

# Clear Lake Trowel & Trellis Garden Club



Clear Lake Trowel & Trellis Garden Club (CLTTGC) is a member of Mendo-Lake District Garden Clubs, California Garden Clubs Inc (CGCI) and the National Garden Clubs Inc (NGCI). We were founded on September 21, 1955, by five women who wished to create and promote interest in amateur gardening in Lake County.

January, 2014  
Vol. 1, Issue 5



## 2013-14 Officers:

### President:

**Carol Dobusch**

### Vice President:

**Marva Brandt &  
Susan Buckles**

### Treasurer:

**Debra Watson**

### Secretary:

**Helen Turley**

### Parliamentarian:

**Jo Shaul**

[www.clttgc.org](http://www.clttgc.org)  
See us on Face

**Happy  
2014  
to you  
all!  
Carol**

## DOWN TO EARTH with President Carol

Last evening, I happened to watch part of a television news program about the most memorable U.S. criminal cases of 2013. As I watched, I began wondering what 2014 would bring. Of course, that tale remains to be told, but the one certainty, of course, is that 2014 will bring changes of all sorts - whether in our private lives, in our cities, in our nation, or in our world. Change is not necessarily a bad thing. Often it provides insight and the opportunity to rethink.

Steinbeck wrote, "...How can one know color in perpetual green, and what good is warmth without cold to give it sweetness?" Steinbeck's query is quite thought provoking -almost philosophical. Indeed, how can we know anything of color if we only see one color, and how can we understand the pleasure of being warm if we never feel anything but warmth? Some folks still see change and/or contrast as negatives, preferring instead to keep things as they are. And, in truth, some changes would be undesirable such as peace dissolving into war or health changing into illness. But I think if we consider Steinbeck's quote on a more benign level, we would all have to agree that sometimes we only fully appreciate what we have when we are confronted with its opposite.

Take the weather, for example. During the heat of the summer, I began longing for rain and cool weather. While I'm still longing for rain, I've grown weary of frosty mornings and nights.

I'd really welcome back some of last summer's heat. On a different level, last semester was quite tough with all the classwork, bookwork, homework correcting, responsibilities, deadlines, and meeting others' expectations. When I contrast that with these last few days of vacation, I appreciate my free time more heartily than if I'd routinely had time to myself. However, I also realize that there's a certain luster & energy in change and contrast. I wouldn't be content to merely sit around, & I'm energized about the next semester, the opportunities it will provide, my students, new challenges, a new play to direct, & the up-coming Garden Club events.

Accepting and adapting to change requires a certain amount of courage and fortitude. I think of the winter bloomers in our plant world like snowdrops, crocuses, and hellebores. The change of climate from warm to frosty conditions invigorates them. They thrive in the cold winter underground, peeping their heads through the thawing soil when other flowers and plants remain dormant. What tender, fragile flowers, and how strong their resolve to flourish - even in the harshest conditions. As I ponder the possibilities of the new year, I realize that there may be changes that confront us, contrasts in situations that may challenge us, and conditions and aggravations that we are powerless to change. I hope that through it all we continue to have the courage and fortitude of the hellebores, and that we can thrive and blossom regardless of whatever 2014 may bring.



## JANUARY HOSTESSES:



**Debra Watson  
Susan Buckles  
Nora Gerrard**



## SUNSHINE REPORT by Nancy Benkelman

**Claire Greive**



COMING UP" Meals on Wheels Workshop  
February 10th, 1pm  
Claire's home.

If you like making your own cards,  
You might want to get started now.



## BOARD MEETING:

To shorten our meetings, we ask any committee chairpersons wanting to be placed on the agenda to contact Secretary, Helen Turley, by email by the Friday preceding our General Meeting.

**NOTE:** CLTTGC Board meetings are held on the Friday preceding our club meeting. All officers, committee chairs, and interested parties are welcome to attend.

**Next board meeting: Jan 17, 2pm at the Sun House.** Directions: go north on Lakeshore Blvd (out of town), turn left on Rainbow Rd, right on Howard Ave, and the left up lane marked Turley - address is 2655 Howard Ave.



