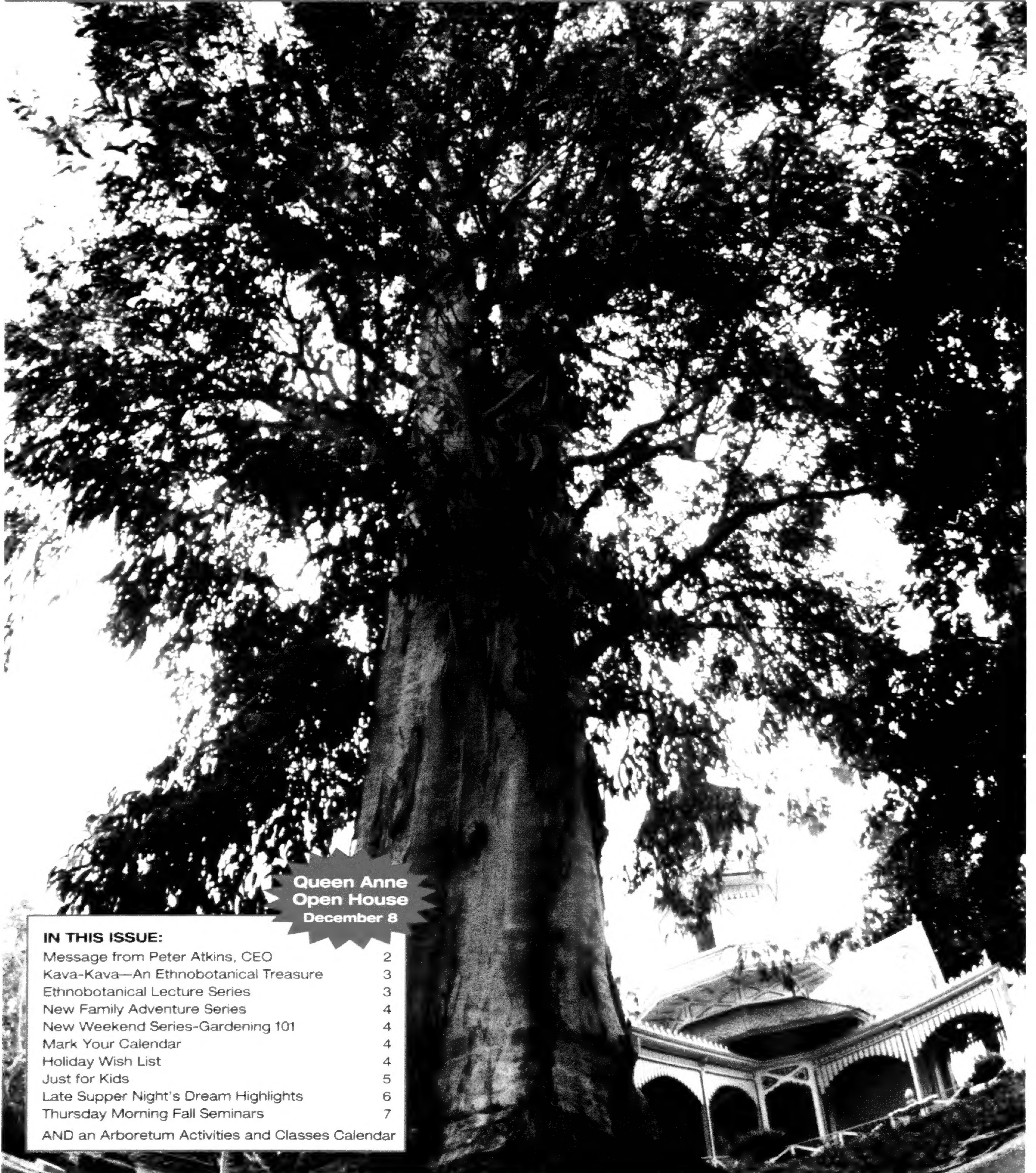


NOVEMBER-DECEMBER 2002 • JANUARY 2003

News from The Arboretum

of Los Angeles County

PUBLISHED BY THE LOS ANGELES ARBORETUM FOUNDATION



Queen Anne
Open House
December 8

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DISCOVER & CELEBRATE • PLANTS • PEOPLE • HERITAGE

WHAT'S NEW?

It's an age-old question that everyone asks. Sometimes it is simply stated as "What's New?" Sometimes it is more specific and may even be accompanied by other questions such as... "Won't you try this? It's new" or "Do you like it? It's new!" or "This is terrific and it's new!" But no matter how it is stated, "what's new" generally begins an exchange of conversation about exciting new things that are happening.

I personally love it when I am asked, "what's new" at The Arboretum. The list of "new" happenings is quite incredible. We know that to be a vital, interesting, and inspiring botanical garden and historical venue "new" is a concept that is important for us to embrace.

So, as we approach the end of 2002, a year that brought many new programs and events to The Arboretum, and begin to share with you in this newsletter some of our new plans for 2003, the latest in "What's New" at The Arboretum is an appropriate subject for me to share with you.

On September 8th, we inaugurated a new "end of the summer" event. Volunteer Gretl Mulder and her fun loving, hardworking committee and Sylvia Guerrero, Director of Special Events, hosted a benefit dinner and dance under the stars. A new first, The Queen Anne Cottage was open for this special evening. There were many newcomers, great food, music and even the weather cooperated. Discreetly placed mood lighting (even luminarias) helped to create the magic of the evening. Eric Haskell, a new member of our Advisory Board, was our incredibly entertaining Auctioneer. To say we all had a very

good time is an understatement. If you were not able to join us for the event, see page 6 for highlights. We look forward to this new benefit evening having a long future at The Arboretum.

We are continuously developing corporate sponsorships and collaborations with "new" groups, and putting refreshing new twists on our on-going collaborations. In past years, Monrovia Growers has traditionally supported specific Arboretum events. We are now in talks regarding a new permanent garden venue to display Plant Introductions, featuring classic and new introductions of this renowned local company, as well as historic introductions of The Arboretum.

We have begun to discuss a long-term relationship with Rainbird, the world's largest producer of irrigation equipment. What's new for us in the future with Rainbird is the possibility of a new irrigation system to replace our mostly manually operated, inefficient and often ineffective existing "aged" system. This will not only enable us to use our staff time in other areas, but also enable us to save more than 20% on the water we use each year.

We also look to both companies to participate in our educational offerings, of which 2002 saw many new classes and workshops, as will 2003. Throughout this newsletter and calendar, many of our new educational offerings are featured.

The County of Los Angeles' Parks and Recreation Department has arranged for us to receive two new electric vehicles. Donated by Ford Motor Company, these new 4-seat vehicles are approved for surface street use and will help in removing more of the fossil



Left to right: Peter Atkins, The Arboretum CEO, Olene Ewell-White, Assistant Director, East Region, Parks & Recreation, Tim Gallagher, Director, Parks & Recreation, and George Brumder, President, LAAF Board of Trustees enjoy a moment together during Olene Ewell-White's retirement party.

fuel dependent equipment from our now better and cleaner facility.

New also relates to our new Board of Trustees members—Walt Garrison, Alan Tekerlek, Frank Chang, and Mickey Segal. These inspiring individuals will bring new perspectives, new contacts, and new volunteers to help introduce and execute many of the new and developing facilities and programs identified in our new conceptual long-range plan.

So, as we close one year

out and look to a new year that is quickly approaching, I invite you to stop by my office the next time you visit The Arboretum and ask me "What's new?" I am certain I will have many more new things to talk to you about! Hopefully you will tell me of a new event, lecture, workshop or seminar you have attended at The Arboretum.

Season's Greetings and Happy NEW Year.


Peter C. Atkins, CEO

DEAR ARBORETUM FRIENDS,

You won't be surprised to know that a lot is going on at The Arboretum these days — some of which is described or alluded to elsewhere in this newsletter. We're all working hard on many fronts to further our development as one of the world's truly wonderful arboreta and botanic gardens, and we're making excellent progress.

We welcome and appreciate your interest, involvement and support, and your suggestions, comments and questions at any time.

With our sincere thanks and best wishes,

George Brumder

LOS ANGELES ARBORETUM FOUNDATION BOARD OF TRUSTEES 2002-2003

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The Arboretum Newsletter is published by the Los Angeles Arboretum Foundation. The Arboretum of Los Angeles County is jointly operated by the Los Angeles Arboretum Foundation and the County of Los Angeles.

NOVEMBER/DECEMBER 2002 AND JANUARY 2003 CLASSES AND ACTIVITIES

PLEASE CALL (626) 821-4623 OR (626) 821-4624 FOR RESERVATIONS



"FRESH" - CELEBRATING THE TABLE!

Thursday classes
from 4-6 pm.

Saturday classes
from 10 am-noon.

\$45 / \$50 non-members
per class

This new series encompasses all things wonderful about the kitchen table—from the garden that grows the food to recipes, seasons, and festive decorations that celebrate our love for eating. This series is very popular, and many have sold out!

Join cookbook authors, chefs, caterers, florists, gardeners and other "foodies" as they lead two-hour workshops. Demonstrations, tastings and ideas and information for you to use at home are included.

SUMPTUOUS SEAFOOD
Thursday, Nov. 14
4 - 6 pm

Mark Gold, Executive
Chef of Café Pinot

**FIVE EASY PIECES:
HOLIDAY FLOWERS
FOR THE TABLE**
Saturday, Nov. 23
10 am - Noon

John Roberts,
Floriculturist

**INNER GOURMET
COOKS AGAIN!**
Thursday, Dec. 5
4 - 6 pm

Susan Kranwinkle
and Peggy Rahn

**GARDEN SPROUTS:
SATURDAY KIDS
GARDENING CLUB!**

Dates: 1st Saturday of
each month

Oct. 2002- June 2003

Time: 9:00am - 11:00am

Where: Roots and Shoots
Garden at the Old Ranch
Rd. entrance to The
Arboretum (off of
Colorado Blvd.)

Cost: Members - \$25/
quarter, or \$10/Saturday

Non-Members - \$30/
quarter, or \$12/Saturday

1st quarter:
Oct. 5, Nov. 2, Dec. 7

2nd quarter:
Jan. 4, Feb. 1, Mar. 1

3rd quarter:
Apr. 5, May 3, June 7

Hey, Kids! (Ages 5-8)
Parents: this is a "drop
off" program.

We'll spend our days
planting and tending our
garden, playing nature
games, and learning
gardening crafts and
folklore! Plant flowers to
take home! Make garden
art...and more!

CYCLAMEN TALK AND SUPER SALE

Tuesday, Nov. 5
10 - 11:30 am

Lecture Hall B

Steve Goto of Goto
Nursery, Instructor
FREE

Prepare your garden and
home for spectacular
cyclamen plants! Delight
in twelve gorgeous colors
grown by this well-known
nursery. We will have 4-
inch and 6- inch pots at
prices that you will not
find in any other nursery!
The talk includes growing
tips, soils, watering,
lighting, climate condi-
tions, diseases and pest
management: everything
to help you succeed!

PAINTING LEAF IMPRESSIONS WORKSHOP

Saturday, November 9


1 - 3 pm

Lecture Hall B

Cathy Mac Kinney,
Instructor

\$15 / \$18 non-members

A \$3 materials fee for
supplies and tools is
payable to the instructor.



Applying paint to fresh
leaves to create a
lasting impression is
easier than you might
think. Decorate your
own special items such
as napkins, shirts,
tablecloths, skirts, or
gifts for the holidays!
Call for materials list.

application to leaves,
flowers and natural forms,
such as bark and rocks.

TREE PRUNING

Saturday, November 16

10 am - Noon

Lecture Hall B

Jerry Turney,
Instructor

\$15 / \$18 non-members

It is time to prune your
trees! Pruning is both an
art and a skill. To
understand the correct
way to prune, you need
to understand how
growth occurs. Certified
arborist and plant
pathologist Jerry Turney
will explain the right
approach to pruning and
growth, the appropriate
time to do it and the
proper tools to use.

