CAR Review

Betty Cookendorfer, Director

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

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

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From Our Director:

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

- includes all aspects of gardening and horticulture and growing our Region membership

Hello to our Central Atlantic Region members and hope you are enjoying the summer weather. (Or should I say "enduring" the summer weather?) All our CAR-SGC seven states and in fact, our entire nation, have had extreme heat and powerful storms. We are in the "Dog Days" of summer which are the dates between July 3 and August 11. They are usually the hottest and most unbearable days of the season. Very true for this year.

It makes it hard on gardeners – we must get up early to take care of our gardens and flowers and then return inside our homes when the heat gets to be too much for us. Watering the plantings can feel like a never-ending job if gardeners don't have automatic irrigation systems in their yards.

I have received your reports and pictures and know you are very busy despite the weather. Garden Club activities are in full swing with Flower Show Schools, Symposiums, Flower Shows, Gardening, Environmental and Landscape Design Schools and Board Meetings. Blue Star/Gold Star Dedications, garden tours, plant sales, beautification projects and youth projects are some of the other community projects you are achieving. It Is amazing what our CAR-SGC members are doing to educate and connect with our communities. Thank you for making our communities a better place to live and work.

I encourage you to apply for the CAR-SGC Awards. The Region offers awards for member clubs, in addition to the awards presented by state garden clubs and National Garden Clubs, Inc. CAR-SGC awards are intended to recognize excellence above the state level, achievements that do not fit into any NGC award criteria and those not large enough in scope to be considered on a national level.

You can find the CAR-SGC Award Rules and Application (2021-2023) on our website *www.car-sgc.org* Your application must be submitted to your State Awards Chair. Any questions on the CAR-SGC Awards, please contact Mary Ann Ferguson Rich at mafr43@hotmail.com.

Before we know it, fall will be upon us with its cooler temperatures and beautiful fall color. And we have our CAR-SGC Conference to look forward to! I am very excited about our Conference and hope to see all of you there.

Our Conference, "7 Super Blooms that Changed Our World", is rapidly approaching on **November 2-3** at Seven Springs Resort in Champion, PA. The Garden Club Federation of Pennsylvania is hosting the Conference. ((November 1 and 4 are travel dates for the other six states in our Region or others that will be attending and participating in the Conference.) Nerita Brant is Conference Chair and Mary Jo Gardill is Vice-Chair. Sheila Croushore is Pennsylvania's President. The Pennsylvania Conference Committee has been planning this Conference since 2020, when it had to be cancelled and moved into the CAR-SGC schedule for 2022, due to the Pandemic. They have been working hard to make this a great Conference with a design program, workshops, vendors, tours and fellowship with friends and fellow gardeners.

Included in this issue of *The Review* will be the registration form and the conference schedule of times for meetings, workshops and other Conference information. Deadline for registration for the Conference and hotel is September 30, 2022. You can also find this information on our CAR-SGC Website. *www.car-sgc.org*

Happy Gardening and Growing,

Betty Cookendorfer, Director
Central Atlantic Region of State Garden Clubs

Photos by Shirley Nicolai

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The CAR-SGC Presidents at the NGC Convention in Orlando in May

Photos by Caroline Carbaugh

CAR- SGC Conference

7 Super Blooms that Changed Our World
November 2-3, 2022
Seven Springs Mountain Resort

Join us in beautiful Laurel Highlands for a Super Conference
7 Super Blooms + 7 States/Areas + 7 Springs = A winning combination

- TOURS
  - Tour the Flight 93 National Memorial
  - Fallingwater – a Frank Lloyd Wright house
- WORKSHOPS
  - Seasonal Succulent Designs - Tonya Young
  - Planting for Birds and Pollinators - Marcy Cunkelman
  - New and Exciting Houseplants - Ron McIntosh
  - NGC Exhibition Table Designs – Chris Leskosky
  - Williamsburg Christmas – Janice Davis
  - Creating from Your Own Garden – Fran Landsberry
- DINNER SPEAKER
  - "Roses and Tulips and Sunflowers – Oh My!?!" – Tom Huston
- VENDORS – Many!!

Hotel reservations may be made for November 1-4 at special conference rates
by phoning Seven Springs Resort at 814-352-7777.

See the Registration Form on CAR-SGC and GCFP websites!!

