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.

Education: Liza Hawley, efhawley@upenn.edu or (215) 247-5777 ext 128

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Archives & History: Leslie Morris-Smith, leslm@upenn.edu or (215) 247-5777 ext 175

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Volunteer
Emily Clark, Editor
Contributors: Joan Kober, Joyce H. Munro, Liza Hawley, Deitra Arena, Pam Olsheski, Bette Perlman and all of 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: Emily Clark, unless otherwise stated

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Cover Photo: A snowy day at the Pennock Gate.
Letter from the Editor

Plants Make the Place - Chapaparal

As many of you know, I grew up in Goleta, CA a town just outside of Santa Barbara, CA. As a child, I was always interested in flora around me, but it was not until I left southern California that I realized how truly distinctive my home’s ecoregion is.

Goleta falls into the chapparal biome, a narrowly distributed biome that covers just 5% of southern California. Chapparal environments are characterized by mild, wet winters, hot, dry summers, and frequent wildfires. In many ways the plants I grew up with reflect the climate – hardy shrubs, leathery leaves and brightly colored inflorescences smaller than a fingernail all remind me of home.

Something I’ve learned while at the Arboretum is that plants make the place. In the case of chaparral environments, the very word chapparal is reference to a plant. The Spanish word for scrub oak (a common term that refers to many Quercus species, all covered in thick, spiny evergreen leaves, similar to holly that grows in the eastern U.S.) is chaparro. When Spanish speakers road through southern California on horseback they had to wear chaparajos, or “chaps” to protect their legs from scratches inflicted by the scrub oak (learn more here). Hundreds of years later, the word chaparral has stuck.

Over the next few issues of Volunteer, I’ll continue to share southern Californian plant stories with you. Stay tuned!

Best Wishes,

Emily Clark
The McLean Contributionship
Endowed Education Intern

Vista from the Santa Barbara Botanic Garden
THE NATURE FIX

I recently read a fascinating book entitled *The Nature Fix* by Florence Williams. The book is both informative and entertaining as the author sets out to discover the science behind nature’s ability to make us happier, healthier and more creative.

First up for Williams was a visit to one of Japan’s 48 official “Forest Therapy” trails designated for *shinrin yoku* (or “forest bathing”) by Japan’s Forestry Agency. The idea behind *shinrin yoku* is to let nature into your body through all five senses. In order to promote this goal the agency has funded about $4 million in forest bathing research since 2003. Visitors are routinely asked to stick their arms in blood pressure machines to provide ongoing data for the project. The Japanese have good reason to study effective ways to unwind as they have the third highest suicide rate in the world.

Next Williams tagged along on an expedition beginning in Moab, Utah with David Strayer and a half dozen neuroscientists. Strayer is a cognitive psychologist at the University of Utah’s Applied Cognition Lab. The team’s plan was to devise a way to actually measure how nature helps us think, solve problems and work together. The plan worked well as after five days the scientists were amazingly relaxed and all agreed to test Strayer’s ideas. The group came up with a pilot study to measure the creativity of 56 Outward Bound participants. Half took a test called the Remote Association Test before a 3 day hiking trip and half took the test after the trip. Although it was a small study, the results amazed the researchers as there was a 50% improvement in creativity after just a few days in nature.

The author’s additional travels took her from the cypress forests of Korea where rangers administered “forest healing” programs to the scenic hills of Scotland where she learned about an “eco-therapeutic” approach to caring for the mentally ill. In Finland, Williams discovered that the average Finn engages in nature-based recreation 2-3 times per week and, in fact, 70% hike regularly. It should come as no surprise then that Finland scores high on general scales of happiness.

The author also got to spend time with Peter Newman and Daniel Taff, two young social scientists working at sound labs at Pennsylvania State University on understanding the restorative powers of birdsong. Finally, Williams ventured on a river trip in Idaho with Iraq war veterans suffering from PTSD and then stopped off in West Virginia where she discovered how being outdoors helped children with ADHD.

