



Photos by Meredith French

Cercidium (Palo Verde tree)

Out in the Garden: Patio Trees Worth A Second Look

by Meredith French

In our neighborhoods of smaller homes and backyard patios, trees often seem out of the question. But many species that do well here are really of smaller stature and can add a wonderful focal point on a patio as well as provide shade and shelter for wildlife. See the examples below.

Cercidium (4 species) or Palo Verde tree is very drought tolerant and is valued for its beautiful clusters of yellow flowers and filtered shade, which is cast by many branchlets rather than leaves. ‘Desert Museum’ is the most favored with its longer bloom cycle, thornless branches, fast growth to 20 feet and scant litter. Do not prune in hot weather.

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BOARD OF DIRECTORS

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PRESIDENT'S MESSAGE

by Beverly Fritschner

It is an honor to serve the Mission Hills Garden Club as your President for the upcoming year. I am humbled to be following in the footsteps of those who have preceded me. I came to be part of this great club through my good friends and neighbors Dick and Joyce Disraeli. They invited me to a meeting that also happened to be one where the nominating committee was looking for some volunteers. Having done newsletters for other organizations, I agreed to do our newsletter—then I joined the club!!! While my tenure with the club is relatively short, I have had the pleasure of getting to know so many of you through the newsletter. I am now delighted to turn the reins over to Nancy Dimsdale. I think you will agree that the new format is fabulous! I also trust that you will give Nancy the same support and acknowledgment I received from so many of you. She may be contacted at dimsdale@cox.net.

I am a native San Diegan and grew up in the College area (Crawford High School). After finishing my education at SDSU, I taught high school Foods and Nutrition before leaving education for the corporate world. I joined a boutique training company that was soon acquired by a computer company, Control Data Corporation. In 1979 I left San Diego, in the dead of winter, to accept a position at the corporate headquarters in Minneapolis, Minnesota. I am not sure who was more surprised—the great people I met who wondered why anyone would leave San Diego in the winter, or me as I learned that California is not like the rest of the country! It was an amazing time of personal growth, warm friendships, and learning more about this great country of ours. After two years I moved west to Boulder, Colorado, where I lived for eight years before accepting a transfer to return to California (though in the northern part of the state). I lived in Mill Valley until I returned to San Diego to help my mom during the last few months of her life. I moved into my parents' home on Bandini Street, where I quickly learned what a wonderful neighborhood we call home.

My work is conducting management training programs, primarily for a company called SkillPath, as well as a variety of other companies I have worked with over the years. Although the training requires that I travel to the

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MISSION HILLS GARDEN CLUB publishes its newsletter quarterly.

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Blog: <http://www.mhgardenclub.blogspot.com>

Facebook: www.facebook.com search "Mission Hills Garden Club"

President's Message (*cont'd from p. 2*)

location of the public seminars—often five cities in five days—the good news is that I am able to see parts of the country I might not otherwise see, meet extraordinary people, and do fascinating work. This is another way of saying that I will be missing some meetings due to my work. In late July I leave for three weeks to conduct seminars in Australia and New Zealand. I have great faith in the board and our members to stand in while I am away.

My primary goal for the year is to engage and encourage you: come to our meetings, participate in our social events and field trips, get to know your neighbors, and volunteer to help make our events a success. As you may know, our primary fundraiser is

the Annual Garden Walk in May. Revenues from this walk help support our various club projects. Marien Kissling and Martha Pehl are once again chairing the event this year. Please consider how you might help them by serving on one of the many committees that make our garden walk one of the best in the city.

I look forward to getting to know each of you this year. Please let me know how the Mission Hills Garden Club can better serve you and our community.

Heading Out to Pasture: Glancing Back and Looking Ahead

by Scott Borden

The 2010 Garden Walk may go down as the most successful in our club's history. Funds raised from the walk provide the bulk of the fuel for our engine and it looks like we have a full tank for the coming year. The monumental effort of so many volunteers created what was indeed "A Walk to Remember." Kudos to everyone involved, most especially to co-chairs Meredith French and Kathleen Stoughton.

It's been an honor and a privilege to serve as president of the Mission Hills Garden Club. I greatly appreciate all those who helped make it a most rewarding and successful year. I know the incoming board members and committee chairs will continue the great work of our club and help us grow in new directions.

