



From Carol's desk

I am so proud of the many ways we, as garden club members, make a difference around us. There are so many great and creative projects that make our own corners of the world a better place as was evident in the awards presented at the convention in April.

My theme this term is “Unleash the Wild – Bring Nature Home”. After hearing Doug Tallamy speak at a National Garden Clubs event, I really got to thinking about the loss of species and habitat in local eco systems – and what is more local than our own yards and gardens where we have a more immediate impact. It shouldn't just be up to environmental and conservation groups to work on the problem. If you go to the NGC website video café under webinars, you can listen to his presentation.

Have you ever considered that your garden is a wildlife preserve and that although our actions seem small, they actually make a difference yard by yard for better or worse. As Doug says “All of the space on your property represents the last opportunity we have for sustaining plants and animals that were once common across the land. But that is the role that built landscapes are now playing and will play in the future.”

The way we landscape our spaces has forced the plants, insects, and animals to depend more and more on human dominated spaces for existence and some are disappearing.

Do you remember seeing scenes on television during covid when human activity outside stopped and the animals slowly came back out into areas where humans had been prevalent? It was a very vivid example of the effect that we

humans have on the natural world. We must learn to live amid nature for the good of the world. We can coexist with the natural world.

There are frightening statistics about the amount of natural eco-systems that we have caused to disappear by building to provide housing for an increasing population. Since we have usurped 95% of the lower 48's natural areas, we can expect to lose 95% of the species that once lived there unless we learn how to share our living, working, and agricultural spaces with biodiversity. Studies have shown that species are lost at the same proportion with which a habitat is reduced in size. So, habitats are important. Your yard and garden are important.

During my term, I would like all of us to pay more attention to what we do in our yards and gardens and to integrate ways to help provide the insects, birds, and animals with the habitat that they need to thrive and live alongside us. We need biodiversity in our world.

On a regional note, there is now a Pacific Region calendar you can access on the website and on Facebook. If you know of events you would like on there, fill out the form on the home page of the website and we can get them added. There won't be individual club meetings posted, but we can put flower shows, state meetings, schools, and bigger events on the calendar. I would like the calendar to be a one stop place to see what is happening around the region.

Five of our states increased membership from last year. Hurray!! I'm sure that is due to members getting their information out to the public and by being more visible with the projects and the good things they accomplished. Our members can and should celebrate what they are doing in garden club.

So, thank you again for your confidence in me and Unleash Your Wild- Bring Nature Home. We are going to have fun!

Unleash The Wild : Bring Nature Home **2023-2025 Theme**

In North America and Hawaii, there are about 4000 species of native bees. It is estimated that more than 50% of the 1437 North American/Hawaii bee species studied are declining. Bees are one of the major pollinators. Other pollinators include butterflies, moths, bats, birds, beetles, and other insects. We can all create habitat to encourage pollinators, and other wildlife where we live. We must learn to live in the midst of nature for the future good of the earth. Small spaces can support these creatures and do so rather quickly. New flower strips in Munich attracted 1/3 of their bee species within one year. You can even use containers to help increase native habitat. Consider adding plants, nesting materials & habitat, water sources etc. to your garden that will add biodiversity and bring nature home. Even starting small will make a difference.



Resources for Native Plant Information: Because the Pacific Region is so diverse, some of these may not have appropriate information for your area. Most of these websites have a wealth of other information.

