



Rocky Mountain Rambler

Rocky Mountain Region
Newsletter



February 2022

Greetings From Your Director



Ok, who's the genius who thought that turning our clocks back an hour, prolonging winter's darkness even more, was such a swell idea?

Turns out, it was Benjamin Franklin, in 1784, when he proposed it in a satirical essay. According to scholars at [The Franklin Institute](http://TheFranklinInstitute.org) "He merely suggested Parisians change their sleep schedules to save money on candles and lamp oil."

Regardless of the tongue-in-cheek nature of the suggestion, the idea of "daylight-saving" was kicked around for more than a century until New Zealander George Hudson took it and ran with it.

Fitting more daylight into our days is typically welcome, but the sudden switch to darkness when we "fall back" in autumn causes trouble for some folks. Fortunately, there are some simple tricks to help us get through it.

Let Lighting Do the Heavy Lifting

Seasonal affective disorder, or SAD for short, "...is a type of depression that's related to changes in seasons," according to the professionals at MayoClinic.org. "Symptoms start in the fall and continue into the winter months..."

~~cont'd

Inside this issue:

Director's message	1-2
Minutes RMR Annual Meeting	3-5
Dates to Remember	6
RMR Websites	6
St. President Reports	7-16
Chairman Reports	16-28
Recipe	17, 24
Radon	29
Buffalo Bird Woman	30-31
RMR Officers/St. Pres.	32
RMR Chairman	33



Special points of interest:

- AOE Due Dates
- State Website information
- Ramblings from the Region
- "Buffalo Bird Woman's Garden"



Directors Message ~ cont'd

One of the treatments for SAD is a bright, light-emitting box. But you don't have to suffer from seasonal affective disorder to benefit from increased lighting in your home this winter.

Open heavy drapes when you're home during the daytime. Ensure windows and screens are clean to allow maximum levels of natural light to flood the home. You can also add more lamps and other lighting to the home to banish the darkness and gloom. For an added punch, increase the number of mirrors on the walls. They'll help reflect existing light.

Bring the Outdoors in —

The houseplant trend has been going on for years, and the pandemic put it on steroids. If you haven't already joined the plant party, this winter might be a great time to give it a try.

"Indoor plants have drawn the attention of the scientific community because of their various benefits," according to Min-sun Lee, Juyoung Lee, Bum-Jin Park, and Yoshifumi Miyazaki, authors of a study published in the [Journal of Physiological Anthropology](#).

These benefits include:

- Stress reduction
- Improved mood
- Enhancement of cognitive health

Interaction with your plants is key to receiving these benefits, so, go plant shopping, then vow to transplant, water, and generally hover over your leaf babies all winter. For an added boost in mood, add some colorful, flowering plants to your shopping cart as well.

Your Friend in Gardening

Margie Soileau, "Planting in Harmony with Nature"

margie@soileau.org

margie.rmrdirector@gmail.com



NGC Conservation Pledge

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



Our beautiful Rocky Mountain Region includes the following States:
Colorado, Kansas, Montana, Nebraska, North Dakota, South Dakota, Utah and Wyoming

The Rocky Mountain Region Garden Clubs is an affiliate of [National Garden Clubs, Inc.](#)

Rocky Mountain Region 85th Annual Business Meeting

August 27, 2021

RMR Director **Margie Soileau** called the meeting to order at 9 a.m. and welcomed everyone. Margie led the group in reciting the Conservation Pledge.

Audrey Coyle delivered the Invocation.

Maxine Wells, Kansas Associate Garden Clubs, Inc. President, welcomed the group to Kansas

Parliamentarian Mary Lerssen read the “Rules of RMR Meeting” which will stand as read.

The Credentials Report was read by Andrea Staudenmaier.

The members of the RMR Minutes Approval Committee are Joyce Hendricks, Jean Tinberg, and Connie McKay.

Darla Anderson and Sue McJames were appointed as timekeepers.

Roberta Bolton, Secretary, read the Minutes from the RMR Annual Business Meeting held on August 24, 2019, in Missoula, Montana. Margie announced that hearing no corrections, the Minutes are approved as provided.

Copies of the budget were distributed to all members by Lynette Jeffres, Treasurer. Lynette moved that the Treasurer’s Report as amended and approved by the Executive Committee be filed.

New Business:

A motion was made and approved in the Executive Board meeting to allocate \$200 from Life Membership Funds for website enhancement. This was discussed as an amendment to the budget filed above. Discussion concluded with the formation of a committee that will include Geoff Ellis and Lynette Jeffres.

President’s Reports were given by:

Margie Soileau, Colorado

Maxine Wells, Kansas

Sherry Corneliusen, Montana

Robbie Kupper, Nebraska

Linda Anderson’s report,
read by Pat Westgard, North Dakota

Thelma Busk, South Dakota

Mary Holley, Utah

Shirley Pursel, Wyoming

Committee Reports were given by:

Audrey Coyle, Birds

Margaret Straley, Butterfly

Beverly Heidelberger,
NGC President’s Project, “Plant America”

Joanne Jeffres’ report, Editor,
Rocky Mountain Rambler,
read by Lynette Jeffres,

Connie McKay, Smokey Bear/Woodsy Owl

Audrey Coyle, NGC Plant a Tree Initiative

Rocky Mountain Region 85th Annual Business Meeting

pg. 2

August 27, 2021 ~~ cont'd

RMR Officer Reports

Margie Soileau, Director

Mary Lerrsen, Parliamentarian

RMR Director Margie Soileau recessed the meeting at 11:35 a.m.

RMR Director Margie Soileau called the RMR Annual Meeting back to order at 2:24 p.m.

Donna Rouch, NGC Second Vice President, gave a presentation on how change is unavoidable, and without change, there may be no innovation, creativity, or incentive for improvement, growth, or progress. She shared several changes taking place by the National Garden Clubs, Inc.

Darla Anderson made a motion to strike “2 minutes” from Standing Rule #3 in the RMR Handbook and allow the Regional Director to decide per meeting the time allotment for reports. The motion was seconded by Les Westgard. Motion passed.

A motion was made by Sandy Dennis that the review of the Annual Meeting Binder be passed to committee for review and/or revision. The motion was seconded by Audrey Coyle. Motion was passed.

A “Welcome to Lake Milford” was presented by Trish Giordano, Geary County Commissioner.

RMR Director Margie Soileau recessed the meeting at 2:55 p.m.

RMR Alternate Director Robbie Kupper called the RMR Annual Meeting back to order at 7:05 p.m.

Les Westgard gave the blessing.

Donna Rouch, NGC Second Vice President, performed the installation of the following State Presidents and RMR Officers.

State Presidents:

Maxine Wells, Kansas Associated Garden Clubs, Inc.

Thelma Busk, South Dakota Federation of Garden Clubs

Mary Holly, The Utah Associated Garden Clubs, Inc.

Robbie Kupper, Federated Garden Clubs of Nebraska

Shirley Pursel, Wyoming Federation of Garden Clubs, Inc.

RMR Officers:

Mary Soileau, RMR Regional Director

Robbie Kupper, RMR Alternate Director

Roberta Bolton, RMR Secretary & Historian

~~ cont'd

Rocky Mountain Region 85th Annual Business Meeting

pg. 3

August 27, 2021 ~~ cont'd

Lynette Jeffres, RMR Treasurer

Mary Lerssen, Parliamentarian

Donna Rouch presented the RMR Photo Contest winners.

RMR Awards were presented by Michele Gustin, RMR Awards Chairman.

Sandy Dennis announced the winners of the Regional Director's Project.

Andrea Staudenmaier presented the Final Credential Report.

Mary Lerssen, Parliamentarian, read the Courtesy Resolutions. The Courtesy Resolutions were adopted and presented to Maxine Wells, President of Kansas Associate Garden Clubs, Inc. and Jackie Watts, Committee Chairman of the 85th RMR Annual Meeting as well as to the management of the Acorn Resort.

Mary Holly, President of The Utah Associated Garden Clubs, Inc., invited all members to attend the 86th RMR Annual meeting on August 26 & 27, 2022 in Park City, Utah.

Jackie Watts gave the benediction.

The RMR Annual Meeting was adjourned at 8:50 p.m. Sine die.

Respectfully submitted,

Roberta Bolton, Secretary, Rocky Mountain Region

RMR Website

Just a reminder— RMR has a NEW Website! Thanks to Lynette Jeffres and her sister, Carla Scheer, for volunteering to take on this critical task. I invite everyone to go online to view. Just google <https://sites.google.com/site/rockymtngardenclubs/> which will bring you to the website. It is still a work in progress, with more information to come.

Please remember, I am always available to all club members in the region, and I hope each of you feels comfortable calling on me for assistance. Take care and have fun putting your gardens to rest.

