



**Director's
Message**

The Pacific Region Convention was held in August in my state of Alaska. Over fifty people attended; some I suspect turned it into a family vacation. We met at the BP Energy Center in Anchorage, which was created for non-profit organizations to use. The large windows of the meeting room looked out at a wooded setting.

We had lots of time to connect with each other and share ideas in a casual setting. The necessary business matters were conducted: a few bylaws and standing rules changes were approved; some were housekeeping items. There were changes made to the qualifications for the Pacific Region Director position. The Website Chairman and the WACONIAH chairman were revised from appointed officers to regular chairmen, and rotations of conventions and Director were updated. All approved minutes are up on the PR website. NGC President Brenda Moore spoke about "Fifty Shades of **Green**", and, we had speakers whose topics included Alaska Pollinators, the History of Gardening in Alaska, and a timeline of how the Alaska State Fair wonderful gardens came into existence. One of the after-convention tours was to the State Fair to see the gardens and the giant vegetables. We made aluminum leaves from soda cans, watched a concrete leaf dish demonstration, learned how to run an efficient meeting from Robin and Greg Pokorski, and of course, no one will forget the infamous plastic strapping basket weaving.

The next PR convention will be in Tempe, Arizona April 28-30th, 2025. The Arizona convention committee has lots of things planned to include programs on biodiversity, water conservation, and herb gardening, along with garden tours. Registration will open in January, but you can reserve your hotel room now. Go to the Pacific Region website and click on the Convention 2025 tab to find information and the hotel link.

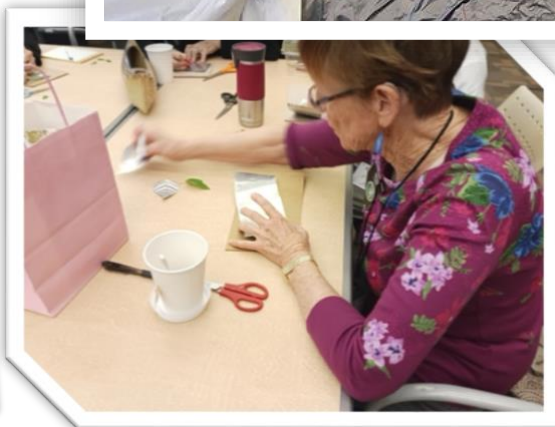
I was excited to report that California (1%), Idaho (7%), and Oregon (13%) all had membership increases. Keep up the good job. I also announced that Tanja Swanson and Carolyn Olley from Oregon will be the next Pacific Region Director and Alternate Director (respectively). Please consider being on Tanja's board and let her know how you want to help. Don't wait to be asked. It takes all of us working together to reach our garden club goals.

We only need \$100 more to purchase the Pacific Region paver on the National Garden Clubs Path of Success Walk. You can purchase our "I Love My Garden Club" pin for yourself or as a gift for someone. There is a picture of the pin on the website: <https://pacificregiongardenclubs.org>. There are links to both on the home page of the website. We have sold quite a few pins all over the country and clubs can promote this too.

As always, I am so amazed at what the clubs in our region do on a regular basis. I read newsletters, look at your websites, and social media pages. Thank you for all you do.

Carol Norquist







Smokey Bear/Woodsy Owl Poster Contest

This is just a reminder to all the Pacific Region STATE Poster Chairmen

You must have your judged state winning posters to me before February 24th, 2025.

Please only send the first place winner from each of the five grades.

I'll also need updated contact information for each state chairman who sends me posters.

I will let you know the winners from the PRGC judging as soon as I can.

The first place PRGC winners for each grade winners will be sent to National for judging at that level. Make sure you have a good color copy of those original posters before you send them to me, because they might not be returned to you.

Can't wait to see all the GREAT posters for this year's contest.

**Charlotte Tucker PRGC Poster Chairman
18047 Lime Kiln Road - Sonora, CA 95370**



1.

Honoree: Diane Franchini

For always giving more than 100% of her time and efforts to Pacific Region Garden Clubs, WSFGC, Central District, and her own garden club. Far Above and Beyond.

