



The Perennial

April 2021

2020-21: Issue 7

Website: <ArlingtonGarden.org>

Facebook: m.facebook.com/arlingtongardenclubma

Greetings fellow gardeners!

We experienced another enjoyable membership meeting in March, albeit virtually, and I'd like to give a brief summary for those who were unable to join us.

I contacted an old friend and colleague, Marian Miller, to speak to the Club. She is now Programs Manager for the Mystic River Watershed Association (MyRWA), an environmental organization based in Arlington. Much of MyRWA's work impacts Arlington, as many of you probably know.

Marian presented impressive visuals, including an interactive component, giving a comprehensive overview and summary highlighting the Mystic Greenways progress. She acknowledged our community involvement in several ways as well. As some of you may have also done, I have volunteered in the past to pull invasive water chestnuts out of the Mystic Lakes.

I feel it is of vital importance for our garden club to support the various conservation organizations in our area. They truly impact our person lives, our community and provide ecological value to our planet and us!

Hope to see many of you at our next meeting in April.

Happy Spring ! 🌸🌿
Lolly Bennett - Club President

April Program – Wednesday, April 21th, 2021 – 10:30 am
via Zoom (Zoom link will be sent a few days before the program.)

“Avoiding the Green Helmet”

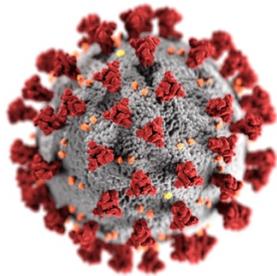
Jen Kettell, of Radiant Leaf Consulting

Jen Kettell, of Radiant Leaf Consulting, will help us learn how to prune shrubs at this time of year. In some ways, Jen says, pruning flowering shrubs can be a bit more complicated than pruning trees. When shrubs have been improperly pruned or just left to their own devices, they begin to resemble what she calls “the green helmet”.

In this virtual workshop you will learn how to avoid the green helmet by selective and timely pruning using her 10-step guide along with the appropriate tools and personal protective gear.

Now What?

Stephan Miller, Environment Chair



We are, with increasing frequency, getting vaccinated against COVID-19. What now? After a year of near lockdown and wearing masks whenever we leave the house, how do we behave in the period when not all of us are vaccinated and beyond? At least in the near term,

please keep wearing your mask and maintain your distance from others when you are out and about, especially when visiting indoor venues containing other people who may not be vaccinated.

How long after getting the vaccine will you be effectively protected? Data from the initial clinical trials of the Pfizer and Moderna vaccines indicate that immunity begins to appear from 12-14 days after the first injection. The same is true for the single-dose Johnson & Johnson vaccine. The data indicate that resistance to the disease builds over a period of months after being vaccinated. This means that you will not be fully protected, to the extent that the vaccine is capable of protecting you, until a month or so after your last injection.

Data collected during the Phase III trials of these vaccines was primarily about protection from symptomatic disease. There is less information about whether, once vaccinated, you are can actually get infected with the virus or not. In other words, do the vaccines protect you from having symptoms of COVID-19 even if you are infected or do they only prevent or reduce the severity of the symptoms? Right now we don't know the answer to this question. This means that, even though you have been vaccinated, you may be able to spread the virus to others that have yet to be vaccinated or for whom the vaccine is ineffective.

We are currently seeing a fourth wave of viral infections in some countries and some states. This may be due to people letting down their guard and not distancing or wearing masks and/or the higher virulence of the mutant viruses that are popping up. Viral mutations arise under conditions where the number of people infected is high so even a small wave is concerning in this regard.

Do the current vaccines protect you from the new mutant viruses? Preliminary experiments indicate that the vaccines are less good at protecting against viruses with some of the new mutations but still good enough. However, if we allow the virus to replicate out of control, a resistant variant is eventually likely. There is then, a race between vaccinating people and the virus producing mutations. We can win this race if we continue to take precautions until everyone is vaccinated. By summer, we will probably have a better idea of how being vaccinated effects viral transmission. Until that time, if you have been vaccinated, wait a month after your last inoculation and then you can get a haircut or get your teeth cleaned, but do continue to wear a mask under most circumstances until the virus is at a very low incidence or post trial data indicates that the particular vaccine you have been given prevents or drastically reduces the spread of the virus.

Kindness

Poet - Rosemary Wahtola Trommer

Photographer - Joan Robbio

Consider the tulip,
how it rises every spring
out of the same soil,
which is, of course,
not at all the same soil,
but new. How long ago
someone's hands planted a bulb
and gave to this place
a living scrap of beauty.



Consider the six red petals,
the yellow at the center,
the soft green rubber of the stem,
how it bows to the world. How,
the longer we sit beside it,
the more we bow to it.

It is something like kindness,
is it not? The way someone plants
in you a bit of beauty - a kind word,
perhaps, or a touch, the gift
of their time or their smile.
And years later, in the soil that is you,
It emerges again, pushing aside
the dead leaves, insisting on beauty,
a celebration of the one who planted it,
the one who perceives it, and
the fertile place where it has grown.

Members' Corner

Please welcome 2 new members:

Francesca Vitale

Francesca just "moved to the area in the fall."
She is grateful to find this community, and looking forward to being
involved and giving back to our community through plants.

Marie LaCour

Marie is interested in soil testing, drip irrigation, garden design,
composting, making mulch and canning.

Please add Francesca and Marie to all of your email lists.

Longtime member Fritzi Galley has settled in her new home.

Member Nancy Pike has a new email address