



AUGUST 2025

**W A C O N I A H****Washington Arizona California Oregon Nevada Idaho Alaska Hawaii*****From Tanja's Desk***

**Pacific Region:** What a vast territory with all these different climates! How wonderful that we all have one thing in common and that is Garden Club! Showing that there are hundreds of ways to be involved with our organization, all doing our part! There are so many ways to be involved: From going to your club meetings, perhaps even doing a program, to organizing a flower show or even a school! We all love our Garden Clubs and the friends we make at all levels. There are so many ways to get involved from being a secretary to organizing a convention! And we need all of you to make our organization a success!

**I am honored that I was asked to be your Regional Director, and I am looking forward to meeting many of you in the next two years!**

**My theme is: "Plant America: Wild, Wise and Wonderful!" The Plant America theme is front and center of the National Garden Club. "Wild": wildflowers, native flowers, natural landscaping, and I really liked our former Director's theme, and if you haven't checked out Douglas Tallamy online yet, you should. Who knows, you might make your backyard into a National Park! "Wise" because there are so many ways to plant wisely, like water-wise, native-wise or plan wisely for your clubs and meetings... And it goes with my special project. "Wonderful" because being a member of a Garden Club is wonderful!**

**My project is: "Firewise Communities", and I was so pleased to hear that different clubs and States took up my challenge already and are planning programs around this important subject. When I was President of the Oregon Garden Clubs, we started giving out \$50 vouchers to families who were rebuilding after devastating fires. Firewise Communities are all about being prepared before a fire starts. Looking forward to articles from all of you to tell me about what you have learned.**

**My motto is: "Be Flexible" and I think that is important any time!**

**Love from Tanja Swanson  
PRGC Director 2025-2027**



## **No Artificial Turf!**

Vicki Yuen  
Chair for Environmental/Climate Concerns



Our dry Southwest is suffering through a multi-year drought, on top of record heat. Many of our water departments are urging homeowners to remove their turf grass, as grass uses a LOT of water. Using our water wisely is always a good idea, especially when it is scarce!

However, just removing the grass and replacing it with artificial turf or rock mulch has unintended consequences. If there are trees in the landscape, suddenly they are without the water they have been using to survive. Both artificial turf and rock mulch will make the underlying soil much hotter, cooking plant roots besides depriving them of needed water.

A temperature gauge will show that synthetic turf gets a good ten degrees hotter in summer than asphalt, and 20 degrees hotter than concrete – both of which are already very hot when the sun shines on them. When landscapers blow off the leaves and dirt from that (not maintenance-free) fake grass, plastic particles blow into the air, into the lungs of school children and all of us. The turf heats the area, causing surrounding plants to need even more water, and increasing our air conditioning bills. And when it reaches the end of its looking-good period (if it ever had one) it ends up in the landfill along with so much other plastic.

There are better ways to reduce water usage in a lawn. Sprinklers can lose up to 75% of their water through evaporation, so changing to sub-surface watering can save quite a bit of water. There are also alternative ground covers that use less water than turf grass, such as clover, kurapia, and low-growing thyme. These will keep your landscape area cool and green. Changing to a true desert landscape can be beautiful and water-wise as well. Plus it helps our beneficial insects and pollinators way more than any artificial turf can.

So please don't install artificial turf! It is not environmentally friendly.





## The American Crow June 2005

The American Crow “*corvus brachyrhynchos*” and the Common Crow are the same species. Common Crow is a descriptive name often used - highlighting the Crow’s widespread presence. Both males and females are black with iridescent feathers, black bills, feet and claws. Their bills are shorter and less powerful than a raven’s. Their eyesight is similar to a turkey. The American Crow is bold, aggressive and highly intelligent. Crows have a distinctive “caw” call which helps distinguish them from common ravens.

**Lifespan:** 7-8 years in the wild

**Size:** 17-18 inches

**Wingspan:** 2.8- 3.3 feet

**Weight:** 0.7 -1.4 pounds

**Speed:** American Crows can fly at speeds ranging from 30-60 miles per hour. The average speed is 30 mph. In dives the Crow can sustain speeds of up to 70 mph.

**Flight style:** A patient, methodical flapping that is rarely broken up with glides.

**Food:** American Crows feed on the ground and eat almost anything:

Earthworms, insects, small animals like mice, fruit, garbage, carrion, eggs from other bird nests. Crows can catch fish and even eat from outdoor dog dishes.

