

The Digest

THIRD DISTRICT FEDERATED GARDEN CLUBS OF NYS, INC.



AUGUST 2021

IN THIS ISSUE

From the Board	1
Third District Needs You!	2
Gardening with Herbs	3
Fall District Meeting	4
In Our Clubs	5
Germantown Garden Club's Flower Show	5
Gardening Guide	10
Did You Know?	10
Fall District Meeting Registration Form	11

From the Board



Greetings from Your 2nd Assistant Director

Summer is my favorite season. I truly enjoy the longer days, sunshine, gorgeous flowers, shrubs, and fresh vegetables. Life is filled with gardening, relaxing with friends, and vacations. Whatever you choose to do, I hope it is filled with wonderful memories. My perennial gardens have looked the best I have ever seen them. The continuous rain and warm temperatures have caused my plants to grow very large and produce multitudes of flowers and tomatoes. I expect many of you are experiencing the same effect. Enjoy the beauty of this season,

for soon the leaves will be falling and the holidays will be upon us.

The Executive Board met on June 17 to install new officers for the 2021–2023 term. We had a very nice luncheon at Pegasus Restaurant in Coxsackie. It was our first in-person meeting since the COVID-19 pandemic began in March of 2020. It was great to see familiar faces and several Club Presidents joined us. The following officers were installed by our FGCNYS President Lynne Arnold: 1st Assistant Director Cynthia Teator, 2nd Assistant Director Kris Vogt, Recording Secretary Joan Robinson, Corresponding Secretary Gary Barrack, Treasurer Marie Celeste, and Assistant Treasurer Joan Giordano. Thank you, Lynne and congratulations on your new position as State President! As you may have noticed we do not have a District Director at this time. Cindy Teator and I are sharing the Director duties while performing our own office responsibilities. You might say we are becoming good friends working so closely together. At least I think we are.

Our Fall District III meeting, “I Heard it Through the Grapevine Wreath,” will be held on October 21 from 9 a.m. to 3:30 p.m. at The Best Western Plus, 503 Washington Avenue in Kingston. Our speaker will be Stephanie Gaylord of Roots Holistic Wellness in Chatham, NY. She will do a presentation on making grapevine wreaths from hand. Our last District meeting was 2 years ago. This will be a great opportunity to get together and reacquaint ourselves with other club members after such a long hiatus. All the details for the meeting, as well as a registration form, are included in this issue on page 4. We also have a date, location, and speaker for our Spring 2022 District meeting. It will be held on April 21, 2022, at the Polish Community Center on Washington Avenue Extension in Albany. Our planned speaker is Michele Peters from Ambiance Floral Design.

FGCNYS is once again offering a poetry contest open to youths from preschool through 12th grade. The contest theme is “Sing with the Songbirds—Exploring the Glory of Nature.” Poems must be submitted by December 1, 2021 to Jean DiNapoli, 4 Five Oaks Drive, Newburgh, NY 12550. To get more information on the guidelines, types of poetry, and grading scale visit the FGCNYS website at www.fgcny.com. Select the Contests tab and click on the link for the FGCNYS Poetry contest. All entries become

CLUBS IN DISTRICT III

District Three Clubs, by County

Albany: Blue Creek, Guilderland, Helderview

Columbia: Germantown, The Garden Club of Kinderhook

Dutchess: Tioronda

Greene-Schoharie: Athens Community, Clematis, Schoharie Valley

Rensselaer: Greenbush

Schenectady: The 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

(from pg. 1)

the property of the National Garden Clubs, Inc. There is a link to their website to details from the NGC.

There are several learning opportunities available in the next few months: On September 22 and 23, the Federated Garden Clubs of Connecticut, Inc. will be hosting Environmental School Course 4—Water and Related Issues via Zoom. You can use the following link to their website for more information and details: '<https://ctgardenclubs.org/education/schools/environmental-school-2/>'.

