

Gardens as Places of Inspiration and Rejuvenation

By Kurt Beil, ND, LAc, MPH, Post-doctoral Research Fellow & Assistant Professor, National College of Natural Medicine

Launching this year's Healing Garden theme, the author of this article, Dr. Kurt Beil, is one of five health care professionals who are participating in the Garden's Open Pavilion program this month. On Thursday, February 9, at 2 p.m. Dr. Beil will speak informally with visitors about the subject of nature and healing. Drop in for a cup of tea and meet him. (See pages 2–3 for the Open Pavilion calendar of events.)

Gardens have been recognized as healing spaces since the beginning of civilization. Immersion in the lushness of nature provides people with an opportunity to celebrate the beauty of life while finding a place for contemplation. This type of experience is increasingly beneficial in the modern urban and post-industrial era, and can be used for a variety of healing situations.

A sense of separation from the outside world is one of the first noticeable features of many gardens. By acting as a refuge, a well-constructed garden offers a place away from the troubles of daily life. This provides opportunity to explore gardens as a "sacred space" in which a sense of peace and safety permit people to mentally process their concerns without interruption. The security of such a space provides a feeling of "being away" that is important for most types of healing work.

Inside the protective sphere of a garden, its most noticeable aspect is the ambience of nature that it provides. Exposure to the vegetation, water features and/or earthen forms reminds us of a timeless, natural attraction to beauty that feels instinctive



and primal. This automatic reaction has been extensively studied and is referenced under the term "biophilia," or "love of living/natural things."

One of the greatest benefits of biophilia is its ability to reduce stress. Multiple research studies have shown how contact with nature automatically decreases a person's heart rate, blood pressure, and levels of the "stress hormone" cortisol. At

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Leah Verwey

the same time, contact with nature has stress-relieving effects on the mind. Negative mood states (e.g. depression, anxiety) are reduced while positive moods (e.g. joy, gratitude) are increased. Studies have even shown that contact with nature helps people become more altruistic and generous toward others.

Spending time in a garden has other mental benefits. It helps clear the mind of distractions and unconscious thoughts so that one's

attention can be sharp and focused. Research indicates that even limited contact with nature improves concentration and mental performance in both workplace and classroom settings. A growing body of evidence shows that gardens and other types of outdoor nature settings also reduce symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and other cognitive/behavioral conditions.

Lastly, gardens are places for contemplation and reflection. Viewing the beauty and variety of nature helps us understand the interconnection of the great web of life. Similarly, by observing the changing of the garden landscape over time (especially if the same place is visited on a recurring basis) the cycles of the seasons help people identify with their own growth and healing, as well as their eventual mortality. Many people use this latter experience to achieve acceptance of the inevitable, find gratitude for the current moment and adopt hope that rebirth is possible.

Gardens are rich places of safety, relaxation, rejuvenation and inspiration. They embody the fertility of the land and enhance the therapeutic powers of nature that lead to greater health. Any time spent in a garden is an opportunity to experience true healing, and such opportunities are best treasured, nurtured and cherished.

Open Pavilion: The Garden as Healing Space

Mondays–Fridays in February (excluding 2/20)

Noon–3 p.m.

Included with Garden Admission

February's Open Pavilion program explores new ways of enjoying the Garden during the coldest days of winter. With a warm and inviting atmosphere for visitors to step in from the cold, we hope members and visitors will sit down for a cup of hot tea and take time to read poetry or study some aspect of health and well-being, surrounded by soft music and beautiful paintings. Drop in any Tuesday or Thursday afternoon in February at 2 p.m. to talk with an expert on achieving a sense of well-being as we launch a year of considering "The Healing Garden" in all its many aspects.

Yoga in the Garden

We are pleased to announce that all of the yoga classes that were offered at the Garden in collaboration with Yoga Pearl are sold out! Our thanks to Yoga Pearl for their cooperation.

yoga ● pearl

Special Winter Guided Tours of the Garden

Mondays–Fridays in February (excluding 2/20) 1 p.m.

The Garden will offer special winter guided tours every day during the month of February. Only in the winter months do we have the opportunity to see the elegant silhouettes of maple branches and with luck catch a light dusting of snow on the sand and stone garden.

Admission is free to members and included in Garden admission for non-members. No reservations are required.



Leah Verwey

Open Pavilion: The Garden as Healing Space (cont.)

