

THE BOYNTON BLOOMERS

Boynton Beach Garden Club | May 2022 | C. Stender, Editor

Mad Hatter's Tea

On May 24, we celebrate the end of the season by wearing our own lovely hat creations and enjoying tea and finger sandwiches. The installation of new officers will take place and, in the background, we can enjoy a photo show of the season just ended.

Memorial Day

Members visit with veterans at Rustic Retreat on Memorial Day, May 30. Join us as we bring them donuts in the morning.

Rock Painting

Feeling crafty? Join us as we create cute bumble bees by painting rocks. Workshops are on May 31, June 6 and June 20. Paint one for yourself and more to sell when the club hosts the Spring 2023 District X meeting. Call Linda Schrader for more details.

National Garden Week

Although our Club has nothing arranged to acknowledge the first week of June as National Garden



Presidents' Report

Hello to all Boynton Beach Garden Club members!

We would like to thank the dedicated board members who planned all the projects and activities that kept our members interested and involved in the Boynton Beach Garden Club. And a big thank you to all our members who participated to make 2021-2022 an outstanding year.

Let's take a quick look at our activities and accomplishments:

- We continued to maintain our three gardens. Butterfly certifications were bestowed on two members butterfly gardens. Native butterfly plants were discussed at meetings and donated as raffle items. Several "Go Native, Go Wild" themed programs were presented. Along with that theme, the monthly Sip 'n Stroll visited various nature preserves. For the Earth Day celebrations, members distributed seed packets and native plants, a gardening program was presented at the library, helped children decorate pots and fill them with soil and seeds, and purchased a tree for Arbor Day.

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(Presidents' Report Cont'd)

- Carpool trips were taken to Butterfly World and Gene Joyner's Unbelievable Acres Botanical Gardens.
- The Civic projects included honoring our Veteran's at the Blue Star Marker, and visiting Rustic Retreat with poinsettias, donuts, books, magazines, and puzzles. We are sending a student to Wekiva this summer. Many workshops were held: a "Fun with Flowers," DIY Decoupage Garden Pots, an Earth Day, and a Holiday centerpiece workshop.
- The Club website was debuted this year, along with Facebook. Club activities, interesting articles, culinary recipes, and answers to gardening questions were published in the newsletter. The Horticulture and Butterfly Certification committees gave informative and educational presentations. A New Member Orientation and luncheon was held with twelve new members who joined.
- Our members attended the District X Fall and Spring Meetings, the Town and Country GC luncheon, Tropical Short Course, and the FFGC Convention.
- The Schoolhouse Children's Museum awarded our Club the Ignite Volunteer Award for our dedication to the creation and maintenance of the Butterfly Garden, and the Community Garden.
- Donations were made too: Arbor Day Tree Planting, Camp Wekiva, Mounts Botanical Garden, Rustic Retreat, Tropical Short Course, Wreaths Across America, Penny Pines, and the FFGC Scholarship Endowment Fund.

The year will end with a fun-filled Mad Hatter's Tea and an Officer Installation ceremony.

We are proud of all that the Boynton Beach Garden Club members have accomplished, and we look forward to another productive club year with our new officers.

Wishing them all the best.

Co-Presidents Toni Cvetko and Lori Wolff

Fundraising Committee

Toni Cvetko, Chair

After several meetings the Fundraising Committee has decided to hold a Fashion Show as the major fundraiser. The tentative date is Wednesday, November 9, 2022. Currently we are investigating the cost difference of holding the show at a caterer's hall versus a clubhouse.

As far as fashions go, Anthony's, Patchington's and Wildberries have been contacted.

The committee will be meeting over the summer to determine where the show will be held and what clothier will do the fashions.

We are looking for members input - If you know of any catering halls or clubhouses that do not charge a fee or other clothing stores/boutiques, please let us know.



District X Spring Meeting by Carol Stender

On Tuesday, April 26, nine BBGC members attended the District X Spring Meeting hosted by the Ocean Ridge Garden Club. The event was held at the lovely St. Andrews' Clubhouse off A1A.

The meeting was called to order by Michelle Maguire, District X Director. Mary Ann Cody, President of Ocean Ridge Garden Club and Susan Hurlburt, Mayor of Ocean Ridge welcomed us. After various appointments and District reports, our own Toni Cvetko gave a summary report on the various BBGC activities over the past season.

