

RIVER VALLEY GARDEN CLUB A PLACE TO GROW

JANUARY 2019

VOLUME 16, ISSUE 4

Rooting For You

Nancy Clark, President

Rose Pruning – Remembering the Basics

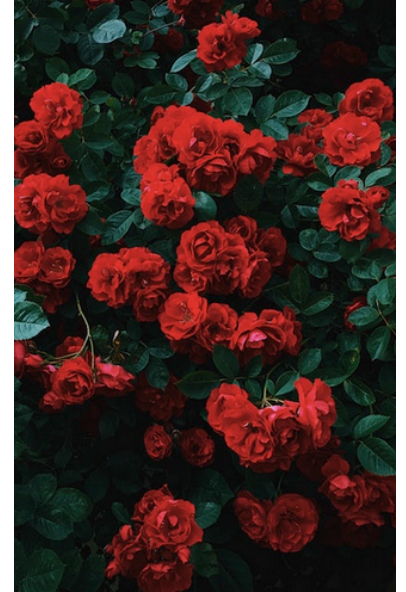
No doubt about it, I've been doing a less than stellar job of pruning my rose bushes in recent years. They've been looking sadder and sadder, with less growth and less blooms. I thought I was remembering to do the essentials, but clearly I wasn't. So before heading out to prune my plants this year, I decided to brush up on rose pruning basics. And who knows, maybe some of you could use a refresher too.

The Basics:

1. Prune while your plants are dormant, and before new growth begins.
2. Flowers bloom on new wood (except in the case of shrub roses, which bloom on mature, but not old, woody stems). Remove canes thinner than a pencil. I think this is where I goofed... I so hoped the new canes from the year before would magically grow into "something" that I left them intact.
3. Begin pruning at the base of the plant, opening the center to create an open vase.
4. Remove dead, dying, or diseased wood.
5. Remove cross branches.
6. Use clean, sharp tools. And to stop the spread of disease from one plant to another, immerse your pruner in a solution of ¼ cup bleach to ¾ cup water for 5 minutes between plants. Rinse, and then dry, before using them on the next plant.
7. Make cuts at 45 degree angles, about ¼" above outward facing buds.

If all this talk about pruning roses is making you worry that you may not do it right, relax! Years ago I attended a pruning workshop given by a Rosarian and after imparting a great deal of wisdom upon us, he put our minds at ease by telling us about how his neighbor pruned his roses - using a chain saw. And his neighbor's roses looked just as good as his. Go figure!

If you would like to learn more about rose care in general, there's a "[Raising Roses in the Foothills](#)" class scheduled for Saturday, January 26th. UCCE Master Gardeners will present detailed information about the most popular types of roses which can be grown in a landscape or garden setting in Amador County and how to propagate a rose from a growing tip. (Cont).



Want these?

Do this.

