

# The Garden Path

## West Trenton Garden Club Newsletter

Website: [www.westtrentongc.org](http://www.westtrentongc.org)



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September, 2013

### President's Message

Dear Members:

Welcome to our 2013-2014 season of the West Trenton Garden Club! What a way to begin the year with a front page story in the Times of Trenton featuring our club – Was that a surprise!!!. Special thanks to Terry Palise and her contribution about the deadly disease sweeping the area, Rose Rosette. Thanks to everyone who saw the article and had so many nice things to say: It is an honor to represent this great club!

At our first meeting in August, we had a great presentation on “Tree Law for Gardeners” brought to us by our Program Chair, Helga Fontus. Also, we shared delicious refreshments presented by Pat Bowker and her Hospitality committee: Janis Stia, Iliana Okum, Sharon Sheppard and Dottie Chrambanis – Thanks ladies! The beach theme was very clever and looked so inviting...

September brings so many nice things for us. We have our Jersey Fresh Program on September 9 and our 60<sup>th</sup> Anniversary celebration on September 22. Please remember your \$25 check if you haven't already paid. Grace Starrett and Anne Chmielewski along with the planning committee have an exciting event planned!

This year, we would also like to participate in the “Wreaths Across America” Garden Club program for the Veteran's Cemetery. There are two cemeteries in the area: Washington Crossing Veterans Cemetery in PA and Arnetown Veterans Cemetery in New Egypt, NJ. We can choose one cemetery for the program and thought it best if we vote as a group to determine our winner. Please give this some thought and be prepared to vote on September 9<sup>th</sup>.

To follow up on my theme of “Choices make Changes: Use Less” (copyright pending), have you had a chance to try some organic produce such as apples or peaches? They really are mouth watering this time of year. This month, why not try some organically grown corn which is free of genetically modified organisms (GMOs)? You can get it on the cob or in corn chips, etc. It is delicious. Most of the corn grown in this country contains GMOs and is not required to be labeled as such. Organic corn cannot contain GMOs by law.

For our anti-aging tip this month, I would ask you to consider trying to reduce stress in your life. If you notice that you spend a great deal of time with your fists or jaw clenched thinking about everything you have to get done with so little time, take a break and walk in your garden! (The stressful state requires a tremendous amount of energy and makes you very tired.) Set a special place where you can relax and have a little Zen experience. You could try to clear your mind and meditate if that would work for you or you could try to breathe deeply to focus on the moment. This really will help with channeling your precious energy on the task that needs to be completed – what a great feeling once it is finished!!!. Our Vice President, Linda Reasoner has been very helpful with this – Thanks Linda!

Looking forward to seeing all of you in September! I'm already noticing the leaves are changing color!!!.

**Dianne Dickinson, President**

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## West Trenton Garden Club Minutes

August 5, 2013

### MEETING CALLED TO ORDER

The West Trenton Garden Club met on Monday, August 5, 2013 at Our Lady of Good Counsel Church. President Dianne Dickinson called the meeting to order at 7:04 pm.

### OLD BUSINESS

Diane welcomed guests to the meeting, there were no new members.

Diane announced that nine members attended the June meeting. The club received five awards: Dorothy M. Schick Trophy, Eleanore M. Huson Trophy, Green Thumb GC of Cranford Publications Trophy, Roberta McNally Table Artistry Trophy – Helga Fontus, NGC Flower Show Achievement Award for “We’re Having a Party.”

**Secretary’s Report:** There were no minutes to approve—last meeting was June.

**Treasurer’s Report:** Sharon Johnson reported a current balance of **\$6,893.37**.

Diane acknowledged **Birthdays** to the following members: – **Mae Carter (Aug. 1st), Kitty Lou Phillips (August 5<sup>th</sup>), June Russo (Aug. 13<sup>th</sup>); Iliana Okum (Aug. 19th), Cecilia Hobson (Aug. 22nd), Henrietta Gonzales (August 30th).**

**Diane** reminded all of the **Anniversary Party** coming up on September 22 at 12:30 at the Mountain View Gulf Club. Grace Starrett reported that two committee meetings were held. Members had volunteered to get everything done. It will be a buffet lunch on Sunday, September 22. The committee is seeking door prizes—please contact Grace to provide a donated door prize.

