

# CENTRAL REGION GARDEN CLUBS, INC.



“PARTNERS IN PLANTING AMERICA”



FEB/MAR 2019 WINTER/SPRING ISSUE

## CENTRAL REGION DIRECTOR FRAN STUECK'S MESSAGE



While writing my final report as Central Region Director, I never dreamt I would spend eleven weeks in the hospital unable to put weight on my right leg due to knee infection. I have a stand full of Garden Club material I brought with me!

One good thing, I was inside when the wintery blustery Midwest weather outside was -50 degrees wind chill factor in Vinton, Iowa. Ted brought mail in everyday to pass time – gardening magazines keep coming and many cards. They brightened my days. Thank you to all the Garden Club members for the “Get Well” cards, personal notes, email and text messages.

Your success will ultimately depend on the relationships you build with people. This is the lifelong benefit that no one can take away from us. You are a treasure to me! When I see your name(s), I remember how we met, how we have laughed together, cried together and celebrated successes together. These blessings are buried deep in my heart, and

I pray that my memory will always include them.

You will always be precious to me and a part of who I am! I hope that we can plan sometime to get together as a club or individuals. You are welcome to tour my gardens and the prairie as a club or individually.

I'm hoping to be in full bloom soon and plan to attend the NGC Convention in Biloxi, Mississippi and NGC Fall Board Meeting.

It's been a great two years. During 2017-2019 Central Region membership has increased; you have participated in Plant America projects and planted pollinator gardens, increasing butterflies and bird habitat.

Thank you for giving me this opportunity. I will cherish each of you.



HAVE A WONDERFUL SPRING!!

*Fran Stueck*

*Central Region Garden Clubs, Inc.*

*“Partners in Planting America”*

**IN THIS ISSUE:**

Director's Message	1
State Presidents' Reports	2
Committee Reports	5
2018 Convention Report	11
2018 Central Region Youth Awards	13
2018 Central Region Awards	16
Educational Opportunities	18

**SAVE THIS DATE:**

**October 6-8, 2019 CENTRAL REGION CONVENTION**  
**Sheraton Westport Chalet Hotel St. Louis**  
**191 Westport Plaza Drive**  
**St. Louis, MO 63146**

**2019**

April 7-8 The Garden Clubs of Illinois, Inc. Convention,  
Fairfield, IL  
April 29-May 2 NGC Convention, Biloxi, MS  
June 20-21 FGCI State Meeting & Flower Show,  
Mason City, IA  
October 6-8 CR Convention, St. Louis, Mo

Fran Stueck, Central Region Director  
5589 22nd Ave. Trl., Vinton, IA 52349-9480  
319-472-3032 (h) 319-560-9238 (c)  
[franstueck@yahoo.com](mailto:franstueck@yahoo.com) [www.ngccentralregion.org](http://www.ngccentralregion.org)  
"Partners in Planting America"

## **KAREN BLACKMORE, PRESIDENT FEDERATED GARDEN CLUBS OF MISSOURI, INC.**

**Plant America-Make Missouri Bloom** Greetings from Missouri. Much of our state has been very cold, but I guess we can't complain to the rest of you! Hopefully, the added moisture this winter will make for an even more beautiful spring and summer.

Michigan was certainly beautiful when we were in Frankenmuth for the Central Region convention. Thank you for a great time. I especially loved the beautiful design created for me. It was well thought out, researched, and included so many references to our beautiful state. Makes me think of what Elvis would say- "Thank you, thank you very much!" Of course, I was also very happy that 12 members from Missouri were able to attend and we won that early registration contest. That was a great idea. We may steal that.



We have just been notified that Missouri has once again been awarded a \$1,000.00 Plant America grant for a project to reestablish an educational garden and butterfly way-station at the Hurricane Deck Elementary School. The garden they had was eliminated by the construction of a new school building. The school administration wants a new and larger one. Lake Bloomers Garden Club will do a great job.

A Blue Star Memorial Marker was dedicated on a cold November day at the Higginsville Veteran's Cemetery and a Blue Star Memorial Marker was re-dedicated at Soldiers Memorial in St Louis on November 10<sup>th</sup>, another cold day. Our 106<sup>th</sup> Blue Star Memorial Marker will be dedicated at the Soldier's National Cemetery in Springfield, Missouri on March 29, 2019. WE are "Making Missouri Bloom" in Blue Star Memorial Markers!

Plans are underway for the Central Region Convention in St. Louis in the fall. Missouri's 1<sup>st</sup> Vice President Nan McCabe will be the state president by then and, of course, will have her hands full. She is putting the information together and will have it ready by National Convention in Biloxi. Speaking of which, I am looking forward to seeing many of you there.

Missouri is sponsoring Landscape Design Course II in Springfield on March 19-21; Environmental School Course IV at Missouri Botanical Gardens in St. Louis March 26-28, and Flower Show School Course I May 17-19 in Columbia, MO. We would love to have you attend any or all of them. You may contact me for the information.

We are sad that our Director Fran Stueck is in the hospital and happy to hear she is improving. We send her our love and best wishes.

We are excited for a beautiful year of learning, planting, growing and blooming. Many exciting projects are laid out in the beautiful yearbooks I am receiving. I know this is true all over our Region. Best wishes to each of you as you "Partner in Planting America".

## JULIENE BRAMER, PRESIDENT FEDERATED GARDEN CLUBS OF IOWA, INC.



My term as state president of the Federated Garden Clubs of Iowa is fast coming to an end. I have been exposed to many ideas and programs, but those that stand out for me are Reuse, Recycle and Renew, Blue Star Memorial Markers and Pollinators. National Garden Club supports these causes and many more. They are a presence that inspires; may we follow their lead.

This Spring Mitchell County Veteran Affairs will dedicate a Blue Star Memorial Marker in cooperation with the Iowa Department of Veteran Affairs and Federated Garden Clubs of Iowa.

At the annual meeting in June, Diane Ott Whealy, co-founder of Seed Savers Exchange in Decorah, will be our featured speaker.

*Time* - We all have the same 24 hours a day, 365 days a year, or do we? Do you have a bucket list? Do you volunteer? Of course you volunteer. You are a member of a federated garden club, you are an officer, you serve refreshments, you host a garden tour, you plan the program for the year, you dig perennials for the plant sale, and you do designs for the flower show. You do, don't you?