Your Friend in Gardening

Margie Soileau, "Planting in Harmony with Nature"

margie@soileau.org

margie.rmrdirector@gmail.com

Dates to Remember—Mark Your Calendars



<i>DATE</i>	<i>WHAT</i>	<i>WHERE</i>
February 25, 2022	Smokey Bear Contest	State winners due to RMR Chairman
April 23, 2022	Utah Annual Meeting	Salt Lake City, UT
May 16-19, 2022	NGC National Conv.	Orlando, FL
June 4, 2022	ND Annual Meeting	Fargo, ND
June 10-11, 2022	MT Annual Meeting	Missoula, MT
June 10-11, 2022	KS Annual Meeting	Wichita, KS
June 11, 2022	NE Annual Meeting	Kearney, NE
June 14, 2022	SD Annual Meeting	Mitchell, SD
June 17-19, 2022	WY Annual Meeting	Casper, WY
June TBA, 2022	CO Annual Meeting	Denver, CO
August 26-27, 2022	RMR Conference	Park City, UT
October 1, 2022	Book of Evidence for AOE	AOE Chairman, Margie

Rocky Mountain Rambler

Colorado Federation of Garden Clubs, Inc.



Happy New Year! Hoping this finds you and your loved ones doing well, staying safe and healthy.

Now that the major holidays are behind us, hopefully we can relax a little and think about what this new year will bring and where our efforts and energies will go.

The weather, as you all know, has been extremely warm and I know that all of us were worried about our garden clubs to the north where the fire happened across Boulder County on December 30th. I want to thank those of you who reached out to me asking if there was anything we could do for those that may have been affected.

After speaking with the President of the Boulder Garden Club and various others around that area, it seems that no one from any of our garden clubs were harmed and for that we are thankful.

So what types of “**new**” **things** does CFGC have for its members? I will break this down for you by month for the next six months.

Feb 11-2022— Colorado Home and Garden Show. If you/club or a group of you would like to enter a tablescape design and learn what Judges look for in a design, sign up now. There are four spots open and it is on a first come first serve basis. Entrants will not only be receiving free valuable information to help with their future design aspirations but also a thank you gift card will be given out to each group. This years show is being crafted to encourage club members who have an interest in exhibiting their designs not as a judging event, but as an event that will be informative, hands on and a learning experience. This event will be critiqued, not judged, and the capacity for learning will be at an all time high!

March holds the CFGC board meeting on the 8th at Emerson House and via Zoom. On the 18th a one hour zoom Leadership meeting will be held for all Presidents, Officers and Committee Chairs. This is great time to get to know more about one another and share ideas so that we can take back to our clubs.

On **April 2**, the Northern Front Range District will be holding their annual meeting and then on April 23rd the Southern District will be holding theirs.

May brings the National Garden Club annual convention, please see the either the CFGC or NGC websites for further information.

June will be the month for our own State annual convention. This will be a one day event and promises to not only be eventful, but fun as well. Much attention, detail and concentration will be given on bringing value to those that choose to attend. More information forthcoming on venue, date, time and cost. On June 24th from 3-4 PM, all Club Presidents, Officers and Committee Chairs are encouraged to attend the quarterly Leadership Round Table. If a President cannot make it to this meeting, they are welcome to pass the zoom link to another one of their club officers so that someone can attend from their club.

~~ cont'd

Rocky Mountain Rambler

Colorado Federation of Garden Clubs, Inc. ~~cont'd

I am hoping that the near future brings an increased surge of energy not only to our daily lives, but also to our garden clubs, programs, outreach activities and of course to our gardens.

Oh BTW, there is some exciting news coming your way – so please be on the lookout for additional communications coming soon from me and or your Club Presidents !!!!! It is EXCITING!

Kind hearts are the gardens,
Kind words are the roots,
Kind thoughts are the flowers,
Kind deeds are the fruits.

Take care of your garden
And keep out the weeds;
Fill it with sunshine
Kind words and kind deeds.

Thoughts to leave you with written by H.W. Longfellow.

Your gardening friend,

Nancy Griffin, CO State President

“Garden with Heart, Plant with Purpose, Conserve with Care”



Montana Federation of Garden Clubs, Inc.

“My Imaginary Garden”



Looking out the window I wonder if Spring is ever going to come. We have over two feet of snow the deer have eaten all of my kale filled baskets by the front door. My personal count down has begun to the First day of Spring which is Sunday March 20. In order to fill the time, I am starting to plant my imaginary garden.

The television is full of bad news and opinionated talking heads with gloomy predictions. I much prefer to spend my time on what I call good news business. Peaceful and pleasant is more my style. I escape into my imaginary garden. That is where I only think of beautiful things, new color combinations, and plant selections. My spirits are always lifted by reading the new catalogs and their detailed descriptions. As I turn each page, I close my eyes and imagine where I would plant that particular variety. Generally, I have to move the variety around the yard. How would it look in the red border, is it a sun lover or shade tolerant? Does the plant require lots of water or can it be placed in an area that generally stays dry?

These days I am also busily planning the State Garden Club Convention to be held June 10 and 11, 2022 here in Missoula at the Holiday Inn Hotel. The theme of the convention is **“Missoula in Bloom”**. The American Iris Society is going to stage its Western States Iris Show together with a Peony s how at the same time as the convention. The flower shows

~~ cont'd

Rocky Mountain Rambler

Montana Federation of Garden Clubs, Inc. ~~ cont'd

will be Horticulture Specialist Shows with Iris and peonies being the only blooms allowed as the focal blooms in designs. The shows will be Friday and Saturday during our Convention. Saturday afternoon, we are going to have a garden tour of the Peony Garden at the University of Montana and the Iris Garden at the Museum at Fort Missoula. The tour will culminate at a champagne tea in the Sadler Garden. An elegant banquet at the hotel will be held that evening.

Much of Montana is in hibernation. The clubs are figuring out how they will react to the new covid. The clubs have developed a wide range of ways they are meeting. Some have cancelled meetings, others are holding meeting by phone or video, and some have continued on as if nothing is at issue. The heavy snow and ice are perhaps the main issue in planning a meeting. The one thing I know is that once the weather breaks and we are able to start working in our gardens again, that our optimism and faith in the future will only be ignited. I will be able to full fill some of my imaginary choices that I have made in planning my imaginary garden. I will go to the nurseries with a specific color palette in mind. Steering clear of choosing plants in a "Higley Piggly" way. My experience is that in the past I tended to want everything I saw thinking I could fit it in some place. I have learned restraint only purchasing what I can plant that evening. Experience has taught me that **planning truly does save money**. Time spent in my imaginary garden is well rewarded as I will have a well thought out plan. I will have the realization that with planning all may be possible. I have great expectation that the pictures conjured in my mind will lead to a beautiful garden. Finally, this long Winter will not have been wasted as I had my garden to entertain me.

Jim Sadler, President-
Montana Federation of Garden Clubs
"Building Community through Gardening"



Rocky Mountain Region Websites



Rocky Mountain Region website: <http://sites.google.com/site/rockymtngardenclubs/home>

Colorado: <https://coloradogardenclubs.org/>

Kansas: <https://ksgardenclub.com>

Montana: <https://sites.google.com/site/rockymtngardenclubs/home/nebraska>

Nebraska: <https://sites.google.com/site/rockymtngardenclubs/home/nebraska>

North Dakota: <https://sites.google.com/site/rockymtngardenclubs/home/north-dakota>

South Dakota: <https://www.sdgardenclubs.org/>

Utah: <https://utahagc.org/>

Wyoming: <https://sites.google.com/site/wyominggardenclubs>

National Gardener: <https://gardenclub.org/national-gardener-archives> (NGC Conf. info)



Federated Garden Clubs of Nebraska



Brrrrr from Nebraska and Happy New Year!!! I don't know about you but I am ready to get back into my yard and play with the dirt. Right now all of the Nebraska Garden Clubs are hunkered down trying to stay warm and looking at our seed catalogues planning our spring and summer gardens. I am sure the rest of the RMR states are in the same boat so put your feet up, drink some hot cocoa and dream about warm weather and gardening.

Of course, I find the need to talk about herbs and did you know that Rosemary is a member of the mint family *Lamiaceae*, along with many other herbs, such as oregano, thyme, basil, and lavender and is a good source of iron, calcium and vitamin B-6?

FAST FACTS ABOUT ROSEMARY from [a collection of articles posted in the Medical News Today on the health benefits of popular foods.](#)

- Rosemary is a perennial plant (it lives more than 2 years).
- The leaves are often used in cooking.
- Possible health benefits include improved concentration, digestion, and brain aging.
- Very high doses may cause vomiting, coma and pulmonary edema.



