



President – Joe Raggio 49 Darroch Rd., Delmar, NY 12054 * (518) 439-7569

gardenclubcd@gmail.com

<http://www.gardenclubofthecapitaldistrict.org>

(Serving the greater capital region)

Celebrating **86** years of service to our community

VOLUME 85 NO. 3

(First Chartered 1936)

March, 2022

DATE & TIME: Thursday, March 24 @ 7:00 pm

PLACE: Zoom -

Join Zoom Meeting - All members and the public are welcome!

Program accessible from anywhere in the world via the Internet

You can “Join using a Browser” Downloading ZOOM is NOT required

A telephone # is supplied for an audio connection with or without a computer

Speaker: Amy Castillo of The Gade Farm in Guilderland

"New and Recommended Plants for 2022" Join us on our Zoom presentation this month as we hear from the long-time Nursery Manager at The Gade Farm, **Amy Castillo**, who will share her insights as to what the hot trends are in perennials, annuals and shrubs for Spring 2022! All these plants will be readily available at their garden center, which is located at 2479 Western Avenue in Guilderland.

Amy Castillo has shared her passion for plants for decades, as she has worked at The Gade Farm in Guilderland on and off for nearly 30 years. She currently is the manager and buyer for the Garden Shop and Nursery Operation, in addition to offering classes about garden topics to their many customers. **Amy** lives in Altamont with her husband and two sons, where they enjoy gardening, including growing garlic that they sell locally.

Join Zoom Meeting - Time: Mar 24, 2022 07:00 PM Eastern Time (US and Canada)

<https://us02web.zoom.us/j/86801801498>

Meeting ID: 868 0180 1498

One tap mobile +19292056099,,86801801498# US (New York)

\$\$\$\$\$\$\$\$\$\$ \$25 Dues and Ad payments are due to MGCA \$\$\$\$\$\$\$\$\$\$

Spring Garden Day 2022

Saturday, March 12, 2022, 9:45 AM - 12:00 PM

Registration Fee and Deadline: The registration fee is \$15.00 per person. The deadline to register is Thursday, March 10 at 4:00 PM or when the webinar is full. We cannot guarantee we will have time to process your registration after this time and date.

We're In Webinar Mode! Due to the Pandemic, our 24th Annual Spring Garden Day will be offered using Zoom, the cloud-based video communications format. You will need access to a computer with internet, Zoom, and sound capabilities.

VIRTUAL Spring Garden Day will feature TWO great speakers and chances to win fabulous door prizes. [Click here for the full brochure](#)

After registering with us, be sure you have the free Zoom app by visiting <https://zoom.us/>

Naturalistic Plantings for Home Gardens

Robert Clyde Anderson is a garden designer, consultant and writer who found his way to the Hudson Valley after a New York City career in illustration and book design. A native of Louisiana and a lifelong gardener, he has designed and maintained gardens in Columbia County as well as working in area nurseries, most recently at Pondsider Nursery in Hudson, NY for five years, and before that at Loomis Creek Nursery in Claverack, NY for eight years. Robert makes his home in Stuyvesant, NY where he maintains a two acre "laboratory" garden that includes shrub borders, a sunny terraced xeric garden, a shady wooded streamside area, a moist meadow area, a kitchen garden and a small flock of chickens.



Promoting Plant Health Through Proper Pruning



Fred Breglia,
Executive Director
of the
Landis Arboretum,
talks about trees!

9:45 am to
12:00 Noon
On Zoom!



Using the Zoom format,
our
VIRTUAL Spring Garden
Day will feature:

- TWO great speakers!
- Chances to win fabulous
Door Prizes

-For more information see our
website at ccerensselaer.org or
phone (518) 272-4210

