

CACTUS COURIER

Newsletter of the Palomar Cactus and Succulent Society

Volume 59, Number 12

December 2013

The Meeting is the * * **third** * * Saturday



December 21, 2013



Park Avenue Community Center, 210 Park Ave, Escondido, CA 92025

11:30 am



"Desert Christmas" by Paul Gill – reprinted by permission of the photographer

We Will Eat About 12:30 pm. Come Early and Help Set Up.

HOLIDAY PARTY

Sign-Up Sheet

CRANBERRY or RELISH DISHES

- 1) Gloria Medina
- 2) Mike Regan
- 3) Mary O'Donnell
- 4)
- 5)



VEGETABLES

- 1) Fran Komarek – *Green Bean Casserole*
- 2) Kathie Hoxsie
- 3) Vicki Martin
- 4) Brita Miller
- 5) Peter Tashjian
- 6)



DESSERTS

- 1) Barbara Launspach
- 2) Margaret Regan
- 3) Wanda Mallen
- 4) D. Pearson – *Pies*
- 5) Shelly Oliver – *Cookies*
- 6) Martha Hansen
- 7)
- 8)



POTATOES, SWEET POTATOES, or STUFFING

- 1) Lorie Johansen – *Mashed Potatoes*
- 2) Eleanore Hewitt – *Stuffing*
- 3) Patti Nelson – *Yams*
- 4) Betty Falc
- 5) Annie Morgan
- 6)



SET-UP CREW

- 1) Eleanore Hewitt
- 2) Gloria Medina
- 3) Jean O'Daniel
- 4) Fran Komarek
- 5) Don Nelson
- 6) Brita Miller



SALADS

- 1) Jean O'Daniel – *Fruit Salad*
- 2) Phyllis Flechsig – *Fruit Salad*
- 3) John Tashjian
- 4) Maddy Beasley
- 5) Jacob Bennett
- 6) Stan Yalof – *Broccoli Salad*



SERVING CREW

- 1) Eleanore Hewitt
- 2) Gloria Medina
- 3) Leon LaFreniere
- 4) Don Nelson
- 5)
- 6)



ROLLS/BREAD

- 1) Gloria Medina
- 2) Red & Connie Bernal
- 3) Susan LaFreniere
- 4)
- 5)
- 6)

CLEAN-UP CREW

- 1) Eleanore Hewitt
- 2) Gloria Medina
- 3) Fran Komarek
- 4) Kathi Hoxsie
- 5) Brita Miller
- 6) **ALL OF US!**



We definitely need lots of the goodies that make the holiday meal extra special for everyone.

Drop me a phone call or an email if you'd like to bring something but couldn't sign up in advance.

– Eleanore

PRESIDENT'S MESSAGE
December 2013

Our **Holiday Party** is upon us. This is a great time to celebrate a very successful and rewarding year for our club. We will have some great food, gift plants, brag plant entrants give away for the 25 who participated. These are a few reasons all members should attend this wonderful event.

For all those who attend there will be gift plants provided by the club and my nursery, PW Plants. There plants are free, all you need to do to earn these plants is to participate in this party. For those that brought in plants for the Brag Table and Plant of the Month, there will be a drawing held of some very special plants as a reward for your participation. The order of the drawing will be based on the numbers of points earned for the entire year.

The club will provide turkey and maybe ham for the party. What we need you to do is bring your favorite dish to share with other members. We like to eat and we always seem to waddle away with big smiles on our faces.

Don't forget that we are organizing a bus trip to the Huntington Botanic Garden for the CSSA Affiliate Free Day. The aloes will be in full bloom, they are truly awesome. So bring your camera and take many pictures. The nursery will also be opened up so that you can purchase some choice plants. The price is \$40 for members, the price will be reduced for those that have done volunteer work for the society in the past year, see Annie Morgan to find out what your price is and have your checkbook ready. If you do not sign up you are really going to miss out on a wonderful trip. SO PLEASE SIGNUP.

