

# The Boynton Bloomers

Boynton Beach Garden Club  
December 2020  
C. DiVeto, Editor



## **PRESIDENTS' REPORT: Toni Cvetko and Lori Wolff**

Hello Garden Club members. We are hoping that even though this Thanksgiving was very different, you had an opportunity to be with loved ones either in person or via Face Time, Skype or Zoom.

In keeping with a long-standing BBGC tradition, Garden Club volunteers purchased poinsettias and donuts the day after Thanksgiving for the residents of Rustic Retreat. With the coronavirus numbers increasing, the volunteers did not go into the building as usual; they dropped everything off at the door. The residents are always appreciative of our holiday contributions.

In support of Wreaths Across America, our Club made a monetary donation to the project. Normally volunteers would attend the ceremony on December 19th at the South Florida National Cemetery, but due to the pandemic and parking limitations, it was decided to participate with a donation.

Our December General Meeting is always a week early (the third Tuesday of the month). The meeting will start at 1 PM. Masks and social distancing are required for those in attendance. At the conclusion of the meeting there will be some holiday fun with a plant or gardening item gift exchange. Make sure you read the report from the 1st VP/Programs chairpersons, so you know what to do and what to expect.

Linda Schrader, Bonnie Paton and Christine Johnson will create beautiful holiday floral arrangements for the December raffle. Our monthly raffle is an opportunity to support the Garden Club. We do not have any fundraisers planned this year because of the pandemic. If you feel more comfortable participating in the meeting via Zoom, and you're in Florida, you can notify Christine Johnson that you'd like to participate. You can drop the money off or mail the money to Christine. If you win, the raffle item you choose will be delivered to you.

It's hard to believe that the holidays are just around the corner. We wish everyone a wonderful holiday season. May the year 2021 be healthy, safe and prosperous for us all.

## **PROGRAMS: Nancy Lemcke and Carol Stender**

**Tuesday, December 15, 1:00 (NOTE CHANGE FROM YEARBOOK)  
High Point West Clubhouse and Zoom**

The Holiday's Program will feature a plant or garden related goodie swap, **BRING ONE, GET ONE!** If you bring more than one, you will get more than one. You will be given a coupon for each item you bring, and when your ticket is called you choose something you want!

**THE RAFFLE WILL INCLUDE LIVE ARRANGEMENTS BY MEMBERS.** Marianne Madyda will conduct the raffle (tickets \$1.00 each or 6/\$5.00), and we'll be collecting for Penny Pines.

High Point is located on the west side of Seacrest Boulevard, south of Woolbright Road. After entering take the first right straight to the clubhouse. **PLEASE DON'T PARK IN RESIDENTS' PARKING SPACES.**

**The CULINARY GARDNER:** Pat Inturrisi has long been interested in herbs, grows her own. See her recipe for Christmas potpourri on pages 7 & 8.

Tuesday, January 26, 2021, 1:00: The trip to Loxahatchee has been cancelled, but an alternate program will be held.

## WORKING AND LEARNING AND FUN TOGETHER ...

### **SAFETY**

In order to meet safely by complying with recommended pandemic guidelines, we must control what happens at meetings, including the number in attendance. The number of guests will be limited to one per meeting until further notice, and then only after Membership Chair Rosemarie Peterson (561-731-5716) has been notified. The guest must sit with the member. Note that our bylaws state that prospective members may attend two meetings before they must fill out membership materials / pay dues.

Jane Gavlick from home reports that at the November meeting the Zooming conditions were much better than before, no backs blocking the camera, sound was good when the speaker pushed aside her mask. Speaking from either side is better than with backs to the Zoom audience, especially when the presenter is wearing a mask.

For the Zoom audience, note that it is recommended to have a low light source so as not to wash out your appearance, warm light, not blue, one steady lamp, directly by your face, for even, steady lighting, no sidelight or backlight. Avoid sitting with your back to the window, as the camera will expose for the light and make you into a silhouette.

