



FRIENDLY NEWS

*The Friendly Garden Club
of Traverse City*

November 2017 NEWSLETTER

MEETING INFO....

When: November 14, 2017

***	No Board Meeting
11:30	Lunch
12:15	Program
1:15	Business Meeting

Where: Bluewater Hall
13424 S. West Bay Shore Drive, Traverse City

What: Thanksgiving Centerpieces

Who: FGC Members to Assemble Baskets

Program Coordinator: Sue Mrowczynski

Hostess Chair: Judy Pohl



Hostesses: Elaine Armstrong, Linda Burkey, Nancy Rhoadarmer, Sarah Olson-Rosenbaum,
Marge Scott, Kay Stehouwer

Friendship Rose

*Friendship is a budding rose,
with sweetness rising from each fold.
The stems of courage, hope and care,
Are precious gifts of love so rare.
Amid the thorns are moments dear,
as true friends lend a caring ear.
A smile, a laugh, and friendly thought,
are roots that tie the friendship knot.
Take time to smell the friendship rose,
that grows along the friendship road,
where friendship blossoms never fade,
and seedlings sown are new friends made.*

- by Pamela Randick

FIRST VICE PRESIDENT news bite...

Sue Mrowczynski

Come dressed casual to the November meeting. Bring tools for making centerpieces. Thanks, Sue M.



SECOND VICE PRESIDENT news bite...

Beth Mulac



The FGC meetings for 2018 will again be at the Bluewater Hall, from April to November, except for the September Honor's luncheon. Wishing everyone a good winter - see you again in April 2018!

CORRESPONDING SECRETARY news bite...

Dorothy Cain

Nothing to report this month.

HISTORIAN news bite...

Terry Harding

In closing out 2017, all materials checked out from the TADL archives should be returned. Amy has been busy working on our archives when she has time. We are missing the looseleaf notebook that detailed the entire garden walk "needs to be done" items. Please check your FGC items to make sure you don't have it. If you do have it, please turn in to the library or call Candace Petersen. The history book for 2017 should be ready for viewing next spring.



TREASURER news bite...

Arlene Beall



A reminder that all bills will have to be mailed to me and need to be received before the end of the year. The books will be closed 12/31/17. Thanks, Arlene

RECORDING SECRETARY news bite...

Vicki Slawnik

DONATIONS - MAKE A DIFFERENCE

Please bring your canned goods and/or outerwear, coats, boots, socks, scarfs, hats to help our neighbors. Donations will be given to Jubilee House and Safe Harbor. Vicki Slawnik will have her car parked by the front door at Blue Water, please place your items in the back. Thank you for your support.

Vicki



1) CIVIC BEAUTIFICATION COMMITTEE news bite...

Sue Mrowczynski, Chair

Nothing to report this month.

2) ENVIRONMENT COMMITTEE news bite...

Dorothy Cain, Chair



Are you familiar with ISN's Go Beyond Beauty program? Started as a way to remove invasive species from the shelves of local garden nurseries, other business and individuals can now make the commitment to have an invasive-free landscape. Each participant receives a beautiful sign to display in their own garden. For more information, visit our website: <http://www.habitatmatters.org/go-beyond-beauty.html>

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

Nothing to report this month.

5) GARDEN WALK 2018 COMMITTEE news bite...
Candace Petersen, Sarah Olson Rosenbaum, Co-Chairs
Jean Spagnuolo, Advisor
Nothing to report this month.

6) JUNIOR GARDENING news bite...
Susan Kuschell, Chair
Nothing to report this month.

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

Michigan Garden Club is in the process of trying to make The Black Swallowtail the official State of Michigan butterfly. Did you know that only 3 States do not have an official butterfly and Michigan is one of them. We are hoping that all of you can help with this project and we will have more information at our November meeting.
Sue and Janet



11) WAYS & MEANS COMMITTEE news bite...
Terry Harding, Marellene Morrell, Co-Chairs

Calendars will be available at our November meeting for those who ordered. I have to charge \$6 per calendar to help pay for the shipping and handling, so bring your checkbook or \$6. There will be about 3-4 extras available for those who did not place an order and want one.



