Volunteer
Morris Arboretum of the University of Pennsylvania

Volunteer is a newsletter published monthly for Arboretum volunteers.

The Morris Arboretum of the University of Pennsylvania is an historic public garden and educational institution. It promotes an understanding of the relationship between plants, people, and place through programs that integrate science, art, and the humanities. The Arboretum conducts four major activities: education, research, outreach, and horticultural display. As the official Arboretum of the Commonwealth of Pennsylvania, the Morris Arboretum of the University of Pennsylvania provides research and outreach services to state agencies, community institutions and to citizens of Pennsylvania and beyond.

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Volunteer
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Contributors: Joan Kober, Joyce Munro, Michelle Conners, Liza Hawley, Deitra Arena, and the Morris Arboretum interns.

Questions, comments, and submissions can be directed to the editor at edintern@morrisarboretum.org or mailed to the Arboretum Attn: Education Intern.

Photos: Jennie Ciborowski, unless otherwise stated

Cover Photo: Crocus tommasinianus and many other spring ephemerals are in full bloom near the Morris Arboretum fernery.

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Winter Storm Toby
This past month I had the opportunity to attend the Professional Leadership Institute hosted by Delaware Nature Society. It was a wonderful week that allowed me to learn a wealth of knowledge in non-profit leadership and make professional connections with colleagues in nature centers around the country. I also was able to participate in my first ever birding adventure at DNS’s Ashland Nature Center and Coverdale Farm Preserve.

While I have always enjoyed watching birds, this walk was my first time being led by someone who had a great deal of knowledge with bird identification and calls. We got to see a variety of woodpeckers, Carolina chickadees, song sparrows, blue birds and more at their bird blind complex. Then we took a walk to the farm and ventured through a cedar grove in search of long-eared owls. We were able to spot four of these magnificent creatures and observe them through a close range scope.

This trip has made me realize that even though the weather is dreary and cold, the birds are ushering in the warmer weather and are a welcome sign of spring. Take some time this April to appreciate the wildlife springing into action at Morris Arboretum!

Best Wishes,
Jennie Ciborowski
The McLean Contributionship
Endowed Education Intern
Harnessing Nature for Health and Healing

This wonderful garden was brought to my attention by fellow guide, Sally Gendler. I think you will enjoy reading about it.

A children’s garden at the Legacy Emanuel Medical Center in Portland, Oregon opened to patients, visitors and hospital staff in 1997. While this does not seem like an unusual event, this garden was unlike any other in the United States and even in the world as it was one of Legacy’s first therapeutic gardens. Today, it is a key part of Legacy’s Therapeutic Gardens Program which includes 12 gardens at 8 medical center campuses in the Pacific Northwest.

Each one of Legacy’s gardens is “intended to offer therapeutic benefit to all,” explains Teresia Hazen, coordinator of the Legacy Therapeutic Gardens Program. Legacy took a team approach to the planning and design of the garden to ensure that it was appropriate for pediatric as well as other patients. The team of clinicians, other hospital staff, current and former patients, horticultural therapy volunteers and landscape architects succeeded in creating a 9,000 square foot children’s garden that has become a haven for children and their families as they cope with difficult medical situations. The garden is accessible 24/7 throughout the year and it provides a safe place for independent exploration and family interaction in a more inviting setting than a hospital room.

The paths in the garden are wide and level enough to accommodate both wheelchairs and strollers. In addition, since encouraging people to use their senses is an important component of this garden, plants and other features are selected to provide sensory stimulation in all seasons. Most importantly, a variety of therapeutic activities such as cognitive exercises to help patients regain motor skills and rehabilitation therapy sessions that meet patients’ goals are offered regularly.

In the 21 years since the opening of this first Legacy garden, research has confirmed the beneficial effect of gardens on human health. In fact, many other health care facilities now have similar gardens on their campuses and Legacy receives regular calls from varied facilities seeking garden planning advice. Coordinator Hazen closes by adding that “something magical happens when people spend time in well designed therapeutic gardens.”

Congratulations to Legacy for being at the forefront of this important movement. Welcome to Spring - Looking forward to seeing all of you in the garden leading wonderful tours!!

