



SARAH P.
DUKE
GARDENS

growing





growing 2019
contents

Giving Together	2
Academic Partnership	6
Student Highlight	8
Collection Connections	10
Harmonious Community	12
Cellular Expression	15
A Year in the Arboretum	18
Hospital Partnership	24
Paths to Discovery	28
Nature as Healer	30
A Place to Rest	32
Duke Gardens Society	35
Duke Gardens Supporters	37
Memorial Gifts	38
Gifts in Honor	39
Board of Advisors	40
Annual Report FY'19	

from the **Executive Director**

Welcome to the first edition of our combined *Growing* magazine and annual report, a result of our ongoing effort to reduce the volume of printed material we produce and transition to more online content delivery. I hope you enjoy this new format.

This past year our activities focused on several themes, which run throughout the narratives of this publication.

- We increased our outreach and partnerships with Duke students and faculty to better connect with the life of the **university**.
- We continued to promote **wellness** in all the communities we serve, making the connection between mindfulness and spending time in nature in our beautiful and inspiring garden spaces through creative programs and outreach.
- We sought new opportunities with the expanded vitality of the **arts** at Duke, creating stronger connections between Duke Gardens, the Nasher Museum of Art and the Rubenstein Arts Center.
- In addition to reducing printed matter, we took action to increase our **sustainability** in meaningful ways, both financially and operationally.
- We expanded our education, public programs and visitor services programming and outreach to the diverse **community** we serve, including Duke, Durham and visitors from around the world.
- And recognizing that we are a vital **gateway** to Duke University, we entered a planning process to re-envision the visitor experience here that we look forward to sharing with you more over the coming year.

In addition, we had a good year programmatically and financially, with a record level of participation and support, including an increase in income of over 5%, and a fundraising total 15% above the previous year. Thank you!

We are grateful to our members, donors, volunteers, staff, board of advisors and the senior leadership of Duke University for the support that makes what we do here possible. I hope you enjoy reading about our activities over the past year and that you visit us often throughout the coming year.

As always, thank you for all you do for Duke Gardens and Duke University.

Sincerely,



Bill LeFevre

growing





Giving Together

A family gift creates an inspiring legacy

By Orla Swift

When Leo and Charlotte Brody passed away, their family came together in mourning. But their deaths also led the family to an uplifting opportunity: to honor the elder Brodys' achievements and passions by creating lasting legacies.

Leo Brody was always generous in helping others in his community of Kinston and eastern N.C. He had emigrated from Poland and worked hard to build a successful business. But he had not left any specific instructions about how donate funds he had designated for charitable contributions upon his death. It was up to their family to decide how best to allocate these funds.

For Leo Brody, the family created a scholarship fund at Duke University for students from the Carolinas, particularly eastern North Carolina.

For Charlotte Brody, their immediate idea was a children's garden. Charlotte Brody was a master gardener and columnist who spent 40 years educating people in her community about the importance of organic foods and gardening for a healthier lifestyle. She dreamed of creating a place where children could experience the joys of gardening.



Clockwise from left: The Charlotte Brody Discovery Garden; zinnias and cosmos flowers surround children in the Discovery Garden; the Brody family at the garden's dedication. P.4: zucchini plant; summer campers. P.5: coneflowers and bee balm line a Discovery Garden path; display at U.S. Botanic Garden.

The Brodys envisioned something small at first: a community garden in Kinston, maybe run by the local garden club. But when they learned that Duke Gardens was hoping to create an educational garden for children and families, they were inspired to think bigger.

In 2012, with the Brody family's generous support, Duke Gardens dedicated the Charlotte Brody Discovery Garden, a sustainable, organic, educational food garden.

With additional funds from the Burpee Foundation, the Discovery Garden also included the Burpee Learning Center, a tobacco barn rebuilt from two historic barns donated by Larry Daniel, former associate director of Duke Gardens.

In the Discovery Garden, young campers plant seeds that grow into plants they can later show their families and friends, adults take hands-on classes about healthy soil or how to grow organic vegetables, Duke engineering students brainstorm ideas such as automation possibilities for cold frame enclosures, and families join free drop-in programs to learn how chickens and bees make ideal garden partners. The majority of the produce from the Discovery Garden is donated to Healthy Families Durham, a nonprofit that provides food and nutritional information to local families in need.

"We laugh sometimes to think that the legacy that was left behind for her may be greater than the legacy for my grand-

"Now every kid who comes to Duke, every kid from Durham, every kid from North Carolina and every kid whose family comes to Duke Gardens has a chance to come here for discovery—discovery of the beauty of the natural world. ...

"Wouldn't you like to think that the kids who come here for the rest of time will discover the pleasure there could be in thinking of yourself as a steward of the Earth, as someone who takes care of the Earth so that there's more and more of it for the people who come afterward? That would be a lot of great discovery to come out of a garden."

— Duke President Richard L. Brodhead
at 2012 Discovery Garden dedication.





father because of the success of the Discovery Garden,” says Dan Shiff, the Brodys’ grandson, who later joined Duke Gardens’ Board of Advisors and served as board president.

“Tens of thousands of people from around the world have visited and learned from it,” he says of the garden. “I can’t imagine what my grandmother would have thought. ... I know she would be amazed at the number of people that this gift has touched.”

“My grandmother always thought that gardening isn’t for rich people or poor people, anyone can do it,” he says. “And she was right. When you look at who uses Duke Gardens, it’s people who are members of garden clubs, but it’s also people who have their own garden and are looking to learn, or people who just want to get fresh air. She really understood that it’s not just the plants, it’s the whole experience.”

Although Shiff graduated from Duke, most of his family members who gave to the Discovery Garden had no connection to the university.

“It was a bit of a hard lift to convince everyone to give the gift to Duke,” Shiff says. “They said, ‘Why Duke?’ But Duke just turned out to be a perfect partner, which is pretty rare. It’s easy to give stuff away but it often just disappears.”

Shiff can envision other families having the same debates. They may be thinking of Duke, they may be thinking of lots of other great organizations, but I would just say that Duke really did take care of this legacy and the funds. “They were very wise about the decisions they made.”

The dedication ceremony, which included a speech by Richard L. Brodhead, then Duke’s president, served also as a Brody family reunion.

Even visiting the Brody Garden on his own leaves Shiff feeling closer to his grandparents, and proud of what he and his family made possible in their name.

“If you sit on a bench and watch people walk by, and you see their reactions to the garden, you really get a sense of pride and happiness that this turned out the way it did,” he says. “It far exceeded every measure that we would have put on this, in terms of impact and legacy and the feeling that the money was used thoughtfully and carefully and created something amazing.”





Bringing Discovery to D.C.

By Jason Holmes

Duke Gardens was among 20 public gardens from across the nation that the United States Botanic Garden in Washington, D.C., selected for a prestigious exhibit this year titled “Gardens Across America.”

Participating gardens created vignettes to showcase their gardens

and reflect their local communities. The exhibit ran from May to October.

Duke Gardens’ vignette was in USBG’s Bartholdi Park. It featured a display of heirloom vegetables, aromatic herbs and flowers that had the feel of a community garden, but with a stunning view of Capitol

Hill. Visitors from around the world walked through a hog wire trellis of vining cucumbers and old-fashioned bean varieties. Informative signs similar to those in the Charlotte Brody Discovery Garden explained sustainable practices. The signs were anchored in metal water troughs planted with varieties of eggplants, dwarf tomatoes and heirloom peppers.

