



## Newsletter

# San Juan Capistrano Garden Club

*January 2026*

### President's Message

I hope your gardens are smiling as mine is with the rain we've had the past few months. I haven't needed to water my native and drought-tolerant yard since September! Water-loving plants often do need water in-between storms. Now, we just need some sun for the growing to continue.


This is the perfect time for dormant planting – think roses and deciduous fruit trees and bushes! This is also a good time to prune roses and spray dormant plants for fungal diseases. January is when nurseries get new seeds for the year; so, now is when you'll get the best selection for spring and summer planting. If you have some winter-blooming annuals and citrus, this is a good time to fertilize them (tip: apply dry fertilizer before it rains.) Winter is also a good time to refresh and plant succulents and to add to your winter vegetable garden.

The old year concludes with holiday celebrations, decorations, gifts, activities, and the winter solstice. As we begin a new year, the days grow longer and people reflect, rejoice, renew, plan, and resolve to make changes as they look to the new year.

This is the perfect time to think about your participation in our Garden Club. To continue as an active and vibrant club, we need all of our members to contribute more than dues and attendance. If you are currently a more passive member, please consider ways in which you can participate. We will need committees and chairs in order to have events this coming calendar year (Trash to Treasures, August Fundraiser, Holiday Brunch); we can always benefit from ideas and willingness to arrange for speakers and field trips; we will need to fill open board positions for our next fiscal year; and there are standing committees that do and will need members. Your board is open to suggestions, but often will need people to make those suggestions turn into realities.

Happy New Year to all! I am looking forward to seeing you our meeting this month.

*Shelly Trainor—President*



# Upcoming Events

**January 19 – 10 am**

**Meeting and Speaker: Shelly Trainor, Master Gardener  
*Bees, Butterflies and Other Pollinators***

**February 16 – TBA**

**March 16 – 10 am**

**Meeting and Speaker: Issac Novella, OCWR Landfill Site  
Administrative Manager—Recyclables & Organics**

## Membership

Happy New Year to all our members. We are looking forward to another informative and fun-filled garden club year. Thank you to all the members who signed up for committees at our November meeting (which seems like a long time ago). Because some committees have too many members signed up, the Board is requesting that we make a few adjustments to fill every committee. We want to use your skills, so you become an important member of our club. We have two new members that I would like to introduce to you.

Maryann Shanks is a semi-retired interior designer with a degree in architectural interior design. She loves home tours and designing TV shows. Her interests include reading, working in the garden, and spending time with friends. She has one son and no grandchildren.

Karen Meshot lives in San Juan and is a California native. She grew up digging sand and then moved onto pulling weeds. Karen is married with two sons and two grandkids, loves to travel and be active.

*Lou Heimann—Membership*

# Garden Stroll 2026

# Garden Stroll

We are in the planning stages of the upcoming 2026 Garden Stroll, Monday, May 11. We have two club members who have volunteered their gardens for viewing and need only two more to have the stroll. The signup sheet for GARDENS ONLY will be at the January meeting.

If you have any questions or would like to include your garden or another club members' garden, contact either Lou or Shelly.

Sign up sheets for volunteering as a docent and/or attending the stroll will be available at a later date.

*Lou Heimann & Shelly Trainor—CoChairs*

## Restoring Butterfly Garden/Monarch Waystation



Have you visited the butterfly gardens lately? Please reach out to Lynn Rollison to join this dedicated group.

We are still meeting the 2nd & 4th Mondays at 9am. The garden had a bountiful spring and summer. It's about time to do some cutting back. And we are starting to think about what we can add to give us fall and winter color. Two of our members have donated beautiful benches and a table, and another donated a sun dial. Come out and join us.