On October 19, 25, and 26, District II is sponsoring a Flower Show School Symposium in Bayshore, NY. Details can be found on the FGCNYS website www.fgcny.com under the Symposium tab. The registration deadline to sign up is September 25.

On November 16 thru 19, Buffalo is hosting the Gardening Study Course III via Zoom. Details will be posted on the FGCNYS website under the Schools tab. Scroll to the bottom of the page and the link will be under the Gardening School heading.

Lastly, I hope everyone is staying safe during these difficult times. It is tick season and the rain has kept our fields and forests lush with growth. Please remember to protect yourself from ticks whenever you are out enjoying our beautiful countryside. Covering up, tucking in, and spraying with repellent are some easy methods for deterring tick bites. The COVID-19 pandemic seems to be morphing again and it is difficult to tell if we are going into another lock down phase. It appears we may be going back to wearing masks indoors. If you have not been vaccinated, I encourage you to get the vaccine. We need to continue to fight the virus by washing hands, keeping a social distance, and wearing masks when needed. Together we can reduce the spread of the virus and hopefully get back to enjoying life with our friends and families.

Enjoy the rest of your summer,

Kris Vogt, 2nd Assistant Director

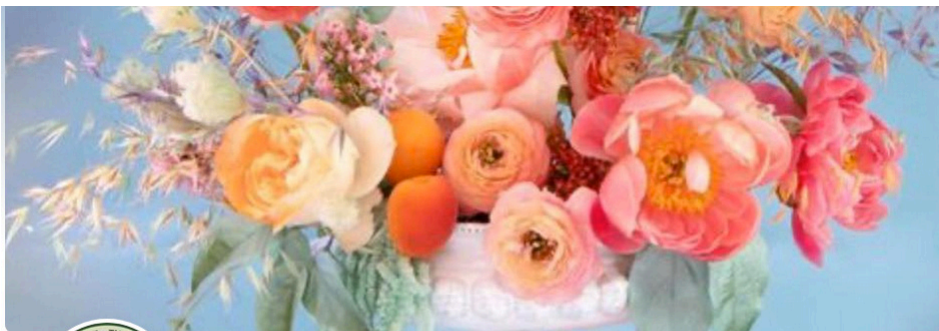


Third District Needs You!

Are you a gardening advocate or just want to volunteer your time for a cause you love? Would you like to be more involved with reaching out to people about gardening?

FGCNYS is looking for people willing to stand for election to various State positions. If you are interested in that, please speak with your club president or get in touch with 1st Assistant Director Cindy Teator at cteator3@gmail.com or 2nd Assistant Director Kris Vogt at kris.vgt@gmail.com. They have the information and forms necessary to submit a nomination.

If you aren't interested in being an officer at the District or State level, please consider saying yes if you are asked to stand for election in your club. Being actively involved in the management of your club is a rewarding and educational experience that provides satisfaction to you and strength to your club.



Third District, Federated Garden Clubs of New York State, Inc.

OUR THIRD DISTRICT FACEBOOK PAGE

Clubs, please don't forget to like, post, and share to our Facebook page. Plus, this is a great resource for interesting gardening and environmental content.

www.facebook.com/ThirdDistrictFGCNYS/



Gardening with Herbs

*by Cindy Teator
First Assistant Director, District III*

Horticulture, especially herbs, is making a comeback. Herbs were once thought of as a thing of the past after the Industrial Age.

Various herbs are being rediscovered and are returning as a part of our natural way of life. We can cook with herbs for their medicinal benefits, make soap, dye clothing, and make candles, to name a few. Summer favorites such as dried lavender (*Lavandula*), yarrow (*Achillea* species), and hydrangeas benefit our senses of sight and smell in floral arrangements and wreaths. When temperatures soar, flowering herbs add texture to the garden by bursting into blooms here and there.

