

The *Monument Library Spinning Group* will meet from 10 to 3:45 on Thursday, Sept. 26. Come explore the craft of hand spinning.

**Palmer Lake Library Events**

The Palmer Lake Book Group meets at 9 a.m. on the first Friday of each month. Please call 481-2587 for the current title.

*Family Story Time* in Palmer Lake is on Wednesdays at 10:30.

*Toddler Time* is on Fridays at 10:30.

Come to the Palmer Lake Library from 1 to 2 on Friday, Sept. 13 to experiment with mechanical assists using an extension grabber you make and experiment with cooperative building as you stack cups without touch-

ing them. This program is for home-schoolers ages 7 through 12.

On Saturday, Sept. 21 at 10:30 join us to make wooden spoon puppets using various colorful materials. Make a puppet to take home! Recommended for ages 5 to 12.

*Harriet Halbig can be reached at harriethalbig@ocn.me.*

*Palmer Lake Historical Society, Aug. 3*

**Railroad Days celebrates completion of 'Transcon'**

*By Sigi Walker*

The first celebration of the completion of the Transcontinental Railroad was held on May 10, 1869, at Promontory Point, Utah, at which a "golden spike" was driven to mark the completion. Photographer A. J. Russell took what has become an iconic image of that event. On Aug. 3, the Palmer Lake Historical Society's "Chautauqua celebrates 2019 Railroad Days in Palmer Lake" commemorated the 150th anniversary of the completion of the "Transcon," joining numerous historical societies and museums across Nebraska, Wyoming, Utah, Nevada, and California hosting similar events.

In the Town Hall, Palmer Lake's celebration featured two very special model railroad layouts. One was a model recreation of a German/Austrian mountain railroad, the other a 28-foot-long modular layout depicting various Colorado scenes. Model railroad activities, such as "switching puzzles" in two different gauges, interested both young and old. During the morning, four railroad history presentations were offered. Information tables staffed by the Palmer Lake Historical Society, the Cumbres & Toltec Scenic RR, and area trolley and railway museums provided handouts on their organizations' activities.

On the Village Green, booths were set up for Colorado Parks & Wildlife, Mining Museum's Gold Panning, Pioneer Arts & Crafts, and Operation Lifesaver along with a vintage railroad baggage cart from the Pikes Peak Trolley Museum and a railroad motor car from the Pueblo Railway Museum. Food was available from Palmer Lake's own Smokey the Pig Wood Pit BBQ booth.

Highlight of the afternoon was the annual Friends of the Tri-Lakes Library Ice Cream Social accompanied by the velvet sounds of the Velcro Barbershop Quartet.

A morning and an afternoon tour of historic areas of Palmer Lake by Jim Sawatzki rounded out the activities.

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Mark your calendars for Thursday, Sept. 19, when the Palmer Lake Historical Society Monthly History Series presents Bethany Bonser telling the story of *Outlaws and Lawmen of the Wild West*. Do you know what infamous outlaws are buried in Glenwood Springs' cemetery? The venue is the Palmer Lake Town Hall, 28 Valley Crescent. Doors open at 6:30 p.m. and the program begins at 7 p.m. Palmer Lake Historical Society events and programs are free and open to all.

*Mike and Sigi Walker may be reached at mikensigi@comcast.net.*



**Above;** Charlease Elzenga-Bobo instructs Andrea Nelson-Trice of Gleneagle on proper spinning techniques during the Palmer Lake Historical Society's "Chautauqua celebrates 2019 Railroad Days in Palmer Lake" held Aug. 3. The Palmer Lake Town Hall housed various model train layouts and displays. The celebration featured presentations about the Transcontinental Railroad, Palmer Lake/Monument ice harvesting, railroads of the Pikes Peak region, and John C. Fremont; spinning, weaving, quilting, tole painting, and gold panning; and many more. The Velcro Barbershop Quartet sang railroad songs and Tri-Lakes Friends of the Library supplied the crowd with a midday ice cream social. *Photo by Jennifer Kaylor.*



**Above:** The "Fremont Loop" on Slim Rail's On3 layout was displayed in the Palmer Lake Town Hall. *Photo by Mike Walker.*

*High Altitude Nature and Gardening (HANG)*

**Gardens for people and pets; fall plantings**

*By Janet Sellers*

**Our gardens: healthy for people and pets**

Our home gardens offer significant health benefits and protections for us—and even our pets. We know that veggie nutrients are part of good healthy eating for people, and pets benefit, too. My dogs love carrot and celery—especially dipped in peanut butter—and our holistic vet had me feed the small dog that for mouth and jaw fitness. Studies in the last decades show species-appropriate food for dogs and cats focuses on human-grade meat and veggies (cooked or shredded raw) including kale, carrots, zucchini, ripe tomatoes, cooked pumpkin, etc. I'm not a big game hunter, so I may just go fishing more often and share that (and fresh garden food) with my furry friends.