*Lynn Rollison*

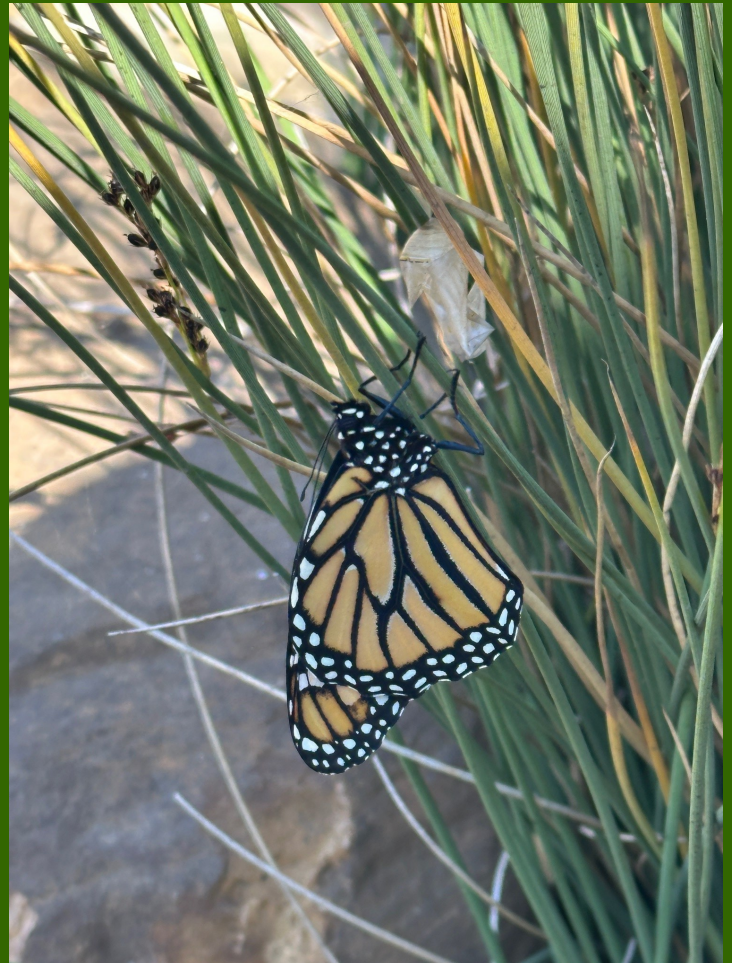


# January Speaker—Shelly Trainor

## Bees, Butterflies and Other Pollinators



Without pollinators we would not have over 75% of the world's flowering plants, many of which are essential food crops. Pollination is a key element of reproduction for many plants and the reason there is a diverse community of plants and wildlife on our planet. Bees may be the “poster children” for pollination, but other living creatures also have a role. Learn about a variety of pollinators and some of the ways you can provide a pollinator-friendly habitat in your yard.



# BIG Thanks!!!

**THANKS** to the Jolly Holiday Brunch Committee for a delightful morning — with fun games, wonderful entertainment and lovely table decorations. See pics in this issue.

**THANKS** to Karen Rottmann for sharing part of her Santa collection for the table decorations and to Chris Rollison for the super cute 3D printed succulent pots.

**Committee Members:**

**Carol Mansukhani**

**Inge Harris**

**Lynn Rollison**

**Maureen Gebelein**

**Pat Lussier**

**Pat Webster**

**Shelly Trainor**



**THANKS to YOU for your SUPER GENEROSITY in providing support for SCMFO.**

**The baby items you donated will be distributed Saturday, January 31 at their annual baby shower for Camp Pendleton Marine families.**

*(Hopefully, we will have pics for the Feb. newsletter—hint hint, Karen)*

<https://militaryfamilyoutreach.org/>

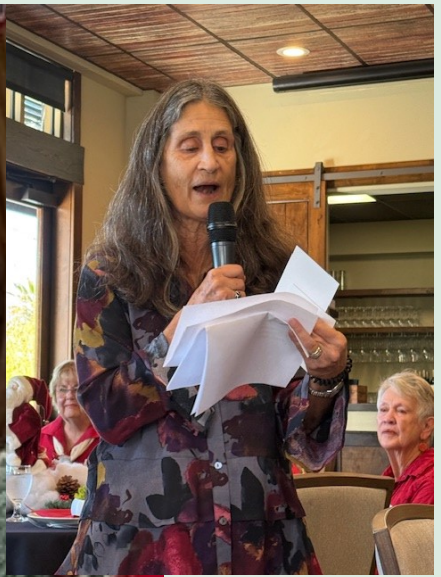


# Holiday Brunch 2025



Thanks to Kathy Rowley  
for all these great pics

# More Holiday Brunch



# **Need The “411” on Garden Club Events????**



**Check out our website—open 24/7**  
**<https://www.sanjuancapistranogardenclub.com/>**  
**Click on “Newsletters”**

## **Board of Directors**

**Shelly Trainor - President**

**Cindy Sorensen—VP Ways & Means**

**Lou Heimann—VP Membership**

**Ginny Kerr—VP Programs**

**Pat Lussier—VP Communication**

**Maureen Gebelein—Treasurer**

**Kathy Dixon—Secretary**

**Sharon Dunn—Advisory Member**

**Janet Sperber—Advisory Member**

## **Newsletter**

**Members are welcome to submit print-ready items for publication that would be of general interest to our membership. Submissions are subject to editorial review.**

