



The Garden Trellis



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

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Gardening in Harmony with Nature



San Clemente Garden Club

P.O. Box 3891
San Clemente, CA 92674-3891
www.sanclementegardenclub.com
Organized 1951

MEMBER

National Garden Clubs, Inc.
Pacific Region
California Garden Clubs, Inc.
Orange County District

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Teresa Whitney & Diane Riopka

2nd Vice President/Membership:

Cindy Burns

3rd Vice President/Ways & Means:

Elsye Crane

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Joanne Bush

Correspondence Secretary:

Eunice Schafer

Treasurer:

Jim Proett/Bill Schafer

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Article Deadline:

15th of the Month

WELCOME

President's Message

from Joanne Baggaley

As I write this in mid-August, we are experiencing the Dog Days of Summer, at least as far as that applies to beautiful San Clemente! It is super warm, super dry, and I am super tired of all the bugs eating my plants and the vines trying to colonize our house! I go through this Garden

Avoidance Stage every year about this time, only to get reenergized when the cooler Fall days arrive and the bugs back off a bit. While I've been avoiding my garden lately, I have not been avoiding my Garden Club! The Board and the Committee Chairs have been working hard over the summer to prepare for another banner year for our San Clemente Garden Club, in its 64th year of existence!

Will you still need me?

Will you still feed me?

When I'm 64?

Buh Bum

Yes, Paul McCartney, we do still need the Garden Club. (And Dolly and Simone will still feed us!)

We have several new members to welcome to our club this year, as well as many new Board members and Committee chairs. We also have plenty of "vintage" members to keep us on the straight and narrow, thank goodness. What would we do without them? (I'm lookin' at you, LG!)

I look forward to our great programs and activities this year, as well as the service we provide to the community. We can all feel proud to be

Inside This Issue

District, State, and National	Page 2
September Program	Page 2
Garden Therapy/Tips	Page 3
Field Trip	Page 3
Front Yard Garden Contest	Page 3
Membership	Page 4
Sponsors	Page 5
Budget: FY2016	Page 6

Board Meetings:

All board meetings for FY2016 will be held on the **Last Thursday** of each month, with the exception of June. Venues will be rotated. Watch the newsletter for times and locations.

Orange County District, State, and National News/Events

ORANGE COUNTY DISTRICT
Calendar 2015 - 2016

Look for updated information in the newsletter.

October 19, 2015 at 9:00 am
Dry Farming & More

Cost *\$10.00 RSVP to Jim Proett by October 9



Members' Yearbook Revisions

from Weej Baggaley

Our Membership Yearbook has a new look this year. We have condensed many pages of duplicated information into a concise format. The table of contents will direct you to the page with the activity you are interested in. Thanks go out to Diane Riopka for editing, Bette Langford for checking all the dates, Doris Weinbaum for editing and having the ideas for the reconfiguration, and Launa Gould for putting it all together.

Book Recommendation

from Weej Baggaley

I really enjoy Barbara Kingsolver as an author of novels (The Poisonwood Bible is my favorite), but I particularly enjoyed her nonfiction book *Animal, Vegetable, Miracle*, which chronicles her family's year of eating only food which was produced within 50 miles of their North Carolina home. It took a lot of determination to live like that, but Kingsolver's lyrical writing style makes it sound dreamy, yet realistic.

Recipe Recommendation

from Weej Baggaley

I make something called Cauliflower Rice at home, to cut down on grains and add some vegetables to my family's meal. You can find a thousand recipes on the internet, but this is basically what I do. I buy cauliflower when it's cheap (and when it's not wrapped in plastic). I grate it in the food processor using the disk with the larger holes. (You can also pulse it in the main processor bowl.) It's a little bit messy and arduous, so I actually do two whole heads in one session, then freeze the grated cauliflower in plastic bags until I need it. Then I just pull some out of the freezer, add it frozen or thawed to a big nonstick pan with hot oil (I use coconut oil), maybe some garlic, onions, ginger? Whatever. I usually add some canned coconut milk as well, after the cauliflower has cooked a while. I do it differently every time, and it's always delicious, and a healthy alternative to starchy white or brown rice. Be sure to sprinkle some chopped coriander or parsley on top. Maybe a squeeze of lime.

