



PIEDMONT DISTRICT FOOTPRINTS

VIRGINIA FEDERATION OF GARDEN CLUBS, INC.
MEMBER, NATIONAL GARDEN CLUBS, INC.
VOLUME 36, NO. 1 SUMMER 2024

A Message from President Diane Burgess

Hello everyone!

My message, following weeks of showers and cooler temperatures, is in great anticipation of Summer... when we will enjoy the vibrant colors our gardens present—the rainbow of flowers and the carefully home-grown vegetables and herbs. I hope it will be a healthy and relaxing for time all of us.

Our District meeting at Virginia Crossings was very successful: 197 registrations representing 38 clubs! The location was lovely and made more so, thanks to Ginter Park Garden Club's beautiful table arrangements. Marguerite Slaughter's "Year in Flowers" presentation, abundant with gorgeous flowers, was delightful. Wyndham and Crown Grant Garden Clubs received District Grants, and **54 District Awards were presented.** Congratulations! See p 4. Recognized also were clubs whose annual reports included many accomplishments—scholarships, community outreach, civic beautification, new memberships, youth projects, and conservation initiatives. Six Flower Shows were announced, as well as fundraising events. Our clubs are certainly engaged!

Feedback from the spring meeting was most positive—excellent facility, food, and service. So, we will be returning **Monday, October 14th—this is a date change.** All information will be in the Fall edition of *Footprints*.

Our District educational initiative, **Design 101**, is going well. In addition to the articles in *Footprints* (see past editions on our website), hands-on workshops are being offered. Another workshop is being planned for the fall. This is a great opportunity to learn more and have fun in a casual, relaxed atmosphere with inexpensive materials and Kathy Ward, a wonderful teacher.

The 90th State Convention in Charlottesville was fabulous! South Atlantic Region Director Carcille Burchette from Kentucky honored us with a rousing speech about what even a small club can do once an idea is set in motion. **We can be very proud that our District clubs received 38 State Awards and five SAR Awards. Our First Grader's Smokey Bear Poster received the State and SAR Awards.** See p 5. The two floral design programs were captivating: one elegant and lyrical by an Ikebana master... and the other, brilliant, colorful designs in the European manner by a former White House Florist. The Flower Show was great; the food - delicious; and the vendors - tempting. I invite you to the State Convention in Richmond next year in April!

National Garden Week is June 5-11. I encourage you to be proud members of NGC by supporting this initiative. See p 10. If your club will be planning to apply for the VFGC Grant to Beautify and Restore or a Youth Project Grant—remember deadlines for both are September 15th.

Summer is a great time to be out with neighbors or friends talking about gardening. Think about planting "seeds of welcome" to attract new members. Invite them to your fall meetings and introduce them to club members and all your wonderful activities.

Check out our website: www.PiedmontDistrictVFGC.org. It is the heartbeat of our organization. Changes have been made, and new pictures - by you - will be featured from time to time. Please remember to mark your calendars for October 14th and have a great summer!

Diane

May Your Gardens Flourish

Lorna Boucher, Piedmont District Chaplain

Summer suns are glowing over land and seas,
happy light is flowing bountiful and free,
Everything rejoices in the mellow rays. All earth's
thousand voices sing the hymn of praise.

In this northern hemisphere, summer is on the way
in, bringing with it those glowing summer suns,
while in the southern hemisphere it is on the way
out, dimming its summer glow as that half of the
world heads towards autumn and winter. This ever-
repeating cycle reassures us that the forces of
nature are sticking to their established routine so
that, despite natural disasters and upheavals, some
things remain on an even keel.

Sadly, in the present time, many of Earth's
thousand voices are not singing songs of praise but
shouting words of criticism, discontent, and anger.

The approach of summer usually heralds a time of
rest and relaxation, a time to recharge our
personal batteries to power us up for whatever life
has in store for us.

My fervent hopes are that whatever rain falls on
our plans, it is a "gentle rain from heaven upon the
Earth beneath"--

That we may rejoice in the "mellow rays" of the sun.
That the voices of discord will be stilled by the
stronger voices of harmony. So that,
"All Earth's thousand voices" will indeed "sing the
hymn of praise."



May your gardens flourish
all summer to reward you
for the hard work and care
you have given them
earlier in the year. May you
have peace, calm, and
general well-being to enjoy
them to the full.

Photo by Kathy Ward

CALENDAR

- May 31 VFGC Club Dues deadline
- June 2-8 NGC National Garden Week
- June 10 Designers' Guild Flower Show
- Aug 26-29 VFGC Flower Show School
- Oct 14 Piedmont District Fall Meeting
- Oct 23-27 VMFA Fine Arts and Flowers
- Nov 11-12 VFGC Symposium, Roanoke



"How Fair Is a Garden"



An NGC Horticulture Specialty Show

Presented by
Richmond Designers' Guild

Lewis Ginter Botanical Garden Education Building
1800 Lakeside Drive
Richmond, VA 23228

575-512-5992

June 10, 2024
12:30 – 2:00 p.m.

Open to the Public with general admission
to Lewis Ginter Botanical Garden

Member of:
National Garden Clubs, Inc.
South Atlantic Region
Virginia Federation of Garden Clubs, Inc.
Piedmont District



It's Not TOO EARLY!

