



At our in-person meetings we usually pass around a box to collect your spare change for our donations to the Penny Pines program, but we cannot pass that box at online meetings. Penny Pines is a program begun in 1941 to restore fire-devastated areas in Shasta-Trinity National Forest in northern California.

Since then, the number of participating groups and individuals has grown each year and our organization, the California Garden Clubs, Inc. adopted Penny Pines as a state project in 1957 (the same year Burbank-Valley Garden Club was founded) and it remains one of our major projects today.

Over the years more than 27 million seedlings have been planted, renewing 88,000 acres of national forest land in California, and this year the need is greater than ever before.

In southern California, contributions are used to prepare plantation sites, plant seedlings, maintain existing tree stands, and improve wildlife habitat or replant burnt or otherwise damaged forests in conjunction with federal funds. Seedlings are grown from local seeds and acorns and replanted near the areas where the seeds were collected to improve their chance of survival. Plantations are important for watershed protection, soil stabilization and shade for recreation areas. When we donate, we are able to specify that we want our donation to go to our nearby Angeles National Forest.

The national forests in California cover 20 million acres, or about 1/5 of the state. Stretching from the Mexican border to Oregon, they include a variety of terrain and vegetation types. These areas of great beauty and majestic stature are plagued by diverse problems, such as natural and man-caused fire, pests and disease, all of which have been heightened by the impacts of global warming. We now are experiencing vast depletion and destruction of the California's forests.

If you would like Burbank-Valley Garden Club to continue to support forestry services through the Penny Pines program this year, consider sending your check for any amount you might have contributed at club meetings this year. **Any amount is helpful.** Ingrid Nonnast, our treasurer, will keep track of your donations in the Penny Pines account and once forestry offices re-open (probably during the rainy season when fires have subsided), we will report back to you the number of Penny Pines Plantations our club can donate. Each Penny Pines plantation of 350 trees requires a \$68 donation. Make checks payable to Burbank-Valley Garden Club. Note on your check "Penny Pines" and mail it to Ingrid at 907 N. Clybourn Ave, Burbank 91505-2710.



HAPPY OCTOBER BIRTHDAYS!

- Oct 1 **Anna Torres**
- Oct 3 **Terry Davis**
- Oct 10 **Lois Russo**
- Oct 24 **D. Jean Collins**

"On Saturday afternoons when all the things are done in the house and there's no real work to be done, I play Bach and Chopin and turn it up real loudly and get a good bottle of chardonnay and sit out on my deck and look out at the garden."

—Maya Angelou

ABOUT OCTOBER'S SPEAKER



Ernesto Sandoval grew up with plants working with his father. His curiosity drove him from the garden to the University of California at Davis, where he earned a degree in Botany and became the Manager and Curator of the U.C. Davis Botanical Conservatory, a position he has held for many years.

Speaking with students and visitors at the Conservatory, Sandoval says, "I know that working with plants isn't for everyone and that in some ways animals and humans capture a lot of our attention. But the world would be a better place if more people cultivated plants." Most garden club members can agree with that!

REGISTER FOR OCTOBER'S MEETING:

Copy this link into your browser to Register (this link will also be emailed to members with email):

https://us02web.zoom.us/webinar/register/WN_b0YsymFxDKOKWogGrUKHQ

After registering, you will receive a Zoom email invitation containing a link and a passcode. On October 1st at 10:00 a.m. use that link and passcode to join the meeting.

We will spend the first hour and a half listening to the Presentation and a question and answer time. Afterwards, we will have a brief garden club meeting and a Door Prize drawing. See you October 1!

Burbank-Valley Garden Club
907 North Clybourn Ave
Burbank, CA 91505-2701



THE COVID CONUNDRUM by Anne White

Back in March we were all advised to stay in our homes due to the Covid 19 outbreak. My life as I knew it came to a screeching halt. I would have to stop volunteering, visiting in person with friends, and stop visits to the YMCA and Joslyn Center for a few exercise classes. I really never have liked exercise but I do understand the importance of it in my life, especially as I grow older. What would I do to keep busy? How would I spend my hours each day?

As we now approach the seventh month of the Stay At Home Order, sometimes I feel disconnected and bored. I watch too much meaningless TV and play too many Words With Friends games on my phone. Gradually I am making more of a commitment to do more exercise.

We are fortunate to have a very active senior center here in Burbank. They are offering several classes on Zoom that I used to attend in person before Covid. You don't have to be a member of the Joslyn Center to take advantage of the classes, and you do not need to be a Burbank resident. The best part is they are free! The classes are geared for seniors and you can do as much or as little as you choose. You can keep your camera turned off if you do not want to be seen by the other participants.

