



Sweet Water Oaks
Garden Club

DESIGNING WOMEN

November 2023

Editor

Gay Momberger



Come join us for one of our
Favorite events

Monday, November 13

Village on the Green
500 Village Place
Longwood, Florida 32779

Social 9:30

Meeting 10:00

Holiday Floral Designs by our members.
An auction will be held after the program so you may
take home your favorite design.



Executive Board

President

Lynn Griffis

First Vice President/Programs

Pam Frisbey

2nd Vice President/Membership

Marjorie Abbas

Jacque Body

3rd Vice President/Hospitality

Nancy Kelly

Laurie Kennedy

Janet McIntyre

Recording Secretary

Cheryl Nordstedt

Corresponding Secretary

Linda Richcreek

Treasurer

Pat Neff

Parliamentarian

Joyce Anderson

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November

Sun Mon Tue Wed Thu Fri Sat

<i>Autumn is a second spring when every leaf is a flower.</i>		1	2 Hospice 	3	4
5 	6 Board Meeting	7	8	9	10
12	13 General Meeting	14 Jr Gardeners 	15	16 Hospice 	17
19	20 Floral Design At SWO Community Center	21	22	23 HAPPY THANKSGIVING DAY 	24
26	27	28	29	30 Hospice 	



NOVEMBER BIRTHDAYS



Nov 6	Carole Baird	Nov 13	Ann Chisholm	Nov 19	Arthur Allison
Nov 11	Lynda de Victoria	Nov 14	Linda Merdon	Nov 29	Irene Horner
Nov 13	Jacque Body	Nov 17	Gail Arena	Nov 30	Linda Willis

A Word From Our President

Happy November! I can't believe how fast this fall is speeding by. Wasn't the tour of the University at Apopka wonderful. Not only did we pick up wonderful gardening tips, we got to see old friends and make some new ones. The experimental begonias were amazing and well guarded. I had no chance to whip out my mini shears to grab a leaf.



Do you remember that clever email that Cheryl Nordstedt wrote asking for DIRT? Joan Lasek and Marge Lynch answered the call. Thank you for participating in our bi-annual plant sale. Thanks, also to all the members and their husbands who volunteered to help.



District VII meeting was held at the FFGC Headquarters. Each Garden Club was asked to bring a basket to raffle off. We donated a basket full of herbs—potted, dried and freshly cut—with gardening gloves and clippers. Pat Neff and I put it together. Pat also designed a Birthday/Garden hat for me to model.

Yearbook submission for an award is no later than November 1

The Lady Lake Garden Club is hosting Floral Design classes taught by a certified Floral Design Instructor on Jan. 8 & 22, Feb. 5, 19, Mar 4 & 25, 2024. The fee is \$120. Classes include lectures, demos and workshops for students to create designs. Students need to bring scissors, small floral clippers. Lunch and refreshments will be provided.

Enjoy the cool weather!

Love from the garden,



*President
Lynn Griffis*

RECYCLING

WHAT HAPPENS TO THE CORKS WE COLLECT?

They grind down all the wine corks so they can be turned into a raw material that's perfect for replacing environmentally harmful petroleum-based foams and plastics. The recycled cork stoppers we collect can be made into a wide variety of products from insulation and furniture to shoes and surfboard grips. Cork is also used in the auto industry and is even being recycled for use in aerospace parts, and areas of use are being discovered all the time.



I know I keep reminding (bugging) you to please bring in your corks but feel this is one small thing we can do as a club to help our environment. As always, I appreciate your help.

Nancy Kelly

GAME DAY 2024



Location: Wekiwa Springs State Park

Wekiva Youth Camp Cafeteria

Date: Monday, January 15

Cost: \$27

Remember the wonderful time we had last year? Well we are lucky to be able to repeat and improve this year's Game Day at the Park.

You were all so generous last year donating to our Silent Auction. It was so appreciated, and we had very few items left to add to this year's stockpile. I am humbly asking you to scour your home for other items of good quality that we might include in this year's Silent auction. I will be coming back from the north country in Maine at the end of October to collect your wonderful items. In the meantime, Diane Hennessy is helping with our plans and would be glad to take anything that you may have until I get back.

