

W A C O N I A H

A MESSAGE
FROM THE
**EXECUTIVE
DIRECTOR**

Carol Norquist

Wow, it has been a busy couple of months for garden clubs. All the spring and summer projects got going. I hope you are taking photos and documenting them so you can enter for state, region, and national awards. The Pacific Region had several top winners at the NGC level this year. The Friendly Flower Garden Club (WA) received a flower show achievement award for their show "Follow the Yellow Brick Road,"; the Olympia Garden Club (WA) also received one for "A Day at the Beach"; and the East Lake Washington District (WA) for "Fall in Love with Flower Shows."

The overall winner of NGC award G1, Container Gardening, is Margaret Watkins from California. For over 30 years Margaret has worked to create a patio oasis with all plants in containers. The plants range from trees to flowers to vegetables and herbs. They are all on rolling dollies to ease movement of the containers as needed. Many of her plants are 10 or more years old, with the oldest being 31. She uses only organic gardening practices and has carefully added pollinator attracting plants over the years. Other award winners include: MAE 4E went to Hill & Dale Garden Club (WA) for a manual or handbook, MAE1 was awarded to Naples Island Garden Club (CA) for membership awareness to increase visibility of garden clubs, Dyanna Madro from California is the Calendar Arranger of the Year FD1, and SR4 Region Award of Honor is Winifred Archibald of the Petaluma Garden Club (CA). This award is given to one member in each Region whose volunteer efforts during a period of five or more years has made outstanding contributions to club and community in one or more of the following areas: • Civic development • Horticulture therapy • Youth activities •

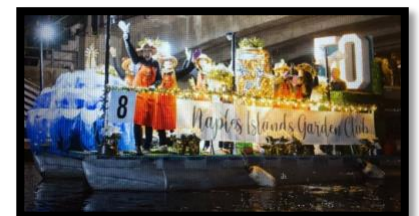
Conservation • Landscape design • Horticulture • Floral design • All around excellence. Any member of a State Garden Club who has NEVER been a member of the NGC Board of Directors can be nominated through your state awards chairman by any club.

You can find out what NGC awards are available at www.gardenclub.org/ngc-awards. Region award information is at www.pacificregiongardenclubs.org/awards. Let's apply for more awards and show what the Pacific Region is all about.

I have been to conventions for National Garden Clubs, Nevada Garden Clubs, Washington Garden Clubs (all in one trip) and the Oregon Garden Clubs convention by zoom. Clubs are so creative and do so much for our communities. It was informative to learn what garden clubs were doing in all these states. I love reading about the ideas and projects and promoting what we do. Several clubs sent me their newsletters and I learned about various aspects of their garden club life. Each club has its own unique personality and activities.

The Pacific Region pin project, which was approved at the last convention, is ready and is a fundraiser for the region. The pins will be available to buy at the 2024 convention in Alaska and online on the PR website home page now. "I Love My Garden Club"

Alaska has been busy preparing for the regional convention in Anchorage. We hope you join us. It is much cooler here right now. Brenda Moore, NGC president, will be attending and is looking forward to the tour to the state fair to see all the large vegetables and colorful flowers. I am proud to represent the Pacific Region Garden Clubs and what we accomplish.





The Pacific Region Garden Club, Inc., Scholarship Committee is pleased to announce the recipients of the **Lana Finegold Scholarship**

After careful review, both applicants were recommended to the Executive Committee who voted in the affirmative to award both young women:

Heather Swartz of Alaska and **Arianna Blandon** of California.

It was a pleasure reviewing these applications. **Heather Swartz**, after she has completed her education, plans to return to Alaska to work and share her knowledge in the field of conservation and environmental protection. **Arianna Blandon** will apply for law school with plans to become an environmental attorney.

These young women give us hope for our future. Congratulations to them both.

