

# VOLUNTEER

January 2023



Morris Arboretum  
UNIVERSITY of PENNSYLVANIA

*Cedrus atlantica* 'Glauca'  
(Blue Atlas cedar)



# Volunteer

Morris Arboretum of the University of  
Pennsylvania  
*Volunteer* is a newsletter published monthly for  
Arboretum volunteers.

## Mission of Morris Arboretum

The Morris Arboretum of the University of Pennsylvania inspires an understanding of the relationship between plants, people and place through education, research and horticultural display.

## Vision for the Future

As an irreplaceable public garden, the Morris Arboretum provides a place of respite, beauty and learning where the joy and wonder of the natural world inspire all who visit to be enthusiastic ambassadors for plants and our fundamental dependence on them.

A vital part of one of the great research universities in the world, the Morris Arboretum is renowned for its science aimed at understanding and conserving plants and ecosystems.

## CALL FOR CONTENT!

Do you have an idea for a column or article for our beloved Volunteer Newsletter? Let us know!

Contact: Jenny Rajotte  
jrajotte@upenn.edu or 215.247.5777 ext. 236.

### Information:

(215) 247-5777  
www.morrisarboretum.org  
100 E. Northwestern Avenue  
Philadelphia, PA 19118

Jenny Rajotte, Interim Editor  
Contributors: Jim Kohler, Joyce Munro, Deitra Arena

Photos: Jenny Rajotte unless otherwise stated



*Ulmus parvifolia* (Chinese elm) bark

## Contents

Letter from the editor	1
Notes from the Garden Ed. Chair	2
Cookie Swap Highlights	3
Book Club 2023	4
Chat & Chew: January 18	5
From the Archives	6
Garden Highlights	7
Volunteer Calendar: January	8
Volunteer Calendar: February	9





# *Letter from the Interim Editor*

Dear Volunteers,

While in some ways the Arboretum feels sleepy in Winter, I can't help but feel a buzz of excitement as we all prepare for the new year--people and plants, alike! While the carefully selected and laboriously planted bulbs quietly work away on developing root systems in preparation for that spectacular Spring bloom, we're also busying ourselves planning for 2023 and beyond.

What does that mean for Volunteers? I'm glad you asked!

This time of year especially, we spend time looking at all we've accomplished and all we hope to do. Each department assesses needs, wants, and resources for our Volunteer programs, and we've already made a few changes, like the new online application form developed for Garden Educators. The feedback and response has been amazing, and you can expect our other Volunteer applications to follow suit.

There are some other priorities we're focusing on in the coming year, including how we keep connected throughout the year through cross-departmental educational and training opportunities. I'm thrilled to begin the year with the first installment of our four monthly Arboretum History Talks with Joyce Munro on January 18. We are also working on a February Winter Warmer digital Lunch & Learn series to share some news and insight from staff and some of the goings-on around the Arboretum. And of course, we're looking ahead to the seasons beyond for other ways to get together and share knowledge and experience.

Is it any wonder that I feel the hum of stimulation during these weeks of planning? I hope you all can feel it, too.

Looking forward to sharing the upcoming year with you all,

Jenny Rajotte  
*Program Coordinator, Internships &  
Volunteers*

# *Notes from the Garden Educator's Chair*

## **Believing in ART, Attention Restoration Theory**

Okay...with holiday stresses behind us, spending time in nature, by watching a sunrise, escaping to the countryside or a nature preserve, or just spending a few minutes to stare out a window, provides us with the opportunity to rest, reflect, and restore ourselves.

You've likely noticed this phenomenon before; have you ever been feeling down but found yourself pleasantly distracted by a beautiful scene? I'm guessing you have at least one story about nature improving your state of mind.

This common experience points to nature's valuable role in our lives and hints at it contributing to improving our ability to focus and direct our attention effectively.

The natural world is often depicted as a restorative place that replenishes one's resources, while busy, urban places have often been considered attention and energy drains. Although these beliefs were long held as opinions or personal views, the past 20 years have seen empirical work on the idea that nature can restore and rejuvenate us, boost our attention, and keep us healthier.