Rosemary plant care is easy. When growing rosemary plants, provide them with well-drained, sandy soil and at least six to eight hours of sunlight. These plants thrive in warm, humid environments and cannot take extremely cold temperatures. Since rosemary cannot withstand winters below 30 F. (-1 C.), it's often better when growing rosemary plants to put them in containers, which can be placed in the ground and easily moved indoors during winter.

Rosemary prefers to remain somewhat on the dry side; therefore, terra cotta pots are a good choice when selecting suitable containers. These pots allow the plant to dry out faster. Thoroughly water rosemary plants when the soil is dry to the touch but allow the plants to dry out between watering intervals. Even indoors, rosemary plants will require lots of light, at least six hours, so place the plant in a suitable location free of drafts.

Pruning rosemary will help make a bushier plant. Most herbs thrive on being trimmed every now and then, especially those used for flavorings. Snip sprigs just as you would when cutting back a houseplant, trimming rosemary once blooming has ceased. The general rule for trimming rosemary is not to take more than one-third of the plant at any time and make cuts just above a leaf joint. These can then be dried like any other herb by hanging tied bundles upside down in a cool, dry place.

Rosemary plants are usually propagated by cuttings, as it can be tricky getting evergreen rosemary seeds to germinate. Successfully growing rosemary plants from seeds comes only when the seeds are very fresh and when planted in optimum growing conditions. Start new rosemary plants with cuttings from existing evergreen plants. Cut stems that are about two inches (5 cm.) long and remove leaves on the bottom two-thirds of the cutting.

~~ cont'd

Federated Garden Clubs of Nebraska ~~cont'd

Place the cuttings in a mixture of perlite and peat moss, spraying with water until roots begin to grow. Once roots have developed, you can plant the cuttings as you would with any rosemary plant. Rosemary plants are prone to becoming root bound and should be repotted at least once a year. Yellowing of the lower foliage is an early indication that it's time to repot.

Until next time. Stay warm and think about the herbs you can plant this spring in a container.

Happy gardening and remember plant some herbs!!!

Robbie Kupper

President, FGCN

“Growing and Using Herbs in Nebraska”



Did you know that the FGCN has its own Facebook page? That is right - The Federated Garden Clubs of Nebraska (FGCN) is a public Facebook Group that represents gardeners in NGC Garden clubs throughout Nebraska. Currently 39 members have joined the FGCN Facebook Group and we are always accepting more! All are welcomed to join and we do not turn anyone away.

If you would like to join the FGCN on Facebook, you can go to Facebook from any Internet Search Engine and search for Federated Garden Clubs of Nebraska, Inc. A direct link to the page can be clicked [here](#). Once you locate the FGCN Facebook page, you will notice that it has a wide variety of garden-related resources. Some of the resources include, gardening tips, recipes, videos and pictures. You can also easily communicate with other gardeners throughout the State by commenting on posted recipes, gardening tips, etc. or by asking questions if more information is needed. We encourage questions and comments. We may not know all the answers, but we can usually find them. Give it a try and let us know what you think.

Submitted by: Lorraine Patrick, Plattsmouth Garden Club



Advice from a Snowflake

Keep your Cool
Let your plans Crystallize
Sparkle!

Appreciate small Wonders
Take time to Chill
Celebrate your Uniqueness

It's OK to be a Little Flaky!

Rocky Mountain Rambler

Kansas Associated Garden Clubs, Inc.



Hello from Wichita, Kansas:

The Kansas weather the last couple months was so unusually warm. I do not remember ever being able to garden (well, pull weeds) the day before Christmas in a T-shirt but that's the way it was. We had re-blooming Iris blooming into December – and not just blooming but special enough to enter into a show for competition. It will be interesting to see their spring performance. Nature keeps gardening a learning experience. We have, of course, since then to have seen the first big freeze of winter with sleet and snow, which has melted in a couple days since the ground was still warm.

Many of our Kansas clubs do not meet every month and some chose not to meet in 2021 because of COVID. One such club was Prairie Acres of Lawrence. They did choose to have a Christmas luncheon to make plans for 2022 which was good news.

The Garden City Garden Club has tried to meet all year. Early in the year, their program was on the Christmas cactus. The speaker gave each member a cutting from a 100-year old cactus to grow. At the December meeting they were to bring their plants to show and discuss. Not everyone was successful but Deanne had the most success as shown below.



Suburban Garden Club of Wichita started the year on ZOOM but moved to meeting in person with masks and social distancing, plus the vaccinations. In October, the board met to plan programs for 2022 giving us time to contact speakers. In November, 2022 club dues were collected and with the confirmation of program speaker, we were able to get our membership books to the printers. These were then available for distribution at our annual Christmas luncheon.

Our club was able to meet in mid-December to make greenery arrangements for a fundraiser. Club members collect Christmas mugs and other seasonal containers; and using ever-greens from our yards plus from our Wichita Botanical gardens trimmed by their gardeners, we put together arrangement to sell. Botanica has a well-attended Christmas light show and brings in large crowds. We are allowed to set up our sales tables in the lobby. This has been well-received, and we were pleased with our sales which we will split with Botanica.



Rocky Mountain Rambler

Kansas Associated Garden Clubs, Inc.~~ cont'd

After the 2021 KAGC convention, Suburban Garden Club organized a committee to plan the 2022 KAGC convention, which will be held at Botanica, the Wichita Gardens on June 10-11. We are working to confirm lodging, programs, meals and all the other little things that need to be determined. We are pleased to see some newer members take interest in this planning and bringing new ideas. This will take close focus throughout the next months.

We are looking forward to our 2022 programs and SPRING.

Sherryl Fitzpatrick
Floanna Crowley
Co-presidents Kansas Associated Garden Clubs



North Dakota Federation of Garden Clubs



Hello from the Peace Garden State of **North Dakota**.

Is your Amaryllis blooming yet? Is your orchid still blooming? Have you started your Hyacinth bulbs yet? Have you ordered your seed catalogs and picked out your favorite seeds to buy?



These are the questions when we as gardeners have over two feet of snow on the ground and the wind chill is minus 30. We go to sleep dreaming on what we are going to update or renew in our gardens and planters.



Our local garden club is planning educational programs and setting up committees and meetings dates for next year. Recruiting new members on Facebook and hoping this year will reach a more normal view without more Covid variants. New meeting location and renewed Zoom accounts and links for hybrid meetings is also top priority. Hoping we can go on with the business and educational workshops for our members.

Grass Isn't Always Greener, Plant in North Dakota

Linda Anderson
President, North Dakota State Garden Clubs

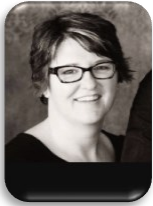


Lettuce growing in AeroGarden



Rocky Mountain Rambler

South Dakota Federation of Garden Clubs



Hello all my gardening friends. As I sit down and write this South Dakota was just covered in a nice snowfall. We have been very lucky in the mother nature department with only a few heavy snowfalls and a few days in the 40's which help break up the brutally cold days.

How do you pass the long winter days? I have a online crafting business which keeps me very busy and of course I find time to sit by the fireplace for a good book. Bringing in the new year also brings in the overload of seed catalogs in the mail. I have all my favorite ones marked with sticky notes and highlighted on all the amazing things I want to plant and the new things to try. I wish I had better luck with seed starting indoors, would love to have them show color earlier but with the wrong lighting in my home I just have given up.

Our clubs are busy planning upcoming summer projects and enjoying getting together and enjoying our garden family. I hope you have a blessed 2022!!

Thelma Busk

"Dirty Hands, Good Life"

dakfayepriims@santel.net



The Utah Associated Garden Clubs, Inc.



Utah is busy working on the fall convention. We have a venue, the Historic Miner's Hospital in City Park in the heart of town. Consider our **theme "Park City, Arrive Early and Stay Late"**.



Miner/s Hospital



On Thursday August 25th, we want you to tour the gardens at Thanksgiving point in Lehi. This will be a self-guided tour. We hope to obtain discount tickets for those choosing to go.

On Friday, we will offer everything Park City, Swaner Nature Center, a guided Historical tour of Main Street, Lift rides and hiking at Park City Resort, the Olympic Park and Museum, and lunch at the High West Distillery. Welcome dinner with entertainment will be at Rotary Park. Registration will begin at the Miner's Hospital.

Saturday We will have breakfast at Park City followed by meetings, speakers and a mini flower show and a silent auction.

Saturday afternoon we will bus the group to an array of Summit County Gardens and places of interest. Dinner will be served on and after tour at the home of the Park City Garden Club President, Diane Petersen in Wanship Utah..

