

Your Garden, Your Lifestyle: The Japanese Perspective

by Mark Halverson

What Is a Garden?

This seems like such an obvious question that we would hardly give it any consideration, but now that spring is in the air, I have an increasing desire to spend time in my garden. (Here "my garden" means not only that small lovingly cultivated space around my home, but also the Japanese Friendship Garden in Balboa Park, a beautifully crafted traditional-style Japanese garden where I spend considerable volunteer time.) It is appropriate at this time of year, this time of renewal, to try to understand what a garden is, as well as how we relate to it.

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PRESIDENT'S MESSAGE

by Beverly Fritschner

As I walk in our very special neighborhood, I am enchanted by the flowers bursting into bloom daily. It is spring and time for the annual Mission Hills Garden Walk which will take place on Saturday, May 7th. This year's theme is "A Stroll Down Sunset Boulevard." Please sign up to be a Walk volunteer and/or purchase tickets online at www.MissionHillsGardenClub.org.

Funds raised by this Walk over the past decade have enabled our club to enhance the beauty of our neighborhood: for example, the hanging baskets planted and maintained by Mission Hills Nursery; the pots of succulents on West Lewis Street donated by Dick Disraeli and planted by members of the Projects Committee; and the planters on Washington and Goldfinch Streets which were selected, planted, and installed by the Projects Committee.

The money earned from the Walk also allows us to reach beyond our neighborhood. At our March meeting, teachers and students from Crawford High School gave a presentation about the edible gardens they have created on school property thanks, in part, to funding from our club. These young people, many of whom are refugees, shared the joy they experience from gardening and the sense of pride they feel from contributing to the health of their communities. Education Chair Mary Shelley presented a check to the students to support their garden expansion plans.

It has been a privilege to serve as past newsletter editor and as President this year. Although I had to miss meetings due to my work, I am grateful to Meredith French and Carol Costarakis for stepping in when necessary. Thank you all for the wonderful work you've done this past year! The MHGC is thriving: new members join on a monthly basis, our programs are well attended, and we are funding worthwhile projects in our community and beyond. I hope to see you at the Garden Walk and future Club events.

Bev Fritschner is the current MHGC President, a third-generation San Diegan, and a freelance trainer in sales and customer loyalty.

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Your Garden, Your Lifestyle (from page 1)

In Western cultures, gardens are often considered to be "art": a garden is something we enjoy viewing and using for recreation, and we appreciate the skill of the gardener. In order to gain new understanding, I urge you to look at the garden through "Japanese eyes." This may give you another perspective and increase the enjoyment of your own garden.

The Japanese Approach to Gardens

The Japanese language has no word for "art" as we understand it. The closest word is *katachi*, which translates as "form and design," implying that art is synonymous with living, functional purpose, fine



craftsmanship, and spiritual simplicity. In other words, the Japanese believe that a garden is designed to serve some useful purpose rather than simply be impressive to look at. This idea of "functional purpose" changed over time as Japanese garden culture evolved and

reached its zenith in the sixteenth century.



Prior to the seventh century, gardens as we understand them today did not exist in Japan, although the Japanese admired spectacular scenes in nature and revered them as sacred. In fact, the ancient Japanese word for a garden or park is *niwa*,

which literally translates into "the pure, or sacred, place." *Niwa* is still used in Japan today, but the



cultural understanding of gardens has changed considerably.

The Heian period (794–1185 AD) in Japan overlapped with the culturally rich Tang Dynasty in China, and Chinese gardens were admired and copied in Japan. These early gardens were opulent, colorful, filled with artistic references to ancient Chinese literature and

poetry, and used for entertaining and recreation.

During the Kamakura (1185–1392 AD) and Muromachi (1393–1573 AD) periods, a major transformation took place in Japanese culture coinciding with the rise of Zen philosophy and the refinement of the



formal tea ceremony. Slowly, the purpose of a garden evolved from a place of pleasure and recreation to a place of quiet contemplation.

By the sixteenth century, the traditional Japanese garden embraced a new set of functional purposes called *Wabi-Sabi*, an aesthetic which emphasized a close relationship with nature, a calm perspective on the cycle of life, and a spiritual simplicity.

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Wabi-Sabi is the Japanese term for "restrained good taste." It is characterized by naturalness, humility, appreciation of beauty, and the venerableness of age. It accepts the imperfection of nature and concedes that all things in the material world are transient. In short, Wabi-Sabi expresses the aesthetic principles of Japanese garden design which were important in the sixteenth century and continue to be meaningful in today's modern world.

Sixteenth-century tea gardens (typically constructed in urban areas) were designed to prepare the guest—mentally, physically, and spiritually—for the formal tea ceremony. Even the act of walking through the garden on the way to the teahouse was designed so that guests could begin to relax and forget the mundane stresses of everyday life. The *tsukubai*, the water basin just outside of the teahouse, was available

for rinsing one's hands and mouth to symbolically remove the dust of the real world.

In the villas and estates of the wealthy and powerful, the domestic garden was an oasis for solitary reflection upon important questions. The Japanese believe that when the spirit is calm and refreshed, moments of insight are more likely to occur. As an ancient Zen proverb says, "An old pine tree can teach you the universal truths."

Today the traditional Japanese garden embraces a lifestyle and is a visible representation of how to live one's life. In this micro-environment each element is important to the whole: stones are carefully selected to make a path or artfully placed within the landscape; the house and even the gardener's tool shed follow specific principles of design; plants are trimmed and

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trained for artistic effect; fences, gates, and water features comply with the overall plan of serenity; and benches, stone lanterns, and fragrant flowers create an intimate setting in which to enjoy nature.

What Do You Want from Your Garden?

In Zen philosophy, *satori* refers to a flash of sudden awareness, or one thousandth of a second of

individual enlightenment; it is considered a first step toward nirvana—enlightenment—and the freedom from constraints and suffering in the material world.



Perhaps you will experience *satori* as you look at your garden from the Japanese perspective. What type of

environment do you want to create? How do you want to use your garden and how do you want to interact with it? What is your lifestyle and what role should your garden play?



