

WACONIAH

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

Vol. 47 No. 3 Director's Theme: **"Reconnect to YOUR Pacific Region"**



2019 – 2021 Pacific Region Director
Robin Pokorski

"Reconnect to YOUR Pacific Region"

Director's Message

This message has gotta be short! We have so many wonderful articles that this issue is no shorter than the last! Think of it as a smorgasbord – a little bit of everything so that everyone can surely find something of interest!

It's Christmas every day for me! I'm crazy about you talented, generous, interesting people! You bring value to my life and our region and, therefore, to our clubs and members.

Robin

P.S. Is anyone going on the post-convention tour with Greg and me? See page 12. Are you and ALL your club members going to enter the Photo Phundraiser? See page 22.



Gay Austin is a **GEM** because of her visit to Nevada, creatively installing our new state officers and sharing her amazing self with us.

~ Judy Stebbins

In Memoriam



Sally Priebe passed away on October 10. She served in many capacities on the board of WSFGC, Pacific Region and NGC.

She will be greatly missed, but never forgotten.

Let Our Blue Stars Shine!

By Shirley Lipa & Jeanne Johnson, Blue Star Co-Chairmen

Here are your Pacific Region **Blue Star Memorial Marker** co-chairmen again! We want to remind you of Pacific Region Director Robin's challenge to make **Blue Stars Shine in the Pacific Region**. She would like each state to install or refurbish at least two **Blue Star Memorial Markers** during each of her two years in office (5 each year for California).

We have the wonderful opportunity to have Thomas Stelling, owner of Historical Markers Restorations, come out west from his home in Florida, at his own expense, if he has at least 12 to 15 markers to restore. He will come in late spring of 2020. The cost to restore a large highway marker is \$750 and he does the restoration on site. The cost for the small By-way marker is \$250. By-way markers must be unmounted and taken to a site where a highway marker is being restored. Some of the markers have been in place for quite a few years and are looking a bit shabby. This is a reflection on all Pacific Region Garden Clubs members.

The Region has some limited funds to help with the restorations (\$100 per each restoration). In order to maximize those dollars, we ask that clubs/districts raise some of the needed funds on their own. If your club does not have a marker that needs refurbishing, perhaps you could donate some money to another club in your district to help get one done. Regardless of whether or not you will be requesting Region funds, we need to know if you wish to have Tom do a marker restoration so that an orderly schedule can be made for his traveling efficiency. Please let your state **Blue Star** memorial chairman know if you will want Tom to do a marker restoration, so that he/she can inform the Region as to how many each state has and their location.

To view Tom's restoration work, you can go to HistoricalMarkersRestorations.com For information, contact Jeanne or me. Please let Diane Franchini franchinisd@gmail.com know about any **Blue Star** Marker projects in progress (from research to installations) so that she will have an accurate report to give at the April Convention.

Let's work together so that **"Blue Stars will Shine in the Pacific Region!"**

Shirley Lipa - slipa29@att.net
Jeanne Johnson - johnsonjeanl@yahoo.com

State Presidents' Reports

This term, the state presidents are writing their reports based on a common assignment. **This issue's theme is: How is Grant-Writing addressed in your state.** If your state isn't featured it's because nothing was submitted!

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

Theme: "Grow and Grow"



Many of our clubs have received grants over the years. The best one was when Judy Tolbert was president and offered four \$1000 grants to the Arizona Federation of Garden Clubs, Inc. clubs. It also involved registering each club's members in the Million Pollinator Challenge.

Pecan Grove GC from Yuma received an APS (Arizona Public Service) grant for \$3,000 in 2019 when APS printed their tree booklets which are given to the public. Karen Bowen, Western District Director in Yuma, has received a grant (\$250) from kidsgardening.org. Check out their various grants.

Most recently at least three of our clubs have applied for the "Plant America" grant. Some clubs have requested tools from the Ames Tools Company which are available on the NGC website. Scottsdale GC past presidents Aurien Preiss and Judy Shelton ordered the tools and presented them to Cochise Elementary School in Scottsdale. The kids were so excited to have so many tools.



Elaine Gunderson is a **GEM** because of her love of Traditional Floral Design.
~ NGCI Flower Show School Course I



Marva Lee Peterschick is a **GEM** because she is exceptional in her horticulture teaching.
~ NGCI Flower Show School Course II

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"



I really know now being President of Nevada Garden Clubs is an adventure!

Many of our clubs have great projects in the community but have not taken advantage of the grants that are available. We will be working to

apply for more assistance instead of trying to finance everything ourselves. Several people have offered help with grant writing. One is a candidate for city office who belongs to another nonprofit group I'm a member of (The Mesquite Club of Las Vegas – founded in 1911 the oldest women's philanthropic organization in Nevada and part of General Federation of Women's Clubs). My Evening Mesquite sisters have also offered to help us in the Rose Garden next to our Nevada Garden Club Center. This rose garden was originally given to the city by the Mesquite Club and includes statues, benches and memorial dedications. Also, the Derfelt Senior Center that is located in the same city park near us had their program director agree to help us with grants. You never know when community partners and friends will be there to support you when you need them.

Our best sources of help with grants are our Pacific Region officers and chairmen and the sharing of information other state presidents will be writing about in this *WACONIAH* newsletter. It was so great to catch up with many Pacific Region leaders at the NGC Fall Board Meeting in St. Louis in September. A highlight of the trip was the visit to the beautiful NGC Headquarters and enjoying the dedication of the new gardens. NGC President Gay Austin and her team gave us so much information and inspiring ideas.

I've been visiting most of our garden clubs in September for their first meeting of the new club year. Introducing myself to those who hadn't met me and offering to have more open communication in Nevada Garden Clubs was important. Each club was different, but all were welcoming. Gardeners are special people with a lot to share and give to others. I especially wanted to encourage them to come to our semi-annual state meeting "Fall Conference" in October with our energetic, enthusiastic Pacific Region Director Robin Pokorski as special guest. The theme was "Getting to Know You" with each club giving a short presentation about their activities, projects, upcoming meetings and speakers. Some may want to check out other clubs and can also

be a better ambassador for all of our clubs to their relatives, friends and the community in general.

Some highlights from my visits: Boulder City GC - active member projects in the community; Desert Gardeners - interesting program by a Master Gardener; Cactus Society - learning new things; Iris Society - helpful to new members; Sunset GC - tuned in to national goals; African Violet Growers - excellent program, some of which is used for 6th graders; Bonsai Society - upcoming community event and international speaker and workshop; Flower Arrangers' Guild - unusual year planned and flower show participation; Rose Society - National Rose President coming and offering encouragement after difficult summer weather; Youth with Aleta MacFarlane - watching Green Our Planet Farmer teach excited kindergarteners about planting a seed in their school garden.

We have just completed Flower Show School II. We hope some others from Pacific Region will consider coming to Las Vegas for FSS III February 19-21 and/or FSS IV June 24-26. We hope to have some attendees graduate to become Flower Show Student Judges. It's also a great way for anyone to learn more about Horticulture, Floral Design and Flower Show Procedure. These schools in Nevada are made possible by the wishes and generosity of our beloved first President of Nevada Garden Clubs, the late Linnea Miller Domz. Thanks to Marcia Brown, our FSS Chair, and her team.

My theme is "Make a Difference Whenever, Wherever and However You Can - in Your Garden Club, In Your Community and in Yourself!" Many of our members are already making a difference in our community. We continue to encourage ALL Nevada Garden Clubs' members to make a difference!

Washington State Federation of Garden Clubs Dorrie Carr, President

Theme: "Investing in Future Gardeners"



WSFGC is beginning to offer grants to clubs or districts of up to \$1,000 for a total of \$10,000 to be given each year. Funds from the sale of our state house are making these grants possible. The grants may be used for club or district civic development/beautification, workshops involving youth or community

events, continuing education, or club/district flower shows (to help defray costs). At this time all grants require matching funds to fulfill the project.

Many of the state garden clubs and districts offer scholarships to deserving students. One club, in Black Hills District, was finding it difficult to award their \$1,000 scholarship to a student and in 2010 began a program of providing grants to local elementary, middle school and high school teachers. The grants must be used to purchase supplies/materials for a garden related school activity.

There are two districts that have a grants program. One, Hill and Dale District, has had a grants program for approximately five years. For the past two years the grant has been given to a STEM school. The other district recently began a grant for local teachers.

Attention: Membership Matters!

**Have you invited someone
to your Garden Club?**

It all begins when you "Just Ask..."

**Pacific Region's Membership Goal
Is to grow by 21% by 2021**

We can do it!

**Need help? Call Gaye Stewart,
503.510.4370**

Or email: rosesremembered@aol.com

"Blue Stars Shine in the Pacific Region" Director's Special Project

By Diane Franchini, Director's Special Project Chairman

Do Not Pass "Go" - Do Not Collect \$200!!

And Hopefully Stay Out of Jail!!



I am having so much fun serving as Robin's **Blue Star** Marker Project Chairman and, in the process, I am learning how to maneuver through politics. Governing agencies' requirements to get to the approval stage can be a little like playing a very long game of Monopoly.

Five months into this project chairmanship, I am keeping track of 17 different players in six of our eight states who are at varying stages of the "**Blue Star** Monopoly" game, from just throwing the first dice to reaching the victorious finish line (dedication ceremony). I have answered many emails, offering advice if possible and passing along applications for grants. The number one

question that has been asked is, "What's the first step that we need to take?" The answers are as varied as the eight states in Pacific Region.

So jump on the "Reading Railroad" and I'll try to give you some insights to guide you on your way. My own personal experience as the chairman for our garden club's **Blue Star** By-Way Marker Project has been a marathon game. My first contact was with the City Parks and Recreation Supervisor a year ago. The journey has included drawing a number of "Chance" cards, like meetings with the groundskeeper who moved our first choice location because that was the corner where he piles the plowed snow in the winter, or having our date to present our proposal to City Council being postponed twice (two months delay). We have finally drawn the "Advance to Park Place" (actually Veterans Memorial Park) where we can finally break ground. Our goal is to have the majority of the work completed before the snow flies – which may be another roll of the dice.

