



PIEDMONT DISTRICT

# FOOTPRINTS

VIRGINIA FEDERATION OF GARDEN CLUBS, INC.  
MEMBER, NATIONAL GARDEN CLUBS, INC.  
VOLUME 35, NO. 3 WINTER 2023

## ***A Message from President Diane Burgess: "Growing Together"***

It was a pleasure to see so many of you at the Fall District Meeting, and it was my honor to preside over my first meeting as President. We celebrated our State and our District's 90<sup>th</sup> Anniversary – in 1933, the Virginia Federation of Garden Clubs was organized. Those founding women were energetic, enthusiastic, and involved, just as you are today. **Speaking of "involved," be sure to see the Violet Bank GC feature in the winter *Old Dominion Gardener*.**

**With your many projects and programs, I hope you will apply for awards. The deadline is December 1<sup>st</sup>,** and the process is made easy with all the information on our Piedmont District VFGC website. **Also consider applying for a Piedmont District Grant to help with your projects. February 15<sup>th</sup> is the deadline** for Grant Applications (See pp 4 and 10.)

At the District Meeting, there were 182 members attending, representing 35 clubs. VFGC president Val Story greeted us and highlighted her theme "Every Person Makes a Difference" – and all of you certainly do! **Val challenged us to continue with the Trex plastic recycling program, to work with youth. and to hold more Flower Shows.** Flower Shows are opportunities for our judges and student judges to earn or keep their accreditation. They also increase community awareness and attract new members.

With that in mind – Membership – **I encourage us all to find new members.** Have you thought about having a relative or young acquaintance or neighbor to join your garden club? Male club members have been rare; but why not less rare now? Think about your husband, a neighbor, a

friend, or master gardener. So many are growing horticulture of all types. We are interested in ecology, the natural world, and conservation – and they are, too. Invite them to your meetings - especially programs which may pique their interest. There is so much to learn and share. Some men already help with landscaping projects, plant sales, and setting up flower shows.

We have secured a **new venue for the March 18, 2024, District Meeting: Virginia Crossings in Glen Allen.** This is a Hilton Tapestry Hotel conveniently found off routes #1, 64, 95, and 295. There will be more vendors, a great design program, and a session on horticulture. District Awards and Grants will be announced... rewarding, affirming, and congratulating our clubs. Save the date. The day will be exciting!

As we go through the transition from beautiful Autumn to beautiful Winter, let's remember with gratitude the special environment we live in – bright colors and subtle pastels - our plentiful bounty from the earth – while living in comfort and peace. Clubs will be having parties, going on house tours, and attending holiday design programs. As Thanksgiving and the Holiday Time approaches, let's remember those less fortunate.

My personal wish for all of you is that you and those dear to you have a beautiful Winter and a Holiday Season filled with joy and many blessings! When I count mine, I count all of you!

A handwritten signature in cursive script that reads "Diane".

[\(burgessdiane@gmail.com\)](mailto:burgessdiane@gmail.com)

## HOPE for the New Year

Lorna Boucher, District Chaplain



2023 is drawing to its close. November and December both have significant celebrations. In November comes American Thanksgiving Day. From what I have

read, it appears there are several reasons for its origin. Nowadays, it is a time when families gather to celebrate being together and express gratitude for the good things in life. At the same time, we try to remember the many people who are in need.

Christmas comes in December: a special celebration in the Christian calendar. And across the world, there are a multitude of religions that also have special days of celebration.

Christmas originates from a story of great poignancy, destined to bring peace and HOPE to the world. A tiny child born in HOPE carried it with Him throughout manhood and shared it with all who would listen.

HOPE enables us to look to the future with confidence. As custodians of our planet, we must sow the seeds of HOPE in our homes, our gardens, and our environment. These seeds will never die, so we must nurture them and trust that they will flourish to bring peace and stability.

While Christmas is a season of good cheer, gifts, and family fun, many organizations, including our garden clubs, go the extra mile to spread generosity, kindness and HOPE to people in their communities.

