

# Golden Gardens eNews

www.CaliforniaGardenClubs.org

November-December 2014, Vol. 6-6

## California Garden Clubs, Inc.

www.CaliforniaGardenClubs.org

A member of  
National Garden Clubs, Inc.  
Pacific Region

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### President's Travel Schedule 2014

- Nov. 14 -- Blue Star Memorial Dedication, San Diego
- Dec. 3 -- Costa Verde District
- Dec. 8 -- San Fernando Valley District

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Facebook!



## THE PRESIDENT'S MESSAGE

*I was proud to represent California at the NGC Fall Board Meeting in Des Moines, Iowa. Being in farm country reminded me of my childhood growing up on a 200-acre dairy farm in Wisconsin. It was great networking with other state presidents and sharing ideas at the Roundtable-Dialogue Meeting sponsored by the Strategic Planning Committee.*

*During the Business Meeting there was much discussion on the proposed NGC dues increase from \$.50 to \$1.00 per capita, effective June 1, 2016. NGC dues have not been increased for twenty years and an increase is inevitable. The \$.50 increase will mean the addition of over \$11,000 to CGCI's dues bill! California's dues of \$2.25 per capita are the lowest of any state at present and will need to be increased to provide the additional funds if the NGC dues increase is approved at the NGC Convention in Louisville, Kentucky.*

*On a happier note: The CGCI "10-day Colors of Fall Cruise" was a smashing*

*success! The 23 attendees reported that they had a wonderful time. We had reserved tables for dinner each night, giving us the opportunity to share what we did that day. The food was absolutely delicious and never ending! The weather cooperated; after New York, there was no rain to spoil the well-planned tours. The fall colors improved as we approached Quebec – the best in my opinion -- being on the Île d'Orléans where the 8-hour tour of Quebec headed for lunch.*

**Have a wonderful, joyous holiday season.**

-- Rita



### IMPORTANT 2014 AWARD DEADLINES

Please note these important award deadlines. For more information, [click here](#) for the Awards Manual or contact Awards Co-Chairmen [Bob Gordon](#) and/or [Nancy Lee Loesch](#).

- ◆ **December 1** -- All entries eligible for NGC/Pacific Region Awards: B-2; C-7; G-1; G-2; G-3; PR-2 Sections 1, 2, 4; PR-4; PR-5; PR-6; Community Impact; Y-2 Poetry Contest; Y-3 Youth Sculpture Contest; Y-5 Essay Contest; and NGC Flower Show Achievements.
- ◆ **January 10** -- All other awards; Recommendations for: Lifetime Achievement; CGCI Man & Woman of the Year, Lifetime Service; Gardener of the Year; Award of Honor; Awards of Merit; and all other special awards.



## CGCI OFFICIAL CALENDAR (other than schools)

See [CGCI Website Calendar](#) for club, affiliate, associate plant society and district "special" events which are open to the public.

**February 2-5, 2015** - CGCI Winter Board Meeting, Fresno Hotel and Conference Center, Fresno. Host: Sequoia Foothills District. Co-Chairmen: [Diane Lane](#) and [Carley Metcalf](#).

**May 14-17, 2015** - NGC Convention, Louisville, Kentucky.

**June 8-12, 2015** - CGCI 84<sup>th</sup> Convention, Circus, Circus Hotel, Reno, Nevada. Host: Golden Foothills District. Co-Chairmen: [Joan Craig](#) and [Myrtle Findley](#).

# WANTED

## School Sponsor Wanted

It is time to start working on California's next Gardening Study School. This four course (six classes and ten hours of instruction per course) program is one of National Garden Club's four major educational programs. Curriculum and general information are posted on the CGCI website.

Interested clubs or districts should contact [Greg Pokorski](#), CGCI and NGC Gardening Study Schools Chairman.



## SAVE THE DATE FOR THE NEXT FLOWER SHOW SCHOOL SYMPOSIUM

Friday, January 23 through  
Sunday January 25, 2015  
DoubleTree Hotel, Bakersfield

- \* Instructors: Barbara May of Wayland, MA and David Robson of Springfield, IL
- \* Horticulture: "Orchids" and "Branching Out: Arboreals" (David Robson)
- \* Design: "In and Out, Underwater" and "Degrees of Abstraction" (Barbara May)
- \* Allied Subjects: "Let's Re-visit Conformance" (Barbara May) and "So, You Think You Know Your Handbook" (David Robson)

[Click here](#) for the brochure/registration form. Questions? Contact Flower Show Symposia Chairman [Mary Arakelian](#).



## CGCI OFFICIAL SCHOOL CALENDAR

### Upcoming Schools/Refreshers & Flower Show Symposiums in California

Check CGCI [Calendar of Events](#) for links to brochures, flyers, registration forms, etc.

For schools in other states, check the [NGC website](#).

**January 23-25, 2015** - 55<sup>th</sup> Flower Show School Symposium, DoubleTree, Bakersfield. Chairman: [Mary Arakelian](#). [Click here](#) for registration form.

**April 23-24, 2015** - Landscape Design School, Series 26, Course II. Sponsor: Luther Burbank District. Chairman: [Mary Ann Swanson](#). Check CGCI website for registration form soon.

Course III: October 22-23, 2015  
Course IV: April 28-29, 2016

**February 11-13, 2015** - Flower Show School, Course IV, Diablo Foothills District. Livermore. Co-Chairmen: [Victoria Lucido](#) and [Dolores Moffat](#).

### Clubs/Districts:

Want to sponsor a school? If so, contact [Shane Looper](#) for Environmental Studies; [Gudy Kimmel](#) for Flower Show Schools; [Greg Pokorski](#) for Gardening Study; and [Alexis Slafer](#) for Landscape Design.

## CGCI BOARD RATIFIED PROJECTS

Click on the titles below for information on these CGCI projects and how to donate.

