



# Allamanda News

The Newsletter of the Wellington Garden Club January 2022

*Do you make New Year's Resolutions?*

*The definition of "resolution" is a firm decision to do or not to do something. It is that time of year where we look back on 2021. We review where our energy, time and money went.*

*Now is a great time to look forward.*

*What would you like to accomplish in 2022?*

*Join me as we explore what 2022 has in store for us...  
new plants, new gardens, and new friendships.  
Happy New Year, Wellington Garden Club.*

*Welcome 2022! —Maria Wolfe*



On Monday, December 6, 2021, the Wellington Garden Club celebrated 40 years as a member of FFGC. The holiday luncheon was held at the Wanderers Club in Wellington. 98 members and friends attended.

Village of Wellington Vice Mayor, John McGovern, congratulated the Club on its accomplishments. And eight past presidents as well as current president, Maria Wolfe, were honored.

Club members were extremely generous in their contribution of toys to the US Marines Toys for Tots program.

Holiday Chairman, Linda DeSanti and her committee were so creative in coming up with a "live" auction idea.

The beautiful auction items were enticing and Christine Biscoglio was the auctioneer. She kept the bids flowing as members used their paddles to bid on orchids, gift cards and even a mystery item. The proceeds will go to the Club's scholarship program, send children to Wekiva Youth Camp and benefit the youth gardens.



WGC presidents, past and present, take a bow



An entire table overflowing with Toys



Wow!!!



Kate and the hair fairy



*Our Holiday Luncheon was a huge success. Many thanks to Linda DeSanti and her committee for their hard work on the event. I think everyone enjoyed themselves. I know I did. —Maria Wolfe*





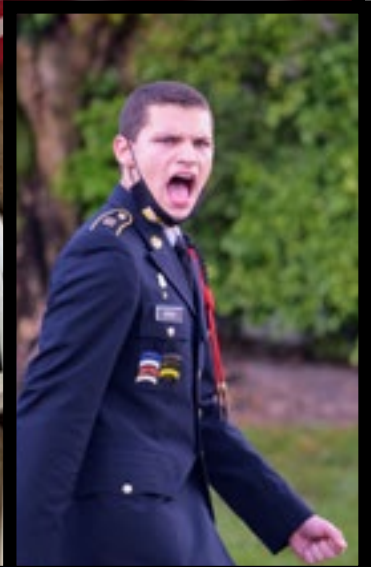
*What a lovely way  
to usher in the holiday season.  
A great time was had by all!*







*Veterans Day 2021*





# *How Sweet it was!*—Maria Wolfe



## **Florida Sugar Cane League Tour**

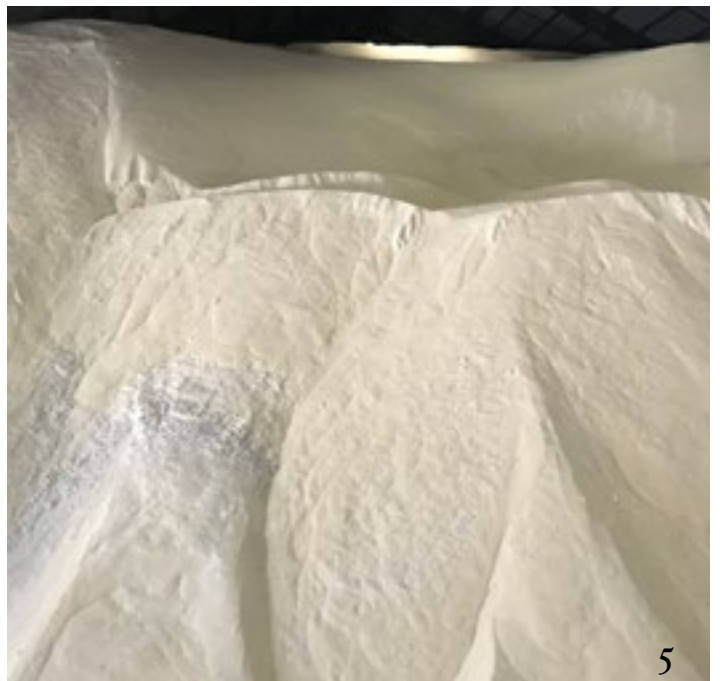
Our re-scheduled Sugar Cane League tour was a huge delight for 18 members of the Wellington Garden Club. Boarding a comfort bus, the group left Wellington at 8:00AM on Thursday, December 16.

