

April 2025

## South Schuylkill Garden Club

Third Tuesday of the Month at 6:30 PM

First United Church of Christ, Schuylkill Haven

[www.southschuylkillgardenclub.com](http://www.southschuylkillgardenclub.com)

[www.facebook.com/soschuylkillgardenclub.com](http://www.facebook.com/soschuylkillgardenclub.com)



### Cultivating the Community Newsletter

#### FUN FACTS ABOUT April

- April is known for beautiful spring weather, the start of warmer weather, and right about the time when the Easter bunny will make an appearance!
- April also only had 29 days, but a 30<sup>th</sup> day was added when Julius Caesar established the Julian calendar.
- In the Southern Hemisphere, April is the seasonal equivalent of October.
- No one is sure how the month ended up with its name, but we do know the Romans named it "Aprillis."
- The etymology behind the word "April" comes from the verb "aperire," which means "to open." It's commonly believed that the word refers to the season of trees and flowers begin to "open" or bloom.
- Those who were born in April have a diamond as their birthstone, which represents innocence. Their birth flowers are daisies and sweet peas.
- April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16<sup>th</sup> to April 26<sup>th</sup> each year. There's another one called the Eta Aquariids meteor shower that can be seen onwards from April 21<sup>st</sup>.
- There are quite a few notable historical people born in April, such as Leonardo da Vinci, Shakespeare, and Queen Elizabeth II.
- On April 14, 1912, the famous Titanic ship hit an iceberg and sank on her first and only voyage.
- George Washington was inaugurated as the First President of the United States on April 30, 1789.

### Coming Meetings and Events

#### April 15 - SSGC ANNUAL TEA

*South Schuylkill Garden Club*

*Annual Tea*

*Presents*

*Hats off to Fashion*

*Fashionable Hats from the*

*Bygone Era*

*Join us for an evening of food, fellowship, and fun.*

*Tuesday, April 15, 2025*

*Doors open at 5:00 PM*

*Fellowship Hall at First United Church of Christ*

*Donation: \$25 per Person*

*Check payable to SSGC mailed to*

*SSGC Treasurer, 754 Mountain Road  
Pine Grove, PA 17963*

*Information call/text 570.647.3735*

*Seating is limited.*

## Preparing for the Tea



## Getting into the Spirit of the Tea



## May 10 - SSGC PLANT SALE

Saturday, May 10, 8 a.m. to 1 p.m.

Bubeck Park at Stoyer's Dam, Schuylkill Haven

Native Plants, Perennials, Succulents, Annuals, Herbs,  
Vegetables, Shrubs, Heirloom Tomatoes, Trees,  
Day Lillies, Dahlia Bulbs, Canna Bulbs, Shade  
Plants, House Plants, Ground Cover, Hanging  
Planters

PSU Master Gardeners Available for Advice

Set up date - Friday, May 9, 2025

**Arrange tables, canopies, signs – 8:30 to 10 AM**

**Bring plants between the hours of 10 AM – 1PM**

**All plants must be labeled and watered**

**Native plants must have a "N" with a circle  
around it.**

**This is our largest fundraiser – all member's  
participation is needed.**

Signup sheets with times to help are attached at  
the end of this newsletter and will also be  
forwarded closer to time of the sale.

## May 15 - Bus Trip / Tour

### **Chanticleer Gardens and Jenkins Arboretum**

A guided tour through the historical gardens of  
Chanticleer. The tour guide will give the group a  
perspective on Chanticleer as well as describe the  
different types of gardens and philosophy behind the  
gardens at Chanticleer.

Jenkins Arboretum is a self-guided tour of 20 acres of  
natural woodland and gardens, including a gift shop and  
native plant sale.

Please contact Carol Haldeman  
570-345-2423 or 570-640-7511 for more info.

## May 20 – SSGC Spring Picnic

**Wayne Twp. Community Park**

**1549 Long Run Road, Schuylkill Haven**

Wayne Twp. Community Park will be our setting for a  
spring club picnic. Under the cover of the Lions  
Pavillion, we can picnic and then take a walk to enjoy  
the lovely California Poppy fields.

**Please bring along shareable picnic food**

**Set up time is 5 PM**

**Picnic is 6 PM**

**Clean up by 8 PM**

## March Meeting Recap

**A Big Thank You to Pat Schuttler** for taking us through a very nice yoga routine. Now that we are all limbered up, we can go dig in our gardens. While digging in the garden, don't forget to pot plants for the plant sale.