**Habitat:** Woodlands for roosting, nesting and perching. They are found in open areas, agricultural fields, coastal wetlands, marshes, rivers, streams, orchards, city parks and urban areas. In orchards and fields, the Crow destroys many injurious insects.

**Range:** American Crows are found throughout North America outside of the Southwest Desert.

**Nesting:** American Crows generally nest once per year. Nest building commences in late March and takes about 5 days. The nests are usually high in deciduous and coniferous trees. The nests are cup shaped constructed of twigs and bark and lined with grasses, leaves, hair and feathers. Five (5) eggs are laid in late April to early May and hatch in about 20 days. Eggs are bluish green with brown markings.

**Roosts:** American Crows congregate in large numbers in winter to sleep in communal roosts. Their roosts can be a few hundred up to 2 million Crows. Some roosts have moved to urban areas.

**Breeding:** Crows do not breed until up to 2 years old. The young help their parents raise young for a few years. Families may include up to 15 individuals and contain crows for 5 different years. They exhibit cooperative breeding behavior, feed the nestlings and fledglings and defend the nest. American Crows mate for life unless one is killed or incapacitated.

**Intelligent birds:** American Crows are highly intelligent birds and are known for their ability to detect trouble. Crows use a system of guards to observe and

sound warning to all the other crows in the area. Crows can make and use tools- for example: breaking off pieces of pinecone to drop on tree climbers too near a nest.

Migration: They are short distance migrants. Some Crows may move a few miles from the nesting territory and some a few hundred miles. Northern populations of Crows may migrate south in the winter.

Enemies: Natural enemies of the American Crow are owls, primarily the Great Horned Owl and large hawks. Man is the #1 enemy of the American Crow.

Group of Crows: A group of Crows is called a Murder. Their black plumage can be seen as a symbol of darkness and despair. Crows are carrion scavengers and in the past were associated with dead bodies, battlefields and cemeteries.

Treaty: The USA and Mexico have a treaty that protects the major bird family "Corvidae" which includes crows, ravens and jays. The American Crow is a protected species with limitations on how they can be hunted.

### Ann Kronenwetter, PRGC Bird Chairman



#### *Pacific Region Gem*

**Kathy Kelsay** is a gem as she has been our district director for two terms. We appreciate her very much! from  
Phyllis Olson



#### *Pacific Region Gem*

**Rose Hertel** - The best teacher ever - supporting the greenhouse class 6-8 grades from the beginning from  
Phyllis Olson





## **HOUSEPLANT CORNER**

Suzann Stahl, Immediate Former WSFGC President and houseplant FAN

### *The benefits of bottom watering indoor plants*

Bottom watering, a technique where you place a plant in a tray or bowl of water to allow the soil to absorb moisture from the bottom up, offers several benefits for your plants.

#### Key benefits of bottom watering:

- Promotes deep root growth: By providing water from below, bottom watering encourages roots to grow downwards in search of the water source, leading to a stronger and more extensive root system.
- Reduces the risk of overwatering: Plants only absorb the water they need, reducing the chance of waterlogging the soil and potentially causing root rot.
- Minimizes the risk of leaf diseases: Keeping the foliage dry by watering from below helps prevent fungal diseases that can thrive in damp environments.
- Discourages fungus gnats: Fungus gnats prefer moist topsoil to lay their eggs, so keeping the surface dry through bottom watering can help deter these pests.
- Ensures even moisture distribution: Water is absorbed throughout the soil, preventing dry pockets that can occur with top watering.
- Gentle on seedlings: Bottom watering avoids disturbing delicate seedlings or washing away seeds, making it ideal for starting plants from seed.
- Effective for dry soil: Bottom watering can be particularly helpful for plants with severely dried-out soil, as it allows the soil to slowly rehydrate.



#### Important Considerations:

- Pots must have drainage holes: Bottom watering relies on capillary action to draw water upwards, so pots without drainage holes will not work.
- Periodic top watering is necessary: To flush out any salt and mineral buildup that may occur with bottom watering, it's recommended to top water your plants every few months.
- Monitor plant's needs: While bottom watering reduces the risk of overwatering, it's still possible if you leave plants in water for too long or water too frequently. Observe your plants and check soil moisture to determine their specific watering requirements.

