



FRIENDLY NEWS

*The Friendly Garden Club
of Traverse City*

September 2017 NEWSLETTER

MEETING INFO....

When: September 26, 2017

11:30	Social gathering
12:00	Lunch Provided
1:00	Presentation/Announcements

Where: Top of the Park - Park Place Hotel
300 E. State Street
Traverse City

What: **HONORS LUNCHEON**

Who: Friendly Garden Club Members

Program Coordinator: Suzi Snyder

Hostess Chairs: Nancy Rhoadarmer/Kay Stehouwer

Hostesses: Carolyn Hoffmann, Donna McKenzie, Judy Pohl, Marge Scott,
Sue Soderberg, Barb Stein, Sandy Stockemer



News bite from our President...

September 2017

In search of my mother's garden, I found my own..

~Alice Walker

Hello Friends,

- Check it out, We made the September-October issue of Grand Traverse Woman Magazine!!!
- Bring your Garden Walk Hats to the Honor's Luncheon, pictures after the luncheon at the LOGO Garden, picture will be in our 2018 FGC Pamphlet
- Also bring your thoughts, ideas, on what should we do for our 95th Anniversary which will be in 2018
- OCTOBER BOARD MEETING WILL BEGIN AT 9:30 am, Those attending are all our officers and Chairs: Susan Kuschell, Finance; Letha, Tracy, Membership; Jean, Yearbook
- Meet our Graphic Design Team for our new LOGO: Stephanie - Chair, Beth Mulac, Laura Swire, Judy Pohl, Marilyn Rebant, Anita Scussel, Suzi Snyder
- Check out the NGC website for information regarding PLANT AMERICA Community Project Grants, also, MGC website Plant America Grow and Share Small Grant Program, just wondering if we can we make any of these grants work for our Friendly Garden Club for 2018 ???



For in the true nature of things, if we will rightly consider, every green tree is far more glorious than if it were made of gold and silver.

~Martin Luther

Suzi

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

FIRST VICE PRESIDENT news bite...

Sue Mrowczynski

I would like to thank all members for gracefully signing up on the committee sheets at last meeting.



SECOND VICE PRESIDENT news bite...

Beth Mulac



There are still several people who have not signed up for a lunch hostess committee for 2018. If you are one of these, please contact me at the September Honors Lunch, or I will contact you. Beth

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 is having a meeting on September 20 at 10:00 am at the Visitor Center. Discussing logo garden 2018, summing up 2017, and book of evidence. Thank you to all Civic Beautification members for a year well done.



2) ENVIRONMENT COMMITTEE news bite...

Dorothy Cain, Chair



We can all agree, three cheers for pollinators! We certainly understand what a pollinator garden would entail. Lots and lots of nectar rich flowers for all our pollinator friends, preferably as many native plantings as possible. Also, trying to plant a diversity of flowers that vary their bloom time throughout the seasons so there is always a supply of pollinator food. We should also consider a pollinator “nursery” area. We all love those flying jewels of butterflies, but we need to remember how they start out. A nursery for butterflies would mean we need to supply food for the babies... the caterpillars that munch on our plants. Monarchs feast on milkweeds, but there are a lot of other butterfly babies out there looking for good eats. Some plants to try as nursery food are fennel, oregano, mint, dill, parsley, yarrow, and cilantro. Limit or eliminate your pesticide use. As a side benefit of leaving some caterpillars around - it’s good for the birds! There is no species of bird that feeds its young with seeds. Baby birds need the protein of bugs. So helping the pollinators will also help the baby birds.

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

As our flowers are fading away and the trees and shrubs start to color up and drop their leaves, it becomes obvious to all that any of us who do flower arranging are going to have to look somewhere else besides our gardens for plant material. So what do we plan to use for the November 13th program? We could go to the florist but at \$8 a flower it can get a little expensive. So the Flower Arranging Committee suggests everyone start working on the following to put in our holiday basket arrangements:

1. Collect any flowers you may have in your garden and hang them to dry or use the microwave if you have directions.
2. Go through your garden and harvest the poppy pods, seed pods from peonies, red rose hips and similar items with attractive shapes and colors.



3. Start watching for pine cones that will be dropping soon. Acorns and other nuts also can be used in our arrangements.

4. We can also use all kinds of greens but they need to last at least two weeks without losing their needles. Try boxwood, pine, cedar, Mahonia and other deciduous greens. The greens above can also be glycerized. To do that, you can use glycerine or anti-freeze. The directions are the same. Mix one part glycerine to two parts warm water in a jar. Stir well and put the cut ends of the greens in the solution and place in a cool room away from the windows! Time needed depends on the plants and weather. The solution gradually is absorbed by the plant and the leaves turn various shades of dark green and brown. It may take two or three weeks and the solution that is left may turn dark brown but the leaves stay soft and pliable.