Every project is unique so there isn't one easy path to take to win the game. The first step requires the chairman and the garden club or district to get on the same team. There needs to be some agreement that 1) yes, our club wants to get a **Blue Star** Marker, and 2) we have a chairman who will relentlessly follow this through to the end. Once that happens, one or more possible location options need to be researched. Before even meeting with the city, I had taken pictures of three locations and provided the pros and cons of each one. I also provided everyone I've talked to with a brief history of **Blue Star** Markers and handed them one of the trifold fliers available through National Garden Clubs, Inc.

Deciding on both the possible location and the size or type of marker will determine where you head next. Selecting a large Memorial Marker to be placed at a Veterans Cemetery will take a very different path than a By-Way Marker being placed in a city-owned Veterans Memorial Park. What I have discovered is that if I've not started in the right place, the person I'm talking to can usually give me directions to get on track (maybe one of those "Chance" cards that says "Go Back 3 Spaces.") Not every project will take the same route. One very small club began with the idea that they could provide a By-Way Marker in a small park area, only to meet up with members of the American Legion who wanted a large Memorial Marker placed at a Civic Center and they would help with the funding. ("Congratulations, you have won the lottery!")

Probably the best piece of advice I can give is **DON'T GIVE UP!** If one path is a deadend, use your "Get Out of Jail Free" card and "Advance to Marvin Gardens." Along the way be sure to research the grants that are available, the service organizations who may be able to donate funds or labor, and the military organizations in your community who may be eager to help in any way possible.

Congratulations are in order to the Greater Eagle River Garden Club in Eagle River, Alaska who dedicated a **Blue Star Marker** June 24. (See article and pictures in the last *WACONIAH*.) In addition, Oregon State Federation of Garden Clubs was set to hold their dedication at The Oregon Garden in September and Coos Bay Garden Club of Oregon was planning an October dedication. What a great way to kick off the Pacific Region Director's Project.

Remember to send me an email keeping me informed about your progress and your dedication dates. If your club, district, or state has a project going but hasn't let me know, please send me some information. We want to celebrate you! Director Robin Pokorski will also attempt to attend as many dedication ceremonies as she can over the next two years.

SHOW YOUR PRIDE – JOIN THE CHALLENGE

Focus: Arizona Water Issues

By Cheryl Drumheller, Water Issues Chairman



Arizona's climate is arid and semi-arid, with average annual precipitation ranging from three inches to around 40 inches. So the main issues with Arizona's **water** are shortage, **water** cleanliness and drinkability. With constant fluctuations in **water** supply, the quality of **water** is impacted for businesses and households. This leads

Arizonans to be innovative with a limited supply.

There are three main sources of **water** in Arizona: the 1,450-mile-long Colorado River; **groundwater** from beneath the Earth's surface in soil pore spaces and in the fractures of rock formations; and surface **water** usually from smaller rivers throughout the state. To supplement these depleted resources, some cities use treated waste **water**.

Once a source of **water** is identified, communities must deal with ensuring it is usable. With a variety of types of **water**, each area has its own issues with contaminants and natural impurities.

Common **Water** Problems by City:

Phoenix's water source comes from three rivers: Colorado, Salt and Verde. To reach the treatment facilities, artificial **waterways** are used.

As **water** travels, it picks up contaminants: physical, biological, chemical and radiological. Chlorine is used to disinfect the **water** and stop the spread of viruses and bacteria. Chlorine may also produce a sharp odor.

Hard **water** is common when **water** picks up sediment and natural iron deposits. It can lead to dry, itchy skin and limescale buildup on appliances.

Tucson residents get their drinking **water** from the Colorado River. It's brought to them by The Central

Arizona Project canal, traveling over 300 miles. As the **water** travels, it picks up natural sediment. As the **water** sinks through the earth's surface, it picks up sediments that influence its quality (hard **water**).

Specialized basins are used to allow the **water** to recharge naturally.

Mesa receives **water** from the Colorado, Salt and Verde Rivers. To supplement the supplies, 30 deep wells glean **water** from underneath the ground. Mesa uses chlorine to disinfect the **water**.

Scottsdale utilizes multiple **water** sources that include the Colorado, Salt, and Verde Rivers and underground. The **water** quality can be substandard since contaminants are abundant. Aggressive treatment leaves unpleasant odors.

Chandler receives its **water** from The Central Arizona Project, Salt River Project, groundwater and reclaimed waste **water**. The **water** from these sources is treated aggressively before it is utilized by the public. Hard **water** is also common.

With Arizona being an arid state and having a limited **water** supply, it's evident the major cities are innovative in getting **water** to their businesses and households.

Reference: <https://www.pickcomfort.com/water-quality/arizona/>

Monkshood

By Lavon Ostrick, Wildflower Chairman



Genus: *Aconitum*
Buttercup Family:
Ranunculaceae

The monkshood plant was introduced to me when someone from the Food and Drug Administration gave me a potted plant. The plant had been labeled "good for soup." It was confiscated as not safe for food! That was my introduction to monkshood.

Since that time, the plant has grown in a flower bed in front of my home. It receives winter chill as is necessary for monkshood. It receives morning sun, but afternoon shade.

The plant is deer resistant. It can cause irritation; thus, it is always necessary to wash your hands after handling the plant. In addition, the plant is poisonous and can cause death in animals and humans.

The flowers, shaped like hoods, usually appear in October, which is perfect because it has enabled me to enter the blossoms at the flower show sponsored by the

Evening Primrose Garden Club, one of the garden clubs in the Klamath District.

Lastly, I am including a recent photo of the monkshood plant as it appears now. The buds are nearly perfect so they may again blossom in time to enter the Klamath Basin Potato Festival which will be held in Merrill, Oregon.

Civic Beautification: Let's Share

By Amanda Ross, Civic Beautification Chairman

Where is beauty found? In the eye of the beholder? In creation? In that perfect yellow rose? Or that delicate pink lady slipper? The first smile of a newborn baby? In the neighborhood park filled with kids swinging, laughing and running around the maze of sunflowers?

Beauty is found in all the above.

As members of garden clubs we are always looking for beauty. Touring local neighborhood gardens, parks, and civic building plantings are a few places we can find the beauty we seek.

How can we promote civic beautification? Find a place that would benefit from sprucing up the area, contact the local authorities to get permission and determine what regulations to follow, and finally enlist members in your garden club to follow through to beautify the area. Good Luck, Garden Club members.

Below are some pictures of Fairbanks Garden Club members helping plant the Golden Heart Park in downtown Fairbanks. Our club works with Festival Fairbanks to plant this area that blooms all summer long. I challenge each state to share pictures of how the clubs/members have been involved in civic beautification. Please send information and pictures to Amanda Ross at aross1140@gmail.com to share with Pacific Region Garden Clubs readers! Thank you in advance.



Photos: Denise, Liz, and Becky planting flowers at Golden Heart Plaza in downtown Fairbanks, Alaska

By Ginny Timmerman, Pollinators Co-Chairman



Milkweed, genus *Asclepias*, is an herbaceous plant that was named after Asclepius, the Greek god of healing. It was formally described in 1753. Milkweed gets its name from the white, sticky sap. The genus has over 200 species. They are found in Africa, South and North America. More than 100 species are native to the U.S. and Canada. These species are found in a wide variety of regions and climates. Some milkweed species are only found in specific regions, while others grow in most habitats.

The four main species of the native milkweed are whorled milkweed, common milkweed, swamp milkweed, and butterfly weed. The common milkweed grows in zones 4-9 and can be invasive. It grows from rhizomes. The swamp milkweed is perennial and grows in zones 3-8. It likes a moist environment and is not as invasive as the common milkweed. It is really great in a butterfly or rain garden. The butterfly milkweed and the whorled milkweed need drier conditions. The butterfly weed is the least favorite of the milkweeds but still is a magnet for butterflies. It is native to most of the U.S. and Eastern Canada.

Milkweed produces some of the most complex flowers in the plant kingdom. The pollen of the milkweed is grouped into complex structures instead of the usual individual pollen grains. Milkweed is visited by bees, wasps and butterflies. The non-native honey bees commonly get trapped and die as they are not able to free themselves from the flowers.

Milkweed is the larval food source of butterflies, beetles and moths. It is the exclusive larval food of the monarch butterfly.

Milkweed uses three primary defenses against caterpillars. To limit their damage, the milkweed uses hairy leaves, cardenolide toxins, and latex fluid. Milkweed is toxic as it contains cardiac glycoside poison. The natives of South America and Africa use the sap as poison on their arrows.

Milkweed can cause death in animals if they consume a large quantity of it. Monarch butterflies are poisonous from their consumption of the milkweed.

Milkweed should be handled carefully as it can cause mild dermatitis. Milkweed can cause severe eye problems. When working with milkweed you must use care. Use gloves and wash your hands after working around it. Do not plant milkweed if you have animals like dogs that like to chew on plants, as it can kill them. Milkweed needs to be planted as so many insects depend on it, especially the Monarch butterfly, but it needs to be planted where it does not cause problems.

Ed note: Here is a picture of the rarely seen kitty-fly. Not much of a pollinator but awfully cute.



Judy Stebbins is a **GEM** because she presided so ably over Nevada Garden Clubs' Fall Conference.

~ Robin Pokorski

Inviting Them In

By Kathy Itomura, Wildlife Gardening Chairman



In this third article about wildlife gardening we are ready to look at our garden's guest list.

We've already taken poisons off the menu, we've encouraged the trillions of microscopic soil organisms to set up beneficial systems below ground, now it's time to think of who we want to see above ground!

If you are a lazy gardener, as I am, you can sit back and wait to see who comes for dinner. I have a composter and many creatures show up to do the work of digesting my leftovers and litter. Worms, beetles, flies, and various larvae make this their headquarters. A compost bin may also bring in lizards, snakes, mice, rats, squirrels, moles and voles – whatever creatures can get at all that bonanza. Because I do not want the larger critters in the composter, I keep it lidded with a locking lid and secured with a steel hardware mesh on the bottom to prevent entry by digging. A compost bin must be well-ventilated, and its many narrow openings are sufficient to let in all the important insect guests. Every couple of months I harvest the rich, dark, organic compost they create, and I distribute it to the garden.

