



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

February 2023

Vol. LIV No. 5

“ENGAGE - ENJOY - SUPPORT” President’s Message

San Clemente Garden Club

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Deadline for Articles

15th of each month



Well, that was a January we won't forget soon! I was just complaining about the heat, and WHAM – atmospheric rivers hit California.

Too much water for so many people. But always, there is a bright side.

1. The weeds are so easy to pull out. You get a little muddy, but that's okay.

2. The rains are replenishing aquifers and reservoirs in Central Coast wineries. Irrigation ponds are full, and the soil anchoring grapes is saturated and filtering the water

for storage in deeper levels. In Paso Robles, Tablas Creek general manager **Jason Haas** wrote "Let's keep it coming."

3. The entire month of February 2023 is Seniors Free Month at the Safari Park (Wild Animal Park). Guests ages 65 and up, with a valid photo ID, receive free admission all month long. Parking is not included. Many of us walk daily – so go to the Park, walk, and when you're tired get on a train and see all of the animals.

4. Will the heavy rains mean superblooms in California? Let's hope so.

5. My Christmas Cactus if finally blooming.

Our busy Spring season is here, and we are looking forward to the Garden Fest and the Garden Tour. Volunteer, and help if you can, and enjoy the season.

February Meeting Program

Wednesday, February 1, 2023

Our scheduled speaker Dr. Gordon had to cancel his talk on birds of prey. We will certainly reschedule him for next year. Our speaker this month will be **Paul F. Wilson**.

Paul is a retired water/wastewater engineer who worked for Malcolm Pirnie/Arcadis, an environmental consulting firm, from 1998 to 2014. Before that, he worked with other public entities and professional consulting firms that have afforded him the privilege of working on a wide variety of water and wastewater treatment projects throughout Southern California including the design of the **Carlsbad Desalination Facility**, which produces 50 millions gallons per day of drinking water by desalting ocean water. Paul will give a presentation on the Doheny Ocean Desalination Project. He is not affiliated with the project, but he has the background and knowledge to deliver a thorough understanding of the scope and breadth of the undertaking.



Orange County District, State and National News/Events

DISTRICT MEETING

Monday, Feb 27, 2023

10:00 am Zoom Meeting

Contact: LaunaG@cox.net

Spread the Word-- Scholarships Available!

from Diane Riopka

It's Scholarship time! Please encourage local students, family, and friends who are pursuing studies in horticulture and landscape design to take advantage of this wonderfully opportunity. This year the garden club anticipates awarding several scholarships. Priority is given to local high school students and continuing college students who will be attending college in Fall 2023/Spring 2024 and plan to major in horticulture, landscape design, and related subjects.

Students interested in applying for a scholarship can find additional information on our website, sanclementegardenclub.com (see **Scholarship and Grants** tab at the top right-hand corner of the home page). Saddleback College students can also learn more about the SCGC scholarship by contacting the college counseling office. Applications must be postmarked by the deadline date of February 24, 2023. Saddleback College students must apply through the college's Foundation office. The Saddleback deadline is also February 24.

San Clemente Garden Tour Set for Saturday, May 20, 2023

The San Clemente Garden Club will host its annual award-winning event on Saturday, May 20, 2023, from 10 am to 4 pm. The self-guided tour of outstanding gardens in the beautiful "Spanish Village by the Sea" includes complimentary snacks, water and live music. Tour proceeds support scholarships, school gardens, civic beautification and conservation organizations.

For more information about SCGC's Garden Tour on May 20, visit sanclementegardenclub.com or Facebook. For questions call **Event Chairman Weej**

Free Mulch and Compost

from Weej Baggaley

Did you know you could pick up free mulch and compost at the Prima Deshecha Landfill on Avenida La Pata? Go to this website <https://oclandfills.com/compost> and fill out a registration form. You can schedule your pickup for a Wednesday or Saturday morning. You need to bring your own shovel and containers.

Tour of SC Water Reclamation Plant

from Weej Baggaley

Join the Eco Warriors for our next free tour -- the **San Clemente Water Reclamation Plant**. This is another one we did a few years back and it was fun and informative. (If you did it last time around, please let newbies do it this time.) Email me at weej@me.com to reserve a spot.

Wednesday, February 22, 10:00 am

San Clemente Water Reclamation Plant

380 Avenida Pico

Maximum of 20 people

Allow 1 hour +

We will do a fair amount of walking on even ground with a few steps.

Closed toed shoes are required.

Carpooling is encouraged.

Holiday Beach Cleanup

from Eco Warriors

Santa sent his helpers on a beautiful December day to clean up our San Clemente beaches. Come join us next time, **January 30, 8:30 am** at the pier.