From *The Cowboy Carol* by Cecil Broadhurst:

There'll be a new world beginning from tonight,  
Right across the prairie, clear across the valley,  
Straight across the heart of every man.  
There'll be a bright new brand of living  
That'll sweep like lightning fire  
And take away the hate in every land.

*Let's HOPE that these words come true. My little pupils used to sing the whole carol with great vigour – especially the chorus which involved more shouting than singing as it starts like this: "Yay, yippee! We're gonna ride the trail. Yay, yippee!! We're gonna ride today!"*

*Happy Thanksgiving, a blessed Christmas, and a calm and peaceful 2024.*

### **Piedmont District Memorial Moment**

*The traditional "memorial moment" will be part of the Spring 2024 meeting. Send notices of deceased members to Lorna Boucher: [lornaboucher710@gmail.com](mailto:lornaboucher710@gmail.com) Include: club name, deceased member's name, year of passing, and whether she/he served as president and/or was a charter member.*

***"Let us love winter, for it is the spring of genius."***

*Pietro Aretino*



*Photo by Diane Burgess, River Road GC*

## CALENDAR

- Dec 1 Deadline: Awards Applications
- Jan 5 Deadline: Smokey Bear posters
- Feb 1 Deadline: *Footprints* and ODG, Spring
- Feb 15 Deadline: Piedmont District Grants
- Feb 22-24 CFAA Seminar, Orlando
- Mar 11-12 VFGC Landscape Design School
- Mar 18 Piedmont District Spring Meeting
- Mar 23-28 VFGC Flower Show School Course II

*Mark Your Calendars!*  
**VFGC State Convention 2024**  
**Boar's Head Resort**  
**Charlottesville**



Virginia Federation of Garden Clubs  
presents the

**90th** Annual  
Convention  
May 21-22

Make a Difference  
Virginia

Join us at the iconic Boar's Head Resort in Charlottesville, VA for an unparalleled resort and convention experience. Enjoy a Flower Show, programs, workshops, auction, vendors and fun with fellow garden club members!

[viriniagardenclubs.org](http://viriniagardenclubs.org)

## Awards Applications Due Dec 1

*Joanne Wallace, Piedmont District Awards Chair*

Information about award applications can be found under the 'Forms' tab on the website:

<https://piedmontdistrictvfgc.org/>

The application cover sheet has been designed to simplify submission. This year, submissions may be made either by mail or sent online.

Applications must be received (or postmarked) by December 1<sup>st</sup> to be eligible. As always, please don't hesitate to contact me for help. Good luck to each and every garden club!!

Contact: Joanne Wallace

[Dougandjoanne@gmail.com](mailto:Dougandjoanne@gmail.com) (804) 683-9006

## Piedmont District Fall Meeting Program Delights Attendees

At the fall meeting, mother and daughter design duo Mary Arakelian and Lili Aram-Bost presented a floral design program called "Dazzling Designs Recycling Virginiacea." Opportunity tickets were sold – and six lucky members took home designs. Other ticketholders took home bunches of flowers and two Vision of Beauty Calendars – and one lucky attendee won an overnight stay and breakfast at the Doubletree!





## Apply for District Grants by Feb 15

Lynn Bell, Chair

A friendly reminder to consider applying for a Piedmont District Grant to help cover the cost of a NEW or CONTINUING worthy club project.

Last year, two grants were awarded:

- \$500 was awarded to *Crestwood Farms Garden Club* for their project to create, maintain, and grow an educational Monarch Waystation at Crestwood Elementary School.
- *Thomas Jefferson Garden Club* was awarded \$500 for their ongoing project at Hunter Holmes McGuire Rooftop Garden for the patients, their families, and staff in the Poly-Trauma Unit.

District Grants will be awarded as funds allow for landscaping public schools, other public buildings, roadsides, etc., youth activities, garden therapy, Blue Star Memorial landscaping, and other environmental and community projects.

The grant application form is included in this *Footprints* issue and in each President's packet and is also on the PD website. If your club cannot undertake a qualifying project without some financial assistance, apply for a PD Grant!