Thank you for your consideration, and there will be more news as we progress with our plans.

YOUTH GARDENERS



Youth Gardeners will study shells found on Florida beaches and ways to prevent beach erosion naturally. Linda Richter and Lynn Griffis will teach the class assisted by Pam Frisbey, Louise Gould and Ann Todd. The class will be held Tuesday after the General Meeting.



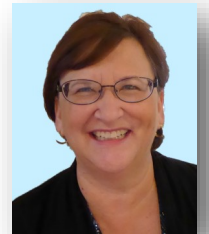
Ann Todd
Chairman, Youth Gardeners



Happy 100th Birthday, FFGC!

If you haven't heard, there are two significant birthdays in our garden club world next year – the Florida Federation of Garden Clubs celebrates 100 years, and our own Sweetwater Oaks Garden Club will be 50 years old.

As part of the 100th anniversary celebration, FFGC President Tina Tuttle is organizing a Centennial Quilt. At last year's District VII Fall meeting, each club had the opportunity to pick up instructions and some materials to contribute a square for the quilt. Tina asked that clubs decorate the area that would become the center of the square and add complementary fabric triangles on each side of the center design.



Louise Gould provided fabric that nicely complimented the hand-embroidered design based on the SWOGC club logo from when this project began. Pat Neff stitched the design, which used satin stitch edged with stem stitch for the letters and daisy stitch for the trunk and the many, many leaves on the tree.

The square was delivered to Tina Tuttle at the October 26, 2023, District VII Fall meeting and now is making its way to her home in the panhandle. We can't wait to see how it looks when joined with all the other squares!

FFGC is celebrating its Centennial in other ways, and you can join in the fun:

- Brunch at headquarters (<https://www.ffgc.org/event-5261941>)
- Formal dinner at headquarters (<https://www.ffgc.org/event-5261941>)
- Convention and flower show in Jacksonville (<https://www.ffgc.org/Convention>)
- Nell Coe Award – "100 Ways to Celebrate 100 Years!"

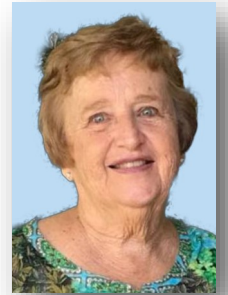
Pat Neff

WAYS AND MEANS - FALL PLANT SALE



Fall Plant Sale

Another Plant Sale has come and gone. By the end of it we had netted \$2,068 in support of our scholarships for Wekiva Campers and for students in the Horticulture Department at the University of Florida. This was a significant increase over the revenue from the Spring Plant Sale and definitely something to be proud of!



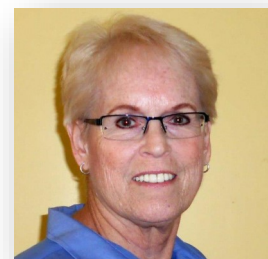
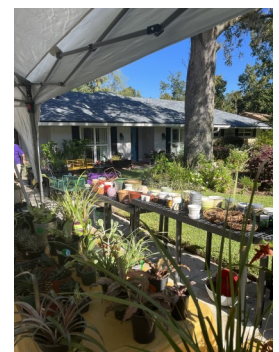
Each year, however, the accumulation of sore muscles, aching backs, and screaming joints seems to increase a bit more quickly than does the revenue. We mostly get older and shorter, but the tents stay regally tall and heavy! We were fortunate to have a few sturdy members as well as Nancy Kelly's husband, Rick, Shirley's son-in-law, Jeff, and our own Art Allison to stretch and clip and lift and tote. They were invaluable in putting up and taking down the tents, as well as hauling and carrying plants, pots, etc. We even managed to commandeer one newly retired and tall customer who came near the end of the sale, shopped and asked about the club. She wound up helping to take down and pack tents for a good while on a sweaty afternoon. She did indicate an interest in joining and took information about meeting times and location - if we didn't scare her away!



