



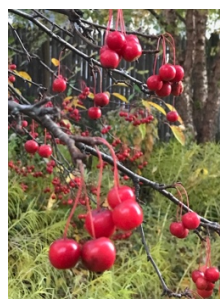
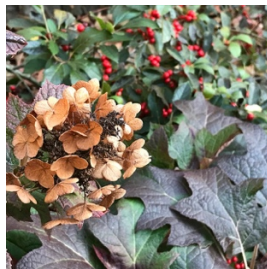
The Perennial

December 2021

2021-22: Issue 3

Website: <ArlingtonGarden.org>

Facebook: m.facebook.com/arlingtongardenclubma



Greetings all!

It is hard for me to believe we are entering yet another holiday season! Where has the time gone?

While putting my garden to bed recently, my mind began wandering. With a new season upon us, and my ice skates and x-country skis boots having disintegrated, I anticipate strapping on my snowshoes and going out to explore the great outdoors! I have enjoyed watching the trees put on their brilliantly colorful displays before going to sleep for the winter. I look forward to getting out and enjoying the natural world in its winter

state. I find it calming, beautiful and enriching. I am intrigued with “forest bathing” and may have to give it a try sometime. When was the last time you were out walking in the woods or some beautiful outdoor place and sat down for a bit just to take in the moment?

Extending best holiday wishes to you and hope that you may find peace and joy in the natural world and take in all the pleasures it has to offer.

Stay safe and well. Your President.....Lolly Bennett

December Program

Wednesday, December 15th, 2021– 10:30 am

Masonic Temple, 19 Academy Street, Arlington

Join the holiday fun for some surprises!



***Beaujolais Catering will provide individual boxed lunches
including vegetarian and vegan options.
A fun activity is planned for all as well!***

And, of course, coffee, tea and water will be provided

Arlington's Covid19 protocols will be followed.

Please keep an eye out for our formal RSVP coming to you soon. If you replied to our initial invitation, please reply again. This will allow us to give Michelle at Beaujolais the final lunch count on December 10, 2021.

We look forward to spending time enjoying each other's company!

Environment – Stephan Miller, Chair

The Tecnu-Zanfel Regime

Where I grew up, there was no poison ivy (yay!), but there was a closely related plant called poison oak (boo!).

I am very sensitive to the oily sap, called *urushiol*, produced by both plants. Due to my sensitivity to urushiol, I spent much of my childhood with a painful rash on my arms and, occasionally, on my legs and other parts best not mentioned. Once, as an undergraduate, while doing field work on bats, I was climbing down a cliff to get to a cave when I lost my footing and grabbed a vine growing nearby to stop my plunge into a ravine. That vine was poison oak, and the encounter put me in the infirmary for a week.

There have been many further encounters with poison oak, and after I moved to the Boston area, poison ivy. Shortly after having arrived in Boston, I took a break during a sight-seeing bicycle ride and sat in a patch of poison ivy which I didn't recognize. I spent the next month on steroids.

All this has led me to seek the best treatment for urushiol exposure and the Technu-Zanfel regime is the result.

A few weeks ago, I was working at the Arlington Reservoir pulling oriental bittersweet off trees when I realized the vine I was working on was not bittersweet but poison ivy. When I was younger, I would have gone into a total panic, run around and screamed and shouted, but not now. Let me explain.

When I got home I washed my entire body Tecnu outdoor skin cleaner <teclabsinc.com>. It's best to use a washrag and really scrub. Technu effectively removes the oily urushiol, but it is important that you wash within an hour or so after exposure before the oil has a chance to soak into your skin and cause a reaction. This is frequently the only treatment I need-- and it did the trick after my Reservoir exposure.



It's really a miracle drug and I'm never without it. One word of advice though, you must religiously follow the instructions in the box. They may seem needlessly involved, but follow them and, like me, you will no longer fear the scourge of poison ivy.

