



WINTER 2022
Vol. 1, Issue 2

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OFFICERS
2022-2024

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Terry Miller

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A Message from Your President *Pam Walsh*

As we begin to make the transition from early fall to late fall/early winter, please keep in mind that we can find beauty in our gardens during all seasons. Many of our properties are holding on to the last colors of fall; most of the leaves have fallen from the trees and have carpeted the yard. Having just taken two classes at Mt. Cuba on "Best Woody Plants for Wildlife" and "Late-Season Perennials for Wildlife" from a very enthusiastic young presenter, Leah Brooks, I plan to leave many of my perennials as they are right now. Seedheads of the black-eyed Susan (*Rudbeckia fulgida*), Forest Sunflower (*Helianthus decapetalus*), Hollow-stem Joe Pye weed (*Eutrochium fistulosum*), and Coneflower (*Echinacea*) are important food sources for several songbirds. Goldenrod (*Solidago*) and American aster (*Symphyotrichum*) bring color to the fall garden and are considered herbaceous keystone plants. They are part of the keystone species, native plants that

have a disproportionately large positive effect on ecosystems in terms of increasing biodiversity. According to our presenter, they host the highest number of caterpillar species. Caterpillars are an essential component of a healthy food web, and a healthy food web is necessary for a functioning ecosystem. These keystone trees, bushes, and plants host pollen specialists and other bees, wasps, flies, butterflies, and a variety of other insects as well. So, create "soft landings" around your oak, hawthorn, serviceberry, maple, hickory, and black cherry trees for any larvae that drop from their branches, and keep some of your perennials for hibernating insects. Enjoy knowing you are contributing to a healthy functioning ecosystem. And be thankful for another glorious season of gardening.



Newcomer Welcome *Pam Walsh*

On Thursday, November 10th, we held our first Newcomer Welcome event. We invited all new members who joined UGC in the past year. Eleven of the thirteen new members joined us for light refreshments. Each new member was introduced and told us a little about themselves. They learned how Uwchlan Garden Club (UGC) is part of the Garden Club Federation of Pennsylvania (GCFP), Central Atlantic Region of State Garden Clubs (CAR-SGC), and National Garden Clubs (NGC). We had interesting discussions about the classes offered by NGC, including Environmental School, Flower Show School, Gardening School, and Landscape Design School. Several in attendance described their experiences attending these programs. We presented the importance of volunteering for the Christmas Fair and May Plant Sale, and working for a common cause - raising funds for the Meeting House. Many of us have had great experiences participating in these events, and several said it was the best way to get to know each other. Another way is by attending or hosting Pop up gardens. We all are excited for next summer! Our involvement in District 1

activities was encouraged. We discussed the structure of our meetings and why Horticulture and Design are so important. Hopefully, more of our new members will feel comfortable bringing samples of each to our meetings and enter our Flower Show in June. We presented many other ways to volunteer, including horticulture therapy, Sprouts, grounds maintenance, leadership positions, and hostessing. The highlight was watching the video about the history of our Meeting House. Thank you to all who attended and to the board for their support.



Marsh Creek Sixth Grade Center

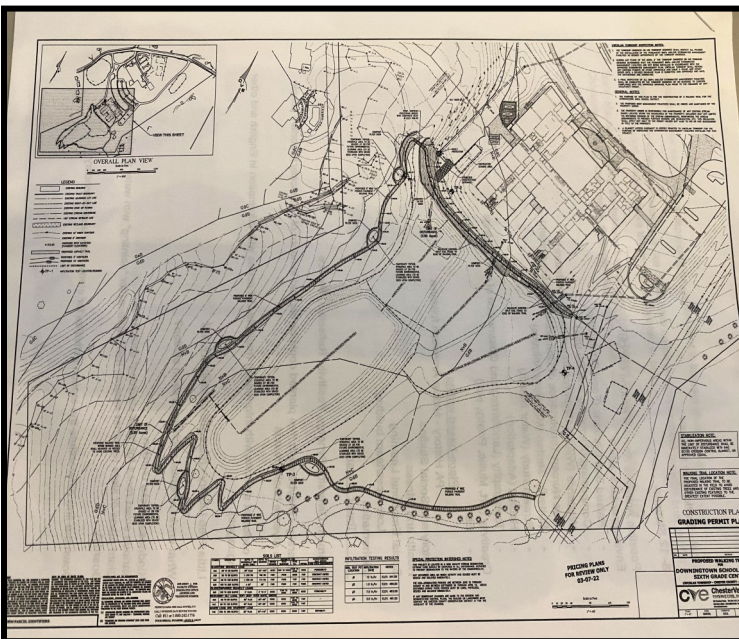
MJ Schломann & Terry Miller

Why is there a landscape architect's drawing in our club newsletter?

