

# LAKE PLACID GARDEN CLUB

## NEWS YOU CAN USE



VOLUME 5

Oct., 2025

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## Executive Board

### President

Doris Rohner 954-792-7500  
gardenclub4me@gmail.com

### Primary 1<sup>st</sup> Vice President

Stephanie Moreo 863-441-6403

### Co-1<sup>st</sup> Vice President

Monica GriEith 863-381-8052

### Primary 2<sup>nd</sup> Vice President

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### Co-2<sup>nd</sup> Vice President

Karen Denning 317-395-4912

### Co-2<sup>nd</sup> Vice President

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### Co-Recording Secretary

Shannon Johnson 330-402-8013

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Laura Krumm 239-273-5405

### Co-Corresponding Secretary

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Donna Ferchen 931-265-5860

### Co-Treasurer

Sherill Trevino 386-546-8763

### Co-Treasurer

Sandra Rosch 440-554-7355

### Parliamentarian

Sally Kinsey 863-243-3576



### Step In, Step Up, and Make a Difference!

Our club thrives because of the energy, ideas, and talents of its members. Every event we host, every project we complete, and every success we celebrate comes from the teamwork and dedication of volunteers working together. To keep our momentum strong, we need *everyone's* help.

Serving on a committee—or even chairing one— isn't just about filling a role. It's about building friendships, sharing your unique skills, and keeping our club active and vibrant. Whether you have a green thumb for planning events, an eye for detail in organizing, or simply a willingness to pitch in, your contribution matters.

Here are a few ways you can get involved

- **Join a Committee** – Even if you can only give a little time, every helping hand makes a difference.
- **Chair an Event** – Lead with your strengths. You'll have plenty of support from fellow members.
- **Share Your Talents** – From hospitality to publicity, bookkeeping to creative ideas, there's a place for everyone.
- **Try Something New** – Stretch your skills and gain confidence by volunteering in a role you've never done before.



Remember: many hands make light work! When each member gives a little, together we accomplish a lot. Please consider where you can step in, step up, and help our club continue to grow and flourish.

Contact any of the officers to let them know you can and are willing to help.

Every seed you plant is a promise of growth and transformation.

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**Together Everyone Achieves More**



## Executive Board of Directors 2025-2026



Doris Rohner  
President



Stephanie Moreo  
Primary 1<sup>st</sup>  
Vice President



Monica Griffith  
co-1<sup>st</sup> Vice President



Robin Shear  
Primary 2<sup>nd</sup>  
Vice President



Karen Denning  
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Vice President



Jan Vedernjack  
co-2<sup>nd</sup>  
Vice President



Joyce Miles  
Primary Recording  
Secretary



Shannon Johnson  
co-Recording  
Secretary



Laura Krumm  
Primary Corresponding  
Secretary



Mary Meisenheimer  
co-Recording Secretary



Primary Treasurer  
Donna Ferchen



Sherill Trevino  
co-Treasurer



Sandra Rosch  
co-Treasurer



Sally Kinsey  
Parliamentarian



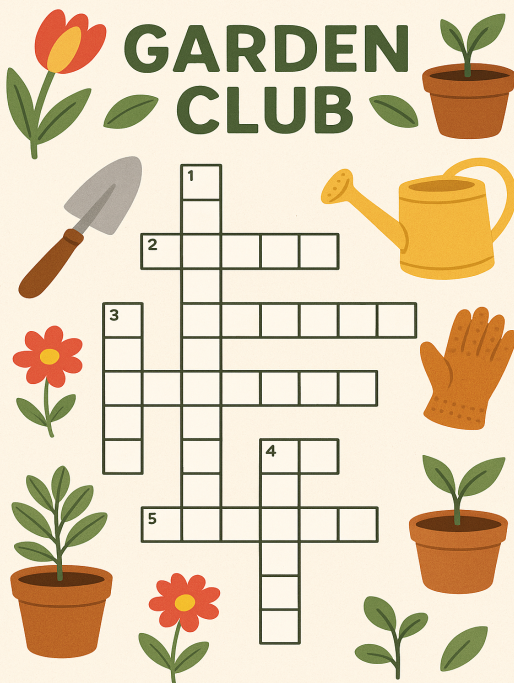
Lady Giggiebug  
Director of Tiny  
Adventures

**Members:** The LPGC website is now active at [www.lakeplacidgardenclub.org](http://www.lakeplacidgardenclub.org). You will need a passcode to enter the Member Portal. The Portal may contain sensitive material. Do not give access to the Portal to non-members. You should only need to add the PW the first time you enter the portal. Your PW is: LPGC@2025.



