



**COCOA-ROCKLEDGE GARDEN CLUB**  
MEMBER OF THE FLORIDA FEDERATION OF  
GARDEN CLUBS  
NATIONAL GARDEN CLUBS, INC. AND DEEP SOUTH  
**THE GARDEN PLOT**

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**President's Message**

Thank you for placing your trust in me and the other new officers for the next two years. We shall strive to uphold the duties and responsibilities of our offices and make you proud of us and the Cocoa-Rockledge Garden Club.

Florida Federation of Garden Clubs President Carol Hall's theme is **"Reach Out and be a Mentor"**. As President of CRGC my theme of 2009-2011 will be **"You are the Key, be a Mentor"**.

Plans are underway for the 2009-2010 season of the Cocoa-Rockledge Garden Club, with a wide variety of programs and great speakers – enough to attract anyone who likes to garden or enjoys working with and making friends with some of the nicest people God created!

Fund-raising is crucial to the club, so monies can be given to our many great charities and the upkeep of the building and grounds. Our RUMMAGE SALE is scheduled for October 9<sup>th</sup> and 10<sup>th</sup>. Let's all start gathering up items we no longer need or want for this event. We have three dedicated Ways & Means Chairmen, one from each circle:--Dirt Daubers, Debbie Sadler; Spade and Trowel, Mary Jane Raleigh; Straw Hat, Lillian Bourque. Let's all work with Debbie, Mary Jane & Lillian to make this event our best RUMMAGE SALE ever.

Cocoa-Rockledge Garden Club is hosting the FFGC District VI fall meeting. It is on October 14, 2009, at The Space Coast Convention Center, Holiday Inn Express in West Cocoa. Please mark this date on your calendar, fill out your registration form and return to me! We need to support our FFGC District VI Director ... our own BETTY MOXLEY! Shirley Phillips & Phyllis Bourdon are chairmen of the district meeting. I know they will be in need of your help...so when asked to help please try to get involved. You will enjoy working with your fellow garden club members.

A great big round of applause to those who worked hard to make the "ART EXPO" a beautiful event that brought in many dollars for our Celebration Garden.

In the upcoming two years I would like to see Cocoa-Rockledge Garden Club start a "Beautification Award Program". Each month CRGC would present a "Garden of the Month" yard plaque to a homeowner & perhaps to a small business owner in each of the following communities- Cocoa, Rockledge & Merritt Island. A photo of the "Garden of the Month" could be included in our newsletter and on the CRGC Website. I believe this would be a good way of obtaining new members for CRGC and getting our name out into the communities. The Dirt Daubers plaque in the yard of Derby Street Chapel gets comments from all who visit the Chapel.

See you in September!      Jo Compton, President

**DIRT DAUBERS**  
**DIRT DAUBERS WILL MEET**  
**Tuesday, September 8<sup>th</sup> 2009 at 9:30 a.m.**  
**“Back to Business”**

Bring in a photo of yourself 10 or more years younger. Let's see how good we are at recognizing each other.

Hostesses: Laura Ginn, Nelda Renner, Joan Fagan, Gloria Madden and Pam Matuscheck

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**SPADE & TROWEL: Reported by President Gail Holder**  
**SPADE & TROWEL WILL MEET,**  
**Wednesday September 16, 2009 at 9:30 a.m.**

Place: Community Room of Lyn Thornewell at 115 North Indian River Drive, Cocoa

Hostesses: Phyllis Bourdon, Pat Lopez, Betty Adamson and Cathy Thirlwell

Speaker: Sue Small on the “Florida Wildlife Sanctuary”

It is recommended that we carpool and park at the Central Library parking lot in Cocoa. The program looks wonderful and it is time to begin planning and preparing for our new year. We are all looking forward to an interesting and fun year. Our Vice-President, Cathy Thirlwell has planned some great programs for us.

Spade and Trowel has two new “Life Members” that we are very proud of: Mary Jane Raleigh and Betty Adamson. Congratulations to you both. We celebrated National Garden Club Week by delivering small adorned plants to Meals on Wheels for distribution. We sponsored children to Wekiva and sent one to leadership training and one to Seek. Our Ways and Means Chairpersons, Margaret Cornell and Pat Lopez, are busy making plans and getting beautiful homes for the Christmas Home Tour. Our Crafters have been busy all summer making many different and beautiful things to sell at the Home Tour. The Christmas Home Tour will be Saturday, December 5, 2009. We have some especially beautiful homes this year. The tour should be wonderful and exciting. We are planning an OPEN MEETING for November 18, 2009, inviting the Dirt Daubers and Straw Hat Members for dessert and coffee. There will also be a “pre-sale of our crafts” if anyone wants to purchase them.