Xerces - Regional plant lists for pollinator plants, monarch plants, nesting plants, (many You Tube videos)
www.xerces.org

You Tube Videos – search by topic

USDA Plants <https://plants.usda.gov/home>

Bureau of Land Management for your state www.blm.gov/programs/natural-resources/native-plant-communities/about-native-plants

Local or regional Facebook groups for native plants or sustainable landscapes

Audubon Plants for Birds – native plant database (search by zip code)

www.audubon.org/native-plants

National Wildlife Federation – native plant finder (search by zip code) www.nwf.org/nativeplantfinder/

Washington Native Plant Society: www.wnps.org/native-plant-directory

Arizona Native Plant Society: www.aznps.com/the-plant-list

California Native Plant Society: www.calscape.org

Oregon: <https://extension.oregonstate.edu/pub/ec-1577>

Nevada Native Plant Society: www.nvnps.org

Idaho Native Plant Society: www.idahonativeplants.org/native-plant-resources/

Alaska Native Plant Society: www.aknps.org/additional-resources/

Hawaii: <http://nativeplants.hawaii.edu/plant/>

“Going Green Together” **Pacific Region’s 79th Annual** **Convention**

“Going Green Together,” the 79th Annual Convention of Pacific Region Garden Clubs, Inc., was held April 17 - 20, 2023 at the Lynnwood Embassy Suites by Hilton. The convention team members, Brynn Tavasci, Diane Franchini, Dorrie Carr, Terry Critchlow, and Jeanette Pruin, worked together to provide an educational, creative, and fun gathering that everyone could enjoy. Lana Finegold, PRGC Director 2021 - 2023 cheered us on.

The pre-convention evening banquet featured “Fairy Tales from the Garden,” a collection of humorous skits, with Pacific Region Garden Club members playing the parts. All costumes were created using recycled materials, in the spirit of “Going Green - Together.”

Our lunch speaker on Tuesday was Bellevue Botanical Garden Director, James Gagliardi, who previously served as a supervisory horticulturist at the Smithsonian Gardens in Washington DC. Tuesday workshops included “Engaging Our Future Gardeners”, presented by our Pacific Region Youth Team, and a hands-on workshop creating collages from recycled materials lead by Diane Franchini and Brynn Tavasci. All who participated took home their own work of art.

Our evening design banquet, “Putting on Another Hat,” by Tory Bennett, who indeed wears many hats, was presented with enthusiasm, inspiring us with her creative talents.

Wednesday’s lunch speaker was NW Garden Expert Marianne Binetti, who presented her program, “Our Changing Gardens and Aging Gardeners.” The afternoon workshop was “Making Versatile Corsages,” lead by state corsage chairman, Tory Bennett. The evening awards banquet was followed by installation of our new Pacific Region Director, Carol Norquist, from Alaska, and her officers. Carol’s theme is “Unleash the Wild in Your Garden - Bring Nature Home.”

A colorful tour of Rozengarde and Tulip Town Tulip Fields, delicious lunch at the LA Conner Civic Club House, and tour of the Fiber Arts Museum and the La Conner Waterfront was held Thursday, arranged, and led by Terry Critchlow.

Many thanks are given to those who provided educational displays; Madeline West, Linda Haas, Dorrie Carr, Kathy Cole, PRGC Youth Team, Carol Norquist, and Tanja Swanson. Everyone on Team Tavasci thanks everyone who lent a hand.

Brynn Tavasci



Pacific Region cast members of “Fairy Tales from the Garden Skit.”
Photo provided by Rhonda Barnklau.



Carol Norquist's installation. From left to right; Lana Finegold, Charlys Kempton, Greg Pokorski, Brynn Tavasci, Diane Franchini, Debbie Hinchey, and Carol Norquist.

Photo provided by Rhonda Barnklau.

The 2023-2025 NGC President's theme is "Go Green - Plant America"

A new NGC program, Plant America-Feed America, is focused on how all NGC members can donate toward ending hunger and food insecurity. NGC members can participate in several ways to help fight food insecurity and end hunger.

Grow food and donate to a local food bank or other organizations helping fight food insecurity.

Volunteer at a local church or food bank

Give financial support to a food bank/church/etc.