**Send to: [chateaulussier@msn.com](mailto:chateaulussier@msn.com)**

# Sweet Stem Senders



Thanks to Kathy Rowley for  
all these great pics

# More Sweet Stem Senders



# Hiking off the Holidays in OC



Those looking to go for a hike this month will have access to a number of nature preserves across Orange County, like the Saddleback Wilderness, alongside trails that are open to the public 7 days a week.

[https://voiceofoc.org/2026/01/hiking-off-the-holidays-in-oc/?sourceid=1043944&utm\\_campaign=morning\\_report&emci=8de22730-a8ab-f011-8e61-6045bded8ba4&emdi=c0abf933-1ae7-f011-8195-000d3a1d58aa&ceid=7453693](https://voiceofoc.org/2026/01/hiking-off-the-holidays-in-oc/?sourceid=1043944&utm_campaign=morning_report&emci=8de22730-a8ab-f011-8e61-6045bded8ba4&emdi=c0abf933-1ae7-f011-8195-000d3a1d58aa&ceid=7453693)

## The Power of Herbs

Research has shown that many fresh herbs are even higher in disease-fighting antioxidants than powerhouses like blueberries. One study measured the antioxidant activity of 27 culinary herbs and 12 medicinal herbs. As you might expect, the medicinal herbs showed significant levels of antioxidants. Surprisingly, however, the culinary herbs had even higher levels. Oregano led the pack, with 3 to 20 times more antioxidant content than the other herbs tested; other good sources include dill, thyme, rosemary, and peppermint.



# Garden Radio Show

## *"In The Garden"* *Radio Show*

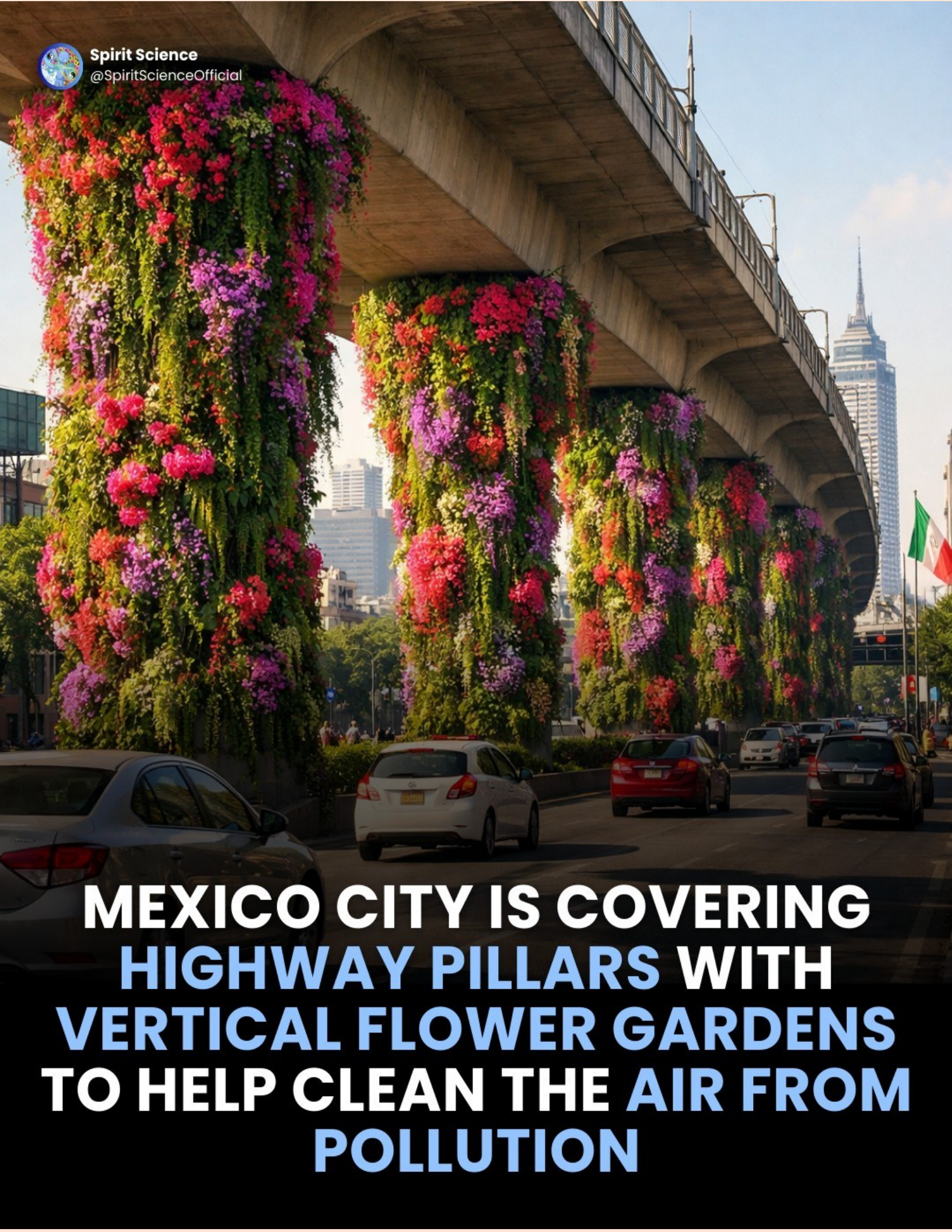
Presented by  
**UC Master Gardeners  
of Orange County**

