

Florets

Twin City Garden Club

May 2023



Announcements

Meeting: 1 pm Tuesday May 16, 2023 at Good Shepherd Lutheran Church, 2101 S. Prospect, Champaign

Program: A Brief History of Lake of the Woods and the Mahomet Area

Presenter: Marina Montez-Ellis

Marina Montez-Ellis, Garden Programs Specialist at the Museum of the Grand Prairie in Mahomet, will present a program covering the early indigenous people, colonists and immigrants and the changes to the landscape of the Preserves in Mahomet to present day.

Refreshment break

Hostesses: Kathy Marren and Lynda Brunton

Floral Arrangement: Lisa Sur

Penny Pines jar will be present and Plant/Seed Exchange

Business meeting will follow the program:

Call to Order

President's Opening Remarks

Recording Secretary Minutes/Approval

Treasurer's Report

Corresponding Secretary Report

Standing Committee Reports

Membership

Facebook

Sunshine

Program

Website

Philanthropy

Yearbook

Social

Sunshine

Old Business

New Business

Adjourn

Birthdays: Mike Skreiner, 5/4; Frances Simpson, 5/9;
Jeanne Greenwalt, 5/10; Donna Edwards, 5/19

Membership Note: Lynda Brunton has a
new phone number: 217-621-5245

FLORAL DESIGN CLASS

Class: "Icicles"

A 9-inch Line design. Fresh and/or dried plant material. Staged at eye level (mantel height) approximately 55" from the floor; covered in black.

UPCOMING EVENTS

Monday, May 22, 2023 GCI District IV Annual Meeting

Country Cottage Farm, 627 County Rd 2800 N, Fisher 61843

The District IV Annual meeting will include a short business meeting and program, along with garden tours and catered lunch. RSVP by May 15th (see flyer sent 5/9/23) and notify Tori Corkery for those mailing in their reservations this weekend. Carpooling will be arranged.

Wednesday, June 14, 2023, 10:30 a Garden Clubs of Illinois and Illinois Dept of Transportation
Blue Star Memorial Highway Marker Dedication (see attached flyer)

Saturday, June 17, 2023, 9a – 4p, University of Illinois Extension Master Gardener Walk
Details and advance ticket purchase (\$10) at <https://extension.illinois.edu/cfiv/garden-walk>

Tuesday July 11, 2023, The Garden Clubs of Illinois, Inc. 2023 Summer Meeting

Giant City Lodge, 460 Giant City Lodge Road, Makanda, IL

Hosted by District VII

Making our world a better place: healthy gardens, healthy gardeners

More information and registration form is online at

<https://files.constantcontact.com/3b1559fe101/e3852bfb-ae74-4256-9eae-77da60dccc90.pdf>

IN THE GARDEN - Be Safe (Part One)

Gardens are our havens of beauty and peace. We care for our gardens keeping them healthy and productive as we enjoy the extolled health benefits of fresh air, sunshine, physical exercise and mental stimulation. As with any work-related occupation or pastime, we do need to proceed with caution.

Dress for protection, not only against biting insects, but also noxious plants and overexposure to sunlight. Loose-fitting long sleeve shirts and pants in light colors are highly recommended. There are claims that mosquitoes are attracted more to dark colors, but at least with the lighter color, you can see them coming for you. A pair of pantyhose under the pants is quite helpful at deterring chiggers and ticks. Sturdy shoes with comfortable socks, hat and sunglasses complete the ensemble.

Use personal insect repellents that can be applied to your skin or clothing. There are a variety of mosquito repellents from which to choose, ranging from the long-time standard of DEET to plant-based products (e.g., lemon, eucalyptus, etc.) to newer formulations containing **IR3535**. There is a good summary at <https://drs.illinois.edu/Page/SafetyLibrary/Repellent> that also includes a link to an EPA database which is easily searchable by product name or type of active ingredient.

IR3535? A product of Merck Pharmaceutical, it is a synthetic analog to a natural amino acid, beta-alanine, a co-factor in vitamin B5 which has been noted as a natural repellent. The feature of this ingredient is that it is odorless to humans thus resolving a major issue with unpleasant smelling repellents. It works by disrupting the mosquito's sense of smell thus deterring it away from us. (Personally, never knew of this and will be trying it out this summer).

There are also purveyors that claim long-lasting permethrin-treated clothing is especially effective by not only repelling mosquitoes but also by actually killing ticks. However, this clothing is pricey, and the effectiveness of the permethrin may not last through many washings.

Despite layers of protection, bites will happen. Never disregard a minor itch, treat it ASAP, even initially with cold water or ice followed by a topical treatment. Bites from mosquitoes are usually noticeable within a few minutes, a chigger attack may take up to 24 hours before the itch starts, but then becomes quite incessant. Calamine lotion or a baking soda paste is helpful for mild irritations. Benadryl and hydrocortisone cream or sprays can stop the itch, but can cause problems for those who take meds for high blood pressure. Another cream that helps is anti-acne medication, such as 10% benzoyl peroxide. For chiggers, good to use clear nail polish to paint over the spot, smothering the burrowing mite. Ticks that favor humans have not yet become endemic to Centra<https://www.poison.org/articles/brown-recluse-spider-bites> Illinois, but there is concern. Quite helpful to do a quick body check after returning inside.

Do be wary of spiders. No black widows here, but the brown recluse lurks: for details, see <https://www.poison.org/articles/brown-recluse-spider-bites> Despite caveats that other spiders don't bite, some do. Which ones? Never certain since the ones in my personal encounters were not obvious, (certainly not the large web spinners) -- never saw them or felt them. The bites, usually a cluster of three, become noticeable after 3-4 hours with itching, slight redness and firm raised swellings, followed by pain, headache and generalized ill feeling. When in doubt about any swelling, itchy area that does not respond to home treatments, helpful to seek medical evaluation. Also, keep current on tetanus vaccinations.

Prevent falls: Keep paths clear and free of clutter. Again, sturdy shoes do help; also, a walking stick can be helpful especially for uneven ground. **Always have a cell phone in your pocket or an alert device – medical alert watch or necklace, but even a good whistle can attract your neighbors.**

Relieve physical stress on your body. Limber up and do stretching exercises before going to the garden. When possible, avoid bending over from a standing position which puts too much stress on the spinal column. For those who can, kneel and use a firm cushion for protection. Otherwise, use a stool with wide seat and sturdy legs, not too low or too high from which bending is less stressful. Be conservative – set tasks that are doable in short time periods, take rest breaks and don't spend the whole day exhausting yourself.

Hydrate, inside and out – beverages plus a quick shower!

Next month, Part 2: Dealing with bees, wasps, hornets and toxic plants



Please Join Us

The Garden Clubs of Illinois, Inc.

&

the Illinois Department of Transportation

Flag Day, Wednesday, June 14, 2023

10:30 am

As we dedicate a Blue Star Memorial Highway Marker

*Commemorating the 75th Anniversary
of Blue Star Memorials in Illinois*

*A tribute to the Armed Forces
who have defended the
United States of America*

*I-74 Farm Land Rest Area, westbound, just west of the Farmer City
exit, 23 miles west of Champaign (mile post 156)*