During the 2023–2025-time frame, you can report how your clubs/members are participating in the fight to end hunger and food insecurity when you visit

<https://www.gardenclub.org/plant-america-feed-america>; download and fill in the "Plant America-Feed America Donation form"

Two new programs will be revealed in the future:

Plant America - Landscape for Wildlife

Plant America - Plant for Pollinators

- Rhonda Barnklau - Pacific Region NGC President's Project Chairman

Highlights of the Business of the Lynnwood, Washington 2023 Convention

By Greg Pokorski, Parliamentarian

- On April 17 there were meetings of the Finance & Budget Committee, the Organization Study Committee, the 2021-2023 Executive Committee and the State Presidents The Board of Directors Meeting was held on April 18 and the Convention meetings took place on April 18 and 19.
- Assets of \$43,911.00 were reported (general checking account – \$29,506.21; scholarship account – \$14,404.79).
- It was approved to have two-year region budgets instead of one-year budgets.
- The 2023-2025 region budget and 2024 convention budget were adopted.
- 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). All will be posted on the website.
- Resignations since the 2022 convention were accepted and appointments of board members since the 2022 convention were ratified.
- The Financial Reviewer’s report regarding the fiscal year ended in 2022 was adopted.
- Officers, State Presidents, and Chairmen reported.
- Members of Alaska Garden Clubs extended the invitation to the 2024 Annual Convention in Anchorage, Alaska, August, 2024.
- Total convention registration: 85. Voting strength: 45.
- 2007-2009 Region Director Jeanette Pruin installed the 2023-2025 officers, including Region Director Carol Norquist from Alaska.
- The 2023-2025 Executive Committee and the 2023-2025 Board of Directors held meetings on April 19 to launch the new administration. The new board ratified all 2023-2025 appointments.

During the 2019-2021 term of Robin Pokorski as Director, the Pacific Region put out a cookbook. Attached is a copy of a recipe from the cookbook that was submitted by Carolyn Olley, (now the Oregon State President). The name of the recipe and the story Carolyn tells is fun. I have 5 copies for \$15 each plus shipping.



Carol Norquist
PR Director 2023-25

BLUEBERRY BOY BAIT
State: Oregon Ingredient: Blueberries

2 cups all-purpose flour	1½ cups sugar
2 tsp baking powder	1 tsp salt
2/3 cup butter or margarine, softened	
1 cup milk	2 large eggs
1½ cups blueberries (or more to taste) frozen, fresh, or drained canned	
¼ cup sugar	½ tsp cinnamon

In a large mixer bowl, combine flour, sugar, baking powder salt, butter, milk and eggs. Blend at low speed until dry ingredients are moistened; beat at medium speed for 3 minutes. Pour into greased and floured 9x13" pan. Arrange blueberries on top. Combine sugar and cinnamon; sprinkle over the top. Bake in a 9x13" pan at 350° F for 40-50 minutes until cake springs back when touched lightly in center. Cut into squares and serve warm with whipped cream or ice cream.

Submitted by: Carolyn Olley, Oregon

When I moved away from home after college, my mom sent me off with this recipe. Was she trying to tell me something? We laughed about that for years!! Where she got the recipe, she never remembered. My boyfriend did like it though. He's been my husband for over 40 years.



Connie Keen, Laura Curnan, Yolanda Nelson, Rhonda Barnklau, Judy Stebbins, and Chris Wood

The Washington State Federation of Garden Clubs celebrates the 90th Anniversary of its 1933 founding in September 2023!

The WSFGC kicked off the Anniversary term with a successful Convention in early June. “Nurture Our Planet” was attended by over 100 members who enjoyed fellowship, educational workshops, and hands-on activities. Mealtimes were diverse; the Yelm, WA, High School FFA, Floral Design Specialist Corrie Ten-Have, and Rosarian Deborah Erickson. We were honored to have National Garden Club’s President Brenda Moore with us. She installed a new group of 10 Officers and 9 District Directors.

