



Aromatherapy for Winter from Peony

Dear Peony,

I've been in a state of nervous anxiety, what with the holidays approaching, finding the right gift for everyone, a dirty house and even dirtier kids. We can't afford a therapist and I don't have the garden as my outlet because of the seasons. You can call me,

Winter Blues

Dear Blues,

Blue is one of Peony's favorite colors and most elusive in the garden, but it is not the way to feel for the holidays. If you are feeling frazzled, why not be soothed by nature? Enjoy aromatherapy with scents formu-

lated for calming. Summer's bounty has been gathered into multiple delivery systems from a simple scented candle or potpourri in a favorite bowl, to sachets, burners and infusers. Essential oils can be purchased, also. The scent is of the utmost importance. There are many sites and books on aromatherapy. Below are the properties of some wonderful scents that soothe your weary soul.

Yours Peacefully,

Peony

Lavender: Lavender is one of the most soothing of scents, often used in heating pads, eye masks and

(Continued on page 2)

December 4 Designing Holidays...

Accredited Master Judge Mary Hutton is famous for her beautiful floral arrangements and for the many awards she has captured in her career in floral design. Coming to us from Wenham, she brings holiday designs and instruction to us just in time for the season, setting us up to celebrated in style! Some lucky person will go home with one of Mary's stunning arrangements, much to the delight of her friends (gnash, gnash).

Hospitality will be provided by chairs **Marie Anderson and Gail Dinaro**

ably assisted by **Dot Cavanaugh, Sue Dougherty, Elise Henrichs, Kris Pyle and Trish Robinson.**



Inside this issue:

Peony	Winter Aromatherapy	2
Club News	Wreath Workshop	2
Horticulture	Amaryllis in Pots	3
Member News	Holiday Party - Dec 11	3
Events	Tower Hill, Emerald Necklace	3
Ask Peony	December	4

"Your first job is to prepare the soil. The best tool for this is your neighbor's garden tiller. If your neighbor does not own a garden tiller, suggest that he buy one."

— Dave Barry

Peony Aromatherapy for Winter

(Continued from page 1)

other healing objects. It is also available in candles and other scented items. You can try growing your own lavender and drying it, too.

Vanilla: The scent of vanilla is both relaxing and comforting. It elicits thoughts of favorite foods. Vanilla is a subtle fragrance and is often combined with other fragrances in pleasing ways. If you plan to use it for calming, make sure it has not been paired with anything that has an invigorating effect.

Ginger: Ginger is often used in aromatherapy to relax and reduce tension. It may also be useful for nervousness or anxiety. The scent is brisk, but it is also warm with deep calming undertones. The essential oil of ginger is sometimes used to treat muscle aches or cramps.

Lemon: The refreshing scent of lemon is commonly used to eliminate anxiety and stress. While it does have some energizing properties, it can calm anyone who is in distress. It also has a cleansing effect on the environment and is useful in clearing a space after a stressful event.

Chamomile: Chamomile tea has long been used to relax people. While drinking it works wonders, even



the scent of chamomile has soothing properties. It can help with insomnia and bring peace to a stressful environment. It is sometimes paired with lavender or rose to give it floral tones, both of which will enrich the effects.

Sandalwood: Sandalwood is often associated with meditation. The same properties make it good for any type of peace-inducing aromatherapy. Sandalwood has a warm and woody scent that has great depth; it is especially nice when paired with rose for a fragrant and relaxing combination.

Bergamot: Bergamot has been scientifically proven to relax and soothe; sniffing it actually has a marked effect on the brainwaves. In addition to calming, it has an anti-depressant effect and can be used to treat insomnia, anxiety and stress-related disorders.

Ylang ylang: The sensual fragrance of ylang ylang is a light and refreshing floral. It inspires balance as well as a sense of calm and relaxation. When paired with bergamot, it is especially effective for relaxation and meditation.

Perspective: Wearing your most elegant Doctor Denton's, turning up the heat, and clicking the clicker is especially relaxing! Face it, fifteen years from now, your children will not remember how clean they were, they'll only remember what a calm and wise mother you were. Okay, calm.

Club News

Wreath-Making Workshop - Dec 1

Mark the date: the **Monday after Thanksgiving, December 1**, come to the Annex as close to **6:00 pm** as you can to help make the wreaths which will decorate the public buildings around West Newbury.

We will be using the cloth-wrapped frames from past years, and all we need is **tons of greenery**, you and your clippers, and your sense of fun and good cheer. This is a wonderful chance to spend some quality yakking time with your best



friends while doing something nice for the town! It may be the last personal time you have for weeks!! So grab your gloves and loppers, get out there this weekend and cut down some wild shrubbery, stuff it in a bag, and throw it in the trunk. Throw your gloves and clippers and a bottle of cider in after it.

Tell the family it's for the good of the community, and we will see you all on Monday evening.

Events

Newburyport Horticultural Society

Tues Dec 9 7pm (6:30: bus. mtg)
\$5

Newburyport Library, State Street

Info: Floreen Maroncelli 978 463-9923



Tower Hill Botanic Gardens

Birch Goose Sculpture Workshop

ADED 08068: Saturday, November 29,
10:00 A.M. – 12:30 P.M.

Members \$42, Non-members \$45

Instructor: Karen Probst

Learn how to transform birch twigs normally relegated to the brush pile into the creative twig bird sculptures often seen at Tower Hill. Decorate your fowl for the holidays with an assortment of evergreen boughs, cones, ribbons and seeds. (Best used as an outdoor decoration.)

