

Clear Lake Trowel & Trellis Garden Club



Clear Lake Trowel & Trellis Garden Club (CLTTGC) is a member of Mendo-Lake District Garden Clubs, California Garden Clubs Inc (CGCI) and the National Garden Clubs Inc (NGCI). We were founded on September 21, 1955, by five women who wished to create and promote interest in amateur gardening in Lake County.

June, 2014
Vol. 1, Issue 10



2013-14 Officers:

President:

Carol Dobusch

Vice President:

Marva Brandt &
Susan Buckles

Treasurer:

Debra Watson

Secretary:

Helen Turley

Parliamentarian:

Jo Shaul



DOWN TO EARTH with President Carol



Is there anything quite as bucolic as a quiet summer evening in Lake County? Visitors express amazement at our star-filled sky and the brightness and bigness of the moon as it makes its climb from behind Mt. Konocti. I've lived here so many years that I've nearly forgotten evenings in the city where city lights blot out the stars, and there are far too many distractions for quiet enjoyment of serene moments as the sun sets and the moon rises. The pace of life is different in the city and often long before the sun closes shutters on a busy day; city dwellers have drawn their curtains. The end of day and the beginning of night are almost one. Truly, evening should be a leisurely affair instead of a rush toward a finish line.

Evening is for the philosopher who pauses to consider the wisdom the departed day has brought. Evening is for the dreamers, the romantics, the mystics, those who ponder the meaning of life and their place in it. Evening is for the laborer from the field, factory, office, or other work-places resting from a job well done. Evening is for the worried, hurried, and harassed who seek relaxation from the turmoil of daily living. Evening is for the families who debrief and reconnect after the busyness of an average day. Evening is for those facing the evening of their lives unafraid, remembering the good times, the golden moments of happiness reflected in the amber light of a mellow sun. And evening is for all animate beings - great and small- who leave their shelters after a sweltering summer day to refresh themselves in the shade, the lengthening shadows, and the cooling breezes in fading sunlight.

In a sense, evening has come for all of us in CLTTGC. Our brief club season has almost passed, and it is time to plan for a brand new tomorrow. Reflecting on the yesterdays of our meetings and events, I remember the trepidation with which I began my stint as your president. I also remember your encouragement. In the words of Richard M. DeVos: "Few things in the world are more powerful than a positive push, a smile, a word of optimism and hope, a 'you can do it' when things are tough." Thanks to you all, as the song goes, "I got by with a little help from my friends."

As our new officers take over the helm, we must remember the empowerment that we give others by being positive and helpful. Nobel Prize writer, Bertha Suttner wrote, "After the verb 'To love,' 'To help' is the most beautiful verb in the world." Surely, I found it to be so. Congratulations and good luck to our new officers. Need help? After an 'evening' of R&R, I'll be ready to go! Just call!

SCHOLARSHIPS: We split the scholarship between Lindee Jones and Asia Jones since they are so amazing and both are going to benefit society in agriculture or a related field. This is the third scholarship for Lindee and the first for Asia. At the last meeting it was voted that each girl receives \$1000. Both are deserving, and we are proud of their achievements past and future. By the way, even though the girls have the same last name, they are not related. Asia is graduating from Clear Lake High and Lindee graduated from Middletown.



TIP: Submitted by Helen Turley

1. For insects (and diseases). Crush 1 medium clove of garlic and marinate it in 1 tsp of vegetable oil for at least 24 hours. Then add 1/2 tsp of dish soap and mix well in at least 1 quart of water. Optionally add a teaspoon of cayenne pepper (makes it more effective, but also harder on beneficial organisms). Then spray on the plants in the morning. This works with many soft-bodied insects.

"We spray our fruit trees with the mixture of garlic powder, cayenne powder and couple of drops of dish soap (to help it all stick) all in water. It's worked very well, it has kept the worms and pests out of our apple and peach trees and we were able to save a plum tree that was so totally infested with aphids that we thought it was going to die. Tree looks fabulous."

