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
Alessandra Rella, Editor
Contributors: Deitra Arena, Joan Kober, and Joyce Munro.
Questions, comments, and submissions can be directed to the editor at edintern@morrisarboretum.org or mailed to the Arboretum Attn: Education Intern.

Photos: Alessandra Rella, unless otherwise stated

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Taxodium distichum
Letter from the Editor

Earlier this summer I was at my local yoga studio, waiting for a class to begin. The instructor walked in, sat down, and then said to us, “I invite you to close your eyes and start thinking about things that you are grateful for right now. I want you to count 20 things, you can count them on your fingers... And your list doesn’t have to be filled with really profound things, you can say, like, I’m thankful for... blue corn tortilla chips!”

I sat there for a second in resistance, thinking about how 20 seemed like a lot and how I really just wanted to sit with my breath, but I closed my eyes and waited to see what arose. I was pretty surprised by what did:

1. It wasn’t that hard! Once I got going, letting both profound and not so profound things come to mind, I totally lost count. Then, throughout the rest of my practice, I kept thinking of other things to add to my list. Once I started looking for things I was thankful for, it was hard to stop.

2. In that moment, the way I looked at things changed and everything felt so special. Not only was I thinking that I liked or loved my family, friends, chocolate, music, colors, or my house plants, but I was grateful for these things. I was really seeing them, recognizing their effect on me, and giving them a part of myself as well.

3. I really appreciated the instructor’s example of blue corn tortilla chips— not only because (in my opinion) blue corn tortilla chips are indeed delicious and something to be grateful for, but also because this comment gave us permission to be thankful for anything. I know that I sometimes get caught up in thoughts of value— for example thinking that my gratitude list should only include those things I’m most grateful for, or that really have meaning. But why? We can be grateful for anything and everything, there isn’t a limit.

I tried this exercise again recently, and I was surprised by how different my list was from the first time. Things that came to mind included the crunchy sound of leaves and nuts under my feet as I walk outside, the fantastic sunrises that I’ve been seeing on my way to work, and the cherry pie I used to make with my mom as a kid for Thanksgiving. I’m now seeing the key words in this exercise as being “right now.” What are 20 things you’re grateful for for right now? It’s really pretty surprising to see what comes up based on where you are in life at this moment.

If this exercise sounds interesting to you, I invite you to try it, maybe even as a Thanksgiving activity. I’m also sharing that cherry pie recipe I mentioned above. It’s incredibly easy to make, and delicious!

Happy November,
Alessandra Rella
The McLean Contributionship
Endowed Education Intern

My favorite cherry pie recipe

½-¾ cup sugar
3 tablespoons cornstarch
2 cans of tart cherries
¼ teaspoon almond extract
(the secret ingredient as my mom says, don't skip it!)
1 tablespoon butter
2 crusts for a 9 inch pie pan

1. Preheat oven to 400 degrees F
2. Drain the cherries and reserve the juice from only one can
3. In a saucepan, combine cornstarch and sugar. Add the cherry juice. Cook over medium heat, stirring constantly until thickened. (This part is so fun and is my favorite part!! It’s magical to watch the liquid turn into a beautifully thick, pink filling.)
4. Remove from heat then gently stir-in the cherries and almond extract.
5. Pour filling into pastry lined pie pan. Dot with butter. Add top layer of pie crust, seal, then vent.
6. Bake 30-40 minutes, or until crust browns and filling begins to bubble. If necessary, cover edges with foil during the last 15 minutes to prevent over-browning of crust.
7. Cool pie several hours to allow filling to thicken before slicing.
Notes from the Guides Chair

HEALING JAMAICA’S CORAL REEFS

Almost everyone in Jamaica depends on the sea, which is why the numerous natural and man-made disasters in the 1980’s and 1990’s were so catastrophic. Along with a decline in fish populations, Jamaica lost 85% of its once pristine coral reefs during this time period.

