

THE OFFICIAL NEWSLETTER OF THE
WASHINGTON STATE FEDERATION OF GARDEN CLUBS
PROMOTING...

WASHINGTON Garden & Design



2025 FALL ISSUE OCT NOV DEC VOLUME 51, NUMBER 2
FORMERLY *SMOKE SIGNALS* MAGAZINE 1933-2016

PRESIDENT'S DESK

The Healing Power of Nature

Have you ever noticed how calm and grounded you feel after spending time in a forest, by the sea, or in a garden? That feeling is not a coincidence – there is growing scientific evidence showing how nature has a profound and measurable impact on our mental and physical health. Time spent outdoors can foster a sense of tranquility and connection with the world around us. Nature not only has been proven to benefit our mental and physical health, but studies in health care settings show a link between nature and healing.



You will hear about just such a case at the Winter Board Meeting during lunch. The speaker will be Ian Mackay, who after a bike ride was left paralyzed from the neck down. Ian will be talking about his journey in healing through nature and will be selling his book, *Ian's Ride, A Long-Distance Journey to Joy*. In an excerpt from the book, "Ian's best advice: "Whoever you are, injured or not, my advice is this: Get outside. Connect to Nature. As often as you can, in every type of weather. The freedom of motion, and the quiet moments too, will make you a happier human. We need to broaden people's awareness about the need for accessibility to the outdoors so everyone can be a part of it. So do it."

I also recently discovered a book called *the Power of Flowers, Turning Pieces of Mother Nature into Transformative Works of Art*. Vicki Rawlins is an artist whose health began to decline after finishing a round of common antibiotics. She ended up in the hospital with a diagnosis of antibiotic poisoning. She had symptoms of debilitating neuropathy, muscle and joint pain, difficulty walking, burning skin, vision impairment, and much more. On some days her symptoms were so bad she couldn't feel her legs from the waist down. She had intense pain and neuropathy from head to toe, inside and outside her body. Slowly, she decided to take little steps back to art, but this time it took her in a different direction. She started using plants to make foliage art. And instead of focusing on her pain, she focused on foraging and creating. She calls her foraging "Therapeutic Foraging." It's been over seven years since she's been creating art with gathered foliage. Her book has amazing works of art where she has used a variety of plants, sand, seashells, and pieces of wood. It's easy, while away an hour or so just looking at the pictures to see if you can recognize the plant material she used.

I believe that Hippocrates was correct when he said, "Nature itself is the best physician."

Dorrie Carr
WSFGC President 2025-2027

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On the Cover



Photo by Chris Hill

Forest scene in Thurston
County, Washington

Correction: The Summer Issue had the wrong spelling of East Lake Washington Co-Director Debbie De Filippis (this is the correct spelling).

COUNTY FAIR NEWS

Thurston County Fair

“Strut Your Stuff” an NGC Flower Show was celebrated at the Thurston County Fair July 31 – August 3. This annual flower show is produced by the Black Hills District of Garden Clubs with many volunteers submitting entries, hosting shifts, supervising the kids coloring project, setting up and cleaning up the building and all the other tasks required putting on a judged show! The TC Fair Committee worked for months planning and producing this show.

As this is an NGC Standard Flower Show, Dorothy Bertram of Friendly Flower GC and Black Hills Designers GC organized the required judges and clerks for a busy morning of judging and awarding ribbons to the worthy displays. Becky Flaherty of Friendly Flower GC planned a luncheon for the workers, and her committee of volunteers was much appreciated for their flawless organizational skills and great food.

It was a warm week so lots of



people were in attendance, and many especially came to the Expo Center to view the flower show. Horticulture entries are always a guess, depending on the weather preceding the

week of the fair; we never know what is going to be in bloom! This year was a good one for dahlias, hydrangea, roses and lilies, but not a single tomato was ripe enough to exhibit.

The following are awards for the Black Hills District members:

Arboreal Award:

Dee Murdaugh – *Hydrangea* ‘Blue Star’ – Olympia GC

Cherry Pedrick – *Viburnum edule* ‘Mooseberry’ – Friendly Flower GC

Dahlia Award:

Cherry Pedrick – *Dahlia* ‘Sunny’ – Friendly Flower GC

Lily Award:

Diane Harper – *Lilium lancifolium* (Tiger Lily) – