



# Rocky Mountain Rambler

Rocky Mountain Region  
Newsletter



August 2022

## Greetings From Your Director



It is hard to believe we are already halfway through Summer. Time is flying by so fast. I started my summer early by traveling to Orlando for the NGC Annual Convention. It was already warm and balmy there. I truly enjoyed meeting old friends and making some new ones. The Florida State Garden Clubs made sure all felt welcome. There were fun and educational break-out sessions, and everyone was busy attending meetings.

June was a hectic month as I attended three state meetings. The Colorado Annual Meeting was held at the Denver Botanic Gardens, and members' and guests' attendance was fantastic. Nancy Griffin and her team did an outstanding job with excellent information, a great speaker, and yummy food. The next meeting was in Kearney, Nebraska. Robbie Kupper and her group made me feel so welcome. I was able to put some faces to names and truly enjoyed the meeting. They had a gentleman demonstrate arranging blooms underwater, and I fell in love: such a fun and unique way to display an arrangement. My last meeting was in Wyoming. Shirley Pursel and her team organized a low-key, fun, and educational session. I had the pleasure of attending with Mary Warshauer, NGC President, who is an inspiring speaker. At the meeting, there were displays of Bonsai; the speaker was knowledgeable and engaging. Again, all had wonderful people, delicious food, and a fun time.

~~cont'd

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### Special points of interest:

- 2023 Convention Date!!
- Landscape School Design Course
- Ramblings from the Region
- Recipes



**Directors Message ~ cont'd**

The RMR Annual Meeting will soon be here, and I hope everyone is planning on attending. I know Mary and Sue have planned a fun time to enjoy. Please, as a courtesy, send in your registration fee and form as soon as possible.

I want to remind all state Presidents of the need for communication. Please keep me informed of any needs you or your state may need. **As a reminder, ensure your websites are updated with correct information. Also, ensure your web admin sends the RMR Web Administrator, Carla Sheer, information as quickly as possible.**

I wish all of you and your members a fun and exciting summer. I will see everyone in August!

**Your Friend in Gardening**

**Margie Soileau,**  
**"Planting in Harmony with Nature"**  
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Regional Directors at NGC 2022



**Dates to Remember**

<i>DATE</i>	<i>WHAT</i>	<i>WHERE</i>
October 1, 2022	Registration Deadline: Landscape School 3	Glendive, MT
October 1, 2022	Book of Evidence for AOE	AOE Chairman, Margie Soileau
September 20-22, 2022	NGC Fall Board Meeting	St. Louis, MO
May 2-5, 2023	NGC Annual Convention	White Sulphur Springs, WV
<b>August 24-25, 2023</b>	<b>RMR Conference*</b>	<b>Colorado Springs, Co</b>

\* See page 33 for details

**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.

### Directors Review of RMR Convention

Congratulations to the Park City Garden Club members, especially Mary Holley, President, for an outstanding and enjoyable annual meeting. I thoroughly enjoyed myself, and the friendliness of everyone in Park City was a heart warmer.

The activities planned for Friday were well prepared, and the food served was delicious. Having a picnic in the park was a great idea, and everyone had fun. The visit to the Park City Museum and the walking tour down Main Street were so exciting and educational.

We all were honored to have Mary Warshauer, NGC President, attending. She is such an inspiration and a true leader of NGC. Mary, thank you so much.

Everyone had a great start to the day with breakfast under the lovely trees at Miners Hospital's front lawn. Visiting the new Blue Star Memorial Marker close by and meeting the Mayor, Nann Worel, helped everyone appreciate the beautiful grounds and its history.

Everyone attending had an opportunity to visit the silent auction items and the beautiful and creative floral designs, view the outstanding pictures for the photo contest, and catch up with friends.

Of course, the business meeting went well, and all recommended items were approved quickly. I thank the officers for keeping me on time and helping me as needed. The expertise of everyone is genuinely appreciated.

Saturday afternoon had the attendees boarding a bus to Swanner Nature Preserve. What a truly educational and enjoyable experience. Also impressive, this preserve is located close to restaurants and shops, so you realize what a treasure is hidden when you enter the Center. The Awards Banquet was held at the home of the Park City Garden Club President. We viewed such creative, amazing gardens and enjoy a delicious meal in her backyard. There were over 40 awards, and it was so enjoyable to hear and see what awards each state had participated in.

I end this report with a very heartfelt "thank you." May this coming garden year continue to bring everyone health, happiness, and fun.

Margie Soileau  
RMR Director

**Below L to R;** Margie and Ray Soileau; Tory Hurst, Pat and Les Westard, Roberta Bolton



**Left:** NGC President, Mary Warshauer.



**R:** Mary Lerssen, Sherryl Fitzpatrick & Mary Warshauer, NGC President



**R:** Margie Soileau  
RMR Director



Pictures courtesy of Darla Anderson, UT

# Oh, The Wonderful Memories! RMR Convention in Review

Park City, Utah was the site of our 2022 RMR Convention.  
"Thank you," Utah, for hosting a wonderful, memorable weekend.

Mary Warshauer,  
NGC Director



Margie Soileau  
RMR Director

Nancy Griffin  
CO President



Sherryl Fitzpatrick,  
Floanna Crowley  
Kansas Co-Pres.

Robbie Kupper  
NE President



Mary Warshauer, N  
GC President



Linda Anderson  
ND President



Thelma Busk  
SD President



Mary Holly  
UT President



Shirley Pursel  
WY President

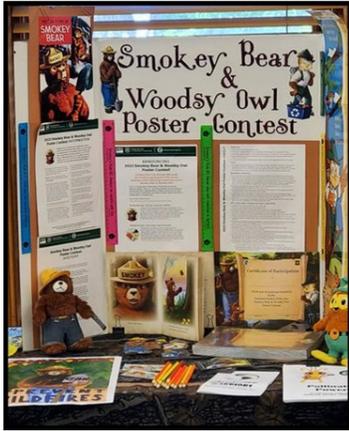


Michele Austin presenting  
awards to  
Linda Anderson, ND  
Nancy Griffin, CO  
Sheryl Fitzpatrick, KS  
Mary Lerssen, SD



Photos courtesy of  
Lynette Jeffres

Oh, The Wonderful Memories! RMR Convention in Review ~~cont'd



Friends +  
Education +  
Flowers +  
Food =  
Fun!!



Photos courtesy of  
Lynette Jeffres



## Colorado Federation of Garden Clubs, Inc.



Summer greetings from Colorado!

Working early in the morning allows me the opportunity to really stop and use my five senses to critique how my garden and plants are doing. We have had some triple digit days here and getting a late start in the day is not advisable even if you are a sun goddess!

So, what's new from the State of Colorado, other than outside temps? We did have our Annual State Meeting on June 5<sup>th</sup> at the Denver Botanic Gardens (DBG). DBG was wonderful to work with and happy to assist us where needed. We had a terrific program on "squeegee". A material that looks like crushed up pea gravel and sand that can be used as an alternative to mulch. We have difficult soil here in Colorado. Not to mention if you live in a developed neighborhood, sometimes the builder will take the topsoil from the parcel of land and sell it before they start building. Guess what that leaves you with? Not a whole lot! So good soil, amendments, drought tolerant plants, water wise planning and a lot of hard work go into gardening here. Squeegee is supposed to allow better drainage where the roots of the plants get the moisture versus leaving water droplets on mulch where the sun can evaporate it in a heartbeat. We had a box lunch, give aways and a wine and cheese reception afterwards where attendees could stroll through the gardens and look at all the wonderful art exhibits and plant life. I am happy to report that we had 60 people make reservations, 57 attended and we had to turn a few away because they missed the registration deadline. I am hoping that the groundwork has been laid so that we can build excitement, value, and use this as a resource for our members to partake in the years to come.

