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Newsletter of Pacific Region Garden Clubs, Inc.

Vol. 45 No. 1 Director's Theme: "Spreading your Butterfly Wings to Fly; Sharing your Knowledge of Gardening"



**Pacific Region
2017 – 2019
Director
Peggy Olin**

Director's Message

Over the next two years let's share our knowledge of gardening and plant our plants – the ones that make the birds sing and the butterflies flit.

Do our children know where their food comes from? Did you plant a flower with your kids? Think about what would happen if you did! How about the kids at school? Do they know the golden rule about seeds and sun and the rain that falls?

Do they know how it grows? Have they watched the seeds grow? Do they know the warmth of sun while they plant those rows? Have they seen the butterflies and the bees flitting from tree to tree?

From one to another the bees carry things that our plants need. Without birds and bees and butterflies, there will no more plants. They'll wither and die. Without them, our garden is lost.

Share what you know so others can grow. The world gets a little greener and a little healthier every time.

Do it for the honeybees and the butterflies and your Garden Club and watch them grow.

The key is to reach out and offer your help and expertise to others so National Garden Clubs, Inc. will be here for generations to come.

Peggy

Pacific Region Director's Project

NGC President Nancy Hargroves' theme: "Plant America"

Pacific Region Director's Project: **"Keeping it Simple"**

All eight states have native and pollinator plants that thrive. Each state is asked to **"Plant America"** with **native and pollinator plants** that grow in your own area. Let's take a new adventure together and see what we can plant!

A "Certificate of Appreciation" will be given at the 2019 Pacific Region Convention to all that participated.

Who...What...Where

Who... planted the plants...State, District, Garden Club, Youth Group

What... was planted...flowers, shrubs,...trees

Where... the plants have been planted...park, church, Blue Star Marker

Deadline March 1, 2019. Send all information to:

Project Chairman Diane Franchini
153 Greenvale Dr., Ellensburg, WA. 98926
253.653.0827 franchinisd@gmail.com

CALL to Pacific Region Meeting in St. Louis



Director Peggy Olin announces that a meeting of the Pacific Region Executive Committee will take place during the NGC Fall Board Meeting, September 13-15, 2017 in St. Louis, Missouri.

All region members attending the Fall Board Meeting are welcome, but only Executive Committee members have a vote. Specific time and meeting place in the Marriott St. Louis Airport are to be determined and will be communicated during the Fall Board Meeting. An agenda will be sent to members of the Executive Committee.

**Alaska Garden Clubs
Chris Wood, President**

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



The NGC and Pacific Region conventions were an inspiration to me to "Plant America" and "Share your Knowledge of Gardening." Alaska then will focus on these goals and add the theme of "Growing Alaska's Love of Gardening through Education and Friendship."

Alaska's gardeners have a short growing season, and we take advantage of greenhouses, high tunnels, raised beds with covers and starting seeds inside to increase our growing season.

Each club in the state actively participates in educating the interested public by providing monthly educational programs about gardening and by having yearly plant sales of hardy Alaska plants and instructions on their survival. We must help each other succeed in growing our plants in this harsh environment of Zones 1-3 and Zones 4-7 in Southeast. To understand what will grow and how to do it seems simple but is not well understood by all Alaskans. Garden clubs in Alaska have a lot that we can do in leading this education and changing the narrative, empowering our friends and neighbors.

We are all aging, and to attract younger gardeners, ignite their interest and begin to pass the torch eventually to those who have more energy, better knees and who can get up off the ground seems like a good idea to me! How do we attract young gardeners to gardening? We go where they are: schools, Girl Scouts, Boy Scouts, Awanas, Royal Rangers just to name a few. These children can earn badges for gardening. We simply include them and reach out to these organizations.

Including liaisons to teachers in our major cities to share our NGC programs of Woodsy Owl and Smokey the Bear programs and the sharing of the books, *The Frightened Frog* and *The Saved Seed*, can begin the conversation. I have met a lot of retired teachers in garden clubs and they are perfect for passing on these programs to other teachers.

Garden club members have the opportunity to network with local papers to generate the interest in gardening through columns and alerting them to activities in the community like Arbor Day plantings and garden events happening in the surrounding area.

National Garden Clubs' schools are a way to reach out to the community and educate and empower them to gardening. The sky is the limit really to pass on the love

of gardening. Keep it simple and remember we must, "Keep calm and garden on."

As each of us discovers our niche in garden clubs, stewardship of our earth is a major focus of National Garden Clubs and Alaska takes this concern seriously. Alaska has talented passionate gardeners that will do their part to "Plant America" and "Share their knowledge and love of gardening". Alaska is ready and able to do our part enthusiastically and we except the challenge!



Carol Norquist:

You are indispensable for Alaska Garden Clubs functions. Your time, expertise, and insight have helped us to function.

~ Debbie Hinchey

**Washington State Federation of Garden Clubs
Joyce Lounsberry, President**

Theme: "Garden Therapy: Calming the Inner Storms"



Gardening: the fine art of soil to soul. – Jan Bills

It is known that gardening is good for the body and therapeutic for the soul. Originating as far back as the 19th Century, people believed gardening had a calming effect on people with disabilities. Garden

Therapy uses plants and nature to enable people to participate in their own healing. For the 2017-2019 term I encourage the selection of Garden Therapy as a club and district project since this uses garden-related activities in aiding rehabilitation to those challenged with physical and mental disabilities. The richness of nature can provide a sense of hope and renewal.

As our clubs and districts begin another new term, I encourage each of us to select a project or program of sharing your gardening knowledge and skills. *The National Gardener*, June 2016 issue, defines "garden-related" as: "The growing of plants; the artistic use of plants and other natural materials; study of birds, butterflies, nature, and conservation; and exhibiting of knowledge, interests, and skills in these areas." (Bonnie Borne). You might like to select a Garden Therapy project to benefit seniors or children or both.

Garden club work has many facets to benefit many people in so many ways. It is social. It is spiritual. It is educational. It is scientific. It is a way of life.

Garden Clubs of Idaho, Inc.
Claudia Hambacker, President

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



I have used "Birds, Bees, Butterflies, Moths and Bats; Create a Living Habitat for Them" as the closing thought under my signature for several years. There are many different pollinators and the past several years the primary emphasis has been on bees, and rightly so. But I wondered if this decreased interest in other pollinators? Birds

and butterflies help as do night time pollinators such as moths and bats and even a wide variety of insects.

Bats in northern Idaho are pollinators, but the bats that flourish in southern Idaho are primarily insect eaters. Even after learning this, I decided they would continue to be listed in the theme. I live in Garden City, Idaho, and there are more bats "moving in." Their usual living spaces in urban areas, the attics of houses and buildings are rapidly being eliminated. The demographics of Boise are changing and the desire for high rise concrete buildings has grown in the five years that I have called the Boise area home. Bats who live near cities seek shelter under bridges to be near water and food sources. Mosquitos, a great food source, are plentiful and the underside of bridges become a place to raise their young. The town of McCall, Idaho and nearby Ponderosa State Park are two examples of how inviting bats has been a natural alternative to managing the mosquito problem. In 2009 McCall placed bat boxes throughout the city. They knew it may take five years for bats to occupy the bat houses. Ponderosa State Park rangers joined the pursuit in the natural reduction of mosquitos. A ranger I spoke with last summer said they thought there had been a decrease in the mosquito population. Yes!

Food, shelter, and safety are basic needs for all living creatures. This theme isn't fancy, but it does bring an awareness to a variety of nature's helpers, not just one. It encourages a positive action that can easily be implemented. It is a short and simple learning tool passed along as a reminder that encourages others into action.

When the NGC theme "Plant America" was announced, Idaho's adopted theme seemed to fit right in. Our Pacific Region Director has chosen "Spreading your Butterfly Wings to Fly; Sharing Your Knowledge of Gardening" and again it seems to fit. How will our theme: "Birds, Bees, Butterflies, Moths and Bats; Create a living habitat for them" be implemented within GCII?

Hmmm, I think we might have cheated. GCII has many, many pollinator gardens already planted, grown and cared for by both urban and rural neighborhood member clubs. We encourage every club member to certify their garden as a Wildlife Habitat. Many already are and just do not apply for the "official" certificate. Our Garden Committee Chair, Linda Walsh, is a Master Gardener and her own a garden is a wonderful example of both a pollinator garden and a wildlife habitat. Idaho is not unique, and I am sure that clubs over our entire Pacific Region have promoted planting gardens of all types. Plant America, plant the Pacific Region, plant Idaho, plant community gardens, and plant your own garden to "...create a living habitat."

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

Theme: "Plant a Seed – Reap a Harvest"



Oregonians live in a state filled with natural beauty that includes miles of coastal shores, deserts, mountains, rich valleys, rolling wheat fields, tall trees and magnificent rivers. As an organization, we are pledged to protect this beauty and conserve it for the present as well as for the future.

Our theme "Plant a Seed, Reap a Harvest" should evoke an image of actual planting to create beauty in our personal garden sanctuaries and in community places to delight the public, but it also is intended to encourage the planting of ideas for leadership, mentoring of new Club members and chairmen, building membership and enhancing communication within our state and beyond.

Unity, as well as diversity, have always been keys in the development of Oregon, and we pledge to continue to play an important role in its magnificent unfolding for the 21st Century.

