

THE EDITH J. CARRIER ARBORETUM™

AT JAMES MADISON UNIVERSITY

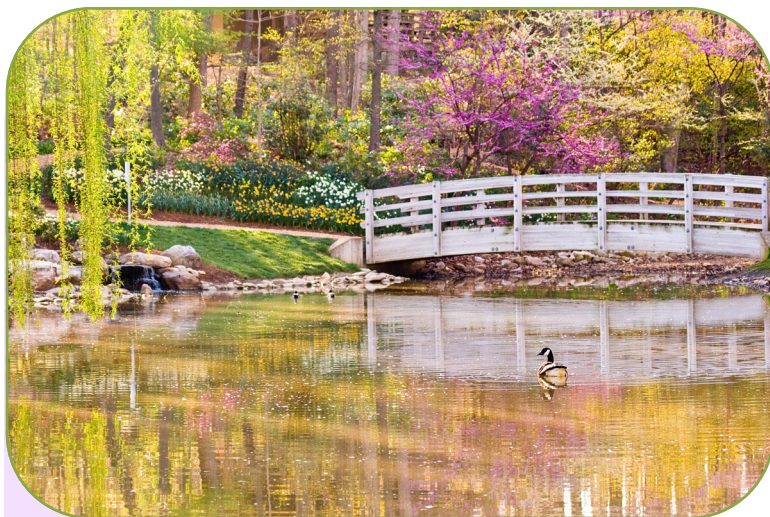


Photo by Christine Anderson.

Spring Newsletter

MARCH 2011

TABLE OF CONTENTS

Page 1: From The
Director

Page 2: Catching Up
With The

— Botanical Committee

Page 3: Understories

— Elaine Shank

Page 4: Jan Sievers
Mahon

— Some Little-Known
Benefits of Plants and
Trees

Page 5: Upcoming
Events

Page 6: Continued
Events

From The Director

Greetings from all of us at the Edith J. Carrier Arboretum. Spring emerging has begun, and this year's reassuring flower-works of color have begun to work their magic, smiling up to us that warmer days are ahead.

During the winter I have been encouraged by the dedicated Arboretum visitors who still show up to sit on a bench and eat their lunch outside, those who come to drop rocks on the pond ice for the fun harmonics, and those who regularly immerse themselves in the cold and take in the trails with children or dogs in tow.

Please join us this coming season for any of our many public programs, to attend a plant sale or see the Arboretum from the comfort of a traditional European carriage. Know that all of us here at the Arboretum are grateful for the continued support from the community and the university. In gratitude we gradually move forward, improving the experience for you, the visitor.

With thanks,
Jan Sievers Mahon

***Don't miss the director's article on
medicinal uses of plants on page 4.*

*"This piece of land, this arboretum, is
dedicated to stabilizing and balancing
the lives of those who visit it. This
space is also dedicated to the needs of
ordinary people who seek renewal...
who simply need an infusion of nature
to better handle their days."*

*—Dr. Ronald Carrier, JMU
President Emeritus*



Photo of Jan Sievers Mahon, the director
of the Edith J. Carrier Arboretum.



CATCHING UP WITH THE

Botanical Committee

The EJC Arboretum Botanical Committee members include Andre Mast (chair), Becky Bartells, Eddie Begoon, Emily Branscome, Dr. Conley McMullen, Keith Robinson, Donald Showalter, Jan Sievers Mahon, Lisa Bauer, Mike Hott.



Photos by Emily Irvine.