Look for these plants to inspire you and your garden in 2019:

Stahys monieri 'Hummelo' 2019 Perennial of the Year (Perennial Plant Society)

Sedum 'Lemon Coral' 2019 Annual of the Year (Proven Winner)

Agastache Anise Hyssop 2019 Herb of the Year (Herb Society of America)

Hosta 'Lakeside Paisley Print' 2019 Hosta of the Year (American Hosta Growers Association)

*The hum of bees is the voice of the garden. ~Elizabeth Lawrence*

I hope you all have a great gardening year!

## ANITA BIERBAUM, PRESIDENT THE GARDEN CLUBS OF ILLINOIS, INC.

Illinois is very proud that four of our clubs will be receiving "Plant America" grants this year. They are Elgin Garden Club, Roselle Park District Garden Club, Schaumburg Community Garden Club and Town & Garden Club of Libertyville. We are looking forward to seeing their projects as they proceed. Our Anna-Jo Garden Club received a grant last year and photos of their project can be seen on our website.

Our clubs throughout the state continue to do fantastic work for their communities. We are encouraging our clubs to send pictures of their projects for our website and magazine. Several clubs have sent photos and we will continue to share them.

Our Scholarship Committee produced a lovely pocket calendar to raise funds for scholarships. It has been well received. Club photos were used for this project as well.

Spring classes are being held in three of the four schools and fall classes are being planned in all four schools. Illinois will hold a Flower Show Symposium on September 24 & 25 in Springfield, Illinois. Registration forms for schools and symposiums are posted on our website as they become available. The URL for our website is [www.gardenclubsofillinois.org](http://www.gardenclubsofillinois.org).

This winter has been a challenge in Illinois as well as other Midwest states. GCI is looking forward to the Chicago Flower and Garden Show to be held at Navy Pier March 20 – 24. It is wonderful to see and smell all of the spring bulbs in bloom and feel that spring will soon be here for all of us. We will again have a booth at the show and many of us are looking forward to working at our booth.



Our project of a Children's Discovery Garden at the Lincoln Memorial Garden in Springfield is moving along. We have preliminary drawings of the project and hope to break ground soon. It will be a multi phased project.

We are continuing to look for ways to streamline our operations and cut costs in ways that don't impact our clubs while looking for new ways to help them.

## **SUE FUHRMAN, PRESIDENT THE GARDEN CLUB OF INDIANA**



The members of The Garden Club of Indiana have been busy "Planting for the Pollinators". Twenty-one new pollinator gardens were planted during the 2017-2019 term. These gardens have been planted along walking trails, in parks, on library grounds and at local fairgrounds. In addition to the plantings, public awareness has been raised about the importance of native plants. The Central Region Theme of "Partners in Planting America" was carried out as clubs partnered with local groups to assist with these plantings.

Our Land Trust contribution goal was reached during this two-year period and this money will be used at The Nature Conservancy property at Kankakee Sands for the establishment of a butterfly trail.

Our scholarship program remains one of our members' favorite projects. Club and individual contributions allow us to award between fifteen and twenty, one thousand dollar scholarships each year to students whose majors are in a horticulture related field. The students are our guests at our annual convention scholarship luncheon. They are given an opportunity to share their future plans and attendees are able to see the results of their contributions.

The Garden Club of Indiana is very excited to welcome our newest club, The Gas City Garden Club.

The members are looking forward to our annual convention to be held on April 9<sup>th</sup> and 10<sup>th</sup> in La Porte. The theme is "Door to the Wild Side" and our special guest will be Gay Austin, our incoming NGC President.

The members of The Garden Club of Indiana look forward to continuing to Plant America.

## **CAROL BRODBECK, PRESIDENT MICHIGAN GARDEN CLUBS, INC.**

MGC surely enjoyed welcoming all to the most successful Central Region Garden Clubs Convention in Frankenmuth in October. Attendees enjoyed experiencing the newly-opened Whiting Forest Canopy Walk in Midland; the NGC Horticulture Specialty Flower Show; the great programs, speakers, workshops, centerpieces, and vendors; German architecture, fare and music; and of course, the varied shopping opportunities in "Little Bavaria." Thank you!

Michigan Garden Clubs approved the totally revised bylaws at our annual meeting last June. Since then, we have been updating the policies and procedures accordingly and compiling all into one comprehensive document and drafting document retention guidelines. Having received approval to change the name of "Convention" to "Conference" to better reflect our focus on education, this year (our 88<sup>th</sup> year), we are holding our first annual "Conference." Excited about the success of last year's leadership-development mini-conference prior to the annual meeting, we are providing varied leadership-development sessions again this year—along with the other educational sessions. Our member clubs appreciate the MGC Plant America: Grow and Share grants available from their District's Equity Fund to help fund their Pollinator Gardens projects. They were also excited to learn about their newest benefit, General Liability coverage.



Partnership: MGC is supporting the establishment of the newest garden in the Detroit area, the Oudolf Garden-Detroit. It is the work of today's foremost public garden designer Piet Oudolf of The Netherlands who is also

renowned as a leader of the “Dutch wave” style of plant-centric, naturalistic perennial gardening. He has designed three other US gardens: the High Line in New York City, Lurie Garden in the Millennium Park in Chicago and the most recently-planted garden in the new Delaware Botanic Gardens.

Oudolf’s gardens have been called “euphoric and transcendent.” He sees beauty not only in a flower, but also in leaf textures, plant forms, seed head movement, and in the gradual decay heading from autumn into winter—all of which provide year-round interest and touch people on an emotional level. With his knowledge of plants (a former nurseryman), he follows the practice of “right plant, right place” and having been inspired by North American prairies, incorporates native plants and grasses with other durable, non-invasive plant selections. His plantings are all about harmony, spontaneity, sustainability and durability year after year. Each of his gardens is unique and well-suited for the specific site.

Oudolf insists that funds not only be raised for the design and planting phases, but also for maintenance. Oudolf’s public gardens have a paid head gardener or lead horticulturist who oversees the maintenance along with part-time help and volunteers. Believing in sustainability, an annual garden cut-down is done to enrich the soil and provide its own living mulch. This is accomplished with a large mulching mower in late winter just before the first signs of spring growth, allowing the garden to be open and exciting year-round. He visits all his public gardens regularly to check in and work with local staff to make needed adjustments, while allowing spontaneous seeding and change to occur naturally. His gardens attract not only people, but teem with birds, insects and pollinators—supporting MGC’s project, Michigan Pollinator Garden.