Life is busy for us all, but VFGC is an opportunity to do good and enjoy yourself.

Consider sharing your talents by serving as an officer on the VFGC BOARD during the next administration.

Promise...it'll be a pleasure.

Mary Owen, Nominating Committee Chair

The application form can be found in the FORMS section on the website:
<https://viriniagardenclubs.org>.



Roots So Deep viewing, Hosted by Spring House Farm in collaboration with The New Ag School
When: June 1, 2024 at 3pm-4:30pm
Where: Crooked Run Fermentation, 22455 Davis Dr, Sterling VA 20164

Smokey Turns 80!

Pat Merson, District Chair

Piedmont District's Smokey Bear/Woodsy Owl Poster Contest had five winning posters that were sent to the VFGC level of the contest.

Congratulations to the following winners:

- 1st Grade – Sleepy Hollow GC
- 2nd Grade – Powhatan GC
- 3rd Grade – West Hanover GC
- 4th Grade – Powhatan GC
- 5th Grade – Sleepy Hollow GC

Thank you for celebrating Smokey Bear's 80th birthday with outstanding posters!

Piedmont 2024 Grant Winners

Lynn Bell, PD Grants Chairperson

Congratulations to the two garden clubs who have received grants for their community projects.

Crown Grant Garden Club was awarded \$250 to conduct a two-day workshop in early April at Jackson Davis Elementary School, Henrico. This is continuing spring youth project at elementary schools in their area. Club members illustrate how flowers and greenery can be arranged in lovely designs. Members also give lessons on how seeds become flowers and plants grow and discuss their importance to our environment. Grant funds are used for flowers, plant materials, etc. for the workshops. The students proudly make floral arrangements to share with their families.

Wyndham Garden Club was awarded \$500 for their continuing landscape project at the Shady Grove Elementary School marquee in Glen Allen. They plan to revitalize the area with an emphasis on native plants, including yarrow, butterfly weed, coreopsis and liatris. Daffodils that were planted by a local Scout troop six years ago will be divided and redistributed throughout the garden. A local Scout troop will assist with digging/planting and learn about the importance of using local plants. Club members will continue to maintain the garden.

We encourage all garden clubs who are considering a project for 2025 to remember that District Grants are available for landscaping public schools, other public buildings, roadsides, etc., youth activities, Blue Star Memorial landscaping, and other environmental and community projects. Applications will be due February 15, 2025.

Attention Club Treasurers

Reminder that the deadline to submit Piedmont District club annual dues is May 31st.

Form is at the end of this issue.

Piedmont District 2024 Awards

Joanne Wallace, District Chair

Amelia Garden Club

Blue – Yearbook
Red – Newsletter

Chancellor Garden Club

Blue – Membership

Crown Grant Garden Club

Blue – Membership

Hilliard Park Garden Club

Blue for the following 5 awards:
Community Landscape Design
Horticulture Therapy – Garden Project
National Garden Week
Yearbook
Newsletter

Midlothian Garden Club

Blue – Horticulture Therapy
Red – Community Landscape Design
Red – Website
Red – Yearbook

Oxford Garden Club

Blue – Newsletter
Red – Community Landscape Design
Red – Membership Brochure

Piedmont District Flower Show Judges Council

Blue – Flower Show Schedule

Powhatan Garden Club

Red – Community Landscape Design
Yellow – Membership Brochure
Red – Newsletter
Red – Yearbook

Rappahannock Garden Club

Blue – Membership Brochure
Blue – Membership

Rock Spring Garden Club

Blue – Yearbook
Red – Newsletter

Salisbury Garden Club

Blue for the following 12 awards:
Bird/Butterfly/Wildlife
Community Landscape Design
Membership Brochure
Horticulture Therapy
Horticulture Therapy – Garden Project
National Garden Week
Newsletter
Plant Together
Website
Yearbook
Youth Environmental Education
Youth Horticulture Education

Sleepy Hollow Garden Club

Blue – Civic Projects with Native Plants
Blue – Floral Design
Blue – History/Publication
Blue – Litter/Recycle/Reclamation
Blue – Newsletter
Red – Yearbook

Stonehenge Garden Club

Blue – Membership
Red – Plant Together
Red – Newsletter

Thomas Jefferson Garden Club

Blue – Community Landscape Design
Blue – Flower Show Schedule
Red – Newsletter
Blue – Yearbook
Blue – Youth Environmental Education

Violet Bank Garden Club

Blue – Litter/Recycle/Reclamation
Blue – Decoration of Historic Building

VFGC and SAR Awards for Piedmont District

Announced at the VFGC Convention May 21, 2024

Piedmont District Flower Show Judges Council

Flower Show Schedule – two or more clubs Blue Ribbon

Amelia GC

Yearbook, 20-29 Members Red Ribbon

Hilliard Park GC

Community Landscape Design Blue Ribbon
Horticulture Therapy Garden Project Blue Ribbon
National Garden Week Blue Ribbon
Yearbook, under 20 members Red Ribbon

Midlothian GC

Horticulture Therapy Red Ribbon

Oxford GC

Civic Beautification/Civic Achievement Blue Ribbon
Publications – Club Newsletter, 3-12 pp Blue Ribbon
South Atlantic Region Award - Landscape Design for a Church

