

West Newbury Garden Club



Next Meeting - February 2nd - 6:45 pm - Annex Building

Optimizing Nutrients in Your Vegetable Garden



Our February meeting will feature WNGC member, Alison Reyes who will present on plant health, soil health, and optimizing nutrients in your vegetable garden. As a Registered Dietitian Nutritionist with a specialty credential in Integrative Nutrition, Alison is very passionate about growing and promoting the consumption of plants for overall health and chronic disease prevention. Members will learn the benefits of growing your own vegetables, how to identify nutrient deficiencies in plants, and how to start your own compost. We will also plant a variety of vegetables to take home and nourish for spring planting. The club will provide containers, soil, and seeds. *Members are asked to bring gardening gloves if you don't want to get your hands dirty.* Join us for a fun and informative evening!

December Meeting

Our December meeting was once again bustling with fragrant greens, berried branches, and holiday baubles. Over thirty members came together to decorate holiday wreaths and swags for West Newbury's municipal buildings and create festive table arrangements for community housing residents. Members also welcomed and appreciated the help of a local Brownie troop who joined us for their wreath making badge.



Sarah Robinson & Jane Reynolds



Gail Dinero



Local Brownie Troop

Thank you for your donations for the Pettingill House! Collectively, member donations totaled \$275.00 in gift cards and non-perishables filled the trunk of Lori Boudrow's car!

December Holiday Gathering

Over thirty members gathered at Café Sarina to celebrate the holiday season. Members enjoyed a beautifully decorated room, delicious food, and great company. Members also participated in a “Let’s Mingle” game created by Maureen Harris which was fun, interactive, and provided a great opportunity to learn more about new and longtime members. A big thank you to Maureen Harris for her impeccable planning!



Claudia Woods-Estin, Peg Duchemin, Maureen Harris



Cafe Sarina Holiday Décor!



Irene Harnett, Anne Burrell, Gail Dinero, Anne Jarzowski

Elegant Decorations for the Cushing House - by Lori Boudrow



The Cushing House at the Museum of Old Newbury was open Dec 3rd and fourth for visitors to tour the annual Holiday Trim provided by local garden clubs. WNGC team, chair Margo Pullman along with Karen Coggins and Hannah Page Koch were inspired by the room name itself, the China Trade Room.

The team created 7 beautiful floral arrangements, most in blue and white porcelain pots placed on multiple surfaces around the room. The arrangements included lilies, chrysanthemum, orchids, amaryllis, roses, and bamboo along with holiday greens. The Christmas tree and presents under the tree followed the blue and white theme and the small detail of Asian inspired wrapping paper and stockings did not go unnoticed!

Meanwhile, the small table in front of the fireplace was set up as if a game of mahjong had been paused so the players could fetch more tea!

Such a thoughtful design! The WNGC was fantastically represented!

Anna Jacques Hospital Wreath Decorating



A big thank you to Karen Clagett, Irene Harnett, and Jane Jeffers for taking time to prepare 2 - 30" wreaths for Anna Jacques that were prominently hung on either side of the hospital portico. The club received this wonderful feedback.

"I just wanted to thank you so much for taking time to support Anna Jacques with your talents and making the beautiful wreaths for us. I have forwarded pictures to the BILH communications team and our HR group to see if we can get them up on our electronic message boards here in the hospital, and in a press release out to the local paper."

Irene Hartnett, Karen Clagett,
Jane Jeffers

Jennifer Hilton - Manager, Volunteer Services

Thank you to all the members who chaired, participated in the planning, or attended the December events. As a result of our club efforts, we were featured in the GCFM Winter Mayflower!

Reminder: WNGC & Penny Pines Project Fundraiser Campaign



On **Thursday, March 2, 2023** in conjunction with the monthly topic "Gardening in a Changing Climate" the WNGC will be collecting your contributions to Penny Pines. This program sponsored by The National Garden Club raises funds to plant replacement seedlings indigenous to National Forests that have been damaged by fires, insects, or other natural catastrophes.

"Approximately 200 replacement seedlings can be planted with a \$68 donation."

The club can select which U.S. National Forest will benefit from our donation of \$68 (or multiples of \$68). Choices extend from the White Mountains in NH to several forests in California, Washington and Oregon which have been ravaged in the past decade, unfortunately, MA does not have a National Forest. No contribution is too large or too small. Bring your coins, cash, or checks (payable to the West Newbury Garden Club) on March 2nd. If any questions or comments, contact Diane Teed.

We welcome any amount that is right for you and would love to see 100% participation.

Thank you to Linda Schaeffer, John Terry, and Betsy Ware for attending the National Gardener Grant Zoom meetings to determine for appropriateness for the WNGC.

Notes from a Novice Gardener — by Andrea Caswell



My family was fortunate to take a trip to Cuba before the holidays. December is a popular time to visit the Caribbean island, due to mild temperatures in the mid-70s to 80s, and low humidity. It felt strange to wear shorts, t-shirts and flip-flops in December! During our 8-day trip, organized by a guide who's been taking groups to Cuba for over 20 years, we stayed in casa particulares, which are private homes that have been converted to accommodate multiple guests. For the most part, these accommodations are similar to a Bed & Breakfast. Our morning meals always included fresh fruit like guava, papaya, pineapple, and bananas.

In the two different casas where we stayed while in Havana, what struck me were the proliferation of plants in pots, which added a dose of greenery, and the beauty of the natural world, to an otherwise urban setting. Whether arranged on balconies, stair landings, or on rooftop terraces, these groups of potted plants and palms created a colorful backdrop to the beautiful and sometimes crumbling stucco and tilework so prevalent in the old city. Though our short stay didn't allow us time to "see it all," the outskirts of Havana also boast a 1400-acre botanical garden, with 250 species of palm trees and hundreds of tropical flowers.

Cuba is home to six different Unesco Biosphere sites. These areas of high biodiversity are rigorously protected to promote conservation, sustainable practices, and reforestation. Our trip included a visit to one of Cuba's national parks, the Ciénega de Zapata near Playa Larga, where a park ranger led us on a tour among rainforests and marshlands. We saw hummingbirds, warblers, owls, wild parrots, and flocks of migrating flamingos. Over the course of two days, members of our group observed nearly fifty different types of birds. Our trip, like all good trips, went by much too quickly. If we have the chance to visit Cuba again someday, I hope to spend time in the botanical gardens and other sites designed to preserve the beauty and heritage of the natural world.

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WNGC is a member of the Garden Club Federation of Massachusetts. Read their quarterly newsletter *Mayflower* for articles, announcements, events and workshops.

Stay Connected to WNGC

Note: WNGC Board meetings are held the 2nd Monday of each month at Board members' homes. Please contact Lori Boudrow if you wish to attend.