

THE OFFICIAL NEWSLETTER OF THE
WASHINGTON STATE FEDERATION OF GARDEN CLUBS

PROMOTING...

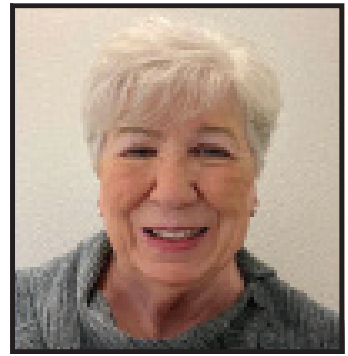
WASHINGTON Garden & Design



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PRESIDENT'S DESK

*Nurture People – Nurture Plants –
Nurture Our Planet*



Happy New Year to Everyone!

“Anyone who thinks that gardening begins in the spring and ends in the fall is missing the best part of the whole year. For gardening begins in January with the dream.” ~Josephine Nuese

Oh, it would be so easy to get lazy during the winter, wouldn't it? Work on catching up on your reading, maybe attend to those inside projects you were ignoring during the summer, and the list goes on and on.

But this is also an ideal time to dream about what the next Garden Club year will look like and start making plans. Have you set goals for this year? Do you have a plan ready to implement to achieve those goals?

The infographic is set against a dark blue background. At the top, the letters S, M, A, R, and T are each inside a colored square: S (blue), M (teal), A (red), R (orange), and T (green). Below each letter is a white icon: a target for S, a bar chart for M, a rocket for A, glasses for R, and an alarm clock for T. Under each icon is the corresponding word in all caps, followed by a brief explanation. At the bottom, the title 'SMART GOALS EXPLAINED' is written in large white letters, and 'THE COACHING TOOLS COMPANY.COM' is in smaller white letters on the right.

S	M	A	R	T
SPECIFIC	MEASURABLE	ACTIONABLE	REALISTIC	TIMEBOUND
Be clear and specific so your goals are easier to achieve. This also helps you know how and where to get started!	Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.	Are you able to take action to achieve the goal? Actionable goals ensure the steps to get there are within your control.	Avoid overwhelm and unnecessary stress and frustration by making the goal realistic.	A date helps us stay focused and motivated, inspiring us and providing something to work towards.

SMART GOALS EXPLAINED

THE COACHING TOOLS COMPANY.COM

Maybe this is the year to begin an affiliated youth garden club program. We have recently learned that the Girl Scouts have many activity badges that align with our mission. Dorrie Carr can tell you who to call and get the process started. These young girls are gardeners of the future.

If you haven't started working on your club's TREX Bench recycling program yet, this is the time to start. If you need help, don't be afraid to ask. This is an activity that all your club members can easily participate in to rid our planet of thousands of pounds of plastic film. TREX benches are being installed all over the state and you won't want to be left out! Learn more on the WSFGC website, wagardenclubs.com.

The opportunities for our garden club members are endless. Whatever your dream is, a solid plan will get you there. And don't forget to have FUN!

Suzann Stahl, WSFGC President 2023-2025
Suzannstahl1@gmail.com

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Photo and description credit: Hollandbulbfarms.com

Tricyrtis 'Blue Wonder'

It is amazing how certain plants can form the most detailed blooms all on their own, just as a part of their nature. This popular perennial, The Blue Wonder Toad Lily (also called Hardy Japanese Lily) is one that focuses on the details. Delicate star-shaped blooms form in August-September and are white with bluish/purple spots. Plant in a part shade to shade location with moist well-drained soil. One of the best late-blooming shade perennials, you will not want to miss this intricate bloom!

Hardiness Zones 4 to 8
Mature Height 18" to 24"
Bloom Time Late Summer
Light Requirements Partial to Full Shade
Likes moist soil

WSFGC CONVENTION

“Wonderful World of Color”

WSFGC Convention 2025

Please save the dates of June 3-5 and join us in Shelton, WA at the Little Creek Casino for a wonderful time and colors abound.

Our convention contains engaging sessions, insightful discussions and hands-on workshops led by our gardening enthusiasts. Whether you are a seasoned gardener or just starting, there will be something for everyone to enjoy and learn from. Come spend the night in the Little Creek Hotel, bring your trailer or motor home instead, or gather your gardening friends and even just carpool for one day to experience the excitement.

Two high points of the Convention are our two speakers, one comes to us from the state of Massachusetts and the other one from California. Both speakers will entertain you on Tuesday, June 3 after our lunch and dinner meals.

“Gardening Is Murder”

Why is so much gardening information on the internet so awful? Why is it impossible to do just one thing in the garden? Why should you never compute the value of your labor when you garden? Why do we have garden benches even though we never sit in them?



Neal Sanders

These are the questions that keep Neal Sanders awake at night. As the spouse of an avid and accomplished

gardener with no ‘real’ responsibilities other than to dig holes and move rocks, Neal has lots of time to observe gardeners and their foibles. At our WSFGC annual meeting Neal will share some of those observations in a talk – ‘Gardening Is Murder’ – that he guarantees will be unlike any gardening lecture you’ve ever heard.

Neal is the author of 15 mysteries, many of which use garden club or horticultural settings and all of which feature strong, independent women. He writes ‘The Principal Undergardener’ blog, which addresses gardening as a non-gardener who loves gardens. He and his wife, Betty, live in Medfield, Massachusetts. Visit his website, www.TheHardingtonPress.com and his blog, www.ThePrincipalUndergardener.blogspot.com.

Sahshah “Ko Sen” Middleton was born in Singapore and began studying Sogetsu Ikebana at the age of seven. As a teen, she interned at the Singapore Botanical Gardens and worked in floral shops and hotels, including the Raffles Hotel, as resident designer.

Since arriving in the U.S. in 1976, she has worked in many florist shops in the Bay Area, and graduated from the ang Yanv Academy of Fine Arts, Singapore. She participates in county fairs, the San Francisco DeYoung Museum’s Bouquet to Arts, and is active in several garden clubs. Sahshah is also a member of OFAD, Organization of Floral Designers, FURU and many plant societies. She has been Flower Show Manager for the San Francisco County Fair,



Sahshah Middleton

and holds the rank of "Riji" the highest teaching level in the Sogetsu School of Ikebana.

Additionally, she has presented floral design demonstrations and workshops all over the United States and elsewhere around the world.

