

Gardeners Out East Newsletter

Welcome to the official Gardeners Out East Newsletter! We will bring you timely information about everything GOE.



IN THIS ISSUE

Carolyn's Corner

This month Carolyn discusses her philosophy about life and friendship. Be positive and be grateful, we are so fortunate in our lives.

New feature

Except for this month, we will have a new butterfly or some other picture. Guess the butterfly type. Send it to me (Nancy Schneider).

Please Help

We are looking for people who would like to be on committees. Please see the list and heads of the committees on following pages

GOE News

Editor: Nancy Schneider

Orchids! March will be about orchids but before I go on and nauseum about one of my loves, I just want to say I hope everyone who went to Spanish Point and Deep Lagoon with us had a great time. For those of you who could not make it, we had a beautiful day at the gardens. We want to thank Karen Eckert and Joann Graceffo who went to taste before we ever went to the restaurant. Thanks ladies. Pictures will follow in later pages.

Our March meeting will be all about Orchids. It will be a very informative meeting and the topic is always popular. Anyone can grow an orchid in Florida.



Carolyn's Corner

by Carolyn Lowry-Nation

WORDS I LIVE BY

I am sharing these kernels of wisdom with all of you simply because throughout a dark period in my life they became meaningful. Hopefully, you will gather a positive feeling from them also.

Years ago, I read this marvelous article, entitled "Make Over Your Mindset". I had just experienced my husband's dying and was grasping for anything that would pull me up out of despair. The year was 2010, and I purchased the magazine, Women's Health. The Letter from the Editor became my inspiration and I try to live her advice daily.

She stated facts relating to human emotions. I.E., the average person has about 60,000 thoughts a day, 80% of which are negative. According to Mayo Clinic, people who are more optimistic are thought to embrace healthier habits, like gardening, exercising regularly, and avoid bad ones, like eating excessively and smoking.

Her tips for reaching a more positive place:

1. Build spiritual muscle – pray while you sweat
2. Be actively grateful – count your blessings
3. Pass positivity along – Life is good!!!!

Announcements

Birthdays:

Charlotte Miller: March 14

Tricia Brocco: March 19

Flossie Paul: March 29

Name Tags: GOE name tags are available for purchase. Contact Venwood Awards at sales@venwoodawards.com. They are \$8.00 plus shipping and tax. Their phone number is 931-473-0708.

Tee Shirts: Either Short Sleeve or Long Sleeve Tee Shirts are available from Salty Printing. We will have to put together a minimum of 6 of a single type to have them printed. The price will be \$19 for short sleeves and \$22 for long sleeves. 2XL and 3XL will have an additional cost. Contact Maddie Daraio at mjdaraio@gmail.com.

Events:

Venice Area Garden Club Plant Sale: Saturday, March 10, 2023 from 9:00-5:30 PM at West Blalock Park 401 Pensacola Road, Venice.

Sarasota Garden Club: Gardens in Paradise: Saturday, March 25, 2023: 9:30-4:00. Advanced reservations \$35. Day of tour: \$40. Contact www.sarasotagardenclub.org or 941-718-3359

Manatee River Garden Club: Friday and Saturday, March 10 (2-5 PM) and 11th (10-4 PM): obSussed a whimsical flower show. The address is 3120 1st Street West, Bradenton.

FFGC 96th Annual Meeting: April 18-20th at the Embassy Suites Orlando Lake Buena Vista South. Please register by March 27. Here is the website <https://ffgc.org/Convention-2023>

GOE Website

Please visit our website www.gardenersouteast.com for lots more information about GOE. If you never signed on, the password is "Butterfly" and then change to your own

2022- 2023 Meeting Calendar

March 13th: Orchids! Everyone's favorite topic. The speaker will be Julie McClure who is the President of the Manatee Orchid Society. Please bring guests.

April 10th: This is the membership voting meeting for the new officers. There will be two speakers: Tammy Parrott, Manatee County Library Services Manager and Lorenzo Liberti, a high school youth who creates wooden US flags to honor veterans.

May 9th: Year End Finale to be held at Ginny Kepp's home 4919 Bonito in Esplanade at Lakewood Ranch. More details to come. Wild

**All meetings will be held at:
The Celebration of Life Center
4310 Solutions Lane
Lakewood Ranch, Florida unless stated otherwise.**

Items of interest: If you are interested in joining a committee, here is a list of opportunities and contacts:

Gold Star: Melodie Friedebach

Hospitality: Sandra Lewis

Membership: Maddie Daraio

Program: Joann Graceffo

Publicity: Nancy Schneider

Sunshine: Sandra Lewis (Please let Sandra know if any of our members are in the hospital or infirm at home or have deaths in the family so we can send our condolences.

FFGC License Plate: Consider getting the FFGC License Plate. Each plate gives \$15 to grow Florida wildflowers to support our threatened butterflies and bees. These plates can be obtained in our local county license plate agency. For Lakewood Ranch, you can go to the tax assessor's office at 6007 111th St. East, Lakewood Ranch (near Publix)



The American horticultural Society provides another opportunity to enjoy gardening. For \$35, you receive the American Gardener and a Reciprocal Admissions Program to over 345 public gardens across the US and Canada. In Florida, some gardens include: Marie Selby Gardens: Downtown and Historic Spanish Point as well as Bok Tower, St. Petersburg Sunken Gardens, and so many more. Contact: www.ahsgardening.org for more information.

