



# The Spindrifter

March, 2020  
Volume 46, Issue 7



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Thursday, March 26, 2020

Guests Welcome

Guests \$20

*CONGREGATION BETH ISRAEL*

*9001 TOWNE CENTRE DRIVE, SAN DIEGO*

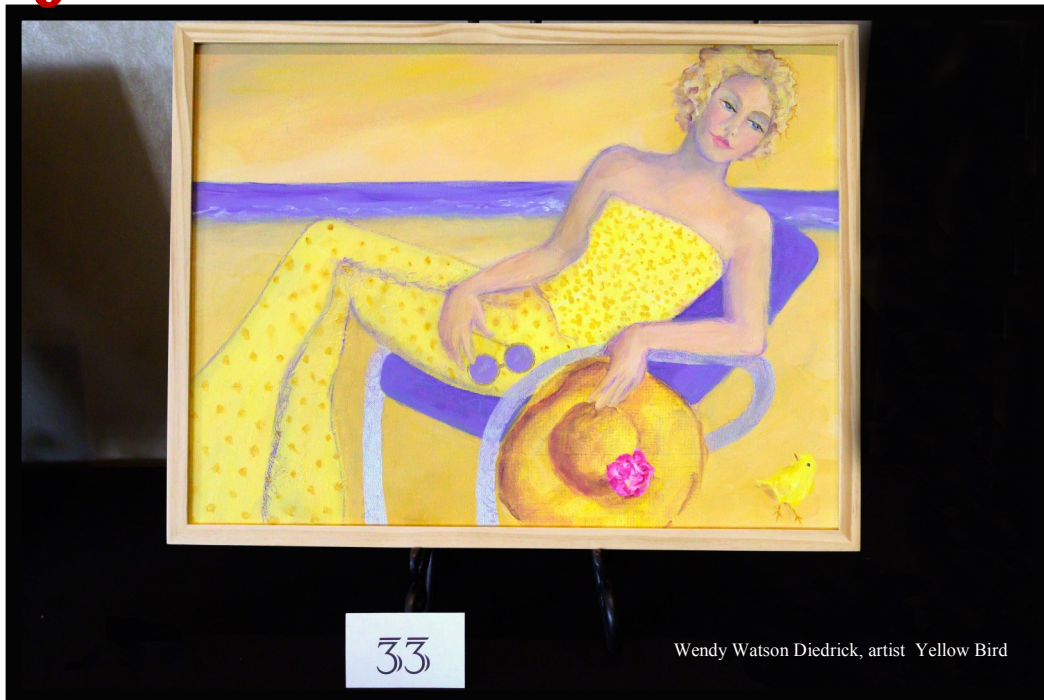
*Parking garage on site; Enter from Golden Haven Drive*

*9 :00–10:30 a.m. Hospitality Hour*

*10:30 a.m. Business Meeting*

*Program immediately following*

## Expressions in Art and Flowers



*~From the Co-Presidents' Desk~*

What an extraordinary February meeting! We were treated to an amazing array of our members' artistic talents as their art pieces were beautifully displayed around the perimeter of the social hall for our creative and talented floral designers to select the piece they will interpret for Expressions in Art and Flowers. Our speaker The Duchess of Rutland held us all enthralled from the moment she made her grand entrance into the sanctuary. With humor, grace, and charm, she shared the history, current status, and plans for the future of Belvoir Castle. It was a privilege to have an inside peak at a world we only see on television and in the movies. The workshop "Let's Make Posies" concluded the day with a delicious lunch from Thyme in the Ranch and an opportunity to take home the charming posy bouquet we learned to make. It was quite a day. I think we all left with smiles on our faces. These amazing experiences would not happen without the hard work and effort of our Program Chairs Sheryl Lester and Susan Harris and our Workshop Chairs Maureen McMahon and Mary Ruyle.