MERRY CHRISTMAS!
Peter Walkowiak
President



November Brag Plants

Plant of the Month

- 1st *Ariocarpus fissuratus*
Dick Henderson
- 2nd *Ariocarpus retusus furfuraceus*
Dick Henderson



Cactus – Advanced

- 1st *Uebelmannia pectinifera*
Dick Henderson
- 2nd *Echinofossulocactus sp*
Stan Yalof



Cactus – Intermediate/Novice

- 1st *Mammilopsis*
Lorie Johansen
- 2nd *Mammillaria sp*
Beverly Ficuciello
- 3rd *Thelocactus bicolor v. texensis*
Leon LaFreniere

Succulents – Advanced

- 1st *Alluaudia humbertii*
Dick Henderson
- 2nd *Euphorbia decaryi*
Dick Henderson
- 3rd *Pachypodium saundersii*
Don Nelson



Succulents – Intermediate/Novice

- 1st *Aeonium sedifolium*
Leon LaFreniere
- 2nd *Gasteria sp*
??
- 3rd *Agave Americana*
Maddy Beasley



...there will be almost that much gravy!



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

\$25.00 Single Membership
\$30.00 Dual Membership (Same Address)
(1/2 price after June 30th)

There is a **\$5 discount** on the fees if you choose to receive your newsletter by email-only. Save money, leave a small carbon footprint, and reduce Eleanore's workload!

Please print! We have to be able to read it!

Email _____

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Make checks payable to:

“Palomar Cactus & Succulent Society”
P.O. Box 840, Escondido, CA 92033



2014 MEETING SCHEDULE

- | | |
|--|---|
| 25 January | Park Ave. Community Center |
| 22 February | Park Ave. Community Center |
| 22 March | Plant Sale – Park Ave. Center |
| 26 April | Park Ave. Community Center |
| 17 May | Park Ave. Community Center |
| <u>NOTE !!! 3rd Saturday !!</u> | |
| 28 June | Park Ave. Community Center |
| 26 July | Park Ave. Community Center |
| 23 August | Picnic & Auction SD Botanic Gdn |
| 27 September | Park Ave. Community Center |
| 25, 26 October | San Diego Botanic Garden (<i>Quail</i>) |
| 22 November | Park Ave. Community Center |
| 20 December | Park Ave. Community Center |

NOTE !!! 3rd Saturday !!

I have always said that gardeners live longer! Gardeners are always looking to the future. Whether we plant radishes that will be up in 3 days, or a redwood sapling, it's all about the future... Eleanore

Gardening ‘linked to longer lives’

By James Gallagher Health and Science Reporter, BBC News
28 October 2013



Is getting the spade out good for the heart?

Pottering around the garden or fixing up the house has been linked to a longer life in a study of people over the age of 60.

Older people can struggle to exercise vigorously, but the study said simply getting off the sofa and avoiding a sedentary lifestyle was a lifesaver.

The Swedish study of 4,232 people suggested the risks of heart attack and stroke were cut.

The findings were published in the British Journal of Sports Medicine.

The researchers at the Karolinska University Hospital in Stockholm, said elderly people tended to spend more time being sedentary and less time exercising than people in other age groups.

So they looked at the activity levels in-between sitting down and full-on exercise – such as fixing up the car, home repairs, cutting the lawn, blackberry picking or going hunting.

‘Longer life’

The results showed that people who were more active on a daily basis had the lowest risk of a heart attack, but those who were merely active without exercising still had a lower risk than those doing nothing.

Being active reduced the risk of a heart attack or stroke by 27%, and death from any cause by 30%, during the 12-year study.

The report said: “A generally active daily life had important beneficial associations with cardiovascular health and longevity in older adults, which seemed to be regardless of regular exercise.”

It said the findings had “high clinical relevance” for older people, who risked spending a lot of time on the sofa or lying in bed.

The scientists involved suggest that sitting for long periods of time may lower people's metabolic rate, or a lack of activity may alter hormones produced in muscle tissue.

These could then have knock-on effects for overall health.

‘On your feet’

Dr Tim Chico, honorary consultant cardiologist at Sheffield Teaching Hospitals, said: “Although this study only examined people aged 60, it is reasonable to assume that the more active someone is throughout their life, the lower their risk of cardiovascular disease.