Here are some of the current offerings:

- | | |
|-----------------------------|-------------------------------|
| Chair Yoga | Senior Support Group |
| Strength and Balance | Guided Autobiography |
| Fall Prevention | Bingo |
| Coping with Covid 19 | Brain Booster (Trivia) |

They also offer Zoom coaching appointments over the phone to help you learn to use Zoom. You just need a computer and an internet connection at your home.

They are adding new classes periodically. Call the Joslyn Center at **(818) 238-5353** and request a list of current classes. Call to sign up for the class(es) you are interested in, and they will send you the Zoom ID and password for each class. It's easy, just sign into Zoom at the appropriate time. I hope to see you soon at some of the classes.

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NEED TO KNOW HOW TO ZOOM THE OCTOBER 1 MEETING?

Do you want to join your friends at online Burbank-Valley Garden Club meetings, but you're not feeling very internet savvy? If you have a computer with an internet connection, or if you have a "smart phone" that can receive images and music, then you have the equipment you need to attend this year's Garden Club meetings and Presentations. You do not need to download a special program to join in, just Pre-Register online, receive a Link to the meeting by email, Click on the Link when it's time for the meeting to begin, and, voila!, you are attending a ZOOM meeting. (This is how your Board has met since March.)

Still unsure you can do this? Make an appointment with members **Terry Davis, (818) 822-9232**, or **Charlene Allen, (818) 749-6934**. They have volunteered to come to you to check out your equipment and show you how to connect.

Make your appointment before the October 1st meeting.

OVER THE GARDEN WALL



BURBANK-VALLEY GARDEN CLUB

Member of the San Fernando Valley District, California Garden Clubs, Inc.,
Pacific Region Garden Clubs, Inc., and National Garden Clubs, Inc.
Newsletter Number 163 October 2020 Editor, Temporary: K. Itomura

October 1, 2020 ONLINE MEETING AGENDA

Garden Club Meetings are held on the internet the first Thursday of every month at 10:00 a.m. until further notice.

- 10:00 a.m. **Speaker:** Ernesto Sandoval, "Plant Hormones: Knowing & Managing Them for Better Results"
- 11:30 a.m. General Club Meeting
Door Prize—Random Selection
- 12:15 p.m. Meeting adjourns

PRESIDENT'S MESSAGE

Dear Members,

Our first online meeting was held September 3rd and we are happy to say that Yvonne Savio's talk went well, members passed the BVGC 2020-2021 Budget, and the Door Prize was won by Jerri Lamb. I delivered to her one of the Cymbidium orchids I have been caring for since we received a donation of several back in February. A lucky club member will win a Cymbidium at this month's meeting on October 1st, plus we will have extra door prizes created by Susan Law and Pat Heydon.

We all hope you will try to join us at our online meetings—if you have internet capability plus a computer or "smart" phone, then it is easy to go to a garden club meeting. If you have these things but just don't know how to get to our meetings yet, then give Terry Davis or Charlene Allen a call; they have helped a few members and would like to help you too! Also, please read Anne White's article in this newsletter. She writes about online services offered by City of Burbank including a service to help seniors access online meetings. Join in the fun with all your garden club friends!

The Board has begun planning a super online Holiday Party and are hoping you will not only attend but be an active participant. We have already lined up our Surprise Guest who is preparing a most entertaining video for your pleasure. Of course, a party needs food and beverages, games and prizes, so this may be where you come in! Do you have something special you make or do at the holidays? We are asking members to consider making a 1 to 5-minute presentation at the party, sharing your special Christmas bread or cookies, your Hanukah latkes, a Kwanzaa song or dance, the lights of Diwali—or your family's unique tradition. It may be something from your garden, how to make a gift for a child or a friend, or a prayer for the year. Consider sharing with us. Dress up, decorate, shine online with your garden friends at the December 3 Holiday Party!

This month's speaker was recommended to us by member Millie Eberhardt, who first heard Ernesto Sandoval speak at the Sherman Oaks Garden Club and thought he was one of the best speakers she'd ever heard at any garden club. Ernesto teaches at UC Davis and that has made it difficult for us to schedule him for a time when he was in Los Angeles. It is said that "it's an ill wind that blows no one any good" and our October meeting with Ernesto is an example of this; because of covid19 and our need to meet online, we can have speakers from anywhere in the state!

Please join us October 1st, and in the meantime stay safe and stay in the garden!



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Ready for a change? Let me help you!

MY PUMPKIN PATCH by Janet Jack

The carrots are gone. They were such fun and delicious but now it is time for Fall planting. While indulging in my favorite pastime, wandering the nursery aisles, I saw exactly the right plant. Of course I needed a pumpkin for Halloween. With the Pandemic and confinement, a jolly pumpkin would be just the thing.

I planted my new treasure and it took off like a shot. Huge leaves on a great vine that wrapped all around the outside of my raised planter box. Only one problem, no pumpkins appeared. There were female flowers and male flowers but no little baby pumpkins. I left them alone at night but no baby pumpkins appeared.