[Anza-Borrego Desert State Park](#)

[Endowment Funds](#)

[Golden Legacy Society](#)

[Habitat for Humanity Landscaping](#)

[Penny Pines](#)

[Project Mission Blue](#)

[Reforestation & Restoration](#)

[Scholarships](#)

[Sempervirens Fund](#)

[Rare Plant Treasure Hunt](#)

Golden Gardens eNews is published every other month or whenever necessary. It is free. The link to subscribe and view past eNewsletters is <http://californiagardenclubs.com/eNewsletters>. One can unsubscribe at any time. Deadline to submit articles is the 23<sup>rd</sup> of the following months: August (for September issue); October (for November issue); December (for the January issue); February (for the March issue); April (for the May issue), June (for the July issue).

## FALL FUNDRAISING CRUISE

By [Rebecca Ferguson](#), Diablo Foothills District Director  
 Photos by [Jeanne Desilets](#), [Mona Dunlop](#) and [Rebecca Ferguson](#)

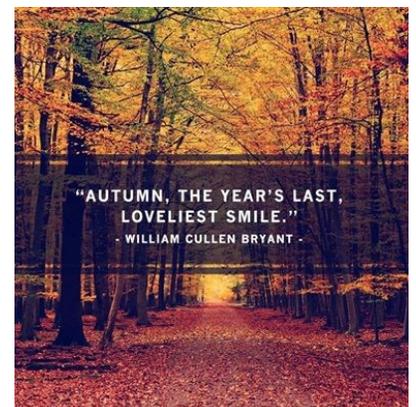


*Colors of Fall View from the Ship*

CGCI's 2014 Colors Of Fall Cruise was a wonderful experience for CGCI President **Rita Desilets** and the twenty-two members who took advantage of a great opportunity to see the fall colors of the East Coast. The extras, provided by the cruise line and the private tours arranged for CGCI by the cruise Coordinator, were spectacular. Leaving New York at sunset was a fabulous start to the cruise. The weather cooperated, and the colors just kept getting better and better as we cruised north and west off of the Atlantic Ocean. Each stop allowed for a variety of ways to enjoy the towns and the surrounding areas. Some of the highlights were Peggy's Cove, Prince Edward Island and Quebec City.



*Collage: New York City - Sunset from Ship; Fall Colors; Discovery Bay - Garden Club members pose with their Hometown Newspaper; Lunch Stop Outside of Quebec City; CGCI President Rita Desilets and others enjoying Gardens and Home on Prince Edward Island; Fall Colors: Dinner on board the Ship in the Pinnacle Grill; Seeing the Sights in the Old Par Tog, Quebec City.*





*My very best wishes to the members of California Garden Clubs and their families for a joyous Holiday Season and a Happy New Year.*

*Rita Desilets  
CGCI President*



*Christmas Blessings  
from  
Hanford Garden Club*



**HAPPY HOLIDAYS!**  
**Sue Bennett**  
**CGCI President-Elect**



**May your  
Christmas  
wishes come  
true.**

**Pat York**  
**Penny Pines Chairman**

I came for the  
knowledge, I stayed for  
the people -- YOU are  
those people!



Merry Christmas,  
Happy Holidays & the  
Best of Everything  
in 2015!

**Robin Pokorski**  
**2007-2009 CGCI President**



## NATIONAL GARDEN CLUBS, INC. NEWS

### NGC SCHOOLS

By [Greg Pokorski](#), ES, GS and LD Schools Coordinator

I repeatedly encourage club presidents, district directors and state presidents to know who your Consultants are, to congratulate them for achievement of this status and to invite them to use their NGC education in your meetings, programs and special events. Many club, district and state yearbooks list local Consultants. Make sure that information is kept up-to-date. Encourage Consultants to refresh and maintain their credentials (this can be done as often as once each calendar year) and not to wait until the last minute -- Consultants must refresh credentials in each school for which they have Consultant status at least once every five years.

Is your Consultant status due to lapse December 31, 2014? If you have no further opportunity to refresh this year, request an extension of time to refresh from your State Schools Chairman\*. State Chairmen should be sure to handle extension requests according to the appropri-

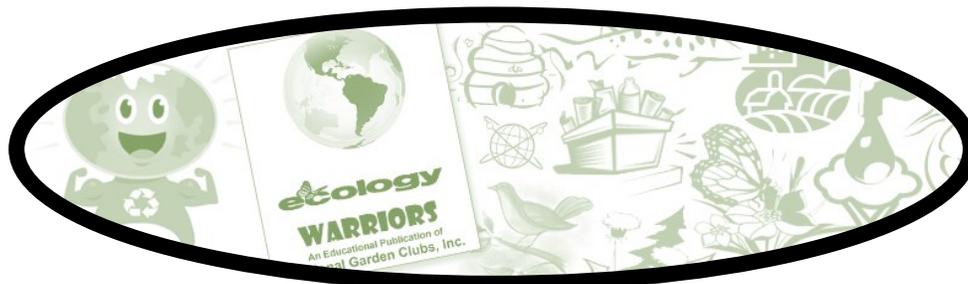
ate Schools Handbook, forwarding the form to the appropriate NGC Chairman on a timely basis. We don't want to see retroactive extension requests after the first of the year!

Choices matter. Education is the key. When we know better, we will do better. All are invited to participate in NGC Schools and Refreshers so that we may be better informed and so we can educate our communities to make beneficial environmental, gardening and landscape design choices. We can all make a world of difference.

\*See list of CGCI School Chairmen on page 2 of this eNewsletter.



## THE ECOLOGY WARRIOR WORKBOOK



### *Making a World of Difference and Helping to Save the Environment!*

Kids! Open new doors for in-depth creative learning and educational opportunities centered on the natural resources of planet earth: our air, water, forest, land and wildlife. Education is the key to making responsible decisions for today and tomorrow. Educated citizens are responsible stewards, who then are able to make wise choices for conserving and protecting our planet earth and its natural resources.

### *Become an Ecology Warrior!*

The Environmental Concerns and Conservation Committee of National Garden Clubs, Inc. invites you to become an Ecology Warrior as you investigate and study the contents of our Ecology Warriors Workbook. You can download and print your own copy of this workbook by [clicking here](#).

### *Make a World of Difference!*

Remember, you can Make a World of Difference through the choices you make for the conservation and preservation of our natural resources. It's just a matter of what kind of difference you want to make. Choices matter!