From Our States:

Delaware

Summer is truly here and temperatures are hot and high in Delaware. Would be nice to have a spring prior to the immediate onset of summer heat.

We have continued to have in person State meetings.

Barbara DeRue

Two of three clubs who entered the "Trash to Treasure" State meeting Centerpiece contest have completed their responsibilities (in April and June) and have provided quite interesting, unusual, creative centerpieces. The "Trash to Treasure" centerpiece design contest was proposed and demonstrated by the late and dearly missed Dottie Howatt in November. The designs are constructed of recycled/repurposed materials including some flora. The last club entry will be the centerpieces provided for the upcoming November meeting. Below are two of the many centerpieces designed.

Photos by DFGC Members at DGGC meetings

Sixty-eight percent of Delaware Garden Clubs have participated in the "President's Grow Local Project". The project grants support club projects which help clubs grow in their community; grow awareness, grow membership, grow a garden. Examples of some of the uses include printed club business cards, signage, promotional materials, plant materials for designs in libraries, plantings for new or refurbished gardens.

Salt Air Gardeners dedicated a Blue Star Memorial and Garden on May 23, 2022. Salt Air Gardeners President Oksana Hoey and myself at the marker. It was an honor to attend the dedication ceremony in the town of Ocean View.

Barbara DeRue, President,
Delaware Federation of Garden Clubs, Inc.

Maryland

Our clubs and districts in Maryland continue to make up for activities that were curtailed due to the virus. Many members have enjoyed garden tours, end of year parties and other activities.

Anna O'Kelly

Talbot County Garden Club in District I didn't let a rainy day spoil the long-planned home and garden pilgrimage around Talbot County. With over 1000 attendees, they were able to donate $10,000 to the Talbot County Historical Society. Two weeks later, St. Mary's County Garden Club enjoyed a beautiful day for their tour, and they were able to donate over $24,000 to the historic All Faith Episcopal Church established in 1655 and an integral part of the community.

Photo by St. Mary's County GC

The Maryland Home and Garden Pilgrimage was not held for two years, and the great turnout is a testament to how much it was missed.

A tri-council tour of Glenstone Museum was enjoyed by Gardening, Environmental, and Landscape Design council members who were finally able to see the gardens in person. We had virtual tours during Covid, but they didn't capture the buzzing bees and fluttering butterflies or the vastness of the gardens.

Hill and Stream Garden Club dedicated Maryland's 43rd Blue Star Memorial Marker at Gunpowder Falls State Park, and Kent Island Garden Club dedicated our 3rd Gold Star Memorial Marker at the Kent Island American Legion, both on Flag Day.

Photo by Kent Island GC

Photo by Claire Jones, DIII Director

We completed Course IV of Landscape Design School and welcomed ten new consultants to the council. We will offer Course 1 of Gardening School on September 14-15 at the Cylburn Arboretum in Baltimore. On September 29, we will host *Environmental Action Day: Sowing Seeds for Tomorrow* featuring five speakers who will share their knowledge about our environment. Judges Council will sponsor a symposium October 24-26 at the Bowie Comfort Inn. Instructors are Darlene Newell and Julia Clevett.

Several postponed flower shows are back on the calendar, and District I members have a great show planned! The September 24th event will be held at Chesapeake College in Wye Mills and vendor shopping, food trucks, and an afternoon of demonstrations will be added attractions.

We are looking forward to clubs resuming activities in September!

Anna O'Kelly, President,
Federated Garden Clubs of Maryland

Federated Garden Clubs of Maryland Virtual Book Club

When the pandemic hit us in 2020, FGCMD was searching for ways to keep our membership interested, informed and entertained, since we had to cancel all our in-person meetings and programs.

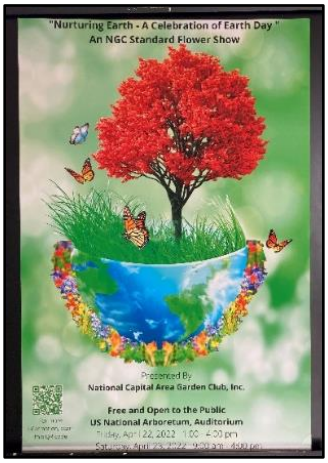
Inspired by Cherie LeJeune, Central Atlantic Region Virtual Resources Chair, from the National Capital Area, and her creation of their Virtual Book Club, Maryland decided to try it out too. Our recent selections have been *Animal, Vegetable, Miracle* by Barbara Kingsolver, *Finding the Mother Tree* by Suzanne Simard, and *Braiding Sweetgrass* by Robin Wall Kimmerer.