Our escort Jessica gave us humorous insights on the one-hour ride out to Clewiston where we picked up our Sugar Cane tour guide, Ralph. Having worked in the fields, he was filled with information on planting, harvesting and refining of sugar cane. I attended a previous tour, but preferred this one.

We were able to witness the harvesting of the sugar cane up close and personal! Also fascinating was being able to watch how a sugar cane field is set on fire to get rid of the green leaves on the side of each stalk. That gave me insight as to why the black ash ends up on my white car every winter.

After being treated to a buffet lunch at the Clewiston Country Club, we visited the refinery where we saw the railroad cars of cane dumped on the moving assembly line to be processed into that sweet granular item we are using in our Christmas baking.

***This trip was fun and educational and we hope to do this next year. If you have never visited the sugar cane fields, you will not be disappointed.—Maria Wolfe***





# *Garden Arts & Crafts—Dee Rolf and Carol Lazzarino*

## **Let's have fun with air plants!**

Create a small hanging garden pallet with air plants and clothes pins that can be hung on a wall in your house or on a covered patio. Everyone will get a care guide on how to take care of air plants and demonstrate other creative ways to decorate your home with low maintenance air plants. The class will be limited to 12 participants only.

Wednesday, February 9, 2022  
Wellington Community Center,  
Everglades Room, 12150 Forest Hills Blvd.  
9:30 AM Cost, \$15.00

Sign up at the January meeting. Bring check or cash to hold your spot.  
For more info. contact Carol Lazzarino at 561 312-2082



*On November 3, 2021, this group of crafters completed their Bottle Cottages*



# Weeds: What you need to know to improve your lawn NOW!—Anne Hlasnicek

For those of us with St Augustine lawns, it is now the best growing season—not for grass, but for weeds! Every lawn has some unwelcome residents, but the healthier the lawn, the fewer the guests. You can choose to limit the weed crop for several reasons, knowing they will never all be gone. At this season they can overcome your turf grass and when they bloom, they are preparing to destroy your lawn. Just a bit of daily, free exercise, will really help and you can “hinder” the weeds. And you will not be the homeowner who fostered the proliferation of unwanted native plants in your neighborhood.

**Florida Snow**



Also known as Florida Pusley, or Rough Mexican Clover

Family: Rubiaceae (coffee or madder family)  
Species: *Richardia grandiflora*  
Class: Dicotyledonous plants

Spreads by seeds. Annual, year round. Hand pull shallow tap roots.

**Dollarweed**



Also known as Water Pennywort

Family: Apiaceae  
Genus : *Hydrocotyle*  
Species : *bonariensis* L.

Loves wet or over watered locations. Hand pull long white roots, coat leaves with vinegar or spray with Atrazine.

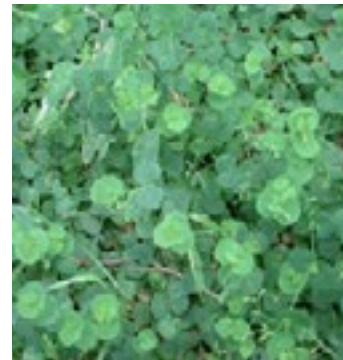
**Wild Oxalis**



Species: *O. corniculata*  
Family: Oxalidaceae  
Order: Oxalidales

Spreads by seed. Hand dig and remove all parts of the roots, especially the little brown bulb. Even Roundup does not kill this one.

**West Indian Chickweed**



*Drymaria cordata* (L.) Willd. ex Roem. & Schult.  
Family – Caryophyllaceae

Spread by sticky seeds. Use broadleaf weed killer. it breaks when hand pulled and is well insinuated into the turf.

## Carol Lazzarino sent this...

Your mind is a garden. Your thoughts are the seeds.  
You can choose to grow flowers or you can grow weeds.



*This is my “Susie Wong” nelrolepis. It is a very fragile but beautiful fern. I ordered it on line and only one sprig arrived, looking very sad....but I kept going and this is what I have a year later.*  
—Alison Albury



# Gardening 911 — *Help!*

## Q: How do I get a poinsettia to re-bloom?

Danese Sloan-Kendall shares her tricks.

