



WACONIAH

WASHINGTON • ARIZONA • CALIFORNIA • OREGON • NEVADA • IDAHO • ALASKA • HAWAII

Newsletter of the Pacific Region of National Garden Clubs, Inc.

Vol. 43 No. 4 Director's Theme: "Look to the Garden Through the Eyes of a Child – A Kaleidoscope of Possibilities"



Pacific Region Director Kristie Livreri & Helga Sallmon at the Pacific Region Convention in Henderson, Nevada.

Director's Message

Welcome Spring! This is such a fun time of year with lots of work and lots of rewards for hard work in the fall. When those bulbs planted with your children or grandchildren peek their heads up through the soil and provide beauty and fragrance to our gardens everything seems right in the world.

It has been an honor for me to judge the National Garden Clubs, Inc., Scholarship Applications. We received 41 and the task seemed daunting, but the letters from the applicants were inspiring. Of course, I was impressed with those who stated in their letters, that the love of gardening began at the side of their mothers, or on their grandparents' farm, or on a field trip at school or on a nature hike when they were young. It gave me comfort to know that our world will be in good hands if these students move forward as caretakers.

The decisions we make today affect our future, not only in garden club, but in our communities. The decision

to make the world a better place begins at home. Parents must instill in their children a respect for the world around them, which includes people, animals and nature. Reaching out to neighbors is so important. We can expect peace in the world if we can find peace within our own neighborhoods. Recently Aleta MacFarlane, of the Las Vegas Iris Society, noticed children playing in the street in her neighborhood. She invited them to help plant a vegetable garden in her front yard. They were more than enthusiastic and come every day to see what they can do to help in the process. She has told them that they will reap the bounty of their garden. Aleta will teach them about soil preparation, irrigation, and pests. I am hoping to be invited for a summer salad luncheon. Aleta has made a difference. These children will long remember the gardener's touch.

I know there are many other stories like Aleta's and I so appreciate your wonderful newsletters which you share with me as your director.

I want to take this opportunity to thank all of you who have grasped our vision of the endless possibilities of working with children in the garden. It is like looking into a kaleidoscope and seeing the many colors. I look forward to the next year of our term with appreciation of your support.

Kristie

Pacific Region States' Websites

Washington: WAGardenClubs.com
Arizona: AZGardenClubs.com
California: CaliforniaGardenClubs.com
Oregon: OregonGardenClubs.org
Nevada: NevadaGardenClubs.org
Idaho: GCII.org
Alaska: AlaskaGardenClubs.org



In the calm between the downpours of rain, the Executive Committee had the privilege of planting a *Cercis canadensis* 'Appalachian Red' (Eastern Redbud) at The Oregon Garden on Sunday afternoon preceding our Board of Directors Meeting. Our organization has made \$1,000 donations for many years

to their Children's Garden as well as several other physical contributions. It was a perfect site for us to revisit to find those jewels. Our members were treated with presentations from four Oregon Garden staff members who shared their area of expertise: the Frank Lloyd Wright Gordon House, Horticulture Curator, Youth educational program, and the Foundation.



Focus on Air –

Our business meeting opened with a question for the members: Did you know that according to the American Lung Association, indoor air can be even more polluted than the air outdoors? Pollutants are:

- formaldehyde (from carpets, upholstery, glues, and paint)
- benzene (found in plastics, synthetic fibers, lubricants, rubber, and pesticides)
- trichloroethylene (found in paint removers, rug cleaning solution, adhesives, and more)

Unlike the outside, these pollutants become trapped and concentrated in our air-tight homes, aggravating conditions like asthma and allergies.

The good news is there's a natural way to combat this indoor air pollution. "Members, do you know what that is?" They answered with a resounding reply: **Houseplants.** My Executive Committee was introduced with each naming their favorite houseplant.

Design Award –

The Board voted to award an annual Suzy Twist-Powell Designer Award to celebrate a lady who gave her all toward the propagation of Floral Design.

PR Tree Project –

Our members have been diligently planting the Oregon Grape plants provided to them at the Fall Board meeting. Many have been sharing pictures with this president – some of which have included children!!!

"Share the Bounty – Tip the Scale"

Members were challenged to donate the amount of their personal weight or 150 pounds during this two-year term. Currently the donations to food pantries are about 100,000 pounds!!! since the beginning of this administration.

"The Frightened Frog" book –

Did you know that our NGC President, Sandy Robinson, did a live 30-minute radio interview with renowned Mike Darcy on his "In the Garden with Mike Darcy" show Saturday, March 19? To listen, check his website: <http://www.kxl.com/shows/garden-mike-darcy/>.

Scholarships Announced

Carol Parrott, Scholarship Chairman



As Pacific Region Scholarship Chairman I have the honor of working with our state scholarship chairmen. The state chairmen were relentless in their pursuit of worthy candidates for our Pacific Region Scholarships.

They worked with their local universities to get the word out for their state scholarships and Pacific Region's scholarships.

The Pacific Region is privileged to be able to award two \$1,000 scholarships this year. And, it's a good thing, because our region has some exceptional students. The selection process was extremely difficult as the caliber of the applicants was extraordinary.

Marcel Ortiz is from Oregon. She has a 4.0 GPA, currently carrying 21 credits at Oregon State University, and is majoring in Agronomy.

Marcel is a basketball coach to Native American tribes, a tutor, and a member of the chemistry club, Agriculture and Young Cattleman's Club.

Irene Lona is from California. She has a Bachelor's Degree in Anthropology with a minor in Entomology. She is in the Master's program at UC Davis where she works, and her thesis project addresses how drought stress on walnut trees affect colonization rates by the walnut twig beetle, a real and eminent threat for the California Walnut industry.



Nevada Garden Clubs worked hard to put together a wonderful convention. I hope you all came and enjoyed our hospitality.

Just a word – if you happen to still be looking for a New Year's Resolution, how about – **"Send in my registration for Garden Club events in plenty of time!"** You

can only imagine the stress it creates for the registrar, and for the people hoping to meet budget, when everything comes in at the last minute. Please do have a little consideration...you know who you are!

Clubs are also taking our Region Director Kristie's theme to heart. I heard yesterday about a club member who has planted a small vegetable garden in her front yard for the kids in the neighborhood. Her club is helping out with this financially. And the kids are fascinated and thrilled to watch the vegetables come up. We seriously need to get our children involved early – so they don't grow up thinking all their food comes in plastic containers from the store. Even some adults are amazed to see broccoli, artichokes, and beets growing right in the ground.