In preparing this bio, Sahshah wrote, "My philosophy is that we need to connect with plants and flowers. They speak a calm and delicate language, that if you listen, it will tell you where they want to be in an arrangement. We do not want to duplicate nature but drive to advance it with our imagination and creative thought. Hopefully, the skills we have learned, and the insight we

have gained into the verity of the materials, allow us to achieve our vision and express our art."

More high points of the convention are awards night and the installation of our new WSFGC President Dorrie Carr, other officers and district directors, which takes place on Wednesday, June 4 after dinner. Plus, on June 3 and 4, we will have seven workshops for you to attend, a District Horticulture Competition to view, two receptions to honor Suzann Stahl and Dorrie Carr and a speaker from the tribe at Little Creek Casino. This is your opportunity to connect with fellow gardeners from around the state to exchange ideas, share experiences, build lasting connections within our gardening community.

Together, let us celebrate our shared passion for gardening and cultivate inspiration, knowledge, friendships, and growth!

—Kathy Johnson,
Director, Hill & Dale District



Source: ofad.design/2023-sahshah-middleton
Photographer: Brad Welles

DISTRICT/CLUB NEWS

Photos courtesy of Teenie Dillinger

Des Moines Garden Club

Des Moines GC had their October meeting on the subject of the Heuchera plant. As a tag team, Kris R. talked about how to grow them as she has many examples in her garden. Teenie D. used a slide show to show pictures of the many varieties, their biology, planting tips, and how they are native to this region. We also had designs using the beautiful leaves of the heuchera.

Des Moines GC had their annual community event on Saturday before



Some of the Heuchera Varieties



Examples of Designing with Heuchera leaves

Thanksgiving to make their own wreaths to take home. They made extra to give as a donation to the church and to four local adult family homes. It's a big but fun production with piles of evergreen greenery, cones, ribbons, and décor that we added to vine circles or made into swags. There was lots of joviality, creativity and sharing of how to make the lovely decorations (while also enjoying some sweets and coffee). They were beautiful Christmas decorations.

President, Des Moines GC
—*Teenie Dillinger*,



Greenery for use



Diana Wreath



Linda H., Linn, and Linda D. with wreaths and swag

Black Hills District



Plaque on Oak Tree



152 Year Old Oak Tree

I attended a Christmas Bazaar at a Methodist Church in Olympia this wet November weekend. I didn't buy Christmas tree skirts, lace angels or stocking caps, but I did notice a plaque on a huge tree in the parking lot.

It reads: "This oak tree was brought saddle-back from Steilacoom Plains by D. S. B. Henry Surveyor, and planted on his homestead in the year 1872." I've been to this church several times and never noticed this massive oak and its plaque before. Perhaps its

bare branches caught my eye. Imagine that, 152 years old, just waiting for us to admire it.

The members of the Black Hills District in Thurston and Lewis counties had something to celebrate in December. Puyallup's celebrated Watson's nursery opened a new store in Olympia in the former Bark and Garden location. Black Hills member Debbie Spiller took this photo of these surreal looking floating Christmas Trees. "I've never seen trees displayed this way before."

Leave it to Watson's to be so inventive.

—Debbie Spiller, President, Black Hills Flower Designers



Floating Christmas Trees

Friendly Flower Garden Club

Photo courtesy of Ken Armitage.

Our year began with an informative presentation on pollinators, paired with a Native Plant sale to help us enhance our gardens. The two go together beautifully, supporting the health of our local ecosystems.

In October, we had the pleasure of learning from Jeff Johnson, who shared how to make Chinese Lini-ment for Arthritis using herbs and natural ingredients. After all the hard work planting our native plants, this



remedy was a welcome relief!

November brought an exciting exploration of Tillandsias, also known as air plants. Members were fascinated by their unique growth and care needs. Additionally, we took time to honor Veterans with a special presentation on the Stars and Stripes, delving into the history of our nation's flag.

For the December meeting, Judy Swortz delighted us with a demonstration on making fascinators. Members got into the festive spirit, showing off their creations. Meet the **fascinator ladies** (on left) all decked out for the holiday season.

—Donna Armitage, President, Friendly Flower GC

DISTRICT/CLUB NEWS

Port Angeles Garden Club

Port Angeles Garden Club hit the ground running in September. The 16th was our first general meeting of the year. Our presentation was actually a review of our committees, the chairpersons and what each committee brings to the club. Of course, we were hoping to generate interest with our members to jump in and volunteer for something that interests them. Right after that, on September 21, we held our third annual Streamfest in conjunction with the Clallam County Conservation District. We set

Peninsula. We had 41 exhibitors, including Fiero Marine Life Center, Friends of Ennis Creek, Washington Department of Natural Resources, Peninsula Trails Coalition and Olympic National Forest, just to name a few. The Rainbow Girls provided face painting for the kids, young and old! We also had seven musicians, a cidery, a brewery and the Goat and Radish, a local Port Angeles based, family-owned small business with “big plans to serve up delicious bites all over the North Olympic Peninsu-



Our co-sponsor, Clallam County Conservation District



PAGC Booth



Sierra Club Booth



Rainbow Girls Face Painting Booth



Organizer Sandy Cameron and Teresa Martin, Club President

up at a new venue, Pebble Beach Park in front of Field Events Hall. It was a fun family event with food, wine, garden, music and environmental exhibits that provided education on

how we can become involved in efforts to protect, restore and preserve our streams and natural resources throughout the North Olympic

la.” It was a beautiful day, and we estimate we had 800 attendees. Clallam County Conservation District was our co-sponsor.

Our October meeting program was a wreath demonstration by Pam Ehlee and Tina Cozzolino. Bev Dawson explained the labeling system and order forms. We have many new members who didn't know what our wreath sale was about, and many members wanted a refresher on how we decorate our gorgeous wreaths! On October 15 several members from our club traveled to the Nordland Club House for the Fall district meeting. Nordland Garden Club served



Photos courtesy of club members and club photographers.

up a wonderful lunch and after the meeting, we had a hands-on workshop making gourd suncatchers presented by Cathy and Lindsay Designs. November's meeting program was a horticulture session presented by our member Bent Petersen. He showed ways to propagate from cuttings, collecting seeds and planting. He provided us with some great tips. We should all have wonderful plants for next year's plant sale! After the meeting several members stayed to make holiday gnomes for residents at Olympic View Care Nursing Home to cheer up their rooms for the holidays.



