

The Digest

THIRD DISTRICT FEDERATED GARDEN CLUBS OF NYS, INC.



MAY 2023

IN THIS ISSUE

Highlights of the Spring Meeting	2
Blue Star Marker Program	3
Meet Our New Board Members	3
Fun Puzzle for Spring	4
In Our Clubs	5
Club's Calendar	10
What's In Season	10

CLUBS IN DISTRICT III

District Three Clubs, by County

Albany: Blue Creek, Guilderland, Helderview

Columbia: Germantown

Dutchess: Tioronda

Greene-Schoharie: Athens Community, Clematis, Schoharie Valley

Rensselaer: Greenbush

Schenectady: The Garden Explorers, Country Garden Club of Clifton Park

Ulster: Community Garden Club of Marlborough, New Paltz, Saugerties Society of Little Gardens, Shawangunk, Ulster

Who Left this Quarter: Hugh Plat from Schenectady County

From the Director



The new Third District Executive Board was installed on April 20, 2023, at our Annual Spring District meeting in Cossackie, NY. I wish to thank the members of the Third District for electing me as District Director for the 2023-2025 term of office. It is an honor and a privilege to once again serve. Although I served as Director from 2017 to 2019, much has changed since then. Please be patient as I come up to speed with the many changes that have taken place. Fortunately, we have a great group of dedicated Executive Board members, Committee Chairs, and very capable Club Presidents who are so devoted

to our purpose. They possess great talent, knowledge, and dedication to furthering the goals of our organization. I know that together we can and will accomplish great things.

I also want to thank our Assistant Directors, Cynthia Teator and Kris Vogt for their leadership during the past two years. Together they have charted a path of dedication and commitment that will inspire other members and leaders for years to come. I have asked that Kris Vogt serve as my Advisory Chairman, and she has graciously accepted. This will help provide a smooth transition in leadership for the next two years.

We will hold our first Board of Directors meeting on June 15 to plan activities and establish goals for 2023-2025. Although the number of clubs in our district has declined during the past few years, membership in the remaining clubs remains strong and has steadily increased, which is a good sign. Attracting new members keeps us relevant, strong, and financially sound.

I will be attending the 98th Annual FGCNYS Meeting and Installation of Officers on May 23-25, 2023, at the Hyatt Regency Hotel in Hauppauge, NY. We will welcome our incoming FGCNYS President Donna Sessa. Also at this meeting, our own past District 3 Director Elizabeth (Beth) Walker will be installed as 1st Vice President of New York State. Please join me in congratulating Beth as she assumes her new office. We also thank our outgoing State President Lynne Arnold from the Community Garden Club of Marlborough, for her dedicated service during the past two years. As members of District 3, we are proud to have such remarkable and talented leaders.

Please mark your calendars:

June 4-June 10, 2023: National Garden Week. This is an excellent opportunity for clubs to plan activities that create an awareness of our objectives of beautification, gardening, conservation, and environmental efforts.

October 19, 2023: Third District Fall Meeting at the Best Western Hotel in Kingston, Details to follow as we approach the date.

With gratitude for all you do,

Gary Barrack, District III Director

Highlights from the Spring District Meeting

by Karin Janson, Editor, The Digest

Thank you to all who attended our Spring District Meeting on April 20. We were honored to have our own Lynne Arnold, FGCNYS State President in attendance. A special thank you to the Germantown Garden Club and the District Board for coordinating the Ways and Means table. The awesome raffles were provided from the Guilderland and Blue Creek Garden Clubs for providing beautiful gifts filled with goodies for us to raffle. There were educational displays on pollinators and gardening wellness from Blue Creek Garden Club and the Guilderland Garden Club. Our presenter, Kye Vosburgh, a former Third District Director, created a wide variety of beautiful arrangements that showcased the principles of Sogetsu Ikebana, a Japanese flower arranging technique.

For those of you who missed our spring meeting, please consider attending our Fall District Meeting on October 19 at the Kingston Post Western Plus.



Blue Star Memorial Marker Program

by Gary Barrack, District Blue Star Chairman

The Blue Star Memorial Marker Program of the National Garden Clubs, Inc. began in 1945 to honor the men and women serving in the Armed Forces during World War II. The name was chosen for the star on flags displayed in homes and businesses denoting a family member serving. Garden clubs pictured a ribbon of living memorial plantings traversing every state. The Blue Star Memorial Program grew to extend thousands of miles across continental U.S., Alaska, and Hawaii. All men and women who have served, are serving, or will serve in the Armed Forces of the United States are included. There are 91 Markers located in New York State and 3,085 Nationwide.

The procedure for a club desiring

to sponsor a marker involves the following:

- A garden club votes to have a marker. An appropriate location is selected and type of marker for that location is chosen.
- Contact me or the New York State Blue Star Memorial Chairman for forms and instructions.
- Contact local or state authority responsible for the location.
- Send your order form and check to NGC Chairman for processing.