Coral reefs are often called “rain forests of the sea” as they support an amazing diversity of life. Only 2% of the ocean floor is filled with coral, but these beautiful structures sustain a quarter of all marine species. Clown fish, parrotfish, groupers, and snappers lay eggs and hide from predators in the reefs. This wide assortment of fish also attracts eels, sharks, and octopuses to the reefs. After the disasters of the 1980’s and 1990’s, scientists thought that Jamaica’s healthy reefs were a thing of the past, as these once life sustaining areas were choking on great masses of seaweed. However, the corals and tropical fish are slowly reappearing, due in part to a series of careful interventions.

One of these interventions is known as coral gardening. Everton Simpson, a former spear fisherman and scuba instructor, became a coral gardener two years ago as part of a grass roots effort to bring Jamaica’s coral reefs back from near extinction. The coral gardening process is slow and painstaking. On the ocean floor, small coral fragments hang from suspended ropes. Simpson and other divers tend to their underwater nursery as gardeners tend to their flower beds, picking off snails and fire worms that gorge on immature coral. When the stubs grow to about the size of a human hand, Simpson collects them in his crate and individually transplants them onto a reef.

However, even rapidly growing coral species adds just a few inches back each year; so much patience is needed. Simpson also uses fishing line to tie clusters of staghorn coral onto rocky outcroppings. This is a temporary fix until the coral’s limestone grows and attaches itself to the rock. The goal is to kick start the natural growth of a coral reef. So far, this approach seems to be working.

Coral gardening, however, is only part of the solution. Persuading lifelong fishermen to curtail when and where they fish and controlling waste dumped into the oceans must also be addressed. Slowly, however, the comeback effort is gaining traction. In the past 10 years more than a dozen grass roots run coral nurseries and fish sanctuaries have appeared. They are supported by small grants from foundations, local businesses and the Jamaican government.

Most of the more established fishermen have come to accept the no-fishing zone, as it has helped nearby fish populations rebound. Stuart Sandin, a marine biologist at the Scripps Institute in La Jolla, CA is studying the health of coral reefs around the world as part of a research project called the 100 Island Challenge. “When you give nature a chance, she can repair herself,” commented Sandin. “It’s not too late.” These are words that the coral gardeners, fisherman and citizens of Jamaica have taken to heart in their efforts to restore to health their coral reefs and waterways.

Enjoy fall in all its beauty and have a wonderful Thanksgiving!

Joan Kober
Chair of the Guides

Source: Healing Under the Sea by Christina Larson (Associated Press), Philadelphia Inquirer, September 22, 2019
Volunteer

Announcements

‘Tis the season...

Education Volunteer Winter Potluck

Tuesday, December 17
12:00 noon
Upper Gallery

Join us for a winter celebration! Bring your favorite dish to share and enjoy with fellow education volunteers and staff.

Please RSVP with your name and dish to Alessandra at arella8@upenn.edu or via Team Up (https://teamup.com/ks5bfc51e6e0901b9f/)

Horticulture Volunteer Holiday Luncheon

Wednesday, December 18
12:30 p.m.
Upper Gallery

Celebrate the winter season with fellow horticulture volunteers and staff members! This luncheon will be potluck style, so please bring your favorite dish to share with everyone.

Volunteer & Staff Garden Railway Night

Thursday, December 5 | 4:30-7:30 p.m.

You’re invited to an early premiere of the Holiday Garden Railway, special for volunteers and staff members. Come enjoy the twinkling lights and good company!

IMPORTANT NOTE FOR GUIDES

Large area between Garden Railway and Swan Pond now off limits.

Lucy Dinsmore, Azalea Meadow Horticulturist, recently roped off a large area between the Garden Railway and the Swan Pond to begin remediating the severe soil compaction there. The arborist team will be air-spading around the root zones of the five large trees in the area: the Metasequoia, weeping cherry, Chinese elm, tabletop elm, and Taxodium, which get the heaviest traffic.
Volunteer Workshops and Opportunities

Saturday Morning Live: Native Plants

Saturday, November 2 | 11:00 a.m. | Widener Terrace

Learn more about native plants that are well suited to local growing conditions and support wildlife. Add some new fun facts to your guiding repertoire.

First Wednesday Workshops

Wednesday, November 6 | 12:30 p.m. | Horticulture Center

This month you will be with Bloomfield Farm Horticulturist, Louise Clarke. Louise will demonstrate hypertufa trough planting, using hardy sedums and succulents. The finished trough will be raffled off!

