

The Ivy Anchor

The Hampton Roads Garden Club Newsletter

January 2023

Happy New Year! I hope you all had a wonderful holiday with your family and friends. It's hard to believe that after so much planning, shopping, wrapping, cooking, and clean up it is all over! However that means that a new year is upon us and we all look forward to it with much anticipation and hope. It also means that winter is upon us and we tend to hibernate a bit just like our bulbs and plants. Just as they are cozy under the ground we tend to want to be cozy in our sweats by the fireplace. Winter is a time to reset, recharge, reorganize and rejuvenate ourselves. And the Garden Club is no different. It is time for us to gather again and prepare for the rest of the year. We have a lot to look forward to in 2023 and I know you all are up to the task. We begin the year with a fun meeting to bring us all back together. So I hope you can join us and kick off the new year refreshed and recharged! Mary



December Holiday Luncheon

On Tuesday December 13th our members gathered at the beautiful home of Gay Huffman for our annual Holiday Luncheon. Gay was a wonderful hostess and let us tour all the rooms in her home, her potting room and guest quarters. Her house was decorated for the holidays, her artwork was spectacular and the water view from her

home was breathtaking. Our luncheon committee, Dale Banning, Allison Clock, Rose Field, Teresa Robinson and Becky Tench prepared a delicious lunch that was enjoyed by all. We were also thrilled to have Associates G.G. Buxton and Mary Jane Barber join us. Thank you Gay and the committee for a wonderful luncheon. It was the perfect start to the holiday season!



January Meeting Notice

Happy New Year!

Our first meeting in 2023 offers a special opportunity to be entertained and inspired by the world of horticulture and floral arranging by two of our very talented members. Also, remember our Garden Exchange this month! Don't miss it!

Date: Tuesday, January 10, 2023

Time: 9:30 Social, 10:00 Meeting

Location: Hampton History Museum
120 Old Hampton Lane, Hampton, Virginia 23669

Program: "Fun with Horticulture, Tips for Success" featuring
HRGC members Allison Hund and Karan Mulkey

Garden Exchange: Bring a plant, garden item/ trinket, container, vase, seeds etc. to exchange with a fellow member. Bring a treasure and go home with a treasure! Please put your item in a bag or box so it is hidden. No wrapping necessary, just conceal it so no one can see what it is. Please put your name inside the bag or box. Hope you will all join in on the fun!

Hostesses: Jennifer Dick and Anne Sweetman

Please remember to bring your coffee or drink in a sustainable container. Hostesses will have water cups.

Parking: There is limited parking on the street, but ample parking in the parking garage across the street from the museum. Please use the upper level as all spaces on the ground floor are reserved. There is an elevator and stairs in the garage,

Regrets: If you are unable to attend the meeting, please contact Sue Morgan, Recording Secretary at (757) 647-0624 or at marnee757@hotmail.com



Welcome

Gay Huffman welcomes the HRGC members to her home and offers everyone some seeds from one of her plants.



Luncheon Committee

The Luncheon Ladies prepared a delicious meal for all of us. Dressed in their holiday aprons are Becky Tench, Rose Field, Dale Banning, and Teresa Robinson.



Catching Up!

Former neighbors Anne Harrison Harris and Associate G.G. Buxton enjoyed catching up on all the news from the neighborhood.



Good Friends

Martha Field and Associate Mary Jane Barber loved being together for the luncheon and sharing past garden club stories with us!



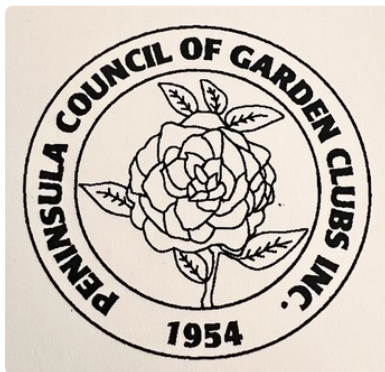
Fun Bunch

Mindy Beasley, Debbie Tanner and Maureen Hutchens smile for the camera!



Look Out!

You never know what this crew is up to! What happens at the meeting, stays at the meeting! Sam Bishop, Jennifer Dick, Ann Moir, Brigit Kingsbury and Jenny Griffith share some laughs during the luncheon.