Beverly Fritschner takes over the presidential reins and ceremonial whip. Carol Moseley returns as Treasurer, and Meredith French remains First Vice President in charge of Programs. Kathy Jones is the new Secretary, taking over from Carla Buff. Suzanne Sorger is going to take a well-deserved break from her

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The most noteworthy thing about gardeners is that they are always optimistic, always enterprising, and never satisfied. They always look forward to doing something better than they have ever done before.

— Vita Sackville-West

Heading Out to Pasture *(cont'd from p. 3)*

position as Second Vice President, Membership. Barbara Strona volunteered to fill Suzanne's shoes.

Pepper Sutton is also taking a break after a long run on the Hospitality committee, serving with Debbie Quillin, who is now in sole charge. Linda Lawley takes over the Projects committee from Barbara Kocmur. Nancy Carol Carter continues her work as club Historian; thanks to Nancy for teaching us all so much about Kate Sessions.

Communications has been reorganized for this year, with Sabine Starr heading this group in charge of publicity, newsletter, e-news, website, and liaison to other community groups.

Education, with Mary Shelley at the helm, has been resurrected with an outward focus on internships, scholarships, and education grants. A revamped Special Events committee, headed by Carol Costarakis, will organize field trips, social events, children's events, coffee/wine in the garden, and craft events. The Garden Walk will be run by Martha Pehl and Marien Kissling, and perhaps a third co-chair.

What makes our club so great is that all of these incoming board members and chairs will be helped by countless and rarely thanked volunteers who help with tasks both large and small. It's really quite amazing to think just how much our club accomplishes and how far it has come from its humble beginnings. I wish the new leadership all the best and will enjoy watching the year unfold from out in the pasture.



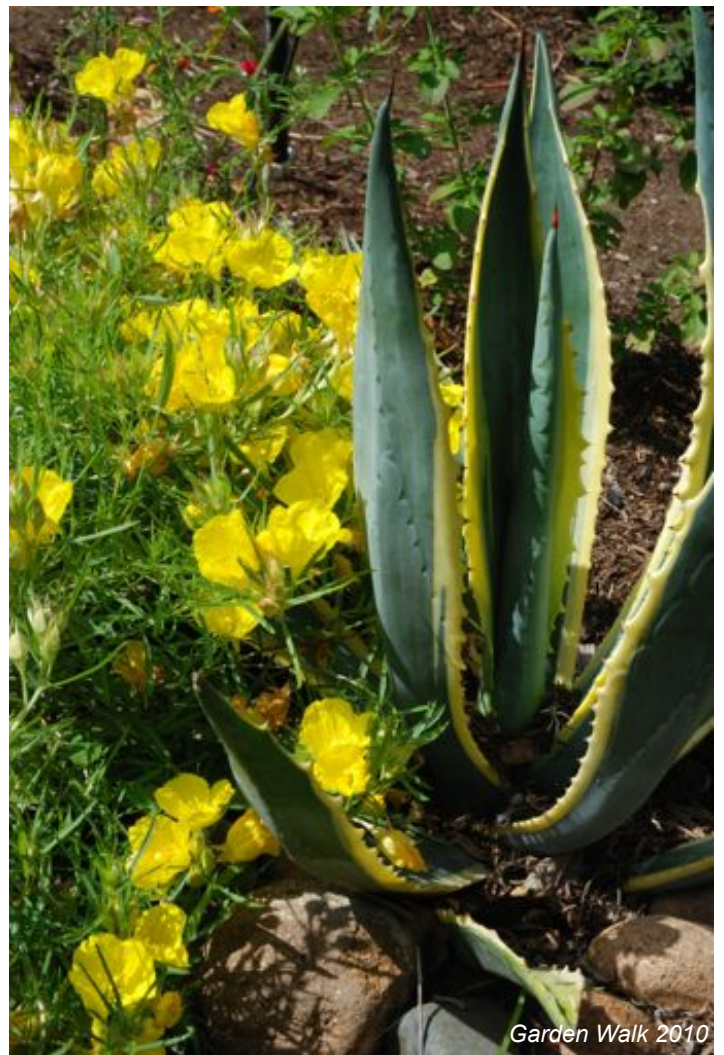
Palomar District News: Summer Quarter

by Meredith French

The Palomar District of California Garden Clubs held its summer general meeting, which included orientation for incoming club presidents and treasurers, on June 21st in Balboa Park.