The publicity surrounding the dedication ceremony is priceless in terms of honoring our Armed Forces, and club recognition with your club's name forever ensconced on these beautiful markers.



MEET OUR NEW BOARD MEMBERS



At the Spring District Meeting, held on April 20, 2023, new board members were installed by Lynne Arnold, FGCNYS State President.

Pictured from left to right:

Carol DiMico, Assistant Treasurer and Corresponding Secretary;

Marie Celeste, Treasurer;

Maureen McNamarra, First Assistant Director;

Gary Barrack, Director;

Lynne Arnold, FGCNYS President; and Joan Robinson, Recording Secretary.

Not shown: Cynthia Teator, Second Assistant Director.

Congrats to everyone!

FUN PUZZLE FOR SPRING

by Cynthia Teator, Second Assistant Director

SPRING word search

O	K	J	G	H	P	Z	F	V	X	Y	Z
G	I	S	R	U	W	B	B	O	O	T	S
A	T	Y	A	B	L	U	E	B	I	R	D
E	E	U	S	G	A	R	D	E	N	T	H
A	H	U	S	W	Y	W	B	K	M	U	K
P	X	U	K	Q	B	L	O	S	S	O	M
M	G	L	M	S	J	B	A	R	T	R	C
J	U	R	R	B	A	N	E	R	A	G	R
A	P	F	A	V	R	W	E	W	F	S	L
T	D	R	I	Q	O	E	V	S	K	V	U
U	L	I	N	L	L	G	L	C	T	R	G
L	D	A	F	F	O	D	I	L	N	V	R
I	V	U	E	P	J	H	O	J	A	C	E
P	W	I	Q	N	C	M	U	D	O	Q	E
S	E	E	D	S	B	S	Q	C	X	Q	N



BLOSSOM	GARDEN
BLUEBIRD	GRASS
BOOTS	GRen
CHICKS	kite
DAFFODIL	MUD
FLOWERS	NEST

RAIN
SEEDS
TULIPS
UMBRELLA
WARM



GERMANTOWN GARDEN CLUB

COLUMBIA COUNTY

by Fran Bufi

At the March meeting of the Germantown Garden Club, Columbia- Greene Cornell Cooperative Extension Master Gardener, Chris Ferrero presented a program titled “Ten Ways to Garden Smarter as We Get Older.” Ms. Ferrero discussed substitutes in flowers and plants that can be made to make gardening easier. She spoke on how to maintain our aesthetic standards in our gardens while accommodating our physical limitations. The subject of the program generated a wide public interest and garnered three new members for the club.

Germantown Garden Clubs Presents ‘Birding 101’

At its April meeting, the Club hosted Katheryn Schneider, a Master Gardener volunteer with Columbia/Greene Cooperative Extension, and Columbia Land Conservancy, past president of the NY state Ornithological Association and currently co-chair of the Steering Committee for NY’s Third Breeding Atlas Project.

She also authored a site guide for bird enthusiasts called “Birding: the Hudson Valley.” Katheryn’s talk covered the fundamentals of birding, explaining how to choose the correct birding binoculars, field guides, and phone apps to identify different birds and how birders can use computers to expand the birding experience. Sponsoring a bird walk each year, Katheryn’s talk helped the club expand a person’s horizon so that one can see more birds, grow skills, and connect with the broader birding community.

The meeting’s agenda included plans for next months ‘Bird Walk’ and plans for the annual Plant, Bake and Tag Sale. This event will be in coordination with the town of Germantown’s Town Wide Yard Sale on May 20.



We will hold our Annual Plant Sale on May 20 at the Palatine Park Pavilion. There will be annuals, perennials, herbs, vegetables, and houseplants on offer. Some of the plants will be donated by members. The others came from a local nursery.



Above: Master Gardener Chris Ferrero talks about gardening smarter as we get older.

Bottom: Master Gardener and author Katheryn Schneider introduces the club to the pleasures of birding

CLEMATIS GARDEN CLUB

GREENE-SCHOHARIE COUNTY

by Terry Buel and Jean Horn

Our club will be holding our annual Spring Social on May 19 at 1 pm in Greenville at the American Legion Post #291. This program is open to the public. Our club is presenting Peter Bowden, a popular gardening radio and TV personality. Peter is a well-known, knowledgeable, and humorous presenter and the Clematis Club welcomes the public to enjoy Peter's presentation. Peter will speak on 'Gardening with New Organics' discussing the varying aspects of organic gardening for the local gardener. A question and answer session will follow. Delicious refreshments will be served along with free gifts, exciting raffles, and 50/50 drawings rounding out the fun afternoon. All are invited to come and enjoy this free and fun garden themed afternoon. For more info: Jean Horn 518-966-4260.