Saturday, December 19, 12:00: BBGC supports "Wreaths across America" at the South Florida National Cemetery, 6501 State Road 7, Lake Worth, coordinated with the ceremony at Arlington Cemetery. We donate wreaths to place on the graves of veterans buried in our area. Because of the pandemic, activities this year will be restricted. Our club donates money for wreaths, and you may do so individually if you wish.

Lynn Jones, our former District X Director, has personal experience with WAA. She tells her story on the following pages, and asks that you please look at [WreathsAcrossAmerica.org](http://WreathsAcrossAmerica.org) and click on "Our Story" to find a more detailed history of WAA plus many wonderful photos.

## **My Experience with the 2014 Wreaths Across America Escort: Lynn Jones**

I lost my husband spring of 2013 to an incurable cancer, and he was buried at Arlington National Cemetery that summer. I was heartbroken, as I was 64 and had lonely years ahead for me. After the funeral I drove to our second home in Eastport, Washington County, Maine and made a visit to my dentist. When our favorite hygienist, Janet, walked in, I burst into tears. She did what every mother does to a crying child - she diverted my attention to her computer, built into the dentist chair, and showed me dozens of photos from the 2012 WAA Convoy to ANC. She said I'd be a perfect candidate to be on the 2013 WAA escort to ANC because my husband was buried there, and I had a county connection. To those of you who don't know, the WAA organization is located in Columbia Falls, Washington County, ME. WAA grew out of Morrill Worcester's dream to put wreaths on every grave at ANC. For years, The Worcester's seasonal team assembled wreaths that were sent all over the country to various mail order companies. In 1992 they had surplus wreaths that were placed at ANC. Every year since then, they made more and more wreaths for ANC, eventually fulfilling Morrill's dream. (Please look at [WreathsAcrossAmerica.org](http://WreathsAcrossAmerica.org) and click on "Our Story" to find a more detailed history of WAA plus many wonderful photos.)



I was not ready for another emotional upheaval after my husband died, so I skipped the 2013 Escort Convoy and asked to be on the one in 2014. I was accepted! Oh my! During the fall I received several revised itineraries and lists of participants. I discovered that it was an event that was adjusted often to get things perfect, even adjusted during our drive south. I flew to Maine that December and had a friend drive me to the Escort rendezvous in Columbia Falls on December 7, 2014. I learned early on that the WAA convoy had early mornings and late nights! At Columbia Falls we participants met at a high school cafeteria where we had breakfast and enjoyed a local "town band" playing patriotic music. We received a warm welcome and a briefing about the Escort. When that was over, we scurried to our bus with our luggage, and the journey began. I've lived in 3 countries and traveled in many more, and this was the most spectacular event I've experienced in my life. The 2014 Escort Convoy began! We stayed at motels each night at our own expense, but traveled and ate our meals compliments of many generous groups. A funeral home sponsored our bus, and various corporations and civic and military organizations hosted us for our meals.

Our Escort bus was full of Mainers and a few Gold Star Mothers and Wives from all over the US who flew in to join the convoy. (Gold Star Mothers and Wives are always honored on this trip.) The bus was full of friendly, fun, patriotic people. On the Escort, besides our bus, there were around 11 trucks carrying wreaths (a fraction of what comes in to ANC), the van of the Washington County Civil Air Patrol Honor Guard who make this trip annually, and many other cars and vans of WAA sponsors and friends. We started off in Columbia Falls with about six Patriot Guard motorcycle riders —"Riding with Respect"— the people we often see at veteran's funerals and Blue Star Marker Dedications. They had driven in from other states and wanted to participate in the entire weeklong Escort. At every state line more and more joined. Ann LePage, the wife of Maine Governor Paul LePage, rode on the back of a "tricycle" (a 3-wheeled motorcycle) for most of the trip. Local and State Police were always with us.

