

WACONIAH

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

Vol. 45 No. 4 Director's Theme: "Spreading your Butterfly Wings to Fly; Sharing your Knowledge of Gardening"



2017 – 2019 Pacific Region Director Peggy Olin & Dorothy Drews

Director's Message

I was asked to present a Pacific Region Life Award to a special Villa Garden Club member, Dorothy Drews. Much to her credit, she has been President of Villa GC not once but twice. She has been on the Birds and Butterflies Committee, helped with Flower Shows, makes regular contributions to "hort," handles the reference table at Villa's Plant Sales, and will always ask "How may I help?" Dorothy is also active at the district level, attending Board meetings, handling the Hospitality Committee at different times, and doing the District Luncheon Programs and Registration Table. And, she has attended several Oregon Conventions. (See picture above)

Multnomah GC shared the story of Smokey Bear with 23 kindergarten children, helping them make stick puppets as we read "Smokey's Story." In 1950, a tiny bear cub played happily in the forest. Somewhere in the forest, people were being careless with their fire. Soon the fire was burning out of control – a wildfire! Trees and bushes were in flames! Quick as he could, the tiny bear climbed a tree to save his own life. Luckily, someone called the ranger station, and before long firefighters were putting out the fire.

We all enjoy working with children teaching them about gardening, the environment, birds, bees and butterflies. It is hard to believe that this garden club year is half over and summer is on its way. Now that most of your state conventions are over, and all the awards and rewards and thanking everyone for what they do are handed out, we can take a look at what we missed this year and what can we do in the coming year. Are we all working on our Director's Project? (Remember the old saying: if Mom's not happy, no one is happy.)

Check out the NGC and Pacific Region website and look at all the different projects and programs that are offered to us:

Pacific Region Directors Project: "Keeping it Simple" - Plant native and pollinator plants that grow in your own region.

NGC President's Project: Plant America Grant Program
Education Programs: Environmental, Gardening, Landscape Design, Flower Show

Youth Contests: Smokey Bear, Woodsy Owl Poster Contest, Poetry Contest

Youth Pollinator Garden Grant

Member Award of Honor

NGC Scholarships

- just to name a few!

Hans Christian Anderson said: "Just living is not enough said the butterfly, one must have sunshine, freedom and a little flower."

Take care, Peggy



Peggy Olin is a **GEM!** My most precious life-long friend.

~ Nancy Ebsen

State Presidents' Reports

This term, the state presidents are writing their reports based on a common assignment. This issue's theme was community projects in their state.

In Memoriam



Lee Pearn, 2001 – 2003 Pacific Region Director, passed away on April 8. She was a NGC, Pacific Region and Nevada Garden Clubs' Life Member. Lee served on both the NGC and Region Board of Directors for many years. Her favorite project was Blue Star Memorial Markers. She will be greatly missed but never forgotten.

Nevada Garden Clubs, Inc.
Nancy Lee Loesch, President

Theme: "Digging, Planting, Cultivating: GROWING MEMBERSHIP"

Many garden clubs in Nevada make community projects part of their club activities.

Annual Flower shows are one of the projects sponsored by Nevada Garden Clubs, Inc., Las Vegas Flower Arrangers Guild, Las Vegas Valley Rose Society, Las Vegas Iris Society and Sunset GC. The flower shows are designed to educate the public in horticulture and flower arranging. Special exhibits are included to provide information on other subjects such as conservation and recycling.

Public rose garden maintenance is a public service provided by several garden clubs. The Rose GC takes the lead in maintaining the large Rose Garden in the Garden of the Pioneer Women in Las Vegas's Lorenzi Park. Several other clubs join in for the Annual Rose Pruning in February. The Boulder City GC maintains the roses at the Boulder City Cemetery and Sunset GC maintains a public rose garden in Henderson. The Las Vegas Rose Society provided a rose pruning demonstration and helped prune roses at the Springs Preserve in Las Vegas.

Children's programs are being undertaken by some clubs. The Rose GC has a program with Safe Nest Children ages 5 to 15 and sponsors a Centennial High School exceptional children Salsa Garden. Sunset GC will sponsor a summer project with the Henderson Public Libraries to do miniature container rock gardens.

The Rose GC maintains a Touch and Smell Garden for the Blind in Lorenzi Park and is adding several trees and signs in braille.

Vegetables grown in their community garden by Boulder City GC are donated to a local food bank and they maintain the atrium at a local home for seniors.

The Desert Gardeners are planning a spiritual garden for a non-profit residential facility.

I am proud of the way that our clubs and their members have found so many ways both large and small to benefit our communities.

Oregon State Federation of Garden Clubs, Inc.
Gaye Stewart, President

Theme: "Plant a Seed – Reap a Harvest"

Oak Lodge GC (OLGC) was recently offered a plot for its pollinator garden at Schoolyard Farms. The choice of Schoolyard Farms fits beautifully with both our missions since it embodies both education and community service. Schoolyard Farms is located in two Milwaukie area schools, Candy Lane Elementary and New Urban High School, both of which lie in the OLGC neighborhoods. Many community events are held there including classes, outdoor classrooms and a summer program.

We are pleased to put our pollinator garden in a location where children will regularly observe bees, butterflies and birds.

The spirited creator of Schoolyard Farms presented at the fall Clackamas District meeting. OLGC has contributed financially to the Farms over the past several years. It is a concept well-matched to garden club missions as Carol Brown, OLGC secretary, describes below.



