

WACONIAH

Washington • Arizona • California • Oregon • Nevada • Idaho • Alaska • Hawaii

Vol. 47 No. 1 Director's Theme: *"Reconnect to YOUR Pacific Region"*



2019 – 2021
Pacific Region
Director
Robin Pokorski

*"Reconnect to
YOUR Pacific
Region"*

Director's Message

We have a lot goin' on in our Region – it's so exciting. We have projects and programs and activities and tours and contests and a lot of networking. This participation is what will bring value to our region and, therefore, to our clubs and members.

My goal the last two years as editor of this newsletter was to shorten the number of pages so that it would be easier on the next editor and our readers. But then the new board surprised and delighted me and this may be the longest newsletter in history! But all the articles are interesting. I wouldn't be able to find a single one to cut.

So share the information contained in this newsletter with your members, clubs, districts and state board members. Encourage everyone to participate – it's more fun when you're involved!

Rest up and get ready for the next garden club season - it's gonna be fun!

Robin

P.S. Can you find the moose in this issue? A prize for the first to tell Vicki where the moosey can be found!



Peggy Olin is a **GEM!** Because she was a great Pacific Region Director. Thank you so much!

~ Cheryl Drumheller

Blue Star Marker Grants Available

By Robin Pokorski, Director

Exciting news!! Grant money is available for installing or refurbishing **Blue Star** Markers. The grant application is available on the website. For information, contact Robin Pokorski, Director, at PRGCDirector@gmail.com or Diane Franchini, Director's Special Project Chairman, FranchiniSD@gmail.com

Check your club/district's markers – we want to be sure that **"Blue Stars Shine in the Pacific Region."**

Photo Phundraiser – Special Event

By Karen & Paul Ramsey, Contest Chairmen

The Photo Phundraiser will be held at the Pacific Region Convention at The Oregon Garden in Silverton, Oregon, April 27 – 30, 2020.

Rules and the online entry form are available on the PRGC website.

Enter your pictures in one of ten categories (5 categories in color and black/white):

1. Landscapes / gardens
2. Animals
3. Insects and birds
4. Single bloom
5. Director's choice – **MOOSE**



\$5 per entry or 5 entries for \$20 – all phunds raised go to the Region. Cash prize to BEST IN SHOW! and to the club with the most per capita entries!

To enter contact Karen or Paul Ramsey, 541-479-5513 SierraKR@aol.com

In Memoriam



Linda Gail Nelson passed away on July 4. She served as 2003 – 2005 Region Director and as 2013 – 2015 NGC President.

She will be greatly missed, but never forgotten.

State Presidents' Reports

This term, the state presidents are writing their reports based on a common assignment. **This issue's theme is: Youth Project and Gardening with Youth in your state.** If your state isn't featured it's because nothing was submitted!

Oregon State Federation of Garden Clubs, Inc. Tanja Swanson, President



Theme: "Kids, Community, and Creativity"

My theme is "Kids, Community, and Creativity" so, yes, YOUTH comes first in my opinion! My long years as a childcare provider are why my interest is towards kids. It is so important to get kids away from their iPads, smart phones and other

screens. There are many advantages of kids being exposed to nature, and I hope Oregon Garden Clubs will explore all these in the next two years. It is important for garden clubs to involve kids. Where else is the next generation of garden clubbers going to come from?

My project is nature playgrounds or "Plant Oregon with Nature Playgrounds!" Nature playgrounds are places, large and small, where kids can play, build, dream, discover and explore, where they can get dirty and wet. In short: where they can play like in the old days. I have a PowerPoint presentation that I can send to you if you are interested, because we need these places everywhere, not just in Oregon!



Joyce Lounsberry is a **GEM** because she has led WSFGC for the last two years with grace.

~ Diane Franchini



Meet Judy Shelton, President, Arizona Federation of Garden Clubs, Inc.

Nevada Garden Clubs, Inc. Judy Stebbins, President

Theme: "Make a Difference Whenever, Wherever and However You Can - in Your Garden Club, in Your Community and in Yourself"



Greetings from the Silver State (Nevada is actually the # 1 Gold producer in the USA).

I knew being President of Nevada Garden Clubs was going to be an

adventure, but I didn't realize how soon it was going to be so amazing and so busy!

There are many of our members who are already making a difference in our communities with youth programs. We want to educate the youth to become gardeners, as they are the future caretakers of our gardens as well as the environment.

The **Sunset Garden Club**, in Henderson, meets at a Public Library on the East side of town and has a good rapport with the Henderson Library System. This past summer their youth project was "Build a Dinosaur Rock Garden" for 60 children (20 at each of three libraries) ages 6-10. The children were encouraged to read books about dinosaurs as well as assembling their rock gardens. Garden club volunteers provided all materials including colored sands, pebbles, rocks, miniature toy dinosaurs, a small succulent plant and special soil with instructions for care, and then they helped the children with their project. This summer the library reading theme will be "Outer Space," and I'm sure our Sunset GC members will provide another enriching garden experience for the youngsters in their community!

Aleta MacFarlane, our state Youth Chair, is so busy with activities and being out in the community to spread the word about Nevada Garden Clubs that I can hardly keep up with her. She is so enthusiastic and enlists members to help her whenever she can. With her **Desert Gardeners Club**, especially President Karen Elliott, they have established a reading and gardening program with the Acelero Head Start School in Lorenzi Park with about 70 four-year-olds. Once a month they read a gardening related book to the kids and then do a small project. It is wonderful to see the interest the little ones show in soil, planting bean seeds, good ladybugs and butterflies but not caterpillars eating their plants. The kids really liked the worms and asked for them to come back. Congratulations certificates were given to all who participated stating "You are now a GARDENER because you learned" and included a list of what they had covered January through June 2019.

Theme: "Investing in Future Gardeners"



Many of our clubs already participate in activities with youth – butterfly poster contests, poetry contests, Smokey Bear/Woodsy Owl poster contests and youth gardening. One club used the NGC book *The Saved Seed* to help a first grade elementary class learn that pumpkins

really do come from seeds. Another club worked with students planting bulbs at their school and the local public library, and a garden club began a junior and intermediate garden club program in South Seattle for children from kindergarten through 8th grade.

During the next two years the districts and clubs will be encouraged to reach out to youth in different ways.

Perhaps they may use Arbor Day to plant a tree at a local school with the help of students. One club knew that a local high school wanted to expand their garden and plant an orchard. The club decided that, instead of buying small trees to give to club members during their Arbor Day celebration at the park, they would help the students purchase some of the fruit trees.

Other ideas: encourage teachers to plan gardening activities during the school year. We all know that teachers use their own money to purchase supplies for activities. Clubs could provide grants to help teachers purchase gardening tools, seeds, pots, etc. for a student gardening activity. Clubs could purchase seeds and pots and provide them to a local elementary teacher to use as a class project. Clubs could try reaching out to youth not only at schools, but also girl scout/boy scout meetings, 4-H groups, and Boys and Girls Clubs. District Directors will be provided with a list of websites that specifically target gardening with youth.

WSFGC has a children's butterfly poster contest. This is being expanded to focus on pollinators, not just butterflies. It is important for children to learn about our pollinators and how they can help. The change to pollinators is more in line with NGC.

At each board meeting the district directors will be given something that pertains to youth – a book, items for gardening, seeds, etc.

By participating in gardening activities with youth now, we hope that it will make an impact on their lives.

This summer, Aleta is working with the Derfelt Senior Center also in Lorenzi Park (also home of Nevada Garden Clubs Center). They are having a reading program for children who live with their grandparents, many of whom have English as a second language. This will help keep up the children's reading skills as well as help educate them about where their food comes from. They will have space for a small garden, too.

Nevada Garden Clubs, Inc. is a Community Partner with J. T. McWilliams Elementary School. Aleta, with the support of several local garden clubs, has helped the children with their participation in our local flower shows and by having them enter the National Garden Clubs' Smokey Bear/Woodsy Owl poster contests. 4th grader Erik Lopez won 6th place! - quite an accomplishment considering how many entries are received from across the USA. The school has five gardens including a Monarch Station. Besides furnishing art supplies for posters, we also provided succulents for a Mother's Day project.

I was privileged to attend a daylong conference of *Green Our Planet*, another connection Aleta has made. They have put gardens in many of our Nevada schools and are helping the teachers with lesson plans, handouts, and gardener support. There were several seminars on various helpful topics. It was so good to see the interest of the teachers in sharing the benefits of gardening with their students. Some were even using the garden for a calming interlude before the kids had to take a big test.

Rose Garden Club is continuing their sponsorship of the "Special Bunch" at Centennial High School. They have a Special Education Garden. These challenged students are able to participate in gardening projects and realize the benefits of growing food and preparing it. Our club members were able to donate a portable greenhouse and a Chia Pet for the classroom.