Our weeklong journey to Arlington was full of activity and emotion. Every day, we had breakfast at our motel and made many stops along the way, all with warm welcomes, speeches, programs, and refreshments. There was always a wreath presentation ceremony at these events, which were held at public and private schools, veterans' halls and homes, military museums, a military academy, a casino, fairgrounds, a Walmart, a bank, a church, a fire department, the Statue of Liberty, and the Pentagon. (CONTINUED)

The love and pride in our country was amazing at these events. Highways were lined with flag-waving, cheering crowds as we passed through. The events were emotional for many in our group, and I saw many of our Veteran truck-drivers sobbing in tears. Not me! I had cried my heart out already and was soaking up this amazing experience. We traveled through ME, MA, RI, CN, NY, NJ, MD, DC, and VA. Janine Roberts, Westbrook ME Police Department Chief, did all the coordination with law enforcement from ME to VA and still does. This was essential, as the Interstates needed to be closed so our convoy could stay intact. We enjoyed the NJ Turnpike with no traffic, and at our turnpike plaza stop in NJ (empty for our use), we were cheered and offered complimentary snacks and beverages at the plaza. We traveled over the George Washington Bridge in NYC as the only traffic on the bridge. The view of Manhattan at night was breath-taking. We felt very, very special and honored.

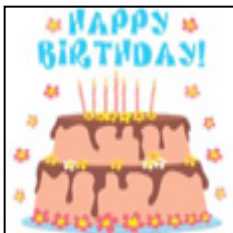
On December 13, 2014, National Wreaths Across America Day, we arrived at ANC at 8:30 AM. Our entire Escort Convoy entered at the main ANC entrance, driving past excited, cheering crowds, with the Maine Society of Washington DC greeting us at the gates. Our bus parked, and we all took off on foot. ANC is vast, and in the time we were there many ceremonies took place. The huge cemetery was swarming with volunteers placing wreaths on graves. Wreath trucks were regularly located in every section, with an organized distribution of wreaths. There were so many volunteers that each volunteer received only one or two wreaths to place on graves. Somehow, I obtained a wreath and placed it on my husband's grave. His section hosted porta potties and free donuts, so a private visit at his grave was impossible! I visited my cousins' graves overlooking the Pentagon and ran to Jackson Circle, where Confederate POW's from hospitals were buried - I have a cousin there. We then boarded our bus and had quick visits at the Viet Nam War Memorial, the Korean War Memorial, and the WWII Memorial in Washington DC. We arrived home in ME around 3 AM at the Cabela's parking lot.

I had two other experiences with WAA. In 2017 I was able to cheer them from the side of the road in ME as the Escort passed us on the way to an event at a local high school. So thrilling! The other was an invitation to my family and me in 2018 from Karen and Morrill Worcester to attend a banquet in VA the night before WAA Day at ANC. We visited ANC the next day, and later met the Escort at the Vietnam Memorial. The Escort Convoy is no longer allowed to make this grand entrance as per the new ANC superintendent.

I will never forget these events, and am so thankful that I was included. I appreciate all that your garden club does for WAA. It is an incredible organization.

**MEMBER MEMOS:**

**Members please note: Sunshine Committee Chairperson Florence Adamsky sends cards, and member notices appear in the newsletter ONLY if we know about them. If you know about something that should be shared with fellow members, PLEASE LET US KNOW.**



**HAPPY DECEMBER BIRTHDAYS: Kay Baker 12/4, Etdie Calabro 12/16, Pat Waldron 12/17, Lori Wolff 12/21, Tina Chuhay 12/29**

**HAPPY JANUARY BIRTHDAYS COMING SOON: Marianne Madyda 1/8, Linda Christianson 1/8, Madelyne Lenny 1/21**



**WE WISH ALL THOSE WHO ARE NOT WELL A SPEEDY RECOVERY, MEMBERS AND LOVED ONES.**

**OFFICER / COMMITTEE CHAIR / MEMBER ANNOUNCEMENTS:**

**NOTE: The Board of Directors shall consist of the elected officers of the Club, the immediate past president, and the chairmen of the standing committees. The Board of Directors shall have general control of the affairs of the Club. These members should attend board meetings.**

**TREASURER: Bonnie Paton**

The balance on 12/02/2020 was \$3,757.85.

