



FRIENDLY NEWS

*The Friendly Garden Club
of Traverse City*

July 2017 NEWSLETTER

MEETING INFO....

When: July 25, 2017
10:00-11:15 Board Meeting (Early Start)
11:30 Lunch
12:15 Program
1:15 Business Meeting

Where: Bluewater Hall Event Center
13424 S. West Bay Shore Drive (M-22)
Traverse City

What: Lavender, a useful perennial herb



Who: Sonja Richards of Harbor View Lavender Farm & Nursery

Program Coordinator: Jill Burleson

Hostess Chair: Mary Melvin *** [See hostess note, next page](#)

Hostesses: Connie Brown, Marion Coltman, Suzann Grazul, Pat Huxtable,
Donna McKenzie, Barb Stein, Laura Swire

HOSTESS NOTE:



Members bring your own salad, sandwich, or whatever you want for your main nourishment to the July Meeting. The hostess committee will provide chips, beverage choices and dessert.

Thanks Mary Melvin Hostess Chair

News bite from our President...

July 2017

Nothing is more completely the child of art than a garden. ~ Sir Walter Scott

Greetings Friends,

Kudos to all our “Friendly Garden Club Members” for their awesome achievements for the 2016-2017 FGC . A special “**Thank You**” to our wonderful 2nd VP, Beth Mulac, for all her time and effort in helping the FGC accomplish “**our**” honors. (For a complete list of all our awards please check last week’s June minutes of our Membership Meeting sent out by Dorothy Cain. Also, there will be a display of all our awards at our Garden Walk Refreshment Center as well as a future new member signup list.)



On July 10, I hosted a President’s meeting. Those in attendance were Maxine Meach, Susan Kuschell, Barb Stein, Sue Loney, Cathy Hamilton, Sue Soderberg, and Jill Stiltner. It was an amazing and fruitful time that focused on the FGC strengths, future challenges, and working together to the future as a Nonprofit Service Organization. We will be sharing our reflections and thoughts at the July Board and Membership Meeting.

New members and all members of the FGC please review our Policies and Procedures, which can be found on our website and Constitution and Bylaws, when deciding which committees you may want to signup to be on

- BOARD MEETING WILL BEGIN AT 10:00 am – 11:15 am

Suzi, President

Growing the Future...Love Blossoms and Joy Abounds!

FIRST VICE PRESIDENT news bite...

Sue Mrowczynski
Nothing to report this month.

SECOND VICE PRESIDENT news bite...

Beth Mulac
Nothing to report this month.

CORRESPONDING SECRETARY news bite...

Dorothy Cain
Nothing to report this month.

HISTORIAN news bite...

Terry Harding



First of all, we recognize Evie Kline's passing on June 14, 2017. She was an avid gardener as reported in her obituary and happened to be a 50 year member of The Friendly Garden Club of Traverse City. We will be remembering her with a memorial contribution of \$100 to the Michigan Garden Clubs' Scholarship Fund. Dorothy Cain has sent a note of condolence already and will also notify the family of this contribution in Evie's name.

On another note, the 2016 history book will be available for display. I am actively seeking pictures from the 2017 March meeting and April meeting. Pictures speak a thousand words, so I would love to have some sent to my email. They should be in jpeg format, please.

Lastly, I am still willing to return checked out materials to the archived collection at TADL. Just bring to the meeting and give to me.

Terry Harding

TREASURER news bite...

Arlene Beall
Treasury reports sent out under separate email.

RECORDING SECRETARY news bite...

Vicki Slawnik
Nothing to report this month.

1) CIVIC BEAUTIFICATION COMMITTEE news bite...

Sue Mrowczynski, Chair
Nothing to report this month.

2) ENVIRONMENT COMMITTEE news bite...

Dorothy Cain, Chair
Nothing to report this month.

3) FINANCE COMMITTEE news bite...

Susan Kuschell, Chair
Nothing to report this month.

4) HORTICULTURE/FLOWER ARRANGING COMMITTEE news bite...

Cathy Hamilton, Jane Weldon, Co-Chairs



Statistics for last month's Flower Show are still being compiled and will be published next month. The judges did award the show enough points so we must now prepare a book of evidence. If you have pictures of blue ribbon or section winners please pass them on to someone on the Flower Arranging Committee. Thank you. Cathy Hamilton

5) GARDEN WALK 2017 COMMITTEE news bite...