**Happy Birthday!**

**Irene Didescu 1/15**

**Ann Blue 1/19**

**Katherine Lewis 1/27**

## Herbal tea is a time-tested remedy for whatever ails you, but how do you make it?

It's simply simple! Put 1 to 2 teaspoons of dried herbs into a preheated ceramic cup, mug, and teapot (preheat by filling with boiling water and dumping it out).

Next, add 1 cup of boiling water to the herbs and let steep for 3-5 minutes. Then, strain the mixture into a fresh cup or mug. Add honey to taste, if you like, and drink to your good health.

What kind of herbs to use? *See below.* (Note: If you're pregnant or on medication of any kind, or if you're suffering from high blood pressure, diabetes, or any chronic condition, check with your doctor before dosing yourself with any of these herbs).

\*\*\*\*\*



**Basil:** Fights colds and flu infections, sharpens mental alertness, eases migraines, relieves stress, helps cure depression, and stimulates the flow of milk in nursing mothers

**Bay:** Contains chemicals that fight tooth decay and ease the pain of headaches and stomach aches.

**Dill:** Soothes upset stomachs, eases muscle spasms, freshens breath, and stimulates the flow of milk in nursing mothers

**Garlic:** Kills bacteria, clears lung congestion, lowers blood sugar and cholesterol levels, boosts circulation, and acts as an antihistamine

**Ginger:** Fights nausea, cures motion sickness, eases pain from diarrhea and gas, stimulates the appetite, subdues menstrual cramps and migraines, promotes sweating to break a fever, and kills germs

**Parsley:** Freshens breath, rids the body of excess water (thus easing bloating during menstruation and menopause) and relieves gas pains

**Rosemary:** Stimulates memory, boosts energy, and helps to relieve the blues

**Sage:** Restores vitality and strength, fights fevers, and soothes mucous membrane tissue, thereby curing mouth ulcers, sore gums, and throats, and even laryngitis

**Tarragon:** Stimulates the appetite, relieves colic and rheumatism, may help lower blood pressure and helps restore regularity to menstrual cycles

**Thyme:** Fights germs that cause sore throats, colds, and congestion



## Green Thumbs Up



To **Betty Atwood Reyna**  
for another successful Christmas  
Luncheon.

**What was the best thing or  
what thing brought you joy at the Christmas  
Luncheon?**

**Helen Turley**, "Helping Betty set up and deco-  
rate."

**Ginny Cline**, "Fellowship was great & decora-  
tions beautiful."

**Michelle Wisler**, "The best thing was all the won-  
derful members that were at the luncheon. I am  
so glad that I am getting more involved with the  
club, and getting to know more of the members.  
The food was excellent."

**Joyce Porterfield**, "Betty did a wonderful job or-  
ganizing the luncheon. Wonderful food and great  
company. Having all my family and friends to-  
gether on Christmas Eve singing all the old  
Christmas Carols."

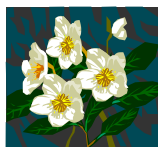
**Nancy Benkelman**, "My friends being there was  
the best thing about the luncheon."

**Linda Waterstraat**, "Nancy and June's inspira-  
tion put me into the spirit of Christmas."

**Suzanne Russell**, "Seeing all the wonderful la-  
dies in the garden club."



*Helleborus Niger*, which is commonly called the  
Christmas rose, blooms in its native environment  
(the mountains of central Europe) in mid-winter.  
Legend links the hardy perennial with the birth of  
Christ and a shepardess named Madelon. As  
Madelon tended her sheep one winter night,  
wise men and other shepherds passed by the  
snow-covered field where she stood, offering  
gifts for the newborn Christ Child. As she saw  
the wise men's rich gifts of gold, frankincense  
and myrrh, Madelon began to weep at the  
thought of having nothing, not even a simple  
flower for Jesus. An angel, seeing  
her tears, brushed away the snow  
revealing a most beautiful flower  
tipped with pink, the Christmas rose.



## Green Thumbs Up



Congratulations Nancy for keeping us productive  
and in the holiday spirit. 30+ workers assembled  
and created beautiful wreaths. We make 136  
wreaths; raising \$2,720 (-costs) + \$50 donation.