After a break, Susan Lerner, Director of Horticulture at Pan's Garden gave an interesting presentation entitled "Pan's Garden: Shepherding Florida's Botanical Heritage into the Future." She showed slides of historical photos of the area before, during, and after the construction of Pan's Garden. When the garden was first installed, the use of native plants was not part of the focus. Now that overdevelopment, invasive species, and the use of herbicides threatens the existence of many native Floridian plants, Sue Lerner has been reworking the garden with mostly natives. The result is a delightful garden with international recognition.

Following Susan Lerner's presentation, we all enjoyed a tasty lunch and then we took our time viewing the Flower Show that Ocean Ridge hosted.

Many of us watched the proceedings of the District X Spring Meeting closely, knowing that next spring, BBGC will have the honor of being the host! Ocean Ridge did a terrific job and we came away with many ideas. Next year, we all will play a part in hosting this very important meeting.



Members posing for group photo at the District X Spring Meeting included (from left to right) Mary Hory, Linda Schrader, Keegan Gabriel, Toni Cvetko (front), Chris Murphy (back), Christine Johnson, Roberta Corrigan, Lori Wolff, and Carol Stender.

May Sip N Stroll

Members met for the final Sip N Stroll of the season at the home of Lora and Jim McCoy in Delray. Through the efforts of the past three owners, the grounds of their updated, old-Florida style home have been returned almost entirely to native Florida plantings. Absolutely no turf remains, which pleases Jim McCoy immensely as he never has to mow or fertilize a lawn. The McCoy's assured us that their landscaping is just about maintenance free.

The street front of their property is attractively planted with various groundcovers, blooming sun flowers and ground orchids, behind which stands a grove of small trees, including Simpson Stopper, Marlberry, Yaupon Holly, and a small lignum vitae. Below the trees grow wild coffee, beauty berry, fire bush, and Jamaican Caper. It's a delightful mix that shields the rest of their property from the street, giving welcome privacy for their lovely patio and seating area.

From the street, one walks through a wrought iron fence on a stone path, and crosses a substantial pond full of graceful Koi on an Oriental-style arching bridge. Then you enter the patio area which is shaded by a number of large, mature trees and furnished with tables and chairs. The temperature drops ten degrees when you enter this comfortable area, due to the substantial tree canopy and, additionally, by two standing outdoor fans.

Our group of gardeners took our time wandering through the gardens that surround the McCoy home. To our delight, most of the plantings were labeled. Christine Johnson brought along a Florida privet and a passion flower vine to add to our hosts' plantings, as a thank you for their graciously inviting us into their private gardens.

After our stroll, we were served a treat of lemonade, iced tea, and Lora's delicious homemade cookies. This outing to Delray was a fabulous culmination to a season of lovely Sip N Strolls!



Strollers gather at the McCoy gardens: From left to right, Lora McCoy with Kathy Menninger, Miriam Ruiz, Ilia Lindsay, Jane Gavlick, Christine Johnson, and Joan Grace.

First Friday, May 2022

On the evening of May 5, BBGC members hosted a flower pot decorating and seed planting activity for children attending the City of Boynton Beach's First Friday event.

On the first Friday of each month, from 5 to 8 PM, the City holds a family-friendly event with live music and various activities. This past month, our members helped children and teens decorate biodegradable flower pots and then fill them with potting soil and plant a zinnia seed. The City set up our tent and tables and supplied the pots, soil, and tubs of markers. Crafters Christine Johnson and Linda Schrader gathered a large assortment of stickers, ribbon, and pipe cleaners for the project.

Our first customers were a group of about eight teenagers from South Tech Academy. They tackled the job of decorating pots and planting seeds with all seriousness and walked away proud of their accomplishments. Then younger children started arriving: brothers and sisters with their parents and grandparents.

Every child focused on his/her task. Each carefully chose colored markers, stickers, and ribbon for his/her little 3" pots. When done decorating, we had another table where they filled their colorful pot with soil, planted and watered their zinnia seeds. Christine Johnson brought along popsicle sticks on which we wrote "ZINNIA" for each pot. The children walked away, carefully carrying their flower pot, with smiles on their faces and "plant-care" directions in their hands.

Because the event went on for three hours, we divided ourselves into two shifts to work the event. Keegan Gabriel, Christine Johnson, Chris Murphy and Carol Stender manned the first shift. Nancy Lemcke, Bonnie Paton, and Lori Wolff finished up the night.

A fun time was had by all. Witnessing the children so focused in their work and observing the watchful, appreciative parents was truly heart-warming.

Kudos to the City of Boynton Beach for providing such wonderful family time on the First Friday of each month.