## PACIFIC REGION NEWS

### PARLIAMENTARY NEWS

By [Greg Pokorski](#), CGCI and Pacific Region Parliamentarian

At the NGC Fall Board Meeting, NGC Parliamentarian Joan Corbisiero reported that she gets inquiries about parliamentary issues from garden club members and presidents. She would prefer to be contacted by the state parliamentarians. District Directors, club presidents and district and club parliamentarians are asked to direct parliamentary questions or issues to the state parliamentarian who may consult with the national parliamentarian as needed.

**Have you read the latest edition of WACONIAH? If not, [click here](#).**

Joan reported that she will present a workshop, "Count Me In," about voting at the NGC Convention in Louisville, Kentucky in May.

There are many online educational opportunities at the website of the [National Association of Parliamentarians](#).



## Group Tax Exemption Program

By [Bev Davies](#), Group Tax Exemption Program Chairman

The 2015-16 Group Tax Exemption Program (GTEP) renewals have been mailed to the member clubs and districts. They were mailed to the current GTEP club presidents and district directors as listed in the CGCI membership. At the same time, emails were sent to the member GTEP treasurers notifying them of the mailings. If a member GTEP club or district has not received their renewal, please contact this Chairman for a copy. It is so important all CGCI member organizations update their Officers Form at the CGCI website when they

change officer information including address changes. This the source used by all the CGCI Chairmen for contacting member organizations.

The deadline is February 1, 2015 for member GTEP clubs/districts to submit their renewals. It is easy to forget, so submit now to avoid being late.

At the close of the club/district fiscal year, required annual filing of the IRS 990-N (or 990) and CA Franchise Tax Board 199N are due. If the club/district is a 501(c)(3) exempt, then it must file the CA Attorney General Registry of Charitable Trusts (ROCT) RRF-1. There are deadlines for these filings. Most clubs/districts fiscal year ended June 30. They have until November 15, 2014 to file these forms. If the fiscal year ended at any other time, then the deadline is 4 ½ months after the close of their fiscal year. Failure to file can result in the revocation of their exempt status by the IRS and it is an expensive and lengthy process to be reinstated.

In addition, if a club/district conducts plant sales, silent auctions, etc., sales tax is due to CA Board of Equalization. If a club/district has one or more raffles, annual registration and filing is required with ROCT. Visit the CGCI website and [click on forms](#) for further information.

## CGCI PRESIDENT'S PROJECT

By [Sara White](#), CGCI President's Project Chairman,  
Habitat for Humanity Landscaping



The following donations have been received since the September 2014 issue of *Golden Gardens eNews* totaling \$600, bringing the total since June 2013 to \$5,900.

- [Anderson Valley Garden Club](#)
- [Fallbrook Garden Club](#)
- [Westlake Village Garden Club](#)
- [Carolyn Hoyum](#)
- [Kathy Bramhall](#)

One \$250 grant awarded to [Long Beach Garden Club](#) (LBGC). LBGC was asked to landscape three separate areas of a recently completed home. The club's plant and materials list came to a total of \$573.25. Members had to clear away building materials; add amendments to the soil; and purchase plants, amendments and mulch. As there was no landscape design, the members created one. They had to finish in one day! Ten members of LBGC worked from 8:00 a.m. until 3:00 p.m., and everyone was pleased with the results!

[Los Angeles Garden Club](#) (LAGC) just received its \$250 grant. However, the City of Glendale Housing Authority, with the San Gabriel Valley Habitat Project Chestnut Homes, is proceeding slower than anticipated. Meanwhile, the LAGC members will try to match the grant money and proceed with the landscaping next year.

LAGC has just completed another project with San Gabriel Valley Habitat for Humanity. On September 9-10 2014, LAGC participated in a Habitat for Humanity "Brush with Kindness" project where needy/low income homeowners are assisted with short-term exterior home repairs. Six members from LAGC planted a new front yard for one such homeowner. A contribution from an anonymous donor, plant donations from the club, as well as financial help from the homeowner, all came together to make the project a success.

[Sunnyvale Garden Club](#) and [San Jose Garden Club](#) have been working since April on two yards at two private homes on the same street in Sunnyvale. Two problems arose: 1) So many donations were received that the clubs had a hard time spending the grant money. 2) The projects officially ended on October 11, 2014; however, neither home is occupied and one buyer fell through. So members will return for periodic maintenance until both homes are occupied.

The grant application and donation form are on the [CGCI website](#) under "Forms."



**Merry Christmas to all,  
with holiday wishes  
that we'll be *Growing  
Together* in 2015 in  
effective meetings and  
in Gardening Study  
Schools.**

**Greg Pokorski, CGCI  
Parliamentarian, CGCI & NGC  
Gardening Study Schools Chairman**



**HAPPY HOLIDAYS**

**FROM  
MARILYN OBERTI**

***Joyful Holiday Greetings to All!  
From Linden Community Garden Club***

***Merry Christmas and Happy Hanukkah  
From Friends O'Garden Club***



**PRAY FOR SNOW!**  
**Merry Christmas from Lake Arrowhead.**  
**Al & Pat Clays**

**HAPPY HOLIDAYS TO ALL OF OUR GARDEN CLUB FRIENDS AND NEIGHBORS.**

**SAN PEDRO GARDEN CLUB**

**Happy Holidays,  
Gardeners, from your 2014  
Convention Host!**

**The San Fernando  
Valley District**



***Wishing Everyone Peace,  
Hope and Love this Holiday  
and throughout the  
New Year.***

***Desert Empire District***



**GARDEN AND  
FLORAL  
ARRANGERS GUILD  
of the Palms to Pines  
District  
wishes everyone  
Happy Holidays!**



***Decorate your holidays  
with happiness!***

***Season's Greetings from  
Desert Rose Garden Club  
of California City***



***SOUTHERN  
CALIFORNIA  
GARDEN CLUB  
wishes you all  
the blessings  
of the season  
in 2015!***



**Best wishes for joyful holiday memories  
and a new year with happiness.**

**Anderson Valley Garden Club**

## HORTICULTURE



### PUMPKINS

By [Madelyn Jameson](#), Horticulture Chairman

It is not your mother's pumpkin anymore. An organic farmer named [Tony Dighera](#) from Fillmore, California has invented a plastic mold that allows enough air and light to force pumpkins to grow into the shape of Frankenstein. Farmer Dighera has received orders for these pumpkins from as far away as Japan, Denmark and United Arab Emirates. Here in Southern California, you can purchase his special pumpkins at Whole Foods, Bristol Farms and Gelsons if you are willing to

spend anywhere from \$100 to \$125 per pumpkin.

