

# The Garden Path

## West Trenton Garden Club Newsletter

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



Inside this issue:

October, 2013

### President's Message

Dear Members:

What a wonderful 60<sup>th</sup> Anniversary Diamond Jubilee Celebration thanks to our fabulous committee with Co-Chairs: **Grace Starrett and Anne Chmielewski** and members: **David Chmielewski, Ingrid Fair, Pat Bowker, Anna Adomatis, Gerree Pecht, Karen Gottlieb, Joan Naro, Janis Stia, Carol Bozarth, Dianne Dickinson, June Rosso and Linda Reasoner!** Not a detail was missed from flowers to food to favors to name tags to door prizes to a great Program by **Alisa Dupuy**. It was so nice to see all the members who came out for the special day even those who were recuperating from health concerns and traveling long distances to join us as well as our Past Presidents and honored guests including our founding member **Milly deFlesco** – Wow...Thanks to everyone for a great event!!!.

At our meeting in September, we had so much fun with our "Jersey Fresh" Program brought to us by our Program Chair, **Helga Fontus** and Auctioneer, **Anne Chmielewski**. Also, we shared delicious refreshments presented by **Helga Fontus** and her Hospitality committee: **Judy Bubar, Zofia Jablonski Feulner, Mary McCullough and Grace Portacio** – Thanks ladies! Yummy!

Also at our meeting in September, we voted on the Washington Crossing Veteran's Cemetery for our "Wreaths Across America" Garden Club program. **Nancy Brown and Pat Bowker** have graciously volunteered to Chair the Program. Thanks Nancy and Pat! More information will be presented at the October Meeting – stay tuned. We also have a great Program planned for October 7<sup>th</sup> – "Making Natural Products From Your Garden" by **Dr. Marie Miczak**.

**\*\*\*Volunteers needed to decorate at the Governor's Mansion: Drumthwacket! Theme: Rudolph the Red Nosed Reindeer.\*\*\***

Please remember your bulb orders are coming in at the October meeting thanks to Angela Topley. Payment is due at that time. There are extra bulbs that will be available for sale at the meeting as well: Support our Fund Raisers!!!. Last year, I purchased a dozen of each of the daffodils and I got at least several dozen blooms and they are winter hardy plus deer resistant.

To follow up on my theme of "Choices make Changes: Use Less" (copyright pending), I ask you to try to buy your produce locally and seasonally. This saves thousands of gallons of fuel which are used to ship items many miles from all over the world. Plus, they taste so much better locally – we are not the "Garden State" for nothing!

For our anti-aging tip this month, I ask you to take a look at the preservatives in the foods you eat. This month, try to reduce the chemicals added to your food – read the labels – they can be very informative. (This is referred to as "Clean eating".) Some preservatives are natural such as vitamin E, vitamin C or vinegar but some are very questionable such as Potassium bromide which is outlawed in Europe but used here in the United States. Please avoid Nitrates/nitrites, they are really bad.

Looking forward to seeing all of you in October! It is about time to bring in your houseplants that have been enjoying their summer holiday...check for bugs first!

Dianne Dickinson, President

President's Message	1
September Meeting Minutes	2
Dates To Remember	3
Member Responsibilities	3
Member Birthdays	3
Wreaths Across America Program	4
Living Green/Environmental Committee	6

## West Trenton Garden Club Minutes

September 9, 2013

### MEETING CALLED TO ORDER

The West Trenton Garden Club met on Monday, September 9, 2013 at Our Lady of Good Counsel Church. **President Dianne Dickinson** called the meeting to order at 7:05 pm.

### OLD BUSINESS

**Diane** welcomed new members **June Miller** and **Devah Brinker** to the meeting.

**Diane** thanked **Helga Fontus** and **June Rosso** for a successful August program "Tree Law for Gardener's." It brought in several guests who saw the meeting announcement in publications. Diane also thanked **Terry Palise** who shared her beautiful rose garden with the membership on the Mini Trip in August. Terry has over 200 rosebushes. Diane also thanked the membership for all their special comments on the news article in the Trenton Times regarding roses and rose rosette disease.

**Diane** noted the yearbooks were available and thanked **Pat Bowker** for an amazing job well done. She announced 5 copies were handed in at the District Meeting for awards evaluation. Many club members at the District meeting commented on the yearbook and the work displayed by **Pat Bowker**. **Sharon Johnson** reported on news from the District Meeting and announced the **NJ State Flower Show** theme for **2014** would be "From Sea to Shining Sea" and will be held at the Raritan Expo Center, Edison.

