skeleton responds to habitat transitions within turtles, but can be more broadly applied to understanding how bones respond to loads in agricultural contexts.

The travel necessary for completing this project would not have been possible without the Sarah Bradley Tyson Memorial Fellowship. As such, I would like to thank the Woman's National Farm & Garden Association again for their support of my research. I look forward to a productive spring and anticipate another positive report to your organization at the end of the



academic year.
Sincerely,
Vanessa K Hilliard Young
Ph.D. Candidate
Department of Biological Sciences
Clemson University
vkhilli@g.clemson.edu

FARM & GARDEN EDUCATION

Welcome To The United States National Arboretum The Renaud/ Peterson Internship Grant

Dear WNF&GA Members,

As I write this report to you, a record breaking snow storm is hitting the Mid-Atlantic States. Hopefully, our beloved Dogwood Collection will not sustain too much damage. If so, Supervisory Curator Carole Bordelon and the Staff there will need the help of all the 2016 Interns to clean up all collections throughout the Arboretum.

Since our visit in May of 2015, lovely additions have been placed in the Dogwood Collection. The Teakwood Bench donated by the Ohio Division has been set in it's proper place. Head Gardener, George Waters, has planted a beautiful Perennial Garden donated by the Ehrler Family.

Offers will be going out in February to worthy Students studying in the fields of Landscape Architecture, Botany, Biology, Horticulture and Environmental Sciences. Please encourage students in your area to apply for these Internships. In order to apply, applicants should go to the United States National Arboretum Web-Site. Then, look under Grants and Internships. We like to see students from all regions of our Nation receive this wonderful opportunity.

This year the cost of our Renaud/Peterson Internship Grant will be \$6,641.87 for a twelve week stay. Each time the governmental employees receive an increase, the Interns are also given a raise in pay. FONA does help our students find good safe housing, but the cost of living in the DC Metro area is costly and rising.

Your generous support has sponsored 25 Dogwood Collection Interns thus far. Thank you for donating to this worthy project. The Renaud/Peterson Fund is held in an investment account. We can only draw out the interest accrued on that account each year. The balance needed, comes from our generous members throughout the WNF&GA organization.

There are several ways to donate to this cause. If you wish, send a check directly to our current E&C Treasurer.

Susan Hunt
238 Causeway Street Medfield,
MA 02052
508-359-5366
mayflowerfg@msn.com

Write the check out to Woman's National Farm and Garden Association. Place Arboretum Internship Donation on the memo line.

Or, this year you may wish to donate to a special fund set up by the Executive Board for 2016. There is a place on the Annual Meeting registration form to donate a sum for the Dogwood

Internship. Every little bit will help us meet our commitment to fund our 26th Intern for the summer of 2016.

Lastly, after ten wonderful years of serving as your Representative to the Arboretum, I am stepping down from this very rewarding position. This job is the best kept secret in all of Farm and Garden ventures. I have never had a better position in my entire life, both career-wise and volunteer-wise. Where else can one meet with outstanding professionals, visit a place of peace and grace and beauty and keep abreast of what is happening in the lives of fine young students e.g. our superior Dogwood Collection interns!!!

If you think you could take on this responsibility please speak to your Division President or to a Member of the WNF&GA Executive Board.

Respectfully submitted,
Audrey E. Ehrler- WNF&GA
Representative to the U. S.
National Arboretum



FARM & GARDEN DIVISION & BRANCH UPDATES

Pine Cone Wreaths



displayed or given as gifts. This has been a holiday tradition.



The Bucks County Branch in Pennsylvania collected pine cones to be used in designing wreaths for the holiday season. These are some of the beautiful examples the members made to be

MORE DIVISION & BRANCH UPDATES

We would love to hear from your Division & Branch.

Please share activities, ideas, gardening tips, recipes, photographs and fundraiser ideas with us.

Send to the editor,
Mary Pat Ford
mpf6@hotmail.com

Deadlines
August 1st,
and **February 1st**
of each year.

One Hundred Years of Growing and Giving:

Woman's National Farm and Garden Association 1914-2014

Our Centennial book is a soft cover edition that encompasses the history of our organization with greater emphasis on the post-Chronicle years 1984-2014. The 100th celebration is included in the publication. The book is filled with pictures and features the founding history, the presidents, interest areas, leaders, and special projects.

Overall the book is divided into decades in order to provide a greater understanding of the events that influenced each era, with special emphasis on interest areas and projects that developed along those themes.

Cost is \$20

Contact Mary Pat Ford mpf6@hotmail.com
or
Rita Urbanski rzurbanski@gmail.com

One Hundred Years of Growing and Giving: Woman's National Farm and Garden Association 1914-2014

Membership Request for Members at Large

Join Today!

New Member Name _____

Address _____

Email _____

Telephone _____

Secondary Contact Information- In Case We Lose Touch With You

*Members at Large is a designation for members who are loyal friends and do not have the convenience of a branch but wish to be involved with the organization. Members At Large receive all national communication including the magazine **Farm & Garden** published twice yearly.*

Annual dues \$15.00

Make checks payable to Woman's National Farm & Garden Association (WNF&GA)
Mail to Audrey E. Ehrler 5004 Harbour Drive Oxford, FL 34484 352-399-5079

We are so happy to have you join us!



Hazel Herring Civic Improvement Grant Application

Application being made by (Branch Name): _____

Division (If Applicable) _____ Number of Members: _____

Project title: _____

Project cost: _____ (if necessary)

Person submitting application: _____

Address: _____

Phone _____ FAX/e-mail: _____

Application must include the following:

1. A completed application form
2. A written description, no more than three pages in length describing the Project, the Goal, Sweat Equity (who will be involved in the project) and the Total Cost for completion.
3. A copy of this application should be sent to the Branch and Division President for their records.
4. Four digital photos in a .jpg format to be emailed or sent with the application on a CD-Rom to be used in Power Point presentations.

Mail completed application and photos to:

Gerry Howard
12735 Scott Road
Davisburg, MI 48350
Phone: 248-634-3766
gerryhoward323@yahoo.com

Grant recipients are then required to:

Submit a report to Gerry Howard at the above address no later than **May 1, 2016**

(to be processed in time for the Annual Meeting)

and include the following:

1. Brief description of the completed project
2. Include 4 photos as described above.
Please mark with Branch/Division name, date of project and title.
3. Name of person who made application, telephone, e-mail and address



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& Garden Association
Inc.
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Wyndmoor, PA 19038

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