Pumpkins contain a huge array of nutrients beneficial to your health including antioxidants, Vitamins A, C and E, as well as minerals such as copper, calcium, potassium and phosphorus. Pumpkins also contain the carotenoids Lutein and Zeaxanthin which promote eye health and also help to prevent or slow age-related macular degeneration disease. Pumpkins belong to the family of *Cucurbitaceae*.

For the past three centuries, Native Americans have used the cultivation system called "three sisters" to grow beans, corn and squash or pumpkins together. This farming technique was brought to Northern America from Europe. The beans grow up the corn stalk and the leaves of the pumpkins shade the corn to help keep the moisture in the soil. One benefit of using the three sisters planting method is that they prevent squirrels from becoming a pest in this part of your garden. Squirrels do not like the prickly leaves on pumpkins and they will not climb up the stalk to eat the corn as it ripens.



## SCHOLARSHIPS

By [Albert Chang](#), Scholarship Chairman

This year, the CGCI Scholarship Committee would like you, your club and your district to consider making a contribution to the Scholarship Fund. CGCI currently gives two scholarships of \$2,000 each for eligible college juniors, seniors and graduate students. To fund these scholarships, CGCI depends on our members, clubs and districts to donate to the

Scholarship Fund. We would like to increase the number and the amount of the scholarships, but we cannot do it without your help. [Click here](#) for more information.

Another way you can donate to the CGCI Scholarship Fund is to purchase a CGCI Life Membership. The \$100 fee goes directly to the Scholarship Fund. For CGCI Life membership information, contact [Carlotta Wixon](#), Life Membership Chairman, or [click here](#) for the form.

Please mail any donations to:

[Albert Chang](#)

12010 Susan Drive, Granada Hills, CA 91344-2641

602-418-2900 (cell) / 818-363-5925 (home)

Merry  
Christmas

## GARDEN THERAPY

By [Penelope West](#), [Village Garden Club of La Jolla](#)

### UC San Diego Moores Cancer Center / Toby and Howard Cohen Healing Garden of Hope



Starting in 2012, the [Village Garden Club of La Jolla](#) has been working alongside Bergensens, the UCSD landscape maintenance company, to rejuvenate and beautify the [Moores Cancer Center Healing Garden](#) which was established in 2008 but suffered from neglect due to later budget restrictions. Club members provide funds, ideas, expertise and tend the garden with detailed care that cannot be provided in a corporate landscaping contract. Generous donations from club members have enabled the club to undertake this work.

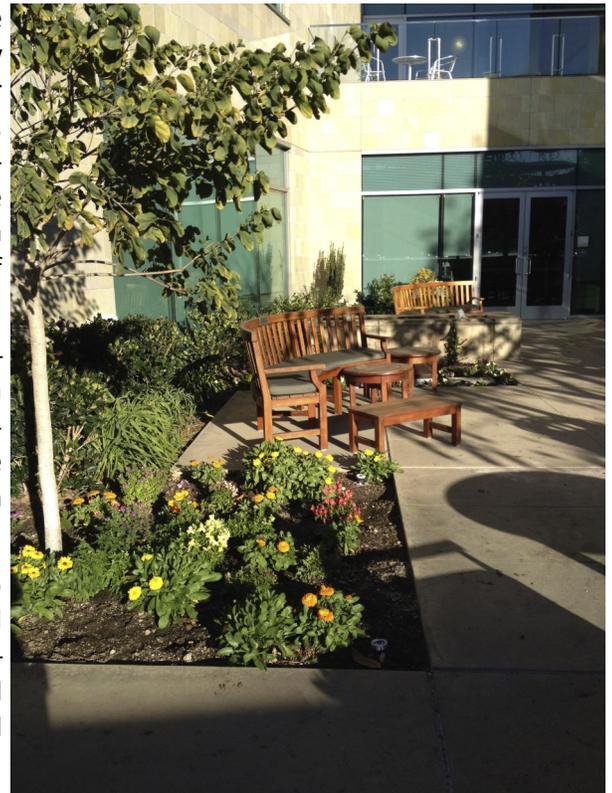
A healing garden associated with a cancer center provides a place for patients, their families or staff to take a break from the hospital atmosphere. A beautiful verdant place, with trees, lush growth, color and the sound of water, has been shown to help reduce the stress of dealing with the trying experience -- emotional and physical -- of a medical setting. It improves a person's overall sense of well-being and inspires hope.

Members' donations and the enthusiasm and commitment of those who volunteer to tend the plants have resulted in a dramatically changed garden that patients and staff now appreciate, whether viewed from inside the Infusion Center or enjoyed in the open air. Members have replaced overgrown shrubs and dull "corporate" landscaping and continue to add seasonal color to the ceramic pots. The northern courtyard garden now looks lush with flowers and shrubs in a palette of purple, white and pink against a unifying backdrop of green Texas privet.

While a schedule of weekly garden groomers is organized on a year-round basis, during the club year club members have initiated a monthly work party followed by a light lunch. All of the garden volunteers and master gardeners are invited and enjoy the camaraderie of working together on specific projects and socializing over lunch in the garden.

As the club goes into the new club year, members will continue to nurture this evolving garden and develop areas that remain in need of beautification. New opportunities to participate are planned – involving nurturing bulbs at home for a spring display; creating potted succulent arrangements for areas where watering is a problem; and introducing art in the garden.

The club thanks members for supporting this project with their time and financial donations. Their generosity enables the club to create a true healing garden.



