



# Rocky Mountain Rambler

Rocky Mountain Region  
Newsletter

September 2023



## ***Greetings from your Director***

My name is **Robbie Kupper** and I am your new Rocky Mountain Region Director for 2023-2025.

My theme for the next two years will be **Growing and Using Herbs in the Rocky Mountain Region.**

The definition of an "herb" is a valuable plant, with the leafy part used in smaller quantities than vegetables. Whenever I think of herbs, I remember the old lyrics made famous by Simon and Garfunkel:

*Are you going to Scarborough Fair?  
Parsley, sage, rosemary, and thyme.  
Remember me to one who lives there.  
She once was a true love of mine.*

*- Traditional English ballad verse*

Let's look at the culinary herbs in the garden. All are easy to grow. Some are short-lived perennials, and others survive many winters in our Region. Remember never to treat herbs with pesticides of any kind - herbicides, insecticides, or fungicides - if you plan to eat them or cook with them. Otherwise, they don't need anything that flowers and vegetables don't also require.

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### Director's Message cont.

Not only that but by not treating them with pesticides, we are helping our environment and not killing our pollinators by spraying poison on them. I have chives, which is a perennial, and in the spring, after they flower, I have small bees that just flock to them and are so happy. Not only that but herbs are also happy in any situation, from containers to the symmetrical beds of formal herb gardens.

My theme also ties into my project: **"Become more aware of what is sustainable and mirror the way Mother Nature beautifies our natural surroundings."**

My objective is: **"To advance the mission of the National Garden Clubs, Inc. and to coordinate the interests of the states of the Region."**

I will have a quarterly Zoom meeting with all the Presidents in the Rocky Mountain Region to see what everyone is doing. I will always be available to assist your state with anything you require of me.

I am so excited for the next two years as the RMR Director and plan to visit each state over the next two years. I am looking forward to meeting as many garden club members as I can.

**Remember Plant and Use Herbs.**

Robbie Kupper  
Rocky Mountain Region Director  
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### Dates to Remember:

September 21-24, 2023	NGC Board of Directors Mtg.	Virtual
June 2-5, 2024	NGC National Convention	Denver, CO
August ,2024	RMR Annual Meeting	South Dakota



**Colorado Federation of Garden Clubs, Inc.**

Hello fellow gardeners!

It is with great pleasure that I take the reins of the presidency of Colorado Federation of Garden Clubs, Inc. I know this is a big job and I hope that I represent Colorado well. I look forward to getting to meet the other members in our region.

Gardening is our passion. It is a different experience for all of us. We learn about gardening by watching others, reading, researching, experimenting, experiencing success and failure, and by sharing our knowledge with others. When you are in your garden, seeing the beautiful plants, enjoying the sights, the smells, the feeling of touching the earth and its bounty, think of how wonderful it would be to share that experience with others. It might be a child, a family member, a neighbor, or a group of new or experienced gardeners. We learn best when we have the opportunity to teach others and share our knowledge, experience, and passion.

You might think, oh! I can't do that! But it's likely you have already done it while talking to a neighbor or fellow garden club member about a particular plant issue one of you were having, or just chatting about the speaker you just heard. You just did it in an informal setting! You don't have to be an expert to share your knowledge. No matter if it's a one-on-one conversation or speaking to a large audience – get out there and share your passion! Pass on your knowledge gained through years of experience. Not only will your audience, small or large, appreciate it; you'll learn things along the way and know that you did your part in spreading the joy of gardening!

Sincerely,

***Victoria***

Victoria Schmidt, President

Colorado Federation of Garden Clubs, Inc.

“Growing our knowledge through education, experience, experimentation, and sharing.”



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### Kansas Associated Garden Clubs, Inc. (KAGC)

The Kansas Associated Garden Clubs (KAGC) held their State Convention June 9<sup>th</sup> and 10<sup>th</sup> on the grounds of the Agricultural Hall of Fame in Bonner Springs, KS. The 3 clubs of the East Central District hosting the event. The picturesque barn and surrounding were a wonderful backdrop for the weekend that started off with a certified Flower Show coordinated by the Judges Council. The lovely designs and horticulture brightened up the room. A tour of the grounds and the Agricultural Museum were part of the afternoon's activity.

Folk Singer, Joy Zimmerman provided entertainment Friday evening at the beginning of the banquet and Donna Rouch, NGC Vice President provided an update on the state of National Garden Clubs. Donna is from Nebraska so it was nice to have a National Officer so close and available to attend the Conference.

Saturday morning brought a much-needed rainfall to the area. The Business meeting included State Awards presentations, installation of the new State Officers presented by Donna Rouch, discussions on growing membership, A report of the digitization of the Judges Council books and the Rose Garden book of Friendship project, The use of Zoom for District and State meetings to make it possible for less travel and more participation of members as they age. Penny Morgan was installed as the new KAGC President and her theme for the year is "Bee a Guardian of the Galaxy, a Protector of Pollinators." 3 Musketeer Bars were handed out to the attendees by Donna Rouch, as the motto "All for one, and one for all", to remind us to carry on the promotion, good deeds, and work of the garden clubs.

