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Contact News Leaf by emailing: newsleaf.gcnj@gmail.com

NEWS LEAF - November 2018

Winter Issue

President's Letter

What could be more enjoyable for garden club members, than to spend a day reading other garden clubs Yearbooks! That's exactly what the members of the Awards Committee recently had the pleasure of doing.

Each booklet was filled with wonderful projects and programs, reflecting the personalities of our local clubs and the differences they make with their members and communities. As readers, we were left not only with new ideas to take back to our respective clubs, but also became renewed by the enthusiasm that exuded from each of your yearbooks.



Several clubs listed NJ State Symbols, which remind us of our diversity. For instance did you know?

- State Flower - *Viola sororia* (purple Violet)
- State Bird - *Cardelis tristis* (Eastern or American Goldfinch)
- State Tree - *Quercus rubra* (Red Oak)
- State Memorial Tree - *Cornus* (Dogwood)
- State Insect - *Apis mellifera* (honeybee)
- State Mammal - *Equus caballus* (horse)
- State Dinosaur - *Hadrosaurus foulkii* (Hadrosaur) - My personal favorite
- State Fish - *Salvelinus fontinalis* (brook trout)
- State Shell - *Busycon carica* (knobbed whelk)
- State Fruit - *Vaccinium caesariense* (blueberry)
- State Butterfly - *Papilio polyxenes* (black swallowtail)
- State Reptile - *Glyptemys muhlenbergii* (Bog turtle)

And then the committee moved on to the important consideration of how our members' personal information is used/protected. We particularly liked one club's approach: *The information in this Yearbook is private, personal and confidential. Do not permit it to fall into the hands of commercial users or non-members. Reproduction of other unauthorized use of the contents of this yearbook is expressly forbidden without written permission from the Garden Club.*

Enjoy the winter months.

Louise Davis

Flower Show School, Course II

Mark your Calendar!

MARCH 20 - 21, 2019 Optional Exam on MARCH 22

Go to the Garden Club of New Jersey Website for further information and to obtain a registration form.



<http://gardenclubofnewjersey.com/flower-show-school/>

Carol English, Chairman

Landscape Design School

Mark your calendars for the upcoming Landscape Design School Course I to be held MARCH 5 - 6, 2019 with optional exam on MARCH 7 at Holly House. Speakers will include Bruce Crawford and Kirk Brown.

For a registration form and the schedule, please visit the GCNJ Website

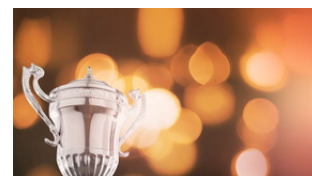


<http://gardenclubofnewjersey.com/landscape-design-school/>

Terry Blake, Chairman

Award Updates

Year Books from 60 clubs were reviewed this year. Your scores and future suggestions will be distributed at the Spring District meetings. Clubs that cannot attend should contact their district chairs. Thank you for your hard work on the year books; such wonderful ideas, programs, covers from everyone, you are an inspiration. For your convenience the scoresheet used for rating year books is on the website. Please note the Cover and Title page now require listing of the State Organization



Teddie Falcone, Chairman

Upcoming Award Deadlines:

Type of Award	Applications Due Date	Notes
National Garden Club	November 15, 2018	Award Year Jan 1 to Dec 31
Publicity Press Book	January 25, 2019	Award Year Jan 1 to Dec 31
GCNJ Awards including Youth	February 15, 2019	Award Year Feb 1 to Jan 31
CAR-SGC Perennial Bloom Award	May 1, 2019	Each club may submit an

entry; 1 winner from each district is chosen

All submissions for State, National and CAR-SCG must be sent by the Application Due Date to:

Teddie Falcone | 9 Ashwood Trail | Long Valley, NJ 07853

Applications can be found on the GCNJ Website

<http://gardenclubofnewjersey.com/awards>

CONGRATULATIONS to our CAR-SGC AWARD WINNERS

AWARD	RECIPIENTS
Scholarship	Helena M. Lam - Cornell University, Environmental + Sustainability Sciences - \$2500
Jean Ladson Outstanding Achievement Award	Garden Club of Long Valley "Have you Heard the Buzz" - \$250
Environmental Concerns Award	Maplewood Garden Club - Rain Garden Recharging more than 530,000 gallons of runoff - \$100
Youth Excellence Award	The Karen Nash Memorial Garden Club Butterfly Garden - \$50
NGC-YB-1 Yearbooks	Club 100-299 Maplewood Garden Club
NGC-YB-1 Yearbooks	Club 70-99 Rockaway Valley Garden Club
Flower Show Schedule Award	Small Standard Flower Show Medium Club 1st Place - West Trenton Garden Club - \$100
	Small Standard Flower Show Medium Club 2nd Place - Garden Club of Mountain Lakes
	Small Standard Flower Show Large Club 2nd Place - Rake and Hoe Garden Club
	Small Standard Flower Show Medium Club 3rd Place - Greater Woodbury Garden Club

Scholarship News

Pass this information onto club members, family and friends...

