

The Digest

THIRD DISTRICT FEDERATED GARDEN CLUBS OF NYS, INC.



MAY 2015

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Editor's Note

Hello and welcome to the newly redesigned edition of *The Digest*. I hope you will find our newsletter easy to navigate and that the content will inspire your club to continue to contribute.

I am a member of the Germantown Garden Club in Columbia County who has been living there since 1998. I joined the club the very next year, as I was very interested in making my blank yard into gardens.

I was so sad to hear about the death of Elizabeth Hain. She was a judge at many of my club's flower shows and will be missed.

Betty was a mentor to me. I am thankful for what she taught me about writing a flower show schedule. For years, our club had the same format which was judged below par. I asked Betty to help and she rose to the occasion. She met with me and went over every single problem that we had with the schedule. Because of her, I learned how to organize and write it in the correct format. Thanks to Betty, we have won quite a few awards for it. She was a great mentor. I am so thankful for her guidance.

Speaking of mentors, I would like to give a big thank you to Maryann Weber, former editor of this publication, for mentoring me on how to be the new editor of *The Digest*. I had many questions and Maryann answered them all. This is a big learning curve as I wasn't that aware of the scope that District III comprises. Wow, we have 30 clubs in 8 counties! I am so impressed.

Please feel free to give me any feedback and let me know if you have any ideas to make this newsletter more engaging for you.

Karin Janson, Germantown Garden Club
kjanson@aol.com

From the Director

Hello everyone!

Spring is finally here, the birds are singing, warmer days make yard work easier to complete and the new Third District Board was installed April 16. Exciting times are ahead for all of us. Just as we plan which task to complete in our gardens, much thought is given in order for a beautiful outcome to occur. We elicit advice from respected resources, family, and friends. Yet, even with the careful planning, there are circumstances that are out of our control. The weather is the main one, as many of you know, which can have the largest impact.

The first Board meeting will be in a few weeks and similar to planning a garden, we will plan activities for the District. As we do this, many ideas have been suggested to me for something a little different at the Fall and Spring District Meetings. Please feel free to share what you would like this Board to do for you. I will share your thoughts with the Board members and as a group we will weigh each idea carefully. We need to be on the same page. Change is good; it can be refreshing, scary, and positive or negative, at the same time. Let's try to keep open minds as we move forward and support the goals of our State President, Pat Wania, and the goals of this Board. I know we will be successful if we work as a **TEAM—Together Everyone Achieves More!**

Speaking of working together, this is the perfect opportunity to mention a few needed items. **First, the Yearbooks.** I need to see what wonderful meetings, trips, speakers, plant and bake sales, flower shows, youth activities, and more you have planned. Remember, we are all in the FGCNYS to learn from each other. Each club makes a huge difference in their community by volunteering. Why reinvent the wheel when you can learn by sharing your knowledge with other clubs? And of course, I NEED to give a report at the next State Board Meeting on June 9. I'm very good at making your reports shine brighter than the lights on Broadway for an opening night show! (*cont. on pg 2*)



State President, Patricia Wania, (center) installed incoming Third District Director, Camille McComb (left) at the March FGCNYS Annual Meeting. Past District III Director, Reneta Benenati (right) was also in attendance. District III encompasses 8 counties including Columbia, where Camille is a member of the Garden Club of Kinderhook.

(Director's Message from pg 1)

Second, *The Digest*. Karin Janson, the new editor is excited to be in this role. She has the expertise, experience, and knowledge to produce a fabulous newsletter BUT needs articles from you! Don't forget, *The Digest* is published quarterly—February, May, August, and November and articles are due to her 2 weeks BEFORE each month stated.

Third, publicity. Fran Heaney, Publicity Chair, is the “go to gal” for ensuring your club work is made public. She has the gift to ensure your club's news will make it to the newspapers, but can't do this by herself. PLEASE assist her in lighting up your club's accomplishments by sending articles to her. If you have any questions on what exactly needs to be sent, she can be reached at 518-392-7159 or fheaney@fairpoint.net. It's a good idea to contact her FIRST if you haven't sent items before because there are items needed when you clip the newspaper article.

Fourth, awards. You're doing fabulous work in your clubs and communities. Why not receive recognition for this work? Apply for an Award—we're in it, to win it! Go for it, recognition at the local, district, state, C.A.R., or national level is the way other clubs will learn about you and you about them. Contact your club's own awards chair; Patricia Blundell, Awards Chairman for District III; or

check online at FGCNYS Awards for a complete listing of awards. Good luck!

A few important dates to keep in mind:

- National Garden Club Week is Sunday, June 7 through Saturday, June 13. I hope everyone has garden theme activities planned daily, another way to share what you do with your district garden club friends and your community. Check to see if there is an award to apply for during this week.
- Garden party at the Director's home is June 11. Mingle with garden club colleagues, enjoy light refreshments as you rekindle friendships, and celebrate Garden Club Week!
- The FGCNYS Fall Meeting will be held September 28–30 at the Grand Hotel in Poughkeepsie, NY. More information will be available.
- The Third District Fall Meeting will be held on October 15 at the Best Western Plus (former Holiday Inn) in Kingston. There has been a complete renovation, you will be pleasantly surprised!
- The C.A.R. conference will be held in Albany, NY in 2016. We are excited to be the host state!!

That's all for now, keep gardening, sharing ideas, and have fun!