On June 3, we will be holding our annual plant sale in the parking lot of GNH Lumber in Greenville from 9 am-noon. Plants raised by our members are sold at reasonable prices and our members offer advice on planting and maintaining. We're always sold out at this event.



The April Garden of the Month was the beautiful daffodil gardens of Carolyn Sadowski Doherty of East Durham. She has over 12 varieties and has been planting for over 36 years in her sprawling garden.

GUILDERLAND GARDEN CLUB

ALBANY COUNTY

by John Haluska

The Guilderland Garden Club has been active this spring. On April 10, 2023 we held our meeting at Gade's nursery. Amy gave us a tour of the greenhouses as well as information on operations. Members were able to create a bowl of either pansies or herbs.

Our meeting on May 8 at the Guilderland town hall featured Joan McKeon talking about native plants and Donna Mohr talking about the Altamont Fair Entry Procedures.

Our June 18 meeting will feature the Central Park Rose Garden with Sharon Gade and Lynn DeForest. And our July 10 meeting will feature "Exploring the World of Mushrooms" presented by Tracey Testo-Smith at the Agroforestry and natural resources center in Acra, NY.



We are always recruiting. Here our membership VP John is explaining to Bob what we do, as well as our dues payments.

NEW PALTZ GARDEN CLUB

ULSTER COUNTY

by Margaret McDowell

Happy Spring to all District III members. We started our Program Year with our March pot luck.

A member of the Mid Hudson Orchid Society, Andrew Sinno gave a thorough and instructive presentation on orchids—how to repot and preserve so they thrive and multiply. He discussed his Society and the lives of orchids in their natural setting. The orchid is an epiphyte – growing on trees in the wild. Additionally, in April Andrew spoke and demonstrated orchid care at a local farm market with his Society. Some of our members attended and enjoyed the wide variety of orchids for sale.

In April, a local chiropractor and community activist spoke to members about the health benefits of gardening and the importance of stretching before and after gardening. All members participated in exercises. We have five new members and our first was installed at the April meeting. Additional new members will be installed in May. Our Earth Day Fair on April 22, was a great success – our members turned out to distribute free seeds and provide gardening information.

Our May meeting will be held at a local Senior residence and we are opening the meeting to the residents. We will have refreshments and door prizes. One of our Garden Club members is a resident at the facility and will guide us in a tour of the raised flower/vegetables boxes that the residents use to grow their own flowers, herbs, and vegetables. Also we'll have a program at a local preserve, the Millbrook Preserve. We'll publicize our Plant Sale and have new plants to share with the residents.

May 20th is our annual Spring Plant Sale. This is our biggest and most successful fund raiser. It helps to provide scholarship funds. All members contribute plants and assist the day of the sale. Also local nurseries and supermarkets donate plants.

For June, we will be at a member's garden for a Garden Tour and Tea Party. Members will be bringing pictures of their own gardens to share and show and tell. Throughout the summer all members will be managing our two Community Gardens and making New Paltz the beautiful, special place it is.

Wishing everyone happy gardening all through the Summer.



Additionally, in April, Andrew spoke and demonstrated orchid care at a local farm market with his Society. Some of our members attended and enjoyed the wide variety of orchids for sale.



COMMUNITY GARDEN CLUB OF MARLBOROUGH-ON-HUDSON

ULSTER COUNTY

by Linda Fogarty

We have installed three new members this year, bringing our total to 31.

We celebrated the holidays with a luncheon where arrangements made by board members and were distributed to all.

Our club is very excited to have received a Plant America Grant from NGC, Inc. Plans are underway with the Town of Newburgh to restore some of the gardens at the Desmond Estate in Balmville, NY. The estate was owned by Alice Desmond until her death in 1990. Now owned by the Town of Newburgh, The Desmond is a Center for Community Enrichment and is the location for our monthly meetings.

Our club is holding a plant sale Saturday, May 27, at Balmville Grange, 27 Fostertown Rd. All are welcome.



Pictured (l-r) Lynne Arnold, Liz Roche, Jean DiNapoli, Linda Fogarty, and Bev Sharp.

TIRONDA GARDEN CLUB

DUTCHESS COUNTY

by Geraldine Fuller, Club President

The Tioronda Garden Club in Beacon, is focused on civic beautification. The club, formed in 1929, is celebrating it's 94th anniversary of "Beautifying Beacon." Some of this year's projects are the hanging plants and the raised bed planters along our Main Street. Our club members also tend the gardens at the train station, the Patriots Garden, the Howland Cultural Center, and the gardens at the entrances to the city.



Top: Hanging baskets along Main Street.

Bottom: Route 52 entrance to Beacon.

Far left: Planting the raised bed planters along Main Street.