Doubtless some worms and other creatures are also distributed, too, and that's fine. They will do the same productive dining wherever they are placed. Importantly, they and their offspring will also be dinner for the birds and lizards that live in my garden. The

organic compost will be a smorgasbord for the trillions of underground diners who will pull those materials down into the soil and convert them into food for roots. Do you see how this is a perpetual meal for everything that lives in a garden?

The plants thrive in this environment of mutual feasting. They need far less fertilizer (if any at all, as most native plants need none added); they need less irrigation water; and their healthy vigorous growth crowds out most weeds. I, the lazy gardener, am served well by these reduced maintenance requirements, and I can spend more time watching the butterflies, bees and birds that come to feast and stay to raise families.

Do You Know a GEM?

By Michele Noe, GEMs Chairman

GEM? Yes, a **GEM** but probably not your first thought, like diamond, emerald, etc. Hope you are curious enough to find out and read the following:

As a person, a **GEM** is someone who is special.

As a place, a **GEM** is space reserved for a person who is special.

As a thing, a **GEM** is a brief blurb about a person who is special and published in *WACONIAH*, the newsletter of Pacific Region Garden Clubs, Inc.

Think about somebody who is: **G**enerous with their time - **E**xceptional in their efforts - **M**indful of others

Generous + **E**xceptional + **M**indful = **GEM**

Most importantly, **GEM** is a fundraising program for Pacific Region Garden Clubs.



Preparing Roses for Winter

By Sandra Ford, Roses Chairman



Thanks to a report from Debbie Hinchey, former President of the Alaska Rose Society, it was interesting to read about the Society's experience in growing roses at

the Centennial Rose Garden in Anchorage.

Idaho does not experience the extreme temperatures of Alaska but, without some protection in winter, we could lose roses just as well. With the climate change, all winters or seasons have changed dramatically from one year to the next. We both experienced very high temperatures this summer and still can't predict what Mother Nature will offer this winter.

Our best insulation from harsh weather conditions is snow, for both coverage and water in the spring. Before investing in roses for your yard, check your local rose societies and extension services for advice.

Your garden club members are a good choice also for advice for your particular location. Our soils differ from one elevation to another and may require treatment to lower or raise the soil PH.

Thankfully, Idaho did not have the forest fires like last year, so the air was cleaner this summer to enable us to stop and smell the roses.

Inspiration Booklet Update

By Becky Cook, Inspiration Booklet Chairman

Thank you to everyone who has sent something in for the Inspiration Booklet.

It has been a privilege to put together, and I hope you will all enjoy it. There are four sections on invocations, inspirations, benedictions and memorials. There is something for everyone inside its covers: humor, patriotism, friendship, insight, wisdom and, of course, gardening. Please look for it coming soon to your garden club.

Do You Know...?

...the meaning of the word:
Hippopotomonstrosesquippedaliophobia?

(hIp-o-pOt-o-mOn-strO-sEs-quIp-i-dEli-o-phObiA)

That's a long word. It's an ironic word as well, especially when you learn the meaning of it. Answer on page 18.

What is Land Conservation?

By David Rylaarsdam, Land Conservation Chairman



To a grower/ farmer it is taking care of the resources that allow you to become successful at what you are growing.

For others it may be keeping everything in its natural state. I don't think anyone would deny that land conservation is important and should be a factor in our lives. But I think that is usually where the consistent thought ends. I recently drove through areas in southern Arizona and California. I observed beautiful fields of several different crops. They actually were stunning. The fields were all perfectly laid out, the crops were a beautiful healthy color, and the height was consistent throughout each field. The fields were laid out to prevent erosion from the recent rains; the soil health was obvious from the health of the crop growing. It is in the grower's best interest to make sure that she/he is conserving that resource to enable continued productive use of that land. And then you have the element that feels that that land should have been conserved in its natural state to protect the native plants and wildlife that inhabited it before it was converted to agricultural use.

As I near towns/cities, I notice subdivisions starting to show up. At the edge of towns, the subdivisions are adjacent to cropland. Over time, the cropland disappears and the subdivisions proliferate. The subdivisions are also well designed to prevent erosion, to handle excess water flows correctly, and provide a useful purpose to supply homes for people to live in. Some would say that utilizing productive land for subdivisions is counter to land conservation ideals.

Then we have the forested areas. Typically they are managed to provide a resource for forest products, paper, lumber, recreation etc. Again, it is in the best interest of the forest product industry to manage those resources well to obtain long term value from the resource. In those areas, there may be watershed concerns because they are being utilized for a water resource for populations that can be many miles from the actual resource. There are many diverse groups that are interested in land conservation in this area, also.

Whose job/responsibility is it to ensure land conservation? I would maintain that it is every citizen's responsibility to work towards land conservation. You see, I would maintain soil conservation is a scientific issue. If one understands soil health and maintains practices to build soil health, the soil will be conserved. Land Conservation, however, is a political issue. Who decides if land is going to be conserved in its current state or is going to be developed? Typically, it is local planning groups who are either appointed or elected, depending on the local jurisdiction. Some local planning groups and associated governing groups, whether they

are city councils or Boards of Supervisors, are supportive of land conservation and will work to maintain productive land in its current state. Others are more interested in development, generating more tax dollars.



As these people are elected, it becomes every citizen's responsibility to decide if land conservation is important to our way of life, and how it should be considered for the benefit of future generations, including our grandkids and their grandkids.

Get Busy

By Charlotte Tucker, Smokey Bear/Woodsy Owl Poster Contest Chairman



love it!

Your Poster Contest Chairman says: If you haven't already started your poster contest, you need to **GET BUSY**. If you need help or suggestions, please call me. That's my job, and I

(209) 533-9300 or email ctucker@mlode.com



Marci Brown & Jean Engelmann are **GEMs** because of their hard work in coordinating the Las Vegas Flower Show School program. Course I was a success, as well as Course II. Great job, ladies!
~ A Flower Show School Student

PRGC Life Memberships

By Marlene Kinney, Life Membership Chairman



**TOGETHER
WE CAN DO IT**

Now that we all are relaxed, refreshed, and ready for fall, let's continue my challenge of increasing Life Memberships. Wouldn't it be great to honor, recognize, and appreciate a fellow gardener with a PRGC Life Membership? Indeed it would.

So far, the only states that have purchased Life Memberships are Washington, Arizona, and California. We all can do better. Together we can increase our scholarship program while spreading the word and Reconnecting with our Region. Just imagine being on the beach in Hawaii and making your list of recipients. I know you have lots of folks to give Life Memberships to for all of their efforts.

I will be on the lookout for your PRGC Life Membership purchases. Together we can do this!

An Incredible Herb! Part 2

By Monica Lewis, Edible Gardening Chairman



Basil grows best in a sunny location and needs a well-drained, rich soil. Plants started indoors and hardened off in May can be planted outside in their permanent location and spaced about two inches apart. Since moisture is important to a good crop, mulching the area will not only discourage weeds but will maintain the moisture level of the soil keeping the plant healthy.

Basil prefers a soil pH of 5.5 to 6.5. Fertilize it sparingly as this decreases the fragrant oils. To encourage a bushy, healthy plant and to maximize production, don't be afraid to prune it a lot. Pinch off the flower buds as soon as they begin to emerge. I usually prune it every two to three weeks.

The foliage is easily bruised. Just brushing against its foliage releases its wonderfully spicy fragrance. Varieties can grow to a height of 2½ feet and about as wide. Foliage colors range from pale to deep green, vivid purple and even purple laced with goldfish yellow foliage. The texture varies from silky and shiny to dull and crinkly. Flowers appear in summer as whorls on the ends of the branches and are either white or lavender. Some of the unusual fragrances and flavors include cinnamon, lemon and anise.

The ideal time to harvest basil and other herbs that are to be dried is on a sunny morning immediately after the dew has evaporated and before the day becomes too warm. When harvesting basil, cut it back to about 1/4 of an inch above a node. Leave enough foliage on the plant so it can continue growing healthily.

Aloha! Harold L. Lyon Arboretum

By Robyn McCarthy, Arboreta Chairman



Some of you lucky folks may be visiting the Island of Oahu, Hawaii in the coming months. If you are, you will not want to miss this one. Just five miles from Waikiki, the Lyon Arboretum lies on 195.5 acres of tropical rain forest at the top of the Manoa Valley watershed. With an average rainfall of 165 inches, the Harold L. Lyon Arboretum has over 5,000 taxa of tropical and subtropical plants (taxa are a group of one or more populations of an organism as seen by taxonomists to form a unit). There are seven miles of hiking trails with an elevation gradient that starts at 450 feet and rises to 1850 feet. Most visitors will hike to the Manoa Falls.

The Hawaiian Islands are 2,000 miles from the nearest continent. The endemic plants (species of plants that exist only in one geographical region) developed over a million years through chance colonization. Native plants which can be found in other places of the world have found adaptation and grow well in the Islands. Native plants have arrived over many years by wind, water, and wings. (Wings being birds, of course.)

The Lyon Arboretum is managed by the University of Hawaii at Manoa. One of its missions is the Hawaiian Rare Plant Program. Since 1992 the HRPP has focused on the rescue and recovery of Hawaii's most critically endangered native plants. The Hawaiian Rare Plant program serves as *ex situ* plant and seed germplasm repository, propagation, and distribution site for plant propagators, land managers, and others who do not possess the resources to store and propagate their Hawaiian endemic plants that are in danger of being lost. (*Ex situ* means "off-site conservation" and is the process of protecting an endangered species outside its natural habitat.)

The Lyon Arboretum boasts one of the largest palm collections found in a botanical garden. Nine theme gardens - Herb and Spice, European, African, Mediterranean, Asian, Chinese, New World, Gingers and Edible Flowers beckon plant lovers.

Visit <https://manoa.hawaii.edu/lyonarboratum/gardens/> for information.

Five Concepts in Integrated Pest Management

By Nicole Sanchez, IPM Chairman

Integrated Pest Management (IPM), a bland term for a hot agricultural topic, is a multi-faceted approach, applicable to home gardening and commercial production. IPM attempts to apply a holistic, environmentally friendly approach to pest management. IPM has existed as an area of study since the 1970's, but is largely unfamiliar outside the industry: many gardeners are already practicing some IPM without awareness that their practices fall into an IPM framework.