Diane advised everyone to look at the latest updates to the **website** courtesy of Pat Bowker – She acknowledged “it looks fantastic and is packed with

great information and resources as well as pictures from our June Party.”

Linda Reasoner reported \$147.15 from **PASS THE Coffee Can** (NGC and State Garden Club’s initiative to respond to national natural disasters) – went to Re-store the New Jersey shore communities.

Diane announced the date for **Ewing Community Day to be October 5, 2013** – She asked for a volunteer to coordinate this project. The project shows support for the community and gets positive exposure for the WTGC.

Diane announced the club would take on **holiday decoration of the Music Room in Drumthwacket**, the Governor’s Mansion. The club has been assigned to accessorize the Music Room including a mantle in the theme of Rudolph the Red nosed Reindeer. Diane and Helga are attending a planning meeting in September and will keep the club updated on the progress.

Diane shared several **Anti-aging Tips** on exercises to increase brain power – try unconventional or non-habitual movements – folding hands, eye movement to stimulate optic nerve which connects to the deep brain and balance exercises are great for this. Try stretching before and after exercise – activate the fascia. Try Feldenkrais as a rejuvenating form of exercise. (Get doctor’s approval if necessary).

Diane recommended “**Choices Make Changes: Use Less.**” Try organic produce – apples and peaches have the highest amounts of pesticides – Go organic for these fruits--this is a good place to start (Local if possible)

### COMMITTEE REPORTS

**Bulb Sale** -Angela reported on the sale of 4 different bulbs—allium and daffodils

**Garden Therapy** – Anna asked for members to work this committee.

**Mini Trips** - Camille Rainiero and Helga—it was announced that August 28 there would be garden open tour to Terry Palise’s home to view her roses. A rain date is scheduled for August 29.

**Yearbooks**—Pat Bowker – Pat thanked the committee

members for their input on the yearbook. It looks good with over 100 pages.

### **NEW BUSINESS**

There will be an update on the "Jersey Fresh" meeting for September sent via email.

There will be a bus trip to the NY Botanical Gardens on Saturday, Sept 21. The cost is \$50.00

The August program was announced: **"Tree Law for Gardener's"**

Hearing no further business, a motion by Eileen Keenan was made to adjourn the meeting. Terry Palise seconded the motion. The meeting was adjourned at 7:30 p.m.

Minutes were taken by Iliana Okum for Camille Rainiero (absent).

Submitted by,

**Camille Rainiero, Secretary**



### **Dates to Remember**

- ◆ **September 4** - "Districts in the Garden" at the Pavilion, Rutgers Gardens, 10:00 AM (President's Meeting)
- ◆ **September 7** - **11th Annual Insect Festival**, Mercer Educational Gardens, 431A Federal City Road, Pennington, call (609) 989-6830
- ◆ **September 9** - **WTGC Regular Monthly Meeting** - 7:00 PM (Second Monday due to Holiday) - Our Lady of Good Counsel; Program: **"JERSEY FRESH"**. (See Page 58 for a detailed description of this program.)
- ◆ **September 12** - **Rutgers Garden Gala** - 5:00PM to 9:00PM, for tickets contact Mary Ann Schrum at schrum@aesop.rutgers.edu or (732) 932-4851
- ◆ **September 14 & 28** - **Rutgers Garden Tour** - See what's new at Rutgers Gardens on this introductory tour lead by volunteer docents. Contact Mary Ann Schrum at schrum@aesop.rutgers.edu or (732) 932-4851

- ◆ **September 22** - **WTGC 60th Anniversary Celebration**, see page 63 for more information.
- ◆ **September 30** - **GCNJ Executive Board Meeting** - Holly House