Although meetings and programs have resumed in person, there are still those of us who want to continue our exploration of all things related to gardening, science, ecology – and so on, and to keep on doing it virtually. Our next book to be discussed in September is *The Overstory* by Richard Powers.

Carolyn Braverman,
Secretary, Central Atlantic Region

National Capital Area

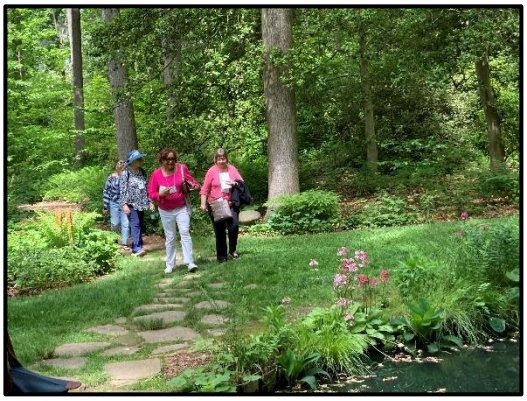
NCAGC has been living up to its theme of *Plant America for Flowers, Fun and Friends*. In April, we held our "Nurturing Earth Flower Show" (originally scheduled for April 2020) in recognition of the 50th Anniversary of Earth Day. The flower show was held at the US National Arboretum. The public came to see our horticulture, designs botanical arts, photography and youth entries and left having also learned about NGC and how to join a garden club.



Another postponed event was held in May. NCAGC and LDC Members and friends went on a 3 day bus trip to the Brandywine Valley. We visited Nemours, Mt. Cuba, Longwood Gardens, the Brandywine Valley Museum featuring galleries dedicated to the works of N.C. Wyeth, Andrew Wyeth and Jamie Wyeth, Reed House and Old New Castle, DE.

Photos by Arlene Stewart

Nemours



Mt. Cuba ***Longwood Gardens***

Our Judges' Council and NCAGC District III worked together to hold a "Day of Design" Workshop. The instructor demonstrated creative line/line mass/mass designs and then the students were given the same plant material and supplies to create their own designs.

District and Club meetings were held inside, outside and on Zoom. Clubs and councils visited gardens and held plant sales. In April, we started a Flower Show School Series by holding Course 1. A few weeks later, six Student Judges tested to became Accredited Flower Show Judges. We continue to hold many flower shows!

Landscape Design Council at Olmstead Woods at the National Cathedral

Arlene Stewart

Please join us for a Flower Show Symposium, Sept. 30 – Oct 2 in Bethesda, MD. We will also hold Landscape Design School, Course 1 at the US National Arboretum October 13-14 and Environmental School Course 2 on Zoom Oct. 18, 19, 25 and 26 from 5:30 – 9pm. See the NGC website for details.

On August 9, NCAGC presented our CAR-SGC Zoom program: *Inside the U.S. National Arboretum Herbarium Collections with Curator Dr. Harlan Svoboda.*

PLANT AMERICA for Flowers, Fun and Friends

Arlene Stewart, President,
National Capital Area Garden Clubs

New Jersey

Cecelia Millea

The Garden Club of New Jersey returned to the Bridgewater Marriott for its 96th Annual Meeting held on June 9. It was wonderful to see so many GCNJ members and guests, in-person, after a two-year hiatus due to the Covid-19 pandemic. We were honored to have former CAR Alternate Director, Angela Raitano, join us to conduct the installation of officers. We awarded over $22,000 in scholarships to deserving students pursuing education in horticulture, landscape design, environmental issues and related topics. We also presented GCNJ awards to affiliated clubs that submitted applications for a variety of exceptional projects. In addition, three President's Project Grants of $1000 each were presented to New Jersey garden clubs for projects that focused on the planting of native trees. The day was capped off with a design program by floral designer, Valerie McLaughlin, who created nine beautiful designs and taught us several innovative floral design techniques.