Camille McComb, Director

BLUE STAR, WHAT IS THAT?

from the National Garden Club

The Blue Star Memorial Program honors service men and women. This program began with the planting of 8,000 Dogwood trees by the New Jersey Council of Garden Clubs in 1944 as a living memorial to veterans of World War II. In 1945, the National Council of State Garden Clubs adopted the program and began a Blue Star Highway system, which covers thousands of miles across the Continental United States, Alaska, and Hawaii. A large metal Blue Star Memorial Highway Marker was placed at appropriate locations along the way.

The program was expanded to include all men and women who had served, were serving, or would serve in the armed services of the United States. Memorial Markers and By-Way markers were added to the Highway Markers, to be used at locations such as National cemeteries, parks, veteran's facilities, and gardens.

The Blue Star became an icon in World War II and was seen on flags and banners in homes for sons and daughters away at war, as well as in churches and businesses. This program has been active all through the years to the present, a fitting tribute always and especially now.

The Blue Star Memorial Highway signs still look the same with a copper-colored background and the National Garden Clubs logo



UPDATE TO OUR PLAQUE IN DISTRICT III

The Blue Star Plaque and large stone have been installed at the Albany Stratton VA Medical Hospital lawn. It is located on the right hand side of the hospital entrance just north of the patient parking lot.

Now that winter is over, we will install some simple, easy to care for landscaping around the stone. According to the hospital, thousands of veterans will pass by our Blue Star Plaque and stone every day so it will certainly be on display.

Jean H. Horn, District III Blue Star Chair

mounted on top. The blue star is prevalent on the sign, with the wording in gold leaf letters stating that this sign is “A tribute to the Armed Forces that have defended the United States of America.”

The plaque also designates what garden club sponsored it in cooperation with the state highway department of transportation.

If your club wants to participate, you can find information here: www.gardenclub.org/projects/ongoing-projects/blue-star-memorials.aspx, or contact Jean Horn, the Blue Star Chair for our district: jhorn38@aol.com.

MEET OUR NEW OFFICERS



CAMILLE MCCOMB

Director, District III

Background: I was born and raised in Hudson, NY, and loved going to the playground across from our house in the summer. In addition, I had lots of cousins in Hudson, I lived upstairs over my grandparents, and birthday parties were the absolute best with siblings and cousins.

I'm married to Joe, we have three sons, two daughters-in-law, one granddaughter, and two grandsons. I was an Oncology Nurse for many years.

Why did you join your garden club? I was in between jobs and my cousin asked me if I'd like to come to a garden club meeting. The rest is history. I loved the ladies, the speaker that day was so interesting, but most of all, the beautiful refreshment table. It reminded me of my bridal shower. A lace tablecloth, gorgeous flowers, silver punch bowl, finger sandwiches, and homemade cookies!

What inspired you to go above and beyond to be on the board? My cousin mentioned my name to a Board member for the Columbia County Garden Club Chair position. I had been active in the NYSONS, Capital District Chapter while working in Oncology, as the Nominating Chairman, Treasurer, and President. Knowing these roles prepared me for the County position, I said yes. Best decision ever, I loved meeting the members of the other clubs and had so much fun. It really never seemed like work!

And for my present position as Director, the timing was right. My husband retired this past fall and I knew he would support me, especially if I needed time off from watching our grandson. So, again I said YES and have no regrets. I have a wonderful board, some whom I've worked with, others I'm just starting to get to know. We're all on the same TEAM, are respectful of each other, and plan on making this journey FUN!



HEDY QUALTERE

*First Assistant Director,
District III*

Background: I have been member of the Hillside Acres Garden Club, in Schenectady County, since 1974. During these years, I have been very active.

Why did you join your garden club?

I enjoy gardening, especially flowers, since they are the stars of the earth.

What inspired you to go above and beyond to be on the board?

I enjoy leadership and helping others.



DIANA BUCHAN

*Second Assistant Director,
District III*

Background: I am originally from Locust Valley on Long Island, NY. I have always been interested in flowers, plants, and wild life, especially birds.

Why did you join your garden club?

When I moved to Saugerties, in 1984, I noticed the street planters in my

village. My husband told me it was the local garden club that was responsible for them. I was impressed with this and was invited to become a member. I have been President for four years and an active member since the late 80's.

When the bird chairman for third district was retiring, I was asked if I was interested. After inquiring of what the job involved I accepted, and became its Birds Chairman. Over the years I have been promoted, now it includes Birds, Bats, Bugs, and recently Butterflies have been added.

What inspired you to go above and beyond to be on the board?

As far as inspiring to go beyond I need more information to even consider it. Challenging question!

MEET OUR NEW OFFICERS (CONT)



ERNA GUNDLACH

*Recording
Secretary,
District III*

Background:

I have been a gardener for many years, starting with my mother in her garden. I am a widow with three grown children and six grandchildren. We all share the love of gardening.

Why did you join your garden club?

Joining a garden club has expanded my scope of knowledge. I took advantage of the courses offered by the National Garden Club—and now I am a Master Flower Show Judge and a New York State Horticulture Judge as well.

What inspired you to go above and beyond to be on the board? I've served in various positions on local, district, state, and regional boards.



JOAN SATTERLEE

*Corresponding
Secretary,
District III*

Background: I am a member of the Athens Community Garden Club.