Many herbs are really thriving in my backyard this year! Sage (*Salvia officinalis*) is a wonderful compliment to family feasts! Dried lavender reminds me of comforting fresh laundry. Basil (*Ocimum basilicum*) is delicious paired with a fresh tomato on a sandwich at lunchtime. Delicious dill (*Anethum graveolens*) can add to a savory dish of potato or egg salad, or for pickling cucumbers. Spearmint (*Mentha spicata*) and pretty purple flowering peppermint (*Mentha piperita*) brings iced tea to life! Shining sunflowers (*Helianthus angus*) smile a bright yellow hue to the eye as well as serving up a delicious snack for birds! Yarrow (*Achillea* species) is associated with healing wounds and the stemming of blood flow. Aloe vera is still used in today's medications.

Most useful of all herbs is the marigold (*Tagetes* species). It has medicinal properties, is useful as a clothing dye, is a culinary delight as an edible flower, and it also has cosmetic purposes. Lastly chives (*Allium schoenoprasum*) are the only member of the onion group that grows wild.

Like this article? Like herbs and horticulture? Does horticulture pique your interest? Our district is looking for a horticulture committee chairman candidate from our membership to step forward! We need your help! Please consider making a donation of your time and dedication to serve your District Three. Please remember to reach out to us in our Third District if you would like to help out as a horticulture committee person.



Photos courtesy of Cindy Teator.



FALL DISTRICT MEETING:

I Heard It Through The Grapevine Wreath

Third District Board of the Federated Garden Clubs of New York State, Inc.
Invites you to the Fall District Meeting

OCTOBER 21, 2021

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

\$35 (prepaid by September 30)

Menu: Choices are: Butternut Squash Ravioli with Seasonal Veggies, Herb-Crusted Salmon with Seasonal Vegetables and Starch, Chicken Francaise with Seasonal Veggies and Starch. All meal choices include Potato Leek Soup, Rolls and Butter, and Chocolate Cake. To drink: Iced or Hot Tea, Coffee or Decaf.

RAFFLE DRAWING: 12:45 p.m.

PROGRAM: Stephanie Gaylord, 1–2 p.m.

RESERVATIONS: Deadline is September 30.

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

518-694-1930

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: Stephanie Gaylord—*I Heard it through the Grapevine Wreath*

Stephanie Gaylord of Roots Holistic Wellness in Chatham, NY is a Germantown Garden Club member. Stephanie specializes in yoga therapy. Her interests include permaculture, organic gardening methods, native plants, medicinal plants, and edible plants. She lives with her husband and two children in Austerlitz, NY and spends as much time as possible getting to know nature a little better each year. She will be presenting and creating grapevine wreaths which she makes by hand and grows and dries all the decorative flowers.

Important Information

It is unknown how the Corona Virus and the Delta Variant situation will affect our Third District meeting. Guidelines are continuing to change the indoor venues. Where we will be in October? We continue to plan our events and we will need to follow the venue's rule.

IF You Are Not Vaccinated YOU MUST Wear a MASK.

In the event that we cancel our plans for our meeting, an email will be sent to all Club Presidents.

(See page 11 of this newsletter for registration form.)

BLUE CREEK GARDEN CLUB

ALBANY COUNTY

by *Cindy Campbell*

Our Club has been busy during the summer months, trying to make up for lost time during the Covid pandemic.

In July, we visited the Naumkeag Botanical Garden Museum, in Stockbridge, MA. We found it to be a beautiful place and very inspirational, with all the gorgeous gardens, and a tour of the house. After, the club had lunch at the Red Lion Inn. It was a very informative day. The weather was a little on the warm side, but sunny and there was no rain that day.

On August 19 we plan on visiting the Toadflax nursery, where we will view all of the beautiful flowers and shrubbery. Afterward, we will continue on to lunch at the 550 Waterfront Restaurant in Saratoga where we can enjoy the beautiful lake, while enjoying our lunch and each other.

