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Kathy Liberato

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Mary Ann McGowan

## Inside . . .

President's Message	1
Hospitality Signups Genius	3
Pollinator Plants	3
Awards	3
Rock Garden Tour	4
Jenkins Opened	4
McKaig	4
Send Pictures	4
Summer Garden Schools	4
PHS Gardening Contest	4



# Wayne Woods Garden Club

MAY  
2020



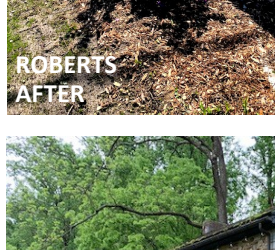
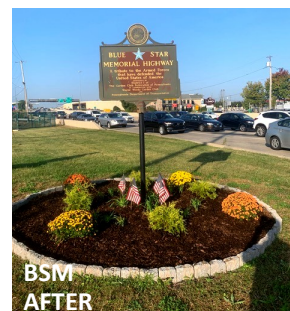
[www.waynewoodsgardenclub.info](http://www.waynewoodsgardenclub.info)

## PRESIDENT'S MESSAGE

Here we are, still in the red zone. I hope that this newsletter finds you well and ready to take some steps toward safely returning to some normalcy.

Since we won't be having our June Dinner, I would like to include some parting words. I had several goals when I took office two years ago, and look what we accomplished together! With the help of our many enthusiastic members, we saw these goals to fruition.

- **Restore the Old Roberts Schoolhouse Garden and the Blue Star Marker** to manageable sized gardens of which we can be proud. It took all two years, and is still in progress. We were awarded \$75 GCFP Seed Money for each project. This could not have happened without **Anne McCrary, Laura Furman, and Myrtie Musetti** and their hard working Horticulture/Community Gardening Committee.





## Gardening Therapy

While it always feels good to check off boxes on the to do list, gardening has more to offer than most other chores. A number of scientific studies on the effects of gardening, sometimes called horticultural therapy, have reported health outcomes including improved mental health.



One meta-analysis of the research, published in the journal Preventative Medicine Reports, found that gardening has a wide range of health outcomes including reductions in depression, anxiety, and body mass index, as well as increases in life satisfaction, quality of life, and sense of community. Results of another study showed that gardening increased life satisfaction, vigor, psychological wellbeing, and cognitive function. Further research on gardening found it improved life satisfaction and mood.



Digging in the dirt really does lift your spirits. The digging stirs up microbes in the soil. Inhaling these microbes can stimulate serotonin production, which can make you feel relaxed and happier.

So next time you need a boost, remember to just go outside and play in the dirt.

<https://www.forbes.com>

- **Media and community presence.** These are key to attracting new members. **Colleen Gassert** made this possible by providing us with a fabulous website, keeping us visible on Instagram and arranging for an information table at the UM Farmers Market. As a result, we welcomed nine guests this year and gained a few new members.



- **My vision for our yearbook** was to have all of the dates, times, locations and information for the entire year of trips, projects, meetings, events and activities in one publication. As incoming Yearbook Chair, I hope to continue to provide you with the same type of comprehensive yearbook.
- **Successful District I Luncheon.** We were charged with providing the District I Luncheon this past fall, and WWGC exceeded expectations with a record 130 guests. Many thanks to **Ellen McGarrigle** and her talented committee.

- **"The Saved Seed" Project** was adopted by Roberts Elementary second grade teachers and provided a valuable learning experience. This unique youth education project was enjoyed by teachers and students and gained notice from District I and the GCFP. An article about it will appear in the Central Atlantic Region of Garden Clubs *CAR Review* Summer 2020. Thanks to **Gwen Puglisi** and her daughter for helping with this project.



- My hope was to **improve communication** by creating a monthly comprehensive **newsletter**. So, here it is, my final newsletter. A big thank you to **Kathy Liberato** for forwarding announcements and the newsletter to all of you each month.