Duke alumni in D.C. were excited to happen upon this piece of “home” far from their alma mater. Some proudly shared photos of it on social media.

In 2007, Duke Gardens participated in a similar exhibit, featuring university affiliated gardens. We are pleased to have been selected for these high-profile exhibits, and proud to share our knowledge and horticultural talent on a national stage.





Cross pollination

Academic partnerships inspire new ways to learn

By Katherine Hale

When it comes to language study at Duke, verb conjugations are more likely to spring to mind than passion flowers, cacti and mint tea. But Spanish professors Liliana Paredes and Luis Navarro Roncero worked with Duke Gardens this year to connect students to the cultural, culinary and botanical sides of the language—and to open their eyes to the world beyond the classroom.

Teaching assistants Daniel Perez Labra and Stephany Ravell Sarmiento collaborated with Kati Henderson, an education program assistant at Duke

Gardens, to create a series of games linking plants, animals and locations in the gardens to the students' growing vocabulary. In one activity, students embarked on a scavenger hunt through the Charlotte Brody Discovery Garden for plants that also grew in Mexico, like lavender, squash and the edible nopales cactus. In another, small groups researched questions about the human and natural history of Duke Gardens, and they translated their findings into Spanish on illustrated posters. In the final week of the 6-week summer intensive, the students presented this information to the staff of the Jardín Etnobotánico de Francisco Peláez during a trip to

Cholula, Mexico. They also sampled many of the culinary foods and herbs they had first encountered in Durham, and they kept personal journals of their travels in Spanish.

The students' positive reactions in both North Carolina and Mexico delighted the lead professors and Gardens staff.

"They love it," Roncero says. "Even if they complain about bugs or the heat, they are doing it in Spanish—which is what we want!" As for him, "The Gardens gives me a place to set some fantastic scenarios, and the open air and the trees and all the species mean there are so many things you can do,"

all of which keep students more active and engaged than in a traditional classroom setting.

“Duke Gardens is a great tool for learning,” says teaching assistant Perez Labra, who finished his linguistics and language studies in Cholula and hopes to enroll in a graduate program in North Carolina next year. “Students got more interested when they saw the difference between the big Duke Gardens and the small Cholula garden, and they were surprised when they checked the different purposes of each garden. For example, in Cholula there are different plants that are used for medical purposes—it’s the traditional medicine, part of the Mexican culture. At Duke Gardens you have a lot of beautiful colors and peaceful places that make a comfortable environment. ... I was really surprised by almost all of the gardens, especially the food garden.”

The class was a prime example of how working with the Gardens can deepen a college course, says Henderson, who seeks out partnerships like this with instructors and students across disciplines.

“We’re a place for students to apply what they’re learning in the classroom in an environment that’s stimulating and inherently more complex than an abstract lesson or homework assignment,” she says. “There’s the beauty of the plants and landscape styles, the skill and knowledge and day-to-day work that goes into keeping these living things alive and looking good, the communities of different species that have symbiotic—or antagonistic—relationships with each other in this habitat, the historical and contemporary relationships people have had with different plants and lands, and on and on. There are so many points of

interest, so many ways for any individual or class to apply their own interests to experiencing the Gardens.”

The students weren’t the only ones who learned something new. After the students’ presentations, staff at the Jardín Etnobotánico said they’d like to visit North Carolina themselves. They also sent a detailed catalog of their collections to Duke Gardens to further the connections between the two institutions and continue the cross-cultural dialogue inspired by this course.

In the meantime, the 2020 summer intensive will return to Duke Gardens with plenty of new ideas. Future visits might showcase the botanical similarities between Durham and Cholula—oaks, magnolias, pines. Or they may include interactive and immersive smartphone games, or creating Spanish language versions of informational signs and other interpretive materials for visitors. The limiting factor isn’t the instructors’ creativity, the possibilities inherent in the Gardens, or even the sweltering summer weather in both countries—it’s the relatively short length of the course.

Henderson is eager for next summer’s course, and for others like it. The real-world unpredictability of the Gardens—from plants to wildlife and even its visitors from around the world—can help students to think critically and practically about what they’ve been learning in class, she says.

“They may ask themselves, ‘How can I tell if a tree has opposite or alternate branching?’ ‘How do Indigenous and Colonial history shape the landscape I live in as a student on campus?’ ‘How am I going to modify my engineering project so that it’s safe for children to interact with?’ ‘How can I perform this dance on grass?’ ”

“It’s also a space for community, where students can learn from each other and people beyond their instructors,” she says. “That’s what makes learning in Duke Gardens great—it provokes so many intriguing questions and connections.”

Below: Students share their newfound plant knowledge in Mexico. Facing page: Students learn about Duke Gardens’ plants from education program coordinator Kavanah Anderson.



Beyond the Hospital Walls

Duke medical student finds balance in Duke Gardens





In the hospital, the climate is always 70 degrees and fluorescent lighting. At any given moment the heart monitors beep, care teams murmur, and cart wheels squeak. As a medical student, I time-travel through the lives of patients I have yet to meet through their electronic medical record. I walk into their room, close the door and enter their

world, bouncing between their past choices, their present symptoms and the future ahead in less than 15 minutes. My to-do list grows: place order, write note, check on this patient, get the nurse for that patient, and repeat.

I love the hospital, and I am so grateful for the privilege to interact with so many different realities in one day. When I find myself feeling stagnant in these patterns, though, I go to Duke Gardens.

The gardens offer dynamic tranquility. Heart monitor beeps are replaced by singing birds and rustling leaves intermingling with silence. The only constant is my favorite wooden bench overlooking the ducks as they swim by on the pond.

In one visit, I mark time by feeling the warmth of the sun as it spreads across my shoulders then later recedes, leaving me shivering and feeling connected to my surroundings. Across weeks, time progresses in the way the tulips bloom then fade, the trees turn green to orange to bare, and the birdsongs become quieter as the weather grows colder.

In the gardens, I refocus on what is in front of me instead of what lies in the next 15 minutes. In the gardens, I am no longer a time-travelling medical student—I am a human planted in the present.

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Collection Connections



Trees with Tales

The **dawn redwood** in the Historic Gardens has a backstory that makes it one of the most memorable trees in the gardens. Until a living tree was discovered in China in 1941, botanists had only seen fossils of *Metasequoia glyptostroboides* and thought the species was extinct. The Arnold Arboretum collected seed from the wild and distributed seedlings around the world, including to Duke Gardens, where our tree was planted in 1949.



A large **sweetbay magnolia** grows just inside the main entrance of the Blomquist Garden of Native Plants, the second oldest area of the garden. A letter dated March 15, 1960, reveals that the tree was planted before the founding of the Blomquist Garden and came from the Georgia Coastal Plain Experiment Station in Tifton, Georgia.

— *Beth Hall Hoffman*



Harmonious Community

Concert series brings Duke & Durham together

By Orla Swift

The last 15 years have been transformative for Duke University's Arts District, from the Nasher Museum of Art's move to Campus Drive in 2005 to the Rubenstein Arts Center's grand opening last year.

