

The Digest

THIRD DISTRICT FEDERATED GARDEN CLUBS OF NYS, INC.



AUGUST 2019

IN THIS ISSUE

Announcing our Awards Chairs	2
Give the Gift of Water	2
District III Fall Meeting	3
In Our Clubs	4
County Club News	13
Club Calendar	14
It's Time to Submit for Awards	14
Registration Form for Fall Meeting	15

From the Director



Lazy

I want to be lazy
I want to be out in the sun
With no work to be done
Under that awning
They call the sky
Stretching and yawning
And let the world go drifting by.

Irving Berlin must have been a gardener to pen those lyrics. And I'm willing to bet there was a big glass of iced tea or lemonade and a hammock or a comfortable Adirondack chair in the back of his mind while he wrote this. It's jokingly said that gardeners place benches in our gardens so others can sit in them while admiring our gardens, but that we never ever sit in them ourselves. We're much too busy to sit when there is deadheading to be done, weeds to be pulled, beds to be watered, and all those other tasks that keep our gardens beautiful.

As we approach the dog days of summer, let me suggest that we might want to take a cue from Mr. Berlin. Clear your calendar, prepare a big pitcher of a cold beverage, grab a book, and head out to a shady spot in your garden. Sip, read, raise your head to look around you. Repeat. Adjust the position of your chair as the sun moves through the day. Enjoy looking at your garden from the various angles that you never see when kneeling to weed or bending to deadhead. Enjoy the company of birds and butterflies as you sit, practically motionless, and they become accustomed to your presence.

CLUBS IN DISTRICT III

District Three Clubs, by County

Albany: Blue Creek, Guilderland, Helderview

Columbia: Germantown, Greenport, The Garden Club of Kinderhook

Dutchess: Tioronda

Greene-Schoharie: Athens Community, Clematis, Schoharie Valley

Rensselaer: Greenbush

Schenectady: Garden Explorers, Country Garden Club of Clifton Park, Glen Oaks, H. Gilbert Harlow, Hugh Plat, Western Hills

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



Here I am with my husband, Bill at the New Paltz Flower Show that was held in July. It was fabulous.

(from pg. 1)

Let your mind wander over your garden as you observe it from various perspectives. A little more red needed in one area? A little more height in another? Does one plant dominate the perennial bed? Tuck those thoughts into the back of your head but do not, repeat, do not, get up to do anything about them now. Instead, keep track of those thoughts for the winter months ahead when you plan tweaks to your garden space.

Spending a day like this is not only relaxing, but educational. It really can give you an idea of your garden as others see them. But it can also give you a feel for the birds, insects, and wildlife that inhabit your garden. Keep some identification books close to hand for that butterfly you don't recognize and don't squish the caterpillar until you're sure you aren't squishing the very butterfly you've been trying to attract. If you see a flower that you know you didn't plant but that looks kind of nice, you can check a wildflower book to find out what it is and then see if there might be a native plant that is similar.

If you'd like something a little more formal in terms of increasing your gardening knowledge, our State President, Vikki Bellias, has sent some information about a series of online classes being offered by Longwood Gardens. North Carolina State University has partnered with world-renowned Longwood Gardens to create an exciting series of online classes on plant identification. Trees, shrubs, annuals, perennials, edibles, you name it! There's a class for it. The non-credit classes are fun, full of games and challenges, and are self-paced. To find out more, simply go to: go.ncsu.edu/eg-online-classes.

Vikki's theme for her term is education and she is an advocate of sharing as much information as possible. I will, in the next few weeks, be sending several fun opportunities for our clubs to organize and participate in educational events, so stay tuned.

As you take some time to relax during these mid-summer days, include visits to the activities sponsored by other clubs. I attended a garden show hosted by the New Paltz Garden Club and not only saw some wonderful exhibits and arrangements but also had a chance to chat with some of the members. It was fun, relaxing, and educational.

Happy gardening and happy relaxing!

Beth Walker

Director, District III

PS. To all club presidents, if you haven't sent me a copy of your yearbook yet, could you please get one into the mail. I love seeing what you are doing and enjoy coming to garden shows and plant sales when my schedule allows. The yearbooks can be sent to me at 356 Joys Lane, Hurley, NY 12443.

ANNOUNCING OUR NEW AWARDS CO-CHAIRS

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

Please welcome Camille McComb and Stephanie Lally as District III Awards Committee co-chairs. They will be working closely with Patricia Blundell to insure a smooth transition of the responsibilities of that position.

