

RIVER VALLEY GARDEN CLUB

A PLACE TO GROW

JANUARY 2018

VOLUME 15, ISSUE 5

HERE'S THE DIRT

Rooting for You

Nancy Clark, RVGC President

New Year, New Logo?

In recent years, the RVGC Board has discussed a lack of club banners. Wouldn't it be nice if we had banners with our club name, and logo, that could be used at events such as Farm-to-Forks, community service, etc.? I've heard that banners existed in the past, but no one seems to know their whereabouts. To order new banners, we'll need to provide a logo file to the printer. Unfortunately, our current logo file is just too low a resolution, and becomes blurry when enlarged. So, we need to come up with a new logo file.

After a little brainstorming, Jamie Fox and I came up with a fun way to find a new club logo – have a contest!!!

Here are the logo contest details:

- All RVGC members are eligible to participate.
- The contest winner will receive a FABULOUS prize (\$25 gift certificate from Big Oak Nursery), plus, bragging rights!
- The winning logo will become property of the RVGC, and the winner will need to sign a simple release form of acknowledgement.
- Collaboration between two (or more) people is allowed. While one member might have the artistic vision, another might have the computer skills necessary to generate a logo file. In this case, the team would share the prize.
- The logo must include "River Valley Garden Club" and "Established (or Est.) 2003".
- The logo image must be submitted in one of the following **vectorizable*** file formats:

- .ai (Adobe Illustrator CS6 or earlier)
- .bmp (Bitmap)
- .cdr (CorelDraw x3 (13) or earlier)
- .eps (Encapsulated Post Script)
- .jpeg or .jpg (Joint Photographic Experts Group)
- .png (Portable Network Graphic)
- .psd (Adobe Photoshop)
- .svg (Scaleable Vector Graphic)
- .tiff or .tif (Tag Image File Format)



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Rooting for You, cont.

*Why vectorizable? Because it provides the flexibility of sizing images – larger and smaller, without distortion. Images remain both crisp, and clear. This is critical because our sizing needs will vary as we use the logo on other things such as stationary, or perhaps for business cards, hats, mugs, t-shirts, etc.

- The contest timeline:
 - a. January 1st – contest starts;
 - b. January 23rd General Meeting – we can discuss the contest and answer questions;
 - c. February 1st – contest will be mentioned again in the RVGC Newsletter;
 - d. February 23rd – submissions are due to me (nancyclark475@sbcglobal.net). This allows nearly eight weeks to come up with a submission!
 - e. February 24th – Jamie and I will review the submissions and choose the top 3 - 4;
 - f. February 26th – General Meeting – we'll vote on the top 3 or 4 submissions.

Are you interested?? I hope so! Heck, when there's bragging rights involved, you can certainly count me in!



2018 Programs and Workshops

*If you think adventure is dangerous, try routine. It's lethal.
- Paul Coelho*

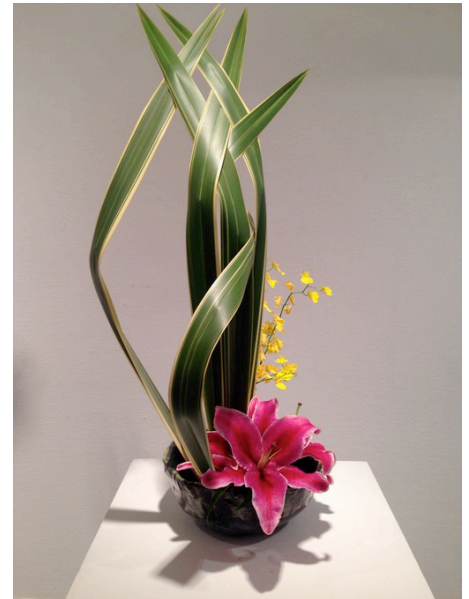
Date	Type	Provider	Location	Details	Cost/Transp.
Jan. 22, 2018	Workshop	Two teachers from the Ikebana Club	RMA Bldg.	Ikebana Flower Arranging Class	\$35 per person for two hours of instruction Seating limited to ten students. To reserve a space, please call, text, or email Ellison Cowles @ 916-549-0379 or ecowles2@gmail.com
Jan. 23, 2018	Program	Chris Strutz	RMA Bldg.	Gardening Practices and Plant Nutrition	
Feb. 27, 2018	Program	Chuck Cottam	RMA Bldg.	Building a Koi Pond in Your Garden	
Mar 27, 2018	Program	Chef Johnny	RMA Bldg.	TBA	
Apr 24, 2018	Program	Betty Bloom	RMA Bldg.	All About Orchids	
May 22, 2018	Program	Chris Huey	RMA Bldg.	Penny Pines and the Eldorado Forest	

