

## February 2023

A long registration table was set up for the February meeting of the Lakewood Forest Garden Club to accommodate the many activities members had a chance to sign up for and participate in.



Foremost, **Yvonne Newsome** collected down payments from members going on the Spring Fling this year.

In the meantime, the hostesses for this meeting were busy setting up the refreshments for us all. Members drifted to the room to sample the various offerings.



# Hospitality



The hostesses, **Sandra McKeon, Dawn Bramwell, Judy Beckham** and **MaryEtta Wood**, decorated the table in a Mardi Gras and Valentine motive, featuring colorful beads and red hearts.



Judy Beckham (above)

Cathy Rogers and Anjali Aswani.





President **Harriet Bedenbaugh** opened the meeting with a greeting to us all. This was followed with a prayer delivered by **Mary Davis**.

Everyone stood as we recited the Pledge of Allegiance.



## Mediation

### *Gardening God's Way*

*Plant three rows of peas:  
Peace of mind  
Peace of heart  
Peace of soul*



*Plant four rows of squash:  
Squash gossip  
Squash indifference  
Squash grumbling  
Squash selfishness*

*Plant four rows of lettuce:  
Lettuce be faithful  
Lettuce be kind  
Lettuce be obedient  
Lettuce really love one another*



*No garden should be without turnips:  
Turnip for meetings  
Turnip for service  
Turnip to help one another*

*Water freely with patience and cultivate with love.  
There is abundance in your garden.... Because you reap what you sow.*

*To conclude our garden, we must have thyme:  
Thyme for God  
Thyme for study  
Thyme for prayer*

*Pretty nice garden!*



## Program



**Barbara Crum** introduced the speaker for today's program, our own member, **Eleese Lester-Baier**. Her power point presentation on 'Recycling' reminded us of the ever-increasing amounts of waste that is produced by our modern living and offered easy solutions to decrease the environmental burden.

- Recycle
- Repurpose
- Reuse
- Reduce



Space for landfills is becoming scarce and decreases available green space. Chemicals generated by production and use of various plastics are contaminating air and water. Clean up, when possible, is very expensive. The Fluoro Carbons found in many household items, from cosmetics, to cook ware to cleaning products and the clothes we wear, have a negative effect on our health.

## Eleese's Helpful hints

### Recycle:

Participate in neighborhood recycling program. Bring your own bags to the store to reduce need for plastic bags. Paper can be shredded and used in compost pile. Decrease use of plastic bottles by buying in bulk.

### Repurpose/Reuse:

Find a new use for an old item or donate it to a second hand store for others to reuse. Shop at donation centers or garage sales for items you may need.

### Reduce:

Reduce consumption by decreasing purchases of new items that may be harmful to the environment and your health (example: fumes from new materials in furniture and drapes, micro plastics shedding from new clothing, etc.).



**Eleese** demonstrated natural products and items we can use to make homemade cleaners that will replace commercially prepared products and laundry detergents packaged in heavy plastic bottles containing many harmful substances. Eleese suggested making your own effective cleaners with biodegradable materials such as vinegar, olive oil or baking soda. A few commercially available products she recommended are: Simple Green, Bon Ami and Enzyme Cleaner.

An alternative to laundry detergents in bulky plastic bottles, laundry sheets are now available packed in small paper boxes. The addition of Borax will boost the cleaning power of laundry soap. A cotton rag soaked in vinegar with your favorite organic scented oil is a fine and reusable alternative to dryer sheets.



A handy metal can with a carbon filter in its lid to absorb odors will collect vegetable scraps from your kitchen for composting. The carbon filter can be replaced with a circle of newspaper that will absorb odors just as well.

For an even better way of composting kitchen scraps, **Pam Randall** demonstrated an electric composter she received as a Christmas present. Place the organic matter in the bucket, turn on the device and in 2-3 hours it will compost the content to a fine, coffee ground like consistency. With nutrients still intact, this will make a good soil amendment and fertilizer.