The clubs have carried on the promotion & participation in the National Smokey Bear Project, Installation of a Blue/Gold Star in Pilsen, Kansas, visiting gardens, and putting on workshops on floral design and holding flower shows.

KAGC is now 2 districts: The Sunflower District – represented by 4 clubs and the East Central District which is represented by 3 clubs. There are 149 members in the KAGC. The attendance of the conference was around 30 people.

Respectfully submitted,

Penny Morgan, President

Kansas Associated Garden Clubs (Aka – KAGC)





## Montana Federation of Garden Clubs, Inc.



The Montana Federation of Garden Clubs, Inc. (MFGC) held their 86<sup>th</sup> Annual Convention in Billings, Montana in June. This was our installation convention and I was installed by Robbie Kupper, RMR Director, as the State President. It was well attended with 109 registered club members. The MFGC Judges Council hosted A tour of the Dan Walt Gardens followed with a delicious dinner was hosted by the MFGC Judges Council. The gardens were in full bloom and we marveled at the different landscape designs within the grounds.

At the awards luncheon, State Awards were announced and Scholarship Winners were announced. Following lunch, a program was given by a panel consisting of Danny Choriki Deb Ford, David Kimbal and Cynthia Stallard Jessee about Community Gardening. Plant Select representative, Sharon Wetsch, discussed various plants that are native and appropriate for Zones in Montana.

Many thanks to Thumb-R-Green Garden Club for organizing the wonderful Convention!

Summer is a busy time in Montana. There are many flower shows giving our judges an opportunity to earn credits by entering exhibits in horticulture, design and judging the shows. There are shows in Missoula, Billings, Great Falls, Dillon, Boulder and Glendive just to name a few. The public is always invited to enter their flowers, planted containers and floral designs.

MFGC Garden Clubs (we have 23 in all) offer programs to members and the public, covering topics such as how to create pollinator garden, water conservation, floral design workshops and various educational speakers visit the club meetings.

During my term as State President, my focus is **Communication and Education**. I would like to see a closer bond between the 23 Montana garden clubs. Since Montana is such a large state, this goal will be challenging.

Sharing experiences and problem solving together can be successful and lasting experiences. Conditions are extreme from the north to the south and from the east to the west. We have common interests, no matter where we live. They are education and friendships.

Diane Ward, President



## Federated Garden Clubs of Nebraska, Inc.



I am most honored to have been elected in June to serve as the Federated Garden Clubs of Nebraska President. FGCN was founded in 1934...almost 90 years ago. I'm excited to celebrate this milestone at our next annual meeting.

My Theme for 2023-2025 is **"Plant Nebraska Native Plants: Preserve our wildlife's habitats."** My hope is that we can continue to attract native wildlife and pollinators by providing diverse habitats and food sources.

FGCN consists of 216 members with a total of 13 clubs in 3 districts. Last year, a new club was started. Many clubs are still struggling to get members to join but that doesn't stop them from continuing to accomplish many goals. Most have started to have in-person meetings.

This year, the state awarded two \$ 1,000.00 scholarships to two young women. One of the women went on to win a National Scholarship. We hope to continue this tradition.

One of the biggest accomplishments for our state was the restoration of seven Blue Star Memorials that were placed on I-80 over 50 years ago. Mary Carlson and her committee raised enough money for this project to be finished in August 2023. We are grateful to Mary and her committee for their commitment. Mary is also working with Omaha to install another Blue Star memorial on the By-way and to install a Gold Star Memorial at Ft. McPherson's National Cemetery. We are so appreciative of Mary's dedication and giving her talents and treasures. She is an inspiration to all of us.

My goals/challenges for the next two years are: Continue to pursue the Blue and Gold Star Memorial program. Increase membership by 10%. Offer more educational opportunities. Promote all the positive things our clubs are doing using social media platforms.

Most importantly, let's have fun. When we are enjoying what we are doing, that sparks interest with our friends, family, and our community, which then leads to opportunities to chat about what we are doing and hopefully will encourage others to come and join us. I look forward to these next two years.

Thank you,

Chris Martin, FGCN President



## North Dakota State Garden Clubs



The Theme for North Dakota is:

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

Nancy McKinnon is our webmaster at [www.fargogardensociety.org](http://www.fargogardensociety.org)

Linda Anderson

President

North Dakota State Garden Clubs

## South Dakota Federation of Garden Clubs



My theme is **"Green America"**! You can use the "green" as a verb or noun. The goal is to grow flowers, trees, vegetables, recycle, limit pollution, limit insecticides, etc. and make America green in all ways possible!

Although some of our state has now received some rain, we in the southeast remain very dry. It is a challenge to keep things watered. The last couple days we did have a break from the heat but then we had to deal with the smoke from Canada so could not enjoy the outdoors for any length of time. Always something new to deal with but we continue on our mission to enjoy our gardens!

We held our state convention in Sioux Falls on April 22 at a church of one of our members with “Recycling” as the theme. Churches are great as they usually have great parking, etc. They do expect a donation but are much cheaper with donation only. It was spacious with a great meeting area, display area and eating area which was utilized to serve homemade soups, salads and desserts.



