

CACTUS COURIER

Newsletter of the Palomar Cactus and Succulent Society

Volume 55, Number 1

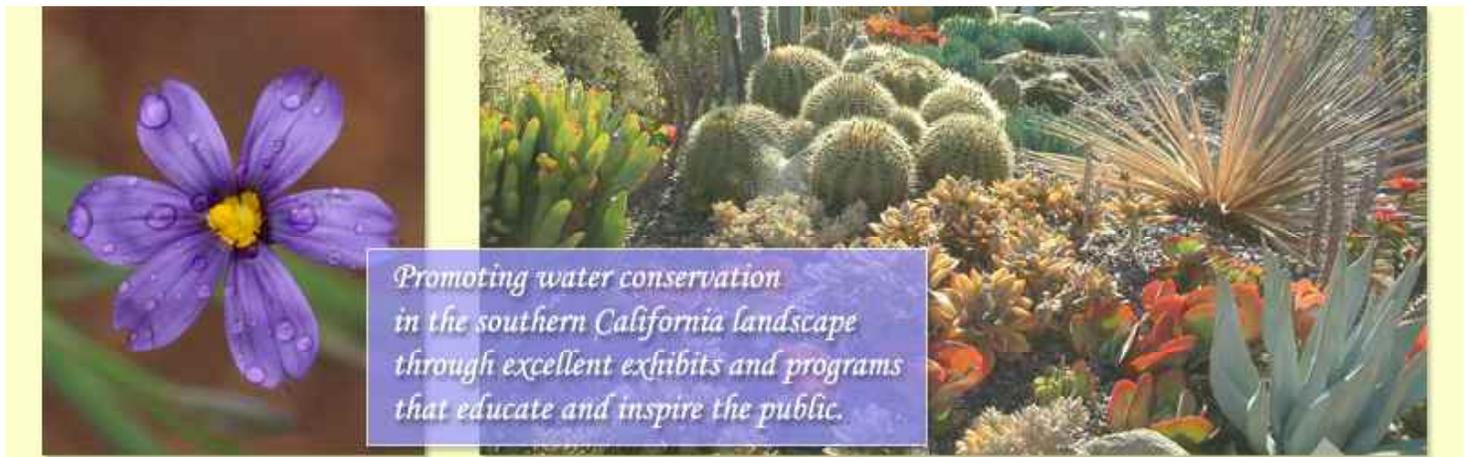
January 2009

The Meeting is the **4th** Saturday

JANUARY 24, 2009

Joslyn Senior Center
724 N. Broadway, Escondido

12:15 PM



*Promoting water conservation
in the southern California landscape
through excellent exhibits and programs
that educate and inspire the public.*

“Succulent Plants as Part of Landscape Water Conservation”

• Vickie Driver •

Water officials say homeowners should reduce outdoor watering because of record-dry conditions in Southern California. One solution is to replace lawns with drought-resistant plants. **Vickie Driver**

will give us an update on San Diego County water supplies, then talk about the role of landscape water conservation as a part of the solution to the water shortage. She will have lots of slides of Do-

It-Yourself low water use landscapes featuring cactus and succulents.

Ms. Driver is a member of the **Friends of the Water Conservation Garden** where she serves as a grant writer, fundraiser, and instructor for the Toss The Turf class. Prior to joining the Water Conservation Garden, she served for 17 years in the conservation section of the San Diego County Water Authority where she managed the agriculture, landscape, and Xeriscape programs. Additionally, she researched the water and energy savings of high-efficiency clothes washers and landscape programs leading to the successful procurement of over two million dollars of grant funding to support these programs. She laid the foundation for the water budget approach to manage landscape water use in an efficient and equitable manner in times of water shortage as well as plenty.

At home she grows vegetables, fruits, and native plants in her Clairemont Mesa she shares with her husband John, a retired Navy helicopter pilot. Her two children, Army helicopter pilot, John Jr. and geographer daughter, Rachel, do their best to keep their Mom computer literate.



BOARD MEETING • PLANT SALES • BRAG PLANTS • EXCHANGE TABLE

Plant-of-the-Month:

Senecios and winter-blooming Mammillarias.

REFRESHMENTS

Mike Regan

Jean O'Daniel

Don Nelson

Connie Bernal

Alice Somers

We could use a few more snacks!

We're Up and Planting!

We had our first **Plant Sale** planning meeting January 7th at Ron Chisum's home in Escondido. Attending were Vicki Broughton, Ron Chisum, Pat and Doug Frederick, Lorie Johansen, Don Nelson, Teri Schmidt and Carol Wilson. The committee is enthusiastic and we made great progress and got a tour of Ron's great garden as a

bonus. We will need lots of help so be prepared to sign up at the January meeting for the many tasks that we have determined are needed to make this a profitable adventure as well as a promotion of our fine club. The Plant Sale will be Saturday May 2 from 9-2 and **Sunday, May 3** from 10 to 2 – hopefully in front of the Arboretum on Palomar College Campus (approval pending). All those members who adopted plants need to get them ready for the sale.

Lorie Johansen has stressed that we need to clean up these plants that were donated to us and pot them up as nicely as possible since they reflect our club. We hope that each member can also propagate 4-5 nice plants to add to the sale. Our plant vendors will be selling their fine specimens and donating 25% to the club. We are in need of terra cotta or other nice pots that you no longer need. The committee will meet for about 30 minutes after each regular meeting so come join us.



Lorie cleaning plants at Vicki's home.