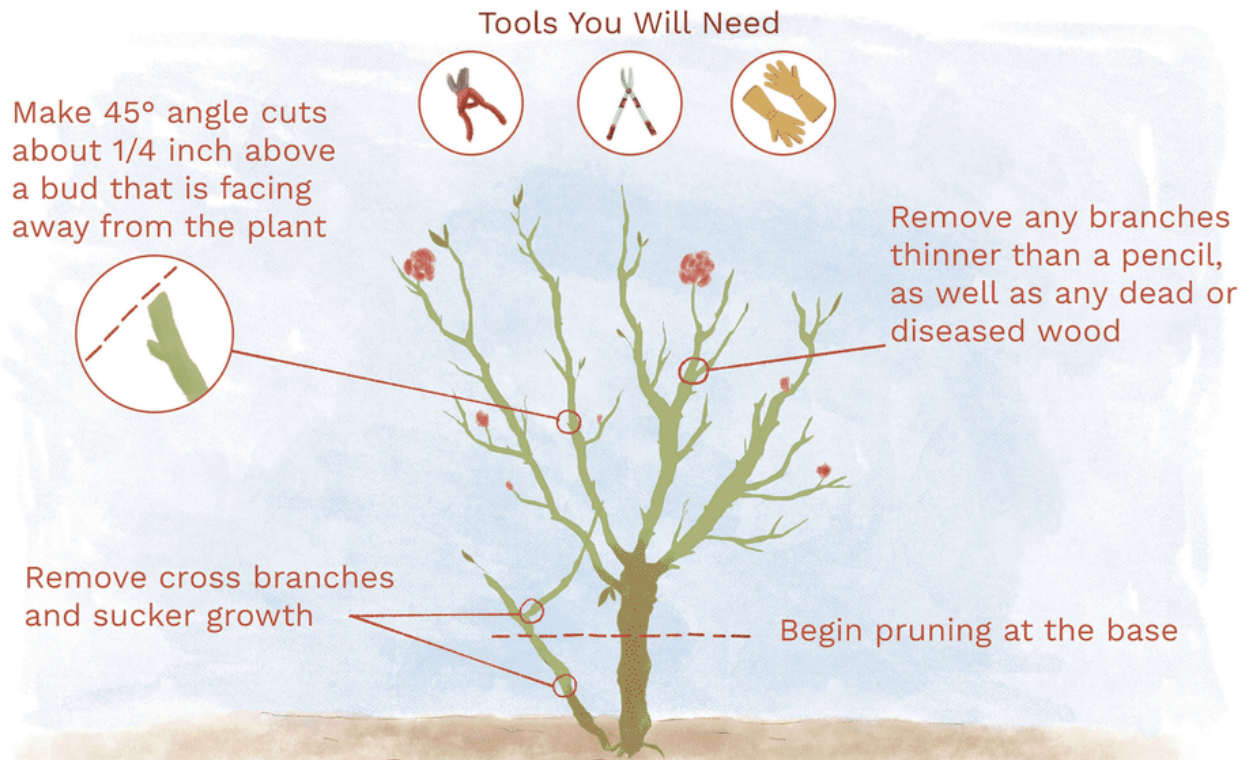
Inside this issue

Rooting for You.....	1, 2
Membership.....	2
January Speaker.....	3
Programs & Workshops.....	3
District Meeting	3
Holiday Party.....	4, 5
Local Events.....	6
The First 12 days	
Challenge.....	7 - 9
Did you know?.....	10

Rooting For You, Cont.

The best care and maintenance of your roses, including planting, irrigating, fertilizing, and pruning will be covered as well as managing common rose diseases and pests with Integrated Pest Management (IPM) strategies. Hand-outs will be available. This class is free and open to the public. No reservations are required. All classes are held in the GSA Building at 12200-B Airport Rd in Jackson from 9 am to Noon.

In case you want to go it alone, below is a visual for you.



Membership

Irene Slavens, Chair

Great end of the year membership numbers. We closed 2018 with 52 members as of the holiday party and we welcomed lively Isabel Whaley as a new member.

As we zoom forth into 2019, let's round up additional members so they too can enjoy our great programs, workshops, and field trips. Hope everyone had a merry and bright holiday season.



January Speaker

Nancy Compton, Programs Chair

Andrew Rogers, January Speaker, will focus on “Landscaping for Success”



Winter is a good time to take a close look at our landscapes and envision just what it is we need to tweak or change to make it more beautiful, functional, drought-friendly, or in tune with the natural environment.

Andrew Rogers, our January speaker, will provide information on how to go from where we are, to where we want to be -- kind of like from “meh” to “wow!”

Rogers Landscaping is based in Rocklin and has successfully landscaped homes throughout the region by providing all aspects of landscape design and installation. Rogers’ presentation will focus on landscaping highlights, and how each can dramatically change the entire atmosphere of a space. These changes may include low-voltage lighting, pavers, flagstone, retaining walls, seat walls, mounding, or borders.

He also specializes in irrigation systems, drought-tolerant plants, succulents, use of decomposed granite, and he works closely with homeowners to bring their landscape alive.

Join your garden club friends on the evening of Tuesday, January 22, at 6:30 p.m. for our first program of 2019. Guests are always welcome.