Duke Gardens has played a vital role in this exciting emergence, with its nationally acclaimed landscape and architectural design, as well as art and floral exhibits and hands-on design workshops. But its highest profile artistic attraction is the long-running summer series Music in the Gardens, produced by Duke Performances in partnership with Duke Gardens.

Duke graduate Eric Oberstein has worked with the series over a number of seasons since its launch in 2007. A Grammy-winning music producer and a thought leader in the national creative campus movement, Oberstein became Duke Performances' interim director earlier this year, after the departure of longtime director Aaron Greenwald, who created Music in the Gardens. In the following interview, Oberstein discusses the series' growth and what makes Duke Gardens such an ideal setting for it.

From your perspective, in what ways has Music in the Gardens transformed?

It's been exciting to see the evolution of Music in the Gardens and community support for it over the last dozen years. Aaron Greenwald had the vision to present a series of vernacular music, featuring mostly locally or regionally based artists with a national profile, in the intimate and beautiful setting of the Gardens.

I was Aaron's first intern at Duke Performances (I had just graduated from Duke) and worked those first shows in summer 2007. I have fond memories of those nights—we presented the Carolina Chocolate Drops just as their star was rising, as well as Chatham County Line and a gospel double-bill with Capital City Five and the Gospel Jubilators, among others.

That first summer served as the blueprint for Music in the Gardens for years to come. There was a very positive response from the community—tickets were inexpensive and the shows drew a diverse audience from Duke and Durham. The 7 p.m. start time was also more convenient for families with young children, and patrons could bring a picnic dinner, creating a laid back, family-friendly atmosphere.

As Durham changed and grew in the coming years, Music in the Gardens became an important showcase for musicians living in the area. Over the years a range of genres and styles have been featured, including folk, bluegrass, Americana, gospel, blues and indie rock. The series also helped Duke Performances build relationships with musicians whom the organization ultimately commissioned to create special projects. I think the series has grown into a community treasure that people look forward to each summer.



Eric Oberstein

What do you think the setting of the Doris Duke Center Gardens lends to the audience or performer experience?

It's such a stunning environment. The audience and performers are surrounded by greenery and flowers, and you can hear frogs and cicadas. The setting is idyllic and allows the artists and audience to build a special and intimate bond over the course of the evening. Artists love performing there—they appreciate the beauty of the setting as well as the opportunity to connect with our audiences. The same goes for the audience—they love being in the Gardens with family and friends, enjoying a different artist each week.

Left: Jake Xerxes Fussell & Band. P.14: Birds of Chicago.

What are your hopes for the series once the Garden Gateway project is finished?

The Garden Gateway Project and new event lawn create all sorts of possibilities for the series. We're committed to continuing to present the best artists possible across a range of styles. With more lawn capacity, we anticipate being able to book some artists of slightly bigger profile, which is exciting to think about, though we still want to ensure the intimacy of the experience, as that rare quality is special to both the performers and audience. Expanded backstage and green room space will undoubtedly be helpful to us and appreciated by the artists. The project will open the door to a new level of artistic opportunity and audience engagement.

Are there any concerts that stand out as having been a particularly ideal marriage of music and nature?

For me the more intimate shows, perhaps just with a single singer/instrumentalist, are some of my favorites, as the artists are performing quieter sets as if they're in their living rooms. It's at these shows where you fully appreciate all of the Gardens — the sounds, the visual beauty, and the smells — alongside the music. The singer/songwriter Bedouine from this past summer was a highlight where I felt one could fully appreciate music and nature together.

Any "magical" moments that come to mind for you?

In 2015 Durham-based artist Phil Cook curated a set of three shows that featured his various projects and different collaborators. On the third and final night, he presented music from his new album at the time, "Southland Mission," with a killer band. For one song, Amelia Meath (of Sylvan Esso and Mountain Man) joined on vocals to cover Willis Alan Ramsey's "Northeast Texas Women" (video of that performance at gardens.duke.edu/meath). Amelia brought the house down—she and the band had incredible energy and the entire audience was up on its feet dancing. It was definitely one of my top Music in the Gardens memories.

On a personal note, was it your time spent here with the concert series that led you to want to get married here?

That definitely helped! As a Duke alum who loved spending time in the Gardens as an undergrad, I had always imagined the possibility of getting married in the Gardens. Working Music in the Gardens shows each week in the summers definitely made it feel like home and an ideal setting for such a special day with my wife, family and friends.

Stay tuned: For the Music in the Gardens 2020 season lineup and ticket information, please go to gardens.duke.edu/performances in late April.





Cellular Expression

Artistic garden gift celebrates mitochondria

By Orla Swift

Look closely at any plant in Duke Gardens and you can gain a deeper appreciation for the complex botany that transports water to roots, makes leaves grow, or attracts pollinators.

Every inch of the Gardens is a science lab of sorts, and now even the stonemasonry has a biological story to tell. Dr. Sandy Williams and his wife, Jennifer Scheid Williams, gave Duke Gardens the gift of an intriguing new bench site with a medical twist. Set

among boulders on a hillside in the Historic Gardens, a large mosaic depicts mitochondria, the organelles within animal and plant cells that enable respiration and energy production.

An alumnus, professor and dean emeritus of the Duke University School of Medicine, Sandy Williams met Jennifer when both were Duke Med students. They were intrigued by this opportunity to create a feature within Duke Gardens that would reflect their love of nature

and their loyalty to Duke in ways that can be appreciated on a variety of levels.

Historic Gardens curator Mike Owens worked with his team at Duke Gardens to create this unique seating area.

Sandy Williams talked about the project, how it came together, and what it means to him and his family to have had the opportunity to create something unusual and memorable for generations of Duke Gardens visitors to come.

On choosing Duke Gardens for this gift: “We’ve always loved Duke Gardens as a place for us and our children. The opportunity to do something lasting there, even beyond our lifespan, was appealing. Plus, we were pleased to find that our ideas fit nicely with the ambitions of the Duke Gardens leadership to create these kinds of places. ... We wanted to support the trajectory of the Gardens.”

On his long relationship with Duke Gardens: “I discovered Duke Gardens in 1970, when I first came to Duke as a medical student. I’ve been there hundreds of times in all seasons, for walks, picnics, sunrise services, plays and weddings. Jennifer and I have enjoyed the Gardens together, with our children, friends and guests over five decades. The Gardens have evolved in pleasing ways, and what made them special 50 years ago still rings true.”

On the importance of Duke Gardens to Duke University Medical Center: “Ambulatory patients and their families often enjoy the Gardens,

which are so close to the hospital and yet a different world. ... We’ve always been attracted to the value of nature—especially trees—as a way to complete our humanity and to restore our equilibrium when the challenges of life are making that difficult. The fact that Duke Gardens provides such a place so convenient to the campus is a great resource.”

On creating the mitochondria project: “We’d learned that the leadership of the Gardens was inviting individuals or families to participate with them in creating special sites scattered around the grounds. Some of our very good friends had done that already, or were in the process.

“Duke Gardens has always been a place of romance for Jennifer and me. We met at Duke, we were married in the Duke Chapel, and we raised our family largely in association with Duke. She’s a Duke physician’s assistant graduate, so she has a medical and scientific background, too. The mitochondrial theme was an idea that we developed together.



