



November 2024

Dear Members,

Don't ever stop gardening!

I've become fascinated with *Blue Zones*, a term coined by author and former National Geographic researcher, Dan Buettner. These zones are areas around the world where citizens live exceptionally long lives due to their diet, physical activity, social interaction, sense of purpose, faith, and more. These places are found in California, Costa Rica, Italy, Greece, and Japan. One of the most eye-opening aspects of these people is that they all garden.

BlueZones.com contributor writer, Lincoln Williams says, *"In all blue zones, people continue to garden even into their 90s and 100s. Gardening is the epitome of a blue zones activity because it's sort of a nudge: You plant the seeds and you're going to be nudged in the next three to four months to water it, weed it, harvest it. And when you're done, you're going to eat an organic vegetable, which you presumably like because you planted it. Gardening offers an array of benefits for people whose activities are limited. It's a good form of exercise that's not overly strenuous, a way for people to remain active, and offers an opportunity to socialize. Gardening also has the*

benefits of fresh air and sunshine—all that vitamin D is good for you." Now with that bit of information, I can imagine that you've decided to consider a lifetime membership to the Garden Club!

2024 has been a fantastic year as we reflect on our accomplishments and growing membership. One of the highlights being our Educational Grants, to foster a love of gardening for the younger generations. You can enjoy more highlights on this in the pages ahead. Many thanks to our Board and Committee volunteers who make our monthly programs and field trips informative and enjoyable. In addition, a big thank you, to all of those who assisted in our annual Plant Exchange & Marketplace fundraiser, which fund our grants and Club expenses.

Join us in celebrating our Club and the Holidays together, on December 11th!

Looking forward to growing with you,
Katie Cicillione



We are collecting dues for the 2025 season.

Checks can be mailed to:

**Mountain View Garden Club
PO Box 81
Clifford, PA 18413**

**Or better yet, bring them with you
to the next meeting!**

Upcoming Events

NOVEMBER 19

Holiday Kissing Ball



Presented by MVGC members Louise Guszick and Janelle Zigon

Join us at the Clifford Twp. Fire Company at 6:45 to make a fun holiday decoration. Fresh greens, ribbon and other decorations welcomed.

Tinsel Tree

Join Juliana Piccini and your fellow Garden Club members in Carbondale to decorate one of the many “tinsel trees.” Local groups and organizations decorate a tree in a theme that reflects their mission. Proceeds from the event help to support local food banks. Watch your email for details about the date and time.



HOLIDAY PARTY

Wednesday, December 11th
Montdale Country Club
(1452 Country Club Road, Jermyn)

Cocktails at 5:00 p.m. (Cash Bar), followed by a Buffet Dinner at 6:00 p.m.

\$40.00 per person

Guests are welcome

RSVP by December 1st to:

Helene (tinsleyresidence@gmail.com)

or

Joan Reading: (joan832417@gmail.com)

Payments can be made at the next meeting or mailed to:

Mountain View Garden Club
PO Box 81
Clifford, PA 1841

As per our tradition, each year the club solicits donations for a charity at the holiday party. In light of the devastation brought about by Hurricanes Helene and Milton we are collecting monetary donations for the Red Cross to go toward hurricane relief for the communities so severely affected by these two storms.

Happy Birthday

November

Linda Leber – 1st
James O'Pecko – 6th
Shannon Madden – 7th
Jennifer Mayers – 15th
Nancy Ross – 22nd
Joyce Lomma – 23rd

December

Sally Roberts – 1st
Rachel Bembas - 2nd
Helene Tinsley – 4th
Irma Schnessel – 8th
Mary Hayes – 21st
Mary Pucul – 24th
Sue Bidwell – 26th
Lynn Bott – 29th
Maureen Kupiec – 30th

January

Janelle Zigon - 11th
Melody Droppa – 13th
Carolyn Johnson – 22nd
JohnStahl – 27th
Judy Borosky – 28th

February

Joan Reading – 1st
JoAnn Hall – 4th
Susan Haff – 13th
Rachael Knowlton – 19th
Matilda Gavalis – 23rd
Louise Venturella – 26th

Welcome

We are pleased to welcome the following new members to the Mountain View Garden Club!

Josephine Copp-Salko

Mary Sue Salko

We look forward to seeing you at our future meetings and events.



It is with a sad heart that we report the passing of Nancy Ross. Nancy was a founding member of the Garden Club and stayed involved with the club's meetings and activities through the years. Nancy celebrated her 90th birthday last November and was featured in the MVGC Newsletter. She was an asset to the club and the community and will be missed.