ART, or Attention Restoration Theory, was developed by Rachel and Stephen Kaplan in the 1990's, a time when rapid technological advancement and ever-increasing indoor entertainment were occurring. As humans spent more time inside, concerns about the lack of time in nature grew. The Kaplans' 20-year exploration on the importance of nature and the impact of natural environments on mood, state of mind and health spurred widespread research testing their theory. Here are a few of the findings:

- A view of a natural setting outside your window can help you make a speedier recovery with less drugs required than a view of a built environment (Ulrich, 1994).
- People in an aged care facility who were exposed to nature for one hour per week experienced improved attention compared to elderly people who remained indoors (Ottosson & Grahn, 2005).
- Children with a view of nature from their home outperformed those who lived in an inner city on tests of attentional capacity and were less likely to show aggression (Kuo & Sullivan, 2001).

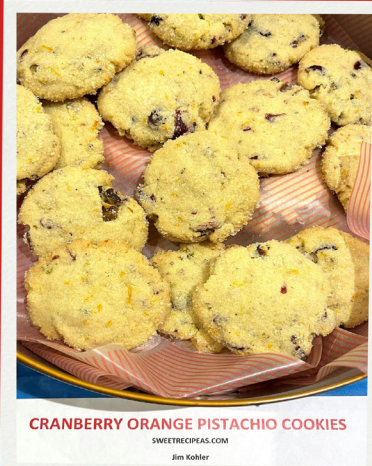
Keep this research in mind the next time you are feeling exhausted, depleted, or simply down. Nature can be one of the most readily accessible resources of all to cure your ailments: just look out the window. See you at the Arboretum.

Jim Kohler, Garden Educators Chair



## Cookie Swap Success!

We are happy to report that the Volunteer Cookie Exchange was a rousing good time! Thanks to all who braved the gloomy rain to share confectionary creations and catch up before the holidays. Please enjoy just a sampling of the offerings as captured by **Ron Lieberman**.



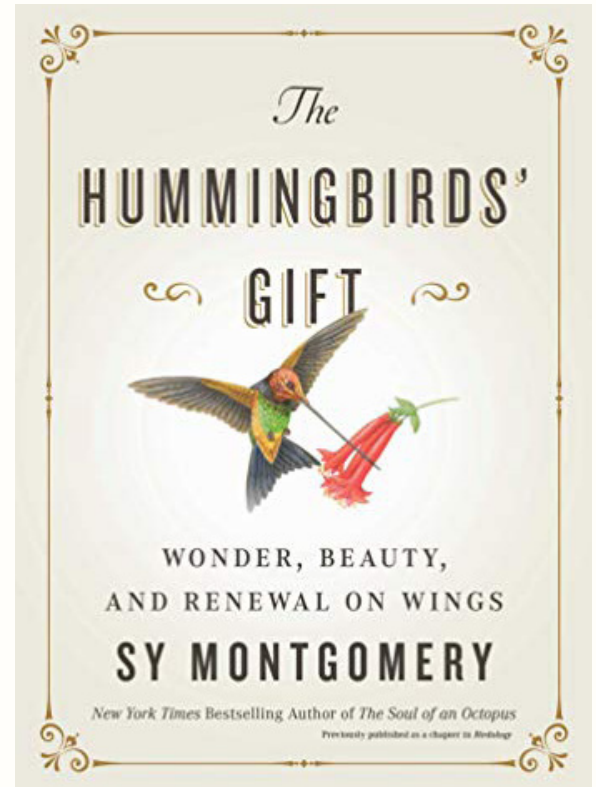


## The Book Nook: Book Club

Jan 6 | 1:00 PM | [Zoom Meeting](#)