~~ cont'd

Rocky Mountain Rambler

The Utah Associated Garden Clubs, Inc. ~~ cont'd

Sunday, August 28th, Breakfast in the Park and a guided tour of Red Butte Botanical Gardens in Salt Lake City by Garden Members

“Arrive Early and Stay Late” — That is the general plan

Lodging can be arranged through Park City Lodging parkcitylodging.com code—to be announced later. They will select lodging within walking distance to City Park

Camping is available at Jordanelle State Park, Wasatch State Park and the Park City RV resort, and Rivers Edge below the Jordanelle Dam. The Uinta Mountains on Forest Service Land near by provide camping without hookups and is very beautiful.

If a **hotel** experience is what you would like, I recommend the **Peaks Hotel**.

Reservations are needed for all of the above to be safe.

Remember Park City is an Alpine town at **7,000 ft.** All of our dining will take place out of doors. Be prepared.

Bring plenty of warm clothing for the evenings and cool for the days. It is the main reason the gardening up here is so tricky, we can have huge temperature fluctuations during one day. **BRING LOTS OF LAYERS!**

More information and registration forms will be in the May Rambler. We hope everyone can make the journey to enjoy the fun.

Most of the clubs in Utah are dormant for the winter, except three. The Rose Society, Neighborhood Garden Club and the Park City Garden Club. Two had holiday parties and Park City had an annual wreath making meeting/party. Park City will not meet again until April.



At the 1st RMR Round table Zoom, Nancy Griffin from Colorado suggested we nominate our favorite garden tools. I liked the idea and will ask our club members to bring theirs when we meet in April. Meanwhile here are mine.

The scissors are Joyce Chen-available from amazon for about \$16.

Everyone who worked with flowers with me used these, they are great for dead heading and in the kitchen. They can even cut pennies. Their original culinary use was to help eat a whole lobster.

The second favorite is a wooden dibble-available at Fisher Black-Smithing in Bozeman Montana.

It is my garlic planting tool. The pointed end is the depth you poke in the soil for each head. Then take the handle length and that is the spacing for the next head. If you soil is prepared you can swiftly plant all your garlic.

The small ratchet pruners available at Home Depot. These are small for tight places and super light weight. The ratchet makes for ease when cutting larger branches, larger than you think possible. I gave these as Christmas presents for friends who garden. ~~ cont'd

Rocky Mountain Rambler

The Utah Associated Garden Clubs, Inc. ~~ cont'd

The 4th is a Spearheaded Shovel available from Burpee.

There are shovel two sizes, the one shown is the short one. The “spearhead” gets everything getting dug started with less work. It was a toss up, this shovel or my small, what some call a ladies shovel. Both are great to divide and move plants around in your garden or share with friends.

The tools are all taking a rest for the winter like most of the clubs.

Look forward to the spring Rambler for more RMR convention information. **Let it Snow!**

Mary Holley, UAGC President

“Play and plant in Utah Wisely”



Wyoming Federation of Garden Clubs, Inc.



Hello, from Wyoming.

Wyoming has had very diverse weather the last couple of months. I received pictures from Encampment with lots & lots of snow. However, here in Fremont County where I live, we have had wind but not much moisture. The temperatures have been unusually warm in comparison to other places. My pansies still have green (not frozen) growth near the ground. Crazy.

I have set my sites on our Annual convention in June which will be hosted by our Casper Garden Club. More information will be forthcoming.

I hope you are attending the **Membership Mondays** with National Garde Club on **Zoom**. These fun meetings are worth an hour of your time. Getting to know other gardeners from around the country, tips and suggestions on how to build and keep your membership is always something we can all use. Please take the time to check out one. Your **state president can share those emails** with you for registration. Also check our the Facebook pages from both RMR and NGC.

Enjoy your winter, no matter what it looks like.

“Gathering Friendships thru Gardening”.

Shirley Pursel, WFGC, President



Award of Excellence

The NGC award #25 is called the “**Award of Excellence for Regions.**” This award is given to a region for coordinated activity per the programs and objectives of NGC in which states in the region have participated.

I am the Chairman of this award, and I need assistance and cooperation from the Awards Chairman in each state. Your state Award of Excellence Chairman compiles reports from each club in your state into a state **Book of Evidence** sent to me by **October 1, 2022**. The state report does not have to be a complete book of evidence (although it can be) but does need to be a **brief description of what the clubs have done**. Photographs, news releases, or other material pertinent to the project will help. Again, the period to be covered is from **October 1, 2020, to October 1, 2022**, thus two years of activities.

I hope many of the clubs in each state participates; please include how many clubs did participate when you send your information. I will edit the eight state Books of Evidence into a Rocky Mountain Region Book of Evidence to be sent to NGC to compete against the other seven regional projects.

The **award** includes one **Certificate of Merit, and \$500** to be awarded for outstanding work in a Region. There are **two awards of \$100.00 for first place** and **two awards of \$50.00 for second place**. These awards are given based on small states and large states. (see page 19 of the RMR Handbook). If anyone has any questions, please contact me.

Margie Soileau

RMR Director Award of Excellence Chairman



Strawberry (or Raspberry) Pretzel Dessert

2 1/2 cups salted pretzels, (measured before crushing)	
6 oz strawberry Jell-O	2 cups boiling water
1/4 cup granulated sugar	8 Tbsp unsalted butter
8 oz package cream cheese, softened	1/2 cup granulated sugar
8 oz cool whip, thawed in the fridge	
1 lb. fresh strawberries, hulled and sliced	



Instructions

Pre-heat oven to 350°F. Combine strawberry Jell-O with 2 cups boiling water and stir until completely dissolved. Set aside to cool to room temperature.

Crush 2 1/2 cups pretzels in a sturdy Ziploc bag, using a rolling pin.

In a medium sauce pan, melt 8 Tbsp butter then add 1/4 cup sugar and stir. Mix in crushed pretzels. Transfer to a 13x9 glass casserole dish, pressing the pretzel mix evenly over the bottom of the dish and bake for 10 min at 350°F, then cool to room temp.

When pretzels have cooled, use an electric hand mixer to beat 8 oz cream cheese and 1/2 cup sugar on med/high speed until fluffy and white. Fold in 8 oz Cool Whip until no streaks of cream cheese remain. Spread mixture over cooled pretzels, spreading to the edges of the dish to create a tight seal. Refrigerate 30 min.

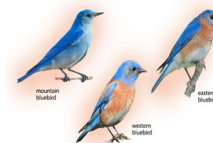
Hull and slice 1 lb. strawberries then stir into your room temperature Jell-O. Pour and spread strawberry Jell-O mixture evenly over your cooled cream cheese layer and refrigerate until jell is set (2-4 hours). Eat and enjoy!

Rocky Mountain Rambler

Birds



Dear Members, remember that your **bluebirds** usually come in to scout out a nesting place in February! Be ready and then enter for the **South Dakota Bird Award #6**



GETTING STARTED WITH BLUEBIRDS

Even though the bluebird population has greatly decreased, the future can still be promising for them. The most important step we can take to help bring back the bluebird is to provide nesting sites by setting out a bluebird box or starting a bluebird trail. A bluebird trail is a series of bluebird boxes placed along a prescribed route.

The Bluebird Box: A good bluebird box should be well-ventilated, watertight, have drainage holes, be easy to monitor and easy to clean. Cedar and redwood are ideal. Boxes can be painted or stained if a light color is used. Treated lumber should not be used because of its toxic content. A bluebird house should never have a perch. Sparrows and wrens are attracted to perches. Mountain bluebirds need an entrance of 1-9/16"; Western bluebirds will use a 1½" hole.

Setting up a Bluebird Trail: Habitat is the key factor to consider when setting up a bluebird trail. Open rural country with scattered trees and low or sparse ground cover is best and should include perch sites such as a fence line and wires. Mowed areas such as cemeteries and golf courses are all good locations for a bluebird trail. Avoid brushy and heavily-wooded areas; this is the habitat of the House Wren. Avoid areas where the House Sparrow is abundant, i.e farmsteads. Mount nesting boxes so the entrance hole is approximately five feet above the ground. If possible, face the box away from prevailing winds. Have your bluebird boxes **in place by mid-March** when the birds return from their winter migration and are looking for nesting sites. Nesting density is dependent on many factors; visibility between boxes, habitat suitability and individual tolerance levels. It is therefore impossible to predetermine the optimal spacing for any given area.

Monitoring a Bluebird Trail: Bluebirds usually nest in late March or early April, depending on weather conditions. Bluebirds usually lay 4 to 5 light blue eggs, but may lay as many as 6 or 7. A small percentage of their eggs may be white. The incubation period for bluebird eggs is 12 to 14 days. Check your bluebird boxes at least once a week during the nesting season, until chicks are close to fledging. Nestlings remain in the nest 18 to 21 days before they fledge. Do not open the box after nestlings are 12 to days old. Doing so could result in the nestlings leaving the box before they are able to fly, greatly reducing their chance of survival. Remove bluebird nests as soon as the young birds have fledged. Don't be discouraged if your nesting boxes are not used the first year. If bluebirds are not common in your area, it may take them a few seasons to find your new box. Bluebirds generally return to the same area each year. You can help your fine feathered friends by planting Chokecherry, Boulder Raspberry Red Raspberry and Pin cherry. *

Taken from: North American Bluebird Society, Inc.