2019 Programs and Workshops

DATE	TOPIC	SPEAKER
January 22, 2019	Landscaping Design and Outdoor Living Space	Andrew Rogers, Owner, Rogers Landscaping
February 26, 2019	Garden Photography at its Best	Jan <u>Fetler</u> , Master Gardener and published photographer
March 26, 2019	The Importance of Monarch Butterflies in our World	<u>Eltha Hannum</u> Butterfly Chair, California Garden Clubs, Inc.
April 23, 2019	Garden Myths	Marlene Simon, The Plant Lady
May 28, 2019	Japanese Maples	Greg <u>Gayton</u> , Green Acres Nursery

January District Meeting

Berniece Jones, District Liaison

Save the date -Tuesday January 8th, 2019, for a chance to come to the Shepard Garden Club House and join fellow gardeners for Lunch and a workshop on helping our feathered friends with building their nests this spring. All materials will be provided without charge. What a great way to encourage new birds to your backyard. This will be a very causal meeting and a chance to visit with our fellow members and other clubs. Lunch and Registration for meeting is \$10.00. **Please call Berniece Jones by January 4th to sign up**

Raffle Donations Needed

Vivian Baier, Raffles

This year our raffle will consist of items donated by garden club members. You are invited to bring a raffle item (which doesn't have to be garden related) to our meetings. Let's make it interesting! We all have items that we are tired of but could be a treasure to someone else. Please bring your donation by 6:30 p.m. so there is time to include it in the raffle that evening. If you have any questions, call Vivian Baier at (586) 930-2105.



Christmas Party, Dec. 2, 2018

Carol Prinzo, Holiday Party Chair

T'was the first Sunday in December

When all through the RMA Building

Not a creature was stirring, not even a member!

The decorations were amazing in the hall and the lobby

In hopes that our members soon would be there!

The members and their guests all came dressed for the holiday

While visions of ham and turkey danced in their heads!

Our wonderful committee – your Holiday Elves – Ruth, Candy, Judith, Kathy, Cathleen, Sharon, Fran, Irene, Jeannie, Donna, Ellie, Vivian, and Carol – all came dressed in their finest and I in my best

And had just settled in for a delightful Christmas party rest!

When what to our wandering eyes should appear

But a feast fit for kings and mighty good cheer!

We gathered to eat and enjoy the festivities

And took home presents and prizes – more fun than ever!

As we departed the building with jolly good cheer

We wished all a Merry Christmas and to all a good year!



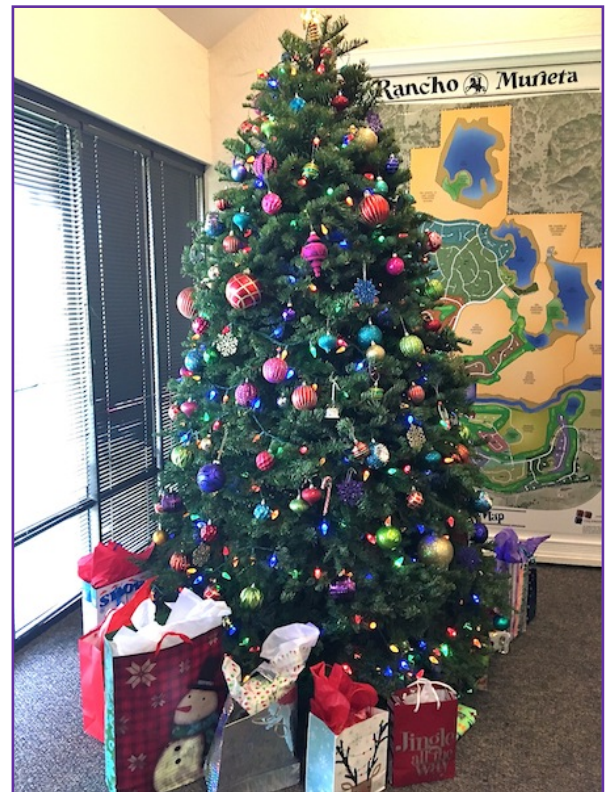
Carol and her Party Elves (Ruth Moore, photographer)



Christmas Party - And a good time was had by all.



