

THE EDITH J. CARRIER ARBORETUM™

AT JAMES MADISON UNIVERSITY

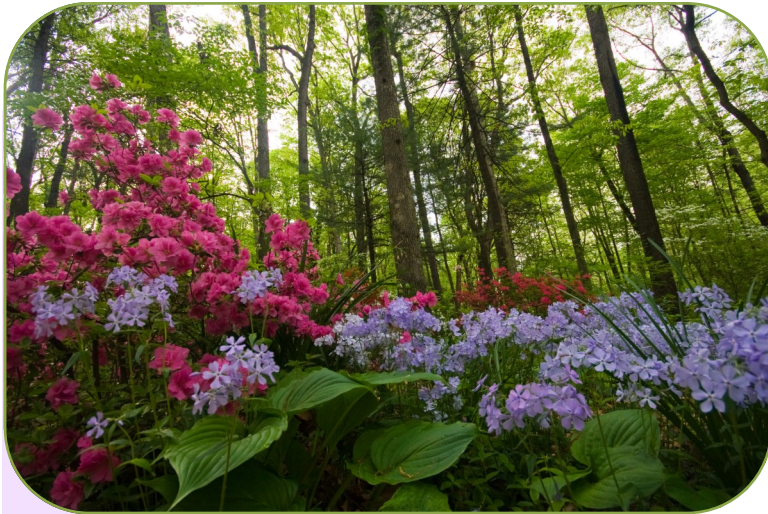


Photo by Christine Letsky-Anderson

Spring Newsletter

MARCH 2012

TABLE OF CONTENTS

Page 1: From The
Director

Page 2: Catching Up
With The

— Botanical Committee

Page 3: Jan Sievers
Mahon

— Backyard Fitness

Page 4: Understories

— Accessible Trail
Provides Opportunity for
New Visitors

Page 5: Upcoming
Events

Page 6: Continued
Events

From The Director

With the many false starts to spring this winter, we can all sigh with relief that spring's irresistible pull is in full swing now. The staff at the EJC Arboretum is celebrating in many ways. Our Education Coordinator, Cathy Copeland, has been training JMU education students as docents to lead elementary children on guided tours. The docents will assist tremendously with the many schools returning this spring to learn about the forest web.

Lisa Bauer, Landscape Manager, is propagating varieties of shrubs and perennials in the greenhouse to be sold at our various seasonal plant sales this year. Her work provides us with an abundance of the most loved and sought-after perennials we offer for sale. Mike Hott, Landscape Manager, has potted up new varieties of young conifers, offered by to us by the National Arboretum, to be grown and trained into bonsai specimens. Look for displays of our small, but growing, collection of bonsai on the newly completed tree terrace.

Gail Turnbull, Assistant Director, is promoting our spring wildflower displays and will soon publish web pages that let visitors view a month-by-month blooming schedule of flowers. Browsers will learn that Virginia Bluebells bloom for most of the spring, while Blood Root blooms only in early mid-spring. Use the arboretum website bloom schedule to plan your visit.

Kudos to the staff for their dedication that keeps the EJC Arboretum improving each year! Their daily attentions provide our visitors with a place of respite from a hurried world.

"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



Jan Sievers Mahon,



CATCHING UP WITH THE

Botanical Committee

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



Shooting Star
Photo by Russ Cary



Large-Flowered Bellwort
Photo courtesy of David FitzSimmons
(www.fitzsimmonsphotography.com) (C) 2012
David FitzSimmons. All rights reserved.



Rue Anemone
Photo courtesy of USACE

Visitors to the EJC Arboretum can see new native plants added for this year's spring blooming season. While visiting the EJC Arboretum, watch for the Partridge Berry, *Mitchella repens*, which is a trailing native evergreen with white fragrant tubular flowers that display in pairs. The scarlet fruits, or berries, are consumed by a variety of birds and mammals. This acid-loving native is being used as a complementary ground cover with arboretum woodland shrubs. Native women in bygone eras used the leaf in a tea to aid in childbirth.

Also, newly re-introduced for this spring's bloom to the wildflower display gardens are three ephemerals. Ephemerals are spring plants that do all their growing and blooming before the full emergence of leaves in the forest tree canopy. The first is Shooting Star, *Dodecatheon*, a native nodding white to pink flower in the primrose family; the second is Rue Anemone, *Thalictrum thalictroides*, white to pink flowering, tuberous-rooted, native with lovely whorled leaves; and the third, Large Flowered Bellwort, *Uvularia grandiflora*, an unusual yellow hanging flower with a wilted appearance. The sepals and petals of this flower look alike, and since they cannot easily be told apart, they are called "tepals."