## South Dakota Federation of Garden Clubs cont.

Going with the “Recycling” theme, decorations included “flower bouquets” made from old buttons with wire stems since real flowers were not yet available in our gardens. We held a recycling contest with the winning entry being a terrarium made out of a light shade.

Stephanie Brodersen, one of the Sioux Falls club members spoke on “Growing Orchids”. Stephanie lived in Hawaii for 3 years and developed her collection and love for orchids during that time. We learned about the many varieties, special care, which ones would be good for beginners, etc.

Primary school teacher, Kelly Preheim, presented on her National Geographic award which included a trip to the Galapagos Islands. Kelly is a rural South Dakota teacher and bird enthusiast. As part of her award, she is expected to serve as an ambassador for National Geographic and share her experience which she did for us. Her power point pictures were outstanding.

Margaret Staley displayed the toy box full of flower parts, including a storybook that we sponsored last year. It is part of the Toy Lending Library of South Dakota and is a popular item for checkout.

We now have only four clubs in South Dakota. Five of our members passed away this past year. We are “aging out” but have some hopes with a few younger members in a couple of our clubs. One club reports more guys as well as couples joining the club and attending meetings! We continue projects of beautifying our parks/streets with flowers, decorating public places at Christmas, garden tours, plant/seed sales and sharing, etc.

Our biggest project will be hosting the 2024 RMR convention. We already have a meeting date set to start the planning. Think about coming to South Dakota next year. I don’t think you will be disappointed!

Submitted by,

Mary Lerssen

South Dakota State President 2023-25





**The Utah Associated Garden Clubs, Inc.**

Spring to summer in Utah was a delight! No killer frosts in July enough rain to not break the bank on your water bill and plenty of sun and fun. What more could a gardener ask for?

Great time at the NCG annual convention at the historic Greenbrier in White Sulfur Springs, Virginia. The trippy floral wallpaper in all the rooms and out of this world beautiful crystal chandeliers were Instagram worthy. Seeing friends from the past NCG in Orlando was fun. They did an excellent job at the centerpieces, programs and organization.

Utah held a wonderful Rose Convention at the Garden Center in Sugar House. All the clubs came together with many volunteers to spruce up the in and out of the building. The center never looked better with the peonies blooming their hearts out.

Our center is still in jeopardy of being torn down or repurposed. Fortunately, we have a citizen board member who is working with us to look for grants to rebuild or remodel with the UAGC still involved. It would be exciting to have a new building with all new amenities for the clubs and citizens of Salt Lake and Utah to also enjoy.

Several members from Utah are planning to attend the convention in Colorado Springs in August. The program looks fun and I see from the Rocky Mountain Handbook that we have a lot of new faces to get to know.

**Mary Holley**

Utah State President



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### Wyoming Federation of Garden Clubs, Inc.



We have Co-Presidents, Linda English and Connie Wallace for 2023-2025.

Our theme for the year is “**Garden of Hope**”.

Joanne Jeffres is the editor of our newsletter, The Wyoming Paintbrush.

Lynette Jeffres is our Webmaster.

Linda English

Connie Wallace





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### Flower Show Schools & Symposiums

The flower show season is just about over here in Missoula, Mt. My last judging assignments will be Ravalli County and Sanders County Fairs. My most recent challenge was the Western Montana Fair. At the Fair I put on the Agriculture Department show, the Missoula Garden Club Standard show, a separate County Fair show and help with the Five Valley Dahlia and Gladiolus Society ADS Dahlia Show, a separate Glad Show and the Missoula Rose Society Show. That being a total of 6 Shows in Missoula the second week of August, and two county shows the last week of August.

I thought I would share some of my experiences as a judge, as a participant and judges chair in these shows. The two small county fair shows are always fun. The Ravalli County makes a real effort at having a design division and as a result the local designers have improved their skills. When judging the Ravalli County Fair, the three-judge panel is requested to write comments on the design cards. One should remember as judges we are not necessarily expert designers. We should not represent ourselves as expert designers. One receives the reputation as an expert designer by entering shows and winning. One's reputation is thus built on doing and not just because we went to a school. It is not good practice for a judge to stay after the show and give advice. A judge should also never question another judge's decision. It goes without saying a judge should not rejudge a design judged by another judge. It is a professional courtesy to keep one's mouth shut.





## Flower Show Schools & Symposiums cont.



As National Garden Club judges we are experts in the Elements of Design. Our Flower Show instructor's curriculum is centered on explaining the elements. We learned that when we view a design and find a fault, we are to explain to the designer on the back of the entry card why the particular design is impaired. Judges often feel rushed and do not make meaningful comments. I have seen "beautiful design", "nice color combination", "fine interpretation of theme" as a comment. I was taught that one should always include a compliment. These types of comments are basically pabulum and really do not convey any information to the designer. How are designers ever to learn if you do not state exactly the element of design that has a fault or what is right with the design. A comment such as the rhythm is interrupted by the placement of the red flower as it stops the eye. That is a comment a designer can really use.