Bent Petersen

natural" wreaths using dried materials we had collected over the year. The merry elves beaded and baubled and glued while enjoying some delicious soups and treats and singing carols. Towards the end of the week, we began to get a little nervous that we were not going to complete everything by our self-imposed deadline of Saturday the 23rd. Pushing and gluing, we worked our fingers to the bone and managed to complete the process by Saturday afternoon. Then we returned Sunday for cleanup and transported all the extra decorations back to storage. Another very successful year!

—Leiann Niccoli, Co-President, Port Angeles GC

Then of course we started our infamous wreath workshop! We sold 318 wreaths and started decorating them in earnest on November 19. We placed emphasis on creating more "all



Natural Wreath



Wreath Demo



The finished product: Christmas Gnomes

DISTRICT/CLUB NEWS

Cross Sound District



Photo by Amy Nolet

Joyia presenting Life Membership to Betty Clark

Cross Sound held the district meeting and Flower Show in November in Port Orchard.

Many

new members entered in Horticulture and Design, and won Blue Ribbons. Evergreen Garden Club hosted the event and made beautiful fall centerpieces and a lunch of soups and salads. Sam Maupin from The Brothers Greenhouses spoke on 'Fall to Winter Gardening.'

Long Lake Garden Club has grown to 53 members; they do such a good job of attracting interested peo-



Photo by Joyia Rubens

From left: Joy Jenne, Donna Johnson, Chris Whitwell with Centerpiece creation

ple at their community events. They decorated a Christmas Tree again for the competition on Bay Street in Port Orchard. And they made swags and table arrangements for the Washington State Veterans Home at Retsil.

Central Valley Garden Club

honored

Betty Clark with a WSFGC Life

Membership. She

joined in 1980, has

held the office of Presi-

dent five times, and is an outstanding asset to the club and all of its activities. The next district meeting is March 24, 2025, hosted by Central Valley Garden Club at Silverdale Lutheran Church.

—Joyia Rubens,
Director, Cross Sound District



Photo by Joyia Rubens

'Sweet Treats' design by Amy Nolet

Olympic Peninsula District

Three of our clubs had fun making wreaths and swags for distribution in their communities. These were great money makers for all three while the fourth made holiday arrangements for themselves and gave our bird seed to the extended care facility there. Hope everyone had Happy Holidays and a great start to the New Year!

—Linda Wells, Director, Olympic Peninsula District

Photos courtesy of Linda Pempeck.

Glove & Trowel Garden Club

Glove & Trowel is a garden club member of Hill & Dale District and has 14 active members. We meet the 1st Tuesday of the month at the SE Tacoma Community Center from 10 a.m. to 2 p.m. Our project for September was the creation of 13 table centerpieces and nine gifts for the judges. We decided to make "Toad Houses." Our members painted them in August and then took them home until they were needed. Each "Toad House" was different and the assortment was a feast for the eyes.

Our October program was Seed Saving and also creating a small pumpkin decoration for our own use or as a gift. Once again, it's such fun to see all the different creations we came up with.

In November, we again discussed seed saving for the fall and we had a photography competition among our members. What fun to enjoy each other's talent in photography.

Our club showed up in force at our district meeting with ten members and many entries in our "Botan-



Judges "Toad Houses" Gifts

ical" show.

December found us at the Seymour Conservatory in Tacoma admiring their Christmas decorations and items in bloom. Afterwards we had lunch at McMenamins refurbished temple.

We will not meet in January, but will pick up again on Tuesday, February 4 with a special presentation from the NW Bat Society and would like many to come and attend.

We are always looking for new members that have an interest in gardening, be it flowers or vegetables, and would welcome them with open arms and smiles.

—Linda Pempeck,
President, Glove & Trowel GC



Ladies admiring their creations

DISTRICT/CLUB NEWS

Photos courtesy of Kathy Johnson

It's Smokey Bear's 80th Birthday!!!

Hill and Dale District had their official "Kick Off" of the National Garden Club's 2025 Smokey Bear Poster Contest on Sunday, October 20 at the Fruitland Grange. This joint project with our U.S. Department of Agriculture and Forest Service had the goal of giving students the opportunity to learn and demonstrate their understanding of wildfire prevention and basic environmental conservation principles through original drawings of



Brownie friends with Smokey Bear

Smokey Bear.

The guests for our event were Girl Scouts, parents and many brothers and sisters from the Puyallup area. Girl Scout Leader Kathy Welter, made sure the Grange was full of activities and Scouts. She organized five activities that our 50 plus children circulated through. But first, thanks to Jeannie Dougherty from Happy Thymes, we started with pictures and a life-size Smokey Bear, fellow fire

fighter and an actual forest fire truck. Thank you, Jeannie, for sharing all your connections with the forest service.

The indoor activities followed with Randie Welcher from Country Gardeners GC and Linda Bones from Root and Bloom GC, providing hands-on experience helping the Girl Scouts plant individual Western Red Cedar trees to take home and plant in their yards. Meanwhile, Tamara Larson, Kim Munson, Lisa Libby and Kathy Johnson from Root and Bloom GC, using state-of-the-art technology, helped the students create posters"only you can prevent wildfires."

Our Scout Leader Kathey Welter culminated our event with fire building and s'mores. Fun was had by all, and we have more than 40 posters to submit for the poster contest.

—Largo Wales,
Chairperson, Hill & Dale District



Look at my poster, I even received a certificate



Troop pictures with Smokey Bear & Forest Service Fire Truck



Planting Western Red Cedar Seedling



Working on Smokey Bear Posters


TREX Challenge Committee – Year End Plastic Totals for 2024

Thank you to all Districts who worked and earned TREX benches this year – Great Work! And “Thank you” to all districts who worked on recycling in their communities – you made a difference!

District	Brief Description	Amount
Black Hills	As part of partnership with Olympia Lions Club, 1,000+ pounds have been recycled. Individual clubs are actively recycling plastic through local drop-off locations. Central District donated additional plastic to OGC.	1,000+
Chinook	Organization’s amounts earned bench.	1,000
Cross Sound	In the last year between Cross Sound and two spinoffs we are or were helping, we have collected approximately 2,200 pounds of polyethylene	2,200
Hill and Dale	We collected the 1,000 pounds and donated 400 to other district clubs	1,400

Total = 5,600

—Jackie McCoy, TREX Bench Project



Advertise your next district or club event in your magazine, Washington Garden and Design. Download information from wagardenclubs.com or from your *WSFGC Program and Meeting Guide*. Half-page advertisements in *WG&D* for Clubs and Districts are now **FREE**.