These lovely native and ephemeral wildflowers, each rich in their own personality and character, are replenishing our exhibit of over ninety species of wildflowers originally found in the William Andrew Wood Wildflower Garden, which is a primary garden of interest to EJC Arboretum wildflower enthusiast visitors.



JAN SIEVERS MAHON

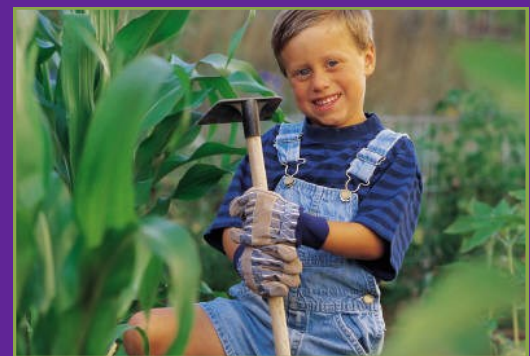
Backyard Fitness

A prescription for good health!

Anyone concerned with getting enough healthy exercise should consider gardening! Gardening can improve both body shape and condition, while bringing beauty to your landscape and delight with each season. Those who are already dedicated gardeners may overlook that their efforts to improve the yard bring health benefits too. Gardeners burn significant numbers of calories by working major muscle groups and engage in activities that compare to fitness programs. For example, 30 minutes of raking leaves burns about 162 calories, weeding about 156 calories, mowing with a push power mower burns up to 182 calories, turning a compost pile burns about 250 calories, and double-digging your garden soil approximately 340 calories. Additional gardening health benefits include increased flexibility, stronger joints, and stress reduction.

The National Institutes of Health includes gardening for 30-45 minutes in its list of recommended fitness activities that combat obesity. Research indicates 30 minutes of moderate daily exercise, like gardening, lowers blood pressure and cholesterol levels, helps prevent heart disease and diabetes, and prevents or slows osteoporosis. Though gardening can offer significant health benefits to people of all ages, research shows that for women age 50 years and older, there is significant bone density gain from gardening once a week. The University of Arkansas released a study in 2000 comparing types of exercises women engaged in, including jogging, swimming, walking and aerobics, that produced results showing only weight training and gardening were significant in retaining healthy bone mass. Gardeners do their own kind of "heavy lifting," and like weight trainers, use weight-bearing motions to dig holes, lift flats of plants, lift and push wheelbarrows, and pull weeds.

Because gardening is done outdoors, there is an added benefit of boosting vitamin D production that strengthens bones by increasing calcium absorption. For some, working outside in a garden far surpasses an indoor workout in a crowded gym, giving a greater sense of personal enjoyment and improved health. And, since their workout is right at home, gardeners won't have to burn fossil fuels getting there, while they improve the odds that they'll stick with their exercise program. So, look no further than the backyard behind home-sweet-home for a simple way to get and stay fit! Let your body answer the garden's call to "come and dig."



UNDERSTORIES

Accessible Trail Provides Opportunity For New Visitors



When Jerry Rensch and Eleanor Baker discovered the EJC Arboretum at JMU, they were thrilled. They frequently visited to take walks and enjoy EJC Arboretum programs, but wished they could bring Eleanor's elderly mother with them.

Mrs. Tilde Sprenkel, Eleanor's mom, had recently moved from Florida to live near her family. Eleanor knew that not only would Mrs. Sprenkel enjoy visiting the EJC Arboretum to enjoy its flowers, but also she would love feeding the ducks. One of Mrs. Sprenkel's greatest past pleasures while living in Florida had been feeding ducks in a nearby pond.

While Eleanor and Jerry knew arboretum visits would be a wonderful outing for their elder mother, visiting with her was not possible. For them, the gravel and

mulch trails were too difficult to navigate pushing a wheelchair. After noticing construction on an accessible concrete trail beginning last fall, they began looking forward to the time when it was completed. Eager to enjoy the sunshine and gardens together as a family, Eleanor and Jerry, together with 91-years-young Mrs. Sprenkel, made what might be the inaugural wheelchair-assisted foray on the new accessible pond loop trail on March 1st.

While being pushed along in her wheelchair on the new loop around the pond, Mrs. Sprenkel said, "I wish I could see Spring Snowdrops again." She explained that Snowdrops were one of her favorite flowers. Her wish was realized when at the midpoint of her assisted walk she reached the gardens near the pond bridge and

saw Spring Snowdrops in full bloom.