The Garden Club of Michigan, one of MGC’s member clubs, in close partnership with Belle Isle Conservancy, spearheaded this effort encouraging Oudolf to create his next garden in Detroit. After looking at potential locations, he chose approximately a two acre site in front of the Nancy Brown Peace Carillon on Belle Isle. In his own words, he announced, *“I am coming to Detroit to make a garden... This is the most natural location for one of my public gardens.”*

Belle Isle, a 985-acre public park, is located in the Detroit River, one of the world’s busiest international waterways, known as a significant migratory bird route, and home to the one and only international wildlife refuge in North America. This refuge surrounds the 2.5 mile-long Belle Isle Park. Belle Isle’s original master plan was first envisioned by Frederick Law Olmsted in the 1880s, designer of New York’s Central Park. More than half the island is covered by three lakes, a lagoon, and 230 acres of forested wetlands. The island’s unique, wet-mesic forest and penetrating canals provide a haven for migratory and resident birds and an important nursery habitat for fish. It is currently operated by Michigan’s Department of Natural Resources (DNR) and the Belle Isle Conservancy, established in 2011 is restoring, preserving and enhancing the historic structures and the natural environment of this public park. Both DNR and Detroit enthusiastically approved having this garden and there are many supporters in and around Detroit. Belle Isle attracts locals, residents of Southeast Michigan and visitors already and the number of visitors is expected to increase once this garden is completed.

As this Administration draws to a close, I wish to thank Fran for her leadership, the gang of seven great state presidents, and fellow Board members and wish you the very best.



## IT’S TIME TO START

Make your plans for your garden beds now. What did well last year? What didn’t? If you keep a garden calendar, put reminders on this year’s calendar or on your phone. Seed companies have their catalogs on line. If you are looking for something new or different it’s a good place to look. Some seeds need cold stratification, putting seed into cold for about 6 weeks before planting.

Garden and home improvement stores already have their seed starting supplies in stock. Buy sterile, soilless media of fine texture designed to plant seeds. Consider getting a heating pad for seeds and full spectrum grow lights. READ your seed packets.

WINTER SOWING, an easy way of starting seed now in containers, put it into the snow bank and they grow with no or very little attention. Look it up on the web for directions. Space your seeds or you will have a green mass in the spring.

Plan to have a seed sharing activity at your club meeting. Have fun and bring your extras to your Plant Sales. Betty Beck (beflower@comcast.net), CR Seed-Saved- Heirloom Exchanges Chairman

## CENTRAL REGION LIFE MEMBERSHIP

Josephine Goodenow of Missouri became the first CR Life Member for 2019. There was only one new member in all of 2018, so I hope this new year will bring more members into the fold. Two years ago an award of \$25.00 was given to the club with the most new life members. For 2019 there will be two awards: one for the club with the most new members and one for the state in our Central Region with the most new members.

Please consider supporting the Central Region Scholarship Fund by purchasing a membership for yourself or for a special person in your club. They cost \$50.00, CR pins are \$10.00 and gold stars are \$25.00.

Carol Beckius, CR Life Membership Chairman

## THREATENED OR ENDANGERED SPECIES

### # 1 Living Collection attempt

State of Missouri is doing their part to address the issue of Threatened or Endangered Species of plants. Horticulturists from the Missouri Botanical Garden in St. Louis have returned from Kyrgyzstan with seed from threatened wild crop relatives of Apple, Apricot & Plum. Species are under threat from loss of habitat and over harvesting. Seed will be split between new seed bank in Kyrgyzstan and the Missouri Botanical Garden seed bank. This is an attempt to propagate with final goal of adding these plants to our living collection.

### #2 Critically Endangered African Tree

Eighteen (18) known mature trees in Tanzania are documented. They are threatened because of charcoal production and logging operations. 6000 seeds have been sent to St. Louis Botanical Garden staff with an attempt to germinate and hopefully save the species.

Thanks go to Missouri Botanical Garden in St. Louis for their endeavors in saving these threatened and/or endangered species.

Marjorie Motley,  
CR Threatened or Endangered Species Chairman  
906 East Booth, Centralia, MO 65240  
Email: [marje@motleyville.com](mailto:marje@motleyville.com)

(6)

## PENNY PINES

Hello National Garden Club Members!  
The groundhog didn't see his shadow and so it means an early spring. Let's hope!

I hope by now, all the clubs are passing the container around at each meeting for Penny Pines. It is such a worthy cause. As the seed catalogs come rolling in and we are getting ready to think about spring planting, let's not forget to plant some trees and shrubs. They clean air and water, slow climate change, ease poverty and hunger, prevent species loss, and feed the human soul. All we need to do is plant and care for them. Let's work together to make it happen. Let's plant some trees as we pass the canister around. You got this! Let's do it!

Susan Becker, Penny Pines Chairman  
Floyd Valley Federated Garden Club

## NGC MEMBER SERVICES

Dear Members it is embarrassing but even I can wait too long to buy something and find it is sold out. The *Vision Of Beauty* Calendars were all gone by November. So please order them early. They are available in May. Maybe you could get one of your members to get on line to [gardenclub.org](http://gardenclub.org) once a month or so to see when new items are added. Check out the lesson plans if you need new ideas for your programs.

- [Books of Interest](#)
- [Books of Required Reading](#)
- [Educational Tools](#)
- [Gift Ideas](#)
- [NGC Award Certificates](#)
- [NGC Official Jewelry](#)
- [NGC Official Rosettes & Ribbons](#)
- [The National Gardener](#)
- [Vision of Beauty Calendar](#)
- [Yearly Lesson Plans](#)

Wilma Conley - CR Member Services Chairman



What do you get when  
you cross a vampire  
and a snowman? Frostbite!



## This 'n That.....

### About BUTTERFLIES AND BEES

In the November 2018 Wallace's Farmer we read an interesting article about harvesting milkweed seed. Part of this article suggested putting the seeds, with their "fluff", into a paper bag with two pennies. When the bag is shaken the pennies will help to separate the fluff from the seeds. This would certainly be faster than separating the fluff from the seed one at a time.