Now as we move into March, we are reminded that Spring is a time of renewal in our gardens and breathes new life into the world around us. It is a time of renewal in our garden club as well. Membership renewals and new member sponsorships that strengthen and help us remain vital are underway this month. Forms are available both online and at the membership table. Our Garden Club activities are as complex as the unfolding of a rose and as simple as the face of a daisy. While completing your committee choice form, you will be reminded of all the reasons we enjoy our club so much.

Our theme this year is "it takes a village," and we are only as successful as the participation of our members. As a member of a specific committee, please consider joining the Governing Board next year as a chairperson. We hope you will make this your year of saying "Yes". We offer something for everyone, and the rewards of participation and friendship are many.

We look forward to seeing you and your guests at Expressions in Art and Flowers on March 26.

Sue Kalish and Sue Miller  
Co-Presidents





Artist Sue Pruett Floral

Designers Dina Johns and Deborah Reynolds

### *EXPRESSIONS IN ART AND FLOWERS*

The fantastic array of art that was shown last month will be presented alongside phenomenal floral arrangements interpreting and enhancing them at the March 26 meeting. Club members' acrylic, oil, and watercolor paintings, photographs, ceramics and metal assemblage, knitting, needlepoint, and quilting will be presented with the individually designed floral arrangements of other talented club members.

We encourage you and your guests to sample the delicious food (also artistically displayed!), select a beverage and stroll through the hall. You'll discover images of food, seascapes, fish, birds, people, landscapes, still life, and flowers, each one highlighted by its accompanying floral design, and all enhanced by lovely music.

With our new projector and videographer, the program should be really enjoyable. Each artist and floral designer will be introduced, and several will be interviewed by Mistress of Ceremonies Lucy Borsenberger. Following the program, you'll be able to chat with these very talented people at their tables.

Janet Evans, Expressions Co-Chair



**Announcing  
The Jacaranda and More Dedication Ceremony  
Thursday, May 21st, 1-3 pm  
Wisteria Cottage, 780 Prospect Street, La Jolla**

We've been told many times how touching the Dedication Ceremony is, so we thank our members for their generous donations to our committee when they renew their membership. It's these funds that underwrite our Dedication Ceremony. Also, we encourage you to sign up for the committee when you renew.

*Kudos*

Kudos to Ana Lyon, Kate Engler, and Betty Vale for their help in locating this venue for the Dedication Ceremony. We are very excited about this new location. All club members are invited to this event, whether they have donated a tree or not.

**Jacarandas and More Tree Planting Program**

It is an exciting time to be thinking about trees. As co-chairs of VGCLJS Tree Planting Program, we have been greatly encouraged by expressions of support for our expanded mission from club members and other organizations in San Diego. The importance of planting large shade trees is made very clear by several organizations. Here are some facts you may not know: according to *Tree San Diego Foundation*, the tree canopy in the San Diego region is estimated to be 60-70% below what it should be for the health of both humans and the environment. Moreover, sadly, our tree canopy may actually be decreasing due to various factors: drought, tree disease, and human indifference, and neglect. Although our club only plants on public land, we gardeners are contributors to our urban forest.

Here's another surprising fact: according to the *Water Conservation Garden*, hundreds of urban trees in San Diego have died as lawns are removed and high water landscapes are replaced with drought tolerant plants! I can vouch for this since my large ficus benjamina was looking very sick, and the arborist I consulted advised me to increase the water on my adjacent lawn. The tree recovered.

Penelope West and Devonna Hall will meet next week with the President and Founding Member of the Tree San Diego Foundation, whose mission is to increase the number and impact of urban trees in San Diego County and beyond with the specific charge of finding appropriate locations for planting trees. Tree San Diego points out that unlike all other major metropolitan areas in California, San Diego does not have the benefit of a non-profit urban forestry organization dedicated to promoting the increase in the quantity of quality tree canopy in our region. Tree San Diego was established to fill that void. We hope our habitat trees will help both our missions.