Our special project for 2017-2019 will be to "Plant Pollinator Gardens in Public Places." You may select the places and the specific flowers you wish to plant and we, and the pollinators, will thank you for your efforts.



Shirley Schmidt:

Thank you for your dedication, leadership, and friendship, 2015 – 2017.

~ Cheryl Drumheller



The 2017-2019 President's Project is Sustainable, Ever-Growing Scholarships.

Currently, CGCI awards two (2) \$2,000 scholarships to qualified and worthy students planning careers in: botany, conservation, entomology, floriculture, forestry, horticulture, landscape architecture, plant biology and/or plant

genetics, urban planning or research in allied fields.

While the cost of a college education has soared since we began our scholarship program in 1965, the dollar amount of scholarships awarded during this time has seen only a very modest increase.

Donations to the 2017-19 President's Project will be split equally between the CGCI Scholarship/Donations & Life Memberships Fund and the CGCI Scholarship Endowment Fund. By splitting the donations we will see both short term and long term opportunities created. The first portion will allow for an increase in the dollar amount awarded and/or the number of scholarships awarded beginning in the 2019 scholarship year. The second portion will remain ever-growing in the Scholarship Endowment Fund, while the investment income earned becomes available for funding future scholarships. One of the goals of this project is to generate sufficient investment income every year so that it will consistently fund one or more generous scholarships annually.

Why now? During our recent convention one of our 2017 scholarship recipients told us about her field of study and about her position on a research team. Her team is studying Sudden Oak Death and the pathogen that causes the death of 45 California tree and shrub species (including certain oak species). This pathogen, which is causing devastation in Oregon and California's coastal regions, has already killed millions of trees.

In the past, President's Projects have primarily benefited organizations and projects outside CGCI. Now is the perfect time for this project that benefits CGCI and our scholarship program first. The secondary benefit comes about when our scholarship recipients receive the education necessary to become professionals in their fields and gain the ability to impact an even greater number of people and organizations through their achievements. Now is not the time to sit back and wait!

*Now is the time for **Sustainable, Ever-Growing Scholarships** because the possibilities are unlimited.*



GROWING MEMBERSHIP

Growing Membership is important for any organization. Supporting our National President's theme **PLANT AMERICA** is another way to help bring in new members – like planting a Community Garden along with a sign explaining who planted it. Right now one of our clubs is trying to start a project in their city.

Talk to strangers. They may be interested in gardening. During our return trip from the National Garden Clubs' Convention in Richmond, Virginia we sat next to a lovely lady from Atlanta to Las Vegas. Near the end of the trip we started a conversation. When she learned that we were returning from the National Garden Clubs Convention she became excited to learn more. She also lives in our city of Henderson and is interested in gardening. She has even joined an online garden club. We invited her to come to our September Sunset Garden Club meeting and, while the plane was taxiing to the gate, she looked up our website. She said she would like to attend our meeting. We later found out that she responded to our website and is planning to attend the meeting. We are looking forward to her visit and introducing her to our club members. You never know when there will be an opportunity.

Gardening Tip

By Robin Pokorski, Contributor



There are many ways to provide slow-drip irrigation to your plants. Large, upside-down soda bottles with holes poked through their caps and their necks pushed into the soil work great.



Pacific Region's Life Membership Bouquet

By Alexis Slafer, Life Membership Chairman



As we begin this new term, our *Life Membership Bouquet* will be filled with the flowers of each Pacific Region State. Each new Life Membership will be represented by a

bloom....Let's watch our bouquet fill-out with each new life member. So, be sure to honor and recognize your members with a Pacific Region Garden Clubs, Inc. Life Membership to celebrate their support, guidance and commitment to strengthening your club, state organization, and/or region. -- while supporting our Scholarship Program. Look for your state flower in future articles...in



WACONIAH order -- *Washington: Coast rhododendron (Rhododendron macrophyllum); Arizona: Saguaro cactus blossom (Carnegiea gigantea).*



Life memberships may be purchased by individuals, organizations or districts to honor a member *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 a copy of the application form to mail with your check. Send completed applications and checks to: Pacific Region Garden Clubs Life Membership Chairman, Alexis Slafer, 6111 South Kings Road, Los Angeles, CA 90056-1630.

The Life Membership donation is \$40. New Life Members will receive a Life Membership pin and certificate, along with a welcome letter. Please note the following change and make your check payable to: **Pacific Region Garden Clubs, Inc.**

Remember: "*Friends are flowers that never fade*" and let us gather the blooms for this Pacific Region Life Membership Bouquet.