HORTICULTURE

Enjoying Great Plants

Gardening should be an adventure of finding and enjoying great plants that meet your criteria of bloom time, neatness, and how much work is required to keep them looking good and healthy. I think every gardener has purchased new plants that do not live up to expectations. One does need to be realistic. Expecting a plant that prefers an acid soil to live and thrive in a strongly basic soil is generally doomed to failure. Similar is a plant requiring excellent drainage that is planted in poor draining soil. A plant usually grown under such conditions may survive and even bloom, but extra care and work is required. Bougainvillea are particularly cold sensitive. I know I need to bring mine into the house from the summer in the garden for the winter. I gambled and left it out one night too long. Its leaves turned a yellow-green when I brought it inside. Then they promptly all fell off letting me know it was not "happy." I will tell you that I was forgiven, and the bougainvillea very quickly began to put on new leaves and immediately started to bloom. It was again in its correct environment for the best growth and flowering. In the garden your plants' complaints may not be so obvious! It is always best to plant with confidence that you have sited your new arrival in the best place for good growth.

The *Helleborus* family has several genera that do well in a wide range of conditions. *Helleborus argutifolius* 'Snow Fever' is a new cultivar. It can be taller than the more common *Helleborus* cultivars that many of us already have in our gardens. It is

hardy in Zones 7 to 9 and grows 18 to 24 inches tall and wide. It appreciates partial shade and evenly moist and well-drained soil. The leaves are quite stiff and speckled with white. They form an overall tidy textural mound that in milder



Helleborus argutifolius 'Snow Fever'

Photo courtesy of bonanza.com

winter will remain mostly unscathed. It is quite drought hardy once it is well established. Large, creamy clusters of flowers begin to appear in March and can reach six to eight inches across. The flowers persist for weeks and are easily seen because they tend to sit facing outward on the top of the plant. The new foliage when it appears is whitish with pale purple overtones adding more interest to the early spring.

A quite different, but another drought hardy plant is *Erigeron karvinskianus* 'Profusion.' This plant prefers full sun to partial shade and moist to dry, well-drained soil. It is hardy in Zones 7 to 10. It acts as a ground cover that blooms from spring to frost. It only grows ten to twelve inches tall and 24 to 36 inches wide. The tiny daisy-like blooms come out white and then slowly turn pink. This plant does not spread rampantly by root runners and can



Photo courtesy of Perennial Resource

Erigeron karvinskianus 'Profusion'

be cut back midseason if it trails too far. It would look great, draping over a sunny rockery or in an open border area where it will not be lost due to its short stature.

If you have not had an *Asclepias tuberosa* in your garden it is a plant worthy of consideration. Its common name is Butterfly Weed and is famous as a host for monarch butterflies larvae. Its nectar rich blooms feed dozens of other pollinators. It is a native to the plains, but it is quite happy in most gardens. The flowers on this plant were originally found in bright orange or orange red. The



Photo courtesy of High Country Gardens

Asclepias tuberosa 'Hello Yellow'

plants emerge in the late spring, but color is soon to follow in June and July and even into August and

September in the newer cultivars and if you are willing to deadhead. *Asclepias tuberosa* 'Hello Yellow' is also widely available. On the *Asclepias*, the individual flowers are small but numerous and are in umbels that may be as large as four inches across, putting on a good show. These plants thrive across Zones 3 to 9 in full sun in dry to medium-dry, well-drained soil. They can be petite at 12 inches or stretch up to 30 inches tall and 18 inches wide. I have had my newer bright orange plant, which I let seed itself a bit, give me both yellow and orange new plants near by the parent plant.

Calycanthus florida – Eastern Sweetshrub, also known as Caro-



Photo courtesy of Gardeners of the world

C. x raulstonii 'Hartlage Wine'

lina allspice, and its cultivars were recently in a trial at the Chicago Botanical Garden which is located in Zone 5. The Sweetshrub is a bit of a peculiar native featuring deliciously fragrant maroon flowers in the spring on a suckering, multi-stemmed shrub. Cultivars have been selected for purple leaves, strong fragrance, and flower colors which so far include creamy white, yellow, and red. Breeders have brought together *Calycanthus florida* — Eastern Sweetshrub, *C.occidentalis* — California

HORTICULTURE

Sweetshrub, and *C. chinensis* — an Asian species. Three of the cultivars tested in the trial garden received the top rating of four stars. One of those is *C. x raulstonii* 'Hartlage Wine' which I have had in my garden since spring of 2013. These shrubs are hardy in Zones 4 to 9 and may suffer some injury in the colder zones; however, during the trial all were hardy. Full sun to partial shade especially in a very hot summer climate is recommended. They are adaptable to a wide range of soil types but prefer moist, well-drained soil and are tolerant of alkaline pH. These shrubs have few pests and disease problems and are even deer resistant (I guess that means they taste icky, unlike my tulips!). 'Hartlage Wine' like the other hybrid cultivars has lush foliage, a vigorous robust habit, and heavy flower production from late spring to midsummer. 'Michael Lind-

sey' and 'Aphrodite' are the two other cultivars that also scored four stars. A bit of pruning may be necessary but a few points to keep in mind are that Sweetshrub bloom on old wood which is the previous year's growth as well as new growth. Pruning, if done, is best done in the summer, after flowering. If the plant has gotten too large or is a bit unruly, remember that pruning for this is best done after flowering. It is important due to its somewhat suckering nature to remove suckers as they emerge. My shrub has only needed pruning to keep it looking well-balanced and the removal of a few suckers every year. It does have a wonderful display of flowers in the spring and a few flowers pop out later in the summer.

Spring will be here before we know it so keep on dreaming about your favorite garden plants and about adding something new!

