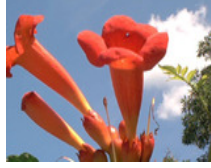


TRUMPET



VINE

**National Garden Clubs, Inc.
Garden Club Federation of Pennsylvania
District VII**

A free newsletter distributed via Club Presidents to ~338 club members and via
http://www.gardenclubofmonroeville.org/trumpet_vine_gcfp_district_vii_newsletter

JANUARY 2017



Jackie Stempfer, Editor

This is the kick-off issue for 2017. I'm hoping for support from all the clubs and would appreciate it if you would send me (jstempfer@comcast.net) any and all events and program information.



DIRECTOR'S MESSAGE



I APPRECIATE THE CONTRIBUTIONS OF THE FOLLOWING PEOPLE WHO HAVE AGREED TO LEAD AND SERVE US GARDEN CLUB MEMBERS OF THE GARDEN CLUB FEDERATION OF PENNSYLVANIA AS CHAIRMEN OF THE DISTRICT VII BOARD OF DIRECTORS, 2016-2018. EACH ONE FITS THE QUALIFICATIONS TO BE CHAIRMAN: THE CHAIRMAN SHALL BE "A COMPETENT ENTHUSIASTIC LEADER, WELL INFORMED AND INTERESTED IN THE SPECIFIC APPOINTMENT... AND ...SHOULD BE AVAILABLE FOR TALKS AND/OR ARTICLES WITHIN THE DISTRICT". "DISTRICT VII STANDARD RULES".

PLEASE CONTACT ME AT MARILYNBACKUS@GMAIL.COM IF YOU ARE INTERESTED IN THE OPEN POSITIONS OF CONSERVATION & RECYCLING CHAIRMANSHIP OR THE PUBLICITY AND/OR PHOTOGRAPHER FOR DISTRICT VII'S MARCH MEMBERSHIP TEA AND SEPTEMBER ANNUAL MEETING. A CHAIRMAN USUALLY ATTENDS THE MEMBERSHIP TEA AND AUTUMN ANNUAL MEETING AS WELL AS THREE ADDITIONAL LOCAL MEETINGS IN JANUARY, JUNE AND OCTOBER.

MARILYN BACKUS
DISTRICT VII DIRECTOR

Newly installed 2016-2018 Executive Officers are: Marilyn Backus, District Director; Margie Wolff, Assistant District Director; Leeanna Ryba, Treasurer; Joyce Kareem, Recording Secretary; and Valerie Wilson, Corresponding Secretary

2016-2018 District Chairmen of Standing Committees

Standing Committee	Current Position Holder
Awards	Margie Wolff *
Birds	Haddie Weber
Chaplain	Betty Monyok
Conservation & Recycling	Open
Flower Show (PAJC) Schedule Advisor	Angie Raitano * **
Gardening and Health	Marilyn Backus
Garden Therapy	Judy Schaffer
GCFP BEE GAP National Bee Project	Iris Cisarik *
GCFP Club Yearbook Awards	Joyce Peterson * ** ***
GCFP Convention Coordinator	Judy Schaffer
GCFP 2018 Convention Chair (District X) AND GCFP Awards Vice Chair	Haddie Weber
GCFP Dist VII Nominating Alternate	Leeanna Ryba **
GCFP Distr VII Nominating Chairman	Iris Cisarik *
GCFP Parliamentarian/Past GCFP President 2009-2011	Angie Raitano * **
Historian	Ann Stromberg
Horticulture / GCFP Birds and Pollinators	Barbara Lotito* ***
Judges' Council (Flower Show)	Joyce Peterson * ** ***
Membership	Lana Kling
Natural Disasters	Sharon Bryner
Programs	Iris Cisarik*
Publicity and/or Photographer for District VII Membership Tea and Annual Meeting	Open
State Scholarships	Shirley Brody
Trumpet Vine Editor	Jackie Stempfer

* Flower Show Judge **Landscape Design Consultant ***Gardening Study Consultant

2016-2018 theme



"Naturehoods in Neighborhoods"



This director sees a need for garden club members to educate community members about the importance of returning to nature in their own home, yard, block and town. What can garden club members do?

1. Encourage well-groomed native plant lawns and gardens devoid of pesticides, herbicides, larvacides, and fungicides for the sake of our water, air, soil and personal health.
2. Use composted materials, compost tea and cooled boiled egg water rather than artificial fertilizers to encourage plant growth.
3. Try grounding or earthing, that is, contact your bare feet and hands with humid dirt, grass, sand or concrete to improve the body's sympathetic and parasympathetic nervous system balance and decrease its inflammation. The electron-enriched earth diffuses electromagnetic charge build-up from computers, housewiring, Wi-Fi and electrical appliances.
4. Promote the benefits of sweaty work that detoxifies the body and tones its muscles.

