



THE COURIER

THE OFFICIAL NEWSLETTER OF
 THE FORT MYERS - LEE COUNTY GARDEN COUNCIL, INC.
 2166 VIRGINIA AVENUE, FORT MYERS, FL 33901
FMLCGARDENCOUNCIL.COM

P r e s i d e n t ' s M e s s a g e

SAVE THE DATE !

We will hold our annual **Open House** on Sat. Nov. 22nd at Garden Council HQ from 9:00 am until 1:00 pm. We invite all our member garden clubs and plant societies to bring their membership information and any things they would like to sell to participate. This is a great time to reach out to the community and look for new members. The Garden Market is also on at the Edison Estates - so come spend the day. Questions ... - see *Paula Novander* - Membership Chair.

SEE YOU THERE !

Happy Harvest!

Harvest is a time for reaping! Webster's Dictionary describes the word "reaping" as: To gain or obtain as the reward of action, conduct or work.

After the year long efforts of our Treasure, Mae Jean Nothstine, the Blue Star Marker Dedication ceremony on October 10th at the historic Page Field in Fort Myers, was a HUGE success! It was yet another Chamber of Commerce day, with blues skies, perfect temperature and a bit of a breeze! Many local and State dignitaries were in attendance to perform and partake in the dedication, paying tribute to our Armed Forces and placing a permanent marker for "All To See, Lest We Forget Those Who Help To Keep Us Free". Among attendance were, Libby Curnow, from the District Blue Star Marker organization, Florida Federation of Garden Club's Blue Star Marker Chairman, Betty Call, as well as Glenda Dawson, Director of FFGC District IX.

As I was sharing my dedication speech, a plane flew over head and reminded all that the sound of a plane can cause sorrow in our being, but at the same time rejoice that we are FREE!

The event was so special that we even caught the attention of our local News Stations, making this a "marker" as one of the first times on prime time news for the Fort Myers - Lee County Garden

Council. Many thanks to Page Field, for helping to gain the notoriety that the Blue Star Marker deserves.

Moving on, we have begun to advertise for our open Gardens, beginning in October and running through May. Our wonderful members give of their time and talent to share and educate the guests that come to visit. The Fort Myers/Cape Coral News Press featured our Gardens, Tours and upcoming Open House in the Tropicalia on Sunday October 19th. This was such a wonderful surprise and probably one of the largest "ads" for our Gardens. With all of this recent press, the Garden Tours and Open House are sure to be a success!

Which brings me to the last upcoming event news: our Open House, scheduled for November 22nd. This year we are sharing our Open House with the Edison & Ford Winter Estates, Garden Market. So, have your garden club join the fun and get exposure for your club!

I believe the "Harvest Time" for the Fort Myers-Lee County Garden Council is NOW! Our name is getting out there!

Thanks for all your support!
 Happy Holidays!

Yours in roses,
Debbie Wyatt-Stotter
 President



F M L C G C General Meeting - Call to order 9:30 am

Inspirational Message - Judy McCluskey	2nd Vice President's Report - Sandy Kavouras
Pledge of Allegiance	Reports of Committee Chairs (as needed)
Reading of the Minutes - Suzy Valentine, Recording Secretary	
Corresponding Secretary - Kay Holloway	Old Business / New Business / Announcements
Financial Report - Mae Jean Nothstine, Treasurer	PROGRAM: <i>Floral Design</i> - Janice Hamlin
President's Report - Debbie Wyatt-Stotter	Adjournment
1st Vice President's Report - Paula Novander	Ways & Means - 50/50 drawing

Please join us at 9:00 am for refreshments provided by: **Garden Club of Cape Coral**

Garden Council Meetings Dates

BOARD MEETINGS
 (Officers, Directors, Committee Chairs)

- FRIDAY Dec. 5, 2014
- FRIDAY Jan. 2 2015

MEETINGS FROM 9:30 am TO 11:30 am

Garden Council Headquarters
2166 Virginia Ave. Fort Myers
Phone: 332-4942

GENERAL MEETINGS
 All are Welcome

- FRIDAY Nov. 14, 2014
- Hostess - **GC of Cape Coral**
- Program - Janice Hamlin
- Designer Extraordinaire
- **Next Meeting Jan. 09, 2015**