In a "Center for Rural Affairs" publication we read an interesting article about partnering beekeepers with gardeners. In Nebraska a gardener found she had a bumper crop of peppers after cooperating with a beekeeper to allow hives on her property. The article stated "Across the nation beekeeping and the diversified or specialty crop farming industries are growing. Many beekeepers lack land for their hives, and landowners could benefit from honey bee pollination." Even a small yard or garden would benefit from bee hives nearby. It also states bees will travel up to five miles to find nectar. The article goes on to state that the bees did not bother the landowner's grandkids, or the cattle grazing nearby. But we would caution that gardeners living in towns and cities may need to check local ordinances about keeping bees in their city or town. Despite the benefit of pollination some ordinances prohibit bee keeping in town.

At the 2018 Farm Progress Show, held in Iowa this year, a chemical company had a milkweed plot and butterfly exhibit. On line at [www.living-acres.basf.us](http://www.living-acres.basf.us) you can read about "Milkweed Refuges in Non-crop Areas" or "Seven Steps to Starting a Milkweed Stand." Google tells us that the Farm Progress Show is attended by folks from 46 states and countries around the world. Now the message about butterflies appears to be going worldwide.

We found some interesting facts about pollinators at [www.nrcs.usda.gov](http://www.nrcs.usda.gov). At that site we searched 'pollinators' and read in "Pollinators: How much do you know?" that "hummingbirds are the most common avian pollinators"; that "90% of your vitamin C intake comes from insect pollinated plants"; and that "the US is home to 40,000 species of native bees." We realize that butterflies make a minor contribution to pollination, but also know that what is good for butterflies is also good for all pollinators.

Sandy Quam, Butterfly Chairman

## ORGANIC GARDENING

These are just a few reminders of things or tips we can do this upcoming season when we do organic gardening.

1. Make sure all of your equipment has been sanitized and ready to go. You can sanitize them with bleach and vinegar; that way there are no organisms on your equipment that might cause problems.
2. When it comes to your containers for your plants, you can clean them up with the same type of solution that you use when cleaning your tools.
3. Clean up your flower gardens after the weather starts to warm, but not too early as you can get some cold weather in early April. I would suggest mid to late April depending on where you live.
4. When it comes to mulching your gardens, use grass clippings with newspaper underneath of the clippings. The newspaper will decay by the end of the season and will provide nutrients for the soil, and the weeds will not be able to come through the newspaper right away. They will, but only after time. You can put 2 layers down if you think you should, but 1 layer should do the trick.
5. Have your bottle of vinegar spray handy for the season as well. It works well for numerous applications. You will use it as a weed killer among other things.
6. When it comes to using fertilizers, try using ones that are organic. There is one company called Espoma. You can go on to their webpage at [www.espoma.com](http://www.espoma.com). There you will find all the products and where you can buy them as well. These people have been doing this for a lot of years.

There are just a few of items you can do this upcoming growing season.

Happy Gardening the Organic Way.

Mike Becker  
CR Organic Gardens Chairman

## CONSERVATION AND THE CITIZEN SCIENTIST

**Citizen Science:** Oxford English Dictionary defines this as scientific work undertaken by members of the general public often with or under the direction of professional scientists or organizations. It can include the gathering and analysis of data by members of the general public.

Citizen Science has been growing worldwide at incredible speed.

Worldwide there are ordinary people interested in activities such as gardening, conservation and environmental concerns participating in the gathering of information to save, protect and improve our resources. Citizen Science allows non-professional scientists to ask and answer important scientific questions. Often these questions focus on local and regional issues such as environmental and natural resource management.

Individuals can contribute to conservation by participating in this growing worldwide endeavor. Begin at the website [www.citizenscience.gov](http://www.citizenscience.gov). Here you will begin to familiarize yourself with what types of projects are currently available.

As an example, in Wisconsin they are actively recruiting volunteers to study the negative impact of invasive plants on both natural and managed ecosystems. This study is sponsored by the USDA and the University of Wisconsin.

**Missouri is asking high school students, landowners, farmers, science clubs, life-long learners, and all citizens** committed to research, to conduct soil health surveys by collecting and contributing data that will help scientists understand how soil health and soil-climate interactions are affected in the state.

Iowa, Wisconsin and Michigan are participating in **The CrowdHydrology**. The mission is to create freely available data on stream stage in a simple and inexpensive way. They do this by using volunteers to gather information on stream stage or water levels from anyone willing to send them a text message of the water levels at their local stream. This data is then available for anyone's use, from Universities to Elementary schools, interested in studying hydrologic data. Illinois has a project **Plants of Concern**. It is a collaboration between citizen scientist, natural resource managers and researchers to collect data on rare plant populations in the Chicago region. The goal is to uncover the best conservation practices to protect these rare species, while creating awareness and providing education about why their conservation matters.

Like birds, how about the **American Woodcock Singing Ground Survey**? The American Woodcock Singing-Ground Survey, conducted by the U.S. Fish and Wildlife Service, exploits the conspicuous courtship display of the male woodcock. The survey consists of numerous routes in the eastern half of the U.S. and Canada, which are surveyed in the spring. Counts of singing male woodcock along the routes provide an index to woodcock abundance and are used to estimate woodcock population trends for states, provinces, management regions, and the continent. This one includes Indiana, Illinois, and Minnesota, Wisconsin and Michigan as well as many other states.

The University of Minnesota's **Driven to Discover Project** is an example of citizen scientist at work with our local professionals. Driven to Discover has three ongoing projects we as gardeners might have an interest in participating in. They are *The Minnesota Phenology Network*, *Monarch Larva Monitoring Project* and *The Minnesota Bee Atlas*.

The American Community Garden Association has teamed up with the Cornell Lab of Ornithology to encourage all *community garden* gardeners to become part of **YardMap**, a new citizen science project. YardMap is a citizen science project designed to cultivate a richer understanding of bird habitat. Community gardens are often rich green spaces surrounded by development. The scarcity of such areas in urban settings makes them especially valuable to birds and other wildlife. This helps gardeners and scientists understand the impact of community gardens on birds. This one is a nationwide project.