I hope I’ve whetted your appetite for diving into this intriguing book – you won’t be disappointed!

Happy Valentine’s Day – spring is just around the corner.

-Joan Kober
Volunteer Workshops and Opportunities

Retirement Celebration for Darryle Lourea-Black

A message from Tom Wilson, Moses Feldman Family Director of Physical Facilities:

I am at once delighted and disheartened to announce that Darryle Lourea-Black has announced his retirement. His last day at the Arboretum will be January 31st.

Darryle has been a remarkable Arboretum employee for nearly 18 years. His attention to detail, while keeping the broader picture in mind, has been invaluable. Darryle’s willingness to put in extra time and effort to help meet the daily operational needs of the Arboretum has been vital. He has demonstrated a commitment to excellence that I have depended on. Darryle’s incredible proficiency, skills, thoughtfulness, and professionalism have been much appreciated.

I invite you to join me for a retirement celebration for Darryle in the Upper Gallery of the Widener Visitor Center on February 7th, 2019, from 2:30 to 4 p.m. I hope you will plan to attend so you can share your memories of working with Darryle and wish him a wonderful retirement.

Volunteer Q and A with Paul Meyer

Thursday, February 21st | 12:30 p.m. | Upper Gallery

Please join us for a discussion with the F. Otto Haas Executive Director Paul W. Meyer. Paul has offered to answer your Top 10 Questions for the Director. Consider plant and garden topics; Arboretum history during Paul’s tenure; business and financial aspects; and more. Please submit questions to baileyL@upenn.edu, or feel free to add them to the event listing on the volunteer TeamUp calendar.
Volunteer Workshops and Opportunities

Volunteer to Work with Patrick Dougherty

This spring artist Patrick Dougherty will be returning to the Arboretum to create a large, abstract sculpture in the Butcher Sculpture Garden along the banks of the Wissahickon Creek. Working with volunteers and staff during his three week residency, Dougherty will weave hundreds of sticks and saplings into a whimsical site specific sculpture.

Arboretum members, staff, students and other interested parties are invited and encouraged to volunteer to share in the creation of Patrick Dougherty’s sculpture.

Volunteering for the Construction of the Sculpture

Volunteers will assist Patrick Dougherty in the construction and weaving process, moving scaffolding, sorting materials, and cleaning up the site.

Patrick will work with volunteers from Tuesday, March 12th to Friday, March 29th on weekdays, and on Saturday, March 16th, and Sunday, March 17th.

Volunteer shifts are 4 hours long, with a maximum of four volunteers per shift. Shifts are from 8:00 a.m. to noon in the morning and 1:00 p.m. to 5:00 p.m. in the afternoon.

Patrick requests that volunteers:
- Have enthusiasm, physical stamina, and the ability to follow directions.
- Be comfortable on and able to work on scaffolding or ladders.
- Be sixteen or older. Teens need to be especially dedicated and responsible, and will only be scheduled one at a time.
- Dress appropriately for working outdoors in the early spring, including sturdy footwear.
- Bring work gloves, and foul weather gear as work goes on regardless of the weather.
- Bring pruners if possible for use during the construction.
- Sign a waiver and release before working on the project.

Please contact Lisa Bailey at baileyl@upenn.edu or at 215-247-5777, ext. 157 to sign up for a volunteer shift.
Volunteer Workshops and Opportunities

Save the Date - Guide Training

Tuesday, March 19th, Thursday, March 21st, Monday, March 25th, Wednesday, March 27th, Friday, March 29th | 9:00 a.m. | Upper Gallery

Attention! Come learn the new Water Cycle tour. It is lots of fun, with great props, and the pilot tours were a big hit!

The Workshops are scheduled on: Tuesday, March 19th, Thursday, March 21st, Monday, March 25th, Wednesday, March 27th, and Friday, March 29th. Workshops run from 9:00 a.m. to noon. Looking forward to seeing you then!