### **September - Member Responsibilities**

- ◆ **Flowers for Ewing Library** - Anna Adomaitis
- ◆ **September Meeting Hospitality Committee** - **Helga Fontus (Chair)**, Judy Bubar, Zofia Jablonski Feulner, Mary McCullough and Grace Portacio
- ◆ **Continued Maintenance and Plantings at the Birmingham Park** - contact Anne or Eileen (Committee Chairs)
- ◆ **Info for Garden Path** - Submit all information for the *Garden Path* to Terry Palise no later than the 15th of the month.
- ◆ **DON'T FORGET THE BULB SALE !**



### **Celebrating Birthdays This Month**

**Carolyn Kane (Sept. 3rd)**  
**Milly deFlesco (Sept. 4th)**  
**Betty Sutterly (Sept. 8th)**  
**Sharon Guiliano (Sept. 22nd)**  
**Joseph Kaluzny & Linda Reasoner (Sept. 18th)**  
**Angela Topley (Sept. 22)**  
**David Chmielewski (Sept. 25th)**

***WEST TRENTON  
GARDEN CLUB, INC.  
CELEBRATES 60 YEARS  
OF GARDENING WITH  
FRIENDS! 1953 - 2013***



*The Daisy - Flower of the West  
Trenton Garden Club*

**Announcing the 60th Anniversary Celebration!  
Hope you can join us!**

**Sunday, September 22, 2013  
12:30 PM  
Mountain View Golf Course Clubhouse  
850 Bear Tavern Road  
Ewing, NJ 08628**

**Festive Buffet Luncheon  
\$25.00 per person**

Please respond no later than September 9, 2013. (Checks should be made payable to WTGC)

Name: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Please return to Grace Starrett, 16 Lochatong Road, Ewing, NJ 08628 or  
Pat Bowker, 10 Hastings Ct., Ewing, NJ 08628

Any questions concerning this event, please contact Grace at (609) 882-4264

# Jersey Fresh Auction

WTGC's September Program

**September 9, 2013**



Join us for this fun-filled evening. Bring a “Jersey Fresh” item for the auction. It can be anything purchased (\$5 minimum value) from a farmer’s market (produce, flowers, honey, jam, etc.) or from your own garden, or your own favorite recipe made with a Jersey Fresh item (baked goods, sauces, salsa, etc.). Feel free to share the recipes. Remember that many recipes are available on the Jersey Fresh Web site at: <http://www.jerseyfresh.nj.gov>. Bring a friend. A sheet of tickets costs only \$5 per person. See you there!



## SPRING BLOOMING BULB SALE INFORMATION

Be sure to place your order for spring bulbs at the September 9 meeting. The bulbs will be ordered after the September meeting and will be delivered at the October meeting. If you cannot attend the meeting, call or email Angela Topley at: 609-737-3189 or email her at: [angel22care@aol.com](mailto:angel22care@aol.com).

### FALL BULB SALE ORDER SHEET

NAME: \_\_\_\_\_ TELEPHONE #: \_\_\_\_\_

#### Glory of the Snow

\$5 per bag of 15 bulbs \_\_\_\_\_ \$ \_\_\_\_\_

#### Daffodil Poeticus Recurvus (Pheasant's Eye)

\$13 per bag of 12 bulbs \_\_\_\_\_ \$ \_\_\_\_\_

\$ 7 per bag of 6 bulbs \_\_\_\_\_ \$ \_\_\_\_\_

\$4 per bag of 3 bulbs \_\_\_\_\_ \$ \_\_\_\_\_

#### Daffodil Irene Copeland

\$13 per bag of 12 bulbs \_\_\_\_\_ \$ \_\_\_\_\_

\$7 per bag of 6 bulbs \_\_\_\_\_ \$ \_\_\_\_\_

\$4 per bag of 3 bulbs \_\_\_\_\_ \$ \_\_\_\_\_

#### Allium Purple Sensation

\$8 per bag of 3 bulbs \_\_\_\_\_ \$ \_\_\_\_\_

Total \_\_\_\_\_ Total \$ \_\_\_\_\_ \*\*\*

\*\*\*Pick up and payment at October meeting.