DEADLINE FOR APPLICATIONS: February 1, 2019

GCNJ is dedicated to financially assisting students preparing to enter college or those already majoring in horticulture, botany, landscape design, environmental engineering, etc. We award many deserving students with scholarships each June at our annual meeting.



Students must live in New Jersey to apply, although they may attend out-of-state schools to be considered for scholarships. Memorial Donations are also accepted by GCNJ toward scholarships.

For more information, check the GCNJ website or email Patricia Polunas, Scholarship Chairman at gardenpower23@aol.com.

New Jersey State Flower Show

A Day in the Gardens of Art: "Interpreting the Masters"

Richard Biernacki, Chairman

April 25-28, 2019 at the New Jersey Convention & Expo Center

As I write this message to you all, I am amazed that I can still look out my window and see my Angel Trumpets in bloom; roses and nasturtiums are all blooming as well! It has been a strange Summer and Fall. But - the joy of the coming Show is a big plus!

I am honored to be the Chair of this show and am thrilled at the Theme "Artists of the Past". The Title of the Design Section is "Interpreting the Masters". We certainly have a great deal of food for thought with the amazing artists from which to choose. I have been working closely with Carol English, Vice-Chair and Florence Leyssene, selecting themes and titles and it will be an exciting show - guaranteed.

Some things will be different this time around since we have changed the time and date of the show from the dread of Winter to the cool of Spring. This opens new vistas for both design and horticulture and hoping we will not slip - to say nothing about keeping things steady in the car!

A sneak preview: we are featuring a floor design, a transparency work, jewelry and hats! I may want to enter this time around. I have shown in four shows over the years and enjoyed it a great deal. Think about volunteering! We always need docents who are very much appreciated in their work and friendliness. I can always be reached by email <mailto:rtb303@verizon.net>.



2019 Smokey Bear & Woodsy Owl Poster Contest

The 2019 Smokey Bear and Woodsy Owl poster contest is celebrating 75 years of wildlife prevention. The U.S. Department of Agriculture Forest Service and the National Garden Clubs, Inc. are giving students from first through fifth grades the opportunity to demonstrate their understanding of wildfire prevention and encourage personal responsibility to be careful with campfires, barbecues, trash fires and matches through their original drawings of Smokey Bear. Woodsy Owl's prime concern is the curtailing of pollution, another area of importance.



Winning posters must be mailed and received by the Smokey Bear and Woodsy Owl State Chairman, Jane Bianco by **January 24, 2019**.

Jane Bianco | 33 Ernston Road | Colonia, NJ 07067

<http://www.gardenclub.org/youth/smokey-bear-poster-contest.aspx>



Environmental Tips

Excerpts from an article by Ingrid Justice entitled *Our Environment: Energy Efficiency for Body and Planet*

Today 85% of our country's power comes from carbon-based fossil fuels, including petroleum gas and coal. Solar energy currently accounts for only .5% of US energy usage, but is steadily growing 20-25% per year.



The sun not only provides a **clean, efficient** way to power our homes, but it also supplies the cleanest fuel for our bodies. **Whole food** in its natural form comes from all the nutrients we need for optimal health. Processed foods are many steps removed from their natural state. The healthiest foods are also the best for our environment.

Following are a few of the foods recommended for optimum health and energy efficiency:

- **Organically grown** whenever possible
 - **Leafy greens** - all - powerful antioxidants
 - **Cruciferous vegetables** - such as broccoli, cabbage and kale
 - **Whole grains** - brown rice, barley, whole wheat and oats
 - **Legumes** - beans, lentils and peas
 - **Berries** - blueberries, blackberries, strawberries (only when organic)
 - **Nuts and Seeds** - walnuts, almonds, pumpkin, flaxseed and sesame seeds
 - **Avocados and olives** - supply healthy fats
 - **Citrus fruits** - full of antioxidants, boosting the immune system
 - **Kefir** - a tangy yogurt-like drink, rich in probiotics, protein and calcium
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Dogwood Garden Club of Princeton

HOLIDAY LUNCHEON

Speaker
 Floral Designer Richard Kisco

Tuesday, December 4, 2018
 11:00 am - 3:30 pm

Mercer Oaks Country Club
 725 Village Road West
 Princeton Junction, NJ 08550

Reservations required \$50

RSVP : Doris Mapes 609-921-3165
 domapes@aol.com



I found a great speaker for our Garden Club. She really spiced up Garden History and even Sally stayed awake. You should book her for your next meeting! She's at www.lesleyparness.com



I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know with a white quilt; and perhaps it says, "Go to sleep, darlings, till the summer comes again."

— Lewis Carroll, Alice's Adventures in Wonderland & Through the Looking-Glass

"Supporting Our Local Clubs"

[Garden Club of New Jersey Facebook Page](#)