Not only was Mrs. Sprenkel the first visitor *in a wheelchair* to see Spring Snowdrops, she was one of the first, *with or without a mobility device*, to see the pond turtles emerging from hibernation, sunning themselves in temperate afternoon March sunshine. When asked, Mrs. Sprenkel said of her visit, "Everything here is so tastefully done, clean, simple."

"We've seen many visitors enjoying our new accessible trail, including joggers and moms with baby strollers," said EJC Arboretum Assistant Director Gail Turnbull. "Seeing our accessible trail used by visitors with a mobility device for the first time was very rewarding. We're grateful for the donor who was responsible for the funds for the project, and for everyone who worked together to make the beginnings of arboretum accessibility a reality."



© Frank Doherty

Our visitors say...

"A wonderful Mother's Day walk."

**-- Helen Craig,
Windsor, Calif.**



2012 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 1-30: Continuing Exhibit**
Watercolor and pencil botanical paintings and drawings by Christine Andreae .FREE and open during weekday business hours in the *FPEC.
- * **March 28: Birding Workshop** Noon – 1:30 p.m. in the *FPEC. Diane Lepkowski, avifauna notable and photographer of Blue Ridge and Shenandoah Valley avian species, gives an annual spring lecture. In partnership with the Rockingham Bird Club. FREE [Register online](#). This workshop partners with a guided birding trail walk April 14.
- * **April 3 – May 31: Frank Ceravalo Art Exhibit** Cervalo, a photographer with a focus on the landscapes and nature of West Virginia and Shenandoah Valley, also produces note cards and tile trivets, available for sale during this exhibit that continues through May 31. FREE and open during weekday business hours in the *FPEC.
- * **April 3 – 5: Children's Spring Nature Art Camp** Teaches nature journaling for Ages 7-12. Children will learn about woodland wildflowers including plant identification, plant lore, Native American plant culture, and basic science skills, as well as botanical drawing techniques. \$35 fee covers all materials. [Register online](#).
- * **April 4 & 11: Annual Daffodil Walks** Wednesdays at 10 a.m. EJC Arboretum Exploration Series Tours with

the EJC Arboretum Director, enjoying dozens of varieties on exhibit at the EJC Arboretum. Walks meet at the Pavilion and last approximately 30-40 minutes. [Register online](#).

- * **April 8: Easter Sunrise Service** JMU RISE hosts the annual Easter Sunrise Service. 6:00 a.m. at the EJC Arboretum amphitheater. All are welcome.
- * **April 7: Easter Egg Hunt** 11:00 a.m. An annual garden egg hunt for young children with the Theta Nu Chapter of Zeta Phi Beta. Pre-registration required at: <http://www.surveymonkey.com/s/XS95KZB> Starts in the Pavilion. \$3 per child.
- * **April 9 – 21: Online Summer Bulb Sale** Order at jmu.edu/arboretum from a selection of summer blooming calla and fragrant oriental lilies, and more to enhance summer color and fragrance in home and business gardens. Order pick-up in *FPEC April 18-25.
- * **April 14: Guided Bird Walk** Led by birding expert Greg Moyers, in partnership with the Rockingham Bird Club. 8:00 a.m. Meets in the Pavilion. FREE [Register online](#).
- * **April 15: Campus Cookies Easter Egg Hunt for JMU students** 1:00 – 4:00 p.m. Sponsored by the Office of Residence Life. JMU students search for hidden Easter eggs holding valuable coupons and discounts to area merchants and receive a free cookie from Campus Cookies! JAC card required.
- * **April 20 – 21: Arbor Day Trees and Native Plant Sale** 9:00 a.m. – 3:00 p.m. On the grounds at the *FPEC Shop a wide selection of wildflowers, contrasting foliage plants, like native ferns, unusual shrubs and trees, and summer bulbs. A list of

available plants and bulbs will be [online](#) in early April. To honor those who educate youth, city and county public school teachers receive 15% off tree purchases when presenting a school ID!

- * **April 21 – 28: Arbor Day Virginia Native Trees Tour** at the EJC Arboretum, which is open dawn to dusk and free to the public. Tours will be led by Jan Sievers Mahon, EJC Arboretum Director, and will focus on the EJC Arboretum's bulb collection, wildflowers and flowering shrubs and trees. Tours will start at the *FPEC. [Register online](#).
- Earth Day Wildflower Walk, April 23, 10:00 a.m.
- Historic Garden Week tour, April 25, 1:00 p.m.
- Arbor Day Native Trees Tour, April 27, 1:00 p.m.
- * **April 22: A Latte Jive, Alzheimer's Benefit 5k Run and Concert** 1:00-3:00 p.m. Sigma Kappa sponsors an annual 5k benefit for the Central and Western Virginia Chapter of the American Alzheimer's Association "A Walk You'll Remember!" With live bands performing at the 5k conclusion when walkers and runners can also enjoy free coffee, decaf, tea, and water. [Register online](#).



