



The Community Garden Club of Cohasset Massachusetts

February 2009
www.communitygardenclubofcohasset.org

Diane Benson, Newsletter Editor
dmbenson @ comcast.net

Message from the President

We have arrived at that perilous time of the year wondering every morning if walking will be safe. Mother Nature has certainly been giving us some beautiful white days lately. As a reminder, if the roads are bad and the schools are closed, our meetings are cancelled.

Even without regular meetings, your board members have been busy through the holidays and into the New Year.

Special thanks to Claire Tinory and Jeanne Carroll and their intrepid committee who went to Hingham to judge the *Holiday Doors*.

Lee Drew, Vivien Bobo and Nancy Gilmore have been working tirelessly on the schedule for the *May Standard Flower Show*. With the cancellation of this year's *Boston Spring Flower Show* this year, we all need to be involved to make this event as special as possible.

We are planning to publish our "50 Ways to Go Green" pamphlet in the fall. We still need more ideas, so please send them to Cynthia Chace (cchace@comcast.net).
Lee

Lee Jenkins
2009 Club President



Mission Statement

The object shall be to promote interest in gardens, their design and horticultural perfection; to promote interest in conservation of our natural resources; and to conduct formal programs for the advancement of these and related items.

Executive Board 2009

President	Leonora Jenkins
1st Vice President	Willoughby Hood
2nd Vice President	Mary Hickey
Recording Secretary	Dolores Roy
Corresponding Secy	Jane Corriveau
Treasurer	Maureen Adams
Directors:	Mary Eisenhaure
	Marcia Diekmann
	Fran O'Toole
	Annette Sechen

Calendar of Events

Community Garden Club
www.communitygardenclubofcohasset.org

Garden Club Federation of Massachusetts
www.gcfm.org

January

- 27 **Monthly Meeting** "Greenscapes: Creating Beautiful and Healthy Lawns with Debbie Cook, manager of Greenscapes Program @ **Lightkeepers Cottage**. Coffee @ 9, Meeting @ 9:30am

February

- 3 **Executive Board** @ Lightkeepers Cottage 9:30 am
- 9 **Junior Gardeners** "Posies and Sachets" @ Deer Hill School Cafeteria 2:30-3:30 pm
- 10 **Horticulture** "Bird Houses" Sally Avery will guide us in assembling an Audubon approved bird house Lightkeepers Cottage 9:30-11:30 (see article inside)
- 11 **Garden Therapy** "Hearts and Flowers" @ Golden Living Center 2-3 pm
- 17 **Design Workshop** "Mono-botanic Bouquet" with Pat Cammett @ Lightkeepers Cottage 9:30-11:30 am
- 24 **Monthly Meeting** "Thirty Plants that Pay the Rent" Landscape designer, Adriana O'Sullivan presents a slide lecture on perennials, shrubs and trees well suited to our area. Second Congregational Church, 43 Highland Ave. Coffee @ 9am; Meeting @ 9:30 Hospitality: Benson, Bertovich, Bjorkgren, Bowman, Boutross, Brown, Bryant, Byrne, Cameron, Canney, Carlo, Chace

March

- 3 **Executive Board** @ Lightkeeper Cottage 9:30 am
- 9 **Junior Gardeners** "From Little Seeds..." Deer Hill School Cafeteria 2:30-3:30 pm
- 10 **Horticulture** "Making More Plants" seed starting Workshop for spring flowers. @ Lightkeepers 9:30 a
- 11 **Garden Therapy** "Shamrocks Abound" @ Golden Living Center 2-3 pm
- 14-22 **New England Spring Flower Show**, Bayside Expo
- 17 **Design Workshop** "Spring Flower Show Prep" @ Lightkeepers Cottage 9:30-11:30
- 24 Monthly Meeting "Invaders @ the Gate" with Carol Stocker from the Boston Globe. Climate change, vanishing predators, pollution and new invasive.

February

- 4 Pinefield GC "natural Balance with Health Plant Combinations" w/Suxen Perry, St. Andrews Church, Framingham 7:30 pm \$5, Contact Linda Hughes 508-320-0041
- 9 GCFMA Horticultural Morning, Living with Herbs Espousal Center 10:15 am \$3 Rita @ 987-475-1038
- 10 Crystal GC Reading, "Hardscape Designs" @ Senior Ctr Pleasant St. Reading 7 pm \$5 Joyce 781-942-0895
- 17 Needham GC "Vegetable Gardening for Big & Small Spaces" Needham Public Library, 9:30 am. Contact Joan 781-449-1972