GENERAL MEETINGS
 MEETINGS ARE HELD THE 2ND FRIDAY
 OF THE MONTH **EVERY OTHER MONTH**
 SEPTEMBER TO MAY

RIVERSIDE Community Center
 3061 E. Riverside Drive FM 33916
 HOSPITALITY: 9:00 am to 9:30 am
 MEETING: 9:30 am to 11:30 am
NOTE: November - Special Locn.

PLEASE NOTE

Our November 14th meeting will be held at the South Florida Water Management building on McGregor Blvd. between Larchmont and Virginia Ave. You may park at the Larchmont lot for the Edison-Ford Estates & Garden Council headquarters. Same time - refreshments at 9:00 am - meeting will begin at 9:30 am. The program will be designer extraordinaire Janice Hamlin presenting "Designing with Humor". Please join us for refreshments provided by the Garden Club of Cape Coral and this great program.

Updates to your 2014-2015 yearbook. It is like trying to hit a moving target.

- Page 11 & 12 Bernadette Hamera - bhamera@outlook.com
 - Page 13 Publicity is Jody Van Cooney email: jodyvanc@gmail.com & Anina Bachrach is in Gulf Coast GC
 - Page 44 New Address for Marian Schmitt 1499 S. Brandywine Cir. # 334
 - Page 60 Beginning Floral Design Classes are \$25 per class; \$75 for all 3
 - Page 61 Garden Council Flower Show - Name is **Flowers in Art & Music - "The Keys To Happiness"**
- PLEASE let me know if you have any other updates, I need to add. Yearbook Editor - Paula Novander

Bonsai Society of Southwest Florida annual exhibit, show and sale

Saturday Nov. 22nd from 10:00 am until 5:00 pm and Sunday Nov. 23rd from 10:00 am until 3:00 pm
 Lee Election Center 131800 S. Cleveland Ave. (across from the Bell Tower Shops) Admission and Parking are free.
 Visit the website at bonsaiswfl.org OR call Greg Lignelli 560-3275 OR Judy Giandelone 561-3058
 Includes an exhibit of trees created by Society members, demonstrations or bonsai techniques, introductory classes and sales and raffles of bonsai and related materials. Experienced members will also be available to answer questions about any trees that are brought in.
 Monthly meetings on the 3rd Sunday SPLAC building at 6281 Metro Plantation Road., Fort Myers 9:00 am.

ATTENTION ALL DESIGNERS

February 5th and 6th are the dates for the 2015 STROLLING FLOWER SHOW, sponsored by the Periwinkle Garden Club and Bell Tower Shops. This is a sanctioned event of the Edison Festival of Light. Bell Tower donates gift bags and gift certificates to the top winners and are very excited about this year's event. Drawing for windows will be on Friday, November 14 at the Garden Council meeting. Please send a representative from your Garden Club with names, phone numbers, and emails for drawing participants.
 Happy Strolling, Pam Kollmann - Chair
 The Theme of the show this year is:

" People are Strolling, Flowers are Showing, All for Mr. Edison"

Award's Luncheon at **The Forest Country Club** on Thursday Feb. 5 at 12:30 pm



FOREST BATHING

Some very interesting evidence of the health benefits of viewing nature started coming out of Japan awhile back. Japan's Forest Agency in 1982 proposed that when humans breathe the volatiles chemical (phytoncides, wood essential oils) released from trees and plants in nature, which are antimicrobial volatile organic compounds emitted to protect the trees from rotting and insects, it made walking through the woods very healthy. Emitting a fine mist of health-giving "wood essential oils", trees can revive us. **Shinrin-yoku** –shinrin, meaning forest and yoku means bathing, showering or basking in," in Japanese, became the name of their new therapy. They found it decreases stress levels, lowered anxiety, depression, fatigue, feelings of emotional confusion and anger. Forest Bathing has become a recognized stress and relaxation management activity in Japan; who now are finding it increases the immune system that fights cancer.