Myrtle Findley: *The best of the best. We love you!*

~ Joan Craig

NGC Convention in Richmond-- Business Recap

By Greg Pokorski, Parliamentarian

- Committee meetings took place May 16-17. State Presidents and Region Directors met on May 18. The Board of Directors met on May 18. Convention business meetings took place on May 18-20.
- Voting strength was 320, up from 293 last year; total attendance was 778, up from 765 last year.
- 2017-2019 officers were elected.
- The 2017-2018 annual budgets were adopted.
- Bylaws and Standing Rules were amended.
- *The Saved Seed* book, the follow-up to *The Frightened Frog*, made its debut.
- The \$5 registration fee for all NGC Schools courses, refreshers and symposia was eliminated as of July 1.
- Environmental Studies School became Environmental School and Gardening Study School became Gardening School.
- Changes to Flower Show Schools policies and procedures can only become effective July 1 in odd-numbered years (rather than twice a year).
- Director Kristie Livreri and our state presidents reported on behalf of our region.
- Incoming OSFGC President Gaye Stewart facilitated discussion groups for attendees of the Pacific Region breakfast and challenged us to find ways to increase membership and convention attendance.
- Former presidents Renee Blaschke and Shirley Nicolai installed Nancy Hargroves and the 2017-2019 officers, including Corresponding Secretary Robin Pokorski, Historian Shane Loper and Region Director Peggy Olin from the Pacific Region.
- The Post-Convention Meeting on May 21 launched the new administration. Plant America grants and Espoma grants were announced. To access the member section of the NGC website, the username is *member* and the password is *pumpkin*.

NGC Scholarships Received



Hawaii, Idaho, and Washington!

Six Pacific Region state scholarship applicants were each awarded \$4,000 scholarships! Congratulations to **Alaska, Arizona, California,**



Kristie Livreri:

For your work and dedication as PR went through troubling times. You kept your head high!

~ Sherry Cossey



Not all plants are safe for bees!

Attracting bees, wild birds, insects and other pollinators to the garden seems to be a priority for gardeners these days, but it can be complicated. Not all plants are safe for all pollinators.

Yellow jessamine (often referred to as yellow jasmine) is the state flower of South Carolina and is often used in landscaping and gardens for its beauty and fragrance. Unfortunately, the plants contain alkaloids that are toxic to humans and other vertebrates.

Many beekeepers in East Texas report having experienced weakened colonies due to yellow jessamine. There does not appear to be current published studies on the effects of yellow jessamine, or the toxic alkaloids found in its pollen and nectar, on honeybees. However, its toxic effects were well described in a 1936 USDA report! Young worker bees are affected and die soon, whereas older adult bees appear normal. Larvae and pupae die in cells and become mummified, and the colony can be slightly to severely weakened by using it as a food source (Burnside and Vansell 1936).



Beekeepers reported that, during the yellow jessamine bloom, younger bees can often be found dead on the bottom board. The bees act as if they are intoxicated and are less active. If the poisoning is bad, brood often dies. It also seems to affect queen breeders the most. Beekeepers have reported low success rates when trying to raise queen cells during bloom.

Yellow jessamine is native to the Southeast US, and blooms early in the spring. The effects seem to be much worse early in the season, before there is a consistent flow of non-toxic pollen.

Other plants to avoid if you have honey bees are rhododendron, azalea, trumpet flower, or angel's trumpet, oleander, mountain laurel, stargazer lily, and amaryllis.

If you have hives or there are hives kept nearby, please consider this when planning your landscape! Do an online search of your desired flowering landscape plants to determine their toxicity to honeybees before purchasing.

Native pollinators are immune to toxins California buckeye flowers have that affect honeybees.

Several native California plants have pollen or nectar that is poisonous to honeybees, which are nonnative.

The California buckeye (*Aesculus californica*) is widely distributed west of the Sierra Nevadas. This tree is often planted as an ornamental for its good looks, fragrant flowers and bold winter branch architecture. It is also found growing all over the foothills in northern California.

What happens when a colony gets "buckeyed," as beekeepers say? The foraging worker bees don't succumb right away, but with cumulative exposure develop paralysis-like symptoms and fatal constipation. A buckeye-fed queen may stop laying eggs, or the eggs she lays may fail to hatch, or the larvae die in infancy. Those that develop into new queens or workers have malformed wings and bodies, and the workers don't even attempt to forage. Eventually, the queen will be dethroned.

Research suggests that the effects are worse in dry years, when few other plants are blooming and the bees get a concentrated dose of buckeye. This drought condition has been common in much of California for several years now.

If you do have a hive and there are buckeyes nearby, provide alternative food sources while the buckeyes are blooming. If there are other flowers to forage on, the bees will leave the buckeyes alone.

