



Keeping us connected

# The News Magazine

Federated Garden Clubs of New York State Magazine

Spring 2018 Volume 2, Number 1

## From Monica's pen...

*Garden Club Membership is important to our communities...*

**So how does a community that has a garden club benefit?**

### In these communities:

**Garden clubs are** the vision, plan, and manpower behind community beautification. Whether it is flower-filled planters and barrels or tree-lined town streets, manicured public buildings, welcoming neighborhood and community entrances, partnerships with public departments of transportation for roadsides, or holiday designs in public buildings – a garden club's presence is evident.



President Monica Hansen, FGCNYS

**Garden clubs started** and promoted recycling many years before it was a national movement. It is now a way of life in our country – not a project.

**Garden clubs know** the importance of working with youth for the future of gardening, conservation, and the environment. They are an additional resource for teachers to work with youth in after-school programs and school classrooms. Federated Garden Clubs of New York State, Inc., and individual garden clubs provide college scholarships for students in horticulture-related fields.

**Garden clubs realized** early on what gardening did for the soul. Garden club members have been interacting with people in nursing homes and retirement homes long before we called it "Garden Therapy."

**Garden clubs are** often the conscience of the community. Their voices speak up to save a tree, to save a park, and to prevent too much development.

Gardening touches everyone in some way. It can be beauty, color, solitude, food, memories, therapy, land value, exercise, to attract wildlife, or just the thrill of making something grow.

Gardening teaches life lessons:

- To everything there is a season
- To appreciate beauty of the world
- To share
- To be patient
- To be optimistic and hopeful – to plant a seed, bulb, or tree is to believe that tomorrow will come and many tomorrows after that.

A community full of people that has learned these life lessons is a good community! Communities with a garden club are usually a more beautiful place, a "greener" space. They are communities with a conscience.

Margaret Mead is credited with the following statement: "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has." Garden club members are among these committed citizens. Aren't gardening people the happiest, friendliest, and most generous people you know?

Yes, we have challenges ahead of membership with competition for people's time and garden clubs no longer being the only source of gardening information. We are fortunate right now that there is an emphasis in our country on vegetable gardening, community gardens, and healthy lifestyles that weren't around 15 years ago. So join with us as we "Plant America for a Cleaner, Greener and Healthier World".

**JOIN US AS A MEMBER OF THE FEDERATED GARDEN CLUBS OF NEW YORK STATE, INC. TO ENCOURAGE OTHERS TO BE PART OF A GARDEN CLUB LIFE.**

## Precious Moment



Garden Club members bloom through their involvement. Who are these budding beauties? *Bottom left to right: Tara Longyear, Amy Balcerck, Fay Privaterra. Top left & right: Betty Triest and Judy Longyear.* All are members of the Macedon Garden Club, District 7, Section 9. See more in the center section of this issue. Read about their outing to Fredrick's Sunflower Farm in Clifton Springs on **page 7**.

# Training a Topiary Standard



There is a joy in creating your own potted topiary standard. It can be done with nearly any woody stemmed plant: i.e. examples:- hydrangea, ivies, fuchsia, herb plants such as Berggarten Sage, English Sage, African Blue Basil, artemisia, bay, rosemary, myrtle, Santolina or rose shrubs. A well placed standard can dramatically

enhance either a formal or informal garden. The procedure is fairly simple, and takes only a little growing time and a patient gardener.

For a large-36 inch standard, select a cultivar with large, coarse leaves and big flowers. For a smaller -18 inch standard select a plant with a finely textured leaves and small flowers. Topiary standards usually will need some shade during the hottest part of the day and since they are potted they can generally be easily moved if necessary.

1. It is much quicker to get a started plant at your nursery. Choose the plant and then repot it. You could also start a cutting of your own from a mother plant. The plant selected should be upright in habit with a strong, straight leader, an exception to this is ivy. Ivy uses twining up metal forms to create toparies. Heavy terra cotta pots with a drain hole work best; they will give weight and balance to the standard head. A 12 inch pot works for a 36 inch standard, a 6 inch pot works for an 18 inch specimen. Use a standard potting mix with some water absorbing polymers and a few granules of time release fertilizer.

2. Use a sharp, sterile knife or scissors to remove all side branches from the plant. This encourages top growth. Do not remove leaves growing directly from the trunk. They will prevent plant shock and continue to feed the plant. These can be removed later after the plant has strengthened. Insert a wood stake or plastic coated metal rod close to the trunk. Push the stake to the pot bottom and use raffia or twine to gently tie to the plant stem at 4 evenly spaced intervals, Be sure not to damage or scar the trunk/ stem.

3. Pinch back the leader after the plant has 3 sets of leaves above the top of the stake. This will cause the side shoots to grow and form a bush head and also induce buds to form. Do the same to the side shoots when they have a minimum of 3 sets of leaves. When the head reaches a pleasing size stop pinching, so blossoms can form. Now is the time to gently remove any leaves that remain on the trunk or allow them to drop naturally.

4. Standard Maintenance. Most standards need regular watering and it is almost impossible to over water clay pots that have good drainage. Frequent misting will keep the foliage clean and help with pest control. For flowering standards apply half strength doses of a complete liquid fertilizer every two weeks and deadhead old, faded flowers often. Summer the topiary out doors, but bring your plant into a greenhouse or well lite room with good humidity before the first frost.