"It is not so much for its beauty that a forest makes a claim upon men's hearts, as for that subtle something, that quality of air, that emanation from old trees, that so wonderfully changes and renews a weary spirit."

---Robert Louis Stevenson.

It's not just long walks in the fresh air; it takes trees to provide us with well-being. Walking down a busy street doesn't cut it. You need the natural airborne chemicals emitted by the trees. They found a two hour forest walk has been proven to increase our natural white blood cells; our killer cells, activity. The authors of "Your Brain on Nature" discuss the research linking forest bathing and increased cerebral blood flow, immune defense and improved mental health. Using a cell phone or iPad on these walks doesn't help either. Become a part of the experience. Leave the stress thinking and civilization behind.

Feel bad? Take a hike. One article I saw, said "Take Two Hours of Pine Forest and Call Me in the Morning". It told of many experiments conducted. The thought that intrigued me was, do just scent aromas have any effect? That little green cardboard tree hanging from the rear view mirror, no exercise involved, but can it help us live longer? Research goes on.

Many nations besides Japan have now taken this theory seriously. Like Japan, they have set up studies of Forest Medicine. Dr Qing Li, considered one of the world's foremost experts on shinrin-yoku, is associate professor in the Department of Hygiene and Public Health at the Nippon Medical School in Tokyo. He also serves as President of the Japanese Society of Forest Medicine and is involved in the International Society of Nature and Forest Medicine.

He suggests one "enjoy the forest through the five senses: the murmuring of a stream, bird's singing, green color, fragrances of the forest, eat some foods from the forest and just touch the trees". I do believe he is encouraging tree hugging. His tips for forest bathing are: Make a plan based on your ability and do not get tired; If you want a whole day, 4 hours of walking is enough, if half a day, do 2 hours; If you feel tired, rest anytime and anyplace you like; The same for thirsty, drink water or tea any time you like; Find a place in the forest you like, sit for awhile, read or enjoy the scenery; If possible, take a hot spring bath (spa) after forest bathing; A 3-day /two night trip would be recommended to boost your immunity; To relax and reduce your stress, a day trip to a near-by forest park near your home; Forest bathing is just a preventive measure for diseases, therefore, if you come down with an illness, see a doctor not a forest.

Someone once asked, "When is the best time to plant a tree?"

Answer-"Twenty years ago. Second-best time? Today."

And be sure to thank it.

Beech tree tunnel in Ireland

Joyce Comingore: Master Gardener; Hibiscus enthusiast;

member of the Garden Club of Cape Coral.

July 25, 2014 from the Cape Coral BREEZE newspaper



I was so impressed with the Succulent Garden at The Botanic Garden at Lakes Park That I wanted to share it with you. This garden was planted by Dick McConville about 30 years ago. The Cacti, the Euphorbia, the Agave plants are all large and wonderful. Volunteer gardeners have spent 26 workdays during the hot summer, clearing out the weeds and pruning the trees and bushes. The specimens are set off now by the stone mulch and look absolutely fabulous. I encourage you and all plant lovers of Lee and surrounding counties to come look at these marvelous plants. They require good drainage, minimum amount of water, and very little care. They are architectural in appearance, and many of them bloom.



As water becomes more and more precious in Florida more of us would benefit by planting some of these succulent species.



Susan Moore - Lakes Park Enrichment Foundation
Lakes Park 7330 Gladiolus Drive,
Fort Myers 33908

FFGC District IX meeting October 22nd in Estero Poinciana Garden Club - 50 years was presented with a Platinum certificate .

“Celebrating Holidays” a standard Flower Show was staged on Thursday.



Joyce Comingore’s “Roller Coaster Day” was awarded the Award of Distinction. Joyce is a member of Potpourri, the GC of Cape Coral and the Hibiscus Society.