Understanding IPM provides home gardeners desirous of applying earth-friendly approaches to pest management a system for doing so. IPM is flexible, and uses an ecosystem approach, so practices can vary substantially from one plant or garden type to the next. Advanced application of IPM requires deeper understanding of pest and plant biology than the "see and spray" pest management approach common in previous decades; however, even the novice can use IPM principles in the garden and landscape to manage pests with minimal application of chemicals.

Integration. Key to success of an IPM approach is the use of multiple tactics simultaneously - thus the moniker *Integrated*. IPM applies layers of management: plant selection, plant cultivation, physical barriers, chemicals, and more, in a tiered approach. The home gardener who has experienced soil borne disease of tomato might next year select a resistant tomato variety, move tomatoes to a different spot in the garden, and apply a fungicide - appropriately timed for both the plant's development, and when conditions are favorable for disease development. Multiple tactics requiring some knowledge of the issue at hand.

Identification. Since only about 5% of identified insect species are pests, chances are that an insect randomly seen visiting a plant is providing some beneficial service, like pollination or predation upon plant-feeding insects. Even plant professionals have mistakenly applied insecticide to a disease issue, or treated a nutrient problem as biological. Internet-based resources for insect and disease identification have vastly improved in the last decade, making identification easy for the most common problems. The website "Bugwood" has a substantial collection of pest and disease images confirmed by professionals: www.ipmimages.org/. Users can search by crop or plant type, using filters to only display pictures of the same symptoms as the plant being investigated.

Monitoring. Monitoring is also called scouting, and is crucial to IPM success. In a large commercial field, it may mean hiring scouts to estimate the number and maturity of stinkbug eggs every ten feet. In the home garden, it means making regular observations about changes in plant material. Some insects and diseases progress so rapidly that the difference between a non-

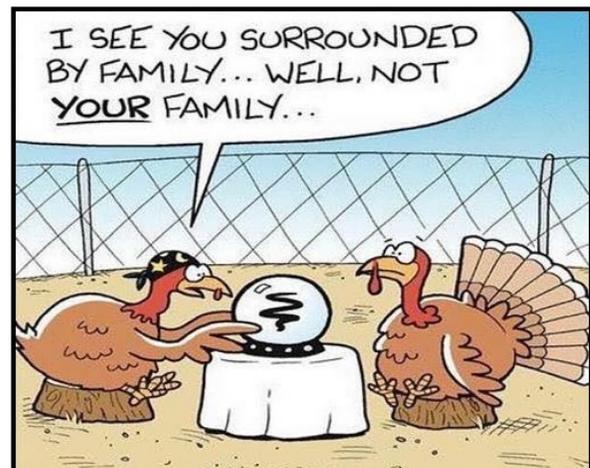
chemical solution and insecticide application is just a few days. For example, caterpillars are easy to control with Bt, a naturally occurring bacteria that disrupts digestion while the caterpillars are small and young. Once caterpillars have completed the bulk of larval development and are about to pupate, there is little digestion happening so Bt is not effective. Aphids are notorious for quietly building up a population on a single plant until the population maxes out the plant's resources. Caught early, management involves one plant. A few days later, numerous plants are involved.

Thresholds. Usually the mere presence of a single pest is not indicative of treatment. IPM practice includes determining thresholds for action that consider the cost of doing nothing vs. anticipated return on investment if treatment is applied. In commercial production, treatment might be warranted when aphid numbers are twenty aphids per net sample, but has no economic value when only five aphids per net were captured. In the home garden, give natural enemies a chance to balance pest populations before applying pesticides that affect both pest and natural enemy. When natural enemies are present in numbers sufficient to suppress the pest, the threshold for chemical treatment is not met.

Control Actions. In IPM, pest management is an ongoing process, not a response to pests that happen to arise in the system. IPM uses a variety of actions from plant selection (choosing resistant varieties), to the way plants are watered (not overhead!), to using traps to monitor for and catch insect pests, and much more. Control types range from natural controls (a killing frost also kills mealybugs outdoors) to chemical controls, the "big guns" used last in an IPM program.

While more fully developed for commercial operations, IPM can be applied in the home garden in a variety of ways. Willingness on the gardener's part to learn more about the life cycle of the most common pests, and the conditions that allow pests to thrive, is a great place to start.

Check out this from the University of Nevada for detailed info: A Homeowner's Guide to Integrated Pest Management (IPM) www.unce.unr.edu/publications/files/ho/2017/sp1713.pdf



Region Scholarship

By Kristie Livreri, Scholarship Co-Chairman



Once again, Pacific Region Garden Clubs will offer a **\$1,000 scholarship** for a deserving student. Four scholarship applications were received by the deadline outlined on the Pacific Region

Garden Clubs website. **Arizona, California, Oregon** and **Idaho** are the states that submitted applications. Each applicant followed the guidelines and submitted the required documents to be judged by a committee to ascertain the winner. The winner will be announced at the Awards Ceremony at the next convention in Oregon.

It is baffling why each state does not have an applicant. It's \$1,000 waiting to be awarded. I know that all states have students that qualify. States are successful when they reach out to colleges who offer a curriculum of appropriate subjects for the applicant. It has been helpful in the past to advertise the scholarship in state rural publications.

A student who applies for the Pacific Region Scholarship may also apply for the NGC Scholarship. The student is judged on grade point average, letters of recommendation, extra-curricular activities, financial need and a personal letter written by the applicant.

Congratulations to **Arizona** and Ms. Cottrell-Crawford, the worthy winner of the 2019 Scholarship.

Some winners we have seen are repeat winners, as was Marcel Ortiz from Oregon.

The future seems a little brighter as we review these applications and learn just what these young adults are doing to better the world in which we all reside. It warms our hearts to help them achieve their goals in a small but significant way.

Please encourage your members to donate to the scholarship fund by purchasing a Life membership or by becoming a scholarship booster. Recently the region received donations to the scholarship fund in memory of a garden club member **Joan Berg** from Southern California GC. What a lovely way to remember someone by donating so someone will carry on a legacy.

State Scholarship Chairmen should follow the guidelines and use the forms provided on the website and submit one application from your state **by the deadline of April 1, 2020**, so at our next convention we can report that eight applications were received with one deserving winner.

Bread is a lot like the sun.
It rises in the yeast and sets in
the waist.



Digital Region History - Region Project

By Brynn Tavasci, Historian and Project Chairman



1941 – 1943
Mrs. Ernest C. Dalton
Oregon

Theme: unknown

Mrs. Ernest C. Dalton served as Regional Vice President 1941-1943. These were war years, marked by the beginning of World War II for the United States of America. Due to rules and regulations restricting public meetings at this time, only one Region Convention was held. It was at the Westward Ho Hotel in Phoenix, Arizona, April 1943. Mrs. Dalton maintained a preserve for birds, trees and wildflowers on her 90-acre ranch overlooking the Columbia River near St. Helens, Oregon. She had copies of the "Oregon Wild Flower Act" printed and distributed to schools, organizations and all garden clubs.

Officers

Director Mrs. Ernest C. Dalton
No other officers known

State Presidents

Washington Mrs. Harry L. Stinson
Arizona Mrs. Walter Reed
California Mrs. Frederick N. Scatena
Oregon Mrs. Daniel J. Heffner
Mrs. Margaret P. Lamb

No other state presidents known.

Pacific Region Bird: The Owl

By Ann Kronenwetter, Bird Chairman



Owl fossils have been found that are 70-80 million years old. Owl sizes range from the five-inch elf owl to the two foot great gray owl.

Owls are predators, which means they are carnivores. They are finely tuned hunting machines that glide on silent wings to grasp unsuspecting prey with their piercing curved talons.

Owls are known for their ability to fly nearly silently. Owls have a special edge on the front of the wing that breaks air into small streams of wind that rolls to the end

of the wing where comb-like feathers break the air into smaller streams. The soft fluffy feathers of the legs help break up wind noise. The shape of the wing also gives them greater lift and reduces the amount of flapping required. Their wings are long and broad, and their tails are usually short.

Owls' eyes are very large and cannot move in their sockets. Because the owls' eyes are so large, they have a large surface to collect light. The light hits specialized cells in the eye called rod cells. Owls have many more rod cells than other animals that help them see in low light levels. Owls have a structure called the tapetum lucidum at the back of each eye. Light goes into the owl's eyes and hits the rod cells, it then bounces off the tapetum lucidum to hit the rod cells again. This lets the owl see the light two times instead of just once - this turns the night into day. An owl can see three times better in the dark than a human.

The facial discs surround the owl's face and collect sound around the owl's head - just like a satellite dish collects signals for your TV. Owls have asymmetrical ear placement - sound reaches the owl's ears at different times. As an owl lowers or raises its head, it can position its head so the sound reaches both ears at the same time. When this happens, it means the source of the sound is directly in-line with the owl's face. A Great Horned Owl sitting on a fence post 60 feet away can locate a vole running in a tunnel under 18 inches of snow!

The colors of owl feathers tend to be tan, brown, gray, rufous and white. These muted tones help owls camouflage themselves against tree trunks and branches. Owls have feathers on their legs and toes.

Owls do not build their own nests. Some species use old hawk, crow or raven nests. A number of small owls nest in tree cavities or nest boxes. Some owls use the underground tunnels of rodents to nest.

Most owls do not make long migrations. They usually live in the same place all year long. One exception is the Flammulated Owl (insect-eating) which migrates to find the insects they need to survive.

Owl pellets are the non-digestible parts of an owl's meal - the hair, feathers, scales and bone of their prey. Pellets are formed in the gizzard and then spit up 6-12 hours after the owl has eaten. A group of owls is called a parliament. *To be continued next issue....*



Vicki Yuen is a true GEM, no doubt about it. She wears many hats within Nevada State Garden Clubs, Inc., and looks good in each one. Besides her elected obligations, when asked to help with other NGCI projects she is a willing contributor.

~ Michele Noe

2020 Post-Convention Tour – April 30 – May 2

By Bob Gordon, Tours Chairman

Are you going on the Post-Convention Fundraiser Tour with us? If so, it's time to get out the checkbook and send your \$25 refundable deposit to Becky Hassebroek, PRGC Treasurer, 518 Slater Dr, Fairbanks, AK 99701 by **February 15, 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 - balance due

March 15, 2020.

Give Native Plants a Chance!

