The Central Atlantic Region of State Garden Clubs (CAR) includes the following seven states: Delaware, Maryland, National Capital Area, New Jersey, New York, Pennsylvania, Ohio. The Region was established in May 1929 by Maryland, New Jersey, New York, and Ohio. Pennsylvania joined in 1931, followed by National Capital Area in 1954 and Delaware in 1958. Betty Cookendorfer, is the Region Director.

The Seven States Zoom Series kept the Region connected over the last year when it had been difficult to meet in-person. Members were able to sit back, relax and enjoy the presentations. The concept was simple - each president had the freedom to choose a program that they felt would be appreciated by a broad audience resulting in the Seven Presidents delivering a very successful and amazing program series. Here are the interesting and engaging topics:

1. Anna O’Kelly, President of The Federated Garden Clubs of Maryland, presented: Microgreens, Grow them at Home (161 Participants)

2. Cecelia Millea, President of The Garden Club of New Jersey, presented: Tree/Forest Canopy Ecology and Its Role in our Environmental Health. (184 participants)

3. Barbara De Rue, President of Delaware Federation of Garden Clubs presented: The Misadventures of Peter Rabbit in Farmer McGregor's Garden (186 participants)

4. Lynn Arnold, President of Federated Garden Club of New York presented: Karner Blue Butterfly, A Special Species (188 participants)

5. Arlene Stewart, President of National Capital Area Garden Clubs (NCAGC), presented: Visiting the US National Arboretum's Herbarium (191 participants)

6. Marlene Hatton, President of Garden Club of Ohio, presented: Botanical Arts (186 participants)

7. Sheila Croushore, President of The Garden Club Federation of Pennsylvania presented: Trips and Tours (191 participants)