Lesley, Lynn, Weej, Matt, Tom



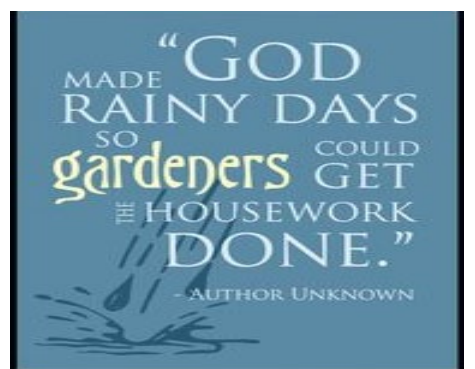
Appreciative customers

Civic Beautification from Kieu Doan

Susan Reveal and Kieu Doan came to Park Semper Fi on Wednesday, January 11, to work on the garden. With so much rain, the garden is thriving and all the plants are looking great. We trimmed back several Lantana bushes and the overgrown ice plants along the border of the garden circle. Even with just the two of us, we filled up two big bags full of green waste while enjoying the roaring of the ocean waves and breathing in the fresh ocean air. It warmed up quickly while we were outside, so come join us if you think it's too cold in the house and you can't get warm.

We will meet at 8:30 am on Wednesday, February 8, at Park Semper Fi, and Wednesday, February 15, at Casa Romantica. Even for just one hour we can get a lot done.

A big thank you to Kim Neal, Susan Reveal and Sherry Christensen who came to Casa Romantica on Wednesday, December 21, to help with clearing the weeds and oxalis. We have made big progress in the area across from the Native Bowl Garden for the last few months and now we can't wait to plant more beautiful flowering plants. Please come join us to make our community gardens more beautiful.



Support our 2022 - 2023 Club Sponsors

San Clemente Garden Club 2022-2023 SPONSORS



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Daisy Sponsors \$250

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***The Marine Monument at Park Semper Fi**
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P.O. Box 456, SC 92674, marinemonument.com

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We love the San Clemente Garden Club!

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Rod's Tree Service (\$300)
P.O. Box 3897, San Clemente
949.492.0657 rodstreeservicesc@yahoo.com

Green Thumb Intl. Nursery
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949.837.3040 greenthumb.com

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326 Calle de los Molinos, San Clemente
949.492.4930 info@rainbowsandals.com

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949.498.0877 lisabdesigns@cox.net

Serrano Creek Soil Amendments
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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

In January, volunteers Heidi Gibson, Kieu Doan and Suzi Klickstein met at the Boys & Girls Club for Garden Therapy with 10 delightful students. That month the children made faux stain glass light catchers using tissue paper, white glue and craft sticks. The youngsters worked very diligently cutting tissue paper and applying glue. The results were bright and colorful. We look forward to next month, on **Monday, February 13**, when we will be making snowy owls using pinecones.

The Boys & Girls Club nationally require an official background check for any volunteer working with the children. If you are interested in volunteering for Garden Therapy at the Boys & Girls Club, just text **Suzi Klickstein** at **949-922-3734** or email her at **suziklick@gmail.com** and she will send you the paperwork for the background check. It is a fairly simple process.



Succulents Talk On Jan 4 was a Smash Hit!

from Lisa Spinelli
Everyone at our January 4 meeting was happily educated and entertained by **Marv Sherrill's** presentation, "Succulents." His collection of interesting succulents was inspiring and we were able to purchase some and add them to our gardens! Thanks, **Marv**, and thanks, **Laura Bard**, our member & "Symbotanica" Landscape Designer, for introducing us to him!



Schools in the Garden, Dec 16

from Sarah Gould

The Shorecliff Middle School activity was more of an art project. Kids made paper flowers. Shorecliffs has Special Ed classes now and those kids were able to participate as well.

Las Palmas had a BIG day on Friday, December 16. Gigi Sanchez, a college student, volunteers at the Ecological Society in San Juan and was inspired to create a company. It is called: **Create, Grow, Eat**. She provides the cups of soil and a variety of veggie seeds. The kids plant and take home the container then bring it back when it grows and they can plant it in the school garden. On Friday, 400 kids participated!

The February dates are still being planned. I know **San Clemente High School, Shorecliffs Middle School** and **Las Palmas Elementary** will all be having activities, so stay tuned. **Every Friday** you can help weed in the **Las Palmas** garden 8-9 am

GardenFest 2023 Plant Sale and Garden/Household Goods/ Flea Market

Set for Saturday, April 15, 2023

Locals invited to create

“funky plant containers” for contest

GardenFest 2023 will be held from 8 am to 2 pm on **Saturday, April 15, 2023**, at the **San Clemente Community Center** on Avenida Del Mar at Seville. The San Clemente Garden Club (SCGC) hosts the annual event in partnership with the City of San Clemente Parks & Recreation Department, offering incredible bargains on hundreds of plants with an emphasis on drought-tolerant species.

