



FRIENDLY NEWS

*The Friendly Garden Club
of Traverse City*

August 2017 NEWSLETTER

MEETING INFO....

When: August 22, 2017
10:15-11:15 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: Growing Heirloom Fruits & Vegetables

Who: Dan & Marcia Graves

Program Coordinator: Janet Hickman

Hostess Chair: Sandy Stockemer



Hostesses: Dorothy Cain, Terry Harding, Susan Kuschell, Tracie MacPherson,
Marellene Morrell, Stephanie Nelsen, Jill Stiltner

Hostess Committee will serve a full lunch this month.

News bite from our President...

August 2017

Earth and sky, wind and trees, rivers and fields, the mountains and the sea. All are excellent schoolmasters and teach some of us more than we could ever learn from books.

~Anonymous



Hello Friends,

We will be signing up for committees at our August Meeting. Everyone (except our Star Members, 80+) must sign up for “**two**” committees. Specific information will be explained at our August meeting before signup.

Clarification for our newer members and all members: *Everyone* participates on the day of the LOGO planting and the day of our Garden Walk, as best as their physical strengths will allow each member to do so.

I will be accepting grants at our August meeting, the deadline is August 31. You can get a form to fill out on our website. The grant must be for a non-profit organization and must follow along with our mission statement on page 3 of our yearbook. Any member can submit a grant and all grants are discussed and reviewed at the Finance Committee meetings in September and October.

Drop in the Bucket \$ collected at July’s meeting was \$5.35, a grand total to date of \$11.35. Can we double this amount in August ☺?

August committee members attending the Board Meeting @ 10:15 – 11:15 will be Anita and Tracie.

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
The 2018 lunch hostess committee sign up sheets will be ready at the August meeting, but not at the September meeting so please take a few minutes to sign up.



It's time for committees to be thinking about MGC/NGC award applications and who will be writing them. Most are due by October 1st. I will be in touch with committee chairs with information and rules by early September. We did an awesome job last year with lots of great awards - lets try again this year!!

I'm pleased to announce that our meetings will continue to be at the Bluewater Hall for 2018.

CORRESPONDING SECRETARY news bite...

Dorothy Cain
Nothing to report this month.

HISTORIAN news bite...

Terry Harding
Nothing to report this month.

TREASURER news bite...

Arlene Beall
Treasury reports sent in separate email.

RECORDING SECRETARY news bite...

Vicki Slawnik
Nothing to report this month.

1) CIVIC BEAUTIFICATION COMMITTEE news bite...

Sue Mrowczynski, Chair

Civic Beautification will be awarding the small business award to Cedar Run Eye Clinic and Munson Hospice received the large garden award. Awards were given out on August 14th at noon.



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

The Flower Arranging Committee is spending all their remaining energy working on the Book of Evidence for the Flower Show. If any one has any pictures from the show, we would appreciate seeing them.



5) GARDEN WALK 2017 COMMITTEE news bite...

Cathy Spanski, Candace Petersen, Co-chairs

Nothing to report this month.

6) JUNIOR GARDENING news bite...

Susan Kuschell, Chair

Awards night: included Traverse City Light & Power -American Waste-Carter's Compost- Grand Traverse Conservation District -Goodwill Food Rescue and Tart Trails. We had watermelon donated by Lucky's and the Jonkhoff family gave us butterflies. The kids and parents enjoyed : Moomers ice cream, Buchan's Blueberries and Tom Troost CPA all gave donations. THANK YOU EVERYONE THAT HELPED MAKE THIS A FUN NIGHT FOR THE KIDS! Junior Gardening Committee.



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
Nothing to report this month.

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
If anyone has photos of gardens 4-8 from the garden walk, please email them to me or add them to the photo gallery on the website yourself, if you are familiar with doing that. Thanks.



13) **NUTRITION news bite...**
Rebecca Jones, Chair

Weight loss requires a long term commitment, yet some dieters can still be tempted by a quick fix weight loss promise by fad diets. People often do not realize the negatives associated with fad diets from lack of nutritional value to restrictions that are hard to live by. So, beware of magical claims and quick fixes. Some red flags include: promises that you will loose weight fast, recommendations not based on research, statements made about the success of the diet that are not backed up by reputable research,



foods are listed as good or bad and one that involves crash dieting and restrictions in eating and drinking. Some fad diets are popular due to celebrity endorsements, others promise quick results or that cutting out certain foods is the key to success. Some just play in to peer pressure. Ask this question, is the diet safe and healthy for you? Many fad diets work for a short period of time usually causing weight loss due to unhealthy calorie reductions and water weight loss. Most fad diets do not meet the nutritional needs of most people.

People on medications or who have chronic health concerns should be especially cautious. Always ask your health care provider before starting a fad diet. Often if you loose weight rapidly but do not meet your nutritional needs you will tend to revert back to old habits, gain weight and begin the yo-yo diet effect. Fad diets often set people up for failure.

A better solution is to work with a qualified nutritionist or registered dietitian to create a realistic diet that will be effective for you long term. Also, follow recommendations made by reputable organizations such as dietary guidelines for Americans make by the U.S. Department of Agriculture. In reality a slow and steady pace brings long term and lasting results.....Good Luck!

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...



Please bring you registration and check for \$23.00 for The Honors Lunch being held on September 26th. The yearbook says it is a Closed Meeting but you can certainly bring a guest to the luncheon if you wish.

Sue Soderberg

YEARBOOK updates...

Nothing reported.

DATES TO REMEMBER...

September 4	Labor Day
September 5	Kids back to school
September 7	MGC Board Meeting
September 12	District V Fall Mtg., Historic Barns
September 14	Judges Guild Flower Arranging
September 26	Honors Luncheon
October 5-7	Central Region Convention, Wisconsin
October 16-17	Environmental Studies School Course III, Kalamazoo



GARDEN TIDBITS...

***To prevent accumulating dirt under your fingernails while you work in the garden, draw your fingernails across a bar of soap and you'll effectively seal the undersides of your nails so dirt can't collect beneath them. Then, after you've finished in the garden, use a nailbrush to remove the soap and your nails will be sparkling clean.

***Turn a long-handled tool into a measuring stick! Lay a long-handled garden tool on the ground, and next to it place a tape measure. Using a permanent marker, write inch and foot marks on the handle. When you need to space plants a certain distance apart (from just an inch to several feet) you'll already have a measuring device in your hand.

MGC & DISTRICT V NEWS...

Nothing to report this month.

Sue Soderberg, District V Director

Birthdays...

08/25	Carolyn Wentworth	10/08	Vicki Slawnik
08/26	Kirsten Ardery	10/10	Judy Pohl
09/08	Peg Jonkhoff	10/15	Linda Burkey
09/09	Sandy Stockemer	10/18	Dorry Price
09/13	Arlene Beall	10/20	Jill Stiltner
09/25	Suzi Snyder	10/22	Sue Soderberg
		10/31	Shirley Schneider



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