<http://www.nabluebirdsociety.org/>

Audrey Coyle, Colorado, RMR Bird Chairman



Flower Show Schools and Symposiums



Finding clues in what people like in flower designs.

My son on a visit asked me for the password to my computer. I thought he wanted to check out his company's website and gave it to him. Then that Christmas arrived a printed book with all of my photos of my arrangements I had made over the past 10 years at the various shows. Iris, Rose, Garden Club, Dahlia, and the Fair. It was fun to go through my old photos. When looking at some of them I had wished I had taken better care with my camera. My son thought he was pleasing me to put all 100 designs in the book. Designs that obviously I had given very little thought, and others taken several days into the show and the blooms were showing wear and tear. My son included everything the very best with the very bad. None the less, I leave the book on my coffee table for folks who visit to peruse. The interesting part is the reactions folks have to the photos. When I ask for them to pick out their favorite, I have come to the conclusion that what folks looks at in a design may not be the same thing as judges or designers.

Color appears to be the first element that draws the viewer into the design. Dynamic colors with great contrast appear to be a favorite. Giving credence to the saying that one wins with red and black.

Designs that clearly convey the class title. For instance, if the design is "Kicking Up" then using a boot or something that represents kicking up motion is expected. The viewing public interprets designs in a literal way rather than designs generally found in flower shows. That is why abstract or modern designs are probably the least understood of designs.

Designs that the viewer understands. They "get it". Folks tend to gravitate toward designs that they would use in their home. The size is often an issue. I have heard comments of "where would I put it?"



A design that in the opinion of the observer is "pretty". This is a category that is hard to explain as it so individualized. I have won top awards for designs that use a few sticks, leaves and minimal blooms. They tend to be a complete turn off to folks who do not relate to them. A crowd pleaser is not the same thing as a design that judges have given top marks. I have heard comments like why is that a first "I would never place it my home". Remember that often folks only experience with floral designs is at weddings, funerals, and bouquets for Valentine's Day.

Designs in flower shows are different than arrangements from commercial florists. This is becoming less so as time passes as I have seen florist arrangements that would stand up in a flower show. One of the differences is that Florists are selling flowers and tend to use a multiple of different blooms. The price of the arrangement is based upon the cost of the blooms and material. The result is the overall dominance of all of the space being filled with blooms. The designs are copied from a pattern book and can be replicated at will. While designs in flower shows are very individualized and seldom can be repeated.



~~ cont'd

Flower Show Schools and Symposiums ~~cont'd

I am sharing my experience with my Christmas gift to encourage designers. I have learned over the years I design for myself. What is pleasing to me, how I use plant material to expresses my response to the question asked by the class title, in the end is satisfying to me. If I want to have a stick going that way and a judge finds it offends the rhythm of the design, I do not have to agree. After all, just because three people do not recognize the designs wonderfulness, that is their problem. My purpose is to fulfill an inward desire to share an idea captured with plant material set in space. I must admit that I have won many awards, but looking back on my book, there were some real stinkers.

Jim Saddler, Chairman

Invasive Species



Why do non-native insects become invasive?

One reason why these non-native insects can become invasive is the lack of natural enemies that limit their population growth and spread in the invaded area. Classical biological control, or biocontrol, is the use of living organisms such as insects, mites or fungal pathogens to control pest populations.

The most recent non-native insect pest is the **Emerald Ash Borer. EAB**

EAB lays its eggs in the cracks of ash trees. The eggs hatch and the larvae burrow into the tree and feed on the inner bark and phloem, creating “S”-shaped galleries. Larvae overwinter, pupate and start to emerge as adults in the spring leaving a “D”-shaped exit hole. The adults remain active until the end of summer.



Adults live for 3 weeks. They're most active during the day, particularly when it is warm and sunny, and move to protected locations in bark crevices or cling to foliage during inclement weather.

EAB is well-suited to the United States' climate and can attack and kill healthy trees in forests and in rural and urban settings. USDA has now detected EAB in 35 States and the District of Columbia. It is likely there are additional, undetected infestations. When **APHIS (Animal and Plant Health Inspection Service)** regulated EAB and new county detections were discovered, APHIS expanded the federal quarantine area, showing it has been ineffective in stopping the spread of the pest. To the right is a picture of chemical control best done by pesticide professionals.



There are four known stingless wasps that will attack either EAB larva or eggs. USDA's Agricultural Research Service is currently evaluating a fifth wasp.

~~cont'd

Invasive Species ~~ cont'd



For several years now, APHIS has been turning EAB's natural enemies—these tiny stingless wasps—into biological control agents. The wasps are already showing promise in a number of states, especially in terms of protecting young saplings from EAB.

So far, at least one of the four wasps have been released in 30 States and their offspring have been recovered in 20 States, which means the wasps are establishing, reproducing, and, more importantly, attacking and killing EAB.

APHIS wants to expand the distribution and increase the number of wasps released in infested states to help stabilize and eventually reduce EAB populations.

Up next: more invasive insects

Alice Hemsath, Chairman

NGC President's Project



National Garden Club Inc. presents **#playoutdoors**

Since research tells us outdoor activities improve health and happiness for adults and children, National Garden Clubs, Inc. is promoting outside activities to help encourage spending more time outdoors all year long.

Outside activities build physically healthier individuals, improve motor skills, help prevent obesity and strengthen muscles and bones. Unstructured outdoor play for children and adults contributes to cognitive and social/emotional development, improves imagination, develops positive behavior skills, and improves communication, cooperation, and organizational skills

Copy the #playoutside journal and share it with a child close to you, keeping the certificate on the last page to give to them later. Help them fill out their daily entries if needed. Print off a certificate from the [NGC website](#) (FORMS section) to give to the child right away to celebrate their accomplishment.



Beverly Heidelberger, Chairman

Yesterday is for memories.

Tomorrow is an imagination.

Today is a real GIFT.



[Rocky Mountain Region Garden Clubs Facebook Page](#)

Penny Pines



I would like to share some information about trees from an individual who works with the Alabama Extension service that you might find interesting and motivating.

“We're in this together”, *Russell King, president & CEO*

When my youngest son, Jaden, was 3 years old, we were walking together in the woods and came upon a tree that had fallen and was covered in moss. Jaden asked why, and I explained that the tree had died and was now returning to the Earth. We explored a while more, then I told him we'd better get back to camp before sunset and started down the trail.

After taking a few steps, I noticed that he was not following me. I turned and found him kneeling beside the tree, hugging it with one hand and patting it with the other. He said, "I have to stay, Daddy, so the tree isn't scared and all alone."

"Look around," I said, "all these other trees are that tree's family and friends. It's not alone. It's not afraid. They all take care of each other."

I've thought of that moment more than a few times since joining the TREE Fund family. My time has been marked by the pandemic and the losses, deaths, and changes it has brought. There were moments when it would have been easy to feel alone and afraid. As Robert Frost wrote in Birches:

*It's when I'm weary of considerations,
And life is too much like a pathless wood
Where your face burns and tickles with the cobwebs
Broken across it, and one eye is weeping
From a twig's having lashed across it open.*

But, like Jaden, I've learned there was no need to fear. I am surrounded by remarkably reliable people who really care, people who are eager to help. From the staff to the Board of Trustees, the committees and Tour des Trees volunteers, and our faithful donors and partners, I am reassured, encouraged, and assisted. I have family.

So do you; so do we all. **We're in this together.**

The closeness and caring nature of the TREE Fund family is a gift of great meaning and value. I contemplate gratitude, generosity, and this family as I peer through the steam rising from my morning coffee--and I am moved to bow my head."

Just an interesting item that comes from Nebraska, the Natural Resource District did a survey of the windbreaks in Nebraska and found that there were over 17,000 miles of windbreaks still in place in the state. Also, most windbreaks were 25 years of age or less. That says something about the concern of agriculture and urban area for the environment. **How about your State?**

Recent contributions to Penny Pines were: Northern Front Range donation to Penny Pines and Park City Garden Club (Utah) in honor of Michelle Sweet.

Del Hemsath, Chairman

Parliamentarian



Have you ever gotten frustrated with all the “**chatter**” during a garden club business meeting with no real focus? Have you ever wondered how you could help keep the meeting on the task of the business so we can spend more time on the fun times of sharing gardening ideas? We can with a couple of easy steps that we can take as members plus save the sanity of our leaders.