Rappahannock GC

Membership Blue Ribbon (tie)

Rappahannock of White Stone GC

Publications – Membership Brochure Blue Ribbon

Rock Spring GC

Publications – Club Newsletter, 3-12 pp Blue Ribbon
Yearbook, 45-69 members Blue Ribbon

Salisbury GC

Bird, Butterfly, Wildlife Survival Blue Ribbon
Community Landscape Design Blue Ribbon
Plant Together Community Garden Project Blue Ribbon
Horticulture Therapy Blue Ribbon
Horticulture Therapy Garden Project Blue Ribbon
National Garden Week Blue Ribbon
Publications – Membership Brochure Blue Ribbon

Publications – Club Newsletter, 13 or more pages, Blue Ribbon

Website Blue Ribbon

Yearbook, 100 + members Blue Ribbon

Youth Environmental Education Blue Ribbon

Youth Horticulture Education Blue Ribbon

South Atlantic Region Award - Newsletter by a Large Club

South Atlantic Region Award - Website

Sleepy Hollow GC

Arbor Day, Tree Planting Blue Ribbon

Civic Projects with Native Plants Blue Ribbon

Floral Design Program Blue Ribbon

Publications - History Blue Ribbon

Publications - Club Newsletter, One Page Blue Ribbon

Youth - Smokey Bear Poster – 1st grade winner

South Atlantic Region Award – Best Program without PowerPoint

South Atlantic Region Award – Smokey Bear Poster - 1st grade winner

Thomas Jefferson GC

Community Landscape Design Blue Ribbon

Youth Environmental Education Blue Ribbon

Yearbook, 30-44 members Red Ribbon

Flower Show Schedule Blue Ribbon

Violet Bank GC

Special Achievement Award – Trex Recycling Blue Ribbon

Decoration of Historic Building Blue Ribbon

Litter/Recycling/Reclamation Blue Ribbon

South Atlantic Region Award –

Litter/Recycling/Reclamation, small club



Winning 1st Grade Smokey Bear Poster

VFGC & South Atlantic Region
Sponsor: Sleepy Hollow GC



VFGC State Convention 2024



The Convention Memorial Service

Diane and the other presidents built a bouquet of white roses as each club's lost members' names were read.



Diane with her President's "Honor Arrangement" created by Sally Harrison



The Flower Show

Kathy Ward's *Hemerocallis* won top honors in the Horticulture Division.

Awards!

Diane and the other presidents or designees receive their respective district award packets for VFGC and South Atlantic Region awards.



Shopping and Programs were excellent!



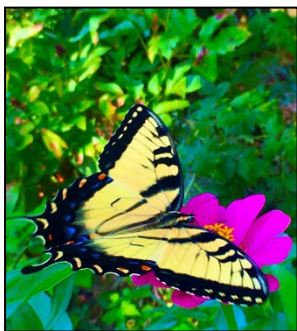
Three Friends who have all served as Piedmont District President – Diane Burgess with Sally Harrison and JoAnn McNabb.

Enjoying Tiger Swallowtail Butterflies

Jan Pingel, Butterflies and Pollinators Education Chair

Between late April and early May, you may have spotted big, yellow Eastern tiger swallowtail butterflies (*Papilio glaucus*) which are easily recognizable:

- They have black parallel stripes at the top of each wing and a single stripe along the base.
- Their swallowtails are adorned with several blue dots and black and white edges.
- The under wings have just a hint of orange.
- The wingspan varies from 3½ to 5 inches.
- The body is thin with yellow and black stripes.



Eastern Tiger Swallowtail on a Zinnia, photo credit Jan Pingel

These beautiful butterflies were designated the Virginia State Insect in 1991 which is why you may notice them pictured on some Virginia license plates.

The male tiger swallowtail is always yellow, but the females may be yellow or black with a blue wash on their tails in the southern states. The black females have a dimorphic coloration that resembles the pipevine swallowtail which is common in the south and is distasteful to predators. These black females are protected from predators by their coloration. Wouldn't you know, the male tiger swallowtails prefer to mate with yellow female swallowtails?

Eastern tiger swallowtails can be seen flying high over trees, along streams, in parks, orchards and private gardens. I have seen adult butterflies collect nectar from milkweed, Joe Pye weed, butterfly bushes, lilacs, lantana, zinnias, and many other flowering plants. They also gather in mud puddles to drink nutrients from the soil. Their predators are mostly birds, but some lizards will eat tiger swallowtails.

The lifespan of a tiger swallowtail butterfly is just two weeks, so the adults must mate soon after emerging from the chrysalis. The females lay small white eggs on the underside and tops of the leaves of wild cherry, tulip poplars, sweetbay magnolias, basswood, ash, and white ash trees. In 4-10 days, the eggs hatch into caterpillars that eat the leaves of the host tree.

You are not likely to see the Eastern tiger swallowtail caterpillar on the leaves of the host tree because it is brown and white and looks like bird droppings for the first two instars or molts.

After the fifth instar, the caterpillar is green with large yellow and black spots that are decoy eyespots. It also has two orange hornlike organs, called osmeterium, that the caterpillar can extend and emit a pungent odor when a predator threatens it.