Every seed you plant is a promise of growth and transformation. Embrace the dirt beneath your nails and the joy of nurturing life. With each garden you cultivate, you not only create beauty but also foster resilience, patience, and hope. Keep growing—your efforts today will blossom into a brighter tomorrow!"





#### Across

2. Tool used to water plants
5. Bright bloom often found in spring gardens

#### Down

1. Protective gear for your hands
3. Small digging tool with a wooden handle
4. Container for growing plants



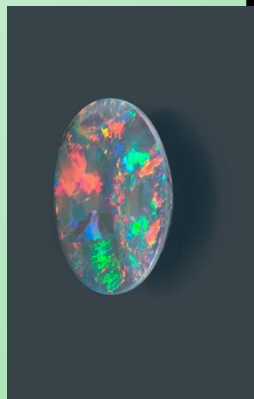
1. DRAGEN \_\_\_\_\_
2. NALUAN \_\_\_\_\_
3. ESOR \_\_\_\_\_
4. SYIDA \_\_\_\_\_
5. THREA \_\_\_\_\_
6. TLENET \_\_\_\_\_
7. PSOTMOC \_\_\_\_\_
8. YLLI \_\_\_\_\_
9. RNU \_\_\_\_\_
10. LUBB \_\_\_\_\_

Bonus: Unscramble the hidden letters to spell a hidden word.



## HAPPY BIRTHDAY CELEBRATING IN OCTOBER

Sharon Leddick, (2<sup>nd</sup>)  
 Karen Denning, (6<sup>th</sup>)  
 Ray Alderman, (8<sup>th</sup>)  
 Jennifer Marsh, (8<sup>th</sup>)  
 Kay Rongley, (8<sup>th</sup>)  
 Donna Ferchen, (15<sup>th</sup>)  
 Alice Oldford (20<sup>th</sup>)  
 Danny Green, (23<sup>rd</sup>)  
 Myra Conception, (23<sup>rd</sup>)  
 Ceelia Chuplis, (25<sup>th</sup>)  
 Mark Ponsler, (30<sup>th</sup>)



*If your birthday is in October and not listed here please contact [gardenclub4me@gmail.com](mailto:gardenclub4me@gmail.com).*

## Simpson's Stopper

*(Myrcianthes fragrans)* is a diverse native plant with evergreen leaves, white blooms and colorful berries. It can function as a shrub or a small tree depending on the cultivar and how you prune it. The non-dwarf can reach a height of 20 feet with a 15 foot spread. The tiny, deep green leaves contain aromatic oils with the fragrance of nutmeg and grow densely, when in full sun, on the smooth-barked branches. Simpson's stopper will have a dense branching habit if grown in full sun, creating a wonderful, carefree hedge. To create a hedge or screen, it should be planted about 3-4 feet apart. When grown in shade, the foliage is less dense and the trunk displays its attractive, smooth, exfoliating bark.

Simpson's Stopper has fragrant, white flowers occurring periodically throughout the year. The flowers then develop into attractive, orange-red edible berries. The flowers attract many species of butterflies, and the fruits are appealing to birds, especially the state bird of Florida, the mockingbird. Simpson's Stopper performs well with little or no irrigation once it becomes established.





# Club Achievement Awards

Celebrating members that have given above & beyond

Being chosen as the recipient of a specialty award is an incredible honor that fills the heart with a deep sense of pride and accomplishment. It's not just about the recognition; it's the acknowledgment of the time, effort, and passion dedicated throughout the year. To be singled out among a group of peers, each with their own talents and contributions, feels like a testament to personal growth and the impact one has had on the community. There's a quiet joy in knowing that your unique qualities have been seen and valued, and that your commitment has made a lasting impression. It's a reminder that hard work does not go unnoticed, and that in this shared space, your individual contributions truly matter. It's a moment to reflect on all that you've done, and to feel proud of the path you've taken—while looking forward to all the future possibilities.