After many weeks of anxious waiting there appeared a tiny baby from the base of a female flower. Oh, the excitement - a pumpkin baby!



But what was happening here? The baby was growing but something was not right. This was not the cute Halloween pumpkin that it was advertised to be. This was a forest green pod. Was it an alien pod person? Was it somebody's idea of a trick?

The green pod grew rapidly. I placed the growing object on a brick to prevent the slugs from bothering it and watched. After many weeks and much consternation, an orange color was starting to break through.

Perhaps it is that happy pumpkin I dreamt about. I again checked the plant tag. This still was not the happy pumpkin face with triangle eyes and smiling mouth. I am a patient person and I'll just sit here in my garden enjoying the beauty and peace and quiet while waiting for the smile to emerge. After all, didn't this alien pod turn into a beautiful orange pumpkin? Surely a smile will be coming along soon.

RECYCLE FASHION, SAVE THE ENVIRONMENT

By D. Jean Collins, Beyond Recycling Committee

The average American throws out about 82 pounds of textile waste (clothing, shoes) per year. When this waste ends up in landfills, it releases toxic greenhouse gases into the atmosphere.

Hold up! Stop the waste! Do you know that 95% of textiles can be recycled? **Planet Aid**, an organization specializing in textile recycling, sustainability, and green development, reports that, "In 2013, the U.S. Environmental Protection Agency estimated that 2.3 million tons of textiles were recycled. The environmental impact was the same as taking 1.2 million cars off the road." Liz Warren, in *Source Journal*, lists a few other textile recycling programs:

Levi's. In partnership with global solutions provider I:CO, they accept clothing and shoes in any condition for 10% off the shopper's Levi purchase. Another Levi partnership is Cotton's Blue Jeans Go Green program. Bring them any brand of denim and receive 20% off any one Levi's item.

Madewell. Also in partnership with Blue Jeans Go Green, recycled denim is turned into insulation for housing projects. Any denim brand is accepted in exchange for \$20 off a new pair of Madewell jeans.

Reformation. Started an online program called RefRecycling.
H & M Group. Shoppers bring in any textile in any condition and get 15% off next in-store purchase. Textiles are sorted and reused or recycled by appropriate manufacturers.

Zara. Donated, used clothing is recycled and transformed into new fabric.

The North Face. Their "Clothes the Loop" program encourages shoppers to drop off unwanted clothing at North Face's stores in exchange for a \$10 certificate toward next purchase of \$100 or more.

Planet Aid and other clothing collection organizations sell clothing and shoes overseas as well. "We use the proceeds to fund sustainable development programs all over the world." Planet Aid offers one of my favorite tried-and-true remedies to decrease textile waste: "70% of the world wears secondhand clothing. Next time you want to go shopping, try checking out a secondhand thrift store. Not only does this help contribute to a more circular textile industry, but it also saves you money!"

Note: Thanks to BVGC member Grace Davis and two anonymous sources who provided the topic and data for this article.

IN MY GARDEN

By Charlene Gallagher

Halloween is almost here. It is my favorite holiday, for the history and the mystery of it. The preparation for it is only one day, making it unlike most other holidays. I sit in my driveway dressed as a witch, hat and all, and usually with a couple of other witches. We pass out candy and chat with the kids and grownups. Grownups also like treats so I never let them go empty-handed. I love all the costumed devils, ballet dancers, and ghosts, both kids and their parents. I have met all my neighbors in a 10-block area and little do the costumed clad ones know, but I had more fun than they did!

The celebration of Halloween is an ancient Celtic festival called Shamhain, pronounced (sow-in). Celts lived 2,000 years ago in areas of Ireland, United Kingdom, and northern France. They celebrated from October 31 until November 1st. It marked the end of summer and the start of the dark, cold winter associated with death. October 31st was believed to be the day when ghosts of the dead returned.

The witches of Halloween were actually similar to today's homeopathic healers, women with herbal knowledge for healing. They attended both to queens and to the poor. They shared knowledge with other healers and were not recognized by higher medical authorities. Many were persecuted.

The herbs they used still exist and here are a few of the many we still use today for healing powers. Many are common garden favorites, including the following:

- **BASIL**—an antioxidant, it can reduce stress, boost immunity, improve digestion. Basil contains vitamin K, iron, manganese. Spaghetti, anyone?
- **LAVENDER**—use in a diffuser to scent the air; make it into an oil for topical applications; brew the flowers for tea. Lavendar aids sleep, relieves pain, eases tension.
- **MARIGOLD**—soothes skin, has strong antibacterial, antiseptic properties. It has been used to treat ear pain and can be made into a tea.

Our gardens are nurturing, giving us food, beauty, and a medicine cabinet. Treat yourself to a Halloween goodie: buy a basil, lavender, sage, rosemary, and/or thyme plants—and get a little exercise planting your new Healing Herb Garden!