Eastern Tiger Swallowtail Caterpillar, photo credit Trisha Snyder: *Birds and Blooms* June 2023

After eating and growing for 3-4 weeks, the caterpillar will turn brown and crawl down towards the ground to form a brown chrysalis on the tree trunk where it will hang for 10-20 days. When the butterfly emerges, the cycle begins again, except in early fall when the tiger swallowtail caterpillars will remain in the chrysalis stage to overwinter in a state of diapause. The butterflies in winter chrysalises will emerge in early spring. No Eastern tiger swallowtail butterflies survive the winter. The tiger swallowtail life cycle takes about two months, and in Virginia and other southern states, two to three generations will develop during the spring and summer until the fall chrysalises overwinter.

I am always excited to see the first tiger swallowtail butterfly in the spring because it means that the most beautiful time of the year is beginning.

Resource: *Birds and Blooms*, June 2023

Protecting Aquatic Ecosystems

WINDMILLS, WHALES, SHARKS, etc.

Rebecca Elston, Chair



Offshore windmills (wind turbines) provide for the ever-growing requirement for additional electricity. The demand for

electricity outstrips the output of power plants in many areas. National news reported last summer that California was mandating conservation in the use of air conditioning and other electricity use. Electric vehicles could only be plugged in at specific times. Blackouts occurred.

What are the pros and cons? I investigated to get some answers and find out about Virginia's involvement. What I found was a conundrum for those concerned about the environment, specifically aquatic ecosystems, versus the need to produce additional electric power.

This article presents facts on both sides of the wind turbine issue for readers to come to their own conclusions. What do you think?

In Virginia, Dominion Energy is creating a wind farm 27 miles off the coast of Virginia Beach. Currently there are two wind turbines, and upon completion in 2030, there will be 170 wind turbines each 836' tall. The energy produced will power up to 660,000 homes.

Environmentalists have become increasingly alarmed about reports of death of birds and fish purported to be caused by wind turbines. Since I am reporting on the protection of aquatic ecosystems, I limited the research to offshore windmills.

The Virginia Pilot reported on a lawsuit filed in Virginia claiming a proposed wind turbine project off the coast of Virginia Beach poses a major risk of injury or death to whales and other large fish.

Virginia First District Congressman Rob Wittman proposed a bill to address the problems posed by increased shark depredation and identify research and funding opportunities for improving the current conditions of shark depredation.

Windmills in Other Locations

As reported by "The Brown Daily Herald," construction began in 2015 on the United States' first offshore wind farm. It is located 3.8 miles off Block Island, 15 miles south of Rhode Island. Co-operators are New England Energy Company Eversource and Denmark based Orsted. At its completion, the wind project is expected to meet at least 30 percent of Rhode Island's estimated 2030 electricity demand.

A NOAA Fisheries publication titled "2016 – 2024 Humpback Unusual Mortality Event Along the Atlantic Coast" reported 214 dead whales. Studies have not found any direct evidence linking whale mortality to wind turbines. The non-profit news organization, WBUR reported that whales die almost exclusively from either entanglement, vessel strikes or run-ins with boats. Some disagree and demand more study.

Fred Mattera, executive director of the Commercial Fisheries Center of Rhode Island, said that transit lanes at the wind farm are deemed insufficient for larger commercial vessels. High-speed winds, tall waves, limited visibility, and the looming presence of wind turbines several hundred feet tall could prevent safe navigation.

Residents of Long Beach Island, New Jersey are upset that beachgoers will have a view of the wind farm located only 5 miles off the beach, which is also a danger to recreational boats.

The international news organization, "Guardian" reported that environmentalists oppose a wind turbine project on the Great Lakes because it is in a migratory bird route.

Wind turbines have a life expectancy of 20 years and an NPR article estimated that the U. S. will have more than 720,000 tons of wind turbine blade material to dispose of over the next 20 years. Some companies are choosing to leave them in place, creating the potential for an oil leak from the turbines. This would include both land and ocean use wind turbines.

It's the Season for Edible Flowers!

Mary Wiblin, Edible Gardening Chair

Did you know that you can order packets of edible flower seeds?

Just google “edible flowers” and you can find all kinds of information. Seeds are shipped in Zone 7 by the beginning of January, so plan accordingly.

Some of the flowers you can grow for their petals are roses, cornflowers, marigolds, sunflowers, nasturtiums and pansies. Jasmine blooms can also be eaten.

After you grow the flowers, you may eat the petals fresh, i.e., in a salad or dry the petals for sprinkling them on cupcakes, salads and brewing beverages.



Did you know that the lawn weed dandelion can be eaten... leaves, roots, and flowers?



I sat down many a time to a bowl of dandelion greens when I was growing up. Still to this day I will collect leaves and cook them as greens. It is best to eat or cook if you collect the leaves in early spring. Dandelions are also considered to have certain health benefits. You might want to try some! They are different from store bought greens.

