

## **Contemplative Garden Proposal**

April 2, 2016

Terry O'Day

### **Proposal** (individual context)

In my quest to pursue creative work that has a positive impact on society, I have found that working with landscape is tremendously rewarding, not only to me, but also to those who experience the physical spaces I've helped to create. After many years of practice with arranging structural landscape elements and developing aesthetically pleasing plant communities at the B Street facility and other sites, I am asking for an opportunity to install a small-scale landscape project on campus.

### **Rationale:** (disciplinary, social, and ecological context)

There is a deep body of research on the topic of positive human response to natural settings. On its website devoted to Green Cities and Good Health, the University of Washington cites many examples of research supporting the idea that "Metro nature - including trees, parks, gardens, and natural areas - enhance quality of life in cities and towns." <sup>1</sup>

In another example, Abraham, Sommerhalder, and Abel cite multiple studies to support their statement that: "Landscapes have the potential to promote mental well-being through attention restoration, stress reduction, and the evocation of positive emotions... and social well-being through social integration, social engagement and participation, and through social support and security." <sup>2</sup>

Possibly because of their highly formalized structure, Japanese gardens in particular seem to provide health benefits. A preliminary study by two Rutgers researchers suggests, "Japanese gardens may offer tangible healing results for vulnerable populations, including late-stage Alzheimer's patients." After brief periods of sitting in a Japanese garden, Alzheimer's patients experienced reduced stress and enhanced well-being, as measured by a heart-rate test and behavior change." <sup>3</sup>

The above examples provide evidence to support the claim that a thoughtfully designed landscape can provide benefits to the community that lives and works within it. While most of the campus landscape already demonstrates this point, I believe that the proposed project site could be improved so that it is more in keeping with the existing park-like campus environment.

### **Project Description** (concept)

The proposed project is to design and build a low-maintenance Japanese-inspired contemplative garden on the south side of the library, adjacent to the east entrance. The design specifies an open screen of native flowering shrubs and trees to provide a backdrop for the central design element, which is envisioned as a quiet sanctuary for reading and reflection in keeping with the site's proximity to the library. The garden will fit within the normal campus landscape maintenance protocol (annual trimming to the ground for shrubs, light annual pruning for trees). The project will be completed in three phases: Site prep will prepare the site and install the perimeter elements (circular path, screening and bedding plants). The design and Installation phases will be completed through project-based studio and seminar courses offered by the Art Department and as a faculty/student creative project. Facilities will be consulted on an ongoing basis throughout the design and installation phases to ensure alignment with overall landscape goals.

### **Phase I Site prep – Feb-May 2016**

The first phase is already funded through the Elliott fund. Site prep includes removal of plant material, land-shaping to define pathways and planting areas, adding soil amendments and installing the perimeter path and plants. At the completion of the prep phase, the site will be attractive and easy to maintain in the interval between the prep and build phases. In fact, the site could be maintained in the prep phase over many years as a landscape improvement to what is currently in place. Site prep will be completed by O'Day as creative activity with help from students and facilities as available.

### **Phase II Garden Design – Feb-May 2017**

The garden design will be produced through academic courses in the new design track in the art department. ARTST 370 Interdisciplinary Design Studio and ARTST 122 Health, Nature, and Design are project-based courses intended to give students opportunities to work with clients on real-world design projects such as the one described in the garden proposal. Faculty time has been allocated to teaching these courses and funding is in place to support them. The art department has its own allocation of Elliott funding, some of which will be directed towards supporting the design courses.

### **Phase III Installation May 2017-May 2018**

Garden installation will also be supported through the academic program in the art department. ARTST 220 Studio II provides students with opportunities to develop skills through hands-on practice and can include projects such as the one described. Depending on the design, outside contractors may be brought in to complete specialized portions of the installation. Potentially, the implementation phase could also become an interdisciplinary summer faculty/student creative project through the SAH URSCI initiative.