By understanding the benefits and proper application of bottom watering, you can provide your plants with the optimal hydration they need to thrive.

Plants that particularly thrive with bottom watering include:



- Plants with sensitive leaves: Plants like African Violets, Calatheas, and certain ferns can develop leaf spots or damage if water gets on their foliage.
- Plants prone to overwatering or root rot: Succulents, snake plants, and Pothos are more vulnerable to overwatering, and bottom watering helps prevent this issue.
- Plants with dense foliage that makes top watering difficult: If a plant's leaves cover the soil surface, preventing easy access for a watering can or hose, bottom watering offers a convenient alternative.
- Plants with dried-out soil: Bottom watering can help rehydrate severely dry soil, which might repel water when watered from the top.
- Plants that enjoy consistent moisture: Bog plants or plants that naturally grow in moist conditions can benefit from the steady hydration that bottom watering provides.

Examples of plants often cited as doing well with bottom watering:

- African Violets
- Calatheas
- Ferns
- Orchids
- Pothos
- Snake Plants
- Spider Plants
- Peperomia (especially Watermelon Peperomia)
- Philodendrons
- Peace Lilies
- Monsteras
- Cyclamen
- Gloxinias
- Certain vegetables like tomatoes and peppers



Plants that are generally not recommended for bottom watering:

- Plants with shallow root systems: Top watering is generally better for plants like epiphytes, some succulents, and mature Maranta, as it ensures their roots receive adequate water.
- Plants with bulbs: Alocasias are an example of a plant with a bulb that may not respond well to bottom watering.

Important Notes:

- While bottom watering can be beneficial for many plants, it's essential to monitor each plant's specific needs and adjust your watering routine accordingly.
- Periodic top watering is necessary to prevent the buildup of salts and minerals in the soil.
- Always ensure your plant pots have drainage holes for successful bottom watering.



### [Debbie Hinchey](#)

President 2025-2027, Alaska Garden Clubs, Inc.



I had originally planned on having a theme and project having to do with community beautification. I am committed to a local rose garden and all three of our clubs have community beautification projects.

Then I began hearing that some members were wondering why they were part of Alaska Garden Clubs, and therefore, Pacific Region and National Garden Clubs. As time passed, I heard some of the beliefs held by the largest and latest club that left our statewide organization. I have no idea how those erroneous and restrictive beliefs developed. I do know they had a string of presidents who were not supportive and did not like to participate in the organization. So, I thought I would make it as clear as I could that our garden clubs were a place of opportunities and good times.

My theme became, “*Don’t Worry, Be Happy*”. My project (if you can call it that) is to stay together and maybe even increase our membership. I am interested in creating a virtual garden club. I am not sure about how to do it, but that is the goal. There are so many details to be worked out like dues structure, meeting times, and representation in the affairs of Alaska Garden Club – not to mention Bylaws changes. I want the meetings to be applicable to local interests and show opportunities by being part of the state, region, and national organizations. Perhaps we can even tap into the NGC schools that are able to be virtual.

Virtual memberships came up at the July Care to Share Zoom meeting (which is for NGC and state presidents to meet and chat). It sounded like NGC was also interested in virtual members and the Membership Committee was looking into it. After the meeting, Donna Donnally (NGC President) emailed me encouragement to see what could be done to have virtual members. She said that what the states come up with could be the template for NGC. So, if you have ideas or experiences, please let me know all about it. My email is [dhgardens@outlook.com](mailto:dhgardens@outlook.com)

I will keep you posted on how it all goes. In the meantime, don’t worry, be happy.

Pacific Region Gem

**Jennifer Moreland** has been wonderful to work with. She is tireless - the best communicator - from  
Tanja Swanson

Pacific Region Gem

**Tanja Swanson** for leading the way - from  
Terry Critchlow





**A Mystery Solved...Almost**  
**Karen Bowen**  
**Pacific Region Butterfly Chairman**

As advanced as we are in many areas of science, there are other areas where little information is known. For example, for half a century, scientists thought the rare and endangered ghost orchid, *Dendrophylax lindenii*, was pollinated by only the Giant Sphinx Moth. In southwest Florida, where ghost orchids cling fifty feet above the murky waters of the everglade swamps on the sides of bald cypress trees, no one had actually seen a ghost orchid being pollinated.