Big Plant Sale

You will find:

- Annuals
- Perennials
- Ground covers
- Veggie starts
- Tree seedlings
- Seeds
- and more

Proceeds benefit the
Hill & Dale District

SATURDAY, APRIL 26, 2025

8am – 4pm

**United Methodist Church
1919 West Pioneer, Puyallup**

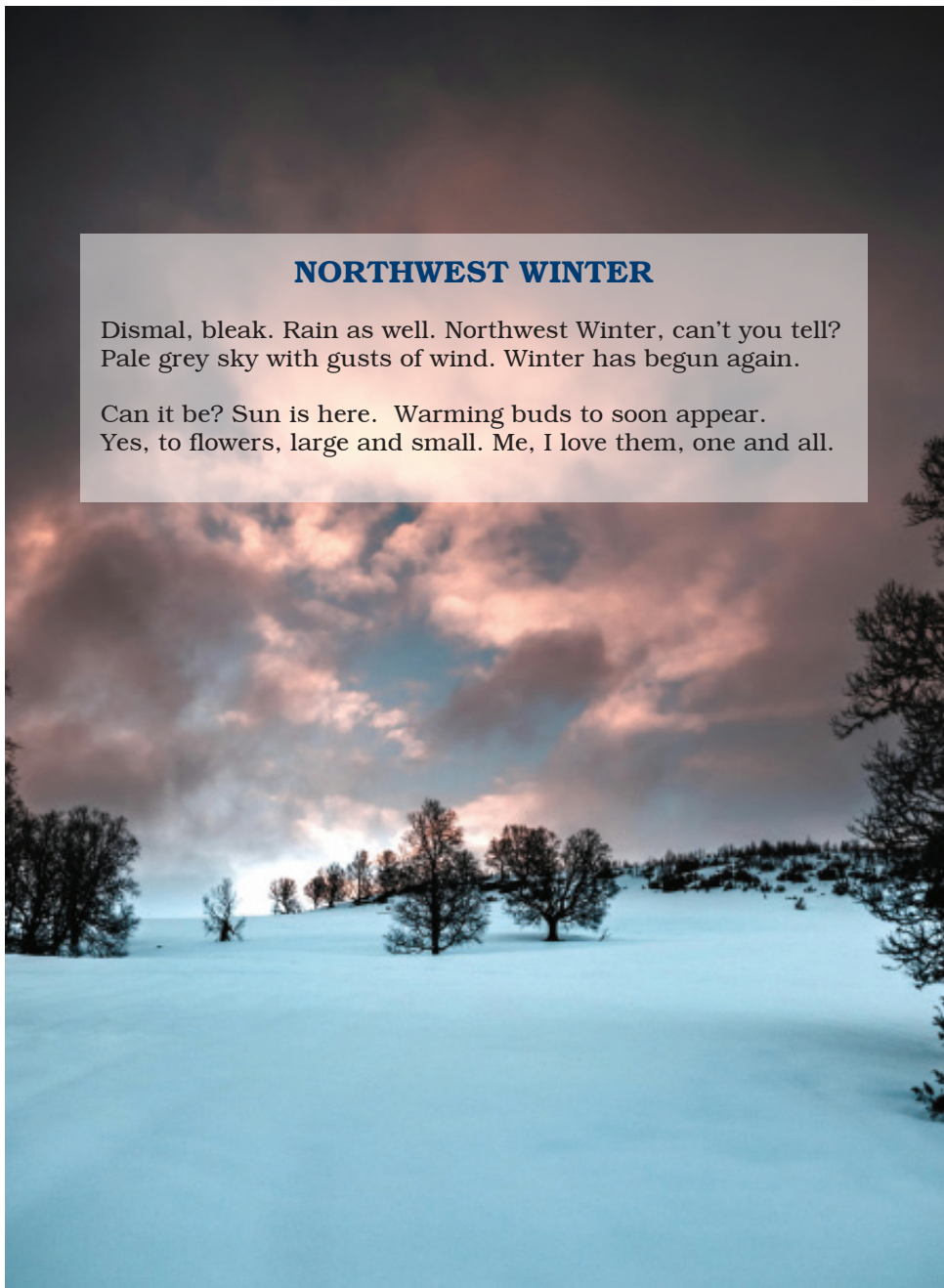
By LANA FINEGOLD

POETRY CORNER

NORTHWEST WINTER

Dismal, bleak. Rain as well. Northwest Winter, can't you tell?
Pale grey sky with gusts of wind. Winter has begun again.

Can it be? Sun is here. Warming buds to soon appear.
Yes, to flowers, large and small. Me, I love them, one and all.



Fascinating Hummingbirds

More than 350 hummingbird species exist and all of them are found in North and South America. Arizona has over 19 species of hummingbirds.

Hummingbirds migrate twice a year, traveling north in the spring and south in the fall. This migration can begin as early as February in Mexico and finish in mid-May in Canada and Alaska. The birds migrate alone, not in flocks. The Rufous hummingbird migrates farther than any other North American species, traveling 4,000 miles from Mexico to



Rufous Hummingbird
Source: HummingbirdsPlus.org

Alaska every spring.

Most common hummingbirds weigh three to four grams, a little more than the weight of a penny. Hummingbirds have tongues that wrap around within their skulls and back toward a nostril when retracted. The birds have a thin tongue that forks at the tip, springing open to gather fluid. The tongue retracts as the bill squeezes shut, compressing the tongue and allowing the bird to lap up the nectar. Hummingbirds repeat the high-speed lapping 15 to 20 times a second.

Hummingbirds are the most agile birds on the planet. The birds rotate or twist their upper arm bones to invert their wings and gain lift from the upstroke as well as the downstroke. The wings flap around 50 times per second and you can often hear a buzzing hum when they fly by. They can hover in midair at flowers and feeders and are the only bird that can fly backward.

The gorget (the patch of colorful feathers covering the bird's throat) instantly blazes in shades that span the color spectrum. The colors come from the feather structure rather than pigmentation. Each iridescent feather has tiny spikes that are densely packed with many layers of microscopic structures filled with air bubbles. These structures reflect light, similar to sun glinting off an oil film on water.

The hummingbirds' feet are strong enough for gripping tightly to a perch but not for hopping or walking. Hummingbird feeders with perches are ideal. During the breeding season, the males spend their time perched on top of trees and shrubs when they aren't searching for food. They use these lookouts to defend their territory.

The average hummingbird nest is about the size of a half-dollar coin. The nests are constructed with a variety of materials: moss, lichen, thistle or dandelion down and using spider web silk to hold the nest together. The nest can take up to seven days to complete. The eggs inside the nest are the size of jelly beans. The females do all the work of raising the young. Females are slightly larger



than males and often have a larger bill.