Pets help protect the garden, too. My cat patrols our landscape, deterring bad guys like voles and vermin, coming in handy when our fox population had dwindled and we didn't have fox help with an overpopulation of voles, rabbits, and other greedy garden critters. Cats help with residential, warehouse, stable/farm/barn locations, keeping out vermin by hunting, but the key deterrent is in their feet! It's in predator pheromones left where they walk. Studies showed the vermin skip the places with

cats but return to properties that had used traps or poisons (a terrible idea since the poisons can harm other animals, our pets, our children, and our water supply). Our local Humane Society even has a barn/working cats adoption program to help with this issue, and the cats come with vetting and year-round care guidance.

**Fall crops**

September weather supports some crops from seed: greens, beets, snow peas, radishes—the cool weather crops ready in 50-60 days. I started those and some basil and lettuce to repot, handy at the windowsill when cold weather gets here. Easy spring flowers to plant now include sunflowers, hollyhocks (remember they flower in the second year), and wildflowers.

**Fall transplanting tips**

Fall is a good time to thin overcrowded plants such as iris and other perennials. After some failures, I discovered this success tip from The Spruce online for watering plants to be transplanted the evening before you dig, ensuring that the whole plant will be hydrated—roots, leaves, and all—deep soaking roots to take up as much water as possible, including leaves, too, then dig up very early in the morning—an overcast day is best—and transplant into a well-watered hole, then amply water again. This works for iris, Russian sage, red poppies, local



**Above:** Monument Community Garden is surrounded by giant sunflowers—the huge leaves protect against air-borne pollutants and against hail for plants underneath them; stalks become next year's trellises. September's garden changes from beans, herbs, carrots, and squash to planting beet, kale, greens, and radishes. *Photo by Janet Sellers.*

wild columbine, hollyhocks, yarrow, asters, and more.

*Janet Sellers is an avid "lazy" gardener, respecting natural ways for soil and garden health, using heritage garden ways, leaving as much to Mother Nature as possible. Janetsellers@ocn.me.*

*Art Matters*

**Fine art and "dolce far niente"**



*By Janet Sellers*

*"What is it about the aesthetic sensibility that makes life so fulfilling and what is it about mastery of that medium that helps you achieve a consistently higher quality of life?"—Steven Washer, Visible Authority Videos*

"Dolce far niente" is an Italian term for "the sweetness of doing nothing." It is a phrase one hears throughout European countries, in each local language. It is a rite of life, a daily ritual and a lifelong, ancient healing practice.

It's not about being lazy, but it is taking a stance against "production-ism" as a way of life. The art of doing

nothing embraces imagination and creativity for its own sake, for inner renewal. We artists know this. We may be "in production mode" for our shows, but we must have this amazing practice of "doing nothing" for imagination to survive. It lets us disconnect from tech and connect to freedom. It helps us find ourselves amid losing ourselves, resting and reinventing ourselves. Artists do this, and it is a virtual requirement for staying fresh and alert for creating things.

Studio visits with artists are now a worldwide craze, with vacations and stay-cations focused on creative pursuits with practicing artists. People make pilgrimages to famous and not-so-famous artists' studios to connect to

the creativity so many lack in their lives, for a day or for weeks, depending on how the plan is made.

Many art communities have annual studio visits, and ours is no exception. We have, this very month, artist and art studio visits that are especially prepared to share the art, the way it is made, and even making it on site. September begins the "art season" in our Front Range area. From Tri-Lakes south to Colorado Springs, this season is hopping with art fun.

**September art events with artists on site**  
**Tri-Lakes Center for the Arts 2019 MONOCHROME**  
 Opening Reception: Sat., Sept. 7, 6-8 p.m. Mono-