2. For diseases. Baking soda works to prevent and eradicate powdery mildew, black spot and a few others. It has worked well for me on roses. University trials have confirmed its effectiveness. A solution of 1-5 Tbsp of baking soda per gallon of water is generally recommended. Start lower though, as 5 Tbsp can hurt the leaves in some cases. I go with 1 tsp per quart of water. But remember, even though these solutions are not nearly as toxic as chemical pesticides, if they're harmful to some of the 'bad' insects and microorganisms, they're harmful to some of the good ones, too.



Happy Birthday!

Leanne Harvey 6/8

June Dye 6/21

Donna Isley 6/23

Tammy Bransford 6/26

Jay Swanson 6/26



"You don't just luck unto things as much as you think you do. You build step by step, whether it's friendships or opportunities."

Barbara Bush



Planning Meeting

June 24, Tuesday, 10am,

Umpqua Bank Conference Room

I want to encourage all of you to attend this important meeting. Here is your opportunity to lead our club into the direction you desire. I have felt friction regarding the 'budget'. Unfortunately, your Board was a bit 'wet behind the ears'. We are anxious to hear your ideas for next year, so bring them along and let's make some great decisions. I'm hoping for Chair-persons to step forward so we can enjoy traditions like the Daffodil Tea.

In 2015 we are undertaking the Home / Garden Tour. This is a new and exciting territory. Our members are incredible workers and there is always plenty of help for everything we undertake; but a Chair-person is difficult to find. Please think long and hard about taking on a project. Co-Chairing eases the responsibility.

I would have been terrified of the Daffodil Tea by myself, but Susan and I worked together and it was fun. So talk to your friends seriously about Co-Chairing an event.

See You at the meeting and let's set-up for a great year. Marva



Sonoma Co Field Trip

Wildwood Farm & Corner Stone Gardens



2013-2014

Installation / Potluck

As one year draws to a close and a new one appears on the horizon, it is time to install next year's officers. **The Installation Party will be held on June 17th, our regular meeting day. It will begin at 4:30pm and end when we feel like it. We will gather at the Buckingham Clubhouse, 2850 Eastlake Drive. It is across from the golf course in Buckingham Park.**

We will have a "True Pot luck" so just bring a serving spoon and whatever dish you feel like making on that day! Wine sounds like a good idea, so bring some of that, too. We will provide the place settings but the cupboards will be locked so bring your own wine glass, also. We will have coffee & something cool as well.

Many thanks to those who offered to set up at 4:00pm. The list is missing so here is your chance to get out of it. I remember Betty, Carolyn, Susan, Helen, and there were a couple more. Please let me know who you are (and thank you!) If we start right at 4:00pm, we can make quick work of the preparations.

I am hoping for floral centerpieces from our talented KaBa-Tin arrangers. Just bring them with you and put them on the table of your choice. Let's party!!! Marva



Green Thumbs Up



To President Carol Dobusch,
VP Susan Buckles,
VP Marva Brandt,
Treasurer Debra Watson,
Secretary Helen Turley,
Parliamentarian Jo Shaul,
and each Club Chair
along with their worker bees.

HARD WORKING BUGS

It's hard, sometimes, to see bugs (insects) as anything other than pests. In an article written by entomology professor Whitney Cranshaw, however, he reminds us that many kinds of insects in a garden can be beneficial in managing the damaging kinds. Many astute gardeners can probably recognize some of the "good guys" of the garden insects like lady beetles, green lacewings, and even some parasitic wasps. These '*beneficial insects*' have environmental needs much like our own: a good place to raise their young, adequate food, suitable shelter, and freedom from harmful gardening practices.

At the immature stages of beneficial insects, needs may vary from those of adults. The young need a few bugs to munch on, protection from wind, a bit of mulch for shelter, and safety from harmful pesticides. (Soaps, *Bacillus thuringiensis*, and neem have little effect on beneficial insects).