This president attended the National Garden Clubs Convention in Orlando, FL I May. I had the pleasure to connect with fellow CAR-SGC state presidents and reconnect with friends that I had not seen since the last NGC Convention in 2019. New Jersey's own, Mary

Warshauer, was at the helm as NGC President We are proud of Mary and the outstanding job she is doing as leader of our national organization.

Cecelia Millea, GCNJ President and Mary Warshauer, NGC President

Cecelia Millea with scholarship recipients

GCNJ will hold a Symposium on October 12 &13, 2022 at the Holiday Inn/ National Conference Center in East Windsor NJ. The Horticulture topics will be Cacti and Ilex taught by instructor, Jan Griffin. The design topics will be Abstract and Cascade designs taught by Julia Clevett. The venue is easily accessible from the NJ turnpike. Further information and the registration form can be found on the GCNJ website.

Our Judges's Council sponsored an NGC Horticulture Specialty Show at our headquarters located in Rutgers Gardens. The show provided New Jersey judges the opportunity to acquire horticulture exhibiting credits and judging credits needed to attend our symposium in October. There were spring cut specimens, terrariums, planters, dish gardens, troughs and a beautiful array of hanging gardens.

Cecelia Millea,
President, Garden Club of New Jersey

New York

Lynne Arnold

WOW! What a change since the sleepy last 2 years. Clubs and Districts are having meetings, luncheons, flower shows and a FGCNYS convention in June at the height of the rose season in the Hudson Valley. We toured Eleanor Roosevelt's summer home 'Val-kill', which sits on a little point surrounded by the natural beauty of the marsh. Our Keynote speaker was author Marta McDowell; she discussed the places and plants that inspired Frances Hodgson Burnett while writing *The Secret Garden*. As part of our Annual Meeting and Convention we sponsored an NGC Flower Show Symposium. There were 88 attendees from NY and surrounding states. The camaraderie and excitement of getting together for the first time since 2019 was wonderful to be a part of. The NGC convention in May had that similar connection there as well. I was fortunate to meet the other CAR-SGC state Presidents and regional members at NGC and look forward to CAR-SGC Conference in PA.

Roses at Hyde Park

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

Ohio

Marlene Hatton

Greetings from Ohio, the Heart of it All,

This summer alone we have 7 flower shows going for awards. We've all been a little rusty after Covid but our joints are oiled and we are gaining enthusiasm once again for designing and growing. Members have been very impressed with David Robson's video at the NGC Convention Flower Show. It was amazing. Check it out on the NGC website in the Video Café. *gardenclub.org/video-cafe*

The vegetables are beginning to ripen and everyone will be eating zucchini bread before long and lucky neighbors will receive them at their doorsteps.

My President's Project of reducing plastic waste is gathering momentum. Stores are getting away from plastic bags and encouraging shoppers to bring their own. Several clubs are collecting plastic lids and having them recycled into benches for schools or other public parks. You see more and more refillable drink glasses around. Hotels are switching to paper cups in the rooms and for coffee. We must think of how we are leaving the planet for those who come behind us.

We are looking forward to the CAR-SGC conference in November and to meeting new and old friends there.

Marlene Hatton, President,
Garden Club of Ohio

Pennsylvania

Sheila Croushore

Mother Nature sure knows how to present a Pennsylvania summer, bright blooms, lightening bugs, crickets, and colorful birds. Our Pennsylvania Clubs have been having garden tours, plant sales, plant swaps, tool swaps, wildflower walks, picnics, Blue Star Dedications, youth workshops, town plantings and Flower Shows. We even had a Symposium in June.

Our 10 Districts are planning their annual meetings in September and will host the President and both Vice Presidents. This will be the first time we have all three traveled together in quite a few years.

The Garden Club of Johnstown – Photo by Sheri Lowry

Southern Butler Garden Club – Photo by Leeanna Ryba

Our Schools chairs have been busy planning. Flower Show School Course II will be held on October 13-16 in Plymouth Meeting, PA. Landscape Design School will be held on October 20-21 in Lancaster, PA.

The GCFP State Judges' Council has planned a Petite Design Specialty Show "Rock & Roll" in conjunction with our October Board meeting. Our judges are all working on their credits and attending symposiums. We also had several students pass their Handbook Exams!!!