Year of the Healing Garden Talks

On Tuesday and Thursday afternoons from 2–3 p.m. in February, health care professionals, naturopaths, and teachers will be on hand in the Open Pavilion to discuss various healing practices. Additionally, teachers of traditional Japanese art forms such as *Kado* (the Way of Flowers) and *Chado* (the Way of Tea) will explain how their practices help in maintaining a calm and balanced way of life.

2–3 p.m. on dates indicated below

February 2: Japanese Gardens and Well-being

Sadafumi Uchiyama, Portland Japanese Garden Curator

February 7: Tea and Tranquility

Jan Sosui Waldmann, Tea Teacher, Kashintei Kai

February 9: Nature and Health

Dr. Kurt Beil, Assistant Professor,
National College of Natural Medicine

February 14: A Naturopathic Approach to Good Health

Dr. Glen Nagel, Chair, Department of Botanical Medicine,
National College of Natural Medicine

February 16: TBD

February 21: Medicine in the Garden

Dr. Arlette Sieckman, Naturopathic Physician

February 23: *Kado*, The Way of Flowers

David Shunko Komeiji

February 28: The Benefits of Shiatsu

Michael Dunbar, LMT, Oregon Licensed Shiatsu
National College of Natural Medicine



Healing Spaces:

Paintings by Stephen Futscher

February 1–29 (excluding 2/20)

Mon–Fri, 12–3 p.m.

Courtesy of Stephen Futscher



As an integral part of the restful environment of the Open Pavilion in February, relax and enjoy the quiet beauty of paintings by artist Stephen Futscher, MFA. Critics writing for *The Daily Yomiuri* in Japan had this to say about his work:

“The delicate sense of color and the subtlety of Stephen Futscher’s work in watercolor reflect the twenty years he spent as an artist living and working in Kyoto, Japan. His mastery of the use of watercolor on paper suggests a print-like or woven quality to his work, which is meticulously brush-painted by hand. Layers of delicate color give a luminous feeling of moving through space.”

Wagashi: Japanese Sweets

Gena Renaud, Yume Confections, Portland

Fridays, February 3, 10, 17, and 24

12–3 p.m.

Garden Pavilion

Drop in to sample traditional *wagashi* (Japanese sweets) and learn more about them from confectioner Gena Renaud. These sweets are the perfect complement to a cup of hot tea and a quiet moment in the Garden Pavilion.



Gardener's Corner

By Adam Hart, Senior Gardener, Portland Japanese Garden

Thank You Douglas Fir

You may have noticed an old Douglas fir tree was recently removed from the Garden near our Admission Gate. The tree lived to be an impressive 110 years old, but it eventually succumbed to an unhealthy root system and an infestation of pests in the summer of 2011. The tree was taken down in December, and much of the wood has been donated to be reused.



The tree was taken down in installments.

A large portion of the trunk was donated to Urban Timberworks, a company that salvages urban trees and turns them into lumber. Another large portion went to local potter Kenneth Pincus as firewood for his kiln.



A shrine was created in the tree's honor.

Photos: Sadafumi Uchiyama

The tree watched over our Garden since our humble beginnings, and it will be missed.

What Happens to the Koi During the Winter?

A common question this time of year in the Garden is, "What happens to the koi in this cold weather?" Many believe it's too cold for them to survive our winters outdoors, but the truth is that they endure as well as those of us on land. You may notice that as temperatures drop, the koi become more sedentary and prefer to reside in the lowest parts of our ponds. Foraging for food becomes increasingly rare as we head into the



Josh Boggs

deepest depths of winter. We keep a watchful eye on them this time of year because with cold temperatures, the koi immune system is greatly suppressed and they become more vulnerable to pests and diseases. We are happy to report that our new koi have adjusted to our ponds quite well, and are healthy and happy in their new home.

Free Admission Day

February 20, 10 a.m.—4 p.m.

Everyone is welcome and encouraged to invite their friends, family, and fellow community members to visit the Garden on Free Admission Day. Garden guides will be stationed throughout the Garden to help answer questions and will speak about the Garden's history, culture, and traditions.

Hina Matsuri, the Doll Festival

February 25—March 3, Garden Hours

February 25—Hina Origami with Yuki Martin, noon—3 p.m.