If you feel that a Japanese perspective might enrich your garden experience, apply the *Wabi-Sabi* aesthetic a little at a time. You can learn about it in *Sukiya Living* magazine (a publication about Japanese gardens) and from visits to the Japanese Friendship Garden in Balboa Park.

Beginning with *Wabi-Sabi* is quite simple. Use the basic ideas summarized below to add peace, beauty, and a deeper meaning to any type of garden.

Type of Materials: use organic materials that show the passage of time; avoid shiny or uniform materials.

Form: use natural forms with asymmetry or irregularity.

Beauty: strive for aesthetic pleasure, emotion, and beauty in the smallest details.

Color and Light: use natural light; avoid harsh, strong colors (the most calming color is green); limit the view of the sky (not too much "blue").

Simplicity: use unrefined or rustic local materials; avoid embellishment or ostentation (less is more).

Space: include areas of "nothing" in interiors and gardens; provide intimate spaces; don't crowd too much together (less is more).



Balance: use elements

that are natural and unforced; keep all elements at a human scale; integrate your garden harmoniously with the local landscape; avoid regular or uniform shapes and patterns.

Sobriety: approach your work with humility and sincerity; accept the reality of impermanence; create intimate and personal designs in a spirit of *Wabi-Sabi*.

This list should not be seen as a "paint by numbers" schema—it's not that simple. Please consider this an introduction to Japanese gardens and an aid to getting started. Once you begin to experiment, you will gain an intuitive feeling for the *Wabi-Sabi* aesthetic, and applying it will come naturally. In the end, it is your garden and your lifestyle. Find a way to bring them together and make your garden work for *you*.

Mark Halverson is an aerospace systems engineer with Northrop Grumman who is a volunteer docent at the Japanese Friendship Garden in Balboa Park and at the USS Midway Museum. Photos courtesy of and copyrighted by Mark Halverson.

Nature does not hurry, yet Everything is Accomplished. — Lao Tse

Mission Hills Garden Walk 2011 "A Stroll Down Sunset Boulevard"

by Jim Bishop and Martha Pehl, Co-Chairs

Mark your calendars for the thirteenth annual Mission Hills Garden Walk—"A Stroll Down Sunset Boulevard"—which will take place on Saturday, May 7, from 10 a.m. to 4 p.m. A wine reception will be held at the Mission Hills Nursery from 3:00 to 4:30 following the walk. Be sure to purchase your tickets



before the day of the walk in order to save \$5 per ticket. Tickets are available online at our website (www.missionhillsgardenclub.org) and also at Mission Hills Nursery, Walter Andersen Nursery (Point Loma), Cedros Gardens (Solana Beach), and Armstrong Nursery (Morena Boulevard). On the day of the walk, tickets will only be available at Mission Hills Nursery.

Bring your friends and family for this fun annual event, which is the primary fundraiser for the Mission Hills Garden Club—tickets make great Mother's Day gifts! Proceeds from this event fund all of the club's donations to wonderful projects, scholarships, and community organizations. Commemorative T-shirts, food, beverages, and garden art will be available for purchase at various sites during the walk.

This year's walk features gardens in several of the oldest neighborhoods along Sunset Boulevard in Mission Hills. *Our* Sunset Boulevard is much older than the classic 1950s film noir movie (and subsequent hit Broadway musical) of the same name. The first home in the area, Villa Orizaba, was built in 1887, and subsequent subdivisions such as the original Mission Hills, Inspiration Heights, Florence Heights, and others were developed in the early twentieth century. The skyscraping Washingtonia palm trees that line the street are some of the tallest and oldest in San Diego and are a local landmark.

While the neighborhood and homes date back almost one hundred years, the gardens have been well maintained, renewed, and enhanced for generations. To quote the immortal silent movie queen Norma Desmond as she dramatically descends the grand staircase in her Beverly Hills mansion in *Sunset Boulevard*: "All right, Mr. DeMille, I'm ready for my close-up." Our own Sunset Boulevard neighborhood has never been more ready for *its* close-up.

Look for the 1908 Inspiration Heights street markers at Lomas Pass and Arden Way which inspired the logo for this year's walk. Take time to experience the history and beauty of this unique community, of which we are justly proud. We hope that as you wander through the gardens you'll find as much enchantment and inspiration in them as we did selecting them during a stroll down Sunset Boulevard.

Jim Bishop is co-chair of the 2011 Mission Hills Garden Walk and a board member of both San Diego Horticultural Society and Pacific Horticulture. In September, he will begin serving as president of SDHS.

Martha Pehl is co-chair of the 2011 Garden Walk and a supervisor of a retail store at Sharp Mary Birch Hospital for Women and Newborns. Her family has been in Mission Hills since 1908.

Photo courtesy of and copyrighted by Pat Harrison Photographic Art.

Out in the Garden: Love Is in the Air

by Meredith French

My, my . . . am I blushing? I'm thinking back to the middle of March when a few of our feathered friends were already hard at it, wooing mates, building nests, and . . . A few of them were just breezing through on their way to somewhere else: the tanager, cedar waxwing, and rufous hummingbird, for example. Others remained here for the season to raise at least one brood of newcomers during their stay.

One such species is the house wren (*Troglodytes aedon*). This rather ho-hum-looking buff- or brown-colored bird (four to five inches long with a cocky tail) has a most beautiful song that just bubbles forth. They will actually *stay* in the birdhouses you set up, and some will return to the same one year after year.

The yearly mating ritual begins with the male trying very hard to lure the female to his particular selection. She may resist, however, and insist that they move into one more appealing to her—she parks herself there and will not go visit his choice of abode; this can go on



for several days. Once a selection is finally made, the partners' work begins . . . sort of. They remove any trace of last year's visit and the male begins to bring new twigs. Often the twigs are too long, and it takes some figuring out to get them in. Meanwhile, the female sits smugly by and watches. She inspects the nest site, removes any twigs that do not pass muster, and then she adds the soft stuff.