As gardeners and garden club members in the NGC Central Region, we are natural observers of our environment. We can make conservation in our region a priority. We can watch, observe, take notes and report the many

interesting activities within our own environment and in nearby areas. There are always new and existing projects actively recruiting for help in gathering information that is useful in all phases of conservation.

I'm getting ready to do the Great Backyard Bird Count, Feb 15-18, 2019 from my dining room table, still cold and snowy here in Minnesota. The data collection is for the Audubon Society. Think about how you can be a citizen scientist and encourage your garden club members to participate too.

By René Lynch; NGC Central Region Conservation Chairman

## NATURAL DISASTER COMMITTEE

In the Central Region earth quakes are possible along the fault line that runs through the area but have not caused much damage. The Natural Disasters that affect this area each year are the result of high winds which can spawn tornados and rain or snow storms that lead to power outages, flooding and mud slides.

A rare event brought us a Polar Vortex in 2019. This year we saw the polar air mass that hovers atop the North Pole drop down into the Central Region. The temperature plummet and new record lows were recorded in Chicago area it was -27 degrees Fahrenheit. We are not talking about wind chill but actual temperature. It was extremely dangerous to be out. Natural disasters do not always give notice. It would prudent to be prepared. Consider what you would need if help did not arrive for more than a week. Food, medicine, first aid kit, candles, batteries should be available in your home. A portable radio would help should power be out for several days. Carry with you in your car a cell phone. Emergency Services warn it can take a week to get to everyone in the event of an emergency. When driving don't let the gas level drop below half a tank. The car gets cold when it runs out of gas. Natural Disasters teach us to be prepared to protect oneself and your family.

Susan Cooney, Natural Disaster Chairman



GentianaAndrewsiiX

## The Great Backyard Bird Count

The Great Backyard Bird Count was FEBRUARY 15-18, 2019.

Did you participate? You can participate in this bird count with others across the United States. The Cornell University Lab in conjunction with the Audubon Society conducts the Great Backyard Bird Count every year. It is easy and fun! If you didn't participate this year – make a plan to participate in 2020.

Find out about this year's bird count and plan for next year to go to the [gbbc.birdcount.org](http://gbbc.birdcount.org) website for more information.

How-to Slideshow, Instructions, Optional Data Form, Bird Lists, Online Guides and Tricky Bird ID, Birding Apps, plus the 2019 Photo Contest Rules, How to Participate, Explore Data and Learn About Birds.

And you can download posters, too!

Nancy Bahn, Central Region Bird Chairman

## SUNFLOWERS

Whether planted along a fence or massed in a sunny border, the smiling faces of sunflowers are sure to brighten up even the gloomiest of days. Some varieties provide small black seeds that attract many songbirds. The bigger, striped seeds are great for snacking and attract larger birds



## GIANT HOGWEED *Heracleum mantegazzianum*

Giant hogweed, when mature, resembles a giant carrot and can reach a height of 10 to 15 feet tall when mature. It has a hollow stem rising up to branches of small white flowers clustered in 'umbrellas' about 2.5 feet across. The stem is covered with purple blistery spots and bristles. The leaves are deeply incised and up to 5 feet wide, alternating along the stems. In late summer the plants die back to the roots.

Giant hogweed is federally listed as a noxious weed and is active in 12 states including Wisconsin, Michigan, Illinois and Indiana. So far it hasn't been seen in Iowa, Minnesota or Missouri but gardeners in these states need to keep a watchful eye out for it.

The plant's light-activated chemicals called furanocoumarins can cause severe burns and painful blisters when skin is exposed to sunlight. Blisters appear within 48 hours and become purplish-black, producing scars that can take up to 6 years to heal. Often times this can lead to long-term sensitivity to sunlight. The highest concentration of toxins is in the leaves and roots, particularly early in the season. Brushing up against the plant with bare skin can cause a reaction that begins as soon as 15 minutes after contact. If you do get sap on your skin, go home and wash up with lots of soap and water. Then stay out of the sun or wear sunblock for a few days.

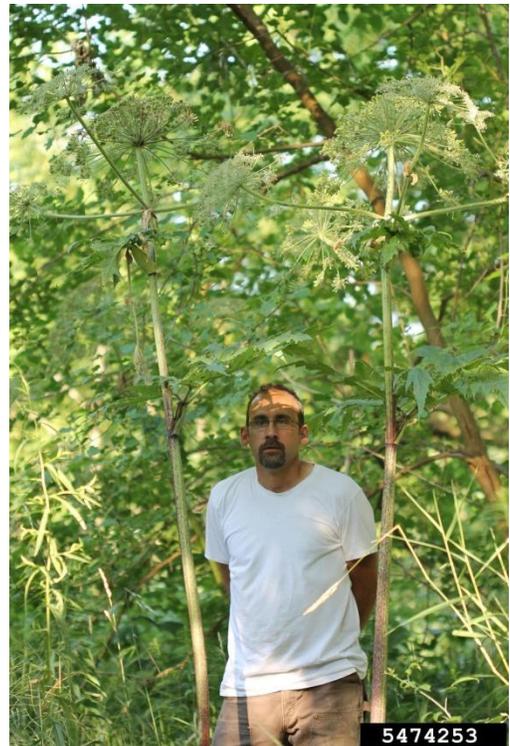
Because of its size, giant hogweed can out compete many natives and it can cause increased erosion along stream banks because roots do not hold soil well. Seeds (100,000 on large plant) are often dispersed by water. If you do think you have found it, take a good look at the leaves, stems and flowers and then take photos and send to your local extension agent or an environmental official. It is controllable, so important to report a finding. In some states officials beat back giant hogweed using a method called root cutting, in which they sever the plant root 5 inches below the soil. That works for smaller patches but larger ones need to be eradicated with herbicides.

Giant hogweed is native to the Caucasus mountain region of Eurasia. Early in the twentieth century, it was imported by U.S. botanist as an ornamental plant for arboretums and private gardens because of its massive size and odd appearance.

References: Wikipedia

Jane Buck, CR Invasive Species Chairman

Both images are by Rob Routledge, Sault College, Bugwood.org . He needs to be given credit for them and should probably be added to my references. It's a huge, nasty plant!





## IT'S A WRAP

The 86th Annual Central Region Convention, led by Region Director Fran Stueck, came to an official close Tuesday evening October 23, 2018. It capped a highly successful, informative, enlightening and fun event in Frankenmuth, Michigan, hosted by the Michigan Garden Clubs, Inc. Here is a farewell recap of the events.