Carole Lachmann of the Potpourri Designer’s & GC of Cape Coral won the Flower Show Chairman’s award with her interpretation of 3 Ring Circus. (pictured with mentor Marty Ward)



Just a reminder that we are asking each club and society to take a turn hosting the gardens on Virginia Avenue one Tuesday during season from 10 am to 1 pm. Opening the gardens to the public enables us to maintain our Botanical Garden status. Hostesses are required to open the gates and be available for visitors to answer questions. It’s good to have at least two people there. It is also a great time to enjoy the gardens. Here is the schedule for the entire season - be sure and add it to your calendar.

THANKS And see you in the garden...

Nov. 4 - GC of Cape Coral
Dec. 2 - Bonsai Society

Nov. 11 - Alva Garden Club
Dec. 9 - Calusa Rare Fruit

Nov. 18 - Hibiscus Society
Dec. 16 - Caloosahatchee Bromeliad Society

Nov. 25 - Bonita Springs Tropical Fruit
Dec. 23 - Estero Island GC

Jan. 6 - Carissa GC
Feb. 3 - Native Plant Society

Jan. 13 - Poinciana GC
Feb. 10 - FM Herb Enthusiasts

Jan. 20 - GC of Lehigh Acres
Feb. 17 - Gardens of the World

Jan. 27 - Estero Island GC
Feb. 24 - Rose Society

March 3 - Green Thumb GC
March 31 - McGregor Garden Club

March 10 - Gulf Coast GC

March 17 - Jasmine GC

March 24 - Kelly Greens

April 7 - Eclectic Floral Designers
May 5 - Shell Islands

April 14 - Pine Island GC
May 12 - SW FL Orchid Society

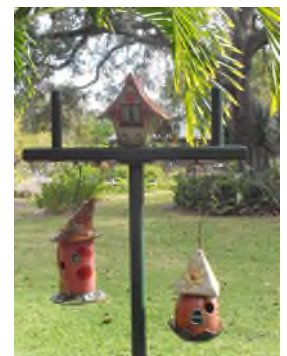
April 21 - Potpourri Designers
May 19 & 26 - (OPEN)

April 28 - IFAS Extension Master Gardeners

Please let me know who will be representing your club on the date designated by calling 239-561-1846 or emailing cdrotosswales@yahoo.com. For those who have already confirmed and/or participated, we thank you very much.

Thank you for helping us share the gardens with our neighbors and visitors.

Carolee Drotos-Swales FMLCGC Garden Committee



Spotlight on Jasmine Garden Club.
 Celebrating their 50th year in 2015.
 Lady palm planted at the Fort Myers Palm Garden off Bay street
 downtown to honor long-time member Judy Gore.



The gazebo at the Garden Council building has a new name. The family of Eugene T. Baker joined long-time Council member and friend Ena McGrattan at the gardens on October 22nd for the unveiling of the sign. Victoria Baker made a very generous donation to the Garden Council and was honored herself with a bird on our Wall of Fame sculpture.



On October 10th the Fort Myers - Lee County Garden Council finally was able to unveil the Blue Star Memorial marker installed at Page Field. The Blue Star Marker program was begun by National Garden Clubs back in 1944 - with the planting of over 10,000 dogwood trees along a highway in New Jersey. - "creating a living memorial instead of another granite sculpture". From garden clubs decorating highways in their own states, the program has grown to honor any civic location that had significance to the men and women of the United States of America's military. Page Field was home to many fighter pilots training during WWII. It was a lovely ceremony and we owe many thanks for the dedication of Mae Jean Nothstine and her committee to make this happen for the Garden Council.

New to the area or just looking for good horticultural information
 the County Extension Service has it !



Homepage for Lee County Extension <http://lee.ifas.ufl.edu/>

Lawn, Garden and Landscape - Publications A-Z, Brown's Plant file, PowerPoint presentations,
 You Tube videos, News-Press Q&A articles, Butterfly information, etc.

A wealth of information for *OUR* area.