After another fifteen to nineteen days, the babies announce their presence with soft little noises; as they grow, their vocalizations become more distinct and impatient. The birdhouse sways back and forth as they move around inside. The parents' formerly beautiful

song turns to a threatening rattle if either of them senses danger. Both work from dawn to dusk feeding the hungry crew a variety of insects and caterpillars. Your creation of a brush pile will help their foraging

efforts, so leave your green trimmings at home rather than shipping them to the landfill.

Within another twenty days or so, two to three young ones crowd the entrance with gaping mouths, loudly insisting that this time they have surely been abandoned. One baby is always the bully, leaving the others to wait their



turn; mom returning on the heels of dad insures that the others get fed. Faster than an eye blink, they are ready to fledge—with the bully usually leading the charge—and if you turn your back, you will miss it. The babies will hang around in nearby bushes while the parents continue to feed them for a while, but eventually (like all offspring!) they are on their own. Next spring they will continue these traditions themselves with their own broods. Place a birdhouse outside your kitchen window and enjoy the show!

Meredith French is a Master Gardener and professional photographer who has lived in the neighborhood for 42 years. Photos courtesy of and copyrighted by Meredith French.

Call the Master Gardener Hotline



(858) 694-2860 Monday–Friday 9am–3pm

...for answers to home gardening and pest control questions.

It's FREE!

Honey, I Have an Idea...

by Pat Harrison

There have been many changes in my Mission Hills garden since 1977 when I moved into this wonderful 1915 Craftsman bungalow on Falcon Street. Back then, I didn't know a thing about gardens, but I did



love plants: I had more than seventy houseplants in my apartment, and I was eager to learn about digging in the dirt. For the first several years I had my hands full with fifty rose

bushes and fifteen fruit trees. Over the years I learned about pruning, harvesting, canning, and caring for my new responsibilities.

After living in my home for more than thirty years, I decided to undertake a much needed renovation to the house and garden. It all started with the desire to have new carpet in the living room. The plan escalated rather quickly: since I had to move heavy furniture, electronic equipment, and fragile china and crystal, I easily rationalized that if I was going to go to all that trouble, I should paint as well. Then there was the fact that my chimney was about to collapse, and the roof had too many layers and was definitely sagging. Wouldn't it be nice if I replaced a long-absent garage to add needed storage? And while we're at it, let's completely gut the kitchen and start over!

In early 2008 I started planning the house renovation—which carried over to the yard—because adding a garage would impact the backyard in a



substantial way. I worked with the City of San Diego to get the necessary permits to rebuild the garage on the property line—a feat in itself. Our plan was to build the garage first and empty the kitchen and office into it while we were doing the house renovations.

We planned, and God laughed: of course, the two projects happened simultaneously. You hear people say, "I couldn't have done it without him"—and I

have to add that I wouldn't have done it without Bruce, whose encouragement and guidance was continuous and wise. Bruce handled such projects as drywall, gas lines, electrical, and water for the garage, and he built the fences, gates, and concrete base for the shed; he also responded quite well to hearing me say numerous times, "Honey, I have an idea . . ."

Just when we thought we were done, the front yard screamed for attention, and design and planting ideas flooded my head. However, I knew I might make costly mistakes and poor choices, so I asked my friend Chris Drayer, a landscape architect, for help. He

presented a wonderful plan for the project. First, we killed the lawn and removed it along with the concrete walkways, ten tons of dirt, and all the plants (except the roses).





Then, in the front yard, we installed brick walkways lit at night by low pedestal Auroralights; *Cotoneaster dammeri* 'Lowfast' replaced the lawn; and we planted

trees, including a strawberry tree (Arbutus 'Marina') and Cassia splendida 'Golden Wonder Senna.' Two tea trees (Leptospermum 'Ruby Glow') grace the front porch, along with



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variegated bougainvillea. The front garden also features *Miscanthus* 'Morning Light' (variegated maiden grass), *Sansevieria trifasciata* 'Laurentii' (variegated snake plant), Salvia 'Santa Barbara,' *Pittosporum crassifolium* 'Nana,' *Bulbine frutescens*, *Graptoveria* 'Fred Ives,' and *Tibouchina heteromalla* (Silver-leafed princess flower).



My garden was certified as a wildlife habitat site by the National Wildlife Federation in 2010. To create a wildlife habitat, you must provide elements from the each of the following areas:

- Food (native plants, seeds/nuts, berries, fruit, nectar)
- Water (birdbath, pond, water garden, stream)
- Places for cover (thicket, rock pile, birdhouse)
- Places to raise young (dense shrubs, vegetation, nesting box, pond)
- Sustainable gardening practices (mulch, compost, rain garden, chemical-free fertilizer)

Visit the National Wildlife Federation's website for information on how to certify your garden. The first step is to fill out a questionnaire online: http://www.nwf.org/gardenforwildlife/certify.cfm.

Pat Harrison holds the degrees of Master Photographer and Photographic Craftsman from the Professional Photographers of America. A Mission Hills resident since 1977, she is a member of MHGC, MH Heritage, MH Business Improvement District, and MH Artists. Photos courtesy of and copyrighted by Pat Harrison Photographic Art.

I do not understand how anyone can live without one small place of enchantment to turn to.

— Marjorie Kinnan Rawlings

Spring: From Small Seeds to Big Outcomes

by Sabine Starr

Ahh, Spring. Even in sunny and mild San Diego, Spring is a wondrous and fertile time. It is a time full of hopes and dreams. It is also the perfect time to make a fresh start, to dream big and lay out an entire garden. As we watch our plants grow, we can also think about what we want growing in our life.

Every gardener knows there is no correlation between the size of a seed and the size of the mature plant; a tiny seed can grow into a tall oak tree. Similarly, an inspiration or goal always starts as a little seed in our minds. It doesn't need to be a big idea or something completely planned and organized from the beginning. It just needs to be there.

It's fascinating to note that a seed always knows what it will grow up to be. Have you ever found a seed with an identity crisis, like a carrot seed refusing to grow into a carrot and trying to become a banana tree instead? There is just no ambivalence, no wavering with a seed. If only that were true for us. Self-doubt—doubt about who or what we are—can plague us over the whole course of our lives.