Peninsula Council of Garden Clubs

The next meeting of the PCGC is Friday, January 13, 2023. The program is "Gardening for Seniors" and will be presented by Peninsula Master Naturalist Mr. Nathan Brauner. The meeting starts at 10:00 and is held at the Hilton Women's Club, 87 Main St., Newport News, VA 23601. A lunch will follow the meeting. All HRGC members are welcome to attend. If you have any questions please contact Martha Sides.



VIRGINIA LIVING MUSEUM OPENS NEW CONSERVATION COMMAND CENTER-Submitted by Julie LoCicero

Museum founder, Harry Wason, cut the ribbon of a new Virginia Living Museum exhibit, the Conservation Command Center, on Thursday, December 2. The vibrant and engaging exhibit focuses on local and global environmental challenges and engages guests to get personally involved in conservation efforts. "What a relevant new opportunity for this community" stated Wason. "This is how

the Museum began 57 years ago. We built this mission to educate and to share knowledge about our local ecosystems right here in Virginia."

Built in house by staff who train and educate guests, students, and volunteers, the exhibit includes a seahorse nursery, interactive sand table, community science station, energy use calculator, and a disturbing "trash tank." "This is all about getting real challenges in front of and literally in the hands of youth and their families" stated Executive Director, Rebecca Kleinhample. "Every one of us can support nature as a citizen or community scientist."

Museum educators worked with a community focus group of youth and their parents to renew a Museum gallery. Input was solicited from regional school systems through a "listening tour," shared Kleinhample. The feedback included gallery name brainstorming, and separate charrettes of students, parents, staff, and educators to determine gallery features and color schemes. The

design also included incorporating environmental programs and projects that Museum staff support through their daily work and outreach efforts such as Native Habitat design. The Museum supports Frog Watch USA which trains community members to track climate change using phenology (the study of times of recurring natural phenomena) data, identify positive and negative population trends, and learn about the range and distribution of frogs and toads (especially in the northern extent of known ranges).

The new gallery is generously supported by Mr and Mrs Harry Wason, the Rona Mound and Erwin B. Drucker Charitable Trust, The Mary Morton Parsons Foundation, Dominion Energy Charitable Foundation, and the Brundage Family.

The Virginia Living Museum is a leader in natural living exhibits! Native Virginia mammals, marine life, reptiles, amphibians, birds, plants and planets are presented in natural ecosystems and honored for their ability to connect people to nature through educational experiences that promote conservation.

Accredited by both the Association of Zoos and Aquariums (living exhibits) and the American Alliance of Museums (non-live collections), the Museum's high standards are its hallmark, as only fourteen institutions share this designation in the country. Community volunteers outnumber staff by approximately 5:1 for incredible mission delivery. The Museum is a certified Virginia Green attraction dedicated to environmentally friendly practices and education.

Created by the Warwick Rotary Club and Junior League of Hampton Roads in 1966, the Museum is an independent 501c3 organization, a successful public/private partnership with the City of Newport News and all guests.

Built by the community, beloved by the community, sustained by the community.

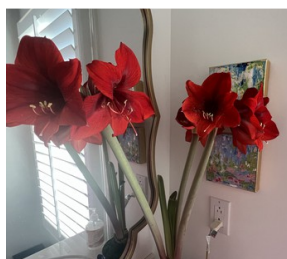


Beautiful Blooming Amaryllis

The Amaryllis Bulbs that our Fundraising Committee sold in early December put on a show for us right around Christmas. Thank you to members who shared their beautiful blossoms with us!



Beautiful Blooms



Lots of Color



Gorgeous Display



Fundraising HGW Flags

The Fundraising and HGW Committees are selling Historic Garden Week Flags to display in our yards and help promote the upcoming HGW Tour. There will be a sample flag at our meeting. If you have any questions, please contact Joanna Bigley.

Order now through January 15th. We expect them to be in by March 1st, just in time for the tour!