**Thank you** to Charlotte Foran, Carol Haldeman, Jeanne Zulick for refreshments.

**Preparing to dig up those plants by doing yoga and stretching those muscles.**



**This site might be of interest to some of you.**

[https://www.facebook.com/photo/?fbid=948960547408367&set=a.163608025943627&\\_cft\\_0\]=AZVEdJYyoiFP\\_LITNaM0F2fV\\_QrGEUG6IRdxJW\\_CHxAfdYDynWNunZS3J-NvENjIbSWLwqvJhZRAVkujiTwvBW7aLijKXkFXORs\\_LmfVt9BUge8Wk0VHXUgJdcXOo3J-qGXflVQAKh47VcjPi91wPioRkc-ifesUilfoHji3-5AWf8s\\_1JU56EfdZNPt-8ClSyPJQ8hWVEv33rCZ6k-B4dzp9G2jIMZ3i32ezWlyQTHppfQ&\\_tn\\_ =EH-y-R](https://www.facebook.com/photo/?fbid=948960547408367&set=a.163608025943627&_cft_0]=AZVEdJYyoiFP_LITNaM0F2fV_QrGEUG6IRdxJW_CHxAfdYDynWNunZS3J-NvENjIbSWLwqvJhZRAVkujiTwvBW7aLijKXkFXORs_LmfVt9BUge8Wk0VHXUgJdcXOo3J-qGXflVQAKh47VcjPi91wPioRkc-ifesUilfoHji3-5AWf8s_1JU56EfdZNPt-8ClSyPJQ8hWVEv33rCZ6k-B4dzp9G2jIMZ3i32ezWlyQTHppfQ&_tn_ =EH-y-R)



## **SCIENCE SHOWS OUR PLANTS TAKE CARE OF US, TOO**

There are some major reasons gardening and houseplant collections have become such popular social media trends. With so much worry in the world these past few years. Jamie Keaton Jones, LICSW, PHD, says for many people, tending to plants has surfaced as a hobby that's enabled many individuals to focus their attention on something positive, while experiencing greater comfort and beauty from the company of a living being inside their spaces. Plants and exposure to greenery have been found to have multiple mental health benefits, such as lowering stress, decreasing feelings of depression, increasing sociability, restoring focus, improving cognitive performance, improving mood, and increasing self-esteem.

Research has shown there are many benefits to being in the presence of nature, whether that's in a forest, having a small garden, or keeping a few household plants. "One study showed that patients at a hospital who had plants in their room reported less pain, lower blood pressure, less fatigue, and less anxiety than patients without plants in their rooms, says Dr. Jenny Seham, PhD.

How is this? She explains: “Cortisol, the stress hormone, has been shown to lower with plant interaction, lowering fatigue, irritability, and blood pressure. Gardening and care for plants can help people turn away from negative thoughts or emotions.”

Our lives are busy and largely sedentary, with a lot of time spent behind screens. Gayle Weill, LCSW, suggests raising plants can be an opportunity to practice true presence in the here-and-now, focusing on something pleasant and worthwhile as it’s right under your nose. Rather than dwelling on the past or worrying about the future, [plant care] helps one focus on the present moment and provides a feeling of accomplishment.

Tyler Keith, LCSW, a social worker specializing in stress, coping issues and behavioral issues (and an avid gardener) refers to this process as “grounding.” He explains: “Grounding is a mental health practice and spiritual practice that supports individuals’ senses of connectedness; a feeling of purpose, direction or a place in the world . . . whether [you’re] talking about growing a garden, tending to a single potted plant, or admiring trees both indoors or outdoors. When we experience grounding, changes happen in our bodies. Our heart rate slows down when we are grounded, our breathing becomes fuller, and muscles can relax as they become more oxygenated.”

*Lauren David*

**Plant Sale Signup Sheet (next page)**

**SSGC PLANT SALE SIGNUP SHEET (FRIDAY)**

**FRIDAY MAY 9, 8:30 A.M. TO 10:00 A.M. TO SET UP ALL TABLES, CANOPIES, SIGNS, ETC.**

Please email your name and time you can help to Carol, Nancy or Kim

Name

Time

\_\_\_\_\_

**MEMBERS ARE TO BRING THEIR PLANTS BETWEEN 10 A.M. & 1 P.M.**

**FRIDAY, MAY 9, 10 A.M. TO 3 P.M. TO PRICE, SORT AND DISPLAY ALL PLANTS**

Please email your name and time you can help to Carol, Nancy or Kim

Name

Time

\_\_\_\_\_

**SSGC PLANT SALE SIGNUP SHEET (SATURDAY)**

**PLANT SALE IS FROM 8 A.M. TO 1 P.M.**

**CLEANUP IS FROM 1 P.M. TO 2:30 P.M.**

**MEMBERS NEEDED SATURDAY MAY 10, 7:30 A.M. TO 2:30 P.M.**

Please email your name and time you can help to Carol, Nancy or Kim

Name

Time

\_\_\_\_\_

**MASTER GARDENERS (To assist buyers on Saturday)**

Name: \_\_\_\_\_

Time: \_\_\_\_\_