Even if the design is top notch, it still deserves to be evaluated with a comment and a score. If one judges a design as a blue ribbon a score should always be assigned. In my judging career designs scoring 100 are very rare. The lack of a score reflects badly on the judge. If a judge has removed points from a design, that judge is under an obligation to explain why. Judges often whine when I request as show chair a score. If you practice scoring the effort is not great. A major part of our schooling and test was point scoring. One practical reason for a score is if you have three very wonderful designs, the second place and third place arrangements may have received 97 and 95 as their score. By giving the designers a score you have encouraged the designers. While not in first place, they have been told they have an excellent design.

If one only does county fair shows, bad habits can be developed. Often at a county fair show the number one is so obvious that it is easy to move on quickly. In a fair show it is the unstated rule that there must be a blue ribbon. If you do not give any blue ribbons, you may not be invited back. The design scoring 90 points is a Blue. One can do a lot of discussion subtracting 10 points that will help the designer. My advice is to treat all designs with the same reverence. We are promoting art and our goal should be education. As judges, our only way to communicate with the designer is with our comments. Comments that communicate design faults and subtracting points depending on the amount of impairment is our most important duty.

**Jim Sadler, Chairman**



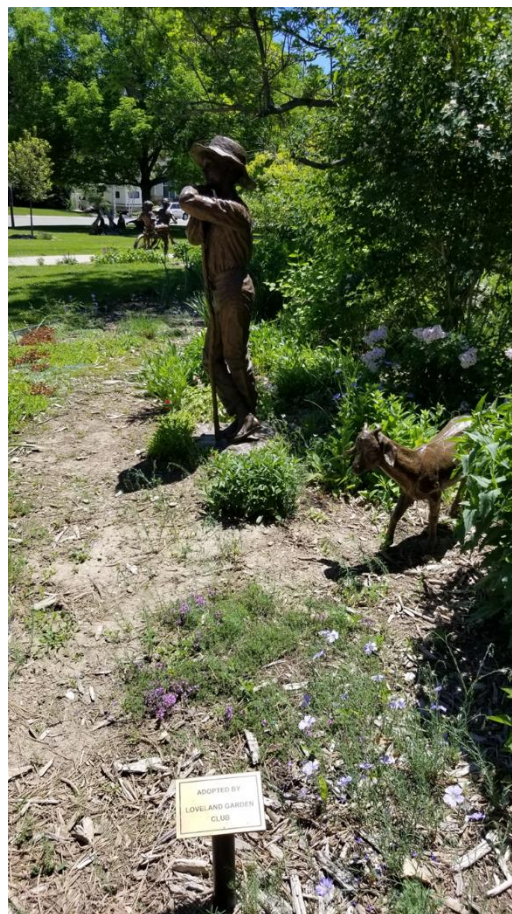
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### NGC Awards 2023 (our Region)

#### CE-1 Community Enhancements

**Loveland Garden Club** in Colorado for their maintenance of the Children's Garden at the Benson Sculpture Garden in Loveland. (right)



#### Member Award of Honor

**Vonda Wieburg** from Encampment Dirt Diggers in Wyoming





## NGC Awards 2023 (our Region) cont.

### Largest Increase in Life Memberships was Nebraska

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#### G-3-1 Therapy Gardens

**Rainbow Garden Club** in Great Falls, Montana for their Eagle Mount Center project

COVID halted most of our work with Eagle Mount, a program of recreational therapy for special needs adults and children. We were finally able to arrange a planting session with several of their younger clients. During a special “nature day” program, Rainbow Garden Club members assisted their clients as they planted vegetables and flowers in raised beds. We helped them add top soil, till the beds, and finally plant. We created several small signs for those clients who would not touch soil to place around the plants so everyone had something they could do. They were so excited they could hardly wait to dig in. The objectives of this project were to help them plant and eventually harvest their plants and cook meals from them. One of the beds we provided for them was a “salsa” garden with tomatoes, peppers, onions and cilantro.

Involvement of club members and other organizations: Three club members worked with the Eagle Mount clients and all the plants were donated by the local North 40 Ranch store. Project expenses and means of funding: The project plants were all donated. We hauled two pickup loads of plants to the headquarters building and to their equestrian center. Continuing involvement, follow-up, maintenance: Rainbow Garden Club’s Garden therapy chairman, Patty Schlaeger will prepare a special cookbook using the vegetables and herbs that the clients will be growing. We follow-up with a routine check on the plants and help them with minor weeding and watering. When we return to meet with them again during harvest they will all receive a special certificate making them Cabbage Patch Kids, Rainbow Garden Club’s Junior Garden Club.



RGC’s Kathy Austin (Above right) and Patty Schlaeger (Above left) work to clean out weeds and plant additional perennials under the sign Rainbow Garden Club built at the entrance of the Eagle Mount Activity Center.



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### NGC Awards 2023 (our Region) cont.



The Melons sign that was placed in one of the raised beds. (Right) Another client waters the freshly planted squash and melons. He told us that his grandmother lets him water plants in her garden and explained to us that he knew just how much water each plant should get!



Almost everyone came over to help inspect the plants in the “Salsa” garden. Patty Schlaeger had made a special sign for each side of the Salsa “Pantry.” She had not asked North 40 for onions or hot peppers thinking that the special needs clients could not have them in their diet. **WRONG!** She had to go back to North 40 and bring several onion sets and jalapeno hot peppers back to plant in their Salsa Pantry. They told her that they all just LOVE hot salsa and could hardly wait until they could make their own salsa. Patty will prepare a special cookbook for them to use when they harvest their vegetables.