Because of the everglades' inaccessibility, scientists had only speculated that the Giant Sphinx Moth was the sole pollinator because of its five-inch-long proboscis which could reach down the orchid's long tube-like bloom to sip nectar.

Only around 1,500 ghost orchids are left in Florida, and the odds of pollination are low. Each plant produces ten blooms or less, and from those ten blooms only one is usually pollinated. For years, scientists have wanted to learn what moth was actually helping these rare orchids reproduce.

In 2018, two enthusiastic young men decided to stay in the everglades until they photographed which moth was actually pollinating ghost orchids. Their goal was to be the first to photograph this momentous event.

One young man, Mac Stone, was a conservation photographer working on a National Geographic Society documentary about old growth swamps in the U.S. The other young man, Peter Houlihan, was a tropical conservation scientist working as a National Geographic explorer and photographer.

Together, the two men walked through waist-deep murky water and paddled through the Florida everglades in search of a ghost orchid to photograph. Deeper and deeper into the ancient Corkscrew Swamp Sanctuary the men journeyed until they finally found several white blooms high above their heads. They were ghost orchids in full bloom!

The orchid plant is leafless, and its white blooms are attached to long, slender stems that make the orchids appear to be floating in the air, hence the name "ghost orchid".

Using climbing gear and ropes, the men climbed fifty feet into the cypress tree's canopy to place a camera to photograph any insects feeding on the orchids. The men finally succeeded in photographing a Giant Sphinx Moth dipping its long proboscis into one of the blooms. However, the moth did not place its head deep enough into the bloom to have pollen on its face. There seemed to be no pollination happening.

The men were shocked to discover the Giant Sphinx Moth only fed on the orchid's nectar but did not pollinate it. The decades-old theory that the Giant Sphinx Moth was the sole pollinator of the orchid was debunked. The men were equally surprised to see photographs of a Fig Sphinx Moth, which is in the same genus as the Giant Sphinx Moth but much smaller, feeding on the ghost orchids and dipping its head far enough into the bloom to have its face covered with pollen. The Fig Sphinx Moth was the orchid's pollinator!



At the same time, another conservation photographer, Carlton Ward Jr., was also trying to photograph the Giant Sphinx Moth pollinating ghost orchids in the Florida Panther National Wildlife Refuge. His photographs showed the Fig Sphinx Moth and the Pawpaw Sphinx Moth both feeding and pollinating the ghost orchid's blooms.

In one year, the mystery of what insects pollinated ghost orchids had been solved...almost. You see, there are twelve species of sphinx moths in Florida that could be pollinators, and only three have been photographed feeding and/or pollinating ghost orchids. Thus, the search continues to identify all the orchid's pollinators. Nature still has many wonderful mysteries for us to solve.

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2



1. "Wikipedia" Ghost orchid
2. "Audubon Society" Ghost orchid
3. Colossal giant sphinx moth feeding on ghost orchid
4. Fig Sphinx moth feeding & pollinates ghost orchid

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4





I am Oregon's President, Rebecca (Becky) Cook, and it is nice to meet you even though it is over the net. Way back, when our president asked me to be her chaplain, little did I know that my

"Sure, I can do that" would find me here as Oregon State Federation of Garden Clubs President. It's amazing how time flies.

My President's Theme is "Water: Essential & Mystical".

Water is important to all life here on this wonderful planet. Everyone needs water and wants to be near water. It gives us life, sustains our gardens and gives a sense of calm, peace & power. It is truly a mystical element that we all need.



**My President's Project is "Give them a drink" promoting Pollinator**

**Watering Stations.** Our little, but mighty pollinators need clean water just like rest of us to survive. If they can't find clean water, they will drink contaminated water. We can't afford to lose any of them, so we need to give them a safe place to have a clean drink of water.



I am asking all of Oregon's members to take ownership of their membership. Just as every drop of water is essential to our planet, our members are essential to our Federation. You don't have to do everything, but be present in your club and district, enter the flower show, be present at your meetings, give support and advice to new members, support your fellow gardeners. Water is the lifeblood of our planet, and our members are the lifeblood of our garden clubs. Every member is essential and mystical. It is a privilege to represent the amazing gardeners of Oregon.

Sincerely,

**Rebecca (Becky) Cook, President**

Oregon State Federation of Garden Clubs, Inc.



