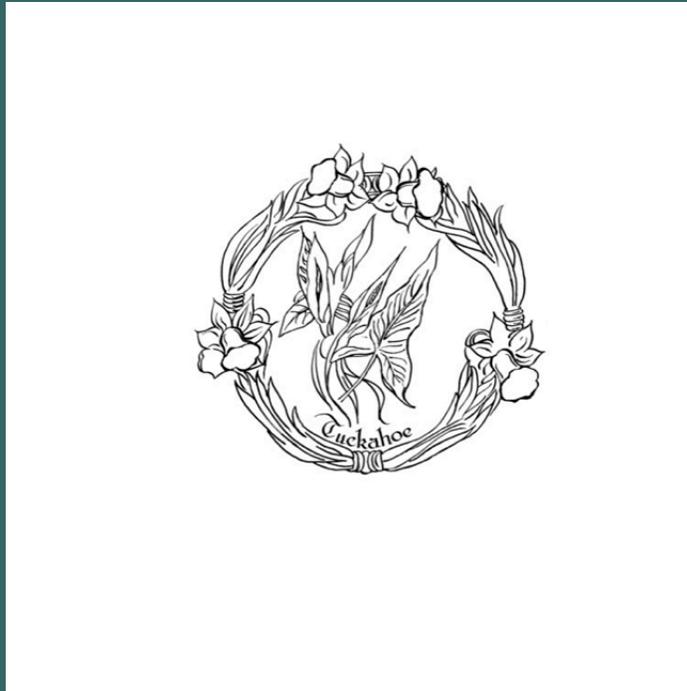


From: Tuckahoe Garden Club Newsletter Editor tuckahoegardenclub@gmail.com 
Subject: Please read and enjoy this update from "The Tuckahoe News"
Date: December 10, 2019 at 8:37 PM
To: jbmountcastle@mac.com



THE TUCKAHOE NEWS



December 2019

"Read, Enjoy, and Stay Informed"





THE PRESIDENT'S MESSAGE

December Greetings Tuckahoe Garden Club!

Did you know that there are needlepoint ornaments from each of the GCA clubs adorning the Christmas tree at GCA headquarters in New York City? That is a total of 201 ornaments! I thought you'd like to see a picture of Tuckahoe's ornament proudly hanging on this year's tree, lovingly needlepointed by sustainer member Pattie Williams several years ago.

"May you have the **GLADNESS** of Christmas, which is **HOPE**,
The **SPIRIT** of Christmas, which is **PEACE**,
The **HEART** of Christmas, which is **LOVE**."
-Ada Hendricks

Peace, Love, Gladness and Hope....may the Spirit of Christmas embrace each of you and live in your Hearts now and throughout the coming year—my wish to each of you. Thank you for the gift of your friendship, your confidence and most importantly for each of you just being.....YOU!

Betty





TGC NEWS & INFORMATION





TGC Membership Update

We are pleased to announce that Arpie Starke will be joining our club!

Unfortunately, Mary Middleton has decided that she will not be able to participate this year due to some preexisting plans which would interfere with some of our key garden club activities and commitments.

Please join us in welcoming Arpie to our club. She will be an outstanding asset, and we are thrilled to have her! Please make note of our new members' contact information below

Merry Christmas!
Elizabeth and Janie

NEW MEMBER CONTACT INFORMATION

Meredith Arendale (Mrs. John G.)
6343 Ridgeway Road
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C 434-242-6016
mereditharendale@gmail.com

Catherine "Kate" Christner (Mrs. Henry)
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Suzanne Duncan
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C 347-835-7372
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Stephanie Lansing (Mrs. James H.)
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Richmond VA 23229
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Cara Rogers (Mrs. Chris)
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H 804-303-3929
C 804-658-9708
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Chris Shands (Mrs.Tyler)
4218 Kingcrest Parkway
Richmond, VA 23221
H 804-285-7768
C 804-928-3100
cgshands@gmail.com

Anne Robertson Parker Starke
(Mrs.McKeen Starke)
5402 Cary Street Road
Richmond VA 23226
arpiestarke@gmail.com
C 804- 997 -1774



Chris Shands (L) and Suzanne Duncan (R)





Kate Christner (Top) Cara Rogers (L) and Stephanie Lansing (R)

TGC Holiday Sale





FA LA LA LA LA...🎄

Thank you so much to our incredible members for participating in and supporting the annual TGC Christmas Wreath Workshop and Sale this year!