FALL GARDEN RENOVATION: ORGANIC METHODS FOR ABUNDANT GARDENS

Tuesday, November 19

10 am - Noon

Lecture Hall A

Marc Hall, California
Certified Nurseryman,
Instructor

\$15 / \$18 non-members

Let an expert help you
prepare your garden for
spring! Learn deep bed
methods for vegetables,
bulbs and seasonal
flowers. Other topics
include planting and care
for garlic, sweet peas,
bare-root roses and fruit
trees, as well as natural
pest control and
companion planting tips.
Handouts provided.

BOTANICAL WATERCOLOR WORKSHOP

6 Mondays,
Nov. 11 - Dec. 16

9:30 - 11:30 am

Education Greenhouse

\$27 / \$32 non-members

Paint, paint, paint!
Enjoy painting fresh
Arboretum flowers.
This self-directed
workshop (no official
instructor) will provide
an encouraging and
supportive environment
for those wishing to
concentrate on their
painting, and an
opportunity to learn
from each other!

COLOR PENCIL FOR ILLUSTRATION

6 Wednesdays,
Nov. 13, 20, 27,
Dec. 4, 11, 18

9 am - Noon

Lecture Hall B

Olga Eysymontt,
Instructor

\$180 / \$200 non-members

Learn to apply color
pencil techniques to your
botanical illustrations.
Demonstrations include
color mixing exercises,
textural techniques, types
of papers to use for
specific looks and color

**OLD-FASHIONED
WREATH
WORKSHOP**

Wednesday, December 4
10 am - Noon
Marla Carter and
Delores Keller, Instructors
Ayres Hall

\$20 / \$25 non-members
(all materials included)
Using fresh greens (both traditional and unusual) from The Arboretum, make a wreath to welcome in the holidays.



Materials are provided. Please bring gardening gloves, clippers and wire cutters (and decorations you may wish to add!). This class is a tradition at The Arboretum. The instructors graciously (and generously!) donate all proceeds to the Los Angeles Arboretum Foundation.

**FAMILY
ADVENTURES**



First Saturday of the month BEGINNING
January 4, 2003
2:00 pm
Under the BIG Oak Tree
in front of Ayres Hall

Lisa Beach,
Adventure Guide
\$10 per family for members; \$14 per family for non-members
Pre-registration preferred; walk-on registration accepted while supplies last.

In the event of rain, the program is cancelled.
Each Saturday will have a different theme, and may include activities such as a short story or talk, a walk to a special part of The Arboretum, and a take-home nature craft activity.

JANUARY 4:
AMAZING MEAT-EATING PLANTS!
See these amazing plants that eat living, breathing bugs! Tour the Tropical Greenhouse and make your own Family Terrarium. Each child can also make a toy pitcher plant!



FEBRUARY 1:
PAPER OLD AND NEW!
Learn how paper was made from papyrus; see it growing near the lake. Then, learn a new, fun, easy way to make your own paper! Make your very own Valentine to send!

MARCH 1:
MORE TREES PLEASE!
Take a walking tour around The Arboretum! Learn tree folklore, listen to a story, and make leaf magnets to take home!

APRIL 5:
BAMBOO FOR YOU!
Take a hike through the bamboo forest at The Arboretum! Learn how bamboo grows and how it is used! Make your very own bamboo rain stick!

**BOTANICAL
WATERCOLOR
WORKSHOP**
8 Mondays,
January 6 - February 24
9:30 - 11:30 am
Education Greenhouse
\$35 / \$42 non-members
See page one for description.



**ADVANCED COLOR
PENCIL FOR
ILLUSTRATION**
6 Wednesdays,
Jan. 8 - Feb. 12
9 am - Noon
Lecture Hall A
Olga Eysymontt, Instructor
\$180 / \$200 non-members

Color pencil combines the beauty of painting with the impulsiveness of drawing. Apply color pencil to botanical illustrations and natural forms. Class emphasizes color mixing and understanding color interaction, layering and underpainting, and creating texture.

**INTRODUCTION TO
WATERCOLOR FOR
BOTANICAL
ILLUSTRATION**
6 Thursdays,
Jan. 9 - Feb. 13
9 am - Noon
Lecture Hall B

Olga Eysymontt,
Instructor
\$180 / \$200 non-members
Learn fundamental methods for rendering three dimensional plant forms in watercolor.

**THURSDAY
MORNING SEMINAR
SERIES FOR
ENTHUSIASTIC
GARDENERS AND
GARDEN DESIGNERS**
8 Thursdays,
Jan. 9 - Feb. 27
9:45 am - 12 noon
Lecture Hall A
Various Faculty
\$120 for all 8 seminars / \$90 for 4 seminars / \$35 for a single seminar

Isabelle Greene, one of Southern California's few American Society of Landscape Architects Fellows, launched the Fall Thursday Seminar Series. The Winter Series is from Jan. 9 through Feb. 27 and the Spring Series from March 27 through May 15. Geared to the Southern California gardener and designer, it will address all aspects of gardening and horticulture. Speakers will include high profile teachers and lecturers from around the world, the country, and the local Southern California area.

INFORMATION: Call (626) 821-4623 or (626) 821-4624 for information or to register for a class. Please fax to (626) 821-4642 or mail your registration form with your payment to: Los Angeles Arboretum Foundation, 301 N. Baldwin Ave., Arcadia, CA 91007-2697, Att. Jill Berry

Reservations are required for most classes, programs and events. Registration on the day of the program is allowed if space is available.

NO CONFIRMATION IS SENT. ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERRABLE. However, classes may be cancelled due to low registration. Cancelled classes are fully refunded.

Special assistance is available for people with disabilities. Call the Program Manager at (626) 821-4624 at least one week prior to the program for specific requests.

