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FRISCO LAKES

Lifestyle

FEBRUARY 2024



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Frisco Lakes Lifestyle

Is the only authorized and official monthly publication for the residents of the Frisco Lakes Community with news and community events endorsed by the Village at Frisco Lakes Community Association, Inc.

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Frisco Lakes COMMUNITY ASSOCIATION

Del Webb Community

The Association's website address is www.friscolakes.net

Village Center – 7277 Frisco Lakes Drive

P: 972-370-0404 | F: 214-494-6323

Monday – Thursday from 6:00 a.m. – 9:00 p.m.

Friday from 6:00 a.m. – 10:00 p.m.

Saturday from 7:00 a.m. – 10:00 p.m. | Sunday from 8:00 a.m. – 6:00 p.m.

Outdoor Pool Hours: Open 24 hours a day

Northside Village Center – 7955 Anthem Drive

P: 972-422-9280 | F: 214-469-1525

Monday – Thursday from 6:00 a.m. – 9:00 p.m.

Friday from 6:00 a.m. – 10:00 p.m.

Saturday from 7:00 a.m. – 9:00 p.m. | Sunday from 8:00 a.m. – 6:00 p.m.

Outdoor Pool Hours: Open 24 hours a day

Westside Village Center – 6767 Chalk Bluff Drive

P: 972-370-2604 | F: 214-469-1099

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Friday from 6:00 a.m. – 10:00 p.m.

Saturday from 7:00 a.m. – 9:00 p.m. | Sunday from 8:00 a.m. – 6:00 p.m.

Outdoor Pool Hours: Open 24 hours a day

Indoor Pool Minor Hours:

Monday, Wednesday, Friday, Saturday, Sunday from 11:30 a.m. – 2:00 p.m.

Indoor Pool Cleaning:

Monday, Wednesday, and Friday from 4:00 a.m. – 6:00 a.m.

Outdoor Pool Cleaning:

Monday, Wednesday, and Friday from 6:00 a.m. – 8:00 a.m.

The indoor pool will be closed one day per month for maintenance and hyper-chlorination.

Community Association Office Hours:

Monday – Friday from 8:00 a.m. – 5:00 p.m.

Common Area and Amenity Centers

After Hours Emergency Maintenance: 800-274-3165

Golf Course Clubhouse: 972-292-3089

Communications Committee

Monna Yordy – Chair, Gay Jurgens – Vice-Chair,
Carol Coles – Secretary, Al Stroud, Ann Brugger

SUBMISSION DEADLINE

for the April 2024 Issue of The Frisco Lakes Lifestyle is February 20, 2024

Homeowners can submit articles via email to Communications@FriscoLakes.net

PLEASE NOTE

Any information turned in after the due date
WILL NOT be added until the next magazine.

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COMMUNITY EVENTS

Health and Wellness Expo

Thursday, February 15, 2024

11:00 a.m. – 2:00 p.m.

Grand Ballrooms D & E

Free

Many local healthcare representatives will be on hand to provide you with informative health, wellness, and fitness information. Stop by and chat with the vendors; don't forget to grab some goodies along the way.

Harris Jewelry Repair

Wednesday, February 21, 2024

10:00 a.m. – 12:00 p.m.

Activity Room

Cost: Varies

If you need a jewelry repair done, visit Harris Jewelry. No registration required (first come, first served). Cash or Check preferred. Credit/Debit cards accepted with a convenience fee. Visit Harrisjewelryrepair.com for more information.

Movies: My Sailor, My Love

Tuesday, February 27, 2024

• Closed Caption:

1:00 p.m. – 3:00 p.m.

Wednesday, February 28, 2024

• Matinee: 2:00 p.m. – 4:00 p.m.

• Night: 6:30 p.m. – 8:30 p.m.

Grand Ballrooms D & E

Cost: \$3

Registration Deadline:

Monday, February 26, 2024

A retired sea captain and his daughter must reassess their strained relationship after he begins a new romance with a widowed housekeeper. Popcorn and lemonade provided.

Introduction to Oil Painting

Tuesdays, February 6, 13, 20, 27, 2024

10:00 a.m. – 12:00 p.m.