Highlights include: a revision of the bylaws (changes in the number and type of meetings, composition of

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Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace.

— May Sarton

Lessons from the Garden: Growing Ideas from Seed

by Sabine Starr

It is amazing how much passionate gardeners can learn about themselves, and about life, while being in the solitude and serenity of their own gardens, tending to plants.

Seeds are true miracles: small and inconspicuous, they can survive a long time without any care, yet they are truly concentrated potential. Once they are provided with the right conditions—fertile soil, water, warmth—they start to sprout and unfold into what they truly are. Each seed contains the exact blueprint of the mature plant. Even gigantic trees start out as little unassuming seeds.

The seeds we use in our gardens are like the ideas and plans we have in our life. There is an abundance tucked away in all of us, dormant. We want to choose well and only select the ideas we love the best. Once selected, we want to give them the best conditions possible. Just as we tend to our seedlings, we must care for our ideas that are just starting to sprout.

As any gardener might agree, the seedling stage is a very delicate one, when seedlings are often kept in a special place, away from the rough conditions of the outdoors, protected and pampered. No seedling would survive being trampled underfoot or having pests eat away the few new and tender leaves. It is just not expected of a seedling to withstand all these perils.



Leonotis leonurus

And yet, many a gardener can be found putting to the test new and delicate ideas in life in a most unfavorable and ruthless environment. This is like sending seedlings out into the garden too early, without protection. We risk harming them.

If we treat our new ideas, our precious plans and inspirations as if they were seedlings—lovingly and attentively—they will emerge as well established and mature projects, results, or habits. Our achievements and positive changes will radiate out into the world shouting, “Look at me, here I am!” People will notice. And if they curiously ask about it, we can share our experience and our harvest. Happy gardening!



Duranta erecta

Palomar District News (cont'd from p. 4)

the board of directors, and the addition of three standing committees), adoption of the budget for 2010–11, and presentation of awards received at the California Garden Club (CGCI) convention. The new CGCI website will launch on July 4, 2010. Visit www.californiagardenclubs.org to see the changes and web-hosting opportunities available to clubs.

The Floral Design Forum will begin its new season Monday, October 4th. Contact Marcia Townsend: marciadeane@vcweb.org or (760) 749-4976.

Our club was honored for the second year in a row as a Blue Ribbon Club, and we received special recognition for our work with Petals for Patriots, spearheaded by Cheryl Gaidmore. The awards will be on display at our next meeting.



Albizia julibrissin

Albizia julibrissin or Mimosa Silk tree has a wonderful umbrella shape with finely cut ferny leaflets that close at night. Clusters of pink-to-deep-rose powder puffs ride above the crown and start their show in June. It will retain a smaller size if you buy one with multiple trunks, but a single trunk can be pruned with care to stay within the size limits of a patio. Especially beautiful when viewed from above, this tree grows fast with regular water. Put in warmest area possible and heavily mulch.



Eriobotrya deflexa

Eriobotrya deflexa or Bronze Loquat is an ornamental, fast-growing small tree with wonderfully scented cream flower clusters that come out in the spring. No fruit. Moderate to regular water; heavy mulch will reduce watering needs.



Erythrina crista-galli

Erythrina crista-galli or Cockspur Coral is almost deciduous. Long leaflets arrive first followed by spike clusters in spring/early summer. The coral or salmon clusters have deep red blossoms that can bloom again. Cut back after each wave. Do not water in summer.

July 28th Meeting

“The Urban Forest Movement in San Diego”

Speaker: Fausto Palafox

Fausto Palafox, owner of Mission Hills Nursery and a member of San Diego’s Community Forest Advisory Board, will speak on the urban forest movement and the role it plays in the general well-being of San Diego’s population. He will discuss how the urban forest improves our local climate, helps capture rain water that would otherwise go down storm drains, and how it removes carbon dioxide from the atmosphere. Approximately 27% of our shade canopy has disappeared since 1985. The Urban Forest movement is working to reverse this loss. Fausto will tell us how we can help replace urban forests using common-sense solutions. This is a topic just now getting the attention it deserves as we look at ways to improve air quality, save water from runoff and evaporation, and preserve watersheds.