Cathy Spanski, Candace Petersen, Co-Chairs
Everything is in place for our 35th annual garden walk next Thursday! There have been some questions about exactly where the refreshments and displays will be located this year, so here is a little more detail. The Faith Reformed Church is located at 1139 E. Front St. We will be in the outbuilding that is adjacent to Garfield. Of the two entrance doors, use the door closest to Front Street. (We'll have signs up the day of the walk to make this clear to visitors.) If you will be setting up a display, please consider doing your delivery and setup between 3 & 5 p.m. on Wednesday, 7/19. If that time won't work



for you, we'll have the refreshment area open by 9:30 Thursday morning. If you are delivering cookies on the day of the walk, please get them to the church between 10 & 11 a.m. And thanks for helping us make this another terrific garden walk!

GARDEN WALK REFRESHMENTS:



Thank you all in advance for making cookies for this year's Garden Walk.

We will be at Faith Reformed Church on Wed., July 19th to set up if you care to drop your cookies off, anytime between 3:00 and 5:00.

Many thanks again, here's to a successful Garden Walk!
The Refreshment Committee

6) JUNIOR GARDENING news bite...

Susan Kuschell, Chair

August 10th is Awards night for the kids. We could always use help that night if you would like to attend at 7p.m.



7) MEMBERSHIP COMMITTEE news bite...

Letha Cairns, Tracie MacPherson, Co-Chairs
Nothing to report this month.

8) NEWSLETTER news bite...

Anita Scussel, Editor
Send in those bits of information!

9) PROGRAM COMMITTEE news bite...

Sue Mrowczynski, Chair
Nothing to report this month.

10) PUBLICITY COMMITTEE news bite...

Sue Soderberg, Chair



Please check out the Friendly Garden Club website and Facebook page. Stephanie has done a wonderful job keeping our website current. Take a look at all of the pictures that are posted. Our Facebook page has over 250 likes so if you have not "liked us" please do and also invite your friends. Facebook is a wonderful way to advertise our events and fundraisers.

11) WAYS & MEANS COMMITTEE news bite...

Terry Harding, Marellene Morrell, Co-Chairs
Nothing to report this month.

12) WEBSITE news bite...

Stephanie Nelsen, Tech Specialist
Please check out the "Photo" section on the website for pictures of our amazing Flower Show.



13) NUTRITION news bite...

Rebecca Jones, Chair

Foods Excellent for Breast Health: Risk of breast cancer increases with age, but lifestyle choices can help protect you from this disease. Smoking, excessive drinking and getting too little exercise are contributing factors. In addition, it is helpful to maintain a healthy weight, choose unsaturated fats, and consume a colorful array of vegetable and fruits. Certain foods in particular contain natural compounds shown to support breast health.



Nutrition experts agree that a diet rich in plant based foods has protective properties against most types of cancer, including breast cancer. These foods are full of antioxidants which help guard against cell damage. Recommendation from experts is 3-8 servings of fruits and vegetables a day. Fill up on carrots, grapes, berries, spinach and sweet potatoes. Vegetables such as broccoli, cauliflower and cabbage contain a natural chemical which contains protective properties for estrogen sensitive cancers. These vegetables have also shown promise for preventing recurrences and prolonging life.

The American Journal of Clinical Nutrition published a study identifying *lignans* as a type of phytoestrogen that acts as an anti-estrogen compound. Flaxseed is the best source for this compound. The seeds can be found in some breads. If used at home, they should be ground and added to yogurt, oatmeal, or various salad dressings among other dishes.

Omega-3 fatty acids also provide *lignans*. The best sources are salmon, tuna, sardines and herring. Flaxseed and walnuts also contain omega-3s.

Paula Martinac M.S., Hawthorne University

YEARBOOK...

The yearbook committee is looking forward to 2018, and would like to know if there are any of our members that are familiar with running Publisher on a PC and would be interested in working on the 2018 yearbook. This committee starts gathering information in October and usually goes to print by the first of March. For more details please visit our website (www.thefriendlygardenclub.org), click on Policies and Procedures, then scroll down to yearbook to review. If you have any questions, please contact Jean Spagnuolo.



HONORS LUNCHEON

SAVE THE DATE



Honors Luncheon at "Top of the Park". Park Place Hotel

Tuesday, September 26, 2017

11:30 AM

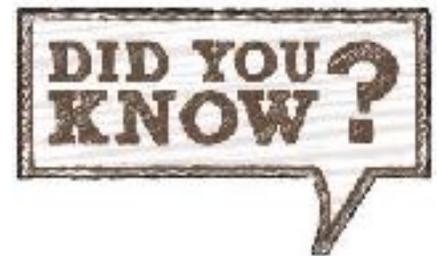
We encourage you to invite prospective FGC members and guests.