## Recycling: Trex® Project Continues

All clubs are encouraged to continue - or start - new recycling challenges. **Effective August 21, the recycling period was changed to one year – and the pounds collected to earn a bench changed to \$1,000 pounds.** Decide on a one-year challenge period and sign up by going to <https://trex.com>.



## Do Gardeners Hibernate in Winter? I Think Not!

Janice Beatty – Horticulture & Cultivar Chair

Our plants may enjoy a bit of a rest above ground during the coldest months, but most gardeners stay busy after putting in the last bulbs.

Winter is the ideal time to prune most trees and some bushes. It is always good to remove dead or diseased limbs, as well as low-hanging branches. (Would not want to hit your head while walking on a designated path or limbs in the way while cutting the grass!) A properly pruned tree will look better and be healthier.

Speaking of pruning, winter is a fabulous time to clean and sharpen your gardening tools. The cleaner and sharper they are, the easier your garden tasks will be -- and it will be healthier for the plants. Trust me on this.

The most fun can often be found sitting warm inside surrounded by seed and plant catalogues. While you are enjoying your time inside, reach for your tablet or computer and check out some of the new offerings for 2024.

"Proven Winners" [www.provenwinners.com](http://www.provenwinners.com), has interactive Proven Plant Pairings and Idea Boards and offers the "Gardener's Idea Book" and newsletter by entering your email. If roses are your passion, "American Garden Rose Selections" has recently released the winners of its 2024 garden rose selections. The web site, [gpnmag.com](http://gpnmag.com) gives vivid descriptions along with beautiful pictures of the winning roses.



Sometimes when the weather outside is brisk, a walk among your plants and gardens is invigorating. Take a breath, enjoy the fresh air... and just be.

# DESIGN 101

## aka Floral Design made Easy!

by Kathy Ward

### Article Two – Creating a Simple Linear Design

In our first article (in the *Fall Footprints*), you learned about the decisions that need to be made before beginning a design. **In this article we will create our first design: one of the easiest designs to make - a Line Design.** This should be a fun activity, so let go of your stress and enjoy playing with flowers.

#### What Is “Line?”

Line is one of the elements of design and the foundation of all design. It creates a “path” for your eye to follow through the design, which is to say, *Line creates Rhythm!* A line may be vertical, horizontal, diagonal, zigzag or curved. It may be long, short, thick or thin. Line can be created with linear elements such as sticks, branches, cattails, plastic rods, linear plant material (e.g., liatris, gladiolus, delphiniums, iris leaves, yucca leaves, flax leaves). This is called “actual” line. Line can also be created by placement of like flowers, such that your eye moves from one blossom to the next – a bit like a dot-to-dot – creating line. This is called “implied” line.

In a line design, **one line should be dominant.** Line designs use a **minimum of plant material and have an open silhouette** (space between the plant material). The simplest of line designs can be created with a shallow or flat container or bowl, a kenzan, three pieces of line material, three round forms and three to five stems of filler material (optional).

#### Making your Design

*Step 1* – Condition your plant material. Once you arrive home with your plant material, you will want to condition it. This hydrates your materials and will keep your arrangement looking nicer for a longer time. To condition your flowers, scrub out a

bucket with soap and warm water. I often spray the cleaned bucket with a water/ bleach solution (about 4 tsp. of bleach per quart of water) and then rinse out the bleach solution. This will eliminate any bacteria that was in the bucket. Bacteria is the major cause of short flower life. Fill your cleaned bucket with a few inches of water. If you have a packet of flower “food” that comes with your flowers, you will want to add that as well (Flower food also hampers bacterial growth). Trim a few inches off each stem and remove any leaves that will be in the water. Place these stems in your clean bucket of water as you clip them. Allow the stems to hydrate for a day or more.

*Step 2* – Choose your mechanics – usually a kenzan or floral foam (wet or dry depending on using fresh or dried plant material, Oasis or another brand). If you are using a kenzan, attach the kenzan to the bottom of your container using florist clay. If you are using wet floral foam, place the foam on top of a deep bowl of water (and flower food, if you have some). Allow the foam to soak up water. Do not push the foam into the water.