IT WAS A HUGE success! Our projected profit is \$7945!

What a wonderful two days we shared together. A special shout out to Susan Meyer for opening her LOVELY home to us; to Peyton Wells for leading an amazing wreath workshop (the best yet!); and to the insane amount of generosity and talent and hard work that you ALL brought to the sale and raffle this year!

We feel completely blessed to be part of The Tuckahoe Garden Club, and we wish you all a very Merry Christmas!!!

The Greens Workshop and Christmas Sale Committee:

Beth Norfleet, Shelley Roberts, Kelly Armstrong, Betsy Carney, Karen Gilmore, Anne Kempe, Katherine Salt, and Macon Willingham.





HO HO HO!!

Check out Sue and Abbie's Sustainable Gift Ideas!

Show your friends and family what a savvy, eco-minded shopper you are. Influence them to choose sustainable products in their future gift giving—let's be a force for sustainability! It starts with a spark—be that spark that lights a fire!

Clothing:

Converse All Star Renew Sneaker: Nordstrom's (made from 100% recycled polyester jeans or plastic water bottles)

<https://shop.nordstrom.com/s/converse-chuck-taylor-all-star-renew-high-top-sneaker-women/5261750/lite>

Madewell Eco-Edition Denim Jeans: Fair trade denim sourced. www.madewell.com

<https://www.madewell.com/search?q=Eco+Edition&lang=default>

Girlfriend Collective Biodegradable Tee, Athletic Wear: Girlfriend.com. made from recycled water bottles

<https://www.girlfriend.com/collections/the-perfect-white-tees?view=two-col>

Bags and Totes:

Lotus Trolley Bags: <https://www.lotustrolleybag.com/>

Baggu Tote: <https://baggu.com/>

Kitchen:

Farbarware Food Huggers: [https://www.amazon.com/s?](https://www.amazon.com/s?k=food+huggers+farberware&gclid=EA1aIQobChMIwtvRkKys5gIVR_7jBx1odQCBEAAYASAAEgJWJPD_Bw)

[k=food+huggers+farberware&gclid=EA1aIQobChMIwtvRkKys5gIVR_7jBx1odQCBEAAYASAAEgJWJPD_Bw](https://www.amazon.com/s?k=food+huggers+farberware&gclid=EA1aIQobChMIwtvRkKys5gIVR_7jBx1odQCBEAAYASAAEgJWJPD_Bw)

[E&hvadid=241638764344&hvdev=c&hvlocphy](#)

Sux Straws made from stainless steel: https://www.amazon.com/SUX-Straws-REPLACEMENTS-Telescopic-Cleaning/dp/Bo7R7XCNXC/ref=sr_1_4?keywords=sux+straws&qid=1576024367&sr=8-4

Poketo glass straws: <https://www.poketo.com/collections/tabletop/products/glass-straws-warm?variant=13992303853620>

Wax canvas lunch bags – https://www.etsy.com/market/waxed_canvas_lunch_bag

Flip and Tumble reusable produce bags: <https://flipandtumble.com/>

Abeego (reusable beeswax Foodwrap that breathes): <https://abeego.com/>

Rosti Mepal Ellipse Reusable 3 piece cutlery: <https://www.amazon.com/Rosti-Mepal-RST57600NP-Ellipse-Reusable/dp/Bo6X9CDCFT>

Other:

Portable Solar Powered Charger: <https://www.amazon.com/BEARTWO-Ultra-Compact-batteries-Flashlight-Activities/dp/Bo7DW5LK2Z>

The Humble Company Toothbrush (made from sustainable sourced bamboo) https://thehumble.co/?gclid=EAIaIQobChMIwtbryq6s5gIVg5-zChozPw1DEAAYAiAAEgLEc_D_BwE

Nellies all natural dryer balls: <https://www.amazon.com/Nellies-Blue-Dryerballs-Naturally-Non-Toxic/dp/Boo45Z12LW>

Air Cork Yoga Mat: <https://yolohayoga.com/product-category/yoga-mats/>

Houseplants to purify air

Kishu Charcoal Water Purification Sticks: <https://kishucharcoal.com/faqs/>

Happy Shopping!