Hope the Spring weather is as nice in your area as it is in Southern Nevada!



Cool spring weather and light breezes in Arizona will soon be replaced by warmer days, but we can still enjoy our morning cup of coffee on the patio for a while. Gardens are at their peak and we scramble to get projects completed before it gets too hot to be

outside during the day. Many of our garden club members have already left for cooler places and we will miss them until they return in the fall.

This year has already provided me with great memories and wonderful new friends. We were very fortunate to offer a "Leap into Leadership" Seminar presented by Robin Pokorski on Leap Day, February 29. Our attendees were unanimous in their praise for her presentation and felt the day ended too quickly.

Especially enjoyable was my day with Desert Garden Club in Tucson who invited me to their March meeting at the Tree Ring Research Center on the campus of the University of Arizona. After the meeting, we were given a very informative tour of this beautiful facility by Univ. of Arizona docents, followed by a lovely lunch. Later, the Southern District Director took me to the Pima County Native Plant Nursery and Prickly Park. The nursery rescues native plants throughout Pima County and stores them until they are re-planted in a newly developed area. Jessie Byrd, the nursery manager, also propagates new plants from rescued seed and currently the nursery has upwards of 20,000 plants. Prickly Park is a seven acre parcel adjacent to the nursery and is an on-going project that is supported by several organizations in Pima County.

Sadly, we learned that Doris Helvig, NGC Master Flower Show Judge, passed away in February 2016. Elaine Gunderson said of Doris: "Our dear Doris was a flower arranger's guiding light. Her creative spirit will always be remembered." The Doris Helvig Creative Design Award was established in 2005.

My first year in office has gone by so quickly, and I can only hope that the next year is as fun and rewarding.

Health Tip

A recent study has found that women who carry a little extra weight live longer than men who mention it.

million pollinator garden challenge

By Becky Hassebroek, MPGC Liaison



UPDATE!

Total Registered Gardens to
Date: **187,667**
**Those associated with NGC?
350!**
Let's review that again: 350!

We know you are planting for our pollinators!
**PLEASE REGISTER YOUR HOME AND PROJECT
GARDENS!**

TELL YOUR FRIENDS! IT'S FREE!

Go to www.pollinator.org - Click on the SHARE map
Be sure to connect your registration to NGC.
Let's show the world who NGC'ers are and what we
are accomplishing!

California Garden Clubs, Inc.
Sue Bennett, President

Theme: "Growing Minds, Planting Seeds"

One of the things I like best about garden clubs is that we are never alone...and the work we do goes far beyond our own reach. Much like raindrops in a pond, garden club members are part of a much larger pool of people, some who occasionally make a big splash, but all of whom create ripples that affect each other, contribute to the whole and carry on in effect long after any single one is gone.

The California Garden Clubs, Inc.'s President's Project is a shining example of this process. The beginning of the story probably goes as far back as the beginning of gardening, but we will take up the story about 20 years ago. Members of two clubs, Conejo Valley and Westlake Village, came together to help build a botanic garden in Thousand Oaks, California. One of the ripples caused by this effort was to create a special garden for children called the *Kids' Adventure Garden*, within the botanic garden. Over a thousand kids and their families came to opening day of the kids' garden. Through these kids and their friends more ripples have been created throughout the years. However, that's not the end of the story. Some of the garden club members began to wonder about how this garden could benefit kids who were unable to make the trip to the garden. At the same time National Garden Clubs was partnering with the Shell Oil Company through a program called **P.E.T.A.L.S.** which sought to promote garden/environmental education and learning around the country.



The ripple started when a local garden club member applied for an **NGC P.E.T.A.L.S. Grant** through CGCI in 2001 which helped create a project called *Kids Growing Strong*. The *Kids Growing Strong* project grew to become a 501(c)3 organization under the *CGCI Group Tax Exemption Program* and later the CGCI President's Project in 2009-2011. Since its inception, the project has not only reached tens of thousands of children and their families throughout the state, it also inspired the ripple which is now the 2015-2017 CGCI President's Project: *Encouraging Future Gardeners (EFG)*. The goal of the *EFG* project is 1) Promote CGCI; 2) Enable local garden clubs to supply children with

"gardening kits" designed to spark an interest in plants and inspire them to embark on a lifelong adventure in gardening, and 3) To have families work together in gardening. If an adult helps the child and reads about CGCI they become aware of CGCI and the joys and wonder that gardening and garden clubs can bring into their lives.

In April, EFG was included in a Workshop at the Pacific Region Convention in Henderson, Nevada. Who knows, those ripples may create waves throughout the Pacific Region!!!

Washington State Federation of Garden Clubs
Terry Critchlow, President

Theme: "Back to the Future – One Leap at a Time"

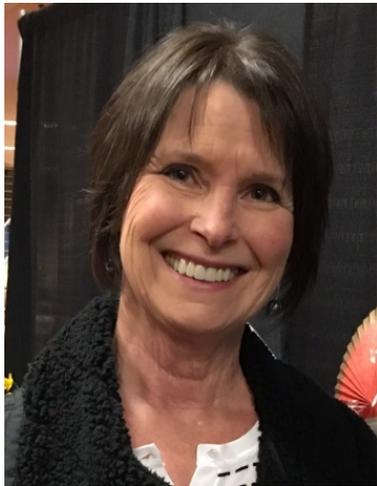


Washington members have spent their winter with a variety of programs and activities for their members, including but not limited to: horticulture presentations, garden art workshops, design workshops, tours, and projects for both the young and young at heart. Sitting idle waiting for spring is not in our make-up.

Thousands of dollars were donated to various local and state scholarships for studies in the environmental and agricultural fields. Members have donated their time and money to youth programs, local food banks and kitchens, Habitat for Humanity, and their communities in multiple ways. With wildfires ravishing thousands of acres in our state the past two years we have been encouraged to donate to the NGC/USFS Penny Pines project. Penny jars are showing up at district and club meetings. Our districts and designer guilds are holding classes and workshops to promote interest in floral design and artistic crafts emphasizing the use of recycled and repurposed materials.

Our membership has embraced the NGC President's and the Pacific Region Director's themes of educating and opening the window to our youth and their educators concerning our natural wildlife. Collectively our garden clubs have donated over six cases of "*The Frightened Frog*" to school libraries, public libraries, educators, and public gardens. We are looking at our landscapes with a renewed interest in promoting the wildlife and plant life surrounding us.