The program on Nov. 13 will involve making holiday baskets to donate to the organizations supplying holiday meals to the homeless, etc. We will also need ribbon to make bows and other appropriate holiday decorations. See Sue M. or Cathy H. if you have questions. Thank you for your help. Cathy Hamilton, Flower Arranging Chair.

5) GARDEN WALK 2018 COMMITTEE news bite...

Candace Petersen, Jean Spagnuolo, Sarah Olson Rosenbaum, Co-chairs

Nothing to report this month.

6) JUNIOR GARDENING news bite...

Susan Kuschell, Chair



It was a great year for all the kids who attended this summer in the Children's Garden, thanks to all of you. If we have members who like weeding, we have several master gardeners lead workers in the main garden. Sunday, October 15th from 4 p.m. to 6 p.m. Join us, we have fun!

Susan Kuschell

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

My geraniums are absolutely beautiful this year, I hope yours are also because it is time to consider ordering for 2018. The updated order form in the newsletter shows a modest increase in price of the 12" patio pots (up \$1) and the 10" hanging calliopes (up \$1). Please note that the 5" pots remain the same. We are also offering the filler plants the day of the sale, same as we did this year. They will be available to buy on pick-up day. Mischel's is offering a brand new item this year. It will be a 12" mixed pot that includes 1 vinca vine, spike and asparagus fern with a large geranium for \$22, a real bargain when comparing it with other nurseries. The mixed pots are listed on the order form and should be ordered in advance as well as the other offerings listed.



Once again we are asking that your order be submitted with a check covering the full amount on or before December 8th. We need to get our order in to Mischel's shortly after the new year begins. In addition, we ask that you tell your friends and neighbors about our sale and give them an order form for convenience in placing an order. There will be hard copies of the form available at our Honors Luncheon should you need extra copies.

We want to express a huge THANK YOU to all who ordered for 2017. We made over \$4000.00 for our club and could not have done it without you.

Marellene and Terry

12) WEBSITE news bite...

Stephanie Nelsen, Tech Specialist

If you need an order form for the 2018 SIMPLY GERANIUM SALE, go to our website, which has the new geranium form on the home page that you can download. If you are not sure of the selection of geranium colors, you can check those out on the FORMS section, where I also included an order form.

Also, if you didn't get a chance to attend the Fall District V meeting, be sure to check out the pictures on the PHOTOS section showcasing our two state members, Sue Soderberg and Janet Hickman. Well done, ladies 😊



13) NUTRITION news bite...

Rebecca Jones, Chair

IBS.....Irritable bowl syndrome or disease



As with other chronic diseases the symptoms of IBS flair up then disappear. Symptoms may be mild or severe depending on what part of the intestine is involved. Symptoms of IBS, Crohns, ulcerative colitis and diverticulitis are similar and include: cramps, diarrhea, urgency, weight loss, decreased appetite and anemia due to blood loss.

The causes of gut inflammation diseases are unknown. Bacteria, viruses and antigens may trigger the body's immune system to produce and inflammatory reaction in the GI tract. Recent studies show that genetic and environmental factors play a role also. Ultimately the intestinal wall is damaged, causing symptoms. Damage over time may be considerable requiring surgical repairs.

The new studies look at gut bacteria and the influence the millions of them have on overall health, These bacteria line ones entire intestinal tract and are different for each person depending on heredity and diet choices for the most part.

Low residue diets may help. This diet limits high fiber foods such as whole grains, nuts, seeds, and raw fruits and vegetables. The goal is to ease symptoms such as gas , bloating and cramps. Poor absorption may lead to decreased overall health so a professional should be consulted to assure the body is properly nourished over time. Food logs are also helpful to identify troublesome foods and assure a proper balance. Supplements are sometimes needed.

Generally avoid: processed, packaged and prepared foods, hydrogenated fats, meat aside from wild caught fish, fried foods, white sugar and sweets, synthetic sweeteners, food additives that are preservatives, add color etc, wheat products and alcohol.

These conditions are difficult to manage so ongoing checkups with your dietitian and health care provider are important. One must also have a personal commitment to control the disease over time.

Source; Web MD

HONORS LUNCHEON...