See page 14 to find out how your club will be able to submit awards.



Give the Gift of Water

NGC has partnered with Global Partners Running Waters Inc., a nonprofit organization working in cooperation with the United Nations, to increase access to safe water in Latin America. 1.1 billion people around the world currently get their water from rivers, ponds, or other sources subject to contamination. Donations made through NGC will help to bring safe drinking water to villages.

Our continued support of this organization will allow us to make a positive impact on another of their upcoming worthy projects.

To learn more, visit the website at: GlobalPartnersRunningWaters.com, or Facebook page at: <https://www.facebook.com/GPRWaters>.

Ways your club can help:

- Sponsor a "50 is Nifty" campaign. If nationwide every member would contribute only 50 cents, we would have a sizable contribution to offer.
- Consider a "Drop in the Bucket" collection at your regular events. You can pass a bucket and ask members to contribute loose change.
- Display an educational exhibit about this program at your flower shows and schools to promote awareness.
- Celebrate a special occasion, honor a loved one, or recognize a special achievement with a donation from an individual, club, a district or state. All donations over \$25 will be acknowledged with a recognition certificate.



FALL DISTRICT MEETING:

Autumn Harvest

*Elizabeth Walker, Director, Third District, Federated Garden Clubs of New York State, Inc.
Invites you to the Fall District Meeting*

OCTOBER 17, 2019

Best Western Plus, 503 Washington Ave., Kingston, NY, 845-338-0400

REGISTRATION: 9:30–11:30 a.m.

VENDORS, EXHIBITS, COFFEE, TEA, AND WATER

STATION: throughout the day

WAYS AND MEANS AND RAFFLE TABLES: 9:30 a.m.–noon

BUSINESS MEETING: 10:30–11:30 a.m.

LUNCHEON: Noon

\$30 (prepaid by September 30)

Menu: Choice of Chicken Francaise with seasonal vegetable and starch; Filet of Sole with lemon caper butter, seasonal vegetable and starch; Butternut Squash Ravioli w/ seasonal vegetable; or "Big Bowl" Cobb Salad. All meals include Potato Leek soup, rolls and butter, French Silk Chocolate pie, iced and hot tea, and coffee.

RAFFLE DRAWING: 12:45 p.m.

PROGRAM: Christopher Grigas, 1–2 p.m.

RESERVATIONS: Send Registration Form with attendees' name and menu choice with one check per club payable to Third District, FGCNYS, Inc. to:
Cindy Teator, Registrar; PO Box 290, Kinderhook, NY 12106. cteator3@gmail.com or 518-755-7086.

DIRECTIONS: I-87 (Thruway) south and north to Exit 19.

Follow traffic circle (rotary) to Washington Ave. Hotel is on right, watch for sign!

PROGRAM: Christopher Grigas—Styling Cut Flowers for the Home

Christopher Grigas is a horticulturist and design graduate of SUNY Cobleskill. His love for flowers and plants began at a very young age. After a 24-year run in the floral design race, his most recent endeavor poses him as a wholesale florist working in floral sales at Seagroatt Riccardi in Latham, NY. He commits to several facets of floral industry advocacy, including the Capital District Garden & Flower Show design competition committee and the Cathedral in Bloom planning committee, along with floral industry design demonstrations and instruction.

(See page 15 of this newsletter for registration form.)



ATHENS GARDEN CLUB

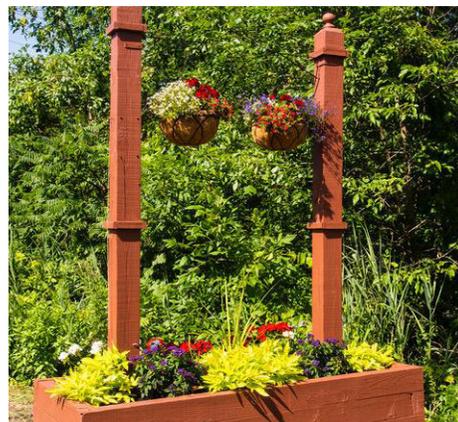
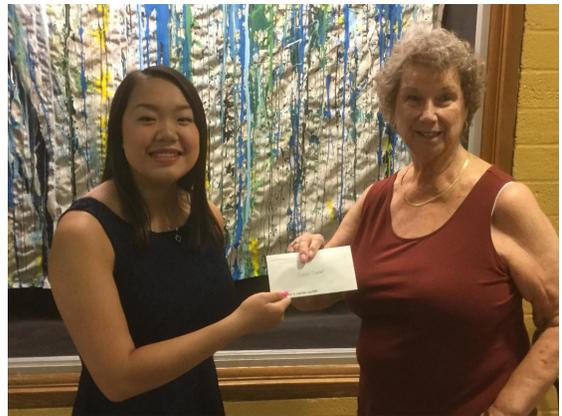
GREENE COUNTY

