

inBLOOM

Winter 2017-18 • theGarden.org

GARDEN'S AGLOW

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OUR MISSION

To inspire positive change in the living environment through the conservation of water and other natural resources.

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Additional photographers for this issue include Harold Bailey and Sally Long.

MESSAGE FROM THE **EXECUTIVE DIRECTOR**

“Having a garden is like having a good and loyal friend.” -C. Z. GUEST

The Water Conservation Garden has been and will continue to be a loyal friend to you, our neighbors, our members, our donors, and our volunteers. For over 18 years The Garden has been free to all who want to learn about conservation, observe the beauty of a Mediterranean garden, retreat from the hustle and bustle of our daily lives, unplug from electronics, and reconnect with nature. It is so much more than just a pretty place.



The Garden is truly a part of your community. We are honored to be a place where couples begin their journey together with weddings, where amazing lives are remembered at memorials, where children play and learn in a safe environment, where adults can gather and enjoy peace and quiet and a place for seniors to nurture their soul. It is, in short, a place for celebration. But mostly it is YOUR place.

The Garden strives to improve year after year and 2018 will not be any different. On the horizon is a new, expanded classroom that will be constructed, a revitalized tree planting program, expanded childrens’ garden, a desert tortoise exhibit (nature’s most efficient water conserver), community events and festivals, and overall improved visitor experience. We hope to see you often in 2018 to enjoy these new developments and renew your connection with nature.

The Garden is an independent 501(c)(3) non-profit and we need your help to make our visions come to fruition. Please consider a donation to The Garden, your neighbor and your place of celebration. There are many ways to give: online, to our endowment, in person, with in-kind items such as plants, equipment, through Amazon Smile or even volunteering. For more information on how to give or volunteer, visit www.thegarden.org or just call us and we can help. Thank you.

 **Join The Water Conservation Garden in committing to Live WaterSmart!**
To learn more visit the www.thegarden.org or www.watersmartsd.org.

Live WaterSmart!



The following are agencies that constitute the Joint Powers Authority (JPA) that owns The Garden and provides major funding:



The Garden is managed by The Friends of The Water Conservation Garden, a 501(c)(3) nonprofit organization, tax ID no. 20-4395919.

HOURS
The Garden is open daily from 9 am to 4 pm (except for major holidays). See the “Plan Your Visit” page at www.theGarden.org for more information.
The Garden will be closed on the following holidays this Winter: Christmas Eve (Dec 24), Christmas Day (Dec 25), and New Year’s Day (Jan 1).



Get Social With Us!

Keep up with the latest on news, events and more!

DECEMBER EVENTS!



Gardens Aglow

Thursdays–Saturdays, December 7–9
and December 14–16 | 6–8pm

Special Members-Only Preview
Wednesday, December 6 | 6–8pm

Experience the magic of The Garden aglow with holiday lights! Enjoy festive holiday treats and refreshments as you stroll along gardens each uniquely decorated and illuminated. See The Garden as you have never seen it before and create lasting holiday memories with family and friends. A limited number of guests will be admitted each evening, pre-event registration is recommended.

ADMISSION: Kids 3-11 \$3. Adults and kids 12 and over \$5
Members and kids 2 and under free. Free parking

For more information about these events, visit www.thegarden.org/events.

Garden Shoppe
Holiday Sale

Saturday, December 9 | 12–8pm

Join us for a merry afternoon and evening of shopping surrounded by holiday ambiance. The Garden Shoppe is hosting its annual Holiday Sale, and is staying open late for those guests enjoying Gardens Aglow. Choose from many unique, garden-inspired gifts you won't find anywhere else, and enjoy special discounts, product samples and holiday treats! Door prizes for all and drawings for gift baskets will be part of the festivities. Find the perfect gifts for all your friends and family!



Jingle Paws Saturday, December 2 | 8am–12pm

Aces Foundation is proud to host the 7th annual Jingle Paws Walk for Pets benefiting the El Cajon Animal Shelter. Walk/Run registration begins at 8am. The 1K and 5K Walk/Run (not sanctioned) begins at 9am with a Blessing of the Animals. Santa's Village auction, vendors, rescue groups and pet photos with Santa begin at 9am in the plaza. For more information, visit www.acesfoundation.org.



SAVE THE DATE

TOMATOMANIA

March 10 & 11, 9 am–4 pm

3RD ANNUAL
Water-Wise Home
Garden Tour

March 24, 9 am–3 pm

Spring Garden and
Butterfly Festival

April 28, 9 am–3 pm

For more information
about these events, visit
www.thegarden.org/events.