Arts & Crafts Room

Cost: \$18 per class

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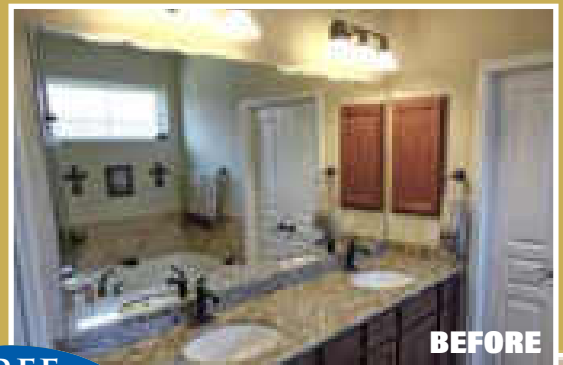
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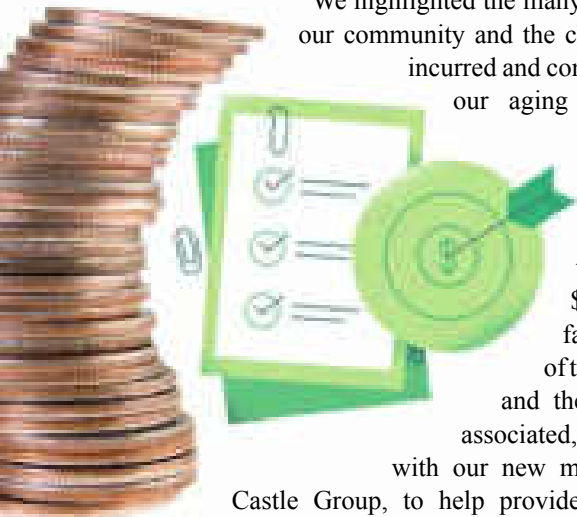
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FRISCO LAKES FINANCE COMMITTEE

On November 27, 2023, the Finance Committee held its annual presentation to the community to discuss the financial results for 2023 and the budget for 2024. We were pleased by the outstanding residential attendance creating a full house atmosphere. Many details were discussed including discussions of both the Operating and Reserve Funds, cash management, assessment needs, and changes to the large contracts of the HOA - such as management, landscaping, and janitorial services.

We highlighted the many amenities within our community and the challenges that we incurred and continue to face with our aging assets. Inflation has also been a major concern causing our annual budget to now exceed \$7,000,000. As we face the transitions of the major contracts and the increased costs associated, we will work with our new management team, Castle Group, to help provide our community with the financial information to allow our new Board of Directors to make informed decisions regarding operations of the HOA.

In the Finance Committee section of the friscolakes.net website, you may review the annual budget, summary of monthly financial reports, and information about the Finance Committee operation and membership. As always, we welcome all residents to attend our monthly Finance Committee meetings, provide feedback, and ask questions.



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Dr. Andrew A. Oteo

Insights from Dr. Oteo

Resolving to take control of your health in the new year?
Eliminating back pain would be a good start. The World Health Organization recently released evidence-based guidelines on the non-surgical treatment of chronic low back pain. I reviewed this 270+ page document and found some interesting conclusions.

Some of the most effective evidence-based physical and medical interventions listed for treating back pain symptoms included: structured exercise therapies/ physical therapy, needling therapies (including acupuncture and dry needling), spinal manipulative therapy (chiropractic care), massage therapy, non-steroidal anti-inflammatory drugs (NSAIDs), and topical cayenne pepper. To be completely transparent with you, I have personally never tried or recommended topical cayenne pepper for back pain before, so this one was new to me! I'm always willing to learn and keep an open mind. The other modalities listed I am very familiar with because many of the therapies above are what we do in our office and why we see such incredible patient outcomes. I encourage you to Google our office and look at the hundreds of incredible 5-Star reviews! I love reading these stories and sharing in the victories of our patients.

Additionally, this study mentioned that multi-modal approaches tend to yield better patient results. This means there is no 'cookie-cutter' or 'one-size-fits-all' approach that works with every person with back pain. Many times, it may be a combination of therapies in a specific order that may create the best possible results for people suffering with back or neck pain. I founded Stonebridge Health 8 years ago with this guiding principle of collaboration in mind not because this extensive study told me to do so, but because it was how I would personally want to be treated. When we truly strive to act with integrity and service towards others, I feel this world becomes a bit brighter for everyone to enjoy! Make 2024 your best year yet. **Visit www.stonebridgehealth.com or call our office at 469-535-3800 for more information.**

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FRISCO LAKES' *Garden Masters*

By Monna Yordy

TAKE A LEISURELY WALK through our Frisco Lakes' neighborhoods and you are sure to be wowed by a garden or two along the way. We have the practical gardeners who plant annuals among the shrubs to add seasonal color and those who plant a little bit of everything trying to outwit the weather. The creme de la creme of gardeners are those "masters" who outshine the others with vibrant displays of color and might, season after season.



Mary Lehrer

Master Gardener beginnings date back to 1862 when Abraham Lincoln signed the Homestead and the Morrill/Land-Grant College Acts. Together, these two bills set aside public land to be used for colleges, particularly for agricultural and mechanical studies; thus, the seed for individual agricultural extension programs was planted.

In 1973, two extension agents in Washington State pioneered programs focused on horticulture. The public demand for information was overwhelming. The agents began looking at ways to give volunteers university-level education on the science of gardening and use them to offer the knowledge free to the public. Over 600 volunteers applied, 200 were accepted, and the first Master Gardener program was born. Other states adopted the template. There are now over 85,000 Master Gardener volunteers in the US. The program has spread to Canada and South Korea.