**LIFE MEMBERSHIPS = SCHOLARSHIP FUNDS = HONORED RECIPIENT*****Sue Bennett***

Recognize and reward members, a friend, even a family member with a Pacific Region Garden Clubs Life Membership to celebrate their guidance and commitment to strengthening you, your club, state organization, and/or region.

Life memberships may be purchased by individuals, organizations or districts to honor a member, or individuals may purchase their own. ***Life Membership recipients still pay membership dues.***

**The Life Membership donations support the Region's scholarship program and are fully tax deductible.**

Send completed applications and check(s) to:

Pacific Region Garden Clubs Life Membership Chairman  
**Sue Bennett**  
7560 Shelborne Drive  
Granite Bay, CA 95746  
Sue\_c\_bennett@att.net

The Life Membership donation is \$75.  
The donation includes a Life Membership pin and certificate, along with a welcome letter.



Make the check payable to: Pacific Region Garden Clubs, Inc  
or pay online at **<https://www.paypal.com/ncp/payment/YEPPD9298JWZQ>**

The updated Form is attached.



**Pacific Region Garden Clubs, Inc.**  
Washington, Arizona, California, Oregon, Nevada, Idaho, Alaska, Hawaii

## Pacific Region Garden Clubs Life Membership Application

State Federation: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Recipient: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip+4: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Member of (Club Name) /District: \_\_\_\_\_

Given by: \_\_\_\_\_

(Name of club, district, or individual)

\*\*\*\*\*

Is this Life Membership to be a surprise? Yes  No  Date needed: \_\_\_\_\_

If it is a surprise, send the certificate, pin, and letter of welcome to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip+4: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

***Life Membership Donation (includes a Life Membership Pin): \$75.00***

- ▲ Print a copy of this form to mail with your check or pay online (see below).
- ▲ Make checks payable to: ***Pacific Region Garden Clubs, Inc.***
- ▲ Send completed applications & checks to Pacific Region Garden Clubs Life Membership Chairman:

**Sue Bennett**  
7560 Shelborne Dr. Granite Bay,  
CA 95746  
916-316-5873

[sue\\_c\\_bennett@att.net](mailto:sue_c_bennett@att.net)

Select Payment Type:  Check  Online Payment

<https://www.paypal.com/ncp/payment/YEPPD9298JWZQ>

*Thank You! Life Memberships support  
Pacific Region Garden Clubs scholarships.*



## **Highlights of the Business of the 2025 Pacific Region Convention in Tempe, Arizona**

**By Greg Pokorski, Parliamentarian**

- On April 28 there were meetings of the Finance Committee, the Executive Committee and the Board of Directors. On April 29 outgoing and incoming State Presidents met and there was a Club Officers Roundtable. The Convention business meetings took place on April 29 and 30.
- Assets of \$46,514.53 were reported (general checking account – \$34,614.06; scholarship account – \$11,900.47).
- The 2026 convention budget was adopted.
- Resignations since the 2024 convention were accepted and appointments of board members since the 2024 convention were ratified.
- Amendments to Convention Procedures were adopted by the Executive Committee. 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 2024 was presented.
- Officers, State Presidents, and Chairmen reported.
- Members of California Garden Clubs, Inc. extended the invitation to the 2026 Annual Convention in Thousand Oaks, California, October 12-14, 2026 at the Palm Garden Hotel with the theme Palm Trees 'n' Ocean Breeze.
- Total convention registration: 99 (75 full-time, 24 part-time). Voting strength: 48.
- The 2025-2027 Executive Committee and the 2025-2027 Board of Directors held meetings on April 29 to launch the new administration. The new board ratified all 2025-2027 appointments and adopted the 2025-2027 region budget.
- 2017-2019 Region Director Peggy Olin installed the 2025-2027 officers, including Region Director Tanja Swanson from Oregon.

*Thank you everyone to your contributions to this month's issue. Until next time. For the November issue, please send in your contributions between **October 1<sup>st</sup> to Oct 15** and include **"November 2025 WACONIAH"** in the subject line.*

*Myrna Cabanban  
Editor*





## WELCOME TO THE WASHINGTON STATE FEDERATION OF GARDEN CLUBS!

Dorrie Carr, President for 2025-2027

### **THE HEALING POWER OF NATURE**

Hippocrates said, “Nature itself is the best physician”. But what is nature? I found a wonderful description of what nature is on the internet – the phenomena of the physical world collectively, including plants, animals, the landscape, and other features and products of the earth, as opposed to humans or human creations: or better said as “The breathtaking beauty of nature.”