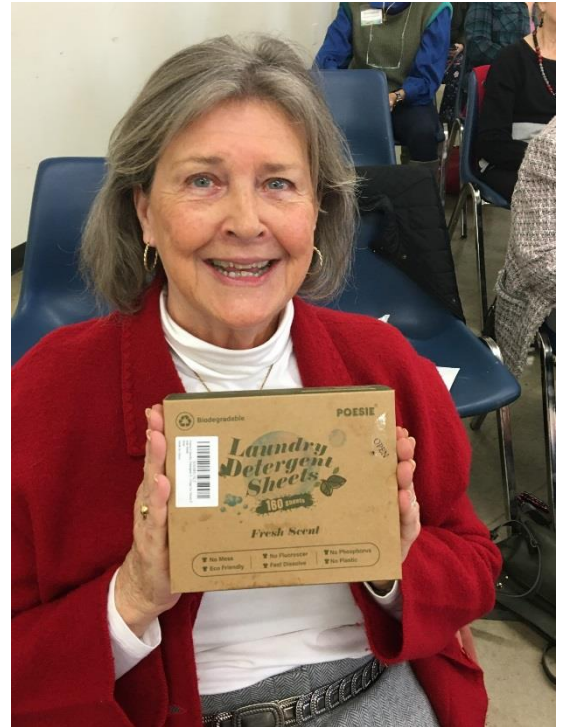




What, pray tell, is Eleese suggesting we use Vaseline and crime scene tape for???

Well, it turns out that smearing Vaseline on the tape and hanging it in an aphid infested shrub, will get rid of the pests without using harmful chemicals.

This must be a common problem in our gardens as we all took a yard of the tape.



To make sure we paid attention a quiz was given at the end of her presentation. **MaryEtta** knew the correct answer and won of a box of laundry sheets. For more information and recipes for homemade household cleaners, visit the LF garden Club website: <https://lakewoodforestgarden.club/wp-content/uploads/2023/02/Green-cleaning-and-gardening-recipes.pages.pdf>

After a short break the assembly continued with the business part of the meeting. **Tammy Delforge** reported that 42 members were present. We welcomed our new member, Patty Haddadin and our guest, Susan Hall. The membership has grown to a total of 70 gardeners in our club.



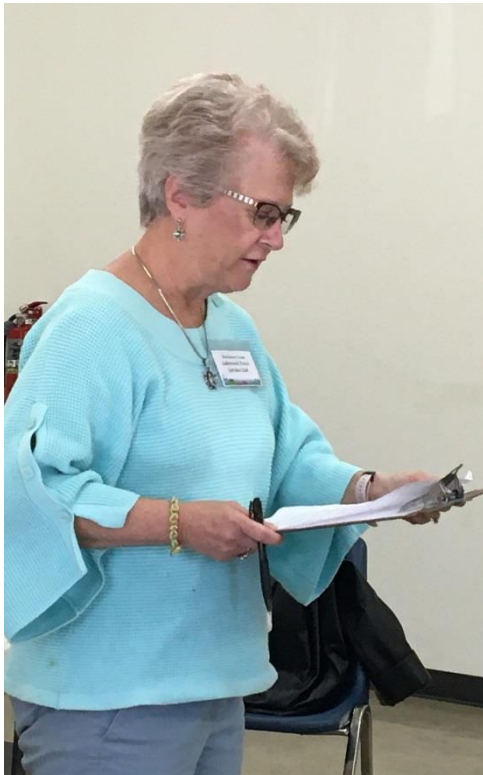
Among other business items, the Spring Fling announcement garnered most interest. The plan has been finalized! We are going to Tyler, Texas on Tuesday March 28<sup>th</sup>.

**Sandra McKeon, Donna Stephens and Yvonne Newsome** planned the entire 2-day adventure. Hotel rooms have been reserved for our group and interesting excursions are on the agenda, but still a surprise at this time.

We had to decide on drivers and find room mates for the trip.



**Dawn Bramwell** reported that the Fundraiser brought in \$2,800.00 in redeemed vouchers at Plants for All Season. The money will be donated to local organizations.



**Barbara Crum** announced the speaker for our next meeting. We were happy to learn that Dr. Al will be entertaining us again with his unique garden wisdom.

The nomination committee presented new officers for the upcoming garden club year. **Lynn White** reported that all officers except Tammy will continue in their position for another term. **Candace Beaver** agreed to be nominated to replace Tammy as Membership chair. All members present voted and confirmed the nominations.

At the end of our meeting, Rica Brock Showed us her newest craft project, a T-shirt and an apron decorated with the LF garden club logo, which she designed and printed herself. Everyone liked it very much and we were brain storming on how we each could get one. One option would be to get interested people together in a DIY project or have it done through a printshop.



Rica will evaluate the options and report back to us.