One of the easiest ways that I know for making snowflakes is to start with a sheet of 8"X11" paper. Fold the top left corner down to the opposite side of the paper so that the entire top of the paper lies against the right side of the paper. Make a crease along the folded side. You should have about a 2" (or a little more) spare paper at the bottom. Cut away the spare paper and toss it away. Open the triangular saved paper to see that you have a perfect square.

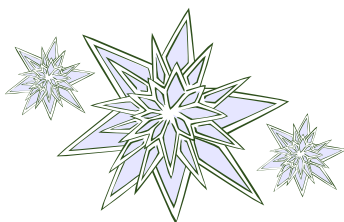
Next, re-fold the paper into the large triangle, and fold that large triangle in half again (folded sides together) so that you make a smaller triangle.

Now, with the apex of the smaller triangle at the top, fold the triangle in half down the middle, crease, and open it up so that you can use the middle to make your next fold.

Take the right edges of your triangle and put them on the middle crease. Make a tight crease along the new fold line and hold in place. Now take the entire half of the left triangle and fold it entirely over the right side. (It'll sort of look like a spaceship)

Your last fold: take the outermost portion of what was the left side and wrap it around the already folded parts.

Snip off the pieces of paper that extend beyond the others. You are ready to cut your snowflakes! Experiment with cuts along the folded edges of the paper. Some people like to cut off the very center of the triangle's apex or to make cuts at the edges at the bottom. Be careful not to cut all the way through. Experiment with different types of paper! Directions too confusing? Check out: [How To Make Snowflakes on the Internet!!](#)



## Where do snowflakes come from?

How are they formed? Are there really no two alike? Questions like these interest not only children, not only artists, and not only scientists, but everyone. In fact, because of the studies and enthusiasm of a layperson named Wilson Bentley (1865-1931), researchers were stimulated to find out more about the beginning and formation of snowflakes. Bentley had become interested in snowflakes as a boy when he'd studied them under a microscope and tried to draw them. His hobby became an avocation, and he continued his interest through the medium of photography. In his later years, he was accepted by qualified snow researchers as a semiprofessional.

Bentley could only study a small number of the countless snowflakes that fell on his Vermont farm, but from his studies he discovered that no two snowflakes were exactly alike, and indeed, research has backed him up with scientific data. Each snowflake is an accumulation of crystals, and each crystal could contain some ten sextillion molecules. What is the chance for these molecules to be arranged alike twice, even in the four billion years since the atmosphere was formed? Mathematicians theorize that the odds against it are enormous.

Research about the substance of the core of snowflakes has so far only resulted in conjecture. It may be a minute particle of matter in the atmosphere or maybe even a splinter of ice. Whatever it may be, it attracts infinitesimal water droplets which are not heavy enough on their own to fall to earth. (Consider that a line of 10,000 of these itty bitsy droplets could fit on the head of a pin) As these droplets crystallize in the proper atmosphere, they create an energy field which attracts more water vapor. In its own minute storm, the gentle, fragile snowflake is born.

Gaining weight, the snowflake is now heavy enough to begin the journey to earth which is sometimes as far as six miles away. During its journey, the snowflake is reshaped by the elements through which it passes. When it lands, it is a unique snowflake which has made its own unique journey.

LET IT SNOW, LET IT SNOW, LET IT SNOW!!



## STILLROOMS: A SNIFF OF THE PAST (Summary of article by Portia Meares)

Some of the most popular gift items of the Christmas season are related to herbs in a variety of ways. Fancy soaps, shampoos, conditioners, wreaths, vinegars, potpourris, perfumes, breads, etc. use herbs as the base for their fragrance or taste. Without knowing it, many folks who experiment with the various uses of herbs are actually carrying out activities that were done in the stillrooms of long ago. The "still" in "stillroom" derives from the word "distill" from the Latin *distillare* which means to drop or trickle down.

From the late Middle Ages to the mid-eighteenth century, many of the grander manor houses, among others, had stillrooms. These rooms where the still was kept were near but separate from the kitchen. Stills in those days had no relation at all to our notion of the illegal stills of moonshiners. In fact, the stillroom was the revered province of the woman of the house who used her still to extract herbal essences which she used in making the medicines, liniments, liqueurs, cosmetics, cordials, perfumes, pomades, pomanders, and powders that were essential to the running of a self-sufficient household in those days.