By Terry Critchlow, Washington State Federation of Garden Clubs



NGC Youth Sculpture contest

This contest is a fun activity to interest our youth and open doors to the many ways we can express our environmental awareness. The 3 R's are now taught in our classrooms across the nation. This contest is a great teaching tool and fits in well with the STEAM/STEM school formats used today.

Sculptures are to be made primarily from recycled, reused, or repurposed materials and items. Sculptures the imagination of its creator. A replica or an original idea are artfully made to show the creator's imagination, skills, and craftsmanship.

Kids in grades 4th through 8th are eligible to enter this contest. The entry form and requirements are on the NGC web page, <https://gardenclub.org/youth-sculpture-contest>.

Take two 4X6" photographs to show sculpture at its best and glue to the back of the completed application. Only hard copies are accepted.

Look to your state's deadline. Send your 1st place winners per grade forward. State Chairmen will select and mail the first-place winners per grade by February 1st to:

Chairman – Terry Critchlow PO Box 1046 Naches, WA 98937, tcritchlow@aol.com



2.

Honoree: Jennifer Moreland & Kim Rosenlof

Jenn and Kim are two Gems that always sparkle! With talent and enthusiasm, they willingly undertake each task resulting in something special. Thank You and Congratulations on an amazing presentation inviting everyone to the 2023 PRGC convention in Arizona.

By: Judy Kennedy, President Arizonia Federation of Garden Clubs, Inc.



Environmental Awareness Chairman's Report September 2024

Welcome to the age of infinite information, called Google Search. I highly recommend that you type in *plastic*, how it is made, its many uses, and its effect on our environment. There are many Good, Bad, and Ugly things to say about plastic.

Plastic is light weight, flexible, strong, rust resistant, and used in almost all our everyday items. It replaces our use of glass bottles, paper bags, metals in appliances, cars, etc., and woods used in construction. It is easily altered by different chemicals during the manufacturing process. Now you know why there are seven numbers found in the little triangle on the bottom of bottles, jugs, and containers.

Most plastic products are made using a petroleum base. The main component of most plastics is crude oil. Natural gas and coal are also sometimes used. It takes a lot of energy to convert crude oil to plastic. During this process, a lot of chemicals are discharged to the atmosphere from smokestacks and vents. Plastic is chemically dense and non-biodegradable. It can take from 500 to 1,000 years to decompose in a landfill. Sunshine and cold are hard on some plastics. Buckets and watering cans left outside over the winter easily crumble when you go to use them in the spring. Only three of the seven numbered triangle items are presently recycled.

Plastics break down into microplastics, which persist in the environment and cause health problems for just about everyone and everything along the food chain. Birds, fish, wildlife, and we are all affected. Our oceans, rivers, shorelines, highways, etc., are all littered with plastic waste. This is not the fault of plastic, but what mankind does after they have used the plastic. Do your part by re-using, re-purposing, and recycling plastic.

Stan Chiotti



3.

Honoree: Carol Norquist

Carol is a real jewel for AFQC. She has been a significant contributor in supporting our theme of Growing Our Future through social media outreach. She not only reactivated our Facebook page but continues to give us a great presence. Thank you, Carol!

By: Judy Kennedy, President Arizonia Federation of Garden Clubs, Inc.

OREGON IS ON THE MOVE

It is Fall. The Holidays are right around the corner! It is time to start putting our gardens to bed for the winter. There are all kinds of ways that are touted as “best practices” on how to do that, and you can find articles about specific ways to “winterize” each different plant you have. Best thing to do is a little research, then try something you think will work. Hopefully it does work, but if you kill some plants there will be no jail time 😊. You can try something else next year. Gardening is still therapeutic!

In September, I attended the National Garden Club’s Fall Board Meeting in St. Louis, MO. If you’ve never been to our National Headquarters, I do recommend a visit. While there, we dedicated the Path of Success. Oregon purchased a state paver, and some clubs and members bought bricks. The path is quite long and in a beautiful setting. People in attendance were out looking for their state paver and bricks that may have been purchased. It was quite an experience.

Fall is the time in Oregon that we have many of our District Meetings. Our Executive Committee members try to attend as many of the 13 District Meetings as we can. Getting out to meet members is one of the best parts of our jobs.

My “President’s Project” has been to raise money to buy a beach-accessible wheelchair for one of the recreation districts along our Oregon Coast. The chairs have special wide tires that make travelling over beach sand easier thus allowing people with mobility issues to go on to the beach with their families and friends. I was hoping to raise enough money (\$3,000) during my two-year term to buy one chair. We have already raised enough for one chair and are setting the new goal at two chairs. I am so proud of my Districts, clubs and members for all their hard work and dedication to the project. They are amazing!

Happy Holidays to all of you and best wishes from the Oregon Crew!



Carolyn Olley
President OSFGC
(molley1755@comcast.net)





Highlights of the Business of the Anchorage, Alaska 2024 Convention



By Greg Pokorski, Parliamentarian

- ✦ On August 21 there were meetings of the Finance Committee, the Executive Committee and the State Presidents. The Board of Directors Meeting was held on August 22 and the Convention meetings took place on August 22 and 23.
- ✦ Assets of \$43,897.38 were reported (general checking account – \$30,205.84; scholarship account – \$13,691.54).
- ✦ The 2025 convention budget was adopted.
- ✦ Amendments to Standing Rules were adopted by the Board of Directors. Amendments to Bylaws were adopted by the membership (the convention body). Updated documents have been posted on the website.
- ✦ The Financial Reviewer's report regarding the fiscal year ended in 2023 was presented.
- ✦ It was announced that Tanja Swanson and Carolyn Olley from Oregon will serve as 2025-2027 Region Director and Alternate Director.
- ✦ It was announced that the elected NGC Nominating Committee members from Pacific Region are Carolyn Olley, Oregon, and Sharon Davis, Arizona.
- ✦ It was reported that two \$1000 scholarships were given in 2024 per an email vote of the Executive Committee. A recommendation from the Executive Committee was approved by the Board of Directors to increase the budget to include a \$1000 scholarship to be given in 2025.
- ✦ Officers, State Presidents, and Chairmen reported.
- ✦ Members of Arizona Federation of Garden Clubs extended the invitation to the 2025 Annual Convention in Tempe, Arizona, April 28-30, 2025 at Wyndham Phoenix Airport/Tempe.
- ✦ Total convention registration: 53. Voting strength: 40.



Butterflies and Beyond – Smithsonian Institution

Pacific Region Butterfly Chairman

Karen Bowen

What is the largest museum in the U.S.? The Smithsonian Institution, located in Washington, D.C. The National Museum of Natural History is part of the Smithsonian and houses approximately 90% of the Smithsonian's collections. It is one of the most comprehensive collections of natural history specimens in the world. As large as eighteen football fields, everything from rocks and dried plants to insects and fossils, are stored, or on display for the public to view.

Its collections preserve the earth's past and present natural history. Over nine million specimens are available online for scientists and researchers from around the world to use in their research.

The Entomology collection is one of the world's largest. With over 35 million specimens, the collection shows the diversity of insects worldwide. From seven million beetles in its Coleoptera collection, to three million true flies in its Diptera collection, an impressive number of insects for current and future scientific research projects and display for the public to view.

The Lepidoptera collection has over four million butterflies mounted and housed in 30,000 drawers, along with 3,000 specimens displayed in jars filled with alcohol. Both larval and adult butterfly specimens make up this extensive collection.

A Butterfly Pavilion invites the public to stroll through a temperature-controlled greenhouse and view butterflies from around the world flitting here and there as they feed on flowers. The temperature is kept at 80 degrees, with 80% humidity, perfect for butterflies.

"Dazzling Diversity" is a temporary exhibit that displays outstanding artwork depicting insects seen in catalogs, scientific journals, and books. This display closes on December 16, 2024. Another popular exhibit is the O. Orkin Insect Zoo, the oldest operating insect zoo in America. It houses live insects and their larvae and pupae, along with arthropods.