Schoolyard Farms strives to create a healthier community by teaching kids how to grow nutritious foods that go from their school gardens to their plate. Students experience all stages of growing food to learning how to cook it. They learn that good food comes from good soil. This means tilling the soil, using cover crops, and managing pests. A mantra at Schoolyard Farms is "self-care, people-care, earth-care." The program works to build meaningful relationships with students, neighbors, and community. They partner with public K-12 schools to build working farms on underused schoolyards.

Schoolyard Farms believes in doing things differently. Good food is a human right and everyone regardless of race, income or geography should be able to eat healthy, locally grown foods. They employ social enterprise to sustain the programs by serving locally grown food in the cafeteria. Consciously they work to break down individual cultural and political barriers.

Thousands of kids are reached each year through various programs, increasing the likelihood that they'll grow up to be healthy adults. The school farms and gardens have proven to offer many benefits to students including increased academic achievement, more positive attitudes towards fruits and vegetables, higher self-esteem and increased sense of community.

The web page for making donations and the various gifts that are available are listed on <http://schoolyardfarms.org/donate>. Volunteer opportunities are also listed on the website.



Ruth Knapman is a **GEM!** Thank you for being such a thoughtful, kind person during the Pacific Region Convention.
~ The Wildflower GC (Anchorage)

Arizona Federation of Garden Clubs
Marcella Brooks, President

Theme: "RAISING ARIZONA – Pollinator Plants Participation
Membership"

Eastern Region

Gold Canyon GC: Gold Canyon Butterfly Garden requires ongoing maintenance and annual replacement of plants for butterflies and countless other pollinators.

Installation of welcome garden and shade plant demonstration area featuring agaves and aloes adapted to the Sonoran Desert at the Visitor's Center.

Weeders GC: Organize and maintain the landscape of the McCrosky House at Tumbleweed Park; help residents at Archstone Care Center and Gardens at Ocotillo Senior Living create floral arrangements for special holidays; design, implement and maintain the Pollinator Garden at Tumbleweed Park selling engraved pavers and receiving a Million Pollinator Garden Grant for \$1,000 to fund the project. Dedication Ceremony planned for April, 2018.

Central Region

Desert Pointe GC: Upgrade yards of the group homes for The Centers for Habilitation in Tempe. Maintenance and beautification of the Ahwatukee Recreation Center and the Blue Star Memorial.

Old Town Scottsdale GC: Help landscape the grounds of the Old Adobe Mission and donate monies for purchase of shrubs and a tree for the prayer garden.

Scottsdale GC: School Gardening Project grades 1-6 helping students to plant and maintain gardens and learn about soil preparation, composting, nourishment, etc.; monthly "hands on" horticulture projects for residents of a Phoenix care facility; School Youth Gardening Project to teach and encourage Navajo Elementary School students, teachers and parents to plant vegetable and flower gardens using existing garden boxes that have been unused for years. Students will practice writing through observation journals, apply science knowledge as they watch life cycles, utilize math skills through measurement of plant growth, etc. Donate tree to be planted in a public area in Scottsdale to honor Arbor Day.

Washington GC: Ongoing maintenance of Valley Garden Center rose garden. Donated monies for purchase and planting of two trees for the arboreal garden at the Valley Garden Center.

Northern District

Alta Vista GC: Purchasing and installing plant signage with interpretation for Smoki Museum's native plant garden. The club's Habitat for Humanity committee provided plants for a family's new home.

Cerbat GC: Maintain a plot at the Dig-It Community Garden and donate the vegetables to the local food bank as well as working with the pre-school gardening

program and horticulture therapy in conjunction with Living Water Hospice.

Sedona Area GC: Maintain Sedona Public Library's two indoor atria and continued revitalization of the Butterfly Pollinator Garden at the Big Park School.

Southern District

Tucson GC: Renovating and replanting the entrance to Peppi House, a hospice center that includes designing and constructing mosaic squares to be used as stepping stones and a large one to be used as wall art.

Western District

Pecan Grove GC: Mentors and provides materials to Girl Scouts who wish to enter flower arrangements in the Annual Yuma County Fair as well as conducting an after-school program at the Ron Watson Elementary School helping students create designs for the Yuma County Fair. Sponsors Woodsy Owl and Smokey Bear Poster contests as well as NGC poetry and essay contests. Other club sponsored projects that benefit the community are: Arbor day tree planting; funding a retaining wall at Riverside Cottage located in one of Yuma's parks; donating a tree that was planted at a new Habitat For Humanity home; Welcome to my Garden Tour where the public tours gardens which have creative landscaping, offering ideas that can be incorporated into their own gardens.

Yuma Orchid and African Violet Society: Teaches 4-H members the basics of growing orchids and helps them pot orchids to take home and grow.

Yuma GC: Provides a scholarship for a student who attends Arizona Western College in Yuma; donates funds to plant trees in Yuma's Parks in honor of club members; plants roses and maintains the area around the Blue Star By-Way Memorial Marker at Yuma Civic Center and creates monthly floral arrangements that are given to residents residing in the various nursing homes in Yuma.

MGM Garden Society: Maintains the Robert J. Moody Demonstration Garden and is donating funds to replace the irrigation system. The Society holds an Annual Plant sale in the Moody Garden giving other garden clubs an opportunity to sell plants and garden-related items to increase their community service funds.



Dee Layton is a **GEM!** Her ever present attitude of "sure, I can do that" is a shining example to all.

~ Linda Nelson



Lauri Baker is a **GEM!** Thank you for being my newest sister.

