

VOL. 17



# Laguna Beach Garden Club Weeder's Digest



Responsible Gardening in a Changing World

May 2023

MEMBER NEWS

*In the spring, I have counted 136 different kinds of weather inside of 24 hours.*

*-Mark Twain*

## A NOTE FROM THE EDITOR • DALYNN MALEK

I gaze at hummingbirds with true admiration. They seem to stop, suspended in mid-air to sip up some tasty nectar from a flower in my garden. Their wings are beating so fast they make a sound that is distinct to only them. They might be the ADD of birds, but they are wildly entertaining! They are currently making their migration across the US and you could help them out by planting a few of their favorite flowers. The attached article is shamelessly “borrowed” from *Garden Design* and it lists several types of flowers

hungry Hummers would like you to have in your garden.

Happy planting,  
Dalynn



[https://www.gardendesign.com/flowers/hummingbirds.html?utm\\_source=article-newsletter&utm\\_medium=email&utm\\_campaign=Hummingbird-Flowers-4-27-23](https://www.gardendesign.com/flowers/hummingbirds.html?utm_source=article-newsletter&utm_medium=email&utm_campaign=Hummingbird-Flowers-4-27-23)

COME JOIN IN  
THE FUN

## Inside This Issue

### Gate & Garden Tour May 6

#### A sold out success!

By the time you read this, our 2023 tour will be in the books. Check out photos of our wonderful event on page 4 and soon more will be posted on our website

[LagunaBeachGardenClub.org](http://LagunaBeachGardenClub.org)

### General Meeting May 12

#### Kelly Griffin

#### Succulents Around the World



Laguna Presbyterian Church

- 9:30 am social — treats will be served
- 10:00 am meeting (see page 3).



President's Message

# Bursting With Abundance

In the middle of March we left for France. It was cold when we landed in Paris. But on the 3 hour drive to my house in Burgundy, all the signs of incipient spring were there: ribbons of green in the plowed fields and trees shimmering on the edge of leafing out. Each day we were there, more and more green appeared and by the time we left, there was no doubt: winter was over!



Our next stop was Corfu where we stayed in an apartment in the old town, on the 6th floor. No elevator and 96 steps to climb multiple times a day. My fitness level improved considerably! As for the sunny Greek isles? Not so

much: our first night Zeus had it in for us with a crashing thunderstorm, bolts of lightning and bucketing rain, but it did get better. We were there for Greek Orthodox Easter week, the highlight of which is on Saturday morning. At the last stroke of eleven, everyone hurls scarlet clay pots from their windows and balconies. It was truly a sight to behold, and some of the pots were at least four feet tall and filled with water.

We finally returned to Laguna after a truly wonderful trip and found that my garden had burst into bloom and the abundance extended to weeds, so I quite literally returned to earth and have been weeding ever since.

This Saturday is our annual Gate & Garden Tour. As always, the gardens are lovely, so come and see them, have a Margarita and celebrate! See you there!

-Janet Chance  
(Article was submitted before the tour)



Thanks in advance to everyone bringing egg cartons to the May 12 meeting!

Unfortunately I won't be there but Janet Chance has kindly offered to load up her car and deliver them to the Laguna Beach Food Pantry.

Since we don't meet over the summer, I don't have an easy way to collect them. If you have space feel free to stockpile them and bring to the Sept 8 2023 meeting. I might have to rent a truck to haul them all, and that's ok with me!!

See you all on Sept 8, you won't want to miss Krystle Hickman, our speaker. If you like Instagram you can find her @beesip. She's going to be fabulous!

-Jane Leary



## Kelly Griffin

### *Succulents Around the World*

**K**elly Griffin travels the world looking for weirdos. He visits remote and exotic locations looking for plants with spots or bumps or strips or funny thorns and (legally) takes home samples to use in his lab to hybridize new succulents. He will be bringing some of his newest creations to the meeting **May 12** for us to drool over and buy.

Griffin is a succulent plant hybridizer, propagator, and avid plant explorer whose interest in plants, in particular succulents, started at a young age. He has traveled the world and visited more than 20 countries in search of spectacular succulents. Five trips to Madagascar, five trips to South Africa, and more than 25 trips to Mexico have

yielded tissue samples that he uses to create hybrids. Kelly is responsible for over 100 succulent hybrids, including Aloes, Agaves, and Echeverias. He is particularly well-known for his Aloe hybrids which are 30 years in the making – Pink Blush, Delta Lights, Christmas Sleigh, to name a few. And for his Agave hybrids such as – Blue Glow, Snow Glow, Cubic, Dragon Toes, Spawn, Black and Blue and Crème Brûlée. Griffin is also responsible for obtaining and propagating seeds from many interesting species now in cultivation. For the past 10 years he has been working for Altman's Plants in Vista as their Succulent Plant Development Manager.



Kelly returns to the Laguna Beach Garden Club to speak at our general meeting on *Succulents Around the World*. He travels the world to find, hybridize and introduce new succulents. He has introduced hundreds of new hybrid succulents to the plant world, which he created in his living laboratory in Carlsbad.

He now works for Altman's Plants in Vista as their Succulent Plant Development Manager.

Kelly has been a member of the *San Diego Cactus and Succulent Society* since 1992, serving on their Board for many years, including as President and Vice President.



Susan Denton & Karen Nelson - Queen Bees Of The Tour

## 2023 Gate & Garden Tour

*LBGC's Major Fundraiser, AKA Bee Part of the Hive*

**T**he Laguna Beach County Water District was buzzing with the work of the most incredible hive I've ever been honored to work with in my life! Our club turned out a tour that was highly anticipated, created much excitement, and brought together so many different people from not only Laguna Beach but all over Southern California! Our club showed what can be accomplished when the common purpose is to help other people and not have one's self in mind. That is truly what is at the heart of this club and is its mission. We have earned the mantle given to us by the City Council years ago, as the "hardest working service club in town". The tour created joy from the minute we saw the tour goers entering the venue with their incredible garden party hats. To see all the gorgeous hats people were

wearing, while they were perusing the plein air painter exhibit in the water district courtyard was like watching a living impressionist painting!

The gardens were so very special this year! Susan and Nancy curated a really unique set of gardens that each had its own distinct style and all were glorious. The tour is always a wonderful, joyous event. Everyone is searching for inspiration: the gorgeous bloom, the creative solution, the perfect new plant "find". But if you look

very closely, you realize that to see a garden is to see the very heart of its creator.

And you see that it's not size or money or horticultural prowess that makes these wonderful gardens special- it's the message shared by the heart.

-Karen Nelson & Susan Denton



Members of the "Hive" buzzing around to make the Tour a success. New this year was the Decorated Hat Contest chaired by new member **Kate Guerra-Hershey**. Monday before the Tour, an intrepid crew of members labeled plant by writing on rocks, in a morning drizzle. **Jane Leary** was the Cookie Queen, collecting over 900 cookies. A group of tour goers enjoying the roses in garden #7. Check-in went smoothly with Mary Koebler & Diane Lannon at one of the tables. Tour goers enjoying Susan Denton's beautiful garden. Another group enjoying the beautiful lavender in one of the gardens.



Photos by Perry Stampfel & Dalynn Malek

Thirteen members of the Southern California Plein Air Painters Association added the artistic touch to the tour by painting in the gardens. They also displayed their previously completed work at the Water District so that Tour Goers would have the opportunity to take home a souvenir of the day.



## Gate & Garden Tour Raffle

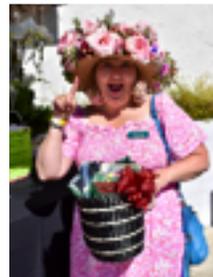
**W**hat a fantastic Tour, held May 6, and the Raffle was super fun and successful. Now it's my turn to boast; to congratulate all the raffle winners; to thank all those who purchased chances to win one of the prizes, those who donated items to ensure the success of the raffle, and thank all who helped me organize, set up, and sell tickets. To name a few: **JoAnn DeYonker, Blair Contratto, Jane Leary, Pam Bisson** spent hours before the event began setting up to make it all look wonderful, plus JoAnn & Pam sold tickets. **Alison Jax & Alyson Elias Calles** (my daughter and her friend) spent the day handling Credit Card sales; along with **Brian & Mary Jones and Patty Gaffney** who handled the other Credit Card sales booth, selling lots of raffle tickets also. While **Judy Flanders, Cheryl Czyz, Norman Powell, and I** sold tickets.

