



Cape Fear Garden Club

CLIPPINGS

news & updates

January 2024 | Issue 5

President's Message

GENERAL MEETING: January 24, 2024

Cape Fear Country Club

9:15 - 9:30 a.m.

Horticulture Judging

9:30 a.m.

Hospitality & Social Period

10:00 a.m.

Meeting Called to Order

Devotional:

Frances Parnell

Program: "Wake Up Winter with Wildlife"

Presenter: Gardening for
Wildlife Committee,
featuring Natalie Bohorquez
from the NC Wildlife
Federation

Refreshment Table
Arrangement:
Kiplyn Duffy

Horticulture Theme:
Camellias and Early Bulbs
and Native plants

Day Clerks: Morgan
Chapman

Judges: Marcia Doering,
Barbara Howard or Karen
Root.

Azalea Garden Tour Tickets
go on sale!
Sign up to be a Garden sitter.

Dear CFGC Member,

*Where on earth did 2023
go?*

I want to share a story
with all of you about
celebrating each new year
that rolls around
beginning in January.

A lady went to the doctor
in the fall of 2008 for her
annual checkup. She got
a great report, and she
was busy helping to run a
large high school, cooking dinner for her family, and
enjoying her only child beginning her senior year in
college. The holidays had come and gone, and life had
returned to normal.

This woman began experiencing bad headaches and body
aches, and no amount of blankets could get her warm. She
returned to the doctor and was told to go home, drink
liquids, and stay away from school. She did for three days
and then returned to school as semester testing was about
to begin.

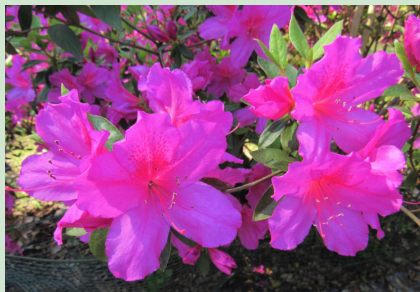
Things seemed to be worse, so she returned to the doctor,
and after tests were run, it was determined she had
pneumonia and was to go straight to the hospital.

The next day it was decided the lady didn't have
pneumonia, but had had two heart attacks and the next
night she had a third and was rushed to intensive care,
family was contacted, the chaplain appeared, etc., you know
the drill! Straight to the cath lab, she went....no ROTC Ball
for her to attend as an administrator.

She was on the transplant list at Duke for a short time. The
local cardiologists were so caring and thorough, insisting



2024-2025 Committee Selection begins



she have a defibrillator/ pacemaker implanted before being released to go home.

The story ends with an ambulance ride to Duke, a surgical procedure, a week-long stay in Durham, and thirty-six rehab sessions. Folks, this lady was me, Debbie Reid, and I worked so hard to return to that high school to complete my 30+ years and regain part of a normal life.

It's been 15 years since this health scare, so this year is a big celebration for me. Every January, I am grateful to have been part of another trip around the sun.

Don't mess around with your health....get to the doctor.....CFGC needs you! Happy New Year!

Fondly,

Deb

Debbie Reid

President

Cape Fear Garden Club 2023-2024



Cheese Ball Recipe for Upcoming Sporting Events

I wanted to share maybe a different cheese ball recipe for the upcoming sporting events you could make for a gathering.

Ingredients:

- 1 brick of cream cheese
- 1 package of Buddig beef
- 3 whole green onions
- 2 TBLSP of horseradish
- 1 cup chopped nuts

Directions: bring the cream cheese to room temperature. Chop the whole onions and the package of beef very fine and add to the cream cheese. Add the horseradish to the mixture and combine it all together. Roll the mixture into a ball and roll over the chopped nuts that have been spread on wax paper. Enjoy!

January Lunch RSVP

Ladies Lunching

Happy New Year! After our general session, January is a great month to have lunch at the club. Invite your committee members to join you for a relaxing lunch, or reserve a table and have a committee meeting. Remember, CFCC charges our club for 40 lunches



If you would like to stay for lunch, email Penny at PJandMark@bellsouth.com to reserve your place. If you decide to have lunch on the meeting day, see Penny at a table in the lobby and pay your \$25. she'll let you know if there is space available. Thank you for considering having lunch at the CF Country Club on January 24th.

regardless of how many members purchase lunch. The lunches are delicious and reasonable at only \$25.