11 French Drive, Boylston MA

Info: 508 869-6111

Crystal Garden Club of Reading and Wakefield

Discovering the Beauty of the Emerald Necklace with Alan Banks January 13

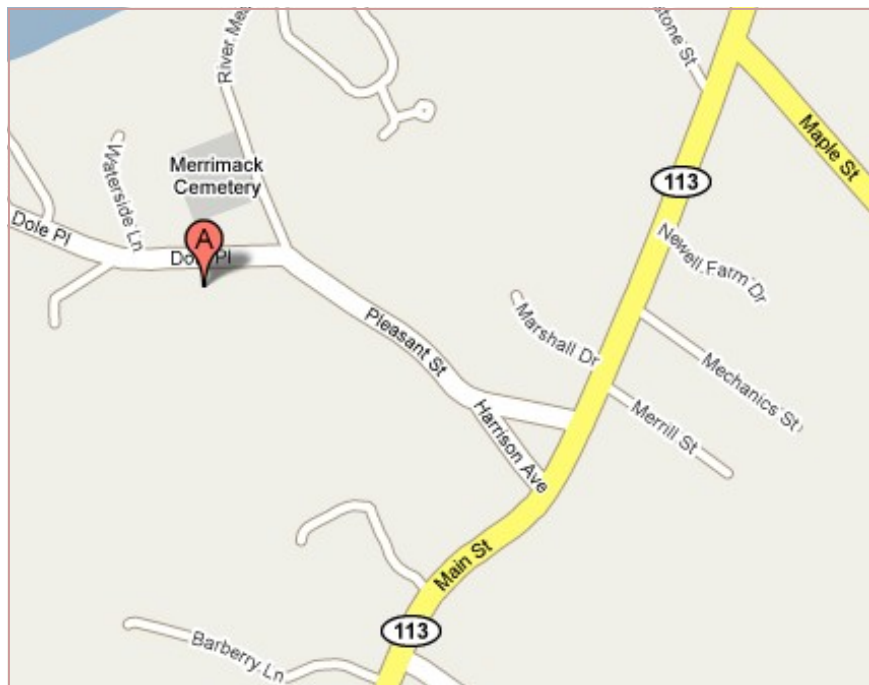
Senior Center, 49 Pleasant St. Reading, 7:00 PM, \$5.00 Contact: Joyce eyzuvbrwn@aol.com or 781-942-0895

Member News

Holiday Party at Claire Flaherty's on December 11

Our Holiday extravaganza will be held Thursday, December 11th starting at 6:00 at the lovely home of Claire Flaherty, 10 Dole Place (off Pleasant Street.) Thank-you, Claire!! And thanks to our hostesses for the evening: Chairs Joan Colby and Helen Thumser plus Cyndy Bourquard, Laura Bruck, Linda DeCoste, Dianne Faulkner, and Nancy Perkins.

This is a festive night to enjoy the spirits of the season with our friends, eat delicious goodies, and experience the laughs and excitement of our annual Yankee Swap. Please bring a finger food to share, and if you would like to join in the Swap, bring a wrapped gift costing no more than \$12.



Horticulture Amaryllis in Pots

Do you have trouble getting your amaryllis to bloom? Here are some tips that will help:

- ☛ Buy the biggest, heaviest bulbs you can find.
- ☛ Use a deep pot only slightly wider than the bulb.
- ☛ Leave one third of the bulb above the soil line.
- ☛ Barely dampen the soil when you pot it up, and don't water again unless it dries out completely. No major watering till the leaves appear!
- ☛ Warmth counts for more than light, at first, so keep it in a warm spot until it sprouts, then move it into the sunlight.
- ☛ Keep it watered once it has sprouted, and then stand back!



WEST NEWBURY GARDEN CLUB

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*Gardens for beauty,
learning, and sharing*

The West Newbury Garden Club was founded in 1936 to encourage and cultivate an interest in gardening, to aid in protecting and conserving our natural resources, to further the study of horticulture and flower arranging, and to promote civic beauty. For more information, please contact President Linda Schaeffer at 978 363-5251 or at linda-schaeffer@verizon.net

Board Meeting at Town Offices
January 8, 2009 at 7:00pm



Ask Peony December

Dear Peony,
Recently we had a very soft-spoken but interesting (I think) speaker. There were a few people in the audience who whispered or chatted almost non-stop during her presentation. It made it very hard for me to hear, and our treasurer refunded at least one guest's \$5 fee because she couldn't hear the speaker due to the 2 women talking behind her. Is it ruder to say nothing or to further disrupt the presentation by asking people to be quiet? What is a polite way to ask? Are firearms OK?

Brave but Crazy

Dear Brave and Crazy Gardener (slightly redundant, but never mind),

Polite? You said, "polite"? Why shovel nice when they throw mud on your seedlings? I'm not sure where that saying comes from, but my great-great-grandma said it when she grabbed her shotgun and went after intruders in the garden. Well,

she mumbled something like that. We ate a lot of rabbit.

Peony thinks that one should always stand and interrupt the meeting. "Excuse me. We cannot hear the speaker due to background talking. Please cooperate or else your names will be listed in the newsletter. Thank you. Please continue..."

Or, turn, stare, and using your best horror movie voice, screech at the talkers as though they were covered with an infestation of white flies. Give no reason. Sit back down. Smile sweetly. Gardeners love crazy.

Peony

p.s. What does this gooseneck loosestrife remind you of?