The City of San Diego will host its annual Arbor Day event on Saturday, April 25 at Southcrest Recreation Center, 4149 Newton Ave., San Diego, CA 92113. The free celebration will begin with a large volunteer project to plant nearly 100 native and drought tolerant trees. After the volunteer event, the park will host a variety of activities including live music, garden tours, a wildlife talk, a scavenger hunt and a pop-up nature play area. Devonna and I will attend the event. If you wish to join us, give us a call. We will have a table to display information about our club's tree planting program, including our new updated brochure. And we anticipate donating a few trees to be planted that day. For a full list of activities and times, visit [www.sandiego.gov/arbordayevent](http://www.sandiego.gov/arbordayevent).

Information about our Dedication Ceremony in May is listed separately. On the subject of the Dedication Ceremony, we have been asked whether donations for trees are used to underwrite the Dedication. We want to be clear that when funds are donated for a tree, those funds are used solely for purchase of trees. The Dedication is underwritten by funds generously donated by our members when their dues are renewed. We've been told many times how touching the Dedication Ceremony is, so we thank our members for their generous donations, and encourage you to remember our committee when you renew your dues. We also welcome members to sign up for the committee when you renew.

*Penelope West and Devonna Hall, Co-Chairs*

## Cooking with love

It's not too late to purchase a copy of *Our Favorite Things*, the newest Village Garden Club cookbook! The cookbook makes a great hostess gift or a gift to family members who need some inspiration for cooking. The cookbook contains great recipes from all of you....and we know because we've tried them. Yum!

Proceeds help support all of the Club's civic projects. Please look for our table at the general meetings.

Thanks,

Robin, Kate, Pam, Devonna, Jan, Ana, Donna, Karen, and Carol.



### Gardeners' Exchange Table



We have enjoyed seeing you at our Gardeners' Exchange tables. February was a busy month with lots of contributions. Most of our items, including cuttings, vases, planters, books, and garden décor went to good homes. Thanks for all that you bring to the table!

Please label plants and cuttings, and try to bring them and other treasures early enough during our social hour for people to find them. For March we will not be having a table since our wonderful Expressions in Art and Flowers will be displayed throughout the hall. All of us can enjoy the amazing creativity and beauty of this delightful event.

We will see you in APRIL.

Happy gardening.

Clara Blenis and Suzanne Thomas, CoChairs

## Kudos

Kudos to Bonnie Sipe and Janet Evans, who so graciously stepped forward to chair Expressions in Art and Flowers. Our March meeting will be blooming with creativity, talent, and beauty thanks to their extraordinary leadership skills. We are truly grateful to Bonnie and Janet and their committee.

**SAVE THE DATE**

A Friendship Luncheon

*“Scarborough Farms”**Parsley, Sage, Rosemary and Thyme*

May 28, 2020

Immediately following the last meeting  
of the yearReservations will be taken at the March and April  
Meetingsor send a check for \$30 payable to VGCLJ to  
Diana Lombrozo, 2555 Ruelle Nice, La Jolla, CA 92037**Photography**

Check out our newest uploads to the VGCLJ Photo Site! Yes, we have Photos of the Duchess.  
You can also go the Photo website, [vgclj.smugmug.com](https://vgclj.smugmug.com), and scroll down to view recent galleries.,

<https://vgclj.smugmug.com/Events-2019-2020/Expressions-in-Art-and-Flowers-2019-2020/Expressions-Art-Only-2019-2020>

<https://vgclj.smugmug.com/2019-2020-Meetings/February-2019-2020>

<https://vgclj.smugmug.com/Workshops-20192020/Lets-Make-Posies>

Enjoy,  
Marge Palmer







### Virginia Robinson Gardens

A historical landmark, the gardens surround the first estate built in Beverly Hills. The mansion and gardens of Mr. and Mrs. Robinson, owners of the Robinson Department Store, are listed on the National Register of Historic Places. The 6 acre property, situated behind the Beverly Hills Hotel, will be shown to us on a docent led tour. Afterwards, we will travel along a few exquisite streets for a box lunch (included in the price) on the patio of the

### Gottlieb Native Garden

Certified a Backyard Wildlife Habitat and Pollinator Habitat, this private one acre garden with over 200 native plant species will by your haven for the afternoon.