REGISTRATION ONE CLASS/EVENT PER FORM PLEASE

Class/Event _____

LAAF Member No. of people Total

\$ _____ \$ _____

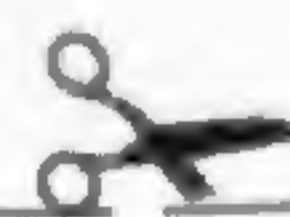
Please make checks payable to: Los Angeles Arboretum Foundation (LAAF)

Non-member No. of people Total

Signature required for all credit card charges _____ \$ _____ \$ _____

Discover/MC/Visa/Amex # _____ Exp. _____ Member No. _____ (if applicable)

Name _____ Address _____ City _____ State _____ Zip _____ Telephone (____) _____



COMPULSIVE GARDENERS

8 Fridays,
Jan. 10 - Feb. 28
9:30 am - Noon
Lecture Hall A

Self-directed by members of the class

\$40 / \$48 non-members

Calling all passionate gardeners for a new gardening forum. The first hour will be a "show and tell" by class members, a sharing of garden experiences, questions, book reviews and news. Each week a class member will facilitate this discussion. Following a break, a member of the class or a guest will give a presentation that may include slide talks, discussion of plant types, good gardening practices, working with tools, design practices, pest control, etc.

TWO MT. SAN ANTONIO COLLEGE CLASSES:

ORNAMENTAL PLANTS: TREES & WOODY SHRUBS

Mondays,
Jan. 13 - May 23
11 am - 4 pm
Kelly Kubica, Instructor
Lecture Hall A

A detailed study and identification of trees, shrubs and vines.

HORTICULTURAL SCIENCE

Mondays,
Jan. 13 - May 23
6 pm - 9 pm
Dave Lannom, Instructor
Lecture Hall A

Teaches basic horticulture skills for gardening, nursery and forest applications.
Cost for EACH class: \$41 to Mt. San Antonio College, \$30 to The Los Angeles Arboretum Foundation (includes semester pass to The Arboretum for specimen study)



Scott Daigre

WEEKEND SERIES - GARDENING 101

Learn the ABCs of great gardening!

The 3rd Sunday of each month
2 - 4 pm

Lecture Hall A

Scott Daigre & Catherine Downes, formerly of Hortus

Winter Series 2003:
Jan. 19, Feb. 16, March 16
Spring Series 2003:
April 20, May 18, June 22
\$45 / \$52 non-members for each series

It is with great excitement that we welcome Scott and Catherine to The Arboretum. As you may know, they held this same successful class at Hortus for years. Even great gardeners sometimes forget the basics - or need a quick brushup. Basic gardening principles will be emphasized.

GARDENING BASICS

6 Wednesdays,
Jan. 22 - Feb. 26
10 am - Noon
Education Greenhouse
Lisa M. Beach,
\$65 / \$80 non-members

1/22: Basic Botany/
Plant Biology
1/29: Soils/Fertilizers
2/5: Composting/Mulch
2/12: Plant Propagation/
/Dividing & Transplanting
2/19: Integrated Pest
Management (IPM)
2/26: Pruning and
Deadheading

ROSE PRUNING

Saturday, Jan. 11
10 am - Noon
Lecture Hall A
Mary Brosius, Instructor
\$15 / \$18 non-members

How you prune will set the stage for healthy spring growth, long straight bloom stems, and a bounty of beautiful flowers. Did you know there are different techniques for different types of roses? Learn to identify suckers, as well as how to cut away old and diseased growth. Mary was the first Curator of the International Rosarium at Descanso Gardens, is a frequent contributor to publications, and has taught at various gardens and colleges.

IKEBANA

8 Fridays, Jan. 10 - Feb. 28
9:30 - 11:30 am
Lecture Hall B
Reiko Kawamura,
Instructor
\$65 / \$80 non-members
\$24 materials fee payable to the instructor

Learn Japanese cultural traditions and practice arrangement techniques. Individual instruction is given. Bring a 10" to 12" shallow container, clippers and a needle holder (frog).

EASY ORCHID CARE: TIPS ON GROWING AND MAKING BLOOMS AT HOME

Tuesday, Jan. 14
10 am - Noon
Lecture Hall B
Marc Hall, California Certified Nurseryman,
Instructor
\$15 / \$18 non-members

You CAN grow orchids! Marc will cover easy-to-intermediate care for backyard species that are available to orchid hobbyists. Learn to care for cymbidiums, dendrobiums,

phalaenopsis and other subtropical varieties available for Southern California backyard growers.

WATERCOLOR PLEIN AIR (OUTDOORS)

6 Saturdays,
Jan. 18 - Feb. 22
9 am - Noon
Meet at Peacock Café Annex, then the grounds
Jennifer Cunningham,
Instructor
\$180 / \$200 non-members

Paint the magnificent vistas and historic treasures of The Arboretum with fellow students. The instructor will lecture, give demonstrations and critique students' work. Drawing, composition, color, perspective, texture and design will be covered. Jennifer has a Bachelor of Fine Art degree and 30 years of art experience.

SAVE THE DATES

BOTANICAL ILLUSTRATION

Wednesdays,
Feb. 19, 26, March 5, 12
Olga Eysymontt,
Instructor

WATERCOLOR FOR BOTANICAL ILLUSTRATION

Thursdays,
Feb. 20, 27,
March 6, 13, 20, 27
Olga Eysymontt,
Instructor

GARDENING & COOKING IN A MEDITERRANEAN CLIMATE

Tuesdays,
March 11 - April 15
Jill Vig and Steven Mary,
Instructors
3/11: Figs
3/18: Pomegranate
3/25: Lavender
4/1: Piñon nut (pine nuts)
4/8: Artichoke/cardoon
4/15: Persimmon

BOTANICAL ILLUSTRATION II AND COMPOSITION

Wednesdays,
March 19, 26,
April 2, 9, 16, 23
Olga Eysymontt,
Instructor

WATERCOLOR FOR BOTANICAL ILLUSTRATION (CONTINUATION)

Thursdays,
April 3, 10, 17, 24, May 1, 8
Olga Eysymontt,
Instructor

GARDENING BASICS

6 Wednesdays,
March 5 - April 9
Lisa M. Beach,
Instructor
3/5: Container Gardens
3/12: Vegetable Gardens
3/19: Fragrance Gardens
3/26: Drought Tolerant Gardens
4/2: Butterfly & Hummingbird Gardens
4/9: Edible Flower Gardens



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Free Arboretum Admission: Third Tuesday of each month.