Holly Highlights and Winter Greenery Tour

Saturday, November 9 & 23 | 2:00 p.m. | Widener Terrace

Explore the Arboretum’s collection of hollies and other broadleaf evergreens that enliven the winter landscape with their lush greenery and provide year-round appeal and an everlasting framework for seasonal plantings.

Pawpaw Presentation and Tasting

Tuesday, November 12 | 10:00 a.m. -12:00 noon | Upper Gallery

Join Sharon Richardson to learn about our native pawpaw! What do they look like? What do they taste like? Where do they grow? Why don’t I see them in grocery stores? What is their historical, ecological, and medicinal significance? The presentation will culminate in a brown bag lunch and tasting of pawpaw recipes and products.

We are looking for volunteers make pawpaw dishes to bring!
If you’d like to make something (c’mon, it’ll be fun) please jot down the name of your dish on the TeamUp calendar (https://teamup.com/ks5bfc51e6e0901b9f/)

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Volunteer Workshops and Opportunities

Lydia Morris Legacy Society Luncheon

Friday, November 15 | 12:00 noon - 2:00 p.m

William Cullina, The F. Otto Haas Executive Director, and the Host Committee cordially invite you to the Lydia Morris Legacy Society Luncheon

Please join us for a lecture by Diane Newbury, architectural and landscape historian, for her talk, “Cultivating Curiosity: Laura Barnes and John Fogg” in which she will share insights on their mutual interest in horticulture and their friendship that spanned decades. Lynn Ierardi, J.D., Director of Gift Planning at the University of Pennsylvania, will also share updates regarding planned giving.

Kindly register by November 6 with Chelsea Melvin at 215-247-5777 x 279 or by email at melvinc@upenn.edu

Host Committee
Mary Pat Boyle, Tom Boyle, Paul W. Meyer, Gail D. Miller, Debra L. Rogers

Book Club

Silent Spring  By Rachel Carson

Friday, December 6 | 1:00 p.m. | Gates Hall

Rachel Carson’s Silent Spring was first published in three serialized excerpts in the New Yorker in June of 1962. The book appeared in September of that year and the outcry that followed its publication forced the banning of DDT and spurred revolutionary changes in the laws affecting our air, land, and water. Carson’s passionate concern for the future of our planet reverberated powerfully throughout the world, and her eloquent book was instrumental in launching the environmental movement. It is without question one of the landmark books of the twentieth century.

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.
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, or sign up online using the code “ELM” for discounted classes.

**Heroines in Horticulture**
Martha Keen, Horticulturalist and Landscape Manager, Wyck Historic House, Garden, and Farm  
**Sunday, November 3 | 2:00-3:30 p.m.**  
50% off discount for volunteers  
Take this opportunity to learn about women's history in the garden! From landscape architects to floral designers, botanists to garden writers, the work of women has advanced the dialogue of science and the arts within the field, even when the opportunities available to women may have made their path a bit steeper.

**The Morris Legacy: The Philadelphia Art Museum Collections**
Anthony Aiello, The Gayle E. Maloney Director of Horticulture, Morris Arboretum and Justina Barrett, Site Manager for Historic Houses, Philadelphia Museum of Art  
**Thursday, November 14 | 9:00 a.m. - 3:00 p.m.**  
50% off discount for volunteers  
Along with creating the Morris Arboretum, John and Lydia Morris were benefactors to many cultural institutions, including the Philadelphia Museum of Art. Join us for a private curator-led tour of the Morris objects in the PMA.

**Herbs for Colds and Flu**
Libby Felten, Clinical Herbalist  
**Thursday, November 14 | 6:30-8:30 p.m.**  
50% off discount for volunteers  
As winter illnesses start to spread, tackle them effortlessly from your home pantry! Many common weeds, garden flowers and culinary herbs are powerful cold and flu remedies. We will learn what to have on hand for colds, as well as how to prepare and take herbs so you can have a healthy winter season.

