



SDCGG Newsletter

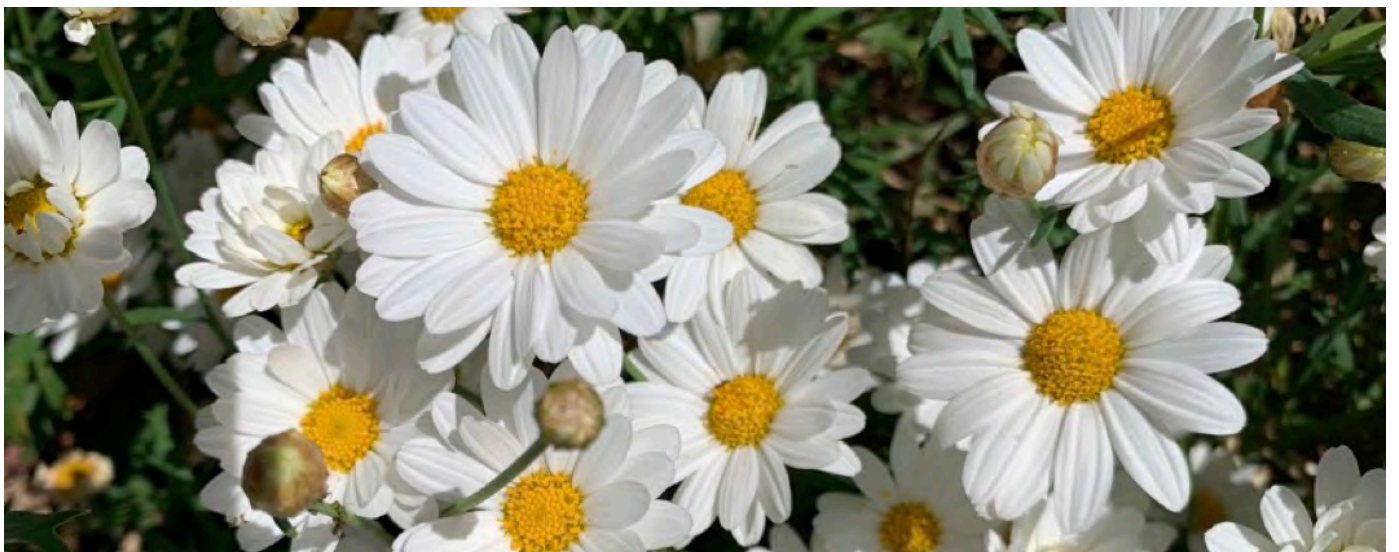
June 2022

*Welcome to the voice of the San Diego County Garden Guild community...
Getting to the heart of the matter!*



**And since all this loveliness cannot be Heaven,
I know in my heart it is June~~Abba Woolson**

Lovely June is here again, and our sixth year together as a Garden Guild is coming to a close. Thank you, everyone, for all you do and for so many happy memories!



*The International Cuisine Guild invites you
on an adventure **olive** you will love!*



**Join us at the Temecula Olive
Oil Company, Saturday,
June 11th,
at 10:00 am**

Join us on a guided olive ranch tour for an immersive experience - a tour through the olive groves and vineyards of the Temecula Olive Oil Company. Following, we will enjoy tastings of their current harvest of fresh-squeezed olive oils and small batch vinegars. There is a gift shop if you would like to purchase any of their products.

After the tour, we will enjoy a delicious box lunch and have a raffle for some amazing gift baskets. We will provide each person with a recipe book that contains a brief history of olive oil, our guild's recipes, some information on olive oil "dos and don'ts" and suggestions for great food pairings using the Temecula Olive Oil flavored oils and vinegars.

Cost: \$20.00 members, \$40.00 guests; Please RSVP as soon as possible and pay by Monday, June 6th.

HOW TO PAY:

Checks:

SDCGG
8030 La Mesa Blvd. #259
La Mesa, CA 91942

Venmo:

@Cynthis-Lococo

Credit Card:

Cindy Lococo, Treasurer
619-993-4651

**Temecula Olive Oil Ranch Address:
47680 CA-371, Aguanga, CA 92536**

Directions: Take Interstate-15 North from San Diego or Interstate-15 South from Orange County to Temecula Parkway/Highway 79 South. Follow for 18 miles east until you reach a stop with a flashing light at Highway 371. Turn left. The Ranch is immediately on your right. Turn right onto the dirt road just before the Temecula Olive Oil Company sign. Follow the trees to the parking area. The trip takes about 25 minutes from Old Town Temecula and/or Interstate-15.

Reminder: GPS devices are not recommended for finding the ranch by its street address as it will send you about 2 miles too far.

Driving Time Estimate: On GPS app check time from starting location to intersection of I-15 and CA-79. Add 25 minutes driving time to the Ranch.