Grants Available to VFGC Garden Clubs

Melissa Damiano, District Chair

Does your garden club have projects planned for 2024-2025 but not enough funds? Consider applying for one of two VFGC grants by Sept. 15, 2024. All clubs are encouraged to apply for a one-year grant of up to \$1000. This can be for a new or ongoing project. A club can apply for more than one grant in the same fiscal year if it is a different project. If the project is ongoing, a club can apply more than one time for a grant for the project (different VFGC fiscal years.) First time applicants shall receive priority over clubs that have received previous grants. The two grants have different applications, chairs, and judging panels. Grant applications can be found on VFGC website www.VirginiaGardenClubs.org or contact the appropriate chair listed below. (Note: A club cannot apply for both grants for the same project in the same VFGC fiscal year.)

Grants to Beautify and Restore: The purpose of this grant is to provide financial support for clubs to restore gardens that have been damaged by natural disasters within Virginia OR beautify areas within Virginia garden club communities. Priority is given to natural disaster restoration projects. For more information on Beautify and Restore Grants contact: VFGC Chair Judy Ann Fray, ja.fray@verizon.net, 540-948-4220.

Youth Project Grants ('Keys to the Future'): The purpose of this grant is to provide financial support for club members to work with youth to help them realize the rewards and life lessons from gardens and habitats and to become good stewards of the earth. The scope of these programs may include benefits to the community, environmental awareness education, plant-to-food connections, outdoor classroom projects, horticulture education, and the social aspects of gardening. For more information on Youth Project Grants contact: VFGC Chair Lizzie Mann, kynana3@msn.com, 276-739-2302. See the “Keys to the Future” guidelines and application in this *Footprints* issue, pp 17-18.

Why Do Birds Take Dust Baths?

Sharon Lemke, Bird Chair

With hot summer days soon approaching, all bird enthusiasts will be sure to have fresh water available for our feathered friends so they can have a drink and take a bath.

But did you know that most bird species have another way of bathing, just as important as the water ritual? It is dust bathing. Why would birds fluff their feathers and roll around in the dirt and sand?



A sparrow takes a dust bath.

Some of the benefits of dirt baths are as follows:

Parasite Control—Through dust bathing they can remove excess oil and dirt from their feathers which may harbor parasites like lice and mites. Dust particles have sharp edges that can cut and suffocate parasites, and they also help to absorb excessive oil from feathers preventing feather degradation.

Feather Maintenance—These baths help to maintain feather quality in birds. It removes excess oil which can cause them to become greasy and matted. This can impair flight and insulation, putting birds at risk for hypothermia and other dangers.

Regulating Body Temperature—The dust baths help birds regulate their body temperature by removing excess oil and moisture; the dust particles help to dissipate heat and prevent overheating. Additionally, the act of dust bathing itself may help to regulate body temperature as birds expose their skin to the cooler soil below.

Provides Stress Relief—This ritual has been shown to provide birds with stress relief. This behavior is often associated with relaxation and grooming. This is especially important during mating and nesting seasons when birds may experience elevated stress levels.

Variations in dust bathing habits exist, providing insight into the evolutionary significance of this behavior. As examples, house sparrows often bath in loose soil or sand, sometimes in groups, while European starlings frequently take dust baths in fields or on rooftops, sometimes in groups; and the American goldfinch uses fine dust for bathing and may sing while dusting.

Overall, dust baths play a vital role in the physical and mental well-being of birds. So, next time you see that “crazy” bird rolling around in the dirt, you’ll know why.

Resources for Clubs to Promote National Garden Week

Download this fillable poster and get ideas for National Garden Week on the NGC website:

<https://gardenclub.org>



DESIGN 101 aka Floral Design made Easy!

by Kathy Ward

Article Four Traditional Mass Design In Equilateral Triangular Form

In Article Three – Design 101, we described how to make a simple mass design that could be used as a round centerpiece. For this article we will use the same general instructions but show you how you can make a triangular design. Both designs, as described, are considered traditional designs, as they have an abundance of plant material, a closed silhouette, geometric shape, plant material integrated (not grouped by type) and all plant material radiates from a single point.

Creating your Design –

Step 1 – Select your plant material. For a small, simple Triangular Design, you will need:

- linear foliage and/or linear flowers– 5 to 10 stems, each
- filler foliage – like camellia, lemon leaf
- round flowers – 6-10, medium sized (one flower per stem); you may also use a second type of round blossom, 3 – 8 stems (optional)
- filler flowers/foilage – 1 bunch (smaller spray flowers or foliage)

For the demonstration design, I have used white larkspur as a linear flower (no linear foliage), camellia and laurel leaves as the filler foliage, pink roses for the main round flower, purple mums or white daisies as a secondary round flower and purple veronica for the filler. More information on selecting your botanical components was included in article one (Footprints, Fall 2023). Note – All back issues of Footprints can be found on the Piedmont District website, <http://www.piedmontdistrictvfgc.org>.

Step 2 – Select your container. A shallow rectangular bowl works well as a container for this design, although a round bowl can work as well. Black, brown and green are always good colors. You can also use a container that echoes the colors of your flowers.

Step 3 – Decide on your mechanics. The most common mechanics for a traditional design with fresh flowers are floral foam (Oasis) or chicken wire. A kenzan can be used but it is usually not as effective with as much plant material as is needed for a traditional design.