Workshop: Japanese Flower Arranging, 1/22/18

Ellison Cowles, Workshop Committee Chair

We were wowed by the Ikebana presentation during our October meeting. Now you too can learn about this enchanting art form. Join us Monday, January 22, from 10:00 a.m. to noon for a beginning Ikebana class. All materials will be furnished.

Two teachers from the Sacramento Ikebana Club will demonstrate and guide each student in creating her/his own exquisite Japanese flower arrangement. Seating is limited to 10 students. Don't miss this wonderful opportunity right here in our own backyard. \$35.00.



Program: Gardening Practices & Plant Nutrition

Mary Zellem, VP Programs

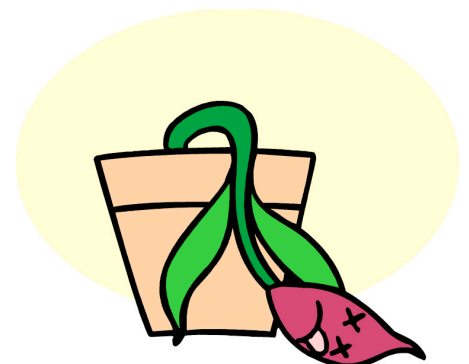
Chris Strutz is the owner of Strutz Ranch located at 13751 Indio Drive in Sloughhouse. Chris was raised in Eldorado Hills and is a Graduate of Texas A & M University with a Bachelor of Science in Horticulture. Chris bought his ranch in 2009 and planted his first citrus trees in 2010. Although he grows a variety of citrus, mandarins are his specialty. Chris is the last of the commercial citrus growers in Sacramento County. Since 1988, he has worked as an Agricultural Pest Control Advisor in the Sacramento Valley.

In addition to his horticultural talents, Chris has a passion for long distant running. He has competed in over one hundred sprint and Olympic triathlons here and internationally.

As you know, our summer heat is brutal here in the Sacramento Valley and can stress our gardens no end. Therefore, Chris's presentation titled *Gardening Practices & Plant Nutrition: How to improve plant health and reduce plant stress* will be quite useful when we prepare to cope with scalding temps in the summer months.



Chris Strutz





A Very Berry Christmas Party, Dec. 3, 2017

Carol Prinzo, Holiday Party Chair

Another festive and fun Holiday Party was held on Sunday, December 3rd at the RMA Building. The theme chosen by the committee, *A Very Berry Christmas*, was carried out in the table centerpieces and the sugared cranberry-topped cupcakes. The entire room was quite festive!

Everyone brought a fabulous appetizer or salad and we had lots of yummy food to enjoy! The committee provided hot cider and coffee. Dinner was followed by a lively gift exchange with several guests trading their gift with someone else. It was a hoot and a lot of fun and everyone got to take one of the centerpieces home. A good time was had by all!

I want to thank the committee that worked with me so hard to make this a very special evening: Candy Hearn, Rosann Stevenson, Irene Slavens, Donna Parker, Sharon Barton, Toni Mayer, and Sandy Anderson. Special thanks to Berniece Jones who provided us with tons of holly to liven up the décor!



Around Town Events (Gearing up for Spring)

Northern California Home and Landscape Expo

January 26 -28, 2018

This annual event has over 1,000 exhibits, free workshops, a landscape design competition and showcase, along with great DIY ideas, interior design and special features. Don't miss this terrific early season opportunity to put on one's gardening hat.

The link below will take you to an option for a \$2 off coupon.

<http://homeandlandscapeexpo.com/site/attend/promo-2dollar.php>

94th Annual Sacramento Camellia Show

March 3 & 4, 2018, Memorial Auditorium, 1515 J Street, Sacramento
Hours are Saturday, 3 pm to 6 pm and Sunday 10 am to 5 pm.