If your exposure is more intense or you wash within an hour, then you are left with the second line of defense. It is also useful if you don't know that you have been exposed until the rash comes up.

A few years ago, when I was having an intense reaction, I stopped in a local pharmacy (when we had local pharmacies), and they



recommended I try Zanafel <zanafel.com>. Zanafel is expensive but worth every penny. Once, in an emergency, I purchased a small tube for \$50 at Walgreen's but, with a little planning, you can get it for \$25-30 online. Zanafel has cured me of some very bad urushiol infestations. It's really a miracle drug and I'm never without it.

One word of advice though, you must religiously follow the instructions in the box. They may seem needlessly involved but follow them and -- like me -- you will no longer fear the scourge of poison ivy.

Garden Therapy

Carol Nahigian & Carmen Torres Co-Chairs

Reporter & Photographer - Robin Watkins

In early November nine residents at Bright View enjoyed working on 4 large centerpieces, then created smaller individual arrangements for their rooms.



Containers of wet foam were covered with sprigs of pachysandra, and small pots of African Violets and Kalanchoe were placed in the center

Woodland accents -- pinecones, berries, mushrooms, cardinals -- were added for color. Both residents and staff delighted in their bright seasonal creations, and all participants enjoyed a good time.



Civic Development
~Seasonal Greenery in Arlington Heights ~

Reported & Photographed by:
Jane Foley & Janet O’Riordan

Thanks to Garden Club members, business owners -- and, word has it, a couple of supportive spouses -- who added to the spirit of the season by filling the 12 Heights business district planters with beautiful winter foliage.

Thanks also go to Cambridge Savings Bank which generously contributed \$600 to the Arlington Heights Community Association to pay for the holiday greens. The bank has offered to fully fund the planters for the year. Their sponsorship has been most appreciated.

Thanks for everyone’s participation to brighten up the Heights!



Music in Bloom ~ POSTPONED ~

The Garden Club Board of Directors, in consultation with the Board of the Friends of Robbins Library, has decided to postpone the spring fundraiser Music in Bloom due to continued concerns with COVID. We think it's too soon to ask people to buy tickets and come to an event that would include drink, food, and social proximity. We are contemplating a postponement date in the fall. Fingers crossed we get past this pandemic!

Sally Naish and Patsy Kraemer, Committee Co-chairs.

Members' Corner
Ginger Tower, Membership Chair

The proposed By-Law changes were passed on November 17, 2021.

New members

Two new members signed up at the November meeting.

Madeleine Sherwood is interested in the Town Hall Gardens / Whittemore-Robbins House and Ridge Street Circle. She would also like info about Bee Pollinator Gardens.

Janice Still Janice has a Master Gardener Certification

Janice is interested in Town Beautification, Town Hall Gardens/Whittemore-Robbins House, Ridge Circle, Hospitality, Garden Therapy, and Environmental, Music in Bloom, Plant Sale, and Garden Tour

She is also interested in planting Pollinator Gardens around town and enjoys visiting public/private gardens

Recycling plastic plant pots

Member Kathryn Howlett says black and all color plastic plant pots are recyclable at Mahoney's in Winchester. They also recycle other plastic plant containers like flat holders. Semi-clean (= no loose dirt) pots can be left near outdoor cashier kiosk in the outdoor garden center. She advises to check in and mention you are leaving recyclables and adds that it is a good idea to call ahead to confirm these arrangements.

BELMONT GARDEN CLUB

WELCOME HOME

HOLIDAY DOOR TOUR



SUNDAY, DECEMBER 5th
12 PM - 3 PM

Instead of the traditional Holiday House Tour we will be decorating the doors and entryways of nine beautiful homes to create a festive and COVID SAFE holiday event for the Belmont community.

TICKET INFORMATION

\$25 ADVANCE PURCHASE | \$30 DAY OF TOUR.

TICKETS ARE AVAILABLE AT
Westcott Home & Garden (49 Leonard Street, Belmont)

[PURCHASE TICKETS](#)