I found a common thread of enthusiasm for learning and meeting people among the FL Master Gardeners featured here. Without fail, they speak of the joy they experience in giving back to the community. The friendships they have formed with other Master Gardeners are strong bonds. They unilaterally invite you to reach out to them if you have questions about joining either the Denton or Collin County Master Gardener Association (MGA).

Mary Lehrer, N2, became a Master Gardener in 2000 in Reno, Nevada. When Mary moved to Frisco Lakes in 2017, she knew that she needed people in her life, people who shared her interest in gardening. Mary found the Denton County MGA (dcmga.com), attended their “Roundup” recruitment event, submitted her application, went through the interview process, and was selected.

Mary says she “found her people” when she joined Denton County MGA. She wants you to know that MGA is about education for the people. Members span age and gender spectrums. It’s a ready-made community of people with similar interests that encourages friendships within a niche group.

Lori Barr, N13, the middle child of seven, grew up in Denison and gardened with her dad in the family vegetable patch. Lori met Mary Lehrer in a Frisco Lakes yoga class. Mary was wearing a Denton County MGA t-shirt. They struck up a conversation. Mary invited

Lori to attend an event; Lori applied to join and Mary became Lori’s mentor. They continue to work together to promote Denton County MGA.

Lori says that MGA is a great opportunity to give back to the community. Master Gardeners participate with projects on their own schedule, putting in as much time as they want. They meet others who are involved in like-minded projects. They find “their people.”

Continued on next page

*“they
speak of
the joy they
experience
in giving
back ...”*



Lori Barr





SuEllen Mooney

*“They
may
be your
people.”*

SuEllen Mooney, N17, knew she wanted to become a Master Gardener when she retired. When she moved to Frisco Lakes in 2016, the Collin County MGA (ccmgatx.org) was taking registrations for their spring training class. SuEllen was accepted and completed her 12 weeks of training and 65 hours of volunteer service to be certified as a Master Gardener.

Finding like-minded people and sharing camaraderie with her fellow classmates were the immediate benefit for SuEllen. With a background in education, she was naturally drawn toward the scholarship program as a volunteer project. For the last five years, she has served as Education team lead for the fall MG student training classes. SuEllen will offer “Creating a Beautiful Flower Garden” in the spring semester of our very own Lifelong Learning program. Master Gardeners are in general associations focused on educating the public. On the local level, they are a close-knit group. They are welcoming to new members and are a terrific social networking group amongst themselves. They may be your people.



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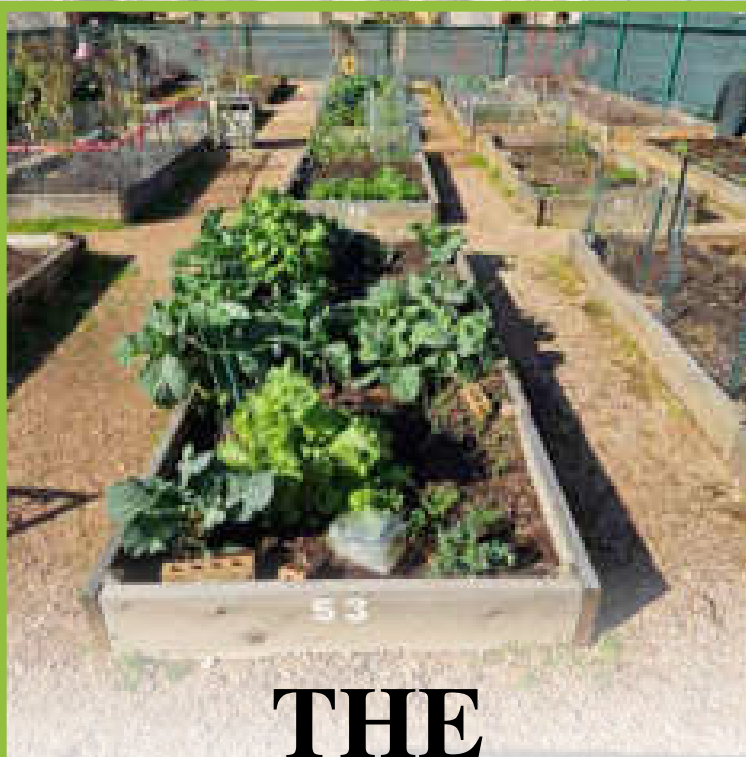
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THE LONELY GARDEN