March

- 4 Simpson Park GC "Bees and Beyond" 7pm @ St. Andrews Church Hall, Maple St. Framingham \$5, Contact Sue @ 508-877-9692
- 5 Taunton GC "Table Setting Demonstration" @ First Parish Church 7pm \$3, Call Valerie @ 508-824-1976
- 10 Crystal GC Reading "Art in Bloom" @ Senior Center, 49 Pleasant St. Reading. Contact Joyce @ 781-942-0895
- 25 Awards Workshop, Espousal Center 10 am; Civic Development Workshop, 10 am



Please refer to your copy of **The Mayflower or to the GCFM website** for listings of other activities and events

Design Workshop

February 17th 9:30-11:30
Lightkeepers Cottage

Let's go to the Flower Market!

Pat Cammett will teach an arrangement designed by well known New York City floral designer Michael George. Mr. George was the keynote presenter at Art In Bloom. The design will be a Mono-Bonanic (all flowers from the same family) hand-tied bouquet that requires about 25 stems. (See photo @ left) You may bring your own flowers, observe, or Pat has generously offered to take you with her to the Flower Market to buy your own. You would meet her at 5:30 a.m. on the morning of the workshop. If you wish to go with Pat, you should phone her at 781 659-1424. For more info, call Lee Drew @ 383-0361

In Memoriam

Virginia "Boo" Leach died December 11, 2008 @ age 80. She was an avid gardener, needlepoint artist, photographer and sailor.

Eleanor Thistlethwaite died November 16, 2008. She was a music teacher for 30 years and a founding member of the Panagia Greek Orthodox Church of Cohasset.

Happy Valentine's Day



Horticulture Workshop

“A Home For the Birds” is the theme of the Horticulture workshop on February 10. Sally Avery, a past president and avid birder, will show us how to assemble a bird house and tell us how and where to hang the structure as well as what to expect from the new addition to the neighborhood. Please bring a hammer to aid in assembly. The program will be held at the Lightkeepers Cottage from 9:30 to 11:30 AM. There will be a \$12 charge for the houses. Please let Judy Dickstein or Marie Sullivan know if you will attend prior to January 30 so we can order plenty of kits.

Judy Dickstein 781-383-7058; Marie Sullivan 781-545-0655

Holiday Decorations Workshop

sponsored by Cohasset Library. Demonstrations by Lee Jenkins, Judy Dickstein and Lee Drew.



Conservation — The Living Earth

By Barbara Canney

Did you know that every time you turn on a light, turn up the thermostat, or drive your car you leave behind a piece of your “carbon footprint”? What footprint? Well, you and I might just be part of the pinky toe, but as a civilization, scientists suggest that our carbon “footprint” is getting larger and we’re leaving bigger tracks. Recently I attended a 2 day seminar at the Mass. Environmental Study School through the National Garden Club. The theme was “The Living Earth”. This first lecture was presented by Marc Fournier, an Environmentalist from the MDEP (Massachusetts Dept. of Environmental Protection) and previously Director of Public Works in Hull, Ma. He spoke about “The Environment, Climate Change and Our Daily Lives.” While there are many theories about global warming, Marc’s view was that we are responsible for much of the global warming and we can do something about it. So how are we responsible? Scientists feel that Global Warming is causing more severe storms, melting glaciers, creating droughts, encouraging more invasive pests and plants, and taking away natural habitats. By burning fossil fuels like gas, coal, and oil to generate the electric power plants, to heat our buildings, to drive our cars, trucks, airplanes etc. we are causing carbon to be emitted as carbon dioxide into the atmosphere. The carbon dioxide is known as a “greenhouse gas”, one of many gases blamed for warming the earth’s atmosphere and causing “global warming”. Some scientists feel we are tipping the scale by trapping too much heat into the atmosphere thus creating “greenhouse gas pollution” which contributes to “global warming”. Global warming has become more than the earth can naturally handle. There is a process called “carbon sequestration” (to remove or set apart) where the carbon dioxide is naturally removed from the atmosphere and stored in another healthy form. Our plants, our soil, our oceans all lead an important role. Photosynthesis occurs when plants convert carbon dioxide into carbohydrates and plant issue. Carbon can be sequestered in soil in the form of carbon compounds like humus or compost. Oceans sequester carbon as carbonic acid in marine life. But, fossil fuels only sequester carbon until they are burned and become a pollutant. That is where we step in. Marc discussed several ways “we can learn and educate others to help reduce our contribution to “greenhouse gases”. As gardeners, we can, and some of us already do a big part. Planting trees and gardens (yes!) Recycling and composting Eating locally grown foods Conserve water (rain gardens, rain barrels, use faucet water sparingly, install low flow toilets) Conserve energy (use efficient lightbulbs, solar panels, insulate your home, install efficient heating systems and windows, walk, use mass transportation etc. Build “green” high performance buildings Help protect forests, undeveloped land and open space. Lobbying our elected officials to make policies and laws that will help slow climate change. Shift taxes and subsidies to encourage protection of our environment, sustainable practices in business and our daily lives, and decrease greenhouse gas emissions. If you are interested finding out your household “footprint”, go to www.carbonfootprint.com. Also check out the Mass. D.E.P. Green Team at www.thegreenteam.org