Chris Murphy sets up a table for planting zinnia seeds.

SUSTAINABILITY

by Linda Schrader

Sustainability means using our natural resources in a way that all of us can continue to keep "doing" and living the way we live ... for a long time. We can be more 'sustainable' by reducing the use of our natural resources. Compare it to eating fewer desserts or eating less chocolate. Sustainability means making smart choices today that will possibly save our planet for tomorrow. It means thinking about the needs of future generations by helping to ensure that the planet is safe and healthy to be inherited. Living sustainably means eating more local foods, helping to revitalize the green infrastructure of our community, reducing water and energy usage, and recycling more.

In 1920, plastic was introduced. Today plastic is used in containers, bags, toys, furniture and just about everything. Plastic takes millions of years to decompose. So, think about what happens to all those plastic items that are no longer needed? Trash! And trash takes up space. Here in Florida, our local and well-known Mt. Trashmore in Coconut Creek is the second largest landfill in the United States. This landfill is over 20 stories high and will continue to grow. This huge mountain of trash is one of 19 in the state of Florida. And ... Floridians generate about 4.2 million tons of trash/garbage in a typical year. Taking your own reusable bag to the supermarket reduces the use of plastic. Eight states have banned the use of supermarket plastic bags. Reduce, reuse, and recycle.

Taking your own reusable bag to the supermarket reduces the use of plastic. Eight states have banned the use of supermarket plastic bags. Reduce, reuse, and recycle. But plastic is only ONE example of the problem with imbalance between our environment and sustainability.

PASS ON PLASTICS PLEDGE



REFUSE disposable plastic whenever possible. Say "no straw, please" and "no bag, please." Carry your own water bottle, shopping bags and utensils.



REDUCE your use of goods that contain excessive plastic packaging and parts. If it will leave behind plastic trash, don't buy it.



REUSE durable bottles, bags, dishes, utensils, straws, and to-go containers. Choose glass, metal, paper, wood, and other reusable materials over plastic.



RECYCLE plastic bottles and containers, cans, glass, and cartons in your BLUE bin, and paper products in your YELLOW bin.



The City of Boynton Beach aims to do our part to protect our beautiful natural environment and wildlife. By taking the Pass on Plastics Pledge, you are doing your part as well.

OUR TRASH AND WHAT HAPPENS TO IT

Trash decomposes over time; in other words, it breaks down into smaller pieces. List A below is a number of items that are commonly thrown away. List B is a list of the length of time it takes for various items to decompose. Match up items from List A to the length of time it takes for each to decompose from List B. How long do you think it takes each one to decompose?

List A	List B
plastic bottle	2-4 weeks
cardboard box	2 months
styrofoam cup	1-5 years
paper towels	10-20 years
cigarette	100 years
glass bottle	450 years
batteries	1 million years
plastic bag	doesn't decompose

(Answers are on page 12.)

Sources

- 1 City of Boynton Beach Plastics Pledge
- 2 Burlington English com/CORE/The Environment
- 3 <http://www.mcgill.ca.sustainability>

Penny Pines

by Mary Scheitler

I received an email from Heather White, NGC's Chair for Penny Pines and would like to share it with you.

Hi Mary,

I have some updated Penny Pines information.

Total donations from Florida for 6/1/21-3/31/22 are 80 plantations for \$5,440.

There were several Penny Pines contests across the country this term. The largest number of contributions were from Connecticut - a man is the donor (he owns a company - not a GC) at 438 plantations for \$30,272, and the largest club driven state donating was Texas 148 for \$10,064.

Florida is 4th with 80 plantations for \$5,440.

Please know that Florida has been an inspiration to other states.

Heather

Also, I received a letter and certificate from NGC thanking us for our donation of the \$204 we sent. I'll have it with me at the May meeting to pass around.

Thanking you all again for contributing to this wonderful cause.

Butterfly Corner

Carol Stender, Chair of the Butterfly Certification Committee

One of the first butterflies each spring is the White Peacock (*Anartia jatrophae*). Large groups of them can be seen flitting quickly and erratically in open spaces. The White Peacock is, also, often found sitting on the ground, basking in the sun with its wings wide open. That's because its host plants are mostly ground covers. Overall, they like open, humid areas, such as stream banks and ponds, weedy fields, shallow ditches, gardens and parks. Native to the U. S. South and most of the America's, the White Peacock is a medium-sized butterfly with a wingspan of 2"- 2¾".