DECEMBER

9 Garden Art: Mosaic Bee Bath

Saturday, December 9 | 10am–12pm (Habitat Garden)

Welcome bees to your garden and make them a bee bath! A smaller, shallower version of a birdbath, bees can land on the little stones and drink water safely. Amber Pierce, of Amber's Artistry will take your creation and grout pieces the following day for you to pick up at your convenience. Class is outdoors in the Habitat Garden for inspiration. All materials included.

Members & Non-members: \$30



NEW

HOLIDAY EVENTS

Jingle Paws
 Saturday, December 2 | 8am–12pm

Gardens Aglow
 Thursdays–Saturdays, December 7–9
 and 14–16 | 6–8pm
Special Members-Only Preview
 Wednesday, December 6 | 6–8pm

Garden Shoppe Holiday Sale
 Saturday, December 9 | 12–8pm

JANUARY

13 The Lore of the Kumeyaay

Saturday, January 13 | 10–11:30am

Native Americans have inhabited San Diego County for at least 10,000 years! Come find out how they lived, their history, spirituality, and daily lifestyle with Jan Tubiolo, long time student of Kumeyaay culture. Jan will display tools and other items important to their lives. This class will take place outside in the Habitat Garden. (Bring a cushion or blanket to sit on. In case of rain, Indoor Classroom)

Members Free, Non-Members \$10



27 Exercise & Dance – NewVo Fitness

Saturday, January 27 | 12–1pm (Amphitheater)

Journey around the world through cultural dance styles with NewVo certified instructor, Keilani Love. A fun class for all ages, fitness and dance levels with no experience needed. Class is in the Outdoor Amphitheater so wear close-toed, light-weight footwear. Bring a hip scarf or sarong if you have one.

Members Free, Non-Members \$10



20 & 27 Docent Training

Saturdays, January 20 & 27 | 12:30–4:30pm

FREE!

Contribute to The Garden's success by becoming a Garden docent! There are many ways to get involved and wonderful new people to meet.

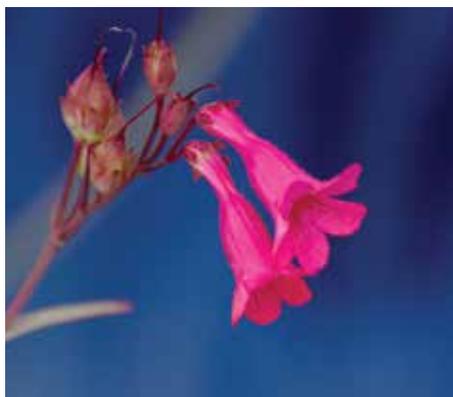
To register contact Pam Meisner, Education Director, at Pam@thegarden.org or 619-660-0614 x13. Free

21 Plant Paparazzi: iPhone pics!

Sunday, January 21 | 2–4pm

Are you interested in taking better photos with your smart phone? Docent Instructor, Sally Long, will show will show the fundamentals of shooting effectively along with some awesome tricks to get the very best shots. Learn how to properly hold the camera, quickly access camera apps, master essential in-camera features, and much more.

Members Free, Non-Members \$10



CLASSES & EVENTS, WINTER 2017-18

Pre-registration is **REQUIRED** for all classes at www.theGarden.org or by calling 619-660-0614 x10
NEW Docent-led tour schedule - First Saturday of each month at 10am



FEBRUARY



3 Cool Season Vegetables: Planting for Success!

Saturday, February 3 | 10am–12pm

What cool season crops can I grow right now? Brijette Peña of San Diego Seed Company will be teaching on planting during the cooler months in San Diego. The class will cover a wide range of topics from pest management for the season to choosing the right plants for your vegetable garden. Yum!

Members Free, Non-Members \$10

3 Backyard Composting Workshop

Saturday, February 3 | 10am–12pm

FREE!



In partnership with the Solana Center for Environmental Innovation, The Water Conservation Garden presents a FREE composting workshop! Learn the basics of backyard and vermi-composting (with worms). Our expert educator will teach you all you need to know to get started with a bin that fits your needs and lifestyle.

FREE. Register online at:
solanacenter.org/wcg-workshop
or call (760) 436-7986 ext. 700.

10 Natural Health

**Saturday, February 10
10am–12pm**

Experience natural medicine first hand. Hear about the philosophy and basic methods used to cure the common and uncommon health concerns of today. Look at the various stages of health, illness, and wellness, and discover “health” means wholeness of the mind and body. Taught by Dr. Shannyn Fowl, Naturopathic Doctor.

