

LEXINGTON FIELD & GARDEN CLUB  
139 YEARS OF MAKING LEXINGTON  
MORE BEAUTIFUL



Volume 6 Issue 1 September 2015  
Email: [sekonmary@gmail.com](mailto:sekonmary@gmail.com)

**Letter from the President:**

Welcome to the first newsletter of the Lexington Field and Garden Club for the 2015-2016 season. I hope all of you enjoyed summers in the garden, especially after our frightening winter.

I am honored to be your President and look forward to two years of working together, getting educated, and having fun. Please let me know your suggestions and criticisms. Email ([sekon.mary@gmail.com](mailto:sekon.mary@gmail.com)) is the best way to reach me.

We had a successful plant sale and garden tour and our civic gardens continue to thrive, thanks to efforts from many of you.

I encourage you to check the events in the yearbook frequently, go to our website [LexGardenClub.org](http://LexGardenClub.org), and go to the links listed on the website for information about programs at some of the societies we support for their events. Remember that we have passes to Tower Hill and Garden in the Woods, which can be reserved by contacting me.

"Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul."  
-Luther Burbank

*Mary*

**Welcome back to the Lexington Field and Garden Club's 2015-2016 season!  
From co-Vice President Ashley Rooney:**

On Wednesday Sept 9, Kerry Ann Mendez, a "passionate perennialist," will share how to have the right-size, low-maintenance (!), drought-tolerant garden. Many of us dream of *Better Homes and Gardens* landscapes, but job demands, kids, money, hectic schedules, aging bodies, and changing interests have led to weeds and despair. Kerry Ann, who mixes humor with practical tips for creating low-maintenance, high impact gardens, has inspired thousands by her approach to breathtaking, sustainable gardens, and landscapes.



Kerry Ann Mendez

Yes, she has spoken to us before ([on a different topic](#)), and we invited her back because she was so good. I brought my neighbor, and he now has a no-fuss garden that provides color and interest year-round. We suggest you bring your friends and neighbors. Kerry Ann was awarded the 2014 Gold Medal from the Massachusetts Horticultural Society and has been on HGTV as well as in many national magazines. [Come enjoy her presentation](#) at our September program on Wed. Sept 9, at the Scottish Rite Museum, formerly the National Heritage Museum.

## GCFM Schools

One of the perks of being a member of the Garden Club Federation of MA is the four schools. You are a member of the Federation by virtue of being a member of LFGC. Several of our members are certified in these schools. They are listed in the yearbook.

The Garden Club Federation of Massachusetts offers a variety of courses. Environmental Studies Schools cover all aspects of environmental issues. Flower Show School is a complete program for growing, showing and judging horticulture and design. Gardening Study School presents basic garden information by specialists in the field. Landscape Design School is a comprehensive overview of landscape design and its history. All courses are accredited and taught by National Garden Club approved instructors.

Upon successful completion of two courses, you may become a provisional member of Landscape Design Council, Gardening Study Council, or an Environmental Studies Council. After completing three courses of Flower Show School successfully, you become a Student Judge and a provisional member of Judges' Council. After passing all of the prescribed courses in a subject area, you become a full member of these study groups.

You will find registration forms at:

<http://gcfm.org/Education/SchoolsandRegistration.aspx>,

Landscape Design Study School will be held in Wellesley at Elm Bank on October 29 and 30.

Environmental Study School, led by our own Bonnie Rosenthal will be held November 7 and 8 in Wellesley at Elm Bank. Ironically, classes were held in the same classroom years ago when her Dover classroom was not available.

Gardening Study School and Flower Show School will be held in the spring.

Lexington Field and Garden Club offers one-time, tuition only scholarships to each of the four schools. The application and further information is available at [LexGardenClub.org](http://LexGardenClub.org)



*We are starting a new column in this newsletter which will be edited by Christel McCarthy and Harriet Hathaway, our new Horticulture chairs. They will also be in charge of the horticultural minute at some of our meetings.*

## HOT GREEN TIPS

### Burning Calories and other good things

Gardening is healthy exercise, especially fall garden clean up can help you lose weight. Raking leaves, digging and spading will burn about 170 calories in ½ hour. Light lifting, bending and twisting is good for our muscles and keeps us limber. If you are over 60, you might consider raised beds.

Consider the social aspects of gardening, it is good for our mental health.

Lovely sights and smells of our gardens stimulate the senses and have a soothing effect on us. There is much satisfaction to see things grow.

Good feelings come with eating your own vegetables that you grew, even if it is just tomatoes, swiss chard and potatoes for example.

Exposure to nature seems to have a benefit for all of us. Even a houseplant can bring us pleasure and improve our quality of life.

Plan your fall gardening now, remember to divide those overgrown perennials and set them into a save spot for next years Plant Sale.

Most of all ENJOY, Christel McCarthy

If you have suggestions for “Hot Green Tips”, please contact me. [solingen34@hotmail.com](mailto:solingen34@hotmail.com)

## **Making a World of Difference and Helping to Save the Environment!**

Open new doors for in-depth creative learning and educational opportunities centered on the natural resources of planet earth: our air, water, forest, land and wildlife. Education is the key to making responsible decisions for today and tomorrow. Educated citizens are responsible stewards, who then are able to make wise choices for conserving and protecting our planet earth and its natural resources.

### **Become an Ecology Warrior!**

The Environmental Concerns and Conservation Committee of National Garden Clubs, Inc. invites you to become an Ecology Warrior as you investigate and study the contents of our Ecology Warriors Workbook.