*The Hummingbirds' Gift : Wonder, Beauty, and Renewal on Wings* by Sy Montgomery

As one of the most beautiful and intriguing birds found in nature, hummingbirds fascinate people around the world. They are also incredibly vulnerable when they first emerge from their eggs. With tenderness and patience, Brenda Sherburn rescues abandoned hummingbirds and nurses them back to health until they can fly away and live in the wild. In *The Hummingbird's Gift*, the extraordinary care that Brenda provides her peanut-sized patients is revealed, and shows us how truly amazing hummingbirds are. This beautifully written and inspiring little book is the ultimate gift for nature lovers



## A Life on Our Planet

My Witness Statement and  
a Vision for the Future

David  
Attenborough

'Read this book  
to learn, but also  
to honour the man.  
We shall never  
see his like again.'  
*The Sunday Times*



Feb 3 | 1:00 PM | [Zoom Meeting](#)

*A Life on Our Planet: My Witness Statement and a Vision for the Future* by David Attenborough

In this scientifically informed account of the changes in nature over the last century, award-winning natural historian David Attenborough shares a lifetime of wisdom and a hopeful vision for the future. See the world. Then make it better. It is the story of how we came to make this, our greatest mistake -- and how, if we act now, we can yet put it right. We have one final chance to create the perfect home for ourselves and restore the wonderful world we inherited. This meeting is open to anyone interested!



# *Reminder: Arboretum History Chat & Chew Series Begins in January*

Are you curious about the old days when the Arboretum was known as Compton? Do you wonder about the original gardeners...and whether the Morrises had servants? What's the scoop on the long-gone Compton mansion? For that matter, who were John and Lydia Morris, other than statues in Azalea Meadow?

You can find answers to these and other questions about the Arboretum's heritage at our Brown Bag Lunch & Learn winter series.

Explore the private estate era via photos, maps and stories with Joyce Munro, an Archives volunteer and author of *Untold Stories of Compton*. Whether you're a volunteer or employee, paid or unpaid, newcomer or long-timer, you're welcome to join us. Bring your lunch and chew on something.

**Wednesday, January 18 at noon in Widener Upper Gallery**

Kindly let Jenny Rajotte know if you plan to attend – [jrajotte@upenn.edu](mailto:jrajotte@upenn.edu)





*From the Archives***A Date Worth Noting:  
January 1933***by Joyce H. Munro*

Ninety years ago, when a garden club wanted a first-rate illustrated talk, they invited [John C. Wister](#). He could take club members to the pine forests of Germany, the lavender fields of France, the mixed flower borders of England and the formal gardens of Italy with his [hand-tinted lantern slides](#). Then with a quick change of slides, he could bring the audience home to Philadelphia for a tour of Mrs. Lloyd's iris beds or Mrs. Taylor's boxwood enclosed gardens at Boxley. What Wister didn't know about gardens and flowers wasn't worth knowing, they used to say.

But in January of 1933, Wister wasn't lecturing, he was talking to newspaper reporters about plans for a new arboretum in the Philadelphia area—an arboretum comparable to the best in the U.S. This may sound vaguely familiar. Several months earlier, UPenn's President Thomas Gates had made a similar statement to the press about the new Morris Arboretum. However, Wister wasn't referring to Morris, he was introducing another fledgling arboretum, twenty miles south—the Arthur Hoyt Scott Horticultural Foundation, today called the [Scott Arboretum of Swarthmore College](#).

Felled trees in Crum Woods, Wister lantern slide  
(McLean Library, Philadelphia Horticultural Society)