The raffle included 24 bundles of incredible items by local artists, restaurants, businesses, and our own garden club members. With particular appreciation to Dana Point Nursery for their generous donation; Dana Point Nursery has been a long, long time supporter of the Gate & Garden Tour. Brooke Cuevas, owner, curated the beautiful orchid arrangement \$500 and donated a \$1000 gift card to the nursery. Tickets were \$50 each or 3 for \$100. What a "Special" offering it was. This year's winner was **Krisanna Barbernell**.

Kristi Johnson	#1 Ceramic Mosaic Wall Hanging: Jesse Bartels	= \$500
Judy Flanders	#2 Ribboned Wreath: Elaine Davis	= \$125
Cheryl Czyz	#3 1 Ticket for 2024 G&GT, Garden Club Hat, Aprons, Notecards: LBGCC	= \$225
Tina Blackburn	#4 Metal Cactus Garden Art [Laguna Iguana] +Scentsy	= \$260
Liz Bear	#5 Total Wine & More Private Wine Class for 20	= \$500
Ruth Stafford	#6 Mosaic Ceramic Planter: Marlo Bartels	= \$750
Mariann Keenan	#7 Laser-Engraved 24K Gold-Leaf Bee on Wood Panel: Matt Willey	= \$300
Cheryl Czyz	#8 "Pelargonium" (Watercolor) Framed: Dalynn Malek	= \$300
Maria Johnson	#9 "Bird of Paradise" (Acrylic) Framed: Sandy Newton	= \$300
Bonnie Keller	#10 Paper Collage w/ Pearls [Framed]: Barbara Hendricks	= \$285
Judy Flanders	#11 8 Carat Topaz Sterling Silver Pendant: Gem Mountain Studios	= \$250
Patty Rutland	#12 Exotic Spa Package (12 spa items, vintage acrylic shell) Mae Ho	= \$150
Teri Shulist	#13 Outdoor Mat, Coffee, & Mug; Bath Products; 2 Gift Cards From: Coast Hardware; Bushard's; Tuvalu; Laguna Coast Pottery	= \$280
Synthia Scofield	#14 Silver Bracelet: Rock Martin Jewelry	= \$300
Kristi Johnson	#15 Ceramic Planter: Tentacle Arts	= \$750
Nurit Kotick	#16 Beach Package- Beach Bag & Visor & 2 Gift Cards From: Fawn Memories; Fresh Produce Clothing; Hobie's Surf Shop	= \$220
Kathi Tabrizi	#17 Handcrafted Wood Bowls; \$100 Gift Card Laguna Coast Pottery	= \$200
Lisa Kaminsky	#18 3-Course for 2 at Splashes at Surf & Sand Resort	= \$300
Joy Vansell	#19 Laguna Restaurants: Alessa's & Starfish Laguna	= \$200
Carol Moss	#20 Harvest at the Ranch (Dinner for 4) +Private Kitchen Garden Tour	= \$300
B. Cosgrove	#21 Laguna Restaurants: From: Roux Creole Cuisine, Lumberyard; Greeter's Corner; C'est La Vie	= \$175
Diana Assmus	#22 Laguna Restaurants: The Cliff; Nirvana Grille; Zinc Café	= \$200
Kathi Tabrizi	#23 "Morning Mist" – Award Winner [print 66/500] by David Kizziar	= \$225
Kathy Godbout	#24 Succulent Wreath, Hand-glazed Ceramic Vases, Gift Card From: Jeanne Yale; Thomas Cloutier; Laguna Coast Pottery	= \$260

You might have noticed several people were multiple winners. Perhaps some of us could entice them to purchase tickets for us in the future.

Lynn Jax, Raffle Administrator



## Earth Day - Suzee Ramirez Paying It Forward

**E**ight members of the Garden Club led crafts at the **Earth Day** event at Roots Academy, a charter school in Laguna Niguel. Upon arrival we walked through a lovely new garden of natives with a dry stream and stepping stones. Later I learned the garden was designed by Suzee Ramirez of Urban Ecology Studio. **If the name sounds familiar, she was a student at Saddleback when we awarded her a scholarship in 2020 which she used to buy a new laptop.**

She went back to school in 2018 to take permaculture and urban farming courses. She had been volunteering at the Ecology Center and really enjoyed it and wanted to learn more about the field. During her first semester at Saddleback she met a lot of great people of all ages and cultures -- and wanted to continue her studies. Her professors and fellow students were very encouraging - and her background in graphic design was a great boost. She went on to obtain certificates in Sustainable Landscape Design (2021) and Sustainable Horticulture (2022).