The **Glitter Gulch African Violet Growers** has a program at Faith Lutheran High School. They have had a year-long African violet cloning project in the school's greenhouse and plan to continue educating the students.

Seedlings, Boulder City Garden Club and Las Vegas Flower Arrangers Guild are also including children in their projects.

We continue to encourage all Nevada Garden Clubs members to make a difference!

We're looking forward to hearing about Youth Programs in all the other States of the Pacific Region.



Nancy Lee Loesch & Judy Stebbins are **GEMs** because of their willingness to share both their time and talents as state leaders in Nevada.

~ Gay Austin, NGC President

**California Garden Clubs, Inc.
Shane Looper, President**

Theme: "Plant America – Plant Parks"



California Garden Clubs, Inc. (CGCI) was proud to host the 2019 Pacific Region Convention at the Airtel Plaza Hotel in Van Nuys. Special 'congrats' for the successful fundraiser dinner arranged at Gail and Hank Vanderhorst's home.

CGCI held their 88th Annual Convention also at the Airtel Plaza Hotel in Van Nuys. We were delighted to have 2017-2019 NGC President Nancy Hargroves install the 2019-2021 officers and district directors. There were several hands-on workshops available - one in particular was making small designs to take home that were easy to carry and pack.

This President's theme for the 2019-2021 term is "*Plant America – Plant Parks*". CGCI has supported national, state, county and city parks for many years. It's extremely important for members to realize how much they contribute to their community.

I have chosen restoring the *San Bruno Mountain Botanical Garden*, located within the San Bruno Mountain State & County Park, as the President's Project. This is a unique park surrounded by the cities of San Francisco, Daly City, Colma, Brisbane and South San Francisco. It is an environmental oasis in a large metropolitan area. San Bruno Mountain is home to many endangered species including the Mission Blue and San Bruno Elfin butterflies, plus its native plants have a unique story to tell. The goal is to raise \$20,000 to propagate 1000 plants representing 100 species; develop a large interpretive sign bearing CGCI's name, logo and mission statement; and place 100 educational plant signs for each species propagated.

During this term, chairmen and district directors will "exhibit" their reports in lieu of oral reports. Additional workshops and special presentations are being considered for our three meetings because members are requesting more education and less business at the meetings. The 2020 Winter Board Meeting will be on the Queen Mary in Long Beach. A different venue using a historical cruise ship to hold both the board meeting and a tri-refresher is creating excitement among our members with record attendance expected.

**Sixty might be the new forty but
9:00 p.m. is the new midnight!**



**Alaska Garden Clubs
Chris Wood, President**

Theme: "Growing Alaska's Love of Gardening through Education and Friendship"



Hello to our Pacific Region friends from Alaska! As I write this letter to you we have 114 active fires burning in Alaska. Our weather has been hot and beautiful and the forests fuel ripe for burning.

Lightning strikes are our major cause of wildfire.

Our Moose Mommas and babes are running around our neighborhoods hiding from the bears and feasting on our bushes and plants. We never know when we will run into them just around the corner of the yard, so safety is a big concern when out and about. I leave all the doors unlocked to get into the house quickly, if needed.

Our Alaska Garden Clubs State convention was held on June 6-8 in beautiful Ketchikan. We had a wonderful time with our friends in the Ketchikan Garden Club. We enjoyed a lovely garden tour and a potluck barbecue at a member's home.



The Greater Eagle River Garden Club dedicated a Blue Star Memorial Marker on Monday June 24, and this makes our Blue Star total 8 in the state. Eagle River is a couple of miles from Joint Base Fort Richardson and Elmendorf Air Force Bases. A

strong military community was proud to honor its Men and Women in uniform. Their commanding officer attended the ceremony and spoke about the Blue Star Memorial Marker program.

We hosted a Flower Show Symposium and Flower Show School number one in Anchorage the week of June 10-17. An Advanced Master Gardener Program attended portions of the flower show school for a wonderful collaborative effort. This course was well attended and the first one in many years. Needless to say, June has been a very busy month for us.

The rest of the summer will be garden tours and flower shows held in Anchorage and Fairbanks. Our gardening now is in full swing but ends in September with our frosts and sometimes snow. Until then it is 24 hour sunlight, weeding until 11:00 p.m., and never a dull moment.

“Blue Stars Shine in the Pacific Region” Director’s Special Project

By Diane Franchini, Director’s Special Project Chairman



Since the mid-1940s garden clubs across the nation have been honoring our men and women in the Armed Services by installing **Blue Star** Markers along highways, in public parks and historic settings, and at Veterans Administration Hospitals.

At the start of Robin Pokorski’s term as Director, the Pacific Region had installed more than 400 **Blue Star** Markers – but that’s not enough (says Robin) because we want **Blue Stars** to Shine all over the Pacific Region. The project is fairly straightforward. Over the next two years seven of the eight states are being asked to purchase and install two new markers each year or refurbish existing markers. The eighth state (California) is being asked to do five each year. This effort would add 38 new or refurbished markers in our region.

To help clubs, districts, and states reach this goal, a special grant program has been set up that will provide a little funding help for your local projects. A large **Blue Star** Memorial or Memorial Highway Marker is \$1530 to purchase but a grant of up to \$250 may help with that cost. The By-Way Markers cost \$510, but a grant of up to \$75 might make that purchase a little easier. In addition, \$100 grants are available for refurbishing projects. Every little bit helps. Check out the Pacific Region website for the **Blue Star** Marker Grant Application Form.

A new club president in my district just asked me recently “How do we even start a **Blue Star** Marker Project?” That’s a great question because it can be a little daunting without a bit of planning first. From my experience with **Blue Star** Markers, **Education** – of ourselves, our communities, and our Armed Services organizations – is a critical first step. We need to be the ones to provide the answers of **what** is the **Blue Star** Marker Program, **who** will benefit, **why** should we add more markers and **how** do we go about putting **Blue Star** Markers in our communities? As garden club members we are the ones who need to impart accurate information to our members, our communities, and the Armed Services organizations, dispelling the misinformation and rumors they may have heard – and there is a lot of misinformation out there.

First your chairmen for your project need to do their homework before even presenting the idea to your garden club. I was surprised to find out how little my own club knew about the program. There are resources available. National Garden Clubs’ website provides some of the history and background to start building a firm foundation. Tri-fold brochures are available from NGC Members Services for free (you just pay the postage). Try Google Images of **Blue Star** Markers or **Blue Star** By-Way Markers and you’ll be amazed at the number of pictures of markers in a wide variety of gardens and

other settings. There’s lots of inspiration available. And finally Pacific Region has a number of people who will be happy to answer your questions. I’m available at franchinisd@gmail.com and you can also contact the Pacific Region **Blue Star** Markers Chairmen – Shirley Lipa at PRGCBlueStars@gmail.com or Jeanne Johnson at JohnsonJeanL@yahoo.com.

Most important of all is if you are involved in any way with a **Blue Star** marker Project I want to know about it. This will be the only way that we can celebrate our “Shining” accomplishments. Let me know where you are in the process and, if you’re ready to install a **Blue Star** Marker, Robin wants a personal invitation to attend your dedication.

SHOW YOUR PRIDE – JOIN THE CHALLENGE

Focus: Alaska Water Issues

By Cheryl Drumheller, Water Issues Chairman



To improve the health of rural Alaska residents, a research and development effort to find better and more affordable ways to deliver drinking **water** and sewage disposal services to rural Alaska was needed.

The problem:

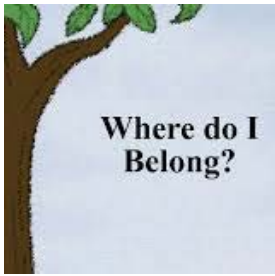
- Over 3,300 rural Alaska homes lack running **water** and a flush toilet. Many homes and villages with service depend on aging and deteriorating piped and haul systems.
- Lack of in-home **water** and sewer service in rural Alaska causes severe skin infections and respiratory illnesses. Residences haul drinking **water** from central **watering** points with untreated sources: rain, snow, creeks or rainwater collected in garbage cans.
- To correct this public health problem, agencies have funded conventional, community-wide piped and truck haul systems. These systems work, but are expensive to construct, and many communities cannot afford their high operational costs.
- Funding to build systems has declined severely while costs have risen sharply.

The Solution:

The Alaska Department of Environmental Conservation has initiated a project to spur worldwide research to develop innovative and cost-effective **water** and sewer systems for homes in remote Alaska villages. The project, called the Alaska **Water** and Sewer Challenge, focuses on decentralized **water** and wastewater treatment, recycling, and **water** minimization. These approaches have a high potential for use in individual homes and housing clusters. The goal is to significantly reduce the capital and operating costs of in-home running **water** and sewers in rural Alaska homes.

Where Do Native Plants Belong?

By Jennifer Culp, Native Plants Chairman



Everywhere!