~ Nancy Ebsen

Garden Clubs of Idaho, Inc.
Claudia Hambacker, President

Theme: "Birds, Bees, Butterflies, Moths and Bats: Create a Living Habitat for Them"

Lorna Inglet, President of the 90-year-old Nezperce GC, wrote that club members teach about "Seed Saving and Seed Sharing" utilizing NGC's *The Saved Seed*, saved pumpkin seeds, peat pots, soil, directions for planting, a journal and directions how to save seeds. The child may check out the book and resource bag for two weeks. The book and bag are returned to the library but the child may keep the other items and the bag is restocked for future use by another child.

Lorraine Smith, of Valley GC (VGC), wrote that the Kelly Creek Pollinator Garden began in 2011, upon receipt of a USDA pollinator grant. With planning help from VGC and



numerous volunteer contributions of materials and expertise, the start-up funds were used to transfer the visitor center entryway from a bland monoculture of grass into an inviting showcase of flowering art. Kelly Creek Work Center is located at the confluence of the North Fork of the Clearwater River and Kelly Creek on the North Fork Ranger District of the Nezperce-Clearwater National Forest.

The next community project came from GCII's Southeast District and was written by Linda Carter-Beck. The Idaho Falls Downtown Development Corporation (IFDDC) cares for over 90 planters and 100 hanging planters in the downtown area. The IFDDC coordinates the schedule for cleaning and planting and, for almost a decade, several members of the Idaho Falls Garden Club (IFGC) along with civic group volunteers and business people have trimmed perennial plants, weeded the beds and planted flowers.



The City of Idaho Falls Parks and Recreation Department supplies most of the flowers that are grown in its greenhouse. A "Forget Me Not" trust fund was left by Maxine Elliott Kussey and her husband who took many walks through the park, and matching funds have been secured by IFDDC. IFGC has been instrumental in planting other perennials and tulip beds.

This last project was submitted by Judy Snow, a member of Chinden Gardeners Club (CGC) located in Garden City, Idaho. The Garden City Pollinator Habitat is a 4,000 square foot demonstration garden designed, built and maintained by the CGC. It is a free public garden with

pathways wandering through eight different beds filled with over 100 varieties of plants for pollinators of all kinds, each with identification signs. With blooms from spring through fall, it provides food for many different pollinators. The garden includes two milkweed areas and is a Monarch Waystation.

Eagle Scouts built two solitary bee houses for the garden and two water features. Seven interpretive signs tell the pollinator story and how homeowners can help pollinators.

Funds for the garden have come from a large grant from the Idaho Women's Charitable Foundation, along with donations from the City of Garden City, US Fish and Wildlife Service, the Greater Boise Rotary Club, Idaho Botanical Garden, and several retail companies. They sell personalized bricks to fund future maintenance.



Julie Riley is a **GEM!** Alaska State Horticulturist at Cooperative Extension and a fantastic resource for us all.

~ Chris Wood



Mike Olley is a real **GEM** for making two cedar planters for the convention, taking them apart to transport from Oregon to Chena Hot Springs, Alaska.

~ Carolyn Olley

Alaska Garden Clubs
Chris Wood, President

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

Have you ever seen a garden or plantings that were landscaped next to a newly built roadway or highway only to be forgotten and never attended to again? Originally, these areas were adorned with lovely perennial trees and bushes and rich topsoil and grass in some areas. Several years down the road we find that these plantings and gardens are now overgrown bushes with weeds and trees with broken branches and supports digging into the tree trunks that were never removed. The lack of care is insulting to the citizen taking in this sight, knowing that our tax dollars have been spent on these lovely bushes with a total disrespect of their well-being down the road.

These abandoned areas of our community are not only unsightly, but they are dangerous to drivers trying to enter the roadway by blocking visibility in some areas, and ultimately frustrating to the population instead of its intended idea of beautification of the space.

As we look at the history of these “Forgotten Gardens,” we find a fatal flaw in the planning and planting of this good intention of beautification. The aftercare has totally been forgotten in the budget of the plan.



In 1965, Lady Bird Johnson, wife of President Lyndon B. Johnson, was an avid gardener and member of National Garden Clubs. The First Lady called the sight of roadways filled with junkyards and billboards an unsightly eyesore and turned her concern into action. Throughout her time in the White House, Lady Bird fought to make American cities and roadways more beautiful by encouraging planting of flowers and green landscaping, adding park benches in parks, and removing billboards and junkyards from the nation’s highways.

Lady Bird and her husband lobbied hard to pass the “Highway Beautification Act of 1965.” Its intent was to restrict such unsightly eyesores along the highways. The First Lady’s belief that beauty can improve the mental health of a society and her determination to make the United States a more beautiful place was Lady Bird’s legacy.

The Highway Beautification Act passed in the Senate on September 16, 1965 and in the US House of Representatives on October 8, 1965 and was signed by President Johnson on October 22, 1965. The act called for the control of outdoor advertising, including the removal of certain types of signs, along the nation’s highways system. Also, the act required certain junkyards along the interstate or primary highways be removed or screened and the encouragement of scenic enhancement and roadside beautification development was born. When federal funds were used to build roadways, a certain portion of these funds would need to be used for beautification development.

The thought of roadside beautification is most desirable; however, there has been little to no afterthought of funding for the care of these plantings. This oversight has led to the “Forgotten Gardens” dilemma.

