

Newsletter

San Juan Capistrano Garden Club

August 2025

September Guest Speaker

One of our most popular speakers, Kathe Hayden, returns!

Kathe has over 40 years' experience in floral design and teaching her craft. She has served on the California State Floral Association and managed the California State Certified Florist program.

She will share with you creative ideas to make centerpieces for all occasions that will WOW your guests. And she will help you think *out-of-the-box* when it comes to adorning your table with flowers.



SAN JUAN CAPISTRANO GARDEN CLUB

PULL OUT YOUR COWBOY BOOTS AND GET READY TO KICK UP YOUR HEELS

ANNUAL FUNDRAISER

MONDAY, AUGUST 18, 2025

WE HAVE A TERRIFIC EVENING PLANNED FOR YOU!

**POLISH YOUR DANCING SHOES AND
LEARN SOME NEW MOVES TO GOOD OL' COUNTRY MUSIC**

PROVIDED BY A DYNAMIC DJ

BRING YOUR APPETITE - ENJOY A TASTY DINNER

WITH SOME DELICIOUS SURPRISES

GREAT RAFFLE PRIZES WITH

A WILD SELECTION OF GIFT CARDS

HOPE YOU'LL BE JOINING US FOR A FUN EVENING

TO SUPPORT OUR COMMUNITY PROJECTS

**ALL PROCEEDS WILL BENEFIT THE SJC GARDEN CLUB'S
COMMUNITY PROJECTS AND SCHOLARSHIPS**

Stem Senders

Delivering 4th of July spirit to Atria Senior Living



Membership Renewal—Past Due!

If you have not renewed your membership to our fantastic garden club, you are going to miss some great events and speakers.

The SJC Garden Club calendar year is from July 1 – June 30 and the membership fee is now past due. You don't want to miss any of the club's informative issues of the newsletter or any of the great upcoming activities, events, and garden tips because you delayed in renewing your membership.

**Please send your \$65 check, payable to the SJC Garden Club,
to the following address ASAP.**

**Membership
SJC Garden Club
32158 Camino Capistrano, Suite A, PMB 120
SJC, CA 92675**

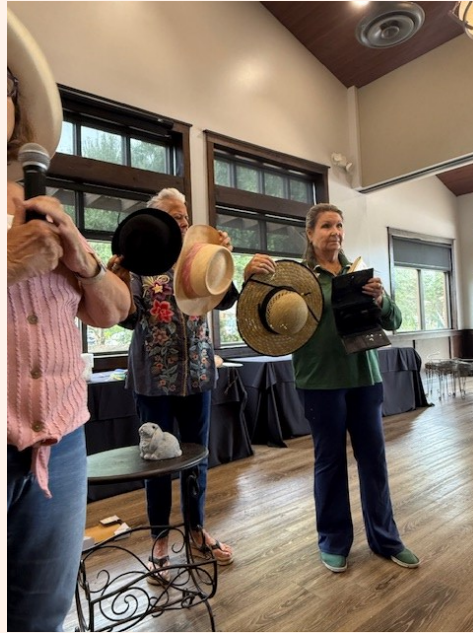
**We look forward to seeing you at all the coming year's
meetings and activities.**

Lou Heimann

Trash to Treasures

**The July 21st Trash to Treasures auction/sale was a smashing success!
With everyone's hard work and fun-loving spirit, the club brought in \$825!
These funds will be used for club projects and scholarships.**

Thanks to all!



Diane Reynolds deserves a prize for her impressive
"Trash to Treasure"



Thanks to Kathy Rowley for all these great pics

Upcoming Events

August 18—5:30 pm

Evening Fundraiser—see additional info in this issue

September 15 – 10 am

Meeting and Kathe Hayden, Flower Arranging

Board of Directors

Cindy Sorenson

Lou Heimann

Kate Bartholomew

Maureen Gebelein

Shelley Trainor

Karen Alms

Linda Lower

VP Fundraising

VP Membership

VP Programs

Treasurer

Secretary

Advisory Member

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



San Clemente Military Family Outreach

SCMFO assists military families that have urgent needs not being met by military resources.