“Kate Senner and others from Duke Gardens helped us to understand what was possible. We looked at various sites around the garden and chose one out in open space. Secret corners of gardens are wonderful, but this one is easily stumbled upon by the casual visitor.

“Also, we love the rocks. We do a lot of high country hiking and love climbing on rocks. The basic design of a set of large, interestingly shaped boulders



appealed to us. We liked the idea that it was ours in a way, but we wanted to stay in the background.

“Finally, we deeply believe in the value of science in promoting human welfare, and with that in mind we picked a science theme. The site with its carvings reflects living cells and mitochondria, my favorite components of living cells.”

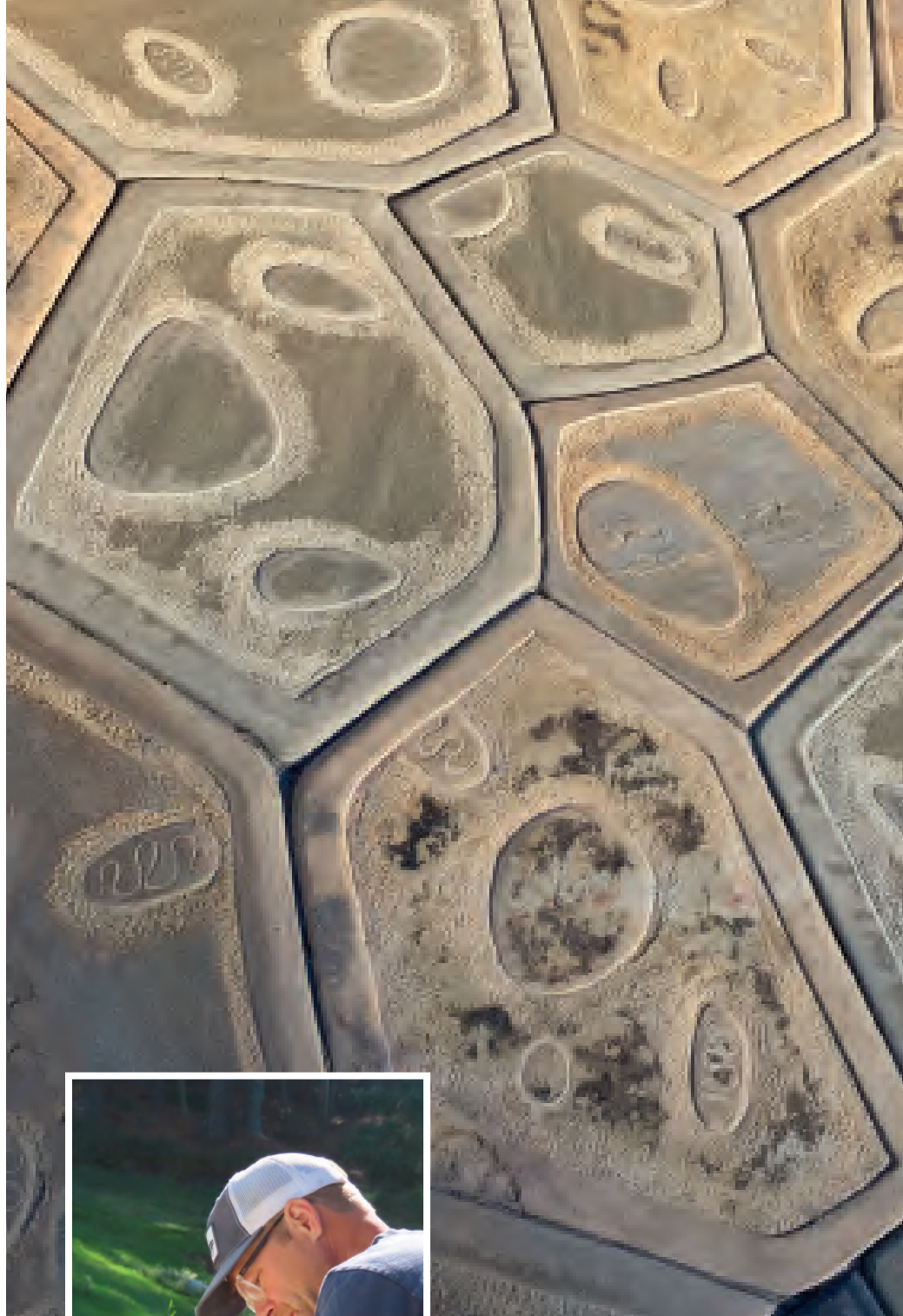
On the ease of working with Duke Gardens: “During every step along the way, communications with members of the Duke Gardens staff have been terrific. Everyone treated us well and answered our questions. Everything’s been timely and appropriate, and we’re grateful for that.”

On their hopes for this garden feature: “We see these rocks and mitochondria as creating a focal point for our family and friends, and as part of the Durham experiences we provide to guests.

“We know it will be visited by many people whom we’ll never know. We hope it brings them some joy to have a place to sit, reflect and gaze upon other parts of the garden. We hope they’ll look down and say, ‘What the heck is that?’ with respect to those shapes that are carved into the flat stones.

“The site is meant to have a little mystery to it, to promote some curiosity that might lead somebody to say, ‘Hey, those are mitochondria! I’ve never seen *that* in a garden before.’ ”

Learn more: If you’d like to discuss how you can leave a lasting legacy through a gift to Duke Gardens, please call Christina Johnson at 919-668-1701 or write to christina.l.johnson@duke.edu.



Clockwise from top left: Sandy and Jennifer Williams with their family at the new site; close-up of the stonework; stonemason Brooks Burselson works on the project; microscopic image of mitochondria.





A Year in the Life of the **Asiatic Arboretum**

By Katherine Hale

Though the Culberson Asiatic Arboretum fits seamlessly into the landscape as if it has been there forever, curator Paul Jones still sees it as a young collection, with plenty of room to grow. The timeless quality of the 18-acre arboretum is due to the hard work of its dedicated staff and volunteers. They devote thousands of hours each year to maintenance, improvement and countless little details that make for the arboretum's big impact on visitors.

Take the annual chrysanthemum displays, now in their fourth year. Although the plants are only on display for a few weeks each fall, creating these living works of art is a year-round process.

At the onset of frost in late fall, plants on display are moved to the greenhouse to overwinter. From January until March, cuttings of the best specimens are taken for the next year's showcase, says horticulturist Michelle Rawlins,

the staff member most involved in the process. These cuttings are moved out to the nursery in the spring, where Michelle fertilizes and removes lateral branches weekly until the end of August, when the now-mature chrysanthemums set their buds. Once the plants are ready to bloom, they are placed at strategic points throughout the arboretum—and elsewhere in Duke Gardens—to best complement the views and surrounding fall color for the three to eight weeks of the display season.

But even then, the work isn't over. Each heavy bloom must be staked for support, lest it collapse under its own weight. Hurricane forecasts mean hauling each precious container under cover and back out again once the storm has passed. Even less severe rains can cause the flowers to break or rot if they are not gently shaken within a few hours to dislodge moisture trapped beneath the petals. By the time of the Festival of Fabulous Mums—hosted in partnership with







“The pines are one of our most labor-intensive collections—sometimes it involves pulling almost all the needles off a tree,”

the Central Carolina Chrysanthemum Society—is over in early November, it’s time to start preparing the next year’s display. “We get a few weeks off—ish—in January, and that’s it,” Rawlins says with a laugh.