*Step 3* – Choose your container – A low dish or shallow bowl will work best if you are using a kenzan. If the kenzan is the same color as the container, it will disappear in your design. If you wish to hide the kenzan further, you may place small stones, glass beads, moss etc. over the kenzan. If you chose to use floral foam, you will want a container with a narrow opening (like a cylindrical container). Place the floral foam in the container. Normally with a floral design, you will want an inch or two of the floral foam to project above the lip of the container, so that you can hide the edge of the container with plant material. With this design, you will probably wish to have the floral foam below the lip of the container, so that you don’t need to hide it. Another approach to the mechanics could be to use a short piece of floral foam in the bottom of your container and then place scrunched up chicken wire on top of the foam. The mechanics of a design should not be visible in the finished design.

*Step 4* – Cut your line material - As a guideline, your finished design should be 1.5 to 2 times as tall as your container if you are using a vertical container (cylinder) or 1.5 to 2 times as tall as the width of your container if you are using a low dish/plate. Cut your first piece of line material to this length. Cut your second piece of line material so that it is  $\frac{3}{4}$  of the length of the first piece you cut. Cut the third piece so that it is  $\frac{3}{4}$  as long as the second piece.

*Step 5* – Place your line material so that it defines the size and shape of your design. All other materials should be within the lines determined by the line material. Place your longest piece of line material vertically in the center (left to right) and toward the back of your kenzan or floral foam. Place the second longest piece of line material in front of the first and slightly to the left. Let the top of it angle out slightly. Place the last piece of line material just in front of the second and slightly to the right. Again, let it angle out slightly.



*Step 6* – Cutting and place your round flowers – Choose the flower that is the smallest or least open to be your tallest blossom. Cut it so that it is about  $\frac{2}{3}$  as long as the longest line material. Place this stem in front of the first line material placed.



Cut the medium sized flower so that it will be a little less than half the height of the first blossom. Place the stem in front of the first flower and angle it slightly left or right for added interest. Place the largest blossom near the base of the container along the same line as the other two flowers. You may wish to angle it in the opposite direction from the second blossom.



*Step 7* – Add filler plant material if desired. Filler is used to round out the design. Place it somewhat in line with the other plant material between the blossoms. A piece added to the back will add depth to your design. A piece added low and in front will help continue the design past the rim of the container. Your completed design should be tall and slender with a minimal amount of plant material. It should not be thinner at the top than at the bottom of the design.



The instructions above give you quite a simple framework to get you started. As you are more comfortable making a line design, you may want to create variations on this theme. **Just remember that this design must have a strong line and minimal plant material.** You may vary the number of round or line forms. (Generally, an odd number of components will look better than an even number.) You may work with a vertical, diagonal, horizontal, curved or zig-zag line. As you design, think about how the size of the container, the weight of the line material, and the diameter of the round flower forms work together. **This is the scale of the components – a principle of design.**

Congratulations on making a line design, a design that you could enter in your club exhibits or a flower show. Take some time to stand back and enjoy your creation! I hope you found the fun and play that is part of floral design.

## Protecting Aquatic Ecosystems

Rebecca Elston, Chair



Image: chesapeakebay.net

I first became aware of the **Northeastern Beach Tiger Beetle** (*Cicindela dorsalis dorsalis*) when friends' work was delayed on their sandy beach because it was mating season for the endangered beetle. (Late June through August). I thought, "How could a mere beetle have such power?"...and decided this might be a good topic for an article. My research sources included

- The Chesapeake Bay Foundation
- The Virginia Department of Conservation
- The Recreation, U. S. Fish and Wildlife Service
- A discussion with a local waterfront contractor and a most knowledgeable biologist who presented a program to my garden club at our October meeting.

The Tiger Beetle is found on sandy beaches throughout the middle and lower Chesapeake Bay and is protected under the Federal Endangered Species Act. Contractors who work on waterfront projects, which includes the intertidal zone, must have permits from several government agencies in Virginia and Maryland. If they did not know about the Tiger Beetle before, they are made aware of the rules concerning the Tiger Beetle after receiving the permits.