Contributor: Lee Schreiner, Horticulturalist Chair for District 8.  
Contact Lee: leegardener@verizon.net

# TARRAGON: The Dragon Herb

Family: Compositae; other members include daisy, dandelion, marigold

Genus and species:  
**Artemisia dracunculus**

Also known as: French or Russian Tarragon, Estragon, Dragon Herb

Parts used: Leaves



Tarragon is probably best known in its role as the main seasoning in béarnaise sauce. But there is a LIKE and UNLIKE to this aromatic herb. LIKE aromatic herbs, it has history in healing. UNLIKE most other aromatics, however, it fell from healing fashion in the 17<sup>th</sup> century and has only recently been discovered as an oral anesthetic with some potential for the prevention of heart disease.

INFECTION PREVENTION: Like many culinary herbs, tarragon oil fights disease-causing bacteria in the test tube. For garden first aid, press some fresh crushed tarragon leaves onto wounds on the way to washing and bandaging the wound.

INTRIGUING POSSIBILITIES: Tarragon oil contains a chemical (rutin) that strengthens capillary walls. Ah... hence the potential in heart disease.

GO FOR THE FRENCH:

Tarragon comes in two varieties, Russian and French. The Russian has less oil; therefore, less flavor. So *Tarragon* almost always implies the French plant.

Warning: *RX Medicinal doses of tarragon should not be given to children under age 2. Never use herbal remedies without Dr. permission.*

Contributor: Alma Harford, FGCNYS Herb Chairman  
Contact Alma: almaharf@frontier.com

## Creamy Tarragon Sauce

From *Eating Well Kitchen*. This "béarnaise" sauce is like creamy béarnaise sauce except it skips butter, egg yolks, and fuss. It is spiked with lemon juice and zesty Dijon Mustard. Diabetes appropriate, gluten free, heart healthy, low in calcs, carbs, and fat.

- 1/2 cup low fat plain yogurt
- 6 tblsp low fat Mayonnaise
- 1 tblsp water
- 2 tsp Dijon mustard
- 1/4 tsp salt

For the gourmand among us: White pepper to taste.

Yes you may use black pepper, but remember Julia advised white in white sauces... no black specks.

- 4 tsp fresh tarragon or 1 tsp dried tarragon
- 1 tsp. lemon juice

Whisk all together. Serve over asparagus, salmon... Voila!  
For make ahead: Refrigerate up to 3 days.

# A Passion for House Plants

Some well-placed greenery in your home:

- Can brighten a space
- Purify the air
- Increase oxygen and clear out toxins for cleaner breathing air, receiving NASA's stamp of approval
- Provide a little dose of Zen.

What's more, in a 2008 study, Dutch researchers found that hospital patients with indoor plants in their rooms reported lower stress levels than patients without them.



*Chlorophytum comosum* commonly called a Spider Plant\* is a flowering perennial herb. They are decorative, easy to grow, and also make the NASA

list\*\* of the best air-purifying plants. They are effective at fighting pollutants including benzene, formaldehyde, carbon monoxide and xylene.

These easy-to-grow houseplants, which were favored in the Victorian era, look especially nice in a hanging basket. It's an extremely tolerant plant should you accidentally forget about it from time to time. This is due to the thick white roots (rhizomes) it produces in order to store food and moisture for long term support. Grow them in a soil-based potting mix in bright to moderate **indirect** sunlight. Spider plants do not appreciate direct, hot sunlight! Although the variegated Spider Plants appreciate a brighter spot in order to keep their stripes.

In the spring and summer months, keep the soil moist to encourage growth. Do not let soil dry out. Fertilize up to twice a month in the spring and summer. That's it... to avoid over fertilization.

## START YOUR OWN KENNEL

Spider Plants produce offshoots called "pups". Allow pups to reach approximately two inches in diameter; then remove and set the pups into pots of soil and water. That's how easy it is to start your own Kennel. Too many pups? Time to gift some to friends.

Give your office or window sill an upgrade with our new favorite houseplant

\*Also known as Airplane Plant, St. Bernard's lily, Spider Ivy, Ribbon Plant, and Hens and Chicks

\*\* Use these links for houseplants that improve indoor air quality: <https://www.mnn.com/health/healthy-spaces/photos/15-houseplants-for-improving-indoor-air-quality/a-breath-of-fresh-air>

<https://www.brit.co/cleaning-houseplants/>

Contact Annette Kuhn, FGCNYS House Plant Chair; District 8, Ken Sheriton Garden Club: email: [akuhn@rich.com](mailto:akuhn@rich.com)



**Invasive Plants!**

By Ima Gardener

Dear Ima Gardener,  
Last summer I noticed a huge plant growing like a beanstalk in my side yard. I enclose a picture of what I found online... ours was only one stalk tho.. My husband just cut it down... have we solved our problem? Signed Confused in WNY



This is a picture of Japanese Knotweed, *Polygonum cuspidatum*, "Gorilla Plant"

Ahhhh Grasshopper,  
Words fail me in sympathy for your confusion and somehow having Japanese Knotweed (*Polygonum cuspidatum*) introduced into your garden. Just to give you an idea of the horror story this will become: It's common name is "Godzilla weed". If you look carefully you might see a "made in Japan" sticker on it next year.

A member of the buckwheat family, Japanese Knotweed was introduced from Japan to the West in the 19th Century via England then into North America as a landscaping ornamental. Save us from our genes that drive our cravings to be unique.