Shaping the Japanese Garden

The 30 Japanese black pines (*Pinus thunbergii*) in the Ruth Mary Meyer Japanese Garden are a permanent feature, but their care also requires year-round dedication. Duke Gardens purchased the trees already carefully trained to desired shapes. But continuing to maintain these pre-established forms—projecting the illusion of ancient, environmentally sculpted growth—is time-consuming.

“The pines are one of our most labor-intensive collections—sometimes it involves pulling almost all the needles off a tree,” says Matt Luks-Jurutka, Ruth Mary Meyer Japanese Garden Horticulturist. “I can usually do two or three trees in a day,” typically in May.

The remaining needles must be defended against three successive generations per year of voracious red-headed sawfly larvae, which can

strip trees bare within days if left to their own devices. Matt does a final round of pruning each winter, when the trees are dormant.

The Japanese teahouse at the center of the Durham-Toyama Sister Cities Pavilion is one of the arboretum’s most popular attractions, and it comes with a corresponding workload. The dozen or so public tea gatherings each year—both for the public and for students from Duke and area universities—are capped at 10 participants each and quickly fill to capacity.

The teas are led by expert practitioner Chizuko Sueyoshi and a crew of dedicated volunteers, but the arboretum staff prepares for each event by swapping out wooden doors and flooring for traditional *shoji* screens and *tatami* mats, checking for spiderwebs and dust, cleaning the water basins and providing seasonal accents and flower arrangements before each event.

The success of the Japanese garden and related cultural programming has led to dreams of expansion to accommodate popular demand. Among those dreams is a Chinese-style garden, says Jones, “an important

feature of which would be programming that continues a focus on the history and cultural importance of tea. In this new garden we would cultivate varieties of tea plants (*Camellia sinensis*) for the purpose of harvesting, preparing, and brewing tea leaves, all of which would provide opportunities to involve and educate the public.”

Devotion to details

Every tiny detail is the result of countless hours of thought and preparation, whether it’s selecting the precise shade of red for the Meyer Bridge; harvesting bamboo to construct wickets, flumes and fencing; cleaning out the three pumps that power the recirculating streams; weeding the moss garden with a dedicated crew of volunteers; or refreshing the water and scrubbing the algae off the 15 water basins placed throughout the arboretum. The waterfowl living in the pond provide their own challenges, including retrieving strays who wander up on campus, and chasing away aggressive geese looking to build their nests along the shorelines.

The biggest variable in the arboretum’s workload, though, is the weather. “Everything we do is weather



dependent,” says Rawlins, a sentiment heartily echoed by the rest of the arboretum’s horticulture team. Lack of rain sends them scurrying in different directions to make sure the gardens remain green and lush, while too much water makes for different challenges. Because so much water drains to the arboretum’s pond, a heavy rain sends the staff into overdrive raking the

paths, cleaning ditches and washing off debris-covered plants and rock-work around the pond—which can take a full day with larger storms. Hot weather means noxious algae growth in the shallower sections around the Meyer Bridge, and cold weather brings the risk of ice storms and the need to scatter salt along paths to prevent slips and falls.

Serving visitors

No matter how busy the staff is, they always have a moment to stop and chat with visitors—the primary reason for all their work. Whether they’re leading tours and educational programs about the arboretum, or directing visitors from the medical center to a peaceful spot for respite, they find

these interactions with the public to be the most meaningful and enjoyable part of their jobs.

“Just knowing that the hours that I’m putting in to the maintenance of all these projects are going to create a space for someone else to enjoy, and that might be a really important part of their day,” says assistant horticulturist Tess Anderson, “that’s why I personally wanted to do horticulture in the first place.”

*Clockwise from facing page: Japanese black pine (*Pinus thunbergii*); Yama doro style lantern; ‘Shizu Aki’ chrysanthemums at the Japanese Tea House. Centerfold: Japanese maple (*Acer palmatum* ‘Virdis’). P.18: Cherry blooms (*Prunus x yedoensis* ‘Akebono’). P.19: bamboo (*Phyllostachys nigra* ‘Bory’).*





A Framework of Hope

Hospital partnership is uplifting for patients & staff

By Orla Swift

Lori Smoot recalls the turbulent emotions she felt as she spent weeks with her infant son at Duke Health's Pediatric Cardiac Intensive Care Unit. She saw families distraught when their children could not be saved, and others crestfallen when their children improved but then further complications developed.

Such is the fraught nature of any intensive care unit. But of course there is a third factor in this equation, a brighter side: children who survive and thrive.

Smoot yearned for a way for those children to play a role in the daily lives of patients and families in the unit, as well as medical staff. Now, they do. And so does Duke Gardens.

Lining the walls of the entrance to the unit are 12 portraits of children in Duke Gardens. The children are holding framed photos of themselves from their days in intensive

care, with tubes, bandages, medical equipment and other signs of their precarious pasts.

Smoot organized the project with fellow members of the Heart 2 Heart Collaborative, a nonprofit devoted to providing education and advocacy to patients with congenital heart defects and their families. Annette Moore was among the parents who brought their children for portraits. Her 2-year-old daughter, Adeline, posed in front of a waterfall at Pine Clouds Mountain Stream.

"Having the photos taken in Duke Gardens was a visual reminder of life," she said. "Seeing the beauty and quietness of nature in the background will hopefully remind others to stop for a moment and remember the preciousness of life and to make the most of every moment with their child. It was a huge blessing to be able to have these photos taken in such a special and beautiful place."



Seeing the children's healthy, smiling faces can have a big impact on hospital staff, says pediatric cardiologist Michael Jay Campbell, who is part of Heart 2 Heart and helped launch the portrait project. Campbell works with children in outpatient care, so he has the benefit of routinely seeing happy endings. But many who work in the ICU see primarily stress and heartache. The portraits are enormously uplifting for them.

"When you're in the midst of taking care of some really sick folks, to walk in and see those pictures, it gives you a little boost of energy and purpose," he says. "Sometimes it's two steps forward, one step back, and you're frustrated by the step back, but you need to remember that you're moving toward this goal of these kids being healthy and doing great. ... Seeing those pictures really brings you back to why you're doing it, and what all the work is for, and that you really are making a difference."

The Duke Gardens photos were the second rendition of the portrait project. The first images, which were displayed for several years, were not taken at Duke University. But they were powerful, too, says Moore, whose daughter had her first surgery at 4 days old and was in the ICU for five weeks.

"Multiple times a day we'd walk by the Hope for Hearts gallery wall and we'd look at those pictures," she recalls. "What an encouragement they were to us to see children who had been in similar situations and now were 'making it' and thriving. On the toughest of days, these photos brought tears of hope to our eyes."



Photographer Cornell Watson offered to shoot the Garden portraits for free after hearing about the project from his wife, pediatric cardiology fellow McAllister Windom. Duke Gardens staff escorted Watson and the families to a variety of picturesque locations. Heart 2 Heart unveiled the portraits at a public ceremony in February in the atrium of Duke Children’s Hospital & Health Center, then moved them to the entrance hall of the Pediatric Cardiac Intensive Care Unit.

Smoot says she was thrilled with the portraits and with Duke Gardens’ eagerness to collaborate.