Produced by the Camellia Society of Sacramento, this is the oldest camellia show in the United States. Enjoy floral designs by the Floral Design Guild, a display by Sister City, Matsuyama, Japan, a winning blooms trophy table, the winning photos from the Camellia Society of Sacramento's annual photo contest, and stunning camellia's of every size and color. You won't want to miss this inspiring local event.

<https://www.camelliasocietyofsacramento.org/events.html>

San Francisco Flower and Garden Show

April 4 - 8, 2018

After ten years in other locations, the SFFGS returns to the Cow Palace. It is the third largest show of its kind in the USA. Join the return celebration of the fabulous display garden to the center arena. The Plant Market will be in full bloom. You'll find 1000's of unique items for your gardening adventures and outdoor living. The seminars will be ongoing at the Discovery and Floral Fantasy stages plus the Halls will be filled with beautiful and informative displays. **Don't miss this incredible event!**

<http://sfgardenshow.com/>

- Show Hours, Location and Information -

Dates:

January 26 - 28, 2018

Hours:

Friday 12pm - 7pm

Saturday 10am - 6pm

Sunday 10am - 5pm

Admission:

\$7 adults

Children 12 & under free

Friday only special: 60 years & older just \$2

Location:

Cal Expo Fairgrounds

1600 Exposition Blvd., Sacramento, CA 95815

Parking:

\$10 on-site parking paid directly to Cal Expo.

Alternative free parking on adjacent streets or empty parking lots at Ethan & Arden Way.

Services:

Please note that Cal Expo will no longer be renting wheelchairs, strollers or wagons. Home & Landscape Expo attendees are advised to plan accordingly.

No Pets, Please:

For your safety and the safety of our other guests, only Assistance Animals are allowed at the Cal Expo facility.



CLICK FOR
MAP AND
DRIVING
DIRECTIONS

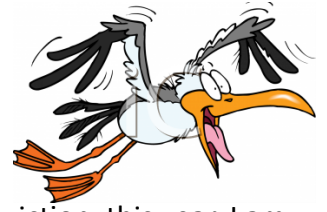


Tri-Color Camellia Bush



New Year's Resolutions - Love them? Hate them? Release them!

Jamie Fox, Newsletterer



January 1st arrives laden with the feeling of opportunity. *This year*, we say with almighty conviction, this year, I am going to....

Lose ten pounds, cut white foods from my diet, pay off credit card debt, quit smoking, set an earlier bedtime (hahahaha,) or hit the gym four times a week. Four? Really?

How has that worked so far?

For most of us, making these types of austere resolutions backfires in ways we don't even realize, says Joseph Luciani, a psychologist who focuses on self-coaching techniques in Cresskill, New Jersey. After a few unsuccessful attempts to stick to the resolutions, we're left with only a feeling of failure, which makes it difficult to feel we are living up to our own intentions in other ways, he says.

The reason is, the majority of New Year Resolutions are either about lack (deprivation), or perceived pain. Out the gate we are doomed to failure because who wants to live like that? Our subconscious seriously doesn't want pain or lack. Do you really think your subconscious is going to support your drive for hardship (gym four times a week) and lack (no Chardonnay/Cabernet/Zin for a month)?

So it's time for a mental shift. Perhaps there are other ways to appease the New Year.

Try this: Don't start anything on January 1. Not – one – thing.

We're still in holiday mode, folks. *Be truthful now*. Do you really see yourself eschewing that glass of bubbly? We'll attend gatherings, eat succulent turkeys, spiral hams, cheese, King's Hawaiian rolls, salads, desserts, and all sorts of other delicious carbs. There are people to hug, feet to put up on coffee tables, and holiday movies to watch. For heaven's sake. Celebrate the day. Trust me, it's true, and I have even read about it in Wikipedia...

January first only comes once a year.

It is not a day to start an austerity program.

Actually, there is *never* a day to start an austerity program. Start a *prosperity* program, but not one steeped in austerity. New Year's Day is a time to consider what we **WILL** do in the coming year, **NOT** what we won't.