Growing Together

I want to begin by saying that it has been a pleasure to have served as President of our organization for the past 5 years. I remember when we dreamed up the concept of a guild at lunch and how we drew it out on a paper napkin. We began as a group of strangers with similar interests and have become a cohesive group of friends who love to learn, play and share together.

Linda on the shore of the Irish Sea in Wales



I am so fortunate to have worked with such a dedicated board who all have such a deep commitment to our organization. We have accomplished much together, but also faced some challenges (a pandemic, really??) But we persevered and with hard work and creativity, we have come out better for it. Thank you, Deanna, Lani, Lisa, Cindy, Penny, Fran and all past board members.

I am excited to hand over my role to the newly elected team of co-presidents – Cindy Lococo and Barbara Fiorina. These two ladies are all heart! Cindy and Barbara both have many years of experience in working for non-profit organizations and it will be exciting to see where they will lead us. Please help them make this organization even better by showing up and being engaged.

Meanwhile, I will continue my service on the Board as Vice President of Communications. These are huge shoes to fill as our newsletter is the finest I have ever read. Please be patient as I find my way!

Thank you for supporting the mission of the San Diego County Garden Guild and for making my term an experience of a lifetime!

Linda Morse

President
San Diego County Garden Guild



Expertise Sharing



Is it June already??!

Even though Covid threw us a curveball or two, we kept our heads and heart in the game and knocked it out of the park. As a Guild, with your contributions in meeting our mission, it has been an awesome year!!

Thank you to the Crafters for providing our membership with the fantastic and fun May nesting ball program and workshop! The completed projects were all uniquely crafted and works of art! The program was truly a triple delight: members enjoyed a beautiful Saturday gathering while experiencing an educational crafting program and delicious lunch; the end products add beauty and interest to our garden spaces; and our feathered friends will appreciate the easy access to the variety of natural fibers and materials to build their nests!

To close our year, International Cuisine is excited to invite you to the June program in the olive groves of Temecula. Please look for details and reply to your Evite!

The adage of “time flying when you’re having fun” is so true! It seems surreal that we are closing out our 2021-2022 Guild year. A giant and heartfelt THANK YOU to each of our Guilds for their contribution to making each month’s program a treasured facet of a great year. Please look at our calendar summary at the end of this issue to review our year. It will be September before we know it, and I know we can look forward to a fabulous 2022-2023!

~ **Lisa Lomax**
Vice President / Programs

CUISINE II

Members include: *Carol Blomstrom*, Mary Lynn Carroll, Natalie Crain, Korla Childress, Cheryl Nichols, Sheila Padgett, Kate Palmiere, Joanna Quinn, Cindy Tindaro, Carvill Veech, Liz Woodward.

This guild is hosting our June meeting at the Temecula Olive Oil Company. See more information about the event elsewhere in this newsletter!

Kate Palmiere says: Our theme this month was anything that began with the letter "A". Liz hosted Karla, Natalie, Cheryl and myself. We were treated to a wonderful tour of Liz's garden and enjoyed our luncheon outside on the patio. Menu consisted of apricots stuffed with goat cheese, almond, thyme and honey; baked chicken and artichoke, arugula, aged cheddar and apple with a balsamic glaze; dried apricot; fresh apricot; raw almonds; sesame almonds; green beans with anchovy butter; apricot and blueberry cobbler; apricot and almond bars.

Carvill hosted Cindy, Carol, Sheila, Joanne and Mary Lynn. Their luncheon included an artichoke pie which sounds delicious. And of course, both groups discussed our presentation and final plans for the June meeting at Temecula Olive Oil Co.!



GARDEN CRAFTERS

Members include: Stephanie Thornton, Dorie Day, Barbara Fiorina, Sue Gale, Kay Humber, Joan Kroener, Suzi Moon, Kim Porter, Robbie Scholder, Carrie Seeman, Marissa Wright.

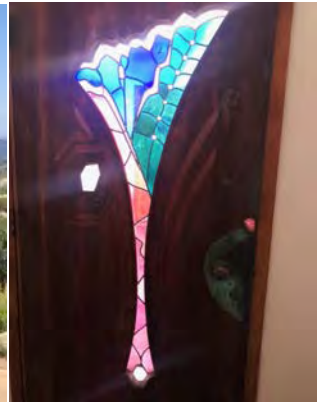
This guild hosted our May meeting at the Santa Fe Room in Balboa Park! See the overview of the event elsewhere in this newsletter!