By Jennifer Culp, Native Plants Chairman

As we head from autumn/fall into winter, please drop notes and/or emails to me on the status of recovery of Native Plants in your area. Since the last issue of *WACONIAH*, I have heard from members in the Woolsey and Thomas Fires areas regarding recovery efforts and status. Please keep PRGC in your thoughts as you disseminate information. I will touch on some of the practices put into use in a future article, along with observations made regarding recovery of native plants facing various hardships.

Each year, Southern California Garden Club selects a plant to study throughout the year. This year they chose salvia, which has many wonderful specimens.

The speaker at our club in September was Lili Singer, renowned for her books and vast knowledge of native plants. You will find her at the Theodore Payne Foundation or in their expansive nursery with the wildflowers, native plants, and succulents. She leads classes on various topics meant to educate the public on the benefits of adding and using native plants in their gardens. At our meeting she introduced their new "Native Plants - Cards on A Ring." For ease of use, you pull the card and take it to your local nursery to request a specific "native plant." Very helpful!

I had the duty of decorating the twelve meeting tables. That opportunity allowed me to choose the table

By Aleta MacFarlane, School Gardens

centerpieces or flower arrangements. Originally, I chose bright and cheerful red geraniums. After our club chose salvia as the native plant to study, I decided to use salvia. As our meeting fell the day before Patriot's Day, red, white, and blue patriotic colors were already chosen for the complimenting decorations. We planted red and blue salvia into a glass mason jar with red burlap ribbon at the neck opening. Ms. Singer noticed the salvia and was happy we were using it in our red, white, and blue patriotic theme, which was also the topic of her program! After the meeting, some members were able to take home two to four salvia plants in red and blue to enjoy and plant in their gardens, so we raised a little money for our club!

When was the last time you thought of or used a native plant in a table centerpiece? How about some of the dried elements left over for use in a centerpiece? We just have to look and take our time to think about how we can use them in our lives in ways we will enjoy.

I extend an open invitation to any garden club member who would like to contribute an article, or portion of an article, relating to native plants at their club or in their surrounding area, to send your article to me or directly to the Editor, Vicki Yuen. We welcome hearing from you!

Give Native Plants a chance! Happy gardening!

Youth Sculpture Contest

By Lisa Cosand, Recyclable Sculpture Contest Chairman

The Pacific Region is encouraging youth, grades 4 to 8, to enter NGC's Youth Sculpture Contest with the title of "Reusing, Recycling, Repurposing." This is a fun opportunity for the children to go through the recycle barrel and build a structure with what they find. It can be entered as a youth club member or as an individual.

Rules:

- A. The sculpture is limited to a size that would fit on an 8 1/2" x 11" sheet of paper and must be constructed of recyclable, reused and reduced material.
- B. Entries should include as many photographs as can be printed on the back of the entry form: two 4x6 photographs are recommended
- C. Use NGC entry form available from www.gardenclub.org and submit by December 1.

Nevada Garden Clubs, Inc is a community partner with JT McWilliams Elementary School. This is an older school and has been through a lot of changes in the neighborhood since the recession in 2008. It is a Title I Zoom school. Zoom means mostly English is the second language. This little school put in gardens before it was "a thing". Next they partnered with Green Our Planet and the Cooperative Extension and have over 5 garden areas, an outdoor classroom, and a hydroponic garden.

Rosalie is their Green Our Planet farmer who comes once a week to check on the gardens and gives a hands-on gardening class. Shannon Bruno coordinates the garden activities which include a garden club and teachers who lead the kids in our Smokey Bear/Woodsy Owl contest, and this year the poetry contest.

The teacher, staff and parents are completely dedicated to making the experience of going to school here great. You know one thing leads to another. The gardening has expanded into a community endeavor. Just like in our home garden we add art, so did the school. The teachers thought the old school looked too much like a prison and started painting murals. Every student gets to put a handprint on the wall. The parking entrance is the Thunderbird Jets at Nellis AFB; the City painted the back exit alley showing children safely crossing the street; a parent's group painted a whole building with a little red school house and train; a church painted a four seasons wall and a music wall; there are over 50 murals. Then Shannon put her hand on a blank wall and said that space was for the garden club.

When I showed the pictures at a meeting, a member volunteered to do a Smokey Bear Mural. She is now a high school teacher but used to work for the Forestry Dept. and her husband wore the Smokey Bear costume. I thank Lori from Seedlings GC for stepping up.

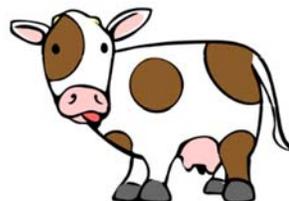
The first time I brought the Smokey Bear contest to them I had a lot of trinkets from a convention to give the students. The teachers were actually crying because we were doing this for their school. I was told that it means so much for these kids to be able to enter a national contest, and then when I gave each artist a certificate it was so much more than they ever expected.

I encourage every club to find a school and see where you can make a difference. You don't need to spend a lot of money or prepare an elaborate program. Just show you have an interest in your community and our next generation of conservationists.



Larri Tarver is a **GEM** because of her brilliant idea "Getting to Know You."

~ Robin Pokorski



So if a cow doesn't produce milk, is it a Milk Dud or an udder failure?

What is a Judges' Council

By Jean Engelmann, Judges Councils Chairman

What is a Judges' Council? It is the organization of Accredited Judges of all levels plus Student Judges. Student judges are those who have passed all Point Scoring Tests and Exams of three Courses of Flower Show Schools.

What is the purpose of a Judges' Council? The main purpose is to serve as continuing education for Judges between Symposiums and to help judges become totally familiar with the current *Handbook for Flower Shows*. A welcome "extra" is the camaraderie of a group of people with similar interests.

Do you own the *Handbook for Flower Shows Revised 2017*? There are so many changes from the 2007 *Handbook* that it is imperative to own the 2017 *Handbook* and to study it and to keep up with any changes. The *Handbook* is not static – it is expected to be constantly evolving as clarifications, corrections and new ideas are added. The first list of changes was dated 5/22/17 and is available on the NGC website. Go to NGC/Schools/Flower Show Schools/Flower Show Handbook for the list. The second list of changes concerns judging and exhibiting credits for Accredited Judges. It has a date of 5/3/19 and is listed in the Summer Issue of *The National Gardener*. Look for another list of changes that will be published soon.

A new division of Botanical Arts has been added to this *Handbook*. It has four different areas of interest. Botanical Horticulture is judged using the Horticulture Scales of Points, but judges need to know what types of horticulture are included and the rules for each. Botanical Design includes some designs that formerly were in the Design Division plus some new designs. These are judged using the Design Scale of Points. Artistic Crafts is also included in this division. They are judged using the Artistic Crafts Scale of Points. The fourth area is Photography and it has its own Scale of Points. Section Awards may be given in each area, but there is no Division Award.

Parliamentary Vocabulary

By Greg Pokorski, Parliamentarian



Spelling tip: When I review bylaws or receive questions about bylaws I see all kinds of spelling such as By-laws, By Laws, By-Laws, ByLaws. Please note that the preferred

spelling according to current usage, the dictionary and *Robert's Rules* is bylaw (bylaws). One word. No hyphen.

Speaking of word usage, remember that an executive board and an executive committee are not the same thing. An executive board is the board of directors. An executive committee is a subset of the full board.

What's For Dinner?

By Cher Habriel, Poet Laureate and Recipe Collector

They've come from almost all eight states
Recipes, recipes ain't it great?
Cakes and tortes, even rhubarb pies
Venison, chicken and fish fries
Cookies, drinks and berries galore
Soups, salads, potatoes and more.

They've kept me busy all July
Into August 'til I'm bleary eyed.
Now we'll all sit back and wait
For Robin's cookbook to display.
Think of all the new dishes to try
How our repertoires will multiply!

Hubby will surely appreciate
Especially ones that he can make
I hope you don't burn up your stove
When you attempt this treasure trove
Of recipes you all sent in.
So, grab a pan and let's begin!

Awards

By Sandra Ford, Awards Chairman



It is time to start thinking about putting your awards together to submit for 2019. It is very important to read the rules for your state, region and national awards.

The State Awards Chairman only may submit award applications on a club's behalf to Pacific Region and NGC unless otherwise noted. Some awards have different dates when they are due.

One change made this year is that you are now allowed three (3) pages (front only) for your accomplishments along with the application for a total of four (4) pages. Pictures tell your story better than words sometimes, so hopefully you started taking pictures from the beginning and to the end result. The award winners are announced at the conventions.

I'm watching a 3-year-old pull up apps on his cell phone. Me? I just figured out how to turn mine off without removing the battery!



West Coast Monarch Movement

By Jane Sercombe, Pollinators Co-Chairman



The West Coast Monarch movement needs everyone's help. Twenty years ago the California wintering monarchs numbered 1.2 million

individuals. In 2018 the count was down to 28,000 individuals. This is very different from the East Coast migration to Mexico which is showing an increasing population, although not at historic levels.

In 2019, while hardly any monarchs were sighted in all of Oregon, by September 1 in Brookings, Oregon, 2200 monarch eggs had been laid on several types of milkweed in one back yard. People involved with the monarch recovery came from all over to help with getting the eggs the proper conditions to develop and flourish.

Stephanie Hazen came to the Fall Garden Fair at The Oregon Garden in Silverton, Oregon. She answered the call for a "pollinator expert" to talk with those interested people stopping at the pollinator table for information. She brought several of the monarch caterpillars collected in Brookings to show this critical stage in development. Some larva had entered the pupa stage, called a chrysalis.

As of September, most have fully developed into butterflies, been marked by a tagging sticker, released, and hopefully will be found and reported as they fly south to Southern California to overwinter. One of the tagged monarchs released in Oregon has already been sighted in Santa Cruz, California, so the intervention is working!

Stephanie, a retired small animal veterinarian, is a volunteer for Oregon State University's citizen science project Oregon Bee Atlas whose purpose is to collect and catalogue all of Oregon's native bees, many of which are as yet undiscovered. Many thanks to all the volunteers helping with the Monarch Watch.