**CO-2<sup>ND</sup> VICE PRESIDENTS / MEMBERSHIP CHAIRS: Rosemarie Peterson and Linda Christianson**

At the last meeting we had 11 members attend in person, and 8 via Zoom.

**CIVIC AND COMMUNITY PROJECTS:**

**COMMUNITY GARDEN: Joan Grace**

The Community Garden is on North Seacrest in the Boynton Hills neighborhood. Please call Joan (561-715-9098) to volunteer.

**YOUTH GARDEN: Nancy Lemcke**

The Youth Garden is at Poinciana Elementary School. There will be more to report next month.

**BUTTERFLY GARDEN: Christine Johnson**

The garden looks beautiful and is visited often and admired by patrons of the new library. We will be attacking the weeds every Friday morning until further notice. Call Christine (561-736-2909) for more information.

**HIGH POINT MEMORIAL GARDEN: Ginny Rush**

The garden is a beautiful place. Christine helped Ginny do the work. EVERYONE IS INVITED TO VISIT!



## PLANS, REMINDERS, & OTHER INTERESTING THINGS TO DO:

Please check your yearbook for more events! Your yearbook has information too! Descriptions of activities have been excerpted from the sources, and more information is available throughout the year.

NOTE: BBGC meetings are held the High Point Clubhouse, Seacrest Boulevard, Boynton Beach, and virtually via ZOOM until further notice.

The Boynton Beach Garden Club is a supporting member of Mounts Botanical Garden. Because we contribute each year to the Friends of the Mounts Botanical Garden, we are given two Garden Steward cards to allow for free admission. Mounts is open from Tuesday through Sunday from 9AM through 3PM (closed Monday). Groups are limited to 5 people; facemasks are required in indoor locations. Call Joan Grace if you would like to use these cards for your next trip to this beautiful "oasis in the middle of Palm Beach County."

The nursery is open Thursday and Saturday, 9:00 A.M. – 2:30 P.M. During the pandemic call ahead (561) 233-1757.

### DECEMBER

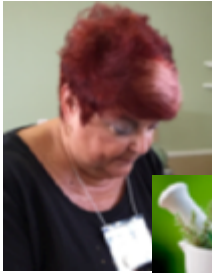
12/8	9:30	Board Meeting
12/15	1:00	Holiday Meeting and Plant / Garden BOGO... NOTE CHANGE AS PER YEARBOOK.

### JANUARY

1/19	9:30	Board Meeting (Note correction from Yearbook)
1/26	1:00	TBA



## THE CULINARY GARDENER: Rosemary: **Pat Inturrisi**



Rosemary is another fragrant evergreen herb that is native to the Mediterranean area. It is a member of the mint family, one that also includes basil, oregano, thyme and lavender. So these Mediterranean roots probably explains why my extensive Italian family uses all of these herbs very heavily in their cooking! But rosemary, or “ rosemarino” as my Mother called it, is not just for cooking. It is used in perfumes and for health reasons. It is rich in antioxidants and also has anti-inflammatory benefits.

Rosemary’s scientific name is Rosemarinus, which translates to “ mist of the sea”. Its grey green foliage is thought to resemble the mists along the cliffs in the Mediterranean where it grows so profusely. Rosemary is a symbol of friendship and loyalty between the Greeks and the Romans. Rosemary is an aromatic and distinctive herb with a sweet resinous taste. It’s one of those herbs that everyone knows but if asked to describe the taste, only a few will be able to answer. I would say it’s a little bit like the taste of a fresh Christmas tree with a little sweetness.