**Join us for our annual Barnes Endowed Lecture with**

**Dr. M. Patrick Griffith**
**Director of the Montgomery Botanical Center**

Today the Montogomery Botanical Center faces challenges in managing and conserving the living treasures it brings into cultivation. This lecture will show how genetic and geographic data can help conservation in a time of global change. Partirck will also highlight some recent plant exploration for new species.  
**Wednesday, November 6 | 2:00 p.m.**
A Look Back

These photos were taken at the **Sunshine and Roses** celebration on September 19, 2019. If you would like copies of any of these photos, please contact Alessandra at arella8@upenn.edu

Pictures 1, 2, 7, 8 taken by Bob Gutowski
Pictures 4, 5, 6, 9 taken by Alessandra Rella
Picture 3 taken by Maddy Ballard (seasonal staff member)
Five Things You Might Not Know About . . .

Seven Arches
by Joyce H. Munro

1. It may be one of the most picturesque structures in the Arboretum, but Seven Arches is not a garden folly. It plays a vital role in English Park.

2. Built by Pringle Borthwick, a Chestnut Hill stonework master, the design draws on historic multi-arched bridges and buildings John and Lydia Morris would have seen while traveling in Europe.

3. Behind the arches is a 220-foot well and cistern, powered by hydraulics, to carry water to the Japanese Overlook Garden, the Key and Step Fountains, and the Mercury Loggia.

4. The arches are topped with a wide parapet and balustrade—the perfect spot for a grand view of English Park and beyond to the Wissahickon Valley.

5. In 2016, the arches were commemorated in music composed by Nicholas Escobar. His eight-part suite, titled “The Morris Arboretum Suite,” ends with “Seven Arches.” Listen and watch this evocative tribute to the arches here.
Garden Highlights

*Acer carpinifolium*
hornbeam maple
English Park

*Enkianthus perulatus*
‘J.L. Pennock’
J.L. Pennock white enkianthus
Japanese Hill and Water Garden

*Symphyotrichum oblongifolium*
aromatic aster
Rose Garden

*Aesculus parviflora*
bottlebrush buckeye
Around the Log Cabin

*Tamias striatus*
eastern chipmunk
## Upcoming Events

### November 2019

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<td>Saturday Morning Live Tour: Native Plants 11 a.m.</td>
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<td>Recruitment / Retainment Committee Meeting 1:30 p.m.</td>
<td>Horticulture Volunteers with Lucy Dinsmore</td>
<td>Guides Council 1:30 p.m.</td>
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<td>Holiday Highlights and Winter Greenery Tour 2 p.m.</td>
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<td>Volunteer Presentation 10:00 a.m. - Great Plants Guide Committee Meeting 1 p.m.</td>
<td>Horticulture Volunteers in Natural Areas</td>
<td>Education Guide Committee Meeting 2 p.m.</td>
<td>Lydia Morris Legacy Society Luncheon 12 noon</td>
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<td>Training Guide Committee Meeting 1:30 p.m.</td>
<td>Horticulture Volunteers with Kate Deregibus</td>
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<td>Holiday Highlights and Winter Greenery Tour 2 p.m.</td>
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<td>Horticulture Volunteers with Erin Conley</td>
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<td>Holiday Garden Rail Seasonal Opening</td>
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<td>Arboretum Open, Offices Closed</td>
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### Weekly Volunteer Events

**Wednesdays:** Horticulture Volunteers 8:30 a.m. - 12:00 noon  
**Saturdays:** Wellness Walks 10:30 a.m. – 11:30 a.m.  
**Saturdays and Sundays:** Regular Tour 2:00 - 3:00 p.m.  
**Sundays:** Regular Tour 11:00 a.m. - 12:00 noon, Wellness Walks 1:00 - 2:00 p.m.
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<td>Guides Council 1:30 p.m. - Volunteer &amp; Staff Holiday Garden Railway Night</td>
<td>Book club 1 p.m.</td>
<td><strong>Saturday Morning Live Tour: Conifers 11 a.m. - Holiday Garden Railway Nights</strong></td>
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<td>Education Winter Potluck 12 p.m.</td>
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<td>Christmas Eve, Arboretum Closed</td>
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<td><strong>Holiday Garden Railway Nights</strong></td>
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