We are also working on quite a few projects where we will be hosting different meetings. In 2023 Colorado will be the host state for the Rocky Mountain Regional meetings. In 2024 we will be the host state for the National Garden Clubs annual meeting. We are all excited for all the opportunities and are working hard to make these events memorable, efficient, relatable and as a resource tool for those that attend.

With one year as State President under my belt, I have learned a great many things. We also have a long way to go! Recruiting and retaining members always makes the top three goals. Servicing and providing tools for our clubs and helping them to become aware of all the opportunities that are within their reach is indeed a task, but a happy one to take on and share. Updating how we do things, how we communicate with each other and how we can become more "user friendly" also is on that list.

Post pandemic has had its grip and now is the time to gather around, meet new gardening friends and greet old ones so that we can get back to our new "normal" and still accomplish what we love to do, which is sharing and partaking in the benefits of gardening.

"Oh! To be a butterfly still, upon a flower, winking with its painted wings, happy in the hour"  
Amy Lowell. As published in Birds&Blooms August/September 2022 magazine.

May the rest of your summer be filled with sunshine and butterflies! Your gardening friend,

**Nancy Griffin, CO State President**

**"Garden with Heart, Plant with Purpose, Conserve with Care"**

## Kansas Associated Garden Clubs, Inc.



Kansas: **IT'S HOT!!!!!!** How hot? Maybe you can cook on the sidewalk. Or as our local weatherman said you could bake Lasagna in your mailbox. Or as I saw on Face Book “Dear Mother Nature: whatever you are baking outside, it’s done.” Western Kansas is breaking records for high temperatures and in Wichita we just hit 107. It is hard on people and plants alike. We were so blessed this spring to get measurable rain and plants responded to the moisture but with this heat, they are suffering. Some trees are losing leaves and our gardens are struggling. Daylilies started with great healthy foliage but now are allowing their lower leaves to dry to help keep the root system cooler. Those still blooming are only producing smaller flowers. We are now digging and dividing Iris for a sale this weekend but we can only work out there early each morning. It’s hard to get much done. It’s Nature just being Nature. We learn from each season.

For the past few years, Kansas Associated Garden Clubs has been operating without a Vice President. We are thrilled to announce that now the executive board has one. **Cindy Booth** has accepted the position and is enthused about getting involved. She is an active member of the Olathe Garden Club.

A year or so ago, our newsletter editor moved to North Carolina. She continued as editor of the *Kansas Gardener* until we could find a replacement. And now we are excited to announce we have a **new editor**. **Heather McCain** has agreed to take on this position. She also is a member of the Olathe Garden Club. We are so grateful to have these two additions to our KAGC positions and we thank them both.

The KAGC annual convention was held June 10-11 in Wichita at the Botanical Gardens. We were very honored to have NGC President Mary Warshauer as our special honored guest. She is very easy to visit with and listened to our concerns. We had a small flower show during this convention and were honored to have President Warshauer as one of our judges and she sat in on our Judges Council meeting.

Due to the loss of a garden club and the size of each of the clubs, it was decided last year to combine two districts, the West and the Northeast. At the first meeting of the two districts, it was decided to change the name to the Sunflower District. Since we are down to two districts and since the attendance has declined drastically, we discussed and voted to have a convention every other year and to have just a business meeting with a luncheon in the opposite years. Since the East Central District has already started plans for 2023, they will have a regular convention. This rotation will start in 2024 with a business meeting by the Sunflower District and then in 2025 they will do a convention. In 2026 East Central District will have a business meeting with a convention the following year, 2027. This should save money for the districts but also for those who attend each of the conventions and meetings.

We are all praying for rain and a cooldown in temperatures, plus hope the air conditioner will keep running.

We hope to see many of you in Park City, Utah.

Sherryl Fitzpatrick and Floanna Crowley, co-presidents

“Use Wisdom in Caring for Nature”

## Montana Federation of Garden Clubs, Inc.



Montana had its Annual Meeting on June 10 and 11, in Missoula, Mt. The convention was well attended with clubs from all over Montana attending. On Friday, June 10 the Missoula Iris Society and the Missoula Garden Club had a flower show featuring Iris and a separately placed show featuring Peonies. On Saturday, June 11<sup>th</sup> we had a bus tour of the Peony Garden at the University of Montana and the Iris Garden at the Museum at Fort Missoula ending at a champagne reception at Linda and Jim Sadler's Garden. The general consensus is that the education received from the speakers at the Friday lecture was extremely informative. The Friday Afternoon lecture was presented by Lorē Sampson of Oregon. She noted that the current resurgence in peonies is no accident. Until recently, their omission from modern garden design had persisted for nearly half a century, but that's rapidly changing as gardeners discover the exceptional qualities of newer varieties that have been specifically developed for today's smaller, low-maintenance gardens. She noted that the new peonies aren't your grandmother's peonies. Her lecture covered everything one needed to know including peony selection, flower forms, planting, propagating, and care. In addition, Lorē discussed how to use peonies as cut flowers including tips on storing peonies for later use in flower arrangements and competitive shows. She shared the historical journey of three millennia of garden use of both tree and herbaceous peonies and the ongoing development of the exciting new Itoh intersectional crosses.

The Fall meeting of the Executive Board was announced and that it was going to be by zoom. The dates are yet to be determined but some time in October. A new twist will be educational programs done on the internet.

The upcoming Montana Symposium is scheduled for September 13, 14<sup>th</sup> in Great Falls, Montana at the Holiday Inn. Montana Judges Council is going to cover the cost of registration for this Symposium for Montana judges. Please send in your registration form to Susan Billmayer at [gsee@itstriangle.com](mailto:gsee@itstriangle.com). A charge for the lunches must accompany the registration form. Registration forms were passed out at the State Convention. If you need a form, contact Susan Billmayer. The symposium will be studying Succulents and Composite Flowers for Horticulture. Susan Billmayer is requesting that participants bring Succulents and Composite flowers for study. The design instructor will be Claudia Bates she is presenting on traditional designs compared with modern designs.

**Jim Sadler, President-**  
**Montana Federation of Garden Clubs**  
**"Building Community through Gardening"**  
[jimsadler1220@gmail.com](mailto:jimsadler1220@gmail.com)



### Federated Garden Clubs of Nebraska



Hello from Nebraska. Yesterday was 106° and today looks a little better. I know the rest of you are also having absolutely horrible weather. Believe it or not I am still able to grow vegetable, flowers and of course WEEDS.

Nebraska Garden Clubs have been quite busy this summer and we are continuing to stay busy. Our State meeting was held in Kearney, NE on June 11, 2022. Not a big crowd, but those that came I think enjoyed it. Friday afternoon we had a class held by BJ Ohme a member of the Sister and Misters garden club. We learned quite a bit about floral arrangement and had fun which is always good thing right?



Mary Carlson, the Blue Star Memorial Chairman has been keeping quite busy with the Blue and Gold Star memorial. Part of I-80 in Nebraska is marked as a [Blue Star Memorial Highway](#) and she is on a mission to get five or six Blue Star Memorials along that route refurbished. She has found someone in FL who is willing to travel to Nebraska and do this. The Federated Garden Clubs of Nebraska, Inc. is hoping that we will be able to pay for two and Mary has started a fund raising effort to get at least two more done. That is the type of volunteers we like to have as garden club members. Thank you Mary for all of your efforts.