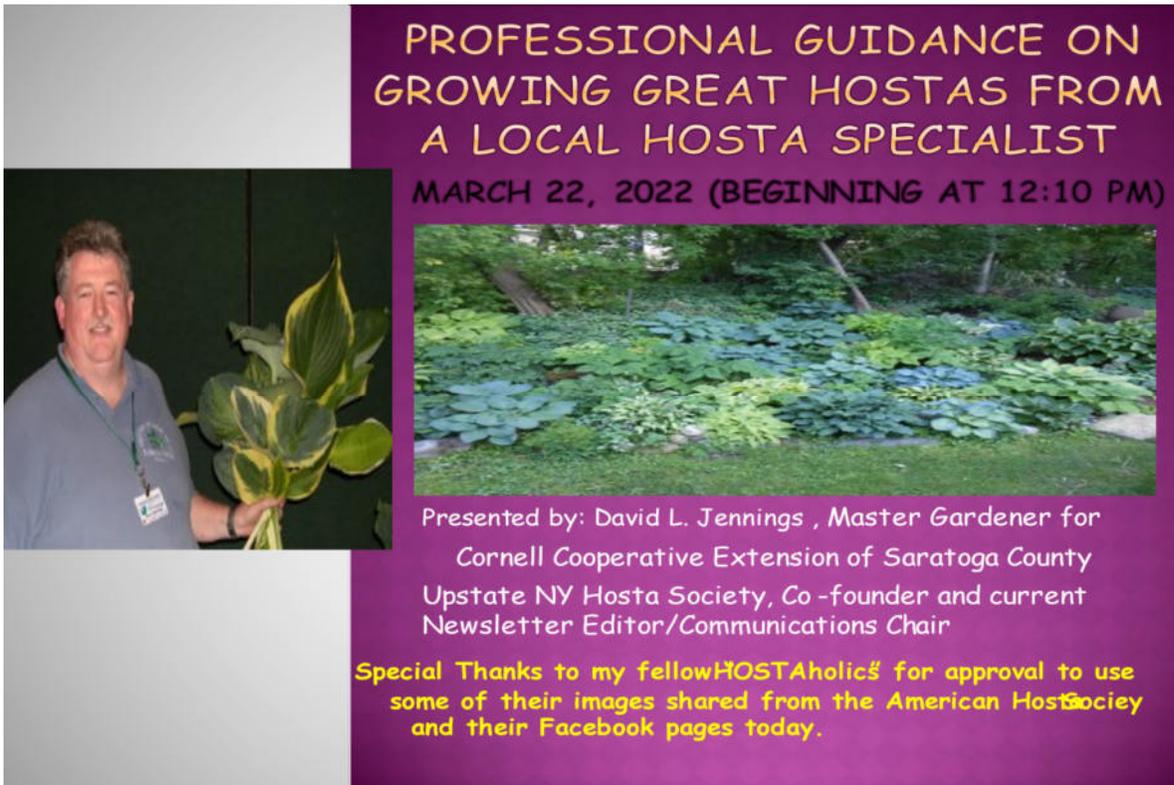
\$15

You Can Register To Attend In Two Ways: 1. Clip the form - [Click here for the full brochure](#) - and mail it to us with your check, OR 2. Visit our website at <http://ccerensselaer.org/>, then click on the "Donate" button at the top of the page. Next, click on the green "Donate" box on the following page. On the "Payment Processing Page," enter a donation of \$15 and type "Spring Garden Day" in the "Additional Information" box

Professional Guidance on Growing Great Hostas

Tuesday, March 22, 2022, 12:10 PM – 1:15 PM

Registration required



**PROFESSIONAL GUIDANCE ON
GROWING GREAT HOSTAS FROM
A LOCAL HOSTA SPECIALIST**
MARCH 22, 2022 (BEGINNING AT 12:10 PM)

Presented by: David L. Jennings , Master Gardener for
Cornell Cooperative Extension of Saratoga County
Upstate NY Hosta Society, Co -founder and current
Newsletter Editor/Communications Chair

Special Thanks to my fellowHOSTAholic\$ for approval to use
some of their images shared from the American Hosta Society
and their Facebook pages today.

Professional Guidance on Growing Great Hostas from a Local Hosta Specialist

Be sure to Register even if you can't watch it on the day of the Webinar so you will be sent the recording to watch it later at your convenience

Presented by: Dave Jennings, Master Gardener Volunteer for CCE of Saratoga County and co-founder & newsletter editor for the Upstate New York Hosta Society

This will be a fully illustrated presentation of detailed information on the genus Hosta brought to you via Zoom by a local Horticulture Specialist. He will discuss cultural information such as sight selection, individual characteristics of a wide variety of cultivars, propagation techniques from both seed and divisions as well as discussion on dealing with problems such as frost protection, pests (deer, voles and slugs). etc. There will be fully labeled photos of many of the most popular and newer varieties of Hosta for you to add to your ever growing "Wish List" of plants you can't live without but have no idea of where they will fit into your garden.