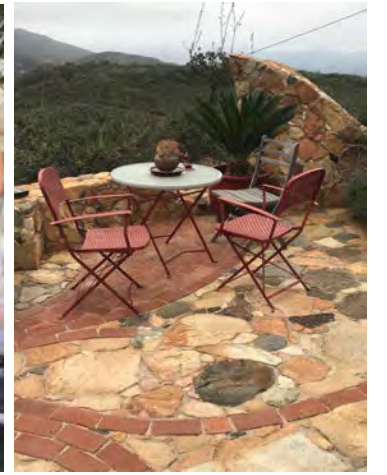
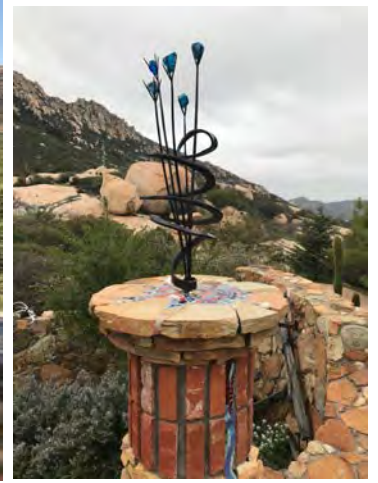
GARDEN JEWELS

Members include: Janet Yaws, Lorraine Bolton, Bev Bruff, Natalie Crain, Joan Goodman, Debbie Hall, Alison Harding, Lois Kenneally, Toni Munsell, Diane Openshaw, Connie Reck, Leslie Rubin, Candy Sharda, Deirdre Swansen, Kay Teeters, Karen Woods, Emy Yeazell.

This guild hosted our November meeting at the Santa Fe Room in Balboa Park! See the overview of the event in the December newsletter!

Lorraine Bolton says: The Garden Jewels had another opportunity to tour Jan & Sherry Beaton's home (designed by James Hubbell), garden rooms that they designed and their art studios. Their newest feature is a Wine Cave so we had happy hour after the tour! Jan is an artist who creates beautiful stained glass pieces and was the leader of our tour. Sherry is an amazing painter (Lorraine purchased a new painting!). It was a really nice time and a few of our husbands joined us for the tour.





HOLIDAYS IN THE GARDEN

Members include: Anne Caprioglio, Fran Gillis, Donna Jones, Kathryn Keller, Margaret Anne Lozuk, Penny Perryman, Kathy Peterson, Donna Van Dillion.

JOURNALING

Members include: Lisa Lomax, Karen Ames, Gleneva Belice, Carol Brewer, Gayle Eales, Lani Freymiller, Peggy Geyer, Charlie Litrell, Jen Messersmith, Janet Mika, Kathy Miller, Linda Morse, Priscilla Moxley, Karen Novak, Josephine Pemberton, Pat Peterson, Deanna Weeks.

ROSES, ROSES, ROSES

Members include: Barbara Starkey, Vicki Turner, Cindy Lococo.

This guild hosted the April meeting at the Santa Fe Room in Balboa Park. See the May newsletter for an overview of the event.

GARDEN ANGELS CHARITABLE GUILD

This guild is open to all members wishing to lend support to a fellow member and their families in times of need. Past activities include garden renovations, meals and other garden therapies. The contact person is Stephanie Thornton.

GIVING GARDEN - MEALS ON WHEELS GARDEN

Meals on Wheels delivers meals to individuals at home who are unable to purchase or prepare their own meals. Homebound persons and their pets receive daily nutritious meals and a friendly visit. Charitable Guild members tend the "Giving Garden" at the Administrative offices in Old Town. Lending our expertise helps to feed those in need, beautifies the community and teaches basic gardening skills to volunteers. The contact person is Karen Woods.



We had a Bird Nesting Ball on May 14th!!

The Garden Crafters created a workshop that inspired and delighted our membership on a special Saturday in May. They provided everything necessary to create balls stuffed with nesting materials to hang in our gardens to help our avian neighbors create cozy nests to start their families. The photos tell the story!

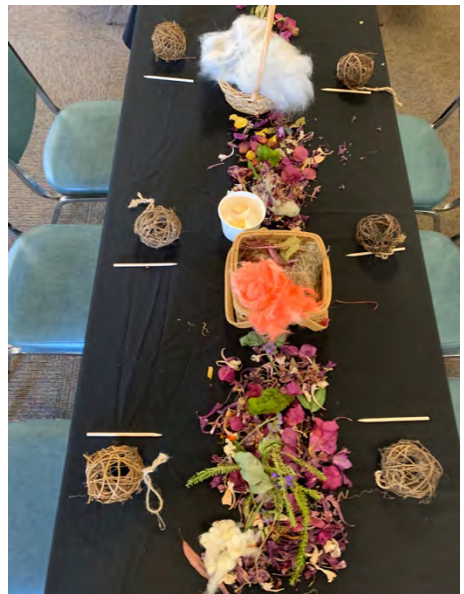
We learned which fibers and materials are best and which need to be avoided. Silky angora fur from well-loved bunnies is a particular favorite as is sheep's wool.

The Crafters had tie-dyed and printed matching tee shirts to set the tone and also set the tables with everything we needed to express ourselves creatively with our treasured Garden Guild friends.