5. Try to grow your own spray-free produce or indoor sprouts appropriate for your housing situation.
6. Collect and use rainwater free of chlorine and fluorine to water garden and house plants.
7. Recycle or give away unwanted household items to preserve natural beauty rather than trashing things that could be useful to others.
8. Grow and show beautiful, healthy yards, patios, flowers, floral arrangements and produce.
9. Promote the use of container plants such as African violets to help filter household air.
10. Make, give and use closed indoor terrarium gardens to protect cats that run the house!

Talk about and do these things in the neighborhood and perhaps it will promote conversations that lead to healthier communities and increased garden club membership!

Marilyn Backus - District VII Director



Philadelphia Flower Show Bus Trip Holland: Flowering the World

The annual Bus trip to the Philadelphia Flower Show will be on Wednesday, March 15. The bus will leave at 7:00 a.m. from The Greensburg Garden Center and arrive back at the center at approximately 11:30 p.m. Tickets are \$120 for members and \$130 for non-members. There are opportunities for sight-seeing around Philadelphia.

The theme this year will be "Holland: Flowering the World" and will showcase the extraordinary plants, creativity and talent of this region's top horticulturists and designers along with award winning landscape and floral designers from the Netherlands. From towering windmills, wooden shoes and delectable cheeses, to the whimsical bicycles, canals and vibrant tulip fields of the iconic Dutch landscape, the 2017 Flower Show will share the diverse stories of horticulture, innovative eco-design, and modern urban greening and sustainability efforts of the Netherlands. We look forward to seeing you on the bus!



PLEASE CONSIDER TAKING PICTURES OF YOUR OWN GARDEN (OR EVEN A NEIGHBOR/FRIEND) AND SEND TO ME (Jstempfer@comcast.net). IT COULD BE A SINGLE PLANT/FLOWER/TREE/SCULPTURE OR WHATEVER.





COMING SOON



A New NGC Flower Show HANDBOOK is coming soon. It is in the printing process, now, and it will be available to attendees at the INSTRUCTORS SYMPOSIUM in Atlanta, GA in January 2017, and available to all other NGC members in February 2017. It will become effective July 1, 2017.

The NGC Committee for HANDBOOK REVISION has been working for more than two years and has let very little information leak about changes to the existing Handbook. That has caused a build-up of anticipation, excitement, and, in some cases, apprehension.

Garden Clubs planning a Flower Show in 2017 are writing their Flower Show Schedules, now. There is uncertainty about what to include or NOT include in the Schedules. But, I hope that the frustration will not discourage clubs from continuing to plan flower shows.

My suggestions are these:

Use the present HANDBOOK for the First Draft of your Schedule. Changes can be made later in the review process and as new information becomes available.

Use general descriptions for Design classes, rather than suggesting specific Types of Designs. (It has leaked that some Design Types were eliminated. I'm guessing that there won't be drastic changes for Horticulture.)

Schedule your Flower Show before July 1st, so the "old" HANDBOOK rules/procedure still pertain.

Remember, with changes there is always a transition period that makes everyone feel uneasy. Don't be discouraged! Certainly, 2018 will be much easier!

Angie Raitano, PAJC Schedule Advisor



MEMBERSHIP MATTERS!



By Lana Kling – Membership Chairman for GCFP District VII

M & M stands for MEMBERSHIP MATTERS! and nowhere does it matter more than at the District VII Annual Meeting where red tulip bulbs are presented to the clubs that have new members. These red tulip bulbs are planted in the Fall and in the Spring bloom to remind you that you are a new member of a garden club. The idea of presenting a red tulip bulb was that of a well-known Joyful Bloomers' garden club member, Joy Johnson.

This year (August 31, 2015-August 31, 2016) the following clubs welcomed 23 new members:

The Garden Club of Monroeville (9): [Lois Drumheller](#), [Debbie Foster](#), [Arlene Madray](#), [Jan Lauer](#), [Cathy Pietropaolo](#), [Gene Dalverny](#), [Nancy Dalverny](#), [Cathy Chaparro](#), [Sandy McFall](#)

Gardens Limited (5)

Highland Park Garden Club (4)

The Garden Club of Forest Hills (2): [Yvonne Foy](#) and [Flo Roisig](#) sponsored by [Kathy Bauer](#)

Pucketos Garden Club (1): [Elaine Goxn](#)

Joyful Bloomers Garden Club (1): [Mary Lee](#) sponsored by [Andrea Rice](#)

Rockledge Garden Club (1): [Karen Lindbergh](#) sponsored by [May Lindsay](#)

CONGRATULATIONS, new members, and enjoy your burst of red in your garden this Spring!