If you have a story on Garden Therapy, please send it to [Bonnie Wagner](#), Garden Therapy Chairman.



## PENNY PINES

### PENNY PINES DONATIONS OCTOBER 2014 REPORT

Total Donations This Report: \$ 4,828.00

By Pat York, Chairman

#### BAY BRIDGES DISTRICT

Pinole GC	
Honor: Annette Thomas	\$68
San Leandro GC	
Memory: Richard Reis, Jr.	\$68
Memory: Rose Nunes	\$68
Honor: Monica Orton	\$68
Honor: Sharon Marchetti	\$68
Honor: Peggy Seaman	\$68
Honor: Roberta (Bertie) Cooper	\$68
Honor: Hill Tribble	\$68
Honor: Isabel Preciado	\$68

#### BAY OCEAN DISTRICT

Carolands GC	\$68
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#### BUTTES DISTRICT

Chico Horticulture Society	
Memory: Bob Annand	\$68
Memory: Elsie Woolery	\$68
Honor: Gerry Ingeo	\$68
Honor: Petie Paden	\$68
Honor: Neva Young	\$68

Paradise GC, Inc.	\$340
Memory: Les Morrow	\$68

#### CASCADE DISTRICT

Lake California GC	\$68
Redding Wonderland GC	
Memory: Wanda Heath	\$136
Memory: Velma Crain	\$136
Memory: Florence Baugh	\$68

#### CHANNEL ISLANDS DISTRICT

Westlake Village GC	\$272
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#### COSTA VERDE DISTRICT

Riviera GC	
Honor: Toni Sargent	\$68
Honor: Bertie & Wistar Wood	\$68
San Pedro GC	
Honor: Lou Hagemeyer	\$68

#### DIABLO FOOTHILLS DISTRICT

Livermore-Amador Valley GC	
Memory: Karleta Atkinson	\$68

#### GOLDEN FOOTHILLS DISTRICT

Chicago Park GC	
Memory: Kathleen Talbot	\$68
Memory: Roger Sandier (from Rotermund Family)	\$68
Memory: Richard Wixon (from Leah Rotermund)	\$68

#### GREATER LOS ANGELES DISTRICT

Los Angeles GC	
Memory: Raymond Coty	\$68

#### LUTHER BURBANK DISTRICT

Petaluma GC	\$68
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#### MENDO-LAKE DISTRICT

Willits GC	
Honor: Virginia Thomas	\$68

#### MONTANA DE ORO DISTRICT

Floral Design Study Club	
Memory: Hazel McNitt	\$68
Paso Robles Multiflora GC	\$136
Honor: Karen Capadona	\$68
Honor: Members Mid-State Fair Project	\$68

#### ORANGE COUNTY DISTRICT

Naples Island GC	
Memory: Barbara MacFarland	\$68
Memory: Pat Pratt	\$68
Niguel Shores GC	
Memory: Mary Williams	\$68
Memory: Ian Ross	\$68

#### PALOMAR DISTRICT

Bridge and Bay GC	\$136
Mission Hills GC	
Honor: Barbara Strona	\$136
Point Loma GC	
Memory: Kenneth Brothers	\$68

Memory: Kenneth Waldo Murr	\$68
Poway Valley GC	
Honor: Emily Troxell	\$68

#### ROADRUNNER DISTRICT

District Donations	
Memory: Garcia Family	\$68

#### SACRAMENTO RIVER VALLEY DISTRICT

Arden Park GC	
Memory: Gigi Moul	\$68
Memory: Pat Barrett	\$68
Memory: Frances Dougherty	\$68
Elk Grove GC	
Honor: Jennie Hill	\$68
Geranium City GC	\$204
La Perita GC	
Memory: Darlene Craner	\$68
Woodlake GC	
Memory: Sue Westerfeld	\$68
Memory: Eva Brandt	\$68

#### MISCELLANEOUS

Memory: William Bourke from Irene Parisa Coleen Kane, Sandy Mayhall, JoAnn Linder	\$68
Memory: William Bourke from Leonard, Jade & Shannon Knight	\$136



## G-18 GARDEN THERAPY 1<sup>st</sup> PLACE WINNER\*



In the past, members of Eureka Sequoia Garden Club had not participated in garden therapy. Club members wanted to do so, so a club representative contacted CGCI Garden Therapy Chairman [Bonnie Wagner](#), who loaned a copy of the National Garden Clubs, Inc.'s 1998 *Garden Therapy Manual* to the club. Club members followed the information about Activity and Service Projects. This is similar to the current title of *Sedentary Therapy*, service projects conducted for those unable to participate (visits, gifts, reading, etc.). Club members then interviewed several institutions and health agencies about their restrictions on materials and/or fire regulations which would prohibit the use of certain materials. Club members did not want to use any small items which could be put into the mouth.

### Service Project Plans:

- At club meetings, members made decorations with a holiday theme for the patients who could decorate their food trays or their dining room.
- After the October and November club meetings, the decorated trays were delivered to the Activity Director at the facility.



The Garden Therapy committee of **Maria Krenek; Betsy Neal; Martha Williams; Carolyn Wilson; Mary Pieper; Marilyn Dillard; Karen Isa; Sandy Miracle;** and President **Mary Lou Goodwin** made 85 food trays decorations with a fall theme. Small plastic containers were filled with dry sahara foam and designed with groupings of silk fall leaves and orange and yellow flowers. Labels were placed on the bottom of each gift with the club name, contact email and the date on which the trays were completed. The patients, who were selected by the Activities Director of the Eureka Healthcare and Rehabilitation Center, kept these gifts.

Christmas coffee mugs filled with silk flowers were given to the patients in November.

Committee member, **Janice Beach**, created fall centerpieces of silk flowers which were used to decorate the tables of the Eureka Sequoia Garden Club October meeting, and then the silk flowers were used to decorated the dining room tables for Timber Ridge Assisted Living Facility. Janice also changed these silk flowers into a Christmas theme in late November.



\*and Pacific Region Award 12A winner!