Every Thursday Morning  
8:30 - 9:30am

*Airs on KUCI (88.9 FM)*



Spirit Science  
@SpiritScienceOfficial



**MEXICO CITY IS COVERING  
HIGHWAY PILLARS WITH  
VERTICAL FLOWER GARDENS  
TO HELP CLEAN THE AIR FROM  
POLLUTION**

# Sky's The Limit For Your Outdoor Spaces

Check out some nice tips from the Irvine Ranch Water District  
You can also sign up for their two newsletters

<https://www.irwd.com/images/pdf/learning/customer-newsletters/2026/TheDirt.Winter.2026.pdf>

## California State Shrub

# Do You Know What It Is????



[https://www.cnps.org/conservation/cnps-legislative-session-recap-2025-44673#:~:text=November%203%2C%202025,Photo%20by%20Jordan%20Collins\)](https://www.cnps.org/conservation/cnps-legislative-session-recap-2025-44673#:~:text=November%203%2C%202025,Photo%20by%20Jordan%20Collins))

# Gardening Happenings

OC District Garden Club Meeting  
Monday, March 30, 2026  
Sherman Gardens

Master Gardener's Expo  
April 2026  
Murray Senior Center, Mission Viejo

San Clemente Garden Club  
Garden Fest—Plant Sale and More  
April 2026

Lake Forest Garden Club  
Plant Sale & Boutique  
Saturday before Mother's Day

Southern California Spring  
Garden Show—South Coast Plaza  
The OC District for CGCI will participate in the  
South Coast Plaza Garden Show  
Thursday-Sunday, April 23- 26, 2026.

San Clemente Garden Club  
Garden Tour  
May 16, 2026

If you are aware of neighboring Garden Club events that may be of interest to our membership, please send print-ready copy to: [chateaulussier@msn.com](mailto:chateaulussier@msn.com)

# Suffering From the Winter Garden Blahs?

Spend some time with Rebecca Sweet

*(who could resist garden advice from someone with a name like that)*



<https://harmonyinthegarden.com/blog/>



## **What's Killing These Oak Trees in the Midwest? Conservationists Believe Drifting Herbicides Are to Blame**



Since they took root some 50 million years ago, oaks have played an outsize role in North American ecosystems. The continent's 250 or so species of oaks together make up more tree biomass than any other woody genus, and they shelter and feed a breadth of insects, fungi, birds and mammals. They grow slowly, adding just millimeters of girth each year, and what they lack in speed they make up for in strength and bulk. Some species can reach seven feet in diameter; others reach 100 feet into the sky. And while many native trees of North America have succumbed to introduced pests and diseases in the past century, oaks seemed largely impervious, their gnarled limbs often stretching so high overhead that early signs of damage are hard to notice.

**Drifting Herbicides can effect plants in  
any region, not just the Midwest.**



Gardening is a matter of your enthusiasm  
holding up until your back gets used to it.