The Bavarian Inn and Lodge provided four major meals, and gracious hospitality. The kickoff event was an NGC Horticultural Specialty Flower Show featuring great exhibits and entries. While the exhibits were set in place and judged, there was a bus tour to Midland, Michigan where attendees experienced the longest canopy walk in the country at Whiting Forest of Dow Gardens. Meanwhile back in Frankenmuth, others took self-guided tours of the city's historic sites, and some participated in a workshop learning how to create pretzels.

The evening dinner featured strolling accordion music, and a presentation by the 97 years young matriarch of the Bavarian Inn, Dorothy Zender. Dinner was followed by the awards presentation



and recognition of the seven state presidents. Tuesday's schedule included the annual meeting and three major speakers – one at each meal. They were, Gene Hopp, (owner of Frankenmuth Florist), Kyle Bagnall (program manager of Dow Gardens' Whiting Forest), and Jan Bills, (owner of Two Women and a Hoe and author of Late Bloomer; How to Garden Wwith Comfort, Ease and Simplicity in the Second Half of Life.)



Throughout the afternoon there were vendor booths to visit and workshops covering Harvest Centerpiece creation, another Pretzel Making opportunity, and a presentation teaching how to create a Pollinator Garden. Before I say Auf Wiedersehen, I want to extend a Big Thank You to all those from Michigan Garden Clubs who contributed hour and hours of time in addition to their talents to make this convention one to remember. Now I can say Auf Wiedersehen "See you at our 87th convention next year in St. Charles, Missouri."

Sharon Yantis,  
Central Region Convention Chair 2018



Entertainment featured each president, and an aide, in creating their own Blumenkranz (German head piece). This fun experience was topped off with a presidential parade of their designs.



# CENTRAL REGION YOUTH ACTIVITIES AWARDS 2018

## Poetry: Sculpture: Essay

Thank you to all that participated in the Youth Activities contests. We had 5 states participating.

James Pavelka – Chairman

\*Denotes that entry was forwarded on to National Garden Clubs, Inc. chairman for competition

### POETRY:

**Kindergarten \*1<sup>st</sup> Keelan Reanae Bowen** -Fulton Garden Club, FGC of Missouri

**1<sup>st</sup> Grade \*1<sup>st</sup> Andrew Luce** - Fulton Garden Club, FGC of Missouri

**2<sup>nd</sup> Grade \*1<sup>st</sup> Leliana Keagabein** - Cottage Garden Society FGC of Iowa

**2<sup>nd</sup> Jenna Vore** - Fulton Garden Club, FGC of Missouri

**3<sup>rd</sup> Grade \*1<sup>st</sup> Brandon Freeston** - Garden Club of LaGrange Park, GC of Illinois, Inc.

**2<sup>nd</sup> August Hunt** - Owensville Garden Club, FGC of Missouri

**3<sup>rd</sup> Sophie Mossman** - Vinton Garden Club, FGC of Iowa

**4<sup>th</sup> Grade \*1<sup>st</sup> Jackson Heims** - Vinton Garden Club, FGC of Iowa

**2<sup>nd</sup> Averie Hotle** - Lake Bloomers Garden Club - FGCI of Missouri

**5<sup>th</sup> Grade \*1<sup>st</sup> Gavin Freeston** - Garden Club of LaGrange Park, GC of Illinois

**2<sup>nd</sup> Cari Travis** - Vinton Garden Club, FGC of Iowa, Inc.

**3<sup>rd</sup> Devan Brown** - Grow and Glow Garden Club - FGC of Missouri

**6<sup>th</sup> Grade \*1<sup>st</sup> Simone Cunningham** - Hobart Garden Club - GC of Indiana

**2<sup>nd</sup> Blake Schaper** - Edwardsville Garden Club - GC of Illinois

**3<sup>rd</sup> Mahaila Brunner** - Capital Garden Club - FC of Missouri

**7<sup>th</sup> Grade \*1<sup>st</sup> Jacob Schaper** - Edwardsville Garden Club - GC of Illinois

**2<sup>nd</sup> Sienna Shea Stafford** - Bittersweet Garden Club - FGC of Missouri

**8<sup>th</sup> Grade \*1<sup>st</sup> Ashley Kozak** - Grow and Glow Garden Club - FGC of Missouri

### SCULPTURE:

**4<sup>th</sup> Grade \*1<sup>st</sup> Ellie Gardner** - Michigan Garden Clubs, Inc.

**5<sup>th</sup> Grade \*1<sup>st</sup> Rowan Shaffer** - Morenci Garden Club #150, Michigan GC

**8<sup>th</sup> Grade \*1<sup>st</sup> Steven Barnett** - Morenci Garden Club #150, Michigan GC

### ESSAY:

**12<sup>th</sup> Grade \*1<sup>st</sup> Lillian Hessling** - Caro Garden Club, Michigan GC, Inc.

**2<sup>nd</sup> Haily Gauss** - Red Cedar Garden Club, Michigan GCI, Inc.

### Central Region Winning Poems (Forward to National)

#### Pop Goes the Seed

Big seed  
Little seed  
Bounce on the air.  
It covered itself for ten days.  
It popped open and looked pretty.  
It turned into a flower.

*Keelan Reanae Bowen* - Fulton Garden Club, Missouri

#### Pop Goes the Seed

Boom! I hear the seed pop.  
A flower starts to grow.  
I see a sunflower.

*Andrew Luce* - Fulton Garden Club, Missouri

#### Planting an Apple Tree

Planting a tree is easy.  
Just leave it to me!  
I'll plant the seed first  
So that the seed will burst!  
The seed needs rain, soil and sunlight  
That is very bright!  
The seedling grows big and strong  
And also gets tall and long!  
The tree grows leaves and apple blossoms  
Which are pretty and awesome!  
The apples are big and red  
They go in my mouth and now I am fed!

*Leliana Keagabein* - Cottage Garden Society, Iowa

#### All About Seeds

Pop goes the seed.  
Air, water, soil, sun,  
That's what I need.

Potatoes or tomatoes,  
What am I going to grow?  
A plant is all I know.

An embryo is a baby plant.  
It's the size of a small ant.  
Pop goes the seed!