Please check out this link on the Asian Long Horned beetle: <http://wbztv.com/local/worcester/Asian.longhorned.beetle>

The General Meetings are open to the public. Please invite friends who have expressed an interest in joining. To receive a membership application, visit the website, email mflaherty311@comcast.net or call Maureen Flaherty @ 781-383-9234



Arnica *Arnica Montana* Submitted by Judy Dickstein



The herb, Arnica, is indigenous to the mountains of Europe but has been naturalized to North America. Also known as “Leopards Bane” or “Mountain Tobacco”, the herb was used by Native Americans as a healing ointment. Salves from Arnica have been used to treat sore muscles and Arnica tinctures were used in the 1800’s to treat wounds.

Arnica is a fragrant, bitter astringent herb that is thought to stimulate the immune system and relieve pain and inflammation as well as treat fungal conditions and bacterial infections. It is usually applied topically in the form of a liniment or cream to treat dislocations, sprains, bruises and varicose ulcers. Because of its anti-inflammatory properties, it has been used extensively to treat the discomfort of sore, aching muscles, and the pain of rheumatoid arthritis. Taken internally, Arnica is an irritant and in large enough doses, can be poisonous. Because Arnica has a tendency to raise the blood pressure, it is best to avoid medications containing the herb if hypertension is present. This wildflower herb grows best in slightly acid soil, rich in humus, in full sun. It can be propagated from divisions, cuttings or seed. The plant grows 1-2 feet tall and has daisy like flowers that bloom midsummer. This is a plant to consider inviting into the garden, if for no other reason than to admire the show of beautiful yellow-orange flowers.

News From Nagoya submitted by Takako Kohri

Our November general meeting was a field trip to *Oumi Hachiman*, a 400 year old castle town of 70,000 located on the east coast of Lake Biwa, 100 miles west of Nagoya. The town was established by *Hidetsugu Toyotomi*, a tragic regent who was forced by his uncle to commit *harakiri* himself. He built a castle at the top of 870 feet high of Mt. *Hachiman*. Due to its position as a relay point between *Kyoto* and further northern region *Hokuriku*, it developed as a commercial center and became the soil from which the highly valued “*Oumi Merchants*” were raised. The town is now a tourist city with its most famous attraction being “*Azuchi Hachiman no Suigo* (= lakeside district)”, a favored spot of *Nobunaga Oda*, the first *samurai* warrior who united the entire Japan during the Age of Civil Wars in the 16th century. Canals running through the neighboring wetlands are like strands of a net and with the surrounding reeds, they express peaceful beauty of the four seasons. Last October, the largest wetland in this area called “*Nishinoko*” was added to the extended conservation area as a part of Lake *Biwa* which was regis-



tered in 1993 with the “*Ramsar Convention*” as vitally preserved one for living creatures especially waterfowls like bean geese, whistling swans and wild ducks of more than 60,000 that migrate every year.

[“*Ramsar Convention*” is an international treaty signed currently by 158 countries for conservation and sustainable utilization of wetlands to stem the progressive encroachment on them and their resultant loss today and in the future with strong recognition of the fundamental ecological functions of the wetlands and their economic, cultural, scientific and recreational value.] We enjoyed an hour long bus ride along *Suzuka* mountain ranges which looked just like brocades beautifully woven by autumnal leaves of yellow and red hues, we arrived at *Oumi Hachiman*. We boarded on small roofed boats to be forwarded by a rower working a long single skull mounted on one side of the stern to avoid smearing the water. The boats made their way so very slowly. These reed beds, wetland environment, are good for wildlife, providing variety of