Kristie Livreri

Chairman

PRGC Scholarship Committee

Sustainable Gardening

by

Gail Vanderhorst

So, this month I decided to talk about sustainable food brands. Since all of us eat and all of us grocery shop, either in the actual store or online, we can make some choices about sustainable food brands. How many of you have seen the new packaging for the roasted chicken at Costco? I was surprised when I saw the new packaging in a plastic zip lock type bag. They, Costco, decided that they could package more chickens and transport them in a smaller space with a plastic multi-use bag. I liked the idea when I saw it. However, I didn't like the packaging when I got home. It now required me to remove the chicken from the bag, put it on a cutting board, cut off what I wanted and replace the chicken in the bag. Sounds easy enough, right? Except it was much easier to remove the plastic lid from the former container, use the chicken that I

wanted without putting it on a cutting board and replace the chicken back into the plastic container and refrigerate it for the next time. Why am I talking about the packaging of Costco's chicken? They, Costco, said it was a sustainable policy that they wanted to follow for their customers, to use less plastic, which means less plastic in the landfills, and they can fit more chickens on to the heating shelves which requires using heat to keep the chickens warm and appealing to the customers. Well, as the sustainable chairman, this one went too far. I now am not so quick to purchase a roasted chicken from Costco. Maybe, in fact that does make sustainable sense. It's one less plastic zip lock type bag in the landfill. Good job, Costco.



Alaska Garden Clubs

Sharron Carlson, President



Greetings From Alaska!

The calendar says Summer has arrived in Alaska but instead it feels more like Fall. It is cool, rainy, and windy. We are waiting for sunshine to show up. However, we Alaskans don't let the weather discourage us, we still enjoy gardening no matter what the weather is.

The weather has not discouraged the different clubs from getting involved in their gardening activities. Greater Eagle River has several forgotten gardens in the community that the club members volunteer to care for through the season. Fairbanks Garden Club is very involved in their community. The club cares for gardens that harvest food which is donated to the Stone Soup Café.

The commitment of the Clubs having to maintain the Blue Star Markers in our communities is appreciated. Alaska has a strong military presence here, so the club volunteers make sure that the markers are well cared for.

Earlier in June, Anchorage Garden Club had their annual plant sale which is a highlight for many gardeners in the Anchorage community. Greater Eagle River Garden Club (GERGC) had their first plant sale around the same time as well. Despite the weather, many people stopped by to purchase plants and talk about gardening. Plant sales are a great way to connect the community, plus increase membership. Fairbanks Garden Club is having their Flower Show - "Bloom or Bust". The show is July 20th. August 2nd to Aug 3rd is the Anchorage Flower Show. Their theme is "Gershwin's Bloomin' Rhythms". The shows exhibit the talent the different members have for beautiful designs.

The Alaska 65th Annual Convention "Alaska - "Ya Gotta Love It"" is on August 20th. The convention is being held at the Energy Center, Anchorage, Alaska.

Also, Alaska is hosting the 80th Annual Pacific Region Convention, "Into the Wild". The Convention is August 21-23rd, same location as the State Convention. We have the honor of having Brenda Moore, National Garden Club, join us for the convention.

Visit www.pacificregiongardenclubs.org/convention-2024 for more information and registration. August is a perfect time to come to Alaska. The State Fair is happening, and the giant vegetables are on display.

Come to Alaska and experience the majestic beauty of mountains and rivers as well as the free-range wildlife!



State Fair & Giant Vegetables



FLOWER SHOW SCHOOLS

Marva Lee Peterschick
Flower Show School Chairman
Pacific Region Garden Clubs



OH, HAPPY DAY! I am delighted to hear future NGC Flower Show Students will not need to take the Reading Exam. In my opinion, it was not needed after students completed the four courses in a series and wrote a flower show schedule; they normally are armed with the knowledge required to represent NGC with integrity, dignity and expertise. We need new student judges, and this ruling should help make up minds of prospective new students who attend the Flower Show Schools plus move the process along quicker to become an accredited judge. For example, judges mark their handbooks, so it is easy to find the answers they need in a hurry, and this is very important when time is of the essence at a flower show. Questions on Top Exhibitor Awards arise in many judging situations, and the judge must know the requirements for all those awards. The judge needs to be able to

access information and not all from memory.

Schools and symposiums are for the purpose of training judges to be objective, a goal attained only when all judges have been taught according to the same content and terminology of National Garden Clubs, Inc. For example, when I was writing outlines to teach horticulture for NGC, I wrote lots of them to the best of my ability and was surprised when they were returned and corrected by NGC. Every time the word “dirt” was used, it had a red ink circle around it, and at the end of the outline, the evaluator from NGC who corrected my outlines explained, “The word “dirt” is something we sweep out of our homes, NGC prefers to use the word “soil” when gardening. Never again did the word “dirt” get used in my outlines, only SOIL! OH, HAPPY LEARNING AND GARDENING!

