



FEBRUARY
2025
Newsletter

FEBRUARY MEETING – THURSDAY, FEBRUARY 13

IDAHO SPRINGS ELKS LODGE

1600 COLORADO BLVD.

12:00 LUNCH AND MEETING

Tree Trimming & Pruning by David LaCroix, Summit Tree Service

Lunch cost is \$13.00, payable at the meeting

If you “plant” to attend, please RSVP not later than **Sunday, FEBRUARY 9** to Linda Yowell at 303-898-8017 or via email, rickyowell7682@msn.com

MEETING TOPICS for 2025

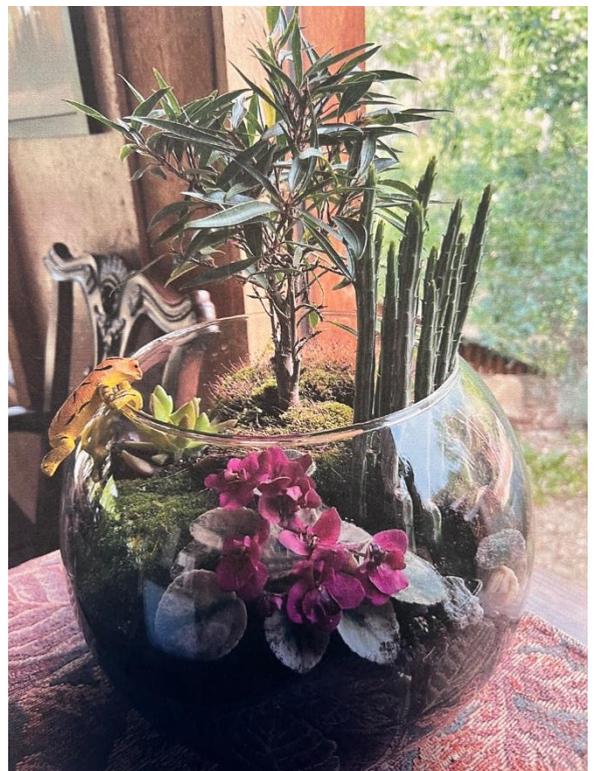
Thursday, March 13 – Make a Terrarium with Debbi Novotny

Thursday, April 10 – Rain Barrels

Thursday, May 8 – Rock Painting with Larrice Sell and Wendy Binninger

MARCH MEETING
MAKE A TERRARIUM
WITH DEBBI NOVOTNY

The cost will be \$10.00 for the bowl, or you can bring your own. Please limit the size of your bowl to 8” in diameter. Soil, plants, moss and rocks will be provided by the club. If you want to purchase a bowl, please indicate that when you RSVP to Linda Yowell by Sunday, February 9.



WREATHS ACROSS AMERICA, DECEMBER 2024

As an on-going project for the Garden Club, we wish to thank those who distributed or displayed the wreaths for the Wreaths Across America Program. We will always take the opportunity to thank veterans for their service.

Wreaths Across America is a nationwide program which recruits volunteers to place wreaths on the graves of veterans. Wreaths are paid for through local donations made to the organization. In Clear Creek County, wreaths were placed at all of the cemeteries and the Blue Star Memorial Garden in Idaho Springs.



The Blue Star Garden is maintained by Club members Nancy Spletzer and Jeff Ricklefs. Thank you!

FEBRUARY "LOVE OFFERING"

Each February the club collects monetary donations from Members to support the Project Support Senior Center in Idaho Springs. The Garden Club matches the amount of the donations made by Members. The money is donated to the Senior Center which then uses the funds for a field trip or project. Please bring your optional donation to the February meeting.

MCVHS MARDI GRAS

SATURDAY, MARCH 1, 5-9 P.M.

The Mill Creek Valley Historical Society is celebrating Mardi Gras at the old school, 150 Dumont Lane, in Dumont. Homemade southern food and a cash bar serving wine, Louisiana beer and Hurricanes. Drawings and best costume prizes. Visit www.mcvhs.org for more information.