The new WSFGC President, Suzann Stahl, closed the final evening with her installation speech that included the introduction of her theme, “Nurture People, Nurture Plants, Nurture Our Planet.” The speech is available on the WSFGC website. You are encouraged to follow this link to learn about some of the WSFGC goals for the next two years https://www.wagardenclubs.com/about_us. Scroll to the bottom of the page. Also listed on that page you’ll find the names of the wonderful new Officers who will serve with her.

A great time was had by all! Follow this link to Convention pictures and learn more <https://www.wagardenclubs.com/news-photos>.

Suzann Stahl, President
 Washington State Federation of Garden Clubs
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 360-791-7422



Conservation Chairman's Report

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Pacific Region

National Garden Clubs, Inc

Stan Chiotti

"I pledge to protect and conserve the natural resources of the planet earth and promise to promote education so we may become caretakers of our air, water, forest, land and wildlife." We say this at all our club, district, and state meetings. But what does this really mean and how is it all tied together? Over the next few years, I plan on talking in greater detail about each of the five topics, air, water, forest, land, and wildlife. However, today I will discuss what one natural disaster affects all five at once....**WILDFIRES.**

When I agreed to do this job as Environment Awareness Chairman, I said it would not involve rocket science. It does require a little knowledge of math, multiplication, and measurements. For example, one acre of land is a little over 200 feet times 200 feet. One square mile of land contains 640 acres. In Oregon, the Department of Forestry plants about 400 trees per acre.

Canada is experiencing devastating wildfires today. There are 476 fires burning in Alberta, Nova Scotia, and Quebec. Over half of these fires are uncontrolled. So far, over 20,000,000 acres have been engulfed. That is over 8 BILLION (8,000,000,000) trees lost. Just three weeks ago, when I first started researching this report, the number was 5 Billion trees. So much for forests.

Canada has burned about 31,000 square miles of their land. Take a drive sometime and go straight for 175 miles, take a right or left turn, and drive straight for another 175 miles. You have now done two of the four sides of 31,000 square miles. Hard to get a grasp of the size of the destruction. That is a lot of flora. Now think wildlife. How many animals, birds, bugs, etc. have been lost? The effects on the habitat of those that survived is mind boggling. It will be decades before some species return to normal. Fortunately, Mother Nature does not own a watch, so the fauna will come back as she sees fit. Remember what the Mt. Saint Helen area looked like 40 years ago.

Streams and lakes in the fire zone will be contaminated and altered by ash and mudslide runoff now that the vegetation has been destroyed. Water temperatures will increase due to the lack of shade trees. All of this will put undue stress on the fish and aquatic life.

Air quality over large parts of the eastern United States was in the very hazardous Classification due to the smoke and ash coming from the fires. New York's skyline, or lack of it, made major news coverage. The amount of carbon released by the fires is staggering. Without the trees that were lost, and the time it will take to replace them, carbon absorption will be delayed for some time.

Things we can do - Support the Penny Pines program, have wildfire prevention topics at your club or district meetings, encourage youth to get involved with Smokey Bear poster contests, plant a tree.

Sunflower Sea Stars



- Oregon Coast Aquarium staff found 25 endangered sunflower sea stars near Newport
- Potential Causes Of Starfish Wasting Disease Being Studied
- Scientists Find Out What's Killing West Coast Starfish
- Oregon Divers Find Hope In Thousands Of Young Sea Stars
- Is Alaska Safe For Sea Stars?
- Scientists Close In On What's Killing Sea Star
- The garden of the seas with forests of kelp being destroyed by "URCHINS" which are eaten by the "SUNFLOWER SEA STAR".

Climate Change of warmer waters have triggered a "SUNFLOWER SEA STAR" Wasting Disease decimating 5.75 billion "Sunflower Sea Star" occurring from the Aleutian Islands of Alaska to Mexico Baha California peninsula. The disappearance threatens to worsen the effects of climate change by degrading underwater kelp forests that suck up carbon dioxide.

The Urchins' extreme population has decimated the "Sunflower Sea Stars."

