

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.

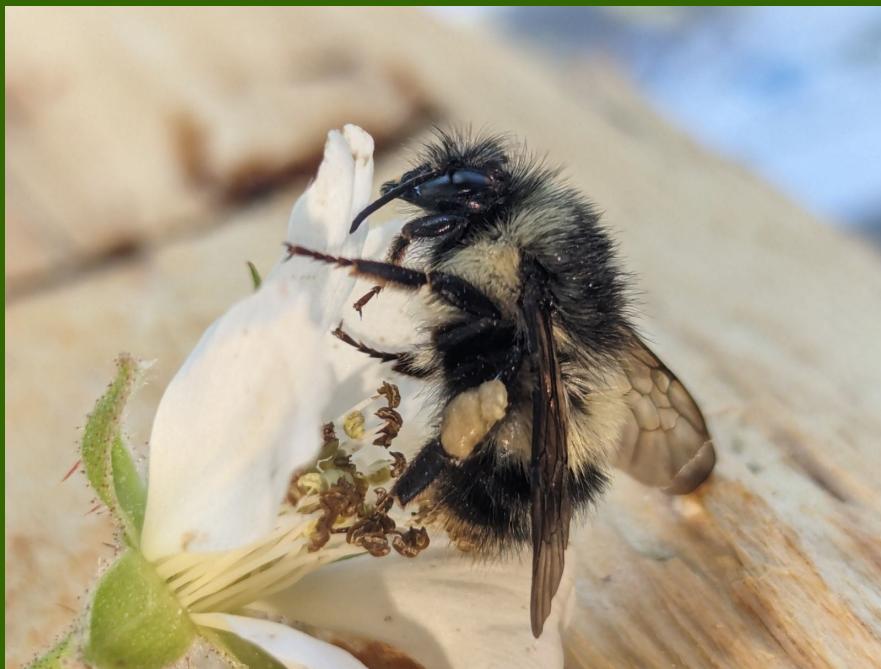
We are still meeting the 2nd & 4th Mondays at 9am. The garden had a bountiful spring and summer. It's about time to do some cutting back. And we are starting to think about what we can add to give us fall and winter color. Two of our members have donated beautiful benches and a table, and another donated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

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

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)



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

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/>



Harmony in the Garden.com



Harmony in the Garden.com

Harmony in the Garden.com

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

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

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