Points to remember for monarch butterflies:

1. Monarch butterflies only lay eggs on milkweed as that is the only plant their caterpillars can digest.
2. Adult butterflies sip nectar from milkweed and many other flowering plants. By having flowering plants from May to October we can assist monarchs migrating both north to the egg laying territory in Northern California,

Oregon, Washington and Canada, and south to the wintering grounds in coastal California.

3. Monarchs need trees to rest in and water to drink. They prefer to sip their water from mud and sandy areas.

For our native bees:

1. Recognize and leave nesting areas for beneficials, bees, and butterflies.
2. Many native bees nest in bare ground so leave some bare ground without cover of bark chips, ground cloth and deep mulch, especially in sunny areas and south facing slopes.
3. Many other native bees nest in dead sticks and dead plant stems. Shrubs with hollow or pithy stems such as elderberry, raspberry, etc. support solitary bees and other wildlife. Brush piles full of dead hollow stems support many bees such as Mason bees, leaf cutter bees and wool carder bees.
4. Pencil size holes in the ground might be nests for native bees.
5. Just recognizing the presence of nests is a first step in protecting them.

Above information from the Xerces Society, *Attracting Native Pollinators*, Stephanie Hazen, and the Monarch Watch.

Blue Iguana – *Cyclura lewisi*

By Georgia Zahar, Endangered Species Chairman



The blue iguana, also known as the Grand Cayman blue iguana, is an endangered species of lizard that is endemic to the island of Grand Cayman.

It is one of the longest living species of lizard (possibly up to 69 years). It is the largest native land animal on Grand Cayman with a total nose-to-tail length of five feet and weighing as much as 30 pounds.

In 2003, fewer than 13 blue iguanas remained in the wild and it was predicted to become extinct within the first decade of the 21st century. The decline is mainly being driven by predation by feral pets (dogs and cats) and indirectly by the destruction of natural habitat as fruit farms are converted to pasture for cattle grazing.

Since 2004, hundreds of captive-bred reptiles have been released into a preserve on Grand Cayman in an attempt to save the species. The conservancy program has released over 700 captive-bred blue iguanas. Many of the blue iguanas have been released into the Queen Elizabeth II Botanic Park on Grand Cayman. They occupy rock holes and tree cavities. The adults are primarily terrestrial.

Herbal Meet and Greet: Turmeric

By Sally Thompson, Herbs Chairman



Turmeric (*Curcuma longa*) is a large-leaved rhizome with yellow flowers and pink bracts. The leaves resemble those of a Bird of Paradise or Torch Ginger and are aromatic. The rhizome is bright yellow when cut open. It is also called yellow

ginger and usually grows in tropical areas. Turmeric can be grown in a warm room at home with very rich potting soil, heavy misting and under a plastic tent.

It is used mainly in Chinese, Thai and Indian type cooking. Although the whole leaves are used to wrap around fish and vegetables before cooking, the rhizome is widely used to flavor chow-chow, relishes, broths and rice dishes. It has a pleasing yellow color that enhances seafood and chicken casseroles.

Many cooks confuse turmeric with more widely used saffron in the same usage. The difference is saffron, also with a rich yellow color, is harvested from *Crocus sativus* and has a slightly different taste. Saffron harvests require 5,000 stigmas to yield one ounce of dried threads.



Powdered turmeric rhizomes are also used as healing plants. This powder heals and improves and tones your complexion, even helping against acne. It is said to strengthen the gallbladder as it reduces toxins within the

body. It's also known to aid in weight loss as it metabolizes fats. Many health professionals make it an important part of their diet.

Turmeric is also used to dye fabrics that are often used in Eastern Indian ceremonies.

Gardener's Tip



If you are one of the many who forego garden gloves and prefer bare-handed gardening, remember to scrape your fingernails across a damp bar of soap before going out – the soap is a great protector and cleans up easily with a nail brush.

Tussock Moth & Douglas Fir

By Janet Petersen, Invasive Species Chairman



My husband and I spent our summer hiking in the spectacular mountains of Idaho. We noticed many of the beautiful Douglas fir trees looked like they were dying. We noticed on our hikes thousands of moths flying around the trees. We contacted the local forest

service and were told the Douglas fir tussock moth is responsible for defoliation of the Douglas fir trees.

Douglas fir trees are located from British Columbia southward to central California. In Arizona, California, Washington, Oregon, Utah and Idaho the "old growth" mature Douglas fir is the primary habitat for the red tree vole, spotted owl and many other bird species.

Hosts - The Douglas fir tussock moth is a common defoliator of the Douglas fir and true firs. In forested settings, the Douglas fir tussock moth prefers Douglas fir. It is occasionally found in true firs or spruce. Forest infestations can be intense, and other species of conifers surrounding the Douglas fir trees are often defoliated. In urban settings, blue spruce is attacked. Urban infestations are often confined to individual trees, and the same tree may be attacked year after year, which can cause considerable damage or mortality.

Life Cycle – Douglas fir tussock moths have a 1-year life cycle and overwinter as eggs. Egg hatch coincides with bud burst. Larvae pass through four to six molts. Pupation occurs any time from late July to the end of August inside a thin cocoon of silken webbing mixed with larval hairs. Adults appear from late July into November, depending on the location.

Damage – The first sign of attack appears in late spring as the young larvae feed on current year's foliage, causing it to shrivel and turn reddish brown. As larvae mature, they feed on older needles. Defoliation occurs first at the top of the trees and outer branches and then, as the season progresses, on lower crowns and inner branches. During a severe defoliation event, trees will appear as skeletons once the damaged needles have fallen off, and cocoons and egg masses will be visible year-round in the lower tree canopy. Damage from severe defoliation can lead to tree death.

Management- Natural controls including predators, parasitoids, and a nuclear polyhedrosis virus (NPV), keep the tussock moth population low most of the time. The natural controls, especially the NPV, also act to bring populations back under control during an outbreak. Douglas-fir tussock moth populations seem to follow a cyclical outbreak pattern, with outbreaks occurring every 8-12 years and lasting 2-4 years. If applied control is desired, there are registered insecticides that might be used to reduce the populations.

It Wasn't Difficult

By Debbie Angel, Washington

The Marine Hills GC agreed to sponsor a series of NGC Gardening School classes as a service to the members of Washington State Federation of Garden Clubs and Pacific Region Garden Clubs, as well as any other interested members of NGC garden clubs. We recognized the need for another Gardening School in our area, as there are garden club members interested in this valuable educational opportunity and others who needed to refresh their consultant status.

As we began planning the classes, we discovered the curriculum had a great variety of topics that included essential foundational content and useful subject matter across a range of areas.

The class was not difficult to arrange. We had 35 participants in Course 1 who enjoyed learning together. We are eager for Course 2. We also look forward to Course 3 in early April and Course 4 in the fall of 2020.

So You Wanna Recycle?

By Gail Vanderhorst, NGC Recycling Chairman

Here is a great idea for recycling and a project for you or your garden club. This is a snowflake made from recycling the plastic rings from six-packs of beer, soda, or anything else that has six cans to the package.



It is about 18 inches in diameter and can be hung anywhere, especially outside in a tree or hung on the door as a decoration. The directions are simple to follow and it is a great project to do in a group or individually. Since the directions take printed space, if you are interested in doing this project, email this chairman and I will send you a copy and you too can be ready for the holidays and recycling as well.

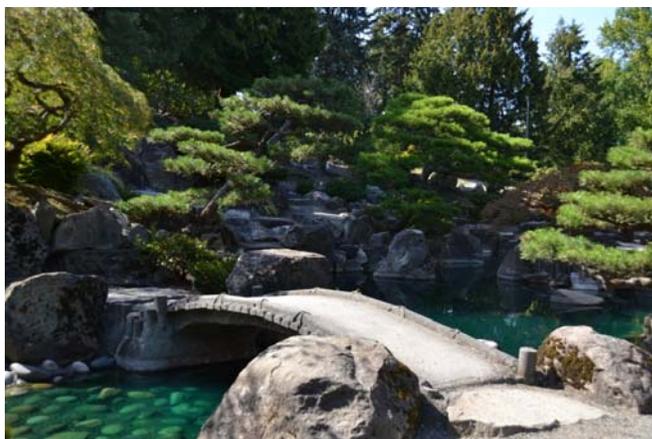
Ed note: Director Robin is working to establish a partnership with Southwest Airlines that still serves soda pop from six-packs. She is promised that flight attendants will collect and send her the plastic tops instead of cutting them up.



**When ferns cohabitate,
are they
fronds with benefits?**

Botanical Gardens in Your Neck of the Woods

By Harriet Vallens, Botanic Gardens Chairman



A private garden of one acre owned by Elda and Ray Behm was located near the Seattle-Tacoma Airport. When the airport needed to expand, the garden was slated to be demolished. An agreement was reached to relocate the existing plants and develop a new botanical garden near the North Sea-Tac Community Center.

Eighteen years ago, a group of 2,000 volunteers transplanted almost 90% of the plants to form the first two acres of the present garden. Many local garden clubs and plant societies combined efforts to develop the first two-acre site which was to become the Highline SeaTac Botanical Garden. This beautiful botanical garden is open to the public daily free of charge.

The King County Iris Society has a 500 square foot display of Bearded Irises at the Garden. The Seattle Rose Society and the Puget Sound Daylily Club have a Daylily bed of 100 different cultivars. The Rose Garden contains over 100 rose plants, and is the site of many weddings. The Paradise Garden has a large pond, a log pergola, and a large variety of shrubs, trees, and perennials, surrounded by lawns.

The City of SeaTac and the State of Washington donated funds to move the historic Seiko Japanese Garden to this new site. Within the last eleven years, a Sensory Garden has been added. More recently, A Natural Yard Care Garden and a Fuchsia bed display for the Puget Sound Fuchsia Society have been added.

All of this natural and man-made beauty is available for those of you who live nearby or are traveling in the area.

Highline SeaTac Botanical Garden
13735 24th Street South, SeaTac, Washington

Issue Deadlines and Issue Focus

The deadline for the February 2020 issue is 12-30-19. The issue focus is: ***What partnerships does your state have? How were they obtained?***

Adaptive Gardening

By Gwenn Davies Guy, Adaptive Gardening Chairman



Adaptive gardening refers to the practice of “adapting” our gardens to fit our needs. The benefits of gardening are numerous: healthy food, beauty to nourish the soul, exercise, fresh air, and lower stress levels. But pursuing our passion may require developing techniques, discovering new tools or redesigning our gardens to address our physical, environmental, geographical, or aging limitations.