*Brandon Freeston* - Garden Club of LaGrange Park, Illinois

## Pop Goes the Seed

Seeds are popping up and down.  
Blue, orange, green they're all around.  
They all popped, there in your hair,  
Now there flying in the air.  
Seeds are popping left and right,  
They're so neat when in the night.  
Seeds are popping up and down,  
They're beautiful so please don't frown.  
The seeds that make the flowers are the very special ones,  
Because the very next year they'll make some very new ones.

*Jackson Heims - Vinton Garden Club, Iowa*

## Tiny Seeds

Pop goes the seed.  
All I really need  
Is a little tiny seed.

People should know  
How I grow.  
I could be  
A tiny tree.

Keep away a crow  
So I can grow.  
I can't wait to be  
A big strong tree.

*Jackson Heims - Vinton Garden Club, Iowa*

## Pop Goes the Seed

We plant the seeds of life in the spring.  
It flows under us like a sea of water.  
Slash, drip, drop, the water falls on the soil,  
Helping our new generation of plants.  
Then suddenly, pop goes the seeds.  
Big and tall they grow.  
The roots are spreading life and the  
Promise through faith and misfortune  
Of humans who don't respect the earth.  
The seed has popped and now grows  
Into a beautiful plant with flowers that  
Contain the future seeds of life.  
Fall comes and now the plants pop  
Their seeds all over the ground sending  
On a new cycle of life again next spring.

*Simone Cunningham - Hobart Garden Club, Indiana*

## Pop Goes the Seed

There are many ways that a seed can be dispersed.  
Listen to this poem and you will be immersed.  
Some seeds like to fly, others like to drop.  
Some even explode and to the ground they drop.

One of my favorite seeds is a whirligig.  
When the seed is ready, it floats down from a twig.  
As it hits the ground from its perilous flight,  
It starts a very long life almost overnight.

Some seeds stick to animals, right onto the fur.  
One of the most annoying seeds happens to be the burr.  
If you are walking and find these seeds on you,  
Pick them off and throw them and plant a seed or two.

These types of seeds are the weirdest species,  
They are dispersed in an animal's own feces!  
Though they have a natural fertilizer,  
If you touch this...use a sanitizer!

Next on the list would be the floating seeds,  
It doesn't use air to disperse, water's what it needs.  
A coconut can last for 5 years on the open sea. Note  
This seems like a long, long time to you and me.

Jewelweed is special plant.  
As for swimming, well they can't.  
People will warn you, "Don't do this near your  
Abode." For this special dispersal, the Jewelweed  
Seeds explode! All of the dispersals are one of a  
Kind. All of the dispersals are not hard to find.  
If you see a tree and watch its seeds float away,  
You might think of this poem and what you  
Learned today.

*Jacob Schaper - Edwardsville Garden Club, Illinois*



### Life is Like a Seed

Life is like a seed, it could be a good Seed or a bad seed. Not all lives are as easy as people think. I grew a bad seed, I wasn't watered enough, I wasn't covered In sunlight enough.

As I grew, withering until nothing but dust I was thinking why my life was so difficult. Why would my gardener not take care of me? Where was my gardener when I needed them?

My new gardener came and took me in, and Boy was I blessed. My new gardener took Covered me in sunlight, and got rid of my old Weeds until I was all good enough. I hope in the Future that I will grow into a great flower. Doing Something good in the future, making good choices, Making good decisions, Having a great future ahead Of me and to all of the people who suffered Withering into nothing, I want to say that you are Alone, I hope that one day you will blossom into a Good flower and most of all, have a great future Ahead of you.

Ashley Kozak - Grow and Glow Garden Club. Missouri

### CENTRAL REGION YOUTH SCULPTUREWINNERS

All three entries were forwarded to national chairman for judging.



**“OSCAR THE GROUCH “**

Rowan Shaffer - 5<sup>th</sup> grade – Momence Garden Club, Michigan



**“FARM TRACTOR”**

Steven Barnet - 8<sup>th</sup> grade - Momence Garden Club, Michigan



**“ROBOT FAMILY”**

Ellie Gardner - 4<sup>th</sup> grade - Michigan Garden Clubs

## **CENTRAL REGION AWARDS 2018**

### **Frankenmth, Michigan**

These are the awards applied for this year to be awarded at the Oct 2018 meeting. Congratulations to the winning clubs. Thank you to all the clubs who applied. Sherry Wilson, CR Awards Chairman

**CR Award #1 Partnering with Youth in Planting America - \$50 - Fran Stueck**  
**1<sup>st</sup>- Garden Club of Decatur, IL**

**CR Award #3 Planting Community Gardens - \$25 - Sue Neuhart**  
**1<sup>st</sup> Kent Garden Club, Kent MI**

**CR Award #4 Sharing our Gardens \$50 - Juliene Bramer**  
**1<sup>st</sup> Tri-Cities Garden Club, Inc. MI**

**CR Award #5 Partnering with Plant it Pink \$50 - Diane Dawson**

**CR Award # 7 Caring Through Garden Therapy \$50 - Garden Clubs of IL, Anita Bierbaum**  
**1<sup>st</sup> Cress Creek Garden Club (Trinity) IL**

**CR Award #8 Partnering With Girl Scouts \$50 - Sue Fuhrman**  
**1<sup>st</sup> Hobart Garden Club, IN**

**CR Award #9 Preserving our Land \$50 - Karen Blackmore**  
**1<sup>st</sup> Darien Garden Club, IL**

**CR Award #11 Promoting National Garden Club Week \$50- Federated GC of Iowa, Juliene Bramer**  
**1<sup>st</sup> Fort Benjamin Blossoms Garden Club, IN**

**CR Award #14 Honoring our Veterans \$50 - Sarah Nahmias**  
**1<sup>st</sup> Mountain View Garden Club, MO**

**CR Award 12 Sharing Creativity**

**12a \$25 Best Overall Standard Flower Show - Flower Show School, Liz Murken**  
**1<sup>st</sup> Cape Girardeau Council , MO**

**12b \$25 Horticulture - Gerry Ford**  
**1<sup>st</sup> Crown Point Garden Club, IN**

**12c \$25 Educational Exhibit - Cynthia Wright**  
**1<sup>st</sup> Cape Girardeau Council, MO**

In the last issue of the CR Newsletter there wasn't room for this article. Karli Slomka was the CR 1<sup>st</sup> place winner in the 2017 Essay Contest, her Essay was 2<sup>nd</sup> place at NGC. It's an excellent article, hope you enjoy reading it.