2002 Gardener of the year, Kitty Sorenson  
2002 Hostess with the Mostess, Peggy Alexander  
2003 Gardener of the Year, John Moody  
2004 Winner of NGC 863 Website Award, Sue Rood  
2009 Golden Angel, Jeanne Renton  
2013 Garden Buddy-The Garden Glove Award,  
Sharon Diaz & Mary Meisenheimer  
2014 Gardening Angel, Betty Jane  
2015 Hall of Fame, Betty Jane  
2015 Pillar of Pride, Connie Watson  
2015- FFGC Garden Path Brick, Alice Stahr  
2016 Hall of Fame, Sharon Diaz  
2016 Pillar of Pride, Marcia Price  
2016 FFGC Garden Path Brick, Peggy Alexander  
2017 Member with the Best Brag, Wynelle Conley  
2018 Member with the Best Brag, Ed Fabik  
2019 FFGC Garden Path Brick, Margo Sanders  
2019 Best Fuss & Brag, Sharon Diaz  
2019 Golden Watering Can Award, Janet Earnshaw



2019 Gnome Award, Peter Otway  
2019 Exceptional Advisor Award, Sue Rood  
2020 FFGC Garden Path Brick, Paula Fabik and Sherry Bowie  
2021 Golden Angel, Diane Brouhle  
2025 FFGC Life Membership, Marcia Price  
2025 Best Fuss and Brag, Sharon Diaz  
2025 Pillar of Pride, Sharon Diaz

## SAVE THE DATE

- September 17 **Youth Gardening**, Crane Brook Academy, Lake Placid  
1:30 pm  
Contact Carol Lambert to confirm your attendance. 717-917-8782,  
abcdlambert7@gmail.com
- September 18 **Acorn Project**, Royce Ranch  
8:30 – 10:00 am  
10:00 – 11:30 am  
Contact Karen Denning to confirm your attendance. 317-395-4912,  
folzden@gmail.com
- September 24 Plant Study- Arrangements from your Garden  
Masonic Lodge  
10:00 am  
Register [HERE](#)
- October 1 **Board Meeting**, Masonic Lodge  
9:30 am
- October 8 **Membership Meeting**, American Legion, Post 25:  
11:30 am  
Register [HERE](#)
- October 14 **Garden Therapy**, Lake Placid Health & Rehabilitation Center  
Contact Marian Chambers to confirm your attendance. 863-699-2979  
mariannke38@gmail.com
- October 15 **Youth Gardening**, Crane Book Academy, Lake Placid  
1:30 pm  
Contact Carol Lambert to confirm your attendance. 717-917-8782,  
[abcdlambert7@gmail.com](#)
- October 16 **Acorn Project**, Royce Ranch, 8:00 am & 9:30 am  
Contact Karen Denning to confirm your attendance. 317-395-4912  
folzden@gmail.com
- October 21 **District IX Fall Meeting**, Winter Haven, Details coming soon.  
Contact: TBA. Follow this link [HERE](#)
- October 29 **Plant Study** “The Allure of Carnivorous Plants”  
6:00 pm  
At Doris Rohner’s home. For more information and to register click on  
this link. [HERE](#)



You Are Invited to

**“The Allure of Carnivorous Plants”**  
An Outdoor Plant Study

Movie, popcorn, candy, refreshments served.  
156 Red Water Pt  
Lake Placid, FL

October  
Wednesday **29** at 6:00-8:00 PM  
2025

Register online at [lakeplacidgardenclub.org](#)  
Enter Member Portal or signup at a member meeting

Need more info:  
Doris at 954-792-7500  
[gardenclub4me@gmail.com](#)



10:00 AM

**Guide to Container Gardening**  
A PLANT STUDY

Register **HERE**

Let's Carpool

Robbins Nursery  
4803 US Hwy S  
Sebring, FL  
November 18, 2025

Container gardening has proven to be a successful and accessible method for growing plants in limited spaces, offering flexibility, efficient use of resources, and the ability to cultivate a wide variety of vegetables, herbs, and flowers year-round.