Volunteer Trip: Jenny Rose Carey’s Garden

Monday, April 15th | 10:00 a.m. -1:00 p.m. | Upper Gallery

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, and 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 and see Jenny’s collection of historic daffodils.

There is limited parking on the property so once space in the Arboretum van has filled, we’ll arrange carpools from the Arboretum meadow beginning at 9:45 a.m. before our 10:00 a.m. departure. The program will begin at 10:30 a.m. at Jenny’s garden. Plan to 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 that has seating for approximately 36 people. A suggested donation of $5 per person on the day of the tour is requested to support the gardens and interns of PHS’s Meadowbrook Farm.

Please sign up via the Team Up calendar or contact Lisa Bailey at baileyl@upenn.edu if you are having trouble with TeamUp.
Volunteer Workshops and Opportunities

Volunteer Winter Workshops

This event is open to all volunteers!

**Wednesday, February 6th, 2019**

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<td>8:30 - 8:50</td>
<td>Arrival</td>
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<td>8:50 - 9:00</td>
<td>Welcome &amp; Volunteer Update</td>
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<td>9:00 - 10:00</td>
<td>Tony Aiello – “The Life of a Plant &amp; Exploration in Japan”</td>
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<td>BREAK</td>
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<td>10:30 - 11:15</td>
<td>Patrice Sutton – “Gardens, Food &amp; Wine in Northern Italy”</td>
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<td>11:15 - 12:00</td>
<td>Jess Slade – “A Royal Exchange: Lessons from Working at Windsor Great Park”</td>
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<td>12:00 - 1:00</td>
<td>LUNCH BREAK - BROWN BAG</td>
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<td>1:00 - 2:00</td>
<td>Stephanie Cohen – “Landscaping with Grasses and Using The Best Grasses for Your Designs”</td>
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<td>2:00 - 3:00</td>
<td>Bill Barnes – “Horticulture Trends in China”</td>
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**Wednesday, February 20th, 2019**

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<tr>
<td>8:30 - 8:45</td>
<td>Arrival &amp; Welcome</td>
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<td>8:45 - 9:00</td>
<td>Jim Sillhart – “EHRS &amp; Why it Matters to You”</td>
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<td>9:00 - 10:00</td>
<td>Vince Marrocco – “Baltic Botanics”</td>
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<td>10:00 - 10:30</td>
<td>BREAK</td>
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<td>10:30 - 11:00</td>
<td>Vinnie Galatolo – “Giverny Garden”</td>
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<td>11:00 - 12:00</td>
<td>David Mattern from Chanticleer – “Vegetable Gardens; Plants, People &amp; Food”</td>
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<td>12:00 - 1:00</td>
<td>LUNCH BREAK - Lunch will be provided</td>
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<td>1:00 - 2:00</td>
<td>Paul Meyer – “Garden Notes of China”</td>
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<td>2:00 - 3:00</td>
<td>Bruce Munro – “Captain George Thomas”</td>
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Extracurriculars

Winter Witchhazel Walk

Saturdays, February 16th & 23rd | 2:00 p.m. | Widener Terrace

The Winter Witchhazel tour is returning for another season! The Morris Arboretum witchhazel collection is one of the largest in the country. Join this wonderful tour to learn more about these fascinating winter-blooming shrubs that add surprising bursts of color and fragrance to the winter landscape. Enhance your guiding repertoire with some fun facts about different species and cultivars of varying blooming times, color and fragrance.

Book Club

The Book Club is open to all Arboretum volunteers and staff and meets the first Friday of each month. All are welcome to attend any session and you do not have to attend every month.