One afternoon the Greater Eagle River GC identified the dilemma and discussed such a problem in Eagle River along the Eagle River Loop Road. They wanted to do something about the care of the “Forgotten Gardens.” After requesting permission from the highway department, the club members planned to take on these

gardens as a community service project. This spring the club members will number and identify these garden plantings and start weeding, pruning and moving blocking plants in an attempt to beautify their town’s roadway. These club members will ask for help from businesses along this roadway to help them with the gardens closest to their businesses. Several businesses and organizations have already joined the project.

As funds become tighter, garden clubs and concerned citizens are needed to step up and care for these gardens. Please consider partnering with us in caring for our community and beautifying our town. More hands makes for lighter work.

If you would like to participate in the “Forgotten Gardens” project, please contact Chris Wood, President of the Greater Eagle River GC at chriswood_ak@yahoo.com or call her at 907-312-6130.



Becky Hassebrock is a GEM! Thank you for your dedication & hard work to make the convention successful!

~ Cheryl Drumheller

Pacific Region Director's Project It MUST be Spring Somewhere!!

By Diane Franchini, PR Director's Project Chairman

As I sit at my computer this morning, trying to convince myself that it IS spring according to the calendar, snowflakes are gently drifting to the ground. I had already decided to focus my Pacific Region Director’s Project article on sunny California this issue, in spite of the news reports of the torrential rain and flooding that are happening in parts of California at the end of March. We’ll all need to close our eyes and repeat over and over again “It Must be Spring.”

Just as a refresher, Pacific Region Director Peggy Olin has asked every state to become involved by planting native and pollinator plants that will thrive in your state or your part of the state. Before the 2019 Convention, each state is being asked to submit a list of WHO, WHAT, and WHERE in regards to a state, district, or club sponsored activity. (Note: Read to the end to see **NEWS FLASH** information regarding a deadline change and a new incentive!)

The past articles have featured Washington, Alaska, and Hawaii. So we are off to California for this issue to see what kinds of native and pollinator plants will work well in your climate. My research took me to an interesting website for the California Native Plant Society www.cnps.org. This website was filled with an interesting events calendar and news articles about all aspects of gardening with native plants and preserving

them for future generations. I could have spent hours browsing this site.

The real treasure chest in this website was the list of nearly 7000 documented and photographed native plants in California. They were divided into 12 categories that I will condense for you in this article. The largest groupings were Sun Loving Plants (2000+), Perennials (3500+) and Annuals (2100+). If the numbers are not adding up it's because many of the plants will fall into more than one category. It came as no surprise that these numbers were so high, and then add to those the Low-Water Plants (878) and Grasses (589) that make up the largest categories. These are what I think of when I think California. What is most striking are the colors of the plants – every shade of yellow and red and orange that I could ever imagine, like sunshine spilling out of every page I opened.

Being a tree lover from Washington I was immediately drawn to the native Trees category (204). Topping that list was the Sierra Redwood or Giant Sequoia. Sierra Redwood (*Sequoiadendron giganteum*) Giant sequoias are the world's largest single trees by volume. Record trees have been measured to be 311 ft. in height and over 56 ft. in diameter. The oldest known giant sequoia based on ring count is 3,500 years old. At any given time, a large sequoia may be expected to have about 11,000 cones. A mature giant sequoia has been estimated to disperse 300,000 to 400,000 seeds per year that can be carried up to 590 ft. from the parent tree. While this may not be a tree that is planted on purpose in your landscape, I just had to give a special nod to these California giants.

In the Shrubs category (910) there are some familiar plants to those of us living north of California. One is the Redbud (*Cercis occidentalis*) that grows in the foothills and mountainous regions. They boast showy pink or magenta clusters of bloom in the spring and are at home near streams where they can find a bit of water. Planted in a garden they will attract hummingbirds, bees, and butterflies. Another popular shrub is the Wild Lilac (*Ceanothus*) which is called the California Lilac in Washington. The Manzanita (*Arctostaphylos*) can be a groundcover but also grows to the size of a shrub. This evergreen is listed in the Groundcover category (55), the smallest of all the categories. With distinctive architectural structures and mahogany to ebony colored bark, it makes an excellent habitat plant that attracts hummingbirds, bees and butterflies.

Other categories that I found interesting were the Vines (55) which is the smallest category and includes the Pacific Blackberry and Wild Cucumber. Succulents (186) sound like pure California with Agaves to Yucca; Prickly Pears to Cholla; and Barrel Cactus to Stonecrop. The last two categories also like to be a bit cooler and they are the Shade plants (291) and the Damp Soil plants (306).

It seems that, with nearly 7000 native plants that call California home, every gardener could easily tuck in one

or two native species. If all else fails there is always the state flower – the California Poppy (*Eschscholzia californica*). This perennial can be grown as an annual and features tufts of feathery green leaves topped with brilliant orange blooms. Once established it will re-sprout and bloom again to blanket an area in vibrant yellow and orange.

Here's the **NEWS FLASH** that you need to know about the Pacific Region Director's Project. The **deadline** is being moved up from March 1, 2019

to **February 1, 2019**. The reason for that change is to allow Peggy enough time to add another incentive.

Each garden club participating in this project will receive a butterfly garden flag in addition to the certificate of participation.



Prickly Pear Cactus

Photo by Diane Franchini



Robin Pokorski is a **GEM!** Thank you for opening doors.

~ Lana Finegold

Embrace the Beauty and Joy of Therapy Gardening

By Joyce Lounsberry, Therapy Gardens Chairman

Gardens can provide treatment for those struggling with physical or mental illnesses or ailments. Gardening is proven to reduce stress, depression, anxiety and help alleviate post-traumatic stress disorder.