“It was like coming home,” she said of seeing the portraits on the wall. “Partnering with Duke Gardens really kept it in the Duke family. Think about it: families in turmoil and heartache sometimes wander those gardens praying, meditating or just taking a moment to breathe. They sometimes visit them for return appointments or during surgeries. The Duke Gardens become part of our stories as parents of cardiac kids. Taking the pictures there couldn’t have been more ideal.”

Children’s portraits by Cornell Watson.

“Seeing those pictures really brings you back to why you’re doing it, and what all the work is for, and that you really are making a difference.”

— Dr. Michael Jay Campbell



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For more information about joining the Duke Gardens Society, please contact Lauren Smith Hong at **lauren.smith.hong@duke.edu**.



Many Paths to *Discovery*

By Programs & Visitor Services Staff

Sometimes we learn from a person; sometimes the wider world is our teacher. Visitors at Duke Gardens benefit from both approaches; delving into the fascination that plants and nature hold for most people.

Visitors often arrive without specific ideas of what they want to do here. More often than not their first encounter is with a Duke Gardens volunteer. The volunteers' enthusiasm is contagious. With a little prompting, adults and children become garden explorers, seeking matches to color swatches, noting the geometry of blossoms, or creating their own personal maps. Many visitors take those ideas beyond the Gardens and more fully appreciate nature and its magnificent diversity.

Most days Duke Gardens is also a classroom for school field trips, connecting science, math, language arts and other topics that make full use of the interdisciplinary opportunities in nature. During a recent program, a third-grader pointed out dozens of newly hatched praying mantises on the leaves of a plant. With a tiny praying mantis perched on the fingertip of each student, the children got an impromptu lesson about insect anatomy and life cycles based on their own observations. They looked closely, counting six legs and three body parts, marveling at the foamy looking egg case from which up to 200 of these insects had emerged, and then gently returning each mantis to a leaf.

At the end of every school field trip, program leaders ask students to share one memory they will take from the garden. Sometimes it's just one word: bamboo, ducks, raspberry, proboscis. Other times it's a more complex concept or image: the smaller the soil particle, the longer it takes for water to drip through; a bee covered in pollen inside a foxglove flower. "Soil helps plants grow, but not all plants need soil," said one student, referring to a tillandsia display.

More than 11,700 schoolchildren came to Duke Gardens in the last year, with each visit offering them the chance to use observation as a resource for learning and feeling connected to the wider world in their day-to-day lives.



Duke Gardens also inspires curiosity and encourages exploration of nature for the more than 8,900 participants in adult classes, lectures, festivals and tours. Visitors also learn from exploring the gardens independently and reading our illustrated displays. For example, the informational panels in the Charlotte Brody Discovery Garden focus on the relationship between plants and people, encouraging us to think about our daily choices and their impact.

Duke Gardens serves as a data collection site for iNaturalist, a community science platform, allowing all Gardens visitors to learn from nature and share their observations. The data are used in a variety of research projects, from local surveys of winter residents to national projects tracking native pollinators and disease vectors.

Whether you're seeking to collect specific data or to practice observing for 10 minutes during a lunchtime walk, Duke Gardens offers a rich environment for all to discover more of what makes the world amazing, beautiful, and our healthy home.

Nature as Healer

Mindfulness walks demonstrate the restorative power of nature

mindfulness



By Orla Swift

Whether you're walking along Duke Gardens' miles of paths or relaxing in an Adirondack chair by the Virtue Peace Pond, all it takes is a few strides or some long, deep breaths to begin feeling the positive impact of your surroundings.

Study after study illustrates nature's power to improve our lives in myriad ways, from decreasing anxiety to enhancing focus and cognition, calming negative emotions and improving sleep.

Betsy Dessauer knows these benefits well. The founder of Durham-based Mindful Anytime, Dessauer leads "Mindfulness in the Gardens" guided walks as part of Duke Gardens' education program. She sees nature and mindfulness practice as perfect complements to each other.

"Just as mindfulness provides space for us to unwind from the constant noise of our digital world, nature has a similar therapeutic effect," she says. "Combining the two is a wonderful way to bring awareness to the present moment and experience the many health benefits, physical and mental, they both impart."

In the Q&A below, Dessauer shares more about her observations and techniques.

Can you describe a typical mindfulness walk in Duke Gardens?

We begin by discussing what mindfulness and *Shinrin-yoku* (aka "forest bathing") are, and what benefits we experience through their practice. We then walk as a group to three different locations in the gardens, pausing at each one to discuss different meditation techniques and having the opportunity to practice. In two of the locations, I give suggestions for self-led meditations. In the other, I guide a 10-minute seated meditation.

What parts of Duke Gardens lend themselves well to your guided walks or to the practice of mindfulness?

Duke Gardens is full of incredible beauty that engages all of the senses. Throughout our walk, we bring awareness to the many layers that the gardens provide. As for particular locations, the guided walk takes place in the Spring Woodland Garden, at the Meyer Bridge, and through areas of the Asiatic Arboretum that are typically less populated so that we may explore our surroundings more fully.

Having taught mindfulness to public school students, do you feel that college-aged students can benefit from it in the same way?

Stress affects everyone these days, and I think many college-aged students experience even heavier stress. A practice like this is a quick and easy introduction to mindfulness and has benefits regardless of whether you are a novice or a regular practitioner. The mindfulness walk introduces techniques that help you release stress and worries, stay more focused on the present, and feel more calm and relaxed. Outside of a mindful walk or practice, just immersing yourself in the gardens and nature greatly benefits the mind and body.

Can you share a simple technique that Duke Gardens' visitors could employ to get a sense of what a more mindful garden experience could feel like?

One technique I use in our "Mindfulness in the Gardens" walk is guiding participants through a step-by-step awareness of their senses. The beauty of Duke Gardens plays a major role in the experience. This approach helps participants not only focus more easily on the present moment, but it also is

calming, reducing stress and anxiety, and it increases ease in the body and mind.

Here is another simple practice: Go to a comfortable spot that you find peaceful and safe to sit and relax. If you would like, you can close your eyes, or you can take a soft gaze toward the ground in front of you. Take a couple of full breaths in and out. Bring your attention to all of the sounds around you. You may notice the sound of birds, children playing, flowing water, people walking and talking, the wind through the trees, etc. Allow yourself to be aware of the sounds as they come and go, without seeking them out, labeling or judging them. Simply listen and be with the sounds of Duke Gardens, and when you are ready, take a deep breath, notice how you are feeling, open your eyes and take in the day.

Join us:

To see schedules for mindfulness walks and related offerings, please go to gardens.duke.edu/programs in January, or write to gardenseducation@duke.edu to sign up for education program emails.



A Place to Rest

The Memorial Garden at Duke Gardens

By Lauren Smith Hong

Tucked away to the north of the Historic Terraces lies a serene garden marked with an understated entrance of Duke blue stone that, although often missed by passersby, is a treasure in the heart of Duke Gardens. Mature trees form a canopy over exquisite plantings of camellia, azalea and other shade-loving beauties. Shaded benches invite visitors to find moments of respite and reflection. And stones that line the winding paths tell stories of individuals who have made their mark on the world. Welcome to the Memorial Garden at Duke Gardens.