The herbs used were the old standbys from the garden: sage, rosemary, thyme, costmary, and others like betony, cowslips, celandine, agrimony, dock, wood sorrel, barberry, and stinging nettles. In some cases, servants may have been involved with some of the hand labor necessary to distilling the herbs, but the lady of the house was expected to oversee and be the "brains" in the project. Also, women of the upper classes were expected to know how to make and administer medicines as well as foods. They were responsible for all the household necessities requiring fermentation and distillation including beer, wines, and mead. A woman's skill in growing, harvesting, and applying healing herbs was the household's primary defense against illness, and was the most essential wisdom she could bring to a marriage. Sometimes the vicar's wife or the lady of the manor would "doctor" the whole village with her herbal syrups and salves.

Reliable herbals such as Culpeper's or Gerard's were indispensable for the common illnesses such as reins and fluxes( kidney infections and

were indispensable for the common illnesses such as reins and fluxes( kidney infections and diarrhea), falling sickness (epilepsy), agues( malaria-like fevers), toothaches and infections, and quinsy (severe inflammation of the throat. A mother's medicinal book would be carefully copied by her marriageable daughters who would consider their healing recipes to be among their most prized possessions. Interestingly enough, the word "recipe" originally meant a medicinal formula. Often the healing recipes would be sandwiched between food recipes, and the author suggests that reading one of the early cookbooks which contained as many recipes for medicinal formulas as they did for culinary concoctions, would be almost like reading "Hints from Heloise."

Stillroom books certainly provide us with amazing glimpses of life and the contributions made by women in those times. Women as healers and as wise women predate written records, and their roles within the family and communities merit an importance in status which is rarely acknowledged in history books.



### **Changes in the January 21st Meeting.**

**Your Garden Club Vice Presidents have something different planned for January! Instead of Flower Roll Call we will have a "Specialties and Passions" Roll Call.**

**We know every one of us loves gardens, plants and flowers. Now we would like to know about your other interests. Please come to the meeting prepared to tell us what you love to do/make. Bring a sample to show us if you can.**

**Susan and Marva**

## Clear Lake Trowel & Trellis Garden Club

www.clttgc.org

Return mail: President Carol Dobusch

7075 Kelsey Creek Drive

Kelseyville, CA 95451-8023



The club meets at 12:00 pm  
on the 3rd Tuesday of the month.  
Scott's Valley Women's Club House  
2298 Hendricks Road in Lakeport

### Garden Club Affiliates

- **National Garden Clubs, Inc.**  
([www.gardenclub.org](http://www.gardenclub.org))  
National President: Linda Nelson
- **Pacific Region**  
([www.pacificregiongardenclubs.org](http://www.pacificregiongardenclubs.org))  
Director: Elaine Gunderson
- **California Garden Club, Inc.**  
([www.californiagardenclubs.org](http://www.californiagardenclubs.org))  
President: Rita Desilets
- **Mendo-Lake District Garden Club**  
([www.mendolakedistrict.org](http://www.mendolakedistrict.org))  
District Director: Rhea Pitchard

*CREATE, ENLIVEN, ELEVATE*



## Forget-me-nots

*JANUARY 2014*

- 9 Garden Therapy, Thur, 10:30  
Call Michelle Wisler for info  
First Lutheran Church,  
3863 Country club Dr, Lucerne
- 14 Lake Kaba-Tin Redbud Flower Arrangers  
Call Barbara Swanson for info  
St John's Episcopal church  
1190 N Forbes St, Lakeport  
**New time:** 1:30pm  
**Theme change:** Dried Arrangement of choice
- 21 January Meeting  
12:00 noon Social Time / Refreshments  
12:30 Program. 'Remember When  
...Specialties and Passions.'  
1:30 Business Meeting

- 24 Succulent Wreath Workshop (Fri) 10am.  
Watch for more info.

- 17 Redwood Arrangers- Ukiah

Newsletter's deadline-4th Tues  
(1 week from meeting date).

## Green Thumbs Up



Daffodil planting at the Eli Stage Stop & County Museum