GARDEN THERAPY



Don't Forget the Military
Judith Schaffer - District VII Chairman

Looking for a new focus for your club's Garden Therapy Committee- investigate projects for the military! Veteran homeless shelters or VA Hospitals are facilities which are often forgotten. Also honor veterans who reside in local nursing homes. Always contact each facility prior to setting up a project to avoid breaking their basic rules and regulations concerning their clients.

Try having your club members collect items for men such as: white socks, hygiene products, decks of cards, puzzle books, manly magazines, etc. Cleaning supplies are also always needed.

Pucketos Garden Club in November had their members' package and decorate, red, white and blue paper bags. Each bag was filled with the above items. We delivered them just prior to Veteran's Day. We even purchased at a discount smiley cookies from Eat 'n Park.

Our committee made patriotic appreciation cards which were sent to our local American Legion Posts and VFW groups. You will be surprised at how many such groups are located in your specific area. We sent 16 cards to such groups.

Patriotic arrangements for the 4th of July were designed complete with American flags and then taken to a homeless veteran's shelter. They were placed on the facilities dining room tables. Using permanent botanicals made the arrangements last for most of the summer.

If a facility allows live plants, consider giving each veteran one to watch grow, but remember to include instructions on their care. Choose only plants that are durable and easy to grow!

Keep our veterans in mind at garden therapy planning time!



2017 EVENTS CALENDAR



2017

- | | |
|--------------------|---|
| Wed Jan 25 | District VII Executive Board Mtg 10 AM @ Monroeville Public Library in ground floor Program room |
| Sat-Sun Mar 11-19 | 2017 PHS Philadelphia Flower Show "Holland: Flowering the World," @ Pennsylvania Convention Center |
| Thurs Mar 23 | District VII Spring Membership Tea at Sampson's Mills Presbyterian Church Hall, 1665 Lincoln Way, White Oak, PA 15131. Registration and Networking at 9 AM; Business Meeting at 10 AM |
| Fri Mar 24 | PAJC (Flower Show) Judges' Council Meeting at Greensburg Garden Center |
| Wed Mar 29 | Flower Show Designers Guild Meeting at Greensburg Garden Center |
| Wed-Thurs Apr 4-5 | Flower Show Designers Guild Symposium (and Lunch) at the Greensburg Garden Center |
| Mon-Tues Apr 10-11 | GCFP Environmental Studies School Course IV at Site Trails & Trees Environmental Center, Mechanicsburg, PA |
| Sun-Tues Apr 23-25 | GCFP Districts I&II host GCFP State Convention at Shawnee on the Delaware |
| Wed May 31 | PAJC (Flower Show) Judges' Council Meeting at Greensburg Garden Center |
| Wed Jun 21 | Flower Show Designers Guild Meeting at Greensburg Garden Center |

Fri Jun 30 PAJC Flower Show at Greensburg Garden Center

Tues July 11 GCFP Leadership Conference West at Hampton Inn, Grove City, PA

Wed Aug 16 Flower Show Designers Guild Meeting at Greensburg Garden Center

Fri Aug 25 GC Forest Hills Flower Show

Tues Sept 26 District VII Annual Meeting with new State Officers and District Clubs located at Palmeri's Banquet Hall, 951 Old Frankstown Road, Plum, PA 1513 Goff Rte. 286; 9 AM All Presidents' Meeting and Registration; Business Meeting at 10 AM

Wed Oct 4 PAJC (Flower Show) Judges' Council Meeting at Greensburg Garden Center

Mon Oct 16 (Flower Show) Designers Guild Meeting at Greensburg Garden Center

2018

Sun-Thurs May 20-24 NGC/GCFP 2018 National Garden Clubs annual convention @ Loews Hotel in Philadelphia

Sat-Mon Apr 15-17 District X 2018 GCFP Convention @ Doubletree by Hilton, the Meadowlands, PA.



The Trumpet Vine is sent only to club Presidents so it is your responsibility to see that your members are emailed or given a copy.

Thanks

Judy's Jottings



LOOFAH – What's That!



On a fall apple picking excursion to Triple B Farms, I purchased a kitchen scrubber in the shape of a bee made from natural loofah in their gift shop. What was loofah? Being a nosey librarian I had to find out about this unknown agricultural plant.