Submitted by Gene VanOverschelde, N3 and Garden Club

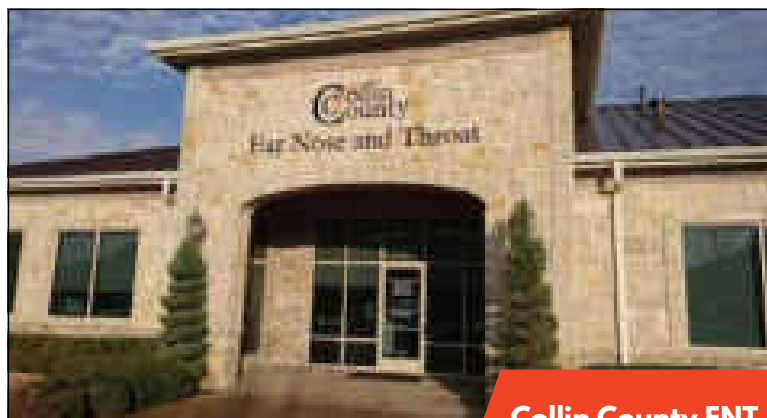
The garden gnomes and elves looking over the fence
wondering what is happening.
What is all the construction?
They say it is for Bocce Ball.
Will they come?
Is it our dollars at work?
But the elves will soon be busy with the garden.
There are still some fall gardens, but spring will be here soon.
Onions will be planted in mid-January.
Tomatoes later and many more.
Gardeners silently add soil and mulch.
Fingers feeling the rich loam.
Seeds and vegetables are being added.
Waiting to turn into lush, bountiful crops.
Sharing excess with friends and neighbors.
Some say God's green acre.
Gardeners say slow down on the weeds.
Nights all alone in the dark.
Occasional light spilling over from neighbors.
In the flower garden, bees and butterflies are busy pollinating.
Bunnies desperately wanting to get in.
Only one small one made it all last year.
Birds flitting about looking for a free lunch.
Gardeners willing to show what is growing.
Welcoming Frisco Lakes' residents with open arms.
Wanting to share the good, luxuriant, flourishing garden.
If only there was more room.

Religious Holiday Traditions

One of the most interesting aspects of Frisco Lakes is its diversity — our friends and neighbors come from many different backgrounds, locations, cultures, and faiths. We are so richly blessed in that way. The Communications Committee is considering a future *Lifestyle* article celebrating this diversity and we're seeking submissions of holiday traditions of all different faiths represented in Frisco Lakes —



the Christian denominations, Judaism, Islam, Hinduism, Buddhism, etc. If your faith has any special holiday traditions, please consider submitting a **100-word** piece to Communications@FriscoLakes.net or scan the QR code. We look forward to hearing from you!



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Book Review Submitted by Marcia Kohm, N6

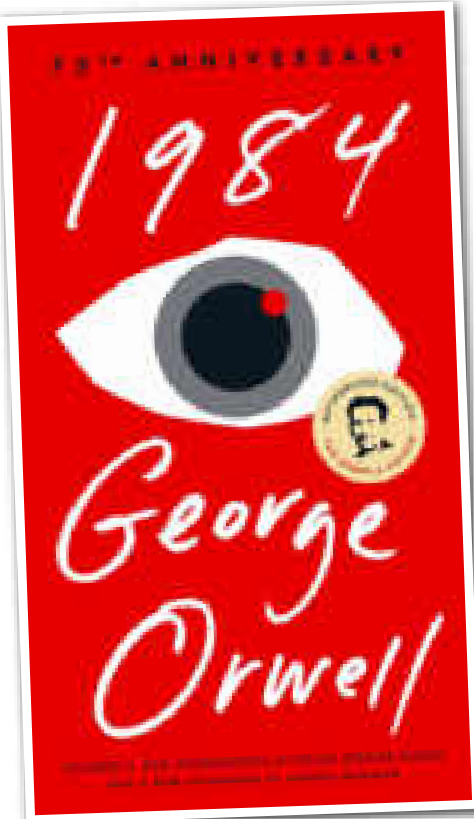
1984 by George Orwell

1984 is a dystopian novel written by George Orwell aka Eric Blair. It was his final novel, published shortly before his death in 1950. 1984 examines the role of truth and facts and how they can be manipulated. It centers on the consequences of totalitarianism where there is omnipresent surveillance and a repressive regimentation of people within a society. This authoritarian state is modeled after Nazi Germany and the Soviet Union during the Stalin era. In 1984, much of the world is in a perpetual war between three oppressive nations. One, Great Britain, a province of Oceania, is led by a dictatorial leader called Big Brother who is supported by the Party's Thought Police. The party engages in the use of propaganda with which to persecute

those who are attempting to practice independent thinking. When individualism is lost, hopelessness sets in.

In the fourth decade of the 20th century, authoritarianism prevails. In the 1950s and 1960s, a revolutionary period erupted and society regrouped into High, Middle, and Low collectivism. Private property was abolished and economic inequality became permanent. The subjugated masses, called the Proles, were the victims of a herd mentality. Imprisonment without trials leading to slavery and public executions became commonplace. History was no longer recorded, thereby, erasing the past. Every book was rewritten, every date was falsified, every picture repainted, and every statue, street, and building were renamed.