Description by Eureka Sequoia Garden Club President [Mary Lou Goodwin](#) / Award Sponsor: [Orange County District](#)

# GREEN RECIPE CONTEST

HT-3 Award - 1st Place Winner: **Eva Smith**

of Meadow Vista Garden Club, [Golden Foothills District](#)

**“GARLAND OF SPRING VEGETABLES”** - A colorful array of vegetables to accompany ham or lamb.

Blanch the vegetables a day ahead, then sauté before dinner.

Ingredients:

- 1 lb. asparagus, trimmed, stems and tips cut to 1" long diagonal pieces
- ½ lb. sugar snap peas, ends trimmed diagonally
- 1 ½ lbs. fresh peas shelled
- ½ lbs. carrots, peeled and cut diagonally into ¼" thick pieces, 3-4 T. olive oil
- 2 tsp. minced fresh thyme or 12 tsp. dried, crumbled
- 2 tsp. minced fresh rosemary or 12 tsp. dried/crumbled
- 1/8-1/4 tsp. dried cayenne or red pepper flakes to taste.

Directions:

- Blanch asparagus stems in large pot of boiling water until almost crisp tender, about 2 minutes. Add tips and cook 1 minute. Transfer to bowl filled with ice and water with slotted spoon.
- Return water to boil. Add sugar snap peas and cook until crisp tender, about 30 seconds. Transfer to bowl with asparagus and cool.

- Return water to boil. Add shelled peas and cook 1 minute.
- Transfer to bowl with vegetables using slotted spoon.
- Return water to boil. Add carrots and cook until just tender, about 8 minutes. Drain well.
- Place in bowl with vegetables and cool. Drain vegetables well.
- Pat dry with paper towels. (Can be prepared 1 day ahead. Cover and refrigerate.)
- In a large heavy skillet over medium-high heat, add 3-4 T. olive oil as needed. Add blanched vegetables and sauté until heated through, about 4 minutes. Mix in herbs. Add pepper flakes to taste.

(Evidence shown: all ingredients were locally grown/produced.)

Award Sponsor: [Myrtle Findley](#)

## PHOTOGRAPHY AWARD WINNER: SUSAN MAYO



**Award G-10, Sec. 3** - Photo of a named rose, single bloom or spray, grown by applicant.

**First Place Winner:** [Susan Mayo of Long Beach Garden Club, Costa Verde District.](#)

**Sponsor:** *Rosalie Hooper*



**Award G-10, Sec. 1** - Photo of a member's own garden (plantings to be the focal point of photo).

**First Place Winner:** [Susan Mayo of Long Beach Garden Club, Costa Verde District.](#)

**Sponsor:** *Sea Isle Garden Club*

**PHOTOGRAPHY AWARD WINNER: PAULINE SECHI**



HANGING BASKETS, CONTAINERS, PLANTERS AND MORE.....



We had a problem with finding a sunny area to grow vegetables on our property which consists of sloping land of decomposed granite. This is perfect for the avocado grove we have but not ideal for vegetables. We came up with a compilation of practical and creative ideas for growing vegetables in containers, planters and hanging baskets.

Using inter-locking concrete blocks we built retaining walls on 3 levels. Walkways around them made for easy access. All planters were filled with soil/composting mixture. An open trellises with 4X4 based in the ground with cement came next. This was to make them really sturdy enough to hold the weight of multiple hanging baskets. The "T" section on top were 2X4's. Wooden planters were built from 12X2 timber planks.

The irrigation system was carried up the poles with pvc pipe and also incorporated flexible tubing with a drip system for the hanging baskets. Flexible hose was used in the planters and any other areas that needed water. A valve enables us to water manually, if supplemental water is necessary. The whole system was connected to our main automatic irrigation for the landscape, which waters twice weekly.

Marigolds and social garlic are grown throughout the garden as a pest control solution. Sunflower are grown for the seed heads.

We grow a large variety of peppers, capsicum and cherry tomatoes.



Above: Award G-10-2 - Photograph of a Cactus Grown and Maintained by Applicant.

First Place Winner: [Pauline Sechi](#),  
Dos Valles Garden Club, Palomar District.  
Sponsor: Ronnie Dale

Left: Award HT-4 - Home Garden Photography.

First Place Winner: [Pauline Sechi](#),  
Dos Valles Garden Club, Palomar District.  
Sponsor: Myrtle Findley



**WANTED:**



**AN ENVIRONMENTAL STUDIES SCHOOL IN CALIFORNIA!**

These are a few subjects that you can learn about in Environmental Studies School. Plan a school and learn how you connect with the environment. Plus loads of fun!

Contact [Shane Looper](#), CGCI Environmental Studies School Chairman  
(650-871-0172)





## SPOTLIGHT: Modesto Garden Club



### Modesto Garden Club Receives Orchard Supply Hardware Grant

[Modesto Garden Club](#) was presented with a check for \$2,000 as part of Orchard Supply Hardware's "Neighbors Helping Neighbors" program during the "Grand Reopening" of its completely renovated store on Oakdale Road in Modesto.

The club applied for this grant as part its Children's Education Program headed by Director Pat Logan. This money will be used by Davis High School as part of the club's program at the school's Agriculture Department. Darren Thrasher, agriculture teacher, said that the money will be used to complete renovations to the greenhouse on the school campus.

The club looks forward to a continued partnership with Orchard Supply Hardware to help with the club's Children's Education Program that now includes fifteen schools and three high schools in Modesto, as well as the nine \$1,500 scholarships awarded this year.



### Honoring Carolands Garden Club (Bay Ocean District)

--Marilyn Oberti

## FROM OUR CLUBS



### Herbal Seasonings

By Cheryl Balster, [Fallbrook Garden Club](#)

The holidays are the most wonderful time of the year -- the food, the decorations, and the parties. Yes, the parties, and you are invited. Your aunt's holiday party is first on your list, and you cannot wait. You are filled with excitement as you arrive at your aunt's front door. And when she opens the door, you are not disappointed. The smells of the season fill your senses, along with the sight of a beautifully decorated home. Your eyes scan the room -- first the decorated fireplace mantle, the walls, and then you look up. There it is, the "kissing ball," known as the evergreen herb, mistletoe.

There are over 1300 species of mistletoe worldwide, but only two species are native to the United States:

- ◆ *Phoradendron flavescens* is a native and grows as a hemiparasite on certain trees in a line down the east from New Jersey to Florida, as well as in the west.



- ◆ The other type, of European origin, is *Viscum album*. This one, seen on apple trees, and on oaks, is a green shrub, has small, yellow flowers, white, sticky berries, and is considered poisonous.



All "dwarf" and "American mistletoe" species occurring in California are native plants. There are twelve dwarf mistletoe species in California, as well as 7 species of American mistletoe. Mistletoe grows on the stems and branches of trees and certain shrubs. They depend on their hosts for water, mineral nutrients and some carbohydrates. But it is capable of growing on its own, using photosynthesis to live.

So, a plant that does not have to invest in a root system like other plants and is always produced by a seed that is transported mainly by birds is a pretty smart plant. The single-seeded berry of the mistletoe contains viscin, a watery sticky substance that sticks to a bird's plumage and

feet and is deposited on the tree during preening. Whenever the bird preens or whenever the seeds pass through its digestive system, the seed sticks to the tree, and begins to grow.

Although mistletoe has been the cause for widespread damage to many trees, the Navajo name for mistletoe, "basket on high," shows that mistletoe provides excellent roosting and nesting locations for many different, and rare birds. Mistletoe is toxic to people, but the berries and leaves provide high protein food for many animals. Many bird species rely on mistletoe for food. Butterflies lay their eggs on the plants and use the nectar as food. Mistletoe is also an important pollen and nectar plant for bees.

Aside from the amazing botany of this plant, its custom is ancient. A man and a woman who meet under a hanging mistletoe were obliged to kiss. This kiss was a privilege. Each time a kiss took place, the man would pluck a berry from the mistletoe. When all berries were gone, the privilege was no more. No berries, no kisses. Where, exactly, the custom started, no one knows. The custom may have Scandinavian origin and was described in 1820 by American author Washington Irving. It may also have been a Cornish tradition: "Mistletoe was originally a fine tree from which the wood of the cross was made, but afterwards, it was condemned to live on only as a parasite." It may have started with the Greeks and their winter festival of Saturnalia, or the appearance of mistletoe at their early marriage rites. Whatever the origin, all agree that mistletoe will bring fertility due to it being evergreen during the barren winter months.

Mistletoe has medicinal value too. The entire plant, just before the berries form, is dried, and used as medicine. Mistletoe contains mucilage, antioxidant flavonoids, terpenoids, helpful acids, sugar, resin, some tannin and various salts. Old herbals say it was traditionally used as a tea, tincture or decoction. It was used for convulsions, hysteria, neuralgia, nervous debility, urinary disorders, heart disease and other complaints of the nervous system. Today, mistletoe is used with other modern medical treatments in cancer and epilepsy. Mistletoe extract, iscador, is the leading cancer treatment in Germany.

Maybe now you know a little more than you did about this amazing herb. But most amazing, is its power to make everyone equally kissable. But, do I really have to kiss Uncle Leo? Of course -- it is tradition. **HAPPY HOLIDAYS!**

## FROM OUR CLUBS



### BARE BONES

By [Cathy Wilson](#),  
[Red Bluff](#)  
[Garden Club](#)

Anyone who studies garden design knows that a garden needs structure. This structure is referred to as the “bones.” These bones provide the focal points of interest. Some of these bones are living and some are hardscape. They are all usually permanent and can include evergreen or deciduous trees, ornamental shrubs, hedges, walkways, arbors, fencing, fountains, benches or statuary.

Winter is the best time of year to analyze your garden beds because there are no distractions from blooming annuals and perennials. These areas have now become bare. One must simply focus on the entire landscape as a whole. Be sure to include the borrowed views of your neighboring landscapes as they blend in with yours and create an overall vista. From this panorama, you are able to decide what needs to be added or subtracted from your design plan.

Evergreens are the obvious bones, but deciduous trees and shrubs become skeletons that can provide winter interest. Some have interestingly colored or peeling bark,

some have catkins, while others are weeping or contorted. Visit your local nursery to check out what is available before they leaf out so that you can appreciate these bare essentials. A wonderful selection which is a favorite in my yard is *Corylus* or otherwise known as “Harry Lauder’s Walking Stick. It has sensational gnarled and twisting branches with showy catkins.

On a sunny, warm day, walk through your garden and take the time to critique areas that need reassessment—is it different heights, depth, shapes, patterns or textures that you need to create a more pleasing area?

Another important note—remember your seasons. Providing seasonal interest year-long is a key element in planning.

Maybe a new pathway is in order to improve function for moving from one space to another. Perhaps a water feature would enhance an area and could become the endpoint of a destination or used to welcome guests to your entrance. Gardening is like art. It is your canvas. It is what separates your garden as your space, your own haven.

I encourage you to visit your nurseries and speak to the professionals who can answer your questions and maybe even offer some helpful suggestions. Remember, be creative and really enjoy your garden.



*Iris douglasiana*  
(Douglas Iris)

### CALIFORNIA NATIVE PLANTS

#### Why Plant California Native Plants?

- ◆ **Save Water** - Once established, many California native plants need minimal irrigation beyond normal rainfall.
- ◆ **Lower Maintenance** - In the garden, native plants do best with some attention and care, but require less water, fertilizer, pruning, less or no pesticides, and less of your time to maintain than do many common garden plants.
- ◆ **Reduce Pesticides** - Native plants have developed their own defenses against many pests and diseases. Since most pesticides kill indiscriminately, beneficial insects become secondary targets in the flight against pests. Reducing or eliminating pesticide use lets natural pest control take over and keeps garden toxins out of our creeks and watersheds.
- ◆ **Invite Wildlife** - Native plants, hummingbirds, butterflies and other beneficial insects are “made for each other.” Research shows their native wildlife clearly prefers native plants. California’s wealth of insect pollinators can improve fruit set in your garden, while a variety of native insects and birds will help keep your landscape free of mosquitoes and plant-eating bugs.
- ◆ **Support Local Ecology** - While creating native landscapes can never replace natural habitats lost to development, planting gardens, parks and roadsides with California native plants can help provide an important bridge to nearby remaining wild areas. Recommend native plants to homeowner associations, neighbors and civic departments. You can also get involved with local land-use planning processes.