For many of us, gardening has been a life-long love which draws our focus monthly to planning, preparing, planting and providing harvest. This article will address adapting our garden as we downsize, or as we deal with the limitations of aging.



Recently, our garden group visited a lifelong gardener who in the last year had downsized from a single family home and a large garden plot to living at a retirement complex with a small patio patch adjacent to her front door. As she noted, she prided herself on growing a variety of vegetables complemented with an array of colorful perennial and annual flowers. Realizing the limitations of her gardening space, she needed to reassess her needs. She was still drawn to planting the thriller, spiller, filler of colorful flowers but it would be containers that would brighten the gravel that



divided her space from that of another. Her love for fresh herbs could also be contained and harvested within close reach. The hanging basket using a pulley system can offer much needed space.

Many gardeners plant horizontally either in raised beds or rows. The design of a vertical garden satisfies the limitations of space without sacrificing quantity. The design doesn't have to be complex or expensive. The design simply needs to provide continued opportunity for the pleasure in gardening.

As we age, bending, kneeling, reaching or hauling water may not be as easy. Arthritis may further limit our gardening ability. Fortunately, the concept of raised beds, drip irrigation, push-button watering wands, long-handled shovels, telescoping tools that can be lengthened or shortened, and

ergonomically designed clippers and pruners are available for adaptive gardening.

Lastly, allow seating to relax and enjoy the beauties of your garden.



Backyard Habitats Around the Region

By Linda Haas, Backyard Habitat Chairman

As gardeners, we are well aware of the importance of gardening for wildlife, particularly pollinators. But where do we start and how do we maintain? We have a diverse region, from Alaska to Hawaii, thus I decided to look for helpful websites in each state, knowing that even our single states are diverse, e.g. east and west sides as many are divided by mountain ranges. Most of these websites would be helpful to any of us, so please take advantage of any that strike your fancy.

Washington: A short instructional section on Backyard wildlife sanctuaries can be accessed via the Department of Fish and Wildlife. The section emphasizes the need for backyard wildlife sanctuaries, how to make your property better for wildlife and how to apply for certification. wdfw.wa.gov/specieshabitats/living/backyard#

Washington Native Plant Society has chapters throughout the state and a large section on the website with instructions on how to garden with native plants. There is an illustrated, alphabetical plant directory as well as native plant lists by county. The site is a bit difficult to navigate, but well worth it once you get the hang of it. wnps.org/

Arizona: Arizona has a few resources for backyard habitats. A one pager is available on the University of Arizona website and discusses wildlife/urban interface. It also has an interesting section on the use of water as well as different types of shelters. The site is part of a blog of the Backyard Gardener. cals.arizona.edu/yavapai/anr/hort/byg/archive/backyardwildlifehabitat2017.html

Arizona's *Garden for Wildlife* website offers steps to get your garden certified. It also has a hyperlink to *Plants Native to Your Area*. The link was to Lady Bird Johnson Wildflower Center in TX. One can narrow a search by state, type of plant and duration. I searched for Arizona cactus/succulents and perennials and received the scientific and common names and images of 18 results. The search can also be narrowed further, by light and moisture requirements and bloom time. A very interesting site. azwildlife.org/habitat/

California: I couldn't find a government site for wildlife habitats. (Note, that doesn't mean there aren't any, I just couldn't find them.) Most sites are related to areas, e.g. Sacramento, Bay Area. There are sites by the Audubon Society. The one for Sacramento lists the importance of native plants and provides resources. Not surprisingly, they offer a wealth of information on birds. sacramentoaudubon.org/programs/edugardenhabitats.html The Xerces Society encourages establishing wildflower habitat for pollinators. There is a free downloadable Pollinator Conservation Resource guide for Establishing Pollinator Meadows from Seed. There is a Regional Xerces office in California. There are regional guides for regions of California, Pacific Islands and

Western Oregon and Washington. xerces.org/habitat-restoration/ The Santa Barbara Independent has a nice article on Butterflies, including photographs and how to attract butterflies to your garden. independent.com/2016/07/20/backyard-wildlife-butterfly-habitat-adds-wonder-your-garden/

Oregon: The Portland Audubon Chapter and Columbia Land Trust have a program for urban gardeners to create natural backyard habitats. This joint effort covers Multnomah, Clackamas, Clark and Washington counties. Homeowners can enroll on the website and apply for a technician to assess your property, help plan, and provide discounts for plants and materials. backyardhabitats.org

Another website discusses native plants and has URLs of many resources. solveoregon.org/native-plants?layoutViewMode=tablet The Native Plant Society of Oregon has a wealth of information. I found Using Native Plants for Gardening very interesting. It includes ecoregions of Oregon. The Society also has bulletins and a journal. npsoregon.org/landscaping2.html

Nevada: Nevada has a Schoolyard Habitat Program through the Fish and Wildlife Office. The flyer covers a definition of the program, benefits and getting started and where to learn more. fws.gov/nevada/partners/syh/documents/syh-flyer.pdf

There is also a website for the Nevada Wildlife Federation, which lists the five basic components of wildlife habitats. nvwf.org/backyard-habitat/

Idaho: Idaho has a thorough 36-page booklet "Backyards for Wildlife" accessed on the Idaho Fish and Wildlife website. The booklet has 22 sections and covers many topics, including: Share your Yard with Wildlife; What's Good for Wildlife May also be good for you; The First Steps; and Some Basic Principles. There are also sections on water, plants for food/cover, trees, flowering plants and shrubs. There is also a section on Hummingbird and Butterfly Gardens, as well as bird feeding, bat houses and shelters for other wildlife. The last section of the booklet has extensive lists of Idaho native plants including common and scientific names and notes on the plants. idfg.idaho.gov/old-web/docs/wildlife/nongame/leafletBackyardWildlife.pdf

Alaska: Alaska has a very thorough site, entitled *Landscaping for Wildlife*; it can be accessed on The Alaska Department of Fish and Game website. The illustrated publication covers how to get started and how to develop a plan. There is a section on other enhancements that may be helpful, such as water, feeders, snags and nest boxes, song posts, escape cover, grit, mud puddles and predators. Another section discusses how to use native plants, using softwood or hardwood cuttings, seed collecting and transplanting. The publication also has sections and future changes and more resources. adfg.alaska.gov/index.cfm?adfg=wildlifelandscaping.main

Hawaii: Hawaii has a lovely 20-page illustrated booklet on Backyard Conservation. The booklet covers beneficial insects, composting, managing nutrients and pests, different mulching techniques and native plants. The booklet also covers wetlands, best management practices of stormwater, terracing, trees and xeriscaping. Each section has additional resources. health.hawaii.gov/cwb/files/2013/05/PRC_HawaiiBackyardConservation.pdf The University of Hawaii also has a downloadable, illustrated booklet on Hawaii Backyard Conservation: Ideas for Every Homeowner, which includes integrated pest management. ctahr.hawaii.edu/site/downloads/ext/BYC112812.pdf

I hope these are helpful. Please email me with any sites you found particularly helpful and why or any other topics you would like covered. My email is in our directory. In the next article, I'll try to cover getting certified as a backyard habitat.

What Are We Eating, Breathing and Drinking?

By Patricia Grimes, Organic Gardening Chairman



I had an organic garden this year..... totally organic and NO weeds.

My grandchildren earned their Masters Degrees in weeding and yard work as they developed nice fat bank accounts before they went to college this fall. They weeded most of our one third of an acre.

I have an informal garden: if I see a plant that I cannot imagine being without, and my poor impulse control kicks in, I purchase it and find it an appropriate home in one of my gardens. I really dislike beauty bark but I do use compost. My vegetable garden is large and we have many fruit trees and more flower beds than my husband wants. But..Oh Dear.

PREEN - I discontinued use of everything toxic many years ago, but gave in to trying Preen two years ago. Preen isn't just one product - it is a full line of weed treatments from Seaboard Corporation. Some are pre-emergent herbicides which prevent weeds before they sprout.

I tried Preen Garden Weed Preventer. I understood it did not harm birds, pets or even earthworms if used properly. I was very pleased, as the results were just as stated on the weed prevention package. I did some additional research and to my dismay discovered it is harmful to aquatic creatures of all types. The active ingredient in Preen, Trifluran, still pollutes as a simple rainfall can carry it to streams, lakes, and beyond. The next year I tried Preen Natural Weed Preventer which is basically corn gluten. DO NOT waste your money. I tried it everywhere with poor results.

ROUNDUP - Roundup is one of the most popular weed killers in the world. It is used by farmers and homeowners alike, in fields, lawns, and gardens. Many studies claim that Roundup is safe and environmentally friendly. However, other studies have linked it to serious health issues like cancer. It is produced by biotech giant Monsanto, and was first introduced by them in 1974. The key active ingredient in Roundup is glyphosate, a compound with a molecular structure similar to the amino acid blycine. Glyphosate is also used in many other herbicides. Roundup is a non-selective herbicide, meaning that it will kill most plants it comes in contact with.

Glyphosate kills plants by inhibiting a metabolic pathway. This pathway is crucial for plants and some microorganisms, but does not exist in humans. However, the human digestive system does contain microorganisms that make use of this pathway.

Glyphosate is the most widely used broad-spectrum systemic herbicide in the world. Glyphosate is found in many foods because it is absorbed through foliage, and minimally through roots.

In March 2015, the World Health Organization's International Agency for Research on Cancer (IARC) classified glyphosate as "probably carcinogenic in humans" based on epidemiological studies, animal studies and lab studies. The IARC has steadfastly defended that decision despite ongoing attacks by Monsanto.

In 2017, glyphosate was also listed by the California Office of Environmental Health Hazard Assessment as a chemical known to the state to cause cancer. The link between glyphosate and Non-Hodgkin lymphoma is particularly strong. A study published in the International Journal of Cancer found an association between exposure to herbicides such as glyphosate and NHL.