Bogachiel Garden Club of WSFGC recognizes

Shirley Sharpes

for all her years of experience and service in the club.



Youth Sculpture Contest - 2024-2025

Lynn Chiotti - Chairman Pacific Region

chiotti1@gmail.com - 503-397-0805

After the disappointment of only eight entries for all eight states, I am getting an early start for this year's contest. The rules are the same as before, as are the deadlines. So be sure to check the NGC website for the rules and deadlines @ <https://gardenclub.org/youth-sculpture-contest>.

All state presidents need to be sure and to appoint a state chairman and encourage all your District Directors to also appoint a district chair who will relay information to their clubs. During these summer months take time to prepare a presentation to give at your state board meetings to show just what needs to be done, such as an example of a sculpture. Some of us are visual learners and some are tactile. That might be a time to have people take a stab at making one themselves. We need to be able to show an example to the people in our clubs who will be having students create an entry for the contest. Start now to collect an assortment of recycled materials to be repurposed into a sculpture. You might ask people to make a creative sculpture illustrating their favorite fairy tale or novel. Or just do something imaginative.

Above all, have fun. When students see what can be done, they become enthusiastic. Worried about taking time from classroom lessons? Have the activity after school or during a free period. Have the clubs in a District contact schools or Library learning labs and arrange a time to meet with interested kids. Then each club can select the best for each eligible grade and then have the entries judged at the district level. The top entries for each District should be sent to the State chairman for further judging. Clubs, Districts, and States might consider giving cash awards for the top entries. Cash is a great incentive for 4th through 8th grades and just might result in more entries. But it all begins with getting interested members to take it to the schools.

I will be sending the State Presidents all the official information shortly, but the time to start is right now. Let's see the Western States select winning entries at the club, District and State levels. I look forward to working with everyone. Feel free to email me any questions you might have. And let's share the State winners at our conventions in 2025 after National judging has been completed.

Thanks.



Lessons Learned from a Morpho Butterfly

For centuries, scientists have copied nature to develop new products that benefit mankind. Recently, researchers turned to the Morpho butterfly to help develop a new type of paint. The Morpho butterfly's wings appear to be a bright, iridescent blue but are a dull brown color.

Because the scales covering its wings are placed in a specific series of ridges, with nano layers forming a grid pattern, its wings glow bright-blue when light strikes them. This is called structural color since no pigments or dyes are used to create the color. In nature, structural color is used to protect some plants and animals, to attract pollinators or mates, and to signal danger.

The idea of structural color was first described by Sir Isaac Newton, but only recently have scientists become interested in studying it closely. By applying structural color characteristics to the production of paint and film coatings, they are developing a new type of structural color paint that may one day be used on automobiles, LCD screens, solar panels, buildings, and in cosmetics and textiles.

Pigments, or dyes, used in conventional paints absorb and reflect wavelengths of light to make a specific color. For a red color, all wavelengths of light are absorbed except red, which is reflected and seen. The process of absorbing light causes heat to be produced that causes the pigments in paint to fade over time, and the paint must then be removed, and new paint applied. Structural color paint produces no heat, and so, is long-lasting.

Structural color paint is highly scratch resistant, durable, and excellent for automobiles and buildings. For ships' hulls, it is less toxic to the ocean since traditional paint contains 26-76% copper oxide that leaches into the ocean and structural color paint has 5%. Traditional paint contains pigment dyes that contain harmful chemicals, such as sulfur, nitrates, and heavy metals. Structural color paint has none.

Research is on-going to prepare structural color paint for sale to the public. Thanks to the Morpho butterfly, this new paint may one day benefit the economy, the environment, and lower the cost of some products. All thanks to the Morpho butterfly.

[Karen Bowen](#)

Pacific Region Butterfly Chairman



Photo 1 Pinterest

With its bright-blue color, the Morpho Butterfly is one of the prettiest butterflies in Latin America.

Photo 2 Pinterest

Morpho butterflies live in tropical forests of Latin America. Adults live on the forest floor and in low shrubs. When looking for a mate, they flit here and there showing off their brilliant blue color.

Photo 3 Lexus

This Lexus has structural color paint in the beautiful Morpho blue color.