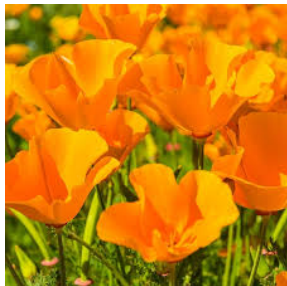
Here in California, I lived many years in a coastal climate. I was unknowingly spoiled with all the wonderful plants that seemingly grew with little interference from me. I was frequently advised to take master gardening

classes as I was a "natural." So I prepared to take classes, and... moved unexpectedly.

There is nothing more humbling than moving to a Mediterranean climate and instantly experiencing failure. The fun part is to learn and experiment again!

Even with native plants it is a challenging time. Drought and water-rationing, high temperatures, wind, fires, floods, infestations, chemicals, you name it, all affect your plantings. I live in a regular tract house with a standard size yard. I have to consider my neighbor's yard when I consider the type and size of native plantings along or near property lines. Not everyone is as enthused with native plants or popular succulents and other sturdy plantings. My daughter lives outside the city on county land and already has a wonderful variety of native plants. Even with fencing, most neighbors encourage and enjoy all the native plantings.

After speaking with people experiencing some or all of the challenges listed above, it's interesting to note



which native plants are surviving the odds. California Poppy, in dominant orange, along with cream, purple, and other colors, has sprouted well.

Seeding poppy areas with ground walnut shells mixed into the seeds has worked

well. I'm extending an invitation to Native Plant Chairs to contact me with their observations about the native plants in their area. Which native plants are surviving which conditions, which native plants are thriving, and which native plants need a little help or intervention? Which state will step up and write an article for the next issue of *WACONIAH* regarding their native plants?



Marcia Brown is a **GEM** because she chaired the Flower Show School in Nevada. Well done, Marcia!

~ Kristie Livreri

Have You Visited Recently?

By Judy Tolbert, Website Chairman

HAVE YOU BEEN THERE?

I hope you have visited the new Pacific Region Website that was launched in April 2019. As your new Website Chairman, I have tried to make it attractive and user friendly so that you, the members, will use the site more often and find it helpful. The website address is:

pacificregiongardenclubs.org.

There is much to see and do on the website, including a monthly crossword puzzle. Robin creates the crossword puzzles and, if you complete it quickly and send it to her, Robin says you may win a fabulous prize. The link to the puzzles on the Home page directs you to the list of files that you print out for the current month, then you complete the puzzle and send it to Robin. Answers are posted the following month.

Also, at the top the Home page, there is a link to direct you to the *WACONIAH* page which includes current and back issues through 2011. If you see a year that is missing, and you have the file, please forward it to me so I can post it.

Another link, "Upcoming Events", takes you to the Calendar page and you can scroll through to see State, PRGC and NGC conventions and NGC Schools showing dates and location. I encourage you to send your information on State Conventions, NGC Schools, Blue Star Memorial Dedications, and any events that you feel would be interesting to members at the Region level. Please include the name of the event, the date, location, and a contact email and/or phone number. Unfortunately, the site does not currently support photos for the calendar, but if that should change I will let you know.

While you are on the Home page, take a couple of minutes to read Robin's "Hot Flash" which she updates often. Those will be archived on the website later this summer in case you missed one. At the very bottom of the page there is a link that directs you to a Biography of your current PRGC Director, Robin Pokorski.

Other menu items include a complete list of Board members under "Leadership" and a complete list of Former PRGC Directors. Under "About Us", you will find information on the PRGC Scholarship Program, the PRGC Life Membership Program, a description of each of the NGC Schools and information on PRGC, NGC and Youth Projects. The "Award" menu has a link to the PRGC Award Rules and the PRGC Awards Application Form, both of which can be downloaded for your use. The "Forms" menu includes copies of the most recent Bylaws and Standing Rules, a Convention Guideline, and more. This menu is available for other forms such as registrations, flyers, etc. At the bottom of this page is a

link to current and former PRGC Board and Annual Meeting Minutes. Finally, the menu "[Links](#)" has direct links to each of the state websites for the Pacific Region. And, of course, the "[Contact Us](#)" menu is a tool for you, the member, to ask a question or make a comment.

I hope this article has piqued your curiosity and you will visit pacificregiongardensclubs.org. If you have a question or comment, or you would like to submit an event for the website, you can reach me at tolbertjl10@gmail.com or contact me through the website contact page.



Robin Pokorski is a **GEM!** Because she's so vibrant and dedicated to becoming an exceptional Pacific Region Director!

~ Cheryl Drumheller

CALL to Meeting

There will be a meeting held during the NGC Fall Board Meeting in St. Louis in September. **The PRGC Executive Committee (officers AND state presidents) are CALLED to attend and will be advised when a time and venue are secured.** Please advise Robin if you are NOT attending the Fall Board Meeting. All PRGC members are welcome!

Pollinators: Bees

By Ginny Timmerman, Pollinators Co-Chairman



Bees are needed to pollinate our flowers and food crops and are closely related to wasps and ants with over 16,000 known species divided into seven families. Bees are found on every continent except Antarctica. Some bees live in colonies and some are solitary.

Bees are adapted for feeding on the nectar and pollen of the flowers of plants. Nectar is used as an energy source and the pollen is primarily used for protein and other nutrients. Most pollen is used for food for the larvae.

Bees range in size from the tiny stingless bees which are less than .08" and the largest at 1.6", the leafcutter bee. Predators of bees include birds and insects like beewolves and dragonflies.

The evolution of bees and flowers are intertwined. Without this evolution we would not have the diversity of flowers that we have today. Some flowers can only be pollinated by certain bee species.

Honeybees, of which there are seven species, are the best known of all species. Honeybees live in colonies, consisting of a queen and worker bees. The hives can contain up to 60,000 worker bees.

Honeybees are the only insect that produces food eaten by man. Humans have been collecting honey from wild bees according to rock paintings in Spain around 15,000 years ago. Egyptians tried to domesticate bees around 4,500 years ago. Jars of honey have been found in their tombs.

Bees do a dance to tell other bees where the food is located. The dance tells the direction and how far away it is from the hive. Bees use the sun to find the compass direction. When cloudy, they navigate by using the polarized light using special photoreceptors to find the sun. They also use the earth's magnetic field.

Bees fly up to six miles from the hive and at a speed of 15 miles per hour. A bee visits 50 to 100 flowers on a collection trip. The honeybee produces on the average 1/12 of a teaspoon of honey in its lifetime. It takes the bees visiting about two million flowers to make one pound of honey. The average lifespan of bees is four to six weeks with the queen living up to five years. It's good to be queen!

Bees are hard-wired to do certain jobs: scout bees to search for food are wired for adventure and soldier bees for guarding the hive. Regular honey bees, which perform multiple jobs though their lifetime, change their brain chemistry before doing the new job. When an aging bee does a job normally reserved for younger bees, their brains age in reverse.

Bees can solve mathematical problems. They figure out the shortest routes between flowers and between flowers and the hive. They are the only animals able to do this.

Plants have a natural caffeine in them to protect from predators. Nectar laced with caffeine helps the bees remember where the flowers are. The caffeine makes the bees work better. Cocaine in the nectar turns them into liars. Bees dance to communicate and high bees exaggerate their moves and over-emphasize the quality of the food. They even exhibit withdrawal symptoms.

Honey is used to pack wounds. It has antibacterial properties and when used in wounds dries the wound out and helps to heal them.

Bees are really interesting insects. We learn something new about their complex lives every year.

Ed note: Here is a picture of the rarely seen kitty-bee. No stinger, just intense cuteness.



Brynn Tavasci is a **GEM** because we love to see our Design Diva in action! From your WSWG friends.

~ Diane Franchini

Doing No Harm

By Kathy Itomura, Wildlife Gardening Chairman



In the last Wildlife Gardening column (*WACONIAH*, May 2019) we talked about weaning our gardens away from poisons, including pesticides,

herbicides, and chemical-based fertilizers. These have unintended and mostly negative consequences since, in addition to killing a target pest or disease, they can destroy the many microscopic creatures living in the soil.

The rock bottom, so to speak, of a garden's sustainability lies in its soil and the millions of wild organisms that live there. Plants' roots are dependent on the health of the soil and its teeming networks of living creatures, including insects, worms, fungi, mycelium, mycorrhizae and thousands of one-celled organisms, most of whom are in mutually beneficent relation to each other. If we could see all of these creatures and watch their activities, it would make downtown New York City look like a rural outpost. Plant roots are served by this fantastic network that converts organic and inorganic materials into accessible nutrients for roots.

It is not easy to see this, so we must imagine it and then *do no harm* to this living soil. Increasingly, plant and soil biologists now recommend disturbing the soil structure as little as possible because such disruptions break the interconnected systems of the living soil network.

