



*to educate, to engage,
to beautify,
and
to give back*

September 2009

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President

Scott Borden

Past President

Meredith French

Vice President Membership

Suzanne Sorger

Vice President Programs

Meredith French

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Carol Moseley

Secretary

Carla Buff

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California Garden Clubs

Representative

Nancy Carter ♦ Scott Borden

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Coffee in the Garden

Joyce and Richard Disraeli

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Kathy Jones

Community Projects Chair

Barbara Kocmur

Crafts Event Chair

Debbie Quillin

Garden Walk Chairs

Meredith French

Kathleen Stoughton

Green Thumb Award Chairs

Martha Pehl ♦ Suzanne Sorger

Historian

Nancy Carter

Hospitality

Pepper Sutton ♦ Debbie Quillin

Donna Turbyfill

Mission Hills Town Council

Terri Skwarlo

Newsletter

Beverly Fritschner

Sanitation Bags Chair

Elaine Huntington

Special Events

Elaine Wilson

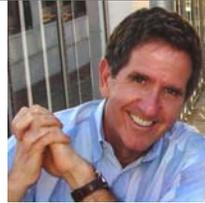
Ways and Means Chair

Kay Harry ♦ Kathleen Stoughton

Elaine Wilson

Weeding

Marien Kissling



**President
Scott Borden
Comments**

What an honor to serve as president of the MHGC. It's been a very busy first few months. My role is an easy one because of the tireless efforts of what seems like an army of volunteers. There's never a shortage of hands raised when help is needed, and that's what makes our club so special and so effective.

The first board meeting, in June, had some new faces in new places. Carol Moseley took over as Treasurer, and Carla Buff became the Secretary. Barbara Kocmur now leads the Projects Committee, and the tireless Meredith French is Vice President of Programs and co-chair, with Kathleen Stoughton, of the 2010 Garden Walk.

Suzanne Sorger continues her excellent work as VP for Membership, Kathy Jones will keep up with communications and our website, and she is helping to create the new garden club Facebook page. Elaine Wilson is coordinating Special Events for the club and also has some great ideas cooking for the new Ways and Means committee. Martha Pehl and her crew will be keeping their eyes out for more Green Thumb gardens this year, and Marien Kissling and her team of weeders continue to keep the tennis courts looking neat and tidy.

Pepper Sutton and Debbie Quillin keep our meetings refreshing with food and beverages (with special thanks to our monthly volunteers). Along with Don

Rudesill and others, they also organized the July 17th Concert in the Park potluck. Debbie also organized the August craft event. How does she do it all?!!

Nancy Carol Carter spent the summer abroad but has now returned to resume work as club Historian. Cheryl Gaidmore also was away for a few months and will now be organizing upcoming events for children.

Bev Fritschner has been at the keyboard creating the bi-weekly email news items. She also created the directory and the newsletter you are reading right now. And if that's not enough, she also graciously made storage space available for club materials. Bev, Carol Moseley, and Meredith French have created an inventory system so that we will know where all of our assets are when we need them. Great job team!

The Garden Walk and membership dues bring in the majority of our club's annual revenue, with some additional assistance from the monthly meeting raffle. Donna Turbyfill does an outstanding job providing a variety of items for raffle each month. We encourage you to donate quality items to be raffled off. Bring your items to the meeting and Donna can give you a tax-donation receipt. Many thanks to Mary Ann Vinck for keeping such good track of the club's finances.

See what I mean about all the help? And this is without singling out the hardworking members of the Projects Committee. Thanks to all for everything you do, and keep up the good work!

Craft Day with the Garden Club

August 1st found available craft enthusiasts joining with Debbie Quillin to learn the art of pressed flower note card creation. Their efforts were well rewarded. Debbie, thank you for all your work preparing this event.



Samples of our talent!



Members receiving instruction from Debbie Quillin, second from left.



FREE AGAPANTHUS

Contact Debbie Quillin—they are yours for the taking. Please contact her at dlquillin@cox.net or 619.297.8149

Volunteer Opportunities

Horticultural Therapy (HT)

Horticultural therapy is not only an emerging profession but also a time-proven practice. Therapeutic benefits of peaceful garden environments have been understood since ancient times. In the 19th century, Dr. Benjamin Rush, a signer of the Declaration of Independence and considered to be the father of American psychiatry, reported that garden settings held curative effects for people with mental illness. Today, horticultural therapists are skilled at creating garden spaces that accommodate people with a wide range of abilities. People with physical or mental disabilities benefit from gardening experiences as part of HT programs—they learn skills, adaptations, and gardening methods that allow for continued participation at home.

UCSD has an HT program and is looking for volunteers to assist the therapists. There is a six-week training program as part of this volunteer opportunity. For more information, please contact Kathleen Brand at brandk@pacbell.net. In the short term they are also in need of annual plants, soil, fertilizers, and containers.