In the spring, cut back your poinsettia (*Euphorbia pulcherrima*) and transplant it to a bigger pot or directly in the ground.

Plant in well-drained soil in a spot with plenty of sunlight. Poinsettias thrive in sunlight.

Avoid areas that have nighttime lighting, like streetlights patio lights or solar lighting. This will keep them from blooming.

Water once per week. Overwatering tends to be more of a problem than under watering. And it can cause the plant to lose leaves early.

Starting in October, poinsettias need about 14 hours of total, continuous darkness followed by 10 hours of bright light. You can also cover it with a box each night and put it in bright sunlight each morning. With a little luck and perseverance, your poinsettia will be as beautiful as when you first bought it.



This Poinsettia is in my garden in North Central Florida, which may be another reason why it's blooming so well.—Danese



## Q: How do I discourage raccoons from digging up my butterfly garden?—Kathy Perinoff

A: Lisa Ferrano —I don't have a raccoon problem so this is not from experience but I've heard that strong smells discourage raccoons. Try things like garlic spray, cinnamon, hot pepper, epsom salt or apple cider vinegar around the garden.

P.S. Minutes after I answered this question I looked out my window and saw my adorable neighbor taking a drink from the birdbath. Is he trespassing???

—Lisa

Karin Teston: I don't have grey hair.  
I have wisdom highlights!

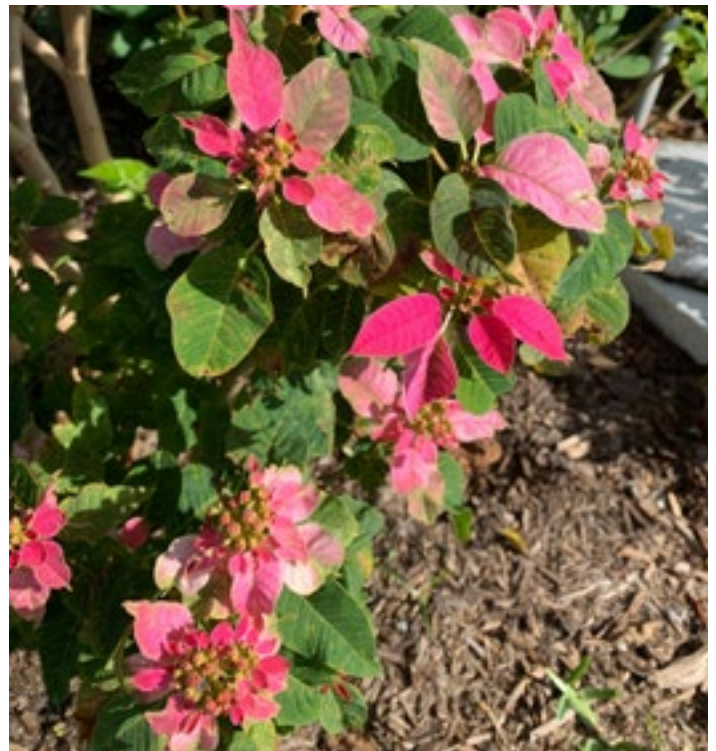




*Mary Anne Greely says,*

*“I believe that I am just lucky! This is only the second year in the 17 years that we have been here that I have had plants grow and re-bloom. This location where I took these photos is south facing, with western late-day sun, and no dark. I planted in the spring when the original Christmas blooms were fading, and pruned slightly at that time. From there on, they got fertilized with other garden plants in June and October, and voila!*

*“A tropical storm in late summer interfered with the pink poinsettia, but it too has “come back” and is blooming away. The red one is particularly robust. Originally all were in small pots placed in a planter on our patio table. Two others in different exposures in the yard are alive, but not blooming.”—Mary Anne*





# January 2022

# Save these dates!



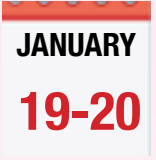
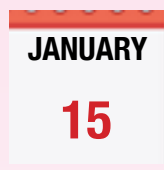
**WGC Cub Meeting— 9:30 AM Wellington Community Center** Coffee service, begins at 9:30 AM. Guest presentation at 10:15 sharp, Business meeting to follow. **Masks are required**

**January Presentation:** Mushrooms and medicinal plants with Joseph Chammas, Gratitude Gardens Farm. Joseph Chammas operates a small family-run organic farm located in Loxahatchee Groves specializing in nutrient dense foods such as sprouts, micro greens, mushrooms, turmeric, ginger and fruits. Joseph will share his experiences and processes. In particular, mushrooms and the medicinal plants. Want to learn more? Sign up for the next Around & About at the January club meeting.