Photo by @Passionate4gardening



**"At times our own light goes out and is rekindled by a spark from another.**

**Each of us has cause to think with deep gratitude of those who have  
lighted the flame within us"**

**- Albert Schweitzer**



“Our differences are reasons to celebrate.”

— Orly Wahba, [Kindness Boomerang: How to Save the World \(and Yourself\) Through 365 Daily Acts](#)



# Gardening Resources

## Harmony in the Garden

<https://harmonyinthegarden.com/>

**Blogs, tips, photos—Check out the issue:**

**Garden Ideas from Garden Tours: Takeaways, Tips, and Inspiration**

## Garden Design

<https://Gardendesign.com>

**English, Japanese, Mediterranean, Tropical, Eco-friendly**

## LEARN ABOUT BUTTERFLY GARDENING

<https://naba.org/butterfly-gardens/>

## Laguna Hills Nursery

**Free gardening classes**

<http://www.lagunahillsnursery.com/Classes.html>

Perhaps the most important lesson I learned when I began gardening in California and wanted success with certain perennials, trees, shrubs, and annuals, was the information on soil from Gary Matsuoka. Fortunately he is still teaching the concepts below. It is worth a trip to his Saturday classes at his nursery! The Soil Class is held several times a year.

Mozelle

**Check out their extensive YouTube Content including:**

**Compost is NOT Good Soil:**

<https://www.youtube.com/c/GarysBestGardening>

## Paper Garden Workshop

<https://www.papergardenworkshop.com/>

**Garden Design and Landscape Graphics in a FUN way**



# And More Gardening Resources



Did you know OCCNPS has an online archive? Search for "Fall Color" and find helpful resources from past newsletters like "[Fall Blooming Plants](#)" and "[Plants for Fall Color](#)." Use the search feature to find exactly what you are looking for!

<https://chapters.cnps.org/oc/2018/10/29/summer-and-fall-blooming-favorites/>

<https://chapters.cnps.org/oc/2018/10/28/plants-for-fall-color/>

**"Visit SJC" SJC Chamber of Commerce**

**Sign up for their newsletter for events/happening in and around SJC**

**<https://www.sanjuanchamber.com/>**

***SJC Garden Club is a proud member of the SJC Chamber of Commerce***

**Orange County Bird of Prey Center**

**<https://www.ocbpc.org/>**

**Sponsor a bird for release—how cool is that!**

**Knowable Magazine**

**A nonprofit publisher dedicated to synthesizing and integrating knowledge for the progress of science and the benefit of society**

**<https://knowablemagazine.org/>**

**Voice of OC**

**A nonprofit, reader-funded newsroom**

**<https://voiceofoc.org/about/>**

**California Native Horticulture Foundation.**

**[calnativehort.org](http://calnativehort.org)**

**O C Library—Seed Library Program**

**Availability:** At specific branches, including Brea, Costa Mesa, El Toro, San Juan Capistrano, San Clemente, and Westminster.

**How it Works:** Adult patrons can borrow a limited number of seed varieties per month.

**Purpose:** To promote sustainable living, community gardening, and reduce reliance on industrial agriculture.

# And Even More Gardening Resources



## City Farmer's Nursery

<https://www.cityfarmersnursery.com/>

A Little Bit of the Country in the Heart of the City

Online database of bluebird trails in  
OC & surrounding areas

<http://tiny.cc/SCBC-database>



Southern California  
Bluebird Club

**plant depot**

NURSERY & GIFT

[plantdepot.com](http://plantdepot.com)

Sign up for their monthly newsletter  
Seasonal plant ideas, garden/soil/fertilizer guides

## Santa Margarita Water District

<https://www.smwd.com/>

Lots of free classes , events and tours—gardening, landscape design,  
water saving, irrigation, trips to local water storage & water treatment

## UC Agriculture and Natural Resources (UCANR)

<https://ucanr.edu/>

Loads of articles on all aspects of gardening

## California Native Plant Society

<https://www.cnps.org/>

All about CA native plants

## Calscape

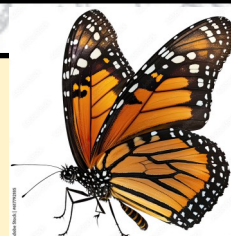
<https://calscape.org/>

Spectacular resource for finding, identifying and caring for native plants  
from CA Native Plant Society

## Monarch Watch

<https://monarchwatch.org/>

All things about Monarch Butterflies





## Ohio confirms its *first* *fisher cat* in 20 years

---

discvr.blog