**LAKE PLACID GARDEN CLUB**  
Presents the 15th Annual  
**Holiday Home & Garden Tour**

Featuring 6 Beautifully Decorated Homes and Gardens  
Saturday, December 6, 2025  
Tour Hours: 11am - 3pm




Members always have fun.  
Join today, Click [HERE](#)



## Native Ground Covers

**Fogfruit (*Phyla nodiflora*)** is also known as Turkey Tangle or Frogfruit. In the spring this Florida native is showing-off it's small purplish-white flowers. Many homeowners view this as a turfgrass weed, but in fact, it is a wonderful groundcover that can add any appeal to a landscape. Fogfruit grows in full sun to partial shade and prefers to well-drained to partially drained soils, but does like regular moisture. This can be used a low-growing groundcover, in some cases as an alternative to turfgrass. Do not be surprised if you find multiple caterpillar species munching on Fogfruit. It is an important host plant for a few different butterfly species.



**Sunshine mimosa (*Mimosa strigillosa*)** also known as sunshine mimosa, is a native, low-growing Florida groundcover that is increasingly being used in home and commercial settings. Known scientifically as *Mimosa strigillosa*, it also attracts butterflies and serves as a host plant for butterfly larvae. From spring through fall, this versatile plant blooms non-stop with pink, ball-shaped flowers that look like small powderpuffs. It has attractive bright green, fern-like leaves that fold up when touched. Although the foliage looks fragile, it's actually quite resilient and can withstand some light traffic.



Powderpuff mimosa is an effective ground cover because it spreads very quickly. As few as four or five pots can cover up to 300 square feet in a season. However, it's not an overly aggressive plant and can be intermixed with turfgrass or other plants. It prefers full sun, well-drained sandy soils.

Once established, powderpuff mimosa has a fairly deep root system that can help it control erosion and that also makes it drought tolerant. One drawback is that powderpuff mimosa isn't evergreen, so be prepared for the leaves to disappear during the coolest months. It will freeze but it usually does not kill the roots.

Plan ahead. This social event is sure to be a lot of fun. Mark your calendar now. March 21, 2025

**GARDEN CLUB EVENTS**



**Member Appreciation Picnic**  
Saturday, March 21, 2026  
11:00 am  
Sun N Lakes  
Community Center  
(Lake Placid)  
**SPOUSES WELCOME!**

**RSVP and VOLUNTEER SIGN UP**  
To be announced after first of the Year

**Club will provide**  
**FRIED CHICKEN**  
**&**  
**Ice Cream Sundae Bar**

**Members asked to sign up for:**

Side Dishes  
Salads  
Beverages  
Desserts  
Set-up/Clean Up

Let's promote gardening. Invite local clubs to become affiliate members of FFGC. Why? Read below.

**Why join the Florida Federation of Garden Clubs?**

**Who can join:** Garden clubs, plant societies, botanical gardens, conservation organizations and floral design clubs.

Call Susan Lawson 941-979-0615 or Sandy Troy 239-994-8147

**FFGC Benefits for Garden Clubs\* & Affiliate Members\*\***

- Receive *The Florida Gardener* (web)\*\*\*
- Receive an invitation to Annual FFGC Conventions\*\*
- Logo & web link published on FFGC Affiliate Website page.\*\*
- Club FB or web link on club name in FFGC web Club page\*
- Receive member rates for ads in *The Florida Gardener*\*\*\*
- May post events to FFGC website calendar and may apply to the Chairs of NGC flower shows to participate\*\*\*
- Open to the Public\*\*\*: 4 NGC schools, DS & NGC Scholarships Grants\*

**District IX Benefits for Garden Clubs & Affiliate members**

- Your event flyers are published in the quarterly District IX newsletter sent to 1900+ members (22 garden clubs, 4 FFGC Affiliate Members, 6 Circles in 7 counties)
- Your event flyers published to the District IX Facebook site
- Your membership is invited to the Fall and Spring District IX Meetings
- Access to the DIX Speakers Bureau
- Plus, FFGC Benefits

\*\* FFGC Affiliate Member organizations: \$50 annual fee and does not include National Garden Club membership.

8/13/2025 5:00 PM

# GARDENING REALLY IS GOOD FOR YOU

Article submitted by Laura Krumm.