Environmental Awareness Chairman's Report Summer 2024

I found an interesting article from NASA that helps explain the differences between **climate change** and **global warming**, plus **weather** and **climate**. It is quoted below from NASA Science "What is Climate Change?" March 18, 2024.

"Climate change is a long-term change in the average weather patterns that have come to define Earth's local, regional, and global climates. These changes have a broad range of observed effects that are synonymous with the term. Changes observed in Earth's climate since the mid-20th century are driven by human activities, particularly fossil fuel burning, which increases heat-trapping greenhouse gas levels in Earth's atmosphere, raising Earth's average surface temperature. Natural processes, which have been overwhelmed by human activities, can also contribute to climate change, including internal variability (e.g. cyclical ocean patterns like El Nino, La Nina, and the Pacific Decadal Oscillation) and external forces (e.g. volcanic activity, changes in the Sun's energy output, and variations in Earth's orbit).

"Scientists use observations from the ground, air, and space, along with computer models, to monitor and study past, present, and future climate change. Climate data records provide evidence of climate change key indicators, such as global, land, and ocean temperature increases; rising sea levels; ice loss at Earth's poles and in mountain glaciers; frequency and severity changes in extreme weather such as hurricanes, heatwaves, wildfires, droughts, floods, and precipitations; and cloud and vegetation cover changes".

"Global warming is the long-term heating of Earth's surface observed since the pre-industrial period (between 1850 and 1900) due to human activities, primarily fossil fuel burning, which increases heat-trapping greenhouse gas levels in Earth's atmosphere. This term is **not** interchangeable with the term 'climate change'".

"Since the pre-industrial period, human activities are estimated to have increased Earth's global average temperature by about 1 degree Celsius (1.8 degrees Fahrenheit), a number that is currently increasing by more than 0.2 degrees Celsius (0.36 degrees Fahrenheit) per decade. The current warming trend is unequivocally the result of human activity since the 1950s and is proceeding at an unprecedented rate over millennia".

Weather refers to atmospheric conditions that occur locally over short periods of time---from minutes to hours or days. Familiar examples include rain, snow, clouds, winds, floods, or thunderstorms.

Climate, on the other hand, refers to the long-term (usually at least 30 years) regional or even global average of temperature, humidity, and rainfall patterns over seasons, years, or decades.

“Weather.com lists the 2024 USA weather mid-year recap on tornadoes, floods, and record heat. There have been 1201 tornadoes so far this year, 786 in just April and May. Three major flooding events have happened. Texas saw heavy rains in April and May, triggering major flooding in the Houston area. South Florida cities had over two feet of rain in mid June. South Dakota, Minnesota, and Iowa got 15 inches of rain in late June, causing major structural damage to dams, levees, and roads. More than a dozen US cities had their record warmest first 6 months of any year.”

Climate change is real, not going away any time soon, is going to cost trillions of dollars to correct, and requires everyone to rethink how they live, and what they need to do to protect our planet Earth.

Stan Chiotti



Bogachiel Garden Club of WSFGC recognizes

Linda Wells

because of her 'go to' attitude!

2024 Washington State

Suzann Stahl, President
suzannstahl1@gmail.com



Nurture People, Nurture Plants, Nurture Our Planet

David Hobson: *"I grow plants for many reasons: to please my eye or to please my soul, to challenge the elements or to challenge my patience, for novelty or for nostalgia, but mostly for the joy in seeing them grow."*

I believe we all feel very strongly in the human act of nurturing, whether the recipients are family members, pets, birds, or plants. Just the act of taking the time to notice and react to the needs of other beings in our world is good for the soul. Recognition is one of many ways we can nurture our members. At the recent Annual Meeting and Flower Show in June we celebrated WSFGC's 90th Anniversary. With a beautifully produced photo slideshow we remembered people who preceded us and their many contributions. We also honored those among us now who continue to provide friendship, leadership, and knowledge. Special recognition was given to members who have been Garden Club members for more than 40 years. Longevity recognition was also given to Clubs and Districts. There are six Clubs who were founded 100 or more years ago! Each District made a dinner table centerpiece "Design for the Decade" representing the 9 decades since the WSFGC was founded. In the left photo – Black Hills District celebrated the 1980's and to the right, Cross Sound District's "Design of the Decade" looked to the 1940's. WSFGC has taken huge strides forward in just the



last 5 years. In 2019-2020 the pandemic had a significant impact on us, and we wondered if garden clubs could survive. But, at the Annual Meeting in early June we were one hundred strong in attendance. We

celebrated a huge state-wide increase in club membership. We have integrated technology in communication and continuing education opportunities. We continue our work to rid our planet of plastic and we are planting more TREES. And, oh, yes, WSFGC had a long overdue, *wildly successful* state Flower Show, "Our Extraordinary Earth."