A few basic principles lie at the heart of every healing garden. Ideally it should be planted in a place that has shade, sun, and silence, so people can meditate undisturbed. It should include evergreens as well as flowers. Finally, the garden needs a focal point for meditation or a place to sit in silence. It could even be a small rock garden with wildflowers emerging between the large rocks.

Flowers seem to have a healing power of their own. If you walk through a floral garden surrounded by beautiful smelling flowers you get the feeling of peace within yourself. Plants and herbs have been used for medicinal purposes from the beginning of time, much before there were commercialized tablets available at your local pharmacy. Today there are many books written on the healing power of flowers as well as videos that can be found on the internet.

Studies have shown that humans react psychologically and emotionally to different colors. As you plant your

therapy gardens, know that the color of flowers can have the power to stimulate (red), depress (very dark), and rest (green and blue). As you walk through your own garden, pause for a moment and sense if you are calming your inner storm.

Issue Deadlines and Issue Focus

The deadline for the August 2018 issue is 6-25-18. The issue focus is: The number of board meetings your state holds each year, the general schedule for those meetings, and what works best.

Red-Breasted Nuthatches

By Ann Kronenwetter, Bird Chairman

Red-breasted nuthatches are handsome, beguiling birds with bluish-gray backs and wings, rufous-cinnamon breast and bellies, black heads and a broad black line through their eyes. The female's crown is gray. Red-breasted nuthatches were once known as Canada nuthatches, *Sitta Canadensis*. They are a small songbird, 4 1/2" – 4 3/4."

The quick and agile birds forage by climbing up and then headfirst down tree trunks and branches of conifer trees, probing bark for insects. Although the birds are highly aggressive and territorial during their breeding period, those that migrate south in the winter remain in small stable groups with little or no aggression.

The male sings his soft musical courtship song while turning his back to the female, swaying back and forth and puffing up his crest feathers. The pair also flies together with slowly fluttering wings or long glides. Both sexes excavate a nest hole 2 1/2 - 8" deep in soft aspens, dead trees or dead parts of trees. They line their nest with fur, feathers, grass, hair and shredded bark. The female lays five to eight whitish, speckled reddish-brown eggs in May.

The pair applies sticky conifer resin at the outside and inner walls of the cavity entrance. The birds bring in resin globules from other conifers in the tips of their bills or on a small piece of bark which they use as a tool to apply the resin.

Throughout the 12-day incubation and 18-day nestling periods, they do this as often as five to ten times a day. This seems to be a deterrent for nest predators such as



house wrens, squirrels, snakes, weasels and even ants. The parents avoid the resin by flying directly into and out of the nest hole.

The male feeds the female during her

incubation period, both on and off the nest and while she broods the hatchlings. The diet consists of insects and conifer seeds and they will come to backyard feeders.

Both parents feed their offspring in the nest and for two weeks or longer after they fledge in late June or early July. The young are fed insects and spiders. Red-breasted Nuthatches have only one brood a year.

The young birds may join their parents in mixed species flocks and stay together as a family.

Red-breasted nuthatches breed across Canada from Southeast Alaska, Manitoba and Newfoundland south to Southern California, Arizona, Great Lakes region and northern New England and south in Appalachia to North Carolina.

Pacific Region's Life Membership: Sweetening Our Bouquet!

By Alexis Slafer, Life Membership Chairman

In this issue of *WACONIAH*, our *Life Membership Bouquet* is sweetened with two new blooms



representing Alaska and Hawaii. How appropriate that we recognize the Forget-me-not (*Myosotis alpestris*) - the state flower of Alaska, our 2018 Pacific Region Convention hosts. And the final bloom to be

added to our bouquet comes from the "H" in *WACONIAH*, the Hawaiian hibiscus – *ma'o hau hele* (*Hibiscus brackenridgei*). And, so we have now created a lovely bouquet. Let's keep adding more blooms – as we add new Life Members.



We welcome and congratulate our newest Pacific Region Life Members:

- Chris Wood from Alaska
- Sheila Bryce from Arizona
- Hank Vanderhorst from California
- Dorothy Drews and Gaye Stewart from Oregon

As we celebrate our new life members, let's help our bouquet fill-out with more sweet blooms, representing each new life member. There isn't a better way to celebrate your members' support, guidance and commitment to strengthening your club, state organization, and/or region.

At the 2018 Convention, held in Chena Hot Springs Resort, Alaska on April 6-9, the Board of Directors approved a Standing Rule change that **increased the**

Life Membership fee to \$75, effective immediately after the approval on April 8. Look for the updated forms on the Pacific Region website and be sure to follow your own state's procedures.

Individuals, organizations or districts may purchase a Life Membership *or* individuals may purchase their own. These donations support the Region's scholarship program and are fully tax deductible. The application forms can be found on the Pacific Region Garden Clubs, Inc. website: pacificregiongardenclubs.org/Forms.

Print and complete a copy of the application form to mail with your check to: Pacific Region Garden Clubs Life Membership Chairman, Alexis Slafer, 6111 South Kings Road, Los Angeles, CA 90056-1630. Or, just follow your state's application process and requirements.

New Life Members will receive a lovely Pacific Region Life Membership pin and certificate, along with a welcome letter. Please make your check payable to: **Pacific Region Garden Clubs, Inc.**

Remember: "*Plant A Seed of Friendship; Reap A Bouquet of Happiness*"...Let's plant more seeds of friendship as we gather our blooms for this Pacific Region Life Membership Bouquet.



Sandy Ford is a **GEM!** Thank you for emailing the Bylaws, Standing Rules and Convention Procedures to the Executive Committee and Board of Directors.