This will be an all-day adventure, from 7 am to 5 pm.

A luxury bus will have pick-ups in both La Jolla and a North Coast community.  
 \$85 check payable to the Village Garden Club of La Jolla or VGCLJ required at sign up.  
 Our first field trip to the Carlsbad Flower Mart sold out in minutes.  
 Be ready to sign up and pay by check at our December meeting.

BJ Boland

## “Treasures”

is coming back!

Your chance to recycle your treasures  
and find new ones.

Bring your Treasures between  
8:00 – 8:30 on April 23<sup>rd</sup>



And ...Don't forget to come back between 9 & 10 and shop!



### Lani Freymiller

I am a San Diego native as were my parents and grandparents. I grew up in La Mesa and graduated from Helix High School and San Diego State. My husband, Larry, is also a San Diego native and was my high school sweetheart. We have lived in Rancho Santa Fe for 46 years.

Back in the eighties, I found that several of my friends and I were becoming more and more interested in gardening. We knew we needed some major direction to achieve our gardening goals, so we started a little garden club of twelve members. We called it ***In the Garden,*** and we are still meeting today. We never turn down an opportunity to visit a garden!



Adrienne Green, a founding member of our VGCLJ, was one of our first guest speakers. She presented a flower arranging workshop and, more importantly, shared her love of gardening with us. Later, in 1991 and 1994, Adrienne joined our club on two trips to visit English gardens. Her dear friend Cheryl Nichols, was a VGCLJ member and planned both trips. At this time I was teaching in the Solana Beach School District and too busy to garden as much as I would like, but my mother and I kept in touch with Adrienne. When I retired in 2003 after 40 years of teaching, I was finally able to join the VGCLJ, and I have enjoyed every minute.

In 2010 I hosted the New Member Tea, and then in following years it was such a pleasure to host London gardeners, Rosemary Alexander and Shane Connolly. Shane was our Meet the Masters Guest. He gave a wonderful workshop in our garden regaling us with stories of the Royal Wedding--he was the artist chosen to design the magical floral creations for the wedding of Prince William and Kate Middleton. After his presentation we all had lunch on the terrace. It was truly a day I shall never forget.

I was also pleased to host Elizabeth Murray, author of ***Monet's Passion***, after her VGCLJ program where she charmed and enlightened us with her stories about the garden Claude Monet called his greatest masterpiece.

Working with the Meet the Masters committee to bring Alice Waters to speak to our club in 2018 was another highlight. What a beautiful day we all had in our own Balboa Park. Bringing Tara Dillard home with me after this year's Christmas Lunch at the Marine Room will also be a memory I will always cherish as I have followed her blog for many years.

I consider all these joyful events and times with special gardeners to be a gift from being a VGCLJ member. Each meeting is a treat, and you can find me every month at the Horticulture Table where I am constantly amazed at how much there is to know and share about our gardens.

I am also an active member of the San Diego County Garden Guild and serve as Secretary on their Board of Directors. In addition to gardening I love to travel, entertain, cook, knit, and read. I have belonged to a monthly cooking group for many years and happily join friends in a book club and a knitting club, as well. A passion that is especially dear to my heart is Pedal the Cause, raising funds that support local San Diego institutions to help find a cure for cancer. There is nothing more satisfying and fun than enjoying the company of like-minded friends while we do our bit to conquer this dread disease that has touched the lives of us all.



## Get Your Red Pens Out!



Don't forget to send any updates to your roster entries to Kate Engler by the end of April to be included in the new yearbook. This will be a great way to double-check any changes you make in your online renewals! And here are a few updates that for you to make in your current yearbook.

Roz Bradley has a new mailing address:

**7363 Eads Avenue**

**La Jolla, CA 92037-5035**

Susan Harris has a new mailing address:

**7735 Ivanhoe E**

**La Jolla, CA 92037-4521**

Phone and email remain the same.