\$25.00 p.p at the door, cash only

NOVEMBER 2024 MEETING RECAP

Welcome to our new members/guests - Barb Downing and Nancy Santagata and her husband Dan Silbaugh.

Kat Forman from Clear Creek Advocates gave an overview of what they do for the county. The Advocates help victims of crime through the judicial process. Originally, it was started for domestic violence but has expanded into assisting with a variety of crimes. They partner with local law enforcement and show up for fires, deaths, back country emergencies as “2nd responders”. They orchestrate the annual Santa’s Shop, which offers free holiday gift shopping to families in need. Instructions on how to donate were provided.

Casey Crim did a presentation on “Native Garden Landscaping”. She also suggested several locations for compost sourcing - Pioneer, Bio, and South Santa Fe.



Kris Miller made a motion to donate \$250.00 to Loaves and Fishes and to reimburse Walt Weiss for his purchase of coffee for Loaves and Fishes of \$160.00. This was seconded by Rick Wells and motion carried.

There are no minutes from December 2024 as our holiday party was held instead of a regular meeting.

COLORADO GARDEN & HOME SHOW

FEBRUARY 8-16

COLORADO CONVENTION CENTER

M-F 12 – 6, SATURDAYS 10– 6, SUNDAYS 10 – 5

\$15 ADULTS, \$12 SENIORS, UNDER 12 FREE

Hate the gym? There's An Easier Way To Get Fit And Stay Healthy



Excerpted from an article written by Dr. Richard Claxton, a GP, garden designer and founder of green-prescribing network [Gardening4Health](#)

Hate the gym? Then Dr Richard Claxton has good news: studies show that being active in your garden offers a host of health benefits. Gardens could offer a readily accessible solution to many of the health problems we face as individuals and allow the focus on preventative healthcare at a societal level that has been so badly lacking in recent years.

A 2019 study on 150,000 gardeners across the USA showed they had better outcomes in terms of cardiovascular health status, lower odds of diabetes, better mental and physical health status, greater fruit and veg intake, and altogether a significantly lower risk of ten-year mortality. Another study on people who joined a community garden in Utah showed that they were significantly less likely to be overweight. A combination of the calories burned and healthier diets is likely to be responsible here. It's been estimated by the Center for Disease Control in the USA that an hour of gardening can burn between 250 and 350 calories. This rises in more vigorous activities, and, to my delight, illustrates that three hours in the garden can be equivalent to one in the gym.

Hate the Gym, continued



Regular gardening can also significantly improve mobility and flexibility. Gardening tasks often require bending, reaching, and stretching, which can improve balance and co-ordination. A study published by the American Society for Horticultural Science highlighted that gardening activities can improve the range of motion and decrease the stiffness in the joints, making it an excellent exercise for people with arthritis or mobility issues.

Gardening helps keep us mobile and balanced, because as we move around from task to task, we're keeping our muscles and joints active, but also working out our proprioceptive (joint position sense) nerve endings that feed into the balance centers in the brain. In 2012, the US Health and Retirement Study showed that gardeners were more likely to pass gait and balance tests, and that they had a 30 per cent reduction in falls.

The other beauty of gardening as an aid to physical fitness is that it can be tailored to the individual. For those with reduced levels of fitness or mobility, adjustments can be made that enable them to keep gardening. Raised beds, lightweight tools, ergonomically designed handles, or even a smaller plot or a balcony, are all ways that we can keep on gardening, irrespective of our circumstances and abilities.

So I can happily stay in my old jeans and woolly jumpers, steer clear of the Lycra, and keep gardening both for my physical fitness, as well as all its other benefits.

The mission of [gardening4health](http://gardening4health.org), a UK based charity, is to give people living with mental and physical health problems a Therapy Garden, within easy reach, that delivers the very best social and therapeutic horticulture.