Carol Prinzo, Party Chair Extraordinaire



There was much "stealing" during the gift exchange



Sharon Barton



Nancy Clark, Fran Hawkins, and new member, Isabel Whaley



Beautiful variegated poinsettias graced the dining tables

Local Events (Gearing up for Spring)

25th Northern California Home & Landscape Expo

January 25 - 27, 2019, 1600 Exposition Blvd, Sacramento

Friday 12 pm - 7 pm, Sat. 10 am - 6 pm, Sun, 10 am - 5 pm

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 and obtain some great design ideas. Admission is \$10 per person. Lots more info [here](#).



95th Annual Sacramento Camellia Show

March 2 - 3, 2019, Memorial Auditorium, Elks Lodge, 6446 Riverside Blvd., 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, and a display by Sister City, Matsuyama, Japan. There will be over 200 camellia plants for sale at the show. Many of the varieties are not available for purchase locally. You don't want to miss this inspiring local event. Find out more [here](#).



San Francisco Flower & Garden Show

March 20-24, 2019, Wed. - Sat. 10am - 7pm, Sunday 10am - 6 pm
Cow Palace, 2600 Geneva Ave. Daly City, CA 94014

Stroll through gorgeous designer gardens, with artfully arranged plants, trees, and flowers in full bloom.

See the designs and watch the demonstrations by world-class floral designers.

Discover how to create your own remarkable garden with hands-on demonstrations and inspiring seminars.

Meet professional gardeners and nursery owners who can answer all your questions ... and help solve those nagging problems.

Browse a wide selection of specialty shops featuring unique flowers, plants, gifts, tools, and more. Learn how to grow and prepare fresh, home-grown food.

You can attend the show or be part of it. Either way, be sure to be there! [Click here for more information](#).



How are YOUR first twelve days going to roll?

Jamie Fox, Newsletterer

Here we are again. A new year. Did you feel that breeze? That was last year whizzing by.

I'm wondering how the non-resolutions, or one-shot deal concepts I wrote about in last year's January newsletter worked out for you. That good huh? If you don't remember the conversation, you can reread the article [here](#) to freshen up. It's just as relevant today as it was last year.

What's that you say? You didn't lose the ten pounds, set an earlier bedtime, or hit the gym four times a week? Neither did I, sigh.

But fear not. There's another approach.

Once upon a long time ago, I read that how one lives the first twelve days of the new year sets the standard for the year. Meaning, the first twelve days of January represent each month of the ensuing year. Naturally, January 1, pertains to the month of January. January 2, pertains to February, January 3 to March, and so on... I now think of it as *The First Twelve Days Challenge*.

The First Twelve Days Challenge is when I attempt to live my very best and *conscious* life for twelve whole days so that the rest of the year becomes dialed in to be an awesome year. For example, let's say I want to get more fit in the coming year. Then I will do my darndest to do something related to exercise everyday for 12 days.

Or, perhaps my goal is to finish my next book by the end of the year (earlier would be better, but one needs to have wiggle room my friends). Then to ensure that deadline, I am going to mindfully work on that book every day for the first 12 days, even just for ~~ten minutes~~ half an hour.

But no one's perfect. Let's say you adopt this idea to suit your own ambitions, and oops, January 5 turns out to be a drunken bacchanal because it's Saturday, and that glass of wine with the girls over at The Gate, turns out to be three glasses and *someone* ends up dancing on a table. So if you have proclivities for chardonnay and line dancing, then you really need to take heed when the lusty fifth month of May rolls around. It could turn out to be doozie. *Because*, you have set the stage for it by your actions on January 5th.

I have attempted the First Twelve Day Challenge EVERY YEAR for decades. Yes, DECADES. And when each new year rolls around, it's here we go again. I have never *mindfully* made it all the way through, because I simply forget. And sometimes, May turns out to be a *really* interesting month for me.

