

EDITH J. CARRIER ARBORETUM™

AT JAMES MADISON UNIVERSITY®

Dear Friends of the Arboretum,

The emerald-green water of the EJC Arboretum pond has been a calm, beautiful presence throughout winter and early spring. Seeing it, we are reminded that the stream restoration work completed last fall, and the pond restoration work completed in December, have resulted in improved stormwater function. And better stormwater management means more enjoyment for visitors. Some days it appears that the wild ducks who visit agree if their enjoyment is measured by their boisterous play and quacking.

Spring has sprung in the gardens. This year the early wildflowers waited for all of the snow and cold to pass before blooming. One could see snowdrops, crocus, and winter aconite, all flowering in unison in early March. Now the anemone, dutchman's breeches, scilla, daffodils and hellebore flowers are confirming that spring is truly here to stay!

I am happy to announce that we are now officially a site on the Harrisonburg Rockingham Artisan Trail. Local artists are on display in our gallery at the Frances Plecker Education Center. In addition, we offer a scenic recreational point-of-interest for those who visit for the art exhibits but discover so much more. The arboretum plans to continue supporting local artists while increasing use of the gardens for art education and workshops for adults and children.

Look for new arboretum I-81 signs just before the north and southbound 245 exits and ramps. We are included with other venues on these shared signs, so look closely to see the Edith J. Carrier Arboretum signs in a JMU Purple background. Many thanks to Dr. and Mrs. Carrier for supporting the effort to increase the visibility of the arboretum on I-81.

Enjoy the glad tidings of the return of warm sunshine and new green growth that abound this season.

Jan Sievers Mahon

Director



Our Director, Jan Sievers Mahon

Getting Children Outdoors at the EJC Arboretum

Summer is only a few months away and the arboretum is excited to announce that online registration will be open soon for the children's Arboretum Explorer Camp! This is a summer program designed to encourage children's love of the outdoors, foster environmental stewardship and inspire future scientists. Campers will catch bugs, learn about reptiles and amphibians, investigate the pond, make crafts and go on daily nature walks.

Children's programs at the EJC Arboretum are not only educational, but fun! In March, kids will collect and examine water samples for microbial organisms at the Wonderwater Workshop. By popular demand, Fairy Houses and Gnome Homes will be returning in April and May. This

enchanting activity allows kids to use their imaginations and building skills to make fairy houses using natural materials found in the arboretum.

Hands on learning in nature enhances critical thinking, problem solving and teaches kids how to make informed decisions. Exposure to nature positively impacts children's physical, emotional, social and academic development. It is regrettable that children are spending half as much time outdoors as they did 20 years ago. Studies show that outside play protects children's emotional development whereas a hurried lifestyle and less time outdoors can contribute to anxiety and depression.

The arboretum will be introducing a summer Interpretive Intern to the staff

and volunteers! The new intern will lead guided tours and help with programs such as the Big Bug Hunt, Storytime in the Understory and the Children's Harvest Festival!

If you are thinking of taking a guided tour this spring, there are plenty of dates and times available. Choose from one of our tours or customize your own! Please send in your tour request forms as soon as possible. Visit our website, <http://www.jmu.edu/arboretum/tours.shtml> for more information on children's programs, and guided tours.

Caitlin Didawick
Educational Coordinator

Visitor Comments about the Arboretum

"Fun stop. Thank you. There are a lot of gardens that charge a fee. Thank you. Thank you."

-Cola Family, Cherry Hill NJ

"Thanks for the inspiration."

-S. Weiland, Penn Run, PA

"Beautiful, farsighted. Thanks for this 'pay it forward' gift."

-T. Greelcher, Mechanicsburg, PA

"Wonderful place! Thank you for the solace!"

-DTS, Prince Edward Island, Canada

"Arboretum is a beautiful sanctuary thanks to Prof. Bodkin, JMU Grad 1977"

-R. Lee, Salinas, CA



"We love to visit when we come to see our son."

-L. Manweiler, Abingdon, VA

"... handicap trailing is wonderful!"

-K. Pagonis, Warrenton, VA

"Enjoyed the visit and bought some plants!"

-P & J McAllister, Greenwich, NJ



Nature Matters

For many years now the No Child Left Inside movement has had educators, parents, health professionals, legislators, bloggers and designers and developers problem solving and sharing ideas for bringing children into a relationship with nature. And yet, this movement is just beginning. What was once a guaranteed component of early childhood development, outside play, now requires the involvement of professionals. We are creating intentional interactions at the EJC Arboretum where children can be comfortable playing in nature so they can discover the natural world.