SCHWANGUNK GARDEN CLUB

ULSTER COUNTY

by Sophia Brown

The second part of 2022 and the first part of 2023 have kept our club busy. We participated in Ellenville's Blueberry Festival selling our mums, Black Eye Susans along with wreaths, craft, and gardening items last August and plan to participate again as a major fund raising event.

During the fall months meetings, we learned more about bugs, plants, and bats as part of our pollinator theme. We were busy in October creating 30 center pieces for the Ellenville Regional Hospital's Foundation Gala.

In November, we decorated Ellenville's Museum at the local library with festive Christmas decorations. We also created center pieces for the local Noonday Club. We are involved in many of the village events.

December's festive Christmas meeting ended our year which was attended by 25-30 members who brought a variety of appetizers and desserts. Enjoyed by all amidst Christmas decorations galore. The flamingos were a hit.

Our March 2023 meeting introduced the Program Committee's theme of "Art in the Garden." Deciding on a theme and creating programs for 10 months is definitely a challenge.

In April, five waterproof ladies walked around the Thomas Bull Memorial Park (Arboretum in Montgomery) in the rain—the best way to appreciate nature. April 28, we planted a crab apple tree in honor of Arbor Day.

May is our Mother's Day Sale at the Hunt Building. We sell a variety of potted plants besides beautiful hanging plants. It's a popular event and another fund raising event.

June is our annual plant exchange meeting at Lippman Park. Pizza is on the menu. Our Club Luncheon, takes place in June, in Wurtsboro. Our Italian appetites are ready.

Our regular activities involve local food pantries and supporting other non-profits, such as Adopt a Highway twice a year; two School Scholarships (increased to \$1,000. in 2023) for deserving students. We also contribute (\$837/2022) to Dig Deep Navajo Indian Water Project.

We currently take care of 16 village planters, including weeding, planting, painting most public areas of the village including the Boy With The Boot area, the golf course, and plants at Ellenville Regional Hospital. We are very civic minded and very active.

Our membership increased by nine in 2022 and four in 2023. We are proud. To celebrate, we decided to get new dark blue Club T-Shirts. Shows less dirt in our endeavors



Pictured (top) Creating 30 centerpieces for the Ellenville Regional Hospital Foundation Gala in October. (Center) Trimming the Ellenville Museum with festive Christmas decorations. (Bottom) Our May meeting included refreshments celebrated "Cinco de Mayo". We love to celebrate.

Clubs' Calendar 2023

May 20, 2023

Germantown Garden Club Plant Sale
8 am–1 pm, Palatine Park, Germantown

May 23–25

FGCNYS Annual Meeting and Installation
Hyatt Regency
1717 Motor Parkway, Hauppauge, NY

September 9–10, 2023

Germantown Garden Club Flower Show
Kellner Activity Building
Palatine Park Road, Germantown, NY

October 19, 2023

District III Fall Meeting
Best Western Plus
503 Washington Avenue, Kingston, NY

October 23–26, 2023

CAR Conference
“Seven Strong on a Fall Adventure”
Radisson/Doubletree Hotel
125 Denison Parkway E, Corning, NY

December 2–3, 2023

Germantown Garden Club Christmas Market
The First Reformed Church Parsonage
52d Maple Ave, Germantown

What's In Season?

by Karin Janson

Spring vegetables tend to be lighter and colorful, and many have an irresistible crunch. You'll still find a fair amount of root veggies, but it's also the season for leafy greens, meaty mushrooms, and zingy radishes.

And FYI, while you might think peas are a vegetable, they are technically classified as a fruit, but spring is when they are at their peak.

Here is a list of Spring Vegetables available in markets and stores:

Asparagus
Broccoli
Cabbage
Carrots
Celery
Collard greens
Fennel
Garlic
Herbs
Kale
Lettuce
Mushrooms
Onions
Radishes
Rhubarb

Spinach
Swiss chard
Turnips

A Quick and Easy Asparagus Recipe

1 bunch medium asparagus (1 pound)
2 tablespoons extra virgin olive oil
2 tablespoons grated Parmesan cheese
1 teaspoon lemon zest

Kosher salt and ground black pepper

Fill a medium saucepan halfway with lightly salted water. Bring to a boil.

Prepare the asparagus while the water is heating. Rinse them thoroughly. Break off any tough, white bottoms and discard.

Cut the spears into 1- to 2-inch sections, slicing the asparagus at a slight diagonal.

Add the asparagus to the boiling water and lower the heat slightly to maintain a simmer. Parboil the asparagus for exactly 2 minutes. Drain the hot water.

Toss the asparagus with olive oil, Parmesan, and lemon zest while it's still hot.

Salt and pepper to taste. Serve warm or room temperature.

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. Please note that the February issue does not include Club News.

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.