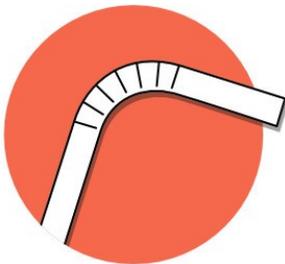
Japanese Knotweed likes your garden area because it has sunlight and *friable\** soil. If there should be a stand of this Godzilla weed near the edge of your property, resist the impulse to clear any wooded area to build some *charming little garden outbuilding* until this Knotweed is completely destroyed. Remember by creating another garden oasis you will be creating favorable light and friable soil conditions.

How did Japanese Knotweed come into your garden? The Knotweed may have traveled with costly topsoil innocently dumped into your yard. All you need is a tad of a root for this menace to grow and grow threatening your landscape. So here are some ways to try to eradicate it: **smother** with tarps to **choke** it out; **kill** it with an herbicide; **cut** it; **dig** out the rhizomes. *Aggressive* is an understatement here. Please refer to this site: [the-spruce.com/eradication-of-the-japanese-knotweed](http://the-spruce.com/eradication-of-the-japanese-knotweed).

And don't even consider for a moment converting your existing distressed garden area into a new concrete patio ...*hahahahaha*.. So Sorry... This is no laughing matter. "Godzilla" will burst through cracks in the concrete.

\* Yes, Ima learned a new word: friable... you can make the word yours by finding its definition and using it at least three times in a sentence.

## Change the Day Project



*Editor's Note:* This information appeared in our mailbox from MarthaStewart.com... hmmm never thought of plastic straws before. Maybe you have, but we decided to include comments from the email for you. Please excuse this editor's reaction to what she read by the use of many exclamation points and CAPS. You can read about the entire project at [www.Marthastewart.com/1524287/how-to-fight-plastic-pollution-straws](http://www.Marthastewart.com/1524287/how-to-fight-plastic-pollution-straws)

Let's talk trash for a moment: think about the last time you ordered a smoothie from your favorite juicery or picked up your morning iced coffee. Now, think about what you did after you finished your drink; chances are you threw everything — your cup, lid, and straw — in the trash. Or perhaps you thought, since it's plastic, it could be recycled. However, according to a [recent global analysis](#) on the effects of plastic pollution, a whopping 91% of all discarded plastic never actually gets recycled. For straws, it's often due to their size. As a result, a majority of all plastic will end up in landfills or, more likely, the ocean.

"Plastic does not disappear. It does not go away," Nicholas Mallos, program director for Trash Free Seas at the [Ocean Conservancy](#), a non-profit environmental advocacy and research organization, tells us. "And the same qualities that make it so useful in our everyday life — it's cheap, it's strong, it's light — make them just as hard to break down."

With this introduction, your editor was hooked to read more and here's what I gleaned.

**Life Cycle of a plastic straw:** During a Trash Free Seas program in 2017, volunteers picked up 125,973 straws on American beaches alone. (I know... who counts?) EVERY DAY more than 500 million! Single use plastic straws are tossed. AND the sad fact is that, with the exception of a medical condition, single use plastic straws are not required to sip your favorite drink! You discarded single use straw finds its way into the eco-system as per stats above. As a large straw, fish may not ingest it. The straw does break down into, for example, pesky egg shell sized pieces which we can remove (well maybe) from our omelets. Unfortunately, these manageable pieces are sucked up mistakenly by sea animals. It's a fact! By 2050 the oceans will be home to more plastic than fish. And there you have it. A food chain started by us.

It's so easy to stop this practice. We all know the 3R's: Reducing, Reusing, Recycling.. The article suggested adding a fourth: REFUSE. So the next time you are in a restaurant, BEFORE you place even your drink order, request that you do not want a plastic straw. It's a fact! There are currently [only] 1800 restaurants, organizations, and schools worldwide that have either implemented a straws-by-request policy or have rid the system of it all together. (included: Miami, Los Angeles, NYC, and D.C.) France has already decided to ban single use plastic straws. Tres bien.

Do you love sipping with a straw? Consider investing in your own reusable straw: stainless steel or bamboo. Refusing a single use straw does not sound like much, but consider if "100,000 or a million" others refused a straw in the same week: definitely a impact. This comes down to a choice to be sustainable when you have the chance. Make a pledge to be plastic straw free for a week or forever. "This is a people problem. We manufacture straws and use them. We can fix it." It's a fact: Yes, we can.

## Outreach Frog Bag Project featured in National Gardener Magazine

*Exciting News for my fellow NY State Garden Club Members our Outreach Frog Bag Project was featured in The National Gardener Magazine Winter 2018. A proud moment for New York State! If you would like a copy of the Magazine call the NGC Headquarters they will send you one \$2 each.*

*Shown right: Jack Johnson in the Ilion Library working on a pinecone feeder.*



The Winter Bags are now out in our local Libraries. We have chosen to include Beginner's Guide to Birds of the Eastern Region (Stokes) which may be purchased under \$8 from Amazon. The book is very kid friendly. If the child spots a red bird, he reaches for the book which has colored dots on the pages. It becomes a simple matter to leaf through the book until they match the dot on the page which corresponds to the bird they have just spotted. Details about the bird are listed: its preferred food, nesting habits as well as a picture of the female.

We included a News letter to the family talking about the struggle of wildlife to survive the winter. Directions for making a pinecone bird feeder and the kit with everything they need to make the feeder. There are also directions for making a journal made out of a cereal box in order to record the birds they spot at their feeder. I'm pleased to say this seems to be the best received Bag yet!

