



Arizona Blooms

News from Scottsdale Garden Club

Member of Arizona Federation of Garden Clubs

Pacific Region Garden Clubs

National Garden Clubs

April 2026

Vol 4, No 7

President's Corner | Jeanne Isbell



Hello Garden Club Members,

Thank you all for your participation and support for our Garden Tour and Happy Hour Fundraiser.

I am going to discuss a topic I find of interest and it does include gardening.

WHAT ARE BLUE ZONES?

Blue Zones are regions of the world where people tend to live longer and healthier lives often reaching 90 – 100 at unusually high rates.

The original identified Blue Zones are: Okinawa, Japan; Sardinia, Italy; Nicoya Peninsula, Costa Rica; Icaria, Greece; and Loma Linda, California, USA.

WHAT MAKES BLUE ZONES UNIQUE?

Natural Movement – People stay active through daily life by walking, gardening, and chores - not intense gym workouts.

Purpose – Why do you wake up in the morning? Knowing your sense of purpose is worth up to seven years of extra life expectancy.

Stress Reduction – Stress leads to chronic inflammation, associated with every major

For
the April 13th, Meeting
Deadline to Sign up or Cancel is:

Wednesday, April 8th, 2026, by Noon
RSVP via Email or Text:
susansalembier14@gmail.com
or 602-743-9133

If you have pre-paid, you must cancel or
your account will be charged.

Pay by Check, Cash or Zelle
(sgcTreasurer100@gmail com)

\$39 per lunch incl tax & tip

age-related disease. The world's longest-lived people have routines that shed stress (naps, prayer, social time) and help lower chronic stress.

80% Rule - Stop eating before completely full.

Mostly Plant-Based Diet - Lots of vegetables, beans, whole grains, and healthy fats; meat is eaten sparingly.

Wine @ 5 - Moderate drinkers outlive non-drinkers, especially if they share those drinks with friends.

Strong Social Connections - Close relationships with family, friends, and community are a major factor.

Loved Ones First - Centenarians put their families first. They keep aging parents and grandparents nearby, commit to a life partner and invest in their children.

Belong - Attending faith-based services four times per month, no matter the denomination, adds up to 14 years of life expectancy.

Healthy Environment - Surroundings make health choices easier (walkable areas, access to fresh food, low pollution).

WHY IT MATTERS

Blue Zones show that longevity isn't just genetics - lifestyle and environment play a huge role. These insights are now used in public health programs to help people live longer, healthier lives.

Through the generous funding of Honor Health, The Cigna Group and Goodwill, Blue Zones Project Scottsdale aims for Scottsdale to become a Blue Zones Community. Check out their programs to help us "live better, longer" at bluezonesprojectscottsdale.com

I hope you found this topic interesting too.

(Information from ChatGPT and BZPScottsdale web site.)

Fondly, Jeanne

Thought for the Day

"The ultimate test of man's conscience may be his willingness to sacrifice something today for future generations whose words of thanks, he will not hear."

Gaylord Nelson,
Founder of Earth Day

April Program Preview |

DeAnna Twigg



Captivating Chinese Gardens

Landscape designer and SGC member **Sharon Davis** will explore the allure of Chinese gardens and their design techniques that have become the standard for gardens throughout the world.



The program will be followed by a Design Moment by **Rea Heesch**.

Tablescapes will be contributed by **Sharon Davis** and **Chris Morgan**.

Dates to Remember

April 21, 2026

Earth Day Plant/Seed Swap
Scottsdale Arabian Library, 4:00-5:30pm
10215 E McDowell Ranch Road, Scottsdale

April 23, 2026

AFGC Annual Meeting
Valley Garden Center
1809 N 15th Avenue, Phoenix, AZ 85007

April 24, 2026

Arbor Day Tree Planting, 9:00am
Eldorado Park
2311 N Miller Rd, Scottsdale



May 4-6, 2026
NGC Convention
St Louis, MO
Click [here](#) to register!

April Birthday

Best Wishes to:



Jeanne Isbell

April 29

Earth Day 2026

Celebrate Earth Day at the Scottsdale Arabian Library!

Bring your labeled seeds/plant cuttings/potted plants for trading. Or, explore the seed library.

There will be opportunities to start seeds in biodegradable planters, make guerrilla gardening seed bombs, and construct a worm hotel. It's free and fun for all ages! Scottsdale Garden Club member **Linda Eggink** will be conducting some of the activities.

The Arabian Library Branch is located at 10215 E McDowell Ranch Road, Scottsdale, AZ. The events will be from 4:00pm – 5:30pm.

Mystery Plant – Can you Help? | Sherry Baer

Almost four years ago, shortly after moving into our current home, I found a small cactus “arm” lying in the corner of our yard. I’ve no idea how it got there.

It was only about 1¼ inches long and ½ to ¾ inches wide. I retrieved it and planted in a small container several days later.

Today, the original is 2 inches high and has sprouted several “arms” of its own, bringing its total height to about 5 inches.