Newspeak was the official language,



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made to destroy critical thinking. Doublethink was a device used to hold two contradictory meanings in one's mind simultaneously, thereby, accepting both of them (i.e. black is white or $2 + 2 = 5$). The Ministries were named after the opposite of their true functions. The Ministry of Peace was concerned with War, The Ministry of Truth was concerned with Lies, the Ministry of Love was concerned with Torture, and the Ministry of Plenty was concerned with Starvation. On a daily basis, the telescreen broadcasted two minutes of Hate and Big Brother demanded complete obedience to the will of the state and uniformity of opinion on all subjects. Brainwashing was accomplished by using party slogans: War is Peace, Freedom is Slavery, and Ignorance is Strength.

Winston Smith, the protagonist in *1984*, worked in the Records Department, a branch of the Ministry of Truth. His job was to falsify records by destroying words, which narrowed the range of thought.

*The Ministry of Peace
was concerned with War,
The Ministry of Truth
was concerned with Lies,
the Ministry of Love was
concerned with Torture, and
the Ministry of Plenty was
concerned with Starvation.*

Independent thinking was no longer possible and no one shared their memories. He was utterly alone. His opinions were in conformity with the state, to which he had pledged complete obedience. Winston believed that O'Brien, a member of the Inner Party, offered an escape from his misery and that a comrade, Julia, gave him the affection which he craved, but neither fulfilled his emptiness. When he went astray, he was made to suffer for his folly.

The State had converted him and reshaped his thinking. He became one of them before they destroyed him. "Everything was all right, the struggle was finished. He had won the victory over himself. He loved Big Brother."

George Orwell was born in 1903 in Bengal, India where his father served for 20 years as a civil servant. Soon after his birth, he and his mother returned to Oxfordshire, England where he attended a boarding school and won a scholarship to Eton. Upon graduation, he became an Imperial Policeman in Burma for five years before returning to England. After he had served in the Spanish Civil War and before he began writing essays and novels, he decided to change his name from Eric Blair to George Orwell. When he wrote *Animal Farm* in 1941, he received recognition, acclaim, and financial rewards. He died in 1950 at 46 years of age, shortly after *1984* was published, after suffering from tuberculosis for many years.



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Best Garden in Frisco Lakes



Six nominations were
submitted in June 2023
for the best gardens in the
neighborhood.

Lynne Nursey received the
most votes for the title of the
Best Garden in Frisco Lakes.



Congratulations!





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February 1-7, 2024

Collection benefitting North Texas Community
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Baskets will be placed in the Village Center and Westside Village Center libraries as well as the Northside Village Center coffee bar area between February 1st and February 7th.

The NTX Community Food Pantry serves The Colony and surrounding areas. NTXCFP strives to help people that are experiencing food insecurity by providing food, job information, encouragement, and prayer. Please consult the NTXCFP website, ntxcfp.org, for more information.

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A huge thank you to all who donated to the annual Angel

Tree and Food Collection. You bought presents for 265 children and gave checks in the amount of \$1,380 to help the Secret Santas complete the requests of 374 children. You also gave 1,428 pounds of food and checks totaling \$1,950 to help feed your neighbors at Little Elm Area Food Bank. Awesome job, Frisko Lakes!!



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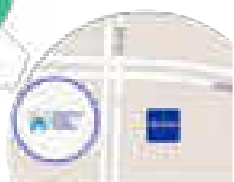
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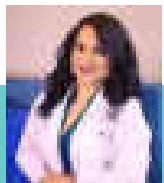
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MEALS ON WHEELS NEEDS VOLUNTEERS



Due to growth of the population of seniors in Denton County and the gradual decline in volunteering, Meals on Wheels (MOW) is experiencing a shortage of volunteers to deliver meals to eligible seniors in the Little Elm/Frisco area. My husband and I volunteer for them at the Little Elm Senior Center on 301 Main St. in Little Elm once a week for about two hours on Thursday mornings beginning at 10:30 AM. He drives and I deliver. This can also be done solo, but we enjoy sharing this responsibility. Most of the people we visit are elderly and disabled in some way and they're all very grateful for this service. If you are interested in helping out, contact Susan Yates, the MOW representative for Little Elm, at 303-887-0155 or the Little Elm Senior Center at 972-725-8249.

-Gay Jurgens



Spring into First Semester of 2024

It may still be winter out here, but we have set our sights on the Lifelong Learning Spring Semester and all it has to offer! Pick up a Course Catalog from any amenity center front desk to view all courses provided. This semester will offer some old favorites as well as some new subjects to explore:

- Current Events
- iPhone Key Management
- Beginning & Intermediate Bridge
- Sourdough Survival
- Beginning Spanish I and II
- From Flour to French in One Hour
- Amaretto — Make It Yourself
- Creating a Beautiful Flower Garden
- WWI – The Great War
- Armor for Life Defense
- Healthy Air Fryer Delights
- Basic Survival Skills
- Robert Browning and the Dramatic Monologue
- Learn to Play the Ukulele
- Microsoft Office 365 PowerPoint
- Colored Pencils for Newbies I and II
- Legos
- Introduction to Handgun Safety

Registration opens January 18th and closes on January 29th.