I put a challenge out to all the garden clubs in Nebraska to plant at least one tree for Arbor Day. Here was the results.

Plattsmouth Garden Club



Ogallala Garden Club Bur Oak



Rilla Draper and Marcie Mueller



Marcie Mueller and BJ Ohme



Gurley Dalton Black Hills Spruce



Soils Sisters and Misters Weeping Red Bud

We were hoping to get a new club started in Sidney, NE. Just as they were getting started, several members came down with covid, so it has been slow going for them, but we are hoping they get going soon!!!!

As you can see, we are very busy in Nebraska. Hoping to see many of you at the RMR Conference in August!!!!

**Happy gardening and remember plant some herbs!!!** Marcie Mueller and BJ Ohme

**Robbie Kupper  
President, FGCN**

**“Growing and Using Herbs in Nebraska”**

## North Dakota State Garden Clubs



### Greetings from the Peace Garden State of North Dakota

The Fargo Garden Society members are my heroes and rock stars. They continue working the public projects at the Broadway Station Senior Center by Peggy Schaan and Donna Christianson, Fargo Moorhead Visitor Center Blue Star marker by Nancy McKinnon, Ronald McDonald House by Pat Simons and Carolyn Gaarder, YWCA Women’s Shelter by Linda Anderson, Lorraine Hanna and Carol Fairfield, Red River Zoo Pollinator Garden by Becky Goetz, Betty Sommer, and Nancy Knutson, and the Garden of Healing by Beth Rogness and Mary Jane Breitling. These loyal members continue keeping these projects in tip top condition as we come into the hot months of summer.



Our spring plant sale brought in \$1,550 for the Fargo Garden Society. With a change of location to the major shopping center of the region and a wonderful sunny day. It was a good traffic area and we sold out all our plants and artwork from our car trunks. We just asked for donations and earned over \$90 for food drive for the war in Ukraine by selling donated sunflower seeds.



The Tree Doctor gave the Fargo Garden Society an informational educational tour of the Northern Plains Botanical Garden Edible Tree Garden at the monthly June meeting. Jim Walla explained every tree and bush and had us sample three kinds of strawberries and three kinds of Honeyberries. He is grafting many apple, pear, and plum trees and has planted one apple tree to make into a tree Espalier. Can’t wait to see the results.



After the drought of last spring and summer the farmers in North Dakota have received an adequate amount of rain and have made the first hay cutting. The spring was so cold and late it hampered planting, but warm weather and timely rains have put smiles on their faces for now.

**“Conserve Nature and Grow Friendships in North Dakota”**

**Linda Anderson, President  
North Dakota State Garden Clubs**



## Rocky Mountain Rambler– August 2022

### South Dakota Federation of Garden Clubs



South Dakota clubs are slowly coming back in full swing from Covid. All clubs are back to meeting in person and with activities back to normal.

We have had a great summer with only a dry spell in July, but the skies have opened up and most of us have been blessed with some good rains and cooler temps. My summer blooms are looking amazing.

We were sad to lose a club that has been federated for a long time. With low membership and an older membership, they decided to dissolve. We are currently now at just four clubs. Three have a larger membership and one with a smaller and older group.

Clubs have been busy with successful plant sales, garden tours and discussions. Planting in public places is important to all our clubs. Several help with upkeep of a Veterans Park, culture centers and a native garden by a busy highway. Planters in parks, city downtowns planters and schools also get beautified by our busy hands.

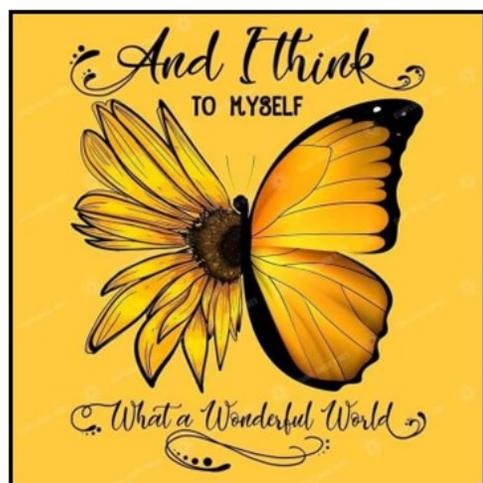
Education is also top on our list for important things. Taking a refresher course on subjects like pruning, garden tours, native plants, birds, pollinators, conservation and shade gardens just to name a few.

Our **Mitchell club celebrated 70 years!!** What a great accomplishment. Just think of the changes that have been made since the beginning of their club.

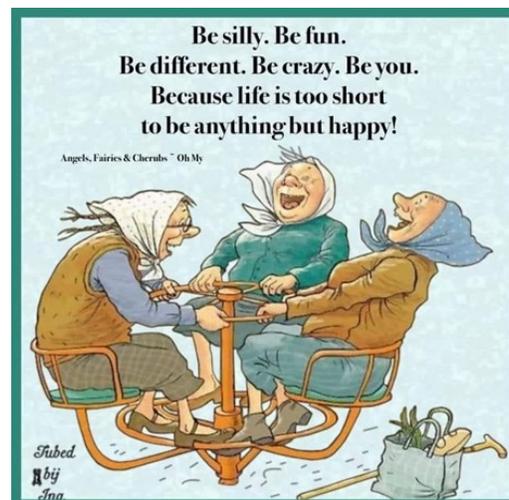
South Dakota came together on flag day for our annual convention in Mitchell this year. A great time was shared by all. Speakers held our interest with learning how to make a summer wreath with silks and a local flower farm. The flower farm was very interesting with the growth they have seen in just a few years. They are a young couple with lots of energy and younger bodies than most of us. An art show and plant show topped off the event. Oh yes.... Good food also!!

**Thelma Busk**

"Dirty Hands, Good Life"  
dakfayepriims@santel.net



**I always prefer  
to believe the  
best of  
everybody. It  
saves so much  
trouble.  
~Rudyard  
Kipling~**



## Rocky Mountain Rambler– May 2022

### The Utah Associated Garden Clubs, Inc.



Thank you all for making the trek to Utah. I could just fill this space with thank yous because of all the help I had from so many members of the UAGC and particularly the Park City Garden Club. THANK YOU, THANK YOU, THANK YOU!!!

Mother Nature even did her part and gave us the loveliest weekend of the summer. The Main Street tour was well attended and I know everyone enjoyed Cheryl Soshnik's booming narration and the Welcome Bandstand Hospitality Lunch.

The Miner's Hospital was cozy and made for a relaxed meeting that sped along. The BBQ went late and the board meeting even later. We were using our phone flashlights. Plenty of walking kept everyone active and attentive. Swaner Nature Preserve director Nell Larsen was enthusiastic and got us back on the bus on time to whisk us through Echo Canyon to a very delightful slice of paradise in the desert, Diane and Brent Petersen's garden. The dinner with violin music was enjoyed by all. I was happy to see so many visited the garden jewel of Salt Lake City, Red Butte Gardens on Sunday, many with a long day of driving ahead of them.

UAGC should be most proud of Connie MacKay and Alison Juesche and their Smoky Bear Contest National Winner. Driggs Elementary student Ella Hampshire and her family will be going to Washington D.C..

For the fall convention on October 15th at the Garden Center in Sugarhouse Park we will have a professor from Utah State tell us about why birds hit our windows and the prevention of this. A lunch will be served.