Our CAR-SGC Conference Committee has been working on finalizing the arrangements and getting ready to host you all in November. Registration forms and schedule can be found on both the CAR and GCFP websites. Looking forward to seeing you all there.

Watch us BLOOM!

Sheila Croushore, President,
Garden Club of Pennsylvania

CAR-SGC Website Photos

Only once in the past five years has our region's website featured a homepage photo that was taken by a CAR-SGC member - Kathe Worrell of DE. Let's change that!

In some cases, I emailed the photographer of a photo found online to ask permission to use it on the homepage of CAR-SGC.org. One of my favorite photos (shown here) was taken by someone who is not even a garden club member. Another was a photo posted by Mt. Cuba, a public garden in Delaware. The current homepage photo was taken by an NGC garden club member in a different region.

So… if you would like to see one of *your* photos featured on the homepage of our website, how do you submit it for consideration?

Just email your high-quality jpeg photo to CAR-SGC@outlook.com, with "website photo" on the subject line. The homepage photo can be horizontal or vertical. It could be a photo you took years ago or more recently. The season it represents should be obvious for homepage photos. Please include in the email your name, phone number, your state and local garden club names and a brief description of the photo. If your photo is selected, an NGC Release will be required. If it is not selected this year, it may be in a future year and/or it may be considered for an internal page on the website.

Speaking of internal pages, these present several additional opportunities to showcase the photos you've taken on garden club field trips, at garden club activities or in your own yard. (Check out the current photos on each page of the website for inspiration.) Wouldn't it be great if each state in the region was represented on our website with a photo taken by a garden club member? You can follow the same process that is outlined above for submitting a photo for the homepage, but without any concern about the season. Internal pages will not be updated as often as the homepage photos.

Please help me to showcase the gardening and photography talents of CAR-SGC members on our website!

Margaret Woda, Website Chair

Think Ahead and Apply for the AHS Herbaceous Perennial Award

NGC Flower Shows are taking place in greater numbers now. That means that a garden club, group of garden clubs, a district, council, or state can win the American Horticulture Society's Herbaceous Perennial Award for a show held during the current calendar year. Each state awards chair is to submit the winning entry from applicants. That submitted entry will be one of 7 potential CAR-NGC winners.

"The overall exhibit must be of outstanding quality and include a minimum of 20 specimens." Specimens are to be listed with botanical names and documented by a clear photo or photos. A maximum of 3 pages is allowed for the application, whose deadline is April 1, 2023. Each CAR-SGC state is eligible to win 50 dollars. Please read the complete (and easy) requirements after clicking "About" on the unrestricted home page of *www.car-sgc.org.*

Shirley Nicolai,
AHS Regional Perennial Award Chair

CAR-SGC Virtual Resources Update!

September-October programs on ZOOM please find event link on CAR-SGC Facebook group page and/or flyer-from your State President
Please subscribe to our Youtube channel!
Central-Atlantic Region-State Garden Clubs

September 28 10 am OHIO sponsored Botanical Arts with NGC Instructor: Lynn Fronk
HOST: President Marlene Hatton, Garden Club of Ohio

October 19 10 am : Travel, the activity for lasting membership ties!
Host: President Sheila Croushore, Garden Club Federation of Pennsylvania

Save the Date
CANVA LIVE TEACHING SESSION
Friday September 16 10:00 am
***ZOOM registration**
will be distributed through State Presidents or get the link by emailing Cherie Lejeune, Chair latripp24@gmail.com

Book TECH SESSIONS, Questions?
ASK US, WE COME TO YOU!

Penny Pines

PENNY PINES NGC and the USDA Forest Service Program have formed this partnership with the goal of sustaining our national and urban forests through reforestation/education programs.

Your Garden Club can participate in this meaningful conservation project by contributing $68 to a Penny Pines plantation as part of the costs of replanting replacement trees indigenous to a particular damaged area. Whether damaged by fire or by other natural catastrophe, pine trees and other trees are replaced. The plantations are a part of the regular National Forest reforestation program planted on burned-over and brush-covered areas which are potentially productive timberlands. Planting sites are selected by the Supervisor of each National Forest.