Why did you join your garden club? I wanted to attend the programs offered to learn more about the environment and horticulture. I took classes that FGCNYS offered and received a Landscape Design Certificate.

What inspired you to go above and beyond to be on the board? I have great admiration for the work that the board has done in the past. That inspired me to be a part of this team.



DIANE MADDEN

Treasurer, District III

Background: I've been employed as a waitress, worked for a credit card company, a bank, a fixed base operator at an airport, had a real estate license, and worked for a wholesale grower, and I almost forgot... a mom. Through all the years I was always busy with my own home garden, a love I inherited from my grandmother.

I moved to New York nine years ago from northern New Jersey. Since that time gardening has been my passion. I became a member of the Greenbush Garden Club and a Master Gardener with Cornell Cooperative Extension of Rensselaer County.

Why did you join your garden club? Since I was in a new area, without my relatives and friends nearby, I was looking to establish new relationships and be involved in social activities. I have always found gardeners to be REALLY nice people. They are health-wise, environmentally responsible people, and appreciate the beauty and diversity of nature, and are eternally optimistic... "One who gardens believes in tomorrow."

What inspired you to go above and beyond to be on the board? I accepted the position on the Third District Board because, as I saw in my own garden club, members were aging or moving out of the area. There were jobs to be done and fewer and fewer people to do them. I believe in the aims and values of the FGCNYS and feel that it is important to preserve the legacy we are inheriting.



GARY BARRACK

Assistant Treasurer, District III

Background: Born and raised in Beacon, NY. Employed as a Revenue Agent with the Internal Revenue Service for 40 years, retiring in 2012. Served as president of the National Treasury Employees Union for 35 years while working at the IRS. Married to wife Pamela; we have one son, who was recently married.

I joined the Tioronda Garden Club in 1995 and immediately became involved in their civic beautification program. I went on to serve as President of the club from 2008 to 2009. In 2011, former Director Reneta Benenati asked me to serve as Dutchess County Chairman, a position I still hold today.

Why did you join your garden club? Seeing and reading about all of the projects that the local Garden Club was doing in our city made me want to be a part of that organization. I have always had a love for beautiful gardens and landscape design. The garden club offered me an opportunity to engage in something I truly enjoyed and to make a positive contribution to our community.

What inspired you to go above and beyond to be on the board? Feeling uneasy about being the only male participant at my first District meeting, I was warmly welcomed by the Director and board members. Their dedication, friendship, and leadership skills made me want to be a part of this great organization.

GARDEN THERAPY

HOW OUR CLUBS HELP OTHERS

by Vivian Wachsberger, District III Garden Therapy Chair

The Community Garden Club of Marlborough on Hudson will do a flower arranging workshop for the Johnes Senior Home.

The Garden Club of Kinderhook reports that Carol Carlson, Dawn Tuttle, and Kathy Biggs visit the Payn Residence on the first Wednesday of every month. They bring flowers, vases, and supplies for the residents to make flower arrangements for the tables in the dining room. The flowers come from member's gardens whenever possible, but they do have a budget of \$300 to cover expenses in the off-season. The small amount of time and money spent is worth it since everyone enjoys it so much.

The Germantown Garden Club has been conducting garden therapy programs with the seniors of Livingston Hills Nursing Center. Carolyn DiMauro, the club's Garden Therapy Chair, has been busy organizing this for the club. Club member, Mattie Gifford, has been assisting Carolyn with this program. They have met with the recreation director to plan out their projects. Carolyn has initiated a garden club for the residents, called the 'Livingston Hills Garden Club.' They meet on Thursday mornings.

Projects so far include painting five-gallon buckets that will be plant containers and creating 'creature terrariums,' where residents chose a small animal and created a themed terrarium with plants. The terrariums were placed on administrative desks as gifts from the residents.

Future garden club therapy programs include creating a 'fairy garden' in a courtyard. These activities serve to bring back memories for those residents who remember how gardens and gardening were important to them.

Catskill Garden Club takes flowers and vases to The Pines every July. Member, LouElla Lane, reports that the staff brings the interested residents to them and club members help them pick the flowers to make arrangements for their rooms. The club also makes arrangements for other residents and the staff delivers them. In addition, the club supplies juice, iced tea, lemonade, and sweets at this event. The chair of this committee changes every few years.



YEARBOOK CONTEST

You can't win it until you are in it!

Please send one copy of your Yearbook to me by June 1, 2015 so it can be judged.

I would like to see 100% participation!

Send to:

Barbara Campbell
14 Deerpath Dr.
New Paltz, NY 12561

Any questions, email me at bcdeerpath@aol.com

WHO IS DISTRICT III?

District Three Clubs, by County

Albany County: Blue Creek, Guilderland, Helderview, Town and Country

Columbia County: Germantown, Greenport, Kinderhook

Dutchess County: Pine Plains, Tioranda

Greene-Schoharie: Athens, Catskill, Clematis, Coxsackie, Schoharie Valley

Schenectady: Garden Explorers, Glen Oaks, H. Gilbert Harlow, Hugh Platt, Western Hills

Ulster: Marlborough-on-the-Hudson, Hillside Acres, Little Garden Club of Kingston, New Paltz, Saugerties Society of Little Gardens, Shawangunk, Ulster, Woodstock.

Save the Date!

September 28–30, 2015

Federated Garden Clubs of NYS
Fall Conference

The Grand Hotel
Poughkeepsie, NY

District III will be hosting
this event!

