

A POSY PICKER'S PAPER

New Meadows Garden Club

Topsfield, Massachusetts

September 24th through October 22, 2019

The objectives of the New Meadows Garden Club shall be to foster knowledge of home gardening, decorative arrangements and an interest in civic projects.

Welcome to our club's sixty-first year!



Ah, the beauty of autumn leaves. It's the time of year again for Mother Nature to provide us with her spectacular display. Be sure to check out the Green Thumb Corner in this edition for interesting autumn facts!

September 24



Pumpkin Decoupage

*Our first regular membership meeting of the year will be held at Nunan's Florist and Greenhouses, 269 Central Street (Route 97), Georgetown at 6 pm. Our Administrative Board will be treating us to a fall picnic, with special desserts provided by our hostesses, Gerrie Bunker and Linda Flynn. In addition, members also have an opportunity to participate in an optional seasonal workshop to create their very own **Pumpkin Decoupage**, examples pictured to the left. The cost of the workshop is \$20.00, payable to Nunan's at the meeting. Reservations must be made with Sandy Whelan as soon as possible if you wish to attend and take part in the workshop.*

As in past years, there will also be an opportunity to receive a 20 percent discount on purchases made at Nunan's that evening. There is something for everyone, and, once again, this first meeting of the year is definitely a meeting not to be missed!

**October 4—
October 14**



*It's Topsfield Fair time once again and, as is true every year, the Garden Club Federation of Massachusetts will present a Standard Flower Show in the Flower Barn, this year entitled **Autumn Joy**. The **Georgia McHugh Award** will be awarded to the novice designer (never won a blue ribbon in a standard flower show) with the highest point score in the design division. The perfect tribute to our very dear past member! Like last year, the flower show will also feature a Horticulture Division.*

And, if you have never served as a hostess for this special flower show, here's your chance. There are two hour shifts available for you and a buddy on a first come basis,

and in return you will receive free entry to the fair and free parking. If this sounds interesting to you, please contact Deb Falcinelli as soon as possible at [Debra Falcinelli<topsfieldfairflowerbarn@gmail.com>](mailto:Debra.Falcinelli@topsfieldfairflowerbarn@gmail.com).

By the way, when you visit the Flower Barn to see the flower show and the magnificent gardens, be sure to view the landscape garden, which will be created by the Topsfield Garden Club once again this year!

October 15

Our next board meeting will be held at the home of Gerrie Bunker at 10 am.

...more news on the following page...

October 22



Our October regular membership meeting will be held at the Topsfield Public Hall at 6:30 pm. Linda Mann has planned a special program featuring Pressed Flower Artist, Jacki Harrington, who will guide us in creating our own pressed flower card. The cost to members is \$3.00. If you plan to attend this meeting, please RSVP to Linda Mann by October 10th.

Our hostesses for the evening are Shirley Holt and Joline Yeaton.

October 30



The Garden Club Federation of Massachusetts Fall Conference will be held at The Hilton Boston Dedham, 25 Allied Drive, Dedham, MA. Please go to https://docs.wixstatic.com/ugd/cbe110_c4b5ce3b6b2643ecb0790b7fdd3e5e05.pdf for additional information and to register by October 21st. The registration fee of \$60.00 includes a Continental Breakfast, luncheon, morning and afternoon programs and, as always, lots of boutique shopping!

NOTES



Many thanks to Janet Hanson for putting together our club's Program Book once again this year. This is a complicated and time consuming project and Janet's efforts are greatly appreciated. The books have been printed and will be ready for you at our first meeting.

Helpful
Tips

Each year, many of our members will be assigned by the Hospitality Committee to serve on a hostess committee at one of our membership meetings. When you receive your new program book for the year, please check the listings of our club meetings to determine whether you have been assigned to serve as a hostess at one of our meetings. The first hostess listed is the head hostess and is in charge. If you cannot serve on the committee to which you were assigned, please find a replacement. Members sometimes find it convenient to switch months with one another to accomplish this!



Just a reminder that fall is here, and with that it will soon be time for us to clean our community gardens and put them to bed for the winter. Please be at the ready with your gardening gloves, clippers and rakes to help at the Pine Grove Cemetery Memorial Garden, the Prospect Street Island and the traffic island at Linebrook Road. More details soon!

...more news on the following page...

Just a reminder that the Garden Club of Massachusetts' newsletter, The Mayflower, is now available electronically to all members, free of charge. Here is the link:

<https://files.constantcontact.com/6c224ab0101/86c6b309-2f94-49a7-bc1a-1a1b8abe1590.pdf>

Art In Bloom at the Museum of Fine Arts

It will soon be time to sign up for one of the coveted spaces available at the Art in Bloom event at Boston's Museum of Fine Arts April 2020. We are looking for a member who would like to represent our club as our designer, as well as a member willing to serve as our designer's assistant. Co-President Jane has volunteered to provide transportation into the museum if needed! Please contact Sandy Whelan or Jane Cullinan as soon as possible if you are interested in participating in this prestigious event!