Hummingbirds meticulously preen their feathers. The birds enjoy taking showers using water to help clean their plumage. The birds are attracted to gardens with bird baths, misters and other water features.

Hummingbirds have superb visual acuity. The birds' vision extends into the ultraviolet spectrum. Their eyes are adapted to seeing warm shades better than cooler shades. Planning your hummingbird flower garden should have you adding tube-shaped red, orange and yellow flowers to attract the birds.


Hummingbirds have the fastest metabolism of any animal, burning 6,600-12,000 calories a day. Hummingbirds consume one and a half to three times their body weight in food per day. The birds have hyper-efficient enzymes that break down sugar and fats into energy. Nectar is the high-octane nourishment that

fuels the hummingbirds. The birds also eat insects for protein and can snatch their prey out of the air. Their bills have a special adaptation that makes their bills a spring-loaded set of chopsticks. Nectar hummingbird feeders are a popular choice for attracting these birds. Combine four parts hot water to one part refined white sugar. Place the feeders 15 feet apart, in the shade and away from your seed feeders. It is vital to clean the feeders and replace the sugar water every few days.

Do not use garden pesticides as they reduce the number of bugs that the hummingbirds eat. Pesticides applied to the soil are also absorbed into the plants' nectar. When applied to the plants, it can be rubbed off on the bird and when cleaning their feathers, can be ingested by the birds.

A group of Hummingbirds is called a Charm.

Happy Birding!



Advertise your next district or club event in your magazine, *Washington Garden and Design*.

Download information from wagardenclubs.com or from your *WSFGC Program and Meeting Guide*.

Half-page advertisements in *WG&D* for Clubs and Districts are now **FREE**.

Photos by Veronika Dunnam



'Autumnal' Creative Design by Gina Jogan

The WSFGC held a Symposium-Refreshers September 24 to 26, 2024, at the Dryer Masonic Center in Tacoma, WA.

In conjunction with the symposium, NGC Design Instructor Gina Jogan did the afternoon design program for the Hill & Dale District General Meeting on the 24th. She included this inventive Pumpkin Autumnal Creative Design. The pumpkin was sliced horizontally and seeded. Floral foam was placed inside and the flowers were added around the circumference. The "lid" was put on. Very striking.

I admit I constructed one of these myself after I saw the photo.

The Design topics for the Symposium were Construction Designs, Floor Designs and Creative Mass Designs. Descriptions of these design types may be read on the NGC website using the most current edition of "The Handbook for Flower Shows 2017-July 2024 revision."

WSFGC State Judges Chairman Linda Maida furnished this Construction Floor Design. A sculpture augmented with vertical line elements and other pieces shown with leaves of *Fatsia japonica* and *Heliconia*. (Photo on right)

The "Handbook" pg.74 states that "Construction Design-a Creative Design with strong architectural characteristics using geometric form or forms combined into a three-dimensional unit."



Master Judge Diane Harper furnished this Creative Mass Design.

Our Handbook on pg. 74 states that "Creative Mass Design-a Creative Design emphasizing a greater proportion of plant material and other components than space."

Diane used a pottery container, *Fatsia japonica* foliage, *Sedum* 'Autumn Joy' and line material that resembles Curly willow or Kiwi vine.

Please enjoy trying these design types yourself.

Judges Symposium

Hill & Dale and Black Hills Districts completed a Judges Symposium for Washington and Oregon Judges, September 24-26, 2024 at Tacoma, Washington.

Judges who advanced to Master Judges were Tina Cozzolino and Mary Lou Paulson of Olympic Peninsula District. Judges who became Life Judges are LeAnna McMahan of Black Hills District, Jean Pass of East Lake Washington District, and Lenda Sundene of Hill & Dale District. Congratulations to these ladies who advanced their certificates.

—Sherry Matthews, Credentials Chairman for WSFGC

Vicki Kammerer, Black Hills District, has just received her judge's accreditation from NGC! For those of you who are not aware it takes at least 2 1/2 years to take all four Flower Show School courses, get five (5) student judging credits, enter and receive five (5) blue ribbons; they must include both horticulture and design exhibits. Lastly, they must write and pass a specific schedule. Well done, Vicki.

—Linda Maida, WSFGC Judges Chairman

Let's Get Down & Dirty

with



Gardening School

Please join us for Course #3

**Monday & Tuesday
April 28 & 29, 2025**

Course Topics

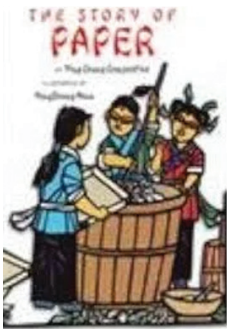
Factors that influence Plant Growth, New Plant Development and Evaluation, Container Gardening Outdoors, Houseplant Basics, Native Trees, and Shrubs



**Sponsored by
Hill & Dale District
Tacoma, Wa**

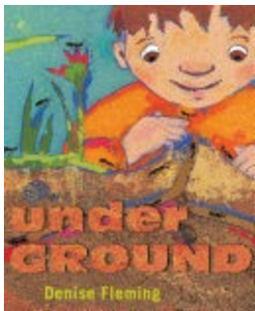
Save the Dates!
April 28-29 & 2025 Course #3
October 29-30 2025 Course #4

BOOK REVIEWS



The Story of Paper
Ying Chang Compestine, illustration by Yong-Sheng Xuan
2003 Holiday House
\$14.99 Hard-bound

This is a beautiful story for young readers to enjoy (and the parents). The Kang brothers would rather play with bugs than pay attention at school. The teacher would write a note to their parents on their handsto keep dry until they got home. Only the emperor had something else to write on. The kids got an idea after their task of making rice cakes for their family and now the teachers could use paper instead of their hands for notes. A recipe to try is at the end of the story using fabric and plant matter.



Underground
Denise Fleming
2012 Beach Lane Books
\$17.99 Hard-bound

Were you ever asked by your youngsters "what's in the soil" while you are digging?

Let's explore that in this young person's picture book to get them started looking closely at the little world underground. At the end of book, she has added a creature identification chart for the grubs, moles or ants.