This month, we will enjoy "A Lighter Fare," including Grecian baked chicken with soup of the day, pasta salad, tossed salad, and fresh seasonal fruit and rolls.

If you would like to reserve a table in the lobby for a committee meeting, please email Sandy Cyphers at scyphers@ec.rr.com so she can make those arrangements. I will be in Africa, and she has kindly agreed to cover my job while I am gone.

[Delores Hawes](#)

Workshops & Special Events - DATE CHANGE



The Flower-Pot Luck Workshop scheduled for Tuesday, January 16th, led by Michele Poulos Woo, has been changed to Monday, January 29th, 9:30 am-11:00 am at the New Hanover County Arboretum. Door Prizes AGAIN!

Please let me know if you plan to attend this "FUN" workshop. I will need to know the number of attendees attending the workshop to prepare enough of the required items for the potluck!

[Sandy Cyphers](#)
CFGF 2nd Vice President
scyphers@ec.rr.com

Gardening for Wildlife

The GFW Committee will host the January General Meeting program with a featured guest speaker from the NC Wildlife Federation (NCWF), Natalie Bohorquez, presenting "**Wilmington: A Certified Wildlife City.**" Natalie will educate us on the and what our members can do to help.

Our entire Committee will meet on Thursday, January 11th, to complete the final preparations for the program and for our guest speaker at the home of Delores Hawkes. In the meantime, some of us have met to begin the process of city certification. We have paid the fee of \$249 to NCWF as they provide guidelines and a database for how this process works which includes a point system. In order to certify, our Club and Committee need to reach 400 points in the areas of Registration, Outreach, Education, and Administrative Goals, and we have already accumulated points!

We do plan to hold our monthly drawing for those members who have had their gardens wildlife certified. So, be sure to go to the link and certify your garden today!

www.ncwf.org

[Becky Hardy](#)

TIPS
TO START YOUR WILDLIFE GARDEN

- 1 / FOOD**
Plant shrubs that flower and produce berries
- 2 / WATER**
Put out a birdbath—even small features help wildlife
- 3 / COVER**
Shrubs, wildflower gardens, rock walls, and evergreens all help to provide cover
- 4 / YOUNG**
Nesting boxes for birds, milkweed for caterpillars, or ponds for frogs all make space to raise young
- 5 / SUSTAINABILITY**
Put away the chemicals. Natural gardens are better for you and for wildlife
- 6 / CERTIFY**
Certify your sustainable habitat garden

LEARN MORE AT
NWF.ORG/GARDEN

FSC
MIX

Horticultural Minute

A Berried Treasures for our Feathered Friends



Some of our winter residents relish the berries found on our native trees and shrubs. Keep a look out for northern cardinals, our NC State Bird, cedar waxwings, and many more birds and mammals that can be found devouring berry-like fruits from Eastern red cedar (a conifer with edible cones), yaupon, Pinkberry, and American hollies (broadleaf evergreens).

Feature plant: Weeping Yaupon Holly thrives in average well-drained soils in sun to shade and can withstand both drought and occasional

flooding. It makes a good screen, windbreak, or security plant, grows rapidly, and transplants easily. This plant can take heavy pruning and is good for topiary. Berries are bright red.

Other native hollies to consider are the American Holly (red berries), a tree up to 30 ft., and the Pinkberry Holly (blackberries), a shrub the size of boxwood. In addition, these evergreen natives provide needed shelter during harsh weather.

Berries to remove: Heavenly Bamboo (*Nandina domestica*), please remove the red berries before the birds ingest them. This is listed as an invasive by the Coastal Audubon Society. If you haven't removed the shrub, now is the time to remove the berries to protect wildlife and eliminate invasion in our woodlands.

To support the GFW Committee's project for 2024 to certify the City of Wilmington as a Wildlife Habitat, the National Wildlife Federation and the Clippings Horticulture Minute will provide helpful information for CFGC members about what native plants grow locally and provide food and protection for our local wildlife.