Joan Kober

Excerpted from A Children’s Garden for Health and Healing by Viveka Neveln - The complete article appeared in the September/October issue of American Gardener
Volunteer Workshops and Opportunities

Cherry Blossom Tour Training

**Wednesday, April 4th | 1:00 p.m. | Garden Rail Entrance**

If you are interested in leading a cherry blossom walk during the Japanese Cherry Blossom Festival please join Tony Aiello for tour training. The Japanese Cherry Blossom Festival takes place on two Saturdays, April 7th & 14th. The tours last 45 minutes and are held on both Saturdays at 10:15 a.m. and 12:15 p.m. Two guides will be needed for each session and a sign up sheet will be available at the training session.

Time in the Garden Exhibit

With a grand opening scheduled for Saturday, May 5th, this season’s exhibit, *Time in the Garden*, will begin appearing in the Upper Gallery and throughout the Arboretum during the second half of April. California artist Ben Allanoff will be in residence creating a large sundial in the Azalea Meadow, and the works of eleven other artists will be installed in the gardens. The Upper Gallery will display the works of six local painters and photographers, including archive volunteer Judith Harold-Steinhauser, and seasonal garden worker, Cathy Hozack.

Come out on May 5th from 1 - 3 p.m. to meet the artists, listen to the original compositions of University of Pennsylvania senior and classical music composer Nicholas Escobar, and enjoy a glass of wine or beer.
Insect Community Study of the Intensive Green Roof  
*Samantha Nestory, The Hay Honey Farm Endowed Natural Lands Intern*  
Green roofs can be important habitat in urban ecosystems, especially for small wildlife like insects. Sam is evaluating the insect biodiversity on Bloomfield Farm’s intensive green roof, focusing on a few important groups. Based on her findings, she will make planting and management suggestions to improve the function and diversity of the insect community.

Developing a Treatment Protocol for Greenhouse Thrips (*Heliothrips haemorrhoidalis*) for the Morris Arboretum’s Greenhouse Complex  
*Amanda Quadrel, The John J. Willaman & Martha Haas Valentine Endowed Plant Protection Intern*  
At the Morris Arboretum, the greenhouse thrips (*Heliothrips haemorrhoidalis*) have been one of the most serious pests to plague the greenhouse complex. If left unchecked, the thrips can cause an entire plant to die. Therefore, for this project, the goal is to establish an effective treatment of these thrips to prevent further damage of greenhouse plants.

Garden Railway Foyer Redesign  
*Jen Monico, The Alice & J. Liddon Pennock, Jr. Endowed Horticulture Intern*  
Jen is creating a new design for the area across from the entrance to the garden railway. This is a highly trafficked area, so one of the goals is to increase the grass area for visitors to step off or pull strollers off the road. Additionally, the planting scheme will aim to be cohesive and low maintenance with four seasons of interest.
Volunteer Workshops and Opportunities

Visit the Garden of Jenny Rose Carey
Senior Director at PHS’s Meadowbrook Farm

Monday, April 16th | 9:15 a.m. - 1:15 p.m.

Take a trip to Jenny Rose Carey’s home garden in Ambler, Pennsylvania. This visit is timed to highlight the spring ephemerals in the shade garden, a tie in with Jenny’s recent book ‘Glorious Shade’, which will be available for sale ($25 cash or check) and signing. Come learn the names, growth habits, propagation, and soil requirements for a wide variety of plants during her talk and ‘Show-n-Tell’ in the Carriage House. Secondly, it is a chance to see the collection of historic daffodils - bred prior to 1940 that Jenny has collected - an A-Y of named cultivars.

Van transportation and carpools will leave from the Arboretum at 9:15 a.m. Please sign up via the Team Up calendar or contact Lisa Bailey at baileyl@upenn.edu if you are having trouble with TeamUp. Dress appropriately for the weather with garden footwear and bring your own lunch, drinks will be provided. This event will take place under cover in Jenny’s Carriage House which has seating for approximately 36 people. A suggested donation of $5 per person is requested to support the gardens and interns of PHS’s Meadowbrook Farm.
Volunteer Workshops and Opportunities

Arbor Week Sign-Ups

Monday, April 23rd - Friday April 27th
Session 1: 10-11:30 a.m. | Session 2: 11:30 a.m. - 12:45 p.m.