by Nora Adelman

On Friday afternoon, May 31, twenty-one Athens Community Garden Club members once again fanned out to all classes at EJ Arthur Elementary School to present hands-on Plant, Ecology, and Environmental Education. Armed with visual aids, gardening materials and tools, Garden Club Members streamed into all classes to demonstrate and talk with the children about plant anatomy, soil erosion, the structure of a seed, and single string recycling. According to Principal Martino, “Edward J. Arthur elementary school counts itself fortunate to have this continuous partnership with the Athens Garden Club. The enthusiasm that each member brings to the classroom excites our students in learning about the plant world. The garden club continues to enrich student experiences with engaging hands-on activities. Equally important, it gives students the opportunity to connect with a community of people who share their passion of plants, ecology, and the environment.”

The Athens Community Garden Club awarded its 2019 Scholarship to Sarah O’Leary, a senior graduating from Cossackie Athens HS. Sarah will be attending SUNY Fredonia majoring in Geology and Environmental Science. The award is given each year to a graduating student who will be entering a field of study related to Stewardship of the Earth and its Environment. Promoting education is a major goal for the Athens Community Garden Club.

The Athens Community Garden Club maintains three gardens in the village of Athens.



Above top and middle: Athens Garden Club members present hands-on gardening demos to the students at EJ Arthur Elementary School.

Bottom: Sarah O’Leary receives the scholarship from the club.

Three of the gardens maintained by the Athens Community Garden Club members. Top left is entrance into Athens, Bottom left is at the Isabella Rainey Park, and bottom right is the Veterans Memorial Garden.

GERMANTOWN GARDEN CLUB

COLUMBIA COUNTY

by Fran Bufi

Gardeners Learn About Gardening in Small Spaces

The Germantown Garden Club at their May meeting hosted Chris Ferrero, Master Gardener with Cornell Cooperative Extension of Dutchess County. In keeping with the club's theme for 2019 'The Wonderful World of Gardening,' the program for May 'Gardening in Small Spaces,' showed a different way to look at gardening. Her talk demonstrated how beauty can be created either in a small backyard, on a narrow strip aside a walkway, or using containers creatively on a deck or patio. Some of these ideas can be incorporated into larger spaces by creating 'garden rooms.' The presentation covered planning, plant choices, and simple principles which can be used in small spaces and that can enhance larger gardens as well.

A Visit to the Berkshire Botanical Gardens.

In June, members of the Germantown Garden Club visited the Berkshire Botanical Gardens in Stockbridge, MA. Each year the club tries to broaden the gardening knowledge of its members by visiting special gardens. Sometimes a special garden is connected to an historical site, which is a double bonus. This year the field trip was centered around a purely botanical theme at the Berkshire Botanical Gardens. The club had a tour of this 15-acre jewel in the Berkshires comprised of 25 display gardens with distinct characteristics. The grounds include one of the oldest structures in Stockbridge—the Center House; plus a new collection of topiaries, a 'living wall' entryway, an exhibition space, a classroom and teaching kitchen, and a horticultural library. Also, we viewed Asian-inspired art by contemporary abstract painter Nancy Lorenz.

Germantown Garden Club Commencement Decorations

Each year, members of the Germantown Garden Club create floral decorations for the Germantown High School commencement ceremonies. Materials are both purchased and supplied from members' gardens. Members meet at the high school the morning of the commencement to create the designs. This is one of the projects that the club is involved in that allows the club to give back to the community for all their support throughout the year.



Chris Ferrero, Cornell Cooperative Extension Master Gardener gives a talk about 'Gardening in Small Spaces.'



Members visit the Berkshire Botanical Gardens. Pictured: l to r, members Elizabeth Maher, Irene Clum, Marilyn Rein, Elaine Tate, and guest Bill Hurd.



Floral decorations for the Germantown High School Graduation provided by the club.