## Gardening Really Is Good for You, Science Confirms

Gardening might do more for your health than you think.

Spending time among soil and sprouts might do more for your health than you think. A sweeping new study of studies (an “umbrella review”) confirms what gardeners have long known deep down. That getting your hands dirty can actually make you feel better, think more clearly, and even live longer.

For millions of people, gardening is a relaxing and satisfying hobby. But according to scientists, it’s more than just a hobby — it’s a “multicomponent intervention.” That’s science speak for something that works in many ways at once.

Gardening blends light physical activity, exposure to nature, structured goals, and often, social interaction. Each of these elements has been independently linked to improved well-being. But when combined, as they are in gardening, the effects can be powerful.



*Image credits: Markus Spiske.*

Researchers from the University of Agricultural Sciences in Cluj, Romania, and King’s College London analyzed four decades of scientific literature. They drew conclusions from 40 systematic reviews and meta-analyses involving thousands of participants worldwide, and the message is clear: whether you’re potting plants on a windowsill or digging into a community garden, the act of gardening delivers measurable benefits.

Gardening is good for the mind

Gardening was consistently associated with lower rates of depression and anxiety, better mood and self-esteem, enhanced cognitive function, and higher life satisfaction. One key finding was a 55% increase in general well-being measures among participants involved in gardening interventions.

That’s not a small bump. That’s a life-changer.

So, how exactly does planting tomatoes or tending to a flowerbed help the human mind? The researchers point to several overlapping mechanisms.

First, there’s physical activity, even if it’s gentle. Digging, bending, and watering keep the body moving, which boosts endorphins and reduces inflammation. There’s little risk of injury in gardening. Second, exposure to green space has its own positive effect. Nature has been shown to trigger a calming effect, reducing cortisol — the stress hormone — while improving attention, creativity, and emotional regulation. Scientists call this the



“attention restoration theory,” which suggests natural environments help us recover from mental fatigue.

Third, gardening encourages mindfulness. When you’re focused on nurturing a living thing, you’re less likely to dwell on past regrets or future worries. That presence, researchers say, builds emotional resilience. And finally, there’s connection. Whether it’s sharing surplus vegetables, chatting with neighbors in a community plot, or simply being reminded of the larger rhythms of life, gardening nurtures a sense of connection, whether with nature or the local community.

### **Gardening seems to be useful for everyone**

Older adults saw some of the most profound effects in the research. Gardening helped them maintain physical function, improve memory, and fight loneliness. For people living with dementia, horticultural therapy boosted mood and social interaction.

Adults facing mental health challenges, including depression and anxiety, also enjoyed significant improvements. They experienced reduced symptoms and a greater sense of purpose. While specific numerical reductions in depression or anxiety scores varied by study, the consistent trend across multiple reviews showed that gardening interventions led to measurable improvements in mental health



Even people with chronic illnesses, like heart disease or diabetes, showed improvements. Gardening was linked to healthier eating (more fresh fruits and vegetables), better weight management, and lower blood pressure.

Children weren’t included in this study, but previous research has suggested that gardening can also help them stay more focused and do better in school.

### **The Evidence Is Promising — But Not Perfect**

While the findings are overwhelmingly positive, the researchers urge caution. Not all the studies included in the umbrella review were of high quality. In fact, 71% of them were rated as “critically low” using a standard quality-assessment tool. This doesn’t mean the findings are wrong, but it does suggest we need better, more rigorous research to confirm the findings.

For instance, many studies lacked control groups or relied on self-reported data. Others didn’t clearly define what counted as “gardening” or didn’t account for variables like frequency or duration of the activity. Studies also tend to look at correlations, without

establishing a causation. People who garden are often more likely to engage in other healthy behaviors — like cooking at home, walking regularly, or reducing screen time. So, some of the mental health benefits may stem from these associated habits.

That said, the smaller number of randomized controlled trials — the gold standard in medical research — still found consistent, positive results.

The review's authors call for more investment in gardening as a public health tool. Just like how a healthy diet is increasingly used as a health intervention, healthy habits like gardening could also have their use.

There's even a growing movement to incorporate gardening into mental health treatment plans, especially for depression, anxiety, and trauma recovery. Known as "horticultural therapy," this approach blends psychology, occupational therapy, and environmental science. You don't need a green thumb or any real skills. Even a single houseplant, a few herbs on the windowsill, or volunteering at a local garden can bring positive change.