Adult '*beneficial*' sustain themselves on nectar for energy, and some need pollen. Adult lady beetles, parasitic wasps, and green lacewings depend on flowering plants for sustenance. Without these plants, their effectiveness as biological pest controllers is greatly reduced. Unfortunately, not all flowering plants produce sufficient pollen or nectar for beneficial insects. Other flowers are not good because of their shape like the deep-throated flowers that attract butterflies, bees, and humming-birds.

Some of the following flowering plants have been identified as those used most frequently by beneficial insects: Fennel; Feverfew; Alyssum, Sweet; Aster, Dwarf Alpine; Coriander; Dill; Lavender, English; and Yarrow, Common. A bit of computer research will undoubtedly produce a more complete list for our area. These plants will not only help you to attract '*beneficial*', but also help you to keep them around once they're there.

In his article about the use of certain herbs for their healing capacities, Steven Foster (no known relation to the early American composer) suggests that you don't have to be a professional herbalist to use herbs to stop bleeding, soothe skin irritation, to reduce inflammation, speed healing, and protect against infection. One of the herbs that he suggests using for its medicinal properties is yarrow which is found in many gardens. Yarrow's generic name, *Achillea*, is indicative of its ability to stop bleeding in minor wounds. Legend has it that the Greek warrior, Achilles, staunched the bleeding of his wounded soldiers with yarrow poultices. To use it, simply pick some flowering tops and leaves of yarrow, crush them to a green-grey mush in your

hands, and apply them to the wound with pressure. You will be amazed to see how quickly bleeding stops and wounds close. Because yarrow does close wounds so quickly, be sure to clean wounds before using it.

Common plantain and English plantain are also touted as herbal bandages. According to an eighteenth-century Dutch physician, fresh plantain leaves applied to the feet will ease pain and fatigue from walking. Also, plantain leaves serve as dressings for blisters and sores.

Calendula is also very beneficial as healers. Several European studies have shown that calendula ointments can accelerate wound healing because of its antibacterial, antiviral, and immunostimulatory properties. To make a calendula salve, coarsely chop freshly dried flowers in a blender, transfer them to a wide-mouthed-jar and add enough olive oil to cover. Cover the jar and let stand for two weeks. Next, pour the oil through a strainer lined with muslin or cheesecloth. Then, add one to four parts of melted beeswax (depending on the stiffness desired) to ten parts of strained oil to make a creamy salve. You can omit the beeswax and use the oil as a liniment. If you add a few drops of tincture of benzoin to either the salve or the liniment, it will act as a preservative. Store the salve in a small wide-mouthed-jar. It will keep for about a year unrefrigerated.

The final herb that Mr. Foster describes as having great healing potential is the humble stinging nettle. Considered as an aggravating weed by most of us, it has now become a rising star as an herbal diuretic and as a treatment for prostatic hyperplasia. To avoid contact with the stinging hairs, be sure to wear gloves and long-sleeved shirts when harvesting the leaves. Apparently, the leaves in spring make a tasty spinach substitute when boiled and have actually been used to treat scurvy. They also provide dietary fiber. Dried and crumbled, they may be sprinkled on salads, soups, vegetables for a subtle salty flavor and a rich supply of iron, magnesium, potassium, calcium, vitamins A and C, and protein. Don't worry; the sting is tamed by cooking or drying. I wouldn't suggest its ancient application in relieving arthritis or paralysis. Apparently, you could reduce those afflictions by whipping the affected limbs with fresh nettle leaves! Perhaps the cure could have been a lot worse than the problem!!



WHEN YOU THOUGHT I DIDN'T NOTICE

When you thought I didn't notice - you picked the finest blossoms from your yards and brought them to share, and I was inspired to garden.

When you thought I didn't notice - you dressed prettily and attended our meetings though you were tired and had so much to do, and I forgot my own weariness.

When you thought I didn't notice- you held us together with your experience and expertise, and I learned that advice given warmly and kindly feels a lot like being hugged.