September Program

Date: Wednesday, September 2, 2015

Time: 1 pm

Place: St. Andrew's by the Sea Methodist Church
2001 Calle Frontera, San Clemente 92673

Welcome Back Garden Club Members!

Business Meeting and Welcome,
Weej Baggaley, President

National Garden Club Projects and Services,
Launa Gould

The September program will begin with a welcome from newly installed President Weej Baggaley and the club's traditional welcome tea, a great opportunity to meet new members, catch up with friends, and share summer garden successes. In addition, Launa Gould, former District Director of the Orange County District Garden Clubs, will give us an overview of the District, National, and State Garden Club activities and projects.

Stay Healthy and Fit While Gardening

Jan Duquette

The September program will feature speaker and fitness expert **Jan Duquette**. Jan, a longtime professor at Saddleback College, will give us sage advice on how to avoid injuries and aches and pains after a day in the garden. Jan has been teaching fitness and physical education courses in South Orange County for more than 30 years. She earned her bachelor's degree from Arizona State and masters from San Diego State. She is the author of three books--*Aerobic Dance: A Guide for Students*, *Assessing Your Fitness*, and *Got an Hour? Take a Hike!* (Trails of South Orange County). Jan also trains Quarter Horses in San Juan Capistrano and competes in Women's Professional Rodeo Association barrel racing events throughout the Western States. She lives in Dana Point and is in the process of converting her lawn and garden to primarily drought tolerant plants to help conserve water.

Field Trip - Sept. 23rd

from Lana Doyle and Sandy Cushman

Our first field trip for 2015/2016 will be at the **Coastkeeper Garden in Orange**. There is no charge. Parking is free. Donations accepted at dropbox. There is no shade and seating is limited. It was suggested that you bring a chair if you need to sit down. Be sure to bring water, sunscreen and a hat. An umbrella for shade during the presentation is advisable. Please let me know if you plan to attend. We will meet on **Sept. 23rd at 9:30 a.m. at the church**. The presentation is scheduled for 10:15 a.m. but the docent is flexible on the arrival time.

Front Yard Garden Contest

from Sacha McCrae-Delane

The San Clemente Garden Club is seeking nominations for its annual Front Yard Garden Contest. Homes or businesses in San Clemente can win. Nominate your neighbor's garden, or your own! Judges will drive by and evaluate their curb appeal. The contest is open to any type or style of garden.

Contest winners will be announced at the Garden Club Fall Plant Sale on October 10.

Nominations will be accepted until September 21st. When submitting a nomination, please include the street address, resident's name (if known), and a brief description of the yard and noteworthy features of the garden.

Please send nominations to:
info@livinggardenslandscapedesign.com
 or leave a message at 949.218.7459

Living Gardens Landscape Design
www.livinggardenslandscapedesign.com
sacha@livinggardenslandscapedesign.com
 949.218.7459



Water Conservation Tips

from The Green Team

We've all heard about conserving water in the garden. Don't forget about inside the house! In every issue of the newsletter, we'll provide an easy way to conserve our precious water.

Don't be such a good housekeeper! Who's going to see your kitchen? The Queen of England? Your mother-in-law? You'd be surprised how many things can be reused without a genuine wash. Here is a possibly embarrassing list of things that get many uses in my house before seeing the suds: my favorite giant nonstick pan, plus spoons and tongs; my tea mugs for home and travel; the kids' water cups and my reusable water bottles; the cutting boards and knives that haven't touched meat; the food containers that held unmessy items and can then be used to hold the leftovers; etc., etc. I've been doing this for a long time, and no one in my family has ever keeled over from germs! (I'm kind of glad you don't know who wrote this.)