Flower Show News

Contemplate having a flower show?

In addition to judging, the people listed below can answer or help you find answers to whatever questions may arise. The chairman of our Judges Council is Patricia Blundell (contact information below).

Third District Flower Show Judges

Lynne Arnold, 60 Merritt Lane, Newburgh, NY 12550; 845-821-4079
larnold@ix.netcom.com

Antoinette Babb, 124 West Bridge, St., Saugerties, NY 12477; 845-246-4445
aplantlady1011@hotmail.com

Patricia Blundell, 45 Lafayette St. Saugerties, NY 12477-1012; 845-246-3611;
floralartistry01@hvc.rr.com

Barbara Campbell, 14 Deerpath Drive, New Paltz 12561-2811; 845-255-7446;
bcdeerpath@aol.com

Gail Edson, 14 Hemlock Lane, Hyde Park, NY 12538-2108; 845-229-9857

Erna Gundlach, 15 River Park Drive, New Paltz, NY 12561-28007;
845-255-1035;
ERNAG2003@aol.com

Jackie Petro, 9 Lainey Lane, Kingston, NY 12401-6109; 845-331-9133

Nancy Stahl, 6018 Veeder Rd, Slingerlands, NY 12159; 518-456-8998

WILDFLOWERS

Hepatica, a Sure Sign of Spring

by Lynne Arnold, District III Wildflower Chair

Hepatica acutiloba (sharp-lobed) *H. nobilis* var. *acutiloba*

Hepatica americana (round-lobed) *H. nobilis* var. *obtusata*

Since spring has finally sprung, you might try looking for Hepatica. Liverwort is a common name for it, although I always call it hepatica. The reason for its name is the liver shaped leaves. There are two species: one has rounded leaves, the other sharp-lobed. The leaves have three lobes, like a clover but with much larger lobes, that are more succulent, shiny, and mottled.

The plant is 3-6 inches high, stemless three-lobed leaves, and solitary flowers on hairy scapes, each with an involucre (a bract or whorl surrounding the inflorescence), petal like sepals, no petals. They grow in dry woods from Maine to Florida. The flowers bloom first, they are lavender, blue, white, purple, and pink. They bloom from February to late May.

The leaves are usually evergreen. I find my plants die back in the summer and it's a good idea to mark the spot where they are planted. They are also slow to multiply and become a real treasure in your garden. American Indians used the leaf tea for liver ailments, as a laxative, and externally as a wash for swollen breasts.

In folk tradition it was used for fevers, liver ailments, and coughs. A "liver tonic" boom resulted in the consumption of 450,000 pounds of the dried leaves (domestic and imported) in 1883 alone.

Warning: Contains irritating compounds like many other members of the Buttercup family. Common symptoms are skin irritants, the taste is acrid but can be poisonous if eaten in large quantities but that is only true of the fresh plant. Drying or heating it dissipates the toxicity.

It was used as laxative for children because of its mildness. Hepatica is a deep-rooted and hardy plant. It prefers rich porous soil and shelter, hence its profusion in lowland deciduous forests. It blooms before the leaves come out on the trees, allowing the sun to shine and warm the forest floor.

The leaves are the medicinal part of the plant and should be harvested while the plant is in bloom and dried in the shade.

The name "Liver Wort" comes from the anglo-saxon word "lifer" for liver and "wyr" for plant. Hepatica is tolerant of winter snow cover but less so of dry-frost. The dainty white, to pink to lavender flowers bloom for months when little else is blooming.

The plant will be sure to steal your heart away.



Hepatica acutiloba



Hepatica americana

HUGH PLAT GARDEN CLUB

SCHENECTADY COUNTY

by Mary Ann De Fonce

At our March meeting, Hugh Plat club members participated in a class on ‘Table Arrangements,’ with critique and judging by our own certified flower judge, Norma Maughan. The class was held at the home of Hannah Pavoldi. Her co-hostess was Fran Scrafford. Also in March, several club members attended the 28th Capital District Garden & Flower show at Hudson Valley Community College, in Troy. The sights and smells of all those beautiful flowers were just what we needed to get us ‘thinking spring.’

For our April meeting, club members gathered at the Gade Farm, in Guilderland. Gade Farm’s own Amy Castillo talked about the value of edible plants. April is Friendship Month, so our members were encouraged to bring a friend to this meeting.

Fran Scrafford, Hannah Pavoldi, and Sue Bushman will co-hostess our May meeting, ‘The Art of Making Candied Violets,’ at Fran’s home. We will use the candied violets to decorate cupcakes.



Above: Club members Hannah Pavoldi, Avis Mulholland, Jackie Desanti, and Sue Bushman pause for a picture at the Capital District Garden & Flower Show. Far Left: Hanna Pavoldi and Sue Bushman stroll through one of the settings at the show. Right: Beauty was all around us. The smell was heavenly!

FIVE WAYS TO MAKE SURE YOUR CLUB WINS AWARDS

by Patricia Blundell, District III Awards Chair

As the Awards Chairman for District III, I have five good suggestions to make sure your club will be successful when you apply for awards.

1. Have a wonderful project that you would like to be recognized for.
2. Make sure your club has a copy of the Federated Garden Clubs of NYS’s (FGCNYS) Awards Manual in your club’s file. You can access this here: <http://www.fgcny.com/AwardsandForms.html>
3. Assign a member of your club to be the Awards Chairman.
4. Your club’s Awards Chairman would need to learn about requirements for entering your club’s projects to FGCNYS and also should educate other members of what is needed to apply. They would also be aware of the deadlines for filing.
5. The Awards Chairman would complete any forms needed for the club and then submit them to the District Awards Chairman at the appropriate time.