Bird Watching: First Sunday of each month, meet at the entrance (rotunda) at 8 am for a guided walk to identify birds in The Arboretum. Free with admission.

Santa Anita Depot: Open Tues. and Weds, 10 am-4 pm; Sundays, 1-4 pm. Free with admission.

Tai Chi: Every Tuesday and Friday from 7:30 - 8:30 am; meet on the lawn near Balwin Avenue entrance. Free for members.

November

					1 Compulsive Gardeners Tai Chi Ikebana	2 Watercolor Plein Air Kids Gardening Club
3	4 Herbaceous Plants Plant Propagation	5 Tai Chi Cyclamen Talk and Super Sale	6	7 Thursday Morning Seminars	8 Compulsive Gardeners Tai Chi Ikebana	9 Watercolor Plein Air Painting Leaf Impressions Workshop
10	11 Herbaceous Plants Watercolor Workshop Plant Propagation	12 Tai Chi	13 Color Pencil for Illustration	14 Thursday Morning Seminars Fresh: Sumptuous Seafood	15 Tai Chi Ikebana	16 Tree Pruning Watercolor Plein Air
17 Gardening 101	18 Herbaceous Plants Watercolor Workshop Plant Propagation	19 Tai Chi Fall Garden Renovation	20 Color Pencil for Illustration	21	22 Tai Chi Ikebana	23 Fresh: Holiday Flowers for the Table Watercolor Plein Air
24	25 Herbaceous Plants Watercolor Workshop Plant Propagation	26 Tai Chi	27 Color Pencil for Illustration	28 THANKSGIVING	29	30 HANUKKAH
1 December	2 Herbaceous Plants Watercolor Workshop Plant Propagation	3 Tai Chi	4 Color Pencil for Illustration Wreath Workshop	5 Fresh: Inner Gourmet Cooks Again!	6 Tai Chi Ikebana	7 Kids Gardening Club
8	9 Herbaceous Plants Watercolor Workshop Plant Propagation	10 Tai Chi	11 Color Pencil for Illustration Ethnobotanical Lecture	12	13 Tai Chi Ikebana	14
15	16 Watercolor Workshop	17 Tai Chi	18 Color Pencil for Illustration	19	20 Tai Chi	21
22	23	24 Tai Chi	25 CHRISTMAS ARBORETUM CLOSED	26	27 Tai Chi	28
29	30	31 Tai Chi	1 January NEW YEARS DAY	2	3 Tai Chi	4 Kids Gardening Club Family Adventures: Amazing Meat-Eating Plants!
5	6 Botanical Watercolor Workshop	7 Tai Chi	8 Advanced Color Pencil for Illustration	9 Introduction to Watercolor Thursday Morning Seminars	10 Tai Chi Compulsive Gardeners Ikebana	11 Rose Pruning
12	13 Botanical Watercolor Workshop Horticultural Science Ornamental Plants	14 Tai Chi Easy Orchid Care	15 Advanced Color Pencil for Illustration	16 Introduction to Watercolor Thursday Morning Seminars	17 Tai Chi Compulsive Gardeners Ikebana	18 Watercolor Plein Air
19 Gardening 101	20 Botanical Watercolor Workshop Horticultural Science Ornamental Plants	21 Tai Chi	22 Advanced Color Pencil for Illustration Gardening Basics	23 Introduction to Watercolor Thursday Morning Seminars	24 Tai Chi Compulsive Gardeners Ikebana	25 Watercolor Plein Air
26	27 Botanical Watercolor Workshop Horticultural Science Ornamental Plants	28 Tai Chi	29 Advanced Color Pencil for Illustration Gardening Basics	30 Introduction to Watercolor Thursday Morning Seminars	31 Tai Chi Compulsive Gardeners Ikebana	

KAVA-KAVA— AN ETHNOBOTANICAL TREASURE

Among the many ethnobotanical treasures in The Arboretum's collections is the plant that has been central to the social and ceremonial life of the Pacific Islanders for millennia.

This plant is known under various names including kava-kava, kava, or 'awa (pronounced ava), as it is known in the Hawaiian Islands. The same name is used for the beverage prepared from the plant.

Botanically, kava is *Piper methysticum*. It is placed in the pepper family (Piperaceae) (not to be confused with chili peppers in the nightshade family) to which belongs the beloved black pepper. It is an evergreen shrub with knobby, jointed stalks which can grow eight to ten feet tall; leaves

are large and heart-shaped.

This species is known only from cultivation. It is thought to be derived from a wild piper species (*P. wichmanii*), native to northern Vanuatu, a place where researchers have identified hundreds of different selections of kava each with its own distinctive combination of appearance and particular balance of active ingredients and hence inebriating properties. Kava was likely distributed widely in early times by mariners to islands throughout Polynesia,

Melanesia, and Micronesia.

The first report by outsiders of kava's use comes from Captain Cook's voyage to the Pacific in 1768-1771.

According to Cook's account, natives chewed or pounded the root and mixed it with water to produce a thick brew, which they then consumed for its subtle psychoactive properties particularly during ceremonies where religious, political and social issues were discussed.

The root of kava contains the highest concentration of the active ingredients called kavalactones, known only from the kava plant and its purported ancestor. The preparation of kava is time-consuming and requires much effort. The roots are harvested after a minimum of 18 months of growth. Older roots are said to have stronger effects. Then follows the cleaning of the roots and extensive pounding to break up the tissues and release the active ingredients.

Common effects of the kava drink include a state of relaxation, reduced muscle tension, and feelings of peacefulness, contentment, and sociability. While the body may feel very relaxed, mental alertness is not affected.

