



# *Smoke Signals*

## The Calusa Garden Club Newsletter

**February, 2023**

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### *Letter from Our President*

Greetings Calusa Garden Club Members,

Another month has passed, and we enjoyed lots of activities. Many thanks to those ladies who supported the effort by Nanette Baumgarden to coordinate the Arbor Day Celebration in Leigh Plummer Park on January 20. A Gumbo Limbo tree was planted and members who have passed were memorialized at the ceremony. A great horticulture workshop was given by Maureen McFarland who graciously let us tour her gardens and she also educated us about the benefits of making tea from herbs such as rosemary, spearmint, lemon grass, and ginger. What a wonderful way to use garden herbs that we all grow! An underwater floral design workshop was well attended as was the Gadabouts. Another group of ladies, along with recently inducted new members, enjoyed cocktails and a sunset on Resident's Beach – a great way to get to know one another. Another get-together for new members and their sponsors is Taco Tuesday, to be held on February 28. Check the website for details. If you have been to the Farmer's Market at Veteran's Community Park, don't forget to visit our Blue Star Memorial Marker. It is in a perfect place, near the Eagle Fountain – the completed park is a very peaceful place (except on Wednesdays!) Remember to check the website calendar daily as some events are updated and new events posted.

See you soon!

### **February Program**

Our Speaker for the February 13, 2023 General Member Meeting is Brad Cornell from Audubon of the Western Everglades. He will be speaking on the Effects of Conservation and Environmental Stewardship on Marco Island.

Brad is currently the Policy Director for both Audubon of the Western Everglades and Audubon Florida.

### **SAVE THE DATE**

Mark your calendars now!

The CGC Spring Luncheon will be on  
Thursday, April 13.

More details to come.

## SHOP FOR A PURPOSE *submitted by Sara Wolf*



### Shop for a Purpose at J.McLaughlin on Thursday, February 9

Don't forget to shop at the J.McLaughlin store in the Marco Town Center, 1017 N. Collier Boulevard, near the UPS store, on Thursday, February 9. J.McLaughlin will donate 15% of all sales on February 9 to Calusa Garden Club. From 11:00 a.m. to 3:00 p.m., J.McLaughlin will provide refreshments. *Have fun, and Shop for a Purpose!*

We will have a table outside the store with the donation box and we will be giving a CGC Gardening Guide to those who donate \$10 or more, and we will give a CGC flyer "Plants for Marco Island" to those who donate any amount under \$10.

Forward the Invitation from J.McLaughlin (attached to this Smoke Signals) to all your friends and neighbors to encourage them to shop at J. McLaughlin on February 9. We need your help to make this event a success!

Go to our Calusa.org website to volunteer to work our CGC information/donation table from 11:00 -1:00 or 1:00 -3:00.

Contact Ways & Means chairperson Sara Wolf at 513.706.8681 or [sarawolf617@gmail.com](mailto:sarawolf617@gmail.com) if you have any questions or need more information.

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## TACO TUESDAY *submitted by Kimberly Porter and Nancy Adams*

Come join us for Taco Tuesday for the next Fun and Fellowship gathering. Meet some new CGC friends and catch up with a few old CGC friends.

The details:

Limited to 16 members with priority given to new members.

Tuesday Feb 28 at 5:30pm

189 Majorca Circle – Kimberly Porter's home

No need to bring anything except an appetite!

Still have questions – contact Kimberly Porter, Nancy Adams or

Monica Doyle



## *Blue Zones Project submitted by Sharon Lewis, Chair*

- We are a Certified Blue Zone Organization, among 780! Marco Island is NOW a certified City!
- **Please sign up for the MONTHLY newsletter** that will provide you with free tools and resources. To help POWER your Well-being and longevity.
- Visit <https://southwestflorida.bluezonesproject.com> and sign up for newsletter and free seminars.
- Lots of other events/activities and fun recipes to try.

### BLUE ZONE Sweet Roasted Chickpeas—for the sweet tooth or a snack

15 ounce can of chickpeas, rinsed and drained.