The Blue Star was installed in front of the Miner's Hospital and dedicated on Saturday the 20th, a week before our convention. It was a BBQ hosted by the Elks along with an outstanding service award presentation for the 1st responders. The Police, Fire, Ambulance and Sheriff. Nothing looks better than a man or women in uniform. We have our vice president Sue McJames to thank for being the catalyst of this project. Good work Sue.



"Each One Plant One."

**Mary Holley, UAGC President**

**"Play and plant in Utah Wisely"**



L to R: Crew for the Garden Dinner—Brent Petersen, Connie Smith, Donna Delanty, Diane Petersen, Park City Garden Club President, Amy Sletta.

Photo taken by  
Heather Mogel.

## Wyoming Federation of Garden Clubs, Inc.



Wow, what a hot summer! I am sure everyone says the same thing. However, I enjoy watering my flowers more than shoveling snow. I am sure it will be cooler for our RMR visit in Park City. Wyoming had their annual meeting in Casper with about 30 members. We conducted business, toured three beautiful gardens, caught up with old friends and met new ones while enjoying good food. We toured the garden at the Agriculture Center in Casper, Food For Thought community garden, and learned about native trees as Bonsai trees.

Mary Warshauer, NGC President and Margie Soileau with her husband Ray were in attendance. It was nice to meet these ladies and visit with them and listen to their inspiration for clubs this year. I see that Membership Mondays are starting again in August. Go to [gardenclub.org](http://gardenclub.org) for info or like NGC on Facebook for the schedule. I participated last year and it was enjoyable and I learned a bit also. You don't have to be an officer to participate.

Wyoming clubs are touring local yards, holding plant sales and helping with fair among the many things garden clubs do. Dirt Diggers club is planning on installing a Blue Star Memorial Marker in Encampment. Looking forward to seeing you in Park City.

### “Gathering Friendships thru Gardening”

**Shirley Pursel**  
**WFGC, President**

## Boot Hill Garden Club



Ogallala Garden Club (NE) members picked up around the Boot Hill Statue on Monday. Those helping spruce up around the landmark were Janette Fenwick, Ted Slagle, Marcia Crofutt, Helen Drews, Nikki Erwin, Rod Ruzanic and Callie girl (Honorary Member). Some of



you met Callie girl at the State meeting a year ago in Lincoln. We all think that she is quite a worker for our club.

Submitted by Robbie Kupper





## "Food for Thought"

**Recipe Submission** —If you have a Holiday recipe —salad, entrée, bread, dessert, etc. that you would like to share with other gardeners, please e-mail it to the RMR Rambler at [rmrrambler@yahoo.com](mailto:rmrrambler@yahoo.com)

### Olive Relish

I really enjoy a good fish dish. My only issue is sometimes I want a little something extra on the side. I found this olive relish and decided to try it, and it turned out to be very tasty. I hope some of you will try the recipe and enjoy!!

½ cup pimento-stuffed green olives, chopped  
1 tsp. red wine vinegar  
1 tbsp. olive oil

1 tbsp. chopped fresh parsley  
1 clove garlic, minced

Mix all the ingredients together and let sit in the refrigerator until the fish is cooked. This makes enough for about four fish pieces.

Submitted by  
Margie Soileau



Don't forget to look at all the recipes that were published in previous issues of the RMR Rambler. Go to the RMR Website and check them out!

[RMR Website](#)

### Crunchy Cucumber Salad

#### Ingredients

- 2 medium cucumbers (peeled or unpeeled and thinly sliced)
- 1 tablespoon salt
- 4 scallions, thinly sliced
- ¼ cup sour cream
- 2 tablespoons sugar
- 3 cups ice water
- ½ small red bell pepper, chopped
- 2 tablespoons white vinegar
- ¼ teaspoon black pepper



#### Instruction

1. In a large bowl, combine the cucumbers, salt, and ice water.
2. Cover and chill for 1 hour, then drain and return the cucumbers to the bowl.
3. Add the remaining ingredients and mix until well combined.
4. Cover and chill for at least 2 hours before serving.

Submitted by Joanne Jeffres

## RMR Awards 2022



Great applications from many States were received! This **Award Program** is intended to **recognize and support** the tremendous work of our Garden Clubs for the many projects in their communities.

**Please remember:**

1. No applications can be submitted for the same project two years in a row.
2. Take time to look over the Awards table and take home your Books of Evidence.

“Thank you” to everyone for your great people, plants and projects!

No.	Award	Award Category	Winner	Placing
<b>Colorado Awards – Nancy Griffin, President</b>				
3a	Montana	Writing- Yearbook 15-25 members	Happy Transplants	1st Place
3a	Montana	Writing- Yearbook 26-35 members.	Manitou Springs	2nd Place
3f	Montana	Writing -Books -- Connie Ellefson-Author	2 Xeriscape Books	1st Place
9	Junne Johnsrud	Membership Increase	Loveland – 20%	2nd Place
10e	Civic Development	Children’s Garden Maintenance	Loveland	3rd Place
10f	Civic Development	Dig and Dream	Painted Prairie	1st Place
11f	Conservation & Environmental Concern	Queens of Spades	Butterfly Puddlers	1st Place
14a	Landscape Design	Dig and Dream	Ronald McDonald House	2nd Place
<b>Kansas, Maxine Wells, President</b>				
2a	Kansas	Conservation- Garden City	Florence-Wilson Pro- ject	1st Place
2a	Kansas	Conservation -	Suburban, Recycling Project	2nd Place
3a	Montana-Writing	Yearbook	Suburban, over 36 Members	1st Place
3b	Montana-Writing	Scrapbook	Suburban	1st Place
10d	Civic Development	Garden City	Outdoor Classroom	1st Place
12e	Butterfly Gardening	Garden City	Pollinator Planting	1st Place
17	Fund Raising	Suburban	Christmas Mugs	1st Place

RMR Awards 2022 ~~ cont'd

No.	Award	Award Category	Winner	Placing
<b>Montana, Jim Sadler, President</b>				
1b	Colorado - Garden Therapy	Rainbow	Children's Carrot Bags	1st Place
3a	Montana – Writing	Yearbook	Rainbow – 26-35 members	1st Place
3e	Montana – Writing	Article for Publication	Amy Grisak, "Being their Best"	1st Place
7b	Wyoming – Trees	Rainbow	"Tree-of-the-Month	1st Place
8b	Utah-Garden Tours	Rainbow	Parker Greenhouse Tour	1st Place
10e	Civic Development	Rainbow	Sensory Garden and Graduation	2nd Place
12b	Butterfly Gardening	Rainbow	"Pollinator Packages"	1st Place
14a	Landscape Design	Rainbow	Sensory Garden at Kids' Garden	1st Place
16c	Youth	Rainbow	Eagle Mount Center Project	1st Place
20a	Special Achievement	Fred Frey	Outstanding Gardener	
26a	Photography - Camera	Patricia Schlaeger	MFGC Convention	1st Place
<b>Nebraska, Robbie Kupper, President</b>				
3a	Montana – Writing	Yearbook	Friendly Federated under 15 members	1st Place
3b	Montana- Writing	Scrapbook	Friendly Federated Garden Club	2nd Place
<b>North Dakota, Linda Anderson, President</b>				
1c	Colorado Garden Therapy	Fargo	YMCA Project	1st Place
1c	Colorado Garden Therapy	Fargo	Ronald McDonald House	2nd Place
10e	Civic Development	Fargo	Planting at Blue Star & Visitor Center	1st Place
12a	Butterfly Gardening	Fargo	Red River Zoo Project	1st Place
17	Fund Raising	Fargo	Pop-up Plant & Art Sale	2nd Place