Step 4 – Condition your flowers. For more information on conditioning, see article two in the winter 2023 edition of Footprints, the Piedmont District newsletter.

Step 5 – Prepare your mechanics. For a Mass Design, if you are using floral foam, you will want to have the foam 1 to 1 1/2” higher than the rim of your container. This allows you to place some of the plant material into the arrangement at an upward angle, helping to hide the rim of the container. Use a single block of foam rather than trying to fill the bowl with pieces. An “X” of waterproof tape can be placed over the foam and attached to the sides of the bowl to keep the foam in place. Then wrap the tape around the top of the container to help hold the ends of your “X” in place.



If you choose to use chicken wire, take a large piece of chicken wire and crumple it into a ball and place it in your container. Make sure you use enough chicken wire for the stems to go through at least two layers of wire to keep them in position. Some chicken wire can also be secured over the mouth of the vase with waterproof tape.

Step 6 – Cut and place your line flowers/foilage. Cut the first piece of line flower/foilage about 2 times as long as the length of your container.

Place it in the center of your container toward the back. Cut two additional pieces of your line material, so that they are the same length. If they are a little shorter than your first piece, you will create an equilateral triangle (all sides the same size).



Place these two pieces of line material on the left and right side of your arrangement. They should be horizontal and toward the back of your design. The ends of these three pieces of line material define the triangle of your design. Do not place any plant material outside the line made between these points. Add additional pieces of line material to further define the sides of the triangle. All pieces should be placed toward the back and look like they are radiating from the same point in the container.

Step 7 – Place your filler foliage. Place your filler foliage throughout the design, accentuating the triangular space inside the line material. Use stems of different lengths. These leaves are meant to fill out the design and not to necessarily hide the mechanics.



Step 8 – Place your round flowers. Place your first blossom so that it is vertical and in the center of the arrangement. Create an airy triangle with an additional 2, 5 or 7 flowers. Place the round forms in gradually widening rows well within the triangle created by your linear foliage/flowers. Remember that they should all look like they are all emerging from a single point in your design. This means you

will see the blossom from different angles. I chose to add a second type of round flower for interest – in this case large, dark purple mums. They were placed within the triangle of roses.



Step 9 – Fill in with spray flowers.

Tuck the spray flowers throughout your design. They can be used to hide mechanics, hide the rim of your container and just round out your design.



Step 10 – Complete the back of your design.

Additional filler foliage and flowers can be added to the back of your design to finish it. While being able to view some of this material from the front will add depth to your design, be sure that its placement doesn't distract from your design. Note – This design is meant to be viewed from the front. It would be perfect on a credenza, entry table or on the altar in a church.

Step 11 – Critique your design. Now that you have finished your design, take a good look at it. While this can be done by eye, taking a photo of it can be even more effective. Look at the image in step 8. Does anything jump out at you? To me, there is too much space between the linear flowers. This design is to be a traditional design, with a closed silhouette. Adding additional line material (foliage or flowers) would improve the design. I also notice that the dark mums in the center of the design disappear. A lighter or brighter color would have been more effective.



In the Step 9 image, the dark mums have been removed and white daisies added. This does brighten up the center of the design and the white daisies coordinate well with the white larkspur. Do you see anything that could

be improved with this design? If I draw a vertical line through the center of the design, one side of the design should appear to have the same amount of plant material as the other. To me, the left side of this design is a bit visually heavy - it has more plant material on the left side than on the right. There also appears to be a dark hole (lack of plant material) at the middle bottom of the arrangement.

In Summary--

These instructions give you quite a simple framework to get you started with Traditional Triangular Design. Have fun experimenting with linear foliage instead of linear flowers, as well as different combinations of round forms and filler flowers. Place the linear plant material in the center of the arrangement, rather than at the back, and add flowers to both sides to make a design that can be viewed from all sides. Make the vertical line foliage/flower shorter and the outer lines longer to create a centerpiece. Play with the placement of the round forms. They need not be in a triangular form; what is important is that the overall blossoms are placed within the framework of the triangle and that the effect is visually balanced.

If you like learning about floral design, you may wish to attend the next Virginia Flower Show School August 26-29 in Roanoke and / or the VFGC Symposium November 11-12, also in Roanoke.

The next Design 101 hands-on workshop will be held this fall. Look for details in the fall issue of *Footprints* and on the website.



VFGC Symposium November 11-12, 2024

Judges, student judges and those who are just interested in learning more about horticulture and design... we will have tremendous instructors for our next VFGC Symposium, **November 11-12, 2024 at the Roanoke Council of Garden Club's Center in Roanoke.**

Lynn Fronk, an NGC Accredited Master Flower Show Judge and FSS Design and Procedure Instructor and former Garden Club of Ohio President, will be teaching us about **Tapestry and Framed Spatial Designs**. She will also be teaching the Allied Topic, **Botanical Arts – Bonded Designs** (Plaques and Collages). She has taught in 42 states and 7 Central American countries, judged major US flower shows and her designs have been published in *Designing by Types*. She is on the NGC Board and is currently serving as the NGC Symposium Chair.