Does this sound easy? Yes—with a little help. The Awards Manual is available from the FGCNYS office, for a fee, but it is also available for free, online (see Number 2).

Application forms for 2015–17 are also available online. The form consists of one sheet, but you can use two more pages in your document. Note that only one side of each sheet may be used, for a total of three.

Good luck!

GREENPORT GARDEN CLUB

COLUMBIA COUNTY

by Maria Kolodziej-Zincio

The Greenport Garden Club is proud to announce their member, Yetta Jean Teo, was selected as the signature floral designer for the 24th annual New York in Bloom that was held at the New York State Museum in Albany. Yetta has participated in flower shows through the Federated Garden Clubs of New York State, Inc., for many years and the club was honored that she was selected among 100 floral designers in the Capital District Region. "It is a prestigious and high profile event and Yetta, a talented floral designer, was recognized and chosen among hundreds of designers in the Capital District Region," states Kathy Bucholsky, club president.

Yetta's 2015 signature design is bright and colorful using purple/blue Iris, spring green Bells of Ireland and Spider Mums, with bright yellow Craspedia and hot pink Matsumoto Asters. Yetta enjoys creating floral designs for exhibition but finds satisfaction making floral arrangements for giving. "I like to give to those who would not normally receive or buy flowers for themselves. It can be a visual hug, a reminder that someone is thinking of them."

The event brings thousands of visitors from around the Capital District Region and Yetta was honored to meet Congressman Paul David Tonko, U.S. Representative for New York's 20th Congressional District at the event.

Not only did this event bring some great visibility to the club's activities but the Club also received, through the generosity of Barbara and Peter Budelman, of the General Roll Leaf Manufacturing Co. Inc., a scholarship award in the amount of \$1,000. The 'Greenport Garden Club/General Roll Leaf Manufacturing Co., Scholarship Award' is presented to a qualified graduating Hudson High School Senior who is accepted and registered at a college in the fall term. The Greenport Garden Club also contributes an additional \$150 towards the award. The award is primarily sponsored by the General Roll Leaf Manufacturing Co., Inc., President and CEO, Peter Budelman and Mrs. Barbara Budelman, who have supported this scholarship program for five consecutive years. Yetta Teo is the Greenport Garden Club's Coordinator for the Greenport Garden Club/General Roll Leaf Scholarship process. The Greenport Garden Club presents two youth scholarship awards annually, the General Roll Leaf and Camp Colby Scholarships.

The club also began its activities this year with a wonderful workshop in "The New Naturalistic Garden Style" with guest speaker Robert Clyde Anderson of the Pondsides Nursery in Hudson, New York. Mr. Anderson's presentation to the group covered prominent designers like Mirabel Oster, William Robinson, and Sara Stein who work in this naturalistic style. His illustrated talk introduced garden ideas, plant materials, and examples of garden designs that express the philosophy of a naturalistic landscape. "It's the new environmental gardening movement that restores the ecology of our backyards," states Mr. Anderson.

Above: Yetta Teo is selected as the 2015 Signature Designer for the State Museum's New York In Bloom. She is pictured with Congressman Paul Tonko. Middle: Greenport Garden Club Roll Leaf Scholarship: l to r: Kathy Bucholsky, GGC President; Sue Dillhoff, GGC Vice President; Peter Budelman, President and CEO, General Roll Leaf Manufacturing Co. Inc.; and JoAnn Conera, GGC Coordinator of the Camp Colby Scholarship Award. Missing: Yetta Teo, Coordinator of the General Roll Leaf Scholarship. Bottom: Greenport Garden Club vice president Sue Dillhoff and workshop presenter, Robert Clyde Anderson, Manager of the Pondsides Nursery, Hudson, NY and gorgeous Hellebores.



THE GARDEN CLUB OF KINDERHOOK

COLUMBIA COUNTY

by Fran Heaney

The Garden Club of Kinderhook held their monthly meeting at the McNary Center at St. Paul's Episcopal Church on Sylvester Street in Kinderhook on March 10th. Russ Cohen, the author of a book about foraging for wild edibles, "Wild Plants I Have Known and Eaten" shared his knowledge of wild food and recipes with garden club members. He discussed his extensive knowledge about various mushrooms, Stinging Nettle, Japanese Knotweed, Sassafras, Black Locust, Cattail, and more. It was a very funny presentation.

The hostess committee for the March meeting, Pat Dorsey, Anne Weinberg, Judy Simmons, Erlyn Madonia, and Maryann Weber decorated their sweets table with a St. Patrick's Day theme.

On April 14 the club held their Annual Meeting and Spring Luncheon at the Columbia Golf and Country Club. The out-going Third District Director, Olive Felio, installed the new officers, President Roberta Smith, Vice-President Camille McComb, Treasure Geraldine Smith, Assistant Treasurer Susan Sweet, Recording Secretaries Margot Allen and Carolyn Beveridge. Corresponding Secretary, Barbara Irvine was absent.

Past president, Marilyn Ryan recognized out-going board members, Pat Knapp and Beverly Kallner. New Garden Club member, Bonnie Flynn was recognized and awarded a Garden Club pin.