Constant stimulation and digital saturation seem to be the norm in our world at the present time. Psychologists have found that we are spending too much time indoors on our phones or computers, which may lead to psychological harm. They are suggesting a new psychological condition entitled “Nature Deficit Disorder.” And what would be the prescription to help with this disorder? Getting out in nature of course! Numerous studies have found that spending time in nature has not only physical benefits, but psychological ones as well.

From a stroll through a city park, hiking in the wilderness, working in a garden, walking on the beach or near a river, nature has many benefits. It can improve your mood and make you feel more connected to the natural world; it can improve your mental health, lower your blood pressure, boost your immune system, and reduce stress.

Studies show that the effects of nature may go deeper than providing a sense of well-being. In a 2015 study of 2,000 people in the UK it was found that more exposure to nature translated into more community cohesion and substantially lower rates of crime. Research has also shown that children who lived in neighborhoods with more green space had a reduced risk of many psychiatric disorders later in life, including depression, mood disorders, eating disorders, and substance abuse.

During my time as president of my garden club, I was contacted by an elementary school PTSO representative. In her email she explained that the school had garden beds that had not been used in a while and had become overgrown with weeds. Some of the students had begun weeding the beds during their recess periods. The PTSO believed this project could be beneficial for the students and a teacher’s assistance was sought. When they were unsuccessful in finding a teacher to help and the decision was made not to pursue the initiative further. Then the school Principal informed the PTSO that discipline visits to her office had decreased since the students had started maintaining the garden beds and so, she wanted the project to continue.

That's when the PTSO contacted me and we now have a few garden club members helping the kids with the garden beds.

From this we can see that spending as little as 15-20 minutes twice a day outside, caring for plants and digging in the dirt can positively impact children. As you can see, with a growing body of research that shows exposure to the natural world is not only beneficial, but essential to our mental and physical health, we need to unplug more often and work in our gardens, take a walk in a park, forest, or on the beach.

So do yourself a favor – step outside, breath in the air, take in the sights and sounds, and let nature work its magic on your mind, body, and soul. After all, remember Hippocrates said, “Nature itself is the best physician”.

**Dorrie Carr**  
President, WSFGC



**PRESIDENT'S PROJECT:** Assist scouts of all ages obtain badges related to nature and the environment, e.g., gardening, camping, hiking, insects, animals, and others. It is important for scouts to earn these types of badges because it allows them to explore and discover new interests and broaden their horizons. They learn new skills with hands-on learning. Best of all it gets them outside to learn about nature and the natural environment.



## **Conservation is Key!**

*Jennifer Moreland*, State President 2025-2027  
 Arizona Federation of Garden Clubs, Inc.  
 Azgardenpresident@gmail.com  
 Azgardenclubs.com

AFGC President's theme for the 2025-2027 term is "Conservation is Key"!

We as Gardeners have an emotional connection to the environment and its beauty. We recognize the challenges of our times. By developing mindfulness in our everyday actions, we realize that a neutral impact is not good enough. Collectively we support greater biodiversity and work together to produce a more vibrant natural world for the future. Through our association of garden clubs and plant societies, we share our conservation challenges and advocate for a thriving ecosystem in a more harmonious community.

*Go Wild, Go Green, Go Garden!*

Arizona clubs will take on this conservation challenge in the next 2 years and beyond. Clubs will emphasize conservation education and daily habits towards greener choices. We have chosen 4 conservation topics: sustainable gardening practices; Firewise Communities participation; Arbor Day tree planting; and Reforestation.

- AFGC state website will have added external links to conservation websites for inspiration and for use in club education, targeted donations and meeting speakers.
- Clubs are encouraged to include one or more program speakers on land, soil or water conservation.
- Club Presidents are asked to report how one or more club projects are meeting conservation goals.
- Clubs are being asked to plant native trees and shrubs as part of PLANT AMERICA for the next 100 years and to participate in Arbor Day tree plantings.
- Club members are asked to sign an online pledge - "The Gardener's Pledge".