habitats for waterfowls, fish and aquatic insects. The reason is that the reeds have an amazing function of purifying water as they rapidly grow, absorbing various kinds of organic matters such as nitrogen, phosphorus and even carbon dioxide. They also decompose toxic substances in the water and agrochemicals or pollutants in the soil. Later we had lunch at Restaurant *Shu Yuu Kan* which served us typical country dishes in the old but fancy *Nishikatsu Sake* brewery buildings started in 1717. Ms. *Emiko Nishimura*, the owner of the restaurant and the brewery, briefed us her unique activities for the restoring this ancient city as a voluntary promoter of the movement of “*Campaign for protecting Hachiman Bori Canal*” and she has been in charge as the secretariat for eighteen years. When the castle was constructed, the canal was built as a main distribution route led through Lake *Biwa* and at the same time as a military defensive purpose of the castle from the enemy’s attack as a moat. For the following three hundred years, it played an important role as a trading post for the development of the town. As modernization of Japan progressed after *Meiji* Restoration in 1867, the canal gradually lost its trading functions and routine dredging was neglected, leading to smelly ooze in the riverbeds. In 1975 the local municipality of *Oumi Hachiman* proposed to change the canal into parks and parking facilities. The local Chamber of Commerce members protested and commenced a civilian movement to preserve and revive the canal as their proud heritage of the city and organized a “*Revival Group of Hachiman Canal*.” They promoted a signature-collecting campaign and cleaned up the canal by themselves. This movement extended to include all citizens and finally in 1976, the municipality decided to change their original plan and started an extensive dredging operation which was completed in 1979. In 1982 this restorative project of the canal was designated by National Land Agency as “a model case of the city with water and green” and the rock walls of the canal was restored and a new promenade was constructed along the water edge. Ms. *Nishimura*’s newly organized group called “*Hachimanbori wo mamorukai* (means Group to Protect *Hachimanbori* Canal)” and 300 members are now regularly engaged in weeding the canal area the year around. It is no wonder that as a typical cessful example of revitalized project so many people from various municipalities in Japan come to listen to her story and witness the successful achievements around the city.



JUNIOR GARDENERS — by Dolores Roy and Lorraine Legg

Holiday arrangements were the theme of the December meeting (3 bottom photos). Claire Tinory and Jeanne Carroll provided tuna cans with oasis and showed the juniors how to decorate the cans with pretty Christmas ribbon. Using a variety of greens, cones, pods and a candle, the juniors created some lovely arrangements. In January the juniors learned how they can “Reuse, Recycle, Renew” as Judy Dickstein shared many tips for the multiple use of common household items. They made seed planters from toilet paper rolls and egg cartons. These will be used at a future seed planting program. Many thanks to Claire, Jeanne and Judy for leading these programs and to the wonderful volunteers who come to help. Liz Richardson, thank you for the pictures



October 2008: Ready to plant bulbs at Deer Hill School



November: Thanksgiving arrangements



Hingham & Cohasset “Holiday Doors”

Decorated Doorway Competition — December 15

Awards were made in five categories. Each entry was given a commemorative handpainted ornament made by Nancy Wholly. Natural: Claire Tinory; Whimsical: Doris Flint; Creative: Maureen Flaherty; Victorian: Nancy Weissman; Elegant: Gigi Meehan



The Community Garden Club of Cohasset Massachusetts

D. N. Benson
172 Forest Avenue
Cohasset, MA 02025

FEBRUARY 2009

To:

Know Your Garden Birds by Sally Avery



The Blue Jay — On January 1st, I start a new tally of the birds I see for the year as well as those that appear in my backyard. My biggest number of “yard birds”, 75, occurred in 2008, and I am already eager to try to top the number in 2009 by being ever more vigilant. Sometimes attentiveness is hardly needed as in the case of the Blue Jay. These noisy birds arrive screaming “*jay, jay*” (or if you were a Thornton Burgess fan, “*thief, thief*”) scattering other feeding species in their wake. At 11 to 12 1/2 inches long with crest, back and tail a bright blue, wings with white spots and black bars, tail feathers tipped with white, and face and under parts whitish overlaid with a black neck-

lace this bird has a commanding presence. Fluent in several languages, Blue Jays can imitate several types of hawks, but also produce a sweet “*queedle, queedle, queedle.*” They are found in mixed woods and around human dwellings, being rather tame. Their diet consists of nuts, seeds, fruits, and insects. Caching acorns in fall serves them well when food becomes more scarce in winter; however, many of their buried nuts are never retrieved, resulting in expansion of our oak forests. They build a bulky cup nest of moss, twigs, and leaves in the crotch of a tree. Their 3-6 pale, spotted eggs are incubated for 16 - 18 days and the hatchlings remain in the nest for another 17-21 days. Although the female does most of the incubating, the male is most attentive to her and helps with the feeding of the young. Listen for the calls of Blue Jays in your yards or in the woods and marvel at the jaunty antics of these handsome birds.