Often, we treat “**business meetings**” as less formal committee meetings and talk “out of turn” without “obtaining the floor”. “**Obtaining the floor**” means the member has risen, stated his/her name/club if a state meeting/state if a region meeting and the chair has recognized the member which gives them permission to speak. Standing and stating your name may not be necessary in a small group where everyone knows each other but very necessary in a large club, state, region or national meeting. We should not be reluctant to stand as it is easier for all to hear and know who is speaking. If you have something to say, it should be heard by everyone so they can respond to your comment. Whispering your comment to the person sitting next to you is disruptive and unfair to the person next to you as well as the group and you may have a good point. I can’t tell how many times a friend has said, “remind me not to sit next to ‘so and so’, she/he talked the whole meeting and I was embarrassed”. **Being considerate** of others as well as the chair is important.

Another part of the answer to an organized meeting is: *a motion should be on the floor so the membership knows what it is debating and can respond accordingly.* As a member, you can introduce the business such as, “*Whereas our club has expressed an interest in sharing our extra plants with the public and make some money for club projects, I move that we have a committee of five, appointed by the chair, investigate the feasibility of having a plant sale for the public next spring and provide an outline of what is necessary at our next meeting.*” A second is required unless it has come from a committee. Debate, as well as amendments, are then in order by members who stand and “obtain the floor”. Specific plans regarding location, publicity, etc. is the decision of the committee and best done in a more informal setting. Members can have input by communicating with members of the committee or volunteering to be on the committee. When the committee reports at the next meeting, additional committees can be established to carry out the event, the membership can vote not to hold the event, modify the event, etc.

At other times, the motion is simpler such as, “**Whereas we have questions regarding boulevard plantings, I move that the program committee invite Ms. Smith or another appropriate city representative to address our club at our next meeting on the topic of acceptable plantings in the boulevard**”. Again, a second is needed before debate, amendments and vote can be taken.

~~ cont’d

Parliamentarian ~~ cont'd

There are many types of motions but the important thing to remember is to “obtain the floor” before speaking and it is always good to review the basis questions of “who, what, when, where and why” when constructing a motion. The simple actions of “obtaining the floor” and having a specific well-constructed motion on the floor in which to debate will make your meetings go faster, more organized and your chair will thank you profusely.

Mary Lerssen, Parliamentarian



Rocky Mountain Region Website Address

The Rocky Mountain Region Website has been updated. Please check us out and take a look at our Director, State Officers, Newsletters, Awards, Gallery (includes photos from 2020-21 RMR photo contest), Resources links to NGC, Recipes. Take time and “poke around” to see what’s here!

This is a work in progress! If we all work together, the site will grow! Let us know at rmrrambler@yahoo.com as to what you want to see on this site!

Simple click this link — [RMR Website](#) Enjoy!!

Carla Scheer, Webmaster

Lynette Jeffres



Cherry-Pineapple Dump Cake



Ingredients

- 20 oz. can Crushed Pineapple with juice
- 1 box of White or Yellow Cake Mix
- 1/2 of chopped pecans

- 21 oz. can of Cherry Pie Filling
- 1 stick of unsalted butter

Instructions

1. Preheat oven to 350° degrees F.
2. Dump one 20 oz. can of crushed pineapple with juice in a 9×13 baking dish.
3. Dump one 21 oz. can of cherry pie filling over pineapple and spread evenly. Mix together.
4. Take one box of white or yellow cake mix and evenly spread cake mix over the cherry pie filling.
5. Chop up one stick of butter into small squares and spread evenly across cake mix. This will create a nice crust.
6. Add chopped pecans to the top and spread over the rest of the cake.
7. Place baking dish in oven for 35-45 minutes or until topping is slightly browned.
8. Wait till it cools and dive in. Good with whipped topping.

Smokey Bear-Woodsy Owl



Greetings

I hope that all the states in our region have received posters for the Smokey Bear and Woodsey Owl Poster Contest . Remember that they need to be judged and the winners for your state need to be in to me by **February 25th**. See the schedule below.

PLEASE:SEND ONLY ONE POSTER PER GRADE LEVEL (1ST -5TH) TO:

**CONNIE MACKAY
2991 EAST 4505 SOUTH
HOLLADAY, UTAH 84117**

INCLUDE completed local chairman report and state chairman report forms found on the National Garden Club website under Smokey Bear Contest.

MAKE A COPY of the winning posters for the student to keep!. (submitted posters will **not** be returned to children

RETURN COPIES OF SUBMITTED POSTERS TO CHILDREN

Give certificates of participation to each child who submitted a poster. These certificates are available on line at the <https://www.gardenclub.org/smokey-bear-woodsly-owl-youth-poster-contest> or you can request certificates from this address: <https://apps.fs.usda.gov/symbols> please include the quantity and mailing address (NO P.O. Boxes)

February 25, 2022 - Due Date!!!! State winning posters must be received by Smokey Bear and Woodsy Owl Regional Chairman.

March 18, 2022 - Regional winning posters must be received by Smokey Bear -Woodsy Owl National Chairman

April 1, 2022 - Judging to select the national winners for each grade level.

A committee called by Smokey Bear and Woodsy Owl National Chairman in coordination with the Forest Service will choose national winners for each grade level.

April 22, 2022 - Selection of the National the Forestry Service Washington Headquarters Grand Prize Winner Office Employees

Summer & Fall 2022 - National Grand Prize Winner recognition ceremony in Washington, DC.

LOOKING FORWARD TO SEEING YOUR POSTERS.

Connie MacKay, Chairman



RMR Treasurer—Two Cents Worth



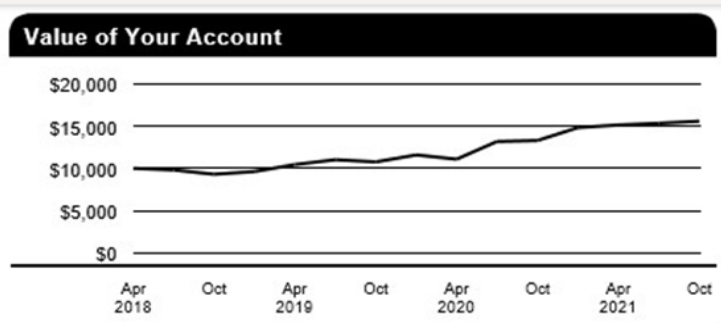
Have you wondered about how the money we invested a few years ago has grown? I know it's easy to obsess about our personal investments but with a knowledgeable advisor and a solid plan, the money will grow! In 2018, our board voted to move \$10,000 from the non-interest bearing account we have at the bank to an investment account. To date that money has grown by 159% to just over \$15,985! The annualized rate of return over the three year period is 20.2%

A portion of the December 31, 2021, report is shown below!

Happy Investing!

Lynette Jeffres, RMR Treasurer

Account Value	
\$15,985.91	
1 Month Ago	\$15,552.55
1 Year Ago	\$14,849.37
3 Years Ago	\$9,201.40
5 Years Ago	\$0.00



Value Summary		
	This Period	This Year
Beginning Value	\$15,552.55	\$14,849.37
Assets Added to Account	0.00	0.00
Assets Withdrawn from Account	0.00	0.00
Fees and Charges	0.00	0.00
Change In Value	433.36	1,136.54
Ending Value	\$15,985.91	

For more information regarding the Value Summary section, please visit www.edwardjones.com/mystatementguide.

Rate of Return					
Your Personal Rate of Return for Assets Held at Edward Jones	This Quarter	Year to Date	Last 12 Months	3 Years Annualized	5 Years Annualized
	6.80%	7.65%	7.65%	20.20%	—



Wildflowers & Native Plants



As we know, Colorado, Kansas, Montana, Nebraska, North Dakota, South Dakota, Utah, and Wyoming make up the Rocky Mountain Region of the National Federation of Garden Clubs. We also know that each of these states has a State Flower, a (usually) native plant that reflects something about that state. Can you name them all?

Colorado's State Flower is the Colorado Blue Columbine (*Aquilegia coerulea*, aka *Aquilegia coerulea* James), also known simply as the Columbine. Despite the name, this variety can also be found in red and yellow. Colorado Blue Columbine is also the common name for both *Aquilegia coerulea* James var. *coerulea* and *Aquilegia coerulea* James var. *pinetorum* (Tidestr.) Payson ex Kearney & Peebles (interestingly, a species native to Utah but not to Colorado). *Aquilegia saximontana* Rydb. is commonly called Rocky Mountain Blue Columbine, which is endemic to Colorado.



Aquilegia coerulea James is a tall perennial that range from western Montana to northern Arizona and New Mexico in montane to submontane zones. It is native to all Rocky Mountain Region member states except for North Dakota, Nebraska, and Kansas. They are very common in aspen groves; in fact, blue columbines are an indicator species of aspen groves. From mid-June to mid-August the flowers appear: five white- to cream-colored petals on top of five violet-blue sepals measuring from three to five inches across. The farther north and west of Colorado one goes, the paler the flowers become until they're almost completely white.