I look forward to the next 2 years of active education and outreach. My hope is that our club members take on this challenge with great enthusiasm.



## Xeriscaping, Wildflowers, & Native Plants

Lori Robinson: Chairperson

After the articles I wrote about Mt. Rainier's Subalpine Wildflower Meadows this article is about Washington State Wildflowers.

How many varieties of Lupine are there? (Answer at the end).

I love the beauty and many varieties of wildflowers that we have in Eastern and Western Washington. The identification of the flowers that I have seen in past experiences can now be yours by researching this and many other sites:

[www.PNWFlowers.com](http://www.PNWFlowers.com).

Take your camera or cell phone for pictures to record your experiences of these beautiful, colorful flowers in many colors, shapes and sizes. The wonderful fragrances of the flowers: flowers from spring through summer pop up over meadows swaying in the wind. They also provide food for our birds, bees and butterflies. Have you ever tasted Wild Mountain Honey from bees? Our family always purchased some coming down from White Pass to Enumclaw. It is yummy to eat this sweet treat. Thinking how many bees it took to make that honey?

The sight of "White Trilliums" blooming in the woods and hillsides in Western Washington reminds me of Springtime and Easter. Lupines appear at Mt. Rainier in clusters of many different colors. Foxgloves in many colors are in bloom now; they are picture perfect. Little girls would pick the petals and play like they were gloves; making sure there were NO bees in them. They are a good backdrop for a Wildflower Garden.

Consider putting a Wildflower Garden, in your yard if you have the room. The pollinators love a garden that provides them nectar and food. I planted a Wildflower Garden by the highway where I live. It is a very interesting project to see all the flying visitors that you are providing food for.

August is a good time to plant a "Wildflower Garden" and the perennials will bloom for years to come. We need pollinators for our flowers, fruit trees, vegetables and food supply. Look at the back of the seed packs for instructions which are easy to follow. There is a variety for "Wildflower Blend" Pollinator and "Wildflower Blend" for Hummingbirds. Milkweed is required for Monarch Butterflies. It grows wild in Eastern Washington. This can also be a Garden Club Project; it is needed because we are losing our Pollinators.

Answer: 20 Varieties of Lupine

Source: PNW Flower, Photographer Cherlyn Eliza





I am so sad to announce the passing of Carol Norquist. She was the Pacific Region Director 2023-2025. On Wednesday, July 9<sup>th</sup> she attended our Zoom board meeting and that night she had a massive stroke. Carol passed on July 16.

She was such a wonderful Director, she knew what was going on in all our States and even clubs. She followed everyone on Facebook and often she was the one to do Facebook for different States and Clubs! She was so knowledgeable. She also kept our website up to date and was willing to teach everyone who asked. We will miss her no-nonsense, down-to-earth attitude. She knew a solution for every problem. I will miss her so much!

My heart goes out to her family and to all of you who will miss her so much.

*Love from Tanja Swanson  
Pacific Region Director 2025-2027*

In loving memory of Carol Norquist, a remarkable woman and friend. As the NGC Media Coordinator, her vision and talent transformed the NGC Media Committee over many years. Her passion and commitment to excellence inspired everyone who had the privilege to work with or know her. Carol was proficient in all media platforms and especially shaped and managed the Facebook outreach, bringing enjoyment to many NGC members. As a former Alaska State President (2009-2011) and former Pacific Region Director (2023-2025), she touched countless lives with her kindness and compassion. Her dedication and selflessness brought happiness and joy to many within the Pacific Region and the NGC organization as a whole. Carol will be deeply missed and always remembered; her legacy will endure forever!

*Donna Donnelly, NGC President 2025-2027*

Some memories from the Alaska team:

Carol joined the Anchorage Garden Club about 40 years ago when I was a new member. Della Barry and/or Carol and I have been rooming together at Pacific Region and NGC conventions since 1995. With those two as close friends, I always had someone around who knew what was going on and how to get things done.

Carol was THE go-to person with our local and state garden clubs. She almost always had an answer on how to proceed with a task and helpful suggestions to make the project happen. She was absolutely the best behind the scenes supporter if not the obvious leader.

Right now, I cannot imagine how we will proceed. Of course, we will be trying and learning all we can about the many tasks she did for us. There is so much more to say,



but most of you know her dedication to garden clubs seemed limitless. Those are mighty big shoes for us to fill with our many feet working hard to close in the void she has left in our lives. We will grieve for her for a while to come, that is for sure.