RMR Awards 2022 ~~ cont'd

South Dakota, Thelma Busk, President			
Montana-Writing	Yearbook	Mitchell Area, 26-35 Members	3 <sup>rd</sup> place
Montana-Writing	State Publication	SDFGC, "The Messenger"	1 <sup>st</sup> Place
North Dakota-DVD Programs	Mitchell Area	Growing Mushrooms	1 <sup>st</sup> Place
Utah-Garden Tours	Dell Rapids	"Mystery Garden Tour"	1 <sup>st</sup> Place
Utah-Garden Tours	Andover Friendship	Member's Garden	2 <sup>nd</sup> Place
Civic Development	Mitchell Area	Carnegie Resource Center	1 <sup>st</sup> Place
Butterfly Gardening	Linda Witt	Private Garden	1 <sup>st</sup> Place
Special Achievement	Jerry Roitsch	Tree Planter & Help at Bristol Cemetery	
Photography-Camera	Linda Witt	Butterfly Habitat	1 <sup>st</sup> Place
Utah, Mary Holley, President			
Kansas-Conservation	Neighborhood	Elementary School Planting	3 <sup>rd</sup> Place
Montana-Writing Newsletter	Utah Rose Society	Petals and Thorns	1 <sup>st</sup> Place
Utah-Garden Tours	Alternative	Elise's Rose Garden	1 <sup>st</sup> Place
Junne Johnsrud	Membership Increase	Utah Rose Society, 120%	1 <sup>st</sup> Place

RMR Award Recipient — Utah Wins 3rd Place!

Award Name: 2a Kansas Award-Conservation

Name of State: **Utah**

Garden Club Name: **Neighborhood Garden Club**

**Objectives:** The focus for this application is the effort of the Neighborhood Garden Club in sponsoring an educational gardening program for the school children of Howard Driggs Elementary School. Since the advent of COVID, the HD Junior Garden Club was not able to meet officially after school anymore but the Neighborhood Garden Club ensured that the educational activities went on by:

1. Planning the school garden beds
2. Organizing the school children to plant 6 raised beds (20ftx 4ft.)
3. Structuring activities for each age group that reinforce concepts being studied in classroom
4. Donating time and materials

Children were divided into groups of 7-10 and supervised while planting different areas by members of the Neighborhood Garden Club, parents, teachers of Driggs Elementary School and neighbors. Children will visit multiple times August - October to harvest and view the results of their labor

Award submitted by Connie MacKay.



## Rocky Mountain Rambler – August 2022

### Birds



I am looking forward to receiving many garden bird photos promised this year from our talented member photographers! Here is my promised year of ideas for **programs** that your Garden Clubs can use **for a year about Birds.**

#### RMR Bird Chairman Calendar for a Year of Garden Club Programs

- JAN** Invite an Audubon speaker for a program on Owls. They will be calling and mating in February! Practice your HOOTING skills!
- FEB** Your Garden Club can clean out the Blue Bird houses before the Bluebirds come back, along the Blue Bird Trail that they established last Fall along a country road or golf course. Then gather together for a soup lunch.
- MAR** Do a program on NGC's "[Ecology Warriors Educational Publication](#)" page 5, BIRDS. (It can be found on NGC's website under Youth programs.)
- APR** Put up Humming Bird feeders. The 26<sup>th</sup> is the birthday of John James Audubon. Have a Garden Club Birder's Breakfast to celebrate.
- MAY** Observe "International Dawn Chorus Day" Sunday, May 1, 2022. Listen to your birds at dawn for 20 minutes. Make a list of those heard. Go to their web site and learn different songs. Share your list with your Garden Club Members for comparison.
- JUN** Invite a speaker to present info on creating a Wildlife Habitat. Members can share pictures and discuss their own successful habitats. Go to NGC's website, search for Wildlife Habitat and discuss the entry for Gardening for Birds, Gardening Study.
- JUL** Garden Club Members share ways to provide more water for birds. There are trough heaters that fit inside a five gallon bucket and will outlast all others. Be sure and send in your Book of Evidence and Award application for RMR Award #6 Birds - South Dakota before August 15<sup>th</sup>.
- AUG** Have a program on Xeriscaping. Learn which plants will provide the most food and moisture for Birds. Ask members to create a list of many preferred berries that their Birds like! Then serve a refreshment made from some of the berries humans can consume.
- SEP** Remind members to not put up their Humming Bird feeders until the first prediction of frost in your area. Plan your Blue Bird Trail ahead of time at a golf course or country road.
- OCT** Have a Garden Club workshop creating different recipe food treats for winter Birds.
- NOV** Order your Christmas gifts with Birds in mind and have your members bring ideas for those items and where the best place is to find them! Many catalogs include these items.
- DEC** Help a child decorate a tree with food for BIRDS. Invite those with grandchildren to come and decorate a tree at a local community building.

**Audrey Coyle, RMR Bird Chairman**



## Hack Into Your Happiness With These Tricks

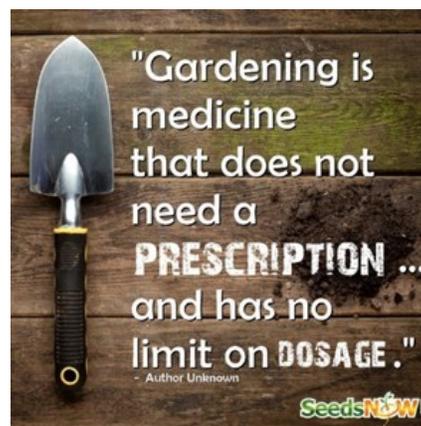
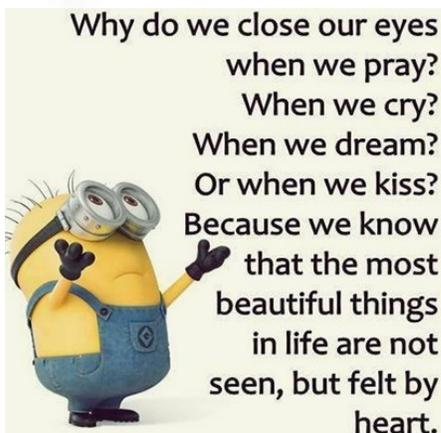
This little handy chart lists out the different ways in which you can encourage your brain to release different chemicals. It also tells you what the different chemicals actually do.

It's interesting to see all of the activities and each one's effect on your body, and some of these really make sense after looking at this. For example, it makes sense that hanging out in the sun or taking a walk in nature would calm someone down.