CONTAINERS IN THE GARDEN

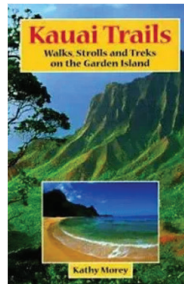


CLAUS DALBY

Containers in the Garden
Claus Dalby
2022 Quarto Publishing Group
\$30.00 Hard-bound

This Danish gardener is inspirational in his color and plant coordination

for everyone even with small areas to garden. How easy it is to start with a container or many, the soil type, watering, fertilizer and even for wintering over. He grows everything in pots and combines plants together so artistically for all seasons. Enjoy the many color pictures for ideas like bulbs for spring and trade out for color annuals or perennials for summer and autumn.



Kauai Trails: Walks, Strolls, and Treks on the Garden Island
Kathy Morey
2009 Wilderness Press
\$16.95 paperback

Have you ever wanted to travel to

Hawaii? This is the perfect guidebook to enjoy the walks, strolls and treks on the Garden Island. She adds a bit of history, about transportation ideas and equipment and suggests you get current trail info from the visitors bureau. The many hikes listed are grouped by area of the island, then by day hike or for longer backpacking. Each hike is explained with time length and distance, maps and highlights that are all very helpful.

ENVIRONMENTAL CONCERNS

Wolves in Colorado

This is a follow-up article to the *WG&D* Summer 2024 Issue “Wolves in Washington State

In a follow-up article in our September 13, 2024 *The Bremerton Sun* newspaper, Colorado wildlife captured a pack of wolves that were produced by released wolves. They trapped two adult wolves and four pups that made up the Copper Creek pack. After the capture, the adult male died from injuries unrelated to the trapping and the female and four pups were caught using foothold traps but were not injured. It was decided to remove this pack due to depredation in Grand County, Colorado. The pups will be returned to the wild to contribute to the state wolf restoration plan and if the mother is released, she will be closely watched. The plan for the male wolf, had he not died would have been to place him in permanent captivity as he was implicated as the main killer of livestock.

For Colorado’s first re-introduced wolf pack to be taken off the landscape was a real setback for restoration efforts said the President of the Rocky Mountain Wolf Project. The Director of Western Watersheds Project blamed ranchers for the pack’s removal, stating the remainder of this pack should be relocated as soon as possible.

Area ranchers agree removing the pack was the right call said Grand County President of the Middle Park

Stockgrowers Association of Colorado. Ranchers also state that they have evidence of all members of Copper Creek pack being involved in livestock losses despite the state wildlife agency claiming the pups were too young to be involved. Local veterinarians found large bites and small bites with necropsies of sheep killed in Grand County that seem to contradict this.

Back here in Washington state, the wolf population increased by 20 percent last year, the 15th year in a row. As of the end of 2023, there were 260 wolves in 42 packs which is up from 216 wolves in 37 packs. Washington Department of Fish and Wildlife approved lethal removal of one adult wolf from the Couse wolf pack in Southeast Washington in response to repeated depredation of cattle in Asotin County. They have documented five depredation events in the pack’s territory including one dead calf, confirmed injuries to a cow and two calves.

Governor Inslee ordered new rules to be drafted in January 2024 for how Washington deals with wolf-livestock conflicts, delivering a win to environmental groups seeking stricter limits on wolf management.

SOURCE: Washinton Wolves/Conservation Northwest/Wolf Conservation & Management

WASHINGTON Garden & Design

FROM THE MANAGING EDITOR'S DESK

Dear Garden Club Members,

Here's to a Happy New Year for all. With the end of 2024, we not only ended the old year we also put our gardens to rest.

January and February are great months to make plans for the coming gardening season. It's a good time to think about making additions or changes to your gardens. Throughout our WG&D issues, our own Ellen Rector gives us good suggestions to think about how we can improve our gardens.

I would also like to instill on club presidents and or flower show general chairmen to keep our magazine in mind. Please, take photos of your entries (Design, Horticulture, Education, Botanical Arts and Photography) and send them with a description (plant material used, type of design, etc.) to our Design Editor, Debbie Spiller.

Designers go through a lot of trouble producing their unique creations. It's a nice reward to get published in our magazine and share with other members.

Reading the minutes of the last Board Meeting, I noticed that several district directors mentioned their Flower Shows. Yet none were advertised in the last issue of the WG&D magazine and the current issue also doesn't contain any FREE ads.

I'm calling on club presidents and flower show general chairmen and/or publication chairmen to advertise their Flower Shows in our magazine. Remember, half or quarter-page ads are free. By being aware of other shows, more of us might visit those Flower Shows.

Enjoy the short days of winter!

Veronika Dunnam
Managing Editor

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Editorial Staff

Managing Editor

Veronika Dunnam, vdunnam1950@gmail.com

Production Editor

Shawna Murphy, shawnamurphy@comcast.net

Proofreaders

Debbie Angel, debbielangel@gmail.com

Judith Juno, jjuno@frontier.com

Marva Lee Peterschick,

davidpeterschick@hotmail.com

Logistics

Advertising Coordinator

Judy Swortz, judyswortz@comcast.net

Calendar of Events

Information and dates to

Veronika Dunnam, vdunnam1950@gmail.com

Department Editors

Birds

Ann Kronenwetter, CKRON44@msn.com

Book Reviews

Christine Dillinger, Teenie.Dillinger@gmail.com

Design

Debbie Spiller, dunespill@gmail.com

Environmental Concerns

Madeline West, flowerstopick@msn.com

Horticulture

Ellen Rector, perwa@aol.com

Contributors

Donna Armitage, Teenie Dillinger, Lana Finegold,

Chris Hill, Kathy Johnson, Linda Maida,

Sherry Matthews, Jackie McCoy, Leiann Niccoli,

Linda Pembeck, Joyia Rubens, Debbie Spiller,

Largo Wales, Linda Wells

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www.wagardenclubs.com

Ticks in the Woods and Grasses

We have had another mild winter, so to speak, and you may see your friendly dog with a tick on their shoulder or side. Lyme disease (which got its name from a Connecticut town) and other tick-borne diseases may present themselves.

Black-legged ticks also called deer ticks, spread bacteria, babesiosis, anaplasmosis, Powassan viruses and parasites that make people sick. It is the most common tick-borne disease in the Northeast and Midwest with 476,000 Americans diagnosed each year. Tick season generally stretches from April to October. The ticks are usually dormant during the cold winter months but can be active on warm winter days. Memorial Day is often considered the start of the season.

Our changing climate has both positive and negative implications for ticks, as warm, wet weather is beneficial to ticks, and hot weather is not. A hot, dry summer could kill the ticks.