The salad lunch was delicious (recipes provided below) and the raffle prizes were unsurpassed! *Thank you, Crafters, for a wonderful day!!*













We were treated to a wonderful lunch!

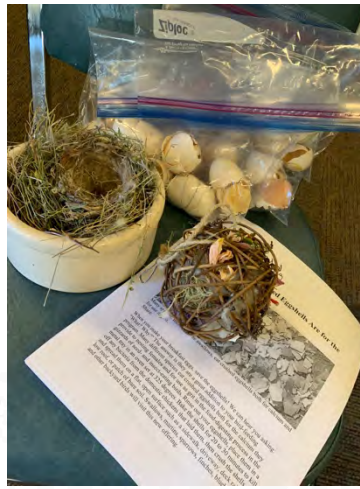




And there were great raffle prizes!



Feb 19, 2015 | Featured Web Article
<https://www.watchingbackyardbirds.com>



Backyard Tip: Crushed Eggshells Are for the Birds



Many species, including tree swallows, eat crushed eggshells both for calcium and for use as grit.

Share:

When you make your breakfast eggs, save the eggshells! We can hear you asking: "What? Why?" The answer is they are a great addition to your bird-feeding program. Many different species eat crushed eggshells both for the calcium they provide to nesting females and for use as grit in the food-digesting process in the gizzards of seed- and insect-eating birds. Rinse out your eggshells, place them in a metal tray in an oven set at 325 degrees. Bake the shells for 20 to 30 minutes to kill off any bacteria from the domestic chickens that laid them, then crush the shells and spread them on a flat, open surface such as a sidewalk, driveway, deck railing, low roof, or patch of bare soil. Swallows, martins, sparrows, finches, bluebirds, and other backyard birds will visit this new offering.

What Nesting Materials Are Safe for Birds?

By Amelia Langas For Audobon, April 22, 2019

Follow these dos and don'ts if you want to help your feathered neighbors build their homes this spring.

To successfully help your birds with their nest building—and save them valuable energy for breeding—here are some recommendations for providing bird-friendly nesting materials.

Safe Materials

Twigs or small sticks: Natural materials that birds could find on their own are good baselines for nesting components. You can collect twigs or small sticks to pile or loosely bundle together in your yard, allowing birds easy access to materials they would otherwise have to search for.

Leaves and other yard waste: Keep debris and leaf litter around your yard instead of perfectly manicuring your lawn for spring. Although it comes at the price of a less picturesque space, the birds will appreciate it (as will your back).

Small pieces of straw: You can find straw at the nearest Home Depot or any other home improvement store. Pile the straw outside in a spot easy for birds to find.

Grass clippings: If you trim your grass, consider piling clippings in your lawn instead of throwing them in the trash. However, if you're going to go this route, be sure you don't use fertilizers, pesticides, or other chemicals on your grass.

Native plants: An excellent way to make your yard bird-friendly and provide easy access to safe nesting materials is by growing native plants. For example, milkweed produces nectar that monarch butterfly caterpillars favor while providing the fluff that birds use to line their nests.

Materials to Avoid

Human hair: According to Gordon, human hair is a triple threat for birds: It's long, thin, and strong. These characteristics can be a deadly combination, allowing the hair to easily ensnare a bird's leg or wing and sever it. "You can wrap [hair] around your finger and cut your circulation off," she says.

Yarn or string: Long strands of yarn and string can wrap around a bird. Hatchlings are particularly susceptible to such entanglements. Yarn in a nest can get caught around a baby bird and cut off circulation as it grows.

Dryer lint: Although it is popular to put out and seems like the perfect lining for a nest, dryer lint quickly loses its fluffiness and structure when wet. Dryer lint is unsustainable in the rain, crumbling and leaving holes in an otherwise solid nest.

Also NO: no metal, plastic, mylar ribbon, animal fur exposed to flea pesticide treatments, etc.

Stephanie Thornton's Candied Pecans

Ingredients

- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1 tablespoon ground cinnamon
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper (option)
- 4 cups pecans halves
- 1 egg white

Instructions

Heat oven to 300 degrees.

Prepare a baking sheet with parchment paper. Set aside.

In a large ziplock bag, add white sugar, brown sugar, cinnamon, salt, and cayenne pepper. Toss to combine. Set aside.

In a medium-size bowl, whisk egg white until frothy. Add in pecans and toss to coat. Pour the pecans into the bag with sugar mixture. Toss until pecans are coated. Place on the prepared baking sheet and bake in oven for 40 minutes. Toss after 20 minutes and continue to cook. Remove from oven and let cool.

Store in an airtight container until ready to serve.