The top of an adult's wings are a white base with light beige to brown markings and two rows of crescents at the margins. The middle of the wing has faint cyan pigmentation. The wing's underside is dull to gray in color with wavy orange patterns. The White Peacock gets its name from



Adult White Peacock butterfly

the characteristic large "eye spot" prominently displayed on each of its four wings, like the spot on peacock feathers. The forewings have one black circular spot each, the hind wings have two spots close to the border. Females are larger than the males and have grayer undersides.

During mating season, males aggressively protect their host plant territories from other males and insects. This territory, where the females would lay their eggs, is about 15 meters in diameter.

The eggs are pale yellow and laid singly on the underside of leaves of the host plant. Eggs hatch in 4 to 14 days. The caterpillar, or mature larvae, is black and spiny with white freckles. The spines discourage predators and the spotted dark coloration is camouflage. Another protection is a toxic chemical the caterpillar can release. The caterpillars grow to about 1 ½ inches. This stage lasts 2-4 weeks.

The chrysalis is pale green with small black dots. It takes 7-14 days to transform from a chrysalis to a butterfly. The entire life cycle of the adult White Peacock butterfly is only 6 - 20 days!

Host plants for the White Peacock butterfly include water hyssop (*Bacopa*), fog fruit (*Phyla nodiflora* and *Phyla lanceolata*), and Carolina wild petunia (*Ruellia caroliniana*). The adult's diet is pollen, petals, and flower nectar.

Fogfruit (*Phyla lanceolata*), also called frogfruit, is a flowering ground cover in the verbena family. It likes a moist, wet habitat and has a neat, matlike form with spreading, trailing stems up to a half meter long. The nearly oval leaves are up to 6 cm long with toothed or partially toothed edges.

Fogfruit is native throughout Florida and is easily grown from cuttings. It is larval food for the white peacock, common buckeye, and phaon crescent butterflies. It grows in nutrient poor soils, likes full sun, and flowers year round. The tiny, densely packed white flowers white are sometimes tinged with blue or purple. Fogfruit is a nectar plant for many butterflies and bees and also attracts other beneficial insects.

Sources:

Grant, Bonnie L. *Frog Fruit Plant Care: Information on Growing Frog Fruit Plants*. Gardening Know How. <https://www.gardeningknowhow.com/ornamental/groundcover/frog-fruit-plants/frog-fruit-plant-care.htm>

Carl Terwilliger. *Fog Fruit*. *Landscaping with Florida Native Plants*. <https://meadowbeautynursery.com/sandbox/fog-fruit/>

White Peacock (*Anartia jatrophae*). Butterfly Identification. <https://www.butterflyidentification.com/white-peacock.htm>

The Culinary Gardener

CORIANDER

Pat Inturissi

Coriander is an herb that comes from the *Coriandrum sativum* plant (cilantro) and is related to carrots, parsley and celery. The seeds of the plant are called coriander, while only the leaves are known as cilantro. If you've ever planted cilantro and it quickly "bolted" in our intense heat, then the resulting seeds that you found on your plant are what is known as coriander.

Coriander was originally first brought from the Far East to Great Britain.

Coriander is used as a spice in savory dishes like curries and barbecue rubs and also in sweet dishes and baked goods. It has a mildly sweet citrusy flavor that matches well with earthy spices such as cumin.

This spice likes well drained soil and full sun. It doesn't like to be damp and dislikes humid conditions. It will not grow properly in the heat of summer. Grow so that you harvest in spring, fall, or winter (in our mild climates).

The seeds are slow to germinate. Crush them gently first before planting to help speed up things. A common problem with cilantro is its fast growing cycle. It quickly rushes to flower and then sets seed, "bolting."

Aphids and mildew are often the problems you will see.

Once your plant starts to produce seeds, store the coriander seeds by cutting off the seed heads when the plant begins to turn brown and put them in a paper bag. Hang the bag until the plant dries and the seeds fall off. You can then store the seeds in sealed containers and grind as needed.

Wit and Wisdom: Coriander is thought to symbolize wealth.

Another bit of wisdom, buy a good quality ground coriander if you want to avoid the long growing and drying process.



Coriander is the seeds from the cilantro plant

Coriander Recipes

Spiced Blueberry Muffins

Now that blueberries are coming into season, this is a great recipe to try for breakfast. In this recipe, the coriander adds a bright lemony flavor which goes so well with blueberries.