~ Jeanette Pruin

Scholarship Winner Announced

By Kristie Livreri, Scholarship Chairman



Erica Alvarado loved picking huckleberries in the hills of Idaho as a young girl by the side of her family. It was then she decided she wanted always to be involved with

Mother Nature and the wonders of this planet earth. She took special courses in high school, which led her to a college major in horticulture and to jobs and internships which promoted her love for gardening. Her employers and professors complimented her on her work ethic and her communications skills which will serve her well as she becomes one that teaches about the environment.

It is with great pleasure that Pacific Region Garden Clubs presents a \$1,000.00 Scholarship to Erica Alvarado of Idaho, to be used at the college of her choice for the Fall and Spring Semesters of 2018-2019.

Congratulations to Erica Alvarado and the State of Idaho.

A Short Story on Apple Trees

By Sally Thompson, Horticulture Chairman



Shepherds were said to have discovered wild fruit trees at the foothills of mountain ranges from Western China to the Black Sea. Russian botanists were soon to follow and found the trees had a large range of forms and colors and named them *malus orientalis*. Many were found around Alma Ata, which translates into "Father of Apples." These first apple fruits were sour or bitter.

Farmers transplanted many single trees near their homes. As the area prospered with the advancement of irrigation, larger quantities of water were available and small orchards were found along the trading routes. As the population grew, so did the interest in apples. The Greek poet, Homer, in the *Odyssey*, recognized the growing interest in apples' importance.

Soon, fruit became the "in" item for hosts to serve at the conclusion of a meal. Large platters of fresh apples and other fruits were served along with nuts and jams.

Farmers soon discovered apples must be propagated by grafting, as they do not breed true from seed. This is why America's John Chapman, alias Johnny Appleseed, sold or gave away apple seedlings, not seeds, to pioneers traveling westward. He planted nurseries rather than orchards and built fences around them to protect them from livestock. He and his neighbor cared for and sold trees on shares.

Englishmen not only brought apple seedlings to America, but later to other countries, such as New Zealand. New Zealanders have made apples a major crop, even shipping tons of apples and seedlings to the Western United States. Hence, the 'Granny Smith' apple.

Whoopin' It Up at the Hot Springs

By Lana Finegold, Correspondent

The 75th Annual Convention of Pacific Region Garden Clubs, Inc. took place April 6 - 9 at Chena Hot Springs Resort in Alaska. The theme was "*Whoopin' It Up at the Hot Springs*." The resort sent a bus to Pike's Waterfront Lodge in Fairbanks. The bus ride was about one and a half hours each way. Hosted by the Alaska Federation, delegates enjoyed the camaraderie, table designs, favors and friendliness and sunny blue skies with snow on the ground. With a voting strength of 38, there were 55 people registered including five spouses. The region piggy-backed on the Alaska state convention. On April 6, some enjoyed Kennel Tours, Dog Sled Rides, and Snow Machine and ATV rides. In the evening there was a tracked Sunset Snow Coach that took Al and I up the snow covered mountain for the sunset. I felt like I was part of a beautiful pastel mountain sunset and we went inside a yurt for a while to warm up. This was followed by a meet and greet party for region members at the resort.

The next morning, April 7 we dressed for crisp winter temperatures and took an environmental walking tour of the Geothermal energy producing machinery, greenhouses that grow food as well as flowers, and the beautiful Ice Museum with its amazing ice sculptures, ice bedrooms that are rentable, and a gorgeous bar featuring Appletinis in ice glasses. This thought-provoking tour was led by the colorful Bernie Karl, resort owner. After lunch we were treated to "Laughter Yoga," a really fun way to exercise. Instructor Mike Bork taught us a new way to laugh. We learned motions to his daily affirmation: "You are amazing and I love that about you." Mike's mantra is to spread mirth on earth because each of us can choose happiness. Then gardening tips were shared (bees, butterflies, community and public gardens, soil, trees, shrubs, wildlife). Brynn Tavasci presented "Kids in the Garden - How to Set Down Roots" and many attendees shared ideas for gardening with youth. Parliamentarian Greg Pokorski presented "Why Have Rules? and How to Use Them." Robin Pokorski inspired us with "Leadership Qualities for Life!" That session's mystery word was "mentoring". The day ended with the presentation of awards by Carol Norquist.

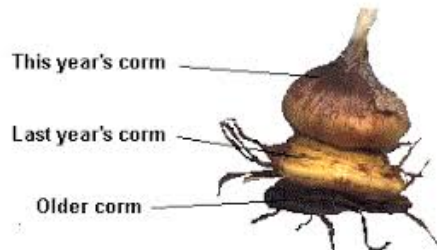
On April 8, the region meetings took place and a memorial service was held. Officers and Chairmen gave reports and Bylaws, Standing Rules and Convention Procedures were adopted. On April 9, the final credentials report and registration report were given, followed by the courtesy resolution, announcements and benediction. Pacific Region Director Peggy Olin led us with a wistful smile as convention came to an end. Attending this convention were eight from Washington, seven from California, 14 from Oregon, 16 from Alaska, three from Idaho, one each from Nevada and Hawaii and none from Arizona. These numbers include some husbands and names were listed in the convention program.

What's the Difference?