Our Old Fashion Sunday, at the Pruiyn House, is slated for September 7, 2021 from 2– 4 pm. There will be many vendors, and many different foods will be available. The Blue Creek Garden Club will have fall arrangements and other floral things for sale along with a White Elephant table. All are invited to join us. It has always been a wonderful day.



The Blue Steps at Naumkeag.



THE GERMANTOWN GARDEN CLUB PRESENTS

The Flower Power of Gardening

A n NGC Standard Flower Show

September 11, 1–4 pm | September 12, 1–3 pm

Kellner Community and Activity Building, Germantown, NY
Admission Free, Open to the Public

You're Invited!

The Germantown Garden Club Presents an
NGC Standard Flower Show

The Flower Power of Gardening

September 11, 1–4 pm and
September 12, 1–3 pm

at the Kellner Community and Activity
Building, Palatine Park Road, Germantown
Admission Free and Open to All!

Masks required.

GERMANTOWN GARDEN CLUB

COLUMBIA COUNTY

by Fran Bufi

Germantown Garden Club Learns About Disaster Preparedness

At a recent meeting of the Germantown Garden Club, representatives from the Hudson Valley Chapter Eastern New York Region of the American Red Cross gave a presentation about their organization's free emergency preparedness program. Red Cross representatives included Disaster Program Manger, John Vale, Holly Brunow, James Temple, and Donna Gabriel. The program included a comprehensive overview on how to prepare for natural and man-made disasters and how to respond to and recover from them. Also provided was information on types of common disasters, ways to prepare as an individual, family, and community member, what to do when disaster strikes, and what actions can be taken afterwards to aid in the recovery. The talk included how to make and what to put in an emergency preparedness kit, tips on how to make a plan for evacuation, and where and how to access up-to-date emergency watches and warnings.

The monthly meeting agenda included a discussion of the upcoming annual flower show to be held in September.

Germantown Garden Club Decorates for High School Graduation

Each year the Germantown Garden Club creates floral decorations for the Germantown High School commencement ceremonies. Materials are both purchased and supplied from home gardens. Usually the commencement is held on a Friday night. With the year of the Covid-19 virus the ceremony was held on outdoors on Saturday morning, June 26. This is one of the projects that the club is involved in that allows members to give back to the community for all their support throughout the year.

Germantown Garden Club Celebrates Gardening with a Flower Show

For over 90 years, the Germantown Garden Club has held an annual Standard Flower Show. This year, despite Covid, and we will require masks, it will take place on Saturday, September 11 from 1–4 p.m. and on Sunday, September 12, from 1–3 p.m., at the the Kellner Community and Activity Building, Germantown. The show will feature flower arrangements, educational displays, and horticultural specimens. This year the Germantown Garden Club's title of the show is "The Flower Power of Gardening." The design and horticulture classes will offer this theme for their entries.

The design division will feature fresh and dried flower arrangements in eight major groups. The horticulture specimens division will

include individual flowers, herbs, branches, and container-grown plants as well as vegetables. The show is open to the public and admission is free. It's a great opportunity for everyone to see the different types of horticulture available at this time of year, to see beautiful and inspiring flower arrangements, and maybe learn something new, too! For more information, please call Fran Bufi at 518-537-4868.



The American Red Cross presented a most interesting topic for our May meeting. Holly Brunow gave us tips to be more informed in an emergency.



Floral decorations for the Germantown High School Graduation provided by the club. Photo courtesy of Elke Crane.

GUILDERLAND GARDEN CLUB

ALBANY COUNTY

by Michele Santoli

It's unbelievable! In July, we had just six days without rain. You can imagine how we greeted the big yellow orb in the sky. However, I have a feeling that most of you had a similar July and don't need to use your imagination at all.

Our club has been able to have outdoor meetings between the raindrops. April's was quite long due to all the business that needed to be addressed. It was decided to make additional donations to our local food banks. Schedules for weekly Wednesday gardening, watering of flower beds, and monthly meetings were confirmed. Field trips were reviewed and a few things were adjusted. The following meetings began to approach normal.