\$14.99 for a two sided garden flag

\$19.99 for a 3x5 pole flag

\$9.99 for a garden flag stake holder

Please email joannabigley@gmail.com to order. Cash, Check to HRGC or Venmo @hampton-garden



Chicago Flower Shop Converts Vacant Lots Into Flower Farms, Employs At-Risk Youth-Submitted by Mary Diggs

Southside Blooms

[Acts of Kindness](#)

AUTHOR Allyson Aleksey

On the South Side of Chicago, a “farm-to-vase” florist is transforming vacant lots into sustainable flower farms and hiring at-risk youth to help beautify the city one bouquet at a time.

The nonprofit [Chicago Eco House](#), founded by Quilen Blackwell and his wife Hannah Bonham Blackwell in 2014, is on a mission to alleviate poverty using sustainability — and its Southside Blooms program is doing just that. Eco-friendly Southside Blooms provides “unique and fashion-forward arrangements, while maintaining an uncompromising dedication to both the environment and our surrounding communities,” its [website](#) explains.

Flowers are sourced from farms with a commitment to renewable energy and the utilization of [rainwater irrigation systems](#); organic material is composted onsite; and the company uses recyclable, reusable, and biodegradable materials wherever possible.

All profits go directly toward the mission of combating poverty in Chicago’s communities through sustainable practices, including providing job training for at-risk youth in both the South Side as well as Gary, Indiana. These young gardeners are employed to transform unused and unsightly corners of the city into lots of life and color: They create bouquets for sale, work in flower shops, tend to plant beds, and even make and package honey, the [Chicago Defender reported](#).



Happy Birthday

Happy Birthday to our January and February Birthday Ladies!

January:

4-Anne Harrison Harris

13-Kathy Hutcheson

18-Sarah Huddleston

19-Gay Huffman

23-Trish Lively

February:

1-Teresa Robinson

18-Martha Kelly (Associate)

20-Mindy Beasley

22-Martha Field



Treat Yourself Like a Plant: Four Steps to Well-Being - Submitted by Teresa Robinson

1. Get Some Sunlight

Just like plants need sunlight, so do we! It is widely known that Vitamin D comes from milk and some foods, but did you know it also comes from sunlight?

In fact, **15 minutes of sunlight** exposure at least 3 times per week can give us enough Vitamin D to make up for what is missing in food.

Vitamin D helps *reduce inflammation* and helps all types of cells grow! It makes our bones stronger, lowers blood pressure, and helps us sleep better. *(We all know what consequences we suffer if we don't get a good night's sleep—grumpiness, grogginess, overeating, bad decision making just to name a few!)*

Additionally, according to researchers at BYU, the **availability of sunlight has a big impact on our mood.**

During seasons where we get less sunlight, *humans experience more mood and emotional problems and disorders.*

On the other hand, days with plenty of sunshine helped increase positive mood which means the release of “feel good” hormones and chemicals in the body. Just remember to wear your sunscreen!

2. Drink plenty of water.

According to the Journal of Biological Chemistry, the brain and heart are composed of **73% water**, and the lungs are about **83% water**.

Skin is **64% water**, muscles and **kidneys are 79%**, and even the **bones are watery: at 31%**. It only makes sense to drink water if much of our bodies, and most especially the brain, are made of water!

A 2014 study concluded that habitual **water drinking facilitates clear thinking and helps with alertness.** It also could benefit mood and confidence

3. Get some fresh air and activity.

Some plants do well indoors, and some plants thrive in the outdoor elements of wind, rain, and snow.

I'd like for you to imagine though that you are a plant that happens to *benefit from the fresh air.* Imagine the slight breeze that moves you and gives you chance to interact with other plants. Studies have shown that **spending time outdoors** and in nature can **induce calm, decrease depression, and stave off anxiety.**

4. Ensure that you are getting proper nutrients and minerals.

Have you ever seen those commercials for plant food or soil? They show flowers that grow without the Miracle Gro and some that do.

The difference is, with the plant food, the flowers grow bigger and are more **resilient** and the ones that grow without it are still pretty, but puny and weaker.

The same goes for our **bodies**! If we ingest junk food or fast food, sure our bodies will survive. We won't go hungry and we will live. But if we eat *high quality*, nutritious food and take our vitamins, our bodies will not just be surviving and functioning, they will THRIVE. Eating high-quality foods that contain lots of *vitamins, minerals, and antioxidants* **nourishes** the brain and **protects** it from oxidative stress.

Just For Laughs!