Give yourself a week and after the hustle of the holidays has subsided, then commence an easy resolution or TWO. That's all. Don't ask anything more of yourself than what is *easily achieved*.

No grandiose schemes. No, this is the year I am going to write the Great American Novel, or this is the year I am going to climb Half-Dome with my bare hands and no climbing aids, never mind that writing or climbing has never been part of your MO before.

If it's fitness you're interested in, how about simply resolving to walk around one of our lakes , on two separate days, and do it for two weeks? That's IT. Two days a week, for two weeks.

Call a friend, arrange a walk-date, then see what happens. If you like your walks, maybe you'll both carry on. If not, sashay across the street to The Local Bean, have coffee and consider a one-shot deal.

Continued...

DID YOU KNOW?

The first New Year was celebrated 4,000 years ago by the ancient Babylonians.

It's tradition to ring in the New Year with family and friends because the first people you see will either give you good luck or bad luck. So make sure to keep friends close and foes very far away.

More vehicles are stolen on New Year's Day than any other holiday, statistics from the National Insurance Crime Bureau reveal.

The Times Square New Year's Eve Ball was first dropped in 1907 after there was a fireworks ban. Back then, a 700-pound ball embellished with 25-watt bulbs made of iron and wood was dropped. Now, however, it weighs 11,875 pounds, is 12 feet in diameter and is adorned with 2,668 Waterford crystals.

It's good luck to eat foods like black eyed peas, ham and cabbage because it is thought they bring prosperity. But if you want to have a happy new year, don't eat lobster or chicken. Lobsters can move backward and chickens can scratch in reverse, so it is thought these foods could bring a reversal of fortune.

In Italy, people wear red underwear on New Year's Day to bring good luck all year long. What color are YOUR undies?

New Year's Resolutions, Cont.

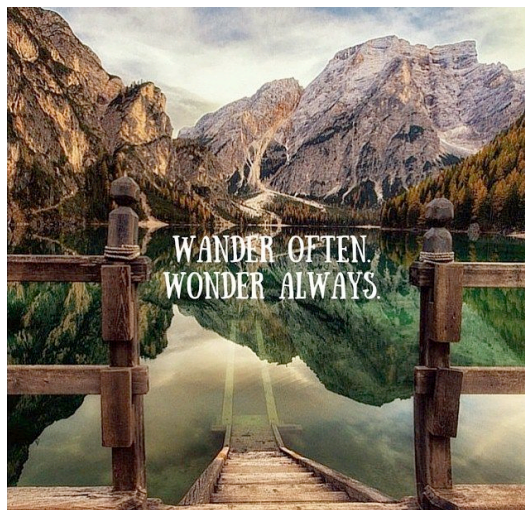
We're looking for *achievable* New Year's Resolutions. Can we not resolve to do a simple, or loving, or creative, or invigorating, or generous act, just once?

We can pay something forward. It happened to me December 23. A man added \$10 to my pump total at the Arco across from Costco. Holy cow. That was the first time I had an experience like that. It made me smile all the way home.

There are so many positive resolutions we can make. We can compliment, thank, express gratitude, talk to a stranger, and even say no. We can handwrite a letter, call a family member, donate to a lesser known charity, read a book, pick a slogan, word, or theme, to represent our year ahead, and then work toward fulfilling that theme. These are actions that can add to our lives, even if we do them just once.

And yes, this is a garden club newsletter. So perhaps we'll consider taking those exacting New Year's resolutions and composting them. Instead of a resolution that involves pain or lack, turn that resolution into something positive for your life, your soul, or other people's lives. Take positive resolutions and turn them into life-giving nutrients. Water and feed your positive resolutions as if life depends upon it.

Because it does.



It's all about timing

Resolutions that are a "one-shot effort" can be easier to complete at certain times of the year, including the New Year, says Hengchen Dai, assistant professor of organisational behaviour at the University of Washington in St Louis in the US. Holidays — along with birthdays, the beginning of spring or the first day of the workweek — are a so-called temporal landmark that can boost a goal and inspire the promise of a fresh start, Dai says.

And now we welcome the new year. Full of things that have never been.

- Rainer Maria Rilke

HAPPY NEW YEAR