Jane Rose and Patricia Dorsey were awarded the 2014 Celebration 90 Standard Flower Show engraved silver trophies. Susan Chiafullo received the Helen Harder Memorial Trophy for the highest design score. Marilyn Ryan received the Enid Wadsworth Memorial Award for the highest horticultural score. Anne Schomaker received the Judith Atkinson Keller Award for excellence in mass arrangement.



Russ Cohen, author of "Wild Plants I Have Known...and Eaten" with program chair Cynthia Bogardus.



L to R: Board members Maryann Weber, Sandra Wooding, Margot Allen, Camille McComb, Susan Sweet, Roberta Smith, Geraldine Smith, and Carolyn Beveridge.

Dutchman's Breeches

by Lynne Arnold, District III Wildflower Chair

Dutchman's Breeches or *Dicentra cucullaria* is a beautiful spring wildflower. The shape of the flowers, which have two long spurs, look like tiny pairs of pants hanging upside down. The flowers are white, sometimes tipped with yellow. It can be quite difficult to find a flower that has not been snipped open at the side, by a bee after the nectar. They bloom April-May. Iroquois Indians used the grey-green basil fern-like leaves, to make a rub for athletes, while for the Menomini, the plant was a powerful love charm; if the root was nibbled, it was believed one's breath would attract a woman against her will.

Dutchman's Breeches can be poisonous to cattle and cause a skin rash in humans. It is a small diminutive plant, 4-6 inches tall, with lovely feathery foliage and has a whimsical scape of dancing flowers. It is a wonderful spring gem



GERMANTOWN GARDEN CLUB

COLUMBIA COUNTY

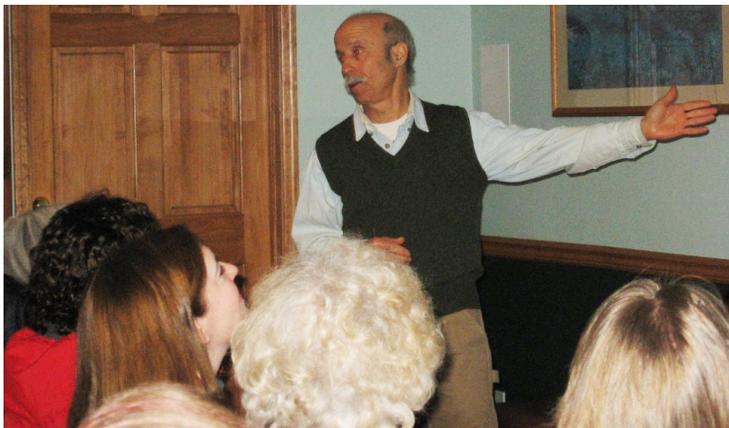
by Fran Buft

For our March meeting, author Lee Reich, Phd, gave a presentation on 'Weedless Gardening' at the the Germantown Library Hover Meeting Room. This event was offered in conjunction with the Germantown Library. The meeting was attended by a large number of interested gardeners. Lee Reich spoke on using novel techniques on how to care for the soil, nurture the ground, and use a different technique to water in order to produce a bountiful harvest with healthier plants. Mr. Reich is an avid gardener with graduate degrees in soil science and horticulture. He is the author of many gardening books and is a columnist for a number of gardening magazines with a column for the Associated Press that appears biweekly from coast to coast. His talk was followed by a lively question and answer period and book signing.

Each year our club donates a book to our local library based on one of our programs. Because of his presentation, this year's book donation to the Germantown Library was a signed copy of Mr. Reich's 'Weedless Gardening.' There to accept the book was Kasey Shumway, the new Program Director for the library, and Kathy Overington, the Library Board President.

At our April meeting, Cornell Cooperative Extension Master Gardener Abbey Cash, gave a comprehensive presentation to a full house of club members and guests on "The Romance of Roses." Her talk included choosing the correct rose, planting, and maintenance. The talk expanded to putting in a variety of garden beds focusing on choice of site, suitable plant material, and maintenance. These included annual, perennial, rock, pond, and spring bulb beds.

At the Federated Garden Clubs of New York State, Inc. Third District Luncheon and Meeting, the Germantown Garden Club received the following awards. Awarded were a First Place from the State for the club's 2014 Standard Flower Show "Into the Wild;" a First place from the State for the Press book for 2014; and a Second Place from the State for the 2014 Flower Show Schedule "Into the Wild."



Lee Reich gives a presentation to the Germantown Garden Club in conjunction with the Germantown Library.



Pictured left to right : Kasey Shumway, Program Director; Fran Buft, President, Germantown Garden Club; and Kathy Overington, Germantown Library Board President.



Left: Columbia-Greene Counties Cornell Cooperative Extension Master Gardener Abbey Cash speaking to the Germantown Garden Club. Right: pictured left to right: Marilyn Rein, Recording Secretary, Fran Buft, President, Germantown Garden Club with awards the Club received.

Awards

by Patricia Blundell, Awards Coordinator

NATIONAL GARDEN CLUBS— CENTRAL ATLANTIC REGION AWARDS:

The Violet S. Thoron Award:

Guilderland Garden Club is receiving a First Place Citation and also The Violet S. Thoron plaque on which the club name is engraved. The plaque is a rotating award that the club keeps for one year.