In a world that often feels fast, fragmented, and disconnected, gardening roots us — literally and figuratively — in something slower, steadier, and deeply human.

*The study was published in BMC Systematic Reviews.*



## PLANTING KINDNESS, HARVESTING SUCCESS

### Lake Placid Garden Club Supports Crane Brook Academy Students with School Supplies Drive

The Lake Placid Garden Club (LPGC) has once again demonstrated its commitment to education and community service by generously supporting Mrs Rosie Klein and her students at the local Crane Brook Academy, formerly e-Learning Center. Taking full advantage of Florida's tax-free back-to-school month, club members purchased a wide array of school supplies — enough to last the entire academic year.

On August 22, 2025, LPGC members gathered at the Tropical Winery for a special social event that combined fun and philanthropy. During the gathering, members filled a large school basket with essential items, including books, pencils, paper, erasers,

markers, folders, crayons, tape, tablets, staples, and more — ensuring students have the tools they need to succeed.

This effort is just one example of how the Lake Placid Garden Club continues to give back. Throughout the year, the club raises funds to support scholarships, camperships, and a variety of community events, all while promoting education and opportunity for local youth.

Mrs Rosie Klein and her students extend their heartfelt thanks to the members of LPGC for their generosity and continued support.



## Have you seen these pink blobs? They may be one of Florida's worst invaders

This exotic apple snail poses a big threat, state officials say



Many Florida residents may have happened across a scene much like the image: a cluster of tiny pink blobs attached to concrete or plants near bodies of water. These eggs may belong to what has been dubbed one of the “world’s worst invaders.”

The Florida Fish and Wildlife Conservation Commission identifies these clusters as egg clutches for exotic apple snails.

An apple snail egg case is a distinctive bubble gum pink color. One case can hold thousands of eggs.

In Florida, these snails come in four main varieties: the island apple snail, the channeled apple snail, the spike-topped apple snail, and the titan apple snail.

The channeled apple snail in particular poses a big threat, as it eats all sorts of aquatic plants, fruits, vegetables, algae, animal remains and even other snail eggs.

“In the last decade, apple snails have received attention because of their ability to damage wetland crops through foraging...” FWC officials note. “Because of damage to crops, the channeled apple snail is listed as one of the world’s worst invaders.”



However, the Sunshine State *does* have a native species of **apple snail**. Native clutches will appear white and much larger than their foreign counterparts.

The FWC released this picture showing the 2 sets of eggs. In Central Florida, apple snail eggs typically appear during the warmer months, particularly in

spring and summer. An individual clutch can have hundreds — if not *thousands* — of eggs, depending on the species.



These eggs have a neurotoxin in them — *so don't touch* — and they can carry the rat lung worm parasite. Worse yet, they're dangerous if eaten raw.

This time of year is also when the temperature and humidity are conducive to their reproduction and egg-laying behavior. Keep an eye out for these distinctive egg masses on plants and other surfaces near freshwater habitats during these seasons.

“Currently, there is little FWC can do to stem the exotic apple snail populations, as is the case for most established exotic species that are often part of the exotic pet trade,” FWC officials added.

It's important to note that because of the danger these snails pose, it's illegal for apple snails to be imported across state laws.

But for those who do own an apple snail, the FWC suggests refraining from releasing them into the wild.



**Why did the person afraid of dirt start gardening?**

**Because they finally wanted to get to the root of their fears!**



Scan the QR code to go  
directly to our website.



Answer key to Word Scramble

1. DRAGEN - Garden
2. NALUAN - Annual
3. ESOR - Rose
4. SYIDA - Daisy
5. THREA- Earth
6. TLENET- Nettle
7. PSOTMOC - Compost
8. YLLI- Lily
9. RNU- Urn

10. LUBB- Bulb

Hidden Message: Garden Club

Webmaster: [gardenclub4me@gmail.com](mailto:gardenclub4me@gmail.com) Wordsmith: [westpar1@comcast.net](mailto:westpar1@comcast.net) Wordsmith: [msue617@outlook.com](mailto:msue617@outlook.com)