University of Florida - Institute of Food and Agricultural Sciences <http://ifas.ufl.edu/>

Florida Friendly Landscaping <http://fyn.ifas.ufl.edu/index.html>

Florida Friendly Landscaping (formerly known as FYN or Florida Yards and Neighborhood program) has moved !

The venue is now Rotary Park, 5505 Rose Garden Road, Cape Coral. All sessions are free.

November 21 - Susan Minaya - "Organic Gardening - What it Means and How to Do It!"

December 5th - Vanessa Hazelton - "Using Color in your Garden to Make a Statement and Show Your Personality".

All presentation times are from 9 AM-10:30 AM. Presented by area Lee County Extension Master Gardeners.

Edison - Ford Estates

Garden Talks

December 13th Herbs and Holiday Plants for Decorating

January 10th Container Gardening

Find out the secrets to great plant combinations for containers. Containers are great for small spaces, condos, special focal points, hiding unsightly areas.

Help Wanted:

Are you a self-motivated person who would love to communicate with all 1,400 members of the Fort Myers - Lee County Garden Council ? I am retiring as Editor of the **COURIER** newsletter after many years. I recently qualified as a Master Gardener with the Lee County IFAS Extension and want to spend more time pursuing my passion for native plants and Florida-Friendly landscaping. Please contact Paula Novander and I can share my computer files. From then on it is yours , to take in any direction you wish. *Paula Novander - COURIER Editor*

C a l e n d a r o f E v e n t s

Poinciana GC Plant & Yard Sale	Fri. Nov. 14 8 am - 4pm	3806 Edgewood Dr. - Fort Myers
	Sat. Nov. 15	
2014 Butterfly Conference	Sat. Nov. 15	Presented by the Lee County Master Gardeners Edison & Ford Winter Estates
Bonita Springs Tropical Fruit Club Tree Sale	Sat. Nov. 15 9am - 3 pm	Riverside Park, Bonita Springs Call Madeline Bohannon for more info 693-8778
Jasmine GC Holiday Coffee & Auction Auction starts at 10:00 am	Nov. 18 Coffee at 9:30	Covenant Presbyterian Church, 2439 McGregor Blvd. Holiday wreathes, table-top trees, centerpieces, baked goods, jams and jellies
OPEN HOUSE Garden Market - Edison - Ford Estates	Nov. 22 9 to 1 pm Nov. 22 & 23rd	Garden Council Headquarters 2166 Virginia Ave. Edison & Fort Winter Estates 2350 McGregor Blvd.
Annual Bonsai Society Show Workshops & seminars	Nov. 22 9 - 5 pm Nov. 23 9 - 5 pm	Lee County Election Center 13180 S. Cleveland (US 41)
Punta Gorda GC Christmas in Paradise Home tours	Fri. Dec. 5 & Sat. Dec. 6 11 - 4 pm (\$15 for 4 homes)	Various locations in Punta Gorda check their website at www.pggc.org
Bromeliad Society Plant Sale	Sat. Dec. 6 9 - 5 pm Sun. Dec. 7 10 - 3 pm	Pavilion at Terry Park (in the rear) 3410 Palm Beach Blvd. Fort Myers



FOR THE LATEST INFO CHECK OUR WEBSITE FMLCGARDENCOUNCIL.COM

OFFICERS 2013 - 2015

President

Debbie Wyatt-Stotter 652-9140
Email: famemanehair@embarqmail.com

First Vice President

Paula Novander 945-6548
Email: pnovander@yahoo.com

Second Vice President

Sandy Kavouras 656-1406
Email: kavouras62@gmail.com

Recording Secretary

Suzy Valentine 992-0113
Email: suzy.valentine@att.net

Corresponding Secretary

Kay Holloway 332-0294
Email: hollowaykay@aol.com

COURIER

Paula Novander 945-6548
Email: pnovander@yahoo.com

Treasurer

Mae Jean Nothstine 590-0217
Email: maejeanoth@aol.com

Asst. Treasurer

Peg Andrews
Email: A16137@aol.com

Advisors

Laura Jibben 463-3690
Debbie Hughes 271-4004