Too old to plant trees for my own gratification, I shall do it for my posterity. — Thomas Jefferson

Coffee/Wine in the Garden

by Sandra Scherf

Coffee in the Garden is from 10am to 12 noon

Wine in the Garden is from 6pm to 8:00pm

July 31 Wine in the Garden: 3785 Fourth Avenue

Aug 28 Coffee in the Garden: 3574 Seventh Avenue

Sept 25 Wine in the Garden: 4251 Arguello Street

To confirm locations, check the bimonthly emails or contact Sandra Scherf: sandrascherf@gmail.com or (619) 298-5449.



August 25th Meeting

“Living Walls and Roofs: Purposes and Creation”

Speaker: Jim Mumford

Jim Mumford is a horticulturist, Certified Landscape Professional, and accredited Green Roof Professional. He discovered that combining rain water harvesting with home-grown food in a closed-circuit ecosystem on walls and roofs worked quite well in urban environments. Jim is an expert at transforming interior space into plant environments, and rooftops into successful gardens. To find out more, visit these websites: www.goodearthplants.com and www.greenscapedbuildings.com.

July 10th Craft Event: Pressed-Flower Note Cards

by Debbie Quillin

Saturday, July 10th, 9:30am to 12:30pm

Learn how to make pressed-flower note cards. Bring along scissors and enough pressed flowers to work with, share, and trade. Create beautiful, unique cards to use for any occasion. Free to members; \$10 for guests. Bring a friend! The event will be held in our meeting hall. Contact Debbie Quillin: dlquillin@cox.net or (619) 295-3773.

Special Events: Knife and Tool Sharpening

by Carol Costarakis

We have invited a professional knife and tool sharpener to introduce herself and explain her fee schedule at our July 28th meeting. If there are enough members interested, we'd like to offer this service on a regular basis.

The Special Events committee welcomes your suggestions for planning exciting things that all of us will enjoy. Consider volunteering to help with an event on a one-time or ongoing basis. Contact Carol Costarakis with your ideas and/or your interest in volunteering: mcolor@att.net or (858) 909-0001.

Membership

by Barbara Strona

Join/renew online at www.missionhillsgardenclub.org or pick up a form at the next general meeting: single, \$35; couple/family, \$50; and corporate, \$100, which includes additional benefits. A 10% discount is available at Urban Seed and Mission Hills Nursery. **To be included in the Member Directory, send in your membership form by August 25th.**

MHGC MISSION STATEMENT

The Mission Hills Garden Club was created to bring together friends and neighbors, share our knowledge and love of gardening, and support and educate others in order to make our community a more beautiful place to live.

MISSION HILLS GARDEN CLUB COMMITTEE STRUCTURE

COMMITTEE	RESPONSIBILITIES
COMMUNICATIONS Sabine Starr sabine.starr@yahoo.com	<ul style="list-style-type: none"> ▪ E-News ▪ Monthly Meeting Postcards ▪ Quarterly Newsletter ▪ Website ▪ Liaison to other community groups
EDUCATION Mary Shelley rubbyhart17@gmail.com	<ul style="list-style-type: none"> ▪ Grants/Internships/Scholarships ▪ Record-keeping: grants/internships/scholarships ▪ Report grants/internships/scholarships ▪ Encourage recipients to join in on club events ▪ Ask recipients to present a program at a meeting
HOSPITALITY Debbie Quillin dlquillin@cox.net	<ul style="list-style-type: none"> ▪ Meeting logistics ▪ Meeting refreshments ▪ Greet members ▪ Engage members to participate in activities
MEMBERSHIP Barbara Strona bstrona@aol.com	<ul style="list-style-type: none"> ▪ Recruitment ▪ Record-keeping ▪ Greeting members ▪ Member renewals
COMMUNITY PROJECTS Linda Lawley lindalawley@gmail.com	<ul style="list-style-type: none"> ▪ December Nights ▪ Green Thumb Award ▪ Petals for Patriots ▪ Sanitation Bags ▪ Veteran's Village ▪ Weeding
SPECIAL EVENTS Carol Costarakis mcolor@att.net	<ul style="list-style-type: none"> ▪ Coffee/Wine in the Garden ▪ Craft Events ▪ Field Trips ▪ Member Appreciation Party



