friends newsletter • winter 2013

Inside: Let There Be City Water • 2,200 and Counting • Peony 2.0 • and more

Caring for nature, enriching life

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We're all familiar with stress and the toll it takes-partners of adults living with memory loss experience more stress, doubt, and fear,” Rice-Oeschger says. “In our cultural climate, caregivers take on the strain and the emotional and physical needs. They provide pull them ever further from their own well-being. For caregivers of adults living with memory loss, stress is an even greater factor in their lives as the demands of the care they provide pull them ever further from their own emotional and physical needs.

Despite the considerable contributions caregivers make to loved ones suffering from memory loss, they remain an underserved and often overlooked group in the spectrum of care. And the care they provide takes its toll; research shows that caregivers experience much higher levels of stress than non-caregivers, and caregivers report taking on anger, guilt, helplessness as a result of providing care.

Catching Your Breath is a way to support caregivers and the ways they take care of themselves, explains Madison’s Alzheimer’s Disease Center (MADC)’s larger mission to improve the lives of caregivers, their families, and those who have cognitive impairments. By the University of Michigan Medical School and the Matthaei Botanical Gardens, the MADC’s三-pronged mission includes research, care, and education for the public and health care professionals alike about the causes and treatment of dementia, and Catching Your Breath “is an exciting new component of our growing effort to help caregivers understand and deal with the issues they might face as this complex, chronic disease goes through its many phases,” Paulson notes.

Inspiriting and enriching people’s lives through contact with nature forms a core mission of Matthaei Botanical Gardens & Nichols Arboretum, and the Catching Your Breath program speaks to that principle, says Matthaei-Nichols’ Director Robert Grese. “Catching Your Breath recognizes the restorative value of nature and beautiful gardens in people’s lives, particularly for those dealing with much emotional stress,” he says. “It’s a medical care practice to recognize the need to treat the whole person as well as to provide support for family members who serve as caregivers, places like our Conservatory, garden, or Arboretum are important as settings that provide critical respite.”

Working with MADC also underscores how the Arb and Gardens continues to find new ways to collaborate with other units at the University, adds Grese. “Catching Your Breath is a perfect fit, in part because of the medical campuses’ proximity to the Arboretum and the Gardens but also because it’s natural that we should look for ways to improve physical access to our properties and institute programs here that engage medical staff, patients, and their families.”

A Holistic Approach

Catching Your Breath is part of MADC’s larger mission to improve the lives of caregivers, their families, and those who have cognitive impairments. By the University of Michigan Medical School and the Director of Michigan Alzheimer’s Disease Center. MADC’s three-pronged mission includes research, care, and education for the public and health care professionals alike about the causes and treatment of dementia, and Catching Your Breath “is an exciting new component of our growing effort to help caregivers understand and deal with the issues they might face as this complex, chronic disease goes through its many phases,” Paulson notes.

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A Sense of Calm

Last fall I joined participating care-givers and MADC program coordinator Laura Rice-Oeschger in the conservatory at Matthaei Botanical Gardens for the October Catching Your Breath, which included an art project for attendees. As we sat waiting for the program to begin I spoke with two caregivers who’d signed up for the session. I asked them to describe what Catching Your Breath means for them. One participant, Diane, eloquently summed up how Catching Your Breath has helped her.

“Being a caregiver has its own very particular stresses and worries for years. In this program I feel cared for in a calm place, and being at Matthaei Botanical Gardens just adds to that sense of calm. The combination of nature and beauty is like a transformation. We’re looking for peace in our lives at a time when we truly need it and the natural beauty of the Gardens together with the peace in participating this program provides makes a perfect combination.”

For more information about Michigan Alzheimer’s Disease Center or Catching Your Breath visit the Madison website: med.umich.edu/almourse/ or call 734.936.8764. Interested in attending a session in 2013? Catching Your Breath’s 2013 schedule:

- Jan. 16, 6:30-8 pm • Feb. 13, 10-12:30 am
- March 20, 6:30-8 pm • April 17, 10-11:30 am

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Camp Winter-Break, Feb. 18–22
Looking for a tropical oasis in town during the school break? Matthaei Botanical Gardens is your HQ for beating the midwinter blues. Visit the Botanical Gardens during the school winter break for guided activities and do-it-yourself fun. All programs 10 am–noon.