Reading and Resources

Available at New Hanover Public Library, by Doug Tallamy:

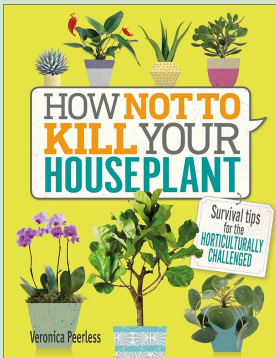
Nature's Best Hope: A New Approach to Conservation That Starts in Your Yard,

Stone Garden: A Wildlife Habitat display garden including many selections of water features.

Wild Birds Unlimited: A Wildlife Habitat display including many selections of bird baths, bird houses, and helpful literature.

[Marcia Doering](#), *Landscape Consultant*, National Garden Clubs, Inc.

Librarian's Report



Sarah Draughon O'Brien, Emeritus member of the Cape Fear Garden Club, passed away on November 30, 2023. She had been a club member for 38 years, since 1985. Because of her great love of plants and always sharing her plants at Garden Club meetings, the following book has been selected in her memory to be given to the New Hanover County Public Library - "How Not to Kill Your Houseplants: Survival Tips for the Horticulturally Challenged" by Veronica Peerless.

[Diane Smith](#), CFCG Librarian

2024 Azalea Garden Tour

Garden Tour Tickets On Sale

Azalea Garden Tour Tickets will be available for pick up or purchase at the January, February, and March 2024 General Meetings. A table will be in the reception area for your convenience. Additional tickets are \$50 each.

Plant Raffle Tickets will be sold at the January, February, and March General Meetings. The proceeds from selling raffle tickets go to nonprofit organizations in New Hanover County. There will be three winners (\$500 each) for a total of \$1500 in plants of your choice of color for your garden. Johnson Nursery and Proven Winners are the sponsors. One ticket is \$10, and three tickets are \$20.

Thank you for your continued support.

[Signa Stalvey](#), Chair
2024 Azalea Garden Tour



Garden Sitters Needed - SignUpGenius (SUG) has been sent out again to all club members via Constant Contact, requesting you to sign up to sit in a garden. THANK YOU to all the members who have already signed up. Sixty empty slots must be filled. Just to remind you, this is a requirement to maintain your membership in the CFCG.

[Sign Up as a Garden Sitter Here](#)

Airlie Showcase Garden

Once again, the ladies of the Airlie Showcase Garden Committee revealed their commitment to maintaining our garden, which continues to fascinate not only the residents of New Hanover

County, but also visitors from all over the country. On a gorgeous Tuesday in November, we met at the garden to decorate for Enchanted Airlie.

We scattered our laughter as we managed to hang our beautiful decorations. A special thanks to Pat McConahey for keeping all our male and female ends in order. Joe Moeller scaling the Arbor was a blessing but not as great as Dale Williams dangling in the maple trees to get our ornaments strung on the fishing line. We could not have succeeded without these men!

The lights, as you can see, were spectacular as always, and the addition of timed lanterns hanging from the trees was wonderful. As you can see, our BALLS WERE A BLAZING!!!

The true blessing of the season was that the Cape Fear Garden Club was not charged with burning down the gardens...we set our balls a blazing after the horrific Sunday storm, and thankfully, all the rain and the ever vigil of Airlie Gardens Staff prevented a disaster! I would hate to think our Committee's Centennial contribution would be 100 firemen and fire trucks.

We will continue our commitment to the garden weekly, and our next full gathering will be for setting the stage for a beautiful Azalea Festival!

[Mary Beth Farrior](#)





Get well cards sent to:

Nancy Batounis
Meg Davenport - her 94-year-old mother fell
Cindy Lopez.
Sarah O'Brien
Frankie Trask

Sympathy Cards sent to:

Sarah Anderson, for the loss of her father
Annie Anthony, for the loss of her mother
Beth Chadwick Cherry, for the loss of her mother, Jo Chadwick
Dana Cook, for the loss of her husband, Jeff
Barbara Downing, for the loss of her husband
Joanne Hamilton, for the loss of her daughter, Julie
Pam Schumpert, for the loss of her sister

To Jean Kelly's Family

To Sarah O'Brien's daughter, Sarah Pat O'Brien

Respectfully submitted, [Irene Shea](#), Correspondance Secretary



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Connecting You with People, Plants and Programs



Cape Fear Garden Club | www.capefeargardenclub.org

Submissions for Clipping must be received no later than two weeks before the general meeting. Send all 2023-2024 submissions to clippingscfge@gmail.com



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