Carolynn LaPierre has a new email address:

**lapierrecarolynn@gmail.com**

Kathy Macon has a correction to her telephone number:

**858-756-4113**

Pat Tilton has a new email address:

**ptilton5023@yahoo.com**

**Friends of VGCLW**

Faye Kitchel has a new mailing address:

**4800 N. 68<sup>th</sup> Street, Unit 162**

**Scottsdale, AZ 85251-1140**



## Members' Garden Tour

*April 30, 2020*

*10am to 2pm*

*4 BEAUTIFUL GARDENS IN POINT LOMA AND LA JOLLA*

*Don't miss the chance to see four fabulous, unique gardens and stroll through them with old friends and meet new ones!*

*Tickets are \$10 at the March and April Meetings*

*A fund raiser for our Club*

*\$15 the day of the tour Stop by our table at the March 26th meeting*

*We look forward to seeing you at the meeting and on the garden tour and working with many of you on this delightful event!*

Carol Rumsey and Gail Dill



## UPCOMING GARDENING EVENTS

Be sure to check individual websites for details and updated information since this posting.

### **Sunday, March 8- Southern California Plumeria Society**

March meeting is free and open to the public. Noon – 1:00 p.m. sale of Educational Outreach cuttings (sold as NoIDs re color or variety) 1:00 – 3:00--Presentation . Speaker: Ken Sakata on Hawaiian Plumeria History, Jean Farb Middle School, 4880 La Cuenta Dr., San Diego, 92124.

More information: <http://socalplumeriasociety.com>

### **Thursday, March 12. - San Diego Floral Association**

Make and take workshop “Fairy Garden” Instructors : Cheryl Neely and Kathy Taylor de Murillo 10:00 a.m. – noon. Room 104 Casa Del Prado, Balboa Park, San Diego. Cost \$25 for SDFA members, \$30 for non-members: More info: <http://sdfloal.org> (619-232-5762)

### **Week of March 16 thru March 22 – Japanese Friendship Garden of San Diego**

Cherry Blossom Week – Full Festival March 20-22. Garden will be in bloom. Festival includes food, music, dance performances and crafts for children. Cost Admission to Garden \$12 Adults (18+), \$10 – students and seniors (65 +), free children (6 and younger). San Diego Residents Free day March 24. Hrs. 11 a.m.- 5p.m.

More Info: <http://niwa.org>

### **Saturday, March 21 – San Diego Master Gardener**

Spring Seminar 8:00 a.m. -3:00 p.m. (15) seminars, (5) Classes/Workshops (\$25-\$35) and Marketplace.

Complete class/workshop descriptions & speaker bios are on line: [www.MasterGardenerSD.org/seminar](http://www.MasterGardenerSD.org/seminar).

San Diego County Operations Center, 5515 Farnham St. San Diego, CA 92123 **For Registration and details:**

[www.MasterGardenerSD.org](http://www.MasterGardenerSD.org)

### **Friday- Sunday Mar. 27-29 - - San Diego County Orchid Society**

“Orchid Magic” Spring plant show and sale. Friday, 3:00 p.m.-7:00 p.m., Saturday, 9:00 a.m. – 6:00 p.m., Sunday, 10:00 a.m. -4:00 p.m. Scottish Rite Event Center, 1895 Camino del Rio South, San Diego 92108.

Admission: \$10 general, weekend pass \$12, children under 12 are free. More information: <http://sdorchid.com>

### **Saturday March 28-San Diego Geranium Society**

The 10<sup>th</sup> Annual Geranium Conference is open to the public with advanced registration. 9:00 a.m. – 4:00 p.m.

Cost \$30, includes park admission and lunch. San Diego Botanic Gardens Drive, Encinitas, 92024: More Information: <http://sdgeranium.org>

### **Saturday March 28 -: San Diego Horticultural Society**

Tour multiple private gardens in Poway (TBA). 9:00 a.m.- 4:00 p.m. Cost: \$35. More information:

<http://sdhot.org>

### **Saturday April 4 – California Native Plant Society, San Diego**

Annual Garden Tour “The Artful California Native Garden Tour” focus on inland native gardens in East County locations. The Water Conservation Garden in Rancho San Diego will feature educational talks and demonstrations in conjunction with the garden tour. 9:00 a.m.- 4:00 p.m. East County Area of San Diego:

Cost: General admission \$35, Day of Event \$45.