As we consider the determination and self-assurance of a seed, we can examine what is true for ourselves. Do we believe that, like a seed, everything is laid out for us at the moment of birth—who we will grow up to be—or do we have the freedom to become who and what we choose? Even though a seed becomes a particular plant, there is still variation within that "limitation" in how the mature plant will turn out. Circumstances play a big part—sun exposure, soil quality and consistency, water, nutrients, pests, etc.

We too are "thrown" into circumstances when we are born. They might serve us, nurture us, and support us —or not. We are lucky to have the chance to grow beyond our given circumstances; we can pick up our "roots" and find a more nurturing environment so we can grow into the best possible version of ourselves.

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Look to seeds as an example and focus on what the fullest-grown version of yourself looks like. Listen, sit still, and look inside. What are your talents, passions, needs? Just like the seeds you plant in the ground this season, it's time to unfold, be inspired, and be fertilized by your environment—hold on to the big plant that you were meant to be. Happy Spring!

Sabine Starr is MHGC Communications Chair, an enthusiastic gardener, and a certified life coach.

Why Native Plants?

by Tait Moring

Each region of the United States has its own special character. However, for years homeowners and those in the landscape industry seemed to work very hard to make every part of our nation look alike: Chinese photinia, Japanese ligustrum, and English boxwood were sold and planted in huge quantities across the country. If someone wanted to landscape using plants native to their own area, they found it almost impossible to purchase them.

In 1969 Congress passed the National Environmental Policy Act (NEPA), which protects the natural ecosystems on federal lands and encourages the public to consider the negative impact of using "introduced" plants rather than native vegetation in landscaping. The use of exotics creates a multitude of problems—one of the most serious issues is that many of these non-natives become invasive and compete with indigenous plants. Eventually, due in part to public pressure and demand,

many commercial nurseries finally began specializing in natives. Once people started landscaping with these plants, they realized their many benefits:



- •less use of chemical fertilizers and pesticides
- •less time and money spent on maintenance
- •fewer plants lost to freezes or drought
- •more water conservation
- •more food and habitat for wildlife

In 1982, former first lady Lady Bird Johnson and actress Helen Hayes founded the National Wildflower Research Center in Austin, Texas. Now called the Lady Bird Johnson Wildflower Center, the organization's mission is to protect and preserve North America's native plants and natural landscapes. Decades ago Mrs. Johnson recognized that our country was losing its natural landscapes. Today, as much as *thirty percent* of the world's native flora is at risk of extinction.



The Wildflower Center's goal—to help preserve and restore the natural beauty and richness of North America—is being achieved through education and research. Visitors to the center are able to see a variety of landscapes ranging from formal gardens to wetland ponds and relaxing wildflower meadows. Most people who are unfamiliar with native landscapes are surprised at the beauty and variety that can be achieved using plants that are naturally adapted to a specific area.

As the popularity of native landscaping grows, each region can retain its own unique character: California will continue to look like California, and Texas will continue to look like Texas. Here are some resources for information: Lady Bird Johnson Wildflower Center: www.wildflower.org and the California Native Plant Society: www.cnps.org.

Tait Moring is a registered landscape architect practicing in Austin, Texas. Photos courtesy of and copyrighted by Tait Moring.

Landscaping and Value

by Ginny Ollis

We live in an urban environment, and we're all well aware of the stress we face each and every day. Happily, landscaping inside and out not only can still the soul and make the heart smile, but it also adds ten to twenty percent to the value of our homes.

Let's look at one house as an example. When the owners of this property bought this house, it was a fine example of how to obscure your home and its architectural appeal.



With a lot of very smart thinking, they have created something else altogether. For example, even though their home is on a typical fifty-by-one-hundred-foot lot with neighbors close on each side, they have defined their property with visual distinction and created a natural barrier at the back.







They framed the view from the master bedroom with relaxing green and used the wall of the bedroom to display plants. They also brought the calming influence of greenery inside the house, integrating indoors and outdoors and adding some "mellow" and softness to the interior.

While it is hard to determine the exact value that landscaping adds in a specific percentage, all real estate professionals (and most "civilians") realize what is gained by framing our homes— and indeed



our lives—with the comfort and beauty of nature. A quick drive down your own street will quickly prove the appeal of smart gardening. The home described and pictured here was offered at \$646.50 per square foot and sold in nine days, in a market where the average dollar-per-square foot is around \$430 to \$450. In looking at sales in the past six months, I would suggest that the difference between a house with dated or negligible landscape and one that is smartly "dressed" would definitely exceed a 10 percent bonus (depending on the effectiveness of the design, that could reach 20 percent). The example above sold for 30 percent above average market, just to note that I am not exaggerating.

Some of the most valuable landscaping includes not only plants that appropriately define and enhance the architecture, but areas that create moments of special interest: vegetables growing among the flowers, water features, fruit trees and birdhouses, statuary and bunnies, tortoises and stones. Just as we invest in the furnishings and accessories inside our homes, it is dollar wise to know that investing in our landscapes will return at least as much gain.

Ginny Ollis is a realtor, past president of the MH Business Improvement District, and founder and trustee of the MH Town Council. She is a passionate advocate of all things Mission Hills. Photos courtesy of and copyrighted by Ginny Ollis.

Succulent Propagation: or "Prop" 'til You Drop!

Text and Photos by Bob Reidmuller

I've always been a "plant geek." I think it all started when I was a child and my grandmother showed me how to take a coleus cutting and root it in water to make another plant. Presto! Instant plant geek!

Some fifty-plus years and many different plant phases later, on to succulents. I just love succulents! Succulents are some of the most beautiful and interesting plants out there, and they happen to be some of the easiest to propagate. Plus, in Southern California and the Southwest in general, they finally are receiving the credit due them as elements of watersaving landscapes and as wildfire protection.