See you in the classroom!

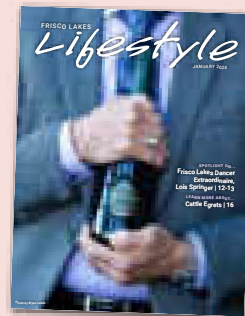


HOPE FLOATS
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Feedback on January 2024 Lifestyle Magazine

"I truly enjoyed reading [Ann Brugger's] Frisco Lakes Lifestyle article published in the January 2024 issue. Reading content which was uplifting and meaningful. Reflections which evoked good thoughts and feelings. Thanks for your Christmas gift when it is sorely needed in a very turbulent world. Your writings will give us all an opportunity to count our Blessings!"

- Mike Martin, N14



WE WANT
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Your input matters! Tell us what you think about this month's issue and help shape the future of the *Lifestyle* magazine. Follow the QR code to share your thoughts, suggestions, and ideas with us directly!

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The Border Between Winter and Spring is *February*

By Monna Yordy | Photography by Bryan Lewis

While February in North Texas is still very much in the winter season, there is generally a burst of spring-like weather with warmer temperatures for a few days. Those days often make us eager to plan our spring/summer landscape. A variety of plants will soon appear in local gardening centers along with a myriad of fertilizers and bags of planting soil mixes. How do we decide what to plant, where to plant, and when to plant?

Texas A&M University AgriLife Extension Service, working through its Master Gardener Associations, is an excellent resource for questions; their answers are research-based and proven. Our two closest associations are Collin County Master Gardener (ccmgatx.com) and Denton County Master Gardener (dcmga.com). Both websites cover all topics of gardening from planning to planting to maintaining a healthy landscape.

We asked three Master Gardeners, all Frisco Lakes residents, for their landscaping suggestions based on their knowledge and experience. The following are their recommendations.

February is a good time for tree maintenance. The four Ds for pruning a tree: it's Dead, Diseased, Damaged, or the Distance from the lowest tree branch to the pavement is too low. Mulch around trees should be pulled several inches away from the tree trunk. "Volcano" mulching, e.g., mulch all the way up to the trunk, prevents roots from absorbing oxygen.

Proper soil preparation is essential for spring planting. Remove plant debris and weeds. Amend the soil with expanded shale and organic compost, working in and around plants without disturbing their roots. Add 2" to 3" shredded hardwood mulch on top to insulate the plants from the cold and lessen water loss in the summer.



Continued on next page

When selecting plants, embrace native pollinator plants.

When considering plants, know your “Zone.” The USDA charts Plant Hardiness Zones based on annual extreme minimum winter temperatures. Frisco Lakes is Zone 8. Zone 8 is further divided into Zones 8a and 8b. The Master Gardener websites include plant lists on their sites. If you see a plant and want to know what it is, take a picture and upload it to the site to find information. Utilize the “Ask a Master Gardener” features of the websites to ask questions.

Native and adaptive plants are the best choices for our area; they’ve been here much longer than any of us. They have survived the extreme temperatures and periods of drought by adapting naturally to their surroundings. Drought-tolerant plants are crucial to maintaining a landscape during our brutal summer months with a minimal amount of irrigation.

Practice “Cycle and Soak”

When selecting plants, embrace native pollinator plants. Pollinators are divided into two categories: nectar plants that provide food to butterflies and host plants where butterflies lay their eggs. Think of all the different areas of your landscape that can be used for pollinators such as around trees or those small areas near the garage door.

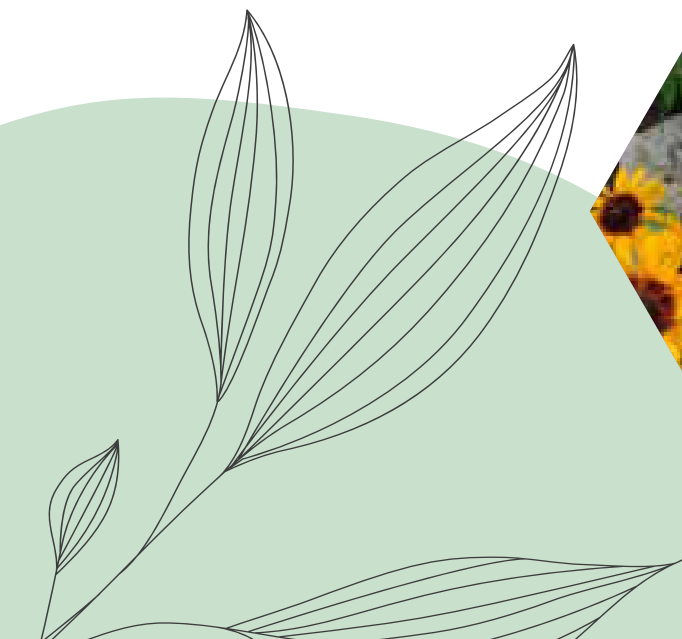
Practice “Cycle and Soak,” a process of setting our lawn irrigation zones at 15 minutes each and then repeat. This allows for the ground to absorb the water between cycles and reduces water loss down driveways and into the sewers. Flower beds