American dog ticks can spread Rocky Mountain spotted fever because ticks pick up disease-causing germs by biting infected wildlife, usually rodents. When the tick finds a host, it grasps the skin and cuts into the surface, inserting its feeding tube that has barbs to keep the tick in place. They then suck blood anywhere from minutes to days. Ticks are found on birds, mice, deer, squirrel, coyotes, livestock and racoons.

There are two families of ticks: *Ixodidae* (hard ticks) of which there are 700 species and *Argasidae* (soft ticks) of which there are 200 species. The CDC (Center for Disease Control) recommends treating clothing, boots and camping gear with products containing 0.5 percent permethrin and using repellent in areas where ticks live, or

you can purchase permethrin treated clothing and gear. Picardan (Deet) has oil of lemon eucalyptus (OLE) and para-menthane-diol (PMD).

The EPA (Environmental Protection Agency) oversees registered insect repellents. Do NOT use on children under three years of age. Tumble your clothing on high heat for 10 minutes. If you have been in grassy and wooded areas, be sure to check in and around your hair, ears, underarms, waist, belly button, legs and back of knees for ticks before showering. Ticks find their host by detecting their breath and body odor or body heat and tick paralysis can cause fever, chills, aches, headaches, fatigue, muscle aches and rash.

The one definitive symptom of Lyme disease is a bull's-eye shaped rash that doesn't always show up. If left undiagnosed, Lyme disease can affect the central nervous system, resulting in a hard-to-treat, chronic condition called neurologic Lyme disease with symptoms of brain fog, fatigue, pain and muscle weakness. There is no vaccine available yet, so the best bet is to avoid getting bitten by a black-legged tick or purchase the following products below.

- 1) Ticks N All: repellent 40oz. Active ingredients; castor oil, sesame oil, cedarwood oil, lemon grass oil, soybean oil, rosemary oil, peppermint oil, citronella oil, thyme oil, clover bud oil and geranium oil.
- 2) Deep Woods Insect Repellent
- 3) Tickless Eco Kid Repellent
- 4) Grandpa Gus's Tick Repellent: made with plant oils, safe around pets and kids
- 5) Gotucream: made in Scotland. Purchase online

Sources: *Reader's Digest* – March/April 2024; Ticks

BOARD MEETING



WSFGC 2025 Board Meeting Schedule

Status as of 1/1/2025 - More details will be announced

Mark your Calendar and plan to join in the FUN!

2025			
March 4 Spring Board Meeting	Zoom		
June 2-5 Convention & Annual Meeting	Shelton, WA	Little Creek Casino & Resort	Hill & Dale District

Washington State Honor Club

WSFGC Honor Club Award recognizes a club which excels in all aspects of garden club activities.

Horticulture, design, environmental awareness, and other garden-related activities during the calendar year is an Honor Club. Additional points are given for club projects, flower show participation, attendance at NGC sponsored schools, monetary donations to various activities including scholarships, arboreta/botanical gardens, etc. The number of points will be divided by the number of members in the club for a proportionate representation of participation.

The highest-scoring Honor Club earns the Violet Gose Past Presidents Award. This Chairman will notify the Past Presidents Awards Chairman of the winning club.

**** Application is on the state website in the members only section, in the awards column.**

Download file to your computer, open file, click on viewing, click on enable editing, fill out form, Save as to your computer, then attach the file to an email.

Application Deadline: February 1 Sent Electronically to:

Honor Club Award Chairman Kathy Johnson at kathyj16@msn.com

—Kathy Johnson, Honor Club Award Chairman

WSFGC WEBSITE

Happy New Year from the WSFGC Website!



Dear Members,

Hoping you had a joyful holiday season and a wonderful start to 2025! Many of our garden clubs were immersed in holiday projects and festivities. For instance, both the Olympia Garden Club and the Black Hills Designers Club had exciting activities and gatherings back in December. It's always a delight to collaborate with fellow members and contribute to projects that advance our club goals.

If your garden club has hosted any fall or winter events, we would love to showcase them to the wider WSFGC community. Please send a brief description of the event, its purpose (if it was a project), and any accompanying photos (5-8). I'll be happy to feature them on the WSFGC website for everyone to enjoy around Washington State and beyond!

Submit your content to Chris Hill, WSFGC Website Editor, at chillnhill247@gmail.com. Ensure that your photos are in jpeg format for easy posting on the website. Also, provide captions with the photos.

Once again Happy New Year and I look forward to hearing from many of you in January 2025.

Warm regards,

—Chris Hill, WSFGC Website Editor and Website Committee Chairperson

EVENTS

- March 4 **WSFGC Spring Board Meeting** via Zoom (Details to be announced)
- March 25 **NGC Flower Show and Hill & Dale District Meeting**, Dryer Masonic Center, Tacoma, Washington
- April 11 **Black Hills District Meeting and Flower Show**, Thurston County Fairgrounds, Lacey, Washington
- April 26 **Hill & Dale District Plant Sale**, United Methodist Church, 1919 West Pioneer, Puyallup, Washington, 8 a.m. to 4 p.m.
- April 28-29 **NGC Gardening School** Series 13, Course 3, sponsored by Hill & Dale District, held at Dryer Masonic Center, Tacoma, Washington
- April 28-30 **Pacific Region Convention, *Wild & Water Wise***, Tempe, Arizona: see *pacificregiongardenclubs.org* for details
- May 18-22 **NGC Annual Convention**, Charleston, South Carolina: see NGC website for details
- May 27 **NGC Flower Show and Hill & Dale District Meeting**, Dryer Masonic Center, Tacoma, Washington
- June 2-5 **WSFGC Convention & Annual Meeting**, Little Creek Casino Resort, Shelton, Washington

“**Wonderful World of Color;**” details to be announced



OUR MISSION:



Washington State Federation of Garden Clubs coordinates the interests of garden clubs to provide education, resources and networking opportunities for its members in promoting gardening, floral design, civic and environmental responsibility.

Fall Deadline: September 1

All electronic articles should be e-mailed to
Managing Editor
Veronika Dunnam,
vdunnam1950@gmail.com.

Annual Submission Reminder

Deadline	Issue	Months
June 1	Summer, #1	July-Aug-Sept
September 1	Fall, #2	Oct-Nov-Dec
December 1	Winter, #3	Jan-Feb-Mar
March 1	Spring, #4	Apr-May-June