All this and spring has just arrived.



Greetings from the Gem State. As the spring season begins, we in Idaho are Leaping into Action. Winter has smiled upon our state and we have water - yea! Our three Districts have been busy planning for the coming months. I want to mention a few things our Districts are doing. In the north

our Clearwater District is very active. Hill and Valley Garden Club in Kendrick, Idaho is sponsoring gardening activities and a summer reading program. Last year's clever theme was "Dig into Reading." They offer a mini-scholarship up to \$100 to promote youth gardening.

This garden club is also working in cooperation with Latah Youth Services. The program provided approximately 300 hours of gardening activities for participating youth. In the Southeast District Idaho Falls Garden Club, in conjunction with their city, has planted thousands of bulbs in the downtown planters for beautification. They plan more plantings throughout the summer months. In the Southwest District, Chinden Gardeners Garden Club of Garden City continues to work on their pollinator garden and native bee houses adjoining the city's green belt. By Trowel and Error Garden Club and Nampa Gardeners are putting in a pollinator garden in the community garden in downtown Nampa. Merry Tillers Garden Club is continuing to add plants to the pollinator garden at the Anne Frank Human Rights Memorial.

Our garden clubs continue to work and maintain approximately 50 public gardens around our state. Ada Gardeners sponsored with Treasure Valley Judges Council a Standard Flower Show at the Spring Flower and Garden Show in downtown Boise. Thousands of people were exposed to the floral designs and horticulture. The Treasure Valley Flower Show Judges are holding a Symposium May 19-20 in Boise. We are having Claudia Bates and Billie Fitch as instructors. If interested, please contact Pat Baker at patbaker@live.com.

Garden Clubs of Idaho's Annual convention "A Gathering on the Clearwater" will be hosted by the Clearwater District June 12-14. We are all looking forward to their hospitality.



YOUTH: I don't think that a day goes by that a garden club in Oregon isn't actively involved in a youth project. Carolyn Olley, Oregon Youth Chairman, was very busy forwarding the Youth Reports that came in response to her APB requesting youth project information. All of the club and district youth chairmen have a lot to be proud of.

The Corvallis Flower Basket Program has teamed up with the Benton County detention center for young people. This project benefits many people in many ways. The children are learning about the plant materials, how they are used, and how they bring pleasure to all who see them. "Kids help lift baskets and put them into cars and trucks, deadhead the baskets and move planters around. Meanwhile they are learning about the plant materials and how to deal with the public," says Helen Ellis of the Corvallis Flower Basket Program. St Helens Garden Club is developing a school garden project with the local middle school. "The club has authorized \$600 for the beds, including lumber and soil, and hoop and row covers to protect from the deer," reports Lynn Chiotti.



Beaverton Garden Club has two schools with youth gardeners and they also sponsor the Beaverton PAL Youth Garden Club. This after school and summer program helps to build partnerships between youth, police, and the community. "The City of Beaverton donated apple and pear trees for the garden we helped them build. The city crew helped the kids plant the trees

and the kids kept them watered through the summer." The group has also planted blueberries and strawberries as well as tending raised beds of vegetables. The Santiam District makes a great effort to involve youth in their flower shows. There are plans for a hands-on project with Boy Scouts and Girl Scouts to plant dish gardens. The youth will take them home for six weeks and then enter them in the flower show. The kids also enter the youth division of design and horticulture.

Portland District and Multnomah Garden Club Youth Chairman Peggy Olin organized an enviable schedule of youth garden club projects. In October the kindergarten children created crafty scarecrows including traditional clothing and raffia hair. November was "Smokey Bear" month with the kids receiving lots of the themed goodies collected at national meetings. December's project involved feeding the birds and making suet feeders using cookie cutters. January had the children painting "frog" rocks and in February they planted grass seeds in yogurt container "heads." You have to have a healthy imagination to work with kindergarten children. Peggy and Multnomah Garden Club are going strong.

Tanja Swanson, the Klamath District Director, reports that they participated in the street event "Third Thursdays," in downtown during the summer. The kids in attendance can participate in projects like planting seeds, making lavender sachets, creating small fresh flower arrangements, and making peanut butter pinecone bird seed feeders. The district is working with a class at the Stearns school. They planted a tree outside the classroom beside the garden established by the teacher. They hope to create a youth club at the school.

The youth gardeners in Oregon are well served by Oregon Garden Clubs.

Brynn Tavasci, Youth Coordinator

TREES: Oregon designated the Douglas fir (*Pseudotsuga menziesii*) as the official state tree in 1939. This tree is named after the Scottish botanist and explorer David Douglas. There are two varieties of Douglas fir: The Coast Douglas fir (*Pseudotsuga minziense* var. 'menziesii') is native to British Columbia and the Pacific coast south to central California and western Nevada. It is fast growing, long-lived and can reach over 300 feet tall. The Rocky Mountain Douglas fir (*Pseudotsuga menziesii* var. 'glauca') is native to the inland mountains of the Pacific Northwest and the Rocky Mountains from central British Columbia south to northern and central Mexico. It is hardier, slower



growing, shorter-lived and seldom grows over 130 feet tall.

The Douglas fir is not a true fir. It resembles true firs, but one reason it cannot be classified as a true fir is its unique cone. True fir cones stand upright on their twigs and disintegrate in place. They never make it in one piece to fall on the ground. Douglas fir cones hang down from the branches and are usually found on the ground intact. The cones have pitchfork-shaped bracts that are longer than the scales. It is not a spruce, a hemlock nor a true fir. It is in a class all by itself.



The Douglas fir is a beloved tree for many reasons. It is one of the most important lumber species and makes up nearly half of all Christmas trees grown in the nation. It helped settle the west, providing railroad ties, telephone and telegraph poles. During WWII it was used to make GIs' foot lockers to portable huts and even the rails of stretchers that carried soldiers off the fields of battle. In 1925 when the masts of "Old Ironsides," the USS Constitution, needed to be replaced and no White Pine trees could be found, three Douglas fir masts were put in place. The timber from the Douglas fir is said to be stronger than concrete.

The Douglas fir grows in Zones 4-6 in full sun to partial shade and prefers acidic or neutral well-drained soil. The cone seeds are used by blue grouse, song birds, squirrels, rabbits and other small animals. Antelope, deer, elk, mountain goats and mountain sheep eat the twigs and foliage.