Thanks to everyone who so generously donated food items to refill our food pantry.

These donations will allow SCMFO to spend their limited funds for other severely needed items such as gas cards and emergency dental bills.

San Clemente Military Family Outreach really appreciates all your support, as do all the young military families that we serve.

Karen Rottmann

<https://militaryfamilyoutreach.org/>

Did You Know?

Seed Libraries Sprout Across OC

<https://voiceofoc.org/2025/07/seed-libraries-sprout-across-oc/>

Including our own SJC library! Be sure to check it out!



Restoring Butterfly Garden/Monarch Waystation

Butterfly Garden and Monarch Waystation Update

Our wonderful garden club has taken on the task of refurbishing an old Butterfly Garden on the grounds of Rancho Capistrano in coordination with the Peace Farm. Our dirt-under-the nails gardeners have already cleared, trimmed and mulched four garden beds.

Come on out, we gather from 9:00-11:00 on the

2nd & 4th Mondays (summer hours).

Enter Rancho Capistrano from Camino Capistrano—follow signs to the Peace Farm—drive around the raised-bed farm, down to the end of the dirt road and park beside the garden...we can't wait to see ya!

Lynn Rollison



Gardening for Butterflies

Gardening for butterflies is a suspenseful art, a bit like holding a picnic and wondering if your invited guests will show up. It's because butterflies are **choosy** insects. Any gardener can have aphids, but red admirals, painted ladies and tiger swallowtails insist upon certain amenities, such as sunshine and shelter from wind.

Content Counts, Not Style

To butterflies, the plants in a garden are more important than the design. They need flowers for nectar throughout the growing season. Luckily, many common annuals and perennials are top-notch nectar flowers. While native American species play an important role as host plants for hungry butterfly caterpillars, most adult butterflies have cosmopolitan tastes, supping as readily on the nectar-filled flowers of exotic plants as natives.

Butterflies seem especially attracted to gardens boasting generous patches of a given nectar flower. If you plant [Jupiter's-beard](#) (*Centranthus ruber*), don't settle for one or two plants. Try growing three or more patches of this especially popular nectar flower, and watch the swallowtails drift from clump to clump.

Read the rest of the article:

<https://garden.org/learn/articles/view/218/Gardening-for-Butterflies/>





A single tree can't make a forest. It needs the wind to spread its seeds, the fungi to feed its roots, the bees to visit its flowers, and the birds to carry its voice. Nothing in nature survives alone—not for long, anyway. The healthiest ecosystems aren't the ones where every species fights to dominate, but where each one plays a role in keeping the whole system in balance.

Somewhere along the way, we forgot that humans are part of that same system. That we're meant to lean on each other. Uplift each other. Show up when it's inconvenient, and care even when it doesn't directly benefit us.

But we've been conditioned to believe that strength means doing it all on your own. That compassion is weakness. That "taking care of your own" is the best we can do. And look where that's gotten us—lonely, burned out, divided, and convinced that empathy is optional.

I'm not immune to selfish protectionism that is innately human, but deep down I understand, we don't thrive by standing alone. We thrive when we remember we belong to each other. And just like the forest, we either grow together, or not at all. *Paul Avellino*

**The US has lost 32 MILLION ACRES of grasslands since 2012.
They are now pesticide-covered corn fields and parking lots.
It's up to us to convert parts of our lawns into wild habitats.
And to stop spraying!**

**Native narrowleaf milkweed used to grow around farms,
along roadsides, ditches, and fields.
Glyphosate and mass GMO farming wiped it into oblivion.
But we can bring it back.
The fate of the monarch butterfly depends on it.**

Insects are declining at 1-2% per year in the US, according to research published in PNAS. That's 50% of ALL insects gone in less than 30-years.

It might not sound like a lot when you hear 1% per year...but while we continue to soak every inch of this country in Roundup and other pesticides, the decline continues. **We have not stopped or stabilized this decline since it began in the 1990s.**

And I'm not saying one person can take on big ag where glyphosate is sprayed on millions of acres. Or where milkweed has been ripped from the ground to make way for GMO crops.