**Diane** reminded members of the 60<sup>th</sup> Anniversary West Trenton Garden Club celebration that was coming up on September 22 at 12:30 at the Mountain View Golf Club. She announced that checks were due and she asked Grace Starrett to give an update.

**Grace Starrett** reported that 43 members had registered for the Anniversary luncheon and that she was still taking reservations. She announced there would be a guest speaker—**Eliza DePue** who would speak on the Victorian era and courtship with flowers.

Members were reminded to place orders for bulbs with **Angela Topley**.

**SECRETARY'S REPORT:** A motion by Eileen Kaluzny and seconded by **Jackie Anderson Kraus** to approve the August meeting minutes was made and carried.

**TREASURER'S REPORT:** The current balance as of **\$6,862.23** was reported by **Sharon Johnson**. The report was recorded and filed. **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 Restore the Shore.

Diane acknowledged birthdays to the following members: – **Carolyn Kane (Sept. 3rd)** **Milly deFlesco (Sept. 4th)** **Betty Sutterly (Sept. 8th)** **Sharon Guiliano (Sept. 22nd)** **Joseph Kaluzny and Linda Reasoner (Sept. 18th)** **Angela Topley (Sept. 22)** **David Chmielewski (Sept. 25th)**.

**Diane** announced the Board decided to participate in **Wreaths Across America**. The wreaths are \$15 each and are placed on the graves of Veterans buried in Veteran's Cemeteries. Diane asked for a motion to approve participation and to choose a veterans' cemetery. The choices were: the Washington Crossing National Cemetery in Newtown, Pennsylvania or the Brigadier General William C. Doyle Memorial Cemetery in Burlington, New Jersey. A motion was made by **Camille Rainiero** and seconded by **Terry Palise**. A discussion ensued and a vote was taken in favor of participation for the Washington Crossing National Cemetery in Newtown, Pennsylvania.

**Diane** updated the members 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 Fontus** are attending a planning meeting on September 11 and will keep the club updated on the progress.

**Diane** announced the Fall issue of the **News Leaf** is available and all members with an email address should receive it soon via email.

### Diane shared Anti-aging and Sustainable Tips

Reduce stress in your life...Create a Zen environment...Try a mantra such as "Relax", etc. (Diana Nyad used "Find A Way" on her record swim from Cuba.), Deep Breathing and/or walking. A huge amount of energy is used by the body under stress. Increase brain power by trying balance exercises that are used by athletes and especially in rehabilitation to prevent injury and falls. This is especially important in seniors since breakage of bones can be severely debilitating. Try Feldenkrais as a rejuvenating form of exercise to open new neural pathways. (Get doctor's approval if necessary).

**"Choices Make Changes: Use Less"** Try organic corn – GMO Free. Some studies have shown that digestive problems may be linked to the use of GMO Produce...labeling in the US is not required. (It is required in other countries.)

**Sustainability** - Now is the time to plant Fall lettuce, spinach and hardy items such as parsley. Try a container and keep it near your house. Also, with the expense of herbs and garnishes at the grocery store, you will end up saving money! Start **planning these now for the Holidays**.

## COMMITTEE REPORTS

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

**Mini Trips** - Camille Rainiero and Helga Fontus—It was announced that a mini trip would be planned for a Lavender Farm.

**Remembrance** – Carolyn Kane reported that Anna Adomaitis and Mary O'Donnell were not well. Also, Ceil Hobson broke her ankle. Members were asked to send cards.

## NEW BUSINESS

The night's program was announced "Jersey Fresh" was organized by Helga Fontus. Refreshments will be served and the "Jersey Fresh" auction will begin.

Hearing no further business, a motion by Carolyn Kane was made to adjourn the meeting. Zofia Jablonski Feulner seconded the motion. The meeting was adjourned at 7:30 p.m.

Respectfully Submitted,

Camille Rainiero,  
Recording Secretary



## Dates to Remember

- ◆ **October 5** - **Ewing Community Fest** - College of NJ - WTGC participation pending.
- ◆ **October 6** - **Rutgers Gardens Fall Festival**, Noon to 4PM, at the Log Cabin. See <http://rutgersgardens.rutgers.edu> for more information
- ◆ **October 7** - **WTGC Regular Monthly Meeting** - 7:00 PM (Our Lady of Good Counsel); Program: **"MAKING NATURAL PRODUCTS FROM YOUR GARDEN"** - A presentation by Dr. Marie Miczak. (See Page 58 for a detailed description of this program.)
- ◆ **October 12 & 26** - **Rutgers Garden Tour** - See what is new at Rutgers Gardens on this introductory tour lead by volunteer docents. Contact Mary Ann Schrum at [schrum@aesop.rutgers.edu](mailto:schrum@aesop.rutgers.edu) or (732) 932-4851
- ◆ **October 15** - **WTGC Board Meeting** - Home of Grace Starrett (609) 882-4264 (Please contact Grace if you plan to attend.) Please notify Linda Reasoner, Vice President, if you have any agenda items.
- ◆ **October 15-16** - **Garden Study School at Holly House** featuring these popular topics: Outdoor Plant ID, Woody Ornamentals, Shade Greenhouse & Water Gardening and more! For more information, check the GCNJ website.