One of the noblest of forest trees, this trees attractive appearance and growth rate make it popular in yards and parks.

Robyn McCarthy, Trees & Shrubs Chairman

BEES: Oregon has taken the lead in the search to find creative solutions to the bee decline crisis in America. Policy decisions to protect bees at both the state and local levels are creating a great deal of buzz. These actions put Oregon in the forefront of national efforts to address the growing threat to bees posed by the use of a highly toxic class of pesticides called neonicotinoids.

The city of Eugene's City Council unanimously voted to ban the use of neonicotinoid pesticides on city property.

The Council Resolution requires all city departments to adopt the same IPM standards and protocols as the City's Parks and Open Space Division.

This resolution, the first of its kind in the US, is a giant step forward in protecting bees and a host of other pollinators in Eugene's environment.



Pollinators are vitally important to Oregon in general as the state's farms produce over \$600 million of insect pollinated crops each year. Major Oregon crops include small fruits such as blueberries, marionberries, loganberries, and black raspberries; tree fruits such as

apples, pears, and cherries; as well as watermelon and seed for clovers and alfalfa. This farm production depends heavily on the pollination of both European honey bees and native pollinators such as bumble bees. These bees also ensure that Oregon home gardeners can produce fruit, vegetables, and flowers.

Pollinators also play a central role in maintaining a healthy environment. Pollinators help 85% of plants to reproduce and they are responsible for the abundant nuts, seeds, and fruit that feed wildlife, from birds to bears. What would Oregon be without its wildlife?

Oregon has also become the first state to honor native bees. The state has made headlines the past few years for mass bee kills, including one, at a Wilsonville shopping center, that was the nation's largest.

Since then, The Oregon Department of Agriculture has banned the use of some neonicotinoid pesticides on certain species of trees. The department also launched an online pesticide reporting system to take reports of mass bee deaths, as well as other possible pesticide problems. And last year, the legislature funded a bee health diagnostic facility at Oregon State University, and funded OSU Extension Service activities relating to pollinator health.

Earlier this year, the Governor designated June 15-21 as Oregon Pollinator Week.

Way to go Oregon!
Josie Goodenow, Bees Chairman

HABITAT: Oregonians ~ You know that the best way to garden for wildlife is to incorporate native plants into your landscape! Please find below the top ten native plants for the Pacific Northwest, according to NWF.

Please try to use them in your garden – our “critters” will be glad you did!

Douglas Fir (*Pseudotsuga menziesii*) - The foliage is consumed by grouse and by deer and elk; birds and mammals eat the seeds.

Oregon White Oak (*Quercus garryana*) - The sweetish acorns, often common in alternate years, are relished by livestock and wildlife and were eaten by Indians.

Western Serviceberry (*Amelanchier alnifolia*) – Also known as juneberry. The fruit is an important food for wildlife from songbirds to squirrels and bears. Deer and livestock also browse the foliage.

Hollyleaf Oregon-grape (*Mahonia aquifolium*) - The berries are eaten by wildlife.

Blue Elderberry (*Sambucus nigra ssp. caerulea*) – The sweetish berries are enjoyed by wildlife and the shrub makes great cover.

Salal (*Gaultheria shallon*) - The berries are a great source of food for wildlife.

Salmonberry (*Rubus spectabilis*) - Numerous birds and animals feast on the fruits. See picture.



Hooker's Evening-primrose (*Oenothera elata*) – Invites birds and other pollinators.

Red Columbine (*Aquilegia formosa*) – Attracts birds and other pollinators.

Beach Strawberry (*Fragaria chiloensis*) – Birds enjoy the tasty fruit.
Becky Hassebroek, Habitat Chairman

BIRDS: The Western Meadowlark was chosen as the State bird by the schoolchildren of Oregon. Back in 1927 the Audubon Society polled the children to find out what their favorite songbird was. The beautiful Western Meadowlark won hands down.

Adult birds are 8 to 11 inches long, and such a bright yellow that's all you see at first. But if you look close you will see that the head and back are black and white



striped with a black “V” on its breast. This songbird loves the wonderful grasslands, meadows and pastures across western and central North America.



Found year-round in all parts of Oregon, sitting on fence posts and singing its heart out, these lovely birds make their nests on the ground out of the way of tractors and predators – like crows, skunks, raccoon and weasels.

This bird helps the farmer by eating grubs, snails and other insects that may invade his crops. These 'Larks love weed seeds, grain, and berries too.

The beautiful Western Meadowlark is abundant, but declining throughout their range. They are a protected non-game bird.

Orvalita Hopkins, Bird Chairman

OREGON: Oregon's membership: 2750 -- Districts: 14 -- Clubs: 87 -- Affiliates: 7 -- Judges Councils: 4 -- Youth Clubs: 7

Claire Hanley Arboretum is an arboretum located on the grounds at the Oregon State University Extension and Research campus, 569 Hanley Road, Medford, Oregon. The arboretum was first planted in the 1960s by the Hanley sisters, with additional plantings since 1995. The arboretum land was once part of the Michael Hanley Farmstead. Claire Hanley was Oregon's State President 1954-56. In celebrating this honor, Oregon has an Oregon State University Scholarship in her name for students majoring in the horticultural areas having completed at least one year of study.

State President Peggy Olin's Project 2013-15 "Water for Guatemala," Total Contributions, \$7,342 Villages: 4 Impact: Immeasurable.

State President Shirley Schmidt's Project 2015-17, "Share the Bounty – Tip the Scale," involves sharing the excess from our gardens or purchasing from the market to donate to our local food pantries for the half-million in Oregon who are hungry. The two-year goal for each member is to contribute their personal weight – or 150 pounds. That should give us approximately 400,000 pounds toward feeding those with food insecurity. We're on our way.

2015-17 World Gardening Project, "Fill the Cup – Fulfill a Dream" provides food for hungry children internationally with a goal of \$1,800 during this two-year period. With every club's donation of only \$11 each year, we should reach this worthy goal. The plan is to provide a \$.25 meal to a classroom of 20 students for two school years. We can do this!

Portland has been called the 'City of Roses', at least since the Lewis and Clark Centennial exhibition in 1905, when roses lined 200 miles of the young city's streets.

