

# OCTOBER 2021 NEWSLETTER



OCTOBER 12 - Board of Directors meeting (updates in the next newsletter)



NOVEMBER - Fort Collins Banquet Weds Nov 10, 5:30 at Drake Center  
Loveland Banquet Weds Nov 17, 5:30 at Garden Room  
Thanksgiving Holiday (No Rides) Nov 25-26 (Thurs-Fri)

DECEMBER - Christmas Holiday (No Rides) Dec 23-24 (Thurs-Fri)  
New Years Holiday (No Rides) Dec 31 (Fri)



## OCTOBER GARDEN TIPS

- Before a hard frost, schedule professional tree pruning so that early snows won't damage valuable trees.
- After a hard frost, prevent winter sunscald damage to trunks of young, thin-barked, leafless trees by covering them with tree wrap. Be sure to remove the wrap in April.
- Throughout the winter, set up a schedule to water every four to six weeks unless we have an unusually wet season. Wait for a day when the temperature is over 40 degrees, drag out hoses and water early in the day. Southern and western exposures usually need the deepest watering, along with any newly planted trees, shrubs and perennials. Water each setting for about 30 minutes. Be sure to disconnect hose and roll it up to drain it to prevent freeze damage, leaving it ready to use the next time it's needed. And remember that warm, windy fall weather means the landscape dries out even faster.
- Clean up the garden. Remove and discard any diseased foliage. Remove dead annuals and cut back perennials, leaving about a three-inch crown. Exceptions are ornamental grasses, butterfly bush, Russian sage, agastache and other late-bloomers that shouldn't be cut back until late February or early March. Add disease-free, chemical-free cut foliage materials to the compost pile. Cut or shred any larger stems or branches for quicker breakdown in the pile.
- When temperatures remain at 22 degrees for several nights, mulch your more tender roses such as hybrid teas with additional mulch, evergreen boughs or dry shredded leaves. Stay away from sawdust or peat moss, which packs tightly, defeating good air and water circulation.
- Before a hard frost, exposure to 40-degree temperatures will destroy the enzyme responsible for ripening green tomatoes. When that barrier looms in the forecast, harvest any remaining green tomatoes and bring them indoors. Wrap in newspapers until ripe or place on a rack, not touching, in a place that has 65- 70-degree temperatures. Or try pulling the whole plant and hanging it, upside down, in a frost-free garage or porch. The fruit will slowly ripen. Can, freeze or dry extra fruit for winter use.
- Get rid of old, toxic household and garden chemicals. Contact your local municipality for drop-off or pick-up information. You can look on the Larimer County Landfill site (<https://www.larimer.org/solidwaste/haz/household>) for information about free household hazardous waste disposal



# IN-CAR EXERCISES!



But not swimming – don't swim in cars...

## Kegels.

Tighten your pelvic floor muscles for a count of 8, then relax for a count of 10. Repeat 5-10 times depending on drive time so you get all your exercises in.

## Inner Thigh Squeeze.

You can do this activity either by simply squeezing your thighs together or placing a tennis ball between your knees and squeezing the ball.

## Mini Crunches.

Sit up straight in your seat. Engage your core, and feel your belly button. Then imagine pulling it towards your spine. Tighten your abs as hard as possible, hold for a count of 8 and release.

## Bicep Curls.

Simply curl your bicep by bending your elbow and making a fist, bringing your fist towards your chest. Clench your fist as if you are lifting a weight. Really tighten your bicep as much as possible for maximum effect.

## Deltoid Rotations.

This exercise is performed by stretching out your arm, it can be in front or to the side, straight out parallel to the floor and rotating your straight arms in small, quick circles. Switch directions for variations.

## PUMPKIN CRAFTS ....



If you look you can find a pumpkin in almost anything!

Or make a block of wood into a uniquely shaped decoration ...



Guess what these little pumpkins are made of?? Pool noodles! Just cut the noodle into your desired height and then either cover with an old sweater or flannel shirt sleeve, tucking in at top and bottom – or wind with yarn!! Cork or a stick for a stem... Easy and adorable!







# FALL!

Here are some interesting tidbits about this beautiful season....

In America, we use the term “fall” to refer to the cooler months of the year preceding the coldest season. Fall begins September 23rd and ends on December 21st.

We typically think of 'fall' as the North American version of the word 'autumn', but it was in fact in widespread usage in England until relatively recently. Originally a shortening of the phrase *fall of the leaf*, the phrase was common in England in the 17th century. The word autumn entered English from the French *automne* and didn't become common usage until the 18th century. Prior to these names, the season was called “harvest” because of the harvest moon or full moon which occurs around the autumn equinox.



## The Earth's Tilt

The four seasons are caused by the tilt of Earth either towards or away from the sun. When the Northern Hemisphere is tilted away from the sun, temperatures decrease. The result is the occurrence of the fall and winter seasons.

## It's Science

The yellow and orange color we see in leaves are actually contained within them throughout the year. During warmer months, these colors are overpowered by the green color produced by chlorophyll. As the days grow shorter in the fall, chlorophyll in plants decrease. Thus allowing yellow and orange colors to emerge. Red and purple colors appear in leaves due to their high sugar content. Plants store and use sugar content as fuel in the fall and winter months.

Evergreen trees such as pine, cedar and spruce stay green throughout the year due to a thick wax that prevents their needles from freezing over or reacting to cold weather.



## Pumpkin Spice Latte

Pumpkin spice has taken the world by storm. It however often doesn't contain any pumpkin.

In most cases, the flavoring contains ingredients used in pumpkin pie such as cinnamon, ginger, nutmeg, allspice and cloves.

## A Date For Your Diary

Generally speaking, the autumn equinox always falls on either 22 or 23 September, but not quite always. Because the Gregorian calendar is not quite in perfect symmetry with the Earth's orbit, the autumn equinox will very occasionally fall on September 24. This last happened in 1931 and will next happen in 2303.