**Sip & Stroll with Sandy Sklar**  
73 Pacer Circle, Wellington  
Friday from 4-6 PM

**Florida Arbor Day**  
Did you know?  
The state tree of Florida is the Sabal Palm



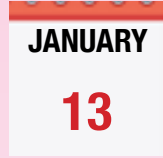
**FFGC District X**  
**65th Annual Tropical Short Course**  
Gardening for Life  
Greenacres Community Center  
Greenacres, FL 33463  
Thursday & Friday All Day

Doris Duckworth, NGC Multiple Refresher Chairman reviewed and approved our District X TriRefresher and called it “a treasured, educational experience.” This Tri-Refresher is for your Environmental, Gardening, and Landscape Design School consultants who will participate by listening to nationally-known speakers and by viewing beautifully-landscaped tropical gardens. Sign up at: [Districtx.org/Educational Opportunities/January](http://Districtx.org/Educational%20Opportunities/January). Seating is limited so send in your registration now. Two-day Cost: \$70 (plus \$10 if your register after January 10. WGC members will be reimbursed 50% of the registration fee by the club after attendance. **Contact: Barbara Hadsell, TSC Program Chairman, FFGC, District X**

**Adopt-a-Street**  
9:00 AM  
Wellington Dog Park



**A great follow-up to our meeting presentation!**



**Around & About**  
**Tour Gratitude Garden Farm**  
with Joseph Chammas, 3795 D Rd.,  
Loxahatchee Groves, FL 33470  
10:00 AM - 12:00 PM The tour is FREE

**Carpool: 9:15 AM or meet at 10 AM at the Garden.**  
**Sign up at the January club meeting**

In 2008, Joseph Chammas was diagnosed with stage 4 cancer. After conventional treatments, he and his wife went raw vegan for 3 years and during that time they decided to start growing their own food. They started with a few raised beds and within a year their entire front and back yards were producing organic foods. They converted a room in their house to grow wheatgrass and sprouts which were used as medicine. “This was the beginning of our journey to create our organic farm. We are truly passionate about medicinal herbs and plants that help us daily.”





# February 2022

# Save these dates!

FEBRUARY

7

**WGC Cub Meeting—9:30 AM Wellington Community Center** Coffee service, 9:30 AM. Presentation at 10:15, Business meeting to follow. **Masks are required**

## February Presentation: Crotons with Mark Peters

Mark is a graduate of the University of Connecticut School of Horticulture and had a successful career in the northeast before moving to south Florida, where he discovered and fell in love with crotons. Throughout his career, Mark has been a popular speaker at garden events, and has been the featured speaker on crotons at Florida Federation Garden Clubs. An entertaining and enlightening presenter, Mark's Croton program features a phenomenal display of masses of crotons to illustrate his talking points, demonstrate the art of air-layering, and discuss best practices of croton cultivation.

FEBRUARY

11

**Sip & Stroll with Linda DeSanti**  
**14022 Greentree Trail, Wellington**  
**Friday from 4:00–6:00 PM**

FEBRUARY

17

**Around & About Tour the Garden of Betty and Joe Libertucci**  
**12106 61st Lane N,**  
**West Palm Beach, FL. 33412**  
**Thursday at: 10:00 AM**

This beautifully designed garden will delight with stunning examples of palms and cycads, dozens of different bromeliads, tillandsias, orchids, desert rose and other tropical plants. The garden is a fine blend of domestic and imported plants and will delight your senses with all there is to see and smell. Wear comfortable shoes as we will be walking the one-acre property. Sign up at the January or February Club meeting.