The holy of holies for enthusiasts is the International Rose Test Garden in Washington Park, in downtown Portland's West Hills. Established in 1917, it boasts more than 7,000 rose bushes representing over 550 varieties. Rhododendrons also thrive in Portland's moist and mild climate, and the Crystal Springs Rhododendron Garden in southeast Portland features 2,500 rhododendrons and azaleas in a gorgeous setting with spring-fed waterfalls, streams and lakes.

Oregon gets the spotlight for historic coal legislation: Across the country, Oregon is being celebrated for passing its landmark Clean Electricity and Coal Transition Plan. The strategy mandates the state's major utility companies eliminate coal power and meet at least half their customers' electric needs with renewable power by 2040.

Pacific Region: In The Clubhouse Turn!

By Alexis Slafer, Life Membership Chairman



While at our Pacific Region convention in Nevada, my husband and I saw many extraordinary champion Arabian horses at the home of Mr. Las Vegas, Wayne Newton. While none

of these horses at *Casa de Shenandoah* are entered in the Pacific Region's **"run for the roses"** – the excitement of our race continues to build. We left the starting gate with an increase of 17 new Life Members. Now, in the clubhouse turn, the backstretch looms ahead and there is still time for you and your state to join the race.

Purchasing a Life Membership is a way to honor your members and support our scholarship program. You can recognize and reward your members who have worked so hard -- with a Pacific Region Life Membership -- to celebrate their guidance and commitment to strengthening your club, state organization, and/or our region. Your state can join an exciting contest, created by this chairman, that provides an extra incentive to grow our life members' cadre (currently at number 641)...while increasing our scholarship fund at the same time. The winner of this **"run for the roses"** contest will receive a \$180 donation to a special state project. The *Victory Lap* will be taken by the state that has the largest percentage (per capita) increase of Pacific Region Life Members.



So, look around your own club, district and state for those who have gone that extra mile or furlong. As of this date, Nevada is in the lead for the **"win"** – with a

Becky Hassebroek, Chairman

tie for second "place" between Oregon and Washington. Other states in the running are:

- California with 7 new life members
- Nevada with 4 new life members
- Oregon and Washington with 3 new life members each

Life Membership applications were flying out of the gate at the Convention and two **new** life memberships have since been processed; bringing the total number of new memberships for this term to 19. This number shows one more membership each for Alaska and Nevada.

Individuals, organizations or districts may purchase a life membership to honor a member **or** -- individuals may purchase their own. Be sure to adhere to any special guidelines of your state. Just \$40 purchases a Pacific Region Life Membership, along with a lovely pin and certificate...while helping our scholarship program grow at the same time. And, remember your donation is fully tax-deductible.

Please be sure to follow any special life membership purchase procedures in your state. The application forms are available from this Life Membership Chairman or they can be found on the Pacific Region website: www.pacificregiongardencubs.org/Forms. Let's get those applications in and watch our scholarship program grow while honoring our deserving members.

The more entering the field will help increase your state's odds of winning this "run for the roses." The finish line is just ahead down the homestretch!



Oregon Fun Fact



Oregon has lots of love for llamas, in fact one-fourth of the country's total llama population lives here.

Go GREEN

Charlotte Tucker, California

Before you pitch it, switch it! A battery too drained to power a flashlight might have plenty of juice left to operate your TV remote.



What's all the buzz about that new word we keep hearing about?

You know – the one that no one seems to be able to pronounce?!

Does it look like this? NEONICOTINOIDS?

Yep, that's the one. Let's call it "Neonics" for short.



Neonics is a systemic insecticide that began to be used in the mid-1990s as a supposedly less-toxic alternative to those then on the market that were deemed to be harmful to humans. They were deemed "reduced risk" by the EPA and fast-tracked to market. They quickly became the most heavily used class of insecticides, and they now make up about 30% of the insecticide market worldwide. They are generally present in **all** landscapes!

There are seven chemicals that are classified as neonics – and you need to be able to at least recognize them: dinotefuran, acetamiprid, clothianidin, imidacloprid, nitenpyram, thiacloprid, and thiamethoxam. Whew! They are similar in chemical structure to nicotine, and all of them control pests by binding to receptors in the insects' nervous systems and blocking nerve impulses.

So what's the big deal? Well...

- They **persist** in plants and soil **for months to years** after they're applied and can accumulate from one season to another.
- They are **highly toxic to** insects and many animal species, including beneficial insects and **all of our pollinators!**
- They are water soluble and **readily move into water bodies**. The latest research found neonics in more than half of our streams!
- And, because they are absorbed by plant tissues and **become systemic** (even when sprayed on foliage), they move into pollen and nectar, thereby following a direct route to our pollinators!

**Apply Today for a Youth
Pollinator Gardens Grant!**

By Becky Hassebroek, Special Projects Committee

Neonics are believed to be one of the main causes of the demise of our pollinators! Our pollinators are essential for two-thirds of the food crops we eat every day. The EPA is not scheduled to take action on this problem until 2018!

So it's up to all of us! Please...



Plant bee-friendly plants using only organic starts or untreated seeds in organic potting soil. Many (one study shows over 54%) of "bee friendly" garden plants sold at home garden centers (including Lowe's, Home Depot, TruValue, Ace Hardware, and Walmart to name a few), have been pre-treated with neonics which can contaminate your gardens and keep harming our pollinators for months to years. Lowe's and Home Depot have agreed to phase out neonics but it might take some time!



Do not use neonics of any kind in your garden! Provide habitat to attract beneficial insects that prey on pest insects. If pest pressure is too high, use insecticidal soaps or oils and other eco-friendly pest control products.



Share Your Knowledge! This is a serious problem, and to turn it around will take all of our efforts!

Many thanks to the Xerces Society and Friends of the Earth for the research contained in this article.

NGC Conservation Pledge

Adopted May 19, 1994



I pledge to protect and conserve the natural resources of the planet earth and promise to promote education so we may become caretakers of our air, water, forest, land and wildlife.

Muffin Fun Fact



Once you lick the frosting off a cupcake, it becomes a muffin....and muffins are healthy.

You're welcome!



If we don't teach them, who will?

Let's welcome our youth into our gardens now and receive an NGC grant up to \$200. Your project only needs to include educational materials on the vital role pollinators play in nature and youth involvement in planning and planting gardens providing nesting and food sources for pollinators. Download the application from www.gardenclub.org, youth programs, youth contests, youth pollinator gardens grant. OR, contact Becky Hassebroek, Grant Coordinator, 907-456-3066, beckyhasse@aol.com.

