



FRIENDLY NEWS

*The Friendly Garden Club
of Traverse City*

May 2017 NEWSLETTER

MEETING INFO....

When: May 23, 2017
10:45-11:15 Board Meeting
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: KEEPING OUR TREES HEALTHY

Who: Kama Ross, Forester

Program Coordinator: Beth Mulac

Hostess Chair: Letha Cairns *** [See hostess note, next page](#)



Hostesses: Nancy Collard, Michele Dillon, Janet Florence, Sue Loney, Beth Mulac,
Jane Weldon, Anita Scussel

NEW LUNCH PROCEDURE:



We all are to bring a sandwich cut into quarters for our May lunch. This is something new we are trying. The hostess committee will supply all condiments, drinks, dessert, chips, etc. The lunch committee will take your pre-cut sandwiches and put them on serving platters so people may sample different sandwiches.

(Those with special dietary concerns may want to bring just a sandwich for themselves.)

News bite from our President...

May 2017

Now the earth with many flowers puts on her spring embroidery.

-Sappho



Hello Friendlies,

- May Membership Meeting will be held at our new venue, Blue Water Event Center, 13424 S. West Bay Shore Drive, TC (Lunch 11:30), May 23rd
- Board Meeting will be held May 23rd, 10:45-11:15, All Officers as well as Candace representing Garden Walk Committee and Jane representing Horticulture & Flower Arranging Committee
- April contribution of \$1, begins our Drop in the Bucket contribution, let's make it "Drops" for May, any amount is appreciated
- The FGC has been registered in "Go Beyond Beauty!", which means the FGC is dedicated to not using invasive species in their gardens. (NW Michigan Invasive Species Network Grand Traverse Conservation District, check it out on Facebook)

Suzi,

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

FIRST VICE PRESIDENT news bite...

Sue Mrowczynski
Nothing to report this month.

SECOND VICE PRESIDENT news bite...

Beth Mulac



Welcome to our first meeting at Bluewater Hall! There is a large parking lot behind the building, so please save the few parking spaces close to the front door for those who have difficulty walking. The back door off the parking lot goes directly to the kitchen for the hostess committee. Enjoy!!

CORRESPONDING SECRETARY news bite...

Dorothy Cain
Nothing to report this month.

HISTORIAN news bite...

Terry Harding

The 2016 book should be available for all to see by the May meeting. Also, a reminder to turn in all materials checked out from the archives is in order. Since I was not at the last meeting, I will be accepting items to be returned.



TREASURER news bite...

Arlene Beall



I will be collecting dues and passing out yearbooks at the May meeting.

RECORDING SECRETARY news bite...

Vicki Slawnik
Nothing to report this month.

1) CIVIC BEAUTIFICATION COMMITTEE news bite...

Sue Mrowczynski, Chair

We are planting the Logo Garden on May 31st at 9:00 a.m. Rain date June 1st. Please come and bring hand shovel, kneeling pad, gloves and take your Motrin . Plants arriving at 8:00 a.m. It will be a fun morning for everyone. Also, May 25th is planting at the Visitor Center.



2) ENVIRONMENT COMMITTEE news bite...

Dorothy Cain, Chair

April 28-Arbor Day Planting

Connie Brown donated three white cedars that she has been growing for several years from seedlings obtained from the GT Conservation District. They were planted on the north side of the Tart Trail at the north end of Boardman Lake near the entrance to the trail near Oryana. Jo Flitton, Anita Scussel, Susan Snyder and I helped Connie with the planting along with Jo's husband, Ron, and Connie's friend, Jeanine.



Friendlyies, do you have a pair of garden gloves that shows more wear on one hand versus the other? As a conservation measure that the FGC can embrace, the committee will furnish a couple of boxes labeled "right" and "left". Your contribution would be to bring in the least worn glove of a pair of garden gloves. Right handed gardeners could exchange their worn glove for one a left handed gardener hasn't worn out and vice versa. In addition, if you have a pair that doesn't fit right or an overabundance of still workable gloves, those can be collected and exchanged also. Reduce, REUSE, recycle!



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
FLOWER SHOW...



A big "Thank You" to those of you who stepped up to help with the flower show. The posters and flyers have been produced and distributed and a banner/poster is being made for inside the Bluewater Hall. Twelve judges have agreed to judge our show. Some of them are coming from the Bay City and Lansing areas, so be sure to bring in all the wonderful things you grow so they can see that the north country can grow things too.

We still need people to clerk for the judges and to work as hostesses on Friday. Most of all, we still need people to register to bring designs for the show. There are 12 designs each in Tables, Petites and Designer' Choice. And there are four more in the novice section for those who have never won a blue ribbon. The meeting on May 23rd would be a great time to sign up! If you sign up then, we will have classes available for anyone who wishes to attend that will focus on their particular area of interest.