Garden Therapy

from Suzi Klickstein

As we start our 2015-2016 Garden club year, we also begin our monthly Garden Therapy visits to the Rehabilitation Institute of Southern California (RIO). The RIO serves adults 18 through 80 plus years, who have a range of disabilities. The clients are bused or driven daily to the RIO for a variety of activities and rehabilitation exercises. In spite of their many physical and mental challenges, the RIO folks are enthusiastic, good humored and appreciative. For over a decade, each month September through May, volunteers from the San Clemente Garden Club prepare hands-on (usually nature related) crafts, often using recycled materials, to share with the 65 to 75 clients at the RIO. Occasionally, Garden Therapy presents fascinating facts of nature such as the life cycle of the monarch butterfly, bluebird and owl habits and habitats and spotting beneficial bugs to complement a craft.

Garden Club volunteers always receive a hero's welcome from the convivial RIO folks. Assisting the engaging clients with a craft is enjoyable, sometimes a challenge and always rewarding. It is heartwarming to see the proud and happy faces of the clients when they complete one of the Garden Therapy crafts, which they are eagerly taking home to share with family and/or friends. The pure pleasure with which the challenged adults engage is a simple craft and the company of volunteers is an inspiration to all who encounter them.

Garden Therapy takes place the third Wednesday of each month, at 12:30 at the RIO, except February when we meet on the second Wednesday. Before each visit to the RIO we meet at Suzi Klickstein's to prepare the materials needed for the upcoming Garden Therapy craft. Our first prep will be Thursday, September 3 at 10:30 at Suzi's. Our Garden Therapy craft takes place at the RIO on Wednesday, September 16 at 12:30. Please contact Suzi Klickstein at suziklick@gmail.com if you would like to join us for prep or the activity. This year we will strive to use recyclables whenever possible, so from time to time we will request members to donate corks, cans, and other items. Looking forward to another great year.

Fall Care for Phalaenopsis, the Moth Orchid

from Carol Huss

A popular and most common orchid is the Moth Orchid. Orchids have seasons and are not always blooming, but a Moth Orchid will keep blooming until it dies, so to conserve your plant snip off an emerging flower spike off-season. Yet in the fall the plant goes dormant and may spike for its typical flowering season in the spring. Let it come!

Home growers may want to move the plants a bit closer to a light source, whether window or lighting fixture, because high light encourages more flowers. Reduce watering in frequency as fall progresses toward winter; toward end of period, plants may require water only every seven to ten days or so. Let the orchid dry out between watering. Fertilize with each watering for a thriving active plant, but lower fertilizer concentration to half recommended dose of a low nitrogen formula that may prove beneficial for enhanced flower production. You might try a bloom formula 6-30-30.



WELCOME

New Membership

from Cindy Burns

Welcome! to our newest members:

Jenna Balester, 3330 Calle La Veta, SC, 92672-4848
714-756-0621, jennabalester@gmail.com

Maria Biss, 6003 Camino Tierra, SC, 92673-6402,
949-542-9819, mauimalia@aol.com

Robin Crow, 2869 Riachuelo, SC, 92673-4050,
949-290-3438, robin@productivelearning.com

Sheryl Ferrell, 3804 Calle la Quinta, SC, 92673-2713
949-606-3452, sa4farrell@aol.com

Janice Genevro, 310 Avendia Cabrillo, Apt A, SC,
92672-1616, 949-276-4799, janice.genevro@gmail.com

Nancy Losak, 2921 Bonanza, SC, 92673-3424
949-412-8910, lazer@cox.net

Manuella Melchart, 34892 Calle Del Sol, CB,
92624-1619, 323-610-5642, manuella67@mac.com

Tracy Radulovich, 28585 Malabar Rd, TC, 92679-
1176, 949-364-6065, tracy26912@gmail.com

Cathy Ross, 641 Avenida Vaquero, SC, 92673-2901
949-701-6657, cathyross@gmail.com

Lorene Sheldon, 331 Pescador, SC, 92672-2836
949-842-2243, tstreet250@yahoo.com

Karen Shrader, 129 W. Ave d. I. Lobos Marinos, SC,
92672-4359, 949-370-6907, kwshrader1@cox.net

Lynn Wolf, 235 Avenida Princesa, SC, 92672-4237,
949-547-1428, wolfpak55@cox.net

** Remember to return your annual membership application.

Another New Sponsor!!