Rosemary, like its cousins thyme, sage and oregano, prefers a dry sandier soil. In fact, when we moved here from the frigid north, I planted a small potted rosemary plant that I bought at Home Depot. When I knelt down to plant it, I was amazed at the ease in digging in the Florida sandy soil compared to the rock laden soils that I had to contend with in New England! That little plant thrived in our sandy soil and sunny humid days. It is now 5 feet tall! Rosemary can easily be propagated from cuttings. Cut stems that are about two inches long and remove the needles from about the bottom 2/3 of the cutting. Put in perlite or peat moss and just lightly spray the cutting with water until roots start to grow. I pot them in terra cotta planters because they allow plants to dry out faster. I don’t want my rosemary to have muddy feet, although the “rosemary hedge” along side my house, sitting in the sandy soil, has no problem whatsoever!



Here is a dish that my Mother made often, especially on Meatless Fridays.

### Pasta Fagioli (Pasta Fazool)

- 4 Tbl. extra virgin olive oil
- 4 thick slices pancetta, diced, optional, my Mother never used as this was a cheap filling pasta and bean dish
- 2 sprigs fresh rosemary
- Several sprigs of fresh thyme
- 2 dried bay leaves
- 1 medium onion, chopped
- 2 small carrots, finely chopped
- 3-4 ribs celery, chopped
- 2 cloves garlic, chopped
- 2 15 oz. cans cannellini beans, drained
- 6 cups chicken broth or water
- 1/3 lb ditalini pasta



In a deep pot, heat olive oil and add diced pancetta if using. Saute until lightly browned. If not using, add chopped vegetables, garlic, herbs and bay leaves. Season with salt and pepper. Add beans and broth, raise heat and bring to a boil. Drop in ditalini and simmer 8-10 minutes until pasta is cooked to al dente.

And here's a recipe to kick off the holiday season and make your house smell like Christmas without actually having to bake anything! Simmer 1/2 hour before your guests arrive and your house will smell heavenly!

### Christmas Stovetop Potpourri

1 cup fresh cranberries  
1 navel orange, sliced  
1 tsp cinnamon  
2-3 cinnamon sticks  
2 tsp whole cloves  
2 tsp vanilla extract  
A few sprigs fresh rosemary



Put all ingredients in a medium sized saucepan and cover with water. Bring to simmer and simmer on low and enjoy!

## MEMBERS HAVE BEEN BUSY

BBGC Meeting and Program: November 15, 2020

### "Flower Arranging for the Holidays"

Program Presentation by Lynn Jones

BBGC Members: It was a pleasure to do this demonstration for you ladies at my second favorite garden club!

I used the FFGC *Fun with Flowers* idea book as a basis for the arrangement I did at the November meeting. Below see a photo of the finished arrangement. The directions mention using an "Iglu" for holding the

oasis, but I didn't consider using it, as Iglus are expensive, and shoving wet oasis tightly into the pumpkin's cavity worked very well. The sunflower's petals were not regular (and may have been old) so I did not use it as the focal point of the design.

I did this arrangement up north with a larger, easier to use basket. The wintergreens were easy to find in the Pine Tree State! Something similar could be done for Valentines Day.

I took a break after making the design before I finished it. I decided to start over and cut down the container and oasis, leaving about a finger of oasis showing. It was difficult to wire it to the basket so I left it loose. I took another break and made my last changes. I used a minimum of greenery just to cover the oasis as the basket was so small and I didn't want it to be "busy."

But you are your own designer!

Also below is the little arrangement I made from leftover flowers, and I am attaching instructions for using oasis. NEVER shove the oasis into the water to speed up the process as air pockets may be created.

I find my baskets at thrift shops.

**NOTE: Order the *Fun With Flowers Manual and Supplements* from FFGC (407-647-7016).**



**FUN WITH FLOWERS: Lynn Jones**



**Arrangement from leftovers!**



**Fall Pumpkin Arrangement**



**Christmas arrangement**

**Thank you Lynn for a great presentation!**

**Valentine's Day Arrangement**



## **HORTICULTURE: Boynton's Kapok Trees**

Information excerpted from Face Book, The Coastal Star, The PB Post, and <https://wildtropics.wordpress.com/2014/07/16/the-kapok-tree-and-the-incredible-physics-of-water-transport/>

"They" said it couldn't be done, but the tree appears to be doing well, and from across the street at the Schoolhouse, BBGC Butterfly Garden Chair Christine Johnson attributes it in large part to the tremendous amount of recent rain.