If anyone still needs a flower show schedule, just e-mail me your request and I will send you an updated copy. Cathy Hamilton, Jane Weldon, Co-Chair

5) GARDEN WALK 2017 COMMITTEE news bite...

Cathy Spanski, Candace Petersen, Co-Chairs

Janet Florence and Sandy Stockemer hosted a meet-and-greet for 2017 Garden Walk homeowners and hostess coordinators on May 7th, which was a great success. Mary Melvin and Marion Coltman have distributed tickets and posters to all of our sponsors. Linda Burkey has designed the signage layout, and Sarah Olson-Rosenbaum has found a source for our garden stones. At our **May 23 General Meeting**, we'll be doing **Hostess Signups** for working on the day of the Garden Walk **and Ticket Distributions to club members**. All members are expected to participate on the day of the walk, so look for Sandy and Janet, who are coordinating hostess signups, before you leave the general meeting. If you are able, please consider signing up for two shifts -- we always seem to be short of hostesses! Anyone signing up for two shifts is invited to join the Homeowners preview tour and



reception on Sunday July 16th, which should be lots of fun. Also be sure to see Mary and Marion to pay for your tickets. These are \$40 for 4 tickets and every member is expected to buy a set that you can then sell or give away. Additional tickets are available if you want to sell some for us. Mary and Marion will also be distributing posters and extra Save the Date cards to anyone who wants to help get those displayed. *Because the June meeting is so short to allow for the Flower Show setup, we would really appreciate your help in getting all hostess signups and member ticket purchases done at our May general meeting.* And of course be sure to **Save the Date for our July 20th Garden Walk!**

GARDEN WALK - COOKIES - (3 Dozen)



It's time to think about making your **3 dozen** cookies for the Garden Walk.

Please make your cookies on the smaller size, use plastic (Hefty type) containers (cardboard does not protect them while in transport and it's easier to store plastic containers) . Bar cookies are also great and should be cut on the smaller size (we all like to sample more than one).

You can bring your cookies to the June meeting, Judy Pohl and Susan Mrowczynski will freeze them, or you can drop them off at the Faith Reformed Church the day of the walk. Thank you Judy and Susan.

Thanks All...it's going to be a great Garden Walk!!

Refreshment Chairs: Vicki Slawnik, Kirsten Ardery, Letha Cairns

6) JUNIOR GARDENING news bite...

Susan Kuschell, Chair

May 20th, 9:30-4:00 - Children's Garden Plant Sale on the front lawn of the library on Woodmere. Donations of plants and garden related items appreciated. And stop by to find something for yourself!



7) MEMBERSHIP COMMITTEE news bite...

Letha Cairns, Tracie MacPherson, Co-Chairs

Now that we are into the new season, if you have possible new

members you might be asking to join, let me, or committee members Tracie MacPherson or Vicki Slawnik, know. I will have applications and some info available at the meeting. We received inquiries over the winter from several interested people via the website. They have all been contacted and invited to attend a meeting.



Kendra Wise, from Habitat for Humanities, is a prospective new member who will be at the May meeting. Please welcome her and introduce her to others.

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

Nothing to report this month.

11) WAYS & MEANS COMMITTEE news bite...

Terry Harding, Marellene Morrell, Co-Chairs

By the time you are reading this, our geranium sale will have been completed. We had a great response and most everyone had their order in on time and paid. We will have a more complete report at our May meeting. A huge thank you goes out to those who helped with this project. Some members not on the committee were of immense help and Marellene and I thank them.



12) WEBSITE news bite...

Stephanie Nelsen, Tech Specialist

Nothing to report this month.

13) NUTRITION news bite...

Rebecca Jones, Chair



Vitamin D

Vitamin D is a fat soluble vitamin that plays a role in many body functions. Among other functions it works in the body along with calcium to help build and maintain healthy bones. This role is generally well known but more recently research has been conducted which indicates that vitamin D also is involved in regulating the immune system.

The body stores vitamin D and can produce it when the skin is exposed to sun. Thus, this process is often compromised in our area due to extended periods of cold and decreased sun exposure. At least 45 min. of exposure per week is recommended to obtain healthy levels in the body.

Research is being carried out on many fronts including links to breast cancer, colon cancer, increased blood pressure, depression, and anxiety. It has been found that increased levels of vitamin D in the body decreases the likelihood of these conditions. As we know, vitamin D and calcium supplements have been recommended for several years to prevent osteoporosis. This therapy also protects against rickets and osteomalacia or softening of adult bones.

Studies have been undertaken and conclude that seasonal affective disorder improves when patients take a supplement of vitamin D. Other ongoing areas of interest include links to prostate, skin and pancreatic cancers.

Populations studies find that people with lower levels are more likely to develop Type 2 diabetes. Also, there is a greater risk of heart disease, stroke and heart failure. One reason being that low vitamin D levels may increase the buildup of calcium in the arteries. Plus, people with low levels of vitamin D are more likely to be obese which compounds the cardiac function problems. One high quality study of post menopausal women found that those taking 400 IUs per day were less likely to gain weight.