Share your love and knowledge of trees with children during our annual Arbor Week Program. We are in need of volunteers for a variety of activities throughout the week of April 23rd - 27th. Sign up via the Team Up calendar, and feel free to volunteer for more than one time slot!

Introducing: Dogs and Barks Tour

Saturdays, April 28th, May 12th, June 9th & 23rd | 11:00 a.m. | Widener Terrace

Come see dogwoods in many shapes and forms while you celebrate the Chinese Year of the Dog in 2018. This tour will feature trees, shrubs, spring bloomers, summer bloomers and more! Then explore the artistry of tree barks of many kinds of trees from all over the world - from beech to filbert, hickory, and lace-bark pine to noticeably different barks on the beloved dogwoods.
Volunteer Workshops and Opportunities

Book Club:

The Hidden Life of Trees by Peter Wohlleben

Friday, May 4th | 1:00 p.m. | Gates Hall Conference Room

Join fellow volunteers for a Book Club discussion of international bestseller The Hidden Life of Trees by Peter Wohlleben.

Are trees social beings? In The Hidden Life of Trees, forester and author Peter Wohlleben convincingly makes the case that, yes, the forest is a social network. He draws on groundbreaking scientific discoveries to describe how trees are like human families; tree parents live together with their children, communicate with them, support them as they grow, share nutrients with those who are sick or struggling, and even warn each other of impending dangers.

Wohlleben shares his deep love of woods and forests and explains the amazing processes of life, death, and regeneration he has observed in the woodland and the amazing scientific processes behind the wonders of which we are blissfully unaware. After learning about the complex life of trees, a walk in the woods will never be the same again.

Please sign up via Team Up. For additional information please contact Deitra Arena at deitraarena@gmail.com or 610-716-9720.

The Hidden Life of Trees photo credit: Greystone Books
Volunteer Workshops and Opportunities

Saturday Morning Live Tours

First Saturday of each Month | 11:00 a.m. | Widener Terrace

Introducing Saturday Morning Live Tours featuring a different tour each month. These tours will run on the first Saturday of the month from May through December 2018.

- May 5th - Small Trees for Small Spaces Tour
- June 2nd - Hidden Gems Tour
- July 7th - Great Trees Tour
- August 4th - Water Features Tour
- September 1st - Hidden Gems Tour
- October 6th - Sculpture Tour
- November 3rd - Native Trees Tour
- December 1st - Conifers Tour

Small Trees for Small Spaces

Saturday, May 5th | 11:00 a.m. | Widener Terrace

Learn more about some of the Arboretum’s smaller specimen trees that make a big impact. Ranging in height from 15 to 30 feet, these trees have many special features, such as spectacular bark, interesting forms, and great flower and leaf color. These trees, literally and figuratively, have been over-shadowed by the Arboretum’s big trees, but are now getting a much deserved moment in the spotlight. Don't miss this opportunity to see trees that will pop in your home garden!
Volunteer Workshops and Opportunities

Volunteer for the Plant Sale

Tuesday, May 8 - Saturday, May 12 | Bloomfield Farm

Please join us to help make the 2018 Morris Arboretum Plant Sale at Bloomfield Farm another successful year of connecting people with plants. Volunteers will receive a 20% coupon good for one-time use on May 11th or 12th. The actual plant sale runs Thursday - Saturday. Please click here to see dates, times, and available slots.

Questions? Contact Michelle Conners at mconners@upenn.edu or by phone at ext. 109.

Twilight & Peonies

Thursday, May 31 | 6:00 - 8:00 p.m. | Widener Tent

Please save the date for the annual Education Volunteer Recognition event, Twilight and Peonies. Circle the date on your calendar, bring your spouse or significant other, and enjoy this gala event being held in the tent behind Widener. A delicious potluck dinner and annual plant exchange will be the highlights of the evening. More information on the events of the night will be in the May Newsletter. Hope to see you there!