“The message I take from this study is simple. If you want to reduce your risk of heart disease, be more active. Don't sit down for long periods; get up on your feet and do something you enjoy that involves moving around.”

Christopher Allen, Senior Cardiac Nurse at the British Heart Foundation, said: “Being physically active is important in maintaining good heart health. But, as this study demonstrates, you don't need a gym membership to do that.

“As long as they make you feel warmer, breathe harder and make your heart beat faster, activities such as DIY and gardening count towards the 150 minutes of moderate-intensity [weekly] activity recommended for a healthy lifestyle.”

<http://www.bbc.co.uk/news/health-24710089>



LA Times
September 2013

THE GLOBAL GARDEN

Backyard tequila?

Planting the blue succulent, *Agave tequilana*

By Jeff Spurrier

For most garden plants, flowering is a sign of renewed life. That's not the case with the succulent blue agave (*Agave tequilana*). Like other agaves, *tequilana* flowers only at the end of the plant's life. A 15-foot asparagus-like stalk emerges from the center, sending out puffballs of flowers at the top. The

mother plant then dies, but not before producing pups at its perimeter.

Most blue agaves never get to that stage, however. The sugar-rich sap that develops prior to flowering can be fermented into the alcoholic drink called pulque; the heart, or pina, is used in the production of tequila.

Although blue agave does grow well at sea level, it prefers the higher altitudes of its homeland, the 4,500-foot highlands of Jalisco state in western Mexico, where it develops its unique flavor. Like French wine varieties, tequila made from Jalisco blue agave lends qualities that reflect where and how it was produced, and it comes with a registration number that certifies its place of origin.

As a landscape design element, blue agaves can be a dream. The plants are symmetrical, drought tolerant, slow-growing (which translates to less maintenance), able to thrive on hillsides -- and beautiful. The spiny tips, able to pierce the flesh to the bone, are the biggest drawback. Likewise the juice of the flesh can cause skin irritations similar to that of poison ivy. When planting it, gardeners will want to wear leather gloves and wrap the leaves in cardboard.

At the Stanford Avalon community garden in Los Angeles, Norma Garcia picked up a blue agave leaf nearly 3 feet long that she planned to roast on a dry, hot griddle. Once she had burned the outside, she would juice the flesh, getting about 2 cups of liquid from the leaf.

Water and cold are the two primary dangers to blue agave. Protect from frost, and drape a blanket over plants if they have been exposed to frost for more than a few days. Water weekly for the first month after planting, letting the soil dry out. After that once-a-month watering is adequate spring through fall; do not water at all during the winter.

Blue agaves typically live a half-dozen years before flowering, but this final bloom can be postponed for 20 years or more if the plant is kept thirsty.

Other agave species are more readily available, but you can find blue agave online or through Worldwide Exotics, a nursery in Lake View Terrace, and through San Marcos Growers. Some were even spotted over the weekend at a Home Depot.



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Your Name Here!! – Treasurer

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Vicki Martin – Assistant Librarian

Tina Zucker – PCSS Show & Sale Vendor Coordinator

succulentsus@gmail.com

Bruce Barry – Refreshments & Exchange Table

760-724-2257

Dennis Miller – Raffle & Plant Sales & Membership Co-Chair

619-820-4446 • Dennismillertime@gmail.com

We need an Assistant for the Plant Sales

Eleanore Hewitt – Newsletter & Membership Co-Chair

760-753-3651 • Eilidh@roadrunner.com

Vicki Broughton will be stepping down as **Treasurer** in December. She would be pleased to train someone to handle the books. It is a part-time job! Really. And a sit-down one as well!

We also need a couple of **Board Officers**. Remember, we only have 8 Board Meetings a year!



A Few New Year's Resolutions for a Succulentophile...

1. I will dig out no more of my wife's ugly roses to replant with beautiful succulents.
2. I will forgo obtaining an essential succulent before giving up gin, milk, and wife's clothing... but not necessarily in that order.
3. I will consider the point that listening to rhapsodies of Beethoven might be better than, or at least equal to watching my succulents grow.
4. I will no longer serve guests salads made of *Echeveria* leaves.
5. I will consider *Agaves* more for their beauty in the wild than for their contributions to the beverage industry. *[Your Editor is torn by this resolution!]*
6. I will attempt to limit my handling of cacti to a few minor scratches instead of rivaling the science of acupuncture.