A reminder to everyone; it is time to start growing and grooming plants for the CRGC Rummage Sale in October. This is also a good time to begin cleaning your closets and discards for the sale.

Hope everyone has enjoyed their summer, looking forward to seeing everyone, catching-up and, together deciding what we want to accomplish this year.

Gail

**STRAW HAT CIRCLE:  
STRAW HAT WILL MEET SEPTEMBER 9, 2009 at 9:30 a.m.  
“GETTING ACQUAINTED & PLANT EXCHANGE**

**Ask a Master Gardener**

**Submitted by: Joyce Forino**

**IPM: stands for Integrated Pest Management**

It's a fancy name for kill that bug on my plant. Most of us are buggy about bugs and just hate to touch those little critters. The ones that come to mind are aphids. They are those little white things that literally suck the life out of a plant. In the absence of lady beetles to do the job, the following spray will help to keep them under control: Into one gallon of water, put 2 1/2 tablespoons of BABY shampoo and 2 1/2 tablespoons of cooking oil. It must be baby shampoo because it lacks detergents. Mix the ingredients thoroughly. Put in a spray bottle and spray tops and bottoms of the leaves of the infested plant. **Do Not** do this in the heat of the day or in full sunshine. The oil will burn the plant. Make sure the plants have been watered well before spraying them, soaps and oils are only a band aid. Insects and diseases are a sign that the plant is stressed. Use liquid seaweed to reduce the stress and get the plant healthy so the insects won't come back. Just remember, any kind of buy spray used is non-discriminatory. It eliminates the good bugs along with the bad bugs. Spray as often as needed to control the pests. We have a nasty scale that is infesting our Cycads which is difficult to control. These plants will need to be sprayed on a daily basis to keep the scale in check. A good substitute for Cycads is Coontie. These are ancient plants and do well in our Florida landscapes.

The best way is to hand pick the critters off the plants. It may be messy, but the result is no bugs and no pollutants entering our ecosystem.

Most plants can withstand a certain amount of bug infestation if they are healthy. As always, there are exceptions.

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**A SHORT COURSE IN HUMAN RELATIONS**

The **SIX** most important words: “I admit I made a mistake”

The **FIVE** most important words: “You Did a Good Job”

The **FOUR** most important words: “What is your Opinion?”

The **THREE** most important words: “If you Please”

The **TWO** most important words: “Thank You”

The **ONE** most important word: “WE”

The **LEAST** important word: “I”

## Water

What a precious thing it is. Nothing survives without it. Our plants are no exception. Too much water and they rot or drown. Too little water and they wither and die. As with most things, it requires a delicate balance to keep our vegetation healthy. The biggest drinker of water is the lawn areas around our property. As **Tom McCubbin says, "think 2, no more than 2 inches 2 times a week"**. Our lawns require less water than most people think they do. Less water means deeper root systems. It is wise to water twice weekly deeply than often and shallow. Calibrate your water systems by placing empty tuna type cans where the spray reaches the farthest point and again midway of the spray. Time how long it takes to reach  $\frac{3}{4}$  inch of water in the can. Then set your timer to that time. In other words, if it takes 20 minutes to reach the  $\frac{3}{4}$  mark than do not run your automatic sprinkler any longer than 20 minutes. It is counter productive and wastes water. Do this with each zone. In addition to saving water it will save on your water bill. Also, cut your lawn at the recommended height for the type of grass you have. St Augustine typically should be cut at 3" to 4". With deep watering comes deeper root systems and with higher mowing comes less weeds. Fewer weeds mean less work and more time to enjoy a beautiful green space.

### **HERE ARE TEN WAYS TO MINIMIZE WATER USE**

1. Look for plants that survive on your average local rainfall once established. You may have to water during unusually dry periods but they won't need constant watering.
2. Let nature be your guide. Select native plants that are suitable for your growing conditions.
3. Group plants by water needs. This saves time and water, concentrating our efforts to specific areas rather than to individual scattered plants.
4. Limit moisture-loving plants to high-visibility areas. This gives you the greatest impact for the water and effort.
5. Improve our soil! Add compost and other organic material to boost water-holding capacity.
6. Design landscapes that conserve water rather than waste it. Create wind-breaks and shade structures that help reduce water loss.
7. Mulch plantings with organic materials. This conserves moisture, reduces erosion and controls soil temperatures.
8. Let your lawn grow to its tallest recommended height. Tall grass forms deeper roots and tolerates drought better.
9. If you have bahia or Bermuda let grass go dormant during drought. It will bounce back when it rains. St. Augustine requires watering more often.
10. Recycle water from downspouts and other areas. Many water collecting systems are designed to store water but keep out mosquitoes.