Almost all of the succulents you commonly find—such as sedums, echeverias, crassulas, aeoniums, agaves, euphorbias, etc.—are very easily propagated from either leaves, cuttings, or offsets called "pups." Tools and supplies for propagating are few and uncomplicated: a sharp knife or good shears, containers of various sizes depending on the size of your plants, a well-draining cactus/succulent soil mix (either your own or commercial), gloves (handy if you are dealing with euphorbias and their nasty sap), and ground cinnamon. Trust me, I haven't lost my mind: cinnamon has some natural antibacterial and antifungal qualities that help keep your cuttings healthy and viable.

There are just a few important procedures that need to be followed. All leaves, cuttings, and pups should be allowed to dry and callus over for about seven to ten days. Remember to dip the cuttings in cinnamon first: pups should get dusted on the cut where they were severed from the mother plant (leaves don't really need the cinnamon treatment). When planted, the cuttings should all go at least another week without watering. Choose a pot or container that is not very large—remember, these cuttings have no roots. If you plant them in an oversized pot, the wet-soil-to-little-or-no-root ratio is a recipe for rot. After the waiting period, water thoroughly and don't water again until the soil has gone nearly dry. This helps to initiate and establish new root growth.

Leaf propagation is not for all succulents; agaves, aloes, and haworthias in particular are not good candidates, and aeoniums have a near total failure rate. However, almost any others are good to go. Leaves give you the biggest bang for your buck and are actually pretty incredible when you see them in action. To start, gently pull leaves from the original plant, lay them on something like a paper plate, and leave them alone in a cool, out-of-the-sun location; I've put them on top of the refrigerator or out in the garage. In about two to three weeks the miracle happens. You will see multiple, hair-like reddish roots sprouting from the leaf, and a tiny plantlet will be



visible. These little ones are now ready to pot up—be sure to give them a drink because they have their roots started. An alternative way to start leaves is to

place them directly on your *dry* soil mix and let them be. They will root directly into the *dry* soil, and you can water them at the first sign of plantlets.

Cuttings follow the same drying process, with the additional step of dusting or dipping the cut surfaces in cinnamon first to help ward off any future problems. Plants with stems, such as sedums, crassulas, and euphorbias, can be cut at any length for propagation, but shorter cuttings (three to four inches) usually make a better start and result in a healthier mature plant. Rosette types—such as some echeverias that eventually develop a long neck, as well as aeoniums that typically are rosettes on long branches—are best propagated by cutting about one-half inch below the rosette, leaving a short stem attached. Dust the cut with cinnamon and follow either method

described above (leaving the rosette to dry first and then planting or by gently setting it directly on *dry* soil to start the rooting process directly). Don't forget about the original plant from which you got your cutting: dust



that cut surface with cinnamon also, and be aware that the stem you left behind will likely be sprouting multiple new rosettes for removal later!

Succulent Propagation (from previous page)

Pups are fully developed (and usually rooted) plantlets that form around the base of the mother. Sempervivums, agaves, and aloes are prime examples

of plants that produce pups. The easiest way to remove them is to unpot the entire plant and sever the pups with a sharp knife or shears as close to the mother plant as possible. Treat all cut surfaces with cinnamon. While they are





likely to already have roots, the pups should still be given a week to dry in order to callus over any roots that might have been broken in the process. Then they can be potted;

watered thoroughly like an already rooted, established plant; and watered again when the soil becomes dry. Happy propagating!

Bob Reidmuller has worked in the plant industry for more than 30 years. He began at Solana Orchids and then worked for Altman Plants, the largest cactus and succulent grower in the U.S. Currently he is Resident Horticulturist there, and an educational advisor at Oasis Plants in Escondido. Photos courtesy of and copyrighted by Bob Reidmuller.

Book Review: Animal, Vegetable, Miracle: A Year of Food Life

reviewed by Kay Harry

Barbara Kingsolver, best known for her fiction, has written a book for all vegetable gardeners who would love to garden through the seasons and feast on their homegrown produce. After living in Arizona for twenty-five years, Kingsolver's family relocates to a 100-acre family farm in Appalachia, and the move inspires them to delve more deeply into a lifestyle centered around sustainable farming and "living off the land." The author's goal is to grow all the food her family eats for an entire year (or purchase it from other local farmers and farmers' markets). Her husband, Steve Hopp, who taught environmental studies and conducts research on bioacoustics and the natural history of vireos, is up to the challenge and becomes an educational resource. Daughter Camille, a yoga teacher and student at Duke, consumes only vegetables, fruit, and free-range meat. Nine-year-old Lily, the most entrepreneurial member of the family, is won over by the prospect of raising a great number of chickens—which she loves—to buy a pony.

Kingsolver's descriptive narrative, sprinkled with her special sense of humor, makes clear to readers the difficult work, creative problem solving, and constant discipline the family employs to reach their goal. One major challenge was Kingsolver's annual birthday party: locally grown refreshments and supplies for a full-blown party for 150 guests had to be obtained.

Through the seasons the book documents how the family plans, plants, maintains, harvests, and eats the results of their experiment. Fortunately, they were not major consumers of meat, and they were all very fond of fruits and veggies—even so, they had to be diligent about the global footprint resulting when many of these items were transported to market. From their first real crop of asparagus, they moved forward with all meals coming from their garden, from their neighbors' plots, or from fabulous local farmers' markets. "Get It while You Can" was a family motto (as well as the title of a chapter in the book).

Animal, Vegetable, Miracle is part memoir, part educational tool, part call to order, and part recipe collection. Having started with a Victory Garden during World War II and having had numerous gardens through the years, I found this book to be an intriguing and thoroughly enjoyable read. I would agree with the Los Angeles Times critic, who wrote, "It's a lovely book. One wants with all one's heart to sit with Kingsolver on the porch at the end of the day and shell peas."

Kay Harry is a retired teacher, a member of MHGC, and served as president of Point Loma Garden Club and the San Diego Floral Association.

[To me]...a garden means far more than just a planted place. It is a touchstone; a repository of memories that forms a place of joy in your life. A garden exists not only as part of your backyard landscape, but as a site that resides in your imagination, a collection of personally satisfying images that can be expressed upon your land.