Many members contributed to making the 90th Annual Meeting and Flower show a very special event and I would like to publicly thank them; Pacific Region Director, Carol Norquist, for spending the day with us and providing a keynote for our luncheon; Sue Goetz, who provided the Anniversary Dinner keynote on "Gardens Over the Decades"; Flower Show Co-Chairs Lenda Sundene and Linda Maida, their committee and all exhibitors; District Directors Becky Flaherty, Terry Critchlow, Penny Merriman, Joyia Rubens, Linda White, Evie Marwood, Kathy Johnson and

Linda Wells and their volunteers who made the Decades in Design dinner table centerpieces; Tara Hastings Keen and Chris Hill for the fabulous photo slideshow; workshop leaders Jeff Johnson, Tory Bennet and Christine Dillinger; and registration volunteers and all flower show hostesses.

And finally, to all WACONIAH members, congratulations on your continued nurturing of each other and your communities, ensuring a bright future for all members and our world.
Wishing you sunshine and gardening success in abundance.

Hi Everyone,

A small note of thanks for sending in all your contributions so timely. I enjoyed learning from all your articles. Let's do the same for the next issue in November.

Deadline for the November issue will be October 15th and please put WACONIAH November Issue in the subject line...Enjoy the rest of your summer...See you in the Fall.

*Myrna Cabanban
Editor
PrgcWaconiah@gmail.com*





Parliamentary News Update

By Greg Pokorski, Parliamentarian



This Parliamentarian has been immersed in the wonderful world of bylaws (and standing rules) for the last couple of months (yes, some of us do find this interesting and challenging and rewarding): bylaws amendments for two clubs, district, state (California Garden Clubs, Inc.) and National Garden Clubs; and preparing and presenting a workshop on bylaws and governing documents for my parliamentary unit. Being in garden club led me to my study of parliamentary procedure – one of the rewards of garden club. These were the first amendments for my primary club and my district in three years. Clubs and districts probably don't require amending more than every three to five years unless specific circumstances dictate otherwise. States and regions and NGC generally have amendments every year.

Blue Avocado (published by Nonprofits Insurance Alliance) says: "Remember that if trouble erupts — such as internal conflict or attacks from others — the bylaws will become very important. So make sure they are reviewed approximately every three years."

One of the changes my district made was to eliminate representation by delegates at meetings. The district meets three times a year and all clubs in the district are represented by their presidents who are considered district board members and who can send official representatives in their place if they cannot attend. Additionally, modeled off of the state, region and national organizations, there were bylaw provisions for sending delegates from each club to meetings. This was an old rule and was not followed for years; thus it became the custom to not solicit delegates to attend meetings and to not have a credentialing process and to not report on voting strength at meetings. Custom, even in violation of the written rules, is okay – until challenged. Finally, a member pointed out that we were not following the rules (the proper way to do this is to raise a point of order). Then custom falls to the ground and the written rules (bylaws) must be followed. So, the district established a credentialing process which was cumbersome and extra work and did not really provide clubs additional meaningful representation – and was unnecessary from the standpoint that very little voting takes place at our district meetings and issues are almost never contentious and never hotly contested. So we amended the bylaws to eliminate the delegates. This might be something to consider in some of your organizations as a means of simplifying and streamlining your business. Many garden clubbers are not overly interested in the business and the administration of their clubs and districts, but prefer to focus on speakers, education and socializing.

Another thing to think about is the use of the word "shall" in your governing documents. Once upon a time "shall" was, I think, considered a genteel way to say "will" or "must." However, the Summer 2024 issue of National Parliamentarian points out that "shall" "is among the most heavily litigated words in the English language." Although "shall" can mean must, it can mean should, will or may. "The Federal Plain Language Guidelines state "The word "must" is the clearest way to convey to your audience that they have to do something...Instead of using "shall" use: "must" for an obligation, "must not" for a prohibition, "may" for a discretionary action, and "should" for a recommendation." **So, when bylaws require that something must be done perhaps, we must say that it must be done.**

Greetings from Idaho!