Has your Club got a bag or two in your local Library? Talk it up at next Garden Club Meeting and get a bag or two in your local Library. Our little readers are never too young to teach the importance of saving our environment!

*Carol Brown, FGCNYS Family Outreach Chair is just a phone call or email away:  
P: 315-866-1091. Email: [cbrown0946@me.com](mailto:cbrown0946@me.com)*

# Federated Garden Clubs of NYS Meet & Greet and Save the Dates...

## FGCNYS Inc. 59th Symposium "RENEWAL" June 12, 13, 14, 2018 RIT Conference Center Henrietta, NY

*This is not just your olde judges symposium anymore.* No need to be a Judge to enjoy this Symposium which offers something of interest to appeal to all our Garden Club members and the community as a whole. The topics are designed to catch your fancy in both horticulture and design.



**HORTICULTURE:** Join us as Sandra Joyce shares: *What's Old is New in Trough Planting; Sensational Sansevierias, and Orchids - Exotic Beauties.*

**DESIGN:** Lynn Fronk will share *New Division-New Designs* and provide an update on *What's New in 2018.*

To view the trifold for the Symposium and more information, please check our website [fgcnys.com](http://fgcnys.com).



## 68<sup>th</sup> FGCNYS Fall Conference and Meeting September 11 - 13, 2018 Corning, NY

What do September, the 3 F's: fun, food, friendship, crisp apples, glass blowing, wine, shopping, Fabulous Designs, Horticulture, purple pumpkins, and an organization we all love, have in common? Yahoo! You guessed it!

### FGCNYS 2018 Fall Conference in, Corning, NY.

This conference promises to be full of exciting things. Joining us for all the activities is **Nancy Hargroves**, our NGC President. This is an opportunity to meet and greet Nancy, who is only a picture in the National Newsletter for most of us.

Since Corning and glass are synonymous, we are offering our members an opportunity to blow their own glass pumpkins.

So join us to blow your own special pumpkin and meet our NGC President. And if you're quirky like our FGCNYS President Monica Hansen, who is not enamored of the color orange, blow a **Purple** pumpkin! The trifold will be on our [fgcnys.com](http://fgcnys.com) website soon.

Yes, there is a real, competent person who wo-mans the state office.

Meet and Greet  
Linda U. Zell, LUZ,  
FGCNYS office  
manager.



I am pleased to introduce ...

our FGCNYS Office Manager, Linda U. Zell, aka LUZ, who was hired in November, 2016. Linda is a native of Guilderland, a retired employee of NYS and loves gardening, reading and swimming. Her skills in IT, Accounting and Teaching are a good fit for our Office management needs.

Since becoming a staff member at the FGCNYS office, Linda and her mother have joined the Guilderland Garden Club in District 3.

Linda has certainly made my job easier and we wanted to share her with you in this edition of *The News*.

*Contributor: Monica Hansen, President, FGCNYS*

## HAPPY ANNIVERSARY !



Geneseo Garden Club installed new board during a gala celebrating the club's 50th Anniversary. *Shown l. to r.:* Carolyn Peck, Section Chair, **7th District**, Julie Brocklehurst-Woods & Darleen Collins, Co-Presidents, Pat Allan, Corresponding Secretary, Carol Robinson, Treasurer. *Not shown:* Judy Conklin, Secretary

### Club members Celebrate 50th Anniversary

The commemoration was marked by sharing pictures, memories, and toasts with keepsake wine glasses etched with the club's logo. Founded in 1967, the club has grown from its original 36 members to today's 65, enabling the club to enjoy more activities and community involvement.

A highlight of the occasion occurred when Julie Brocklehurst-Woods recited *Remembrances of our Founding* given by Jeri Quirk, GGC's 101 year old founding member. Congratulations to all.

*Photo and article submitted by Nancy Hazen*

# Creating Memories ...

## DISTRICT 2



In October, 2017 the 2nd District Judges Council hosted Bobby Duryea, professional photographer and this districts Historian and photography chair. Bobby presented a photography workshop. The Council members learned about judging photos and some editing tricks as well. Photography is now a category under the new Botanical Arts Division in the updated NGC Judges' Handbook. *Photo and information submitted by Donna Sessa*

## District 10



As part of annual fundraiser, the Artful Gardeners Club of Port Jervis, holds a wreath workshop open to members and public. *Shown left* is Carol Comando with a wreath she created. All supplies for a make and take wreath or swag are available as part of the fee.

*Submitted by Carol Comando*

Garden Club members do not live by flowers and fauna alone ... this is the only picture of a buffet submitted by a club.