### SPRING BLOOMING BULBS TIPS

#### SITE SELECTION:

For most bulbs select an area that has well-drained soil and full sun to light shade. To increase their visual impact, especially of the smaller bulbs, plant them where they can be easily seen. Plant large numbers (200 or more) if the planting area is more than 30 feet from where people walk or from a window. Some possible areas are: next to entry ways, under deciduous trees, in front of evergreens, in open flower beds, and among ground covers and perennials that will hide yellowing bulb foliage later in the season.

#### PLANTING:

Plant as soon as the bulbs are purchased or received from supplier to prevent drying out. The ideal time is September and October, but bulbs can be planted until the ground freezes.

Depth of planting is usually 2 ½ to 3 times the diameter of the bulb measured to the bulb's shoulder; deeper in sandy soil, shallower in heavy soils.

Plant in clumps, not lines, in groupings, not as individuals for the best display.

Water thoroughly.



Dear Gardening Friends,

Even though the rain dripped off our noses, we toured Terry Palise's rose garden on Wednesday, August 28-- and what a treat! She has a lot of roses (over 200 varieties) and all of them are different. They are different in color and in the way their petals frame their central core. Some petals flare out in graceful swirls and some petals curve under creating sharp points and dynamic angles. We learned that if you can train a rose cane to maintain a horizontal attitude, new branches or laterals will grow off the big cane and you will have more branches and thus more roses. She also told us that we should fertilize our roses - I think twice a growing season.

Every flower bed was impeccably weeded and she has a lot of them. On top of all this, she takes care of her grandchildren several days a week if not every day. The kids are lively and fun and one of them managed to plant a corn plant on her front yard which is now about four feet high. If you get a chance to visit Terry's rose garden, don't miss it.

September 26, I will start the Master Gardener's course at the Agricultural Extension and I am very excited about that. The course will last more than a year and then lots of volunteer hours are required. Wish me luck!

Sincerely,

**Judy Bubar**



## ***THE ROSARIAN'S CORNER***

**Moonstone, Hybrid Tea**

**Photo by Tom Mayhew**

### **Fall in the Rose Garden**

**By: Terry Palise**

#### **Evaluate:**

Fall is a great time to evaluate how your roses performed throughout the spring and summer months. Here are some questions you need to ask yourself:

Which ones were more prone to blackspot than you would like to handle?

Are you happy with the amount of blooms you had?

Is the rose bush too small or too large for the spot where it was planted?

Once you answer those questions, you will have a better idea of how you want to prepare for next spring. The best way to deal with blackspot is to prevent it. There are organic products that can be used to spray roses if you don't want to use chemicals. Whatever you use to spray the roses, be sure to water around the base before spraying.

If you want a lot of blooms, consider buying floribundas which produce many more blooms than hybrid tea rose bushes. Fertilize in April and in June (always after watering thoroughly around the base of the bush) to insure lots of blooms. Roses need a least 1" of water a week. Deep watering encourages deep roots. So, unless you have a real downpour of rain, water, water your roses. Thunderstorms usually do not provide enough water.

Fall is also a good time to transplant a rose bush. Be sure to water the area around the rose before digging it out. Also, make sure to have the new home dug for your rose so that you can move it from one area to another quickly. Roses love morning sun and at least 5-6 hours of sun so be sure to find a sunny location where your rose will bloom happily for you

#### **Fall Pruning:**

Prune the rose bush to about waist height. Basically, you want to prune very tall canes that might whip and break off in strong winter winds. Serious pruning is best done in the spring when the Forsythia blooms in this area and that stimulates the canes to grow once the soil warms up.

#### **Cleaning the rose bed:**

Removing weeds and leaves also prepares the rose bed for winter and prevents blackspot spores from fallen leaves to winter over into spring. Fall is also a great time to plan and design a new rose bed. So, go ahead and evaluate, clean up, prune lightly, and dream of beautiful roses next spring and summer!