Included with Garden Admission

Hina Matsuri is one of the five annual observances called *Go-Sekku* that mark the changing seasons. A major feature of this celebration is the display of *Hina Ningyo*, special dolls representing the imperial family and their courtiers. The Portland Japanese Garden is proud to present the exquisite Dozono family Hina dolls, gifted to the Garden in 2008. Once again, cotton yukata kimonos are provided to dress up your children for a photo in front of the doll display.



Jonathan Ley

In the Garden Gift Store and Online



For the first time ever, the Garden will be hosting yoga classes this month. Participants can come prepared with eco-friendly mats from Barefoot Yoga, available at the Garden Gift Store. The natural

jute mat offers the "grippy," cushiony texture you need and is made from sustainably-grown jute fibers and phthalate-free polymers that are 100% recyclable. The hybrid eco-mat comes in moss green, rain, and lilac. Built on a base of 100% recycled polyester fibers, these mats are completely non-toxic and latex free. Both mats are very affordable—members save even more. Jute mats are \$42.95 or \$38.66 for members; eco-mats are \$35.95 or \$32.35 for members. Students registered for yoga classes at the Garden save 10% on the days they attend class.

Bamboo Fence Building Workshop

March 10–11

9 a.m.–3 p.m., rain or shine

Pavilion and grounds

\$150 members / \$175 non-members

(503) 542-0280

(Reservations open 2/7)



This two-day, hands-on experience teaches participants to design and build a fence panel using traditional Japanese materials and techniques. Necessary tools, supplies, and printed material are provided, however participants are encouraged to purchase and use additional tools provided in the supplementary set available at the Garden Gift Store or online.

Member Tea & Tour

March 18

1-3 p.m.; Pavilion

Free; Members Only

Reservations required; events@japanesegarden.com

(Reservations open 2/14)

All members are invited to visit the Garden for our Member Tea & Tour. Join us for light refreshments, tea, and guided tours of the Garden.



Lecture: Gardens Below the Watchtower

Anna Hosticka Tamura

Thursday, March 22

5:30-7:30 p.m.

Garden Pavilion

\$10 members/\$15 non-members

japanesegarden.com/events or (503) 542-0280

(Reservations open 2/21)

Anna Hosticka Tamura is the Landscape Architect for the Pacific West Region-Seattle Office of the National Park Service. Tamura will discuss the great lengths that Japanese Americans went to build Japanese gardens in internment camps during WWII, and what that says about their love of culture and natural beauty.



The U.S. Government assigned renowned American photographer Ansel Adams to document life in the internment camps during WWII.

Photography Workshop: Developing Garden Photography Skills

Saturday, March 24 or Sunday, March 25, 8 a.m.–noon

Pavilion and Garden Grounds

\$35 members / \$45 non-members

Reservations required; space is limited

japanesegarden.com/events or (503) 542-0280

(Reservations open 2/21)

Join nature photographer David M. Cobb for a workshop focused on helping you develop your garden photography skills. David will present a brief lecture and demonstration slide show in the Pavilion, followed by an outdoor shoot in the Garden where he will offer one-on-one assistance and work with participants on improving their composition, lighting, metering, and exposure skills. Photographers of all abilities are welcome.

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The Garden Path

EditorMary Keith Agnew
mkeithagnew@japanesegarden.com

Designer..... Megan Caraeff
mcaraeff@japanesegarden.com

2011 Annual Fund Appeal a Success

As the Portland Japanese Garden looks forward to the upcoming programs and events related to the “Year of the Healing Garden,” we would like to take this opportunity to thank our members for supporting the Garden’s Annual Fund. Since the launch of our end-of-year appeal in October, our generous members have contributed more than \$40,000 in additional funding for the areas where it is needed most.

These donations help us to provide enriching educational programming and a tranquil space for our community. Only with our committed and consistent supporters can the Garden be the world-class institution that visitors have come to expect. Every contribution, great or small, has a real impact on the Garden and the work that we do. Again, thanks to our members for their continued dedication to the Portland Japanese Garden.

Additional Koi Being Released into the Pond

After the winter storms of 2008, the Garden has worked very hard to mitigate problems in the pond to create an environment that is healthier and safer for the koi. This includes installing new pond filtration systems and back-up pumps, sealing the ponds, and creating deeper spots to offer safe hiding places and winter dormancy for the koi.



The Garden is planning to release another 15 koi into the ponds this summer, the second release after the first successful release of 18 koi on Children’s Day last year. The new Koi were born in Nigata and raised in Hawaii by the Kodama family.