- * One of our big accomplishments for 2010 was helping to get the **new Master Plan** approved for the EJC Arboretum. This Master Plan is important to providing guidance for how we are to phase new projects within the Arboretum over the next several years. Please feel free to stop by the Frances Pecker Education Building to view the new Master Plan.
- * We were approved for funding for a **Stage Garden** that will be used as a stage for music and theatrical performances within the Arboretum. This Stage Garden is scheduled to be built in 2011. It will be located near the parking lot at the entrance to the Arboretum nearest the Frances Plecker Education Center.
- * We developed new guidelines for **labeling** of plant material within the EJC Arboretum. Visitors to the Arboretum will begin to notice in 2011 that plants will be better identified with new labels.
- * We are looking into ways to better maintain and improve the **Native Woodlands Garden**. This plan includes adding a few benches along the trails, planting occasional 'pockets' of native plants, and continued maintenance of the trails and the plant material within these gardens.
- * We are developing a **Forestry Management Plan**. We have recognized that there are some invasive species of trees and shrubs that are growing within the EJC Arboretum, and we are developing guidelines for how we may handle these plants.



UNDERSTORIES

Elaine Shank

Elaine Shank moved to Harrisonburg two years ago and drove by the Arboretum grounds on several occasions before she took the time to stop and look around. Elaine found an amazing oasis tucked between west campus, student housing developments and the commercial district of town. She was advised by Dr. William Hawk to visit the labyrinth, an initiative to nurture the spiritual life of students at JMU. So on her first trip to the grounds, she did just that.

Thanks to Dr. Hawk's advice, Elaine wandered through the trails and up the hill to a place where, she too, felt renewed. Elaine continues to visit the labyrinth in the ancient tradition

of meditative walking and prayer. She says, "I find it peaceful and nourishing to be among the trees and in a piece of wild forest."

As a new Harrisonburg resident, Elaine enjoys being a part of her community at the Arboretum. "I'm impressed with the number and variety of programs the Arboretum offers to the public; it's a great natural resource and educational resource in the community. It feels like a park where you encounter other university and city residents coming to exercise, draw, visit with friends, play with kids, or enjoy nature."



The labyrinth is in the process of renovation, and Arboretum staff hope to work with students and/or community members who volunteer to assist with a new design and creating educational signage.

Contact us at 540-568-3194 or via the [arboretum website](http://www.jmu.edu/arboretum), www.jmu.edu/arboretum, and we may feature YOU in Understories.



Elaine Shank, shown here caring for the labyrinth in the Edith J. Carrier Arboretum. Photos by Catherine Copeland.



Some Little-Known Benefits of Plants and Trees

Did you know that most any tree, shrub, or perennial has a medicinal use here in North America or somewhere in the world?

Both Little-leaved Linden (*Tilia cordata*) and Sweetgum (*Liquidambar styraciflua*) are currently used in the cosmetic industry. An extract, made from the flowers of several species of the Linden tree, contain an essential oil, famesol, similar to chamomile and aloe, that is very soothing to the skin. Look for it in natural skin tonics and creams. Many parts of this tree are used in herbal remedies, and there is a good bit of folklore about it too.

Sweetgum, when the bark is incised, yields a gummy resin, also known as liquid storax or copalm balsalm. It is used as a fixative in perfumery and found in soaps, and various ointments and syrups are prepared from it to treat skin cancer, diarrhea, ringworm and other conditions. Our plants are our allies and have many uses we've become unaware of now that others do the harvesting for us.

Recent Japanese studies show that exposure to phytoncides, chemicals released from plants and trees to help prevent rot and predation, elicits an increase in human immune function. Specifically, natural killer (NK) cells, which are one of the body's first defenses against viruses and cancer, have been shown to be positively affected.

In Japan they refer to walking in the woods as "forest bathing" and two-hour walks have been shown to increase the number and activity of NK cells and anti-cancer proteins in both males and females by 50 percent. We are wired to be in relationship with nature and our bodies respond accordingly. Do come out for a forest bath at the Arboretum!



Little Leaf Linden



Sweetgum



2011 Calendar

UPCOMING EVENTS

For more information or to make reservations for events, go to the

[EJC Arboretum website](http://www.jmu.edu/arboretum)

(www.jmu.edu/arboretum) or contact us at 540-568-3194. Note that within selected calendar items there is a link to more information and to the registration page for the event. Also, a complete listing of all events scheduled for the next 12 months can be found at the website's [Calendar of Events](#).