The UGC Board wants members to see what they are considering for 2023.

Last Spring, plants that remained after the plant sale were donated to JoEllen Cain, Science Teacher at the Marsh Creek Sixth Grade Center, for their Nature Trail. We are now discussing additional plant material and planting. JoEllen has thirty students in her 'Garden Club' and they are anxious to work with us!

**MORE TO COME IN
THE SPRING ISSUE!**



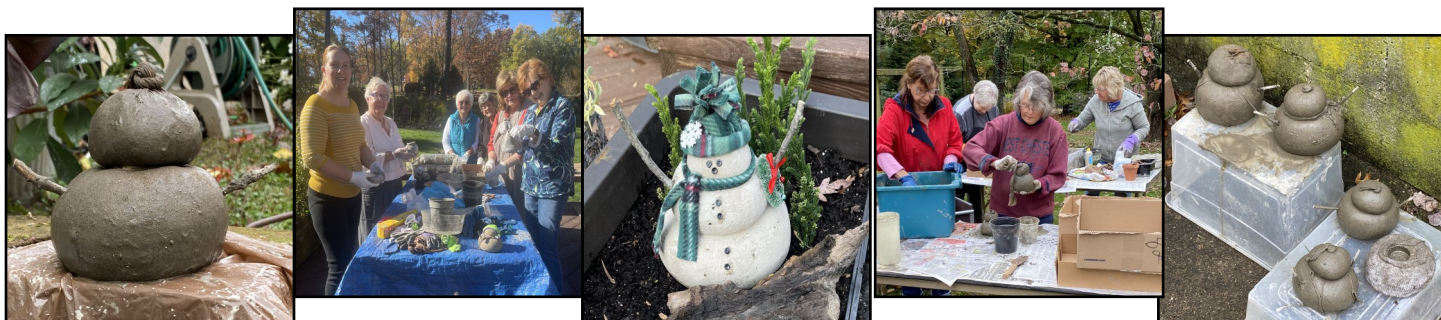
Christmas Fair - The Snowmen Are Coming

Pam Walsh

The Annual Christmas Fair is coming soon!! Mary Whitesel and her hypertufa snowmen making crew had workdays in early November. They made lots of these one-of-a-kind fun winter decorations that can be used inside or outside. Another addition to the Fair will be The Kids Corner. This will allow children to make hanging bird feeders while their parents shop. We are not including the jewelry sale this year, so that will enable us to have space for more arrangements and these new additions. We will need tons of greens for our handmade wreaths, swags, and arrangements. The more the better! Last year we sold the leftovers, so very little goes to waste. Several members have been collecting old skis, skates, and sleds that will need winter adornments. If you have any of these and want to part with them, they will be greatly appreciated. The week after Thanksgiving will be busy with Santa's helpers creating wonderful inside and outside arrangements, wreaths, baked goods, and other holiday

themed gifts. Please plan to be a part of this! These are some of the ways you can help make this year's Christmas Fair a big success: cutting greens to 11" and separating them according to type, and cutting longer greens for swags and arrangements. Appropriate containers (NO clear glass vases needed), wire ribbon, and new ornaments are needed and may be brought in soon! Baked goods will be collected as well closer to the December 3rd date.

The red sleigh is back! The woman who bought it last December returned it' and after it is touched up, it will be good as new to sell again! Let's have another banner year and raise even more than the \$10,000 we raised at the last fair! Last year about 70% of our members helped in some way; if we could have 80-100%, it would be amazing! Watch for emails from Pam for updated schedules for drop offs and volunteering opportunities.



Kids Corner

Carrie Schreffler

It is so important to provide food for our birds in winter when food sources are scarce. Bird feeding is most helpful at times when birds need the most energy, such as during temperature extremes, migration, and in late winter or early spring.

For our Kids Corner at the Christmas Fair, children can decorate a plastic pot with paint markers, add a ribbon hanger, and fill it with bird seed. This make-and-take bird feeder can be hung outside so the kids can enjoy watching our winged friends throughout the winter.