Members of BBGC and other civic organizations were instrumental in saving historic kapok trees that were threatened with destruction by Boynton's Town Square redevelopment agenda. The 55-foot-tall, 65-year-old Kapok tree, which had been standing east of the Schoolhouse Children's Museum and Learning Center, was hauled by crane across the street, stubby branches intact. To prepare for moving, the roots of the 80-year-old kapok tree were pruned and its canopy was trimmed in mid-February 2019. "The tree and her magnificence have been documented and frozen in time through photographs. That's why it's important to chronicle history. ... What came before fades away, unless we share it through written, oral or visual preservation," said Janet DeVries Naughton, archivist and webmaster for the Boynton Beach Historical Society.



Another kapok tree, estimated to be almost 100-years-old, will be the focal point of Kapok Gardens connected to the Old High School Cultural Center. The tree probably was planted in the early 1930s, because according to photographs, it was not here at the time of the 1928 hurricane. Native plants surround it.

According to staff, the Chase Bank on Federal Highway would collapse if the kapok tree adjacent to it were removed.

Researchers do not seem to agree on who planted the kapoks around Boynton, but some possibilities are these:

*E.N. Reasoner brought the banyan trees (ficus religiosa), one of the most beautiful and sacred trees to Boynton.*

*Clyde O. Miller, a gardener for Addison Mizner's Cloister Inn (now the Boca Raton Club) owned Rainbow's End nursery and Rainbow Tropical Gardens (now Benvenuto's) on north Federal Highway. He brought many beautiful and exotic plants here.*

*Clara White, a founding member of the Boynton Garden Club had a large, lovely garden at 103 SW 3rd Street in Boynton. She wrote weekly newspaper columns for the Delray News and the Palm Beach Post in the 1930s and 1940s and was the librarian for the Boynton Woman's Club.*

*Marvin Mounts, who became Palm Beach County's first agricultural agent and horticulturist in 1925 certainly had an interest in growing fruits, vegetables and trees. In 1954, Mounts Botanical Gardens was named for him.*

The Kapok tree, *Ceiba pentandra*, is a true rainforest giant, perhaps the largest of all Amazonian trees, and among the largest trees in the world. It is not a Florida native. Biologists call the Kapok an 'emergent' tree ... that is, it emerges from the forest canopy and, with individual trees being measured at 150 ft. or more, easily towers over the rest of the forest. The majestic kapok tree has many uses for humans. Its wood is lightweight and porous, good for making carvings, coffins and dugout canoes. The silky fibers that disperse the seeds make great stuffing for bedding and life preservers.

Being very tall presents a number of problems for a tree. First of all, the emergent crown of the Kapok, unshielded by its diminutive neighbors, stands ready to catch any large gust of wind that might come along. And, with a shallow root system common among tropical rainforest trees, the Kapok faces the very real danger of toppling over during storms. It effectively solves the wind problem with buttresses ... large, triangular projections that connect the tree's trunk with the roots in the ground. Emergent rainforest trees also require much water, and extreme height poses a monumental challenge in the uptake and transport of water from the roots from where water is drawn to the leaves, high in the tree's canopy. Through capillary action, the tree is able to fight the enormous influence of gravity and transport the water it needs to incredible heights. And the process is incredibly efficient. A single Kapok tree might be able to transport as much as 1,000 liters of water to its crown in a single day!

ON THE LIGHTER SIDE:



"I'm serious about keeping my New Year's resolutions. In the past, my resolutions went in one year and out the other."

TO THINK ABOUT: Thank you [Linda Schrader](#)





**BOYNTON BEACH GARDEN CLUB**  
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