More information: <http://cnpssd.org>

Pat Parks

## THE PHYSICIAN IN THE GARDEN - 32

### Feverfew



Perhaps twenty years ago, Helen ordered a double-flowered feverfew, probably 'White Wonder', from a perennial nursery. It proved to be short-lived, surviving for a couple of years. However, its progeny, reverting to a single flowered form, flourished mightily and are now established as one of our most persistent weeds.

*Tanacetum parthenium* is native to southeastern Europe but has spread around the world, being listed in some areas as an invasive weed. Its popular name is a corruption of febrifuge or driver away of fever and can be traced back to Anglo-Saxon English. Its use in medicine dates at least to the first century Greek physician Dioscorides when it was promoted for a variety of ailments including fevers, menstrual irregularity, and stomach complaints. Gerard's herbal recommends it "for them that are giddie in the head" and Culpepper's Dublin herbal (1787) states that "it is very effectual for all pain in the head coming of a cold cause". Alternative health sites continue to recommend it for a great variety of conditions, but the most credible claims are for its use in migraine.

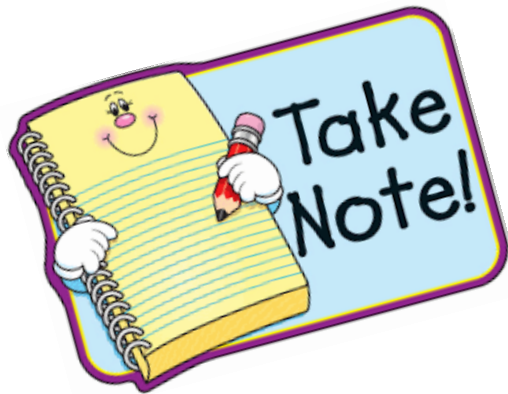
Like most herbal remedies, feverfew produces many chemicals with potential therapeutic activity. However, the best studied and most abundant is parthenolide, present in the leaves and flowers but not in the stems of the plant. This compound is believed to account for its beneficial effect, if any, on migraine headache. The amount present per tablet in available feverfew products can vary 150 fold and the quantity in the recommended daily dose by a factor of 10. When I searched the Internet for feverfew products recommended for migraine, I found that most of them listed the quantity of feverfew leaf per tablet, but only one of about 25 reported the parthenolide content.

So is feverfew effective for migraine? The first attempt at a controlled trial to answer this question should appeal to readers of this column because it was done at the City of London Migraine Clinic using powdered feverfew leaves grown at the Chelsea Physic Garden. Seventeen patients who reported they were using feverfew successfully to prevent attacks were randomized to receive capsules containing either the leaf or a placebo. Those who took the placebo reported an increased frequency of headaches and also more nausea and vomiting, insomnia, and nervousness, suggesting "a genuine post-feverfew syndrome." A Cochrane systematic review in 2000, updated in 2004, found only 5 trials satisfying their criteria for inclusion and concluded that "there is insufficient evidence ... to suggest an effect of feverfew over and above placebo." Another update, published in 2015, found one additional study that was larger and of better quality than the others, reporting a decrease in the frequency of attacks of 0.6 per month when compared with a placebo, but there was no change in the duration or the severity of the attacks. They also stated that "feverfew is not associated with any major safety concerns." As always, the article called for further research, but I think the available evidence shows that feverfew, or better parthenolide, may have a place in the prevention of migraine headaches.

Arthur Dawson







**Spindrifter Deadlines**

**April 2 for April  
April 20 for May**

**The Village Garden Club of La Jolla  
c/o Anita Lindberg, Mailing Committee  
6483 Caminito Baltsural  
La Jolla, CA 92037-5802**