Suzee met two other women (Dana Martin & Farah Saquib) who were interested in making a career out of their studies and had the same ecological philosophy about landscape design possibilities. They decided to form a business after working on a few projects together. At first, they were doing only design and consultation. Suzee got her contractor's license in the beginning of '22 and they made the leap into building their projects.

**Suzee is currently working towards the Environmental Restoration Certificate at Saddleback.** Suzee's driving passion is the natural - more untouched - world. She would love to continue to explore how residential and other urban settings can bring in more elements of the natural world to create habitat corridors for wildlife. I'm so proud our club gave a little support to a woman who is now doing so much to support the planet.

**O**n Saturday, April 22, eight Garden Club members spent an afternoon at the Community Root Academy in Laguna Niguel, lending our support for this event on a very warm afternoon. Our booth offered free seed packets of so many varieties, had rock painting for everyone and many little ones had fun, gave advice on planting, discussed the benefits of joining the Laguna Beach Garden Club, and promoted the upcoming *Gate & Garden Tour*. The event was very well-attended; my estimate was near 400+ attendees (parents and lots of children).



Continued on next page

There were so many things to do: two food trucks, frozen yogurt, many booths selling earth-friendly items, a silent auction, a guest speaker, musical performances by students, a teacher band who rocked it, and garden plots to visit. And as a bonus, one of our members, Jackie Knauer, both her grandchildren attend the school.

A huge thank you to **Nancy Englund, Trudy Josephson, Helga Yailen, Wendy Caufield, Mary Sanchez, Sue Goldberger, & Faye Jacobs**, for their time and spirit of volunteerism. And a special note of gratitude to **Jeff Knauer** for delivering the heavy items 2 hours before the event started, so that all of us didn't have to show up early.

Submitted by: Lynn Jax



**LBGC Board Members 2023-2024** Top row left to right: Kari Nies- Website, Mariann Keenan- Past President, Gay Redcay- Recording Secretary, Susan Denton- Co-Gate & Garden Tour, Mary Jones- Financial Secretary, Lynn Jax- Membership, John Holcombe- Co-Treasurer, Brian Jones- Financial Treasurer, Jeff Whittiker- Co-Treasurer. Front row left to right: Nancy Englund- Co-Vice President, Jane Leary- President, Karen Nelson- Co-Gate & Garden Tour & Publicity, Diane Groh- Ways & Means. Not pictured- Blair Contratto- Co-Vice President

# School Gardens Growing a Healthy Future

As gardeners we all know how much joy our gardens bring us! We share this joy with our Laguna Beach school children through funding the gardens at El Morro, TOW and Thurston.

At the March 4 Patriots Day Parade I witnessed this joy first hand in the smiling face of **Noa, granddaughter of our very own ElizaBeth Chapel.** Noa attends El Morro and shared with me how much fun she has in the El Morro garden, especially harvesting carrots. They each look different, some have perfect carrot shapes like you see at the market and many look “kinda funny”. A bit like people, each one different but special! As Noa said “no matter how they look, they all taste delicious!” The smile on her face brought a smile to mine.

In the 2022-2023 school year our Garden Club helped fund many worthwhile school projects.

**Thurston Middle School** was able to install a new greenhouse, demolish rotten raised beds, add greenhouse tables and purchase soil and seedlings.



**El Morro** expanded their seating area to fit an entire class, planted blueberry bushes in beautiful wood barrels, planted artichokes and strawberries and add 6 new California Natives.

**Top of the World** hosted a Garden Open House Night enjoying the garden's produce and a light dinner with 400 attendees! Eight new shade umbrellas and 12 new child-sized metal rakes were purchased. They added new ground cover under blackberry terrace, a new apricot tree and had fun with lunchtime garden crafts.

Thank you to **Kelly Osborne** for being our liaison to these gardens and for leading their team!

We're funding them again for the 2023-2024 school season. I can't wait to see what fantastic things they accomplish, bringing joy and well-being to our community!