Behind the Scenes: The 2010 Garden Walk

by Meredith French

The 2010 Garden Walk Co-Chairs, Meredith French and Kathleen Stoughton, would like to thank all of the hundreds of volunteers who helped make the walk the successful event it was. After all the financials were in, it appears that we netted more than \$33,000. This will take us a long way toward completing or initiating new projects for the community in the coming year.

In particular, several people should be recognized for their nearly countless hours of work to bring the event together. Carol Moseley and Beverly Fritschner chaired the ad procurement committee, and approximately \$10,000 was raised through their (and club members')

efforts. Carol also took on the task of organizing ticket sales: we sold 1,319 tickets on or before the day of the walk. Wow! A heartfelt thank you goes to loyal Chris Leppert who manned the sales booth on many occasions before the walk and stayed the course throughout the day.

Booklet design and writing were shepherded by Meredith and Kathleen with the help of Heidi Spurgin, a very talented local professional graphic artist.

The daunting job of organizing docents was initiated by Elaine Wilson with Marien Kissling—with her extensive experience—stepping in to help make sense out of chaos. Marien also took on the job of procuring insurance, which proved to be very complicated this year because of changes in administration at Grant School and the addition of a street closure (and swaying bridge!).

Martha Pehl managed so capably at those pesky details of water, porta-potties, and garden signage. She is an “old” pro at it and will co-chair the event next year with Marien. Jim Bishop and Meredith French worked on plant identifications, with Jim, as the expert, taking on the lion’s share.

Mary Shelley and Don Rudesill stepped up to the plate as usual and took care of all of our banner signage, directional signage, and manning the parking lot at Grant.

Jim Bishop, Scott Borden, Nancy Carter, and Linda Lawley were our trolley guys and dolls, imparting various tidbits about Kate Sessions’ life and local lore along the way.

Sherri Schottlaender was in charge of our crafts booth at the food court area. We have only good things to look forward to with this new addition to revenue making.

(cont'd on insert B)

Behind the Scenes (*cont'd from insert A*)

While Meredith and Kathleen were dealing with food contractors and the endless bureaucracy at City Hall, Debbie Quillin was setting a new design high with her gift bags for the homeowners, which were filled with surprises and delicacies of all sorts. A special thank you to Wendy Nash for making her extraordinary short bread bars.

Although there is not enough room to mention so many others who served as docents, poster hangers, nurses, ticket sellers, and so on, please know that your efforts, large or small, are gratefully acknowledged and much appreciated. We hope to have you all back next year.



Island Bush poppy

The Palomar District and You!

by Meredith French

Did you know that MHGC is a Blue Ribbon Club and an important member of the Palomar District of Garden Clubs? Our club has one of the largest memberships in the county.

Over all, there are 28 districts in California. Palomar, which covers San Diego County and the Temecula Valley, belongs to the network of California Garden Clubs, Inc. which, in turn, belongs to the National Garden Club network.

These networks, and Palomar in particular, bring information on water-wise gardening to the public, offer floral and landscape design classes with certification, honor our fallen soldiers with Blue Star Markers, fund certain state scholarship programs, provide insurance for our garden walk, hold competitions with cash prizes, and so much more.

Each club is encouraged to send one or more delegates to attend the district quarterly meetings. In addition to hearing presentations by well-known speakers, the delegates learn about the fundraising and education projects in other clubs.

Our garden club can select up to three delegates to accompany our president and treasurer to the quarterly meetings. Would you like to be one of these special people? As of this writing, we are not represented at all in this important organization. If you would like to participate, please contact MHGC president Beverly Fritschner: mhgcpresident@gmail.com.

San Diego Horticultural Society Events

- July 12:** Debra Lee Baldwin
Aug 9: Bruce & Sharon Asakawa
Sept 10-12: Fall Home/Garden Show
Sept 13: Mary Fillius

Visit the SDHS website at www.sandiegohorticulturalsociety.org.