Humans are wired to be in relationship with nature. We are part of nature. Without nature we are ungrounded, stressed and less-able to focus our being with curious attention to the moment before us. And though essential to all of us, exploring in the natural world is particularly influential on young bodies and minds. Nature exposure supports every aspect of a child's development - intellectual, social, physical and spiritual. The sense of beauty and calmness that nature instills in a child helps promote curiosity, exploration and a respect for living things. Nature does not judge, so self-esteem can thrive in outdoor environments. Nature offers healing experiences for children who have been mistreated. Imagination has boundless opportunities too while children play outdoors. And the human senses can become engaged when children interact with the natural world.

"You need nature as your teacher to help you reconnect with Being. But not only do you need nature, it also needs you. Nature can bring you to stillness. That is its gift to you. When you perceive and join with nature in the field of stillness, that field becomes permeated with your awareness. That is your gift to nature. Through you nature becomes aware of itself. Nature has been waiting for you, as it were, for millions of years."

- Eckhart Tolle

According to the Natural Learning Initiative of NC State University, nature supports childhood creativity and problem solving, enhances cognitive ability, reduces stress, and reduces ADD symptoms in children as young as five, improves eyesight, social relationships, academic performance and test scores, and increases physical activity and self-discipline. Above all, children who spend time outdoors will be more content and may grow up to be more resilient adults.

The arboretum has an educational mission with a focus on pre-K to elementary children up to young adults. Of particular interest are the arboretum's pond, the labyrinth, the At Home in the Woods children's gardens, and a newly-installed Explore Corner in the Frances Plecker Education Center. This new focal point for children offers an indoor nature exchange where a child can play with and touch bones, skins, stones, feathers and seedpods and enjoy activities designed to teach them about their natural environment. The Explore Corner will provide a rich prerequisite experience to outdoor exploration. Plan to bring a favorite young person to the arboretum this season and spend time with them at our new Explore Corner and in the children's gardens, a place sure to delight young and even the young at heart.

Jan Sievers Mahon
Director



Restoration—Recreation

After reading this title, the reader might believe the two words are backward or misarranged. Don't we mean to put recreation before restoration? In this era and in our culture recreation is everything! Don't we need to recreate first, then if we are lucky after recreating, we might feel restored?

Americans pursue recreation at a maddening pace, throwing ourselves headlong into chasing it. We have all heard someone say that after coming home from vacation, they need another vacation! Much of modern recreating involves crowds, emphasizes competition, is expensive, and requires travel, planning, and away-from-home accommodations. Recreation can end up being stressful and exhausting. Visitors here find something entirely better. Restoration is part of the experience when visiting for the recreation of a woodland walk, jog, or picnic. The Edith J. Carrier Arboretum at JMU can be anyone's "stress-buster." Recreation at the arboretum is not sports-centric, not competitive, not expensive, and does not require planning, but it is something anyone can enjoy at will and without cost.

The simple truth is that people just need to get outside, into fresh air, and get moving. Time spent outdoors in nature is restorative. The upshot of a trip to the arboretum might be eased sadness or depression and an improved outlook on life. Some may feel they have improved focus, both physical and mental, after a visit. Scanning distance views gives visitors much-needed rest from the eyestrain of constantly viewing digital screens. Visitors can recover mental clarity during a walk, letting thoughts freely wander at least equally as far as their feet can wander over miles of trails.

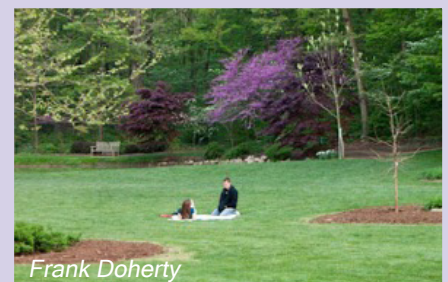
Restoration-recreation is not just doing something to athletically condition the physical person. Athletic conditioning, strength training, and cardiovascular conditioning... sure they can be a part of the arboretum's restoration-recreation. More though, restoration-recreation here at the arboretum renews the whole person. Arboretum friends understand that restoration-recreation is a benefit that exists completely in relation to the Edith J. Carrier Arboretum at JMU! The next time a loss of vitality or feelings of being depleted hit, do not reach for that cup of coffee or energy drink. Ride your bike, drive, take a bus, get here however you can, and experience restoration-recreation at the Edith J. Carrier Arboretum.

Gail Turnbull

Assistant Director



Patrick Flanigan



Frank Doherty



Calendar Events

For more information or to make reservations for events, go to the EJC Arboretum website (www.jmu.edu/arboretum) or contact us at 540-568-3194. Also, a complete listing of all events scheduled for the next 12 months can be found at the website's Annual Calendar of Events.

A Walk You'll Remember!

Saturday, April 2
1:00 pm - 3:00 pm

Sigma Kappa and Tau Kappa Epsilon cosponsor an annual 5k benefit for the Central and Western Virginia Chapter of the American Alzheimer's Association, on the arboretum grounds, "A Walk You'll Remember!" Runners cool down and enjoy coffee, decaf, tea, and water served free compliments JMU Catering.