**The tour is FREE**

**Carpool: 9:15 AM or meet at 10 AM at the Garden.**

FEBRUARY

21

**Oleander Garden Club of the Palm Beaches presents Sounds of Spring**, an evening featuring silent auction, gourmet hors d'oeuvres, wine, and an outdoor concert featuring Mace Graham. Proceeds benefit community projects.  
**4-7 PM Holy Trinity Episcopal Church**  
**211 Trinity Pl., West Palm Beach, FL 33401**

FEBRUARY

11-13

**Wekiva Camp Volunteer Training**  
**Noon Friday—11AM Sunday**  
**1800 Wekiva Circle**  
**Apopka, FL 32712**

This two-night camp experience provides hands on training to volunteers working with Wekiva Youth Camp in the summer months. Cost will be advised. Registration required. For more information visit [www.wekivayouthcamp.org](http://www.wekivayouthcamp.org) or go to [www.ffgc.org](http://www.ffgc.org) and click on the Wekiva Youth Camp home page.

FEBRUARY

13

**Wekiva Youth Camp Open House**  
**Sunday from 11:30 AM to 1:00 PM**  
**1800 Wekiva Circle**  
**Apopka, FL 32712**

Come visit our ACA accredited youth camp. Take a tour of the facilities, talk to the staff and enjoy light refreshments. Free and open to the public, garden club members and prospective campers. [www.wekivayouthcamp.org](http://www.wekivayouthcamp.org) or go to [www.ffgc.org](http://www.ffgc.org) and click on the Wekiva Youth Camp home page.

FEBRUARY

19

**WGC Document Shredding**  
**Fundraiser Event**  
**VOW Town Hall, 12300 Forest Hill Blvd.,**  
**Wellington, FL 33414**  
**Saturday from 10 AM to Noon**

Box up your old documents and bring them to the Shredding Fundraiser!

\$5 per letter size banker box (approx. 15 x 12 x 10)

\$10 per legal size banker box (approx. 24 x 15 x 10)

Did you know ?



Rain contains vitamin B12



# Health tips for gardeners

And this from Karin Teston...

Here's something to think about at our ages:

- The inventor of the treadmill died at the age of 54.
- The inventor of gymnastics died at the age of 57.
- The world bodybuilding champion died at the age of 41.
- James Fuller Fixx who popularized the sport of running died of a heart attack while jogging at age 52.

BUT

- The KFC inventor died at 94.
- Inventor of Nutella died at 88.
- Cigarette maker Winston died at 102.
- The inventor of opium died at the age of 116—in an earthquake!

So, rest up & chill out.  
Eat, drink and enjoy your life.

## Gardening- The Ultimate Body & Mind Workout

BODY	MIND
(per 30 mins of gardening)	
<b>Raking</b> -works back muscles - burns 100 calories	<b>Relieves stress</b> Reduces levels of cortisol (stress hormone)
	
<b>Digging/shovelling</b> - works legs/buttocks -burns 250 Calories	<b>Mood enhancer</b> gardening releases happy hormones
	
<b>Weeding</b> - works triceps - burns 105 calories	<b>Reconnects us to nature</b> Brings a sense of purpose and understanding
	
<b>Lawn Mowing</b> - works arms/shoulders - burns 195 calories	<b>Better Brain Health</b> Protects the brain from ageing
	

## Wellington Garden Club

Wellington Garden Club is a member of NGC, FFGC, DSR, District X. The club meets on the first Monday of the month at the Wellington Community Center, 12150 Forest Hill Blvd., Wellington, FL in the Lakeview Room on the ground floor. Guests are welcome. If you plan to bring a guest, please contact: Alison Albury, Membership Chair: (H) 561-372-5952, (C) 315-681-8867 or email [kaalbury@gmail.com](mailto:kaalbury@gmail.com)



1989 South Club Drive  
Wellington, FL 33414

### Alamanda News

The WGC Newsletter is published five times a year. Please send news, tips, photos and articles to Editor: Tina Richter [tinaj.richter@gmail.com](mailto:tinaj.richter@gmail.com)  
Deadline for March 2022  
Issue: February 15, 2022

### Wellington Garden Club Officers

President  
1st Vice President  
2nd Vice President  
Treasurer  
Assistant Treasurer  
Corresponding Secretary  
Recording Secretary  
Parliamentarian  
Former President ex-officio

Maria Wolfe  
Carol Ralph  
Mary Barbara Alexander  
Danese Sloan-Kendall  
Evy Bartley  
Joan Kaplan  
Amy Schwed  
Kathy Hood  
Jan Seagrave