**Thank you all so very much** for allowing me to lead this club. It has been my honor and privilege. Thank you to our very dedicated officers for a job well done:

**VP Anne McCrary**

**Recording Secretary  
Colleen Gassert**

**Corresponding Secretary  
Kathy Liberato**

**Treasurer  
Mary Ann McGowan**

Like spokes in a wheel, each committee plays a vital role in the success of the wheel's ability to function. I extend my gratitude to the hard-working committee chairs and their members:

Administrative - **Cathy Siple**

District Luncheon - **Ellen McGarrigle**

Communications - **Kathy Liberato** and **Colleen Gassert**

Membership - **Sally Smith**

## Common Yard / Gardening Mistakes

### Making a Mulch Volcano

A volcano-shaped mound of mulch around the base of a tree or shrub holds moisture up against the plant's stems or trunk, which encourages decay, and that invites insects and disease to move in.



### Not Planting Flowers to Attract Pollinators

Plants need pollinators to produce fruits and seeds. Some plants are self-pollinated, but many edible plants need bees, flies, beetles, wasps and butterflies to carry pollen from plant to plant.

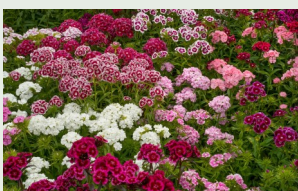
### Planting Too Deeply in a Hole



This mistake is probably one of the most common reasons plants die in time—and you may not associate how it was planted with the plant's decline a few years later.

### Planting All Annuals

Annuals look great right out of the pot, so it's tempting to plant them for quick rewards. But the very next year you'll be starting your garden from scratch again. Invest time and money in perennials and the return will be year after year of robust flowers.



<https://housebeautiful.com>

Community Services (MOW) - **Lee Carson** and **Nancy Morris**

Floral Design - **Libby Espey** and **Ellen McGarrigle**

Fundraising - **Maureen Innes** and **Gwen Puglisi**

Horticulture/Community Gardening - **Laura Furman** and **Myrtie Musetti**

Hospitality - **Libby Espey** and **Pat Holden**

Programs/Trips Coordinators - **Karen Bruno** and **Ginny Studebaker**

Social Events - **Anne McCrary** and **Paige Ryan**

Yearbook - **Kathy Liberato**

Given the talents and abilities of our members, I believe strongly in Wayne Woods Garden Club and have every confidence in our new President **Anne McCrary** and the incoming Executive Committee of **Colleen Gassert**, **Patti Drueding**, **Kathy Liberato** and **Mary Ann McGowan**.

Have a great summer; hopefully we will all see each other in September! ~ *Nancy* ~

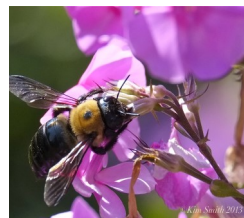
### HOSPITALITY SIGNUPS GENIUS

You should have received an email from **Karen Bruno** with signup genius for hospitality at our meetings. Thank you to those who signed up. It appears that we still need a centerpiece for October and February. Please consider bringing an arrangement or even bringing a favorite plant for us to enjoy.

### POLLINATOR PLANT GIVE AWAY

An email was sent to inform you that **Libby Espey** grew pollinator plants that are ready for you to pick up at her house starting this past Sunday. A table was placed outside of her front door. We, as well as our birds, butterflies and bees, thank **Libby** for her generosity. Feel free to send pictures of them during the summer.

Here are your choices: **Common Milkweed (pink)**



**Orange Milkweed**

**Orange Marigold**

**Blue Sage**

**Mexican Sunflower**

**Cardinal Basil**

**Mountain Mint**


**Phlox (pink and blue)**



While you are there picking up your plants, **Libby** is graciously allowing us to wander, unaccompanied, into her backyard rose and certified pollinator garden for an early glimpse. She plans to arrange a formal tour a later time when it's safe and the garden is in full bloom.