Jan Griffin, NGC Accredited Master Flower Show Judge and Horticulture Flower Show and Symposium Instructor will be our horticulture instructor. She will teach us about **Bromeliads (Air plants, pineapples, quills, Spanish moss) and Goepertia (Prayer Plants, Peacock Plants)**. She will also be teaching an Allied Topic, **Creative Horticulture Staging**. When not teaching Symposium or Flower Show School, Jan teaches Floral Design classes in Florida. She is actively involved in the Florida Federation of Garden Club and the Florida FS Judges. Her comment to all her wonderful floral design friends is that you need great horticulture to create great designs!

For more information, or to receive a copy of the Symposium brochure, please contact Kathy Ward at klward@gmail.com or 804-921-1021 or Claudia Cosby at cosbych1205@gmail.com or 804-794-7798. Brochure and registration form also available on the website: <http://www.piedmontdistrictvfgc.org>

Support VFGC and Its Scholarships with a VFGC Life Membership or Honor Roll Award

Jane Oliver Smith, District Chair

A garden club may wish to honor or recognize its members with a VFGC Life Membership or Honor Roll. Providing a Life Membership or Honor Roll is a special way to show appreciation for the contributions or club members. Or a club member may wish to support VFGC and the scholarship program by choosing to buy a Life Membership or Honor Roll recognition.

An application for support is available on the VFGC website under Forms & Info: [Forms & Info – Virginia Federation of Garden Clubs](#) (virginiagardenclubs.org). An application form is also available in this issue of *Footprints*, p 19.

For \$50.00 you can honor a garden club member, AND support VFGC scholarships for college students pursuing horticulture, environmental and other garden-related subjects. The honorees and supporters for Life Membership receive a life membership pin and card. Book of Honor honorees and supporters will receive a card. All honorees and supporters will be listed in the Permanent Record Books housed in the VFGC Headquarters in Richmond.

Now, you may ask, “What is the difference between a Life Membership and the Honor Roll?” Answer: The Honor Roll designation assumes that the person is already a VFGC Life Member and does not need another pin. Both result in a \$50.00 contribution towards VFGC scholarships and a listing in the Permanent Record Books. For example, a club may purchase Life Memberships for various club members, then later wish to honor a faithful member. An Honor Roll recognition gives an extra notice of appreciation.

If a pin has been lost, VFGC can replace a lost Life Membership pin for \$15.00 which covers the cost of the pin and shipping.

When Val Virkler, VFGC Life Membership/Honor Roll Chair 2023-2025, receives an application, she will acknowledge receipt to the email contact listed in the application and will promptly mail the pin and/or card, with congratulatory letter to the recipient and club. All materials are sent via USPS and should be in the club contact’s mailbox in about a week from the receipt of the application. Val Virkler may be reached at val@rgbartlett.com; (434) 257-4625 (cell/text).

Jane Oliver Smith, Piedmont District Life Membership/Honor Roll Chair may be reached at josmithlaw@gmail.com; (703) 937-7580.

Garden Clubbing in the Piedmont



Piedmont District members enjoyed creating Linear designs at the first **Design 101** hands-on workshop on April 23rd taught by Kathy Ward.

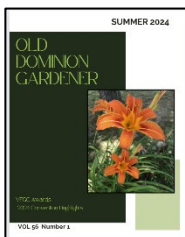
Crown Grant Garden Club made 25 arrangements at the home of Carter Rosser on Wednesday, March 13, 2024. They were delivered to Grace Episcopal Church for Goochland’s “Feed More” program.

Sleepy Hollow Garden Club members helped 4-year-olds from Epiphany Lutheran Nursery School plant native plants in the club’s natural habitat garden. Seeds were started on March 26th and added to the garden on May 6th. Seen here is club member Tatter Hartmann explaining the planting process to eager students.



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.

Footprints & ODG

Send articles and photos in separate files to:
Gail Goodrich Harwood, Editor
email: Footprints@PiedmontDistrictVFGC.org
PHONE: 804-317-8091
Articles are due before the following deadlines:

AUGUST 1, 2024 - FALL
NOVEMBER 1, 2024 – WINTER
FEBRUARY 1, 2025 – SPRING
MAY 1, 2025

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

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

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<https://gardenclubs.org>

**PIEDMONT DISTRICT DUES
2024-2025**

Dear Club Treasurer or President,
It's time to renew your Piedmont District membership. Annual Dues are now **\$1 per club member.**
Thank you for using this form which is also provided on the Piedmont District Website,
www.PiedmontDistrictVFGC.org. **If possible, please include a list of your current members (you may use a copy of the corrected VFGC dues list if you wish). And as you add new members through January 31, 2025, please submit additional dues for them as well.**

Please mail this completed form and your check payable to **Piedmont District VFGC** to:

Claudia Cosby, Treasurer **804-794-7798**
3015 Mount Hill Drive **cosbych1205@gmail.com**
Midlothian, VA 23113-3923

Payment was due by May 31, 2024 so if you haven't paid yet please do so as soon as you are able!

We look forward to working with you in the upcoming year. Thank you!