In September I repotted this treasure and, while doing so, accidentally broke off one of its “arms”. I’ve now potted up that “arm” and it appears to have grown a bit to ¾ inches.



My collection of succulents is growing!

Does anyone know what type of cactus this is?

Stinknet – “An Unflattering Name for a Showy Flower”

A recent article in the *Arizona Republic* (March 13, 2026) listed five of the worst invasive species that are menacing Arizona – stinknet was one of them!





Maricopa County is especially affected by this fast-spreading African native. The *Republic* compared the view along parts of

Route 10 as “evoking the scene of a golden meadow where Julie Andrews sang the opener of The Sound of Music”.

This prolific seeder smothers native plants with its sheer numbers and increases the spread of wildfires as it dies back each summer. It is especially difficult to remove; when burned, the oils it contains can irritate our airways. If you find it in your garden, pull it out carefully, as it can cause an allergic reaction on your skin.

Meeting Minutes | Joan Yagoda

McCormick Ranch Golf Club
March 2, 2026



Meeting was called to order at noon by President **Jeanne Isbell**. She introduced 6 guests.

There were 4 March birthdays – **Jen Donovan, Jamie Dick, Sharon Davis and Anne Lyons. Diane Davis and Helen Griller** crafted festive St. Patrick’s Day centerpieces. An Irish Invocation was given by **Helen Griller**.

The program, Regenerative Gardening and Seeds, was given by **Susan Stoltz** (retiredgardener.com), a University of AZ Certified Master Gardener. She discussed how

she acclimates plants, through their seeds, to the desert climate. She informed us that (shockingly!) the USDA now allows 70 different chemicals to be used on organic foods. Also, the spray that grocery stores use on the vegetable displays contains chemicals. Bogs, wetlands that accumulate peat, are important. It was an interesting and informative presentation.

Two types of milkweed were shown by **Judy Shelton** in the Horticulture Moment. She shared seeds for both the tropical and desert variety.

Minutes of the February meeting were approved as presented.

Treasurer’s Report given by **Susan Salembier**: February balance in Checking account is \$4439.15 and Savings account is \$879.17. Report approved as presented. Susan has contacted the city about Arbor Day and awaits a reply.

Old Business: **Jeanne Isbell** discussed our upcoming March 15th fundraiser Garden Tour and Happy Hour. Those helping to set up should arrive at 2:30PM. Tickets are \$25 a person and one ticket is needed to attend either or both events. Members were reminded that our By - Laws state that our members are required to contribute whether or not they attend.

Members were reminded of the AFGC President’s Challenge Wall, available on azgardenclubs.com. Our club can receive a



cash award if enough members complete it by April 1st.

New Business: Our President told of our search for a new location for our monthly meetings. We have contacted four churches, two golf clubs, community centers and the Scottsdale city facilities which include parks, libraries and senior centers. We are looking for a location within easy access to the 101. Members were asked if they knew of a location to please tell a board member. A report on our search will be given at the April meeting, with open discussion. Voting on the new location will take place at our May meeting.

Meeting was adjourned 2:35PM.

Dates to remember:

March 14-15th - Tucson Garden Club Small Standard Flower Show

March 15th - SGC Garden Tour / Happy Hour

March 21-22nd - Standard Flower Show

Sponsored by Desert Designers and Gold Canyon Clubs at Boyce Thompson Arboretum

April 27th - AFGC Annual Meeting, Valley Garden Center, 1809 N 15th Ave, Phoenix



Treasurer's Report |

Susan Salembier



STARTING BALANCES

(02/01/26)

Checking/Savings \$4,329.15/ \$879.16

INCOME

Plant A Tree 39.00

Sale - Samuels' Supplies 85.00

Garden Tour & HH 400.00

Centerpieces 40.00

TOTAL INCOME 564.00 / 0.01

EXPENSES

Donation - AFGC Scholarship

Fund 25.00

TOTAL EXPENSES 25.00

ENDING BALANCES (02/28/2026)

Checking/Savings \$4,439.15/ \$879.17

LUNCH RECONCILIATION

Prepays as of 01/31 \$855.00

Lunch Income in Feb. +936.00

Samuels Pd to Plant -195.00

A Tree

Paid to Golf Club - 1170.00

Prepays as of 02/28 \$426.00



Gallery | *Photographs Contributed by Jamie Dick, Sherry Baer, Jeanne Isbell*

Spring Fundraiser – Garden Tour & Happy Hour



**Judy Shelton, left, with Aurien Preiss
Judy hosted the Garden Tour**



**Board Members Jeanne Isbell, Susan Salembier,
and Joan Yagoda**



Jeanne’s Daughters Helped Out



**Aurien Preiss with her sister, Penney,
handled the Drinks Table**





**Jenn Moreland won one of the Baskets!
With Kim Rosenlof**

**AFGC President Jenn Moreland
and her husband**



Scenes from Judy's Garden