Contributed by Robin Pokorski

Corms:

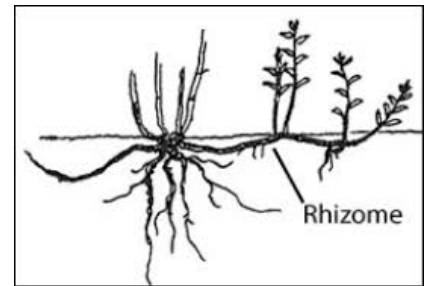
Swollen disk-like underground compressed stem with no leaf tissue. Examples: freesia and gladiola



Tubers: Swollen underground stem tissue with buds (eyes). Examples: begonia cyclamen, caladium, potato

Rhizomes:

Underground horizontal stem tissue. Examples: *Canna*, *Iris* (bearded), *Zantedeschia* (calla)



Bulbs: Underground compressed stem tissue (basal plate) surrounded by scale-like leaves. Examples: *Lilium* (lily), *Narcissus* (daffodil), *Tulipa* (tulip)

Highlights of the Business of the Chena Hot Springs, Alaska 2018 Convention

By Greg Pokorski, Parliamentarian

- Workshops, an Open Mic discussion session and meetings of the Budget/Finance and Organization Study Committees were held on April 7. Meetings of the State Presidents, Executive Committee and Board of Directors and the Convention session took place on April 8.
- Unrestricted net assets of \$12,536.78 (not including convention revenue or the scholarship account) were reported.
- The 2018-2019 region budget and 2019 region convention budget were adopted.
- The resignations of Nancy Lee Loesch as Awards Chairman and Carol Parrott as Scholarship Chairman were accepted.
- The appointments of Carol Norquist as Awards Chairman and Kristie Livreri as Scholarship Chairman were approved.
- Revisions, including housekeeping and formatting changes, to Bylaws, Standing Rules and Convention Procedures were adopted, including a **change in the Life Membership application fee to \$75.00** and **changing Pacific Region Boosters to Scholarship Boosters at a minimum of \$30.00 per term.**
- 12 Life Membership applications were received and 29 attendees became Scholarship Boosters – \$1,475 was raised for the Scholarship account.
- 12 Gems were purchased, raising general funds for the region.
- California Garden Clubs, Inc. extended the invitation to the 2019 Annual Convention in Van Nuys, April 5-10, 2019 at the Airtel Plaza Hotel.
- Officers, State Presidents and Chairmen reported.
- Robin Pokorski and Sue Bennett, having been elected by California Garden Clubs, Inc., were presented as the 2019-2021 Region Director and Alternate Director.

- Having been elected by their state organizations, Carol Norquist and Debbie Hinchey were presented as the 2019-2021 NGC Nominating Committee Member and Alternate from Alaska. Linda Nelson-Bentson and Shirley Schmidt were presented as the 2019-2021 NGC Nominating Committee Member and Alternate from Oregon.



Carol Norquist is a **GEM!** Friend, Helper, Inspiration.

~ Lana Finegold

Peeper

By Becky Hassebroek, Wildlife Gardening Chairman

She was such a little thing when I first set eyes on her. I had heard that you need to let a chicken break her own shell when she's first emerging into our world – it helps make them stronger just when they need to be – so I held back that urge to help. I can't say she was beautiful at that moment, but when she saw me she decided that she was mine, and I couldn't have been happier!



I never had chickens when I was young – it wasn't a popular thing back then if you lived in town. But, we had a winter home in Florida and my husband came home with a pair of chickens one day. I resisted, but only for a short time – they were a delightful addition to our garden. We let them have free reign during the day and kept them in a covered fenced area at night to protect them from the other critters that roamed the garden. I was just fascinated with them.

The male was a beautiful big red rooster. And he sure could strut his stuff. He would scratch at the mulch around our bushes until he found something he thought was delectable, then he would cluck to the female. She would come right over to enjoy whatever morsel he found, and he would stand guard while she ate. He was such a gentleman! Who would have thought?

The hen was a happy chicken, as you can imagine. And, she showed us so by laying eggs just everywhere. She would leave them and lay some more somewhere else. We decided to try incubating them. And, sure enough, after three weeks, that special little chicken pecked her

way out of that shell and into my heart. She became my "Peeper" – you can probably understand why – and followed me everywhere. She didn't have any idea she was a chicken – after all, she had bonded with a person! She'd sit on the game table while we played cards and just have the best time – and so would we. (After she grew up a bit, I found that I probably should have changed her name to "Pooper".)

Peeper stayed my friend. She grew up quickly and enjoyed being wherever I was. However, when I had to come back to Fairbanks – we were only half-time Floridians – I had to find her a new home – a friend of mine who had many other chickens and a soft spot for those "special ones" took her and promised to make sure she had a good life.

"Backyard chickens" have become extremely popular, even in our cities. I would be a little careful about having roosters – I had a neighbor once who had a rooster that didn't understand that he was supposed to crow only in the morning – but hens make such good gardener helpers! And, most cities allow you to have them.

They give you high quality eggs. Your kitchen scraps go in one end and nitrogen-rich fertilizer comes out the other. Composting it with leaves gives you great soil additives and reduces landfill costs. They are organic pest exterminators and they love to eat weeds. Their natural scratching and digging is good for your soil. They make the cutest noises. And, having chickens garden by your side helps unleash a stress-lowering chemical in your body so you can garden happier – and I can certainly personally vouch for that! Many call them "therapy chickens".

Be careful not to let them too close to your seedlings, though. They seem to like tomatoes and zucchini, so plant a little extra to share. A little fence can help protect the things you don't want them on top of.