GREENPORT GARDEN CLUB

COLUMBIA COUNTY

by Maria Kolodziej-Zincio

Greenport Garden Club Tag Sale

The Greenport Garden Club participated in the Greenport Fire Department tag sale on June 1. The weather was perfect and the garden club, and as part of their community outreach programs, was represented at the annual fire department event. Garden tools and a wide selection of beautiful plants, all grown by club members were among the assortment of garden tag sale items. As a non-profit organization, all profits of sales are raised to sponsor their youth scholarship programs. "Our continued support of these projects is what keeps us going. Not only was the day successful and wonderful, we really enjoyed meeting the public and sharing our garden expertise!" stated Angela Rapp, president of the club.



Above: Greenport Fire Department Tag Sale.

Left to Right: Agnes LaSalvia, Kathy Bucholsky, Angela Rapp, Carolyn West, Barbara Hapeman, Sue Dillhoff and Lynn Kowalski

Right: At Pro Printers. Left to Right: Nancy Westbrook and Angela Rapp

Gardeners Beautify Business

To start the season off, members of the Greenport Garden Club Civic Beautification Committee planted Bartlett Patriot and Rocky Mountain White Geraniums, Sutera Cordata, and Ageratum at the Pro Printers entry-way to greet their customers. For many years, Pro Printers has printed the club's yearbook and the club took on this annual project enthusiastically. "We acknowledge the work that Pro Printers does for us and we appreciate their customer service. It just makes sense to do this," stated Angela Rapp, President of the club. Club members selected and planted the annuals that were purchased at their local garden shop, Holmquest Farms. Several projects are coordinated throughout the year to beautify the community.



GUILDERLAND GARDEN CLUB

ALBANY COUNTY

by Merrill-Lee Lenegar

The June 10 meeting of the Garden Club was held at the Mynderse-Frederick House. Jean Cook, Master Gardener from the Schenectady County Cornell Cooperative Extension, gave a presentation on “Gardening Tips through the Seasons.” She spoke about the best garden practices she has learned through her years of experience. She included information on basic lawn care, site assessment, mulching, watering techniques, pruning, dividing plants, plan selection and transplanting techniques

At the request of the Town of Guilderland, four members of the Garden Club who recently became Master Gardeners, volunteered to develop a garden design and plant flowers at the historic Schoolcraft House with a goal of completing some of the work in time for the Annual Path Through History event on June 15. Christine Burdick, Linda Greenberg, Nancy Parry, and Kris Vogt met many times to plan and plant a garden area at the front of house and have plans for more plantings along the foundation of the house. The foundation plantings will not be completed until after the house is painted.

The Guilderland Garden Club participated with the Guilderland Historical Society to host an open house at the Mynderse-Frederick House and the Schoolcraft House on June 15. This is an annual event sponsored by New York State to provide the public with the opportunity to visit historic sites throughout the State. Members of the Garden Club prepared refreshments for the guests and gave tours of the gardens at both locations. Members of the Historical Society provided information on the historic homes.

On July 10, Club members travelled to the Shaker Heritage Site at 25 Meeting House Road, Albany, for a presentation by Laura Lehtonen, who is the Managing Program Coordinator for the STEM Program at the Capital Region BOCES. The topic was “Put Up in Papers: The Shaker Seed Industry.” Selling seeds in envelopes was one of the earliest (circa 1790) of the many innovations created by the Shakers. Laura explained how the Shaker seed industry was developed, the biology of seeds, modern seed production and heirloom seeds. She had slides showing how the seeds were harvested, dried and packaged. The Shakers made their own envelopes for their seeds. We also had an opportunity to walk the grounds of the Site and tour the Shaker herb garden.

On July 18, members of the Garden Club went to the Berkshire Botanical Gardens to tour the gardens and have lunch there.

The August 12 meeting will be at the Landis Arboretum in Esperance, NY. Fred Breglia, Executive Director and Certified Arborist of Landis Arboretum will speak on “It’s All About the Dirt.” He will cover container gardening to large garden beds; from edible produce to ornamental displays. He will also discuss all things “direct” including macro and micro nutrients, compost, bio-char, beneficial fungi, bacteria and ore. Members may also tour the grounds of the Arboretum.



Above Left: The Mynderse Frederick House. Above Right: The Landis Arboretum.