The word "columbine" comes from the Latin *columbinus* (dove) and refers to the flower's resemblance (in someone's mind) to a cluster of doves. *Aquilegia*, from the Latin *aquila* (eagle) alludes to the petal's spurs, which resemble talons. Columbines are members of either the Buttercup or Hellebore family and are related to windflowers, marsh marigold, and larkspur. Flowers in this family have glossy petals which help in pollination since the stigmas are not well situated for bees. The bees brush pollen onto the slick petals, rain fills the bowl of the flower and, as the water recedes, pollen falls onto the stigmas. Hummingbirds also help with pollination.

The columbine was first described in the United States in 1820 by botanist Edwin James. Between Arbor Day, April 17, 1890, when students first voted that there should be a state flower, and April 17, 1891, 22,316 ballots were counted. Only school children were allowed to vote. The columbine received 14,472 votes. Eight years later it was legally adopted as the state's flower with the passing of SB 261. In 1964, an attempt was made to replace the Columbine with the carnation, but the Daughters of Colorado, a women's organization that protects the pioneer history of Colorado, objected. Ultimately, the columbine was retained. The columbine is also celebrated in the Colorado state song, *Where the Columbine Grows*.

~~ cont'd

Wildflowers & Native Plants ~~cont'd

In 1925 legislation was passed to protect the columbine from needless destruction or waste. It is illegal to dig or uproot the flower on public lands or to collect more than twenty-five buds, blossoms, and stems in one day. Columbines cannot be picked on private land without permission from the landowner. However, for those who need to see the blue-and-white flowers in their garden, columbines can easily be grown from seed sown directly into the garden or from division of established plants. Seeds should be sown in the spring and covered with 1/8" soil spaced 16-18" apart. Columbines like regular garden soil but prefer moist, loamy soil that doesn't dry out too quickly. They prefer sun or partial, dappled shade.

Beyond our Rocky Mountain Region, species of columbines grow in Asia and Europe. William Shakespeare used columbines in *Hamlet* as an emblem of an ungrateful lover. In 1998 the columbine was the Virginia Native Plant Society Plant of the Year. In Colorado, the columbine graces the Colorado Federation of Garden Clubs' emblem.

Pamela Graves, Chairman

Bibliography

- "*Aquilegia coerulea* James, Colorado blue columbine." USDA Plants Database. <https://plants.usda.gov/home/plantProfile?symbol=AQCO>.
- Craighead, John J., Frank C. Craighead, and Ray J. Davis. *Rocky Mountain Wildflowers: Northern Arizona and New Mexico to British Columbia*. Peterson Field Guides. New York: Houghton Mifflin. 1963.
- Dahms, David. *Rocky Mountain Wildlife*. Windsor, CO: Paragon Press. 1995.
- "How to Grow and Care for Columbine Flowers." *The Gardener's Network*. <http://www.gardenersnet.com/flower/columbine.htm>.
- Kerr, Jessica. *Shakespeare's Flowers*. New York: T. Crowell. Reprinted by Johnson Books, Boulder, CO. 1969.
- McDonnell, Linda. "Colorado's Iconic State Flower." *Denver Gardeners CSU Denver Extension Horticulture*. <https://denvergardeners.wordpress.com/2016/07/30/rocky-mountain-columbine-colorados-iconic-state-flower/>. 30 Jul. 2016.
- Spellenberg, Richard. *National Audubon Society Field Guide to Wildflowers, Western Region*. Revised Edition. New York: Alfred A. Knopf. 2001.
- Weber, William A. *Rocky Mountain Flora*. Boulder, CO: Colorado Associated University Press (University Press of Colorado). 1976.
- Ashley Zimmerman. "The Land Where the Columbines Grow." *Colorado Legisource*. <https://legisource.net/2013/10/17/the-land-where-the-columbines-grow/>. 17 Oct. 2013.





The Dangers of Radon in Homes in Nebraska

By John Williams



A woman, Kim Buchmeier when notified she had lung cancer said, “I was like huh, no way, I don’t smoke, I never smoked, I’m 37 YEARS OLD, I WORKOUT, I AM BUSY, I AM HEALTHY.” The Surgeon General has warned that Radon is the second leading cause of lung cancer in the United States today. Radon is estimated to cause about 21,000 lung cancer deaths per year, according to environmental Protection Agency (EPA’s) 2003 Assessment of Risks from Radon in Homes (EPA 402-R-03-003). Radon can be found all over the U.S. You and your family are most likely to get your greatest exposure at home, where you spend most of your time.

According to the Natural Resource District of Nebraska (NRD) you can’t see radon, it is a colorless, odorless gas you can’t smell or taste that could be seeping into your home at toxic levels. It is a byproduct of uranium which is a naturally radioactive element breaking down in the soil, rock and water and gets into the air you breathe.

You may ask, “So how does radon get into my home?”

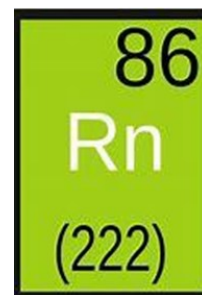
Radon mainly enters a home through the foundation but can also come in through cracks in the basement, drains, sump pumps, exposed soil, construction joints or loose-fitting pipes. Radon is measured in pCi/L and EPA says any home with a radon reading above 4pCi/Ls is dangerous and is the equivalent to smoking 10 cigarettes a day.

What can I do? You should test for radon and testing is inexpensive and easy and will only take a few minutes of your time to install. You can buy a First Alert radon test kit from Amazon.com for about \$13.88. This is one of those instances you should follow the instructions.

You can fix a radon problem. Radon reduction systems work and are not too costly and can reduce radon levels by up to 99%. New homes can be built with radon-resistant construction techniques that can prevent radon entry. Every new home should be tested after occupancy, even if it was built radon-resistant. If radon levels are still in excess of 4 pCi/L the passive radon reduction system should be activated by having a qualified mitigator install a vent fan.

Eastern Nebraska is in Zone #1 and these counties have a predicted average indoor Radon levels greater than 4 pCi/L.

For **additional information** refer to EPA publication, “*Building Radon Out: A Step-by-step Guide on How to Build Radon-Resistant Homes*”





Picture from:
https://en.wikipedia.org/wiki/Buffalo_Bird_Woman



BUFFALO BIRD WOMAN'S GARDEN

As told to Gilbert L. Wilson

Agriculture of the Hidatsa Indians along
the Knife and Missouri Rivers of North Dakota.



Hidatsa means willows like the willow trees along the Missouri River.

Buffalo Bird Woman was called Maxidiwiac in the Hidatsa language and was born about 1839, the year after the tribe was decimated by Smallpox. She was born in an earthen lodge along the Knife River in present day North Dakota. The smallpox nearly exterminated the Mandan tribe with only about 150 souls remaining and the Hidatsa were reduced to about 500 people. The two tribes combined and in 1845 her family moved upstream and built Like-a-fishhook village which was shared by the Mandan and the Arikara tribes. Buffalo Bird woman grew up to become an expert gardener using the agricultural practices centuries old. Their family usually grew corn, beans, squash, sunflowers and tobacco in the fertile bottom lands of the Missouri River.

Buffalo Bird Woman's tribe inherited a cultural legacy that had long withstood the test of time. Archaeologists have named their way of life the Plains Village Tradition and traced it back to A.D. 1100 in the Knife River – heart river region of the Missouri Valley, which is the historic homeland of the Hidatsa and the Mandan tribes. Buffalo Bird woman was a member of the Prairie Chicken Clan. The Hidatsa gardeners were sensitive to the ecological demands of the Northern Plains climate. They carved their garden plots from the wooden and brushy areas in the fertile bottom lands, where tillable soil was renewed annually by flooding. They did not try to cultivate on the prairie, which was covered with dry soil.

Brush cleared for planting was spread over the plots and burned, for it was the conventional wisdom that burning trees and brush “softened the soil and left it loose and mellow for planting.” Burning also added nutrients to the soil. Gardens were usually about ten acres per family.

The first seeds planted in spring were sunflowers. The ice broke on the Missouri River during the 1st week of April. Plant sunflower seeds as soon as the soil can be worked. Three seeds were planted in a hill to the depth of the second joint of a woman's finger. Sunflowers were planted around the edge of the garden. The hills were placed 8-9 paces apart. We thought a field (garden) surrounded by a sparsely sown row of sunflowers had a handsome appearance.

Although the sunflower was the first crop to be planted in the spring, they were the last to be harvested in the fall. Seed heads from our cultivated varieties may be 11 inches across. Sunflowers were ready for harvesting when the little petals that covered the head fell off. The back of the head would turn from green to yellow. Cut the heads off near the stem and spread them face downward usually on top of the roof to dry. Takes four days to dry the heads and when the seeds are removed by beating a stick on the back of the heads. Leaving the seeds out to be frosted on makes them more oily.