The Insect Zoo has a life-size, artificial African termite mound and a freshwater pond holding arthropods. Volunteers wheel a tarantula out on a cart three times a day and feed it while visitors watch. Madagascar hissing cockroaches and eastern lubber grasshoppers are also brought out on carts for visitors to view and touch. A mangrove swamp with artificial mangrove trees holds several arthropod exhibits.

A rainforest exhibit has artificial trees and vines with preserved butterflies exhibited on dioramas. A large enclosure houses bright-green katydids and bromeliads, while pitcher plants and other carnivorous rainforest plants reside in another enclosure. Emperor scorpions are displayed with a UV light that when pressed, makes the scorpions glow.

The National Museum of Natural History is a full day of sightseeing. If you visit Washington, D.C., a tour of the Smithsonian Institution is well worth your time.

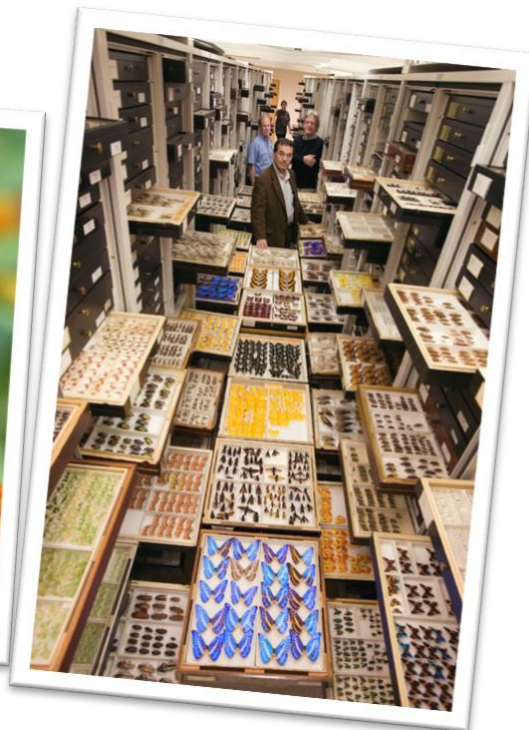
Photo 1 Wikimedia

Neatly stored in 30,000 drawers, the Lepidoptera collection contains butterflies from around the world.

Photo 2 Smithsonian Inst.

Over four million butterflies are preserved in the National Museum of Natural History's collection.

Photo 3 Flora Marlatt



Community Beautification

Last time I wrote about the joy of being involved in the beautification of your community. For years our District used to help plant the City downtown planters at the end of May, sometimes just us planting, sometimes we did it by supervising high school kids doing the planting, sometimes as part of a community event. This year the city decided that they couldn't afford the planters anymore and individuals and Garden Clubs have taken on just one or two planters. The people who signed up to take care of one planter, also must water the planter every day besides providing and planting the flowers. Actually, I think it looks better! Instead of just petunias, every planter is filled with different flowers and that is fun!



These pictures are the planters that Evening Primrose Garden Club has planted by the train station and that they take care of all summer long.

Another project we do in Klamath Falls is to decorate those same planters with boughs from the forest. We do that just before Thanksgiving and clean it up by the end of January. I know we are lucky to live in Oregon where greens are readily available, but I think you can be imaginative and use the plants that are available in your area. We tried to attach colorful Christmas bows in different ways, but the sad thing is that those bows vanish even before we are finished decorating.

I'd love to hear what your club is doing to beautify your town!

Tanja Swanson, Community Beautification



Butterfly Beginnings - Karen Bowen, PR Butterfly Chairman

Have you ever wondered how butterflies began millions of years ago? Scientists say that about 100 million years ago, a group of moths began flying during the daytime and feeding on nectar-rich flowers. This group led to the evolution of butterflies and a separate class of insects from moths. Both butterflies and moths belong to the Lepidoptera order.

