

CACTUS COURIER

Newsletter of the Palomar Cactus and Succulent Society

Volume 57, Number 7

July 2011

The Meeting is the **4th** Saturday

July 23, 2011

**Joslyn Senior Center
724 N. Broadway, Escondido**

12 Noon!!



Steve Jacobs



“Succulents in Landscape Design”

• • Steve Jacobs • •

Nature Designs Landscaping owner **Steve Jacobs** will be speaking on the role of succulents in today's landscape design. He is widely regarded as one of the leading San Diego landscape contractors. He

earned his Bachelor's degree in Ornamental Horticulture as well as a degree in Irrigation and Drainage Design from Cal Poly, Pomona. Steve and all of the company's employees are committed to

providing their customers with excellence through ongoing education, seminars and industry certifications in areas including design, horticulture, irrigation technology, plant diseases and pest control. He often holds seminars locally on topics from water conscious planting to how to save money

in your garden, to firescaping strategies. He is an Ornamental Horticulture instructor at Cuyamaca College where many of his employees have studied Horticulture.

<http://naturedesigns.net/index.html>



**BOARD MEETING • BRAG PLANTS • PLANT-OF-THE-MONTH
& EXCHANGE TABLE...**

...as usual!



REFRESHMENTS

Evelyn Voth

Jean O'Daniel

Kathi Hoxsie

Katy Cain

Lorie Johansen

Vicki Broughton

Eleanore Hewitt

June Brag Plants

••• Winners •••

Cactus:

- 1st *Lobivia haageana*
Peter Walkowiak
- 2nd *Lobivia oxylabastra*
(aka: *Echinopsis backebergii*)
Peter Walkowiak
- 3rd *Lobivia sp.*
Peter Walkowiak

Succulents:

- 1st *Adenium obesa compacta*
Peter Walkowiak
- 2nd *Pachypodium bispinosum*
Peter Walkowiak
- 3rd *Operculacaria decaryii*
Mitch Bahr



July Brag Plants

“Madagascar Pachypodiums”



2011 MEETING SCHEDULE

- | | |
|----------------|--|
| 23 July | Joslyn Center |
| 27 August | San Diego (Quail) Botanic Garden |
| 24 September | Joslyn Center |
| 22 October | San Diego (Quail) Botanic Garden
Plant Show 22nd – Sale 22nd & 23rd |
| 19 November | Joslyn Center |
| | <u>NOTE !!! 3rd Saturday !!</u> |
| 17 December | Joslyn Center |

NOTE !!! 3rd Saturday !!



26th Annual Inter-City Cactus & Succulent Show & Sale

“Desert Jewels”

August 13th and 14th

9:00 am to 5:00 pm

Los Angeles County Arboretum
301 N. Baldwin Ave, Arcadia

There are lots of ways to interpret this year’s theme. The display pots can be thought of as treasure chests, with the plants and rocks being the jewels. The show room then becomes the treasure horde famous from so many stories and movies. Similarly, the plants brought to the show are really the jewels of dozens of individual collections, with each member bringing a sampling of what they grow the best. There are lots of hidden treasures in all of our collections, and this is the perfect opportunity to let them get some air and be displayed with their peers. One of the things that makes this show special is the tremendous diversity of pots and potting styles, each picked to best expose whatever makes a plant special. Jewelers do the same, crafting a fitting to best display the qualities of a single gem.

Hundreds of plants will be on display at the annual inter-city show sponsored by the Los Angeles, Long Beach and San Gabriel Valley Cactus & Succulent Societies. Exotic cactus and succulents typically found in deserts, jungles and mountain highlands, and some that are rare and endangered in their native habitat will be featured. Seminars on how to grow cacti and succulents and how to landscape with drought resistant plants will be scheduled. Quality plants from local and out-of-state growers, and related plant materials, will be for sale throughout the show. Books on care and collecting will also be for sale.



**Trip to LOTUSLAND in Santa Barbara!
Saturday, September 10, 2011**

The Palomar and San Diego Clubs have chartered a bus to visit the renowned Lotusland Estate in September. The bus will leave from Balboa Park at 8 am with a North County pickup about 8:30. Return will be around 8 pm.

The cost will be \$60 for members of either Club, \$70 for non-members – payment due by Aug 10th. This cost includes the bus, lunch, and entrance fee to the estate. Any questions contact Vicki Broughton [redacted] or email [redacted]



2011 Events in Southern California

Location Change:

July 29-30

Orange County Cactus and Succulent Society

Summer Show and Sale. Fri. Noon to 7pm and Sat. 9am to 5pm. United Methodist Church, 1000 S. State College Blvd, Anaheim. For information, call 714-267-4329 www.occss.org

Aug 13 & 14

26th Annual Intercity Show and Sale

The La County Arboretum, 301 N. Baldwin Ave, Arcadia. For information call Tom Glavich at 626-798-2430 or Peter Walkowiak at 858-382-1797.

Sept 3

Huntington Botanical Gardens Succulent Symposium

1151 Oxford Road, San Marino, CA. For information call 626-405-2160

Sept 25

Long Beach Cactus Club – Annual Plant Auction

18127 South Alameda St, Rancho Dominguez. Noon

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



San Diego Horticultural Society

www.SanDiegoHorticulturalSociety.org

August 8, 2011

Lynlee Austell-Slayter

“Creating and Keeping a Sustainable Landscape”

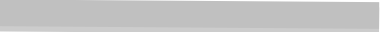
Lynlee will show us three pathways to sustainability in our landscapes. Sustainable maintenance practices can save us time, money and habitat by practicing conscientious stewardship of our environment. She will also share current University of California and County Extension programs and research in sustainable landscapes.