### **Make a World of Difference**

Remember, you can Make a World of Difference through the choices you make for the conservation and preservation of our natural resources. It's just a matter of what kind of difference you want to make. Choices matter!

### **Download the Ecology Warriors Workbook**

<http://www.gardenclub.org/resources/ngc-ecology-warriors-workbook-101614.pdf>

## **Annual Plant Sale**

From Meg Himmel, co-chairman with Leslie Masson: The annual plant sale was once again a grand success, with many new gardeners participating in both the potting and sale of plants. The sale is a wonderful opportunity for newer members to meet more seasoned gardeners.

A significant number of members and non-members contributed plants from their gardens, with nearly 1500 plants being offered for sale.

We are open to your suggestions for improving some of the long-standing practices and invite you to join us in planning the 2016 plant sale.

## **Horticulture Morning**

### **“NATIVE POLLINATORS: OUR GARDENS’ BEST FRIENDS!”**

**Len Giddix**

Join Len Giddix of Pride’s Corner Farms, a Connecticut-based tree and perennial grower, as he shares information about native pollinators Mother Nature would have told us if we had only asked! We’ll learn how to help our native pollinators thrive in our urban and suburban yards. Abundant and happy pollinators mean happy gardens and gardeners!

*Monday, September 28, 2015  
10:00 a.m. to Noon  
The Espousal Center, Waltham, MA*



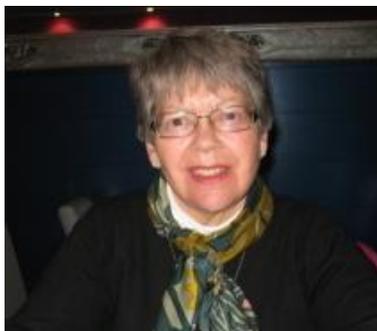
John Frey wins the Minuteman Cane Award

## Annual Meeting 2015

The Annual meeting of the Garden Club Federation of Massachusetts was held June 3 in Framingham. Eight of our members attended. Betty Sanders was installed as the new Federation President. Outgoing President Marisa McCoy presented citations to Caroline Nijenberg and Mary Nokes. Julia Francis is the nominating chairman, Bonnie Rosenthal is Chairman of the Environmental Study School, Nancy Hubert is the GCFM grants chairman, Heidi Kost-Gross is co-chairman of the Environmental Consultants Council, and Lillian Cohen is on the Conservation Committee.

Three of our members were installed in key positions:

Caroline Nijenberg  
First Vice President



Ann Webster  
Treasurer



Kathy Leva  
Middlesex District Director



### Garden Tour 2015 Report from Ellan Siegel, Chairman

A warm thank you is extended to the fifty-five LFGC members who volunteered for Garden Tour 2015 on June 6<sup>th</sup>. You were Garden Greeters or Hostesses, Bakers, Set-up and Clean-up team members; you hosted a lawn sign on your property, helped with logistics, sent out publicity, proposed garden sites, and handled the numerous details to make the Garden Tour a fun, community-building fundraiser. A special thank you to the 7 garden owners who opened their private gardens to our guests, Betsy Pollack who managed our relationship with Lexington Community Farms, and Deborah Thompson who managed desserts with punch, as well as corresponding with all the Garden Greeters. We did make a profit; the day proved to be fun, educational, and introduced the visitors to new ideas for their gardens, to the Lexington Community Farm and the COGS program to help build community through landscape design in Boston area. Are you interested in participating in the selection of new gardens for the 2017 Garden Tour? Please contact Mary Nokes or Ashley Rooney.

### Historic Preservation Workshop was held May 28, 2015, St. Brigid's Keilty Hall

The Chairman, **Leslie Frost**, former president of GCFM, introduced the following speakers:

**Nancy Hubert**, GCFM grant program, and **Sally Zimmerman**, from Historic New England and a Lexington resident at the time "Beyond the House on the Green: Preserving 20th Century Resources"

**Other speakers were Tovah Martin**: "Trowels and Tomorrow" and **Christie Higginbottom**, Old Sturbridge Village "Tracking down Historic Plants: the value of using primary source documents to identify appropriate plants for accurate period gardens"

The program was followed by tours to Mary's garden at St. Brigid's, the Herb Garden at Hancock-Clark, Depot Square, and the Garden of Colonial Flowers at Munroe.

This was a state-wide Federation event which introduced many to Lexington and to the work our club does. Pat yourselves on the back.

***In memoriam:***

Sadly, we have lost one of our former Presidents, Ellie Halfman, 1924-2015. She was President from 1986-1988, and as Chairman of Morning Study Group from 1986-1991. In 1948, Ellie married Robert Halfman, and they had four children, Peter, Peg, Sue, and John. They lived in Lexington, with two sojourns in India during the 1960s, when Bob (then a professor at MIT) helped establish a branch of the Indian Institute of Technology in the city of Kanpur.

Ellie was also well known for her dahlia collection, and the "children" of some of them reside in some of our gardens. She lived at Brookhaven, and sold her lovely home to Barbara Shafer. Bob was the long-time editor of our yearbook.

The Halfmans were famous for their hospitality. Their family's vacation home on Lake Winnepesaukee in Meredith, New Hampshire was the site of summer picnics and Columbus Day hiking trips



Ellie and Bob Halfman

Place  
Stamp  
Here

Lexington Field and Garden Club  
P. O. Box 133  
Lexington, MA 02421