An analysis of DNA from over 2,000 butterfly species and 92% of the Lepidoptera genera helped trace the evolution of butterflies back to its beginning. Akito Kawahara, curator of Lepidoptera at the Florida Museum of Natural History, led the project. Kawahara and his fellow scientists traveled over the world looking for rare butterfly species. DNA was collected from a tiny portion of each butterfly's leg, and the butterfly was released. The majority of DNA was collected from museum butterfly collections from around the world. Eleven rare butterfly fossils offered genetic information, as well.

Kawahara and his group of 88 scientists from 28 countries translated and transferred the contents of hundreds of books, museum collections and web pages describing various butterfly species to ensure they had collected as much DNA as possible from as many butterflies as possible. After ten years, the collected DNA was input into four supercomputers that ran the genetic analyses of the DNA, and a family tree was constructed bit by bit. In May 2023, the group's findings were published in the journal *Nature Ecology & Evolution*.

Their findings showed that butterflies first appeared in central and western North America at a time when North America was splitting into present-day Mexico, the U.S., Canada, and Russia. The Isthmus of Panama had not yet joined North and South America, but butterflies easily crossed the strait between them. Unlike night-time moths, this day-flying group fed on flowering plants that were beginning to grow throughout the world.

Butterflies moved from North America into Asia across the Bering land bridge, into southeast Asia, the Middle East, and Africa. They even landed in India and Australia, which was still attached to Antarctica. It took about 45 million more years for butterflies to reach Europe.

Once established, butterflies diversified according to available host plants. The scientists established that the lowly bean plant seemed to be the main plant butterflies of most species relied upon during the beginning stages of their evolution. Since then, butterflies have forged a partnership with a variety of flowering plants.

As fragile and delicate as butterflies look, they have outlasted the dinosaurs and are now, along with moths, the second largest order of insects in the world.

#1 DNA from over 2,000 butterfly species was collected from museum specimens and live butterflies to learn butterflies originated about 100 million years ago.

#2 Researchers state that the first nectar-producing plants butterflies fed on were legumes.





Pacific Region Photo Contest is a Fundraiser!

Entries Now Due by March 1st, 2025

Please enter this fun contest! There are some amazing photographers among all our Pacific Region Members. We'd love to see your pictures!

You'll find the entry form here

<https://pacificregiongardenclubs.org/photo-contest>

PHOTOGRAPHY RULES

Digital photos can be JPG or TIFF format and should not be enhanced by any computer program. Minimum Resolution requirement is 800 pixels high or 1200 pixels wide and maximum file size not to exceed 10Mb.

The photos can be in color or black and white.
Enter as many as you would like-It is a fundraiser!

The categories are as follows:

1. Landscapes/Gardens
 2. Birds/Animals
 3. Insects
 4. Floral
 5. Director's Choice - "Down the Primrose Path", a photo incorporating primrose(s).
- Complete an Entry Form for each entry and mail it with the \$5 entry fee (or 5 entries for \$20), to:

Tanja Swanson, 227 Ewauna St, Klamath Falls, OR 97601-3131.

Checks made payable to PRGC.

Deadline for receipt of entry forms and digital files is **March 1, 2025**

Photos must have been taken by a current Pacific Region Garden Clubs member in good standing.

Pacific Region will display the winning photos in each category on the Pacific Region website. All rights to the photo entry will remain with the photographer. The entry form release will allow Pacific Region to display the photo entries as per the release.

Questions, please contact **Tanja Swanson, Photo Chairperson**
541-883-8119 or tanjandy@gmail.com.





GEMS Thank you all who recognized your fellow garden club *GEMS* at the 2024 Pacific Region Convention in Alaska. Your donation to the scholarship fund in the name of these GEMS is appreciated.