1/2 C. butter softened
 3/4 C. sugar
 2 eggs
 1 C. buttermilk (or 1 C. milk with
 1 tsp. lemon juice stirred in)
 1 tsp vanilla extract
 1 tsp almond extract
 1 tsp Cinnamon
 1/2 tsp Ginger
 1/2 tsp Coriander ground
 2 1/2 C. all-purpose flour
 1/2 tsp baking soda
 1 tbsp baking powder

1/4 tsp salt
 1 1/2 C. blueberries

For the Topping:

1/4 C. granulated sugar
 3 tbsp brown sugar
 1/3 C. all-purpose flour
 1 tsp ground cinnamon
 1/4 tsp ginger
 1/4 tsp coriander ground
 1/4 C. cold unsalted butter, grated or
 cut into small cubes

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Spiced Blueberry Muffin Recipe Cont'd.

Instructions:

For the Muffins:

Preheat oven to 400 F degrees. Grease and flour your muffin pans or use muffin liners.

In the bowl of your mixer, add the room temperature butter and the sugar and beat on medium until light and fluffy. Add the eggs one at a time and continue mixing until well combined. Add the vanilla and almond extract.

In a large bowl mix the flour, spices, baking powder, baking soda and salt. Alternate adding the flour mixture and buttermilk to the egg mixture and mix until just incorporated. The mixture should be quite thick. Toss the blueberries in a little bit of flour, so they don't sink to the bottom of the muffins, and add to the batter and, using a spatula, stir until the blueberries are incorporated in the batter.

Fill the muffin cups 2/3 of the way full with the batter. Sprinkle muffins with topping (see below). Bake for 18-20 minutes or until nice and golden brown.

Remove from oven and cool in pan for 10 minutes, then turn out on to a cooling rack and cool completely.

For the Topping:

In a small bowl, stir together the sugar, flour and cinnamon with a fork. Drop in the butter, and using your fingers, a pastry cutter or two forks, cut the butter into the sugar mixture until you have crumbs. Sprinkle liberally on top of muffin batter.

This next recipe is great for our warm weather. I made this for company and they were bowled over (pun intended). I also added sliced mango to bowls with chicken because it's a favorite of mine.

Pineapple Chicken Bowls

1 and 1/2 pounds boneless, skinless chicken breasts (or thighs)

1/4 cup olive oil

1/4 cup freshly squeezed lime juice + 1 teaspoon lime zest

2 teaspoons minced garlic

2 teaspoons honey

2 and 1/2 teaspoons ground cumin

1 teaspoon ground coriander

sea salt and black pepper

3 ripe avocados, sliced

Pineapple Salsa

3 cups diced pineapple (~18 ounces/most of 1 pineapple)

1 cup loosely packed cilantro diced (measure loosely packed and then finely dice)

2 tablespoons finely diced jalapeno

1/2 cup diced red onion

2 tablespoons freshly squeezed lime juice

1 tbsp honey

1/4 teaspoon ground cumin

1 large avocado finely sliced or diced

Optional: serve over rice or quinoa (I like to make coconut or cilantro lime rice for this dish (Vigo brand rice).

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Pineapple Chicken Bowl Recipe Cont'd

Instructions:

Trim the chicken breasts of fat and then slice large breasts evenly in half, widthwise. Using a meat mallet or the bottom of your fry pan, pound breasts to even thickness (you don't want the meat super-flat, just even in thickness). Place the prepared chicken in a large sealable plastic bag and set aside.

Marinade: In a small bowl, whisk together 1/4 cup olive oil, 1 teaspoon lime zest, 1/4 cup freshly squeezed lime juice, 1/2 tsp each of minced garlic, honey, cumin, coriander, and salt and pepper. Once the mixture is well combined, remove 3 tablespoons of the mixture and reserve for later.

Add the rest of the marinade to the bag with the chicken. Seal the bag and then knead with your hands to ensure all of the chicken is well coated. Place in the fridge and marinate for at least 30 minutes and preferably 2-3 hours. Don't marinate longer than 6 hours. (Acid from lime begins to "cook" the chicken.

In large frying pan, add 1 Tbsp vegetable oil and sauté chicken breasts 4-6 minutes per side. Basting with marinade.

Transfer the chicken to a plate and cover with foil, so the juices can re-distribute. Slice thinly or chop into bite-sized pieces.

While the chicken cooks, prepare the salsa. Dice the pineapple, cilantro, jalapeno, and red onion. Toss everything together in a large bowl with the freshly squeezed lime juice, cumin, and salt and pepper to taste. I add about 1/4 teaspoon of salt and 1/8 teaspoon pepper, but add to preference. Gently toss together, taste, and then adjust seasoning if needed.