### **Funding**

The budget for the garden installation will be determined through interviews with stakeholders and supporters of the project and will be an important constraint during the design process. The project steering group will seek funding for installation from many sources, both internal and external to the campus community. Installation will not begin until the project is fully funded.

### **Ongoing**

The design requirements stipulate that the garden maintenance plan be consistent with the overall landscape maintenance protocol - i.e. annual light pruning of trees and shrubs and fall trimming to the ground for herbaceous perennials. Facilities Management will be consulted throughout the design phase to ensure that the maintenance plan fits campus requirements. In addition to general use by the campus population, the garden will be used as a teaching and community gathering space by the Japanese and Art programs.

## **Contemplative Garden Proposal Report**

October 18, 2017

Terry O'Day

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### **Spring semester 2017 - Complete**

21 students in the Health, Nature, and Design course produced 4 different designs that were shared with the campus community for input and feedback at the end of the semester. Students also completed ceramic footstones with individual designs to be installed in the garden.

### **Summer 2017**

Angelica Rockquemore is the former student who originally envisioned a Japanese garden on the Pacific campus. She has completed her masters in Landscape Architecture and is employed as a landscape designer at a firm in Hawaii. Angelica has distilled the designs and feedback comments from the Spring 17 design class into a draft design (see appendix) and we are working to come to a final resolution. Once we have a final design, then we will begin fundraising. The student council has already allocated \$4000 towards the garden installation.

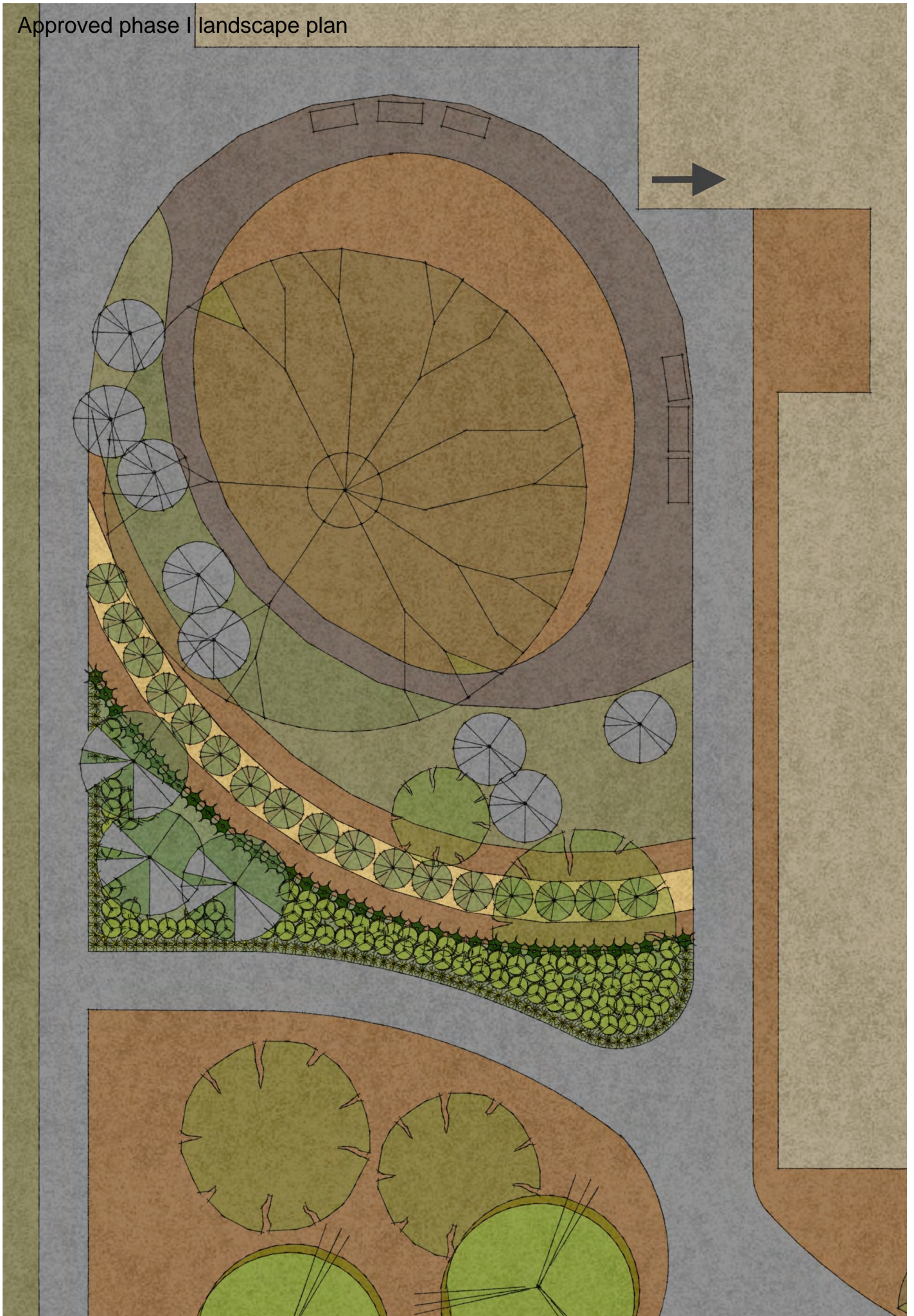
In early summer, I installed a drip irrigation system so the garden wouldn't need to be hand-watered through the summer. I also made plant divisions to fill spaces between purchased plants (I had purchased about 2/3 of what was with the intention to make divisions as an economizing measure) I also purchased some replacement plants and will make the last round of divisions with my permaculture class in Fall 18. .