If the blackberries are blooming and there are buckeye blossoms intermingled in the blackberry bushes, the bees do not go to the buckeye. But, if there is no other nectar available, the bees will go for it.

Where I live, the buckeyes bloom much earlier in the year than our blackberries, but there are many of our native ceanothus varieties blooming at that time so I think our local beekeepers do not have to worry much about the buckeyes. *Ceanothus cuneatus* ("Buck Brush") are heavily worked by honeybees in April - May.

The coastal hills are often covered with *Ceanothus integerrimus* (Deer Brush) and close relatives. These are generally not attractive to European honeybees, but are heavily worked by several varieties of small native bees. The flower throats may be too small for honeybees. Most of the species in the small-leaved and mat-like *C. thysiflorus* group are also not bee magnets, and these have been selected for many commercial landscape plantings.

There are 55 different species of ceanothus, so if you are planting for pollinators, check out if the variety you like is attractive to bees!

A Perfect Day in My Wildlife-Friendly Garden

Becky Hassebroek, Wildlife Gardening Chairman

I slowly opened up the top of the bird house and peeked in – it's on hinges for viewing and ease of cleaning – and there was only one left. I noticed that its three siblings were racing through the sky overhead. I knew it was them by the way they were dive-bombing me – letting me know that I shouldn't be bothering their slower to leave brother.



These tiny tree swallows migrate all of the way from Mexico or further South to Alaska each year to raise their young. We have at least one pair that graces us every year with

their presence in our nesting boxes – we have two this year! Not only are they fun to watch with their amazing aerial acrobatics – but they keep our property free of mosquitoes – we are so fortunate to have them.

A few years ago, one of the young wouldn't leave the nest and perished. I didn't want that to happen again. I decided to assist just a little bit – I left the top of the house open so he could more easily hear and see his siblings and I decided to sit on the deck a ways back from its house and watch. I've lived in my house for 36 years – have always had a house in the same spot for the swallows – and have never been there to see the young leave the nest. Today might be the day!

I don't sit very often when I'm outside. I tell myself I should do more of it. It was a beautiful day. Sunny with a light breeze – temperature about 75. Beautiful light wisps of clouds moving ever so slowly. I had just put out some food for the ducks – they most always wait for me to leave before venturing over to eat. But not today – they got tired of waiting since I was "sitting!" One mallard hen was the first to come waddling over – and the rest followed. I heard myself quietly chuckling – as ducks do, they would put their heads down and run at the others to chase them away from their food, only for them to quickly return again and continue feeding. They just seem to go through the bullying motions, not really meaning anything by it.

A bee came and lit on the arm of my chair. Before I started gardening for wildlife I probably would have shooed him away. But, this day I was blessed by his presence and able to just sit and watch him groom himself.

I saw a movement and, sure enough, there was the last swallow leaving the nest. He flew away with a purpose – an incredibly scary moment, as with all young, to leave the security of his home. I watched him for another few minutes and then he was gone – I felt an extreme sense

of satisfaction that I was honored with seeing this beginning of a new life of a fellow creature.

If I didn't garden for wildlife, and welcome critters of all kinds into my yard, I would have missed out on this wonderful happening. It was indeed a perfect day!



Becky Hassebroek

Thank you for the hundreds of articles written for our wildlife!

~ Sandra Ford

Region Convention in Seattle – Business Recap

By Greg Pokorski, Parliamentarian

- Meetings were held April 18-20.
- Region assets of \$10,573.96 (before convention expenses) were reported.
- The 2017-2018 region budget and 2018 region convention budget were adopted.
- Alaska Garden Clubs extended the invitation to the 2018 Annual Convention in Chena Hot Springs (outside Fairbanks) April 6-9, 2018.
- It was reported that Pacific Region has obtained its own EIN number, been incorporated in Nevada, has obtained its own bank account, and obtained 501(c)(3) status, and that all regions moved forward as independent (of NGC) entities.
- Region Bylaws and Standing Rules were adopted.
- NGC President-elect Nancy Hargroves installed the 2017-2019 officers.
- Total convention registration: 113. Voting strength: 50.
- The 2017-2019 Organizational Meeting on April 20 kicked off the new term.



Terry Critchlow:

We are so proud of you!

~ Mt. Cleman GC

Parliamentary Tidbits

By Greg Pokorski, Parliamentarian



A point of confusion I frequently see in bylaws of clubs and other organizations concerns the use of "executive board" and "executive committee." **These are not the same**

thing. An executive committee (which is what Pacific Region Garden Clubs, Inc. and National Garden Clubs, Inc. have) is "board within a board," usually made up of the officers and usually empowered to act in the place of the board of directors between board meetings – so it is a subset of the board of directors. An executive board is really just another name for the board of directors and is known as the board of directors in an organization that has an executive committee. When *Robert's* refers (page 482) to board of directors it will usually use the term *executive board*.