*Debbie Hinchey*  
*AGC President 2025-2027*

Memories of Carol...

I joined Anchorage GC in 2003 not knowing what it was all about.... I thought I would be just learning about gardening. Ha Ha.

Carol was president of the club at the time, and she had scheduled an NGC Symposium for the current flower show judges during the fall. Being new to the club, I didn't even know what a Flower Show was yet, but she convinced me to take the Symposium – said I'd have fun. I thought I was going to learn how to grow plants, not having any idea that there was such a thing as Creative Design... I was hooked. She never steered me wrong.

Some of Carol's attributes - she was always well-prepared and in control... up to date... She had a prodigious memory and if she didn't know something regarding the NGC gardening world she knew where to find the answer and would do so in quick order. I always knew that if I had a question she would get back to me immediately. She was not bombastic, but very straightforward and down to earth... She was a good friend, a roommate at many Pacific Region conventions, toured many gardens with me over the years, planned and presented many flower shows together, drove Anchorage to Fairbanks many a summer to judge a show, etc, etc, etc.

I will miss sitting in her backyard under her umbrella at our annual club plant sale. It is so hard to believe that she is gone.

Respectfully,  
*Sheila Parcel*  
*Anchorage Garden Club & Tucson Garden Club*

During my fifteen years of serving as an NGC Instructor, I had the pleasure of teaching several times in Alaska, and Carol was always there making sure everything was being done that needed done.

*Marva Lee Peterschick*



I admired Carol very much. She held her head high and did what needed to be done. Carol was a gallant lady, and a role model for us all.

*Judy Unrine*

We are just heartbroken over losing Carol.

We had the pleasure of getting to know Carol on a personal level when we attended the PRGC Convention 2024 in Anchorage AK. She met us at Sheila's house for a dinner party, and we sat in Sheila's living room for a while gabbing. She had a lot of energy and enthusiasm for the garden club organization. She was always quick with a smile.

Carol was great to work with while we planned the PRGC Convention 2025 in Tempe Arizona. Judy, Kim, Peggy and I had many opportunities to email and zoom with her; and we found her to be easy to work with and insightful about what and who to expect. We especially appreciate Carol for installing me and my board at the Arizona convention on the Sunday night before.

Carol also helped Arizona by setting up our AFGC public group on Facebook and getting us started with regular postings. She was always willing to answer our questions and help promote our State events.

I know Carol will be missed by many people in garden club. We will keep her husband and daughter in our thoughts and prayers.

*Jenn Moreland*  
*AFGC President*

Carol Nordquist

Always making our dreams possible. Positive confirmation of our endeavors to serve Pacific Regional Garden Clubs.

Believing the Best in each of us. Giving her time, effort, and intellect to promote the "best in us" to promote the future of our earth and our world.

God Bless Carol in her Heavenly Home with Jesus.

*Lori Robinson*



Carol was always kind, patient, and would gladly share information with me when I asked for help. One of her last projects for the Oregon State Federation of Garden Clubs, Inc., was to set up an email account for our state treasurer, one that could be used for years to come. She finished it days before her stroke.

We'll miss her greatly; I'll miss her greatly.

*Carolyn Olley*  
*President, OSFGC*  
*2023-2025*

All of you who want to pay their respect to Carol Norquist you can donate to the **Book of Recognition**. Money goes to the Scholarship funds, and I think Carol would have liked that.

Lucy Samuels  
 8509 E MacKenzie Dr  
 Scottsdale, AZ 85251  
[lucysamuels@cox.net](mailto:lucysamuels@cox.net)  
 602-527-5446

The form is on the website under forms.  
 Thank you!

Carol Norquist's passing leaves many job openings, most importantly the web master and Facebook. If you are interested in these jobs or if you know someone who could do those, please contact me, Tanja Swanson at [tanjandy@gmail.com](mailto:tanjandy@gmail.com).



Carol, Robin and I served together as State Presidents and now Former Directors of the Pacific Region. She was smart and dedicated to her state of Alaska. Everything Carol did, she did well.

*Kristie Livreri*  
*Pacific Region Director 2015-2017*



*Dearest Carol,*

*Farewell and may the Lord's perpetual light shine upon you.*