This CAR Award is for an outstanding project in the field of Landscape Design and/or for conducting the most complete and effective program of education in Landscape Design. Guilderland Garden Club has planned, constructed, and maintained a perennial garden at the historic Frederick-Mynderse House in Guilderland, an ongoing project since 2009.

Publicity Press Book Awards:

Small Club:

First Place: Greenport Garden Club

Group of Member Clubs:

First Place: The Garden Clubs of Columbia County

Second Place: District Three

FGCNYS, INC. AWARDS:

Civic Development:

Historic Preservation: Church Gardens:

Second Place: Clematis Garden Club

Landscape Design:

Second Place: Clematis Garden Club

Flower Show Awards:

Schedule Citation: Standard Flower Show—Medium Club:

First Place: Garden Club of Kinderhook 'Celebration'

Second Place: Germantown Garden Club 'Into the Wild'

Standard Flower Show Citation:

First Place: Germantown Garden Club 'Into the Wild'

Second Place: Garden Club of Kinderhook 'Celebration'

Publicity Press Book Awards:

Small Club:

First Place: Germantown Garden Club

World Gardening Awards:

Athens Community GC

Clematis GC

Community GC of Marlborough

Coxsackie GC

Greenbush GC

Guilderland GC

H. Gilbert Harlow GC Helderview GC

New Paltz GC

Shawangunk GC

Largest Contribution to World Gardening by a Garden Club:

Shawangunk GC

THIRD DISTRICT AWARD:

Historic Decorations of the Mynderse- Frederick House in Guilderland, presented to the Guilderland Garden Club.

Congratulations and thanks to all the clubs that shared their projects with me.



Press Book award winners. L to R: Fran Heaney, Third District Publicity Chair and member of the Garden Club of Kinderhook; Fran Bufi, Germantown Garden Club President; and Maria Kolodziej-Zincio, publicity chair of the Greenport Garden Club; with their awards.

GARDEN CLUBS OF COLUMBIA COUNTY

Roberta Smith and Eileen McHugh Szepessy, Co-Chairs

Members of the Garden Clubs of Columbia County, the Germantown Garden Club, the Greenport Garden Club, and the Garden Club of Kinderhook, held a planning meeting on March 18, 2015 at the Greenport Town Hall to discuss their participation in the 2015 Columbia County Fair along with introducing new club officers.

The Columbia County Fair will celebrate its 175th Anniversary over the Labor Day weekend. Back in 1840, when the fair began, a floral parade was one of the main events. Wagons, horses, and carriages were decorated with flowers. The garden clubs hope to reinterpret this unique historical event this year in their individual booths at the 2015 fair.

New Columbia County officers were announced. Eileen McHugh Szepessy and Roberta Smith, of the Garden Club of Kinderhook, are the new Columbia County Co-Chairs. Stephanie Lally, a member of the Garden Club of Kinderhook, is the new treasurer. All will serve a two-year term.

Also discussed was National Garden Club Week which will be held from Sunday, June 7 through Saturday, June 13, 2015. Each garden club will be participating in beautification projects and events during that time.

Submitted by Fran Heaney



Pictured, front row, left to right are Eileen McHugh Szepessy, Cynthia Tiano Bogardus, Roberta Smith, and Columbia County Chair Sue Chiafullo, all members of the Garden Club of Kinderhook. Back row, left to right are Fran Heaney, Garden Club of Kinderhook; Mattie Gifford, Germantown Garden Club; and Cynthia Atkinson, Garden Club of Greenport.

Photo by Debbie Mausolf

GARDEN CLUBS OF GREENE-SCHOHARIE COUNTIES

Carole Garvar, Chair

All the clubs have started to beautify the gardens and surroundings in their communities. Dedicated members are working to replant and groom parks, flower beds, and planters along main streets and village entrances. These efforts exemplify the mission of garden clubs to promote civic beautification and interaction with the public and awareness of our purpose as an organization. Here are a few highlights of what our clubs in these counties are doing.

Athens Community Garden Club has been working with the town of Athens for the celebration of their upcoming Bicentennial anniversary. On June 13, the club will be participating in Athens Community Day with a plant swap and sale. They will also be handing out pumpkin seedlings for a contest for the largest pumpkin grown at a later event. At their April meeting, they had a presentation about the history of Albany's Tulip Festival, by Judy Stacey, retired City of Albany Gardener.

On May 2, **Catskill Garden Club** worked with other community volunteers for a village-wide spring cleanup. The club also joins with organizations to beautify the village with the creation of small park spaces along Main Street. This is a club small in numbers, but by joining forces with other organizations, they accomplish more than they could on their own. They will be holding their Annual Plant and Bake Sale on June 5 at Leggio Park in Catskill.

The Clematis Garden Club will be offering a Garden Tour of six gardens in the Greenville area on June 17. Tickets and maps will be available at the gazebo in the town park. On May 23, they will hold their Plant Sale at Tops Country Square in Greenville.

On June 30, the **Coxsackie Garden Club** will hold their 75th Anniversary celebration at Reds Restaurant in Coxsackie. Invitations will be sent to all clubs. President Marie Kadlick has served for 16 years. Other past presidents will be honored at this event.

The Schoharie Valley Garden Club will be taking tours over the next several months. On June 8, they are sponsoring a bus trip to White Flower Farm in Litchfield, CT. Lunch is included and is open to all clubs who want to attend. The cost is \$65. Call Betty Karlau at 518-295-7781 for information and reservations. Other club tours include a trip visit Olana historic site and gardens on July 1 and a visit to the Opus 40 Gardens and Sculpture Park in Saugerties on August 5.