Greek Salad Vinaigrette

(Ina Garten -slightly modified by Carrie Seeman)

Greek Vinaigrette: Makes about $\frac{3}{4}$ cup dressing

1 clove garlic, minced

$\frac{1}{4}$ teaspoon dried oregano

$\frac{1}{2}$ teaspoon Dijon mustard

$\frac{1}{4}$ cup good red wine vinegar

1 teaspoon kosher salt

$\frac{1}{2}$ teaspoon freshly ground black pepper

$\frac{1}{2}$ cup good olive oil

In glass jar, combine all ingredients except olive oil. Cover and shake to combine. Add olive oil, cover, and shake again until well combined and emulsified. Store in the refrigerator. Take out 30 min prior so that the dressing can come to room temp. Shake to emulsify if necessary.

For the garden guild even, I used Costco California olive oil and a decent (but inexpensive) red wine vinegar (Colavita brand) purchased from the grocery store.

Lifesaving Advice!

Once again it is the dreaded rattlesnake season in San Diego. We are grateful to Janet Mika and our canine member, Harlow, for making us aware of a service that may save the life of your treasured furry family member (see next page):





Rattlesnake Aversion Training by Natural Solutions

info@rattlesnakeaversion.com

www.rattlesnakeaversion.com

Cell Phone: 760-464-6792



OWNER INFORMATION

Your Name		
Email	Phone#	
Address		
City	State	Zip

DOG INFORMATION

(please circle to indicate whether this will be each dog's first time going through Rattlesnake Aversion Training or a Re-Train)

Dog 1 Name	Breed	Age	New or Re-train
Dog 2 Name	Breed	Age	New or Re-train
Dog 3 Name	Breed	Age	New or Re-train
Dog 4 Name	Breed	Age	New or Re-train
Please name any behavior problems (i.e. Aggression towards people or animals, etc.) that may affect training			
Health problems (i.e. current medications, food allergies, physical handicaps, etc.) that may be affected by training			

Training Information (Please circle Y or N; if different for each dog, please indicate):

I have used a bark or shock collar on my dog(s) before: Y N

My dog(s) is leash trained: Y N

My dog(s) has been through obedience training: Y N

My dog(s) has been through Rattlesnake Aversion Training: Y N

If yes, how long ago? _____ By Whom: _____

My dog(s) has been inoculated with rattlesnake vaccine: Y N

If yes, how long ago? _____

My dog(s) has come in contact with a rattlesnake: Y N ?

If yes, how long ago? _____

Was he/she/they bitten and envenomated? Y N

If yes, what treatments were given if any? _____

Services Agreement

May I thank you for selecting me to provide animal management and training services for your pet. You have asked me to perform training with your pet named above for purposes of reducing the likelihood that your pet will purposely encounter and approach a venomous rattlesnake. This program is called Rattlesnake Aversion Training. I would like to define my scope of work, the costs, and some of the risks and limitations of this work before we proceed.

Scope of Work

It is anticipated that I will provide the services specified in this agreement with the pet(s) named above according to the following scope of work.

- 1) I will obtain a history of your pets age, health and behavior. Based upon the information provided to me in the Pet Health and History Questionnaire (above), I might ask need to ask you further follow up questions. Prior to commencement of this aversion training it is important that you advise me of any known health problems that might make this training ill advised. It is suggested that you have your pet examined by a licensed veterinarian before we begin this work to make sure that there are no health limitations that would make this training contraindicated.
- 2) I will provide the necessary training equipment for purposes of implementing the aversion training. This will include electric stimulus collars, leashes and live rattlesnakes.
- 3) Using this equipment I will train your pet named above in one session by use of behavioral aversive training techniques to have an aversive behavioral response to a rattlesnake. Any additional or reinforcement sessions are certainly recommended, but are beyond the scope of this agreement.
- 4) During this training I will advise you of and allow you to observe the outcome, and then counsel you regarding recommended follow up reinforcement training that would be advisable in the future.

Costs and Expenses

I will provide the equipment and services defined in the scope of work above for the fixed fee of \$_____per animal payable on the date I am to perform these services.

Limitations and Risks

Before you agree to have me perform the scope of work outlined above, it is important that you understand the limitations and risks of this proposal, and that you give an informed consent.

- 1) All behavioral training techniques including the work defined in the above scope of work have limitations, including but not limited to the following major limitations.
 - a) There may still be a small risk that your pet will encounter and fail to avoid contact with a venomous reptile.
 - b) Behavioral training may lose effectiveness over time unless reinforced with further training sessions.
- 2) The specific technique I will use may have the following risks of harm to your pet.
 - a) The venomous reptiles I will use in this training will be muzzled. All precautions will be taken to ensure the safety of your pet, our trainers and the snakes. Although the risk is **VERY SMALL**, there is still a chance the snake can envenomate and can possibly inflict other injury to your pet.