From December 1986 *Cactus Courier*



(It's STILL hard not to think of it as the Wild Animal Park!)

The volunteers at the **Safari Park Old World Garden** would like to add variety to the gardens. If you have extra aloes, euphorbias, or other succulents that are natives of Africa or Madagascar, please let us know.

We will make arrangements to collect them and see if they can be included in the gardens. Please contact May Fong Ho at 760-233-3948, or Susan LaFreniere at 760-317-5764. We'll have a list of donors and their plants that have been added to the garden in the next newsletter.

Come see the Old World Gardens! Lots of donated plants have been added and it looks great. The aloes have started to bloom, and more will be out through March.

Let us know if you would like to help in the gardens. We weed, water, propagate the plants, or work in the greenhouse. Serious volunteering will allow you to visit the Park nearly as often as you wish!



Palomar C&SS & San Diego C&SS

FIELD TRIP to the CSSA's Day at The Huntington Gardens

Saturday, January 18, 2014
Huntington Gardens, San Marino, CA

Contact Annie Morgan at mamx54@gmail.com or 760-803-8948 (10am–6pm) with any questions.

Bus Pickup: San Diego – 7:30am in the parking lot behind the Organ Pavilion
Escondido – 8:00am at the Park 'n Ride Lot #11, 871 N. Broadway, Escondido

Bus Return: Return to the drop off location at 4:15pm. The bus will leave at 4:30pm. Allow time to get your plant purchases stowed away. The bus does have a restroom. PCSS & SDCSS will handle tipping the driver. Expected return times are: Escondido – 6:30pm, San Diego – 7:00pm.

Entrance Fee: Members of PCSS or SDCSS = **Free**

Field Trip Cost: \$40 – This year we are requiring payment in advance to avoid last minute cancellations.

- SDCSS members may give a check made out to PCSS to Chris Miller or Annie Morgan at our 11/9/13 or 12/14/13 meeting
- PCSS members please give a check made out to PCSS to Annie Morgan at our 11/23/13 or 12/21/13 meeting.*
- Or, you may mail a check made out to PCSS to Annie Morgan, 2726 Obelisco Ct, Carlsbad, CA 92009.

Note: If you cancel at least 10 days in advance, you will receive a full refund.
If you cancel within the last 7 days prior to the trip, you will receive half the cost as a refund.
If you cancel the day of the trip, or don't show up, you will receive no refund.

Water & Snacks: PCSS and SDCSS will provide a bottle of water and a snack for the way up and back. You may bring your own drinks and snacks but NO GLASS is allowed on the bus.

Lunch: Due to major construction at the Gardens, there is no place to store coolers with our usual catered box lunches, or room to eat them in the buildings as before. So you have several options:

- The Rose Garden Tea Room will be open – cost is \$29.50 plus tax. Reservations are required. Call 626-683-8131 at least 2 weeks in advance, Wednesday through Monday between 9am and 4pm.
- The Café is a combination of self-serve and made-to-order, all with outdoor patio seating. Menu includes a variety of sandwiches and grilled items, fish tacos, and quesadillas, salads and homemade soups, and baked goods. Drinks are available. Cost: approx. \$4-\$10.
- The Chinese Garden Tea Room is now open and has a selection of delicious entrees located in the Chinese Garden. For a map and menu details:
<http://www.huntington.org/WebAssets/Templates/content.aspx?id=1220>
- Bring your own lunch and keep it with you in your bag.

Plant Purchases: There will be a holding area inside for your plant purchases, and carts we can use to haul them out to the bus. From there they will be put in the luggage storage area for the trip home.

Link to a map of the Huntington Gardens:

http://www.huntington.org/uploadedFiles/Files/PDFs/groundsmap_051613.pdf

* (PCSS members who worked at the Spring 2013 Plant Sale or the Fall 2013 Show & Sale, contact Annie Morgan for your cost.)

Palomar Cactus • 2014

January

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