1-2 tsp coconut oil

1-2 tsp of ground cinnamon

1-2 tsp of sugar or coconut sugar

½ tsp cayenne pepper

1 Tbsp of maple syrup or honey

1. Preheat oven to 400 degrees
2. Rinse and pat dry chickpeas
3. In a bowl combine all oil and spices (not maple syrup)
4. Add chickpeas onto a sheet pan.

Lined with foil. 5 Bake for 25-30 min – stirring, until golden brown. 6 ADD maple syrup for an addition 5 minutes. Delicious and healthy.

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## *MARCH CGC PROGRAM submitted by Kimberly Porter*



The March program will be Calusa Garden Club members Sue Oldershaw and Donna Kay will present their program, "Gardening on Marco Island and the effects of Hurricane Ian when making new landscaping plans featuring salt tolerant plants."

# FLORIDA ARBOR DAY *submitted by Sara Wolf*



On Friday, January 20, Calusa Garden Club held a tree planting ceremony in Leigh Plummer Park where the Club planted a gumbo limbo tree. The Club has celebrated Florida Arbor Day, which was January 20, for the past 6 years by planting a native Florida tree in Leigh Plummer Park. This park was chosen by the Club because the park was originally founded by Collier County in 1984 with the assistance of Calusa Garden Club of Marco Island as a bird sanctuary and site for nature education featuring native Florida plants. Over the years, first Collier County, and now the city of Marco Island, planted many native trees and shrubs in the park. The park is a living memorial to Leigh Plummer, a Marco Island resident who was instrumental in the work of Marco Island Civic Association. His wife was a member of Calusa Garden Club and she and Leigh Plummer enjoyed tending to the plantings in the park.

The Florida Arbor Day event was chaired by Club member Nanette Baumgardner. The gumbo limbo tree planting ceremony was attended by Marco Island Assistant City Manager Casey Lucius, and Jill Cartaya, Dawn Snyder, Martha Montgomery and Heather Reed of the Department of Parks and Recreation, along with about twenty members of Calusa Garden Club in addition to Erik Jadaszewski and the tree planting crew from Everglades Native Designs. City Manager Michael McNees and County Commissioner Darren Palumbo also attended the event and are pictured with other attendees near the newly planted gumbo limbo tree.

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## PHOTOS FROM GADABOUT TRIP TO AH-TAH-THI-KI



## January 23 Floral Design Workshop: Underwater Designs

Floral Design chairman Lindy Kowalczyk presented an educational and fun workshop on underwater designs on Monday, January 23. Nine CGC members attended. Lindy began by talking about the principles and elements of design, and showed a partially finished design for which she analyzed those principles and elements. She also discussed the requirements for judging an underwater design and showed photos fitting those requirements. Finally, Lindy discussed the problems of mechanics with underwater designs and the types of flowers that work well.



Lindy then showed the group several flowers and greens she had wired together in an artful arrangement. She showed how to place the design in the container and add other elements. Care must be taken to fasten every element, so it does not float when the water is added. Finally, she showed how to add additional design elements above the water that complemented the underwater elements. The pouring of the distilled water into the container is the last step, and it should be done slowly.

The members then worked on their own designs with assistance of Lindy, Bonnie Colman and Marianne Foley. The photo shows their completed designs.

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## Fun and Fellowship- Sunset at Residents Beach January 23



Calusa Garden Club of Marco Island launched a new program - Fun and Fellowship - under the direction of First Vice President and Membership Chairman Monica Doyle. A member hosts a party, lunch, brunch, or other activity for a limited number of other members and gives new members first priority in attendance. The get-

togethers promote getting to know each other in an informal setting outside of the normal meeting and workshop schedule.

On Monday, January 23, Sara Wolf hosted a cocktail party for 12 at Residents Beach from 4:00 to 6:30 to watch the sunset. The new members attending were Ellen Norton and Nanette Baumgardner. Other members who attended were Kimberly Korb Porter, Janet Watson, Nancy Adams, Opi DeFalco, Margy Bruckman and Kathy McNabb. Sara served a selection of cold hors d'oeuvres, along with alcoholic and non-alcoholic drinks. Although the day was a little cloudy, the sun came out during the cocktail party, and the group enjoyed a beautiful sunset.