Feb 1st | 1:00 p.m. | Gates Hall Conference Room

March 1st | 1:00 p.m. | Gates Hall Conference Room

_Pilgrim at Tinker Creek_ by Annie Dillard, Pulitzer Prize Winner for General Non-fiction

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_Pilgrim at Tinker Creek_ by Annie Dillard, Pulitzer Prize Winner for General Non-fiction

An exhilarating meditation on nature and its seasons—a personal narrative highlighting one year’s exploration on foot in the author’s own neighborhood in Tinker Creek, Virginia. In the summer, Dillard stalks muskrats in the creek and contemplates wave mechanics; in the fall she watches a monarch butterfly migration and dreams of Arctic caribou. She tries to con a coot, she collects pond water and examines it under a microscope. She unties a snake skin, witnesses a flood, and plays ‘King of the Meadow’ with a field of grasshoppers.

Daniel Stone tracks the journeys of botanist David Fairchild (1869–1954), who changed American eating habits and agricultural practices. Fairchild traveled the globe and introduced diverse crops to the American plate. In the 19th century, American meals were about subsistence, not enjoyment. But as a new century approached, appetites broadened, and David Fairchild, a botanist with an insatiable lust to explore, set out in search of foods that would enchant the American eater. Stone builds suspense while describing the trials and tribulations associated with global travel of that period.
Extracurriculars

Mark your calendars for intern presentations!

Wednesday, March 13th | 12:30 - 2:30 p.m. | Upper Gallery
Lean on Me: Recommendations for Veteran Tree Support at the Morris Arboretum
Dan Sax, The Walter W. Root Endowed Arborist Intern

Univ. of Pennsylvania Street Tree Pit and Trench Treatment Inventory and Recommendation
Amanda Wood, The Martha S. Miller and Rusty Miller Endowed Urban Forestry Intern

Evaluation of the Crabapple (Malus) Collection and Assessment of the Crabapple Slope
Micah Christensen, The Charles S. Holman Endowed Rose and Flower Garden Intern

Wednesday, March 20th | 12:30 - 2:30 p.m. | Upper Gallery
Establishing a Baseline Plant Species Inventory Within the Penn’s Wood Deer Exclosure
Mike Cranney, The Hay Honey Farm Endowed Natural Lands Intern

Preserving Place at the Morris Arboretum: A Landscape Management Plan for the Historic Intern House Garden and Hillcrest Building

Leave With More Than You Came: Interpretive Panel and Passbook Design for Tree Adventure
Emily Clark, The McLean Contributionship Endowed Education Intern

Wednesday, April 3rd | 12:30 - 2:30 p.m. | Upper Gallery
Pests and Pathogens of Woody Landscape Plants: An Integrated Pest Management Scouting Guide
Jenny Klimowicz, The John J. Willaman & Martha Haas Valentine Endowed Plant Protection Intern

Identification protocol and management strategies of plant pathogens in the Morris Arboretum Greenhouses
Vinnie Galatolo, The Martha J. Wallace Endowed Plant Propagation Intern
Continuing Education

It is now easier than ever to register for courses at the Morris Arboretum!
You can now register online at bit.ly/MAClasses
or call (215) 247-5777 ext. 125.

Please refer to the Volunteer Price Spreadsheet in the Education Office for a complete list of volunteer class pricing and for the volunteer discount code to be used in online registration.

Garden Design for Homeowners 101
Valerie Solitrin, Landscape Designer
Six Thursday, February 7th, 14th, 21st, 28th & March 7th, 14th | 7:00 - 9:00 p.m.

This comprehensive overview will help you plan your outdoor living expenditures strategically. Plan your garden for privacy, year-round beauty, storm water management and family-friendly functionality. Six sessions jam-packed with great information will be the smartest garden investment you ever make. Click here to register.

The Past Preserved: An Exploration of Plants and Archaeology
Dr. Chantel White, Center for the Analysis of Archaeological Materials, University of Pennsylvania
Wednesday, February 13th | 2:00 p.m.