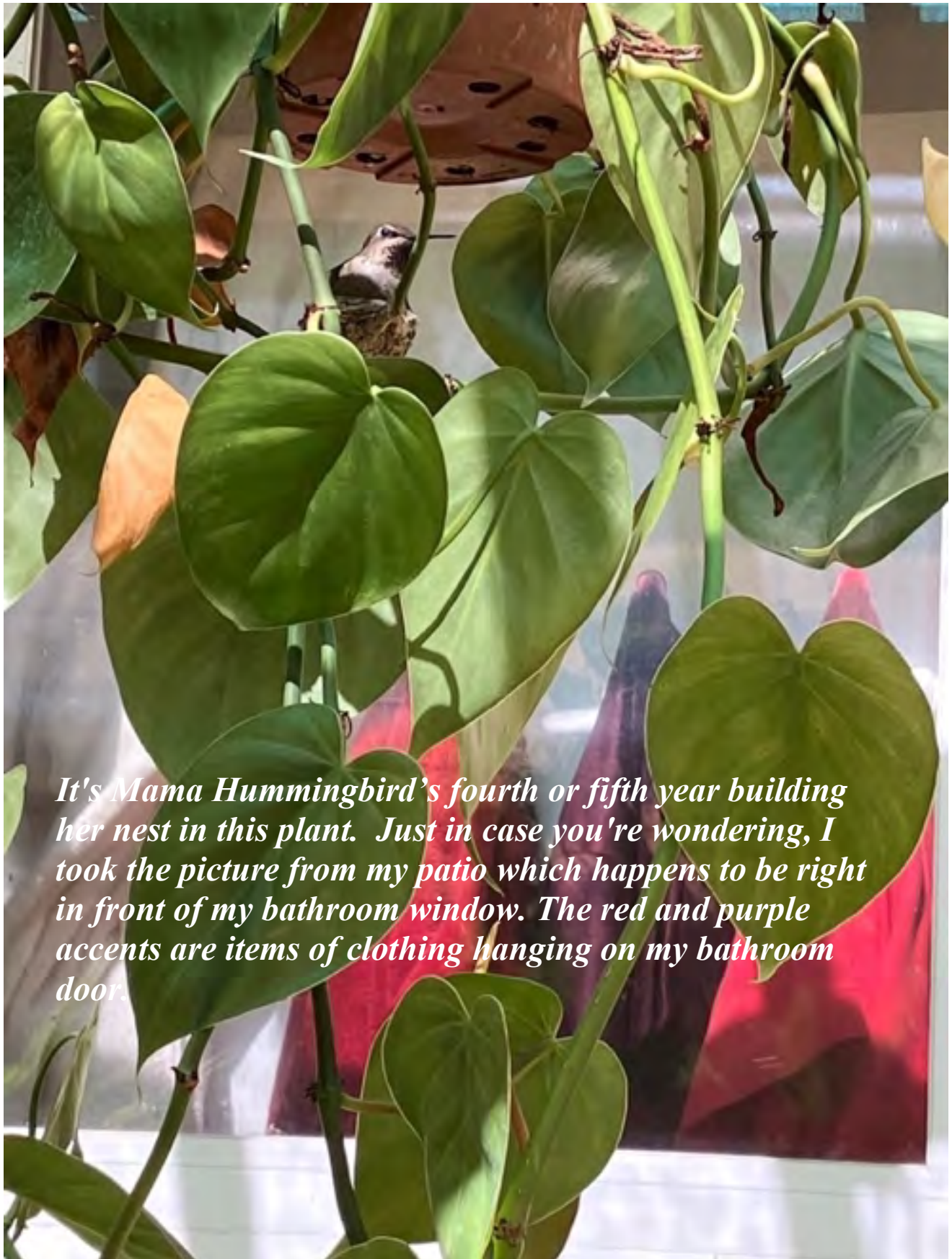
Conclusion and Agreement to Provide Services

If the above scope of work meets with your approval in light of the limitations and risks involved, I will be very pleased to commence my work. Please then sign this services agreement below, and upon receipt of the fee for the costs and expenses I will commence the training.

