



North Shore Horticultural Society

P.O. Box 171, Manchester-by-the-Sea, MA 01944

April 2024 Volume XXVI Number 7

www.NSHorticulture.org

Meeting Location

Sacred Heart Parish Hall
62 School Street
Manchester-by-the-Sea

Upcoming Meetings

Thursday, April 25th

*Rake, Shovel,
Sweep, and Lift:
An Ergonomic Workshop*

7:00 PM Social Time
7:30 PM Annual Meeting
7:45 PM Workshop

Thursday, May 23rd

Annual Plant Sale
and Auction

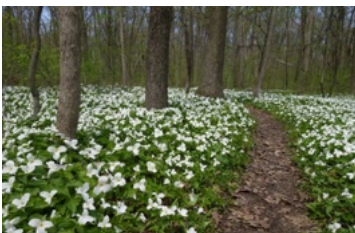
Thursday, June 27th

Annual Picnic
at Tuck's Point



Next Board Meeting

Thursday, May 9th
7:00 PM



Rake, Shovel, Sweep, and Lift: Ergonomic Workshop

Diann Glenn and Larry Young

Thursday, April 25th

Looking forward to gardening, yet frustrated with your body not wanting to move as you would like? Learn some tips for reducing post-gardening aches and pains, and building a stronger, more resilient body.

In this workshop, Diana Glenn and Larry Young, teachers of the Alexander Technique, will show you how to bring more conscious awareness to what you are doing while you are doing it. The Alexander Technique helps you use and direct the optimal amount of effort for any task, giving you more energy and less fatigue and pain for all your activities.

Diana Glenn has been in the field of wellness since 1989, continuously studying to develop her skills to help others. Her background in Physical Therapy started in 1994 as a licensed PTA adding Craniosacral Therapy and many other healing modalities along the way. Diana became a student of the Alexander Technique in 1998. In 2016, she completed the three-year certification program.

Larry Young is an American Society for the Alexander Technique certified teacher. He studied this technique thirty years ago to help improve his violin playing and singing, but much to his surprise, he quickly discovered that using it also greatly improved his mental attitude as well. He wanted to feel like that more often and to share this extraordinary experience with others, so he trained to become a teacher.

President's Message

Carol Batdorf

Hi Everyone,

Spring is here. I just came back from a trip to Ohio to see the solar eclipse. It was a totally cool experience. On the way, we could see spring advancing as we headed west. This season is truly magical with bursting colors of flowers and flowering trees and shrubs. The red bud trees in Ohio are my favorite. While visiting with my sister, we went on a wildflower walk. So many woodland ephemeral spring flowers were out. The bees were happy at each point of color. If you have a chance in the next few weeks, I encourage you to try to experience these woodland beauties.

Another thing that we did was to pull and dig up invasive honeysuckle vines that were around my nephew's deck and porch. I think we could have used some pointers on how to use our bodies correctly without doing ourselves injury. Our April program will hopefully help us to garden with good body sense and less pain. Knowing when to take a break and stretch is very important.

Please come and bring a friend. Spring is the beginning of a new gardening season.

~ Carol



Annual Meeting Board of Directors Slate for 2024-25

Carol Batdorf *President*
Alice Bradford *Secretary*
Kay Joseph *Treasurer*
Anne Morin
Joan Johnson
Norma Brettell

Refreshments

Thank you in advance to the following members for volunteering to bring treats to share at the April meeting: Carol Batdorf, Kathy Burns, Jonquil Furse, and Sue McLaughlin.

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### Upcoming Garden Events

#### Garden in the Woods – Opening Day

Framingham, MA  
Sunday, April 14  
<https://www.nativeplanttrust.org/visit/garden-woods/>

#### New England Dahlia Society Tuber Sale

New England Botanical Garden at Tower Hill  
West Boylston, MA  
Sunday, April 21  
<https://nebg.org/special-events/>

#### Celebrate Spring

Stevens-Coolidge House & Gardens  
Andover, MA  
April 24 – May 12  
<https://thetrustees.org/event/409882/>

#### Art in Bloom

Museum of Fine Arts  
Boston, MA  
April 26 – 28  
<https://www.mfa.org/event/special-event/art-in-bloom>

#### Long Hill Plant Sale

Long Hill  
Beverly, MA  
Saturday, May 11  
<https://thetrustees.org/event/416351/>

## The Plant Box

by Anne Morin



Every visit to the garden center always brings me to the Pinks. A ubiquitous and lovely offering no matter which retailer I visit, I have found them not only in pink but other colors like lavender, red and multi-colored. So, what makes them Pinks?

The toothed edging around the petals is said to resemble the effect of pinking shears on fabric, a jagged path that trims the ends, hence the name Pinks. Alternatively, they were primarily pink in color when named in the 17<sup>th</sup> century so it could come out of this basic attribute.

Within the 340 species of *Dianthus*, the genus in which we find Pinks, the trend is that they should be planted in spring to take advantage of their fast-growing nature to bring about a glorious bed of color in your garden. They will look entrancing all season long since they are deer resistant. However, if you have rabbits running through, they will stop to have a nibble.

And if you care to indulge, the petals can be eaten and are especially used for decorating cakes.

A cousin to the Carnation, Pinks have further appeal for your garden; they attract bees and hummingbirds as well as stand tough in the face of drought. They also fit well into our local climate, liking cooler temperatures and the seasonal sunshine we have to offer.

Bringing home a basketful of Pinks to brighten up your beds and borders will be a great step in the right direction for color and perkiness. And you will be right in line with the meaning behind Pinks – boldness. So go forward to the garden center and be bold! And happy planting no matter the color of your Pinks!