**Members Free,
Non-Members \$10**



17 Valentine's Tour: Love for Sex in The Garden (PG-rated)

Saturday, February 17 | 10–11:30am

Think humans work hard at finding a partner? You'll be astounded at the creativity, deceit, competitiveness and even murder that plants attempt in order to achieve pollination. Bring your honey-
bee and celebrate nature's creativity with Tour Guide, Rosalie Dosik - the self-described Dr. Ruth of the plant world. Chocolate and a special giveaway for all who attend. Tour is based on the book “Sex in The Garden” available for purchase in the gift shop.

Members & Non-members \$10



24 Plant Paparazzi: Making Friends with your Camera & Lens

Saturday, February 24 | 9–11am

Ever wonder what makes your camera click? Join Docent Instructor Harold Bailey for the basics on camera, lens, and the electronics! Class time will include pictures in The Garden.

Members Free, Non-Members \$10

Helpful Hints for a Happier YOU!

Want to be healthier
and happier?

Let's go outside
and play!



- There are a growing number of studies and campaigns putting forward evidence that a connection with nature makes us healthier and happier people. Stepping outside into nature for 20 minutes a day reduces your stress level, builds confidence, promotes creativity and imagination, gets us moving and provides different stimulation.
- Over half of your body is made up of water so be sure to drink lots of water every day (8 glasses is ideal).
- Eat one or more green foods a day! They provide us with more nutrition than almost any other food type.
- Laughing lowers levels of stress hormones and strengthens the immune system.
- Strawberries, pineapple, broccoli and chili peppers contain more Vitamin C than oranges.

For a natural cleaning solution around the house, mix:

- 1/2 cup vinegar
- 1/2 cup rubbing alcohol
- 24oz. water

Put it all in spray bottle and you've got an effective, earth-friendly cleaner.



Ms. Smarty Plants™ Goes Batty a Huge Success!

With over 500 in attendance what a fun time we had learning about bats and other creepy crawlies and Trick-or-Treating on The Garden trails. A huge thank you to all of our partners who made this such a successful event: **The Living Coast Discovery Center, The Natural History Museum, The Humane Society, Project Wildlife, Krusin Kritters, Albertson's, Elam's Hallmark, Party City, Point Loma Credit Union, Ralph's, Smart & Final, and Target!**

Online booking now available for Field Trips and Assemblies!

Visit www.msssmartyplants.org/
and click "Book Now" on the
program of your choice.



Ms. Smarty-Plants™ Turns 10 in 2018!

Join us in celebrating 10 years of fun and conservation in the new year. Stay tuned for more details!

Let Ms. Smarty-Plants™ know how YOU have been an Earth Hero!

Send her a letter and practice your writing skills!

Email to: MsSmartyPlants@thegarden.org

Mail to: Water Conservation Garden
Attn: Ms. Smarty-Plants™
12122 Cuyamaca College Dr. W
El Cajon, CA 92019



Conversations with Ms. Smarty-Plants™

“Kids Say The Darndest Things”

During a 3rd grade field trip one of the students said “Hey Ms. Smarty-Plants™ you're a better rapper than Eminem!” (to which I immediately thought, hmm I didn't know the M&M's were rappers...) #RecycleRap

PARTNERS & SUPPORTERS

New Members

Aug.—Oct. 2017

Richard and Linda Albrecht
Lawrence Baker and Sandra Weber
Rodolfo Bravo
Lora Brown
Jack and Terry Chamberlin
Andrea Collins
Jennifer Doumas and Jim Hanlon
Ronald and Myrna Duffy
David and Christine Evans
Mark Fuller
Hamann Construction
Susan Hooven and Red Montano
Ed and Kay Jackson
Rudy and Toni Kastelic
Christine Khouri
Malvonja and Shneqwa McCauley
Barbara Norton
Diane Palmer
Pauline Renner
Stephen Rice
Steve Saltzman
Jean Scherschel
Sarah Steele
Marianne Stewart
Joniene Swick
Judy and Jennifer Toneck
Jennifer Wegner
John Wilson
Renee Woodward
David and Karen Zaino

Donors

Aug.—Oct. 2017

Ron Anderson and Nancy Mariani
Dean and Judy Allen
Baldwin and Sons
Kevin and Tina Baldwin
Lora Brown
Bob and Sue Fox
Donna Hendrix
Ed and Kay Jackson
Leonard M. Smith Realtor and Associates
Karen Lis and Laura Keener
Diane Palmer
REC Consultants, Inc.
San Diego Metropolitan Credit Union
Bonnie Scott
Janice and Glenn Stammen
Janet Trentacosta
Ed Woodruff and Peggy Dalby
Richard Wright

Escape to The Garden

By Paul Redeker

Often, many of us rush through the day striving to improve our lives, just a little, in the hopes of attaining that ideal life. Just around the corner. Perhaps we will arrive when we get a promotion, buy a bigger house, or raise the perfect child. Maybe if we just “smell the roses” on the way...Well if you are anything like me, you might “smell one rose”, enjoy the moment, and it’s back to the races. What are we spending our time and energy on and is life getting any easier?