Mon., Feb. 18 Self-Guided Story Packs
Pick up a story pack and spend a cozy day in the Conservatory. Each bag has a story-based activity inside. Outdoor adventure backpacks are available too! Inside or out, spend the day with us—the way you want to be free; no registration required.

Tues., Feb. 19 Bathtub Bouquets
Cold nights call for a hot bubble bath! Learn how to make your own special bubble bath and potpourri based on natural scents.

Faire Gardens and Doors Workshop
March 9
Join us for two yearly faire and troll garden workshops this year. Make a garden for fairies to visit and build a fairy door to invite them into your home or garden. Class fills quickly, pre-registration suggested. $10.00/child 13-YE-06

Faire Gardens and Doors Workshop
March 23
Back by popular demand! Join us for the second of two yearly faire and troll garden workshops. Make a garden for fairies to visit and build a fairy door to invite them into your home or garden. Class fills quickly, pre-registration suggested. $10.00/child 13-YE-07

Spring 2013 kids’ gardening classes

Jan. 26 Hot Chocolate
Jan. 27 Fairies

Bathtub Bouquets is trad. $5.00/child 13-YE-02

Landscape with Roses
Feb. 22
Presented by Huron Valley Rose Society
A video about landscaping with roses plus Q&A and refreshments. Program open to all those interested in growing roses.

Climate Science as Culture Change
Jan. 15, 11 am
Presented by Great Lakes Judging (Orchids)
A presentation and discussion of this recently discovered, large Paphiopedilum species that is beginning to show up in hybridizing and social media. Info: freenutz@pleurothallids.com; 517.546.8303.

Sat., Jan. 19, 1:30 pm
Rock Garden Vignettes
Presented by Great Lakes Chapter, N. American Rock Garden Society
A presentation from our widely traveled membership about wild plants from around the world suitable for rock gardens, visits to botanical gardens, and specific groups of special plants suitable for rock gardens. Info: reznicek@umich.edu.

Sun., Jan. 20, 2–5 pm
Lycaste, the Beautiful Sister of Helen of Troy
Presented by Ann Arbor Orchid Society
A discussion about the culture of Lycaste orchids, and a discussion about Angelina, or tulip orchids. Also, show and tell, orchid raffle, and orchid-related items for sale.

Mon., Jan. 21, 7:30 pm
The Flowers of Kirk Fen
Presented by Michigan Botanical Club
A discussion about the plants and flowers of Kirk Fen, and other highlights of Matthaei Botanical Gardens.

Wed., Jan. 23, 7 pm
Ann Arbor Bonsai Society program
Presented by Ann Arbor Bonsai Society
Discussion of seasonal topics TBD. Info: annarborsociety.org.

FEBRUARY

Sun., Feb. 10, 2 pm
Romantic Rambling Roses
Presented by Huron Valley Rose Society
A Powerpoint presentation on rambling roses. Also, Q&A and refreshments.

Tues., Feb. 12, 7 pm
Beekerpac Equipment: What You Need, Part I
Presented by Ann Arbor Backyard Beekeepers (A2B2)
A conclusion to January’s topic also kicks off the topic of equipment requirements. Info: rimendei@bsglobal.net.

Wed., Feb. 13, 6:45 pm
Going 100% Native: A Home Landscape Transformation
Presented by Wild Ones Ann Arbor Chapter
A presentation on the transformation of Ann Arbor resident Drew Lathin’s yard from traditionally landscaped to 100% native. Lathin explains the process and the results, which include a backyard Prairie and pond, traditionally designed native perennial beds, three rain gardens, and more.

Sun., Feb. 17, 2–5 pm
Photographing Native Orchids in the Field
Presented by Ann Arbor Orchid Society
Tips and tricks from Ann Arbor-based fine art photographer Matthew Cook for photographing our native orchids in the field. Also, show and tell, orchid raffle, and orchid-related items for sale. Info: AnnArborOrchids@aol.com.

Mon., Feb. 18, 7:30 pm
Conetheads
Presented by Michigan Botanical Club
A discussion about conifer biology.