Good sources of vitamin D include, cod liver oil (which my mother gave us daily as a child) fatty fish such as salmon, mackerel , tuna, sardines and herring, fortified dairy products and eggs.

Due to difficulty in getting adequate sun especially in winter, vitamin D may be purchased as part of a multivitamin or taken alone. Seniors have an increased risk of developing a deficiency because as we age the body does not make as much vitamin D from sunlight. Take supplements according to your health care providers recommendations to avoid side effects and interactions with other medication you may be taking. The National Institutes of Health recommends no more that 4000 units daily for anyone over 9 years of age.

Numerous research articles are available on line under Lifescript. One article is by M.F. Holick. Vitamin D: importance in the prevention of cancers, type 1 diabetes, heart disease and osteoporosis. American Journal of Clinical Nutrition,2004

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.

Nancy Rhoadarmer/Kay Stehouwer
Co- chairs



SPECIAL MESSAGE...

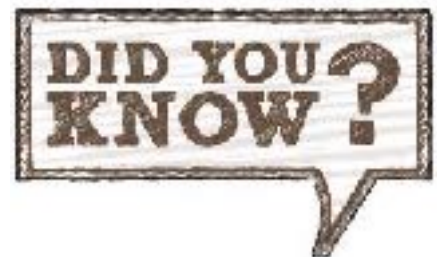
Dear Friendlies, It was such a wonderful day when I saw so many of our garden club family in April. You all greeted me with so much kindness and caring I'm beyond words. First of all thank you for all the prayers, cards, e-mails, phone calls even when I couldn't talk much. I can't tell you how much it meant to me. When the mail came I felt hugged and it really lifted me. I feel so blessed to be a part of this caring group of ladies.



Sue Loney

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.



*** The Annual Plant Sale on the Village Green in Leland is on tap for Memorial Day Weekend! Now is your chance to purchase native ferns, trillium, (many rescued) and more along with a selection of native trees and shrubs provided by locally owned [Four Season Nursery](#), who will be on hand to answer questions about going native. Sale runs Friday, May 26th and Saturday May 27th; hours 9 a.m. to 4 p.m. each day.

*** Tick Repellent solution: Into a spray bottle, add 20 drops of Lemongrass Essential Oil, 20 drops of Eucalyptus Essential Oil, and 4 oz. of water. Shake well. Spray on shoes, socks & pant cuffs. Safe for humans and dogs.

*** Powdery Mildew remedy: To be used on susceptible plants before mildew appears. Mix 1 Tbsp baking soda and 1 Tbsp horticultural oil with 1 gallon of water. Spray plant completely once a week. Cornell University.

YEARBOOK updates...



At the April meeting we said there was an error in the yearbook, and wanted to see who would be the first to notice it.

We do have Andi Kramer out of alphabetical order...but what we were referring to was not in the Members section.

Congratulations to Sue Soderberg for finding our embarrassing error in the Program section, pages 50 and 51.

We could hardly believe it, and with all the proofing...we had those beautiful mums labeled as asters! Oooooops!

If there are any other errors/changes..such as an updated phone number, or email address, please let us know, so we can put the correction in the next Newsletter for everyone to correct their books.

DATES TO REMEMBER...

May 25	Visitor's Center planting (rain date 5/26), 9:00 a.m.
May 29	Memorial Day
May 26-27	Leelanau County native plant rescue sale
May 31	LOGO Garden planting (rain date 6/01), 9:00 a.m.
June 4-10	National Garden Week
June 7-8	MGC State Convention, Ann Arbor
June 15	Traverse City Judges Guild Flower Arranging
June 23	BLOSSOMS BY THE BAY Flower Show

MGC & DISTRICT V NEWS...

District V News

Over the past several years we have had many members from other District V Garden Clubs attend our Garden Walks. Here is a list of some of the other Garden Walks and Flower Shows in our District.



Mason County Garden Club in Ludington July 9th
Charlevoix Garden Walk July 12th
Edelweiss Garden Walk July 12th
Juniper Garden Walk and Plant Sale in Alden July 19th
Portage Lake Garden Walk in Onekama July 27th
Juniper Garden Club Flower Show August 4th and 5th
District Meeting September 12th

You can check the MGC Calendar for more information

Sue Soderberg
District V Director

Birthdays...



05/01	Candace Petersen
05/08	Laura Swire
05/14	Connie Brown
05/23	Susan Kuschell
05/25	Elaine Armstrong
05/26	Suzann Grazul
06/09	Pat Huxtable
06/09	Mary Melvin
06/20	Terry Harding
06/24	Jo Flitton
06/24	Sue Loney
06/26	Jean Spagnuolo

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