Photo by James Stimpert



CONTINUED EVENTS

- * **April 23 – 27: Virginia Arbor Day Elementary School Gift Tree Planting Ceremonies** 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. Schools can apply to be selected for a tree-planting ceremony by emailing the Education Coordinator on the EJC Arboretum [website](#).
- * **April 24 to October 15: Walk-Up Plant Sale** Shop from a selection of currently in bloom natives, exotics, and cultivars of perennials, shrubs, and trees at the *FPEC, no minimum purchase requirement.
- * **April 24 to October 15: Private Greenhouse Shopping by Appointment** Shop from the entire greenhouse inventory of natives, exotics and cultivars of perennials, shrubs, and trees, by advance appointment only, with \$50 minimum purchase required. Call 540-568-3194, or visit jmu.edu/arboretum to schedule an appointment.
- * **April 27: Arbor Day Tree Tour** 1:00 p.m. at the *FPEC. With the EJC Arboretum Director, starts at the *FPEC.
- * **April 28: Third Annual RMH Hospice Butterfly Picnic** Noon – 3:00 p.m. Grieving families and individuals may bring a brown bag picnic and participate. Share in the beauty of a butterfly release, a walk to remember, and live music. For more info, contact RMH Hospice Bereavement Coordinator at 540-433-4430 or email Andree.jeannotte.7133@rhcc.com.
- * **May 2: Amphibians and Reptiles of the Arboretum** Noon – 1:30 p.m. Professor Billy Flint leads a workshop with live amphibians and reptiles exhibited that are found at the EJC Arboretum. Register [online](#) in advance, but walk-ins also welcome. Held in the Pavilion. Brown bag lunches are welcome!

- * **May 5: Wildflower Walk with The Virginia Native Plant Society** 10:00 a.m. VNPS docent tour guide and wildflower expert will lead visitors to notable EJC Arboretum wildflowers. Starting in the *FPEC.
- * **May 7 – 11: Mother's Day and Spring JMU Graduates' Blooming Indoor Plant Sale** Walk into the *FPEC 9:00 a.m. – 4:00 p.m. business days or shop online from select inventory. Celebrate Mother's Day or a loved one's graduation with beautiful locally-grown blooming plants. Order at jmu.edu/arboretum a week in advance for later pick up at the *FPEC.
- * **May 11: National Public Gardens Day** EJC Arboretum, a Shenandoah Valley public botanical garden and native plants preserve, is open free dawn to dusk.
- * **May 12: Annual Spring Notable Wildflowers Field Trip** Dress for an expedition each spring to a new wildflower species in their natural mountain setting with a Virginia Native Plant Society and Arboretum Board member as guide. Trip the Hone Quarry/Reddish Knob area. Spring field trips are a "drive and meet" event. Register in advance. FREE. For details, call 540-568-3194.
- * **May 12 – 13: Mother's Day Carriage Rides** Saturday, by twilight, 6:00 – 9:00 p.m. Sunday afternoon, 1:00 – 4:00 p.m. at the *FPEC. Give mom a memorable celebration with a carriage ride through the natural beauty of the Arboretum. Costs vary per person for adults and children, and per private carriage. Call 540-568-3194 for cost or to make a reservation.
- * **May 19: Herb and Garden Festival** 9:00 a.m. – 3:00 p.m. Lecture, edu-

cational activities vary and may be demonstrations, ask-an-expert, lecture, live music, butterfly release and expert talk. Shop from a variety of nursery vendors displaying a wide selection of herbs, summer bulbs, native plants, and many other beautiful cultivar plants.

- * **June 12: Storytime in the Understory** 11:00 a.m. – noon (approx.). Monthly program begins in June on the second Tuesday, and continues through September, on the second Tuesday of each month. Children will develop an understanding of the importance of nature from children's literature selections. Bring a picnic blanket or lawn chairs and a brown bag lunch for after Storytime. Meets at the Stage Garden.

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

The EJC Arboretum was voted the "Best Place to Relax" and "Best Place to Propose" in the annual reader survey by the Harrisonburg *Daily News-Record*.



Photo by James Stimpert