Club Name and Number of Members: _____

Club President 2024-2025: _____

Street Address: _____

City, State, ZIP: _____

Phone Number with Area Code: _____

Email Address: _____

Club Treasurer 2024-2025: _____

Street Address: _____

City, State, ZIP: _____

Phone Number with Area Code: _____

Email Address: _____

Club's Piedmont District Representative 2024-2025. (This is NOT the president. This is to be a 2nd person in your club to also receive email notifications from the Piedmont District. Since virtually all our communications are via email, it is most helpful if this person has an email address.)

Name: _____

Email Address: _____

Phone Number with Area Code: _____

GUIDELINES & APPLICATION

“KEYS TO THE FUTURE” Youth Project Grants

The “Keys to the Future” Youth Project Grants Program, with a simple application procedure, is sponsored by the Virginia Federation of Garden Clubs, Inc. for new or existing youth-centered programs. All VFGC clubs are encouraged to apply for a one-year grant up to \$1,000 for the purpose of working with youth and helping them realize the rewards and life lessons from gardens and habitats for becoming good stewards of the earth. The scope of these programs may include benefits to the community, environmental awareness/education, plant-to-food connections, outdoor classroom projects, horticulture education, and the social aspects of gardening.

APPLICATION DEADLINE: **SEPTEMBER 15** of each year
Must be submitted by a VFGC member garden club.

HOW TO APPLY:

Please fill out the Application form, include a budget and mail to:

Lizzie Mann
VFGC Grants Committee
19376 Stirrup Dr
Abingdon, VA 24211-6766

Phone: 276-739-2302

or email: kynana3@msn.com

PURPOSE: The purpose of “Keys to the Future” Youth Project Grants is to provide financial support for clubs working with youth on a specific project.

PROGRAM CRITERIA:

In evaluating grant applications, priority will be given to programs that emphasize one or more of these elements:

- number of youth participating/reached.
- benefits to the community
- environmental awareness/education
- horticulture educational focus or curricular/program integration
- plant-to-food connections.
- social aspects of gardening i.e., leadership development, team building, community support, or service-learning
- club member support and participation.

FUNDING GUIDELINES Grants will NOT be provided for:

- projects in which the club does not participate in some aspect.
- salaries or benefits of school personnel
- field trips outside Virginia.
- political action programs
- Eagle Scout projects
- capital drives and building funds.
- scholarships
- endowments
- lawsuits and litigation
- overhead costs
- consumables, one-time use items or giveaways, such as T-shirts, tote bags, food, admission fees, or tuition

Note: The same project is not eligible for both Youth Project Grants and Beautify & Restore Grants in the same VFGC fiscal year.



APPLICATION

“KEYS TO THE FUTURE” VFGC Youth Project Grant

DEADLINE: SEPTEMBER 15, 2024

Date: _____

VFGC District: _____

Name of VFGC Club: _____

Garden Club Contact Person submitting application (Name, address, phone number, email):

***This Chair will email you that your application was received.**

Please do NOT use hyperlinks. Many judges write notes on the printed applications as they score. If information is important to your application, simply type information concisely.

New Project: Yes _____ No _____

Beginning date: _____ Expected Completion date: _____

Amount Requested: \$ _____ Amount Club Provides: \$ _____ Total Project Budget: \$ _____

Number of Youth Involved in Project _____ Number Reached by Project _____

Briefly Describe Project, how funds will be used include the following if applicable:

1. Briefly describe project. Application including budget should be no longer than 3 single-sided pages. If handwritten, please legibly PRINT.
2. What is the youth population you are working with on this project?
3. Approximately how many Garden Club Members will be involved in this project and in what roles?
4. Brief statement of any in-kind or volunteer services, please list organization & their role.
5. Location of Project: Ex. If a garden or greenhouse is to be built/used, where is it located?
6. Does your project require special approval of authorizing groups (i.e., school board)?
7. Must include a detailed budget denoting separate line-item cost of each material/component used (i.e. potting soil, pots, plants, etc.).

NOTE: Grant funds can only be used for the stated project.

Unused grant funds must be returned to VFGC by May 15 with the Final Report. The same project is not eligible for both Youth Project Grants and Beautify & Restore Grants in the same VFGC fiscal year.

Judging is based on the following Scale of Points:

-Scope of Project	35
-Club Member Involvement	35
-Criteria Met (read Guidelines)	10
-Detailed Budget Completed	15
-Application Form Completed	5

Attach Detailed Project Budget

Mail to: Lizzie Mann 19376 Stirrup Dr, Abingdon, VA 24211-6766 Phone: 276.739.2302

OR Email to: kynana3@msn.com

Any questions, please contact Lizzie Mann.

APPLICATION FOR VFGC LIFE MEMBERSHIP/BOOK OF HONOR

Check One: _____ Life Membership _____ Book of Honor

Name of Honoree _____

Address _____

City _____ State _____ Zip _____

Honoree's Garden Club _____

Honored by _____

District _____

Date of Presentation _____

Surprise? _____ Yes _____ No Club Meeting _____ District Meeting _____

Send life membership pin and card or Book of Honor Card to:

Name _____

Address _____

City _____ State _____ Zip _____

Phone # _____ E-mail _____

CHECK for \$50 payable to : VFGC, Inc.
MAIL to VFGC Life Membership Chair:
Valerie Virkler, 1955 Slatesville
Rd., Chatham, VA 24531, (434) 432-8757
E-mail: val@rgbartlett.com