The scientists at the Oregon Coast Aquarium have found a vaccine for the disease. The University of Washington has started a program to re-populate the species. The Federal Government is going to declare the "Sunflower Sea Stars" endangered.

Credit to:

[Oregon Aquarium Sunflower Sea Star.org](http://OregonAquariumSunflowerSeaStar.org)

ENVIRONMENTAL & CLIMATE CONCERNS
CHAIRMAN: **[Lori Robinson](#)**

Community Beautification

Garden Clubs are doomed if we do not work in our communities!
I am thrilled to bring you some ideas in the coming term. I will share my experiences and I hope you will share yours with me!
Make Garden Clubs a relevant part of your community!

Thank you!

Tanja Swanson

Community Beautification Chair

Nevada has two population centers; Las Vegas, Henderson, Boulder City, & North Las Vegas in Southern Nevada and Carson City & Reno in Northern Nevada. We're 8 hours apart; Northern Nevada is 2 hours from California so people, big surprise, join California clubs!

Nevada Garden Clubs, Inc. (NGCI) meets in Lorenzi Park in the Nevada Garden Club Center building. This building was constructed in the '60s by Abe Miller & Joe St. Denis, husbands of Linnea Miller and Hobby St. Denis, the first and second state presidents of the Nevada Garden Clubs,

Inc (originally called Nevada Federation of Garden Clubs). The building was donated to the City of Las Vegas with the understanding that Nevada Garden Clubs would lease the historical building for \$12.00 per year which we continue to do. The building is used by the clubs for their activities and as a rental property to provide income for building maintenance and to provide funding for various club events or activities.

NGCI has 11 clubs, all of them located in the Las Vegas Valley so it is very easy for our clubs to work together. One of our clubs, Desert Gardeners, applied for and won a "Plant America" Grant. We're

using the grant to refresh all the landscape around our building.

Our goal is to become more visible in the Las Vegas Valley. We're doing this by partnering with online community plant groups for plant swaps that we either hold or sponsor; we maintain areas in community gardens; we have annual plant shows. We even held a super sale bazaar! All this is to get the public to recognize our name and visit our building and maybe even encourage people to join.

Karen Elliott
President, Nevada Garden Clubs, Inc.



Lana Finegold and Sharon Carlson with awards certificates.

We are busy in Oregon this Summer. New leaders have been installed and are working to get their clubs and districts up and running for the next two years. The State Officers were installed in June by our NGC President Brenda Moore. She is a delight. By the way, her new children's book, *MY GREEN IS GONE*, was a very popular purchase at our June Convention.

My OSFGC President's Theme is

LEARN-something new

SHARE-your unique knowledge

GROW-as a person (and grow a new plant!).

I'm calling our State, District, and Club leaders' part of the OSFGC "CREW." To me, "crew" says people working together to achieve a common goal. Everyone may have a different job, but each is equally important and valued. Our common goals are to encourage new people to become members, celebrate with new members and current members, and always to learn something new.

My President's Project is being called "**The Wheelchair Project.**" There was an article in The Oregonian newspaper last year about special wheelchairs with oversized tires that could be used on our Oregon beaches. The special chairs will allow people with mobility issues to come onto the beach with their families and friends. Chairs come in different sizes so children and adults can take advantage of them. How do those chairs relate to Garden Club, you may ask. The thought is the more people become acquainted with our beaches, the more they'll see how important they are to the environment, and how important it is to keep them clean and protected. We're focusing on Environmental Awareness!

I hope to collect enough money to buy at least one chair by the end of my two-year term. There are twelve sites along the Oregon coast that offer free use of these chairs. I'm hoping to make at least one more chair available to a site that is near one of our coastal garden clubs.

And there's more! Our Willamette District will be hosting our Fall State Board Meeting. We'll be asking attendees to bring a donation of fresh veggies or fruit that will be donated to a food pantry where one of our members volunteers. The pantry will be open the same day we have our meeting, so people will be getting very fresh produce. What great timing...and we'll be participating in NGC President Brenda's PLANT AMERICA-Feed America Project.