Those Beastly Bagworms

Thea Mahard

Ugh, clumps of needles hanging from my juniper. I knew exactly what those little clumps were. Each clump of needles housed an Evergreen Bagworm (*Thyridopteryx ephemeraeformis*), the female and larva of the Eastern Bagworm moth. The male moth is terribly ugly; it looks a bit like a hairy wasp, but these bags house the female worms and their slimy larvae. In my previous garden, they had infested a (rather expensive) dwarf blue spruce, and I knew from experience that pulling them off of the shrub is difficult, as the bags seem to be cemented on. But here on my juniper there were so many of them! I could cut off each branch, but the damage they had caused was already looking horrible. And so I started to try to yank them off. Then I grabbed my clippers and cut them off. I made sure to put them in the trash and not compost them. As I worked, I noticed that some of the bags slowly wiggled. Apparently, these things can move themselves along a branch as they feed.

Finally, I thought I had them all. Two weeks later I realized how wrong I was.

Half of the juniper was infected. This plant is about 12 feet wide and 5 feet high. The damage was blatantly obvious. I ran over to another juniper, about 40 feet away; luckily there were no bags on it. Then, remembering my last garden, I checked a spruce nearby. It was also clean of bagworms. I decided to spray the juniper. Research indicates that the best time to spray bagworms is in late spring or early

summer with permethrin or bifenthrin. I had missed that window, but I sprayed the infected half of the shrub. It briefly occurred to me that I might have to drench the entire shrub....

Bagworms infect many evergreens: junipers, spruce, arborvitae, firs, and pines. They also infect trees such as maples and oaks, however, on deciduous trees they typically are not as damaging. Evergreens do not rejuvenate as easily, and a bad infestation is not only ugly, it can actually kill the shrub.

Over the next couple of weeks I checked the juniper regularly. The bags came off easily in my hand indicating that the worms were dead. Then one day I looked at my one and only



arborvitae. It had been a beautiful dwarf golden arborvitae, protected from the deer by a fence. Now it looked as if a herd of deer had jumped the fence and taken a huge bite out of the center of it. Closer examination showed

massive bagworm damage. I quickly sprayed it. End of story? Not exactly. I waited a week and began to pull the bags off, but most of them hung on for dear life. That's right, the little buggers were still alive. I had waited too long to spray. I cut off all that I could find, but next year I will have to spray in late May, and I will spray both shrubs completely. Then, hopefully, that will be the end of the story.



Alone we can do so little;
together we can do so much.

Helen Keller

Forest Bathing – What Is It? *MJ Schlomann*

Last summer, my friend, Holly Merker, Ornithery and Nature-based Wellness Practitioner, invited me to join her group for 'Forest Bathing.' Seeing my expression, she quickly explained that this is a Japanese program 'shinrin-yoku' and is simply spending time outdoors under the canopy of trees. We met on a bright, sunny day and the trees cast dark shadows; it was quiet, except for whispering leaves and bird sounds. We had an introductory discussion, and I learned that forest bathing is not a hike or a dip in a stream. It is immersing oneself in the forest. I needed to walk slowly and 'soak' in the forest by keeping my senses open - to observe, smell the forest air, touch trees and foliage, and hear the forest sounds. We spent about two hours, and the changes I felt surprised me. I was happier, less stressed, energized, yet relaxed, peaceful.

Research is ongoing around the world and has shown many of the same health benefits from forest bathing. A study of phytoncides (aromas of the forest) showed immune function was boosted and anxiety, depression, anger and fatigue were reduced. These benefits lasted up to a month.



The rules are simple and inexpensive. Find a forest and let your senses run wild while you stroll through it! Look, listen, smell, and touch - then breathe and just be.

Kindness is like snow—it beautifies everything it covers

Kahlil Gibran

Creative Corner—Share What's Fun in Your Yard or Elsewhere

Grandchildren's Steppingstones *Pam Walsh*

One of our new members, Vicki Sweet, made these cute steppingstones with her four grandchildren ages 10, 8, 5 and 3. She purchased the nature stencils online, and they were the perfect size for the small stones. However, the stones were a bit small for grown-up feet, but her heart was in the right place! They loved doing it (some more than others). What a great idea for those special grandparent and grandchildren times together!