According to Justin Rhodes, AbundantPermaculture.com, one chicken can de-bug 120 sq. ft. a week, convert 10 lbs. of food "waste" into eggs, fertilize a 50 sq. ft. garden in a month, break the life cycle of pests and diseases of one fruit tree within an hour, level a pile of leaf mulch in 2 days, till 50 sq. ft. of sod in 4-6 weeks, help do a quarter of the work turning a compost pile, and produce enough manure in a month to make 1 cubic yard of compost from leaves!

Add a chicken or two to your garden – help save our beautiful heritage chickens from possible extinction – and hopefully you'll experience a "Peeper" in your life as I did.



Becky Hassebroek is a **GEM!** Hostess with the Mostest.

~ Lana Finegold

By Sheila Parcel, Schools Chairman

FLOWER SHOW SCHOOL

May 1-3 – Course 4, Nordland, Washington
 Contact: Mary Lou Waitz, (360) 928-3728

Sept 15-16 – Course 1, Anchorage, Alaska
 Contact: Carol Norquist, (907) 248-9563,
norquist@alaska.net

FLOWER SHOW SYMPOSIUM

May 4-6 – Pleasanton, California
 Contact: Shane Looper, (650) 811-0172

Sept 18-19 – Anchorage, Alaska
 Contact: Carol Norquist, (907) 248-9563,
norquist@alaska.net

TRI-FRESHER – E, G and LD

June 25 – Sepulveda Garden Center, Encino California
 Contact: Robin Pokorski, cgcirobin@gmail.com,
 (818) 361-7873

Pacific Region States' Websites

- Washington: WAGardenClubs.com
 - Arizona: AZGardenClubs.com
 - California: CaliforniaGardenClubs.com
 - Oregon: OregonGardenClubs.org
 - Nevada: NevadaGardenClubs.org
 - Idaho: GCII.org
 - Alaska: AlaskaGardenClubs.org
 - Hawaii: None
- PacificRegionGardenClubs.org

Pacific Region Upcoming Arbor Day

Alaska – Third Monday in May; State Tree: Sitka Spruce

Calendar of Events

May 20-24	NGC Convention, Philadelphia, PA
<u>2019</u>	
Apr 5-6	Pre-Convention Tours
Apr 6	Fun(d)raiser Dinner Event
Apr 7-10	Region Convention, Van Nuys, CA



Robin Pokorski is a **GEM!** Thank you for all your work reformatting the Bylaws, Standing Rules, & Convention Procedures.

~ Jeanette Pruin

By Sue Bennett, 2019 Region Convention Chairman

**2019 Pacific Region
 Convention
 Van Nuys, California**



Airtel Plaza Hotel

7277 Valjean Avenue, Van Nuys, CA 91406
 818-997-7676

Room rate - \$99/night (includes breakfast)

Pre-Convention Tours – optional

Friday, April 5 -- 9:30 a.m. – 3:30 p.m.

Tour – Descanso Gardens – a garden with internationally renowned botanical collections

Dinner – Tucked away next to the Van Nuys Airport, **94th Aero Squadron** is a charming French chateau complete with ivy covered walls, stone paths, plush gardens and an inviting interior adorned with aviation relics and replica Warcraft.

Saturday, April 6 -- 9:30 a.m. – 3:00 p.m.

Tour – The Getty Museum, Los Angeles – we will be treated to a docent-led garden tour with plenty of time to visit the museum on your own.

PRGC FUN(d) Raiser Event – Imagine having dinner “with the stars” on the most filmed residential street in Los Angeles! Join CGCI as you dine in a comfortable garden atmosphere under the stars, have fun and make new friends with all proceeds going to a good cause - PRGC.

Convention Activities

Sunday, April 7 – Committee meetings, Fair, Life Member Banquet

Monday, April 8 – Pre-Convention Board Meeting, Convention Meeting, Design Banquet

Tuesday, April 9 – Convention Meeting, workshops, Installation Banquet

Wednesday, April 10 – Organizational Meeting

Come join us in Van Nuys, we'll be **“Soaring to New Heights.”** Questions? Contact Sue Bennett, Chairman, sue_c_bennett@att.net
 916-791-9459 or 916-316-5873 (cell)

Pacific Region GEMS and Boosters

Thank you, GEM Donors! Your generosity at Convention will help restore a solvent footing for our Region as we move forward.

Thank You, Boosters! Your generosity at Convention will help ensure the availability of scholarships for the next couple of years.

YOU ARE AMAZING -

AND I LOVE THAT ABOUT YOU!



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Did you share your WACONIAH with someone in your club and district? If you enjoyed it, maybe they will too!

Rangifer turandus

By Georgia Zahar, Endangered Species Chairman



What a magnificent animal! The woodland caribou, a member of the deer family, was listed as endangered in 1983. It is a brown-hoofed mammal with large mossy antlers and a hanging neck mane.

The woodland caribou is considered to be one of the most critically endangered mammals in the lower 48 states. Historically the species once populated most of the northern portion of the U.S. ranging from New England to Washington.

The only surviving populations in the U.S. are found in the Selkirk Mountain ecosystem of Idaho, Washington and southern British Columbia.

The habitat this animal needs is forested mountain regions and they prefer dense stands of fir and spruce trees. Woodland caribou eat tree growing lichens as a major food

source. It takes 80 – 150 years to grow enough lichens for caribou. They will also eat shrubs, grass and willows. Loss of habitat and wolf predation is the major cause for the decline of this animal.

Caribou are the only deer species in which both sexes grow antlers. Every year they shed their antlers and the next year grow new ones!

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I always knew I'd get old. How fast it happened was a bit of a surprise, though.