Dedicated in 2005, the Memorial Garden was created in response to an increasing number of people who wished to be memorialized or to memorialize loved ones at Duke Gardens. More than 850 designated spaces, each with a limestone marker, edge a pathway that loops through 2 acres of woodland. Many of the markers have been

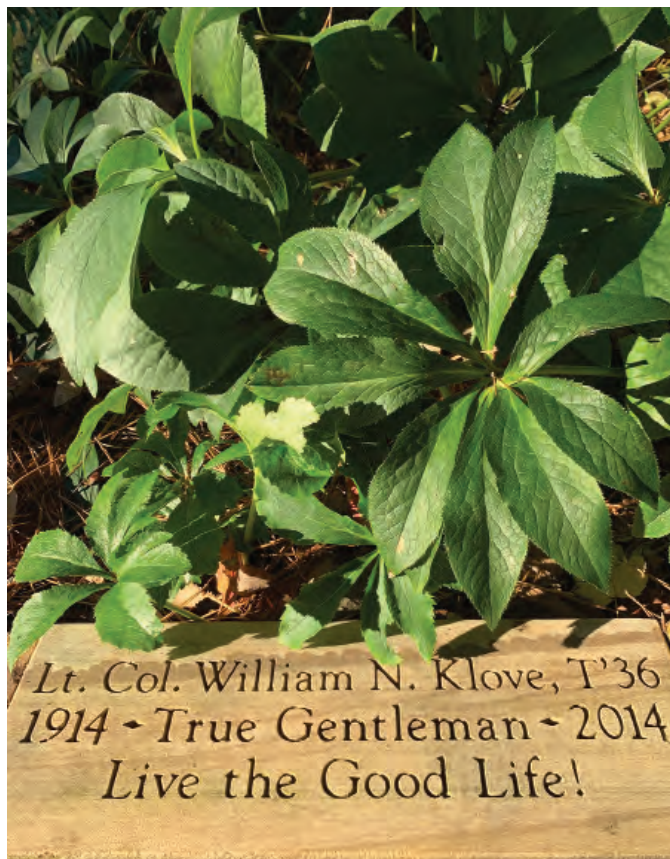
engraved with the names of loved ones who have passed, and in several cases, ashes of the deceased have been incorporated into the earth behind the markers.

Here you will find engraved stones memorializing scores of Duke alumni and faculty. The Memorial Garden is, after all, the only place on Duke's campus where one can be buried—besides Duke Chapel, which is restricted to Duke's founders and others who shaped the university. Sidney W. Smith Jr., a prominent lawyer who graduated from Duke in 1943, lies next to his wife of 70 years, Margaret Taylor Smith, a Duke Graduate (T'47) who was a founding member and chair of the Council of Women's Studies at Duke. Their stones, side by side, are both engraved with the shorthand symbol for "I love you," something Sidney once wrote on Margaret's paper in class at Duke, not knowing that she could read shorthand. It became an enduring symbol of their lives together.

Longtime Duke history professor Robert Durden lies close by, his memorial often inspiring smiles from visitors who had the pleasure of learning from him during his 49 years at Duke. Several spaces to his right, Marion Stoner, a Duke alumna (WC'59) and early proponent of the sustainability movement, is memorialized with the simple line that warms the heart of any nature lover: "More gardens, less garages."

You will also find individuals who are not affiliated with Duke but have ties to Duke Gardens. When Peggy Landini and Steve Kern moved to Wake Forest four years ago, they visited Duke Gardens and instantly fell in love with its beauty. They became volunteers here, and today they work as garden ambassadors, sharing their love of Duke Gardens with visitors from around the world. This volunteer experience inspired Peggy and Steve to reserve three spaces in the Memorial Garden. As Peggy explains:

"Volunteering at Duke Gardens opened up for us just how large and diverse a population is impacted by this garden. People are profoundly affected by the sheer awe of this place. We see visitors every day from all over the world. We have given hospital patients with serious illnesses a few hours to enjoy nature. Duke students take advantage of the Gardens to study or just hang out, and you can see how healthy it is for them. We felt moved to include Duke Gardens in our estate plan, setting up a bequest to support the Gardens' endowment through the Memorial Garden, where we have buried the ashes of my first husband,



Clockwise from facing page: Rhododendrons frame a shaded bench; a memorial marker; mahonia flowers. P.34: Lenten roses.

Thomas Landini, and where our ashes will be housed. We want our bequests to reflect our approach to life and do some good in this world, and our bequest to Duke Gardens reflects who we are and shares our blessings with others."

With each step taken in the Memorial Garden, the stories grow. Stories of individuals who made an impact. People who touched lives. People who have now found a place to rest in the peace of this serene setting. People who will be remembered, as family members, friends and passersby gather in this vibrant garden to celebrate the beauty of life.

Participation in the Memorial Garden is accomplished through a contribution of \$25,000* per individual to the Sarah P. Duke Gardens endowment, an operating endowment for Duke Gardens. Gifts entitle donors to have their ashes or the ashes of a loved one buried and marked with an engraved stone with up to three lines of text. A portion of the contribution is tax deductible.**

If you are interested in learning more about the Memorial Garden, please contact Lauren Smith Hong at 919.668.5253 or lauren.smith.hong@duke.edu.



Frequently Asked Questions *about the Memorial Garden*

1. Can I have my ashes (or the ashes of a loved one) buried in the Memorial Garden?

Yes, with a signed Memorial Garden agreement and your completed gift, ashes can be buried in a biodegradable urn (provided by the family) or can be placed directly in the ground. You may also choose to preserve the ashes and have a marker placed in your designated spot. A gift of \$25,000 per individual is required to be eligible for burial in the Memorial Garden.*

2. May I choose the burial location?

We are happy to tour the Memorial Garden with you to show you the available locations. A signed Memorial Garden agreement will secure the burial location you have chosen.

3. May I decide on the wording for my stone(s)?

The text is to be mutually agreed upon and approved by Duke Gardens and the donor. There is a three-line maximum and no more than 25 characters per line.

4. If I am married, can my spouse have his/her ashes placed next to mine?

Yes, your spouse or other family members may have their ashes buried next to or near yours.

5. Can we hold a service at the Memorial Garden?

Yes, you are able to have a burial service at the Memorial Garden. Because of the garden's design, space is limited. Often, families will have a larger memorial service that complements the more private and intimate burial service held at the Memorial Garden. Duke Gardens will work with the donor or donor's family to find an appropriate date and time for the burial.

6. What are some of the ways I can make my gift?

A new gift of \$25,000* per person to the Sarah P. Duke Gardens Endowment Fund makes you eligible for a burial spot in the Memorial Garden. You can make your gift in one of the following ways:

a) An outright gift of \$25,000 (in cash or appreciated securities);

b) A pledge of \$25,000 to Duke University that is payable within five years of the date on which the pledge is made;

c) A charitable bequest gift included in a will or trust, a beneficiary designation of a retirement account or another type of deferred gift, as long as you are aged 65 or older at the time of entering into the gift agreement;

d) A charitable gift annuity (CGA), a type of life income gift that provides a fixed income to you and future support for Duke, with annuity payments beginning when the income beneficiary is aged 65 or older.

