

Shoreham Garden Club Newsletter



January/February 2011, Volume XXV, No. 1

President's Message

Diana Fuchs



HAPPY NEW YEAR!!!

I hope everyone had a safe and wonderful holiday.

As you can see from my picture, our family got a special visit from Santa Claus on Christmas Eve. This guy was great. He drove a red Ford Taurus with reindeer ears and big red nose. He even had a NYS license plate that said KRINGLE. Now that is holiday spirit.

I was disappointed I could not join all of you at the Holiday Party, but I heard it was a wonderful time. Thank you to Gloria and Jon for hosting the event.

We are pleased to have Carol Ryan as our new Program Chair. Carol is filled with many ideas and is looking into a group trip to The New York Botanical Garden, which is said to be amazing. We will have more information out to you in the near future.

I am looking forward to another fun and exciting year ahead of us.

Upcoming Events

Rain Gardens, Saturday March 19, Shoreham Village Hall.

Volunteers needed

We need volunteers to work on Community Projects and Plant Resources. We also need volunteers to host the **Midsummer Night Garden Party** in June and the November **Member's Workshop**.

Please consider volunteering for one of the above. The Garden Club can only function if our members are willing to volunteer.

Community Projects: A Community Project is any project for the good of the community at large (as opposed to the Garden Club Membership). An example from past years is landscaping houses for Habitat for Humanity. The Community Projects Chair would select projects in consultation with the Executive Board and appoint committees to oversee them.

Plant Resources: The Plant Resources Chair would be responsible for organizing those projects involving the sale of plants in consultation with the Executive Board. Examples are the spring Plant Sale and the fall Bulb Sale.

2011 Executive Board

President – Diana Fuchs
Vice-President – Pat Thompson
Secretary – Gloria Affatato
Treasurer – Sheila Sussman
Newsletter Editor – Vicki McLane
Program Chair – Carol Ryan
Past President – Vicki McLane

Next Board Meeting
25 Circle Drive, Shoreham

March 1

November Workshop on Herbs

Twelve Garden Club members gathered at Vicki McLane's home on Saturday, November 20, for a workshop on herbs. Vicki handed out literature on herbs and recipes for cooking with herbs and for creating herbal oils and vinegars.

The participants broke into groups of four and rotated on the three projects: 1.) herbal oils & vinegars led by Vicki, 2.) herbal soaps led by Carol Ryan, and 3.) cider beetles. A great time was had by all and everyone went home with what they made.



Cider beetle



Holiday Party

Our thanks to Gloria & Jon Affatato for hosting a great Holiday Party at Gloria's home in Rocky Point. The party is a good time to get to know your fellow members.

Thanks once again to Jo Alio for putting together and running a Chinese Auction.

The newly elected Executive Board members were sworn in by Barbara Foley: Gloria Affatato (Secretary), Vicki McLane (Newsletter Editor), Carol Ryan (Program Chair), Sheila Sussman (Treasurer),



Shoreham Garden Club Events Schedule 2011

March 19	10:00 am	Rain Gardens , Mark Cappellino, Cornell Marine Laboratory. Shoreham Village Hall
April 11	10:00 am	Second District Spring Luncheon . Crest Hollow Country Club.
April 16	10:00 am	Learning from Other People's Mistakes , Ryan Santelli. Shoreham Village Hall
May 21		Plant Sale . (<i>Location to be announced</i>)
June		Mid-Summer Night Garden Party . (<i>Location and date to be announced</i>)
July		Member Garden Tour . (<i>Location and date to be announced</i>)
September 17	10:00 am	General Meeting/Speaker . Shoreham Village Hall.
October 15	10:00 am	General Meeting/Speaker . Shoreham Village Hall.
October		Second District Fall Luncheon . Crest Hollow Country Club.
November 19		Member workshop . (<i>Location to be announced</i>)
December 4		Holiday Party . (<i>Location to be announced</i>)

Member News

2011 Membership dues are due as of Feb. 27. Dues are \$30 for a Full Member or \$50 for a Dual Membership. Add an additional \$10 for an Associate Member. (Associate Members must be members of your household).

Welcome new members:

Carlos de Salgado, Shoreham & New York
Kathleen Schnoor, Shoreham
Jean Simendigar, Wading River

Mimi Oberdorf and Joe Falco want everyone to know they are doing well and on the mend. They thank everyone for their kind thoughts and support during the last half of 2010. They look forward to a happy and healthy 2011.

Committees

Community Projects: (*volunteer needed*)

Horticulture: Barbara Foley

Hospitality:- Bill Schiavo, Peter Kahn & Charlie Thompson

Membership: - Pat Thompson, Elaine Squires, Carol Ryan & Vicki McLane

Plant Resources: (*volunteer needed*)

Publicity:- Ronnie Schiavo

Scholarship:- Carol Willen

Ways and Means: – Jo Alio

Webmaster & Historian:- Mimi Oberdorf

Advisory Committee: Vicki McLane,
Kathy DiPierro, Barbara Foley,
Cathy Silverstein

Fun Facts: Cucumbers



(Contributed by Diana Fuchs)

These helpful tips were published in The New York Times in 2009 as part of their "Spotlight on the Home" series. Cucumbers are definitely your friend!

1. Cucumbers contain most of the vitamins you need every day. Just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, and avoiding both a hangover and a headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a pot of boiling water. The chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath. The phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean. Not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

Garden Bits

There is a Suffolk County Local Law (No. 22-2007), that prohibits the sale, introduction and propagation of invasive plants and provides a list of 63 species that are or will be banned in Suffolk County or Nassau County. An invasive species is legally defined as an organism that is not native to the ecosystem under consideration AND whose introduction causes or is likely to cause harm to the environment, economy, and/or human health.

Several new invasive plants have been added to the list. Among them are the following, effective January 2011 unless otherwise noted.

- Acer platanoides (Norway Maple) - 2013
- Acre pseudoplatanus (Sycamore maple) – 2013
- Berberis thunbergli (Japanese barberry) – 2014
- Clematis terniflora (Yarn-leaf clematis or Japanese virgin's bower)
- Iris pseudacorus (Yellow iris) – 2012
- Lonicera japonica (Japanese honeysuckle)
- Lonicera maachi (Armur honeysuckle)
- Lysimachia nummularia (Creeping Jenny or moneywort)
- Lysimachia vulgaris (Garden loosestrife)
- Robinia pseudoacacia (Black locust) – 2013

For a complete list, go to the Suffolk County Water and Land Invasive Species Advisory Board website. We will also have a complete list available at Garden Club meetings.



Yellow iris



Garden loosestrife



Creeping Jenny/Moneywort

From the Editor

Many thanks to Lorraine Maddalena for the great newsletters she produced last year. I hope I can do as good a job in the coming year.

I plan to send future newsletters by email. If you need or prefer to receive a hard copy please let me know.

I ask everyone to help by submitting anything they feel may be of interest to the members. Also, I would like to have photos from your gardens.

Some things of particular interest are energy saving hints and information on dealing with problems in your garden.

I hope to hear from many of you over the year.

Gardening requires a lot of water – most of it in the form of perspiration.

Lou Erikson

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