There are still naming opportunities available for the new koi. For more information on naming a koi or donating funds for the koi project, please visit: www.japanesegarden.com/koi/.

Haiku by Peter Kendall

From a single spore
a constellation of ferns
in winter repose



The Golden Crane Society

Individuals

\$25,000+

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\$10,000-\$24,999

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*Deceased

Golden Crane Legacy Members

Golden Crane Legacy Members have named the Garden as the ultimate beneficiary of a planned gift. We are grateful to the following people for letting us know of their plans to support the Garden in this special way:

Anonymous (3)

Barbara Bell

Diane Benjamin

Steve Bloom & Michael Blankenship

Clarence Bobbe

Mora L. Chartrand & Linda L. Grant

Stanley Davis Trust

Margueritte Hirschbuhl Drake

Bill Findlay

Susan Halton

Al Horn

Jerry & Ann Hudson

Duke Mankertz*

Beverly Merrill*

Carmen Wong-Blair

If you would like to include the Garden in your estate plans, or if you have already done so and would like to be listed as a Legacy Member, please contact Nicolas Gaudreau at (503) 542-0281 or ngaudreau@japanesegarden.com.

*Deceased

Tribute Gifts

In memory of Judith M. Dyer

Victoria Priesmeyer

In memory of Dr. Franklin Piacentini

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In memory of Pauline Mesirow

David Mesirow & Margaret Mesirow

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The Portland Japanese Garden designates all memorial gifts to its Foundation in order to support the organization in perpetuity. In addition, the Garden's foundation includes endowment funds created through the generous gifts of our friends. We are proud to acknowledge the following funds:

Jack & Lynne Hoffman Donor Advised Fund

Akira & Saeko Saheki Endowment Fund

If you are interested in contributing to our endowment, please contact Nicolas Gaudreau at (503) 542-0281 or ngaudreau@japanesegarden.com.

Memorial Gifts & Donations



Prefer to receive this newsletter electronically?
E-mail membership@japanesegarden.com to make the switch, and thank you for helping the Portland Japanese Garden reduce its environmental impact and conserve resources.

Members-only Hours:
Tuesday–Sunday: 8–10 a.m.

Winter Public Hours:
(October 1–March 31)
Tuesday–Sunday: 10 a.m.–4 p.m.
Mondays: noon–4 p.m.

February Guided Tours:
Monday–Friday: 1 p.m. (except 2/20)

Winter Public Tours:
Saturday & Sunday: 1 p.m.

Winter Gift Store Hours:
Tuesday–Sunday: 10 a.m.–4 p.m.
Mondays: noon–4 p.m.

Helpful Numbers:
Information (503) 223-1321
Membership Services (503) 796-9180
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Event Reservations (503) 542-0280

Street Address:
611 SW Kingston Avenue
Portland, OR 97205

www.japanesegarden.com

February

- 2/1–29 Open Pavilion: The Garden as Healing Space (M–F only, excluding 2/20) 12–3 p.m.
- 2/1–28 Informal Drop-in Talks on Health & Well-Being (Tuesdays and Thursdays) . 2–3 p.m.
- 2/2–23 Yoga in the Garden (Tuesdays and Thursdays)* 10 a.m.–11:30 a.m.
- 2/20 President’s Day/Free Admission Day 10 a.m.–4 p.m.
- 2/25–3/3 Hina Matsuri, The Doll Festival Garden Hours
- 2/25 Hina Origami 12–3 p.m.

March

- 3/3–4 Ohara Ikebana Exhibition 10 a.m.–4 p.m.
- 3/10–11 Bamboo Fence Building Workshop* 9 a.m.–3 p.m.
- 3/18 Member Tea & Tour* 5:30–7:30 p.m.
- 3/22 Lecture: Gardens Below the Watchtower 1–3 p.m.
- 3/24&25 Photography Workshop: Developing Garden Photography Skills* 8 a.m.–12 p.m.
- 3/29 Photo Member Hours 6:30–8 a.m.
- 3/31–4/1 Saga Goryu Ikebana Exhibition 10 a.m.–4 p.m.

**Reservations required. Registration fees are non-refundable. Dates and times subject to change.
For more information and to make reservations or payment arrangements, call or visit:
www.japanesegarden.com/events ♦ (503) 542-0280*