



The Garden Trellis



Newsletter for the SAN CLEMENTE GARDEN CLUB
Member of California Garden Clubs, Inc., Orange County District
Member of National Garden Clubs, Pacific Region

April, 2023

Vol. LIV No. 7

“ENGAGE - ENJOY - SUPPORT” President’s Message

San Clemente Garden Club

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Organized 1951

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Deadline for Articles

15th of each month



Last month’s meeting was one for the books! Our Program VP, **Mary Mohr**, got a phone call at 11:30 am, THAT SAME DAY, from the speaker who had been scheduled months before. She was cancelling – cancelling speaking at the 1 pm meeting -- THAT SAME DAY!

Did Mary panic? Maybe a little, but then she got busy! She contacted **Launa Gould** to put together a mini workshop on propagating plants. Launa went out to her garden and snipped cuttings, got pots, dirt and tools, and was ready for the 1 pm meeting. She showed us how to

turn one stem into several plants.

Meantime, **Kim Neal**, our webmaster, heard about the problem and offered to take the members through our newly revised website. She and **Bob Luetz** did all the technical stuff necessary for a terrific look at our website. I think it is something we should have done a long time ago. A lot of our members are computer-resistant (like me) and avoid things like websites. Kim showed us different features and how to easily navigate the website. It’s actually fun to look at all of the photos from past events. When confronted with a problem, gardeners find a “work around” solution. What started as a failure was turned into a success – thanks to the creativity and resourcefulness of gardeners.

April Meeting Program

Wednesday, April 5, 2023

The Sendero Farm

Stephanie Knight

Stephanie, horticulturalist and Community Farmer at The Farm at Rancho Mission Viejo, will speak to us about the burgeoning category of urban farming. She’s passionate about teaching people skills to grow their own kitchen garden and to connect with plants in a meaningful and holistic way.

Planned communities nationwide are incorporating community gardens into their master plans for the betterment of their inhabitants. Whether you’re an amateur or seasoned vegetable grower, Stephanie will surely offer useful and practical information you can apply to your own gardens. Her lecture will focus on warm season edible crops, what to sow/plant in April, companion planting, and when and how to harvest.

More about Stephanie:

- South Orange County native, Dana Point resident for 25 years.
- Community Farmer at RMV Farms since 2016.
- Professional tea blender since 2008.
- Garden & tea workshop speaker at Casa Romantica since 2017.
- Horticulture Dept. instructor at Saddleback College since 2022.



Board Meeting

Wednesday, April 5, 10 am

VIP Lounge at the Outlets

You're welcome to bring food and/or drinks to the meeting.

GardenFest 2023!

from Donna Vidrine
April 15, 8 am - 2 pm

GardenFest will include tabling events on water conservation, children activities and local artists competition, funky container contest, garden tool sharpening, and many others.

- Volunteer for setup day on **April 14** or Plant Sale/ Flea Market **April 15**.
- Come join our GardenFest Committee;

April Field Trip

from Lana Doyle

Our April trip will be on **Tuesday, April 25**, to **Rose Haven Rose Garden** located at 30592 Jedediah Smith Road in Temecula. There is no admission charge, but donations will be accepted. There is ample parking. If you want to stay and have lunch, you can bring food and drinks or there are many nice restaurants about 10 minutes away in Temecula.

We'll meet at the garden around **10:30 am**. If you will be attending, please let me know your name so I can send you a reminder. My landline is **949-498-6017**, or text **909-556-9510**, or email lanajdoyle@gmail.com.

Butterfly Bill

from Betsy Dunn

Bill Schafer has been a garden club member for 24 years. He also has been a volunteer at Casa Romantica for many years. He goes to the Casa every Wednesday to share butterfly stories of with children.

Another club member, **Diane Bennett-Cheek**, did not think Bill was getting enough credit so she wrote a book about him. Diane wrote the storyline and finally the book was launched in February. She donated these books to the Casa to sell. She also donated books to the Garden Club. It's a charming book and will be available on our website soon.

If you see the book, look at the faces of the children as they listen to stories of butterflies. Thank you, Bill, for taking the time to share the magic of butterflies with children through the years.

And thank you, Diane, for showcasing Bill and for this donation of books to the Casa and the San Clemente Garden Club.