Terry Critchlow, Chairman

- 1 Alaska Garden Clubs – Thank you for hosting the PRGC convention.
Above and Beyond, well done!
- 2 Terry Critchlow is a GEM because she is so dependable, accountable, helpful, and dedicated. A great asset to WSFGC.
Donor: Suzann Stahl, President Washington
- 3 Sue Bennett is a GEM because she goes Above and Beyond. Merrily.
Donor: Terry Critchlow
- 4 Carol Norquist is a GEM because she goes Above and Beyond.
Donor: Brynn Tavasci
- 5 Julie Darby is a GEM because she is always cheerful, dedicated and willing to help WSFGC.
Donor: Suzann Stahl, President Washington
- 6 Larri Tarver is a GEM because she is always there to help with the Las Vegas Flower Arrangers' Guild, from A-Z. My perfect VP or VTP.
Donor: Judy Stebbins, Nevada Garden Clubs, Inc.
- 7 Aleta MacFarlane is a GEM because she is dedicated to promoting our Nevada Garden Clubs' name and values to the Las Vegas community.
Donor: Karen Elliot, President Nevada
- 8 Tiffany Olley is a GEM because SHE IS A GREAT HELP with computer work for OSFGC, and her own garden club.
Donor: Carolyn Olley, President Oregon
- 9 Mary Castro is a GEM because she goes Above and Beyond in the many hats she wears for Nevada Garden Clubs!
Donor: Karen Elliot, President Nevada
- 10 Brynn Tavasci is a GEM because she always goes Above and Beyond.
And she's a very special friend!
Donor: Diane Franchini
- 11 Terry Critchlow is a GEM because she always goes Above and Beyond. Love You.
Donor: Sue Bennett

Xeriscape Does Not Mean Zero Scape – Carol Parrott

It's predawn and I'm sitting in my garden watching crayon pinks streak the morning sky. Overhead birds in silhouette criss-cross the horizon greeting a new day.

The garden is coming alive with activity. Tree branches are gently shaking as birds chirp gayly welcoming each other. It's going to be a lovely day!

I hear the irrigation system start to run. It is watering in my ICU Unit located close to my house. ICU stands for "I see you and I will take care of you." This is where I grow all of my plants that simply don't belong in my garden, but I just have to have. Some of them are perennials, but here in the Arizona desert they grow as annuals. A good example is my collection of geraniums. They thrive until the heat reaches 100+ at which time they succumb to the weather. This area is six square feet and simple emitter changes allows for an increase in water flow to these beloved plants.

This is the beauty of Xeriscaping; it indulges the gardener with plant lust! Xeriscape is a landscaping method developed especially for arid and semi-arid climates. Here are some Principles of Xeriscape from the Denver Water District which coined the word "Xeriscape" in 1981.

1. Develop a Design plan.
2. Develop a plant plan.
3. Determine soil improvements for non-native plants.
4. Water deeply and infrequently to develop deep roots.
5. To minimize water waste, group together plants with similar light and water needs.
6. Mulch keeps plant roots cool, helps prevent evaporation, and deters weeds.
7. Maintenance will decrease over time.
8. You will save money!

Xeriscape gardens attract local wildlife and valued pollinators because there is a large emphasis on choosing native plants which provide shelter and food thus contributing to the biodiversity of the region.



Penstemon parryi protecting baby Saguaro in my garden



Threats to Our Bird Population

1. Plastics

Deaths are caused by birds ingesting and swallowing small pieces of plastic. 17.6 billion pounds of plastic enters the ocean each year. Birds in the waters of lakes, creeks and the ocean can become entangled, trapped or strangled by plastic materials. Many organizations are cleaning up the beaches and water ways.

2. Cats

Outdoor cats kill 2.4 billion birds each year in the United States. Keep birds safe by keeping cats indoors, keep feeders and birdbath placement 10 to 12 feet from potential hiding places for cats, provide cover for the birds with native plants, feed birds naturally and install a high fence.

3. Glass Collisions

1 billion birds are killed each year by glass collisions. Glass appears to be habitat that the birds fly into whether that habitat is reflected or visible through the glass. Many products are on the market that can prevent the birds from crashing into windows. Birds eye view clear window reflector is an UV-reflective anti-collision window film to protect birds from glass collision.

4. Loss of Habitat

The landscape has changed with the loss of prairies, forests and wetlands. These losses have impacted birds and caused bird decline. Wind turbines are also causing many bird deaths. Losing native plants, shrubs and trees is a problem. Gardener members can help the birds by planting natives in their garden to provide cover, food and nesting sites for the birds.