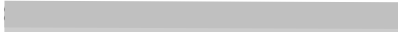
Lotusland

Officers • Palomar Cactus & Succulent Society

Vicki Broughton – President



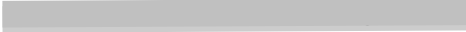
Peter Walkowiak – Vice-President



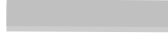
Libbi Salvo – Secretary



Dennis Miller – Treasurer & Membership Co-Chair



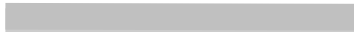
Bruce Barry – Board Member



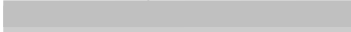
Dick Henderson – Board Member & Garden Chair



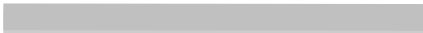
Chris Barkley – Board Member



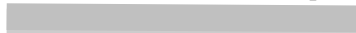
John Barkley – Board Member



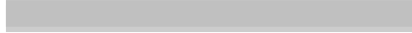
Brita Miller – Librarian



Ron Chisum – Refreshments & Speakers



Eleanore Hewitt – Newsletter & Membership Co-Chair



June 21, 2011

New research on community gardening reveals the roots of emotional and physical health

Did you ever make mud pies as a kid? Remember how good it felt to get your hands in the dirt, to run through the sprinkler, and get pollen from a sweet-smelling flower on your nose? Most kids who grow up in cities today never have this experience. But the latest research is about to change all that.

Jill Litt, PhD, author and associate professor at the University of Colorado School of Public Health and University of Colorado Boulder has been studying neighborhoods and health over the past decade. Litt 's research has shown that places such as community gardens matter in terms of neighborhood quality and people's health. "Community gardens may provide a way to enhance neighborhood environments while also promoting health and well being through economic, social and physical changes. Gardens yield fresh food, bring 'nature' to urban areas, bridge ethnically, economically and age diverse communities, promote neighborhood beauty, build skills and knowledge of everyday life, strengthen community capacity and one's sense of community, and promote active and healthy lifestyles" said Litt.

Litt's research has shown that community gardens are affordable and accessible to people across the lifespan -- regardless of age, race, socioeconomic status or educational background. She found that community gardeners cultivate relationships with their neighbors, are more involved in civic activities, stay longer in their neighborhoods, eat better and view their health more positively. In fact, 20 minutes of gardening a day translated to statistically higher ratings of health. Moreover, people who garden found their neighborhoods to be safer, cleaner and more beautiful, regardless of educational and income status. These differences were rooted in the cultural, social and ecological connections created within the garden setting. The co-benefits of gardens stem from their ability to support healthy eating and active living. More than 50% of gardeners meet national guidelines for fruit and vegetable intake compared to 25% of non-gardeners. Gardeners report they get 12 hours a week of moderate to vigorous physical activity, which is about 30% more exercise than non-gardeners get.

Why do people garden? Because it makes you happy, healthy and whole. The research confirms what we intuitively know to be true; getting your hands dirty is fun and it turns out, good for you! Gardening provides an opportunity to get those hands dirty – beyond growing flowers, fresh herbs, fruits and vegetables, gardening provides a way to interact with nature, people and the environment; to socialize and get to know your neighbors; to build trust and develop pride in what you have grown; to share stories, successes and food with your friends, family and community. Gardening is good for the soul and good for your community.

More information: Findings from this research are published in the May issue of Social Science and Medicine and is currently ahead of print under the *American Journal of Public Health First Look* and will be in the August print issue.

Provided by University of Colorado Denver



**Francis and Diane Granger received a pleasant surprise recently.
A hand-delivered letter from the Vallecitos Water District!
Apparently Lorie has been quite a help with the plants...**



What a well-thought-out landscape!

You have pioneered and motivated others to start planting the seeds for a water saving garden.



Dear Vallecitos Customer:

Recently, our staff drove by your property and noticed that your front yard landscaping is an exceptional example of a water-wise garden. As a result, Vallecitos is providing you with a special gift in recognition of your efforts to create a sustainable landscape. Instead of keeping a traditional front lawn, customers like you are choosing water-wise options, such as drought tolerant or native plants, creative rockscapes, and incorporating more efficient ways to irrigate.

As a thank you for such conservation efforts, please accept the enclosed gift card to use at your convenience, which was donated by The Green Thumb Nursery. **Out of 160 gift card letters that Vallecitos is distributing throughout its service area, your yard was chosen as one of the top ten exceptional examples, thereby earning you a \$25 gift card!** We hope you continue your conservation efforts and take advantage of the water saving opportunities inside and outside the home.

On a related note and in keeping with its sustainability strategy, the Vallecitos Water District made changes to its own landscape. Please stop by our new demonstration garden at our Administrative office at 201 Vallecitos de Oro in San Marcos to see new innovative technology and sustainable garden features.

Sincerely,

A handwritten signature in black ink, appearing to read "Alicia Yerman".

Alicia Yerman
Public Information Representative