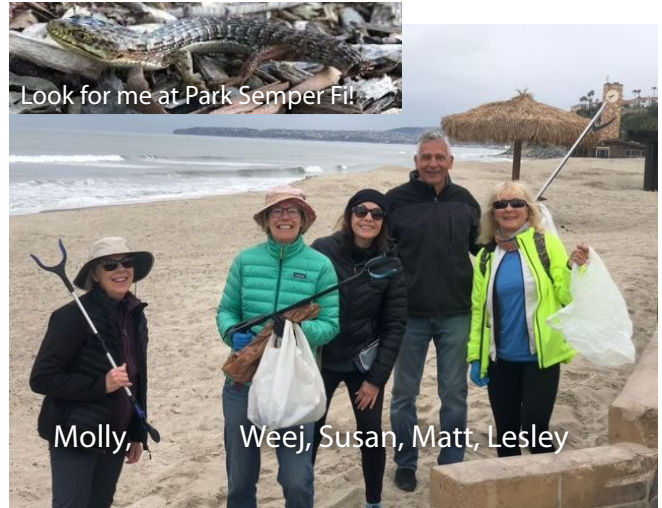
Beach Cleanup

from Weej Baggaley

Some hearty souls braved the cold and came out to clean up our beach. There was **SO MUCH** styrofoam. We also rescued an Alligator Lizard from under the pier, and relocated him to our beautiful Marine Monument garden. Kieu, et al., if you see our Alligator lizard friend, tell him we said, "hello!"

Next cleanup:

Monday, March 27, 8:30 am, at the pier.



April Eco Warriors Tours

from Weej Baggaley

The Eco Warriors are hosting two great tours in April. Please email me at weej@me.com using the email title indicated. Send separate emails if you would like to attend both. The tours will likely fill up, but I'll keep a waitlist.

Sendero Farm in Rancho Mission Viejo

Thursday, April 6, 10:30 am

Learn about one of the amazing RMV farms

Our April 5 speaker will show us around the farm, that is not normally open to the public. 30 Garden Club members, that is the max (we have 22 so far).

Email Title: **4/6 Farm Tour**

San Clemente Water Reclamation Plant

Wednesday, April 26, 10:00 am

The tour has been rescheduled twice due to inclement weather! Twenty Garden Club members is the max (we have nine so far).

Email Title: **4/26 Water Plant Tour**

MEMBERS ONLY TOUR CANCELLED

from Lana Doyle

The Members Garden Tour scheduled for Wednesday, April 26, has been cancelled due to lack of participation. Any questions, please email me at lanajdoyle@gmail.com.



Arbor Day

from Patricia Holloway, The Tree Lady

Later this month please join with SCGC, the city, Citizens' Climate Education, and Rotary for Arbor Day! Festivities begin at **9 am Friday, April 28**, at **Forester Ranch Community Park** (3207 Camino Vera Cruz, San Clemente, CA 92673). So far, the combined donation from our groups totals \$4,480, enough for the city to purchase 14, 24-inch box trees at about \$310 per tree.

Elyse Crane has kindly offered to staff a table for our Club to provide membership and general information to the public. Volunteers will be able to help with the tree planting by shoveling, staking, mulching, fertilizing, and watering. City crews will be excavating the big holes for the trees, so we won't be doing that part thank goodness! Everyone is welcome to "get their hands dirty" or simply observe as vibrant young trees go into the ground. So much promise!

If you can, please bring gloves, shovels, water, and just in case, an umbrella! (Joking!). There will be extra equipment that we can loan out as well. See you at the park!

Questions: Contact Patricia at pat13holloway@gmail.com or 949-378-7890.



Beautiful sculpted pine tree on W. Avenida Valencia

Schools in the Garden

from Sarah Gould
The schools have been thriving with all the rain. **Las Palmas** will have its monthly activity on **Friday, April 28**, from **10:30 am -1pm**.

Shorecliffs has a weekly activity Thursdays from 10:30 -11 am.

We had many volunteers willing to help at each school. The schools will reach out to the volunteers and let us know about any future activities.

For more information, please contact **Sarah Gould** at 310-597-0773/sarahpgould@gmail.com.

Be a Docent!

from KK Ciruli
The San Clemente Garden Tour is our major fundraising event each year, and we need all Garden Club "hands on deck." One of the best ways to help is by serving as a docent for the event. Docents work a 3½ hour shift at one of the gardens welcoming guests, giving them directions around the property, and generally serving as host or hostesses during their shift.