From Bronze Age palaces to humble dwellings, most archaeological sites contain the remains of plants preserved within their floors and features. Botanical remains can provide valuable information about food practices in past societies, from daily meals to special feasting events, as well as agriculture and trade networks. Chantel White, archaeobotanist at the Penn Museum, will discuss how botanical remains preserved at archaeological sites near and far help scientists understand daily life of the past. Click here to register.

Bringing Great Plants to the West: E.H. Wilson and the Heyday of Plant Exploration
Tony Kirkham, Head of the Arboretum and Horticultural Services, Royal Botanical Gardens, Kew
Tuesday, March 5th | 2:00 p.m.

E. H. Wilson (1876-1930) was one of the most renowned plant collectors of his generation. He was responsible for introducing over a thousand plant species, mainly from China, to the west. In this lecture Tony Kirkham will highlight his recent book Wilson's China: A Century On. In his talk Tony follows in the footsteps of this intrepid plant hunter to reveal and re-connect with the China that Wilson once knew. This lecture will be held at the Learning Center Auditorium at Temple University’s Ambler Campus, 580 Meetinghouse Rd., Ambler, PA. Click here to register.
From the Archives- Five Things You May Not Know About…

by Joyce H. Munro

The Morrices’ Dogs

1. Gyp was John and Lydia Morris’s pet in the 1870s. Franklin D. Briscoe painted “dear little Gyp” in two versions—a large study and smaller portrait—neither of which has been located.

2. Rowdy was small enough for Lydia to hold in her arms. Lydia’s cousin, Marriott Morris, photographed her with Rowdy tucked under her chin at Cedar Grove in 1885.

3. Teufel, Harry and Caesar were the Morrices’ pets in the early 1900s. Teufel may have been named for a then-popular children’s book, Teufel, the Terrier. While John and Lydia were in Paris in 1900, Lydia bought rubber boots for Caesar. Louise Kellner, their travel companion and diarist, wondered what Teufel would think when Caesar “trots around the grass in boots, if he will ever hold still enough to put his little feet into them…”

4. Billie, a dachshund, and Fritz, a “black & tan,” were purchased in 1903 while John, Lydia and Louise were touring Germany. When the dogs arrived by freighter, Louise picked them up in New Jersey and took them to Compton. This is what happened next, in Louise’s words:

“We were received by Miss Morris, who had been on the lookout for us, and Mr. Morris joined the party within a few minutes to witness Caesar’s displeasure over the arrival of his two new bothers…Then Mr. & Miss Morris & I, with the three four-footers, took a walk through the grounds, and though Caesar endured Fritz, a friendship between him and Billie could not be established right then & there, and it was thought best & wisest to let Billie camp in a stall of the stable…until his highness, Master Caesar, will favor the pretty Dachs with approval & grant him the right to be treated like himself.”

Painting of Fritz, Billie & Caesar by Meyer M. Dantzig, 1905, courtesy of Phoebe Driscoll

5. Buster and Sonny were father & son Airedales during Lydia’s later years. See photos of Lydia and Buster here and here.
Garden Highlights

**Rhododendron kaempferi x**  
‘Malvatica’  
azalea hybrid  
Across from Out on A Limb

**Cephalotaxus harringtonii**  
Japanese plum-yew  
Sculpture Garden

**Lindera salicifolia**  
spicebush  
Long Fountain

**Cornus alba ‘Minibar’**  
Baton Rouge Tatarian dogwood  
Across from Garden Railway

**Hamamelis mollis**  
Chinese witchhazel  
outside Widener

**Galanthus**  
snowdrop  
opposite Out on A Limb
Upcoming Events

February 2019

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Weekly Volunteer Events

**Wednesdays:** Horticulture Volunteers 8:30 a.m. - 12 noon

**Saturdays and Sundays:** Regular Tour 2:00 - 3:00 p.m.

**Saturdays:** Winter Wellness Walks 10:30 - 11:30 a.m.

**Sundays:** Winter Wellness Walks 1:00 p.m.
### March 2019

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