5. Pesticides

Dangerous chemicals pose a deadly threat to all birds. Garden members and farmers can choose not to use harmful pesticides.

Education is the key in helping our bird population

Ann Kronenwetter, PRGC Bird Chairman





FLOWER SHOW SCHOOLS

Our Flower Show Schools are so informative! If you have one in your area, be sure to take advantage of attending it just to see what's new. It's well worth your time. Our 2017 handbook changes are always discussed at flower show schools and symposiums. It is exciting to remind ourselves a new HANDBOOK comes out every ten years by the National Garden Clubs, Inc. and that time is getting closer. It is interesting to always compare what the old handbook said about a certain subject compared to what the new handbook says but of course, the latest and newest Handbook for Flower Shows is what we must abide by when checking on the final word.

I found this subject interesting: In our 2007 handbook concerning the American flag and other national flags in the Design Division of a flower show: must be displayed in a respectful manner. In order not to offend, American and other national flags may not be incorporated into any competitive designs, be used as underlays, swags, or the like.

In the 2017 handbook under Non-Plant Material in the Design Division, the wording is as follows:

NOT PERMITTED: American and other national flags in the Design Division. When doing a Patriotic theme show, flags could be incorporated in the staging part of the show and again as long as they are displayed in a respectful manner. All information is important and sometimes we must read and re-read again to be informed.

Marva Lee Peterschick, FSS Chairman for Pacific Region Garden Clubs

Thank you again to all who contributed to this Edition. I would like to take this time to wish you all the Best of the Holiday Season, beginning with this upcoming Thanksgiving Day and the Coming New Year. Yes, I said New Year. And on this optimistic note, see you all in the February 2025 issue.

And a friendly reminder, send in your articles by January 15th, 2025, but not before January 1st (hopefully, your minds aren't on the Newsletter on New Year's day) or the items can get buried in my email ☺ .

All my best to everyone,
Myrna Cabanban
Editor, WACONIAH Newsletter



ENVIRONMENT & CLIMATE CONCERNS

By Lori Robinson: Chairman MT. RAINIER NATIONAL PARK WINTER AT RAINIER



There is a dramatic transformation of the landscape in the winter. Subalpine gorgeous colorful meadows and lush old growth forests are now draped with a thick blanket of snow for much of the year. This includes the glaciers that previously appear dusty in color; now white. The snow-covered roofs of the rustic historic buildings are rimmed with icicles for a perfect setting:

(<https://www.nps.gov/mora/planyourvisit/winter-recreation.htm>). Learn more about Mt. Rainier's winter ecology by taking a snowshoe walk with a ranger and viewing the Jackson Visitor Center film. Winter activities in the park include snowshoeing, cross country skiing, winter camping, and snowboarding.

Winter Travel: Most of Mt. Rainier's roads are closed for the winter. The road from Nisqually Entrance to Longmire is open year-round but may close during extreme weather. The road between Longmire and Paradise is open on weekends and closes nightly. It reopens in the morning once the road has been plowed. Icy or snowy roads, poor visibility due to weather, and the chance of wildlife along roads can make winter travel challenging. Vehicles are required to carry tire chains from November 1-May 1.

Prepare And Take Care: Mt Rainier offers excellent opportunities for exploration and adventure, but sometimes people get lost, injured, or worse. Reduce your risk by following these simple guidelines:

Dress Warmly and Stay Dry: Cold temperatures, wet snow and wind can easily rob you of body heat. To avoid hypothermia and frostbite, dress warmly and stay dry. Wear layers of wool or synthetics like pile and polypropylene under a waterproof shell. Avoid exposure to wind. Snack frequently, drink lots of water, and take warm-up breaks indoors.

Pay Attention to the Weather: It's easy to get lost or fall when the weather turns bad. The trail can quickly cover with snow, or thick fog can blanket your route. You need to know where you are and how to get to safety. You also need to know how to assess avalanche hazards to minimize potential risk.