Not only do docents provide invaluable assistance on the tour day, they also receive two valuable benefits: a reduced tour ticket price (\$20) and a private preview tour of all of the gardens approximately 10 days before the event. You'll have an opportunity to sign up to be a docent at our April Garden Club meeting. Please be sure to visit us at the back table for more details on this exciting opportunity to be a part of what is sure to be a wonderful day!

May 20 Garden Tour

from Weej Baggaley
Our annual Garden Tour is coming up fast. This wonderful tradition puts smiles on the faces of hundreds of guests from all over Southern California every year. It is our biggest fundraiser for scholarships, school gardens, community gardens, garden therapy, and the many donations our club makes. Please do your part by promoting the tour to your friends, neighbors and family, and by signing on as a docent if you can.

If you encounter anyone on our hardworking Garden Tour committee, give them a high five or an elbow bump: **Mary Mohr, Susan Reveal, Lisa Spinelli, KK Ciruli, Launa Gould, Bette Langford, Mary Lou Wakefield, Freda D'Souza, Kim Neal, Kieu Doan, Marion Farnham, Mary Blume, and Rosa Kinoshita.**

To sign up as a docent:

Email KK at kkciruli@aol.com and indicate if you prefer am, pm, or have no preference.

To purchase a ticket as a docent (\$20):

Pay at our April 5 meeting.

To purchase tickets for non-docents (\$35 each or \$30 for 4 or more), visit our website: sanclementegardenclub.com



Civic Beautification from Kieu Doan

Amanda Quintanilla, Sherry Christensen and Kieu Doan came and worked at **Park Semper Fi** on **Wednesday, March 8**. We pulled out lots of weeds and trimmed back many coyote bushes while visiting and enjoying the beautiful blooms of the yellow Channel Island Tree Poppy and the deep purple flowers of the Pride of Madeira bushes. The Ceanothus shrubs are in full bloom with many blue and purple flowers. It is always a fun and productive time in the garden thanks to our hardworking fellow gardeners.

Please spare an hour or two of your time and come work in our community gardens to make the gardens more beautiful. We will meet at **8:30 am on Wednesday, April 12**, at **Park Semper Fi**, and on **Wednesday, April 19**, at **Casa Romantica**.

Park Semper Fi

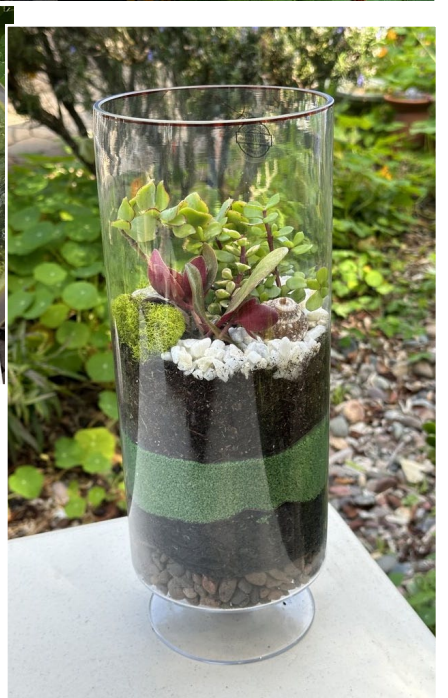


On **Wednesday, Feb 15**, **Kim Neal, Deborah Spang, Sally Mills, Florence Hanan and Kieu Doan** came to work at **Casa Romantica** garden. We spread out and tackled the different areas of the garden that needed attention. Kim and Deborah pruned the Western Redbud tree by the back exit. It will surely blossom nicely in the spring with many beautiful purplish, reddish flowers. Florence was determined to pull out all of the Oxalis on the steep hill overlooking the ocean. Sally trimmed back many iceplants to clear the walkway to the Woodland garden area. We can't wait to see the gardens perk up in the spring with many native plants happily showing off their beautiful blooms after a long cold, rainy winter season. Come out and join us in enjoying the outdoors while helping beautify our community gardens.





Terrarium Workshop March 17, 2023



Support our 2022 - 2023 Club Sponsors

San Clemente Garden Club 2022-2023 SPONSORS



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Daisy Sponsors \$250

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We love the San Clemente Garden Club!

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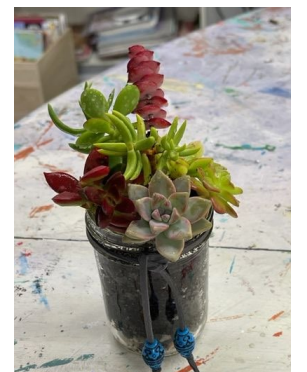
**We are very Grateful to our Sponsors!
Please bring them your business.**

Asterisk (*) indicates San Clemente Garden Club Member

Garden Therapy from Suzi Klickstein

On March 13, Kieu Doan, Heidi Gibson, Barbara McLaughlin, and Suzi Klickstein met at the Boys & Girls Club to assist 15 students in making jelly jar succulent gardens.