As a medicinal plant, kava has therapeutic value for anxiety and stress,

menopausal symptoms, urinary tract infections, muscle aches and spasms, gastrointestinal disorders, chronic fatigue syndrome, as an anti-seizure medicine, painkiller, blood-thinner, and as an anti-inflammatory agent.

In the past year there have been several reports of individuals in Europe or the US with liver damage after consuming kava on a regular basis. However, there are many people in the Pacific islands who have consumed kava on a daily basis for almost a lifetime with no apparent liver damage. To be safe, people with liver problems should probably not take kava. Additionally, one should not drive after indulging in kava, and kava and alcohol do not mix.

At The Arboretum, three types of kava are established in the nursery greenhouses. Plans call for putting kava on display in the public Tropical Display Greenhouse, as well as in the Herb Garden.

*Contributed by
Jim Bauml,
Senior Biologist*



Kava-Kava from The Arboretum greenhouse collection.

ETHNOBOTANICAL LECTURE SERIES

“THE ETHEREAL EPIPHANY OF MAMA COCA[INE]: ETHNOBOTANY OF ERYTHROXYLUM SPECIES”

On Wednesday, December 11, Jonathan Ott, an authority in the field of psychoactive plants and mushrooms, including shamanic inebriates,

or entheogens used for millennia by traditional societies, will speak on his research and travels in South America and the ethnobotanical history of coca. The lecture will start at 7:30 pm in Ayres Hall.

Mr. Ott is a spellbinding speaker, and the evening promises to be an entertaining and informative overview of the long and fascinating ethnobotanical history of coca.

A widely published expert in the field, Jonathan Ott has carried the

entheogenic movement a giant step forward with his scholarly masterpiece of entheogenic plant science, *Pharmacotheon*. Considered a must have for those interested in entheogens, Ott introduces the word “entheogenic”, which means substances which create spirit or god within us.

Tickets for each lecture are \$10 for Arboretum members, \$12.00 for non-members and \$8.00 for students with identification.

2003 BRINGS A NEW ADVENTURE TO THE ARBORETUM... "FAMILY ADVENTURES"

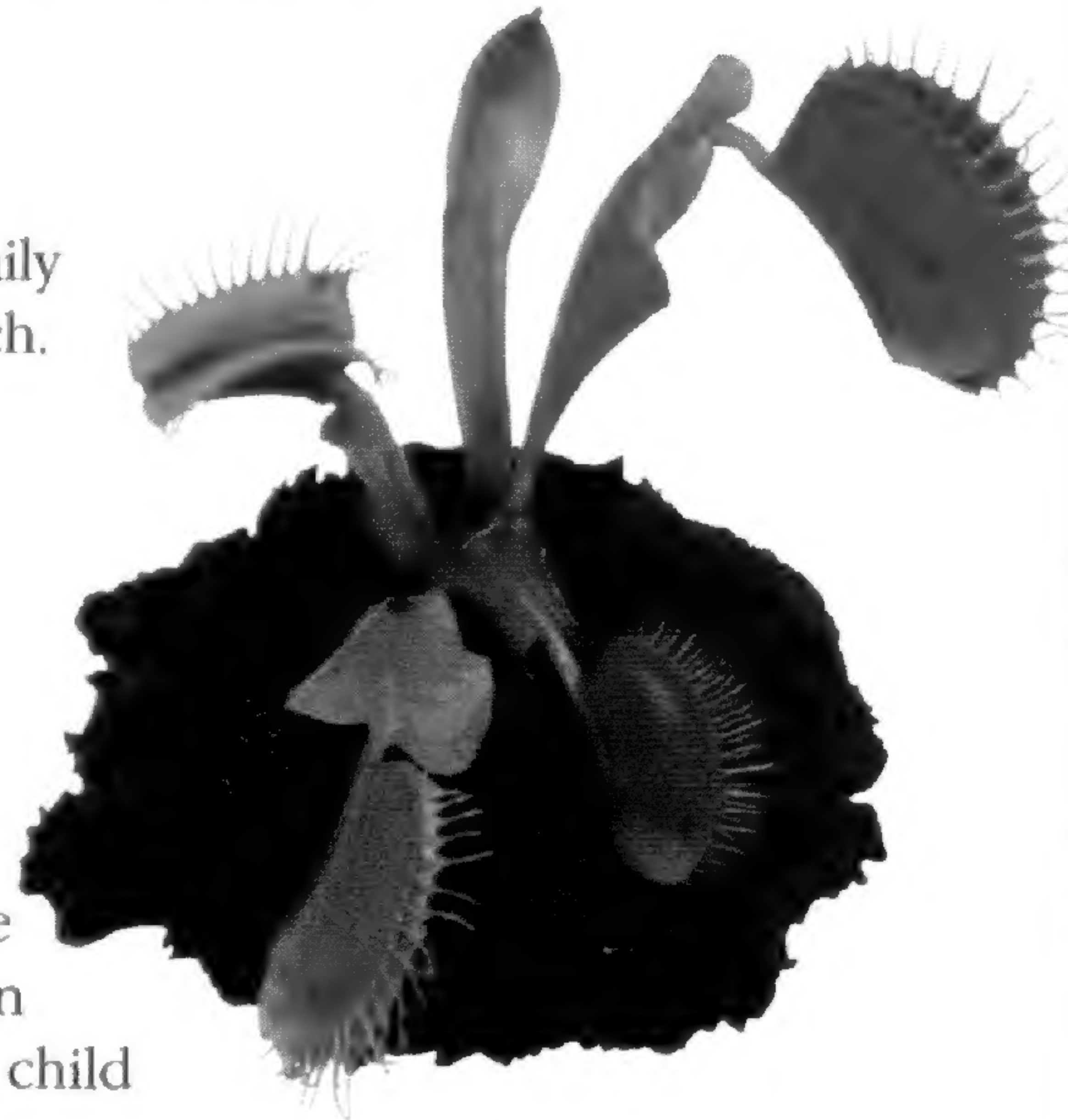
It's Family Adventure time, beginning January 4, 2003, on the 1st Saturday of each month at 2:00 pm in the afternoon, under the BIG Oak Tree in front of Ayres Hall.

