

Trumpet Vine

Garden Club Federation of Pennsylvania
District VII



OCT, NOV, DEC, 2015

Jackie Stempfer, Editor

Did you ever notice; the Roman Numerals for forty (40) are "XL".



FLOWER OF THE MONTH:

October: calendula, cosmos

November: chrysanthemum

December: narcissus, holly



BIRTHSTONES:

October: opal, tourmaline, pink sapphire

November: topaz, citrine

December: turquoise, zircon.



Question: Among retirees, what is considered formal attire?

Answer: Tied shoes.





The 2016 Philadelphia Flower Show's theme is, "Explore America," and celebrates the 100th anniversary of the National Park Service. Be amazed at our country's majestic landscapes, rich history and vibrant culture from March 5 through 13 at the Pennsylvania Convention Center.



Burrellton Garden Club



October 13: "New Hosta Varieties to Try" - With Tim Cholko

November 10: Workshop. Members will make items for December greens sale.

December 12: Christmas luncheon.



Garden Club of Forest Hills



October 1: Pittsburgh Botanic Garden – a day trip to check progress.

November 5: "Making Holiday Decorations" - Laura Dobronsky

December 3: Holiday Celebration and Luncheon

Garden Club of McKeesport



October 19: Fall Floral Design with Susan Parker, Master Gardener

November 16: In-club auction

December 3-6: **HOLIDAY SALE**

10-7 - fresh greens, swags, wreaths (which sell fast), kissing balls, beautiful floral designs, pressed floral art, garden art, bake sale, raffle, kids korner, and of course great one of a kind gifts

December 14: Christmas Party



Garden Club of Monroeville



October 14: Decorating with fall foliage and flowers.

November 11: Putting the yard to bed

December 9: Christmas party



Greensburg Garden Center



Friday/Saturday December 4-5 –
Holiday Greens sale.



Highland Garden Club



October 17: Hardscape

November 21: Putting the garden to bed for winter plus winterizing pots and plants.

December 20: Potluck lunch.

Home Gardeners Guild



October 8: Stephanie Saracco,
Allegheny County Airport

November 12: Making ornaments for tree in the Festival of Trees.

December 3: TBA



Joyful Bloomers



October 7: "Bee Spooktacular" –
Joanne Welch will demonstrate how to make a one-of-a-kind Jack-O-Lantern

November 4: "Bee Thankful" –
Prepare for annual "Festival of Trees" at Renziehausan Park by making ornaments to depict the theme of "Bee in your Garden".

December 2: "Bee Merry" –
Christmas party

Joyfull Bloomers Juniors



October: Fall hike, crafts and start putting garden to sleep

November/December: Make festival of trees ornaments.

Landscape Design Society of Western Pennsylvania



December 2: Travel to Phipps for the Winter Holiday Display



Murrysville Garden Club



October 1: President's Luncheon and "Gourds Galore" with Marie Spangler.

November 5: Fresh green wreath demonstration using straw and wire frames.

December 3: Holiday Party



Pucketos Garden Club



October 12: President's Invitational - "Recycling Revisited: a Repurposing Workshop," presented by Becky Shaffer.

November 2: "The Gardens of Italy," presented by PGC members Marsha Ewing & Betty Grossheim, who will share photos and experiences from their 2014 tour of the gardens of Italy;

December 7: "Music for the Holidays," featuring a performance by Christina Bruno Bolcato.



HIGHLAND GARDEN CLUB



LEARNING TO PLANT SEEDS



GARDEN VISIT



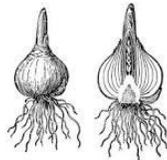
POTLUCK DINNER



THE SAME BOILING WATER THAT SOFTENS THE POTATO,
HARDENS THE EGG.
IT'S NOT ABOUT THE CIRCUMSTANCES, BUT WHAT YOU'RE
MADE OF.



Fall is bulb planting time, in both the flower garden and the vegetable garden. Tulips, daffodils, crocuses and hyacinths are well-loved old favorites, but there is also a host of less familiar bulbs that bring early color to the garden, sometimes even while snow still lingers. It's also time to plant garlic and shallots, easy-to-grow edible bulbs, that you'll harvest next summer.