Best wishes for a wonderful rest of your summer from all of the Oregon Crew!

Carolyn Olley
OSFGC President
molley1755@comcast.net

Flower Show Schools

In Flower Show Schools, individual garden club members become much more rounded artists in the world of Horticulture, Floral Design, and any other divisions within the purpose of the National Garden Club organization. Remember, a certified flower show judge is not designated as a certain state judge but always an NGC judge. The format continues to change on what a Flower Show Judge needs to learn in the schools. For instance, we now study Photography, not to judge it as an NGC judge, but to perfect our superior exhibits that could be entered in a Standard Flower Show. Not only with practice will we create blue ribbon winning entries, but with instruction, we will learn how to produce a fine photo. Our FSS instructors tell us to enter the flower show early with our

entries. Why? It is all about light. You want to avoid dark corners because without enough light, the whole composition will change. The photographer needs to capture enough light to bring the design alive. The floral designer and the photographer use the same art principles along with the elements to define the components of the composition and the relationships of colors, forms, lines, patterns, and texture.

Whether our medium is horticulture or design, it all comes down to distinction, and marked superiority in all respects. We want our exhibits and our images to stand out above the rest. So go to Flower Show School to learn the finer points.

Marva Lee Peterschick
PR Flower Show Schools Chairman



A word of thanks...

*Thank you for everyone's timely submission of your articles and contributions for this month's issue. It made the transition go very smoothly. I hope you enjoy this month's edition. For the next issue, please send in your articles, topics, contributions, etc., by the 15th of the month before it's due, so, **October 15th**. Just remember to send it in Word doc and/or Jpeg form. I hope you're all enjoying your summer.*

Until next issue...
Myrna Cabanban, Editor
 PrgcWaconiah@gmail.com

Alaska Garden Clubs

Sharron Carlson, President

Theme: "Gardening Under the Midnight Sun"

Greetings from Alaska!

The year started off in March with the Alaska State Convention being held in Fairbanks, Alaska. The Theme was "Gardening After Ice." I enjoyed seeing many Fairbanks Garden club members in person. Their hospitality was great. YES, snow was still on the ground, so we went to the World Ice Art Championships, which was so interesting. The ice sculptures were spectacular. The weather was very accommodating. None of the sculptures were melting even though the temperatures were getting warmer. Seemed like the whole State of Alaska had an abundance of snow this past year and lasting well into June. Trying to get into our gardens was challenging. Spring did finally arrive with an abundance of rain. It has been raining quite consistently since the snow melted. There have been a few sunny days to garden, which really has not discouraged gardeners to get out and play in the soil.

The garden clubs, Anchorage, Eagle River, and Fairbanks have been busy with different community involvements. The Blue Star Markers are one of our favorite community involvements. Anchorage held their annual garden sale in early June. It is always a highlight for the Anchorage/Eagle River communities.

Eagle River garden club held a workshop on composting for their youth club. Teaching the youth the importance of composting and recycling was fun. They enjoyed learning about worms and how worms help the soil.

Fairbanks Garden Club held a flower show on June 15th. Anchorage Garden Club will be having a flower show the first weekend in August. The different communities enjoy the flower shows and the beautiful entries on display. Early in April the Pacific Region Convention was held in Lynnwood, Washington. It was great to see many of the Pacific Region State Presidents. The different presentations were very educational.

In May the National Garden Club (NGC) Convention was held at the Greenbriar in White Sulphur Springs, West Virginia. I was able to meet incoming State Presidents and say goodbye to many of the outgoing State Presidents. I enjoyed several of the workshops. My favorite one was the Orchid Seminar. It has been a wonderful year meeting new gardeners and saying goodbye to others. I am looking forward to the upcoming year.