Peace of mind is as important as anything when it comes to enjoying life, and public gardens have been providing a safe haven for visitors to relax and reflect on the wonder that is nature for centuries.

To help understand the healing nature of plants and wellbeing, it may be useful to consider a hospital study conducted in Pennsylvania by Deborah Franklin in 2012, which found that patients healed faster when in an environment that includes plants and nature. The report reviewed medical records of people recovering from gallbladder surgery. All other things being equal, patients with bedside windows looking out on leafy trees healed, on average, a day faster, needed significantly less pain medications, and had fewer post-surgical complications than patients who instead saw a brick wall.

Another study involving public garden visitation and stress reduction, was conducted at the University of Delaware by Ellen Sullivan Bennett.

Here they found that 91% of 142 urban resident respondents reported lower levels of stress after visiting public gardens. Relaxation, and inspiration drawn from visiting a garden, were among the top causes for stress reduction.

Here at The Water Conservation Garden, we have been inspiring visitors of all ages to learn new ways to preserve our environment, and to make landscape improvements in their own homes for years. With the visitor experience in mind, perhaps The Garden can help just a bit more. Our horticulture team and volunteers have been working hard to improve several garden areas including the formal garden, mountain stream, and the upper gazebo landscapes. Nestled off the path we have created new spaces to relax. There you can take a break, read a book, or listen to the wind blowing through the Italian Stone Pines. Near the mountain stream you might enjoy the water trickling gently through a butterfly garden, or pause to glance at a dragonfly as it lands on a branch of a nearby mountain lilac.

Whether it be inspiration, stress-relief, or a break from routine, The Garden provides the perfect retreat.

... take a break, read a book, or listen to the wind blowing through the Italian Stone Pines.



Affiliate & Corporate Partners

The Water Conservation Garden would like to thank our Corporate Partners and Non-Profit Affiliates.

Backflow Services	Olivehain Municipal Water District
Baldwin & Sons	Open Space Management
Best Best & Krieger LLP	Otay Water District
California American Water	Padre Dam Municipal Water District
City of Encinitas	Point Loma Credit Union
City of San Diego	REC Consultants Inc.
County of San Diego	San Diego Horticultural Society
Grossmont-Cuyamaca Community College District	San Diego Metropolitan Credit Union
Helix Water District	SDG&E
Lakeside Garden Club	San Dieguito Water District
La Mesa-Spring Valley School District	Sweetwater Authority
Metropolitan Water District of Southern California	Village Nurseries



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El Cajon, CA 92019

Tel: (619) 660-0614

Fax: (619) 660-1687

www.theGarden.org

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Current members can find their membership expiration date above their name in the address listed above.



It's the season to give and your gift to The Garden will mean so much to so many in your community.

The Water Conservation Garden is not only a place to learn about conservation, it is a beautiful Mediterranean garden where **visitors can unplug and reconnect with nature**. Couples begin their journey together at weddings, people are honored and remembered at memorials, children play and learn in a safe environment and adults relax and gather. It is a place where families and friends create lasting memories.

The Garden is a 501(c)(3) nonprofit and is only able to provide conservation education programs and host events with community support. Please consider a year-end donation to support the programs and services we provide right here in your neighborhood.

To donate today, visit www.thegarden.org/donate

We look forward to seeing you in The Garden for another great year of celebrations, classes and workshops, water-wise gardening and fun community events!

BECOME A GARDEN MEMBER FOR GREAT BENEFITS

MEMBERSHIP AT THE GARDEN comes with a host of benefits including free classes, free admission to national and international botanical gardens plus discounts in The Garden's Water Drop Garden Shoppe, at partner nurseries and garden shops (see list below).

Choosing to automatically renew your membership or paying for your membership in monthly payments helps us better plan future exhibits, gardens and events for the community.

- Anderson's La Costa
- Barrels & Branches Nursery
- Cuyamaca College Dept. of Ornamental Horticulture Nursery
- El Plantio
- Gardens by the Sea
- Hunter's Nursery
- Kniffing's Discount Nursery
- The Madd Potter
- Mission Hills Nursery
- Rancho San Diego Nursery
- Rancho Valhalla Nursery

TO BECOME A MEMBER,
call 619-660-0614 x17
or visit www.TheGarden.org/member.