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### NGC Awards 2023 (our Region) cont.



(Left) One of the Eagle Mount clients who was afraid to touch the soil and get his hands dirty was so thrilled to have the job of putting in the special signs that showed what each plant would grow. We were so happy that we were able to involve all of the clients in some activity that day! (Right) They even planted many flowers to attract butterflies and signs were placed on all the flower planters.



Congrats to all!! Michele Gustin

## Membership



Members, I trust some clubs are growing again. Please share what is working for you! Don't be afraid to try something new. How about an ice cream social, invite a guest, tomatoes tasting followed by BLT's. Put fliers up at the library with club info. If you have new officers, get involved with their ideas, it could be fun. Have a wonderful, colorful fall.

Shirley Pursel,

Membership Chairman





## Parliamentarian



This time I thought I would talk about the “rules”. Everyone lives by rules – family rules, marriage rules, classroom rules, etc. We are going to review organization rules. This information is according to Robert’s Rules of Order Newly Revised (RRONR).

We will go from the highest to the lowest in authority but all should be known and followed when they apply.

1. **Law:** Federal, state and local laws are included and must be followed. Some states even have corporation codes that regulate how a board works.
2. **Corporate Charter:** If you are incorporated, the state where you are incorporated requires a “corporate charter” which varies by state.
3. **Bylaws or Constitution:** The bylaws or constitution contain the group’s basic rules of the organization. They describe the purpose, spell out the qualifications and method of selection of members, provide for officers, committees, and meetings (including the quorum) and may set up an executive board or board of directors.
4. **Rules of order:** Most organizations adopt “Robert’s Rules of Order Newly Revised” and any special adaptations of those rules are included in the specific “Rules of Order”. An example is while RRONR limits debate speech to 10 minutes, most organizations limit debate to 2 or 3 minutes. Adoption requires previous notice and a majority vote of the entire membership unless otherwise noted in the bylaws as they supersede this rule.
5. **Standing Rules:** Usually this is more administrative detail like signing a guest register or where guests are to be seated. They take a majority vote to adopt. To amend them it takes either a majority vote with previous notice or, without notice, a two-thirds vote or a vote of a majority of the entire membership unless otherwise noted in the bylaws or rules of order as they supersede this rule.
6. **Custom:** Sometimes people will do something for so long it becomes a custom or referred to as “our policy” and thought to be a written rule but it is not. No matter how long it has been done, it must follow written rules unless the rule is amended. If it is not a written rule, it is up for change! Sometimes things are written and used as a guide for others such as a convention handbook or guide but is not a written rule unless voted on by the organization and may limit the creativity of the convention committee.

It is good practice for all members to have a copy of the rules for the organization. This is easily done with electronic mail. Other helpful information such as a convention guide may be useful but not a required rule.

Respectfully submitted,

Mary Lerssen, RMR Parliamentarian



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## RMR Officers 2023-2025

<b>Director</b>	<b>Robbie Kupper</b> 315 E. 6th St. Ogallala, NE 69153	308-289-6051 <a href="mailto:fgcninc@gmail.com">fgcninc@gmail.com</a>
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<b>Advisory Council Chairman</b>	<b>Margie Soileau</b> 8555 Fremantle Dr. Colorado Springs, CO 80920	719-648-8025 <a href="mailto:margie@soileau.org">margie@soileau.org</a>



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## State Presidents of the RMR 2023-2025

Colorado	Victoria Schmidt 5753 S Kittredge Street Centennial CO 80015	303-868-4840 cell <a href="mailto:gardenwithvictoria@gmail.com">gardenwithvictoria@gmail.com</a>
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## RMR Chairmen 2023-2025

Awards	Chris Martin PO Box 86 819 8th Street Friend, NE 68359	402-540-2214c <a href="mailto:dzrcc8@yahoo.com">dzrcc8@yahoo.com</a>
Birds	Audrey Coyle 15778 Open Sky Way Colorado Springs, CO 80909-3016	719-495-3880 <a href="mailto:afloris@stratusiq.net">afloris@stratusiq.net</a>
Blue Star Memorial	Joyce Hendricks 3127 Edmond St Billings, MT 59102-0311	406-259-9610 <a href="mailto:rnjhend@charter.net">rnjhend@charter.net</a>
Butterfly	Margaret Straley 624 North Menlo Sioux Falls, SD 57104-2632	605-332-7182 <a href="mailto:zebrabread@gmail.com">zebrabread@gmail.com</a>
Chaplain	Linda Anderson 1501 28 1/2 Avenue S Fargo, ND 58103	701-893-5233 <a href="mailto:rwandljanderson@gmail.com">rwandljanderson@gmail.com</a>
Environmental Concerns: Energy, Land, Water	Rod Ruzanic 827 West A Street Ogallala, NE 69153	308-289-3891 <a href="mailto:rodruzanic@gmail.com">rodruzanic@gmail.com</a>
Flower Show Schools & Symposiums	James Sadler 1220 Clements Rd. Missoula, MT 59802-29008	406-728-4743 <a href="mailto:Jimsadler1220@gmail.com">Jimsadler1220@gmail.com</a>



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## RMR Chairmen 2023-2025 cont.