September	October	November
Carol Costarakis, Joyce Disraeli Jeanne Dunham, Flossie L'Estrange Katy Engelhorn Lara Evans Gates Edna Harper, Barbara Kocmur Linda Lawley, Jill Mollenhauer Carol Wilson, Betsy Olsen Julie Osborn Nina Barton Owens Toni Palafox, Frances Winstead	Lindy DeBoer-Bourdon Scott Borden, Joan Kellner Barbara Strona, William Urban Mary Ellen Walther Laura Wile	Nancy Carol Carter, Mary Clark Bob Exter, Maureen Flores Elaine Huntington Pattie Lobner, Rena Minisi Betsy Morris, Karen Norberg Rich Paul, Julie Warren Phyllis Zeitman

Happy Birthday

Volunteer Opportunity

A 91-year-old, in the College area is in need of someone to spend an hour or so helping prune her roses. If you can help, contact Scott for more information at MHGCPresident@gmail.com

Thank You for Refreshments

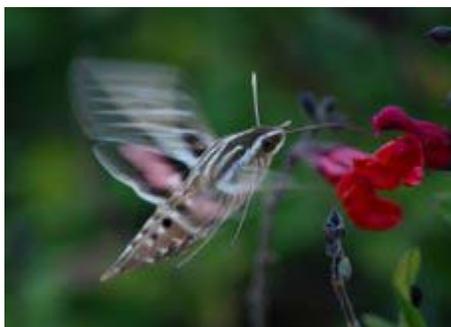
Mary Shelley, Kathy Jones, Fran Takvam, Mary Ellen Walther, Donna Turbyfill, and Maureen Flores

Out in the Garden

Submitted by Meredith French

Our Own Gentle Insect Giants

Which Ones Have Visited Your Garden?



The earliest one to appear each year is the **White-Lined Sphinx Moth**. If you are an early riser, you won't miss it. One of the nectarers of the moth world, it begins life in our deserts in the larval stage, swarming over desert verbena and other plants. Arriving out of the pupal stage, it migrates west to nectar on and pollinate flowers in your garden. The first one I saw—as it darted past me before dawn—I mistook for a confused hummingbird! They can get that large.

Our current visitor of rather large proportions is the **Green Fruit Beetle**. There seems to be an abundance of them this year. Originally native to Arizona and New Mexico, they have slowly spread westward. This rather comical creature, which defies aerodynamic laws, feeds on fruit and has a short, shovel-like horn on the front of its head which it uses to enlarge initial openings in the skin. Not your skin—they are totally harmless, although somewhat intimidating. They can live 10 to 12 years. Their eggs are laid in manure or compost piles.



Concurrent with this visitor is the beautiful **Big Red Skimmer**. This dragonfly is one of the beneficials in your garden and can reach 2 ½ inches in length. Although it is difficult to see actual “capture,” it cruises to and fro picking up small insect prey. Do not be afraid—be grateful for this beautiful giant.

Coming up, actually already here in their small stage, are the annual **Orb Weavers**. Contrary to Corky's Pest Control, these fascinating spiders are not public enemy # 1.

There are three species found here, marked in different ways with black and yellow or orange. You may notice its orb web with zigzag patterns extending beyond the feet of the female at its center. This is thought to act as camouflage (mimicking the markings of the spider) but I have also read that they serve as stepping stones for the male so that he may get to the female safely to mate. Because, you see, spiders can get caught in their own webs. The spokes are not sticky, but the concentric circles are dangerously the opposite! These spiders are important insect predators. Watch them grow as the summer wanes.



Gardeners' Activities

2009—2010 Floral Design Forum
Carlsbad Women's Club
3320 Monroe Street, Carlsbad 92008

October 5 **Speaker: Bob Gordon** **12.30**
AIFD, San Luis Obispo; Past President, CGCI
Topic: What Is Your Flower's Signature?

November 3 **Speaker: Judy Kimmel** **12.30**
Designer, instructor and flower show Master Judge
Topic: The Splendors of Fall's Wonders

December 7 **Speakers: Three NGC Designers**
Topic: Flower Power

Palomar District of California Garden Clubs
Windmill Restaurant
890 Palomar Airport Road, Carlsbad

October 26 **Fall Meeting** **10.30**
Topic: Hats Off to Halloween
Special Guests: Robin Pokorski, George Speer, Rita Desilets

San Diego Horticultural Society
Surfside Race Place
Del Mar Fairgrounds
www.sdhortsoc.org

September 14 **Speaker: David Fross**
Horticulturist
California Native Plants for the Garden: A Personal Perspective

San Diego Floral Society to Receive Award

The Friends of Balboa Park are honoring the San Diego Floral Society with the Friends of Balboa Park Millennium Award at their Annual Fall Luncheon. Further details to be announced.

Founded in 1907 by Kate Sessions and A. D. Robinson, the Floral Society helped the Chamber of Commerce prepare for the beautification of San Diego for the 1915 Panama-California Exposition, which attracted more than two million visitors. Their first project was to introduce San Diegans to the wide variety of plants that could be grown here. Free seeds were given to encourage people to beautify their own gardens. Many of the beautiful plants in the park were those either donated by members or grown in their homes to be replanted for the opening of the Exposition.