THE GARDEN CLUB OF KINDERHOOK

COLUMBIA COUNTY

by Cynthia Bogardus

The months of May and June were filled with events and activities for the Garden Club of Kinderhook. The annual plant, treasure, and bake sale was held on May 17 and 18 in the Kinderhook Village Square. This endeavor raised funds for the club's projects and programs, with members of the community purchasing donated annuals and houseplants, garden-related tag sale items, and a variety of delicious baked goods.

The June outing for members was a tour of Blithewood Garden at Bard College. Bessina Harrar, head gardener and horticulturist, led the tour of the Italianate garden, which was designed circa 1903. With a spectacular view overlooking the Hudson River as the backdrop, Bessina touched on the historical significance of the land and its occupants, as well as the design and plant choices in the garden itself. This magical setting and gorgeous array of blooms created the perfect morning outing for the twenty attending members and their guests.

The club hosted a garden tour on June 22. The tour featured seven private gardens in Kinderhook, with club members acting as docents at each site. To thank those who opened their gardens for the tour, an early evening cocktail gathering was held at the Van Schaak house. The club's combined events were coordinated by chairperson Stephanie Lally. Attendees for the tour and after-party numbered well over 100, who delighted in treats both visual and edible.



Pictured are some of the hardworking sale volunteers at the Kinderhook Annual Sale.: Tina Lang, Denise Hess, Stephanie Lally, Gerry Smith, Carolyn Beveridge, Carol Seastrand, Cindy VanAlstyn, Wendy Spielmann and Sue Sweet.



Blithewood Garden at Bard College.



The private Garden Tour of Kinderhook where members served as docents. Shown are Denise Hess, Anne Schomaker, Susan Gibson, Roberta Smith, Carol Finkelstein, Donna McElligott and Bonnie Flynn.

TIORONDA GARDEN CLUB

DUTCHESS COUNTY

by Gary Barrack



The Tioronda Garden Club held its 90th Anniversary Tea on May 8. Over 50 members attended the catered affair at the Howland Cultural Center. On display were archival records of the club's first

meeting back on May 15, 1929. Records in great detail have been preserved over these many years. Our Blue Star Memorial Highway Marker, which was dedicated on May 18 (Armed Forces Day), continues to receive positive comments and acclaim from both local residents and the many tourists who visit the city.

On July 10, the club held its annual picnic barbecue at the Howland Center. It was a beautiful evening and members enjoyed great food and friendship. The event was hosted by the men of the club.

The Beacon Historical Society will honor the Tioronda Garden Club at their annual 'Beacons of History' award ceremony and fund-raiser. This award honors those individuals or organizations who have contributed to historic preservation and service to the community. President Gary Barrack was thrilled when notified of the selection, noting that the Tioronda Garden Club is one of the oldest continuously operating community service clubs in the City of Beacon. The award will be presented at a reception gala on November 7 at the historic Roundhouse in Beacon.

Our next meeting will be on September 11 and will feature a presentation by our District Yearbook Chair and former FGCNYS President Barbara Campbell who will speak on 'Pollinators.' Without pollinators, we don't eat. It's that simple.



Above Left: Gerri Fuller, Nancy Vodrazka, Helen Lang and Phyllis Sandford join President Gary Barrack for a photo-op at the club's 90th Anniversary Tea.



Above center: Club members gather for the annual planting and maintenance of the gardens at the Howland Cultural Center.



Above right: Left to right: Nancy Vodrazka, Helen Lang, Norman MacLeod and Nicole Vodrazka take a brief rest after pruning and weeding the Patriots Garden just in time for the Memorial Day celebration.

Below right: Planting dedication: Florence Northcutt, Robert and Jean Haight prepare to plant an "elite rhododendron" in memory of longtime club member and treasurer Barbara Daddario. The planting ceremony was held during the club's annual picnic meeting.



NEW PALTZ GARDEN CLUB

ULSTER COUNTY

Margaret Mc Dowell, President

We have had a busy Spring and Summer, beginning with our garden planting and maintenance throughout the Town. As you enter New Paltz at the Thruway, we have beautiful planters now displaying summer flowers. In the center of town, we maintain and plant a new garden called the Magnolia Garden, a beautifully tended Garden around an old Magnolia Tree. And finally in downtown we maintain a mature, spectacularly managed garden at a central cross street. We have assisted the town by contributing a letter of support in favor of the “Bee City USA” designation. Our town will be banning pesticides (for town use) to encourage pollinators. We also had a successful plant swap in May. Additionally we had a rock painting and flower arranging workshop in the Spring. In the Fall we are planning a field trip to the wonderful Mohonk Mountain House Gardens.