The SWOGC Plant Sales continues to enjoy strong community support, especially in the immediate neighborhood. Repeat customers show up for each Sale and many indicate that they mark their calendars for the next Sale when they get home with their plants from the current one. In addition to contributions from our own members, many donated plants came from neighbors and customers, with the digital age just broadening the definition of community. One woman who found the Plant Sale listed on the SWOGC website, donated more than 100 beautifully identified and labeled succulents and plants and a large variety of attractive pots and vases.

Thank you to all who volunteered, donated plants and came to the Sale to shop. The next Sale is just around the corner. Start your cuttings now while the weather is still warm!

Spring Plant Sale
March 28 - 29, **2024**



*Ways & Means Committee Co Chairmen
Lynn Griffis
Shirley Hungerford
Cheryl Nordstedt*

FLORAL DESIGN

The Holiday Season is upon us and excitement is in the air. The program for the November General Meeting will **STAR** SWO Floral Design Divas presenting beautiful Holiday designs and ideas for your home. This would be a great time to invite your friends to come and celebrate the holiday season with us. Don't forget your checkbooks; we will be auctioning off these holiday designs. This is a fun meeting, which has become a tradition everyone looks forward to each year.



Monday, November 20, will be our annual Thanksgiving Floral Design Workshop. We hope you will join us and make a beautiful floral design for your Thanksgiving celebration. The workshop is limited to 20 and all materials will be provided for a cost of \$25.00. Please contact me, if you would like to attend. There will be a signup sheet at the November meeting. Bring your clippers, newspaper and a small plastic bag for your trash.

Thanksgiving Workshop Information:

Date: Tuesday, November 22, 2022

Time: 9:00 AM

Place: Sweetwater Oaks Community Center

879 Fox Valley Drive Longwood, Florida 32779

GARDEN FAIR

Plans are underway for our Annual Garden Fair, March 2 - 3, 2024. The fair will again be located at Progetrity Plaza on Wekiva Springs Rd.

Viviana Rey-Palmer, our vendor chair, and her committee needs names of prospective vendors who possibly would be interested in setting up a sales booth. Vendors can be from any area of the home garden (plants, yard art, landscaping, etc.). We would love to expand to include Nature Artwork paintings, photography and crafts. We are open to other types of vendors upon committee approval. Viviana also needs volunteers to help call existing and potential vendors. Please contact Viviana if you have any suggestions.

Our largest source of income is from donations and sponsors. Carol Baird, our sponsor chair, needs all of our help in acquiring new sponsors and friends who will donate money which will be used to sponsor our scholarships to the Horticulture Students at the University of Florida and FFGC Wekiva Youth Camp. We need everyone's help in this area. Donations and Sponsors are the backbone to the success of our club and the garden fair.

Please contact Joyce Anderson, Volunteer coordinator; there are many areas where you may be able to participate. Joyce has a sign-up list that she will be passing around at the meeting.

Happy Gardening!

Margaret Kirkpatrick
Garden Fair Chair

HOSPITALITY

The Hospitality Committee is sending out this reminder for our next general meeting on Monday, November 13th:

Greeters: Doris Lenz and Joyce Anderson

Dessert: Pam Frisbey, Bernie Delafield, Irene Horner, Shirley Hungerford

Raffle Plant: Lynn Griffis, Louise Gould, Nancy Kelly

If you are not able to do this, please call Nancy Kelly or Janet McIntyre.



3rd Vice President, Hospitality

Nancy Kelly

Laurie Kennedy

Janet McIntyre



PROGRAMS

Our Christmas Luncheon will be held December 11th at Village on the Green.

The price for the luncheon will be \$35.00. Please bring your \$35.00 to the November General Meeting if you are planning to attend the Christmas Luncheon.

Checks can also be mailed to Pam Frisbey.

November 15th is the DEADLINE for reservations and checks. We have to submit the number of members and guests that will be attending at this time.

The menu for the luncheon:

- *Tossed salad with the choice of Ranch or Italian Dressing
- *Bread of the day
- *Chicken Marsala
- *Mixed Vegetables
- *Mashed potatoes with butter
- *Dessert: Carrot Cake or Red Velvet Cake

A Vegetable Plate will be served to any members or guests that would prefer that instead. Please let us know about your choice.