Wine in the Garden

What wonderful afternoons we had in the delightful tropical gardens at our last two Wine in the Gardens. Both Mike Weber (pictured right) and Carol Costarakis, a few weeks later, shared their homes with gardens created especially for indoor and outdoor entertaining. MHGC thanks Michael and Carol for being such generous hosts.



White Elephant Raffle Items Needed

MHGC members enjoy participating in the raffle each month. To make the raffle into a real fundraiser, we're encouraging donated items. If you have an item, bring it for the raffle and you can get a tax-deductible receipt. The best part is that you will be supporting the terrific projects MHGC brings to the community.

If you want to donate but can't make the meeting, call Donna Turbyfill at 619-225-1187 and arrange to drop it off at her place. Please remember—we only want gleaming white elephants. No broken items or old electronic goods, just great stuff someone else will treasure.

Petals for Patriots

Submitted by Cheryl Gaidmore

Petals for Patriots is a group that makes floral arrangements once a month to be given to service members recovering at the Wounded Warriors Unit at Balboa Navy Hospital in San Diego. After visiting the wounded warriors, founder David Root wanted to do something to let these heroes know they are thought of and cared for. Flowers bring a message of healing, hope, and happiness. The wholesale florist Dos Gringos in Vista has religiously donated flowers each month at no cost.

Mission Hills Garden Club was approached and asked to consider adopting the program as a community outreach project. Since May of last year, members of the garden club have met and provided the creative energy needed to turn beautiful flowers into wonderful healing bouquets. We include this note: "Thank You for Your Service." Cheryl Gaidmore is the liaison for the Mission Hills Garden Club and helps deliver more than 35 bouquets each month to the Wounded Warrior Unit and two Fisher Houses on the property of Balboa Naval Hospital.

In addition to Petals for Patriots, the Garden Club is providing 20 beautiful pots with succulent arrangements for the dining hall at Veterans Village of San Diego. Dr. Dick Disraeli is generously donating the succulents as well as helping plant up the pots. Veterans Village is an adult residential treatment center for all veterans enjoying great rehabilitation success through this program. Marilyn Cornell, a member of our garden club, contacted us in about this effort. She is the Clinical Director at the Village and greatly appreciates our contribution in making 150 residents smile during their meal times. We will be completing this project before the end of August.

Cool Grape Salad

Upon request of Mary Shelley from those attending the Concert in the Park

- 5 lbs. grapes (red or green seedless), stemmed
- 8 oz. cream cheese (softened)
- 1 C sour cream
- 1/2 C white sugar
- 1 tsp. vanilla
- zest of 1 orange
- 1 C finely chopped pecans

Directions

- ◆ Blend cream cheese, sour cream, sugar, and vanilla until smooth; mix in grapes and zest
- ◆ Spread grapes in cake pan
- ◆ Bake chopped pecans on cookie sheet in a 350-degree oven for 4 to 5 minutes
- ◆ Sprinkle brown sugar over pecans and bake another 3 to 4 minutes
- ◆ Cool nut mixture and sprinkle over top of grapes; cover and cool
- ◆ Serve to friends!

Garden Club Meetings and Events

United Church of Christ . 4070 Jackdaw Street
 Fourth Wednesday of Each Month
 Free to Garden Club members—\$10 for Guests
 6.00 pm social—6.30 meeting

September 23 **Special Congratulatory Celebration**
Speaker: Robin Pokorski
 Immediate Past President, California Garden Clubs, Inc.
Speaker: George Speer
 Membership Chair, California Garden Clubs, Inc.
 Floral Designer

Come join us at this very special meeting when our club is acknowledged for our success in growing the club this past year. Two officers from the State Chapter of National Garden Clubs, Inc., are honoring MHGC with cakes and champagne prepared for the attendees. Ms. Pokorski will speak on the garden club movement in the United States with emphasis on California. Mr. Speer will simultaneously demonstrate a sampling of floral arrangements.

September 26	Wine in the Garden 3533 Curlew Street	4.00—6.00
October 24	Coffee in the Garden 1761 W. Montecito Way	10.00—12.00
October 28	General Member Meeting The San Diego Zoo Botanical Collections Speakers: Mike Letzring, Plants Manager Christy Powell, Propagationist	
November 14	Field Trip	10.30—3.00
	Enjoy a day in the Pauma Valley picking persimmons and pomegranates at the family farm of our president, Scott Borden. Enjoy a picnic with club friends and neighbors at this special outing. Details to follow in bi-weekly emails.	
November 18	Annual Membership Appreciation Holiday Party	
December	NO MEETING	

For Your Information

Kim Huffman, owner of Espresso Mio and a big supporter of the garden club, would like you to know that the St. Vincent School is holding a jogathon as a school fundraiser. For more information on how to support this event, please go to: <http://www.svscatholic.org/files/SVSJAT10-2->