Don't be concerned about the bite of the Beetle as you walk along a beach. The adults fly off as people approach. The females deposit their eggs in vertical burrows in the dunes. Eggs hatch and larvae appear in late July and August, go through three developmental stages until November when

they burrow high up in the dunes to avoid being washed away in storms. Vertical burrows, which start out 4" into the sand, increase in size up to 14" as the larvae grow. Although storms can cause damage, the larvae are usually covered during high tide. It is necessary that they stay in moist sand because they don't have a hard shell and can easily succumb to hot, dry conditions. After two years the adults have wings.

Tiger Beetles are preyed upon by spiders, flies, dragonflies, shorebirds waterfowl, and songbirds. They in turn eat dead fish, crabs, and amphipods.

The Northeastern Tiger Beetle is an important part of the ecosystem providing food for many species as they do their part in cleaning up the beach with their eating habits.

## Smokey Is Turning 80! Poster Contest Entries Due by Jan 5<sup>th</sup>

Pat Merson, District Chair

Let's celebrate Smokey Bear's 80th birthday with Piedmont District Garden Clubs' participation in the Smokey Bear/Woodsy Owl Poster Contest.

For the past two years, Piedmont District has had winning posters on the VFGC level.



**Posters are due by Friday, January 5, 2024.**

Please mail posters to:  
Pat Merson  
11231 Woodland Pond Pkwy.  
Chesterfield, Virginia 23838  
Phone: 804 920 3759

*Pictured above: the 2023 national winning 5<sup>th</sup> grade poster.*



## Garden Clubbing in the Piedmont

### Kilmarnock GC's "Blooming Wonder"



This picture was taken at the YMCA Building in Kilmarnock this summer. In the spring of 2022, Beautification Co - Chairs Rosemary Francis and Olga Speck, together with helpful members, planted some little *Rudbeckia* plants

after the daffodils had finished blooming. Now, in 2023, we have a blooming wonder which is enjoyed and admired by the many YMCA members. What will 2024 bring? We will probably need to share the bounty. – Submitted by Olga Speck

### Salisbury GC Helps Veterans Experience Floral Designs

On August 10<sup>th</sup>, members of the Salisbury Garden Club took part in an "Art for the Journey" program for vision-impaired veterans at the Virginia War Memorial in Richmond.

I thought this was a sweet moment when one of our members was tenderly helping a blind female veteran feel the textures of the petals and leaves to "experience" the floral arrangement she had just helped to create.



And how they loved the scents!! It was an emotional and rewarding afternoon for all.  
Submitted by Kathy Casella

### Appomattox Garden Club Spring Tea



Sunday, April 21, 2024  
3pm to 5pm  
Weston Manor  
Hopewell, VA

Tickets \$15  
Contact: Marilyn Brown (804)678-9040

### Oxford GC Studies Urban Landscapes and Improves Library Property

In May of this year, members of Oxford GC gathered at Richmond's Shockoe Bottom for a tour of Low Line Gardens, laid out in a narrow strip along the James River and the



Canal. This is a project of Capital Trees, a local non-profit dedicated to improving the urban landscape. During our 2022-23 club year, Oxford GC members cleared a shady plot of land next to the Bon Air Library. Planted with shade-tolerant flowers and shrubs, the view is now enhanced.  
Submitted by Pat Parsons and Pam O'Rourke

### Nathaniel Cawsey GC to Host Event

"Making Memories – Alfresco Style"

May 1, 2024

Featuring Floral Demonstration

by Jennifer Mackintosh

Country Club of Petersburg

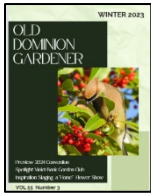
Details to follow.

Submitted by Paige Owen



## Calling All Photographers!

Gail Goodrich Harwood, ODG Editor



Thanks to all members who have submitted their beautiful photographs, not only for this issue, but for future issues. This is a terrific way to “travel” around the Commonwealth.