Print Name	Date
Signature	

Mama Hummingbird and Mama Dove

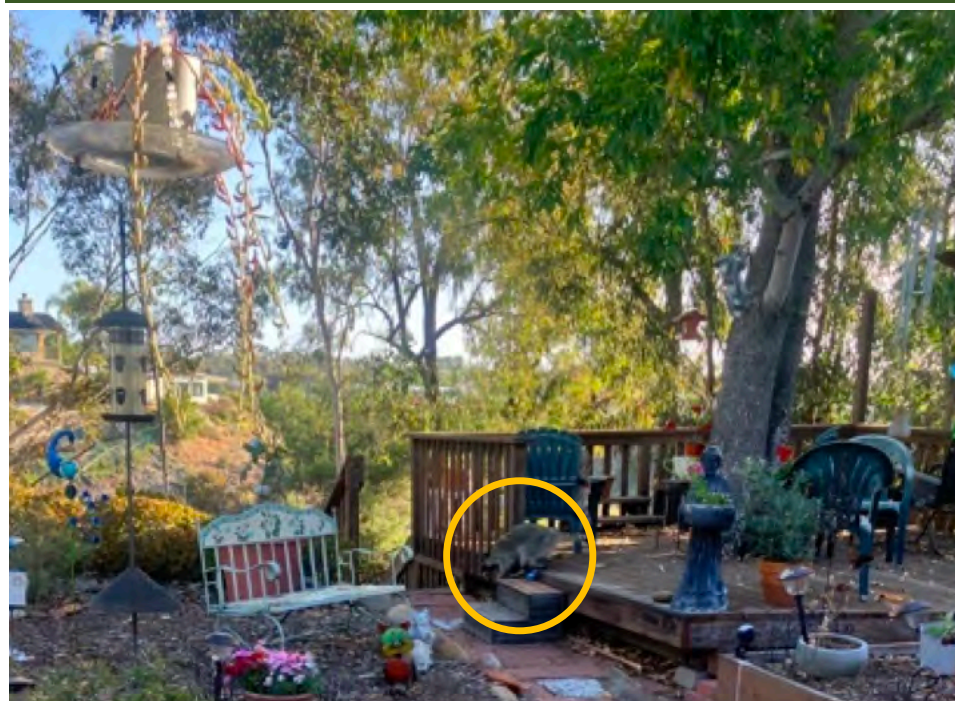
Bev Bruff shared these miracles of nature in her garden:



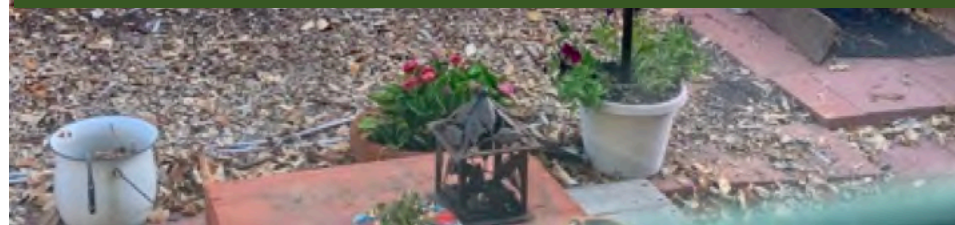
It's Mama Hummingbird's fourth or fifth year building her nest in this plant. Just in case you're wondering, I took the picture from my patio which happens to be right in front of my bathroom window. The red and purple accents are items of clothing hanging on my bathroom door.



*This is what was looking at me this morning
as I watered my front garden*



...and we were all joined by a raccoon!



**Study nature.
Love nature.
Stay close to
nature.
Nature will
never fail you.**

Bev

GRACE NOTES

From Pat Claves, California Garden Clubs, Inc., Social Media and Awards Chairman:

Thanks, once again, for sending your fabulous newsletter to me. I truly want to sell my homes in Riverside and San Bernardino Counties and buy a home in San Diego County so I can join your Guild to be close and able to attend meetings. I think that I'd like to be a member of the "Garden Jewels."

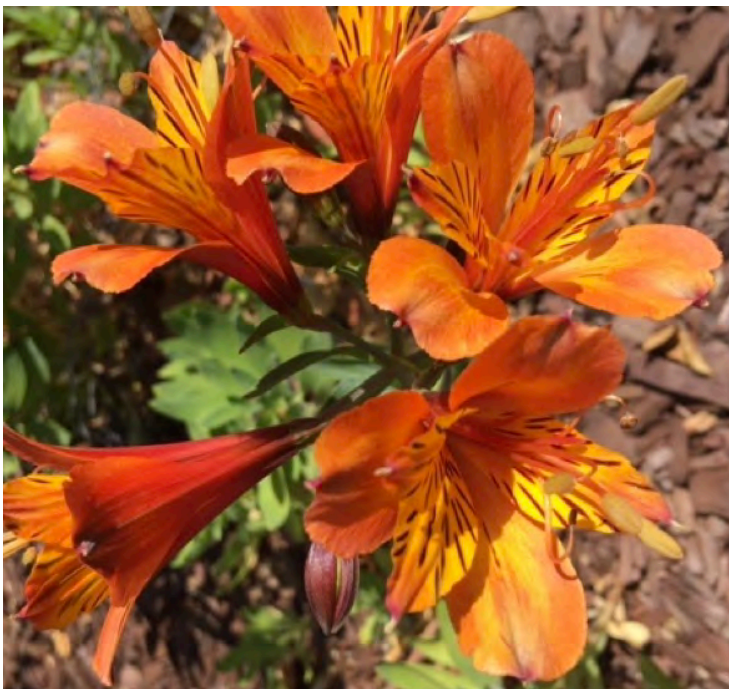


Patricia Garrison Claves

Owner at Designs by Patricia

Lake Arrowhead, California, United States

California Garden Clubs, Inc.