— Julie Moir Messervy

Hawk Watch in Mission Hills

by Gero McGuffin

In 2009 I was fortunate to see an amazing family drama unfold just off our deck in Mission Hills (we live on the canyon that stretches from Mission Hills Nursery down to Titus Street). This drama included courtship, mating, family life, exhausted parents, demanding teens, and finally, successful fledging. It began early in the year with two Cooper's hawks flying around together in a showing-off kind of way; these two chose to mate on a eucalyptus branch just a few feet from our house. They made the distinctive and constant kek, kek, kek call that helps in identifying them—our other Mission Hills hawks (the red-tailed hawk and the red-shouldered hawk), sound quite different. Cooper's hawks belong to the Accipiter family, which also includes sharp-shinned hawks and northern goshawks.

Cooper's hawks are a San Diego County success story. The woodland habitat they need for hunting—they primarily eat birds, but also rodents—has shrunk, and they were probably also affected by DDT use. However, according to Phil Unitt in his definitive *San Diego County Bird Atlas*, Cooper's hawks were able to successfully adjust to life in our city canyons and

parks and now often nest in the non-native eucalyptus trees; they also appear to realize that people are no longer the gun-toting farmers or hunters who were once a threat to them. I have myself seen their indifference to humans. One day I was in our front



yard and realized that feathers were falling on my head—I looked up, and there was the female plucking and devouring a bird on a branch above my head.

The adult males and females look the same: their backs are bluish-gray and they have beautiful rufous (orangish) streaks with white on their bellies; adults have red eyes and black caps, and their tails usually have light and dark bars. The female is about one third larger than the male (a common trait of hawks).

You may have seen Cooper's hawks dive-bombing a feeder or flying at breakneck speed into a bush or tree after their prey: their long tails and short, rounded wings give them great maneuverability through tight quarters. Unlike cats, Cooper's hawks do not play with their prey: they squeeze the animal very hard, and the kill is quick.

Although as a bird-watcher and bird-lover I might wish them to not eat other birds, it is hard not to admire them. After they mated, the pair began working very hard. The male did most of the nest building in a nearby tree, and his second job was to hunt for the female. (Many male hawks do this, perhaps to show that they will be good providers.) He dashed back and forth, bringing twigs to the nest and freshly caught birds to the female at their favorite branch just outside our kitchen window. She was in no mood for good manners. If he didn't hand over (talon over?) the snack quickly enough, she pushed him aside and grabbed it. She was obviously eating for two —or three, or four, or five.

It took me a while to find their nest: they don't fly to it directly, probably so as not to attract the attention of other predators. After the eggs were laid, I didn't see the female for several weeks as she was busy incubating, but the male kept a steady stream of deliveries coming to the nest. Cooper's hawks are *semialtrical*: when they hatch the chicks are downy, helpless, and have to be fed, but their eyes are open. This is in contrast to *altrical* species, such as owls, which are born totally dependent, with eyes shut; in *precocial* species such as ducks, the ducklings are ready to swim the next day and find their own food.

These hawks provided weeks of entertainment, and some worry: when we had a storm, the eucalyptus branches would sway wildly back and forth. I learned that the eggs would take about a month to hatch, and sure enough, about five weeks in, I could just make out two white heads popping up in the nest. The hardworking male looked exhausted—I suppose that would not be news to any new parent. When the chicks are about two weeks old, the female can leave them for short periods to join in the hunt for food.

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After about another month, I was riding by on my bicycle when I saw two big fledglings (the same size as their parents) flopping from branch to branch near the nest. Although I had never seen more than two heads in the nest, I was even more surprised a few



days later to realize that, in fact, there were three of them. Over the next few weeks, they stayed close to the nest. Although they flopped and flapped and gradually built up their wings for

some real flying, they came back to roost in the nest. When they were able to fly over to a branch, the parents brought them food, but it took the fledglings a while to get the hang of eating: balancing on top of your dinner while eating it takes more coordination than you might think, and the fledglings often dropped their food. It was good practice for them to swoop down to the ground and find it. If they didn't get enough to eat, they whined constantly, usually to their mother. The parents began to feed them less readily, thus encouraging the "teens" to hunt for themselves.

The fledglings didn't all of a sudden fly away one day: first one, then the other two moved on. I didn't see the adult male again, and I hoped that he hadn't been killed (a few males are eaten by their mates). We didn't have a nesting pair last year, but recently I have seen two red-tailed hawks flying around in courtship displays. Now they are mating frequently, and I've seen the male collecting twigs. If I can find the nest, perhaps I can witness a new drama unfolding.

Gero McGuffin has enjoyed living in Mission Hills for more than 35 years. Walking, bicycling, and bird watching are three of her favorite activities. Photos courtesy of and copyrighted by Gero McGuffin.

I have found, through years of practice, that people garden in order to make something grow; to interact with nature; to share, to find sanctuary, to heal, to honor the earth, to leave a mark. Through gardening, we feel whole as we make our personal work of art upon our land.

— Julie Moir Messervy

Community Partnerships Grow with MH Town Council

by Lara Gates

The 2011 Mission Hills Town Council (MHTC) board of trustees has adopted a list of priorities to be accomplished for the beautification and betterment of Mission Hills. The MHTC seeks to establish partnerships with other like-minded community organizations, such as the Mission Hills Garden Club, to successfully accomplish these goals. These priorities include: (i) adding and restoring picnic benches in Pioneer Park; (ii) completing the Lewis Street Pocket Park; (iii) restoring Goldfinch Pointe as one of Mission Hills' primary view corridors into our canyon system; (iv) coordinating an Autumn tree planting event; and (v) working on hiring a tree service to maintain the palm trees throughout the neighborhood. In addition, the MHTC is planning a fabulous 4th of July event; finding solutions to improve cell phone service; and participating in the work to update the Uptown Community Plan.

Since the completion/upgrade of the "tot lot" (playground area) at Pioneer Park (also known as Mission Hills Park), the MHTC Parks Subcommittee, with exceptionally dedicated work by local residents Lori Orr and Kathy Jones, has been drafting plans to add two picnic tables to the picnic area and to paint the two existing tables. We are hopeful that these improvements will be completed this summer—hopefully in time for the 4th of July festivities!