April 2023  
Dear Laguna Beach  
Garden Executive Board,

Thank you so much  
for your continued  
support of our school.  
Your donation helped  
make our gardens and  
programs so beautiful!  
& educational for school  
year! Kelly & team

PS. you can see lots  
of pictures on Instagram.  
@lbschoolgardens

## 2022-2023 Recognition Award Winners

Thank you to all members who wrote award nominations to recognize fellow garden club members. That is what these awards are all about. There were 30 nominations. Listed below are the club members being recognized this year. Please join me in thanking them for their service to our club.

### Club Member of the Year:

**ElizaBeth Chapel:** ElizaBeth has been Special Administrator of Hospitality for years. She and her partner, Lynn Pries, put together a beautiful table of refreshments every month, month in and month out for all of us to enjoy. ElizaBeth informs the board when it appears there may not be enough goodies so that more can be provided. She reminds all who volunteer before the meeting, and if no one signed up for a centerpiece, she forages from her own lovely garden. Thank you ElizaBeth.

**Kari Nies:** Kari has been Website Director for several years. She has worked tirelessly to keep our website current with photos and events. Recently, our club was threatened with a lawsuit claiming that our website did not meet ADA requirements. Kari researched ADA requirements, met with our site administrator, and did much of the work herself to bring our site to compliance. No damages were paid. We appreciate your service, Kari.

**Karen Nelson:** Karen holds two board positions and fills them both with total effectiveness. She works with Susan Denton to Direct the Gate & Garden Tour. Plus, Karen is our Director of Media and Publicity. As such, she has gotten us great coverage in the *LA Times*, the Auto Club's *WestWays Magazine*, *Orange County Register*. She has worked with other members to build an advertising program on social media to increase ticket sales and is a super star in every way. We appreciate you, Karen.

**Pam Bisson:** Pam has been our Special Administrator as Meeting Set-Up Assistant for 10 years. She drives from Ladera Ranch to arrive at 8:30 for every general meeting to make Tankersley Hall look beautiful for when all the members arrive by placing tablecloths & signs on tables and mounting the "blackout" coverings on the 8 windows of the French doors. Then when the meeting has finished, she takes it all down again. We appreciate your efforts, Pam.

### Gardener of the Year

**Ingrid Cebula:** Ingrid made everyone smile during her informative presentation at the February meeting. She is a Master Gardener, works at Sherman Gardens and is a treasured member at our club. Thank you, Ingrid.

### Garden of the Year

**Brian Jones:** Brian has created a beautiful blend of trees, flowers, fruits, vegetables and succulents in a wonderland of a backyard. It is a delight to visit and stroll around. Of course, Mary is a participant here too and let us not forget Walter, their friendly adorable dog.

Rookies of the Year:

**Kate Guerra-Hershey:** Kate is a fun and interested new member. She eagerly volunteered at the New Member Luncheon when the idea of the hat contest idea for the Gate & Garden Tour was presented. She jumped right in to run the contest. Way to go, Kate.

**Blair Contratto:** Blair became interested in the Gate & Garden Tour quickly and volunteered to be Site Manager her first year in. She's knocking it out of the park. Thank you.

**Vicky Adams-Cuccia:** Vicky took over management of the bar at the *Gate & Garden Tour* in her first year of membership. This is no small task and Vicky put her hand up to take it on.

Thank you to all those recognized. Your efforts and you are very much appreciated.

-Mariann Keenan

Hi Dalynn,

We so enjoyed the tips from **Mary Hurlbut** at April's Garden Club Meeting.

I just had to share this pic!! "For the love of the hive", I was so thrilled to use her tips to capture this picture using the stability and composition tips she taught.

If you saw my crappy pictures before her lecture, you'd really understand, lol. I just couldn't believe how tips on composition and stabilization made such a difference, and boy oh boy, did I get lucky on that bee shot!!

Enjoy this magnificent day!

LBGC Member,  
Linda Richardson



# Membership Renewal

As our last meeting for the 2022-2023 Garden Club year fast approaches on Friday, May 12, for those of you who have not as renewed yet for the 2023-2024 Garden Club year, NOW is the time to do so.

So far **50%** of you have renewed, which makes me very happy. Thank You! Now for the rest of you, if you want to have your name in next year's Membership Book (but of course you do!), take the time now to finalize the application form.

You have several methods to choose from to renew – all for your convenience.

1. **Download** the attached form - it's fillable. Just fill out the bottom portion, print it, then sign it.