can be set on a separate cycle; drip lines can be used more frequently than lawn sprinklers. The City of Frisco will come to your house, check your irrigation system, and help you set zones.

Speaking of irrigation, if a freeze is predicted, run your irrigation before the freeze and then turn the system off. Well-irrigated is well-insulated. In the summer, trees that have been in the ground more than three years may not need drip lines or bubblers. Trees are meant to search for water; providing too much surface water may disrupt the tree’s natural search for water through its root system.

For lawns, wait to fertilize until after the first growth appears. Our true growing season begins after the last frost, typically after Easter. Don’t bag grass clippings and don’t cut the lawn too low. Grass clippings decompose and help to keep grass healthy.

And about those rabbits... They were here long before us, they reproduce “like rabbits,” and as the land around us is developed and their natural predators move elsewhere, they’ll likely be with us for a long time. The good news is that they’re not fond of many native perennials; those they do like quickly regenerate after a rabbit munching.



Native and
adaptive plants
are the *best*
choices for
our area...



Tales of FRISCO LAKES' "Leaplings"

By Carol Coles



Whatever they recalled—"leaplings," "leapers," or "leapsters"—those born on February 29th are rare and unique people. Did you know there's only a 1 in 1,461 chance of being born on Leap Day? We found four such leapers in Frisco Lakes who will celebrate their real birthdays this year and there may be more.

Sharon Pohlmeier says she's only met one other person born on the same day, month, and year as herself. You might ask, "When do they celebrate their birthdays if it's not a leap year — February 28th or

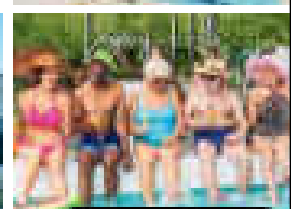
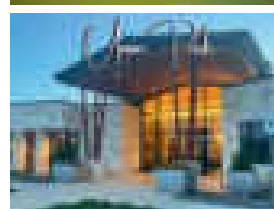
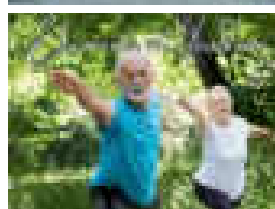
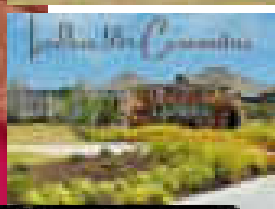
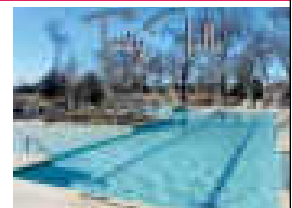
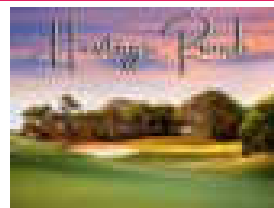
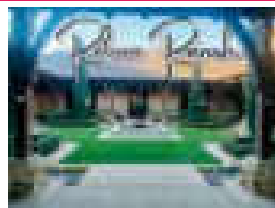
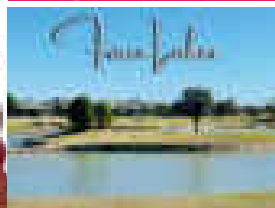
March 1st?" Usually, it depends on which day works best for that year; some say the closest weekend to either date, others say both days. And, when asked if they have a big celebration every four years when the real date rolls around, answers vary.

Sten Williams has great memories of real-date celebrations. The first was at age 16 (4) when his parents arranged a party with a DJ



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and invited all his classmates. The DJ wondered what kind of records he would play for a bunch of 4-year-olds. Once it was understood this was a “leap year baby” celebration, all was cool. At age 40 (10), his wife and daughters stuffed his car with balloons and signs saying, “He’s 40, blow your horn.” Upon turning 64 (16) he celebrated with a “Sock Hop” party featuring a jukebox and friends wearing their letter sweaters and poodle skirts for a rockin’ good time. Then, at 72 (18), Sten had a golf themed party with Frisco Lakes friends. What will it be this year at age 80 (20)?