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Invasive Plant Species	David Lott 2211 Birchwood Road North Platte, NE 69101	785-632-1888 <a href="mailto:Dlott2@unl.edu">Dlott2@unl.edu</a>
Judges Council	Doris Duckworth 1040 Caribou Drive West Monument, CO 80132-7412	719-481-4608 719-331-7018c <a href="mailto:dorisduckworth@yahoo.com">dorisduckworth@yahoo.com</a>
Life Memberships NGC and RMR	Lynette Jeffres 915 East Roosevelt Ave. Riverton, WY 82501-2937	307-856-4399 307-851-1072c <a href="mailto:lynjeffres@gmail.com">lynjeffres@gmail.com</a>
Membership	Shirley Pursel PO Box 6105 Riverton, WY 82501	307-851-2966 <a href="mailto:shirleypursel@yahoo.co">shirleypursel@yahoo.co</a>
NGC President's Projects	Beverly Heidelberger PO Box 37 Spencer, SD 57374	605-246-2355 605-630-0140 c <a href="mailto:bevheid2@hotmail.com">bevheid2@hotmail.com</a>
Penny Pines	Del Hemsath 110 East 39th St E-1 Kearney, NE 68847	308-367-7172 c <a href="mailto:dhemsath@charter.net">dhemsath@charter.net</a>
Personnel	Connie McKay 2991 E 4505 S Holladay, UT 84117	801-274-2606 <a href="mailto:mcm31@icloud.com">mcm31@icloud.com</a>



## Rocky Mountain Rambler

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## RMR Chairmen 2023-2025 cont.

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<b>RMR Award of Excellence for Regions</b>	<b>Margie Soileau 8555 Freemantle Dr Colorado Springs, CO 80920-4912</b>	<b>719-648-8025 <a href="mailto:margie@soileau.org">margie@soileau.org</a></b>
<b>RMR Newsletter Editor</b>	<b>Julie Lester 6108 Surrey Hills Drive Omaha, NE 68122-5059</b>	<b>402-571-1274 402-637-7003c <a href="mailto:rmrrambler@yahoo.com">rmrrambler@yahoo.com</a></b>
<b>RMR Webmaster</b>	<b>Carla Scheer</b>	<b>724-947-5260 <a href="mailto:carlajoscheer@yahoo.com">carlajoscheer@yahoo.com</a></b>
<b>Smokey Bear/ Woodsy Owl Posters</b>	<b>Connie McKay 2991 E 4505 S Holladay, UT 84117</b>	<b>801-274-2606 <a href="mailto:Mcm31@icloud.com">Mcm31@icloud.com</a></b>
<b>Wildflowers &amp; Native Plants</b>		
<b>Xeriscape Gardens</b>	<b>Doris Duckworth 1040 Caribou Drive West Monument, CO 80132-7412</b>	<b>719-481-4608 719-331-7018c <a href="mailto:dorisduckworth@yahoo.com">dorisduckworth@yahoo.com</a></b>



## Rocky Mountain Rambler

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### DanWalt Gardens in Billings, Montana



The Montana Federated Garden Clubs Judges Council hosted A tour of the DanWalt Gardens in Billings, followed with a delicious dinner hosted by the MFGC Judges Council. The gardens were in full bloom and we marveled at the different landscape designs within the grounds.

Diane Ward, President





## Rocky Mountain Rambler

September 2023

### Rain Garden Tour

All members of the Plattsmouth Garden Club (PGC) were invited to tour the garden areas managed by the Douglas County Extension Master Gardeners (EMG) at the Eastern Nebraska Veterans Home (ENVH) in Bellevue, NE. The tour was held on Saturday, August 12, 2023, and included three (3) members of PGC and three (3) residents of the ENVH. The team leader for the EMGs is Scott Risch and he presented information about the development and management of the rain gardens and bioretention garden.

The ENVH had noted an issue with flooding and poor drainage after rainstorms and contacted a local landscaping company to develop a plan to deal with these problems. The company did a thorough investigation of the area and implemented a design which now manages approximately 5,000,000 gallons of stormwater per year from the roofs, driveways, and drains from ENVH.

An interesting tidbit from the tour was learning about the differences between a rain garden and a bioretention garden. Both the rain garden and the bioretention garden are a type of green infrastructure meant to assist with the management of stormwater runoff, which comes from rooftops and driveways and are meant to reduce the pollutants in the stormwater runoff. The rain garden contains specific plants which flourish with wet or dry spells and filter the water which may stay in this area from 12 – 48 hours and any excessive water is directed to an overflow area. The bioretention garden is very similar to the rain garden, however, it is made of a specific soil mix and contains an underground drain system. The water is in the bioretention area for 24 – 48 hours, is filtered by the plants and soil so that contaminants are reduced or eliminated, and then the water is directed into a specific area such as a nearby creek.