To submit your photographs:

- Select *seasonal photographs to complement the ODG seasonal publication schedule.* Select either long shots or close-up photos.
- Send 300 dpi jpegs – if submitting a phone photo, and your email gives you a size choice, select “Actual” or “Large” size.
- Photographs for the cover must be ‘portrait’ orientation – inside gallery photos may be either portrait or landscape orientation.
- If your photograph is not of your own garden or plant(s), please gain permission to print in the *ODG*.
- Send to your district editor by the deadline– include your name and club name; add a caption & location of the photograph.
- Submission considered permission to print.

### 2023-25 Piedmont District Officers

President	Diane Burgess
Director of Programs	Lili Aram-Bost
Director of Hospitality	JoAnn McNabb
Treasurer	Claudia Cosby
Recording Secretary	Susan DelSordo
VFGC Nominating Comm Rep	Judy Hodges
Alternate	Mary Wiblin

### Footprints & ODG

Send articles and photos in separate files to:

Gail Goodrich Harwood, Editor

email: [Footprints@PiedmontDistrictVFGC.org](mailto:Footprints@PiedmontDistrictVFGC.org)

PHONE: 804-317-8091

Articles are due before the following deadlines:

FEBRUARY 1, 2024 – SPRING

MAY 1, 2024 – SUMMER

AUGUST 1, 2024 - FALL

NOVEMBER 1, 2024 - WINTER

Please mark your calendars to allow time to meet the due dates. Electronic transmission preferred, photos and graphics encouraged. Please submit photos in jpeg format as separate files, not embedded with text. Submit text in Word format, non-pdf. All articles welcome: club projects, special events, announcements about upcoming events.

Mark the subject of your e-mail submission “Footprints” or “ODG” – ordinarily the same article will not appear in both publications, but some announcements and some parts of articles may appear in both.

*Footprints* masthead art: Black-eyed Susan and Bordered Patch butterfly © 2021 G Goodrich Harwood

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<https://gardenclubs.org>

**PIEDMONT DISTRICT GRANT APPLICATION**  
**Deadline – February 15, 2024**

Club: \_\_\_\_\_ Number of Members: \_\_\_\_\_

Club Contact Name: \_\_\_\_\_

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

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

Type of Project: \_\_\_\_\_

(Can include Landscaping Public Spaces such as schools, other public building grounds, roadsides, etc.; Youth Activities; Garden Therapy; Blue Star Memorials; or other Environmental and Community Projects.)

Project Beginning Date: \_\_\_\_\_ Proposed Completion Date: \_\_\_\_\_

(Completion date should be no later than March 1, 2025)

Clearly describe your project on 1 side of paper. Use up to 3 additional sides for landscape plans, budget, and before photos.

- Location of project.
- Purpose of the project and who it will benefit.
- If a landscape project, give approximate dimensions and include a copy of landscape plan.
- Include “before” picture of area.
- Include list of plant material.
- Include a proposed budget and source of funds, i.e., from the club and outside the club.
- Source of manpower, i.e., club members, others.
- If this is a new phase of a project, briefly describe what was previously done and include a photograph of the previous project.
- Who will maintain the property once it is complete?
- If not a landscape project, fully describe the project.
- Priority and weight will be given to projects that support the Presidents Projects (NGC, SAR, VFGC). These funds are for new projects or projects not yet completed that clubs would be unable to undertake without a grant.

PLEASE SUBMIT YOUR APPLICATION BY **February 15, 2024** TO: LYNN BELL, PIEDMONT DISTRICT GRANTS CHAIRMAN, 2361 CASTLE HILL ROAD, MIDLOTHIAN, VA 23113-1143 OR EMAIL IT TO [lhbell1120@aol.com](mailto:lhbell1120@aol.com). ANY QUESTIONS CALL 804-320-8578. WINNERS WILL BE ANNOUNCED AND CHECKS AWARDED AT THE DISTRICT SPRING MEETING ON MARCH 18, 2024.