If you must dig a hole, dig it no bigger than it needs to be. Plant from the smallest size rootball that will achieve your purpose. Plant from seeds when you can! The smaller your plant is when it goes into the ground, the better chance it has to adapt and grow strong; also, the less damage you will do to its living soil support system. Always mulch, preferably with organic materials, as organic mulches will eventually be broken down and eaten by that invisible city of soil workers. Wherever you can, let the leaf litter from your plants stay in place - those leaves contain the same nutrients the plant needs for next year's growth. And you already know to keep your weight off of wet soil. When you need to work in a wet garden, place boards down to distribute your weight, thus avoiding soil compaction.

If we do no harm to the living soil, we will have less work to do in the garden in the end. There will be fewer fertilizer applications, less weeding, and more beneficial insects, birds, and lizards showing up to dine on pests and help keep the garden in a healthy balance.



Topiary Designs in Flower Shows

By Marva Lee Peterschick, Flower Show Schools Chairman



I've always enjoyed a flower show that had a class for topiaries in the Design Division. At first glance in the *2017 Handbook for Flower Shows*, it would seem topiary was gone, but looking further under the Botanical Arts Division Design you can find the Topiary.

A Topiary is described as a contrived tree form having a visible trunk/s created by the exhibitor and embellished with plant material. The exhibitor can use non-plant material to embellish the topiary.

In the *2007 Handbook for Flower Shows*, it stated topiaries were to be a creative design and judged by the Design Scale of Points. Topiaries have no listing now as to creative or traditional so it is up to the exhibitor. All other Design types in the Botanical Arts Division are listed as such:

Collage: Abstract Design

Plaque: Design arranged in a naturalistic manner

Hanging Designs: Traditional or Creative

Pot-et-fleur: Traditional or Creative

Exploration - freedom of Style - must use some plant material but no restriction on what can be done with the plant material.

Terminology that sometimes is not clear can be clarified at Flower Show School. If you have one coming up in your area, take advantage of it. It might be worth traveling to another state to attend one.



Kristie Livreri is a **GEM**. Since I could not attend the convention, she took over the task of the GEM Chairman at the event.

~ Michele Noe

Do You Know...?



...in how many states can moose be found?

Answer on page 18.

Horticulture: Strawberry

By Ginny Timmerman, Pollinators Co-Chairman



The strawberry has been found in many places in the world. It is truly a berry of the world. The strawberry fruit was first mentioned in ancient Rome. The French in the 14th century began taking the plants from the forests and planting them in

their gardens. The French King Charles V, who ruled from 1364 to 1380, had 1200 strawberry plants in the royal garden.

The cultivation of strawberries shows up in literature in 1578. It told how to grow and harvest the strawberry. By the 16th century there were three named European species. The introduction of a species from North America into Europe in the 17th Century gave rise to the modern strawberry. The combination of strawberries and cream was created by Thomas Wolsey during King Henry VIII's reign.

Strawberries vary in size, color, and shape. Strawberries are usually either June-bearing or ever-bearing. Strawberry seeds are on the outside of the berry, and on average is covered with about 200 seeds.

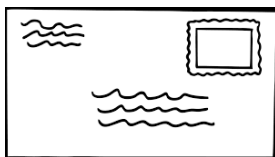


Strawberries in the home garden are usually grown in rows or pots. Our pots are on the back porch. We are trying the new strawberry called the "Hula Berry." It is white and is supposed to taste like pineapple. The problem with the berries on the porch is

that the chickens have found them and check them daily for the berries. THE WAR IS ON!

Mail Preview – US Postal Service

By Robin Pokorski, Director



Are you aware of Informed Delivery available from the US Post Office? Google "informed delivery" and sign up for free. The service sends you a daily email with a picture of what

you may expect will be delivered that day (or the next day). This is particularly useful for those who travel but want to stay on top of their garden club mail – and who wouldn't?

Fundraising & FUN-raising Booklet

By Carol Parrott, Sales & Treasures Chairman

As part of our Pacific Region **FUN**raising campaign we will be introducing our Photographic Greeting Card Line at our Sales and Treasures Table during our 2020 Convention. This is not a contest! But this cannot happen without YOU!

Shortly, your state will be asking for your color digital photographs, and each state will submit two photographs to represent their state.

The requirements are:

- Photographer is a garden club member
- Photographer grants us permission to use their photographs for our Pacific Region **FUN**raising efforts.



The flora of our beloved Pacific Region spans over 150 ecosystems from Alaska's Himalayan Blue Poppy all the way to Hawaii's Bird of Paradise

down to

Arizona's

beloved Saguaro Cactus Flower. We've got it all!



So, grab your smart phone, iPad or camera and get out there and get your perfect picture.

PRGC Life Memberships

By Marlene Kinney, Life Membership Chairman

It has been two months since I challenged you all at convention to double your Life Membership purchases. Please see update below:

Last Year: To Date: June 2019

Washington:	1	2
Arizona:	1	2
California:	8	7
Oregon:	9	0
Nevada:	0	0
Idaho:	0	0
Alaska:	9	0
Hawaii:	0	0

The race is on and I know we do not want to disappoint our Pacific Region Director. **Together** we can make our Pacific Region strong again and increase our scholarship program. We now have eight more months to increase our Life Memberships. Let's do this, because we can!

**My ability to recall song lyrics from the 80s
far exceeds my ability to recall why I
walked into the kitchen.**

By Lavon Ostrick, Wildflowers Chairman

By Sandra Ford, Roses Chairman

Does your state have a wildflower designated? After checking the list of states having a designated wildflower, I find that none of the states in the region have one.

Last winter in Idaho we received a lot of snow in the mountains along with a very wet spring. It seems like all of our plants and trees have put on extra growth, foliage and flowers.

Oregon State Federation of Garden Clubs has been collecting signatures to designate the Trillium, a member of the Lily family *Liliaceae*, as the Oregon State Wildflower.

During spring, it is a joy to visit the woods in the Fremont-Winema National Forest, Klamath Falls, Oregon near Crater Lake National Park to see the trillium blooming.



Picture left:
Climbing miniature 'Jeanne LaJoie' which can grow as tall as 14' by the end of the season and is also a cascade which was too heavy to try to stand upright.



The trillium blooms as the warm sunshine lends its light and warmth through the trees to the moist underbrush. It is magical to experience the quiet of the woods, the rays of sunshine beaming through the trees and beauty of the lovely little plant sitting in the woods.

Photo credit: Lavon Ostrick, May 2019

Trillium ovatum of the Lily family *Liliaceae*

My rose blooms are larger than normal and most have sent up a 3' to 4' cane over their normal growth. Miniature 'Popcorn' sent up a 3' cane in the center of the rose bush, which was so heavy with blooms it fell over making a beautiful cascade of white flowers.

Picture right:

Floribunda rose 'Julia Child' is now 6' tall covered in bright yellow flowers.



Coming attractions

- Photo Phundraiser**
- Installation Booklet**
- Digital History of the Pacific Region**
- Jelly & JAMboree**
- Youth Activities Ideas Handbook**
- Ideas for Increasing Membership**
- Region Cookbook**
- Inspiration Booklet**
- Centerpiece Give-away Ideas**
- Environmental Art Show**

Join us at Convention:

April 27 - 30, 2020 in Silverton, Oregon at The Oregon Garden

April 30 – May 2 Post-Convention Tour

For information on any of these activities contact Robin PRGCDirector@gmail.com

Be a part of the fun & education!

With 100 rose bushes in my yard, I purchased one of the more recent editions of a landscape rose called 'Drift'. It is sold at nurseries and big box stores. I never grow roses in a flower pot because of our winters, but these roses supposedly grow well in a container and will survive the winter. It grows 1-1/2' tall and 2-1/2' wide. It is already that size when I purchased it this week. It comes in several different colors. I love a new challenge.



Picture left:
Grandiflora "Crimson Bouquet" with its bright red roses now is 8' tall.

Rose gardens to visit in Idaho are: Julia Davis Garden – Boise; Caldwell Rose Garden – Caldwell; Lewis & Clark Rose Garden – Lewiston; Nampa City Rose Garden – Nampa; D. Merrill Rotary Rose Garden – Pocatello.

By Robyn McCarthy, Arboreta Chairman



Pacific Region Director Robin Pokorski graciously has given me the Chairmanship of Arboreta. I will begin with the basics - What is an Arboretum (plural is Arboreta).

An area devoted to specimen trees and shrubs is an Arboretum from the Latin *arboretum*, from arbor, tree. Many varieties of trees and shrubs are

grown there for research, education and ornamental purposes. Often, specimen trees and shrubs will be accompanied by a label which includes the common name, the scientific genus and species, the common family name, the scientific family name, and the native habitat. The plants are cultivated for exhibition which distinguishes an arboretum from a forest, nursery or park.