Contributions must be a minimum of $68.00 (or multiples of $68.00). Donations may be made online, or by check made payable to "NGC-Penny Pines" and mailed to National Garden Clubs, Headquarters. You may also check with your state's designated PENNY PINES Chairperson for specific Penny Pines donation instructions.

Kay John, Penny Pines Chair

If You Plant One Acorn……

As wildlife gardeners, we know that native plants are better at supporting native wildlife than nonnatives. Scientists who are alarmed by the planet's dwindling biodiversity have been advocating some native species be given preference over others both in home gardens and larger landscapes. Of North America's more than 17,000 species of native plants, some are indispensable for certain vulnerable wildlife species to complete their life cycles. The best-known example is the milkweed which every monarch butterfly must find and deposit its eggs in order for its caterpillars to survive. There are

certain native plants that are doing most of the work fueling feed webs, says University of Delaware entomologist Doug Tallamy, which he and his colleagues call vital species "keystone" native plants because, like the keystones, the ecosystems they inhabit would collapse without them. These keystone native plants are identified, says Tallamy, by looking at how many caterpillar species a plant supports. Caterpillar host plants are not the only critical keystone natives for without animal pollinators, food webs would lose the plants that capture the sun's energy. By far, the most important pollinators are bees, but, like caterpillars, bees can be picky in that they eat pollen only from a narrow range of plants, says conservationist Jarrod Fowler. Most bee pollen specialists are rare and threatened. Since 2016, lists of these critical plants for more than 1,000 bee species around the country have been published. Tallamy has high hopes, faced with the overwhelming problem of disappearing biodiversity, although many people feel powerless he says. But there are meaningful actions including growing the keystone native plants that nurture the greatest number of bees, caterpillars and other wildlife that depend on them. "If you plant a single acorn," he says, "it will support tens of thousands of individuals of thousands of species during the tree's lifetime .

Taken from April-May 2022 issue of "NATIONAL WILDLIFE MAGAZINE"

Iris Cisarik,
Bee, Bugs, Butterflies and Endangered Species Chair

Memorial Service

This Chairman will be conducting a Memorial Service for our deceased members during our Conference in November.

Please submit to me a list of names of your members who have passed away in the years - 2020, 2021, 2022.

Thank you. It's important that we remember each of these individuals, if only for a moment or two, when we get together.

Diane Hughes, Memorial Services Chair

Perilla Red Shiso, Keeps on Giving!

I planted my first Perilla Red Shiso (*Perilla fructescens)* plant at least 5 years ago, having received it as a gift from a garden club member that had it growing on and around her cement driveway! The deer do not seem to bother Shiso, a richly purple-leafed hardy annual growing 1-2 feet tall. Its form and needs are similar to that of Coleus, BUT, at least for me, it replants itself in any pot it inhabited the previous year. This is helpful because I have little time to do spring planting and its returning color adds contrast to any container arrangement.

See my backyard containers, which are usually in full sun most of the day. Shiso is a culinary herb that combines the flavors of parsley, cilantro and basil and its edible leaves or flowers are traditionally used to flavor pickled (Japanese Sour Salted) plums, aka umeboshi, a superfood. See *https://www.miklia.com/how-to-make-umeboshi/*

Marilyn C. Backus,
Container and Indoor Planting, Horticulture

NGC LIFE MEMBERSHIP

Being a National Life Member is becoming part of a special group of people. People who want to give back to our Youth and Membership--- People who strives to maintain and encourage NGC projects and goals.

Your donation of $200 aids two wonderful programs that benefit local clubs, your State and your youth:

THE PLANT AMERICA COMMUNITY GRANTS FUND
and
THE PERMANENT HOME AND ENDOWMENT FUND
which aids NGC's Scholarship Fund.

Don't you want to be part of this prestigious group?

Join today or better yet, give a gift membership to any individual, a group deserving an honor or remember someone in your community who shares your passion for garden club interest. New Life Members are out there. Applications can be found on the NGC web-site under Member Resources.

"LIFE MEMBERS DO MAKE A DIFFERENCE"

Any questions? Contact Gail Manna, NGC Life Membership Chair 2021-2023.
814-932-3231 or gcorle1214@gmail.com

Gail Manna

CAR-SGC Life Membership Report

I am happy to welcome one new life member, Sharon Christopher of Maryland, who joined May 4, 2022. I am sad to mention that she is the only new member in 2022. All 11 new members who joined since the last in-person conference in 2019 will be honored at the upcoming conference at Seven Springs in November. They will be presented with a certificate and a pin if they have not already received a pin. I am proud to say that 7 of the newest members are from my home state of Pennsylvania, one is from New York, one is from Delaware and two are from Maryland.