Loofah is a type of sponge gourd (sometimes spelled luffa) or also known as Chinese okra. Both the smooth and angled plants are from the cucumber family and can be grown in our area. It can be eaten raw, cooked, baked, stuffed with rice or stir fried. Phillip Miller of the Chelsea Physic Garden gave it the name loofah from plants grown in Egypt displaying yellow flowers. The smooth type sponge gourd is used in Turkish baths for scraping the back. Having felt my scrubber, I don't know if I want it used on my back!

Commercial smooth loofahs are collected when ripe. Look up a picture of this plant, the gourds are huge. The seeds are shaken out and the fruit retted in water to remove the skin and remains of pulp. The fibrous skeleton is dried and often bleached in hydrogen peroxide. The fibers are used to extract oil from water and as stuffing for cushions or saddles.

Angled loofah is a fast growing variety originally found wild in India. It is now grown in much of Asia for its fruit (edible when young) which is sliced across and boiled. It is valued for its unusual cross-section and crisp texture. I have never tasted this gourd- have you?

The seed is sown early in the wet season in the Asian countries. Since it is a slow growing gourd and needs lots of moisture, it can rot if left to rest on the ground. The vines are trained to grow on sturdy structures like a trellis. The fruit should be harvested when 6 inches long for eating. For sponge use, it is allowed to mature and dry on the vines.

My kitchen scrubber was distributed by a company called Loofah-Art located in Avenel, New Jersey. This group was established in 2004 to help poor farmers sell their product. It produces functional and whimsical, eco-friendly, 100% biodegradable loofah scrubbers. They are currently working with the farmers in India. Their company has a mission statement to help farmers and educate children through strict rules for outsourcing the products. Here are their main rules:

Must be a country where loofah is easily grown as an agricultural crop.

India is the main country chosen at this time.

Training given to adults, but all children must be educated and kept in school.

Currently 11,000 farmers are contracted to produce loofah.

Cash for the crop is paid ahead of time, so they will not be stuck at harvest time with no place to sell their loofah.

Growing loofah replenishes the soil with nitrogen and helps retard erosion in these farmlands.

The website for this innovative company is Loofah-Art.com. Their scrubbers come in all designs from fruits, sports to holidays. Check out their scrubbers selling for \$6.49 each. I got mine much cheaper in the end of the season bargain bin. I have a bee and a scarecrow which I used as decorations in the fall.

Interested in trying to put some loofah in your garden! Contact the Pennsylvania Gourd Society for assistance. A membership in this group costs \$15.00 a year.

Luffa seeds are available from Burpee. Since this gourd takes 90 to 100 days to mature, start the plants indoors. Jessica Wallister, columnist for the Tribune-Review and a 2017 speaker at the GCFP Convention in the Poconos, has had success growing these gourds.

Look for natural loofah scrubbers when you next go shopping or watch the 2017 seed catalogs for seeds. Either way – have a happy loofah day!

Submitted by Judy Schaffer, Pucketos Garden Club



Bees, Butterflies, and Me.

As happy as can be.

Flying high O' through the sky!

Bees, butterflies, and me.

Bees, Butterflies, and Me.

Helping the flowers and trees.

Together we all dance and prance.

Bees, butterflies, and me.

Bees, Butterflies, and Me.

Playing outside in the breeze.

C'mon, baby bees, try to fly!

Bees, butterflies, and me.

Butterflies, hummingbirds, wasps, and bees.

Are very important to you and me.

So let's help keep them alive, you see.

Bees, butterflies, and me.

Goodnight butterflies and bees.

We'll see each other tomorrow, we three.

We will play again in the breeze.

Bees, butterflies, and me.

By Mia Maurizio, Grade 5

St. Bernadette School in Monroeville, PA

The Garden Club of Monroeville (GCM) asked three poetry enthusiasts to independently judge 28 fifth grade poems from Mrs. Lisa Rettig's class at St. Bernadette School. They selected the following Local winners: 1st Mia Maurizio, 2nd Shreya Pant, 3rd Ashley German, 4th Alexa Cattau, and Honorable Mentions Catherine Burke, Ishan Sinha, Rocco Matrazzo, Angelina Brush, Patrick Livsey, Juliette Barth, Darshan Mann, and Jacob Watson.

These 12 poems were forwarded to the Garden Club Federation of Pennsylvania (GCFP) Chairman of the Youth Poetry Contest for judging at the State level. The GCFP judging results will be announced at the 2017 April 23-25 State Convention at Shawnee Inn. The GCM congratulates Mrs. Lisa Rettig and her students!

District VII also congratulates Pucketos Garden Club for sponsoring a fourth grader who was a National Garden Club Second Place Winner in the K-6 Poetry Contest in 2015-2016.