Various communities in our eight Pacific Region states support arboreta. It is valuable to have a place where people can see mature plants and decide which to use in landscaping. Also, arboreta provide a place where endangered trees and shrubs can be protected and propagated to preserve their biological diversity.

Green spaces become more important as we see more and more land gobbled up for construction and our communities become more densely populated. Arboreta provide an aesthetically pleasing place for people to visit and enjoy. A walking or riding tour through an arboretum is important for the physical health of people and also the spiritual and emotional health of individuals who want to feel in touch with their environment.

Who remembers



the first search engine?

By Lucy Smyth, Container Gardening Chairman



Container gardening is a less expensive way to garden than having garden beds. It is also easier to maintain and enjoy the fruits of our labor that bring color onto our patios, decks, walkways, windowsills and walls! You want the containers to provide the best environment for the plants you choose.

Containers using flowers only have been used in the past for bringing color to our homes by way of our patios and decks; however, more people are adding micro vegetables and herbs to their containers! An array of greens, reds and yellows are displayed in our vegetable containers that can be easily accessed by walking out our back door!

Because containers are small and easy to reach, they are perfect for teaching gardening to children. Our garden club had several spring activities that included children. Our club reached out to our local children's museum. A Kid's Planting Day was set up so children could come by and learn how to plant flowers in a container they would take home. We also had an activity at the North Pole library where children from an elementary school planted strawberry plants with a local senior center!

Fire Safety Council

By Ward Habriel, Fire Safety Gardening Chairman

The three 'Rs' of defensible space are:

- Remove** dead grass, dying shrubs & trees
- Reduce** the density of vegetation
- Remove** the most flammable plants

Plantings closest to the home should be well-irrigated. There should be a minimum of 10 feet of space from the home. Defensible space is 20' - 30' of space from your house. Take photos around the outside of your home to get a clearer picture of what you see.



A list of some of the most flammable plants, trees and shrubs is on our region website.



1987-1989
Mrs. Robert L. Fish
(Franke)
Arizona

Theme:
"Wings of Friendship"
Unified Project:
"Membership"

The 44th Pacific Region Convention was held in Seattle, Washington March 28-29, 1988 at the Edgewater Hotel with the theme "Goin' Fishin'." A successful Groundwater Protection Conference in Seattle had more than 200 in attendance.

The 45th Pacific Region Convention was held in Tucson, Arizona on April 25-27, 1989 with the theme "People, Places, and Pleasures of Arizona." A Waste-Awareness-Environmental Conference followed.

A new award was established to give the state with the largest number of new life members \$50 and \$50 to the state with the largest percentage of new life members based on membership. National Scholarships were won in 1988 by Arizona, California, Idaho, and Washington and in 1989 by Arizona, Hawaii and Washington.

Officers

- Director Mrs. Eldred G. Franke
- Alternate Mrs. Barney Upchurch
- Recording Sec. Mrs. Carl Klingberg
- Treasurer Mrs. Robert Bininger
- Cor. Secretary Mrs. Lloyd Johns
- Historian Mrs. Leon Chasson
- Parliamentarian Mrs. Tom Pethtel

State Presidents

- Washington* Mrs. J. Edmund Deming
- Arizona* Mrs. W. O. Ulrich
- California* Mrs. Roy Hedtke
- Oregon* Mrs. Robert Fariss
- Nevada* Mr. Leo Cook
- Mrs. Charles Gorley
- Idaho* Mrs. Randall Cone
- Alaska* Mrs. Richard E. Garrison
- Hawaii* Mrs. Roger Wickenden



Greg Pokorski is a **GEM** because he is **G**enerous with his time, **E**xceptionally talented and **M**indful of details.

~ Robin Pokorski



National Garden Week originated with National Garden Clubs, Inc. (then known as National Council of State Garden Clubs) to highlight and promote the importance of garden clubs and their benefits; to quote an article by Mrs. Harold Pasley written in 1986, "aesthetically, economically and therapeutically." The Resolution was passed by the US Senate June 18, 1985 to make the first week of June 'National Gardening Week.' It was hoped that all States would enact such a bill in their state legislatures as well by June 1987. I am just now investigating whether Oregon has passed such legislation. Some states have, but if yours has not, it might be worth investigating, too.

Meanwhile, at least one of our garden clubs in Oregon accomplished several projects for National Garden Week. Members of the Coos Bay Garden Club took floral vases to North Bend and the Coos Bay Fire Stations and Police Department, thanking them for their community service and keeping all of us safe. They also went to radio stations and newspaper offices and thanked them for supporting the garden club through the media.

On June 1, several members of the Coos Bay GC and Friends of Hinsdale Garden met at Shore Acres State Park. This is one of Oregon's landmark state parks in Coos Bay on the coast; it's visited by many tourists throughout the year especially at Christmas when it is decorated with thousands of lights. There, in the Gardener's Cottage, they displayed tri-folds showing the many projects in which their garden club is involved. The Coos Bay GC set up a table to show visitors how to make pressed floral greeting cards. Quote: 'Adults and children loved this craft!'

If any of your States have done something for National Garden Week, please send it to Vicki Yuen with a copy to me for inclusion in the next *WACONIAH*. I would love to hear what other states in our region are doing as we all have different varieties and species of plants and many community projects. **Remember our pledge: I promise to 'protect, conserve and promote.'** My email is nlwood2@comcast.net or you may call my number in the 2019-21 PRGC Directory. All state presidents, chairs, etc. received one of these at our convention in April.

By Bob Gordon, 2019-21 Tours Chairman

**Post-Convention Fundraiser Tour
April 30 – May 2, 2020**

Day 1 – Thursday, April 30 –

Tour The Oregon Garden or wander around Silverton, a charming Oregon town

Day 2 – Friday, May 1 – McMinnville, Oregon

Evergreen Aviation & Space Museum; lunch with McMinnville Garden Club; Mason-Rivera Sculpture Garden & Art Gallery

Day 3 – Saturday, May 2 – Corvallis, Oregon

Chintimini Wildlife Center; brunch on your own; Hudson Victorian home tour; tea; Victorian floral design demonstration

Space is limited. JOIN US FOR THE FUN!!

Details: Cost: \$225 per person

\$25 refundable deposit – due to Becky Hassebroek, PRGC Treasurer, 518 Slater Dr, Fairbanks, AK 99701 by February 15, 2020.

Make checks payable to PRGC. Balance due March 15, 2020.



*Let's Bring 'em Back In"
Director's Special Project*

By Carol Vallens, Director's Special Project Chairman

Clubs are the ❤️ of our organization.

Let's reflect on all that we learned at our garden club meetings this past year and remember all the fun we had with our garden club friends. We all have our reasons for joining a garden club, but we all know why we stay. We stay for the lasting friendships we have made over the years. Most of us enjoy our summer break, but after a few weeks don't we begin to miss our friends and our garden club activities and can't wait to **RECONNECT** in September?

Over the years we have seen some garden clubs go off on their own and try to stand alone. These clubs have lost their connection to us, and we need to help them understand that membership is the heart of the clubs and all the benefits that membership affords them. Over the summer think about all of the reasons we belong to the Pacific Region Garden Clubs, Inc. If everyone that reads this article sends me just one benefit of membership, I will combine all of our great reasons and create a document that we can share and use to encourage and educate non-member clubs to connect or **RECONNECT** to Pacific Region Garden Clubs, Inc.

My contact information is cvallens57@gmail.com or my cell phone number is 818-378-1313.

By Shirley Lipa, Blue Star Marker Co-Chairman



How is your **Blue Star Memorial** looking? A little faded perhaps? You don't really know how to go about getting it refurbished? To help all states reach (or exceed!)

Director Robin's goal of placing or refurbishing two markers (CA goal of 5), **we have information that may be of interest to you.**

With ten years of experience, Thomas Stelling, owner of Historical Markers Restorations, has perfected restoring bronze markers. He lives in Daytona Beach, FL, but is willing to come west to restore our Blue Star Memorial Markers in the Pacific Region. He has already returned home for the year, but said he would travel to the west coast next spring if there were enough markers to restore to make it worth his time.

He charges \$750 to restore the Highway Markers and \$250 for the smaller By-Way markers. He does the Highway Markers wherever they are located. The By-Way markers need to be unmounted and brought to a location where he is working on a large Highway Marker.

We would like to plan out an orderly route for his travel, perhaps starting in Arizona and working north. If there were enough markers in Alaska, he said he would "think about" traveling up there. To see before and after pictures, you can look at his web site, <http://www.historicalmarkersrestorations.com>.

So, Districts and Clubs in the Pacific Region, please think about getting your Memorial Marker restored. Clubs and Districts should contact their State **Blue Star** Memorial Chairman, so that a state list can be compiled. The State Chairmen will then let the PRGC's **Blue Star** Co-chairmen know how many and the location of the markers that each state has to refurbish. Tom indicated he could probably start on our markers next April. If you have any questions, please just ask!