Photography Competition

By Becky Hassebroek



*"In wildness is the preservation
of the world"*

-- Henry David Thoreau

That's the theme of
National Garden Clubs, Inc.'s New
Photography Competition

celebrating the Centennial Anniversary of our National Park System. The contest is open May 1 through August 1 with the 30 highest scoring images to be displayed and judged in Portland, Maine in September at the NGC Fall Board Meeting. For more information and submission of your photos, login to <http://cgburke.com/ngc/> or contact arabellasd@aol.com.

Pacific Region Boosters – We Appreciate YOU!!

By Terry Critchlow, Booster Chairman

Support the Pacific Region and its youth programs and awards by becoming a Booster and joining those listed below. This is an opportunity to support our Region and its worthwhile projects and programs. Help support the education of our youth and members by making an annual donation of \$20. Those with * following their names are Silver Boosters giving a donation of up to \$50. Become a Gold Booster with a \$75 donation.

Washington

Terry Critchlow, Lana Finegold, Diane Franchini, Dorothy Munroe, Marva Lee Peterschick, Sally Priebe, Jeanette Pruin*, Brynn Tavasci

Arizona

Elaine Gunderson, Orvalita Hopkins, Carol Parrott

California

Greg Pokorski, Robin Pokorski, Alexis Slafer

Oregon

Garnet Ascher, Karen Brown, Sherry Cossey, Linda Nelson Bentson, Peggy Olin

Nevada

Kristie Livreri*, Judy Stebbins, Dorlene Waite, Vicki Yuen

Idaho

Sandra Ford, Robyn McCarthy, Janet Petersen

Alaska

Martie Black, Janet Hartmann, Becky Hassebroek*, Debbie Hinchey

A special **Thank You** to our Boosters. Because of their generosity in 2015 and 2016 **\$1160** has been donated. To become a Booster send your donation to Terry Critchlow at PO Box 1046, Naches, WA 98937-1046. Make checks payable to "NGC – Pacific Region" and write Booster on the memo line.

We Might As Well Give Up

Some boy scouts from the city were on a camping trip. The mosquitoes were so fierce, the boys had to hide under their blankets to avoid being bitten.

Then one of them saw some lightning bugs and said to his friend, "We might as well give up. They're coming after us with flashlights!"

"I Hope You Will Join Me"

By Chris Wood, Community/Public Gardens Chairman



This past year National Garden Clubs, Inc. reached out to their regions in a special two-year (2015-2017)

Presidential campaign called "Service in Action." This project focuses on increasing awareness of the seriousness of the demise of pollinators and amphibians in an attempt to encourage conservation and protection of these garden partners. We are asked to consider: "The first bioindicators, amphibians and pollinators, by their presence, abundance or lack of, reveal the health of the surrounding ecosystems."

Populations of amphibians have declined dramatically around the world. Sensitive to environmental changes, it is thought that possible causes include: the intensified predation by introduced fish and non-native frogs, damage to immune systems from use of pesticides and other pollutants, UV-B radiation, disease, and habitat destruction.

A call to action is needed by gardeners close to the soil to be a "Wildlife Action Hero." By committing to gardening for wildlife, you can encourage a habitat to attract pollinators, amphibians and other beautiful wildlife to a safe zone to live and flourish.



Sustainable wildlife habitat can be established in backyards, community gardens, apartment balconies, school grounds, churches, senior centers and commercial buildings. The possibilities are endless, really, and gardeners are in a perfect position to help. By providing cover, water and food for wildlife, you provide shelter for them to raise their young and thrive. We can also encourage our neighbors and friends to do the same by role-modeling a friendly backyard habitat.

Alaska has only a small number of amphibians due to our climate. In the Southeast portion of Alaska, *Ambystoma marodactylum*, a long-toed Salamander, and *Ambystoma gracile*, a Northwestern Salamander, can be found. We have one true Toad, *Bufo boreas* or Western Toad, which can be found in South Central and Southeast Alaska. In the last category of amphibians are two species of frogs called the *Rana luteiventris*,

Columbia Spotted frog, in the Southeast, and *Rana sylvantica*, or Wood frog (see below), as it is known. The Wood frog has been found in Southeast,



Southwest, Southcentral, West and Central Alaska.

In Alaska, amphibians are managed and protected by the Department of Fish and Game under Alaska Statute 16.05.030 under the legal definition of "Fish." Fish and Game shares our concern and has an ongoing volunteer Alaska Wood Frog monitoring program. This program is designed to assess the current status of the Wood Frog in Southcentral and Interior Alaska. If anyone is interested in participating, there are monitoring forms that suggest locations where documenting the presence of the Wood Frogs would be helpful. <http://www.adfg.alaska.gov/index.cfm?adfg=citizenscience.woodfrog>

Since habitat loss is considered to be one of the top causes of pollinator and amphibian decline, we have a lot at stake. It is said that roughly 75% of all flowering plant production on Earth is dependent on pollinators, making them responsible for one in every three bites of food we eat. Whoa, who knew?

What can we do to help? The campaign to register a million gardens and landscapes to support the health of bees, butterflies, birds, bats and other pollinators is underway. This program is called "The Million Pollinator Garden Challenge." <http://blog.nwf.org/2015/06/million-pollinator-garden-challenge/>. *Join me in registering your garden!*

Whether you are a farmer of many acres, a gardener with a small lot, or own a large track of land, you can increase the number of pollinators in your area by your choices of plants and flowers that provide essential habitat, food, and shelter to encourage their existence. Choose nectar and pollen-rich plants like wildflowers, perennials and a succession of blooming annuals in your garden. The Pollinator Partnership (pollinator.org), is working on eco-regional planting guides tailored to specific areas of the U.S. While it is not quite ready for Alaska, most other parts of the U.S. are covered. It's interactive and free.

Every spring my bees and butterflies just show up and I am amazed that they live through the cold and wonder

where they winter over. Artificial nesting boxes can also help increase the population of pollinators in your yard. You can drill ½ inch holes in wooden blocks to encourage bee nesting. Bat boxes can be made to encourage a place for bats to nest and raise their young. A downed tree can be a place for pollinators to nest.

Bees, birds and butterflies also need water. A water feature, birdbath, or a catch basin for rain is very important for these little creatures during dry times. I was surprised last summer to see my bumble bees drinking from my birdbath.