The children were quite enthusiastic and they made some beautiful little gardens to take home. We will meet next month on April 10.



SAVE THE DATE!

from Carol Luetz & Deborah Spang

Mark your calendars for the club's **Spring Social and Installation** to be held on **Wednesday, June 7**. There will be opportunity drawings, good food, and, of course, a few surprises!

You won't want to miss this one!

Orange County District, State and National News/Events

DISTRICT MEETING

Monday, June 12, 2023, 10 am

Lake Forest Contact: LaunaG@cox.net



How Gardening Affects Mental Health

from Lisa Spinelli

Written by WebMD Editorial Contributors

Medically Reviewed by Dan Brennan, MD on October 25, 2021

Gardening has been around for as long as humans have been growing food. Through the centuries, gardens have served not only as places to grow plants but as spaces for people to relax, to focus, and to connect with nature and each other. Today, gardening can provide many mental health benefits for your daily life.

Benefits of Gardening for Mental Health

Gardening can improve many aspects of mental health, focus, and concentration.

Improves mood.

Gardening can make you feel more peaceful and content. Focusing your attention on the immediate tasks and details of gardening can reduce negative thoughts and feelings and can make you feel better in the moment. Just spending time around plants eases stress for many people.

Boosts self-esteem.

Self-esteem is how much you value and feel positively about yourself. Helping a plant grow is a big feat. When you see your work pay off with healthy plants, your sense of pride gets a boost.

Improves attention span.

Gardening can change how well you pay full attention to a single activity. If you struggle with staying focused on tasks, conversations, or topics in your daily life, gardening can help you learn to concentrate on what's right in front of you without getting distracted. Studies show that outdoor activities can reduce similar symptoms of ADHD.

Provides exercise.

Things like weeding, digging, and raking are a good exercise. Regular exercise reduces anxiety, depression, and other mental issues, and can help prevent dementia. If you don't like going to the gym, gardening can be an enjoyable way to still get these benefits.

Encourages social bonds.

Gardening with others at a community garden or other group setting takes teamwork to achieve shared goals. Being part of a larger group can benefit your mental health by increasing your social connections and your support system.

So ask these folks about the benefits of gardening at Casa Romantica!





P.O. Box 3891
 San Clemente, CA 92674-3891

San Clemente Garden Club Activities
April 2023

April 5	Board Meeting	10:00 am
April 5	Meeting and Program Nominating Committee Report	1:00 pm
April 14	GardenFest Set-Up	9 am - 2 pm
April 15	GardenFest	8 am - 2 pm
April 12	Civic Beautification Park Semper Fi	8:30 am
April 19	Civic Beautification Casa Romantica Gardens	8:30 am

FREE ADMISSION

**SAVE THE DATE!!
Garden Tour May 20**



San Clemente Garden Club
in partnership with
The City of San Clemente Parks & Recreation

Garden Fest

Saturday - April 15, 2023

8 am - 2 pm

San Clemente Community Center

HUGE PLANT SALE

GARDEN FLEA MARKET

Master Gardener Tool Sharpening

Exhibits • Demonstrations

City Water Conservation Info.

Local Art • Funky Container Contest

Kids Gardening Activities

sanclementegardenclub.com

Proceeds benefit horticultural scholarships, junior gardeners, and civic beautification.



San Clemente Garden Club Membership Form 2023-2024

Dues: \$25 _____ Family \$40 _____

(Members joining on or after February 1, 2024, pay half)

_____ Check here if you prefer our newsletter sent to you by US mail.—
Dues are \$35 single/\$50 family which helps cover printing and postage costs.

Make checks payable : San Clemente Garden Club

Send Application and Payment to: San Clemente Garden Club
Attn: Membership
P.O. Box 3891
San Clemente, CA 92674

If you prefer to pay online, use our website at sanclementegardenclub.com

(Please note that your yearbook/name badge/nursery discount card can only be picked up at our general meetings, starting September 2023.)

Last Name _____ First Name _____

Phone Number (preferably cell#) _____

Address _____ Zip Code _____

Email address _____

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Phone Number (preferably cell#) _____

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Email address _____

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