Each Saturday will have a different theme relating to nature or the environment, and will include a variety of activities such as a short story or talk, a walk to a special part of The Arboretum, as well as a take-home nature craft activity. Don't miss out

on this exciting new family class taught by Lisa Beach.

**JANUARY 4
AMAZING MEAT-EATING PLANTS!**

See these amazing plants that eat living, breathing bugs! Tour the Tropical Greenhouse and make your very own Family Terrarium. Each child can also make his or her own toy pitcher plant!



**APRIL 5
BAMBOO FOR YOU!**

Take a hike through the bamboo forest at The Arboretum! Learn how bamboo grows, and how it is used! Make your very own bamboo rain stick!

Cost is \$10 per family for members, \$14 per family for non-members.

Pre-registration for this program is preferred; walk-on registration will be accepted while craft supplies last. In the event of rain, the program for that day will be cancelled.

**FEBRUARY 1
PAPER OLD AND NEW!**

Learn how paper was made from papyrus a long time ago; see it growing near the lake. Then, learn a new, fun, easy way you can make your own paper! Make your very own Valentine to send!

**MARCH 1
MORE TREES PLEASE!**

Take a walking tour around The Arboretum! Learn tree folklore, take time for story time, and make leaf magnets to take home!

MARK YOUR CALENDAR

PASADENA SOCIETY OF ARTISTS ART SHOW
November 12-20
9:00 am to 4:30 pm

THE QUEEN ANNE COTTAGE & SANTA ANITA DEPOT HOLIDAY OPEN HOUSE
December 8
10:00 am to 4:00 pm

BAIKO-EN BONSAI KENKYUKAI SHOW
January 25 & 26, 2003
10:00 am to 4:30 pm

MODEL HORSE EXHIBIT
February 8 & 9
10:00 am -4:00 pm

ENVIRONMENTAL EDUCATION FAIR
March 8
9:00 am-3:00 pm

ARCADIA INSECT INSECT FAIR
April 11,12,13
9:00 am-5:00 pm

BALDWIN BONANZA
May 2,3,4,

CHRISTOPHER LLOYD LECTURE
May 22



HOLIDAY WISH LIST: CHILDREN'S BOOKS

Our children's program is in need of children's books. We are interested in early reader story or picture books for 5-8 years of age that are related to subjects on plants, the earth, the environment, nature, sports, animals, adventures, and history.

Books can be gently used or new. Please drop off any donations you would like to make at The Arboretum's Membership Office. Thank you!

NEW WEEKEND SERIES— GARDENING 101

SCOTT DAIGRE & CATHERINE DOWNES TO TEACH THE ABC'S OF GREAT GARDENING!

On the 3rd Sunday of each month, from 2:00 pm to 4:00 pm, Scott Daigre and Catherine Downes, both formerly of Hortus, teach beginning gardeners all the secrets of great gardeners. Get the dirt on soils, discuss great plants, learn basic botany and easy tips plus the basics of pruning, planting, watering and even design! This series will teach you the basics for becoming a great gardener!

Scott and Catherine bring their incredible backgrounds and experience to this Arboretum class. Considered among the "best" of garden educators, aside from their success at Hortus, they each have their own active businesses and have appeared on many gardening programs on both radio and television, been featured in national and local gardening publications and have been "garden expert" speakers and taught many classes throughout the Los Angeles area.

Winter Series 2003 dates are Jan. 19, Feb. 16, and March 16. Spring Series 2003 dates are April 20, May 18, June 22. Cost is \$45 members / \$52 non-members for each series. For reservations call Jill Berry at 626-821-4624.

JUST FOR KIDS

ARBORETUM ADVENTURES...PURE POETRY!

The 2002 Arboretum Adventures Kid's program was full of fun. Kids explored, discovered and learned throughout the summer months.

Kids attending the "Lost & Found: Art from the Garden" and "Puddles, Ponds, Pools & Pollywogs" programs learned to write about their experiences in a poetry form called "cinquain." A cinquain is an American form of poetry, influenced by Japanese haiku, that is written using a recipe of words and syllables to express brief thoughts and statements. Carl Sandburg helped to make this form of poetry popular.

Most cinquain poems consist of a 22-syllable stanza of five lines in the following general format:

Line One: Two syllables, one word to name the subject

Line Two: Four syllables, two

words, describing the subject

Line Three: Six syllables, three action words

Line Four: Eight syllables, four or five words, expressing a feeling

Line Five: Two syllables, another word for the title.

Here are the two creative cinquains from the five to eight year-old camp adventurers! Sometimes it is called a diamond poem because of how it looks when written.

WALKING

Slowly, pretty

Walking, climbing, swinging

Fun, fun in the sun, happy, nice

Nature



2002 Arboretum Adventurers.

FOREST

Cold, shady, green

Climbing, swimming, moving

Scared, excellent, feeling wild, surprised

Dark Woods



*Warm Holiday Wishes
from The*

Gift Shop Open House

Sunday, December 8, 9:00 AM to 6:30 PM

COME JOIN THE FUN! And of course, shop, shop, shop! Sip a cup of mulled cider and enjoy a baked treat while you look through a wonderful array of exciting gifts for that special someone.

Arboretum Gift Shop

ON THE PATIO: Local artisans exhibiting beaded jewelry, carved cedar boxes, original cards and paintings and handmade body care products.

IN THE SHOP: Traditional handmade gifts by The Arboretum Volunteers, educational toys and books, decorative treasures, gardening tools and ornamentation, and plants!



Come join the fun, we'll look forward to seeing you!

"A LATE SUMMER NIGHT'S DREAM" GARDEN DINNER BENEFIT HIGHLIGHTS

On Sunday, September 8, The Arboretum hosted its first ever evening benefit on the lawn of the historic Queen Anne Cottage.