Looking forward to seeing everyone at our Christmas Luncheon!!!!



Vice President, Programs

Pam Frisbey



HORTICULTURE

COMFREY

Comfrey – *Symphytum* spp. is a native of Asia and Europe. There are 40 different species of comfrey.



The species most used in gardens is Russian Comfrey, *Symphytum x uplandicum*. There is a *Symphytum Officinale*. When you see *Officinale* in a plant's Latin name it means that it is a medicinal plant. Comfrey has been around as a healing herb since 400BC. The Romans and Greeks used it to heal bones, wounds, and for bronchial ailments.

You can use it in tea and for dressing wounds. To dress a wound, take a couple of leaves and brush together to remove hairs and wrap around wound. This plant is incredibly effective in stopping bleeding and healing wounds.

The plant likes moist soil and prefers a fertile soil. The PH it likes is 6.5 to 8.5. The highest yields are from the range 6-7. This plant likes full sun but can tolerate shade also. The hardiness zone is 4-9.



Make sure if you plant comfrey that you plant it in a bed that you are not cultivating as this plant can be invasive. Plant in raised beds about 6 inches apart. You can obtain plants by cutting into the center of the crown and planting the divisions. You can also use root cuttings. The best way to use root cuttings is to put them into a container and use 50% compost and 50% river sand mix. It is best not to harvest until the second year as this will let the roots set in the soil.

As you can see, the comfrey plant has multiple uses. It must be monitored due to its spreading tendencies.

You can use this plant for mulch, feeding livestock and can be used for biomass. The comfrey plant is high in potassium. You can also eat this plant. You could use the leaves in a salad or cook it.

William Petrie
Horticulture Chair

Mailing Address:
P.O. Box 915233
Longwood, Florida 32791

Club Flower—Rose
Club Bird—Cardinal

Member of National Garden Clubs, Inc.
Deep South Region
Florida Federation of Garden Clubs, Inc.
District VII

Lake, Orange, Osceola, Seminole & Sumter Counties
Organized—January 9, 1974
Federated—January 27, 1975
Incorporated—September 14, 1992

We're on the web!
www.swogc.org



If you know of a member who could use an extra kind thought, please contact me. I would prefer receiving the information by email, but please call me if you don't have email access.

Linda Richcreek 708-207-8941 LinRob1574@yahoo.com

The purpose of Sweetwater Oaks Garden Club is the education of its members and the community in their relationship to horticulture, conservation and environmental needs, as well as the art of floral design.

Sweetwater Oaks Garden Club, Inc. Meeting Schedule

BOARD MEETINGS

First Monday of the Month September-May at 10:00 AM
810 Fox Valley Drive, Longwood, Florida or Zoom

GENERAL MEETINGS

Second Monday of the Month
September 2023-May 2024, 9:30 AM Social, 10:00 AM Meeting
Village on the Green, 500 Village Place, Longwood
Off Sabal Palm Drive South in the "Longwood Meeting Room"

HORTICULTURE GROUP MEETINGS

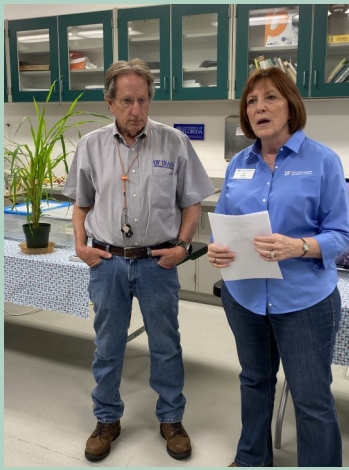
Throughout the Year - See the Calendar of Events for Dates, Times and Locations

JUNIOR GARDENERS

Second Tuesday of the Month at 9:00 AM

FLORAL DESIGN

Every Other Thursday at Hospice of the Comforter 1:30-3:00 PM



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**MID-FLORIDA RESEARCH
AND EDUCATION CENTER**

**OCTOBER
MEETING
PHOTOS**

Photos courtesy of Gay Momberger