But as everyday citizens, we DO own the 'largest national park' in the country: our lawns. It makes up 40 MILLION acres in the US. We absolutely can do something about this.

If you own land, please, PLEASE throw out the Roundup. Let a section go wild. Manage 'weeds' the way people did for thousands of years - rip them out of the ground with your hand! Americans would rather stand upright with a bottle and nozzle than bend over to pull something out of the ground.

And if you don't want to do it for the bugs, do it for your family or your pets. Roundup is cancerous. It seeps into the water. It poisons the critters you never intended to poison.

Use your HANDS and BODY! Or a tractor. Anything but the poison that's stripping the world of life.

Unpoisoned land hosts happy bugs, and bluebirds, owls, and hawks, bunnies, chipmunks, toads, etc. all can eat knowing they aren't being poisoned by plants and insect packed full of Roundup.

You can make a difference with the tiniest bit of land. We all can!

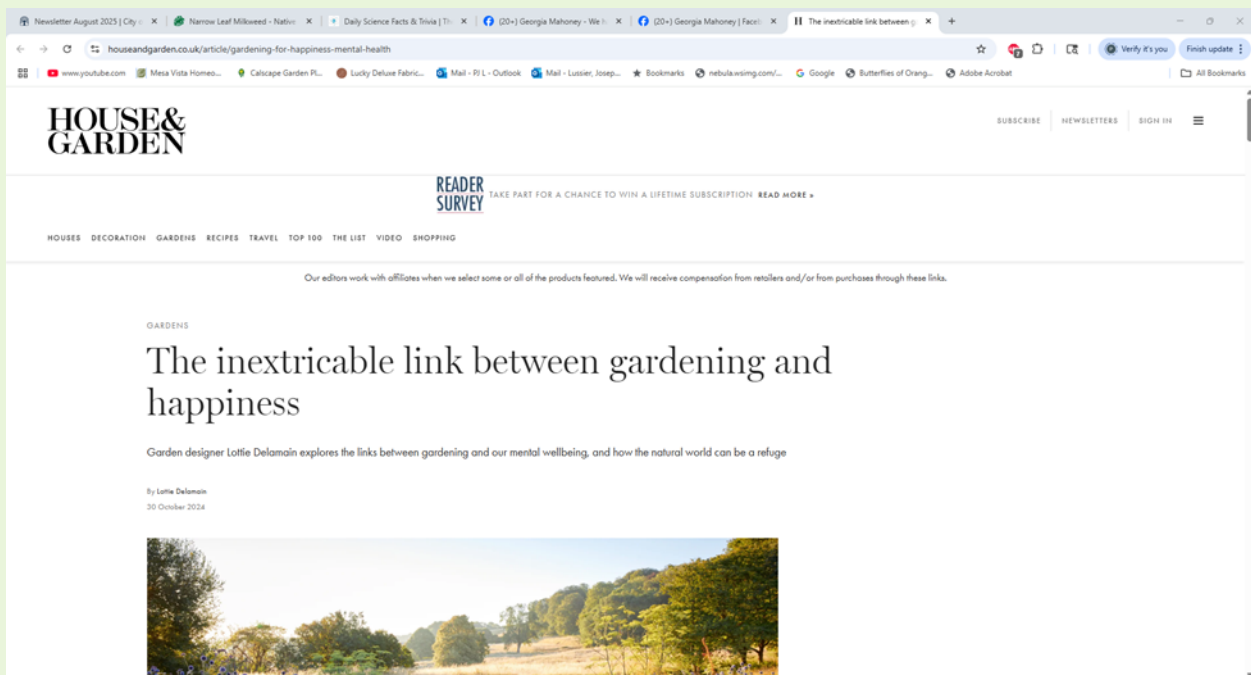
Plant Communication

For centuries, plants seemed like passive, silent life forms—rooted in place, living without awareness. But science is now telling a different story.