- * **March 17, [St. Patrick's Day Dinner/Lecture](#).** Enjoy Irish cuisine and brew and the adventurous tales and slides of botanical research of Kenyan trees with Dr. Wayne Teel. The \$35 per person cost covers a three-course dinner, tax, tip, beverages, and libation of choice. [Advance reservations required by March 11](#). Cash bar opens 6:15 p.m., dinner at 6:30 p.m., lecture at 7:30 p.m., *FPEC
- * **March 17, [St Patrick's Highland Pipes and More](#),** live performances by Celtic Fiddle from 5-5:30 p.m. and by piper Fred Holbrook from 5:30-6:15 p.m. Lawn area. Bring a lawn chair or blankets! FREE
- * **March 23, [Birds of Wintergreen. Lecture and Book Signing](#)** with author Dr. Marshall Faintich. The annual spring lecture features avifauna notable and photographer of natives, songbirds to raptors! *FPEC, noon -1:30 p.m. \$10. [Register in advance at the Arboretum website](#).
- * **April 1, [Art Exhibit](#)** opens, paintings by **Julia Kindred**. *FPEC. Through April 30 during weekday business hours.
- * **April 10, [A Walk You'll Remember](#) and [A Latte Jive, Alzheimer's Benefit 5K Run and Concert](#)** with JMU Sigma

Kappa. Rain date is April 24 same time. Visit the EJC Arboretum website for more information.

- * **April 14, [Frances Litten Invitational Memorial Dinner](#).** A invitational gathering of EJC Arboretum friends, donors, volunteers, JMU and Arboretum staff and faculty, and Litten family members, honoring colleague and friend, Frances Litten, educator, flower show judge, and early Arboretum Board Member. JMU Festival Ballroom.
- * **April 14, [Frances Litten Lecture](#),** Great Gardens of the World book signing and lecture by notable nurseryman André Viette. An annual lecture series in memory of Frances Litten. This year's speaker is author, horticulturalist and nurseryman André Viette, who will speak on the world's greatest public and private gardens. See stunning images of the plants that make these gardens great, and hear lively explanations of the creative process that produce end results of landscape architectural and collection excellence. JMU Festival Ballroom, 7 p.m. FREE
- * **April 6 & 13, [Annual Daffodil Walks](#)** with Arboretum Director Jan Sievers Mahon. Enjoy hundreds of varieties on exhibit. Walks meet at the Pavilion, 10 a.m. FREE
- * **April 15 & 16, [Arbor Day Trees and Native Plant Sale](#).** A wide selection of wildflowers, contrasting foliage plants like native ferns, and unusual shrubs and trees. To honor those who educate youth, city and county public school teachers receive 15% off tree purchases presenting a school ID. A list of plants for sale can be found at the Arboretum

website. Parking lot of the *FPEC, 9 a.m. -3 p.m.

- * **April 17 - Oct. 15, [Walk Up Plant Sale](#),** *FPEC. Weekdays 9 a.m.-4 p.m. Find a great selection of native plants, cultivars, exotics, shrubs and trees for sale during business workweek days, business hours. Plants featured are often 'what's in bloom' at that present time in the arboretum!
- * **April 17, [Campus Cookies Easter Egg Hunt](#).** Open only to JMU students with a JAC card, Sponsored by the Office of Residence Life. Hidden Easter eggs hold valuable coupons and discounts to area merchants and a free cookie from Campus Cookies! 1-4 p.m. on the large lawn area west of the pond.
- * **April 18-20, [Children's Nature Art Camp](#).** Spring Nature Journal. \$35 covers all materials. Ages 7-12. Children will learn about spring season woodland wildflowers including plant identification, plant lore and Native American plant culture, and basic science skill alongside botanical drawing techniques. 10 a.m. -12 noon or 1 -3 p.m. [Register in advance at the Arboretum website](#).