Taken from Facebook

**Happiness Chemicals and how to hack them** ☀️

<p><b>DOPAMINE</b> THE REWARD CHEMICAL</p> <ul style="list-style-type: none"> <li>• Completing a task</li> <li>• Doing self-care activities</li> <li>• Eating food</li> <li>• Celebrating little wins</li> </ul> 	<p><b>OXYTOCIN</b> THE LOVE HORMONE</p> <ul style="list-style-type: none"> <li>• Playing with a dog</li> <li>• Playing with a baby</li> <li>• Holding hand</li> <li>• Hugging your family</li> <li>• Give compliment</li> </ul> 
<p><b>SEROTONIN</b> THE MOOD STABILIZER</p> <ul style="list-style-type: none"> <li>• Meditating</li> <li>• Running</li> <li>• Sun exposure</li> <li>• Walk in nature</li> <li>• Swimming</li> <li>• Cycling</li> </ul> 	<p><b>ENDORPHIN</b> THE PAIN KILLER</p> <ul style="list-style-type: none"> <li>• Laughter exercise</li> <li>• Essential oils</li> <li>• Watch a comedy</li> <li>• Dark chocolate</li> <li>• Exercising</li> </ul> 



Seed Saving—Check out the RMR Facebook page

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



# Butterflies



## Flower Show Schools and Symposiums



### Why am I not being invited to Judge?

At a recent Judges Council meeting held here in Missoula on June 10, a discussion was held concerning judging invitations. As is the custom the show chair is the one who invites the judges. The question was put forward why invitations are not sent to judges. The show chair or judges chair as the case maybe has a process they go through to invite judges. It was stated that some shows have a habit of inviting the same judges year after year. **The purpose of this article is to explore the reasons.**

The judges that are invited are friends of the club and show chair. It is difficult to overcome long standing friendships when you want to be invited. You can smile and attend all of symposiums and conventions that are available, under this circumstance, if you are not in the friend circle an invitation may never come your way. When I was in school, I always knew when I was going to the prom as my girlfriends' best friend always told me. It is the same with judging. Your friends are your best entry for an invitation.

You have developed the reputation of never shutting up. Show chairs appreciate judges that can express themselves but the judge who must process every little point is a time eater. Getting to the point is much appreciated. If you have formed a minority opinion, recognizing it early will make the judging go more smoothly. It is equally true for the judge who must always have their way and bully everyone to their point. Show chairs keep an eye on this issue and remember it when it is time to invite judges.

Judges who do not consistently exhibit in their home show and win blue ribbons are suspect. Their reputation as a judge consequently suffers. Judges that do not justify their scores with comments based on the amount of impairment to the elements of design. Comments like "design to short", design "leans", "nice color" do not help the designer improve their design in the future. Participants want constructive feedback. Show chairs want their participants to feel good about entering. Receiving constructive comments that are actually helpful are greatly appreciated by designers.

Judges that are prone to give low scores are not appreciated. One of the reasons for a judge to take a walk around the show before judging, is to judge the quality of entries. If the judge gives low scores, or assigns a low score for minor issues, the show chair becomes well aware. One of the major mistakes of judges is to find an issue and immediately down grade the design to a red. To go to a red, one must deduct 10 points. In my experience in a low-quality show, a score of 90 can be found. The National Awards must not be given. As scores are final and cannot be changed. Show chairs are very responsive to their show participants. The recourse is that as a judge you may not be invited again.

Judges must recognize that their opinion is just that, an opinion. Different points for the same issue are often awarded by participants in a panel. At Symposiums and Schools a master panel of judges point score the test designs. The master panel must come up with

~~ cont'd

## Flower Show Schools and Symposiums ~~ cont'd

about the same score, if they do not, they go back over the designs and reach a consensus. With practice, a panel of judges when judging a design will reach consensus fairly easily. Judges that hold up the process are seldom invited back. One of issues for judges is that they think of themselves as above it all. Once they become a judge, show chairs are obligated to invite them. It is similar to a student who has graduated from the University and is shocked to find no one hires them. At the present time, there are very few judging opportunities. The solution to a lack of judging assignments is to stop complaining about the lack of opportunity. A judge has an obligation to promote their avocation by organizing flower shows. If as a group, we all promote and organize flower shows and floral design programs, the opportunity to judge would be greatly expanded. In your club, be an advocate for inviting a variety of judges. Designers appreciate new judges once in a while, they get to reuse some of their old containers that have become stale as they are new to a new set of judges.

**Jim Saddler, Chairman**

## Invasive Species



### INVASIVE SPECIES – Japanese Beetle

One of our garden club members of Soil Sisters and Mister Garden Club in Kearney has been invaded! She has been trying everything. Del Hemsath did some online research and this is what he came up with to put in the next issue of our Nebraska Garden News. I though everyone might be interested.

#### Japanese Beetle in Nebraska, January 21, 2021

Here is an article that might be of interest to most of us during this time of year.. Author(s): David Olson



The **Japanese beetle** is a highly destructive invasive pest that is an annual problem for many Nebraskans. Its presence has grown over the last decade and is getting worse. Adults of this metallic beetle feed on over 300 different species of plants and larvae are often the bane of turf grass. While treatment options do exist, they are often limited by several factors. However, different cultural practices can mitigate much of the damage done by these invaders.



**Overview** – Japanese beetle was first introduced to the United States in the 1910’s in New Jersey, and ever since has been marching westward. Most of Nebraska now has at least a small population of the beetle, while many areas in the East and along the I80 corridor see much higher levels. While this pest will feed on a number of different species, a few trees tend to stand out in particular as “favorites” and are more likely to be attacked. Linden is one of the most common, usually followed by birch.

~~cont'd

## Invasive Species ~~ cont'd

### How beetles affect trees

Japanese beetles will feed on around 300 species of plants, everything from rose bushes to American lindens.

The attack on these trees usually takes place in the mid-summer with telltale “skeletonizing” of the leaves, where only the veins are left intact. Adult Japanese beetles can defoliate a tree quickly as they are attracted to feeding sites by both the smell of the plant and sex pheromones sent out by other beetles. While this may leave a tree looking brown and in danger, it will usually recover unless hit year after year. Additionally, beetle populations tend to fluctuate over time as the invasion front progresses.

### Treatment Options:

Although treatment options are available for some trees, there are a few important considerations to take into account.

Most of the systemic insecticides used are extremely toxic to pollinators and can make their way into the tree’s pollen. For this reason, it is against the law to apply neonicotinoid class insecticides to linden trees.

While trees sprays can work, they are most often applied only after the beetles have been attacking a tree and thus may not save the tree from being partially defoliated. It is also important to note that while individual trees may be treated, the beetles are strong fliers and can come in from some distance away.

Pheromone traps sold at many stores are also discouraged since research has shown they attract more beetles than they can actually kill, even if modified with larger containers.

### Best practices:

In many cases, the best way to deal with Japanese beetles is to simply try to keep the tree as healthy as possible otherwise. Beetle populations will likely fluctuate after a few years and they are unlikely to hit the tree so often that they actually kill it. By the time the beetles get to the tree, it has already had about half of its growing season to store up energy, so it isn’t at a total loss. Diversifying future plantings will also help ensure fewer trees in the landscape are susceptible to the beetle as well. Remember, keeping a tree healthy through **proper planting, watering, mulching, and trimming** is the first of defense against many pest insects and diseases.

Alice Hemsath, Chairman

Researched by Del Hemsath



There are only seven colors in the rainbow.  
Look what Nature has done with them.

Be a rainbow in someone else’s cloud. ~Maya Angelou~



## Membership



Many of our states are holding steady membership numbers with new members being added when others drop their membership.

### A few ideas to possibly try:

- Invite the extension office for a program or a master gardener
- Send written invitations to dropped members to come to a social or plant sale just for the fun of it.
- Read in your state newsletters or the Rambler what others are doing and try something new and out of your normal club routine.

Just because one person does not agree, you may be surprised at how many like doing something different or new, like building a bird house, making stepping stones or bird feeders. You can charge a small fee or the club can pay for the supplies “for the good of the club.”

Try something new and write about it in the Rambler to share with others.

### Shirley Pursel, Chairman

RMR Membership Chairman  
Wyoming Federation of Garden Clubs, President

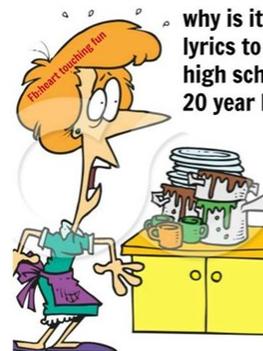


## The Humble Cucumber



Cucumbers... I didn't know this... and to think all these years I've only been making salads with the cucumbers...