Tues., Feb. 19, 7:30 pm
Great Lakes Estuaries - Keys to the Health of the Great Lakes
Presented by Sierra Club Huron Valley Group
A discussion about special plants suitable for rock gardens. Connie Crancker discusses the flowers of Kirk Fen and other highlights of Matthaei Botanical Gardens.

Sun., March 10, 2 pm
Going 100% Native: A Home Landscape Transformation
Presented by Wild Ones Ann Arbor Chapter
A presentation on the transformation of Ann Arbor resident Drew Lathin’s yard from traditionally landscaped to 100% native. Lathin explains the process and the results, which include a backyard prairie and pond, traditionally designed native perennial beds, three rain gardens, and more.

Mon., March 4, 7 pm
Annual Herb Seed Giveaway & Great Lakes Estuaries - Keys to the Health of the Great Lakes
Presented by Herb Study Group
Free seed packets for attendees and information on how to grow herbs from seeds.

Sun., March 10, 2 pm
Roses for the Garden & the Smaller Garden
Presented by Huron Valley Rose Society
Also, Q&A and refreshments.

MARCH

Sun., March 17, 7:30 pm
Ann Arbor Bonsai Society program
Discussed of seasonal topics TBD. Info: annarborsociety.org.
**Winter 2013 Community/Adult Programs and Classes**

**Tues., March 12, 7 pm**
**Beekeeping Equipment: What You Need, Part II**
Presented by Ann Arbor Backyard Beekeepers (AJBZ)
A continuation of February's topic and a demonstration of the proper method of assembly and questions pertinent to peculiarities with equipment. Info: rimendel@bscbglobal.net.

**Wed., March 13, 6-45 pm**
**Wildlife in Urban Landscapes**
Presented by Stewardship Network and Wild Ones Ann Arbor
A panel discussion about how wildlife in our neighborhoods thrives our gardening efforts, has implications for human and animal safety, and fits into the bigger biodiversity picture.

**Sat., March 16, 11 am**
**Get to Know My Orchid**
Presented by Great Lakes Judging (Orchids)
Bring in an orchid in bloom to discuss. Info: AnnArborOrchids@aol.com

**Sun., March 17, 2013**
**Introduction to Philippine Orchid Species**
Presented by Ann Arbor Orchid Society
A discussion and slide program by Mac Rivenbark, owner of a business specializing in Philippine orchids, about the natural history of Philippine orchids. Also, show and tell, orchid raffle, and orchid-related items for sale. Info: AnnArborOrchids@aol.com.

**Mon., March 18, 7:30 pm**
**Botany and Restoration at Ives Rd. Fen**
Presented by Michigan Bonsai Society program
A “hands on,” CSI (crime scene investigation) class. Angela Hellis in the Gaffield Children’s Garden. Right: MiSo House ambassadors Armgard Ruckert and Tim Schafer in full regalia as the winner of the 2012 Iron Man Award, for the most hours logged—576 to be exact! Other awards included the “Golden Flash Drive Award” for photography volunteer Michele Yanga, and the “Many Hats Award” for those volunteers who contributed their time to multiple departments.

**Tues., March 19, 7 pm**
**Fifteen Herbs to Grow in Your Garden**
Presented by the Evening Herb Study Group
Handout available; all invited. Interested in becoming a member of the Herb Study Group? April is membership dues month.

**Tues., April 2**
**Hands on Inside the Hive**
Presented by Ann Arbor Backyard Beekeepers
A “hands on,” CSI (crime scene investigation) class. Angela Hellis in the Gaffield Children’s Garden. Right: MiSo House ambassadors Armgard Ruckert and Tim Schafer in full regalia as the winner of the 2012 Iron Man Award, for the most hours logged—576 to be exact! Other awards included the “Golden Flash Drive Award” for photography volunteer Michele Yanga, and the “Many Hats Award” for those volunteers who contributed their time to multiple departments.

**Wed., April 3, 7 pm**
**Orchid Culture Class (three parts)**
Presented by Ann Arbor Orchid Society
Part I: March 19: Introduction to orchids; orchid ecology, growing orchids, basic culture of several varieties; fertilizer, and more.
Part II: March 26: Basic culture of medium to bright-light-loving orchids; orchid growing media; water, fertilizer, light and humidity; pests and diseases; and more.
Part III: April 2: Hands-on training in potting and mounting orchids; selection of pots & media; and more. Each participant will take home four different types of orchids. $30 materials fee. Info and to register: email AnnArborOrchids@aol.com; 734.971.6186.