Photos courtesy of Paul Meyer
Continuing Education

The Idea of Race: From Plants to People
Paul Wolff Mitchell, Doctoral Student in Anthropology
Tuesday, April 10 | 6:30 - 8:30 p.m.
Do trees have races? Do squirrels? Humans? Where does the concept of “race” come from? Like any idea, race has a history. Join Paul Wolff Mitchell as he explores this history, tracing the history of race through studies of plant and animal varieties undertaken at places like Morris Arboretum, around Philadelphia, and across the globe.
Volunteer price: $13.00

Bringing Spring Wildflowers to Your Home Garden
Bess Trout, Horticulturist, Tyler Arboretum
Saturday, April 21 | 10:30 a.m. - 12:00 noon
Spring ephemeral wildflowers are the first, elusive flowers to bloom after the winter thaw. These hopeful little plants go through their whole growth and reproductive cycle in the time between when the snow melts and the trees leaf out for the year. Come learn about how to find these harbingers of the changing seasons in the woods and how to grow them.
Volunteer price: $13.00

Spring into Natural Health with Essential Oils
Megan Koppel, Natural Health Educator
Saturday, April 21 | 12:30 - 2:00 p.m.
Join us as we explore how to most effectively use therapeutic grade essential oils for health and home this spring. Learn the foundational oils you can use for supporting strong respiratory systems, managing seasonal threats, green cleaning at home, recovering from dull winter skin, mood management, and so much more!
Volunteer price: $18.00

Gentle Yoga in Nature
Sara Trohaugh, Yoga Teacher and Therapeutic Massage Practitioner
Four Fridays, May 4, 11, 18, & 25 | 10:30 - 11:30 a.m.
Enjoy the natural beauty of the Arboretum as a setting to stretch, move, breath, and practice relaxing mindfulness techniques. This gentle yoga series is geared towards beginners and seasoned yogis alike looking to improve flexibility, focus, and overall wellbeing.
Volunteer price: $37.50

Volunteers who have worked over 30 hours during the past year may take Morris Arboretum classes at a discounted price. Please refer to the Volunteer Price Spreadsheet in the Education Office for a complete list of volunteer class pricing. To sign up for a class please call (215) 247-5777 ext. 125.
In 1891, John T. Morris made newspaper headlines—not just in Philadelphia—but across the nation. Seems he intended to build an unusual sort of house at his country estate, Compton. Any day now, he was expecting the house to arrive from Japan—its “various divisions” filling two railroad freight cars.

An entire house transported by sea and rail. Well, this was certainly newsworthy. And there was more: this house would be the first of its kind erected on U.S. soil (other than the Japanese house built for the Centennial Exposition in 1876). What made the house even more unique—it would be assembled without nails, screws or glue. But wait there’s still more—this house was dedicated to one thing—serving tea.

John ordered his teahouse when he was in Tokyo in the spring of 1890 and craftsmen assembled it while he and his sister Lydia went sightseeing in Yokohama. When John returned to Tokyo to check on progress, he was worried it would be too large. But he didn’t call a halt to things and the architects continued. Two months later, John paid for the completed house. Then it was taken apart and readied for shipping overseas. John and Lydia returned home in late summer with crates of furnishings and utensils for the teahouse and awaited its arrival.

Autumn and winter came and went. Finally at the end of February 1891, the two freight cars full of house parts arrived in Philadelphia and soon after, two sukiya-daiku carpenters arrived from Tokyo to commence their artful joinery, piecing together this small wonder in the woods below the mansion.

Sadly, the teahouse was destroyed sixty years later in a hurricane, but its footprint is still visible. And nearby hangs Toshiko Takaezu’s bronze bell, sounding a deep-toned reminder that the “Way of Tea” has been celebrated in this place.
Garden Highlights

**Helleborus**
Hellebore
Out on a Limb

**Prunus mume** ‘Omoi-No-Mama’
Omoi-No-Mama Japanese apricot
Near Mercury Loggia

**Cornus officinalis**
Japanese Cornel Dogwood
Bloomfield Farm

**Iris reticulata**
Reticulated iris
The Fernery

**Viburnum x bodnantense**
Bodnant viburnum
Widener Visitor Center

**Scilla mischtschenkoana**
Scilla
Near the Fernery
Upcoming Events

April 2018

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<td>Cherry Blossom Festival 10 am</td>
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Weekly Volunteer Events

**Wednesdays:** Horticulture Volunteers 8:30 am - 12 noon  
**Saturdays and Sundays:** Regular Tour 2:00 - 3:00 pm
### Upcoming Events

#### May 2018

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