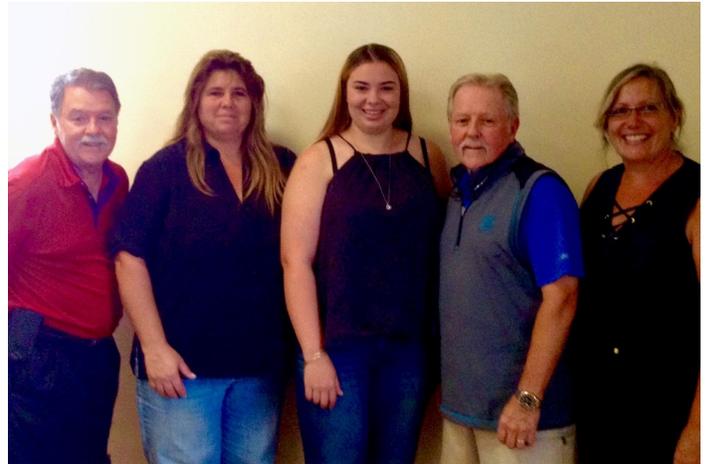
The members of Luther Burbank Garden Club took time from giving donations to worthy causes, a grand Garden Illumination, tree lighting ceremonies, making lovely lip balm donated to nearby St. John's Riverside Hospital to enjoy this delicious buffet. Thank you

## District 9



*submitted by Leah Rabadi*

## DISTRICT 3



*Nicole Hallenbeck (center) was awarded the annual Youth Scholarship given by the Greenport Garden Club in August 2017. Others pictured: Tom Budelman, Mary Hallenbeck (proud Mom), Nicole, Peter Budelman, and Cindy Teator.*

This scholarship is awarded to a graduating Senior who plans to pursue an agri-environmental degree. Nicole will begin her studies at Columbia-Green C.C. in general education. Upon completion of her Associates Degree, Nicole plans to transfer to SUNY Cobleskill's Dairy Business Management Program.

The Budelman Family, owners of the General Roll Leaf Manufacturing Company, and the Garden Club co-sponsor this annual scholarship. Congratulations to Nicole.

*Submitted by Gary Barrack, 3rd District Director*

## DISTRICT 8



Collage Design\* created by Susan Loughran for 2018 NGC *Vision of Beauty* Calendar: March, selected for the Month of March in the 2018 calendar.

District 8 and Lewiston Garden Club are proud that Susan's design, "Hide and Seek", was selected for the Month of March in the 2018 calendar.

Susan shared this updated information with us. \*Upon submission the collage, which must be abstract, was considered a Creative Design. However in the new Handbook 2017 for Flower Shows, it is now a Bonded Design and moved to the Botanical Arts Division of a Flower Show. Susan is a National Accredited Judge at the Master level and web manager for District 8. Thank you for all that you do, Susan.

# from One District to Another.

## DISTRICT 7



Here are some members of the Macedon Garden Club enjoying an evening wagon ride through an amazing field of sunflowers at the Fredrick's Sunflower Farm, Clifton Springs, New York.

Club members learned about the process of pressing sunflower seeds into cooking oil. Ever wonder what happens to the leftovers, or silage? It is sold to local dairy farmers who mix the silage into the cows' feed, increasing milk production by 25%. This field trip was also good for the birds! Members were able to purchase sunflower seeds for the feeders.

*Thank you Andrea Kords, President MGC, for sharing this highlight with us.*

*Photo credit: Melinda Kelsey*

## HAPPY ANNIVERSARY !



### District 2

Charlotte Van Houten of the Olde Towne Garden Club gave us some of the history behind the 80th Anniversary cake (shown left) and celebration. In 1937, two Southhampton women met in a local bakery to discuss forming a garden club. The dues were fifty cents! When current members planned the celebration a bakeshop theme was the inspiration for the anniversary cake. Club members Prudence Martinez and Tina Kirby were the floral arrangers.

In the meantime in **District 3**, Gary Barrack, Director, sent along news about the 90th Anniversary of Shawangunk Garden Club. A garden party was held in the Hunt Memorial Building in Ellenville. Garden club members decorated the 100 year old facility with planters filled with flowers reminiscent of the 1920's. Indoor garden vignettes and a classical string quartet created a delightful ambiance. Each table had a teapot centerpiece. In the lobby 90 years of pictures regarding community service, beautification and awards were on display.

**New Feature Online.. The FGCNYS Spotlight will shine on District One... please turn to page 11 for a sample of what we will learn about this District who is first in our state.**

## DISTRICT 5



**Garden Club of Richfield Springs (District 5) created a Winter Wonderland**

Who is this Elf on the Shelf? Why Margo Gill's grandson Gabe Hernandez!

*Photo credit: John Piscione*

The Proctor Memorial Room of the Richfield Springs Library was decorated during the 2017 Holidays. While the DiPascual Family Band played Carols, the Elf on the Shelf dutifully recorded each guest's wish list. Club members provided refreshments. Beginning in July, club members worked tirelessly for hundreds of hours to make this annual event a lovely memory. Special thank you to: Trudy Piscione, Becky Marzeski, Karen Watson, Grace Talmer and Diane Jouben.

## Elaine DiPietro, past president of FGCNYS...



In October, 2017, family, friends gathered to dedicate a bench in memory of Elaine DiPietro, mother, grandmother, and East Aurora G.C. member. The memorial is located within the lovely Knox Farm State Park in East Aurora.

## ...We Remember Her Well

Elaine DiPietro served the state admirably: Past President of FGCNYS (2008-2010), former FGCNYS District 8 Director, a member of East Aurora Garden Club for over 45 years and its President twice. An award winning floral designer, she was an accredited flower show judge for horticulture and landscape design.

Besides these leadership roles, many of us remember her best as the Blue Star Marker Chairperson for the Central Atlantic Region. Locally her dedication was responsible for the installation of several Blue Star Markers in the District 8 area, including Blue Star markers at the East Aurora Legion, Wales Memorial Park, Towns of Marilla and Holland, and the Honor Garden at an Erie County Park: Chestnut Ridge, Orchard Park.