I felt like my body had gotten out of shape, so I got my doctor's permission to join a fitness club and started exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on,

Murrysville Garden Club is having their Flower Show, “*Magic of Autumn*”, which will be held at Redstone Highlands, 4953 Cline Hollow Road, Murrysville, PA. It is open to the public on Friday, October 23, from 1:00 p.m. to 6:00 p.m., and Saturday, October 24, from 10:00 a.m. to 3:00 p.m



Judy's Jottings **COLORING – It's Not Just For Kids!**

Can you remember the sense of enjoyment that you felt coloring as a child?

I admit it ---I still enjoy putting colors on designs! Visiting my two Great-nieces in Brockway, PA, I always find myself agreeing to a session of coloring in their favorite books. We end up sitting on the floor digging into their latest tub of crayons and markers. We don't need to talk except to request a specific color to use. Time flies as we work on our pictures! Many times it is only my picture that is completely finished. Why does my picture never get put on their refrigerator! In retrospect many of their coloring book pictures include flowers, birds or animals. Children learn about nature through coloring simple line drawings.

Take this scenario and transfer it for adults to appreciate. Where is a more perfect place to enjoy coloring than your own actual garden setting? It is a striking world of plants, flowers, vines and trees. At our age we have probably given up on crayons and moved ahead to colored pencils. Physical gardening activities such as weeding, watering or planting is done for the day or even for the growing season. Now it is time to RELAX, choose a DESIGN and begin to COLOR!

Unlike the simple line drawing you filled in when you were a child, the images in adult coloring books are packed with black-and-white inked curlicues, spirals, swirls and floral designs. Where do you go to find an adult coloring book?

Dover Publishing Company has been making them since the early 1970s. Adult coloring books hold eight of the top nine places in Amazon's list of best-selling art and photography books. In the coming year, Andrews McMeel Publishing plans to add adult coloring books with inspirational quotes imbedded among the flowers and flourishes.

My two coloring books, BLOSSOM MAGIC and MAGIC GARDEN are published by Barron's and cost \$12.99 each. I bought mine at Barnes & Noble book store. Check out your local bookstore.

Why does coloring help me relax?

From choosing colors to the gentle, repetitive motion of your hands as you bring color to paper, coloring can be seen as a form of "active mediation". Repetitive motions can help strengthen your focus and easily shift your attention back to a relaxed state. Stressful thoughts and future worries can be simply pushed aside as you take time to enjoy the present. Does this action remind you of why actual gardening relieves stress?

Here are the 4 steps to getting started:

STEP 1: Begin with a smile. Don't skip this step just because it sounds a little silly. (Sitting in your garden alone, who will notice you smiling!). Studies have proven that smiling even when you are not happy can raise your level of endorphins (mood enhancing chemicals) in your brain. So, start smiling! Visiting actual gardens also makes us smile.

STEP 2: Find something to color. Any coloring book will do, or print out a mandalas on your computer. Mandalas are complex, symmetrical geometric designs (I like my floral coloring books). These pictures are fun coloring and beautiful to look at once done. The Barron's books advertise their designs when completed become ideal for decorating, framing, and gift-giving. Visiting a sick friend, change that gift to a cheery colored picture.

STEP 3: Choose your coloring supplies. You can use crayons, colored pencils, markers or even chalk. (Buy a good set of colored pencils and don't forget a pencil sharpener). Do not think too much about the colors you are selecting. Let the colors choose themselves. You will be amazed at the color combinations when you are done. Be sure to stay within the design lines!

STEP 4: Allow yourself to experience the movements, hear the sounds of the crayons on the paper, or feel the marker glide across the page. As thoughts, pictures or worries pop into your head simply acknowledge them and return your focus to coloring. Coloring will always bring you back. With a little practice you will find that you can achieve a deeply relaxed state easily while coloring.

Coloring is not just for little kids, it is for grownup kids too!

Submitted by
Judith Schaffer
Pucketos Garden Club