Our club was excited to hear we were invited to provide an educational exhibit at the District III Fall Conference in Kingston in October. The theme this year is "I Heard It Through the Grapevine." Thanks to Jean Dearstyné's initiative, she created a picture book showing the Rings of Hope grapevine wreaths that were presented to essential workers. Thanks went out to Barb Norton for building the raised garden beds for the kitchen herb garden. Another garden space has been 'beautified.'

Members participated in a discussion on community gardens highlighting Victory Gardens. All hands were busy working on creating floral containers and then filled them with beautiful flowers. The choices of blooms were endless. The results were beautiful and everyone went home with huge smiles and fantastic arrangements.

Now that we're facing the end of summer and looking ahead to autumn, let's be hopeful that we'll be safer in this world by the time our next *Digest* is published.

Above: A sampling of floral choices available to us for creating our pieces.

Below: Marguerite getting ready to design her flower container before she addresses her floral arrangement at our July meeting.

Photos courtesy of The Guilderland Garden Club.



THE GARDEN CLUB OF KINDERHOOK

COLUMBIA COUNTY

by Cynthia Bogardus

On June 15, the Garden Club of Kinderhook held its first membership meeting since March of 2020. The picnic style gathering was held outdoors under the pavilion at Volunteer Park in Valatie. A dessert of ice cream sundaes was donated by the Stewart's Corporation. As shown in the group photo, members were happy for the opportunity to catch up with friends after a long absence. Discussions during the business portion of the meeting included the local community projects that were maintained during the pandemic, with thanks to the members who kept those committees up and running.

Jane Rose of the scholarship committee announced the recipients of this year's scholarships. Hannah Spock of Chatham High School and Jack Quade of Ichabod Crane High School received the awards for 2021.

Past president Sandra Wooding reinstated the current board of directors, who will serve until March 31, 2022.

Another outdoor meeting is planned for August, with a demonstrator leading the group in making lavender bouquets. If public health guidelines allow, meetings are scheduled at the Valatie Senior Center for October, November, and December, featuring floral demonstrations and a boxwood workshop. The Club also hopes to enjoy a festive holiday tea in December at the home of Geraldine Smith.



The club's first meeting of 2021 was held on June 15 at Volunteer Park in Valatie.

NEW PALTZ GARDEN CLUB

ULSTER COUNTY

Margaret McDowell

This past May, the New Paltz Garden Club had a successful Plant Sale thanks to our extraordinary members. For our Member Meeting we visited the beautiful Orange County Arboretum. It was a most enlightening visit with amazing plantings, trees, bulbs, flowers, and remarkable water features. We recommend it for all gardening enthusiasts and other clubs.

In June, we had two member meetings. One of them included a visit to view one of our member's beautiful gardens, Shelly Ottens. It was a real treat and truly inspirational. We were also treated to a hands-on workshop making stepping stones for the garden. Beautiful stones were produced, thanks to our talented member, Melissa Curtis and her husband.

For September, we will return to Mohonk for an anticipated garden and greenhouse tour. In October, we are planning a field trip and possible workshop at a local garden center and shop. And in November we will be offering our Holiday Craft workshop and we hope for a December Holiday Party.



New Paltz Garden Club members at the Orange County Arboretum.

ATHENS GARDEN CLUB

GREENE COUNTY

Carole Garver

The Athens Community Garden Club will be celebrating its 80th birthday in September. On October 6, 1941 twenty- four women met at the D.R. Evarts Library to form the Athens Garden Club. Dues were 50 cents. In the early years meetings were held in members homes with everyone bringing a dish and members presenting programs on trees and flower arranging. In the first year at Christmas members decorated the Library, Community Buildings and the Post Office with greens, and made holiday arrangements for patients at Catskill and Hudson Hospitals. To this day the club has remained a service organization as well as carrying on its mission to help in all phases of gardening by developing better Horticultural practices, promoting civic beautification and encouraging the conservation of natural resources.