Claire Leichliter, CAR-SGC Life Membership

Pat Cargnoni and Betty Cookendorfer with Smokey Bear and Woodsy Owl at NGC Convention

Pat Cargnoni,
CAR -SGC Smokey Bear, Woodsy Owl Poster Chair

NATIONAL GARDEN CLUBS (NGC) MEMBER OF HONOR AWARD

CAR-SGC Region Award

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

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

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

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

Deadline: January 15 - Send application to:
Betty Cookendorfer
CAR-SGC Director
10659 New Biddinger Road
Harrison, OH 45030-9522

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

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

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

Ocean View, DE Blue Star Marker

The Salt Air Gardeners, Town of Ocean View & VFW Post 7234, dedicated a Blue Star Memorial By-Way Marker on May 23, 2022. The new garden & By-Way Marker is located on the corner of Atlantic & Woodland Avenues in Ocean View, Delaware.

The Blue Star Memorial By-Way Marker dedication program was attended by members of the community, VFW Post 7234, the Mayor of Ocean View, Ocean View Town Council, State Representative Gerald Hocker, Salt Air Gardeners members, and representatives from Delaware Federation of Garden Clubs. A local high school student sang the national anthem, and a veteran shared a military tribute. The program was filled with respect, honor and gratitude.

Salt Air Blue Star Ceremony

The new garden features a variety of perennial and annual plants to provide year-round interest and colors. The garden features Soft Serve False Cypress, Black-eyed Susans, Shasta Daisies, *Gallardia, Vinca*, *Angelonia* and trailing petunia. A bench donated by the Mayor of Ocean View was placed near the marker to provide an area for reflection. A lighted flagpole was also placed near the memorial. The Salt Air Gardeners designed, planted and maintain the garden. Members of area businesses donated their time and resources to prepare the site, create a walkway, and install the flagpole.

Salt Air Blue Star Committee

In October 2021, the Salt Air Gardeners (SAG) held a fundraising concert to raise funds for the project. The concert was an enormous success with over $6,800 raised. The crowd was entertained with music by Mike White and Dave Mattheiss. Representatives from Ocean View and VFW Post 7234 attended. There was a surprise flyover by a "Bird Dog" plane from the Delaware Aviation Museum Foundation. Additional donations were received from the VFW Auxillary.

There has been positive feedback from many residents and visitors to the area. It is a great place to visit, pay your respects and reflect.

By- Way Marker

Photos by Terry Shuchart

Terry Shuchart, Publicity Chair

Schools Being Held by NGC

Environmental School

Oct. 18 -26, 2022 – Washington, DC – Zoom – Course 2 (Tuesday and Wednesday evenings only)

Jan. 10 -18, 2023 – Washington, DC – Zoom – Course 3 (Tuesday and Wednesday evenings only)

Flower Show School:

Oct. 13 – 16, 2022 – Plymouth Meeting, PA – Course 2

Flower Show Symposium:

Sept. 29 – Oct. 1, 2022 – Bethesda, MD

Oct. 12 – 13, 2022 – East Windsor, NJ

Oct. 24 – 26, 2022 – Bowie, MD

Gardening School:

Sept. 14 – 16, 2022 – Baltimore, MD – In-person – Course 1

Landscape Design School:

Oct. 12 – 13, 2022 – Washington, DC - In-person – Course 1

Oct. 20 – 21, 2022 – Lancaster, PA – In-person – Course 3

CAR-SGC HIGH SCHOOL ESSAY WINNER 2022

Congratulations to Sampurna Sarkar, an 11th grade student at Mayfield High School, Mayfield, Ohio, the winner of the CAR-SGC High School Essay Contest for 2021-2022. She was sponsored by Gates Mills Garden Club, Garden Club of Ohio, Inc. Sampurna received the Ohio High School Essay Contest Award in 2021, and again this year. The full text of her essay "Troubled Waters," is reprinted in this issue of *CAR Review*.