Plants communicate constantly. They send out chemical distress signals when bitten by insects. They emit ultrasonic cries—clicks so high-pitched, only special microphones can detect them. And beneath our feet, they're wired into a vast underground network of fungal roots, whispering secrets across the forest floor.

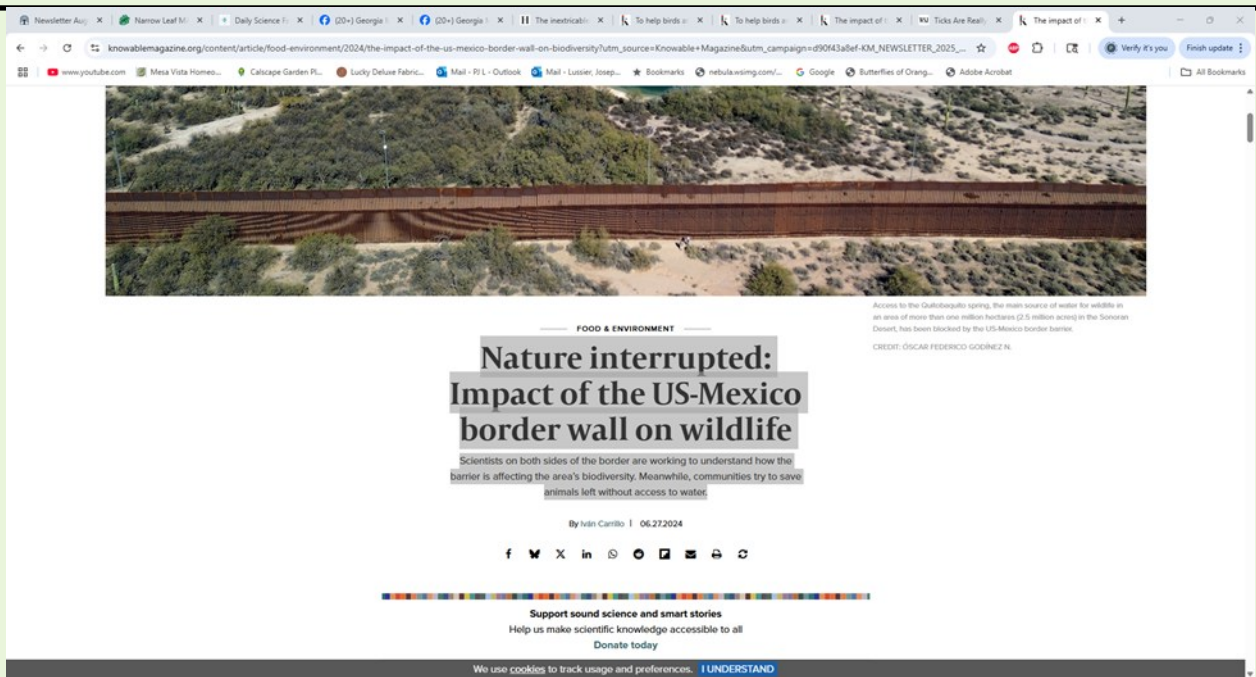
It's called the "Wood Wide Web"—a living internet where trees and plants share nutrients, warn each other of danger, and even support weaker neighbors. One tomato plant under attack can alert its entire row. A single stressed pea plant can trigger defenses in dozens of others—without ever being touched. Some flowers even sweeten their nectar when they "hear" a bee's buzz. And corn? It can summon wasps to fight off caterpillars.

This isn't science fiction. It's plant intelligence—without a brain, but with an entire network of responses, defenses, and alliances. We're just beginning to understand their language. They've been speaking all along.