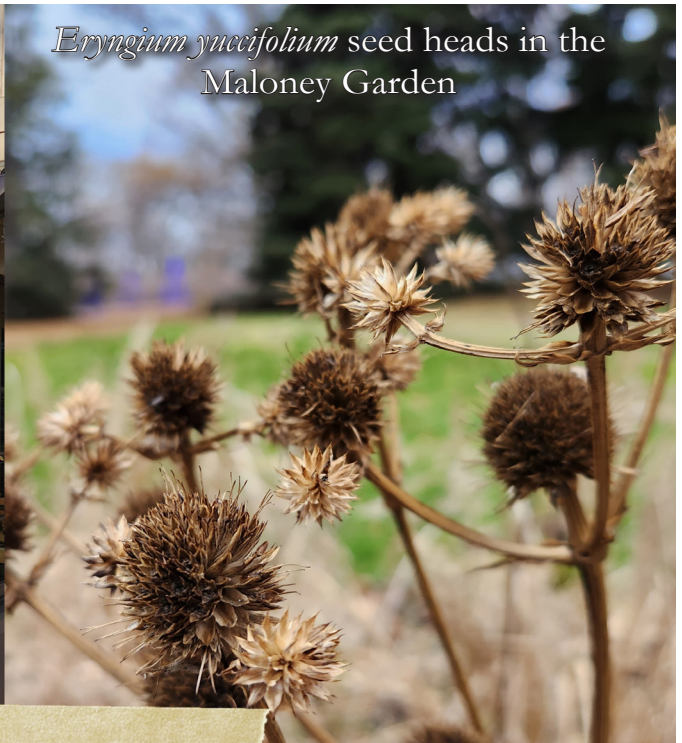
Actually, the founding of Scott Arboretum predates the Morris. When Wister was appointed Director in 1930, he began thinning out the woods adjacent to campus in order to plant hundreds of seedlings, and by 1933, Wister was ready to announce plans to go public. With the goal of demonstrating practical landscaping to homeowners, the Scott would be a counterpoint to the Morris's global collection of woody specimens.

Meanwhile, at Morris Arboretum that January, Director Rodney True and UPenn administrators were busy selecting dates for dedication ceremonies, lining up speakers and compiling invitation lists of distinguished horticulturists. And yes, John C. Wister was on the list.





Horticulture staff designed wreaths to adorn the Visitor Center



*Eryngium yuccifolium* seed heads in the Maloney Garden

AROUND THE  
*gardens*



December sunset as viewed from the Widener Plaza



Late Autumn view on wooded path



Misty Arboretum View  
Photo by Jen Monico



## January

## Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Book Club (Zoom) 1pm	<b>7</b> Wellness Walk 10:30am Regular Tour: 1-2pm
<b>8</b> Wellness Walk 10:30am Regular Tour: 1-2pm	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Education Committee Meeting 1pm	<b>13</b>	<b>14</b> Wellness Walk: 10:30am Bare Naked Tree Tour: 11am Regular Tour: 1-2pm
<b>15</b> Wellness Walk 10:30am Regular Tour: 1-2pm	<b>16</b>	<b>17</b>	<b>18</b> Arboretum History Talk #1 12pm	<b>19</b>	<b>20</b>	<b>21</b> Wellness Walk 10:30am Regular Tour: 1-2pm
<b>22</b> Wellness Walk 10:30am Regular Tour: 1-2pm	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> Wellness Walk: 10:30am Bare Naked Tree Tour: 11am Regular Tour: 1-2pm
<b>29</b> Wellness Walk 10:30am Regular Tour: 1-2pm	<b>30</b>	<b>31</b>				



## February

*Upcoming Events*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b> Book Club (Zoom) 1pm	<b>4</b> Wellness Walk 10:30am Regular Tour: 1-2pm
<b>5</b> Wellness Walk 10:30am Regular Tour: 1-2pm	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Education Committee Meeting 1:00pm	<b>10</b>	<b>11</b> Wellness Walk: 10:30am Bare Naked Tree Tour: 11am Regular Tour: 1-2pm
<b>12</b> Wellness Walk 10:30am Regular Tour: 1-2pm	<b>13</b>	<b>14</b>	<b>15</b>  Arboretum History Talk #2 12pm	<b>16</b>	<b>17</b>	<b>18</b> Wellness Walk 10:30am Regular Tour: 1-2pm
<b>19</b> Wellness Walk 10:30am Regular Tour: 1-2pm	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Wellness Walk: 10:30am Bare Naked Tree Tour: 11am Regular Tour: 1-2pm
<b>26</b> Wellness Walk 10:30am Regular Tour: 1-2pm	<b>27</b>	<b>28</b>				