When you thought I didn't notice- your eyes filled with tears, and I learned that grief is a very long journey and it's all right to cry.

When you thought I didn't notice - you planned interesting programs and events and were constant sources of support, and I learned the confidence of being part of a great team.

When you thought I didn't notice- you set aside vacation plans to troubleshoot in time of confusion and need, and I learned the value of promises made and kept.

When you thought I didn't notice- you became leaders and committee members in the amazing array of our club's activities, and I learned about organization, commitment, follow-through, team work, and service to others.

When you thought I didn't notice- you brought healthy repasts to carry us through even the longest meetings and I smiled to realize the happiness that food and friendship foster.

When you thought I didn't notice- you spent countless hours producing awesome newsletters, and I was inspired to write and was proud to have my written meanderings included in such lovely issues.

When you thought I didn't notice- you brought multitudinous items to each meeting, in an array so varied and priced so reasonably as would excite any shopper's soul, and I learned that all the beautiful sentiments in the world weigh less than a single lovely action of one who has sought and found how to serve.

When you thought I didn't notice- you used your talents and resources in remembering those who are elderly and/or infirm, and I realized that efforts made for the happiness of others, lift us above ourselves.

When you thought I didn't notice- you opened your gardens for our enjoyment and inspiration, and I realized that as lovely as our gardens may be, real beauty is best found in one another.

When you thought I didn't notice- you smiled, and it made me want to look that pretty, too.

When you thought I didn't notice- you cared, and I wanted to be everything I could be.

When you thought I didn't notice- I noticed....and wanted to say thanks for all those things that you did when you thought I didn't notice.

Carol Dobusch



Clear Lake Trowel & Trellis Garden Club

www.clttgc.org

Return mail: President Carol Dobusch
7075 Kelsey Creek Drive
Kelseyville, CA 95451-8023



The club meets at 12:00 pm
on the 3rd Tuesday of the month.
Scott's Valley Women's Club House
2298 Hendricks Road in Lakeport

Garden Club Affiliates

- **National Garden Clubs, Inc.**
(www.gardenclub.org)
National President: Linda Nelson
- **Pacific Region**
(www.pacificregiongardenclubs.org)
Director: Elaine Gunderson
- **California Garden Club, Inc.**
(www.californiagardenclubs.org)
President: Rita Desilets
- **Mendo-Lake District Garden Club**
(www.mendolakedistrict.org)
District Director: Rhea Pitchard

Remember to pay your dues for next year.

CREATE, ENLIVEN, ELEVATE

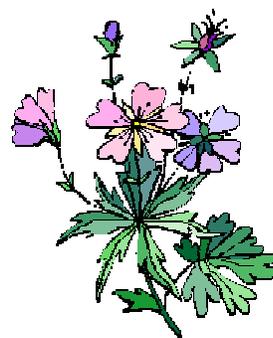


Forget-me-nots

JUNE 2014

- 1-7 National Garden Week
- 5 Garden Therapy, Thur, 10:30am
Call **Michelle Wisler** for info
First Lutheran Church,
3863 Country Club Dr, Lucerne
- 11 Lake Kaba-Tin Redbud Flower Arrangers
1:30 pm / Call **Barbara Swanson** for info
St John's Episcopal Church
1190 N Forbes St, Lakeport
Theme: Traditional Mass Arrangement.
- 17 2014 Installation / Potluck 4:30pm
Buckingham Clubhouse, 2850 Eastlake Drive.
(Across from the golf course in Buckingham Park)
- 20 Redwood Arrangers– Ukiah

- 24 PLANNING MEETING:
June 24th, Tuesday, 10am
Umpqua Bank Conference Room
- 25 Mendo Lake District Meeting 9:30, Ukiah
(Contact Susan B if interested in going)
- 26 FIELD TRIP: Ceago Winery Lavender Field
Carpool: 10:00am in Mendo Lake parking lot



Happy Summer!