Garden designer Lottie Delamain explores the links between gardening and our mental wellbeing, and how the natural world can be a refuge:

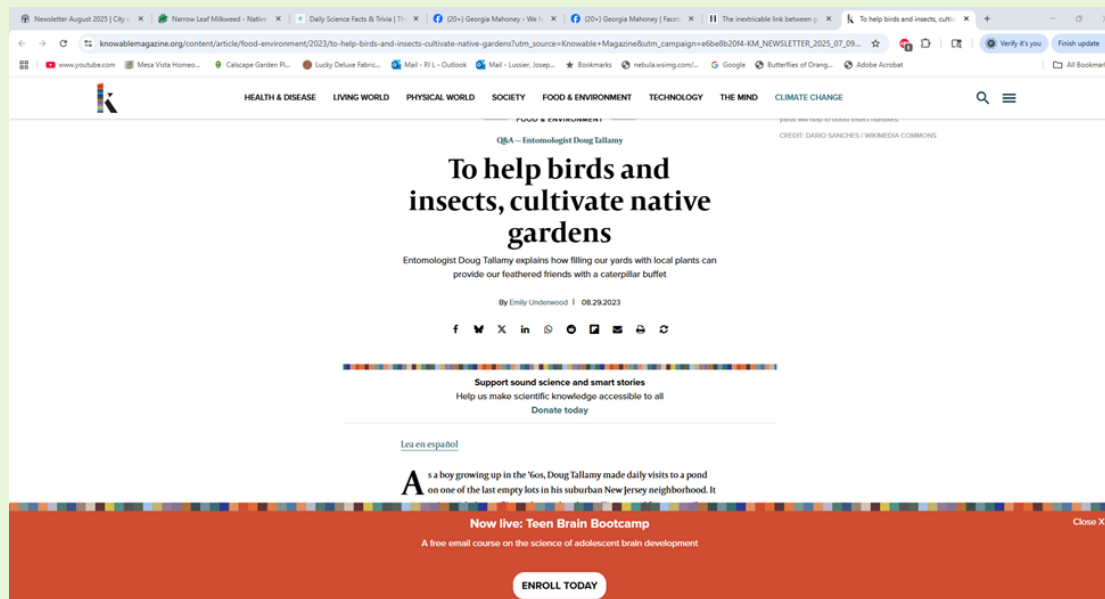
<https://www.houseandgarden.co.uk/article/gardening-for-happiness-mental-health>



Nature interrupted: Impact of the US-Mexico border wall on wildlife

Scientists on both sides of the border are working to understand how the barrier is affecting the area's biodiversity. Meanwhile, communities try to save animals left without access to water:

https://knowablemagazine.org/content/article/food-environment/2024/the-impact-of-the-us-mexico-border-wall-on-biodiversity?utm_source=Knowable+Magazine&utm_campaign=d90f43a8ef-KM_NEWSLETTER_2025_05_04&utm_medium=email&utm_term=0-d90f43a8ef-546200589



https://knowablemagazine.org/content/article/food-environment/2023/to-help-birds-and-insects-cultivate-native-gardens?utm_source=Knowable+Magazine&utm_campaign=e6be8b20f4-KM_NEWSLETTER_2025_07_09&utm_medium=email&utm_term=0-e6be8b20f4-546200589



Scientists are training magpies and crows to collect litter in parks, rewarding them with food. With their remarkable intelligence, these birds are becoming nature's cleanup crew.



General knowledge

July 29 at 4:02 AM · 🌐

At the French Puy du Fou theme park, six trained rooks learned to collect trash—like cigarette butts and paper—from the ground and deposit it into a special box. Each successful deposit earns them a food reward, turning them into nature's own little cleanup crew. This initiative isn't just about tidying—it's a charming demonstration of corvid intelligence, a lesson in environmental care, and a playful nudge to guests: "If birds can do it, why don't humans?"



Write a comment...



Hummingbirds remember every flower they visit and every yard that supports them. Let your yard be a landmark on their migration map. Plant native tubular flowers.

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



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



And More Gardening Resources

“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/>

**"What is a weed?
*A plant whose virtues have
never been discovered.*"**

BEE WISE

Hybridization of plants has resulted in the decrease of pollen in some species.

Rule of Thumb—“shop with the butterflies and bees”. If they are enjoying the plant, it is probably because there is plenty of pollen. If the butterflies and bees are avoiding the plant, no matter how colorful, it is probably because there is little or no pollen.