GARDEN CLUB OF VIRGINIA NEWS & INFORMATION



GARDEN CLUB OF VIRGINIA





**WATCH “THE PLASTIC PROBLEM” - PBS NEWSHOUR
REFUSE TO USE--LEARN MORE!**

I was so impressed with the number of members who agreed to try to honor the “Refuse to Use” pledge at the last meeting. (New members....GCV has challenged members to pledge to “Refuse to Use” plastic. Check it out on the GCV website.) So, those of you who signed the pledge.....have you tried not using plastic? It’s hard isn’t it? Since signing that pledge, I’ve been more aware of the amount of plastic in our culture. It is everywhere! This effort is really hard, if not seemingly impossible. If I truly honored the pledge, I’d miss my favorite salad from Fresh Market that I eat for lunch. That is just one of the dozens of challenges facing me trying to honor the pledge.

Last week I had the TODAY SHOW on in the background while working away at my desk. My ears perked up when I heard “The Plastic Problem”. The moderator of “The Plastic Problem” was being interviewed and it was fascinating. I urge you to watch this show that was originally aired on PBS earlier this fall. You can find it on YouTube. It reveals horrifying statistics and

conditions involving plastics around our world and in our seas. Surely it will motivate you to try to do your part to change our reliance on plastic. Here are two interesting facts I learned:

Only 10% of Americans recycle plastic. 10%! And the plastic that is recycled is often not recycled because it is not clean or it is mixed with other materials. The real problem is consumption and our dependency on plastic.

So what is a person to do? Start small and demand change at the places you shop. And preach this to your family and friends. Here are some small ways you can start now:

Refuse to use the plastic bags you put your fruit and vegetables in. Either take your own produce bags (we sold them at the Christmas Sale) or just plop your produce into your basket. Don't use those plastic bags unless you plan to use them again in some other way.

Refuse to buy pre-wrapped produce. Buy them loose and put them in your own produce bag.

Going out to dinner? Take your own container for your leftovers-don't bring a new plastic container into your home.

And of course this is obvious.....use your water bottle-don't buy water in plastic. Think water in plastic bottles is better for you? We sold water filters at the Christmas sale to put in water bottles that filters your water-check those out. Take your Yeti cup to Starbucks or the gym to fill with coffee. Don't toss a plastic lid into the trash each time you buy your coffee.

They now make silicon bags to pack snacks and lunches in. You can wash them in your dishwasher. Use bees wax wraps.

And use this simple mantra; "don't bring new plastic into your home."

So, this effort, while daunting, will, if nothing else, make you more aware and hopefully influence you to change some habits. Start small and demand change!

What alternative methods do you have to avoid using plastic? Please send them to me and I'll share. Let's make this a collaborative, inter-active effort.
Refuse to use!

Betty Jenkins





THE GARDEN CLUB *of* AMERICA

GARDEN CLUB OF AMERICA NEWS &
INFORMATION

Take the Healthy Yard Pledge



Take The Plunge.....Take The Healthy Yard Pledge!

Worried about what your lawn care company is putting on your lawn? Don't want your children, grandchildren or dogs to romp on your grass afterwards? Did you know that even though companies say those chemicals are safe several hours after application, the residue is still there? And, that residue is brought indoors onto your rugs and floors from your shoes and your dog's paws. YIKES—this is scary information!

Dr. Diane Lewis, a physician, mother, and member of the Bedford Garden Club in NY state, started The Great Healthy Yard Project, a nonprofit that raises awareness about the potential dangers of lawn chemicals and promotes signing a pledge to eliminate their home use. Chemicals used on lawns can be carried into streams, lakes, and reservoirs, and leach into the soil, contaminating groundwater aquifers, ultimately polluting drinking water and threatening human health and our environment. A study by the US Geological Survey (USGS) showed that almost every water and fish sample collected from streams and about half of all wells that were sampled contained at least one pesticide. Of those contaminated, most contained at least two chemicals. These contaminants are not removed by routine water treatment.

The GCA, in keeping with its mission to promote environmental awareness and preserve natural resources has embraced the vision of The Great Healthy Yard Project by encouraging GCA club members to take the pledge: "I pledge to take care of my yard without synthetic pesticides, weed killers and fertilizers except on rare occasions to resolve an infestation or to improve habitat for native plants and wildlife. I also pledge not to throw pharmaceuticals down my drains or toilets." Take this pledge by going to the GCA homepage. The Healthy Yard Pledge link is right there and also a wealth of information in the accompanying link "Learn about the GCA's support of the Pledge."

Betty



Tell us what you think about this newsletter format and content! Email Jill Mountcastle jbmountcastle@mac.com with any comments, questions or concerns.

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