In June, Idaho celebrated our first State Convention since 2019. It was really nice to get together again, renew friendships and commitments to the State Garden club organization, and enjoy each other's company.

We set out to make this meeting more informal than in previous years. A Nampa, Idaho garden club member has a beautiful property in the countryside away from many of the distractions of the cities and the ever-growing population of the Treasure Valley. Many of the events were held outdoors with meals and the business sessions held in "the barn", a new structure built for crafting events and hosting weddings.

Sunday afternoon, those arriving early had the opportunity to participate in craft making activities: Beaded Dragonflies, Decoupage covered Hanger Blocks and/or Centerpieces for the evening's dinner tables. Members were able to work on the crafts and interact with each other while they created their beautiful items.

A catered dinner was served, followed by an enlightening speaker, Steve Paulsen of Native Roots, LLC. Steve spoke to those assembled about the many interesting attributes of native plants found in Idaho, why native plants are so important to our ecology and native insects, and various plants we should consider growing in our yards. Steve has four businesses related to Native Plants, one of which works on restoration projects in a multi-state region of at least Montana, Wyoming and Idaho.

Monday morning a light breakfast was available, and a short (approximately 2-hours) business meeting followed. The Nampa Garden club members provided lunch which was followed by more crafting projects that most members participated in. Crafts included filling Succulent Boxes, social media for Garden Clubs (mainly Facebook), and information about and sampling of Herbal Salves and Teas. Our afternoon speaker was Nancy Moudy who conducted "Conversations from the Front Porch". Nancy provided many insights into her life experiences and several of the fourteen businesses that she maintains, most of which are structured to give back to the communities she serves.

We closed with an evening pizza meal and final conversations. It seemed that everyone who attended had a wonderful time and felt the convention was worth attending, some mentioned the "best ever".

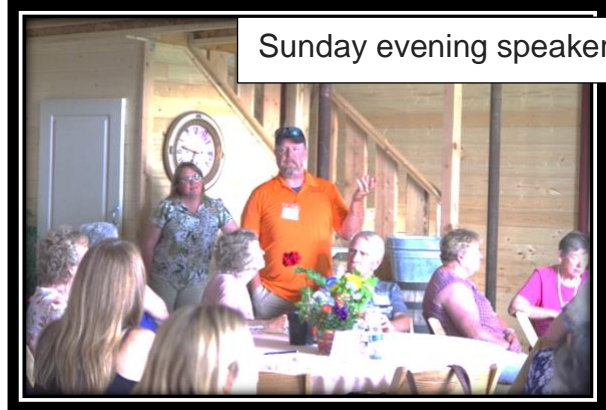
Tom Martin
President Garden Clubs of Idaho, Inc.

Idaho State Convention pictures

Yard Art at the host site



Sunday evening speaker



Members enjoying conversations



Hand crafted table centerpiece made by participants



Making succulent gardens



OREGON IS ON THE MOVE

In June, Oregon had our second Zoom Convention. We learned a lot from the first one we had a couple of years ago, so our Version 2.0 was much better. NGC President Brenda Moore did speak to us as did Bill Trapp, Executive Director of NGC. Our Pacific Region Director, Carol Norquist, also gave a presentation.

The delegates and members enjoyed hearing from leaders with whom they usually don't have the opportunity to interact with. Each of the speakers was given enough time to answer questions, too. With Zoom, it was so nice to go from West Virginia to St. Louis to Alaska in one afternoon.

Oregon has had some really HOT weather. Temperatures in June, and now July, have been above average and we've already had 100+ degree days! Our vegetable and flower gardeners are being

kept busy watering their precious plants to keep them healthy and blooming.

I learned something new (to me) from a garden center manager friend: Don't plant those new starts in 100-degree weather. Wait until it gets a little cooler. Planting in high temperatures puts too much stress on newly planted starts. And don't fertilize right before the temperatures are forecasted to get hot; again, it puts too much stress on the plants.

I'm looking forward to the Pacific Region Convention next month. I hope it's cooler! Take time to enjoy the Summer, however you do that.

Best wishes from the Oregon
Crew!