Reminder: **HONORS LUNCHEON**
TUESDAY, SEPTEMBER 26 11:30 AM
TOP OF THE PARK PLACE HOTEL



Very last day to reserve your place at the table for our 2017 Honors Luncheon is Wednesday September 20th.

Cost: \$23.00. Wine Tickets: \$6.00

Call Sue Soderberg at 231-929-1867 or cell: 231-357-9811

Please bring friends and prospective members. There will be plenty of time to socialize.

MISSING: The roll of tickets previously used for 50/50 raffle.



If anyone has them, please contact Nancy Rhoadarmer or Kay Stehouwer. We need them for drink tickets for the Honors Luncheon on September 26.

Nancy Rhoadarmer & Kay Stehouwer

MEMBER UPDATE...

I have news of Lin Wright, former member of FGC. She was recently diagnosed with cancer that required surgery. Thought some of our long time members would want to know. Her home address is 882 Lakewood Rd. TC 49685 in case some would like to send a card. Terry Harding



YEARBOOK updates...

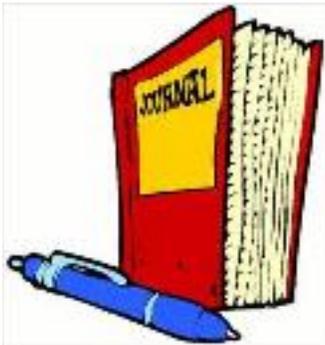
Nothing reported.

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, Holland



GARDEN TIDBITS...



Keep a journal. That doesn't mean a fancy, flowery bound booklet with photos and drawings and such. Although, that wouldn't be a bad thing. Just keep some notes about your garden. It could be a scratch pad you keep in the garage or garden shed, the notes 'app' on your phone, a small spiral pad in your garden apron. Jot down plants that need attention, need to be relocated, need some fall pruning (or note that the pruning should be in spring after flowering), what worked this year?

What plants need some protection from hungry varmints in the late winter/early spring? What should I stake in the spring before it becomes too heavy with foliage that stems collapse? How better would plant "x" do if I swapped it with this other plant? You spend a lot of time in your garden and see daily things that spur thoughts of improvement. Very hard to recall all the items if you wait for the winter doldrums to start thinking spring garden ideas. So just take a moment to jot down some key words to help your remember your thoughts about an area of your garden while it is still fresh. You'll thank yourself in the spring.

MGC & DISTRICT V NEWS...

Nothing to report this month.

Sue Soderberg, District V Director

Birthdays...

09/25 Suzi Snyder
 10/08 Vicki Slawnik
 10/10 Judy Pohl
 10/15 Linda Burkey
 10/18 Dorry Price
 10/20 Jill Stiltner
 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 SIMPLY GERANIUMS—2018 Order Form

Website: thefriendlygardenclub.org

ORDER BY NOV. 18, 2017 – LAST DATE TO ORDER DEC. 8, 2017

May 16, 2018 Pickup Plants at Peninsula Township Fire Station #2, 8150 Center Rd. 9:30—4pm.

Questions: Terry Harding, 6287 Summit Ct., TC 49686 (231-947-0568)

ORDERS AND CHECKS—SEND TO: MARELENE MORRELL, 4319 DEERWOOD, TC 49686 (231-938-2434)

Payment due with order

Make checks payable to: FGC

Name: _____
Address: _____
City/State/Zip: _____ Phone: _____
Email: _____

5" Pots @\$4.50 ea.	Quantity	\$
Amount _____ <u>True</u>		
Red _____		
Pink _____		
Cherry Rose _____		
White _____		
Salmon _____		
Cherry Rose Splash _____		
Dk. Red Calliope _____		
Hot Pink Calliope _____		

**AVAILABLE DAY
OF SALE ONLY!
\$3 EACH**
Vinca Vine
Spikes
Asparagus Fern
Cash/check only!

12" Patio Pots @ \$20 ea.
True Red _____
Pink _____
Cherry Rose _____
White _____
Salmon _____

NEW THIS YEAR
**12" Mixed
Geranium Pot at
\$22 PER POT**
Includes
1 Large Geranium,
Plus Vinca Vine,
Spike and Asparagus
Fern

10" Hanging Calliope @ \$18 ea.
Dk. Red _____
Hot Pink _____

*NEW Mixed 12" Pot @ \$22 ea.
True Red Mixed Pot _____
Pink Mixed Pot _____

Total Order: _____ **Amount:** _____ **Check #** _____

To check on color choices, visit our website: thefriendlygardenclub.org. and click on "forms".