The Douglas County EMGs also manage the Purple Heart Garden (PHG) at ENVH. It represents the Purple Heart medal which is awarded to service members who were wounded or killed while in the military. The PHG is heart-shaped and designed to have a yellow border and purple flowers inside the border, which represents the design of this medal given to those exceptional members of the U.S. Military. The Purple Heart Garden is a gesture of respect and admiration for the sacrifices made by U.S Military members and the residents of the Eastern Nebraska Veterans Home.

The members of PGC frequently interacted with the ENVH residents during the presentation and were available to give additional information about gardening and the community. These interactions assist the PGC to meet the aims and values promoted in the mission statement to have educational, charitable, and scientific purposes and foster programs which promote the growth and vitality of the organization.

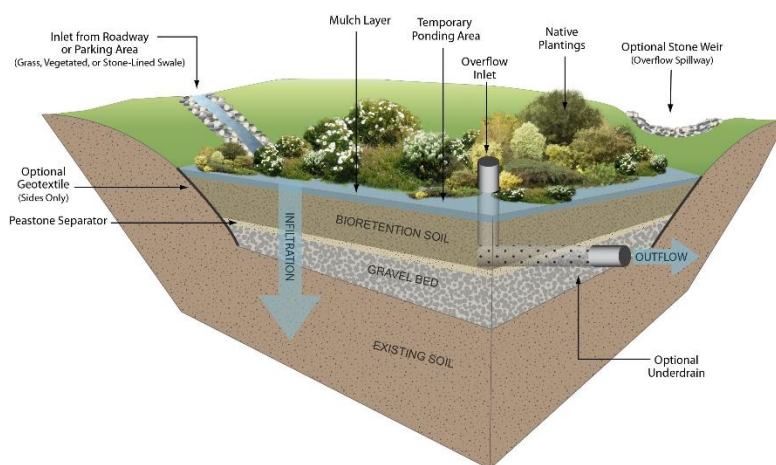


## Rocky Mountain Rambler

September 2023

### Rain Garden Tour cont.

The PGC members were given a personalized tour of the many gardens available at Eastern Nebraska Veterans Home. It is a certified Nebraska Pollinator Habitat which was beautifully demonstrated by the multiple pollinators, including many Great Black Wasps, several Monarch Butterflies, and the numerous bees who were enjoying the garden. The plants in the gardens are prolific during dry or wet spells and they do receive additional water via the ENVH sprinklers at times determined by the maintenance team. A few of the treasures seen on the tour included Joe-Pye Weed (*Eutrochium* spp.), Mountain Mint (*Pycnanthemum* spp.), Dill (*Anethum graveolens*), Sunflower (*Helianthus annuus*), Black-Eyed Susan (*Rudbeckia hirta*), Coneflower (*Echinacea purpurea*), Sedge (*Carex* spp.), Goldenrod (*Solidago* spp.), and a bee hotel created by one of the EMGs. The gardens at the Eastern Nebraska Veterans Home contained great beauty and the information presented by Scott Risch was educational and community-oriented for the members of the Plattsmouth Garden Club and the residents of ENVH.



See these references for more information about rain gardens and bioretention gardens:

NebGuide #G1758 *Stormwater Management: Rain Garden Design for Homeowners*  
<https://extensionpublications.unl.edu/assets/html/g1758/build/g1758.htm>

NebGuide #G1759 *Stormwater Management: Plant Selection for Rain Gardens in Nebraska*  
<https://extensionpublications.unl.edu/assets/pdf/g1759.pdf>

NebGuide #G1760 *Stormwater Management: Installing Rain Gardens in Your Yard*  
<https://extensionpublications.unl.edu/assets/html/g1760/build/g1760.htm>

NebGuide #2148 *Stormwater Management: Rainwater Harvesting in Residential-Scale Landscapes*  
<https://extensionpublications.unl.edu/assets/pdf/g2148.pdf>

NebGuide #2238 *Stormwater Management: What Stormwater Management Is and Why It Is Important*  
<https://extensionpublications.unl.edu/assets/pdf/g2238.pdf>

Stormwater Best Management Practice [www.epa.gov/npdes](http://www.epa.gov/npdes)

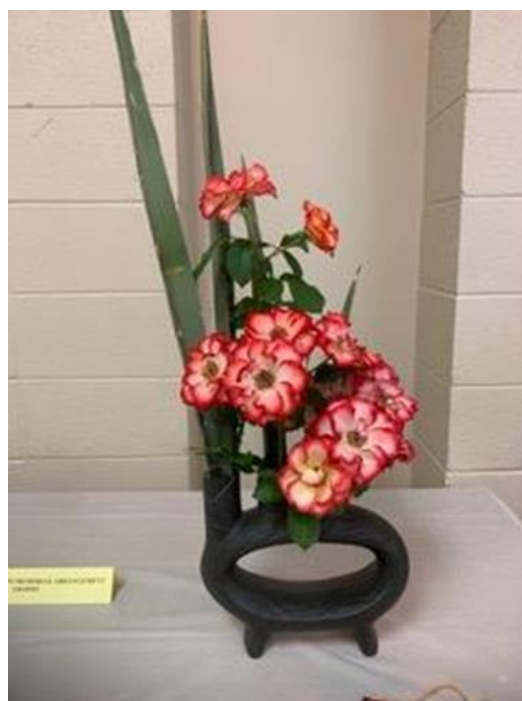


## Rocky Mountain Rambler

September 2023

### Rose Show Photos

Photos of the rose show sent in by Mary Holley,  
President of The Utah Associated Garden Clubs





## Rocky Mountain Rambler

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### Photos



A snapshot of the tools in my friend's (she) shed. Right to Left: tree shears, **bra**, herb scissors, pruning shears. Ha! Margaret Straley, Sioux Falls, SD



9/6/23, 6:52 AM

Refrigerator Bread and Butter Pickles - Brown Eyed Baker

## Refrigerator Bread and Butter Pickles ★★★★★

A wonderful, simple recipe for homemade refrigerator Bread and Butter Pickles. No canning equipment required! Just prepare and pop in the fridge!