Aleta MacFarlane is a **GEM** because she works tirelessly as Nevada State Youth Chair to make a difference in the life of children and to teach children about gardening.

~ Dorlene Waite

First Annual Show Coming in the Fall

By Aleta MacFarlane, School Gardens



Nevada currently holds the title of being number one in school gardens in the nation. Faith Lutheran Middle School has two side by side commercial-size greenhouses. One is hydroponic and the other aquaponic. Glitter Gulch African Violet Growers partnered with Faith Lutheran to teach 6th graders in a year-long project to grow African violets in the hydroponic greenhouse. The violets were placed under the racks to simulate growing in treetops, as in nature. Please enjoy the report by Joyce Stork, club secretary, former teacher and author of "You CAN Grow African Violets":

The yearlong project at Faith Lutheran Middle School in Las Vegas with the Glitter Gulch African Violet Growers reached a conclusion in May with a 98% success rate. Each 6th grader produced at least one clone, if not two or more. Over 500 clone clumps were divided, potted, and given time to mature a bit before they went home to 6th grade moms for Mothers' Day.

The students had one last classroom session in May to learn how to care for their violets at home. A special care sheet was developed for them related to the specific needs of growing violets in a desert environment. They also learned the basics of wick-watering and capillary action. The principle was acted out by 20 students who stood in a line like water molecules. They were joined by hands and felt the tug as the topmost student was "evaporated" by their teacher away from the others.



The students will have one more learning opportunity. These same students will be invited to bring their mature violets back for a special exhibit when the **Glitter Gulch Club holds its first annual show in the fall of 2019**. Then the school project will begin again with a new group of 6th graders and another 250 African violet leaf cuttings.

Parliamentary Tidbits Keep Your Bylaws Current

By Greg Pokorski, Parliamentarian



Some members of organizations inherently dislike bylaws and/or the process of changing them. Some of us actually find the subject interesting and fun. But love them or hate them, they are the highest level of rules for most groups and the activity of the organization must be conducted in compliance with its bylaws. They have direct bearing on the rights and duties of all members, whether present or absent from any particular meeting. Bylaws should be written to meet the particular needs of the organization, should be as brief and to the point as possible, and neither more restrictive nor more detailed than necessary. Vocabulary, sentence structure, and punctuation must be clear and precise. What is omitted may have as much significance as what is included.

I sometimes hear the lament in various levels of garden club (perhaps especially at the state level) "why do we have to spend so much time on bylaws?" or "why do we have to deal with bylaws at every convention?" If you are a member of any organization you are affected and governed by its bylaws. If you are a member of the board of any organization you are a part of the administrative and managerial governance of the organization. In both instances you have the right and the privilege to participate in the running and shaping of the organization by having a vote on what these basic rules of the organization are.

As a nonprofit or any organization evolves and changes, its bylaws should be reviewed and amended to respond to these changes. Reviewing the organization's bylaws is a basic part of every board's legal duties. Many state garden clubs and National Garden Clubs, Inc. have bylaw review processes in place whereby a Bylaws Committee or Organization Study Committee reviews bylaws (and other rules) on an ongoing basis and also receives recommendations from members of the organization. Generally, this committee makes recommendations for changes to the executive committee and/or the board of directors, who then refer the changes they have approved to the organization's membership for final approval at each annual convention. In these situations, while the review process is ongoing, actual changes can be enacted only once per year. Clubs and districts may be less restricted as to when they can make such changes in their bylaws, but may be well-served by having similar review committees and a similar process. The more often you review bylaws and tweak them as needed, the less likely you are to have them become completely out of synch with the organization and require extensive and significant change. Well-drafted bylaws signal a well-governed organization.

With a Little Help From My Friends

By Susan Nash, Indoor Gardening Chairman

I chose Indoor Plants as my chairmanship because I have a large sunroom with many dying plants. I am going to fix that with your help.



The plant I'm starting with is a *Dendrobium thrysiflorum*. My plant had a beautiful flower, but the plant itself looked terrible. It needed to be transplanted with more regular watering. To transplant an orchid: remove all old potting material (bark) and clear any dead stems and roots. Loosen the roots and

thoroughly rinse away any lingering debris. Using fresh potting material (I used clay pebbles as an experiment to help with water retention), cover roots without covering stems.



Next time I will discuss scale and my *Schefflera* (Umbrella Tree). If you have any questions or comments my email is smnash9@gmail.com

Blue Star Challenge

By Cher Habriel, Poet Laureate

A challenge for Pacific Region Garden Clubs to reach the two new stars for each of the next two years.

Memorial stars

For the people to see
Lest we forget those
Who keep us all free.

We honor these soldiers
Who took a firm stand
And paid with their lives
To protect this great land.

On highways and byways
Across fifty states
Tangible reminders
Help us celebrate.

Let us strive to reach
Our clubs' lofty goal
Of thirty-eight new
Stars of blue and of gold.

Membership Matters

By Gaye Stewart, Membership Chairman

Your Pacific Region has challenged each of its eight states to grow its membership by 10% in both 2019-2020 and 2020-2021. We must take this challenge seriously in order to reverse the membership trend occurring in each state.

At the recent Pacific Region Convention, packets of information were distributed which included membership statistics for the period 2004 through 2018. The decrease in membership for each of our states is dramatic – losses range from 11.47% in one state to as much as 85.83% in another! We must take ACTION now!

If you would like a copy of the packet which includes the Membership Goals for Pacific Region, the Membership Chart of the eight states, plus a list of "100 Ways to Recruit New Members" written by Chris Offer and published in the Club Runner Newsletter, email your request to RosesRemembered@aol.com and one will be emailed to you.

How can you help? **Consider yourself a Membership Agent**, challenged to invite one new person to each of your Club's meetings this year. Introduce them, involve them, and follow-up with information on joining your Club. If each Membership Agent took that one action, 12 new members could be joining your Club in one year. If you have 20 members and each Membership Agent invited one person per month your Club could grow potentially by 240 members in one year! Then you could split your Club or meet on the football field at your local high school. Now that would be high visibility!

We can all be part of the mission to increase club membership, wherever we live. New members bring new ideas, new energy and their personal life experiences which enlivens our own Club experiences. Let's begin the opportunity today.

National Garden Clubs, Inc. is also focusing on building membership and has set an ambitious goal of a 21% overall increase in membership by 2021! Pacific Region is already in step with this lofty goal with our own targeted growth plan of a 10% increase for each of the next two years.

Remember – we are all Membership Agents who know people not yet enjoying the tremendous benefits of belonging to a garden club. Put on your smile and "just invite." Keep a list of those invited, or a count, if it's someone you met informally at a local nursery. You'll be delighted with the number who say, "Yes, tell me more!"

Remember the M&Ms? **M**embership **M**atters! Let's do it!

What kind of bathing suit do the animals
at the zoo wear?

A **zucchini**

What is a Community Garden?

By Susan Crevensten, Community Gardens Chairman



Definitions of Community Gardens go from sharing some garden space with your neighbor in the back yard to paying the Department of Parks and Recreation in your city for a specified amount of dedicated garden space. What they all have in common is a group of people, made up of young and old, who want a space

to grow food first and flowers second.

The first Community Garden I visited early May was located in Portland, Oregon. The Sabin Community Garden sits on top of a hill in the Northeast section of Portland. I talked to an elderly man who was there cleaning up his garden space for the upcoming growing season. He said he used to pay Parks and Recreation \$30 a year for his garden space (which was the largest-sized plot remaining), but now he pays \$100 a year for the same space. Therefore, many of the larger plots have been divided up and shared by 2-3 owners. His rhubarb was already up and I saw newly planted cabbages and lettuces around in other spaces.

The entire garden space was surrounded by a chain link fence with a lock and a large sign "Sabin Community Garden" hung on the fence. This Community Garden is sponsored by the Portland Water Bureau and Portland Parks and Recreation.



Clean your thoroughly wetted sponges by microwaving for two minutes.

Pacific Region Boosters

Thank you to our next Pacific Region Booster! You make the difference in our Region's ability to offer scholarships. (Which means no one became a Booster since the May issue – sigh! Sad face.)

Gardener's Tip



For an inexpensive pot foot to lift a container off the ground or patio, screw four wine corks together. Make as many as needed to place along the container edges. They will last a long time.

Does Hawaii Have Invasive Species?

By Janet Petersen, Invasive Species Chairman

Recently I had the privilege of visiting the beautiful Hawaiian island of Oahu. We visited many breathtaking botanical gardens and admired the plants from all over the world that thrive there. I visited the Hawaiian Invasive Species council website for the following information.

The term "invasive species" is used in a variety of ways, but in Hawaii this term typically refers to species that are both

- harmful to the environment, economy, and/or human health, and
- not native to Hawaii (i.e., species introduced by human assistance rather than by their own means of introduction).