Prepare when hiking, climbing, skiing or snowboarding, Bring the Winter 10 Essentials listed on the WINTER SAFETY page and know how to use them. In addition, obtain compass bearings to Camp Muir or other off-trail destinations; carry an altimeter, wear rain- and wind-resistant clothing, and take a whistle, a "space blanket" and a snow shovel.

Take Care: Tell someone your travel plans so they can notify the park if you fail to return. Do not travel alone or in poor visibility. If you are not truly knowledgeable and prepared, or if the weather is questionable, don't push your luck! Snow and ice can make driving more hazardous in the winter.

Winter Wildlife: The snows of winter concentrate wildlife where shallow snow provides easier travel and access to food. Parking areas and roadways are efficient travel corridors for deer and foxes, and deer may find the most available forage along roadways. Many visitors feed wildlife to get a better photograph and some mistakenly think that it helps the animals through winter months. This;

however, brings wildlife closer to vehicles and people, often with dire consequences. Animals attracted to these busy areas are often injured or killed by vehicles. The feeding of wildlife, an especially significant problem at Paradise, poses a threat to wildlife by increasing the risk of disease transmission (among themselves and to you), unnaturally increasing populations which may prey on other species. Jay birds feed on eggs and nestlings of other songbirds, and so, feeding the wildlife, causes digestive problems (their systems are adapted for natural foods, not cheese crackers).

PLEASE keep your food away from wildlife. Pick up food particles and don't leave your lunch on your bumper - a fox or a jay bird will find it. PLEASE DON'T FEED THE WILDLIFE - it is illegal, and you may be fined.

Things To Do In The Winter: make a day of it, by visiting in Longmire in the winter. Hike or snowshoe through the forest with views of Mt. Rainier and bubbling mineral springs. Explore the Longmire Historic District and warm up with a hot meal in the National Park Inn.

Enjoy A Winter Wonderland At Paradise: Winter brings into focus a frosty view of the mountain. An abundance of snow creates a winter recreation paradise, but it also brings the challenges of icy, snowy roads. The road to Paradise is plowed, whenever possible, to allow access. Snowshoeing duration 2-6 hours, no reservations, pets yes, season winter, during the day.

Northeast Area: Remote Winter Recreation with Cross-Country Skiing, no reservations, no pets. Location: Northeast Park Boundary on State Route 410, Season Winter. Enjoy winter camping, snowshoeing, cross-country skiing, and snowmobiling in this less-visited area in the northeast of the park. Mt. Rainier National Park is a great place for beginner and experienced snowshoers to explore the winter landscape.

Explore Carbon River In The Winter: Hiking for 0-12 hours, no reservations, no pets, location Carbon River during the day. The beautiful northwest corner of Mt. Rainier National Park where you can hike, bike, or snowshoe during the winter.



Pacific Region Convention 2025



Phoenix, Arizona

April 28th – 30th, 2025

Wyndham Phoenix Airport / Tempe

Book rooms now for \$129/nt

Registration opens January 2025

AZGardenClubs.com



Find Your "EDGE"

Empower

Leadership training
Gather ideas and concepts to take back to your club

Design

Hands-on floral design workshop
Exhibition flower show with People's Choice Awards
Invitational floral displays

Gardening

Hands-on rose grafting workshop
Meet with master gardeners and rosarians
Tour botanical and rose gardens

Enlighten and Educate

Keynote speakers in environmental and gardening topics
Educational displays



Come to Learn! Come to Have Fun!

Biodiversity - Water Conservation - Reforestation

Pacific Region Awards
PRGC PhotoFundraiser
Educational Exhibits

Keynote Speakers
Educational break-outs
Hands-on workshops
Garden Tours
Shopping experiences
Plus "Things to Do on your Own"

Exhibition Flower Show
Invitational Floral Designs
Floral & Succulent Make & Take



Come for Convention...Stay for Arizona!

Pre- and Post-Convention Tours Available. Tempe is in the middle of it all!



Contact
Kim Rosenlof



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