If your organization has a committee of officers who are part of the board of directors, but who may meet and conduct business separately from the entire board, do not call that committee the executive board. It is the executive committee.

Leadership: Seeds for the Future

By Robin Pokorski, NGC Leadership Training Resources

In April, Arizona held a Leadership Workshop during its convention in Tempe. Thirty-seven attendees participated in the interactive leadership session.

Workshops have been presented in 17 states and are scheduled for California, Florida, New England and Oak Harbor, Washington. Contact me for information.

Sow the leadership seeds for your club, district or state – it's an investment for your group's future!



Kristie Livreri is a **DOUBLE** gem for a wonderful job as Director, her inspiration to us all, and making "Nevada Proud!"

~ Judy Stebbins



Ames' Garden Tools 4 Garden Projects

By Elaine Gunderson, Ames Tools Liaison

Pacific Region won the AMES Tools Region Award for the most states participating in the *Garden Tools 4 Garden Projects* partnership program.

State - Number of Local Garden Clubs Participation

Alaska – 2	Anchorage GC & Fairbanks GC
Arizona – 2	Scottsdale GC & Desert Pointe GC
California – 1	Southern California GC
Hawaii – 0	
Idaho – 0	
Nevada – 1	Rose GC
Oregon – 3	Dufer Valley GC, Klamath Tree League & Tigard GC
Washington – 1	Rosalia GC

If Pacific Region and the garden clubs haven't already, please 'Like' (Thank You and Photos) AMES Pages on Facebook:

www.facebook.com/TrueTemperTools

www.facebook.com/AmesTools1774

www.facebook.com/RazorBackProfessionalTools

Congratulations!

Going Green

By Robin Pokorski, Contributor



Unless your water heater's tank has a high R-value of insulation (at least R-24), adding insulation to it can reduce standby heat losses by 25 – 45%. This will save you about 4 – 9% in water heating costs.

If you don't know your water heater tank's R-value, touch it. A tank that is warm to the touch needs additional insulation.

Insulating your storage water heater tank is simple and inexpensive, and it will pay for itself in about a year. Pre-cut jackets or blankets are available from \$10 – \$20. Choose one with an insulating value of at least R-8. Some utilities sell them at low prices, offer rebates, and even install them at a low or no cost.



Michael Olley,

Thank you for making the natural cedar toolboxes and planters for the PR Fundraiser Tea and Convention and other events.

~ Carolyn Olley

Hummingbirds

By Ann Kronenwetter, Bird Chairman

The name hummingbird comes from the “whir” of its wings whipping the air 70 to 80 times per second.

While 320 different species of hummingbirds live in North, Central and South America, only 20 grace the United States. Most can be found in the Southwest.



The male’s jewel-like throat feathers show brilliant, iridescent oranges, reds or violets when the light strikes them just right. This throat patch is called a “gorget” after a piece of medieval armor that protected the throat. Females lack the gorget and have mostly green backs and light bellies.

Hummingbirds expend more energy for their weight than any other animal in the world. This energy is used mainly for flying and keeping their tiny, heat-radiating bodies warm. They can hover, fly straight up and down, sideways, backwards and even upside down. This is possible because their wings rotate from the shoulder instead of the wrist, so they get power from both the downbeat and the upbeat. While their average flight speed is 27 miles per hour, they can travel up to 50 miles per hour, with their wings beating 200 times a second.

The female hummingbird assumes all nesting duties. She sculpts a cup of plant parts, mosses and lichens held together with spider webs for the nest. She lays 2 pea-sized white eggs and incubates them for 14 to 21 days. Once hatched, she feeds the young ones a rich diet of regurgitated nectar. After about 25 days, the youngsters leave the nest to survive on their own.



Most hummingbirds eat nectar from flowers for instant energy and insects for protein to build muscle. Protein meals include aphids, small insects and spiders. Hummingbirds eat more than half their weight in food and drink up to eight times their body weight in water every day. The hummingbird’s tongue is divided at the end into two rolled, muscular halves. These halves act

like a double trough to soak up nectar and water, while the brushy tips of the tongue trap insects.

In cooler climates, hummingbirds gather food in their tiny crops (throat pouches) before dark. They slowly digest this stored food throughout the night. Hummingbirds are capable of lowering their body temperature (torpor) to conserve energy and ensure that the food supply will last until morning. In torpor, metabolism can drop more than 90% and the heartbeat rate can fall from 500 to 50.