It is important to note that not all non-native species are considered invasive, only those that cause environmental or economic harm, or harm to human health. While there is currently no official designation of invasive species in Hawaii, the HISC is working on an effective way to define and classify these species for the State of Hawaii.

Federally, Executive Order 13112 authorized by President Bill Clinton defines invasive species as "alien species whose introduction does or is likely to cause economic or environmental harm or harm to human health."

Hawaii is a unique place, due in part to its geographic isolation and volcanic origin. What we refer to as Hawaii's native plant and animal species are those that arrived here without the assistance of humans: seeds for Hawaii's first plants arrived here by floating on the waves, being blown by the wind, or transported by traveling birds. Likewise, Hawaii's native animal species are those that flew here on the wind or swam here on the water. Introduction events like these are rare, and so the species that made it to Hawaii lived here in relative isolation over the 70 million years of Hawaii's volcanic history. Those original introductions spawned, through the course of evolution, native Hawaiian species that are often found nowhere else in the world. The ohia and koa forests are uniquely Hawaiian, as are the hoary bats, 'i'iwi (pictured), and 'apapane that once filled those forests.



By Becky Hassebroek, NGC Membership Chairman

By Bonnie Winters, Idaho

There are many reasons why individuals join a garden club ~

- Invitation by a friend,
- Desire to learn,
- Participate in community projects,
- Heard it was FUN!, among others.

If your members don't feel needed, though, you may eventually lose them.

Show your members that you need them!



My youth activity was on frogs which I presented to four individual classrooms in one-hour sessions for the 1st and 2nd graders at Homedale Elementary School in Homedale, Idaho. Over one hundred students were included in this activity, including my own grandchildren.

My goal was to teach the identification, lifecycle, habitat and ways of saving our frogs. My main objective was to make learning about frogs an educational fun activity, so **all** of the students could take part.

I spent 12+ hours of preparation and a total budget of \$97 for materials and 4 hours of presentation. Nampa Garden Club donated \$50 towards expenses and \$10 for *The Frightened Frog* book. I donated the rest for my program.

Some of the materials I used included: a large colored poster on frogs and toads and their lifecycles, and over twenty-five rubber and stuffed frog toys and their predators, two visors and costumes, battery operated sprayer, face masks, a toy chain saw, a terrarium with frogs, CD player, CDs and a cell phone. I also provided more than eleven library books, including *The Frightened Frog*, and candy treats and frog toy gifts.

My colorful poster showed the lifecycle of frogs and toads and pictures of them around the world and their habitats. This was discussed with the children as my assistant dressed two students in a frog and toad costume. I covered the toad t-shirt with painted brown bubble wrap and the frog shirt in iridescent green shiny fabric paint. The visors had large frog eyes and round ear pads to show the difference between a male and female. My frog and toad models helped identify the difference.

We discussed the many predators and loss of habitat that affects the life of frogs, distributed rubber and stuffed toys of predators that eat frogs, and had the students come forward and tell what their animal was and try to pretend to eat my rubber frog I was holding. Then two students helped show how our environment is being destroyed for many frogs. Using a battery-operated sprayer and masks, a student pretended they were spaying poison on weeds and insects as the other student pretended to be cutting down all the trees. The rest of the class pretended to be frogs while they were being sprayed and their desks legs cut down. Lots of spontaneous activity erupted of dying frogs rolling on the floor which made for a good example and fun.

We shared many books about frogs and presented the teacher with a copy of *The Frightened Frog* for their school library, donated by Nampa Garden Club. I also



For your **new members** –

- Give them a welcome packet so they know what you're about,
- Assign them a mentor,
- Get them involved!

For your **current members** –

- Recognize them for their accomplishments.
- Ask for and respect their opinion.
- Let them know how important their knowledge is.
- Say Thank You!
- Keep them involved!



For those **members who have drifted away** –

- Reach out to them.
- Let them know how much they are needed and missed.
- Praise them for their past accomplishments.
- Get them involved again!

Everyone needs to know they're needed!

Remember that Members Matter Most!

For assistance, please contact your NGC Membership Committee.

Becky Hassebroek, Chair,
NGCMemberships@gmail.com

CONGRATULATIONS BOOSTERS!!!!

2018-Donations \$915 2019-Donations \$1118

TOTAL \$2033 (2017-2019)

*indicates donation each of the two years

Lauri Baker OR	Josephine Goodenow MO
Fran Tierce OR	Jeanette Pruin* WA
Greg Pokorski* CA	Robin Pokorski* CA
Brynn Tavasci* WA	Sherry Cossey OR
Robyn McCarthy* ID	Julie Riley AK
Becky Hassebroek* AK	Linda Nelson-Bentson OR
Peggy Olin* OR	Sherry Molinari* CA
Claudia Hambacker ID	Gaye Stewart* OR
Janet Hartmann AK	Pat Babcock AK
Jana Dudley CA	Rosa Radicchi CA
Susan Nash WA	Anne Sullivan* WA
Kristie Livreri* NV	Chris Wood AK
Monica Lewis CA	Lenora Lee CA
Lucy Samuels AZ	Tanja Swanson* AK
Cheryl Drumheller* OR	Shirley Schmidt* OR
Sue Bennett* CA	Dorothy Munroe* WA
Terry Critchlow* WA	Larri Tarver CA
Jamie Cloud OR	Judy Stebbins NV
Nancy Ebsen OR	Beverly Noyer NV
Rita Desilets CA	Carol Vallens CA
Nancy Lee Loesch* NV	Shane Looper CA
Carolyn Villi CA	Linda Smith CA
Beverly Brune CA	Krystal Migliore CA
Russ Ford ID	Alexis Slafer CA
Lana Finegold WA	Roseann Costabile CA
Linda Tucker CA	Char Mutschler OR
Deedee Speer CA	

2017-2019 Booster Chairman, Terry Critchlow, and Kristie Livreri, Scholarship Chairman, thank all our Boosters for supporting the Pacific Region annual Scholarship drives. Without these donations, scholarships would not be possible. In addition to life memberships, and various small fundraisers Scholarships are funded in large part by booster donations.

Your continued support of the Pacific Region Scholarship program is an easy way to promote environmental awareness and responsibility to future generations. Be sure to collect Booster Bracelets from 2019-2021 Booster Chairman Milly Benson.

An Incredible Herb!

By Monica Lewis, Edible Gardening Chairman

Basil is truly an incredible herb! It is enjoyed for its rich and spicy, mildly peppery flavor with a trace of mint and clove. Basil is an annual herb belonging to the mint family. Basil can be identified by its square, hairy stems. There are over 40 known varieties of basil of which Sweet Basil (*Ocimum basilicum*) is the most commonly

passed around a terrarium habitat with hidden plastic frogs to try to find, as we listened to real frog sounds from a cell phone. We then read together a frog poem from my poster and sang two catchy frog songs with background music.

Each child received a plastic jumping frog toy with a lily pad napkin and candy treats that depicted frog eggs and tadpoles to take home. Each teacher received copies of



the educational materials on a frog lifecycle, a copy of the frog poem and pictures of a jungle frog habitat to color.

This was a successful educational presentation on frogs. After questioning the students of things they learned about frogs, I was pleased on how much they had picked up and the depth of their understanding of the material I presented. Many Idaho Educational Standards were met, making this a valuable lesson. I met my goals and the children enjoyed learning about frogs. Who knows, these students may be the next generation to remember and share this information, as well as being sensitive to saving our frogs.

Issue Deadlines and Issue Focus

The deadline for the November 2019 issue is 9-30-19. The issue focus is: **How is grant-writing addressed in your state?**

Answer to "Do You Know"

Excerpted from Mooseworld.com

15 states claim moose: Alaska, Colorado, Idaho, Maine, Minnesota, Montana, New Hampshire, New York, North Dakota, Utah, Vermont, Washington, Wisconsin, Michigan and Wyoming.

Official Calendar

The Pacific Region Garden Clubs Official Calendar will be on the PRGC website and published in *WACONIAH*. It will contain dates for:

Pacific Region: conventions, special events, and tours and Pacific Region Director's travel schedule.

States within the Pacific Region: conventions, board meetings, special events including fundraisers, tours, schools, symposiums, and school refreshers.

NGC: conventions, board meetings, and special events.

Email dates to the Official Calendar Chairman Sally Priebe at PRGCOfficialCalendar@gmail.com.

By Robin Pokorski, Director

known and grown. *Ocimum* is from a Greek verb that means "to be fragrant." The plant tastes somewhat like anise, with a strong, pungent, sweet smell.



From its native India, Basil was introduced into Europe in ancient times. Views and traditions associated with the herb have been mixed. Some cultures associated

basil with hatred and misfortune; others regarded it as a love token.

