

**RAMONA GARDEN CLUB MARCH 2020  
COVID NEWSLETTER**

**President's Message:**

**March, 2021, Greetings, Dear Garden Club Members!**

**With joy and gratitude I want to thank ALL OF YOU, for continuing on, during ever present pandemic restrictions, as we remotely move forward, building community in such caring and creative ways!**

**Julie Pereaault, you are amazingly "up close and personal" as Membership Chair, welcoming new members and connecting them with RGC committees where their interests lie! Karla Brustad, your selection of "remote" program presenters, continues to provide the opportunity for members to gain gardening knowledge, while being entertained! Jennifer DeSimone, member since last June, we are grateful that you have agreed to be our interim Recording Secretary for the rest of this year, replacing Rev. Tracy Barnowe, who with her family, is moving out of the area. Tracy, THANK YOU, for your gardening energy and organizational skills.....you certainly will be missed!**

**One of these days, we will all be back together at Mountain View Community Church, enjoying delicious potluck luncheons, each other's company, and informative programs! And, speaking of potluck offerings, long time member, Linda Kadubec, has a collection of member recipes from over the years, which one day, we will turn into a Ramona Garden Club Cookbook, for purchase, of course!**

**Meanwhile, HURRAY FOR ZOOM and our ability to adapt, while we enjoy our own personal gardens, as well as Collier Park, Teri Schmidt in charge, and San Diego Zoo Safari Park, Debbie Gomez in charge; and to Ramona Valencia, the RGC Facebook Manager and Jane Vidal, our garden club Newsletter Editor, and Parliamentarian.....MUCH GRATITUDE!!!**

**And last, but not least, to our Ramona Garden Club general membership, THANK YOU, for continuing to support and volunteer!!!**

**HAPPY ST. PATRICK'S DAY!!!**

**Gratefully, Georgie Suitor  
Ramona Garden Club President**

**"Earth laughs in flowers!"  
Ralph Waldo Emerson**

## **RGC General Meeting March 10 on Zoom:**

**Our speaker will be Eric Olsen from High Caliper Growing/Smart Pots. He has over seven years of experience in consumer and commercial gardening industries. He is knowledgeable in soil and plant science, gardening space design, and is passionate about organic gardening. His presentation will cover containers, raised bed gardening, and explain the pros and cons of various container materials. He loves “Smart Pots” because they are environmentally friendly fabric pots that do not leech harmful toxins into our water system.**

**Please join our Zoom meeting!!!! Just click the link below to join us on Wednesday, March 10th at 12 noon. Do not use the prior link I sent for last month’s meeting. If you don’t have Zoom installed on your computer or tablet or phone, just download the free app! Any questions just call Jane Vidal 760 214-3394.**

### **Join Zoom Meeting**

[https://us02web.zoom.us/j/7248232769?  
pwd=MnRtbmtsNXBJTmFyUHNCbUxDQngyQT09](https://us02web.zoom.us/j/7248232769?pwd=MnRtbmtsNXBJTmFyUHNCbUxDQngyQT09)

**Meeting ID: 724 823 2769**

**Passcode: 92065**

**Dear RGC Members,**

**You will soon get an email from your Covid Newsletter editor, Jane Vidal with an offer for Smart Pots. It will be sent in a few days. Check your email feed by Saturday.**

### **News about Collier Park:**

**Teri Schmidt, our very special Chairwoman has told me that she can always use help at this time of year. She has asked that you can call her at 760 315-9176 to verify days and times if you would like to work with her in Collier. She many times can be found on Tuesday mornings from 8-10. This is not set in stone, so give her a ring to**

make sure. I have enclosed some lovely photos of Collier Park.  
Thank you Teri!



**From the Master Gardeners of San Diego via Ramona Valencia:**

**Each year, the Master Gardener Program of San Diego County's Spring Seminar brings outstanding gardening-related classes and workshops to residents of San Diego County. This year we've gone virtual!**

**Our 2021 Seminar includes 13 classes & 3 workshops. For one low fee of \$35.00, you have access to all the classes and workshops. If you wish to participate in one of the workshops, supply lists are available to allow you to assemble your supplies in advance. All classes and workshops are pre-recorded.**

**They will be available online 24 hours/day from March 20 at 9:00am (PDT) through March 28 at midnight. Classes and workshops can be viewed multiple times from wherever you may be.**

**Dear Members if you have any craft items that you have worked on for our future 2022 Garden Tour and Plant Sale, please share a picture with me to my email address, it would be much appreciated. I am looking forward to the time (perhaps in the fall or later) when we can safely have a small mini-event outdoors to fundraise for the club. Now is the time to enjoy doing crafty things and potting up plants you've propagated for these future events. We will keep you posted.**

In closing, enjoy gardening as a workout (this is compliments of Ramona Valencia):

# Gardening-

## The Ultimate Body & Mind Workout

BODY	MIND
(per 30 mins of gardening)	
<b>Raking</b> - works back muscles - burns 100 calories	<b>Relieves stress</b> Reduces levels of cortisol (stress hormone)
	
<b>Digging/shovelling</b> - works legs/buttocks - burns 250 Calories	<b>Mood enhancer</b> gardening releases happy hormones
	
<b>Weeding</b> - works triceps - burns 105 calories	<b>Reconnects us to nature</b> Brings a sense of purpose and understanding
	
<b>Lawn Mowing</b> - works arms/shoulders - burns 195 calories	<b>Better Brain Health</b> Protects the brain from ageing
	

\* calories burned vary between individuals and are intended as a guideline only