

A POSY PICKER'S PAPER

New Meadows Garden Club

Topsfield, Massachusetts

October 16th through November 15, 2011



Chocolatefest is finally here!

October 16



It's here!!! Our October fundraiser, Topsfield Chocolatefest, will be held at the Gould Barn, 1 to 4 pm. Many of our members have already volunteered to bring their most decadent chocolate treats to this event, but there is still time for those who haven't to jump right in! Please arrange your treats on glass or silver serving dishes with paper doilies if you have them, or perhaps a pedestal serving dish, and drop them off at the barn between 10 am and 11 am. The barn will also be open at 10 am for set-up and many hands will be needed for that, as well as for serving our creations to our guests from 1 pm to 4 pm. Please be sure to sign up with Carol Westhaver to help. And don't forget to bring your club aprons for serving. This promises to be a fun way to raise funds for our participation in the garden planting at the caretaker's cottage now under construction at the Parson Capen House.

November 8

Our next board meeting will be held at the home of Mary Connor at 9:30 am.

November 15



The Topsfield Garden Club will be hosting this year's joint meeting of the five area garden clubs at The Commons, 4 N Common Street, Topsfield at 6 PM. The program will feature National Garden Club Master Judge Tony Todesco, who will present "What's New in Design." This event is not to be missed, so jot the date down. If you are wondering where The Commons is located, it is adjacent to the Gould Barn on the Topsfield Common.



We are planning a boutique table at this joint meeting which we hope will feature an old jewelry sale and other special items. So, if you have some pieces you no longer wear, set them aside for the table. No diamonds please...you hold onto those for yourself! Details will follow later from Carol Westhaver.

...more on the following page...

Notes

And now, on to the excitement that was this year's Topsfield Fair!



Of course, most residents of Topsfield know that, after first night at the Fair, the festivities officially begin with the Annual Topsfield Fair Parade. For the past several years, the garden clubs of Topsfield have collaborated with the Agricultural Commission to produce prize winning parade floats. This year, once again, was no exception! President Rose Ann, Tammy Glasser and your Posy Chair all participated in the fun of preparing the float for its debut. Here's a look at this year's entry, which, in spite of a bit of rain, won first prize in the Grand Float division...note that there were two trailers behind the tractor, which is driven by Peter Mulholland of the Agricultural Commission each year.

Look closely...here's our Tammy Glasser taking great care getting the flowers ready for the float!



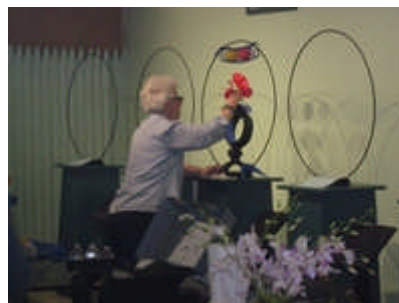
Here we are delighting all the spectators on Main Street, Topsfield, as we made our way to the Fairgrounds.



And even more Fair news...



Here are Rose Ann, Jean Bilsbury, Helen Gaffey and Judy Donovan at our hostess table for the designers in the Flower Barn.



Here is Georgia McHugh creating her design entry, and, to the right the finished, blue ribbon product!



And, as if she has loads of free time, President Rose Ann entered this striking, yellow ribbon design!

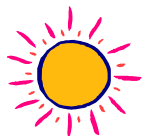


...more news on the next page...

Once again, our Jean Bilsbury delighted Fairgoers with one of her beautifully crafted quilts!



And, our Mary Connor displayed her artistic talent for all to see, enjoy and admire!



***Our Sunshine Committee Chair, Helen Gaffey, just loves to send out beautiful cards, so please let her know of any member who needs a little sunshine from our club!*

Many of you already know that our club maintains a library of books and tapes. This is for those who don't know. A quick look at Page 21 of your Program Book will provide you with a look at the titles available. If you are interested in looking at any of these, please contact our Librarian and Properties Chair, Lorraine Erickson. She would be very happy to hear from you. For your reference, there is an outline of the club's borrowing procedure on Page 22 of your Program Book.



...Other Bits and pieces...



At our September Meeting, Topsfield Architect, Ben Nutter, shows us around the construction site of the Caretaker's Cottage behind the Parson Capen House.

Here is Ben Nutter getting us up to date on the Caretaker's Cottage Project at our September meeting.



President Rose Ann and Katie Peterson enjoy a few social moments at our September Meeting.

...more on the following page...



Calling all floral designers! Our club is getting very close to the deadline for naming a designer to represent our club at Art In Bloom at the Museum of Fine Arts, Boston. The dates of this exciting annual event are April 27th to April 30, 2012. The designer will be provided with an assistant, and the club will fund the floral material. What could be better? Contact President Rose Ann as soon as possible if you are interested in representing our club or have any further questions.

Our club has been invited by the Northern District to help decorate with floral designs a room at the Nesmith House in Lowell on December 2nd, 3rd and 4, 2011, for a special event to raise funds to help replace some of the thousands of trees lost in the recent tornado, which devastated the Springfield area of our State. If you would like to participate with other members of our club, please contact President Rose Ann as soon as possible.



Very soon it will be time for cemetery garden and traffic island cleanup. Make sure to be ready to volunteer when the call for help is made by Jean Hampton and Gerrie Bunker, our Horticulture Chairs, and Claudette Poor and Betty Flagg, our Island Beds and Urns Chairs.

Green Thumb Corner

Okay...finally another good reason to put in time cleaning up your lawns and gardens this Fall, and even shoveling snow this winter...if we get any. (Wishful thinking, I'm afraid.) Did you know that, if done correctly, gardening is great exercise? Here are some of the facts: regular gardening can burn from 120 to 200 calories per 30 minutes depending on what activity



you are performing. And, best of all, the 30 minutes you should aim for can be broken up into short burst...10 minutes here and there. Exaggerating your movements for maximum range of motion is even better. However, take a little time to stretch before you start and avoid "marathon" sessions doing strenuous jobs such as raking leaves, turning compost or shoveling snow. It is a good idea when working out in the garden to vary your activities...alternate between the more physically strenuous jobs, and lighter activity such as weeding. Do listen to your body, though...don't over-exert your muscles, and be careful not to use your back improperly.

Additional tips are to use a cushion if you are doing a job which requires a lot of kneeling; bend at your knees and hips when picking up tools; keep your back straight; don't sit on your heels (my bad...I do this all the time); do stand up and stretch your legs every 10 minutes; and don't overload those shovels.

Here's a list of common gardening activities and the calories you will use every 30 minutes:

<i>Raking 162</i>	<i>Digging 202</i>	<i>General Gardening 202</i>
<i>Trimming shrubs 182</i>	<i>Bagging leaves 162</i>	<i>Sleeping 36</i>
<i>Weeding 182</i>	<i>Planting seedlings 162</i>	

And, just a few seasonal reminders: those of you who have summered your holiday amaryllis outdoors should take them in now and place them in a cool basement, without water for the next six weeks. Then clean them up, bring them into the light and resume watering. Those with Clivia plants should now move them to a cool room, and water only to keep the plant from wilting until the flower stalks are 6 inches high. Then bring into a warmer location and resume regular watering.