

The Community Garden Club of Cohasset

January 2019 Edition

President's Message



It's hard to believe that January is upon us!

Our fall was so full of wonderful celebrations and community spirit, from our Presidents' Tea to creating Christmas fascinatos at Kate Farrington's house to lending a hand in Cohasset's cleanup. Our enthusiasm continues for our ongoing programs at the residents at the Harbor View Nursing Center, with the Junior Gardeners at the Deer Hill School, and with the seniors flower arranging at Willcutt Commons. We are a busy bunch.

Looking ahead to 2019, we have a tremendous lineup of wonderful speakers, a celebration of our 50th anniversary, our annual plant sale, and of course our Yuletide House Tour 2019!

Enjoy these quiet days of winter. Make plans for your spring garden.

"January is the quietest month in the garden but just because it looks quiet doesn't mean that nothing is happening. The soil, open to the sky, absorbs the purest rainfall...." (Roselle Wright)

Happiest of New Years to all!
Sue Reagan

JANUARY CALENDAR OF EVENTS

- 8 Executive Board Meeting:** Lightkeeper's Cottage, 9:30 a.m. Hostesses: Dolores Roy, Deb Jenks
- 9 Garden Therapy:** Harborview Center for Nursing and Rehabilitation, 2:00-3:00 p.m. "Windy Wintertime"
- 15 Craft Workshop:** Lightkeeper's Cottage, 9:30 a.m
- 17 Junior Gardeners:** Deer Hill School Cafeteria, 2:40-3:40 p.m. "Terrariums"
- 22 General Meeting:** **Lightkeeper's Cottage**; Coffee: 9:00 a.m.; Meeting: 9:30 a.m. **(note meeting location)**
Flower Arrangement: Pat Bogan **Hostesses** (Food, Set-up, Clean-up): Dana Roberts, Jeanne Carroll, Adrienne Dubois, Marcia Diekmann, Retta Dwyer, Lee Drew, Adrienne Rowe **Program:** "Creating the Inner Quiet Garden Room" Karin Stanley shows us how to create an area of reflection and serenity in our gardens using plants, lighting, sculpture, water and other elements.
- 29 Flower Design Workshop:** Lightkeeper's Cottage, 10:00 a.m. "Flower Design with Cynthia Chace"

The Garden Club Federation of Massachusetts, Inc.

April 11 & 12, 2019: Gardening Study School, course 2 Series 11
Tower Hill Botanical Garden, 11 French Drive, Boylston, MA 01505
gcfm.org to register



Conservation Corner

What about Plastics?

As we start the New Year and many of us think of resolutions to try to keep, one you may want to add to your list is the purchase and use of single use plastics. Remember that great line from *The Graduate* when the neighbor is telling Dustin Hoffman's character about a new profession he should consider, "One word: plastics." It's now come back to bite us! Fifty percent of the plastic we use, we just use once and throw away. Several weeks ago *Sixty Minutes* did a segment titled "Plastic Plague" discussing the enormous floating plastic "island" in the Pacific, greater than the size of Texas. Can you even imagine what that looks like and the devastation to wildlife it causes? As the plastic breaks up, it is ingested by fish, birds and marine animals. Straws get stuck to the noses of turtles and birds. It's a nightmare, yet it's a reality and we all contribute to it. So what can you do? Plenty. As with most things, every little bit helps and sets a good example for others.

For Christmas last year my daughter gave me a reusable, sturdy glass straw with its own scrubber brush (think baby bottle brush) in a lovely cloth cover. I had never seen anything like it and was delighted. I keep it in my purse and now tell restaurants and fast food places, "Hold the straw, please!" (because they're not recyclable.) It took time to remember to do so, but using it is becoming second nature. There is also reusable, decomposable cutlery and dishware for picnics. Paper cups can replace plastic ones. Our other daughter uses reusable waxed fabric snack baggies for her children's lunch items, instead of plastic baggies. These can also be used for leftovers and almost any time you might use baggies. Just google these alternative items for sources.

Since Cohasset, in its infinite wisdom, has already banned single use plastic bags (Hooray!), that's not such an issue here. Hopefully most of us have reusable bags that we carry in our cars or purses for such use. But what about inside the store itself? We can be aware of plastic packaging and attempt to avoid it whenever possible, opting for glass or metal containers, if available. We can carry a reusable water bottle to avoid single use plastic ones. America alone used fifty billion plastic water bottles last year, which take **400-1000** years to decompose, yet only one in five of them is recycled! In addition, 17 million barrels of oil are used to make these plastic water bottles, a lot of oil for just the U.S. alone.

So let's make 2019 the year that we all try to make a difference for our environment and ditch single use plastics. Our children, grandchildren and the environment will thank us!

Susan Sardina

Musings of a Gardener



It's one of those days in January. The weather turns unseasonably warm. The sun shines bright. And, then, I hear the robins chattering as I watch them blanket the holly trees. Their song sounds as though they are saying "cheerily, cheer up," as they bounce from limb to limb, popping those luscious red berries into their beaks, like a kid eating jelly beans.

Throughout my yard I have several holly trees that I cherish. They are *Ilex Aquifolium*, an English holly that thrives in our New England gardens. Most species have smooth, silvery grey bark and alternate dark green leaves with wavy, spiky edges. They can range from a 6-inch tall spreading dwarf to a 70-foot giant, which is the size I have.

Hollies are either male or female. Both bear flowers, but only the female bears berries. These flowers attract bees. A male holly must grow within 30 to 40 feet of a female for good fruit production. Many species of birds nest in holly, using its spiny leaves for protection.

I love all the benefits of a holly tree in my landscape. Bordering my yard, they make a lovely screen. They are a haven for insects and wildlife and best of all I get to enjoy the colorful holly bows in winter and watch all the birds that dance upon them.

Garden Therapy at Harborview Center for Nursing and Rehabilitation



We celebrated this month with the Christmas theme "I Hear the Bells". Thank you (L to R) Julie Hess, Susan Reagan, Denise Botts, Ann Helbock, Dolores Roy and Sheila Toomey.

Junior Gardeners at Deer Hill School



Kate Farrington taught the children how to create their own boxwood trees to be given as gifts. Thanks go to Mary Ward, Maureen Flaherty, Kathy Gray, Marlene Tabor, Julie Hess, Susan Reagan, Maureen Adams, Kelly Conetta and Cam Chamberlain for their help.



Craft Workshop



*Holiday
Fascinators*



**Wilcutt Commons, Senior Center Flower Arranging
"Flowers for Santa"**



Our Sister Club The Garden Club of Nagoya, Japan

Our Holiday Luncheon was held at the famous French restaurant in Nagoya, "Brasserie Paul Bocuse La Maison".

Best regards,

Takako Kohri
Recording Secretary



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