Please plan to join us for this free "Lunch & Learn" webinar by registering at:

https://reg.cce.cornell.edu/GreatHostas_241

Fee (Free)

Youth Gardening - on a BIG scale
Bill Stoneman's [The Vegetable Project](#)

Club members **Joseph Raggio**, **Greg Goutos** and **Russ Greenman** spent the day on Monday, March 7, at **Stephen and Harriet Myers Middle School in Albany** shepherding 125 students through turning plastic milk jugs into miniature greenhouses. And what a phenomenal day it was, supporting kids and connecting with them around growing plants. The greenhouse project, which will visit a number of Albany City Schools in the weeks ahead, is an initiative of the **Vegetable Project in Albany, NY**, which is led by club member **Bill Stoneman**.



Club members and other volunteers guided students in drilling holes in the top and bottom of the milk jugs, to allow rain in and excess water to drain out; making a horizontal cut in the milk jugs, to allow opening it; placing potting mix into the bottom

Youth Gardening - on a BIG scale - continued
Bill Stoneman's [The Vegetable Project](#)

portion of the jug; placing seeds on top of the potting mix; and then taping the jug closed; and moving it outdoors.

Lending a hand to the Vegetable Project and the Albany students it serves is part of the club's long-standing commitments to both community service and youth gardening.

You can reach **Bill** at thevegetableproject@gmail.com or 518-728-6799. More about the Vegetable Project's work is at the [organization's web site](#) and [Facebook page](#).



The Vegetable Project, a volunteer nonprofit school gardening program that is led by club board member **Bill Stoneman**, reports that it has brought what it calls “doing and touching and tasting and experiencing” to nearly [500 Albany schools students](#) since September.

Club dues support community work

Garden Club of the Capital District members support educational programming, a scholarship program and youth gardening initiatives club dues. The club board of directors has established a new dues tier for 2022, reflecting our transition from the Men's Garden Club of Albany to the Garden Club of the Capital District.

In addition to our long-standing \$25 dues for individual members, we will now offer family memberships for \$30. We are appreciative of members paying dues early in the new year.

Please send your check - Payable to GCCD or Garden Club of the Capital District
to: Russ Greenman GCCD Treasurer
25 Worthman Lane
Rensselaer, NY 12144

Seeking Scholarship Candidates

The Scholarship Committee is currently accepting applications from college students for a \$500 scholarship to be awarded by our club. The scholarship is available to a full-time student currently enrolled, or accepted to begin a college program, with the intent to pursue studies in a horticultural-related field; such as landscaping, agriculture, environmental studies, ecology, forestry or natural resources management. It is open to both male or female applicants of any age, preferably with home residency in the seven-county area of the Capital Region. Perhaps you have a relative, neighbor or know someone in your circle of friends, that would deserve to be given this stipend. The committee will recognize those candidates that have a direct connection to our club, and whom also meet all the application qualifications. For more information, or if you would like to request an application, please contact Greg Goutos, Chair of the Scholarship Committee. Call Greg at 518-495-0148, or contact him by email at ggoutos@nycap.rr.com. The application deadline is May 31, 2022.

GARDEN TALK – Dave Jennings, Master Gardener

Why you should have Houseplants in the new “Work from Home” Office

Prepared by Dave Jennings, Master Gardener Volunteer for Cornell Cooperative Extension of Saratoga County and Member of the Garden Club of the Capital District

It's a well-known fact that people breathe in Oxygen and exhale Carbon Dioxide. Many of us have chosen or been required to work from home and plants “breathe” in that Carbon Dioxide and release oxygen as part of photosynthesis making us great partners with houseplants. A great way for this partnership to work is to fill your home office with a variety of houseplants that have lower light requirements such as Dracaenas, Pothos, Philodendrons, many Succulents, a few Cactus, Snake Plants, Rex or Angel Wing Begonias, Peperomia and Bromeliads because most homes don't have enough light for other types of plants to thrive.