Attract hummingbirds to your yard by offering nectar-like sugar solution feeders (1 part sugar to 4 parts water) and planting native plants, perennial flowers, bushes, vines and trees that produce nectaring blossoms. Hummingbirds are attracted to nectar rich plants with bright red or orange tubular shaped blossoms. They prefer single-flowered blossoms because they have more nectar than double-flowered ones.

Enjoy watching the fascinating hummingbirds in your yard.

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

PacificRegionGardenClubs.org



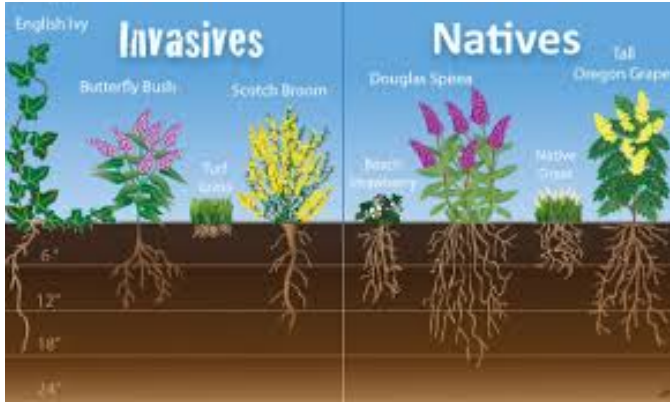
Jeanette Pruin is a gem.

Her leadership has helped keep the Region going for many years.

~ Phyllis Danielson

By Janet Petersen, Invasives Chairman

I have wondered why some plants are classified Invasive in one area and not others. **Invasive plants** are introduced multicellular organisms of the kingdom Plantae, which produce their food by photosynthesis. Examples of invasive plants include mosses, herbs, shrubs, flowering plants, trees, vines, etc.



What is an Invasive Species? An invasive plant which has the ability to thrive and spread aggressively outside its native range. A naturally aggressive plant may be especially invasive when it is introduced to a new habitat.

The information below is taken from the USDA website.

The best way to fight invasive species is to prevent them from occurring!

You can help by learning what invasive species are in your area and what is being done about them.

• General

- Volunteer for organized efforts to remove invasive species from natural areas. Help educate others about the threat of invasive species.
- Check out State resources and your county's Cooperative Extension System for local invasive species information. See Land Grant University Website Directory.

• Monitoring and Reporting

- Use smartphone applications to assist in tracking and monitoring invasive species.
- Report any new invasive species and location expansions.

• Travelers, Hikers, Campers, and Boaters

- Don't "pack a pest" when traveling. Fruits, vegetables, plants and animals can carry pests. See travel guidelines for more information.
- Declare all agricultural items to customs officials when returning from international travel.

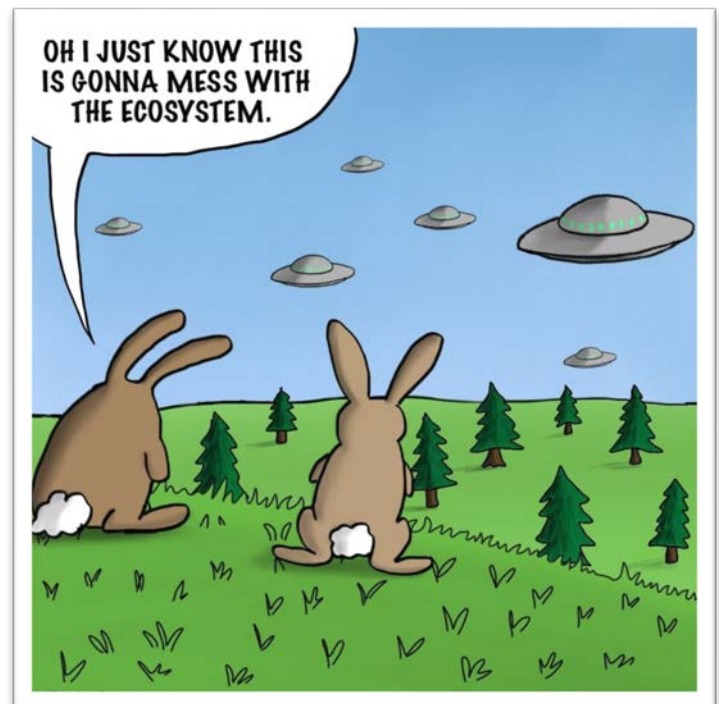
◦ See Agricultural Information for International Travelers. Or, call USDA to find out what's allowed:

- Questions about plants: (301) 851-2046
- Questions about animals: (301) 851-3300
- Clean hiking boots, waders, boats and trailers, off-road vehicles, and other pathways of spread to stop hitchhiking invasive species.
- Don't Move Firewood -- Purchase your firewood locally to avoid the spread of invasive infestations. To best protect trees, make sure all your firewood is sourced less than 50 miles from where it will be burned.