CONTINUED EVENTS

* **April 20 & 22, Virginia Historic Garden Week Tours.** Led by Arboretum Director Jan Sievers Mahon, the tours focus on the arboretum's bulb collection, wildflowers and flowering shrubs and trees. Tours start at the *FPEC. FREE

— **Tour 1, Garden Week Tour, April 20,** 1 p.m.

— **Tour 2: Earth Day Wildflower Walk,** April 22, 10 a.m.

— **Tour 3: Virginia Native Trees, April 22,** 1 p.m.

* **April 23, Easter Egg Hunt.** \$2 per child. For young children with the Theta Nu Chapter of Zeta Phi Beta. Pre-registration required at 804-247-0265. The hunt begins at the Arboretum Pavilion at 10 a.m.

* **April 25 & 29, Virginia Arbor Day Elementary School Gift Tree Planting Ceremony.** Elementary school students, faculty, staff and parents gather for an Arbor Day observation and ceremony, to plant a tree at their school and learn about the value of greening Harrisonburg's elementary school campuses, as the EJC Arboretum grows into its community. FREE

— **April 25,** 1 p.m., Smithland Elementary School

— **April 29,** 10 a.m., Spotswood Elementary School

— **April 29,** 1:30 p.m., Stone Spring Elementary School

* **April 29, Arbor Day Tree Tour.** Led by Arboretum Director Jan Sievers Mahon. 2 p.m. Tour begins at the *FPEC. FREE

* **April 30, Annual Spring Notable Wildflowers Field Trip.** This year's van tour is to the Thompson Wildlife Management Area in Fauquier County, Va. \$20 per person. Dress for an expedition to view wild trillium and other wildflower species in their natural mountain setting with a Virginia Native Plant Society and Arboretum Board member as guide. Trip departs 1 p.m., returns 5 p.m., from the *FPEC parking lot. Register in advance at the Arboretum website. On-line registration deadline is 9 a.m. April 29.

* **April 30, Second Annual RMH Hospice Butterfly Release Picnic.** Share in the beauty of a Monarch butterfly release. Grieving families and individuals may register to participate after contacting the RMH Hospice Bereavement Coordinator at 540-433-4429 or email: Adree.jeannotte.7133@rhcc.com 12 noon to 3 p.m. on the large lawn area west of the pond.

* **May 2, Art Exhibit** opens, paintings by **Ed Gowen.** *FPEC. Through May 30 during weekday business hours.

* **May 4, Wildflower Walk** with a Virginia Native Plant Society member. *FPEC. 10 a.m. FREE

* **May 4-8, Mother's Day and Spring JMU Graduates' Blooming Indoor Potted Plant Sale.** Celebrate Mother's Day, or a loved one's graduation with beautiful locally grown blooming plants. Order at Arboretum website a week in advance for later walk-in pick up at the *FPEC. Also walk-up shopping from select inventory in the FPEC, weekdays 9 a.m. - 4 p.m.

* **May 7 & 8, Mother's Day & Commencement Carriage Rides by Twilight.** \$10 per adult, \$7 per child, \$58 for private carriage. (Carriages seat 6 adults.) A memorable celebration with a carriage ride through the natural beauty of the Arboretum. 4-8 p.m. Saturday and 1-4 p.m. Sunday. Reservations required, email turnbugl@jmu.edu or call 540-568-3914.

* **May 21, Herb and Garden Festival.** Talks, educational activities, demonstrations, ask-an-expert, live music, and a butterfly release. Shop from a fun variety of nursery vendors displaying a wide selection of herbs, native plants, and many other beautiful plants. Arboretum grounds near the *FPEC. 9 a.m.-3 p.m.

"FPEC" is the Frances Plecker Education Center, found on the grounds of the Edith J. Carrier Arboretum at 780 University Boulevard, Harrisonburg, VA 22807