Our Small Standard Flower Show took place on July 13 & 14 at the Elting Memorial Library. It was called ‘Summer Treasures.’ We featured American Line Mass Designs, Tables for Two, Illumination, and Horticultural entries.



Pictures from our Flower Show ‘Summer Treasures.’ Above: an overview of our Horticulture entries. Top right: Best in Show for Design—America Mass Line Design by Bonnie Champion. Top left: Best in Show for Horticulture—Fennel by Shelly Ottens. Right center: Kathy Rivera, New Paltz Garden Club Vice President and Flower Show Co-chairman. Right bottom: Illumination designs.

HUGH PLAT GARDEN CLUB

SCHENECTADY COUNTY

by MaryAnn DeFonce

This spring and summer have proved to the Hugh Plat Garden Club that nothing is as constant as change: Changing weather, changing schedules and changing plans. Flexibility has become our middle name. When the weather hands you lemons, make lemonade. Our plans for a delightful picnic in the Central Park Rose Garden in Schenectady were cancelled due to inclement weather in June and again in July. We had planned a no waste Mason Jar picnic about which we were very excited. Maybe we can try that again next year!

June's meeting turned into a super planning lunch at Stella's Pasta Bar and Bakery located at Focastle Farms in Burnt Hills. Their fresh products and produce are locally sourced and the baking and pasta making are done in-house. At this meeting we decided to change our yearly schedule and our monthly meeting day. Our club was originally founded by young mothers who decided to take a break from meetings during their children's summer vacation. We decided that taking off the winter months of January and February would be a better fit for our club. We also changed our meeting day from Fridays to Wednesdays. CHANGE, CHANGE, CHANGE!



The Schenectady County Historical Society buildings.

The second cancellation of our Rose Garden picnic has led to a long hope for trip to Toad Flax Nursery in Glens Falls. Hopefully, the remnants of Hurricane Barry won't keep us from this trip!

We are continuing our workshops producing items for our late fall and winter decorating of the Schenectady County Historical Society buildings. We have had fun creating conical trees with fabrics, laces, and pinecones, and making fabric and lace covered balls as part of our Lanterns and Old Lace theme. We are already looking forward to September and October, apple picking, pumpkin gathering, and cooler days. Change is a wonderful thing if we approach it with a positive outlook!



Our decorative conical trees that we made for the Schenectady County Historical Society.

THE ATHENS COMMUNITY GARDEN CLUB Invites You to Attend Our Annual Holiday Luncheon and Charity Auction

Thursday, November 21st, 2019
12 Noon at Pegasus Restaurant
10855 State Route 9W
Coxsackie, NY



Arrive at Noon to preview the items
Participate in our silent and Chinese auctions
Stay for lunch
Then BID, BID, BID during our live auction!

Cost for luncheon \$25 per person, plus cash bar.
For reservations and further information call
(518) 444 8279. Reservation required
by November 13th.



All proceeds benefit the
beautification and education efforts
of the Athens Community
Garden Club



GARDEN CLUBS OF GREENE-SCHOHARIE COUNTIES

by Carole Garvar, Chair

Please revisit the last issue of The Digest for a complete listing of information regarding The Athens Community Garden Club, Clematis Garden Club, and Schoharie Valley Garden Clubs through December.

In this issue I would like to share a list of some of the trips to places of interest our clubs have visited and toured. For more information go online and discover the reasons you should explore these venues.

Central Park Rose Garden 500 Iroquois Path, Schenectady

The Mount Edith Wharton's Home and Gardens, Lenox, MA

Olana The Estate of Hudson River Artist Frederick Church, 5720 Rt. 9G, Hudson

Thomas Cole House and Studio Creator of The Hudson River School of Art and teacher of Frederick Church, 218 Spring Street, Catskill

Mountain Top Arboretum featuring Native Plants and Trees, 4 Maude Evans Road, Tannersville

Barbers Farm Stand Distillery and Gardens 3617 NY 30, Schoharie

Annual Tulip Festival in May Washington Ave Park, Albany
Sharon Springs, NY is a charming village and the location of 'Miss Lodenas Tea Room' in the Roseboro Hotel. Take a tea and garden tour.