Wildflower Walks

Wednesdays, April 6 and 13
10:00 am

An Arboretum Exploration Series Tour with the Arboretum Director. Enjoy viewing dozens of bulb varieties and wildflowers on exhibit at the EJC Arboretum. Meets at the Frances Plecker Education Center.

Wildflower Walk with The Virginia Native Plant Society

Saturday, April 9
10:00 am

Led by Betty Rosson-Forrest, Master Gardener and Master Naturalist, VNPS Member. Learn about the many Virginia native wildflowers in bloom that are found at the arboretum. Starts at the Pavilion.

Fairy Houses and Gnome Homes

Mondays, April 11, and May 16
12:00 pm - 1:00 pm

Children and their caregivers are invited to come hear a story about fairies and build your very own fairy house or gnome home! Fairy houses are built outside so dress for the weather. Come to one or both and bring your brown bag lunch to enjoy during the story.

Arbor Day Trees and Native Plant Sale

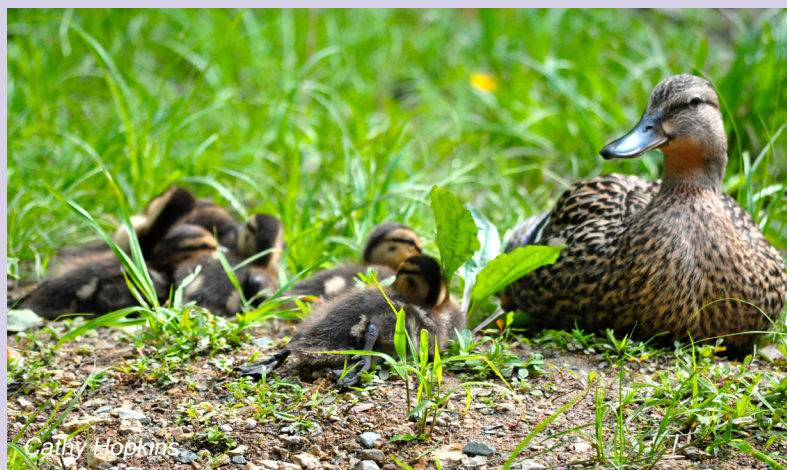
Friday, April 22 - Saturday, April 23
9:00 am - 3:00 pm

in the parking lot of the Frances Plecker Education Center. In the prime time of spring, the Arboretum offers a wide selection of wildflowers, contrasting foliage plants like native ferns, with unusual shrubs and trees that can make home and business landscaping ecofriendly and lovely! To honor those who educate youth, all city and county public school teachers receive 15% off tree purchases presenting a school ID!

Guided Bird Walk

Saturday, April 23
8:00 am

Led by a birding expert, Greg Moyer, in partnership with the Rockingham Bird Club. Will meet in the Pavilion.



Cathy Hopkins

Calendar Events

Private Greenhouse Shopping by Appointment

April 25 - October 21

Beginning in mid-April, and projected to continue until the first hard frost in the region which will be about mid-October. Shop from the entire greenhouse inventory of natives, exotics and cultivars perennials, shrubs, and trees, by advance appointment only, with \$50 minimum purchase required. Call (540) 568-3194, or visit the arboretum website to schedule the appointment.

Walk Up Plant Sales Begin

April 25 - October 21

Shop from a limited selection of perennials plants in bloom, shrubs and trees at the Frances Plecker Education Center, weekdays, during normal business hours.

Tour Celebrating Historic Garden Week

Wednesday, April 27
1:00 pm

The EJC Arboretum celebrates with a tour on Virginia Arbor Day starting at the Frances Plecker Education Center. Arboretum grounds are open free to public, dawn to dusk. Tour will be led by Jan Sievers Mahon, Arboretum Director and will focus on the arboretum's bulb collection, wildflowers and flowering shrubs and trees. Tours will start at the Frances Plecker Education Center. Preregistration is not needed.

Arbor Day in Virginia and Virginia Native Trees Tour

Friday, April 29

The Virginia Native Trees Tour with the Arboretum Director, Jan Sievers Mahon will meet at 1:00 pm at the Frances Plecker Education Center.

Virginia Arbor Day Public School Gift Tree Planting Ceremony

April

date to be determined a month in advance

Smithland 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 public school campuses, as the EJC Arboretum grows into its community. 2014, A new public school hosts this event each year.

(Schools can apply to be selected for a tree planting ceremony by emailing the Education Coordinator on the arboretum website Contact Us page.)