Corn planting began in the second month after the sunflower seed was planted, that is in May. We knew it was planting time when the wild gooseberry bushes were almost in full leaf and when the Canadian geese began flying south or when the dogwood tree leaf is about the size of a squirrel's ear.

~~ cont'd



BUFFALO BIRD WOMAN'S GARDEN ~~ cont'd

Corn was planted in hilled rows with the hills approximately four feet apart, because corn planted in hills close together would have fewer and smaller ears. This spacing which is wider than that used by today's farmers, was tuned to the expected rainfall. Closer spacing would only bring higher yields if the growing season was unusually wet. Wider rows of corn would bring acceptable yields with normal and subnormal summer rainfall.

This adjustment to conditions of low rainfall is consistent with the fact that one Hidatsa corn variety, Flint Corn, was well adapted to the semi-arid Northern Plains climate. It required only about 60 days to mature, was relatively resistant to hail and frost, and because of its short stalk withstood winds fairly well. They also practiced following, or taking a garden plot out of production for two years to let it rejuvenate.

The corn was planted in staggered hills about 18 inches in diameter. Smooth off the top of the hill and make it level. Plant two seeds at a time about ½ inch deep. I plant about six grains per hill in about a nine inch diameter. Cover the grains until the seed lay about the length of my finger (woman's finger) under the soil. Later as the corn grows you need to cover the roots with more soil and to protect from the sun, that they might not dry out.

Rows were about four feet apart in the rows too. If the corn needed to be replanted in hills that may have been destroyed by animals, they were soaked first. Leave seed in tepid water (not hot) for only a short time. Seed corn that had been soaked would sprout a third of an inch long in only 4-5 days after planting, if the weather was warm.

The corn needs hoeing when it is about 3 inches tall. When hoeing the corn, go through the whole garden as well, the squashes, beans and all. Quit hoeing when the corn is 8 inches tall. Then when the silk appears later in the summer hoeing begins again as well as hilling the corn, cover the corn roots from the sun and also make them stronger and more resistant to the winds. Pull the weeds and burn them so their seeds don't scatter in the garden.

More soil was hilled around the squashes and beans too but not too high, otherwise the bean vines would get beaten down into the mud by the rains and rot.

The first field corn (green corn) would be ready to be eaten early in the harvest moon, when the blossoms of the prairie goldenrod (Nebraska State Flower) are all in full bright yellow, or about the end of the first week of August. I knew when the ears were ripe enough for boiling when the blossoms on top of the stalk were turned brown, the silk on the end of the ear was dry and the husks on the ear were of a dark green color. This lasted only ten days when the corn became too hard to boil. Corn was gathered and harvested in September.

Corn planting was usually finished by June or when the corn is 4 inches tall, so now planting squashes and beans could begin. In the Hidatsa tribe the beans was planted between the rows of corn with 4 rows of squashes planted to separate gardens from neighbors.

Now the Iroquois had the Three Sisters (Companion Gardening):

Myth or legend?? [Click here](#) to continue reading about this fascinating gardening style.

When you click the above link, you will be able to read the rest of "Buffalo Bird Woman's Garden" as well as browse the updated Rocky Mountain Region Garden Club's website. Enjoy!!



Rocky Mountain Region Officers 2021-2023

Office	Officer	E-mail
Region Director	Margie Soileau 855 Freemantle Dr. Colorado Springs, Co 80920	"Planting in Harmony with Nature" margie.rmrdirector@gmail.com 719-648-8025
Alternate Director	Robbie Kupper 315 East 6 th Street, Ogallala, NE 69153	"Growing and Using Herbs in Nebraska" fgcninc@gmail.com 308-289-6051
Secretary	Roberta Bolton 7125 N Ridge Rd. Lake Point, UT 74074	307-286-0759 Roberta.wyo@gmail.com
Treasurer	Lynette Jeffres 915 East Roosevelt Ave. Riverton, WY 82501-2937	307-856-4399 307-851-1972 c lynjeffres@gmail.com
Parliamentarian	Mary Lerssen 2615 East Woodland Hills Rd. Sioux Falls, SD 57103-4335	605-759-7837 c lerssenm@sio.midco.net
Historian	Roberta Bolton 7125 N Ridge Rd. Lake Point, UT 74074	801-255-4835 roberta.wyo@gmail.com

RMR State Presidents 2021-2023

<p>Colorado Federation of Garden Clubs, Inc. Nancy Griffin "Garden with Heart, Plant with Purpose, Conserve with Care" 19331 E Berry Pl, Aurora, CO 80015 mysticmoongardener@gmail.com — 720-936-5785</p>	<p>North Dakota State Garden Clubs Linda Anderson "The Grass Isn't Always Greener, Plant in North Dakota" 1501 – 28 ½ Ave S., Fargo, ND 58103 rwandljanderson@gmail.com — 701-893-5233</p>
<p>Kansas Associated Garden Clubs, Inc. Floanna Crowley & Sherryl Fitzpatrick Co-Presidents — "Use Wisdom in Caring for Nature" Floanna Crowley Sherryl Fitzpatrick 341 N. Valley View St. 2869 TeeTime Ct Wichita, KS 67212 Wichita, KS 67205 floanna@cox.net sfitzpat3@att.net</p>	<p>South Dakota Federation of Garden Clubs Thelma Busk "Dirty Hands, Good Life" 412 E 9th St., Dell Rapids, SD 57022 dakfayepriims@santel.net— 605-999-3523</p>
<p>Montana Federation of Garden Clubs, Inc. Jim Sadler "Building Community through Gardening" 1220 Clements Rd., Missoula, MT 59804-2908 Jimsadler1220@gmail.com — 406-728-4743</p>	<p>The Utah Associated Garden Clubs, Inc. Mary Holley "Play and plant in Utah Wisely" mountainflorautah@gmail.com— 435-640-4171</p>
<p>Federated Garden Clubs of Nebraska Robbie Kupper "Growing and Using Herbs in Nebraska" 315 East 6th Street, Ogallala, NE 69153 fgcninc@gmail.com — 308-289-6051</p>	<p>Wyoming Federation of Garden Clubs, Inc Shirley Pursel "Gathering Friendships thru Gardening" PO Box 6105, Riverton, WY 82501 shirleypursel@yahoo.com — 307-851-2966 (c)</p>



Rocky Mountain Region Chairman* 2021-2023

Project	Chairman	E-mail
Awards	Michele Gustin	robinsbox@q.com
Birds	Audrey Coyle, Colorado Springs, CO	afloris@stratisiq.com
Blue Star Marker	Joyce Hendricks, Billings, MT	rnjhend@charter.net
Butterfly	Margaret Straley, Sioux Falls, SD	zebrabread@gmail.com
Chaplin	Linda Anderson, Fargo, ND	rwandljanderson@gmail.com
Environmental Concerns; Energy, Land, Water	Terry Kroke, Moorhead, MN	tlkroke@yahoo.com
Facebook	Phyllis White, Bozeman MT	gardens@bresnan.net
Flower Show Schools and Symposiums	Jim Sadler, Missoula, MT	jimsadler1220@gmail.com
Gardening School Liaison to RMR	Kathy Petersen, Arvada, CO	kpetersen303@gmail.com
Invasive Plant Species	Alice Hemsath	dhemsath@charter.net
Judges Council	Doris Duckworth, CO	dorisduckworth@yahoo.com
Life Membership-NGC & RMR	Lynette Jeffres, Riverton, WY	lynjeffres@gmail.com
Membership	Shirley Pursel, Riverton, WY	shirleypursel@yahoo.com
NGC President's Projects	Beverly Heidelberger, Spencer, SD	bevheid2@hotmail.com
Penny Pines	Del Hemsath, Kearney, NE	dhemsath@charter.net
Personnel	Connie McKay, Halladay, UT	mcm31@icloud.com
Protocol, Courtesy Resolution	Marjorie Koerner, Parker, CO	margekoerner@yahoo.com
RMR Award of Excellence for Regions	Margie Soileau, Colorado Sp., Co	margie.rmrdirector@gmail.com
RMR Rambler, Editor	Joanne Jeffres, Riverton, WY	rmrrambler@yahoo.com
RMR Webmaster RMR Website	Carla Jeffres Scheer, Gerogetown, PA	rockymtnregiongarden clubs@gmail.com
Smokey Bear, Woodsy Owl	Connie McKay, Holladay, UT	mem31@icloud.com
Wildflowers & Native Plants	Pamela Graves, Longmont, CO	pamelagraves@msn.com
Xeriscape Gardens	Doris Duckworth, Monument, CO	dorisduckworth@yahoo.com

* If you need an address or phone number please let me know at rmrrambler@yahoo.com