### **Tile Installation**

Adjacent to the garden, Alina Button's tile installation is also in progress. The ceramic tiles were damaged during the drying process. Addressing this problem required an additional process whereby the clay tiles were converted to concrete castings through the use of plaster molds. This incurred an unplanned expense and counts for the bulk of the Fall 18 Elliott request. The tiles are now complete and awaiting installation. Eric Canon has manufactured the steel structure and the clips that will hold the tiles in place. Bill has set the post. We are currently waiting for the concrete to cure prior to installation. Tiles should be installed by the end of the fall 18 semester.



Approved phase I landscape plan





Approved landscaping plants for creative projects



Amelanchier alnifolia  
'Martin'



Cercis canadensis texensis  
'Oklahoma'



Sambucus  
'Black Lace'



Baptisia Prairieblues™  
'Solar Flare'



Baptisia x variicolor Prairieblues™  
'Twilite'



Vaccinium corymbosum  
'Liberty' 'Legacy' 'Spartan'



Sedum Sunsparkler series



Origanum  
'Kent Beauty'



Alyssum compactum  
'Gold Dust'





Agastache Foeniculum  
'Blue Fortune'



Caryopteris x clandonensis  
'Inoveris'



Lavandula stoechas  
'Purple Ribbon'



Achillea millefolium  
'Strawberry Seduction' 'Terracotta'



Coreopsis verticillata  
'Zagreb'



Gaura lindheimeri  
'Whirling Butterflies'



Rudbeckia fulgida sullivanii  
'Little Goldstar'



Echinacea purpurea  
'Wild Berry'



Sedum telphium  
'Autumn Fire'





Fuchsia  
'Lady Thumb'



Fuchsia magellanica  
'David'



Cornus stolonifera '  
Arctic Fire'



Athyrium filix-femina ssp. asplenioides  
Matteuccia struthiopteris



Viola walteri  
'Silver Gem'



Heuchera Carnival series



Galium odoratum



Dicentra formosa  
'Bacchanal'