Use cash or write a check for **\$65** - Payable to: **Laguna Beach Garden Club, INC.**

- Bring it to the May 12 meeting – no waiting in line.

- Mail directly to me at: 456 Cress Street, Laguna Beach, CA 92651 [no CASH – PLEASE]

- Mail to the P.O. Box 362, Laguna Beach, CA 92652 [no CASH – PLEASE]

2. **Website** - 3 easy methods: Use your Credit Card – 3 easy methods.

Click in the upper right corner under MEMBERSHIP – then RENEW. It brings to “Renew & Enjoy!”

- **Check or Cash:** Go to our website: [www.LagunaBeachGardenClub.org](http://www.LagunaBeachGardenClub.org) – download the form & follow above instructions. Bring to meeting or mail it.

- Use **Credit Card:** Fill out the information asked of you & a form will be generated & sent to me having all the information completed.

- Use **Credit Card:** Use the QR code on the attachment below the membership form, and it will bring you directly to the website to use your credit card. Easy Peasy.

Join  
Laguna Beach Garden Club or  
Renew your Membership!  
Scan QR code and pay online



Thank you for supporting Laguna Beach Garden Club,  
a 501(c)3 non-profit organization. Tax ID # 23-7297058



# LAGUNA BEACH GARDEN CLUB, INC.

## 2023-2024 MEMBERSHIP FORM

- Returning       Lifetime  
 New       Rejoining \_\_\_\_\_ Year Joined

- 🌱 Complete this form and attach a check for **\$65**, made payable to Laguna Beach Garden Club, Inc. **Mail to: Laguna Beach Garden Club, Inc. ~ P.O. Box 362 ~ Laguna Beach, CA 92652**
- 🌱 Membership can be obtained on our website for \$70: [LagunaBeachGardenClub.org](http://LagunaBeachGardenClub.org)
- 🌱 Please consider making a tax-deductible donation in addition to membership dues. Donations of \$25 or more will be recognized on the **Wall of Fame** in our newsletter, membership book and website. Donations can offset some of our expenses or can be earmarked for community projects, scholarships, school gardens, etc.
- 🌱 All donations are tax deductible and much appreciated.

**You do not need to fill out your personal information unless it has changed**  
**PLEASE PRINT NEATLY!**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

### **This Area **MUST** be filled out completely**

NAME \_\_\_\_\_ DATE \_\_\_\_\_

Your application is considered a photo release, giving Laguna Beach Garden Club, Inc. permission to use any photos taken at club functions.

Signature \_\_\_\_\_

Total amount Paid \_\_\_\_\_ Dues \_\_\_\_\_ Donation \_\_\_\_\_

Cash \_\_\_\_\_ Check \_\_\_\_\_ Check # \_\_\_\_\_ Credit Card \_\_\_\_\_

I can help LBGCC with: \_\_\_\_\_

# Our Members Continue Growing & Giving

## Volunteer of the Month

Our giving member of the month in April was **JoAnn De Yonker**. Always willing to help out where ever she is needed, JoAnn has been a member since 2013. She has volunteered at the Gate & Garden Tour in various capacities and is an excellent Raffle Ticket seller!



## Name Tag Wearer

**Barbara Grimes** was “caught” proudly wearing her LBGC name tags at the April meeting. Barbara has been a member since 2018. Barbara enjoys the Green Thumb activities and exclaimed that her succulent wreath is still alive! She also enjoyed the Trips & Tours excursion to Sherman Gardens.



## Scientists: Why gardening is so therapeutic?

**It's safe to say our growing interest in gardening isn't going anywhere!**

That's according to a new National Gardening Survey, which found that more than 20 million *novice* gardeners picked up a trowel for the first time last year! And surprisingly, most of them were *men under age 35*! So, what's the biggest gardening trend this year?

Growing food crops and other edible plants are the top priority. And today's younger gardeners plan to stick with the hobby for years to come. The reason?

- First, younger adults are putting off having kids longer than ANY previous generation. And for those who feel the urge to “nurture” something, plants offer a perfect fit.
- Plus, many home gardeners describe their plants as a “form of therapy.” Because the daily routine of watering and weeding forces us to slow down, and be “in the moment,” which is proven to lower stress and boost our mood. - Submitted by Marie Wake



PO Box 362, Laguna Beach, CA 92652

[www.LagunaBeachGardenClub.org](http://www.LagunaBeachGardenClub.org)

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