### AWARDS

With the 2020 GCFP convention having been cancelled, we are uncertain if we won any awards, as that is where they are announced annually. We should find out in the next publication of the Keystone Gardener if any of the nine awards for which we applied were recognized.

The result of one District I award that I do know is the annual **Forget Me Not Award**. This award is given to one member in each district who has been a member for at least 10 years, actively participates in club and community activities, attends meetings and is an unsung hero of the club. 

The winner of this award is seated at an honor table at the State Convention with the winners from the other ten districts in PA and whose photo should have appeared in the Keystone Gardener! The member who I nominated for this annual



## Water Saving Tips for the Vegetable Garden

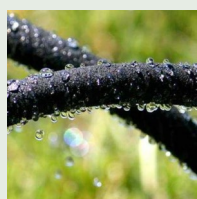
### Water in the Evening

Watering in the heat of the day can mean a lot of it will evaporate from the soil long before it reaches any roots.

### Mulch Your Soil

A two-inch layer of mulch or other organic material will keep soil from drying out.

### Use Seep Hoses



For a slow, continuous watering, seep hoses can be buried under the

compost or mulch and near the plant's stem.

### Use Ollas

Terracotta wicks water from inside out. A terracotta vessel sunk in the ground will slowly release water to the plants around them.



### Watering with Sprinklers

A good soaking with a sprinkler every week can be more efficient than trying to water your plants every day.



[www.lovelygreens.com](http://www.lovelygreens.com)

award has been a member of WWGC for 30 years and has served on the board in various positions of leadership for 26 years. She is a past president who always arrives early to help, shares her talents, has won Philadelphia Flower Show ribbons, and quietly works behind the scenes for WWGC. This recipient was found most deserving out of all nominees from 10 other clubs in District I.

Perhaps you have guessed by now that this honor went to **Sally Smith**. Congratulations and thank you, **Sally**, for your commitment to our club.



### ROCK GARDEN TOUR

**Susan Bryan** will be conducting a tour of her rock garden, which is a certified pollinator garden and certified bird sanctuary, on Wednesday, June 10, at 6 p.m. Her address is 252 Chamounix Circle, St. Davids. Please contact **Susan** if you plan to come. [susandearon05@gmail.com](mailto:susandearon05@gmail.com) Rain Date is June 11.

### JENKINS ARBORETUM



On May 18, Jenkins reopened their gardens with restrictions. The buildings will not be accessible, masks must be worn and social distancing practiced; visits are limited to one hour, and parking is restricted only to the lot. The azaleas are always show stoppers, so hopefully you can get some fresh air and visit.

### MCKAIG NATURE CENTER

The trail is open but with restrictions. Masks and social distancing must be observed, along with one-directional signs and parking limited only to the parking lots. While you are there, check out the barrels at the entrance planted by the Horticulture/Community Gardening Committee.



### SEND PICTURES

Please remember to snap photos of your gardens or anything garden members would love to see to brighten our day. Keep us connected, and send them to **Colleen Gassert**. She has been posting them on our website and on Instagram.

### GCFP SUMMER SCHOOLS

Gardening school will be offered July 21-22 in a Zoom meeting format. Environmental School will be offered September 8-9, but a decision has not been made whether it will be in person or a Zoom meeting, but it will take place. The flower show judging school will be postponed until 2021. <http://www.pagardenclubs.org/education-schools.html>

### PHS GARDENING CONTEST 2020



Deadline is June 22. Check out the criteria here:

<https://phsonline.org/for-gardeners/gardening-competitions>

### PLANNING AHEAD

- |           |   |
|-----------|---|
| June 7-13 | National Garden Week<br><a href="http://gardenclub.org/projects/national-garden-week.aspx">http://gardenclub.org/projects/national-garden-week.aspx</a> |
| 10        | District I Meeting and Presidents' Luncheon<br>Temple University Arboretum is <b>Cancelled</b>  |
| 10        | Rock Garden Tour, 6 p.m. at Susan Bryan's Residence   |
| 17        | Board Meeting via ZOOM  |