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
4. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.



why is it I can remember the lyrics to my favorite song in high school 20 year later.

but I cant remember why I came into The kitchen??

Taken from Facebook

## NGC President's Project



### Plant America- Play Outdoors

Want an extra **\$1,000.00** for you expenses for your garden club project such as community gardens, landscaping for Habitat for Humanity Homes, etc.? All you need to do is fill out the **Plant America Community Project Grants** application, follow the criteria and get the application sent in as the **deadline is October 15, 2022**. Go online to National Garden Clubs, Inc. for application and more information.



Need more tools for your garden club projects? The **Ames Tool Grant** will send tools to the winners to support local community gardening projects during the 2022 calendar year. Go online to National Garden Clubs, Inc. for application and more information.

Need potting soils and plant food for your local garden projects and programs? Earn up to **\$250 of Espoma Organic Plant Foods & Potting Soils**. Go online to National Garden Clubs, Inc. for application and more information or register your garden club and sign up today at: [www.espoma.com/garden-clubs](http://www.espoma.com/garden-clubs).



### Beverly Heidelberger, Chairman

Here is a link to North Dakota's Plattsmouth Garden Club's website which has a slideshow about planting their Prairie Fire Crabapple.

<https://www.plattsmouthgardenclub.net/news>

Submitted by: Lorraine Patrick, Plattsmouth GC

## Succulent Pumpkin Centerpiece —



If you love the look of succulent on pumpkins, you don't have to stop with pumpkins. Try topping other winter squash varieties with succulents and creating a grouping to display on your front porch, dining table, or mantel. To complement an orange pumpkin, consider adding dark green, gray-green, white, striped, and mottled squashes, and gourds. <https://www.bhg.com/gardening/container/plans-ideas/succulent-pumpkin/s> to the mix.



## Parliamentarian



By the time you read this we will have been to Utah and back! I am looking forward to seeing all of you!

This time we are going to address development and voting on motions. How many times have we worded and reworded motions and then amended them to try to get them to what we meant? Although many other comments could be made here regarding motions, I am addressing only a few. I refer you to *Robert's Rules of Order* for more detail.

It is important for everyone to know what the motion is so it can be debated and go to a vote. That means you have to have a clearly worded motion. The chair has the authority to require that main motions and amendments be presented in writing. Sometimes that is hard if new business and/or motions come forward. Another option, if no member objects, the chair can call a brief pause in the meeting or a *“stand at ease”*. This means that members stay in place quietly until the chair calls the meeting back to order. During that time the mover can write the motion/amendment down to develop a clearly worded motion and take it to the chair.

The motion maker should simply say, *“I move that...”* such and such. The motion should say precisely what the action is to be. However, specifics should be left up to a committee or others responsible to carry out the motion. The secretary must copy **word for word** what the maker said and not edit what she/he thought was said. After making the motion, the mover sits and waits for a second. The mover does not explain why this motion is important until debate.

It is important to **read the correct motion** as many times as necessary to be sure the membership knows on which motion it is debating/voting. This is especially important if you are voting on an amendment to the main motion. It is important to note how the main motion will read if the amendment passes and to clarify that you are voting only on the amendment and not the main motion. This can get confusing to some members so repeating that the question is on the amendment may be necessary.

Another concern I have often seen is the chair forgetting to **ask for debate**. Often after the motion has been made, the chair goes right to a vote. Members have the right to debate the issue before the vote. Sometimes there is no debate and other times there is much debate. Either way, the debate option should be offered.

Depending on the issue, **voting** can take place by Yes/No, show of hands, standing or ballot. (Often reserved for elections but may be used when an issue is a hot issue and some may want their vote to be secret.)

I hope this helps to create well thought out motions and voting.

**Respectfully Submitted by Mary Lerssen**  
**RMR Parliamentarian**



## Smokey Bear-Woodsy Owl

Our **National Grand Prize Winner** of the 2022 Smokey Bear/Woodsy Owl Poster Contest Winner is Ella Hampshire - a **5th grader from Salt Lake City, Utah**

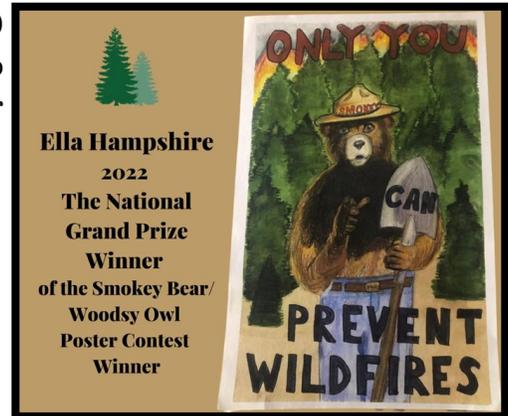
The National Grand Prize Winner of the Smokey Bear and Woodsy Owl Poster Contest will be honored with a Recognition Ceremony in Washington, D.C. A round-trip and accommodations for four will be provided for a 4 days/3 nights stay.

The National Garden Clubs, Inc. will award a **\$50.00 check** to each of the first-place national winners. To learn more about the Smokey Bear/Woodsy Owl Poster Contest visit:

<https://gardenclub.org/smokey-bear-woods-owl-youth...>  
[#SmokeyBear](#) [#WoodsyOwl](#)

**Connie MacKay, Chairman**

**CONGRATULATIONS!!**



## RMR Website

**The Rocky Mountain Region Website is still up and running.** 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 an “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](mailto:rmrrambler@yahoo.com) as to what you want to see on this site!

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

**Carla Scheer, Webmaster**

**Joanne Jeffres, Rambler Editor**

## Two Cents Worth



What a great time we all had in Park City! I'm so sorry more members were not able to attend. You really need to mark your calendars now for the 2023 event in Colorado, August 24-25! You won't regret it!

On to the "Dollars & Cents" of RMR. As you know, several years ago, we made a decision to invest \$10,000 with Edward Jones. Prior to that decision, our funds were sitting in accounts that paid VERY LOW interest rates. Since we made the change, our \$10,000 has grown to just shy of \$15,000! Not too shabby!

In an effort to mitigate any losses we may experience due to the national economic scene, I conferred with our investment advisor and moved all funds to more secure bond funds for the foreseeable future. When the economy turns and becomes less unstable, I will reallocate funds.

Thank you for your trust in me as your treasurer.

**Bits about our Benjamins!**

**Lynette Jeffres**

**Treasurer**



Account Value	
	<b>\$15,318.82</b>
1 Month Ago	\$14,899.52
1 Year Ago	\$13,215.35
3 Years Ago	\$9,846.52
5 Years Ago	\$0.00

## Landscape Design School Course 3 Glendive, Montana October 21-22, 2022



The Montana Federation of Garden Clubs, Inc. in cooperation with National Garden Clubs, Inc. presents:

**Landscape Design School Course 3** (in a Series of 4) October 21-22, 2022, to be held at the Church of Christ, Corner of Sargent and Grant in Glendive, Montana. The school is sponsored by the Glendive Garden Club. **Cost of the course is \$50 with an additional exam fee of \$5.**

**Registration Deadline: October 1, 2022**

**Course 3** of Landscape Design School includes: Landscape Design Process, Woody Plants in the Landscape, Herbaceous Materials in the Landscape, Landscape Design with Maintenance in mind, Graphics Interpretation, Creating Your Own Home Garden Landscaping Plan.