- ◆ **October 24-28** - **C.A.R. Conference & Symposium**, Bethesda, MD
- ◆ **October 28** - **GCNJ - Board Meeting** at Holly House
- ◆ **Every Friday** - Noon to 5:00PM - **Rutgers Farm Market** - 124 Ryders Lane.



## October - Member Responsibilities

- ◆ **Flowers for Ewing Library** - Karla Robinson
- ◆ **October Hospitality Committee** - **Sharon Johnson (Chair)**, Dolores Brezak, Nancy Brown, Sharon Guiliano, Kitty Lou Phillips and Patsy Pocsik-Varra
- ◆ **Info for Garden Path** - Submit all information for the *Garden Path* to Terry Palise no later than the 15th of the month.

## NOTE: BULBS WILL BE AVAILABLE FOR PURCHASE



## Celebrating Birthdays This Month

**Delores Brezak (Oct. 9th);**

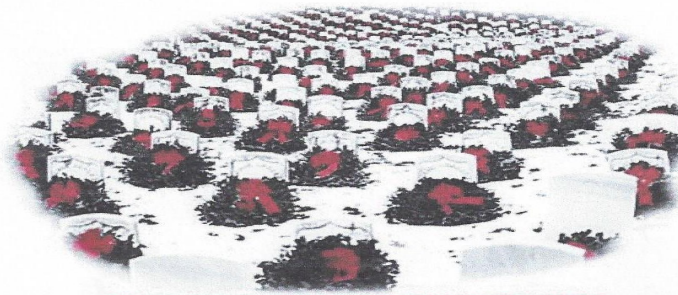
**Beverly Topley (Oct. 15th);**

**Ingrid Fair (Oct. 27th)**





We have voted to participate in the Wreaths Across America program. Below is a brief history of the program and the scheduled events for the wreath-laying ceremonies. The form on Page 5 can be used to sponsor a wreath for this program dedicated to remembering and honoring the sacrifice made by the men and women who have served our country.



**WREATHS-ACROSS-AMERICA.ORG**  
**REMEMBER - HONOR - TEACH**

In 2007, the Worcester family, along with veterans, and others who had helped with their annual Christmas wreath ceremony in Arlington, formed Wreaths Across America™, to continue and expand this effort, and support other groups around the country who wanted to do the same. This nonprofit organization continues the Arlington tradition as part of its mission to Remember, Honor and teach.

In 2012, Wreaths Across America and our national network of volunteers laid over 420,000 memorial wreaths at over 800 locations in the United States and beyond. We accomplished this with help from 1382 fundraising groups, many corporate contributions, and donations of trucking, shipping, and thousands of helping hands. Our annual pilgrimage from Harrington, Maine to Arlington National Cemetery is known as the world's largest veteran's parade, stopping at schools, monuments, veteran's homes and communities all along the way to remind people how important it is to remember, honor and teach.

Proceeds place a wreath at one of the participating cemeteries; help support our fundraising partners, educational and veteran's services outreach. Please note that all sponsorships are sent directly to the location and no wreaths are sent to the individuals purchasing sponsorships.

We welcome all to join us at any Wreaths Across America ceremony. If you would like to participate or help bring sponsored wreaths to your local community, please contact us and we will help connect you with other groups already working in your area.

#### **Schedule of Events**

**Sunday, December 8, 2013**

Start of World's Longest Veterans Parade from Maine to Arlington National Cemetery and participating locations

**Monday, December 9, 2013**

State House wreath-laying ceremonies in all 50 States and Puerto Rico

**Saturday December 14, 2013**

please check with your local location leader for start times.

Simultaneous wreath laying ceremonies at over 850 locations all across the country and beyond.

For more information visit [www.WreathsAcrossAmerica.org](http://www.WreathsAcrossAmerica.org), or call 877-385-9504.