TOPLINE Garden Products is located at 29511 Rosenbaum Rd in San Juan Capistrano (off of Junipero Serra & the I-5) and owned by Juan Velasco. His company provides bulk mulch, compost, top-soil, perlite, seed cover and much, much more. He is offering SCGC members a 10% discount and they have a great calculator tool for determining how much soil/mulch etc... you might need. Please check it out..... <http://toplinegarden.com> For further information, give him a call at 949-735-0438 or email at GoldenStateDisposal@gmail.com

Travel Tales

from Weej Baggaley

The great Mark Twain (America's homegrown Confucius) said: "Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime." Amen, brother. In my prior life (pre-kids), my husband and I traveled extensively and I feel that, as well as living in so many parts of our own country, has given me more of an education than my four years in college did. We are currently "forcing" our high school daughter to choose a travel abroad opportunity sponsored by her school. I know that my own travels while in high school literally changed my life. We are fortunate enough to be able to afford to "make" her go and see the world that's out there. It may change her life, and will certainly broaden her horizons. I know that many of our Garden Club members are enthusiastic travelers, and I hope that each month our newsletter will be able to feature a "Travel Tale" from one of our members for all to enjoy. Please share some of your travel adventures with us: funny stories, amazing places, transformative experiences, from near or far.

Support our 2015 - 2016 Club Sponsors!

Orchid Sponsor \$1,000

San Clemente Villas by the Sea
660 Camino De Los Mares, San Clemente
949.489.3400 sanclementevillas.com

Rose Sponsor \$500

Dana Point Nursery
34100 Coast Highway, Dana Point
949.496.5137

Daisy Sponsors \$250

Bemus Landscape, Inc. 888.557.7910
P.O. Box 74268, San Clemente bemus.com

***DeNault's Hardware**-Ruth DeNault 949.888.5200x102
535 N. El Camino Real, San Clemente denaults.com

Glen's Landscape & Lighting 949.492.6492
Native Plant Specialist San Clemente glenslandscape.com

Green Thumb Nursery 949.837.3040
23782 Bridger Rd., Lake Forest greenthumb.com

***Morgan Stanley** - Ken Wakefield 949.760.2405
Newport Beach kennison.wakefield@morganstanley.com

***Living Gardens Landscape Design** 949.218.7459
Sacha McCrae livinggardenslandscapedesign.com

Luna Landscape / Luna Tree 949.492.3208
114 W. Paseo de Cristobal, San Clemente

Plant Depot plantdepot.com 949.240.2107
32413 San Juan Creek Rd., San Juan Capistrano

Rod's Tree Service 949.492.0657
San Clemente rodstreесervicesc@yahoo.com

Serrano Creek Soil Amendments 949.768.1008
25200 Trabuco Rd, Lake Forest serranocreeksoils.com

Shore Gardens Nursery 949.492.3526
201 S.Ola Vista, San Clemente shore-gardens.com

The Marine Monument at Park Semper Fi
P.O. Box 456, San Clemente marinemonument.com

***Tom Benton** Surterre Properties 949.285.1945
621 S. El Camino Real, San Clemente benton4re@cox.net

* Indicates San Clemente Garden Club Member

San Clemente Garden Club Activities

SEPTEMBER 2015

AUGUST 7	Propagation Workshop	9:30 AM
AUGUST 27	Board Meeting	10:00 AM
SEPTEMBER 2	Meeting & Program	1:00 PM
SEPTEMBER 3	Garden Therapy Preparation	10:30 AM
SEPTEMBER 8	Civic Beautification	
	Pier Bowl Planter	8:45 AM
	Marine Monument at Park Semper Fi	9:00 AM
	Library	9:30 AM
	City Hall Rose Garden	10:00 AM
SEPTEMBER 16	Garden Therapy-Fall Craft	12:30 PM
SEPTEMBER 17	Civic Beautification - Casa Romantica Garden	9:00 AM
SEPTEMBER 23	Field Trip	9:30 AM

Save A Tree - please consider the environment before printing this newsletter.