The day Vera Brazeau was born, they rang the church bells in the small town where she lived. In every non-leap year, Vera celebrates her birthday on February 28th, but she remembers getting special cards when her real birthday rolled around. When she was 20 (5), she got little kid cards; at 64 (16), she got “sweet sixteen” cards; and this year when she turns 84 (21), she expects “old enough to drink” cards.

When asked if there were any negatives to having a unique birthday, Frank Pina relates how he used to have trouble renting a car. There can be issues, too, with the DMV and other agencies that reportedly don’t recognize February 29th as a

Did you know there’s only a
1 in 1,461 chance
of being born on Leap Day?



valid birthday, but nowadays, computers have caught up with the fact there are 29 days in February every four years.

I must tell you when these four special people met one another and shared their stories, they all seemed happy and blessed to be “leapers.” Maybe they can all celebrate this year at the Leap Year

Capital of the World — Anthony, Texas. People throughout the USA and overseas travel to this tiny town to take part in parades, birthday dinners, and hot air balloon lifts. Happy birthday, leapers!

“... when these four special people met one another and shared their stories, they all seemed happy and blessed to be “leapers.”



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MUSINGS ON A *Gardening Life*

By Ann Brugger | Photo by Bryan Lewis

In a Dutch enclave of Michigan, my great grandparents grew tasty shoots of celery, farming the fertile, damp, black soil wearing wooden shoes. My grandfather sold the bunches at the train station to passengers hanging out of the windows during their brief stop.

My grandmother's family was owner of a flower shop. I grew up breathing in the musty aroma of freshly potted begonia and geranium plants, those we tucked into the soil at our house, my parents hoping they would meet my grandparents' standards. Not to be, although I do know how to pick out the sweetest bunch of celery!

Yet, roots from the agrarian life sprouted eventually. A mother of four little ones, I found incredible stress relief in my garden, pulling weeds and deadheading spent blooms. I planted tulips in the fall and watched as they sprouted without elegance, "soldier-like" in a row next to our fence. The deer discovered my salad bar and ate every last bloom to the nubbins. They did the same with 30 hosta plants, and all but one of my ornamental lilies. I pressed on each spring and fall, planting and replanting "deer resistant" varieties. I

finally achieved my dream after 40 years and hundreds of dollars.

Then, we moved to Texas.

The Blackland Prairie of Texas has been a challenge. Clay simply does not have the same heft or flow of Michigan soil. I dig

“
**Her garden is magical and
like an artist's pallet, always
blooming with color.**
”

with a small crowbar which is kept with my garden tools. I've learned to amend the soil the hard way, backwards. My master gardener neighbor demonstrated her knowledge by first digging several cubic yards of clay from her beds then adding a delicious, organic mix of peat, mulch, and black soil. I think mushrooms and worms were involved as well. I wanted to be planted there. Her garden is magical and like an artist's pallet, always blooming with color.

I have replaced copious plants and shrubs in five years due to heat and frost. What flourished in Michigan is terrified in Texas. I lost three knockout rose bushes to the dreaded rosette disease. The rabbits, like the deer, have decimated the pansies when I don't first sprinkle them with the correct combination of spices.

And yet, I am still out putzing and prodding in the soil. I lose hours of the day squatting in impossible ways to trim and toggle a loose branch. I have earned cash-back rewards from several local nurseries. With the help of another neighbor, a master naturalist, I have discovered a delightful nursery specializing in native plants, the favorites of pollinators, bees, and butterflies.

Eureka! It only took me five years to accept the obvious earthly challenges of my Texas home. That being said, I respect the process and absolutely love it. To me, gardening is a bit like writing. There is always a first draft. Gardening, however, is never a finished product. It evolves over the seasons and years, breathing new color and aromas into my life and hopefully yours.



Sneak Peak Into The Copper Canyon Travelogue in the March 2024 Lifestyle Magazine. Photo by Greg Reynolds



The Frisco Lakes Veterans Group would like to sincerely apologize for an oversight in the 'Thank You' ad in the January issue. Inadvertently, N32 was listed in the Platinum Donations category (\$2500 and Up) instead of the correct donor, N31. *We appreciate your understanding and extend our heartfelt gratitude to N31 for their generous contribution to the Frisco Lakes Veterans Charity Fund.*
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N26 Birthday Lunch at Mexican Sugar



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Mahjong Lunch & Play



N31 Holiday Party



N22 Holiday Feast Catered by Celebration



N33 Holiday Party and Toys for Tots



N34 Guys' Time Out Lunch at the Frisco Lakes Golf Club Restaurant



N20 Ladies' Rock Your Socks Party



Moving Forward Holiday Party



N21 Holiday Party



N26 Thanksgiving Donation to Frisco Family Services



N8 Ladies' Christmas Luncheon



N28 Christmas Brunch



Mosaic Club



N5 Enjoying Drinks in the Driveway Mixup



Santa at the N27 Holiday Party



Shalom Club Hanukkah Party



APV Holiday Party



N7 Holiday Party



N11 Holiday Party



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