*Edited & Reprinted from Figure 8, District 8 newsletter, January, February, March 2018*

## Blue & Gold Star Memorial Updates

As 2017 has come to a close I'm proud to announce many Blue Stars were ordered and dedications held. Fresh green wreath with a bright red bow could be seen through out the State Blue/ Gold Star sites this past Holiday. Thank you!

A few reminders the price of the markers will increase in May 2018. So get those orders filled out and sent in. It takes twelve to sixteen weeks to receive your order from Sewah Studios.

If your marker is showing signs of wear the Memorial or Highway markers can be refurbished by the Sewah Studio. If your group has a By-Way Marker that can not be refurbished it has to be replaced. Contact Sewah Studios who will refurbish your marker should the need arise.

*Submission and picture credit: Carol Brown, FGCNYS Blue Star Chair. Contact: stegar9@hotmail.com*



*Gold Star Markers pay tribute to Gold Star families who lost a family member in service to our country.*

District 5 sponsored the placement of the state's second Gold Star marker in summer of 2017. Gold Star markers pay tribute to Gold Star families who lost a family member in service to our country.

The marker was purchased by the Military of the Purple Heart Chapter 490. It was placed in the Purple Heart Park, Utica, NY.

A special thank you to the Clinton Garden Club who helped raise funds.

On July 9, 2016, the Bowmansville Garden Club (District 8) placed the state's first Gold Star marker in the Russell Salvatore Patriot and Heroes Park, in Lancaster, NY.

*We rec'd notification of other Blue Star placement by the following clubs: District 5: The Green Thumb Garden Club from Oneida Castle; and District 7: Town of Ontario Garden Club. Please forward information re: the placement of a memorial to Carol Brown.*

## From the Editor...

**DEADLINE for The News Magazine is August 1, 2018**

**Regular columnists or those with specific State News** are encouraged to send their columns to bobpo5@hotmail.com at any time before this deadline. The next issue will appear in October. It is best to send your column as a word document and attached to your email. Continued on page 11.

## The High Line - Manhattan



Beyond Central Park there is a treasure on the west side of Manhattan which is one of many little gardens in the big apple, but this one is particular and it's The High Line. It runs from Gansevoort Street in what is known as the Meatpacking District from 14th to West 34th street between 10th and 12th Avenue and is wheelchair accessible with several access points. *It all began with this... see picture left.*

The garden springs from an elevated freight rail track constructed by the New York Central Railroad and operated between 1934-1980 and was transformed after many years of disuse into a public park through the efforts of community residents when they founded the "Friends of the High Line" in 1999 and so saved the structure from demolition.

The High Line is a 1.45 mile long mostly straight and sometimes curving walk that is open from 7 AM to sunset. Walking along, you can admire beautiful trees, bushes and *wildlife*. Depending upon the season, you'll see a variety of flowers, grasses and bulbs.

There are benches on which to relax, rest and admire your surroundings: public art, sculptures, murals. You can imagine that the buildings once upon a time accepted freight deliveries on their second floor. But maybe most of all you can take in wonderful views of Manhattan and the East River which is close by.

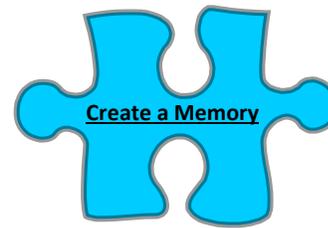
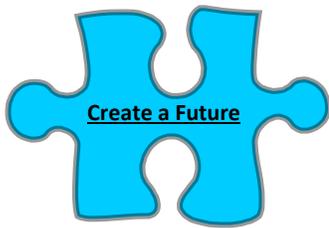
From your unique perch 30 feet above the street, you can really appreciate the New York . Docent tours are available. On the streets below are a variety of restaurants each offering different menus and prices on the streets below as well as interesting markets and museums. During good weather there are food vendors all along The High Line. Be sure to treat yourself to an Italian ice cream by a vendor called "L'Arte del Gelato". It's a yummy delight.



Pleasant vistas and adventures await your next visit to Manhattan and The High Line.

For more information: [www.thehighline.org](http://www.thehighline.org)/Tel: 212-500-6035

Contributor: Marisa F. Katzurin, FGCNYS Botanical Gardens Chair  
Contact Marisa: [marisafk@optonline.net](mailto:marisafk@optonline.net)



## 2017 FGCNYS Scholarship Benefactors' Fund

Three Village Garden Club  
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*IN MEMORY OF PAULINE FILSINGER*  
Home Garden Club of Syracuse

*ALL THE FOLLOWING DONATIONS WERE RECEIVED  
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We thank all of these donors for their generosity in supporting this Fund.

All Benefactors are entered in our Book of Honor and we encourage contributions made in your name, your Club's name honoring a member or friend, or in their memory.

The Scholarship Benefactor's Fund is used to award scholarships to deserving students who choose to follow a career in a field of study that will further the objectives of FGCNYS, Inc. and NGC.

**Please make checks payable to: FGCNYS, Inc. Mail to: Christine Mott, 7 Packetts Grove, Fairport, NY 14450**

Marisa Katzurin, Horticulture Chair, District 2 invites you to *Experience & See what other tours miss...*

**Northern Italy**  
End of Aug—Early Sept 2018  
Magnificent lakes, cities, gardens, treasures and regional gourmet food.