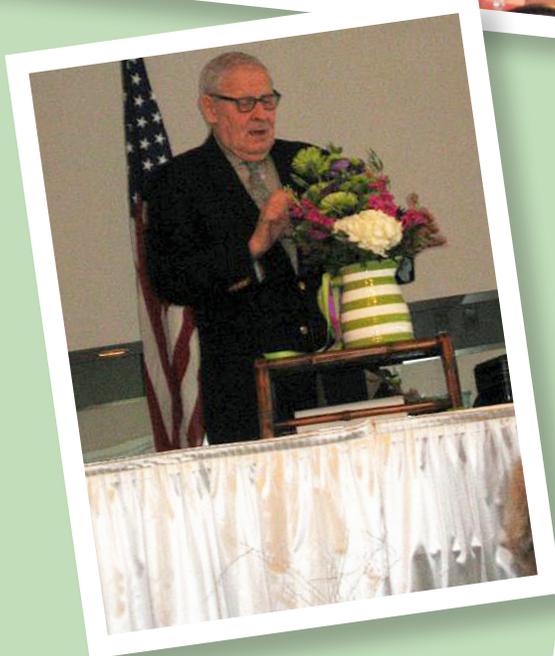
Highlights from the District III Spring Meeting



State President Pat Wania giving her speech.



Installation of new officers for District III. L. to R. New Director Camille McComb; 1st Assistant Director, Hedy Qualtere; 2nd Assistant Director, Diana Buchan; Recording Secretary, Erna Gundlach; Corresponding Secretary, Joan Satterlee; Treasurer, Diane Madden; Assistant Treasurer, Gary Barrack



Left: Carl Lemanski designing an arrangement. Right: Carl Lemanski with his wife.

Clubs Calendar 2015

June 5

Catskill Garden Club
Annual Plant and Bake Sale at Leggio Park, Catskill

June 7–13

National Garden Club Week
Schedule activities to celebrate with your clubs and apply for an award!

June 10

FGCNYS Summer Meeting,
10 a.m., Office Complex, Guilderland, NY

June 11

Garden Party at Director's Home,
Noon–3 p.m.,
Camille McComb, 89 Albany Avenue,
Kinderhook, NY

June 13–14

Germantown Garden Club's Flower Show
'The Romance of the Garden'
The Palatine Parsonage, 52 Maple Ave., Germantown
6/12: 1–4 p.m.; 6/13: 1–3 p.m.

June 13

Athens Community Garden Club
Plant swap and sale, Athens

June 17

Clematis Garden Club
Garden tour of six gardens in Greenville area

June 30

Coxsackie Garden Club
75th Anniversary at Reds Restaurant, Coxsackie.
All clubs invited.

September 28, 29, & 30

FGCNYS Fall Conference, Grand Hotel, Poughkeepsie, NY

October 15

Third District Meeting,
9a.m.–3 p.m., Best Western Hotel, Kingston, NY

October 25–27

CAR Conference, Gettysburg, PA

November 10

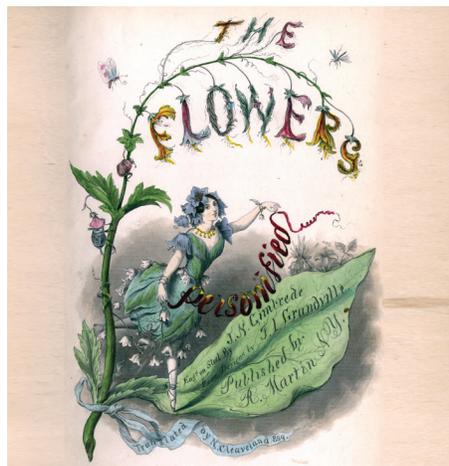
FGCNYS Winter Meeting,
10 a.m., Office Complex, Guilderland, NY

The Language of Flowers

The Victorian Era ushered in a time of proper etiquette among the upper class in England during Queen Victoria's reign (1837-1901). Although the usage of flowers to convey messages had been used in Persia and the Middle East, it was during the Victorian Era and the publication of flower dictionaries explaining the meaning of plants, flowers, and herbs, that the tradition began to spread throughout the world. Soon it became popular to use flowers to send secretive messages.

Though often portrayed to relay positive messages of interest, affection, and love, flowers could also send a negative message and at times, the same flower could have opposite meanings depending on how it was arranged or delivered. The symbolic meanings were adapted from classical mythology, religious symbolism, ancient

lore, and a bit of creativity on the part of the floral designer. The next time you send a bouquet of flowers, consider the hidden meanings behind your choices. You can look up flower meanings on the internet and choose the right sentiment to go with your bouquet.



The Digest Online is published quarterly in February, May, August, and November. Deadlines for submissions are the 15th of the month before each issue (January, April, July, and October).

Please send news of your club's activities, events, and plans—it's a great way to share what you are doing with other clubs. Unlike print newsletters, there is no prohibitive cost factor for using color, so send in your photos. Articles on various gardening and flower arranging topics are especially welcome.

Material for *The Digest* should be sent to Karin Janson via email at kjanson@aol.com.

To access *The Digest*, go to the State website—fgcnys.com—select District III on the home page and then select Digest Online.