I have to admit, I was unaware of the decrease in pollinators and amphibians. I have taken for granted that they just show up and do their thing. In the future, I plan on being a responsible gardener. I will think of insects as my garden partners - beneficial and essential to my backyard habitat's success, and find alternative ways to control the unbeneficial ones rather than spraying harmful pesticides. I will not use systemic insecticides or purchase seeds or plants that have been treated with systemics. And, I will share my knowledge with as many people as I can. I hope you will join me!

The Buzz: Smaller Bees Found in Intensive Agriculture Areas

By Josie Goodenow, Bees Chairman



According to a recent study, the size of common ground-nesting bees, an important crop pollinator and the most important pollinator of strawberries, has grown smaller in heavily farmed areas.

The link between intensive agriculture and the size of bees may be a red flag for farmers to seriously consider diversifying their crops in order to benefit bees. It also points out another potential threat to pollinators, along with mites, pesticides and loss of habitat.

Cornell researchers, who published a study March 4, 2016, discovered that female bees in intensively farmed

By Sandra Ford, Pacific Region Project Chairman



areas may not be able to find enough pollen sources in the landscape to adequately feed their offspring.

"Once we knew there was an

effect of agriculture on the size of the bees, we took a random sample of our largest bees from our natural habitats and smallest bees from these agricultural intensive habitats, and looked at how much pollen the female bees were carrying on their bodies," said Heather Connelly, a co-author on the paper. Small bees had a 40 percent smaller pollen load than larger bees did so these small bees might be less able to provide for their own offspring. This may end up decreasing the bee population in the intensive agricultural areas.



The study took place in established experimental agricultural plots across a number of different landscapes. Researchers caught bees visiting strawberries and measured each bee's head and thorax, the space between the wings. "We tended to have smaller bees in landscapes with lots of agriculture around," Connelly said.



Connelly also noted that she has used published equations to calculate average foraging distance of bees based on body size and found that a large bee can forage twice as far as a

small bee. So, not only do they carry more food home, they are able to cover more area foraging for food.

One possible explanation of the smaller bees in agricultural areas is that bees prefer to forage on flowers containing neonicotinoid insecticides! There were numerous studies on this subject. Bees cannot taste the insecticides and are not repelled by them. Instead, bees preferred the pesticide containing flowers even though by consuming the pesticide they seem to eat less food overall and put less food away for their offspring.



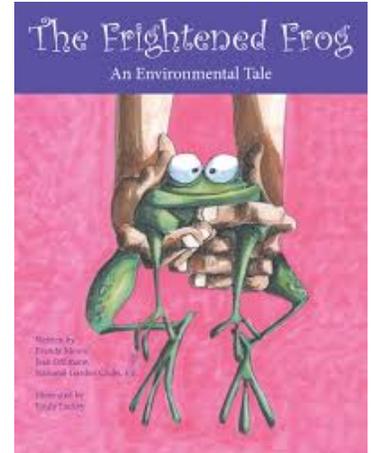
These studies seem to show that bees cannot control their exposure to neonicotinoids in food and that treating flowering crops with these chemicals presents a sizeable hazard to foraging bees.



Please use any pesticide with caution, follow label instructions carefully, and only as a last resort!



Attendees at the Pacific Region Convention in Henderson, Nevada were treated to an informative workshop by Maryanne Lucas, the former state president of California. Her program "Kids Growing Strong" has been a successful tool in California to inspire children, and their families, to learn the benefits of gardening.



Gardening with children is our Region's two-year project and it is the time of the year to *Leap into Action!* Hopefully Maryanne's workshop will inspire all the states in our Region to take advantage of this great opportunity.

One of the best resources we all have to promote gardening with children is available directly from National Garden Clubs, Inc. The NGC book "The Frightened Frog" can be purchased through Member Services for \$10, and the lesson plan for elementary school children (K to 4) can be found on the NGC website. Take advantage of these two programs now.

Our director, Kristie Livreri, wants to know if you started a new Junior Garden Club, and how many members are already in a junior club. If you featured "The Frightened Frog" book in an educational exhibit at a flower show, or donated books to your local school or library, let your region project chairman or your state president know!

The deadline for submitting your reports to me is November 1, 2016.

Let's Talk Plant Names

By Marva Lee Peterschick, Flower Show Schools Chairman

We hear a lot of expressions lately about our politicians not being politically correct. Let's not have garden club members botanically incorrect by using just common names with our plants, especially with plants entered in a flower show.

In Flower Show Schools, we learn the importance of using the correct botanical names of plants which include the genus, species and/or cultivar. Common names can be added but never replace the correct botanical name. Common names can differ depending on your location. For instance, the plant we all know as Periwinkle can be known by many different names, including Myrtle in the north and Creeping Myrtle in other areas. If we stick to *Vinca* for the genus and *minor*

or *major* for the species, we will universally be talking about the same plant. If we add *Vinca minor* 'Bowles Variety,' using the genus, species and cultivar, then we have narrowed the plant down to a white-edged leaf and blue/purple flower. The common name becomes Dwarf Periwinkle as it is a smaller version from *Vinca major* and we know it can be used as an excellent ground cover. Therefore, *Vinca minor* 'Bowles Variety' cannot be mistaken for any other plant; this is the correct name we would write by hand on an entry card in a flower show, underlining the genus and species.

Garden clubs are educational organizations which offer opportunities to their members for constant and continued learning. The educational programs like Flower Show Schools are what makes garden clubs affiliated with National Garden Clubs different than just another neighborhood club. I have been asked, "Why do we have to study this or that?" I ask "Why not?" There is something new and different to learn each day.



Vinca minor 'Bowles Variety



'*Vinca major*

My goal for 2016 was to lose just 10 pounds. Only 15 more to go.

Climbing roses will flower more profusely if you train them to follow a horizontal line along a trellis or frame while the canes are still young and supple. Form an arch by fastening the end of a cane to a peg in the ground (or hang a rock from the cane) to encourage even more blooms.