The restoration of Goldfinch Pointe, which is being overseen by the MHTC Arts Subcommittee, started on March 19 with non-

native plant removal from the top of Goldfinch Canyon. The cleanup was conducted in order to assess the public viewing opportunities afforded at this intersection. Over the next few months the Arts

Community Partnerships (from previous page)

Subcommittee is planning to create a viewing area with a bench overlooking the canyon. In addition, the MHTC anticipates raising funds to rehabilitate the

"Private Places in Public Spaces" Art Posts that abut the scenic overlook. Installed in 1995, the artwork consists of twelve wooden posts covered in small pieces of copper, some of which



are stamped with words and thoughts from the community. Due to the City's budget constraints and other funding priorities, the artwork has fallen into disrepair: a number of the posts are degraded and detached from their bases, and the copper finish also needs significant restoration.

In addition to improving Goldfinch Pointe, the MHTC Arts Subcommittee is involved in completing the West Lewis Street Pocket Park. The future park is located on the portion of West Lewis Street stretching from Falcon Street to Goldfinch Street, currently an unimproved right-of-way that is utilized as a walking trail. Residents living near the unimproved right-of-way have been working with the City of San Diego for more than seven years to develop this passive pocket park. The park will include a new sidewalk along Falcon Street, drought-tolerant landscaping, trees, artwork, and canyon-viewing benches. The City currently has the construction documents out to bid, and it is anticipated that the project will break ground in the next few months.

Although Arbor Day occurs in the Spring in most of the country, local arborists advise that planting trees in San Diego is best done in the Fall. The MHTC, under the leadership of Scott Sandel, will be coordinating a community-wide tree planting event in September.

With regards to our existing trees, the City of San Diego no longer provides palm tree trimming services unless it is an emergency situation. Therefore, it is up to individual property owners to trim their trees. As we experienced this past Spring, the palm nuts were a

big nuisance for many residents in Mission Hills. The MHTC is looking into funding mechanisms to pay for palm tree trimming services either once or twice a year as funding allows. There are hundreds of palms in Mission Hills that need regular maintenance, and the MHTC would like to find the best price to get as many trees trimmed as possible this Fall.

Our various community organizations share many interests and concerns, and the MHTC has made it a priority to collaborate with them. We look forward to a fun-filled, active, and productive year. Visit our website to find out more information and to become a member: www.missionhillstowncouncil.org.

Lara Gates is vice president of the 2011 Mission Hills Town Council and has been a member of the MHGC since 2005. Photos courtesy of and copyrighted by Sharon Gehl and Lara Gates.

Palomar District News: Spring Quarter

The Palomar District of California Garden Clubs, Inc., of which we are a member, will hold its Summer Board Meeting at 10:00am on June 13, 2011 at the Vista Public Library located at 700 Eucalyptus in Vista. After the meeting and brunch, members are welcome to tour the Vista Garden Club's Memorial Grove in Brengle Terrace Park which includes one of the sixteen Blue Star Memorial Highways & Byway Markers in the district. These markers are a tribute to the men and women in the armed forces—past, present, and future.

California Garden Clubs Inc. (CGCI) will host its 80th Annual Convention May 15-19 in Rohnert Park, Sonoma County. This year's theme is "Nature's Beauty and Bounty."

To find out more about CGCI programs and projects, visit http://californiagardenclubs.com/content/ programs-projects.

A garden is as much a state of mind as it is an actual place. It exists because you discover a place of beauty that feels set apart in space and time.

— Julie Moir Messervy

Move Over Perennials: The Veggies and Fruits Need More Space!

by Barbara Kocmur

We have all experimented with growing herbs, and now it is time to "coerce" our gardens into sharing more space with the vegetables and fruits.

In the summer of 2009 I cleared a four-by-six-foot space next to our front walk and planted three four-inch tomato plants inside three extra-strong metal tomato cages. The results were disappointing to say the least, but I took this as a challenge and made the decision to improve the soil. After digging in several buckets of my homemade compost, I planted 'Little Marvel' peas (legumes, I read, are a good cover crop that adds valuable nutrients to the soil). In January of 2010, as the peas reached almost ten inches in height and sent out their climbing tendrils, I reinstalled the tomato cages to support their need to climb—in two months we were shelling and eating the best-tasting peas you can imagine.

In April, the spent pea plants were removed (and their roots dug in along with additional compost), and in May I tried my luck again with heirloom 'Black Krim' tomatoes. This time, we enjoyed tomatoes from the middle of July until the middle of October! The surplus tomatoes were roasted with garlic, then frozen and used in recipes calling for tomato sauce.

Not one to mess with success, I installed the tomato cages again to support more 'Little Marvel' peas, which we are currently picking and eating every other day; they produce for



four to five weeks starting in March and lasting into April. Guess what I will be planting come May? Yes, more tomatoes. Tomato plants—which are much happier with a minimal amount of watering—are one more drought-tolerant plant added to the landscape.

I share this interest in turning more space into growing food with my son-in-law, Steve Wheless. Steve has had incredible success with growing delicious blueberries in his Mission Hills front yard. Blueberries are also very drought tolerant, and he was careful to choose a variety bred for our Southern California climate. In March 2008 he purchased five 'Sunshine Blue' blueberry bushes (*Vaccinium* x 'Sunshine Blue' [Southern Highbush]) as 1.6 gallon plants.



Considering that they have only been in the ground for three years, the output of berries is amazing. Blueberries fall into the category of acid-loving plants; twice a year Steve feeds them a healthy dose of sulfur. Throughout the year he adds additional soil from his compost bin that he mixes with a homemade recipe of one part bone meal, one half part kelp meal, one half part dolomitic lime, and four parts cottonseed meal (he purchases small quantities from City Farmers Nursery). The five plants have grown to 18 inches tall and 24 inches wide, and for four to six weeks during the summer, they produce enough berries to feed his family and share with his in-laws and neighbors.

In the past two years Steve and I have had great success with other edibles: winter months are the most rewarding for lettuce, arugula, chard, spinach, fava beans (another great edible cover crop), and potatoes. Summer successes include beans, beets, peppers—and those tomatoes! If you are like me and have the most hours of sun in your front yard, go ahead and plant that food. Your neighbors will only envy you!