Therefore, this year I am instituting a reminder system. I have an iPhone and I am not afraid to use it. You know those two alert options when you enter a date into the calendar? I have twenty-four of them loaded into the first twelve days - two per day. Basically the message amounts to something ET would say. BE GOOD it will remind me. And on January 5, it says, *Stay out of The Gate*.

But on the other hand, if you want to try [The First Twelve Days Challenge](#) (*what's twelve days, people?*) but would prefer to have a tad more structure, yet be mindful, here is an amazing cheat sheet for you. You'll probably be flying come Christmas if you pull this off.

The Structured, yet Mindful, First Twelve Days Challenge

By practicing loving kindness, openness, and generosity while giving thoughtful attention to the significance of each day, you can consecrate the coming year.

Focus on the following keywords each day for the first twelve days of the new year. Each of these words can evoke an energy that can bless the new year. Here we go...

Jan. 1: (January) Breath

As you focus on your breath, you can actually breathe in the inspiration you desire. Breathe in love, creativity, joy, health, and prosperity. Allow the Universe to gift you with energy to invite your best self forward.

Jan. 2: (February) Love



Today is the day that correlates to February. Now is the time to be more loving and compassionate toward yourself. Learn to be compassionate in the areas where you tend to resist. Ask yourself, *how can I be more loving today?* Then reach out to others. Smile, be kind, generous, and send a loving note to a friend or family member.

Jan. 3: (March) Renewal

Spring is teetering. Use nature to renew your body, mind, and spirit. Nature is a window into the world of the divine. Spend some time looking at the sky, or take a walk in the park, on the beach, or in the woods. Listen to birds sing. Hold a rock or crystal to remind you to ground your energy, and of course, watch a sunrise or sunset.

Jan. 4: (April) Smell

Of all of our five senses, smell is the only one that goes directly to our brain. Experiment with different scents to see how you feel. Vanilla works well to lift your mood. Orange boosts your energy, while chamomile or lavender may calm you down. Jasmine is a wonderful aphrodisiac and rose is often associated with opening your heart.



Jan. 5: (May) Play

When we get over-serious and try to figure everything out, we lose our spontaneity and creativity. No matter what our age, fun is a good thing, (laughter even better) so allow your playful inner child to emerge. Mess around with your grandkids, take out the finger paints and let it rip, or put on some upbeat music and move. But stay out of The Gate. It's May.

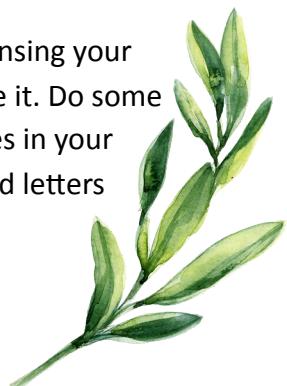
be.
here.
now.

Jan. 6: (June) Present

Life can pass us by if we are busy making plans and not paying attention. We forget to just BE. Today, focus on one thing at a time. Unplug your phone and computer. READ something. A *real* book, the kind with a *spine*, not just a Kindle version. Since this day corresponds to June, put your bare feet on the earth, poke some seeds into the ground with your toes, and really listen to yourself and others. It is called "getting grounded" for a reason.

Jan. 7: (July) Purify

You wouldn't think of going to an important event in dirty clothes, so why not pay attention to cleansing your energy field, as well as your physical space? I know. This could be weird for you. But try it, you'll like it. Do some spring clearing, toss old broken items, drink some apple cider vinegar and lemon water, do stretches in your morning shower as a ritual of purification, let go of old emotions that no longer serve you, shred old letters that hold negative associations, and delete any email that is not positive.





Jan. 8: (August) Honor

By loving and honoring the body you have, you can bring more health and flexibility into your life. Be conscious of what you put into your body, and start the day off with gentle stretches. You can also walk instead of driving, climb steps instead of an elevator ride, rest when you are tired, and take short breaks during the day. Honor the process and honor yourself and to do this requires paying attention.