You can also email [info@wreathsasscrossamerica.org](mailto:info@wreathsasscrossamerica.org)



[www.WREATHSACROSSAMERICA.org](http://www.WREATHSACROSSAMERICA.org)

Please note this order form is for sponsored wreaths only, not mail order items.  
 These wreaths will be placed on soldier's graves in state and national veterans cemeteries.  
 Other wreaths and merchandise can be purchased online at [www.wreathscrossamerica.org](http://www.wreathscrossamerica.org).  
**If you wish to purchase with a credit card, please visit our website.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip \_\_\_\_\_

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

Email: \_\_\_\_\_



1 1/8" Lapel Pin Free with each  
 wreath only pay \$1 S+H Fee.  
 (Limit 1 per wreath Sponsored)  
 Picture Actual Size

<b>Sponsorship Wreaths</b>	<b>Price</b>	<b>Qty</b>	<b>Total</b>
Individual = 1 Wreath	\$ 15.00		
Family = 4 Wreaths	\$ 60.00		
Small Business = 6 Wreaths	\$ 90.00		
Medium Business = 10 Wreaths	\$ 150.00		
Large Business = 30 Wreaths	\$ 450.00		
Corporate = 100 Wreaths	\$ 1,500.00		
Lapel Pins (Limit 1 per sponsored Wreath)	\$ 1.00		
<b>Grand Total</b>			

Cut Here for Receipt -----

Please make checks payable to WreathsAcrossAmerica.org and mail to:

**Wreaths Across America**  
**P.O. Box 256**  
**Harrington, ME 04643**

Any questions please call 207-483-2039

Wreaths Across America would like to **"Thank you"** for your wreath sponsorship. Please use this section of the order form for a tax-deductible receipt.

Date: \_\_\_\_\_ Name: \_\_\_\_\_ of City: \_\_\_\_\_ has  
 made a donation of (Total Wreath Sponsorships) \$ \_\_\_\_\_ to Wreaths Across  
 America of Harrington, ME.

Check out the information below provided by

Angela Topley

LIVING GREEN/ENVIRONMENTAL COMMITTEE

## LAWN ESTABLISHMENT AND RENOVATION: SUMMARY

Barbara J. Bromley, Mercer County (NJ) Horticulturist 08  
New Jersey Agricultural Experiment Station/Rutgers Cooperative Extension

### STEPS TO ESTABLISH A NEW LAWN

#### TIMING:

- Mid August to early October (early September best)
- Early spring (second)
- Seeding without soil preparation in February/early March on frozen ground ("honeycomb" seeding) – not as effective some years
- Other times (possible, but results generally less satisfactory)
- Can sod when soil isn't frozen and is warm enough for root growth

- 1 Have a **SOIL TEST** (chemical analysis) run to determine pH and nutrient levels. May also test for organic matter percentage, cation exchange capacity (CEC), and conductivity (soluble salts), if needed.
- 2 Remove surface and sub-surface debris, improve drainage, and establish **GRADE**.
- 3 **LIME** according to soil test recommendations (strongly recommended) or apply 50-lbs./1000 sq. ft. ground or pulverized limestone if soil has not been limed in three to five years (not really desirable).
- 4 **FERTILIZE** at 3/4 of the rate recommended by soil test, or apply 15 lbs./1000 sq. ft. of 10-6-4.
- 5 Add well-decomposed **ORGANIC MATTER**, such as compost, leaf mold, or peat moss, in a 1" to 3" layer or 1 to 1 1/2 cu. yds./1000 sq. ft.
- 6 **INCORPORATE** lime, fertilizer, and organic matter into the top 4-6" of soil. Allow time for soil to settle (a week or two) or roll with empty roller to reduce "fluffiness." **FINE GRADE** soil surface so ground is smooth and bump-free.
- 7 Spread remaining 1/4 of the recommended rate of fertilizer or 3 lbs./1000 sq. ft of 10-6-4 and rake into top 1-2" of soil.
- 8 Spread **SEED\*** of grasses appropriate for the growing conditions evenly over soil surface. (**SOD** may be laid at this point. Skip steps 9 and 11.)
- 9 **RAKE**, so seed has good soil contact.
- 10 **ROLL** with empty roller to lightly embed seed in soil (or create good soil contact for sod.)
- 11 **MULCH** with burlap or a loose layer of straw or salt hay if needed to prevent erosion or reduce drying of soils surface and germinating seed.
- 12 **WATER** to keep soil uniformly moist, not wet, until germination occurs.

\*If area is being hydroseeded and lime, fertilizer, and/or mulching material is in the hydroseed mix, follow steps 1, 2, and 8. It is beneficial to incorporate limestone (if the pH is below 5.8) and needed organic matter before hydroseeding, if possible.