NGC School Information

Environmental School

Course 1—January 14-15, 2023, Turlock, CA
 January 17-18, 2023, Tampa, FL (Hybrid)
 January 20-22, 2023, Groesbeck, TX
 Course 2—December 9-10, 2022, Cushing, OK (Zoom)
 February 11-12, 2023 Turlock, CA
 February 23-24, 2023, Ft. Myers, FL (Zoom)
 Course 3—January 10-11 & 17-18, 2023, Washington, DC
 (Zoom, PM)
 February 25-26, 2023, Turlock, CA
 November 16-17, 2023, Ft. Myers, FL (Zoom)
 Course 4—March 12-13, 2023, Turlock, CA
 March 20-24, 2023, St. Louis, MO (Zoom, PM)

Flower Show School

Course 1—January 14—25, Albuquerque, NM (Zoom 3/14);
 (In-Person 3/21-22, 25)
 March 14-15, 2023, Pearl, MS
 Course 2—March 7-9, 2023, Takoma, WA
 Course 3—April 13-16, 2023, Plymouth Meeting, PA
 Course 4—January 30-February 1, 2023, Houston, TX
 February 27-March 2, 2023, Roanoke, VA
 March 6-9, 2023, Little Rock, AR
 April 15-20, 2023 East Brunswick, NJ (Zoom
 4/15);

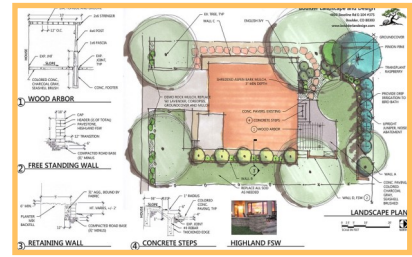
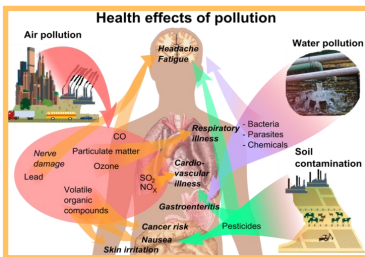
Landscape Design School

Course 1—March 30-31, 2023, Louisville, OH (Zoom)
 Course 2—May 22-23, 2023, Alexandria, VA
 Course 3—None
 Course 4—None

Gardening School

Course 1—April 13-15, 2023, Chelmsford, MA (Zoom)
 April 18-19, 2023, Frankfort, KY, (Hybrid)
 Course 2—February 9-10, 2023, West Palm Beach, FL
 April 12-13, 2023, Baltimore, MD
 Course 3—None
 Course 4—February 17-19, 2023 San Antonio, TX

SCHOOLS MAY BE TAKEN IN ANY ORDER; IN ANY STATE; IN-PERSON; VIA ZOOM ; OR HYBRID (COMBINATION OF IN-PERSON AND ON-LINE.)



Become a Four & Five Star Member

Members completing all four NGC Courses may apply to become Four Star Members. Those Mastering each course may apply for Five Star Membership.



Meetinghouse Moments, UGC Website & Facebook

Meetinghouse Moments Editor—MJ Schlomann
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and Fall.

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Please send articles in Word, with a title,
author name and credits (if copied from
another source). Photos should be attached to
the email.

UGC Website—uwchlangardenclub.org

Webmaster—MJ Schlomann

Facebook—Uwchlan Garden Club

Moderators: MJ Schlomann, Valerie Burgess,
Mary Smith

Upcoming UGC Meetings & Programs

Thursday, December 8th, 12 noon, \$40

- Lunch at Whitford Country Club. Crab cakes
or filet. ALL MEALS MUST BE PAID FOR BY
NOVEMBER 25th. A confirmation email will be
sent.

Thursday, January 26th, 11:00am

- Water research in the Delaware Valley, Scott
Ensign, Vice President and Research Scientist
at Stroud Water Research Center.

Thursday, February 23rd, 11:00am

- Beth Adams, Founder and Board Chair of
'Petals Please,' whose mission is to bring joy to
seniors through the beauty of flowers.



Our Affiliations



National Garden Clubs, Inc. (NGC)

President: Mary Warshauer

<https://gardenclub.org/>



Central Atlantic Region of State
Garden Clubs (CAR-SGC)

Director: Betty Cookendorfer

<https://www.car-sgc.org/>



Garden Club Federation of PA (GCFP)

President: Sheila Croushore

<https://pagardenclubs.org/>



GCFP District 1

Director: Nancy Cuttic

no website

GCFP District 1 Meetings

- **Wednesday, February 8, 2023 7:00 PM (Zoom).**
Business meeting and Speaker GCFP
President Sheila Croushore "Netherlands
in Bloom" and "Keeping Members Engaged."
- **Friday, June 2, 2023 11:00 AM**
Business Meeting and President's
Luncheon. Location TBD.