**Tues., March 19, 7:30 pm**
**Bird Migration Basics**
Presented by Sierra Club Huron Valley Group
An introduction to bird migration and discussions about what happens with local birds and those just passing through.

**Sat., March 23, 10 am-4 pm**
**Michigan State African Violet Society Show and Sale**
Presented by Michigan State African Violet Society
African Violets and Gesneriads. Free seminar at 11:30 am. Experts on hand all day to answer questions.

**Wed., March 27, 7 pm**
**Ann Arbor Bonsai Society program**
Discussion of seasonal topics TBD. Info: annarborbonsaiociety.org

**April**

**Tuesdays, May 14, 21 & 28; June 4, 11, & 18, 6:30-8:30 pm**
**4-H Junior Master Gardener Program**
A hands-on program for youth ages 9-11 to explore various gardening topics and plant a large garden. Garden maintenance and community volunteer activities continue through the summer, including a Summer Harvest Salad Party and a Fall Harvest Party. Program fees include a personal copy of the Junior Master Gardener Reference book, materials for all class projects, and a t-shirt. Apply in person at 705 N. Zeeb Rd., Ann Arbor; or download application at extension.eastmn.ua.edu. Each training session is 3-hour shifts available 7 days per week, 2 shifts per month, May–October.

**Wed., April 10 at 6 pm**
**Visit to a Spring Woodland Garden**
Presented by Wild Ones Ann Arbor Chapter
Enjoy the first burst of spring with a visit to Joan Lansdell’s woodland ephemerals. Tour starts at the Lansdell property. Visit the Wild Ones website for details and address: wildones.org/chapters/annarbor/

**Tues., April 16, 7:30 pm**
**Trees to Ethanol**
Presented by Sierra Club Huron Valley Group
If a massive wood-to-ethanol plant being built in the Upper Peninsula to convert millions of tons of trees into ethanol is proven commercially viable, forests will be “feedstock” and under tremendous new pressure. Pat Egan, retired journalist and UP resident, describes the pending project.

**Sat. & Sun., April 20-21, 10 am-4:30 pm**
**Ann Arbor Orchid Festival**
Presented by Ann Arbor Orchid Society
The Society is celebrating its 20th anniversary in 2013. Tropical and hardy orchids for sale, orchid-growing supplies, and related items. Also, free educational talks and demonstrations both days. Hours: Sat, 10 am-4:30 pm; Sun, 10 am-4:30 pm; Sun., photographers’ hour 9-10 am in the auditorium. Info: AnnArborOrchids@aol.com.

**Mon., April 15, 7:30 pm**
**Soil Fungi**
Presented by Michigan Botanical Club
Wed., April 24, 2013, 7 pm
**Ann Arbor Bonsai Society program**
Discussion of seasonal topics TBD. Info: annarborbonsaiociety.org

**Get Involved—Volunteer at Matthaei-Nichols**
Our volunteer program offers diverse opportunities to learn, connect, and give back. As a volunteer, you’ll develop new skills while supporting our mission of education and stewardship through hands-on service. We welcome new volunteers to join us in every season at the Arb & Gardens. Contact the Volunteer Coordinator for more information: 734.647.8528; tgriffit@umich.edu.

**NEW! Garden Ambassador Training**
Two options: Wed., April 24 or Sat., April 27
Each training session is 9 am–4 pm with lunch break
For 2013 we’re creating a single group of ambassadors who can speak to all of the display areas at Matthaei, including the new bonsai and Great Lakes Gardens and the Garffield Children’s Garden. Training provides an overview of visitor service etiquette, general way-finding, and our most popular points of interest. We’re looking for people with a love of gardens who enjoy working in a lively environment with visitors of all ages.

**Winter, Spring, Summer, Fall – Matthaei-Nichols Volunteers Do It All!**
Volunteers and staff gathered last October for our annual Volunteer Appreciation Open House to celebrate the many wonderful contributions made in the past year. Special service awards were given out in each department, including the Iron Man Award for Natural Areas Volunteer Tim Schaefer who logged the most hours—576 to be exact! Other awards included the “Golden Flash Drive Award” for photography volunteer Michele Yanga, and the “Many Hats Award” for those volunteers who contributed their time to multiple departments.