Lynn Whitmore

Calendar Events

Spring Children's Nature Art Workshop

April

10:00 am - 12:00 pm

date to be determined a month in advance

The Mon, Wed, and Thurs workshop offers children's education on plant identification as well as basic botanical drawing, all materials included in a \$35 cover charge. Held in the Frances Plecker Education Center. Advance online registration needed.

Mother's Day Carriage Rides

Sunday, May 8

1:00 pm - 4:00 pm

Carriages leave from the Frances Plecker Education Center. Give a special mom a memorable celebration by a carriage ride through the natural beauty of the Arboretum; costs vary per person for adults and children, and per private carriage, phone for cost and to reserve (540)568-3194 or email.

Advanced Flower Painting in Acrylic Wash Workshop

Monday, May 9 - Thursday, May 12 and

Monday, May 16 - Thursday, May 19

1:00 pm - 4:00 pm

For experienced students who have prior classes with Artist in Residence Lynda Chandler, enjoy private instruction in botanical illustrating. \$200 fee for eight classes of three-hours each. Online Registration opens 30 days before event.

Wine and Cheese on the Ernst Terrace

Friday, May 13

5:00 pm - 7:00 pm

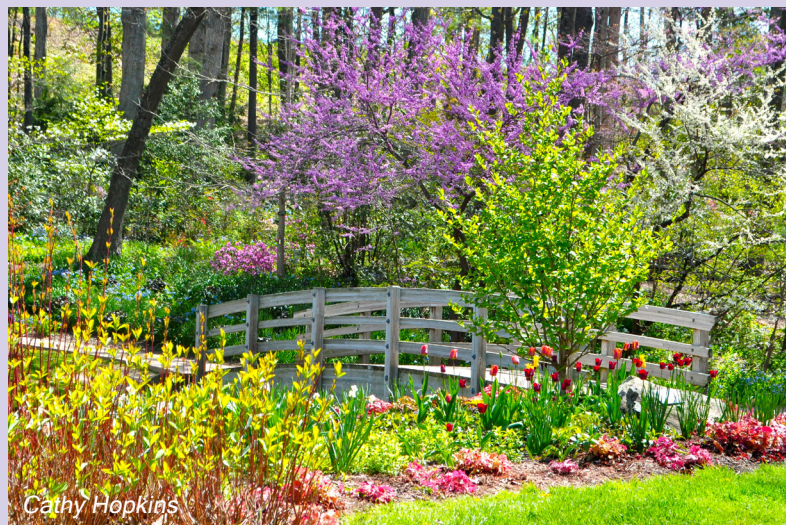
Arrival at 5:00 Demo at 5:30 and Lecture at 6:00. Valerie and Pat Lowry from Back Creek Farms in Highland, VA, speak on maple syrup production and the history of maple sugaring in the Allegheny Highlands. Reception at 5:00 pm, demonstration by the Executive Pastry Sous Chef at 5:30 pm, guest speaker, 6:00 pm. Cost per person is \$20. Online Registration opens 30 days before event.

Spring Celebration Plant Sale

Friday, May 20 - Saturday, May 21

9:00 am - 3:00 pm

Wide selection of plants, shrubs and trees to make any home or business landscape ecofriendly and lovely, with Saturday educational activities that may include a lecture, demonstrations, ask-an-expert, raffles, live music, and a butterfly release. Held in the parking lot of the Frances Plecker Education Center.





Calendar Events

Butterfly Release with facilitator Gail Napora

Saturday, May 21
12:00 pm

At the Journey Stage Garden during the Spring Celebration Plant Sale, free, no registration needed, Free Parking in Convo G without a JMU permit.

Nature-Themed Greeting Cards - One day workshops

Monday, June 6
Wednesday, June 8 and
Friday, June 10
1:00 pm - 4:00 pm

Attend one or attend all. Each session is \$30. All materials are included for one day workshops creating greeting card sets at each session with Artist in Residence, Lynda Chandler. Held in the Frances Plecker Education Center. Online Registration opens 30 days before event.

Flying Flowers: Butterflies and Moths in the Garden, with Gail Napora

Friday, June 10
12:00 pm - 1:00 pm

Free program starts in the Frances Plecker Education Center then goes outdoors to the Monarch Waystation Garden. Registration opens online 30 days before the program date.

Big Bug Hunt

Monday, June 13
12:00 pm - 1:00 pm

Come with us on a scavenger hunt for the fascinating insects that call the arboretum home! Learn about the different parts of an insect and how other invertebrates, such as spiders and millipedes are different. Children of all ages will discover how to make their backyards bug friendly while learning about all types of invertebrates. After the Big Bug Hunt, create your own stick bug to take home! This educational children's program is free! Will meet in the Frances Plecker Education Center.

Storytime in the Understory

Tuesday, June 14
11:00 am - 12:00 pm

Monthly program begins in June second Tuesdays, and continues through September 13. 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 picnic lunch for after Storytime.



Lynn Whitmore