The club became a member of the Federated Garden Clubs of NYS in 1973, and in 2021 has a membership of over 50. We have continued our community involvement by awarding a yearly scholarship to a graduating senior of Coxsackie Athens High School who is pursuing an education in a science related field. This year we hope to return to our education program at E.J. Arthur Elementary School for students grades K through 4 involving age-appropriate lessons on environmentally related projects. The club continues to sponsor the FGCNYS Poetry Contest by submitting entries from these students. In addition to awarding certificates of recognition from the state published poems, the club awards a prize to each participant.

Club members plant and maintain gardens at the north and south entrances to Athens Village as well as at the Veterans Triangle Byway Marker, the Isabella Rainey Park, the Post Office, and also assist the senior citizens at Riverside Housing with their gardens. The club

has continued to create swags to decorate public buildings and sites throughout the village during the holiday season.

The clubs annual Landscape and Garden Recognition is awarded to three residents of Athens in recognition of their efforts to beautify the community.

We continue to support World Gardening, and a donation is made for Arbor Day to Penny Pines to aid in the restoration of forested areas destroyed by fire and floods A donation is made to Heifer, an organization involved in ending hunger and poverty while caring for the earth in Third World Countries.

During the Christmas holiday season members donate personal items to support the Catskill Women's Shelter.

The club meetings are held on the third Thursday of each month at the Zion Lutheran Church, 102 North Washington Street in Athens and is open to the public. Over the past months we have been fortunate to have several informative speakers and take several field trips as well. Our annual bake sale will take place on August 28th, the day of the Athens Village yard sale.

On November 18th we will hold our Annual Luncheon and Auction at Pegasus Restaurant located at 10885 Rt. 9 W in Coxsackie. This popular event is always well attended. The Auction offers home baked goods as well as many interesting items donated by members that make wonderful holiday gifts. It is a great opportunity to meet with friends and members of other garden clubs. Everyone is invited to attend and more information will be forthcoming closer to the event. We hope to see you all there.



*Copyright 2019
Michael Stephen Mills.com*

Gardening Guide

Sharing Tips and a Seasonal Guide for Gardeners

TIPS

SEPTEMBER

Watch for fall specials at your favorite garden center. Choose from mums, ornamental cabbage, snapdragons, or dusty miller that thrive in cool temperatures.

OCTOBER

Take tropical water garden plants indoors when temperatures near 50 degrees. Cover water gardens with bird netting to catch dropping leaves.

NOVEMBER

Fertilize cool season grasses like fescue, for example, and continue to remove leaves from the lawn so they don't damage the foliage.

DECEMBER

Use cuttings from your evergreens to make holiday decorations. If you decorate a live tree, remember to make a fresh cut to the trunk before placing it in the stand, and replenish the water often so your tree does not dry out.

CONSERVATION TIPS

SEPTEMBER

Reduce energy costs by planting trees now to help shade and cool your home in summer. Choose deciduous trees that allow you to enjoy warmth from the sun during winter months.

OCTOBER

Remove leaves from your lawn and add them to your compost pile or spread them in your plant beds to mulch your perennials and shrubs.

NOVEMBER

Plant your spring-blooming bulbs now, if you haven't already, and consider expanding your collection of perennials to reduce the size of your lawn.

DECEMBER

Use LED holiday light strings to reduce the cost of decorating your home for the holidays. If your holiday gifts include new electronics, recycle your current ones rather than discarding them.

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*.



DID YOU KNOW?

The Federated Garden Clubs of New York State, Inc., was founded in 1924 and incorporated in 1930 for the purpose of supporting the Garden Clubs of New York State. The FGCNYS presently includes more than 200 garden clubs with 6511 members across the state.

Membership in the Federated Garden Clubs of New York State, Inc. offers garden club members the opportunity and privilege of participating with others in advancing and promoting the objectives and purposes for which the State Federation was formed:



