

# Golden Gardens eNews

www.californiagardenclubs.com

February 2022 Vol. 8-14

Member:

**National Garden Clubs, Inc.  
Pacific Region Garden Clubs, Inc.**

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## Award Winning—Golden Gardens eNews

- Published monthly
- Distributed electronically FREE
- To subscribe or view past issues:  
[californiagardenclubs.com/cgcnewsletters](http://californiagardenclubs.com/cgcnewsletters)
- **Submit articles by 20th of month.**
- Distributed during first week of month.



Happy New Year!

I hope you had a wonderful holiday season and welcomed in the New Year with optimism. When you read this, we will be in the midst of Lunar New Year, so happy new year again! Although I ate my black-eyed peas on January 1 to ensure prosperity in 2022, I would love to get some red envelopes too, not to mention some lovely yellow chrysanthemums.



I hope you are planning to join us for our Winter Board Meeting being held via Zoom during the week of February 6-10. Even though we will miss the camaraderie of seeing gardening friends, you will hear lots of great ideas about events, activities and innovations from our district directors and chairs. If somehow you missed The Call, go to the [californiagardenclubs.com](http://californiagardenclubs.com) and you will find registration forms. As a special treat everyone who registers will receive a link to attend Design Forum on Monday, Feb 7, at noon for free. This is a monthly design exhibition/workshop sponsored by Palomar District and organized by George Speer which features wonderful designers (last month it was Shane Looper). This month the program is being produced by several local designers and will include a sale of containers and arrangements. You may attend the March, April and May meetings for a small fee by contacting George at [gspeerjr@aol.com](mailto:gspeerjr@aol.com). I hope you have marked your calendars for June 6-10 which will be our in-person convention in San Diego.

I've had great news from the San Diego River Park Foundation (my President's Project) that matching funds are still available. I am so grateful that my club (Bonita Valley Garden Club) has added another \$500 to their previous contribution and will have a named plant marker at the CGCI garden in Grant Park. I serve as board president of a local non-profit and was able to persuade them to contribute \$2,500 to my project. If you have connections with other organizations, perhaps you could tell them about my project and request a contribution? As part of our convention, we will offer the opportunity to visit the site which is only 3 miles from our hotel in Mission Valley. Keep those donations coming!

What CGCI members have known for years is being well documented by researchers proving that being outdoors in nature has wonderful health benefits including improvement in mental health outcomes, increased focus and concentration, a decrease in behavioral problems in children, improved diabetic outcomes, reduced stress and insomnia, and a decrease in blood pressure. Being promoted as Vitamin N (for nature) there is a growing body of research which links therapeutic benefits with 20 minutes per day of nature experiences. Some researchers suggest nature is the 4<sup>th</sup> pillar of health (along with diet, exercise and sleep); great to know that weeding and planting is helping us as well as our gardens.

Hoping that you are surrounded by the people and things you love on Valentine's Day!

Lynne



## CGCI Calendar

[californiagardenclubs.com/calendar](http://californiagardenclubs.com/calendar)

- February 6-10, 2022

Winter Board Meeting

ZOOM

Chairman: Rita Desilets

- June 6-10, 2022

CGCI Convention

Hanblery Hotel, San Diego

Chairman: Sharon Tooley

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## CGCI Schools Chairmen

**Environmental:** Nancy Compton  
ncompton43@att.com

**Flower Show:** Sandra Graff  
sandgrf@sbcglobal.net

**Gardening:** Greg Pokorski  
gregpokorski@earthlink.net

**Landscape Design:** Alexis Slafer  
aslafer@ca.rr.com

Course 2 February 12-13, 2022

Course 3 February 26-27, 2022

Course 4 March 12-13, 2022

Host: Valley Lode District

Chairman: Bernie Hendrix

209-402-2351

schoolsvld@gmail.com

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## Promotional Materials



- Banners
- Bookmarks\*
- Rack Cards\*
- Pamphlets\*

\* Free materials

Online request forms

## 2021 – 2023 President's Project San Diego's River Center at Grant Park

by Robin Pokorski, Chairman

A big **THANK YOU** to those who have supported the President's Project. We have raised well over **\$7,000** now. **GREAT NEWS!!!** The matching donor has extended his match – there's still time to have YOUR donation count as double!!!

Wait 'til you see what we've secured for you .....all I'll tell you now is that it is a handcrafted item – it's one thing but in a blink of an eye is easily converted to something else just as useful.....each item will be handcrafted with all proceeds going to the President's Project. A big-budget movie is in the works for you to enjoy, encouraging you to dash to your computers to order one through me.

## Generous Donors:

Carol Jauregui

Atherton Garden Guild

Lake Oroville Area GC

San Pedro GC

Village GC of La Jolla

**Thank you for making a positive difference in the lives of others,  
our community, and our state!**

## INSPIRATION

### To Plant a Garden is to Believe in Tomorrow

by Harry Matte, River Valley Garden Club

We are so fortunate to be gardeners, because it makes us believers.

In a world where the future often seems cloudy and division marks our society, we gardeners **sow affection** for those who will come after us. They may sit under a tree we planted, or enjoy a daffodil from a bulb we set years before.

Our endeavors reflect the need for clean water, healthful air, an enriching earth, and a nourishing environment for all.

We plant lilies and love, peonies and patience, rutabagas and respect, marigolds and meditation, hollyhocks and hope. **We plant today for tomorrow**, because we believe in the future. Gardeners help create a better, more beautiful tomorrow.

We inspire each other by coming together to learn, share, and create.

**Nature inspires us.** We are concerned about bees that help grow food and flowers, and the birds and butterflies that lighten our hearts.

**We're gardeners, you and I**, and we're making tomorrow a better place, one blossom at a time.

## CGCI Programs & Projects

Go to [californiagardenclubs.com](http://californiagardenclubs.com)  
for details

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- Membership**

**Chairman: Marlene Kinney**  
315 Windmill Canyon Place  
Clayton, CA 94517-1904

- Insurance**

**Chairman: Shane Looper**  
213 Carmelo Lane  
South San Francisco 94080-204

- Group Tax Exemption Program**

**Chairman: Sue Bennett**  
7560 Shelborne Drive  
Granite Bay 95746-8617  
[gtep@cagardenclubs.org](mailto:gtep@cagardenclubs.org)

- Penny Pines**

**Chairman: Nina Blonski**  
Checks to US Forest Service  
Online form [Penny Pines](#)

- President's Project 2021-2023**

**Chairman: Robin Pokorski**  
[President's Project](#)

- Scholarship Applications**

**Chairman: Martha Smyser**  
[CGCI Scholarship Fund](#)

- Black Point Garden**

**Chairman: Shane Looper**  
213 Carmelo Lane  
South San Francisco 94080-204  
[Black Point Garden](#)

- Donations** to the following projects can be made online or mailed to:

California Garden Clubs  
P.O. Box 823  
San Fernando, CA 91341-0823  
[Anza-Borrego Desert State Park](#)  
[Blue Star & Gold Star Memorials](#)  
[CGCI Endowment Funds](#)  
[CGCI Scholarship Fund](#)  
[Conejo Valley Botanic Garden](#)  
[Sempervirens/Big Basin Funds](#)

## Liability Insurance for your club

CGCI offers as a benefit of membership the opportunity to purchase liability insurance for clubs each year. There is a fee at a very reasonable and affordable rate for our member clubs and societies. This year that rate is \$1.50 per club member. Also clubs that are incorporated have the opportunity to purchase D&O insurance -- another benefit of membership with CGCI.

CGCI's General Liability Insurance renews on February 15 each year. If your club or society has paid the liability fees this year, your club's treasurer will receive a certificate of insurance and a brochure outlining the liability coverage. The certificates and brochures are mailed on/about March 1, 2022. These certificates confirm and advise the clubs of their coverage. Please share this information with your members.

Many clubs and societies send requests for additional insured certificates at the same time as they pay the renewal fees. Clubs meet at facilities that require the club to add the facility to the clubs insurance during the time of the clubs meetings or events.



If your club has requested an additional insured certificate before the renewal date of February 15 but your event/s is after the 15, the certificate cannot be issued until February 15.

CGCI's website has lots of information regarding liability insurance for member clubs to view along with all the insurance forms. This chairman is available by email [slooper@sbcglobal.net](mailto:slooper@sbcglobal.net) or by phone 650 871 0172.



## Awards Update

*by Pat Clayes, Awards Chairman*

There is a new PRGC Youth Pollinator Contest. See the PRGC website, under Youth, for more information. [Poster Contest](#)

Please forward all California entries to the CGCI Youth Awards Chairman Lisa Cosand, 6152 Cheseboro Road, Agoura Hills, CA 91301, to be received by **February 15**. First place winners in each grade (K-6) will be forwarded to PRGC by the CGCI Youth Awards Chairman.

Any questions, contact Lisa at [sfowerplc@aol.com](mailto:sfowerplc@aol.com) / 818-991-7707.

**Awards, Honors & Recognition**

[californiagardenclubs.com/forms](http://californiagardenclubs.com/forms)

- Awards Program**

Chairman: Pat Clayes

• [californiagardenclubs.com/awards](http://californiagardenclubs.com/awards)

- Business Commendations,**

- Long-Term Certificates, and**

- Member Award of Distinction**

Chairman: Judy Bates

jlbates5900@sbcglobal.net

Online request forms

- California Consultants Council**

Chairman: Sue Bennett

Sue\_c\_bennett@att.net

- Life Memberships**

Chairman: Carlotta Wixon-Welker

lifemember@cagardenclubs.org

Online request form



**National Garden Clubs, Inc.**

**President 2021-2023**

**Mary Warshauer**

**Theme:** "Plant America-Play Outdoors"

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**Publication:** *The National Gardener*

**Website:** [gardenclub.org](http://gardenclub.org)



**Pacific Region Garden Clubs, Inc.**

**Director: 2021-2022**

**Lana Finegold**

**Email:** [lanafinegold@msn.com](mailto:lanafinegold@msn.com)

**Publication:** **WACONIAH**

**Website:**

[PacificRegionGardenClubs.org](http://PacificRegionGardenClubs.org)

Are you receiving WACONIAH, the newsletter of the Pacific Region?

If not, you can subscribe here

[californiagardenclubs.com/cgcinewsletters](http://californiagardenclubs.com/cgcinewsletters)

**HONEY HONEY HONEY**

*by Terry Sampson, Pollinator Chairman*

What does HONEY have to do with pollination, you might ask??? Well, just about everything if you have acquired the taste of delicate sweetness that melts in your mouth.

Without our pollinators (hello-honey bees) we would not have honey. I know some people just go to the market and grab a jar or bottle of honey for their tea or a certain recipe that calls for honey, which is fine. However, if you are a true honey aficionado you look for the honey that beekeepers harvest from the bees in your area. People tell me if you just take a teaspoon or so of that type of honey a day it will help you with your allergies. Look for locally harvested honey at Farmer's Markets, Craft Fairs or roadside stands.

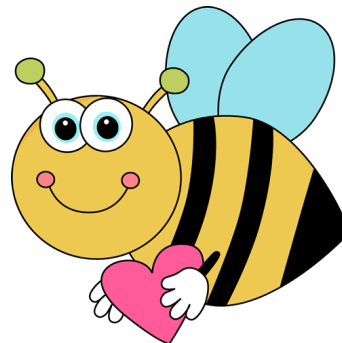
For those of you living in the San Diego area I like the honey I buy from a small nursery named Diane's Herbs located in Fallbrook. It's a delightful place to wander around, and don't forget to pick up some dried Moringa while you are there, along with your many jars of honey, because I know you won't be able to decide on which one to buy, so you might as well buy a few. Look for my article on Moringa in an upcoming eNews.



However, what I am going to talk about today is honey NOT from where you live. I first heard about Manuka Honey watching a talk show. Jimmy Fallon asked Bernadette Peters what she used on her face as it was glowing. She told him Manuka Honey with a MGO of over 400. I tried it and I loved it and my skin loved it too. MGO is measured by the Methylglyoxal potency in the Manuka Honey. The higher the MGO is, the better quality the honey is, and, of course, the higher the MGO number is the more expensive the honey is. There is another symbol on the Manuka Honey jar is that reads UMF which means Unique Manuka Factor. This UMF factor proves it is the real thing.

Manuka Honey is from the flowering Manuka Tree grown in the remote hillsides of Taranaki, New Zealand. The Manuka tree has a white flower, sometimes tinged with pink. You can eat Manuka Honey, use it in your tea or use it for a facial. Manuka Honey is also good for colds and the flu, as well as being good for your gut. All around the world it is used as a topical treatment to fight infection and support healing of wounds and burns.

I buy my Manuka Honey from Amazon but there are many specialty stores that sell it. Try a jar of Manuka Honey. I know you will like it and you can thank all those little bees from New Zealand for sharing their sweetness with you.





## A Creature Eater Houseplant

by Shirley Felder, Red Bluff Garden Club

Maybe a regular houseplant doesn't appeal to you, but if you have inner caregiver needs and a pet doesn't fit into your lifestyle (and you also possibly possess a little bit of a dark side), one option is a carnivorous houseplant. Dictionary definition of a carnivorous plant: "subsisting on nutrients from the breakdown of animal protoplasm (insects). They capture and digest their prey".



A relatively easy to care for creature-eater is a Venus Flytrap. They are not grown for their beauty or unusual looks, but because they are fun, interesting and for what they do. They are living exterminators in a container. A plant that actively hunts. They can be watched for hours as they "dine". The nectar within the "trap" (actually a modified leaf) is the bait that draws an insect to its death. Once the victim is in, the trap is sprung and it closes up, shutting the prey inside. The insect is digested with enzymes in about 4 to 10 days. After "digestion" the jaws reopen.

If you are lucky enough to not have many flies, gnats or ants around your house, you might have to take your tweezers, go outside to catch the sacrifice (insect) and insert it in the trap, preferably alive, to nourish and keep Miss Venus happy. This is in addition to what she can catch on her own. Do not stick your finger inside the trap, it won't bite, but it saps the plant of energy needed to catch and eat insects. The trap can only open and close a set number of times in its life cycle.

The Venus Flytrap houseplant needs to have filtered sunlight near a window. Pure sphagnum or peat moss and silica sand are best for carnivorous plants. Nutrient-free soil is a must for a Venus Flytrap. The soil also must remain moist at all times. The plant goes dormant for 3 to 5 months in the fall, loses its leaves and appears to die, but it actually lives underground through rhizomes and grows back in the spring.



The Venus Flytrap plant is native to the United States and can be found growing wild in the marshes and bogs of the Carolinas. It was discovered in the 1700's. Botanists at that time, after the discovery of this weird, unusual looking plant, called it by several different names. Some of them quite risqué. After the discovery of this weird, unusual plant, botanists called it by several different names. The name "Venus Flytrap" was actually coined in 1768 by John Ellis who wrote the first published description of the flytrap, naming it Venus, after the Roman goddess of sex and love, and created the scientific designation *Dionaea muscipula*. Charles Darwin (1809-1882) British naturalist, author of "On the Origin of Species" wrote "Venus Flytrap is the most wonderful plant in the world". This plant is internationally listed as vulnerable. It is threatened by serious illegal poaching and over collection from the swamps and bogs. It needs protection and is under consideration for listing on the U.S. endangered species list. Buyers should be aware and only deal with credible sellers.

Well, you have to excuse me now, I have to get my tweezers, go outside and find a bug. Miss Venus is hungry.



**Nina Blonski, Chairman**  
 pennypines@cagardenclubs.org  
[Penny Pines](#)  
 2021 Total donations: \$23,732  
 2022 Year to date: \$1,292

District	Club / Donor		Honor or Memory / To Whom		Amount
Arboretum	San Marino GC		Honor	Fire Captains J. Sutliff and D. Petta, Chinese Club	\$204.00
Arboretum	San Marino GC		Honor	Tim Lindsay of Virginia Robinson Gardens	\$68.00
Bay Bridges	Pinole GC		Honor	Susanne Olson	\$68.00
Bay Bridges	Eden GC	Peggy Barthol	Memory	Morgan S. Scout	\$136.00
Bay Bridges	Eden GC	Kathy Flowers	Memory	Ralph Holcombe	\$68.00
Bay Bridges	Eden GC		Memory	Wendy Morehouse	\$68.00
Diablo Foothills	Livermore-Amador Valley GC		Memory	Jack Paul Pons	\$68.00
Diablo Foothills	Clayton Valley GC	Colleen Kenric	Memory	Patty Remoy	\$68.00
Mendo-Lake	Potter Valley GC		Memory	John Paul Spanbauer	\$68.00
Orange	Niguel Shores GC		Honor	Restoration of burned areas of National Forest	\$68.00
Orange	Newport Hills GC		Honor	Bea & Bill Lacey-Buchan	\$68.00
Palomar	La Jolla GC		Honor	Pam Filley	\$68.00
Palomar	La Jolla GC		Memory	Maureen Buckley, Don Ryan	\$136.00
Palomar	La Jolla GC	Dana Strine	Memory	Joy O'Neil	\$68.00
Palomar	San Dieguito GC		Honor	Nancy McMahon	\$68.00
Palomar	San Dieguito GC	Jean Brinson	Memory	Jack Robinson	\$68.00
Palomar	Fallbrook GC		Memory	Arthur Nied	\$68.00
Sacramento River Valley	Arden Park GC		Honor	Carolyn Marrah	\$136.00
San Fernando Valley	Southern California GC		Memory	Pat NuDyke	\$68.00
Sequoia Foothills			Honor	Joyce Marlin	\$136.00

## What is the name of your Club Newsletter?

Listed are some titles of newsletters the eNews has received.  
 Send your newsletter to eNews at: [goldengardens@cagardenclubs.org](mailto:goldengardens@cagardenclubs.org)

### *Local Dirt*

Colfax Garden Club

### *The Inland Orchid News*

Riverside-San Bernardino Counties Orchid Society

### *The Sequoia*

Eureka Sequoia Garden Club

### *The Garden Trellis*

San Clemente Garden Club

### *GARDEN GUILD*

San Diego County Garden Guild

### *Here's the Dirt*

River Valley Garden Club

### *NEWSLETTER*

Porterville Garden Club

### *OVER THE GARDEN WALL*

Burbank-Valley Garden Club

### *The Joy of Gardening*

Red Bluff Garden Club

### *The Green Thumb*

Southern California Garden Club

### *THE GARDEN NEWS*

Toluca Lake Garden Club

### *Down and Dirty*

Clayton Valley Garden Club

### *OVER THE GARDEN GATE*

Modesto Garden Club