## Community Gardens-- a Solution to Blight, Crime, and Hunger

### By Karli Slomka

"A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust."--*Gertrude Jekyll*

There are few things in life that manage to capture the beauty and satisfaction one experiences when planting a garden. So poetic is the notion that something as plain and miniscule as a seed can produce, with time and dedication, a towering tree, blossoming flower, or crisp vegetable. When gardening is escalated to a communal level, great achievements can be made. Community gardens, in the past century, have been sprouting from the industrial rubble of inner-cities, providing a scenic view, cleaner air, and healthier food for citizens. Some of the issues tackled by community gardens may be less apparent to the naked eye, however; the application of community gardens can, in reality, be a viable solution to both traditional and industrial blight, crime rates in urban communities, and poverty.

There is arguably a strong divide in society's opinions of urban and rural life; while rural areas are perceived as being furnished with vivid life, urban settings are seen as being devoid of natural influence. However, with the implementation of community gardens, this divide is vastly lessened. Decrepit plots that were once abandoned and festering with industrial waste are cleaned and fertilized, creating a nutritious space for life to blossom. These plants will release oxygen as they respire, freshening the polluted urban air. "Blight", in a traditional sense, is also tackled by community gardens, as they promote biodiversity by cultivating life. The soil quality in these recycled plots is vastly improved for generations by this introduction of life. By promoting environmental quality, community gardens succeed at combating blight.

Though the implementation of community gardens seemingly only benefits the environmental factors of society, studies show that they have a profound impact on social issues as well. Community gardens, when made into a collaborative effort by the community, instill a sense of responsibility, teamwork, and pride in one's community, promoting a stronger sense of justice. As previously mentioned, many community gardens are developed in plots that were once decrepit, which are prime locations for drug use. Community gardens transform these abandoned places into locations teeming with positive attention. This positive attention solidifies the garden as a central of harmony and beauty, which deters crime. This concept was put into action in Victoria Hills, Ontario in 1994, when an abandoned lot that was infamous for drug use was converted into a community garden. Within the first year of its implementation, crime rates in the surrounding apartment complexes dropped by an astounding 30%. Each passing year seemed to yield even greater results, with the crime rate for 1995 dropping by 48.8%, and the rate for 1996 dropping by 55.7%.

Considering that community gardens are a direct product of the community, the garden's yield belongs to it. This means that the entire community gains food from the endeavor. Since these are publically owned, most community gardens either donate their crops to food pantries and soup kitchens to be used by unprivileged members of the community, or members of the community are allowed to take what they need. Not only is this an obvious solution to hunger, providing the community with food paid for in labor, but it also promotes a healthier diet, exposing community members to freshly-grown fruits and vegetables.

While many of the benefits of community gardens are obvious, such as the improvement of the city's appearance, many others, such as the lowering of crime rates, are simply some of the hidden benefits of gardening. The more of these gardens we begin to maintain throughout our communities, the more benefits we can expect to reap. Gardens have a reputation for being places of subtle magic; statistics show that community gardens have a profound impact on their communities. When we consider the impact community gardens have on blight, crime, and hunger, it becomes apparent that the magic of gardening is universal.

I thought you might find this interesting.

## IOWA'S WINTER OF 1936

I have been reading the book PURE NOSTALGIA Memories of Early Iowa published by Iowa State University Press in 1979. It contains the following:

The winter of 1936 was the worst in Iowa's history. Beginning on January 18 and running over to February 22, a blanket of cold settled over Iowa which held the temperatures below zero—at their warmest—for days at a time. Headlines would read: MERCURY CLIMBING—TOWARD ZERO, -8 AT NOON! MERCURY GOES ABOVE ZERO FOR THE FIRST TIME IN A WEEK!

Schools closed. Trains stalled. Traffic was at a standstill even in cities. Towns ran out of coal and even food. Livestock froze and throughout it all one great blizzard raged after another for more than a full month.

So what was life like under those circumstances during this century's worst blizzard? How was it day-by-day or even hour-by-hour as the mails quit running, fuel ran short, water pipes froze, drifts piled 5 and 8 feet high, livestock died and the cold pushed in relentlessly, driving family activity to that center of all winter family life—the kitchen stove oven door.

The book has a chapter written by Imogene Hamilton entitled, "Love, Mother" . During that month-long period, shut off from so much of the world and still compelled to communicate even when the mails quit running, Imogene would write snatches—perhaps several times a day—telling of the growing intensity of the storms and their impact on her shut-in world. Her letter is printed on pp. 163-192 of the book.

Dr. Sylvester W. Barnett practiced medicine in Cedar Falls from 1925 – 1970. In the book on p. 199 he writes, "The snows of 1936 were terrible. Calls came to the office and to my home. They would say, 'Doc, our little girl is awfully sick. Can you come out; we can't get in?' It snowed all winter and was extremely cold: 34 inches of snow on the ground, the temperature was 30 to 35 degrees below zero for days."

Should we complain?  
Roger Buhr, Decorah Garden Club, Iowa

(18)

## EDUCATIONAL OPPORTUNITIES

### ENVIRONMENTAL SCHOOLS

ES Course IV March 26-28, 2019 Missouri Botanical Gardens, St Louis, MO

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

### FLOWER SHOW SCHOOLS AND SYMPOSIUMS

FSS Course I May 17-19, 2019 Columbia, MO

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

Symposium September 13-14, 2019 Bloomington, MN

<http://mngardenclubs.com/>

### GARDENING SCHOOLS

GS Course I April 11-12, 2019 Madrid, Iowa

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

GS Course II September 13-14, 2019 Madrid, Iowa

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

### LANDSCAPE DESIGN SCHOOLS

LD Course II March 19-21, 2019 Springfield, MO

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

### UPDATE!! Central Region Director

Fran Stueck spent 3 months in the hospital, Jan. 4-Feb. 27, with an infection in her knee. Learning to walk with a walker after a new knee was put in Feb. 14, after being in a wheel chair with leg straight out-no weight on it. Getting stronger each day.

Thank you for your prayers! 😊