Angel Wing Begonia



Pothos



Bromeliad



Houseplants help to clean and clear the air; they often reduce noise levels by buffering sounds; they add much needed moisture in the winter thus increasing the humidity through transpiration and have been known to reduce the level of airborne toxins in closed small areas. Almost all of us working from home or isolating in place now have felt the benefit of having plants all around us and have experienced their calming effect. Some are slowly returning to work now and want their workplaces to also have that homey feel and are bringing their newfound friends (their plants) back to work with them. Many businesses have again started to appreciate the value of providing small desktop plants in the office which results in happier employees.

Walk into any office lobby and see it with all its splendor of large, lush greenery, then picture it without any plants you will most certainly experience the difference plants properly placed can make. The color of the greenery is noted for having an overall calming and relaxing effect (thus reducing stress, anxiety and often depression as well) in the wide-open areas and/or as small desktop plants. Numerous plants in a work atmosphere can help us concentrate better, help us to connect better with nature, increase productivity & creativity and are helpful in so many other ways. Recent University studies have reported that enhancing the environment with the addition of plants has decreased anger issues and depression rates as well as increasing productivity and lowering absenteeism. As we all know it's so important to keep employees happy, healthy & inspired and something as simple as plants on their desks go a long way in achieving these goals. Indoor landscaping (on any scale) plays a major role in helping to balance our lives. One final benefit is in helping to attract qualified job applicants. Everything we can do for this is so important in this time of high demand and short supply as Gen Z individuals are entering the job market earlier than any generation before them.

Dracaena



Peperomia



Split Leaf Philodendron



The more natural light and humidity you can give your plants, the more choices you will have in the types of houseplants that will thrive! Every day should be a “Bring your plants to work with you day” or just leave them be and let them do their thing naturally in your business or home office!

Source: Information published by The National Garden Bureau written by Teri Knight. Parts of the original article appeared in the [Minnesota Nursery Landscape Association](#) newsletter.

History - 35 years ago –
MEN'S GARDEN CLUB OF ALBANY
BOARD OF DIRECTORS MONTHLY MEETING
MARCH 5, 1987

The Regular Monthly meeting of the Board of Directors of the Men's Garden Club of Albany, was held on Thursday evening, March 5, 1987 in the Cerebral Palsy Center for the Disabled. The meeting was called to order by President, **Joe Huth** at 7:35, with 10 club members present. The Minutes of the February 5, 1987 meeting were approved as read by the Club Secretary, **Tom Baker**.

The Treasurer's Report was approved as read by **Al Miller** in the absence of **Paul Hughes**, the Club Treasurer. As of February 28, 1987, in the General Fund, there was a total balance on hand of \$2,409.03, also, the total balance in the Key Advantage Account was \$5,343.94.

Al Miller reminded the group that the Executive Committee Meeting to be held in Atlanta, Georgia, on November 6-7 is open to all Club members. Call **Al** for more information.

Bob Ireland, Chairman of the Membership Committee reported that our total membership is at 94. We also have two new Live Members, **Charles Buchanan** and **Bill Robinson**. This brings our grand total up to 27 Life Members.

Ferd Johnson acting Program Chairman told us that the next Regular Meeting would be at Vedeers, Dutch Treat Happy Hour at 6:00 pm and dinner at 7:00 pm. The entrees will be Lamb and Scrod at \$10.00. The guest Speaker will be **Bob Duff**, Master Gardener from the Rensselaer County Co-operative Extension, whose topic will be "Solar Greenhouses."

Lee Negus reported that as in the past, seeds for the Big Pumpkins, Spirit Pumpkins, Giant Sunflowers and Sweet One Hundred Tomatoes will also be given out, as well as packets of Zinnias, Marigolds and Nasturtium. **Lee** is still interested in expanding Youth Gardening, possibly by having our members sponsor a youth who is interested gardening.

Don Gwinn gave an interesting report on the progress of the Gardening From the Heart project at the C P Center for the Disabled. Details in the Dirt.