• Homeowners

- Use certified "weed-free" forage, firewood, gravel, hay, mulch, and soil.
- Remove invasive plants from your land and plant non-invasive plants in your garden.

Please visit invasiveplants.gov



Gloria Morse, Oak Harbor GC President, Washington, graciously stepped in for her predecessor and then fulfilled her own term.

~ Anne Sullivan

NGC Schools

By Greg Pokorski, NGC LD Schools Chairman, GS Advisor

All who are involved (including consultants, students, state, region and national schools chairmen) with NGC's Schools need to know that the NGC board of directors approved the following changes at the board meeting in Richmond, Virginia on May 18, 2017:

That all educational schools names be consistent by only having a subject name before "schools." Environmental Studies Schools are now Environmental Schools. Gardening Study Schools are now Gardening Schools. There is no change to the names of Landscape Design Schools or Flower Show Schools.

\$5.00 registration fees for all (Environmental, Flower Show, Gardening and Landscape Design) school courses, symposia, refreshers and multiple refreshers are eliminated as of July 1, 2017.

Please contact the appropriate NGC School Chairman with any questions you have about these changes.

School Days

By Sheila Parcel, Schools Chairman

ENVIRONMENTAL SCHOOL

Oct 24-25, Course III, Normandy Park, WA
Contact: Chris Calderon, (206) 242-1955
Christine.calderon@gmail.com

FLOWER SHOW SCHOOL

Nov 1-3, Course III, Port Angeles, WA
Contact: Mary Lou Waitz, (360) 928-3728
marylou@hotmail.com

LANDSCAPE DESIGN SCHOOL

Oct 2-3, Course I, Oak Harbor, WA
Contact: Anne Sullivan, (314) 776-7574
absullivan@comcast.com

TRI-REFRESHER – E, G, LD

Oct 27-28, 2017, Long Beach, CA
Chairman, Jane Kaylor
kaylor_jane@yahoo.com

Calendar of Events

- Sep 13-15 NGC Fall Board Meeting, St Louis, Missouri
- Apr 6-9, 2018 Pacific Region Convention, Chena Hot Springs, Alaska



Kristie Livreri:

Thank you for your humor, encouragement and steadfast dependability in leading our region.

~ Lana Finegold

Congratulations to Major Award Winners

By Greg Pokorski, Contributor



Region members attending the NGC convention were thrilled to hear the announcement that **Pacific Region** was the winner of Award #25, **Award of Excellence for Regions**. \$500.00 and a medallion are awarded for distinguished work in a Region for coordinated activity in accordance with the programs and objectives of NGC in which all states in the Region have participated. Congratulations to Director Kristie whose project inspired the participation of all of our states to involve children in garden club activities and to Project Chairman Sandy Ford for encouraging and documenting the activity and submitting the award-winning entry.

Other big NGC award winners: **Garden Clubs of Idaho, Inc.** won Award # 24 A, **Award of Excellence for State Garden Clubs** with membership less than 1,000. This brought GCII \$500.00 and a medallion for an outstanding project.

Linda Cruz of Clayton Valley Garden Club (California) was the recipient of the **Member Award of Honor** for the Pacific Region. The Member Award of Honor recognizes those NGC members who have never served on the NGC board of directors and whose volunteer efforts, during a period of five years, have made outstanding contribution(s) to club and community.

I just realized...people are prisoners of their phones....THAT'S why they're called cell phones.



Jeanette Pruin: How blessed we are to have talented, hard-working, heart-working people working for us.

~ Linda Nelson Bentson



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Did you share your
 colorful, informational and fascinating
 WACONIAH
 with someone in your club and district?

Empire State Building Lit Up Like a Bee

By Becky Hassebroek, NGC Representative for National Wildlife Federation, National Pollinator Gardening Network, and Million Pollinator Garden Challenge



If you looked at this picture and said to yourself "That Looks Like the Empire State Building Lit Up Like a Bee," you were exactly right!

In honor of National Pollinator Month, promoting the Million Pollinator Garden Challenge, members of the National Pollinator Gardening Network arranged for Daymond John, celebrity co-host of "Shark Tank" AND a bee keeper, to flip the switch that set the lighting in motion.

In addition, the Niagara Falls Illumination Board arranged for Niagara Falls to be illuminated with

a display of yellow and orange to remind us of the importance of our bees, monarchs, and all pollinators.

We hope you're celebrating National Pollinator Month by promoting the planting of host and nectar plants for our pollinators in all of the gardens under your supervision and practicing sustainable gardening to protect those pollinators that grace your gardens with their presence.

WACONIAH Staff

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You're not fatyou're easier to see.