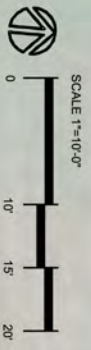
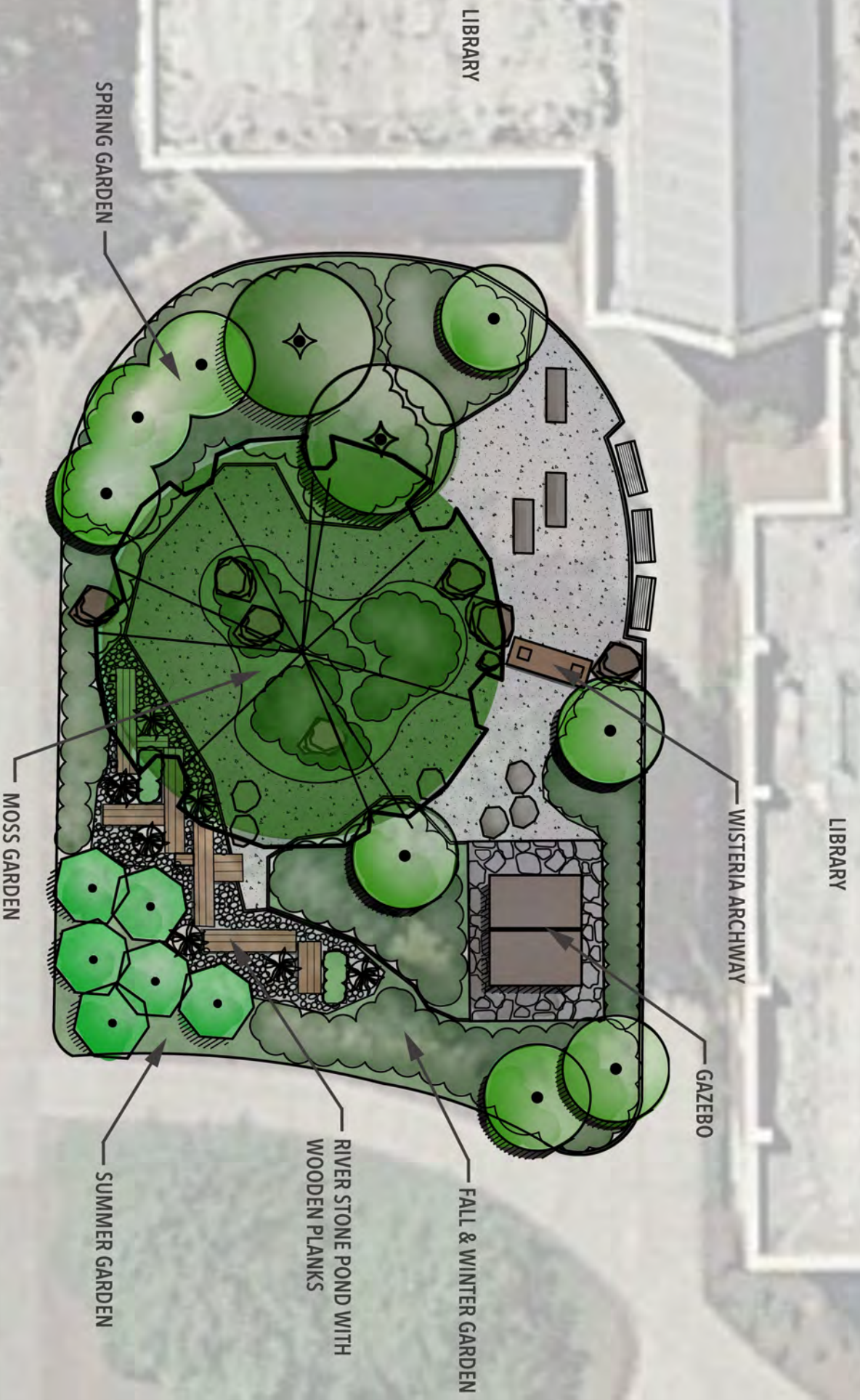


Iris sibirica  
'White Swirl'





PACIFIC UNIVERSITY - STUDENT SERENITY GARDEN  
CONCEPTUAL MASTER PLAN - SEPTEMBER 2017



Draft design by Angelica.Rockquemore in response to student designs in ARTST 222.



Tiles ready for installation