SCGC members and sponsors propagate and donate a large variety of plants and also flea market items that are useful for gardens, homes and hobbies.

They will be on available for purchase in the community center auditorium. GardenFest also offers gardening and craft activities for children, display and sale of local art, craft demonstrations, displays about bee keeping and butterflies, and tips on water conservation. Master Gardeners will offer free garden tool sharpening.

South County area residents are also invited to enter the annual “Funky Plant Container Contest.” Attendees judge winners at the event. Entries are due by **8 am on Saturday, April 15**.

GardenFest proceeds fund horticultural scholarships, programs for junior gardeners and civic beautification.



City Tree Workshops from Patricia Holloway, "The Tree Lady"

San Clemente's Public Works Department held two community workshops in December 2022 to share its current tree care practices and gather input from residents about updating its 20-year-old tree policy. Several garden club members attended the meetings to comment and ask questions. Here are some things we learned:

- The city has about 15,000 trees located on public property including street trees, park trees and trees found at public facilities including the Community Center, City Hall and Casa Romantica.
- The city has a certified arborist on staff who recommends planting a wide variety of trees to reduce the spread of pests and diseases.
- The city contracts with West Coast Arborists for tree maintenance.
- According to the program iTree, the city's tree coverage is approximately 21%, which includes trees on both public and private property.
- Although maintenance crews work year-round, staff is trained to avoid and/or halt pruning trees that harbor active wildlife or nesting birds and revisit them later.
- The city adheres to International Society of Arboriculture (ISA) tree pruning standards to maintain healthy trees. Following these best practices means never "topping" trees, which causes permanent damage and destabilizes the tree. Best practices also necessitate leaving at least 30% of a tree's foliage after trimming so it can properly photosynthesize.
- By far the largest share of the city's tree care budget is spent on tree maintenance (\$290,000), which includes pruning, watering, insect and disease management. Out of 15,000 trees, about 2,000 must be pruned annually, with the remaining trees on a much longer trim cycle.
- According to the city's Tree City USA application, the city removed 38 trees, but planted only 25 in its most recent budget cycle.

The overall sentiment of residents at the workshops was how can we support and encourage the city to plant more trees to expand our urban forest? One way would be for community members to participate in the city's **April 28 Arbor Day** tree planting. Another would be to attend council meetings and send emails in support of budgeting more resources not only for maintenance, but for tree planting. I will keep our club posted about upcoming meetings on this subject so members can participate if they wish. Questions: Call **949-378-7890** or email me at **pat13holloway@gmail.com**.

Gardening and Mental Health from Susan Pierce

Recently I read an article about gardening and its relationship to chronic and mental health. A controlled trial of community gardens found that physical activity, such as putting in the garden and intake of fiber reduced the risk of mental illness, chronic disease and levels of stress. Those gardeners in low-income households had the greatest reduction in mental health issues.

The study was conducted in Denver and Aurora, Colorado. It generated about 300 gardening beginners whose average age was 41. These persons were divided into two groups. One group was assigned to a community gardening group and received a plot in the community garden, seeds to plant, a study partner and introduction to gardening. The other group was assigned to a control group. All participated in completing questionnaires about diet, mental health and body measurements.

After two seasons, the gardening group was eating much more fiber daily than the control group. The seven-percent increase in fiber intake had noticeable positive effects on those gardeners' health. Being together in a natural space with others and learning about gardening noticeably improved the quality of life of the gardeners.

I am sure that San Clemente Garden Club gardeners can attest to feeling great after a few minutes gardening. Pulling weeds is a stress reliever, and watching your seeds transform into beautiful flowers or a bounty full of fruits and vegetables is quite rewarding to one's self esteem. Eating food that you grew is a healthy way to live. Help yourself to maintain good health by wearing a mask and gloves and wetting down the potting soil. These measures help prevent any potting mix that might be contaminated from blowing up in the air and being inhaled.



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

San Clemente Garden Club Activities
February 2023

February 1	Board Meeting	10:00 am
February 1	Meeting and Program	1:00 pm
February 8	Civic Beautification	
	Park Semper Fi	8:30 am
February 15	Civic Beautification	
	Casa Gardens	8:30 am
February 27	OC District Meeting	10:00 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.