Wally Dillenbeck, Chairman of the Museum Committee reported that along with the Living Plants project that the Club is involved with, **Miriam Soffer**, the Museum Coordinator, is still looking forward to our July exhibit in the Lobby. We plan to comply with the request.

Tabled was the issue of putting copies of the Gardener in area Libraries.

Bob Ireland is working on a revised form of the Membership Application form.

Upon the death of our member, **Russ Miller**, the Club was given an invitation to have its Summer Picnic at their home in Edinburgh, extended by his son. That idea and the possibility of planting a Memorial tree or bush there was tabled until our next meeting.

There being no further business, the meeting was adjourned at 9:00 pm.

Respectfully submitted by, **Tom Baker**, Secretary

** Editor's note: **Tom Baker** faithfully documented our minutes since way before he had personal computer - but somehow he managed to digitize all of the minutes he had taken over the years and we now include them in our newsletter under the heading "History - 35 years ago" **Thanks, Tom Baker!!!**

Private/Limited Garden Tour – Thursday Evening, June 23rd

Registration requested



Beginning at 6:00 pm (Rain date of 6/24) Lead by our own **Dave Jennings** at their Garden they have affectionately named their own private “Half Acre Woods” in Malta, NY. This won’t be a traditional “Open House” as **Dave** will be leading a small group of 25 or so individuals around the Garden Beds commenting on his favorite varieties and answering questions as he goes. **Space will be limited so you must pre-register as soon as you are sure you can attend (First come/First Served) by emailing DaveJenningsNY@aol.com** with your name, cell phone number, email address and how many guests you will be bringing with you. Once you pre-register, directions and detailed info will be emailed to you a couple weeks before the Tour.

GARDEN CLUB of ALBANY CLUB ACTIVITIES

Adopt-a-Highway - 25 years

We had a good run... We started our Adopt A Highway program back in 1994 by building a raised bed out of Hemlock and lots of rebar. Ten years later in 2004 - we built a raised bed that would last a lifetime. Unfortunately when construction started on the Exit 7 bridge off of I-90 our concrete base, block structure, soil and flower bulbs mysteriously disappeared leaving only the steel we drove down 5 feet to keep the Very thick concrete base from heaving.. **Ken Abele** played a key role in the design and construction of our second raised bed on I-90 at Exit 7

Westbound. Built to last This was build as a Memorial to an outstanding member - **Mr. Conrad (Connie) Robert**. This project took years to get State and Federal approvals and lots of hard work from members of the Garden Club of Albany. ps. If you know who borrowed our several thousand pound raised bed - **please ask them to return it**. Perhaps someone with big boy toys on site while working on the bridge knows. Thanks!!!

Built to last... Destroyed in hours



**Someone that was working on the bridge at Exit 7 of I-90 knows where it is.
This was our Memorial to Mr. Conrad (Connie) Robert**

**Albany International Airport
Don Wrieden – Chairman**



Memorial Garden

At the Albany County Cooperative Extension
15 Martin Road Voorheesville, NY



Joe Huth / Chuck Scott Memorial Garden
Chairmen

For many years, our club has maintained a beautiful Memorial Garden as a tribute to our "Gardeners Gone to Rest."



Along with perennials, shrubs and trees, there are plaques that lists the names of our club members that have Gone to Rest.

**Joe Huth
Summer
2021**





**President
Joe
Raggio
Summer
2021**



**Memorial Garden
At CCE Albany
the early days**



**Memorial Garden
At CCE Albany
Joe Herman
Al Miller**





Gardening from the Heart - 35 years at the **Center for Disability Services**



Volunteers include: **Russ Greenman, Greg Goutos, Joe Huth, Jack Meagher, and Don Wrieden.**

35 = years supporting one or two locations every Wednesday for 35 years

4 = the (low) average number of MGCA volunteers on site

50 = sessions per year and for years 100 sessions per year (50 /site)

2 = Hours on site per session – 9:00am – 11:00am

= ~15 years x 50 weeks/year x 4 people / site x 2 sites === 6000 volunteer hours

PLUS

= 20 years x 50 weeks/year x 4 people / site x 1 sites === 4000 volunteer hours

===== **10,000 hours of volunteer's time supporting the Gardening From The Heart program at the Centers for Disability Services by members of the Men's Garden Club of Albany.** =====

Add to that, prep time, construction of a huge greenhouse and many raised beds and you'll see that the 10,000 hours is only a portion of the time our members have spent supporting this great program.