## FLOWER SHOW NEWS

### A Near Garden Club Flower Show

By [Terry Fairfield](#), President, [Desert Rose Garden Club](#)



Desert Empire District is a large district in Southern California that encompasses all of Inyo County and parts of Kern and San Bernardino Counties. District membership is low due to the great distances between our towns and cities and low population. There are two clubs -- **Desert Rose Garden Club of California City (DRGC)** and **Oasis Garden Club Indian Wells Valley (OGC)**. OGC has been responsible for the Desert Empire Fair Horticulture and Floriculture Show for a number of years. For the last two years, DRGC has joined forces with OGC and held a "Near Club Flower Show."

With a good turnout from members of the two clubs, the clubs had a total of 238 adult horticulture entries; 49 adult design entries; 4 adult special exhibits; and 22 youth entries. The theme was "Made in the USA."

Photo: The Designer's Choice Award -- in the "Independence Day" Class by Wanda Hewitt, Oasis GC of IWV

## INTERVIEW WITH A FLOWER SHOW JUDGE

### Master Flower Judge [Jill Coleman](#)

By: [Pat Clayes](#), Editor



Q: Why did you decide to attend Flower Show School Courses?

A: My early experience was involvement with the Riverside Flower Show (a non-standard show); I

clerked there a few times and helped with the garden tours. One day, it was mentioned that there was a shortage of judges, and I naively decided that I would go to school to become one.

Q: Why do you say "naively"?

A: Well, I really had NO IDEA whatsoever what Flower Show School was about. I had never even seen the *NGC Handbook for Flower Show Schools* ("Handbook").

Q: What was your overall experience at/impression of Flower Show School?

A: It was a lot of work but it was incredibly worthwhile. I had been a Master Gardener for about 15 years when I entered the program, but I learned **so much more** about horticulture while attending the school. I knew absolutely nothing about floral design before

Flower Show School, and I was really intimidated at the prospect of having to do one, much less having to win blue ribbons (90+ was not yet an option for receiving the required credit). I thought about dropping out because of this, but I decided to just "hang in there" and to learn what I could with the hope that maybe one day I could do an acceptable design.

Q: What has surprised you most about Flower Show School and becoming an NGC Judge?

A: That, over time, as I learned more about design and created more designs, I became more fascinated with design than I was with horticulture.

Q: Did you originally intend to take the exams at Flower Show School?

A: Yes, I started out with that goal -- to become a judge. I do know of several excellent judges who never intended to take the exam, but who eventually decided that there would be no harm in at least taking it. And they are some of the best judges!

Q: What about your instructors?

A: Of course, each one is different and each one has different expectations from the students. They all

work **very, very** hard to emphasize the really important parts of the lesson that we are required to know for the test. There is a lot of material covered, but we are not expected to know all of it for the exams. Each class builds on the foundation of the previous class, and much of the most important information is repeated over time; so by the time the last class is over, you have a very firm grasp of the material.

Q: What is a Judges Council and are judges required to belong to one?

A: There are seven judges councils in California and most judges do belong to one, though it is not required. It is very beneficial to belong to one for several reasons: First of all, being a judge is an ongoing learning process. Finishing four courses, writing a schedule and taking the *Handbook* exam - that is just the beginning. Everything else is continuing education. That is the purpose of the judges councils. They have programs in horticulture and design, discuss changes to the *Handbook*, and provide an opportunity for Accredited, Life and Master Judges to receive credit for exhibiting horticulture and design. Secondly, they provide an opportunity to get to know fellow judges. The judges are always involved in putting on flower shows so, if you belong to a council, the other judges know you and that is the best way to receive invitations to judge a show.

Q: What do you enjoy most about judging a flower show?

A: Flower shows are "continuing education to the max!" Each one is different from any other that you have been to before. You see plant material that you have never seen before (different varieties, cultivars, etc.)

and you see new design techniques and learn more about the designs in the *Handbook* by seeing what others have created. Also, we are usually treated to a nice lunch -- a definite plus!

Q: What are your thoughts about the required symposia?

A: Judges are required to attend one at least every three years. I attend every one that I can, even if I do not need it for credit (I think I have missed one in 15 years). In fact, it is more fun to attend when you are not doing it for credit, because then you do not have to take the point scoring exam. Again, these are just opportunities to learn and hone our judging skills. They are educational, fun to attend, a chance to mingle with your fellow judges and to meet judges from other areas.

Q: Final thoughts?

A: Hmmmm. I could say a lot here, but let it suffice to say that becoming a judge has been a life-changing experience for me, personally. I have met some of my best (now lifelong) friends through judging, I have learned **so much** and I continue to learn each day.

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Jill Coleman lives in Riverside, California and is a member of the Judges Council of Southern California and the Southwestern Judges Council. She is a member of the [Garden and Floral Arrangers Guild](#) and [Redlands Horticultural and Improvement Society \(Palms to Pines District\)](#) and the [Organization of Floral Art Designers \(OFAD\)](#).

## SAVE THE DATE: August 21-23, 2015

### [Organization of Floral Art Designers \(OFAD\) 2015 Seminar in South San Francisco](#)

#### Some comments from 2014:

"I want to commend you and the OFAD group on an excellent job of hosting the conference. Some of us at dinner were saying how smoothly everything ran and how enjoyable it was . . . Kudos to all who worked to hard to bring such a fabulous event to the masses. Thank you a million times over!" --Sylvia Deck, Maryland

"I had so much fun at the OFAD weekend! I am so enthusiastic and ready to create wonderful new designs

with all of the new ideas floating in my head. Sign me up for another year. Already have the next seminar on my calendar. Great job everybody!" --Sharon Hiatt, California

"I got the CD of the events and it was wonderful! Folks that attended this past August were WOWed!" --Gina Jogan, Florida

"The CD of the workshop is wonderful. I can't wait to go next year." -- Alice Higgins, California