**Sicily**  
End of Sept—Early Oct 2018  
Discover a Mediterranean island with amazing history, sites, gourmet food.

*For more information: aroundandback travel.com*  
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## The Joy of Garden Therapy: PLANNING

Maintaining a Garden Therapy program takes time and commitment, but with thoughtful planning it can be a productive and rewarding experience for club members.

**Project and craft ideas** can come from many sources. Your garden club members are amazing with their creativity. What are your children and grandchildren bringing home from school? Their projects and crafts are so innovative. Craft stores always display new craft ideas. Remember Pinterest, the online, free website teeming with ideas. The site provides pictures and directions to help bring out your creative side.

**Budgeting for your supplies is where pre-planning helps.** Ask club members if they have any fresh, dried, and/or silk flowers, and any scraps of material, ribbon, and lace. They will readily save toilet paper rolls and tin cans for you to use. They may also have small vases that they no longer use and are willing to give away. Buy ribbon and supplies immediately after a holiday for greatly reduced prices, such as red ribbon at December sales for use in February. Craft stores always display new craft ideas. Read your weekly store ads, and remember to use coupons. Great finds and good prices can be found at: Michael's, Jo-Ann Fabrics, Hobby Lobby, Dollar Tree, AC Moore, Target, and your local nurseries and farmers' markets.

**Keep a notebook of the projects that were tried and proven successful.** Describe the craft, list the materials needed, and the steps to put the craft together. Comment on how well this project was received. Did you keep the participants' interest? Did you keep within the time frame you had in mind? List the pros and cons for future reference. Include pictures.

**To get you started.** A successful project for our Garden Therapy program has been painting stones for placement in an outside garden. We work with fifteen seniors for approximately one hour. Supplies needed are: newspaper (to cover work area), clean, washed stones, patio paints, brushes, and paper plates or small cups to hold the paint. Our comment about the project read: *Painting was enjoyed. Participant's name is on their stone, and a second stone is painted for a non-participating resident. Good Project!*

**A final thought** – be flu and illness free. Use common sense. If you are not feeling well, please do not present yourself to your participants. Have other garden club helpers take over, or cancel for the day.

I encourage you to continue your participation in Garden Therapy within your community. With a bit of planning and your creativity, the program will flourish!

*Judy Visco, Bowmansville Garden Club, District 8*

Contact Judy: [viscoff@aol.com](mailto:viscoff@aol.com) with your ideas and success stories.

# Maria's Coming and Going Garden

In May of 2014 we moved into our newly redecorated retirement home next door to our daughter. I planned a garden of relatively carefree plants which a handicapped person could take care of, since I walk with a walker. I also enjoy doing floral designs, so the garden includes a parade of bulbs, perennials, biennials and dwarf flowering shrubs that bloom at different seasons. A friend, who is a professional landscaper, helped me choose arboreal material, especially deciduous, dwarf flowering shrubs that could be incorporated into my "American Border".

Today I'd like to tell you which fragrant dwarf shrubs are featured in my COMING AND GOING GARDEN, a 10 foot wide, 30 feet long foundation border. My garden is located in Williamsville (District 8) on top of the limestone escarpment on which our native forefathers located the main New York State EAST-WEST route known as NY STATE Route 5, which touches the top of our Finger Lakes. Because of this location, I have sweet subsoil. Therefore, growing acid loving plants of the Heath Family, such as Azaleas, would be a waste of time. I chose plants which love soil with a pH 7 or higher. Because Western New York has cold winters, the plants needed to be Hardy to Zone 5, or 4...3 etc. The garden also gets East and South sun. When you plant arboreal material, you need to consider these two parameters of your garden.

## So what's Coming and what's Going in the garden?

The first to bloom is a compact **Viburnum x burkwoodii 'Mohawk'** which touches the front house wall. I keep it easily trimmed to 4 feet, and in early May an abundance of pink balls of fragrant blooms call you with their intense fragrance. The shrub has shiny, leathery, dark green foliage all summer long and changes to an orange red hue in late fall.

Near the end of May I look forward to the delicious perfume from **Syringa meyeri 'Palibin', Dwarf Korean Lilac**, which I keep to about four feet X four feet. It is smothered with lavender-pink blooms, which I am able to cut for two weeks. The small clean leaves are never chewed up and resist mildew. I prune the shrub right after blooming.

Next to bloom: **Philadelphus x 'Snow Dwarf', Sweet Mockorange**, a two-three foot high and two foot wide shrub. It is a very hardy Canadian Hybrid which tolerates temp to -30 degrees F. The more upright branches are totally covered with double 1 1/2" blooms with a wonderful fragrance. The shrub blooms for two weeks, and each year it pushes out several new shoots from the ground up so there are plenty to cut for designs. *Deer resistant.*

**Weigelia 'Monet' (Proven Winner)**, which has gorgeous variegated green and white with a touch of pink foliage, is supposed to bloom next. But in three years it has never bloomed in my garden. It is only 12" high and 18" wide, and thus the foliage color is not showy in the garden.

In mid-June: **Deutzia 'Crème Fraiche' (Proven Winner)**, has white edged yellow-green leaves and gets an abundance of small clusters of white flowers. It is two feet high and about as wide and does well in full sun and well-drained soil. In the hottest part of summer, it needed to be watered, even though it is mulched. It is a little drought sensitive. *Deer resistant.*

**Buddleia 'Pink Micro Chip', Butterfly Bush**, starts to bloom about that same time. If you dead head it, it does not stop blooming until a hard frost. The two foot high x two foot wide shrub likes full sun and well drained soil. It gets cut back in early spring to where the new buds start to enlarge. The fuchsia colored inflorescence is about 5" long and fragrant, and the shrub is indeed a butterfly magnet.