The French sometimes call basil "l'herbe royal". Jewish folklore suggests it adds strength while fasting. It is a symbol of love in present day Italy, but represented hatred in ancient Greece, and European lore sometimes claims that basil is a symbol of Satan. African legend claims that basil protects against scorpions, while the English botanist Culpeper cites it as common knowledge that smelling basil too much would breed scorpions in the brain.

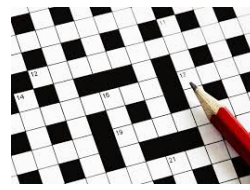
Holy Basil, also called "Tulsi", is highly revered in Hinduism and also has religious significance in the Greek Orthodox Church, where it is used to prepare holy water. It is said to have been found around Christ's tomb after his resurrection. Churches used basil to prepare holy water and pots of basil are often placed below Church altars.

In Europe, Basil is placed in the hands of the dead to ensure a safe journey. In India, they place it in the mouth of the dying to ensure they reach God. The ancient Egyptians and ancient Greeks believed that it would open the gates of heaven for a person passing on.

With so many attributes it isn't any wonder that Basil has become increasingly popular over the years. It has been recommended for digestive complaints. So instead of an after dinner mint, try sipping an after dinner cup of basil tea to aid in digestion and dispel flatulence. Herbalists have recommended basil for years for stomach cramps, vomiting and constipation. Basil has been described as having a slight sedative action, which would explain why it is sometimes recommended for headaches and anxiety.



Basil is surprisingly easy to grow. It is easily grown from seed regardless of whether it is started indoors or outside in the garden after the danger of frost has passed. Basil is very tender and sensitive to frost injury.



Don't you know me well enough by now? I'm going to keep on torturing you with monthly puzzles so you might as well play along! Remember there is a new puzzle at the first of the month on our website. **The first person to correctly complete the puzzle and return to me will receive 10 points. Everyone who returns the puzzle will receive 2 points (and a bonus of 5 points if complete).** The person with the most points at next year's convention will be honored and feted most royally!

Pacific Region States' Websites

PacificRegionGardenClubs.org

- Washington: WAGardenClubs.com
- Arizona: AZGardenClubs.com
- California: CaliforniaGardenClubs.com
- Oregon: OregonGardenClubs.org
- Nevada: NevadaGardenClubs.org
- Idaho: GCI.org
- Alaska: AlaskaGardenClubs.org
- Hawaii: [None](#)

Abby Arborvitae

Dear Abby Arborvitae, Apparently we are all experts and need no help. Maybe next month someone will send in a question.



Send your questions to: Gudy Kimmel, Interactive Horticulture Co-Chairman, Gudron56@att.net

Director's Calendar/Travel Events

- Sep 11-17 Traveling in Indiana and Illinois
- Sep 18-21 NGC Fall Board Meeting, St. Louis, Missouri
- Sep 29-Oct 3 California's Fall Board Meeting, Redding, California
- Oct 4-6 Nevada's Fall Conference, Las Vegas, Nevada
- Oct 9-12 Traveling in Pennsylvania
- Oct 13-16 Leadership Workshop, State College, Pennsylvania
- Oct 22-24 Arizona's Fall Meeting, Phoenix, Arizona
- Dec 3-5 Chinook District Holiday Party, Washington

★ Hopefully the Director will be attending some **Blue Star** Dedications.....

By Lana Finegold, NGC Schools Chairman

NGC Schools include Environmental, Landscape Design and Gardening as well as Flower Show Schools. There is a new Handbook for Environmental, Landscape Design and Gardening Schools that is only available online and should be on the NGC website by now. All forms were revised to be used by the three schools. So, if your club or district or state is sponsoring an Environmental School, a Landscape Design or Gardening School, be sure to use the new handbook and the new forms which are fillable online. I just retired from the NGC Board where I was the Multiple Refresher Chairman, and I am a five star member of NGC, so if you have any schools questions, I can try to answer them or find the answers for you. I can be reached at lanafinegold@msn.com or 425-747-5742. I know that Washington State is holding a Gardening School and Oregon is starting a Gardening School. Hopefully all schools in our region will post their schools on the Region Website. Contact Region Website Chairman Judy Tolbert at TolbertJL10@gmail.com to list your state's NGC Schools.

School Days

By Launa Gould, Schools Chairman

FLOWER SHOW SCHOOL

September 25-27, Course 2, Las Vegas, Nevada
 Jean Engelmann, 702-456-3126
WJEngelmann@gmail.com

GARDENING SCHOOL

September 30-October 1, Course 2, Renton, Washington
 Contact: Debbie Angel, 253-486-2326
DebbieLAngel@gmail.com

November 17-18, Course 1, Silverton, Oregon
 Contact: Shirley Schmidt, 541-218-3940
ShirleySchmidt@yahoo.com

January 20-21, 2020, Course 1, Chula Vista, California
 Contact: Michael Biedenbender, papa2j2@cox.net

January 22-23, 2020, Course 2, Chula Vista, California
 Contact: Michael Biedenbender, papa2j2@cox.net

LANDSCAPE DESIGN SCHOOL

January 25-26, 2020, Course 2, Phoenix, Arizona
 Contact: Judy Tolbert, 602-421-5290
tolbertjl10@gmail.com

WACONIAH Staff

Editor Vicki Yuen PRGCWaconiah@gmail.com
 702-259-9888

Ass't Editor Greg Pokorski
GregPokorski@earthlink.net

Circulation Terry Critchlow tcritchlow@aol.com
 509-945-5465
 PO Box 1046, Naches, WA 98937-1046

Sep 18-20 NGC Fall Board Meeting, St. Louis, Missouri

2020

Feb 15 \$25 refundable deposit for Post Convention tour due to Becky Hassebroek

Apr 24 National Arbor Day

Apr 27-30 Pacific Region Convention, Silverton, OR

May 1-2 Post-Convention Fundraiser Tour – McMinnville and Corvallis – **JOIN US!**

Directory Changes

By Alexis Slafer, Corresponding Secretary

An updated digital Directory is available to everyone – contact Alexis Slafer, aslafer@ca.rr.com

Please update your hard copy Directory with the following:

Add

Timekeeper – Conventions Team
Janet Conley – November 26
 18124 Oatfield Rd, Gladstone, OR 97027-1664
 503-723-0239 503-260-6884
Janet.Conley26@gmail.com

Inspiration Booklet - Communications Team
Becky Cook – August 15
 44475 Aeolian Way, Neskowin, OR 97149-9700
 503-392-3666 503-298-8742
SeaStudio06@yahoo.com

President, Idaho Garden Clubs
Karen Jean Lowe – September 2
 3380 Terra Dr, Boise, ID 83709-3834
 208-604-4705 GCII.KJL@gmail.com

Integrated Pest Management – Conservation Team
Nicole Sanchez – May 4
 4424 Winter Ave, Klamath Falls, OR 97603-7487
 252-259-8748 Nicole.Sanchez@OregonState.edu

Herbs Chairman – Gardening Team
Sally Thompson – October 21
 29275 NE Putnam Rd, Newberg, OR 97132-6458
 503-538-2774 MGTSAT@comcast.net

Pollinator Co-Chairman -
Ginny Timmerman – February 24
 44500 Aeolian Way, Neskowin, OR 97149-9700
 503-392-6161 503-457-8780
BeachDahlia@yahoo.com

Change

Myrtle Findley's email to MyrtleF@gmail.com

Delete

Jeanne Desilets, Timekeeper
 Kathy Itomura's email: PRGCWildlife@gmail.com

Name _____

Puzzle Mania

August 2019 #4

X N R R Q R M B X H D Z R P M R D D Z
A Y R D J S J R O I W N Y X Z J L L Z
L M N Y P K P N K A N R P L Z Z Y R D
A X G E W B O I S D N E I R F D O O G
S W N L V L C H H S G D O D N I M O P
K T R R U A I O A S P O P H I D T Z B
A Y R L R N D L M G D X L A P N N I L
R L U Y G D E A M R R N W Y E G D K M
I T U T R M Y B Y Z A A E M M A Z C G
Z X O A P X B Y Y S H D A I H P A D Z
O N J L E Q Y M T Y D R E O R L I M J
N T N W X N M K Q I C N X R I F L A Z
A K N O B M U T R A C P E F Y K P M R
D D V D G M N J S T R N O I B L P X N
L K T N R E T M L B E R O Q R V L J T
B Y Y G W L R B G R N I N S R F N M Z
V W Q N B R G O P I J D S T R T W L R
M L M D J D T Y A Y N P N O M A R E D
T T M G X R Z D D K G T D T B R C T N

Honolulu
Washington
Arizona
Alaska
Idaho
Nevada
California
Oregon
Juneau
Sacramento

Olympia
Phoenix
Salem
CarsonCity
Bosie
Hawaii
Friendships
NewFriends
Goodfriends
Comradery