

Florets
Twin City Garden Club
October 2025



ANNOUNCEMENTS

Meeting: 1 pm Tuesday Oct 21 2025

Good Shepherd Lutheran Church, 2101 S. Prospect, Champaign

Program: Easy propagation

Presenter: Cheryl Weber

Cheryl Weber, President of Twin City Garden Club, is an avid home gardener. Cheryl will share some tips for easy plant propagation. Club members will also participate in this discussion.

Bring your own tips to share!

Horticulture Tip of the Month

Refreshment break

Hostesses: Cheryl Weber and Regina Lee

Floral arrangement by: Cheryl Weber

Plant-a-tree

Plant/Seed Exchange

Business Meeting

Agenda

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

Unfinished Business

Adjourn

Membership: Welcome our newest member and add his contact info to your yearbook

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Jill Moore's yummy recipe for Lemon Dump Cake

Grease a 9 x 13 inch pan
Pour in a can of prepared lemon pudding
Drop small cream cheese cubes on top
Pour a lemon cake mix over all
Melt a stick of butter and drizzle it over all
Bake 35 minutes at 375 degrees

Event of Interest

Annual Pumpkin Sale: the east parking lot of Good Shepherd Lutheran Church 10 a – 6 p daily
on sale now through October 31st

IN THE GARDEN – with Mike Skreiner and his tips for Easy Propagation

My principal tip to share is our own propagation: It is based upon an excerpt from the following.

“A Game Plan for Fighting Father Time – Research-backed Ways to Start Extending Your Health Span Now, No Matter How Old You Are.” National Geographic, October 2025, pp. 60-61.

Care for Your Brain by Being Social: Most people understand that making an investment in your health, like quitting smoking or getting in shape, could lead to a longer, healthier life. It turns out that the same can be said for investing in your personal relationships. Spending time with friends and family – or signing up for a recreational sports league – could pay dividends down the road.

Maintaining social ties seems to work like exercise, by promoting new connections in your brain and slowing down age-related cognitive decline. And you don't need to be a social butterfly to reap the benefits of connecting with other people.

A recent study found that even one social interaction a month can cut the incidence of developing dementia in half. And the benefits are even greater if you connect with a person that you can confide in.

Broaden Your Definition of Exercise: it's almost impossible to overstate how good physical activity is for your health, no matter how old you are. But you don't necessarily need to be deadlifting 400 pounds or running an ultramarathon. Just a little bit of movement – taking the stairs, carrying groceries – has significant health advantages for otherwise inactive people. “Any little good that you can do is great,” says I-Min Lee, professor of medicine and epidemiology at Harvard University.

We are only now verifying these insights, Lee says, because of a new generation of long-term studies that equipped participants with fitness trackers. And she found that, contrary to popular thinking, the longevity benefits of walking hit much sooner than 100,000 steps. Other studies have linked shorter walks to improved mental and cardiovascular health.

Mike's Proposal for Our Own Propagation: I invite you to join me in a hike, to begin with, say in Meadowbrook Park. The details we can work out: we could just chatter or identify plants and so forth, the length of the hike, the frequency, and weather permitting. If you are wheelchair-bound I can help by pushing it – it will help me exercise my new hip joint!

My second tip: check out Illinois and Champaign County Native Plants:

John Hilty and I performed a survey of Wild Flower Native Plants in Illinois and Champaign County as listed in his website [1]: <https://www.illinoiswildflowers.info/> see the following Table.

| Plant Habitats | Total Number of all Illinois Plants Listed in JH Website ^[1] | Total Number of Plants in Champaign County Based on JH Website ^[1] Distribution Maps | Total Number of Native Plants in Champaign County Based on JH Website ^[1] Range and Habitat Text |
|-------------------------------|---|---|---|
| Prairie | 276 | 184 | 176 |
| Woodlands | 159 | 114 | 114 |
| Wetlands | 153 | 97 | 92 |
| Savannas and Thickets | 119 | 79 | 79 |
| Weedy Wildflowers | 277 | 240 | 45 |
| Total Number of Plants | 984 | 714 | 506 |

These plants all propagate easily once established. They are perennial, propagating by seed distribution and/or rhizomes. They require no watering, fertilizer or pesticides. They benefit our native pollinators, birds, bees, butterflies and so forth, thereby establishing our food security guaranteeing our long-term survival as a species.

Annual Plants: Lantana, Mexican sunflower, Zinnia. Particularly red and orange blooms attract butterflies and hummingbirds.

Cover Plants: Pachysandra, Vinca minor, Lily of the valley, Stonecrop (aka sedum), Yellow archangel.

*“Mary, Mary quite contrary,
How does your garden Grow?
With silver bells, and cockleshells,
And pretty maids all in a row.”*

English historical nursery rhyme, oldest know version not published till 1744.

Mike's summer garden with a few visitors