In mid-summer **Hydrangea paniculata 'Little Lamb'** covers itself with cream colored 3" long by 2 1/2 " diameter panicles, that reminded somebody of little lambs. As fall approaches they take on a pink tinge. They can be cut and dried for craft projects. My shrub is two and a half feet tall and three feet wide. It has clean healthy foliage all summer long.

The last to bloom in late summer is **Caryopteris 'Beyond Midnight', Bluebeard Shrub**, which is about two by two. I only planted it last spring, but it bloomed nicely in fall. Expected size is 2' x 2'. I just adore the combination of silver-green foliage and dark blue airy flowers. The shrub looks great next to my gold mums. All the dwarf shrubs add great interest to my garden, and I love the fragrance some give off.

Contact: Maria Gerbracht, FGCNYS Arboriculture and Arbor Day Chair,  
[MRGerbracht@verizon.net](mailto:MRGerbracht@verizon.net)

*Editor's note: Be still my heart.. A coming and going garden? At our home we recently had a sewer line replaced and the entire front yard at my house is now torn up and ready for yet another reorganization ... this article is now posted on my refrigerator, next to pix of grandchildren... because come spring... Maria has provided my shopping list. Thank you muchly. Let Maria know if you choose any of her selections for your garden.*



Viburnum x burkwoodii 'Mohawk'



Syringa meyeri 'Palibin', Dwarf Korean Lilac



Left to right: Syringa meyeri 'Palibin', Dwarf Korean Lilac, Hydrangea paniculata 'Little Lamb', Caryopteris 'Beyond Midnight', Bluebeard. Unfortunately, this article is not a color page in its hardcopy format ... BUT check out FGCNYS website to see the color version of *The News* for the full bloom impact of Maria's Coming & Going Garden.

## NEW! 2 World Gardening Options

This year, we will have two options for donations to our World Gardening Project:  
'Water for South Sudan' and 'Digdeep/Navajo Water Project'.

By providing access to clean, safe water and facilitating hygiene education, **Water for South Sudan** sows the seeds for growth. Once a well is drilled, schools and markets follow.

**Digdeep/The Navajo Water Project** is located in Baca, New Mexico. It is a community-managed utility alternative that brings hot and cold running water to homes without access to water and sewer lines. **THIS PROJECT IS THE 1<sup>st</sup> SYSTEM OF ITS KIND IN THE UNITED STATES.** Because Dig Deep has specific funding sources to cover their operating expenses, this guarantees that 100% of your donation will go directly to the project.

When making your donations, please make your check payable to FGCNYS, memo line Water for South Sudan (WFSS) or Digdeep. If you do not indicate either project, your donation will go automatically to Digdeep.

Additional information about these two organizations can be found on their websites at [www.waterforsouthsudan.org](http://www.waterforsouthsudan.org) and [www.Digdeep.org](http://www.Digdeep.org).

*Contributor: Lucille Bauer, FGCNYS World Gardening Chair.  
Contact: [lucillebauer@hotmail.com](mailto:lucillebauer@hotmail.com)*

## From the Editor ... Continued from page 8

District Directors please forward one picture and one story to highlight only ONE of your District's Garden Clubs. We actually ran out of room on color pages to publish the information we rec'd from individual clubs. The email generated from individual clubs was delightfully overwhelming. But... please District Directors just one picture and accompanying story to highlight one of your clubs. Please include name of club, District, and contact information for that one particular club.

You may also send along contact information for one of your clubs and I will contact them personally. For the two color center pages... we only have room for 4 District stories on the two color pages. If you can send your news before the August 1 deadline, Yahoo! *cjpopo*

## State Historian needs pictures...

Eileen Carrier, State Historian, is documenting Monica's tenure as our State President. Please email your pictures to: [ecbooker1@yahoo.com](mailto:ecbooker1@yahoo.com) Or mail your information to Eileen. 120 Milford St. Hamburg 14075-4753. Include notes describing the event and names of people, who are in the picture, along with their titles, and other relevant information.

## To submit pix/article to The News

For the newsletter... send picture /article to as an email attachment to: [bobpope5@hotmail.com](mailto:bobpope5@hotmail.com). You may mail a hard copy of the picture/article to: Carol-Jo Pope, editor of The News, 13 Timberlake Drive, Orchard Park, NY 14127.

## The Spotlight Shines on District One!

*Editor's Note: The News Online is a new feature to the FGCNYS website. In its inaugural presentation... we plan to highlight District One followed by our other districts in numerical order. Here is a sample of what is happening in the District that is Number One in our state.*

District One has been busy even though it is winter. We have made trips to the New Jersey and Philadelphia Flower Shows.



(Above photos) Richmond Ever-Green Garden Club organized a trip to the interactive Downton Abbey Exhibition in NYC. We were greeted by Mr. Carson and Mrs. Hughes. Lady Mary's bedroom was a highlight of the tour as were the many costumes on display. We visited Mrs. Patmore's kitchen and were treated to visual ambiance of the table setting where everyday guests were served. Imagine the flower bill.

*Submitted by District One Director: Graceann Morawek*

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**Deadline is August 1, 2018**

