

The Perennial



2016-2017

Issue 9: May

Website:
ArlingtonGarden.org

With this wet, cool spring, everything is coming up green. Our gardens are lush after a late, cold winter and are ready to burst into bloom with the warmth predicted for later this week. Although I think, like us, they might be happier with more gradual temperature changes than the swings we've been experiencing. This is the last *Perennial* for this year. We'll be back in September. I'd love to share some of your garden successes and photos in the fall issue. Don't forget the **PLANT SALE**, this Saturday, May 20.

***** Date Change *****

End of the Year Dinner

Tuesday, June 20 6:00 – 8:00 pm

Arlington Town Hall

Please join us for the celebration of our year's activities and share a catered dinner by Beaujolais. If you have not signed up as yet, please contact Nancy Pike or Carol Nahigian with your reservation so that they can order the right amount of food. Mark your calendars with the new date!



There will be a presentation by several of the flower arrangers from Books in Bloom. We'll have the opportunity to learn more about the process of choosing a book, selecting the flowers and designing the displays and get lots of inspiration for making our own arrangements.

Civic Development – Jane Foley

The islands around town are adopted not only by Club members but neighbors, merchants and landscapers as well. The Civic Development Committee is always interested in having folks to help water and occasionally clean up or plant. If any of you are interested in doing a little (and I mean just watering, one island, once a month during the summer), it is such a help for those organizing. If you miss your garden because you are in an apartment or condo, perhaps you could take on a small area that needs some TLC. You can initiate this or get more information by talking to Fritzi Galley. If you put a group together you can have a sign made that shows your support for the beautification of that island for the pleasure of the entire town. Think about it: it's a fun and easy way to meet others and give back to Arlington.

Garden Therapy – Barbara Neenan and Robin Watson

On May 6th, the Garden Therapy committee met at the Park Avenue Health Care Center.

We welcomed Florynce Bornstein, a pianist and friend of our current pianist, Kathy Reeder, who has done an outstanding job this past year entertaining the residents. Kathy is unable to continue in that capacity and Florynce has agreed to provide us with this valuable service for next year. We are most grateful! She enjoys entertaining and delighted the residents with her talents. We also discovered that Kathy has a lovely voice!



Beverly and Barbara provided the craft, a patriotic and beach combination theme, and cupcakes with red, white, and blue sprinkles on top. It was a wonderful ending to our season.

We invite any members who may wish to join our group. Meetings take place on the first Monday of the month, beginning in October and ending in May. We do not meet in January. The sessions last for one hour, a small investment with much gratification. Please contact Barbara or Robin if you have any questions.

Member Discounts

As we begin working on our gardens, don't forget to take advantage of the discounts offered to members at several garden and landscape centers in the area. To check on the specifics of each offer, please refer to our website, arlingtongarden.org and click on Member Resources.

Ronald Riesz Opticians is now offering a 10% discount with proof of membership.

Environmental Corner – Mary Stack

Americans use more paper than any other people, 700 pounds of paper products per year. The pulp and paper industry is the second largest energy user. It uses more water per ton of product than any other industry in the US.

Most towns encourage people to recycle paper. It saves money and reduces landfill. But recycling also uses resources. Energy is used for collecting, transporting and processing recyclable paper. A considerable amount of water and chemicals are also used in the recycling process. So instead of recycling, we should think about reducing our use of paper and paper products.

There are several ways to reduce your use of paper. Opt for paperless bills and pay them on line, by phone or automatic bank debits. Ask for email receipts when shopping. Save envelopes from your mail to use for notes and lists. Use both sides of notepaper. Edit your word processing documents carefully so you don't have to reprint them. When printing from a website, select only the pages you need rather than printing the whole thing. Print double sided.

Reduce junk mail by using a service like [Catalog Choice](#) to stop unwanted mailings, or call the company and request removal from their mailing list. Subscribe to magazines online or on your Kindle or other electronic reader.

And a final suggestion would be to keep reusable bags in your car to use for groceries. Take a shopping bag with you when you go to the mall or to local shops like the drug store, package store or deli.

Edible Flowers



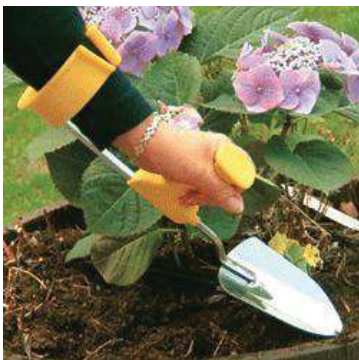
Are you having a special event this summer? To provide a unique touch, you might consider adding some edible flowers to your presentation. Gardener's Supply Company's website offers an [article](#) on which plants can be used safely. [Sugared rose petals](#) can also make a beautiful presentation on cakes and cupcakes.

Gardening Support for Arthritis

Many thanks to Juliette for suggesting this article.

As some of us may have discovered, gardening may be becoming more difficult and occasionally painful. West Virginia University has an excellent website [Green Thumbs, Healthy Joints](#). These are some of their suggestions:

- Wear gardening gloves to protect joints from cold temperatures. Gloves also help cushion joints.
- Buy gloves that are one or two sizes too large for you and put foam padding inside. This can help ease joint pain.
- Digging in the dirt with your hands offers relief for pain and soreness in your hands and wrists. The temperature of the soil warms the joints in your hands. This allows more blood to flow through, lessening pain and soreness.
- Break up your gardening chores into smaller jobs you can do throughout the day or over several days.
- Try doing gentle stretching before you start to garden. This helps loosen joints and prevent injury. Try this simple stretch. With your arms straight out in front of you, reach forward as far as you can.
- Use long-handled tools so you can stand instead of stooping while gardening. Easy-to-grip hand tools and large handles make using tools a lot more comfortable.
- Use your larger joints to do the work. Instead of using your fingers to lift an object, try using the palm of your hand, forearms, or elbows.
- Instead of a traditional flowerbed, try gardening in containers or raised flower beds. This reduces stooping, kneeling and squatting.
- Take frequent breaks. Change position and tasks often. This helps you get more done before tiredness sets in.



They also recommend exploring [ergonomic adaptations](#) and tools to diminish the risk of injury. Ergonomics looks at how to do a task in the safest and most efficient way.

Welcome New Members

We welcome the following new members from Arlington:

Bronwyn Dillon, Charlotte Milan, Agnes O'Donnell, Jean O'Farrell, Janet O'Riordan and Jean Rosenberg.



Have a wonderful summer with many happy gardening moments!