Mark your Calendars

SDCGG CALENDAR – Updated June 2022

Date	Time	Location	Host/Theme
Saturday, September 11, 2021	10AM-1PM	Santa Fe Room, Balboa Park <input checked="" type="checkbox"/>	SDCGG Board: Come Back to the Hive
Tuesday, September 14, 2021	12:00 – 2:00	Board Meeting	
Saturday, October 9, 2021	10AM-1PM	Santa Fe Room, Balboa Park <input checked="" type="checkbox"/>	SDCGG Board
Tuesday, October 19, 2021	12:00 – 2:00	Board Meeting	
Saturday, November 13, 2021	10AM-1PM	Santa Fe Room, Balboa Park <input checked="" type="checkbox"/>	Garden Jewels
Tuesday, November 9, 2021	12:00 – 2:00	Board Meeting	
Saturday, December 11, 2021	10AM-1PM	Santa Fe Room, Balboa Park <input checked="" type="checkbox"/>	Jingle & Mingle Activity & Fundraiser
Tuesday, December 14, 2021	12:00 – 2:00	Board Meeting	
Week of January 10, 2022		Gift delivery to your home <input checked="" type="checkbox"/>	Journaling
Tuesday, January 11, 2022	12:00 – 2:00	Board Meeting	
Saturday, February 12, 2022		Valentine's Day card <input checked="" type="checkbox"/>	SDCGG Board
Tuesday, February 8, 2022	12:00 – 2:00	Board Meeting	
Saturday, March 12, 2022	10AM-1PM	Road Trip to Farmstand 67 <input checked="" type="checkbox"/> in Ramona	SDCGG Board
Tuesday, March 8, 2022	12:00 – 2:00	Board Meeting	
Saturday, April 8, 2022	10AM-1PM	Santa Fe Room, Balboa Park <input checked="" type="checkbox"/>	Roses, Roses, Roses
Tuesday, April 12, 2022	12:00 – 2:00	Board Meeting	
Saturday, May 14, 2022	10AM-1PM	Santa Fe Room, Balboa Park <input checked="" type="checkbox"/>	Garden Crafters
Tuesday, May 10, 2022	12:00 – 2:00	Board Meeting	
Saturday, June 11, 2022	10AM-1PM	Temecula Olive Oil Company	Cuisine II
Tuesday, June 7, 2022	12:00 – 2:00	Board Meeting	

Note: Board meetings are normally scheduled for the 2nd Tuesday of each month, but are subject to change at the discretion of the board. To attend a board meeting as a guest, please contact President Linda Morse to be added to the agenda.

SDCGG BOARD OF DIRECTORS 2021-2022

President:

Linda Morse
capt.mom@cox.net

3rd Vice President / Communications:

Deanna Weeks
deanna.weeks@mac.com

Treasurer:

Cindy Lococo
crlococo@aol.com

1st Vice President / Operations:

Lani Freymiller
lanifreymiller@gmail.com

Secretary:

Penny Perryman
penny.perryman@yahoo.com

Member at Large:

Fran Gillis
frangillis@mac.com

2nd Vice President / Programs:

Lisa Lomax
lisa@mauzy.com

Parliamentarian:

Carvill Veech
carvill@san.rr.com

Historian:

Sue Gale
suegale3@gmail.com

The San Diego County Garden Guild is a proud member of:

National Garden Clubs

www.gardenclub.org
President: Mary Warshauer
Publication: The National Gardener
Theme: "Plant America"

Palomar District

www.californiagardenclubs.com/palomardistrict

Director: Sharon Tooley
Publication: Palomar Pruner
Theme: "Plant America - One Member at a Time!"

Pacific Region Garden Clubs

www.pacificregiongardenclubs.org
Director: Lana Finegold
Publication: WACONIAH
Theme: "One Green World"

San Diego Botanical Garden Foundation

<http://www.sdbgf.org>
President: David Tooley

California Garden Clubs, Inc.

www.californiagardenclubs.com
President: Lynne Batchelor
Publication: Golden Gardens eNews
Theme: "Plant America - Plant Parks"

San Diego County Garden Guild

8030 La Mesa Blvd. #259
La Mesa, CA 91942
SDCGGBoard@gmail.com



...where your interests grow!

SDCGG is a 501(c)(3) Non-Profit Organization

81-0729828

Thank you to Lorraine Bolton, Bev Bruff, Dorie Day, Lani Freymiller, Kate Palmiere, Kay Teeters, Stephanie Thornton, Deanna Weeks, and Janet Yaws for contributing photos to this month's newsletter.

The Heart of the Matter is edited by Deanna Weeks : deanna.weeks@mac.com