Jan. 9: (September) Creativity

I LIKE this day. Doing something creative builds fresh brain cells, so experiment with something you would normally consider "out of the box." Maya Angelou said, *You can't use up creativity. The more you use, the more you have.* This is a [link to free, printable, adult coloring pages](#). Haul out those crayons and fire away!



Jan. 10: (October) Wisdom

You are nearing the home stretch of the First Twelve Days Challenge. Today is the day to read something inspirational, be a mentor to someone, honor your inner wisdom and always pay attention to your intuition.

Jan. 11: (November) Abundance

Say this affirmation 27 times today:



Huge sums of money flow to me rapidly, abundantly and effortlessly. I am truly needed and my talents, services, and products are always in great demand.

C'mon, TRY it, for Pete's sake. I have never known anyone who has said *I have too much money in my life*. Think of the good you could do if you had extra dough lying around.

Jan. 12: (December) Gratitude

This day is the last one of the challenge and correlates to December. So bless everything you have, including your body, and send a present to Santa. I bet that guy gets tired of always giving. Send notes of appreciation to friends and family members and see how many times you can say "thank you" to the Universe for the many blessings you have in life.



So there you have it. Two options of a novel way to embrace the new year. You in?

In the Garden - January to do list

Should you find yourself with some spare time on your hands on New Year's Day, you could:

- Check [mulch](#) levels. If needed, add more to beds and paths for weed suppression.
- Protect tender plants with some type of [row cover](#) when cold nights are predicted.
- Plant bare-root roses & fruit trees. Be sure to keep them well watered, if there is no regular rain.
- Plant [asparagus](#), and [artichokes](#).
- Finish pruning trees, perennials, and roses. (See page 1)



DID YOU KNOW?

Only around 40% of us will even make a new year's resolution. While nearly all of those vows err on the side of improvement (e.g. start exercising, improve your finances, quit smoking), the 8th most common resolution is to improve a relationship according to a 2012 Harris poll. So what's the **NUMBER ONE** New Year's resolution? Weight loss (naturally).

In Finland, each new year family and friends gather to burn metal in a pan for a ritual called "molybdomancy". The

Finns inspect the shadows the metal casts by candlelight, as those shapes are supposed to predict the future. Although, this metal is customarily called "tin," it's actually sometimes lead, which, among other things, is known to spark severe mental illness... which might explain why this ritual has persisted for hundreds of years.

And Finns aren't the only ones with interesting new year practices: Ecuadorians burn paper-filled scarecrows, the Swiss drop ice cream on the floor, and people in Siberia plunge into frozen lakes while carrying a tree trunk.

Meet you at Calero, in a wetsuit, carrying a... stick?

Another year has departed. 2018 certainly had a lot going on, and perhaps many of us will be relieved to bid it adieu. There's always something hopeful, though, about looking forward to what the new year will bring, and 2019 can be whatever we make of it. In anticipation of a stellar new year, here's a bit of trivia to test your mental metal.

1. Which country or island nation celebrates New Year's first?
2. In some countries, New Year's Eve also is known by what saint's Feast Day?
3. In which carol are the lyrics, "We won't go until we get some," repeated?
4. What Roman God is January named for?
5. The song "Auld Lang Syne" is a Scottish poem written by which poet?
6. The tradition of eating black-eyed peas on New Year's Day is believed to do what?
7. Which Stevie Wonder song begins with the lyrics, "No New Year's Day to celebrate?"
8. What year did the New Year's celebration in Times Square begin?
9. What fruit do New Year's revelers in Spain eat at the stroke of midnight?
10. Which country refers to New Year's Eve as Hogmanay?



Trivia Answers:

1. Kiribati and Samoa.
2. St. Sylvester.
3. "We Wish You a Merry Christmas."
4. Janus.
5. Robert Burns.
6. Bring prosperity in the New Year.
7. "I Just Called to Say I Love You."
8. 1904.
9. Grapes.
10. Scotland.