7. Whom should I contact for more information?

Lauren Smith Hong, *Development Officer*
Sarah P. Duke Gardens
919.668.5253 | lauren.smith.hong@duke.edu

Footnotes

**The minimum giving level required for burial in the Memorial Garden is \$25,000 as of December 1, 2019, but this minimum level may increase in the future. Duke must receive your gift in full before ashes are interred in the Memorial Garden.*

***Duke University estimates that the non-deductible, fair market value of this service is \$500. Please consult with your personal tax advisors to determine how this gift will affect your individual tax and financial situation.*

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Duke Gardens Society is an important donor community that provides our most generous supporters the opportunity to make a deeper connection with – and contribution to – the mission of Duke Gardens. Membership in Duke Gardens Society is open to households who make a contribution of \$1,000 or more annually to the Gardens' Annual Fund, helping us invest in the future of this world-class botanic garden in the heart of Duke and Durham. These gifts were received during the 2019 fiscal year (July 1 – June 30).

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Reunion Class of 1978
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Reunion Class of 1972
Reunion Class of 1971
Reunion Class of 1968
Reunion Class of 1966

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GROWING • 2019

Cover photo: Zinnia 'Benary's Giant Coral' in the Charlotte Brody Discovery Garden. Photo by Lindsey Luks.

Back cover: The Cherry Allée in fall. Photo by Victoria S. Kearns.

Inside front cover: Foxglove and bee in the Terrace Gardens. Photo by Clarence Burke.

Inside back cover: Fiery skipper butterfly on a zinnia in the Discovery Garden. Photo by Cathi Bodine.

Additional photo credits: Leonard Beeghley (p.29); Cathi Bodine (p.4 all, 17 inset, 30, 33 bottom); Alex Boerner (p.13); Clarence Burke (pp.8, 9, 34), Duke Photography (p.3 bottom); Rick Fisher (pp.1, 2); William Hanley (p.22); Kati Henderson (p.3 top); Wendell Hull (p.19); iStockphoto (pp.16 bottom, 27); Paul D. Jones (p.20); Kathy Julian (p.31); Nikolay Kurzenko (p.11); Jared Lazarus (p.12); Luis Navarro Roncero (pp.6-7); Michelle Rawlins (p.23 bottom); Bill Snead (annual report photos); Lori Sullivan (pp.18, 23 top) Orla Swift (pp.14, 15, 17, 24, 33 top); United States Botanic Garden (p.5 exhibit); Cornell Watson (pp.25-26); Karen Webbink (p.5 top).

Growing edited by Orla Swift. Editorial assistant: Katherine Hale.

Special thanks to Duke Gardens' volunteer photographers for documenting the Gardens' plants, programs, new features and architecture with unflagging enthusiasm and artistry.



Every blossom at Duke Gardens represents growth, an opportunity to view the Gardens in a new light.

Similarly, your support allows us to explore our potential and expand our horticulture and public programs to foster an environment full of learning, inspiration and enjoyment.

GROW WITH US.

Contact Christina Johnson at 919.668.1701 to discover how you can support the Garden Gateway and the future of Duke Gardens.

Contact Lauren Smith Hong at 919.668.5253 to discover the important role Duke Gardens' Annual Fund plays in our continued growth.

DUKE GARDENS BY THE NUMBERS

Welcoming **1/2 Million** visitors annually;
free & accessible to all



21,000
people participated
in programs at
the Gardens



345
new additions
to curated plant
collections



10,000+
students from
100+
area schools
participated in
programs at the Gardens



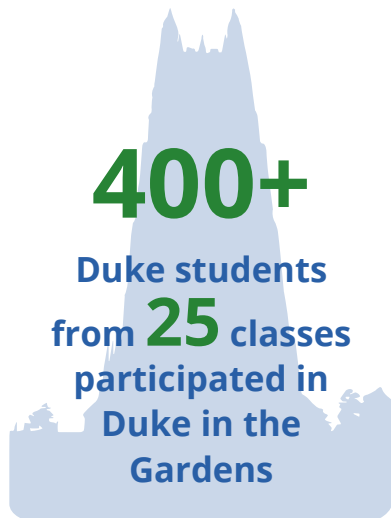
75
threatened or
endangered species in
the Blomquist Garden



360,000 plants
2,500 species
in Duke Gardens



10%+
campers
received
scholarships



400+
Duke students
from **25** classes
participated in
Duke in the
Gardens

307 volunteers contributed
17,690 hours

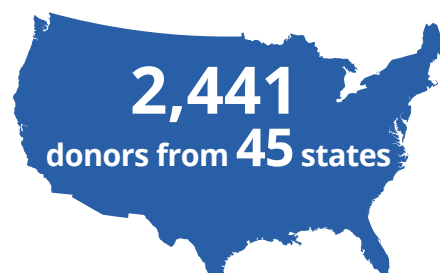
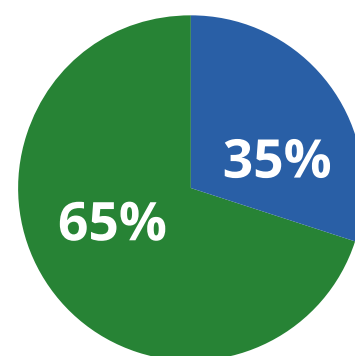
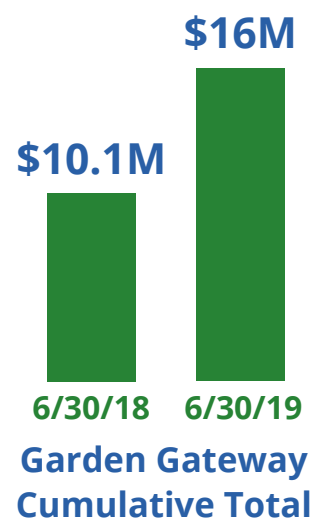


STATEMENT OF OPERATIONS • FY'19

PHILANTHROPIC SUPPORT

\$965K
Annual Fund

\$9.5M
Total Fundraising



Revenue

2019 2018

Earned Income

Facility Rentals	\$317,895	\$339,921
Endowment Income.....	1,018,936	1,005,070
Programs and Special Events	214,115	177,656
Total Earned Income:	\$1,550,946	\$1,522,647

Contributed Income

Duke University Allocation.....	\$1,442,920	\$1,419,542
Other University Support	402,549	370,286
Annual Fund	967,513	817,946
Foundations	2,500	0
Other Projects and Programs.....	341,341	338,597
Transferred in from Prior Years.....	604,610	589,067
Total Contributed Income:	\$3,761,433	\$3,535,438
Total Revenue:	\$5,312,379	\$5,058,085

Expenses

Salaries and Fringe Benefits.....	\$2,238,041	\$2,142,881
Horticultural Operations.....	472,330	462,462
Programs and Special Events	138,768	127,832
Marketing and Public Relations	45,002	29,048
Development	88,501	93,338
Administration	321,378	319,352
Occupancy	534,706	504,950
Special Projects	499,624	485,099
Retained for Future Projects and Programs	974,030	893,123
Total Expenses:	\$5,312,379	\$5,058,085

Fundraising (cash receipts)

Current Operations (unrestricted).....	\$965,667	\$821,972
Capital Projects (temporarily restricted).....	1,639,466	1,433,979
Endowment (permanently restricted).....	627,113	544,146
Total Fundraising:	\$3,232,247	\$2,800,097

fiscal year runs July 1 – June 30



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