The CAR-SGC Board is committed to continuing this incentive for all high school students in our region. Therefore, the contest award has been raised to $150. The High School Essay Contest Rules have been revised and will be posted on the CAR-SGC website and will be included in the Awards information.

This contest often focuses on themes relating to the environment, and the 2022-23 theme prompt is "How can we protect our water resources?" Students from all over our Region live in states that have major waterways, as well as small rivers and streams. For example, four states and the District of Columbia in our region are within the Chesapeake Bay Watershed. Agricultural and business practices affect all of these water systems, but individuals also have an impact. This resource and its quality are vital to our environmental health, so the topic is timely and significant.

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

and encourage them to submit the work of promising young writers.

Barbara Brand, CAR-SGC High School Essay Contest Chairman 2021-2023

Sampurna Sarkar

Troubled Waters

A fresh breath of air. A crisp mountain breeze. A refreshing drink of water. To be able to canoe in a clear lake that reflects the butterfly flying by is such a substantial privilege, yet humans forget to appreciate and look after it. Although we have metal straws to save turtles and tote bags to cut the landfills, acres of trash are still found floating on top, within, and deep under our oceans, not to mention the gallons of pesticides and pounds of chemical-packed fertilizers in our soil. Every choice affects our environment.

To elaborate, a study from Plymouth University suggests that plastic pollution affects at least 700 marine species, and 100 million marine mammals can be killed each year from plastic pollution in water bodies alone. Unfortunately, we are not even aware of how much a small task can affect health and habitats. Since "oceans [...] provide over 97 percent of the world's water supply and over 70 percent of the oxygen we breathe," it is evident that the future of the planet is in our hands.

Locally, in Ohio, Lake Erie has been and is still very susceptible to water pollution. According to the Cleveland Museum of Natural History's Marc Lefkowitz, 80 % of the water flow that enters Lake Erie is through the Chagrin River (USEPA), which makes it all the more critical to be cautious of the decisions that influence our environment. In 2013 alone, Lake Erie had a virus at Edgewater Beach, Tinker's Creek in Solon had oil, grease, and PCBs in the fish, and Rocky River's fish had ammonia and chlorine, etc. These harmful bacterias and chemicals originate from the flooding of fertilizer and pesticides into our rivers, streams, and ground-water. This infection of chemicals and nutrients allows for a clear path for bacteria and viruses to enter our waterways and stimulate rapid blue-green algae blooms. We should take the time to clean the local lakes, to look out for planktonic algae floating with green, yellow, brown, or red water, and to watch out for Macrophytes that look like plants but are detrimental to the habitat. After all, it is not just our water but everyone's water. A basic need.

Ultimately, it comes down to choice. Simply shopping for the right gardening products is both accessible and controls what goes down the drain. There are many environmentally friendly alternatives to fertilizer and pesticides. It takes an easy search to learn how to compost or choose beneficial predatory insects to improve a garden. These fertilizers, according to Oregon State's Kym Pokorny, are more beneficial to your garden and the health of the water in the environment. Despite the price, "They improve water movement into the soil, add more structure and feed good bacteria." The catalysts of the colossal growth of blue-green algae continue to be an issue. Lake Erie blue algae "threatens the ecosystem and human health of a waterbody that provides drinking water for 12 million people in the U.S. and Canada" (USEPA). The stress of urbanization, trash, chemicals, and unnecessary medication created record-setting algal blooms and "dead zones." Items such as makeup and baby wipes or even dental floss are not able to be dissolved in water, and as a result, they flow into water bodies and harm marine animals. Due to the lack of proper disposal methods, everyday items like cotton balls or q-tips contribute to water pollution. To counteract, states like California are already implementing manufacturing strategies through Calrecycle, by working with drug manufacturers to ensure that communities have convenient and accessible ways to properly dispose of environmentally dangerous products such as mail drop off or collection events. As more and more states do the same, humanity can be one step closer to a cleaner environment.

From flushing non-flushables to utilizing bio-degradables and eco-friendly resources, we can make a healthier tomorrow with simple actions to cleaner waters for the next generation. We have seen the trashing of oceans, burning of lakes, genocides of creatures. To generate a change, we must not look at our leaders but ourselves. As Wendell Berry states, "The Earth is what we all have in common." If we don't save it, who will?