**March 23, 9 am–noon, Matthaei**
If you have an interest in or firsthand knowledge of solar energy, we’ve got the perfect job for you! Volunteers will be trained to greet and guide visitors as they learn about the Mio (Michigan Solar) House, a unique “green” structure designed and built by a team of U-M students.
Gift Launches Fund for Care of Bonsai Collection

Jerry and Rhona Meislik, who first joined the Matthaei Botanical Gardens Friends in 1988, have donated initial funding for a new endowment to care for our extensive collection of bonsai trees. The gift of $20,000 will open the Jerry and Rhona Meislik Bonsai Fund, kicking off an $800,000 campaign to protect Matthaei's most time-intensive—and one of its most beautiful—living collections.

Jerry was an active member of the Ann Arbor Bonsai Society before he and Rhona moved to Montana in 2000. They stayed in close touch with their friends and fellow bonsai enthusiasts in Ann Arbor, and in 2010 Jerry stepped forward to lead the successful campaign to fund a first-ever bonsai garden at Matthaei. That garden will open next spring.

Rhona graduated from the University of Michigan with a master’s degree in Landscape Architecture from the School of Natural Resources & Environment (MLA ’88) and has an intense interest in native plants. Jerry has been creating bonsai for over 35 years and has traveled extensively in Asia studying the art. Bonsai clubs throughout the United States, Canada, and Africa have invited him to lead bonsai workshops and lectures. He is well known for his book, *Ficus: The Exotic Bonsai*, as well as over 50 published articles.

Jerry and Rhona both find great pleasure and serenity in the artistry of bonsai. “We look forward to the bonsai garden at Matthaei bringing that same sense of joy and satisfaction to your visitors as bonsai has brought us over the years,” Jerry says. “As we watch the bonsai garden at Matthaei become a reality we urge others who appreciate the collection and the art of bonsai to join us in helping to ensure the garden’s care for future generations.”

Jean Avis Wilson Native Orchid Garden

Professor Emeritus of Industrial Engineering Richard C. Wilson (Industrial & Operational Engineering Ph.D., 1961) has made a gift commitment in memory of his wife that will create the Jean Avis Wilson Native Orchid Garden within the Great Lakes Gardens. Construction of the Great Lakes Gardens is underway at Matthaei Botanical Gardens.

The idea to fund a garden first came from Christy Klim, Dick and Jean’s daughter and a Matthaei-Nichols Friends member. Christy grew up hearing her mother tell stories about Jean’s childhood in Morenci, Michigan, playing outdoors at Bean Creek. For a number of years, Jean and Dick lived next to Florence and Herb Wagner, renowned for their work at U-M in biology, field research, and conservation. Herb knew and appreciated Bean Creek, too, because of the many rare plants that grew there. Hearing about the significance of Bean Creek from one of the best-known botanists ever to work at the University of Michigan tickled Jean.

“Jean would be so happy to know that her name was part of a garden that celebrates the state and region she loved so much,” says Dick Wilson. His daughter Christy Klim and son Rick Wilson agree. “Our mother would be thrilled that she was being memorialized long after her passing in the same gardens that will include a Warren H. Wagner Fern Collection showcasing the Wagners’ work. It’s a beautiful way to honor her memory.”

... and Counting

The year 2012 has been a banner one for our Friends membership program. For the first time ever, nearly 2,200 members provide much needed support of our environmental stewardship, programming, and education efforts.

Bragging rights: Congratulations! Your membership and continued loyalty make us one of the largest membership programs at the University of Michigan. Thank you!

A Gift for All Seasons

A holiday Matthaei-Nichols membership package for a friend, family member, or colleague is a gift of nature-inspired beauty and serenity throughout the year. Our gift membership provides twelve months of discounts, special events, reciprocal privileges at participating botanical gardens around the country, and more. Pick up a special gift membership package at the Garden Store today. Each holiday gift membership is tax-deductible and includes a logo mug and certificate. Perfect for the holidays, newlyweds, birthdays, or for anyone who loves nature. All current members receive 10% off each gift membership purchase.

Above: Jerry and Rhona Meislik in their Montana home.
Above right: Jean Avis Wilson in her garden.