Arriving guests were welcomed at the historic Santa Anita Depot entrance to the sounds of the Toby Holmes Orchestra.



Hors d'oeuvres, cocktails, and fellowship kicked-off the evening at the historic Queen Anne Cottage fountain and lawn area. The Queen Anne Cottage was open for viewing.

A botanical art exhibit of selected plein air paintings was displayed on the lawn area surrounding the cottage.



From left to right: Gretl Mulder, Event Chair, Eric Haskell, Auctioneer, Arnie Mulder, Trustee and Carol Bramball.



A sit-down dinner featuring California Sea Bass with Basil Aioli and Fresh Tomato Coulis was served by Peggy Dark's Kitchen for Exploring Foods. Following dinner, Arboretum Advisory Board member, Dr Eric Haskell, presided over an auction of five unique offerings from The Arboretum.

"A Late Summer Night's Dream" garden dinner party benefited The Arboretum's Conceptual Long-Range Plan for enhancing and expanding The Arboretum gardens, facilities and education programs being developed by the renowned Southern California landscape design firm, Nancy Goslee Power & Associates.



From left to right: Walt Garrison, Trustee, June Garrison, Li Yang, Craig Lucas, Diane Lucas.



FOR ALL ENTHUSIASTIC GARDENERS & GARDEN DESIGNERS

THURSDAY MORNING FALL SEMINAR SCHEDULE

The Arboretum's newest adult education program, the Thursday Seminar Series is geared to the Southern California gardener and designer, addressing all aspects of gardening and horticulture. Remaining programs in the Fall series are as follows:

OCTOBER 31

Nicholas Staddon, responsible for Monrovia Growers' plant introductions, will speak to Monrovia's forthcoming Southern California introductions.

NOVEMBER 7

Gary Jones, founder of the nationally recognized nursery, Hortus, lecturer and Director of Marketing, Armstrong Garden Centers, and member of the Advisory Board of the Southern California Branch of The Mediterranean Garden Society.

NOVEMBER 14

Betsy Clebsch, noted horticulturist and author of *A Book of Salvias: Sages for Every Garden*.

Programs begin promptly at 9:45 am, with a short break from 10:45-11:00 am. From 11:00 to noon will be an open forum for faculty and participant discussion.

Seminar details will be updated on a regular basis and can be found on The Arboretum's website, www.arboretum.org. Admission to The Arboretum is free with class tuition.

WINTER SERIES

January 9 through February 27, 2003

SPRING SERIES

March 27 through May 15, 2003

Cost for each individual seminar is \$35; \$90 for 4 seminars; \$120 for all 8 series seminars. To register for seminars or to be added to the mailing list to receive information on the Winter and Spring Series, please contact Jill Berry at 626-821-4624 or at jill.berry@arboretum.org.

NEW WORKSHOP NOVEMBER 9

PAINTING LEAF IMPRESSIONS WORKSHOP

This new Arboretum workshop will teach you how to use painted leaves to creatively and uniquely decorate holiday gifts such as napkins, place mats, tablecloths, and even denim shirts! The workshop, taught by Cathy Mac Kinney, is on Saturday, November 9 from 1:00-3:00pm in Lecture Hall B.

There are a few things you will need to bring to this class:

- 1) Freshly gathered leaves: the flatter the leaf the more easily you will be able to apply paint and create an impression
- 2) Practice fabric - an old pillow case or table napkin will work great
- 3) 4 cloth napkins - launder your napkins, dry them without fabric softener and iron them without spray sizing or starch

The cost of the workshop is \$15 for members, \$18 for non-members. A \$3 materials fee for supplies and tools is payable to the instructor on the day of the class.

'Tis the Season! At the Queen Anne Cottage

*Decorated with originality
and warm nostalgic memories
of the past, the Victoria-era
Queen Anne Cottage will
be open to all Arboretum
visitors on Sunday,
December 8, from
10:00AM to 4:00PM.*



*Celebrate the magic
of the holidays with us!*



*Members of Los Voluntarios,
The Arboretum's volunteer or-
ganization, each year decorate
the cottage with historic holi-
day treasures. This year they
will treat visitors to wreath-
making demonstrations, uti-
lizing a variety of natural ma-
terials gathered from The
Arboretum's grounds.*

*The historic Santa Anita
Depot will also be open to the
public. Tours are free with regu-
lar Arboretum admission.*

*Get the Holiday Spirit
on December 8.*

FOR THE FRIEND OR RELATIVE WHO HAS EVERYTHING, GIVE THE GIFT OF AN ARBORETUM MEMBERSHIP TODAY

MY GIFT IS TO:

FROM:

NAME _____

NAME _____

ADDRESS _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ DAYTIME PHONE _____

HOME PHONE _____ DAYTIME PHONE _____ E-MAIL ADDRESS _____

MESSAGE ON GIFT CARD:

FORM OF PAYMENT:

Check Visa MasterCard American Express Discover

Account # _____ Expires _____

Name on Credit Card _____

Signature _____

Select a membership category from one of the following:

- \$35 Senior or Student Member \$40 Individual Member
 \$60 Garden Member \$125 Garden Sustainer
 \$300 Garden Sponsor \$500 Garden Affiliate
 \$1,500 Lucky Baldwin Circle \$5,000 Samuel Ayres Circle

THANK YOU. A gift card will be mailed immediately to the recipient of this gift. The new member will receive a membership package in the mail within two weeks. Please return to:
 The Arboretum of Los Angeles County,
 301 N. Baldwin Ave., Arcadia, CA 91007

The Arboretum
of Los Angeles County

301 North Baldwin Avenue
 Arcadia, CA 91007-2697
 (626) 821-3222

Non Profit
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PAID
 Arcadia, CA
 No. 528

ADMISSION:

\$5 Adults, \$3 Students
 and Seniors, \$1 Children 5-12,
 Free for children under 5
 and Arboretum members

HOURS

9:00 am to 4:30 pm daily.
 Closed December 25

WEBSITE: www.arboretum.org