Carolyn Olley
OSFGC President





ENVIRONMENT & CLIMATE CONCERNS

By Lori Robinson: Chairman
MT. RAINIER NATIONAL PARK



Mt. Rainier National Park is in Washington State. President Roosevelt set it aside as a National Park for generations to come, in order that we all may visit it to enjoy this majestic, glorious, gorgeous Volcanic Mountain forever in its natural state. It was established in the year 1899. It is an active volcano and is the most glaciated peak in the U.S.A., spawning five rivers. Subalpine wildflower meadows ring the icy glaciers in the summers.

The Indians named it Mt. Tahoma. It's 369.3 square miles, southeast of Seattle, Washington. It is 14,410 feet high and is surrounded by glaciers. Visitors can enjoy the vista views of other nearby volcanoes, including Mt. Adams. There is 236,000 acres of wilderness encompassing the glaciers around Mt. Rainier which is Washington State's highest peak. There are 5 rivers that flow from the mountain. In the summertime wildflowers are in bloom along the hiking trails and trail heads. Camp Muir is located at the 12,000-foot level. In 1961, my husband, myself, and friends climbed to Camp Muir. Our hike was entrancing, and I feel we were blessed by such an experience with memories of a lifetime. The mountain air was so refreshing. It was September so the beauty of the wildflowers with the wonderful scents and buzzing bees pollinating other plants. We Experienced the site of the whistling marmots running here and there. The appearance of deer too was amazing not to mention the trickling streams flowing from the melting glaciers. This is best said by John Muir, Conservationist, in 1889 "the most luxuriant and the most extravagantly beautiful of all the alpine gardens I ever beheld in all of my mountain-top wanderings". August and September were always blueberry picking time, so yummy and usually found above the Longmire area.

Mt. Rainier is one of the most visited National Parks and is one of the oldest. It has many lakes, like Mowich, Tipsoo, Snow Lake, and Eunice Lake. Photo viewpoints are awesome: they are picturesque, impressive, and massive, so, have your camera or cellphone charged and ready. Wildlife, waterfalls, glaciers, and wildflowers are ready for the viewing.

Services available: The Visitors Center; Sunrise, Paradise, Jackson, Ohanapecosh, and the Longmire Museum which is narrated. Dogs are allowed; picnic tables are available. Tours are available at a cost. Fun and hiking adventures awaits your exploration. Explore the lodging activities. The entrance pass is \$32.00 a day and the Senior Pass is \$80 for a lifetime pass. Interagency Access Passes are also available for Visitors with Disabilities with documentation. Paradise Corridor is open 7 AM – 3 PM; May 24 – September 2, 2024.



The Park is open 24 hours a day with reservations ninety (90) days in advance and release dates are staggered. Reserve your time slot.

<https://stateofwatourism.com/mount-rainier-national-park>.

Mt. Rainier draws thousands of people a year who hope to climb the volcano. There are more than 20 climbing routes and ski descents via four main trailheads. Climbers are required to obtain a climb permit in person and pay the annual climbing fee.

Mt. Rainier National Park operates three campgrounds that are opened seasonally: Cougar Rock, Ohanapecosh, and White River; Mowich Lake offers a small primitive campground for tents only. There are numerous wilderness camping sites. Be sure to book early to secure your spot.

Mt. Rainier has two historic lodging options in the park. Paradise opened in 1917 offers 121 guest rooms, dining room and gift shop. The inn is open seasonally and offers easy access to hiking trails. Longmire Historic District National Park Inn offers 25 rooms, and a casual restaurant, and a general store located in a vintage 1911 log cabin. Visit Rainier.com or the National Park website.

Mt. Rainier has erupted again and again since 1450, with high volume and low volume. Volcanic ash, lava flows, and avalanches of intense hot rock and volcanic gases called pyroclastic flow from an eruption. There can be debris flows (lahars) which pose the greatest hazard to people near Mt. Rainier. A debris flow is a mixture of mud and rock debris that looks and behaves like flowing concrete. The prevailing winds blow the ash away from Seattle.

My son Lloyd climbed Mt. Rainier at the age of 15. I prayed for his safety all the time. Every year someone dies climbing the mountain. It was his greatest adventure, and he went with the Boy Scouts of America. He did get an injury when the guy in front of him put his boot with ice crampons through Lloyd's right hand. A guy somewhere behind was falling and they put their picks in the ice so they wouldn't slide also. His hand did heal.

"Credits (all the above): nps.gov"