Regardless of the evidence, Monsanto still states that "Glyphosate has a 40 year history of safe and effective use. In evaluations spanning those four decades, the overwhelming conclusion of experts worldwide, including the Environmental Protection Agency (EPA), has been that glyphosate can be used safely." A Roundup class action lawsuit has recently reached its end as Monsanto announced it will settle. Many consumers who filed a claim alleged they would never have purchased Roundup products if they had been properly informed that glyphosate targets an enzyme that exists in the human body with dangerous consequences. (i.e. NHL)

The main foods that contain glyphosate are genetically modified (GM) glyphosate resistant crops such as corn, soybeans, canola, alfalfa, sugar beets and oats. Many weed species are now resistant to glyphosate which is causing more and more Roundup and related herbicides to be applied. I personally believe wheat has not been tested thoroughly and would show the same results.

By Robin Pokorski, Director



There has been 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).** A fabulous prize awaits the person with the most points at next year's convention!

The scoreboard stands thusly: in a tie for first place **Shirley Lipa** and **Susan Nash** both with a score of 25. In a three-way tie for second place are **Tiffany Olley**, **Shirley Schmidt**, and **Alexis Slafer**. You can still submit last month's puzzle if you haven't looked at the answers.

You cannot remove glyphosate contamination by washing as it is absorbed through roots while it is growing. It is not broken down while cooking. Studies regularly find that the legal limits on contaminants in consumer products fall short of protecting public health, particularly children.

How many bowls of cereal have our children eaten that included weed killers?

I am aware of only three options ahead for all of us who are caring deeply about our earth and how we use it to feed ourselves and others.

1. Confront the major companies in any way you can. (Never buy their products, write letters, speak up loudly.)
2. Purchase only organic food.
3. We must use only organics in every piece of earth we till.

I grew up on a farm where the only fertilizer was animal manure from livestock that was fed organic food. Those days are lost to us all.

National Parks – Fun Facts

By Cynthia Frederick, National Parks Chairman

US National Parks were founded in 1872 with the establishment of Yellowstone National Park signed into law by President Ulysses S Grant on March 1, 1872. Pinnacles National Park in California was the last, signed in on January 1, 2013.

California has more National Parks than any other state. Nine all vastly different from the other. Alaska has eight, with Wrangell-St Elias being the largest in the nation with over eight million acres.

Yellowstone and Yosemite are among the best in the nation as well as the most visited. Great Basin in Nevada is one of the least visited.

In 2015 Every Kid in a Park was established giving all 4th graders and their families free access for a full year. Seniors and veterans are blessed with very reasonable lifetime memberships.

National Parks have preserved these lands for generations to come. It's a beautiful world out there - certainly worth exploring.

Answer to "Do You Know"

The word Hippopotomonstrosesquippedaliophobia means: the fear of long words. Ain't that a kick in the pants!

What fruit makes for classy counter tops?
Pomegranite

Pacific Region States' Websites

PacificRegionGardenClubs.org

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

Director's Calendar/Travel Events

- Nov 20 Leadership Workshop, Thousand Oaks, California
- Dec 3-5 Chinook District Holiday Party, Washington
- Jan 27-29 NGC Winter Executive Committee Meeting – St. Louis, Missouri
- Feb 3-5 Official visit – California Garden Clubs, Inc.



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

Calendar of Events

- Nov 15 America Recycles Day
- 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
- Apr 30 – Post-Convention Fundraiser Tour –
- May 2 McMinnville and Corvallis – **JOIN US!**

By Launa Gould, Schools Chairman

FLOWER SHOW SCHOOL

February 19-21, Course 3, Las Vegas, Nevada
Jean Engelmann, 702-456-3126
WJEngelmann@gmail.com

GARDENING SCHOOLS

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

February 15-16, 2020, Course 3, Turlock, California
Contact: Berni Hendrix, 209-402-2351
Distdirvld@gmail.com

LANDSCAPE DESIGN SCHOOL

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

TRI-REFRESHER

Feb 3-6 Long Beach, aboard the Queen Mary!
Contact: Alexis Slafer, 323-292-6657
AJSlafer@gmail.com

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

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By Judith Humphrey; submitted by Carolyn Olley, Oregon

Business cards haven’t gone extinct. But there are social rules and protocols to follow when it comes to handing out your business card. If you slip up, you may come across as out of touch or worse.

Before your next networking opportunity, brush up on these tips so you can avoid being “that person:”

1. DON’T USE THEM TO IMPRESS

As titles are no longer our passport to respect, showing your card can be a bit pretentious, because doing so calls attention to things like rank. Hand your card out, and suddenly you cease to be a person of interest and become a title. You may be a president or a vice president, but no one will be impressed by that title unless you project those leadership qualities.

2. DON’T RUSH TO GIVE YOUR CARD OUT

When carrying business cards, you may be tempted to foist one on someone you’ve just met. All of us have been subject to “Hi, I’m Harry, here’s my card.”

While your intentions may be honorable, that rush to give out your card can send a message that you are insecure or overly anxious to connect. Not a great look.

3. CHOOSE THE RIGHT SITUATION

So, when *should* you pull out a card and give it to a new acquaintance? When you have a reason to believe the other person needs or wants the information that’s on your card.

As you give your card, ask for the other person’s business card. This suggests the beginning of a relationship and means that you have the power to follow up, rather than waiting on that person. Just because they have your card doesn’t mean they’ll take the lead in building the relationship.

4. MAKE SURE IT’S PRESENTABLE

Your card represents you, so it should make a good impression. Keep it in a card holder, so when you pull it out it is not dirty or creased. That’s no better an impression than wearing a shirt with a stain on it, or a rumpled dress.

5. THINK ABOUT WHAT THE CARD SAYS

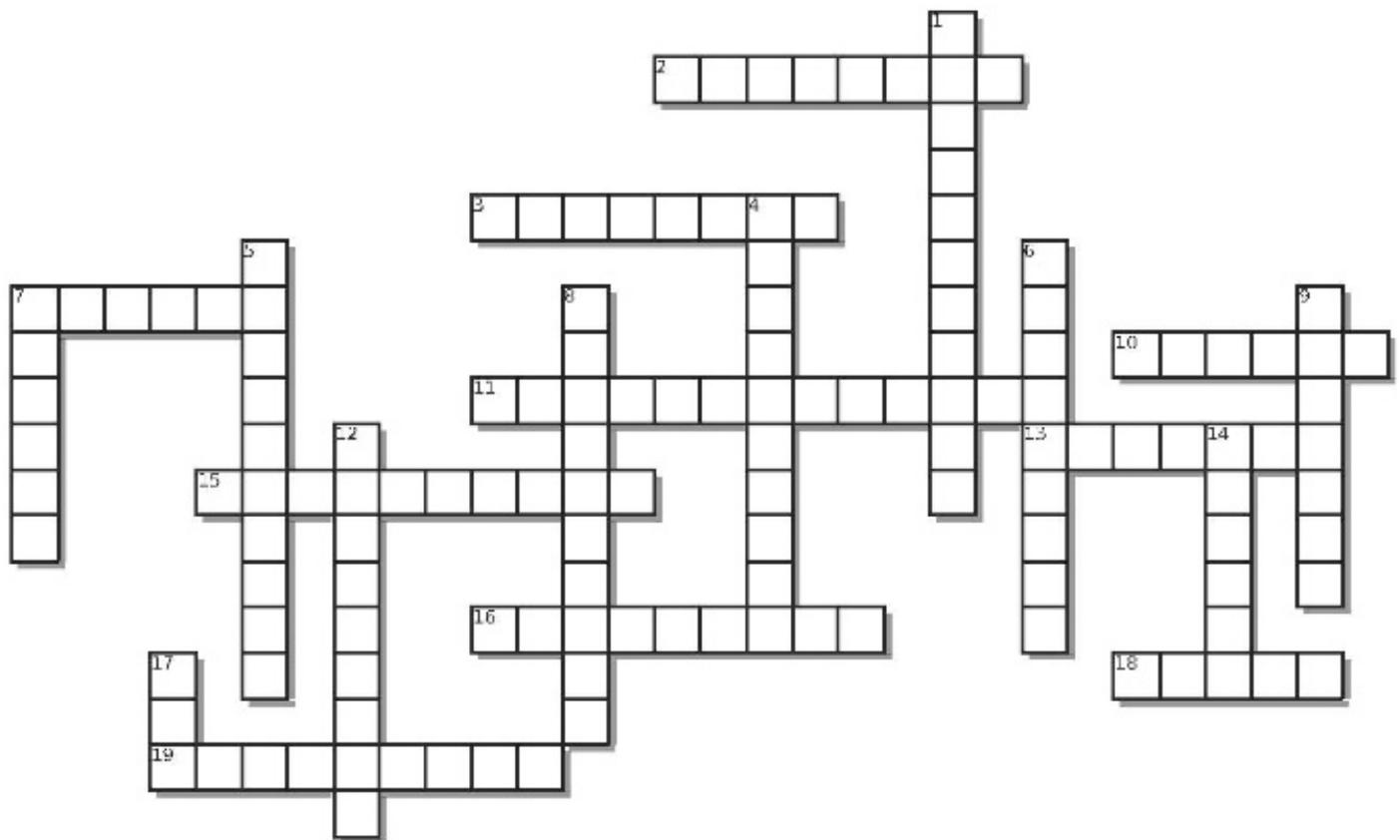
Ask yourself, “Am I proud of what this card says about me? The quality (or lack thereof) of the card itself?” Your business card says a lot about your identity. Looking at it should make you proud.



Name _____

Puzzle Mania

November 2019 #7



ACROSS

- 2 Who Blue Star Markers honor
- 3 The raisin capital of the world
- 7 Come for the knowledge. Stay for the _____
- 10 Where the Applegate River may be found
- 11 Our newest state president
- 13 Idahoans say it's fragrance is great!
- 15 The most glaciated state in the US
- 16 Alaska's second largest city
- 18 What the Blue Star Wedding Cake displays
- 19 The next NGC Convention venue

DOWN

- 1 What Robin awaits in her mailbox
- 4 When we'll see each other next
- 5 Post-convention refundable deposit deadline
- 6 Four so far - 1 in AK, 2 in OR, 1 in WA
- 7 What is entered in the Photo Phundraiser
- 8 State capital of one of our number
- 9 The official neckwear of Arizona
- 12 It's beginning to look a lot like _____
- 14 The driest state among us
- 17 Generous + Exceptional + Mindful =