Berkshire Botanical Gardens Rt 5W, Stockbridge, MA

Brooklyn Botanic Garden 1000 Washington Ave., Brooklyn

New York Botanical Gardens 2900 Southern Blvd. Bronx

The Butterfly Conservatory 5802 NY Rt 7, Oneonta

NYS Power Authority/ Lansing Manor Festival of Trees in December, 1378 State Rt. 30, Blenheim, NY

Hildene Lincoln Family Farm 1005 Hildene Rd, Manchester, VT. Visit the Peony Garden in June.

Wave Hill Public Garden, Greenhouses and Cultural Center W 249 Street, Bronx

Ten Broek Mansion and Gardens Albany, NY

Opus 40 Environmental Sculpture Garden Saugerties, NY

Innisfree Gardens 362 Tyrrel Rd, Millbrook

GARDEN THERAPY

by Patricia Blundell, District III Garden Therapy Chairman

“Those who bring sunshine to the lives of others cannot keep it from themselves” — J. M. Barrie

As soon as I read the above quotation, I immediately planned to use it for my Garden Therapy article for this publication. Sharing our love and talent for all things gardening is surely a way of spreading sunshine. This Chairman is aware of several of our clubs that bring sunshine to others by conducting excellent Garden Therapy projects at locations in their area. We can do more.

Recently a Nursing Home-Rehabilitation Center in my area had an article in their bulletin requesting volunteers to assist residents with creative activities to enhance their day. What a perfect opportunity for Garden Therapy! There are nursing homes, assisted living facilities, etc. in all areas of our District. The talents of club members and utilizing “Garden

Therapy” online are a great beginning.

One thing to keep in mind regarding Garden Therapy projects is the individual must participate in the project, not just be an observer—it must be a hands-on project. Photos of activities are important, especially if you plan to apply for Awards. There are District Awards available, which could go on to FGCNYS Awards, etc. which is another wonderful way of sharing.

Please email me at floralartistry01@hvc.rr.com with questions, sharing ideas, etc. And remember—“Those who bring sunshine to the lives of others cannot keep it from themselves”.

Clubs' Calendar 2019

September 7

Schoharie Valley Garden Club's
Garage Sale, Plant, and Bake Sale
139 Bridge St.

September 14–15

Germantown Garden Club's Annual Flower Show
"The Wonderful World of Gardening"
The Palatine Parsonage, 52 Maple Ave., Germantown

October 17

District III Fall Meeting,
Best Western Plus, Kingston, NY

October 24–27

Central Atlantic Region of State Garden Clubs, Inc.
Fall Conference
Arlington, VA

November 21

Athens Community Garden Club
Annual Holiday Luncheon and Charity Auction
Pegasus Restaurant, 10855 Route 9W, Coxsackie



It's Time to Submit Your Club's Projects for Awards

The dates for clubs to apply for 2019 Awards is fast approaching. With that in mind, we wanted to let you know of a change in who to submit your applications to. As you know, Patricia Blundell has passed her 'floral' wand to the new co-chairs Camille McComb and Stephanie Lally. The process and deadlines remain the same, however, you will now submit your applications to Camille. Here is her mailing info: Camille McComb, 89 Albany Avenue, Kinderhook, NY 12106

You can also contact both co-chairs via email if you need additional information: Camille: seatoile@gmail.com or Stephanie: smd81168@yahoo.com. Below is a review of what you need to do and a timeline.

All awards applications are submitted to the District Awards Coordinator with the exception of Yearbooks and Press Books. The FGCNYS, Inc. Award Manual (updated February 2016) is a 'click away' at: www.fgcnys.com/AwardsandForms.html. Choose 'Awards Manual.'

Refer to the Table of Contents. Listed is all the information regarding topics that apply to your club's projects.

On page 3, in the 'Rules' section, lists all the necessary details for applying for Awards. Note for section 'Deadlines,' #3 is a reminder: September 1, 2019 is the deadline for clubs to notify the Awards Co-chairs of their club's intent to apply for awards. October 1, 2019 is the date to submit your completed applications.

A review of the 'Table of Contents' offers all aspects of Garden Club projects. Pick yours! Follow through by printing the application forms from here: go to fgcnys.com, then click on the Awards Information tab, scroll down, select 'FGCNYS Awards Application 2018-2019.'

Submit your club's award application form with the necessary description. Two additional 8½ x 11 sheets of paper are allowed. Use one side only of each sheet to describe your project in more detail and include photos with descriptions, etc. The application form plus two extra sheets of paper is the limit for submission. Submit this to Camille, whose address is listed above.

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*.