**Instructor:** Trestin Benson-Feagler. Trestin is the Dawson County Extension Agent in Glendive, Montana. She has an undergraduate degree in Natural Resources and Rangeland Ecology and a Graduate Degree in Animal and Range Sciences.

Questions, please contact Sherry Corneliusen, [sher@midrivers.com](mailto:sher@midrivers.com), 406-486-5787

Further information as to course schedule, registration form and lodging information will be provided upon request.

Note: The cost of your meals and lodging is not included in the registration fee. Refunds for medical emergencies only.

**Submitted by Sherry Corneliusen**

## Mistaken Identity? Humming Bird Moth



Pix by  
Lynette Jeffres

The term "hummingbird moth" is applied to many medium to large moths in the *Sphingidae* family and *Hemaris* genus of moths. There are more than 1,200 species of these moths worldwide, and roughly 125 of them are in North America. These insects are also called hawk moths, sphinx moths, clearwing moths, bee moths, and bee-hawk moths. And, in the caterpillar stage, they are called hornworms.

Hummingbird moths share many common characteristics with hummingbirds. Both of these creatures are effective pollinators of many of the same flowers, and hummingbird moths also sip nectar from many of the same blooms hummingbirds prefer. The moths sometimes even visit nectar feeders meant for hummingbirds

They are often mistaken for hummingbirds because of their rapid wing movement and habit of hovering in front of flowers while feeding. It has large, menacing eyes that appear to warn predators to keep their distance. Also protecting it from potential predators is its close resemblance to a bird, instead of a bug.

### EATING HABITS:

Like all butterflies and moths, the sphinx moth is a caterpillar before it becomes an adult moth. **As a caterpillar, it feasts on plants, especially Virginia creeper (woodbine) and grape leaves.** As an adult, it hovers in front of flowers and uses its long tongue, or *proboscis*, to sip the nectar. The sphinx moth proboscis, which is like a hollow tube, rolls up when it is not in use. Its tongue is about double the length of the moth's body.

### THE YOUNG:



Mother sphinx moth lays several eggs near a food source, like Virginia creeper. A caterpillar (larval stage) emerges in a few days and begins eating. Over several weeks, the **caterpillar sheds its skin five times**, each time growing larger. It then crawls to the ground and digs in a few inches. The larva pupates in the ground. There it passes the winter and emerges as an adult moth the next spring.

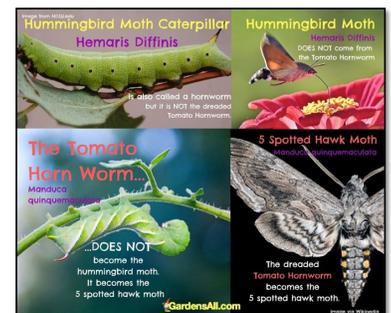
### HABITAT:

The sphinx moth may be found in woodlands in parts of North America. It is most active at dusk as it visits flowers. The adult moth is most commonly found from mid-May through September.

### DEFENSIVE HABITS:

As a caterpillar, it can pull its head into its body. As an adult, the sphinx moth is a rapid flier, clocked at speeds as high as 30 miles an hour. The coloration and patterns on the body and wings are fantastic camouflage.

Although the caterpillars feed on leaves of various plants, most are innocuous, attracting little attention and causing little, if any, injury to garden plants. **Tomato and tobacco hornworms, which feed on tomatoes and a few related plants, are an exception, and can be true garden pests.**



For more information and pictures of various humming bird moths, visit: <https://butterfliesathome.com/hummingbird-moth.htm> or [https://www.lakesidenaturecenter.org/AC\\_Sphinx%20Moth.html](https://www.lakesidenaturecenter.org/AC_Sphinx%20Moth.html) or <https://www.farmers-almanac.com/hummingbird-moth-32556> and <https://www.thespruce.com/spot-hummingbird-moths-386692>



## Rocky Mountain Region Officers 2021-2023

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



## RMR State Presidents 2021-2023



<p><b>Colorado Federation of Garden Clubs, Inc.</b> <b>Nancy Griffin</b> "Garden with Heart, Plant with Purpose, Conserve with Care" 19331 E Berry Pl, Aurora, CO 80015 mysticmoongardener@gmail.com — 720-936-5785</p>	<p><b>North Dakota State Garden Clubs</b> <b>Linda Anderson</b> "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><b>Kansas Associated Garden Clubs, Inc.</b> <b>Floanna Crowley &amp; Sherryl Fitzpatrick</b> Co-Presidents — "Use Wisdom in Caring for Nature" <b>Floanna Crowley</b>                      <b>Sherryl Fitzpatrick</b> 341 N. Valley View St.                      2869 TeeTime Ct Wichita, KS 67212                              Wichita, KS 67205 <a href="mailto:floanna@cox.net">floanna@cox.net</a>                                  <a href="mailto:sfitzpat3@att.net">sfitzpat3@att.net</a></p>	<p><b>South Dakota Federation of Garden Clubs</b> <b>Thelma Busk</b> "Dirty Hands, Good Life" 412 E 9<sup>th</sup> St., Dell Rapids, SD 57022 dakfayepriims@santel.net— 605-999-3523</p>
<p><b>Montana Federation of Garden Clubs, Inc.</b> <b>Jim Sadler</b> "Building Community through Gardening" 1220 Clements Rd., Missoula, MT 59804-2908 Jimsadler1220@gmail.com — 406-728-4743</p>	<p><b>The Utah Associated Garden Clubs, Inc.</b> <b>Mary Holley</b> "Play and plant in Utah Wisely" mountainflorautah@gmail.com— 435-640-4171</p>
<p><b>Federated Garden Clubs of Nebraska</b> <b>Robbie Kupper</b> "Growing and Using Herbs in Nebraska" 315 East 6<sup>th</sup> Street, Ogallala, NE 69153 fgninc@gmail.com — 308-289-6051</p>	<p><b>Wyoming Federation of Garden Clubs, Inc</b> <b>Shirley Pursel</b> "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
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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
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RMR Award of Excellence for Regions	Margie Soileau, Colorado Sp., Co	margie.rmrdirector@gmail.com
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Wildflowers & Native Plants	~~ open~~	
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](mailto:rmrrambler@yahoo.com)

***CHANGE OF DATE FOR RMR  
COLORADO SUMMER RHYTHMS***

**When: August 24-25, 2023**

**Where: Colorado Springs, CO**

**What: 87<sup>th</sup> Rocky Mountain Regional Meeting**

**!!Friday evening the 24<sup>th</sup>, BBQ & Entertainment at the FLYING W RANCH!!**

**Saturday the 25<sup>th</sup>, Meeting, lunch and then Awards Banquet at**

**Historic Patty Jewett Golf Club**



**Come early and stay late for some extra fun of the Pikes Peak surroundings, with RMR friends and family! Things to see and do in beautiful Colorado Springs!**

**Pro Rodeo Hall of Fame  
Cheyenne Mountain Zoo  
Manitou Springs  
US Air Force Academy  
Seven Falls  
Old Colorado City**

**Garden of the Gods  
US Olympic Museum  
Cripple Creek  
Pike's Peak and Cog Railroad  
Glen Eyrie  
Space Foundation Discovery Center**

**Flying W Ranch: A working mountain cattle ranch and Chuck wagon supper, including spirited entertainment by the world renowned Flying W Wranglers**

**Historic 124 year old Patty Jewett Golf Club: The 3d oldest golf Club west of the Mississippi hosting the Meeting and award Banquet with prize worthy Buffet served for Lunch and Dinner**