<https://www.parisefuneralhome.com/obituaries/Nancy-Ross?obId=33590077>

Spotlight on Members

All of our members have wonderful and personal stories to share about their life and love of gardening. We thank Louise Guszick for sharing hers with us.

Louise has been a resident of Northeastern Pennsylvania for almost 50 years. She moved here to explore new opportunities.

Louise was born and raised in Paterson, New Jersey. She graduated from William Paterson University in 1971 with a Bachelor's Degree in Nursing and completed a Master's of Science in Nursing in 1980, which included a certification as a Family Nurse Practitioner. She worked locally in New Jersey.

Upon moving to Pennsylvania in 1975 Louise worked at Marian Community Hospital (formerly St. Joseph's), Carbondale, PA; Misericordia University, Dallas, PA; and the Department of Veterans Affairs, Wilkes-Barre, PA. She spent 32 years at the VA in Primary Care and Women's Health and established a nationally recognized Diabetes Education Program during her tenure.

In 1979 Louise was commissioned as a Captain in the Army Reserve Nurse Corps. From 1990-1991 she was deployed to Saudi Arabia for Operation Desert Storm. Her overseas assignments included Wurzburg, Germany; Panama; Honduras and Guatemala. In 2006 Louise was again called to active duty in support of Operation

Enduring Freedom, Hattiesburg, Mississippi. She completed 30 years of service in 2009 having attained the rank of Colonel.

After retirement in 2011 Louise decided to pursue her love of gardening and completed a course with Pennsylvania State University Master Gardener Program. She joined the Mountain View Garden Club around 2013.

Louise currently resides in Clifford Township with her husband, Steve. They have 2 children, Stephen and Michael, and 3 grandchildren. In addition to gardening she enjoys exercise, reading, and cooking.

A Thanksgiving Haiku

Sweaters donned outside
Vintage dishes used inside
Food and stories shared

When family gathers
Red wine flows and tales grow tall
Loud gets louder

Mom's cracked 'tater bowl'
Still graces the old table
Thanksgiving praxis

~Teri Mayberry



Trip to Cutler Botanical Garden

August 20, 2024



The day may have been overcast and cool, but enthusiasm was boundless and a good time was had by all!



A few views from the gardens



The Master Gardeners in the Vegetable Garden area were very informative and held our attention!



Don't we all need a sign like this!!

& Gourderlandia



Graham Ottoson explains how gourds are grown in her "pyramid maze."



Graham explains the many sizes and shapes of gourds



Graham demonstrates the range of the size and shapes of gourds.



A gourd fashioned into a stringed instrument.



It was a long, but great day!

All about Honey Bees

Presented by Orna Clum

September 17, 2024



Orna is a local beekeeper who was knowledgeable, informative and entertaining in her presentation.



Some of the equipment used in beekeeping. Bees only sting when they are guarding the colony or if they feel threatened.



A variety of honey from our region and from around the world that we were able to sample.



Bees perceive colors differently than we do!

- Spring honey is lighter in color, while dark honey is produced in the fall.
- Nectar from flowers is what attracts bees.
- Bees pollinate 70% of our food crops.
- Propolis is “bee glue” used to build and maintain the hive.
- The mite, Varroa Destructor, and the hive beetle are pests that threaten bee colonies.

Presentation by Educational Grant Recipients

October 15, 2024

The Educational Grant Program is a new addition to the Mountain View Garden Club's outreach to the community. The grants are available to teachers from schools in the surrounding areas for projects and field trips that reflect our mission. More information about the program is available on the club's website:

www.mountainviewgardenclub.org



Teacher Kristina Fitzsimmons, from Forest City Regional, used her grant money to take kindergarten students to Clifford Park. In class the students studied the forest eco system and were able to identify aspects of their lessons at the park. Eighth grade students, two of whom accompanied Ms. Fitzsimmons to our meeting, were also part of the project and acted as guides for the field trip. In all, fifty-five students participated in the project.



Alexandra Higgins used her grant money to take her hydroponic class to the Botanic Gardens at Penn State University. The thirty-three Carbondale High School students were given a guided tour of the gardens. They were also able to explore various gardens on their own. The students later wrote a reflection paper on their experience.



A sensory garden was the goal of Sheri Ransom from Mountain View School. She used her grant money to purchase supplies for the garden located in the elementary school courtyard. Students from Ms. Ransom's emotional support group worked on the project during the summer months.