12) WEBSITE news bite...

Stephanie Nelsen, Tech Specialist
Nothing to report this month.

13) NUTRITION news bite...

Rebecca Jones, Chair

HYDRATION...why so important?

The Institute of Medicine recommendation for daily total intake, which includes beverages and food is 91 oz. for women and 125 oz. for men. According to a 2013 study, US adults drank an average of 39 oz. daily, 60-70 percent less than the amount recommended.



FIVE ways to stay hydrated all year...

1. Keep water available at all times on your desk at work or at home and always while doing any form of exercise.
2. Some choices hydrate but add unnecessary calories such as juices, wine and beer. Water rich foods include, tomatoes, watermelon, cucumber, strawberries and broccoli.
3. Make water taste better by adding slices of lime, lemon, cucumber or berries.
4. Drink hot tea or coffee during cold weather and water at room temperature.
5. Enjoy your favorite beverages such as a high protein drink, a smoothie or hot chocolate.

Jessica Levinson M.S. R.D.

Your body depends on water to survive!!! Every cell, tissue and organ in your body needs water. Sports drinks can be helpful if you are planning to exercise at higher than normal levels. Most contain carbohydrate and electrolytes that can increase energy. Some energy drinks contain high levels of sugar and caffeine plus other stimulants so always check the serving size. For this reason teens and children should not have energy drinks as a means of hydration.

Signs of dehydration include: little or no urine or very concentrated urine, dry mouth, fatigue, headache, intense thirst, confusion and light headedness. Older adults are at higher risk as the brain may not sense dehydration as readily. Water makes up more than half your body weight so adequate fluid intake especially during warm weather is essential.

Center for Disease Control and Prevention, Water and Nutrition.....2017

GERANIUM SALE...

Orders are still coming in . . . Thank you! There will be extra order blanks available at the meeting for those who do not have ability to get from our website. Please consider contacting family, friends and neighbors to see if they would like to order. Marellene should have a \$\$ count of where we are with this fundraising opportunity to report at the meeting.



YEARBOOK updates...

No updates reported.

DATES TO REMEMBER...

11-14-17

Final Club Meeting for 2017

11-23-17

Thanksgiving

03-27-18

First Club Meeting for 2018

GARDEN TIDBITS...

To remove the salt deposits that form on clay pots, combine equal parts white vinegar, rubbing alcohol and water in a spray bottle. Apply the mixture to the pot and scrub with a plastic brush. Let the pot dry before you plant anything in it.



Use leftover tea and coffee grounds to acidify the soil of acid-loving plants such as azaleas, rhododendrons, camellias, gardenias and even blueberries. A light sprinkling of about one-quarter of an inch applied once a month will keep the pH of the soil on the acidic side.

MGC & DISTRICT V NEWS...

Before the end of the year the ID and password for the MGC Website will change. I will get that information out as soon as I receive it.

Yearbook and other award judging is done for Michigan Garden Clubs. A big thanks to Jean for going to Lansing with me and helping to do the judging. We had 7 members from District V attend this full day of judging. We will not learn of results until The State Convention in June.



Sue Soderberg

Birthdays...

11/12	Jill Burleson
11/14	Nancy Rhoadarmer
11/15	Maxine Meach
11/23	Cathy Hamilton
12/04	Letha Cairns
12/28	Marilyn Rebant
12/29	Marilyn Burdinie
01/01	Anita Scussel
01/09	Susan Mrowczynski
01/12	Nancy Collard
01/25	Sarah Olson-Rosenbaum
01/28	Andrea Kramer
02/09	Jane Weldon
02/24	Kay Stehouwer
03/28	Marion Coltman
03/08	Carolyn Hoffmann
03/09	Janet Hickman
03/16	Rebecca Jones



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