We owe a big thanks to **Al Miller** and **Tom Baker** for initiating this project back in 1984.

Tom Baker and **Al Miller** started working on founding the Gardening From the Heart program way back in 1984 but he may say that it really didn't start until 1985. Originally our club had two teams of members that would teach classes, every Wednesday, at two locations with the adults at 700 S. Pearl St. in Albany and with the children at 314 Manning Blvd in Albany, NY. COVID-19 restrictions kept us out of the building, and we're waiting to hear what the next steps are for our activities at the 700 South Pearl St. location.

DATES TO REMEMBER

Today!	Please visit our friends that need our visits and cards
Saturday, March 12th 2022 9:45 am - noon	Spring Garden Day via Zoom Click here for the full brochure Cornell Cooperative Extension - Rensselaer County
Tuesday, March 22th 2022 12:10 PM – 1:15 PM	Professional Guidance on Growing Great Hostas Presented by: Dave Jennings Register @ https://reg.cce.cornell.edu/GreatHostas 241
Thursday, March 24th 7:00 pm	Amy from Gade Farm , will be presenting the topic--" New Plants for 2022 Join Zoom Meeting https://us02web.zoom.us/j/86801801498
Thursday, April 7 th 7:30 pm	Director's meeting – via Zoom. Members are welcome to join in. reply to this email and we'll send you the link when it becomes available.
Tuesdays 3:00 pm - 4:00 pm	Myers Middle School Garden Club The Vegetable Project at Myer's Middle School 100 Elbel Court, Albany 12209 Please reach out to Bill Stoneman prior to attending: thevegetableproject@gmail.com or 518-728-6799
Thursday, June 23 rd June 23 rd reserved with the 24 th as a Rain Date	Garden Tour Dave Jennings , Master Gardener Volunteer for Cornell Cooperative Extension of Saratoga County Pre-register by emailing DaveJenningsNY@aol.com

Editor: **Russ Greenman**

Amazon purchases can support or club

Go to smile.amazon.com

Log into your Amazon account and Select **Men's Garden Club of Albany**

Support your favorite charity at no extra cost when you shop at smile.amazon.com.

Please support research for ALS (Amyotrophic Lateral Sclerosis - Lou Gehrig's disease) in memory of one of our most active members - **Mr. Bill Town**

Click on this link to read his story: <http://community.als.net/teamtown>

Special thanks to **Paul Zimmermann** for our terrific website

<http://www.gardenclubofthecapitaldistrict.org/>

Go ahead - click on it - you'll be glad you did.

Thanks **Paul Zimmermann!!!**

We continue to welcome 501(c)3 deductible donations that can be dedicated to support our **Memorial Garden**, or the **Joe Herman Scholarship Fund**.

Please send your 501(c)3 tax deductible donation to **Russ Greenman** GCCD Treasurer

Please call **Russ Greenman** at (518) 477-8321 for details

*In Memory
Of My
Loving Wife, Young
Bruce Wilcox*

*In Memory of
Louis Meo
&
Richard Stankus*

*In Memory of
Al & Barbara Miller
Dave & Phil Harris
Bill Barr
Christian & Mildred Lebrecht
Ed Tompkins
Avrom Koblenz*

*In Memory of my parents
John and Carrie Meagher
They both loved Plants and Flowers
Jack Meagher*

*In Memory of
Grandpa & Great Grandpa
Carroll W. Greenman
Russ, Maria, and Carl*

*In Memory of
Wally Dillenbeck
and
Don Otterness
By Tom Baker*

*In Memory of
Bill Town
Joe Herman*

*In Memory of
my Dad
Carroll W. Greenman
Bob*



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East Greenbush - Across from Columbia Plaza



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Vegetable & Bedding Plants

Perennials, Shrub & Trees

Bulk Mulch & top soil

Farm Fresh Produce

Fresh, local baked goods

Seasoned firewood

Rt. 20, Guilderland

(just past 146)

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