Barbara Kocmur is an avid gardener and CEO of a commercial property management company. She has been active with the MHGC since 2000.

Who Can Garden?

by Toni Palafox

What is the definition of "gardening"? I personally like to think that "gardening" means growing plants, plain and simple. On a deeper level, gardening relieves stress and it cleans our air (and our minds).

Gardening is something that all of us can do on some level. Children as young as four or five years old can plant fast-growing radish seeds in little Dixie cups and keep them on a windowsill in the kitchen where every morning they can check to see if they need a little water. Within days, they'll see a transformation as the seed sprouts and turns into a plant. Watch the excitement on their faces as they observe the plants grow taller. Eventually they'll pull out a radish—will they eat it? They may, since *they* grew it. Now you have them hooked and they will move on from Dixie cups to pots and eventually to yards.

After you buy your first home you may decide to plant a tree and take pictures of your children standing next to it on the first day of school every year. When you look back through the photo albums, you can measure the growth of your family *and* the tree.

Don't ever let age stop you from gardening—simply rethink the way you do it. While you may not be able to be on your hands and knees to garden, remember that raised beds are now your friends. You can still thrill to pick a juicy ripe tomato.

OK, you might ask, "What if I don't have land to grow anything on?" You can *still* garden. Practically anything you would plant and grow in a yard can also be grown in a container. Do you have a front porch that needs brightening? Try a colorful pot with a flowering plant.



Do you love fresh herbs? Have a pot right outside your kitchen door filled with oregano, parsley, chives, and sage! Even if you don't have a yard or porch, you still have the interior space of your home to garden in. Just one room will do. Remember, "gardening" is

simply the act of growing plants. Give your plant sunlight, water, and food and you will be gardening!

Toni Palafox is one part of what keeps Mission Hills Nursery growing each day. The family purchased the business and loves sharing the joys of gardening. Photo courtesy of and copyrighted by Pat Harrison Photographic Art.

A Garden Makeover: From English Garden to Orchard

by Mia McCarville

In the summer of 2009, I decided to change my garden, which had evolved over twenty years. It started out as a dry corner lot that the neighborhood children used as a shortcut. Then it became an English garden with roses and perennials—it was my pride and joy until two large dogs joined the family. By the time the third dog came along, I could see that my English garden was on its way out. In addition, I had planted six trees that had started to shade the garden.



My bouquets were getting smaller and the roses increasingly suffered from fungal diseases. Finally, when the last dog died, we no longer needed a lawn.

My goal was to have a productive garden but also reduce water usage. One of the challenges of this garden re-do was the location: the area lay between the front gate and the entrance to the house, and I wanted to retain the inviting entry to the garden that

all visitors enjoyed. The meandering perennial border from the gate along the garden path leading through the front lawn was a cheerful entryway.



I knew that some of the shade trees had to go: I took three of them out, then removed 95 percent of the lawn—why leave just 5 percent? It was a place for my husband to practice his chip shots, and it was also the ideal spot for my garden bench under one of the shade

A Garden Makeover (from previous page)

trees. I dismantled the rose bed and saved five of my favorites to be transplanted into the perennial border (which was about fifty feet long). When the redesign was finished, the border gave the project a more established appearance.

Selecting plants for my garden was a lot of fun. I enjoy making jam with seasonal fruits, so yellow peaches, white nectarines, and plums were a must as well as low-chill varieties of sweet cherry. Sweet cherries from my own garden! I hadn't had this much excitement for a long time, and as a bonus, I could share the experience with patrons at my nursery, Cedros Gardens in Solana Beach.

I used decomposed granite (DG) to cover the soil surface between the fruit trees. The medium to dark green leaves of the trees looked great with the tan color of "California Gold" DG. Then my husband said that it looked "blah." The enchanting perennial border was looking a bit tired in the summer sun, and while my garden seemed to have a million shades of green, it lacked color. So I broke the cardinal rule that says "Do not plant lavenders in the middle of the summer."



One of the reasons for this garden makeover was to reduce water use, and lavender, especially small-sized varieties, fit the bill. I planted four-inch pots of 'Munstead' lavenders around all the fruit trees. It

was a hot summer and I did lose some, but the following June the survivors put on a show that turned my orchard into a sea of silver and purple. I harvested and dried the flowers. I learned how to make lavender salt and it has become a key ingredient in my favorite recipes for roast chicken and lamb. Some of the 'Munstead' died off, so I replaced it with 'Grosso' lavender, which looks better during the cool season.

Last fall I added more plants in the orchard with water conservation in mind: Moroccan daisy, Russian sage, Cupid's darts, sun roses, billy buttons, thymes, and some bulbs. All of these thrived during winter rain and summer heat. From my window, I can see blooms



of low-chill tulips ('Menton') in front of the 'Satsuma' plum, where they will naturalize. The established clumps of Dutch iris 'Sapphire' and the gemcolored Babianas are shimmering in the morning sun. Varieties of narcissus pop in the shadow of the wooden fence separating my garden from the outside world.

I can see the daily changes in the orchard. The last of the sweet cherry blossoms are being replaced by tiny, glossy green apples. 'Eva's Pride' peaches and 'Snow Queen' white nectarines are going to have a rough season due to peach leaf curl caused by winter rains which also knocked a lot of flowers off the stone fruit trees. I won't have a bountiful harvest this year, but it's only the second season: the best is yet to come.

As for water conservation, I used to water my lawn three times a week long before new water regulations were set in place. Now my orchard receives water two to three times a month from April through the end of October, with additional irrigation to the citrus trees and six blueberry bushes.



I have fond memories of my old garden and will miss lying on the grass and daydreaming while looking up at the sky through the overlapping leaves of liquidambar trees but I also welcome this new chapter.

Mia Yamada McCarville is the owner of Cedros Gardens in Solana Beach. Her nursery, an advocate of organic gardening since 1992, specializes in drought-tolerant plants and edibles. Photos courtesy of and copyrighted by Mia McCarville.

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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.

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