**Course** Appetizer **Cuisine** American **Prep Time** 15 mins **Cook Time** 5 mins  
**Resting** 2 hrs 40 mins **Total Time** 3 hrs **Servings** 4 cups of pickles **Calories** 307  
**Author** [Michelle](#)



### Ingredients

- 5½ cups pickling cucumbers, sliced ¼-inch thick about 1½ pounds
- 1½ tablespoons kosher salt
- 1 cup thinly sliced sweet onion
- 1 cup granulated sugar
- 1 cup white vinegar
- ½ cup apple cider vinegar
- ¼ cup light brown sugar
- 1½ teaspoons mustard seeds
- ½ teaspoon celery seeds
- ⅛ teaspoon ground turmeric

### Instructions

1. Combine cucumbers and salt in a large, shallow bowl; cover and chill 1½ hours. Move cucumbers into a colander and rinse thoroughly under cold water. Drain well, and return cucumbers to bowl. Add onion to the bowl and toss with the cucumbers.
2. Combine the granulated sugar, white vinegar, apple cider vinegar, brown sugar, mustard seeds, celery seeds and ground turmeric in a medium saucepan; bring to a simmer over medium heat, stirring until the sugar dissolves.
3. Pour the hot vinegar mixture over cucumber mixture; let stand at room temperature 1 hour. Cover and refrigerate 24 hours. Store in an airtight container in refrigerator up to 1 month.

### Notes

- **Cucumbers:** Pickling cucumbers work best, but you can substitute small regular cucumbers if needed.
- **Sugar:** You can adjust the sugar quantities based on your preferences.
- **Jars:** You can store this entire recipe in one of these [large Bormioli jars](#) (I've loved these forever!) or you divide it up using regular [pint-size jars](#).
- **Storage:** These pickles will keep in your refrigerator for up to 1 month.
- **Long-Term Storage:** This pickle recipe is not meant for long-term storage, so you should not can it or store it at room temperature for any length of time.

Nutritional values are based on one cup in juice.

### Nutrition

Serving: 1 cup | Calories: 307kcal | Carbohydrates: 73g | Protein: 2g | Fat: 1g | Saturated Fat: 0.1g | Polyunsaturated Fat: 0.2g | Monounsaturated Fat: 0.3g | Sodium: 2628mg | Potassium: 325mg | Fiber: 2g | Sugar: 68g | Vitamin A: 151IU |



## Congratulations!

Our Garden Club of Cottonwood is celebrating its 100<sup>th</sup> anniversary as the oldest Garden Club in Utah! They have put together their history through the Garden Centers archives of notes and newspaper articles. They also found a needlepoint piece worked on by several members tucked away in the center. They celebrated at a party for members at the Dreyfous Farm in Holladay August 27<sup>th</sup>

## Editor's Note

Hi, I'm Julie Lester, your new RMR Rambler Editor. Please be patient with me, the learning curve is pretty high, but I hope I will improve as I go. I want to thank Joanne Jeffres for doing such an amazing job on the Rambler for years and for all her help getting me up and running.

I'm hoping to include photos and information from the RMR Meeting and your State and Local Meetings throughout the year, so keep it coming! If it doesn't make it in an issue, it can be in the next. Make sure to explain photos while I'm learning names, faces, and places. For those of you that know my personal email, it is having problems, probably mostly user problems, so send everything to the Rambler email: [rmrrambler@yahoo.com](mailto:rmrrambler@yahoo.com) Visit the website or Facebook – info below.

The deadlines to submit to the Rambler are: January 15<sup>th</sup>, April 15<sup>th</sup>, August 15<sup>th</sup>, and October 15<sup>th</sup> but if you have something you want to get into the newsletter past the due date, give it a try and email me!

In a future Rambler I will tell you about my ducks, chickens, gardens, and 100-lb dog, and the raccoons and woodchucks that are my nemesis, but I'm out of room and time. Have a lovely autumn. *Julie*

**Website:** Rocky Mtn Region Garden Clubs

<https://sites.google.com/site/rockymtngardenclubs/>

Questions or concerns about our website?

Please contact us at [rockymtnregiongardenclubs@gmail.com](mailto:rockymtnregiongardenclubs@gmail.com)

**Facebook:** Rocky Mountain Region Garden Clubs

<https://tr-tr.facebook.com/people/Rocky-Mountain->

**Next Deadline to  
submit to Rambler:  
October 15<sup>th</sup>**

### 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.