To assemble bowl, put cooked rice into bowl, top with thinly sliced chicken and avocado. Top with pineapple salsa.

I serve with steamed broccoli or roasted asparagus.

National Garden Clubs, Inc.

Gardening School, Course 1



Monday – Tuesday

November 14 & 15, 2022

8:30 AM – 3:30 PM

Mounts Botanical Garden Auditorium

531 N. Military Trail, West Palm Beach 33415

Upcoming Birthdays

Remember our members when their special day comes around. Don't forget those with Summer Birthdays!

Mary Scheitler	6/3	Bonnie Paton	8/2	Sonja Zalutko	9/3
Joan Grace	6/6	Glery Cruz	8/5	Miriam Ruiz	9/7
Cindy DuBose	6/10	Roberta Chenoweth	8/10	Debota Swenson	9/23
Ilia Lindsay	6/10	Kathy Menninger	8/20		
Florence Adamsky	6/19	Debbie Lytle	8/22		
Jim Andrade	7/7	Judi Liebert	8/23		
Jody Fraser	7/30	Chris Murphy	8/27		



Answer Key to Quiz on Sustainability

2-4 weeks: paper towels	100 years: batteries
2 months: cardboard box	450 years: plastic bottle
1-5 years: cigarette	1 million years: glass bottle
10-20 years: plastic bag	doesn't decompose: styrofoam cup

ASK AMI



Welcome to BBGC’s interactive gardening advice column, ASK AMI.

AMI (pronounced like the name Amy) is an acronym for All Members Interested. So to submit a question to ASK **AMI** is to ask the question of **All** our **M**embers who are **I**nterested in helping you out!

In our last column, we had a question from Pat Inturissi about where to get a fig tree plant to replace one she left up in New Jersey. Her family had enjoyed the fresh figs from the tree she had inherited from Grandpa Inturissi. She wondered if a fig tree would do well in our tropical climate. Pat received a number of answers, some contradictory,

but the final conclusion was that she could definitely grow a fig tree here in Florida. Hopefully, Pat has been able to replace the fig tree that she lost and that she will one day enjoy its fruit!

May’s Question

How Can I Get Hummingbirds?

I am trying to be a good steward of the earth. I have added a number of plants to my yard that are now attracting bees, butterflies, and many other beneficial insects. When I was up north, I used to put out hummingbird feeders, which the hummingbirds loved. It seems too hot for the feeders down here in Florida. I think I would have to clean them out pretty frequently so they wouldn’t be a safety hazard for the little darlings.

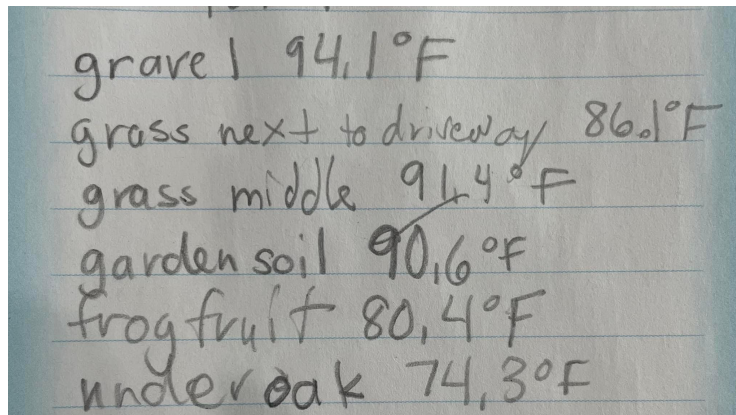
I would rather attract the hummingbirds naturally, but although I have salvia and fire bush in my garden, the hummers have NOT appeared!

Help a Young Naturalist’s Experiment

The following is a request from the Florida Native Garden Facebook page:

“My son took soil temperatures about three inches deep from a variety of locations in our yard at about noon. We weren’t expecting the difference between the unmowed frog fruit and mowed grass to be so large! Another reason to maintain or plant native ground cover. He would love to see if anyone else had similar results if you’d like to contribute to a young naturalist’s experiment.

Send your answers and gardening question to ASK AMI at BBGCaskami@gmail.com .



Results of Son’s Experiment

The Boynton Bloomers welcomes all submissions. Send text and photos to carol.stender@gmail.com by the third Wednesday of the month. See you in September!!