73rd Convention Recap

By Lana Finegold, Correspondent

"Beyond the Neon" was the theme of the 73rd Annual Pacific Region Convention in Henderson, Nevada April 5 -7 at the beautiful Green Valley Ranch Resort. Region Director Kristie Livreri presided at meetings. Of the one hundred nine people attending, 92 were full-time and 17 part-time attendees with a voting strength of 54. The Life Membership Banquet program featured youthful singers, boys and girls...adorable. At the opening ceremony, another little girl, Gwen Crow, led the Star Spangled Banner. The Honor Guard from Basic Academy MCJROTC presented the colors. Mayor Andy Hafen welcomed us, noting that Henderson has been a Tree



City USA for 25 years. Programs included Doug Chang explaining the Red Rock Audubon Society, Maryanne Lucas from Kids Growing Strong (CGCI) teaching youth



involvement strategies and resources; Robin Pokorski promoting the Smokey Bear/Woodsy Owl Poster Contest; floral designer Helga Sallmon; Master Gardener Vicki Yuen, Springs Preserve docent; and Elvis was in

the building. Additional workshops included Parliamentary Procedures for Garden Club Meetings by Greg Pokorski and a panel presentation on cactus and succulents. We welcomed renewed friendships and made new friends "Beyond the Neon."

Campers love the state park system. There are 159 yurts in 19 parks in Oregon. What's a yurt, you ask? It's a circular, portable tent structure that's perfect for camping. You're welcome, hippies!



Pacific Region Convention Business Recap

By Greg Pokorski, Parliamentarian

- Meetings were held by the Pacific Region Executive Committee and other committees on April 5, by the Board of Directors on April 6, and convention sessions were held on April 6 and 7.
- The resignation of Garnet Ascher as Public Garden/Community Garden Chairman and appointments of Chris Wood as Public Garden/Community Garden Chairman, Mary-Jo Noth as Natural Disasters Chairman and Karen Galloway as Awards Committee Member were ratified.
- Region assets of \$38,317.91 (excluding some 2016 convention income and expenses) were reported.
- The 2016-2017 region budget and 2017 region convention budget were adopted.
- Housekeeping revisions to the Policy and Procedure Guidelines were adopted and will be posted on the website.
- Elimination of the \$20 first-place monetary awards for adult awards from the 2016-17 budget was approved.
- A motion that Pacific Region Boosters be an annual \$20 contribution was passed.
- The motion that we continue as a region with a new EIN was passed.
- A special committee was appointed to research the region moving forward with its own EIN.
- A motion to increase *WACONIAH* printed copy subscriptions to \$25 for two years was passed.
- The Oregon "delegation" presented Peggy Olin as the next Director and Sherry Cossey as the next Alternate Director for the 2017-2019 term.
- Washington announced that Jeanette Pruin will serve as member and Terry Critchlow will be the alternate to the 2017-2019 NGC Nominating Committee. Nevada's announcement of their members who will serve will follow its next state meeting.
- State presidents met on April 7.
- Awards were presented at the final banquet.

Calendar of Events

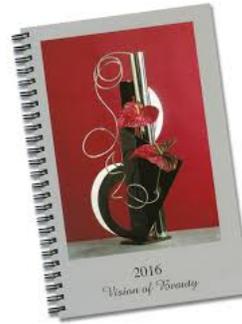
May 2-3	NGC Tri-Refresher, tours
May 4-7	NGC Convention, Grand Rapids, Michigan
May 16	Alaska Arbor Day

Director's Travel Schedule

May 4-7	NGC Convention, Grand Rapids, Michigan
June 4	Nevada Garden Clubs, Inc., State Convention, Las Vegas, Nevada
June 12-16	Oregon State Federation of Garden Clubs, State Convention, Hood River, Oregon

Vision of Beauty Calendar

By Joy Ericson, NGC Calendar Promotions Chairman



It is that time of the year that garden clubs are thinking of flower shows. While in the creative mood of designing, hopefully you will send in your design photos to Brenda Bingham. If you do, here are a few suggestions. For printing purposes the committee prefers the photos be professionally taken. A professional photographer can produce a clearer photo and a uniform background and underlay. We strongly discourage "photoshopping" unless you are a professional. Unfortunately, the committee has discarded some well-done designs because of unnatural color in the photos and smeared edges.

The 2017 issue of the *Vision of Beauty* Calendar is at the printer and will go on sale at the May Convention in Grand Rapids, Michigan. Go to www.gardenclub.org, then to "Shop on-line," scroll down to *Vision of Beauty* and order copies for your garden club. This book is a wonderful tool to use as a guide for your next flower show. Please see the entry form in the back of the calendar to submit or go on-line and download the form by clicking on "About Us." Read the requirements carefully.

Submission deadline: July 1, 2016

Mail to: Brenda Bingham, VOB Chairman
7 Lenape Trail, Cedar Grove, NJ 07009
BBing@comcast.net
973-433-0243 or 201-738-4204 cell

School Days

By Sheila Parcel, Schools Chairman

FLOWER SHOW SYMPOSIA

May 19-20, Best Western, Boise, Idaho
Chairman: Pat Baker, 208-870-1299,
PatBaker@live.com

August 23-24, Holiday Inn, Wilsonville, Oregon
Chairman: Grace Emori, 541-899-9099,
GEmori@charter.net

GARDENING STUDY SCHOOL

May 14-15, Course III, Colfax, CA
Chairman: Myrtle Findley, 530-346-2450,
Myrtle@exwire.com

BI-REFRESHER – Gardening Study and Landscape Design

August 11-13, Eureka, California
Chairman: Mary Lou Goodwin, 707-442-1387,
MLGoodwin@outlook.com



Return Address:
 WACONIAH Circulation
 PO Box 1046
 Naches, WA 98937-1046
 WACONIAH

Vol. 43 No. 4
 May 2016

NGC Award-Winning
 Newsletter



Did you share your WACONIAH with someone in your club and district?

Introducing WACONIAH Gems

By Robin Pokorski, Editor



see below.

We are thrilled to introduce a new feature "WACONIAH Gems." Gems messages are meant to celebrate someone in your club, district, state, or our region that you want to publicly commend and at the same time, raise a little money for Pacific Region. For a minimum donation of \$15 you announce to our vast readership how great your honoree is! Surprise someone you think has done a super job and tell the world! You'll find the Gems logo and your message scattered throughout our newsletter. Send checks made payable to "NGC – Pacific Region" to the Editor (address below). Proceeds will help allow our Region to continue. To kick it all off –

WACONIAH Staff

Editor	Robin Pokorski	RobinP@juno.com	818-361-7873 512 Newton St, San Fernando CA 91340-2421
Ass't Editor	Greg Pokorski	GregPokorski@earthlink.net	
Circulation	Terry Critchlow	tcritchlow@aol.com	509-945-5465 PO Box 1046, Naches, WA 98937-1046



Greg Pokorski is a super parliamentarian, garden clubber, husband and friend – I'm so glad he's in my life, Robin