♥ *Our club is planning this year's joint meeting of the five area garden clubs, November 12, 2019 at the First Church Congregational, Boxford at 6:30 pm. Definitely, save the date.*

♥ *Our club's Holiday Social and Yankee Swap will be held at the Bradford Tavern, December 10, 2019 at 12 pm. Save the date.*

♥ *Our club will hold a Boxwood Tree Workshop for the Topsfield Council on Aging at the Trinity Church on December 11, 2019 at 9:30 am. *Note that this is a change of date and location from that listed in our program book. Save the date.*

♥ *Our Annual Meeting and Installation of Officers will be held at the Ipswich Country Club on June 9, 2020 at 12 pm. *Note that this will be a luncheon! Save the date.*

♥ *Our fundraiser at the Strawberry Festival will be held on June 13, 2020! Save the date!*



As a fundraiser at the joint meeting on November 12, 2019, with the help of all of our members, our club will be assembling a fall gift basket to raffle. Please bring a fall themed item to add to our basket to our meeting on October 22, 2019 at the Topsfield Public Hall. Need some ideas as to what to bring? There are loads of websites on-line. Here's one link you can try: <https://www.savingsarah.com/2015/09/13/fallgiftbasket/>

...more on the following page...

...Bits and pieces...



A lovely evening at the Ipswich Country Club

*Annual Banquet
June 2019*



Ann Moorman receives recognition for her 40 years of club membership



Joline Yeaton receives the President's Award for Outstanding Service



Honorary Member, Jean Hampton, poses with Ann Moorman



Linde Martin receives recognition for 45 years of club membership



*Strawberry Festival
2019*



Oney and Barbara Shade with this year's "Oney's Bench"



...continued on the next page...



*Strawberry Festival 2019
continued*



What would the Strawberry Festival be without coffee and donut holes?



Always continued support from Associate Member, Heidi Parisi

Our Topsfield Civic Projects



Prospect Street Island



Pine Grove Cemetery in July



Linebrook Road Island



Anne Mahen's garden at the Parson Capen House



Linda Flynn's fall urns at the Steward School

...green thumb follows...

Green Thumb Corner

It's September, and we might find ourselves feeling a bit depressed about shorter daylight hours and cooler temperatures. But, just as our Moms always knew how to cheer us up when we were sad, Mother Nature does the same by providing us with her magical show of color as the leaves of our local deciduous trees transform from their a quiet green of summer



into a palette of vivid reds, golds, oranges and yellows for fall. Among the prettiest trees are Maples, Aspen, Dogwoods, Redbud and Pear trees.

But, is this transformation the result of Mother Nature waving her magic wand, or is there something else going on here? You guessed it! This isn't as mysterious as it sounds. Get ready for some interesting trivia about autumn, it's colors and the effects on all of us:

- *The beautiful reds, oranges and yellows of fall are actually there in the trees' leaves all year, just hiding under the surface. During the summer months when leaves can get lots of heat, water and energy from the sun, and lots of chlorophyll is present, leaves are green.*
- *As winter approaches, and days get shorter and cooler, it is more difficult for leaves to produce food, and so they start using food stored away for this time of year. This process continues until the food is gone, allowing the true colors of the leaves to show through before the leaves turn brown, die and fall.*
- *In the absence of it's leaves, the trunk and branches of deciduous trees still get food from their roots, which supply water, vitamins and minerals from the soil. Winter actually affords trees a well-earned rest from the energy-intensive work of photosynthesis while their leaves are present.*
- *The best fall colors are seen after a series of warm days followed by cold (but not freezing) nights.*
- *Fallen leaves are an essential part of a forest's ecosystem because they provide protection for the tree's seeds to germinate over the winter.*
- *While folks in our country typically use the word "fall," for the season following summer, the British use the word "autumn." Both terms date back to the 16th century. Previous to that time, the season was called "harvest."*
- *The term "equinox" is from the Latin meaning "equal night." The fall and spring equinox occurs when, in most places on Earth, the daylight lasts just about as long as the nighttime. The fall equinox this year is September 23rd!*
- *Leaves eventually turn brown because of tannin, the same substance that gives tea its staining power. At this point they no longer receive any nutrients.*
- *Dead leaves make great mulch. Just make sure the leaves you use are from healthy trees!*

We already know that the cooler days and shorter daylight hours affect insects, birds and animals, sending some to warmer climates and others into hibernation, but did you know that the change in season affects us humans as well?

- *Autumn babies born between September and November are more likely to be more athletic and to live to 100 than those born at other times during the year!*
- *More babies are born in September than in any other month during the year.*
- *During spring and summer, most people eat more carbs. In fall, they crave fattier foods, which leads to seasonal weight gain. Low levels of vitamin D may also play a part in adding pounds.*
- *Swedish researchers have found that women lose more hair in fall. It is thought that women hold on to their hair during summer months to protect the scalp from the midday sun.*
- *Testosterone levels in both men and women spike higher in autumn than at any other time during the year. As a result, men find women even more attractive in autumn than during summer months. Men are more likely to cozy up with their sweethearts and watch romantic comedies in fall! Apparently, feeling cold activates a yearning for warmth and comfort with others.♥*