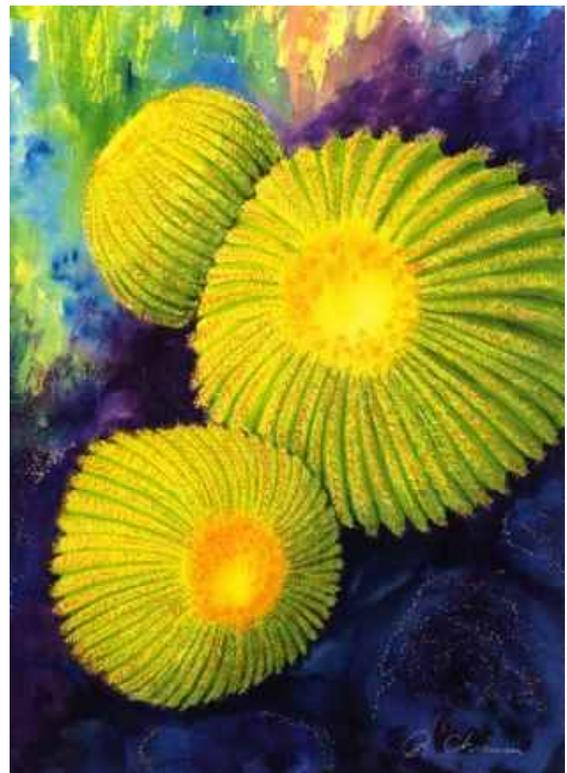
Mammillaria lasiacantha

The San Diego Horticultural Society

February 2009

On Monday, February 9, 2009, Dave Egbert, host of national TV series, *The Coastal Gardener*, will speak on **“Big Ideas for Water-Thrifty, Fire-Safe Landscapes: The California Casual Garden.”** He'll tell us how to create a beautiful, flower filled garden that protects you, your home, and the brave firefighters who defend your neighborhood from the threat of wildfire. Using perennials, roses, outdoor living spaces, and edible landscaping you can create a Lean, Clean, and Green Zone of defensible space around your home. Dave will be selling copies of his beautiful, inspiring and helpful book, *Big Ideas for Small Gardens*.

The evening starts at 6:00 p.m. in the Surfside Race Place at the Del Mar Fairgrounds on Jimmy Durante Blvd. in Del Mar. Parking is free and everyone is welcome. Admission is free for members and \$5 for non-members. Ample free parking available. 760-295-7089. You may also call Anne Murphy 760-941-4385 for details.



Painting by Ron Chisum

Gardening can help older people stay fit

A study measuring the intensity of activities such as walking, bending and weeding shows an increase in activity that could be beneficial for seniors.

By Jeannine Stein

Does gardening count as a moderate workout? In the fitness world, it's an ongoing debate. Yes, say some: The walking, bending, digging and pruning is strenuous enough to gain fitness benefits. No, say others: More vigorous movement is needed.

A recent study may put this discussion to rest, at least for older people. Researchers from Kansas State University studied the gardening habits of 14 men and women ages 63 to 86. They noted how much time the participants spent on tasks such as watering, walking, cleaning tools, weeding and harvesting. Heart rates and oxygen uptake were measured to determine how hard they worked. Standard measures that rate the intensity of physical activities were used to evaluate the work.

Activities such as digging, raking and mulching used upper and lower body muscles and scored as moderate-intensity exercise. Mixing soil and hand weeding engaged only the upper body and were scored as lower intensity. Overall, the gardeners' activity was of moderate intensity but changed with the seasons. In logs, the gardeners reported spending 33 hours a week on average gardening in May, and 15 hours a week in June and July.

The study, published in the journal *HortTechnology*, noted that older people often become sedentary -- and that the dynamic qualities of gardening could help them stay active.

HortTechnology, October-December 2008, 18: 639 - 643.

One of the biology professors at UCSD is seeking a *Kalanchoe diargremontiana* AKA: *Bryophyllum diargremontianum*, "Mother of Thousands." It is the one with larger leaves -- not the tubular ones. Everyone I've asked so far say it is too weedy for them to keep it around. Help?



Officers • Palomar Cactus & Succulent Society

Vick Broughton – President

Peter Walkowiak – Vice-President

Lorie Johansen – Secretary

Dennis Miller – Treasurer & Membership Co-Chair

Bruce Barry – Board Member

Dick Kubiak – Board Member

Dick Henderson – Board Member & Garden Chair

Doug Frederick – Board Member

Mary Kaho – Board Member

Brita Miller – Librarian

Ron Chisum – Refreshments & Speakers

Eleanore Hewitt – Newsletter & Membership Co-Chair



*Senecio
mandraliscae
(Kleinia)*



Painting by Ron Chisum

Palomar Cactus & Succulent Society

P.O. Box 840, Escondido, CA 92033
Membership Application

I/We wish to join/renew membership in the
Palomar Cactus & Succulent Society

\$20.00 Single Membership
\$25.00 Dual Membership (Same Address)
(1/2 price after June 30th)

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Make checks payable to:
"Palomar Cactus & Succulent Society"
P.O. Box 840, Escondido, CA 92033

Special THANKS from Eleanore to everyone who helped at the Holiday Party! We had a fabulous time and ate until we couldn't move. People set up the hall, laid out the food, and cleaned up everything.

I would also like to thank Morton Fairfield for the lovely flowers he brought. So very thoughtful!

This is what makes this Club so wonderful.