*** See the end of the newsletter for the RSVP form.

Nancy Rhoadarmer/Kay Stehouwer Co- chairs

GARDENING TIDBITS...

*** Fifth annual Mackinac Island "The Grand Garden Show", Sunday, August 27 - Tuesday, August 29th, 2017. Presented by Proven Winners. Visit www.grandgardenshow.com for more information.



*** "Protecting Pollinators in Urban Landscapes" conference October 9-11, 2017 at the Park Place Hotel, Traverse City Hosted by Michigan State University and North Carolina State More info at <http://protectingpollinators.org>

*** There is an interesting webpage that has a newsletter with "creative, frugal home and garden ideas in your inbox!" It is <http://www.empressofdirt.net> One comment said, "Informative and full of great ideas for the garden." Great garden pictures. If you are on Facebook go to: Empress of Dirt Creative Gardening. It is run by Melissa from Ontario, Canada. Well worth it!!!
Jane Weldon

*** Today at the Garden Walk Preview, I learned about an organic treatment to get rid of powdery mildew. One of the homeowners said to use milk and water in a spray bottle at a ratio of 1:10. In further research using Wikipedia, I discovered that spraying in the full sun works best. It doesn't matter which type of milk as it is the whey in the milk that works! Do this weekly.
Jane Weldon

YEARBOOK updates...

No changes/additions reported.

DATES TO REMEMBER...

July 20	35th Friendly Garden Club Garden Walk
July 25-30	XIII T. C. Film Festival
August 17	Traverse City Judges Guild

MGC & DISTRICT V NEWS...



The District V Fall meeting will be September 12th at the Cathedral Barns. Cost is \$39.00 and includes continental breakfast, lunch and 3 speakers.

Please bring a check made out to The Friendly Garden Club for \$39.00. This event will fill up fast so please get your reservation in very soon.

Sue Soderberg, District V Director

Birthdays...

07/17 Tracie MacPherson
 07/21 Beth Mulac
 07/22 Donna McKenzie
 07/30 Nancy Johnson
 08/14 Barbara Stein
 08/25 Carolyn Wentworth
 08/26 Kirsten Arderly



Executive Board:

President	Suzi Snyder
1st VP & Program Chair	Susan Mrowczynski
2nd VP & Hostess Chair	Beth Mulac
Recording Secretary	Vicki Slawnik
Corresponding Secretary	Dorothy Cain
Treasurer	Arlene Beall
Historian/Librarian	Terry Harding
Parliamentarian	Cathy Hamilton

Committees:

Civic Beautification	Sue Mrowczynski
Environment	Dorothy Cain
Finance	Susan Kuschell
Horticulture/Flower Arranging	Cathy Hamilton, Jane Weldon
Garden Walk	Cathy Spanski, Candace Petersen
Junior Gardening	Susan Kuschell
Membership	Letha Cairns, Tracie MacPherson
Newsletter	Anita Scussel
Programs	Sue Mrowczynski
Publicity	Sue Soderberg
Ways and Means	Terry Harding, Marellene Morrell
Website	Stephanie Nelsen
Yearbook	Jean Spagnuolo

Ad-Hoc Committees:

Honor's Luncheon	Nancy Rhoadarmer, Kay Stehouwer
Nutrition	Rebecca Jones



*The Friendly Garden Club
of Traverse City*

invites you to:

*The Honors Luncheon To Recognize Our
Past Presidents
20-Year and Life Members*

*September 26th, 2017 - 11:30 am
Top of the Park, Park Place Hotel
Traverse City*

Program: Election and Installation of Officers for 2018

*Please return your registration form and check **by Sept. 1st, 2017**
to:*

*Sue Soderberg
4600 Acorn Drive
Traverse City, MI 49685-9692
Reminder: Please wear your NAME TAG*

Wine drink tickets will be sold the day of the luncheon - \$6.00 ea.

REGISTRATION FORM

Luncheon Cost - \$23.00

Please make check payable to: Friendly Garden Club of Traverse City

Name: _____

Guest Name: _____

*Please select, ___ Lemon Pepper Grilled Chicken Breast in Parmesan Sauce
___ Cranberry Pecan Spinach Salad with Chicken*