Review this budget closely

As we will vote on it at the Sept. 2 meeting

SCGC 2015-2016 BUDGET

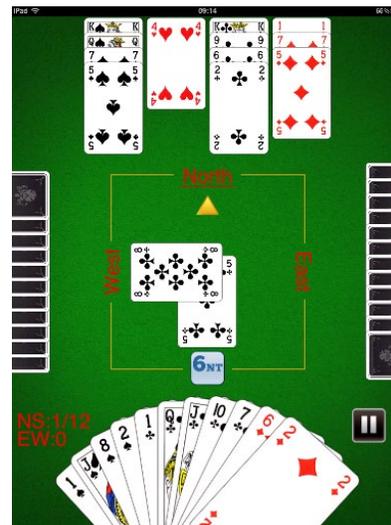
From Jim Proett, Co-Treasurer & Budget Committee	
REVENUES	
Awards - State/National Clubs	\$ 50
Donations	\$ 25
Garden Tour:	
ticket sales	\$ 12000
sponsorships	\$ 5000
Membership Dues	\$ 4000
Ways & Means - Event Sales/Mtg. Raffles	\$ 6000
Scholarship Endowment Fund Interest	\$ 25
Member Assessments - Lunchs/Field Trips/Mtgs	\$ 2800
TOTAL	\$ 29900
EXPENSES	
Butterfly Trail Stewardship - State Park	\$ 1000
Civic Beautification	\$ 200
Donations to National, State & Local Projects	\$ 3000
Dues & Fees (state/district/IRS)	\$ 800
President's Expenses	\$ 300
Convention	\$ 400
Field Trips	\$ 150
Front Garden Contest	\$ 200
Garden Therapy - RIO	\$ 900
Garden Tour Fundraiser	\$ 5000
Hospitality/WelcomeEvent	\$ 1000
Insurance	\$ 600
Juior Gardening:	
Concordia	\$ 550
Las Palmas	\$ 550
Marblehead	\$ 550
Shorecliffs	\$ 550
Life Memberships	\$ 300
Luncheons - Food/Decorations/Entertainment	\$ 2650
Membership (Committee do's-Name Tags, etc.)	\$ 150
National GardenWeek/Memorial Day	\$ 150
Newsletters (Printing, etc.)	\$ 900
Officer's Expenses	\$ 200
Programs	\$ 1500
Rents - St. Andrews/P.O.Box/Other	\$ 3000
Scholarships (incl. Endowment Fund Interest)	\$ 5000
Ways & Means - Fall Plant Sale/GardenFest	\$ 3200
Website (maintain domaine name)	\$ 150
Workshops	\$ 200
Yearbook (print pages in color)	\$ 1000
Misc. - Bank Fees/Etc.	\$ 250
TOTAL	\$ 34400

Would You Like to be in a Bridge Group?

from Joanne Bush

At the meeting on September 2nd we'll be passing around a sign-up sheet to see how many would like to meet for bridge on a weekly or monthly basis.

Now's your chance to improve your bidding skills! Be looking for the sheet or just contact Joanne.



10% Show your Membership Card!! 10%

Receive a discount at these local businesses:

Armstrong Garden Centers

San Juan Capistrano and Laguna Niguel

Downtown Flowers

111 Ave. Del Mar (cut flowers & succulents only)

Enchanted Fine Florals

Granada at Ola Vista (on purchases over \$30)

Green Thumb Nursery, Lake Forest

Ito's Nursery, San Juan Capistrano

Laguna Nursery, Laguna Beach

Plant Depot, San Juan Capistrano

San Clemente Florist

168 Ave. Del Mar

Seaside Growers Nursery, San Juan Capistrano

Shore Gardens Nursery, San Clemente

TOPLINE Garden Products, San Juan Capistrano

Tree of Life Nursery, San Juan Capistrano

(plants only)

10% Show your Membership Card!! 10%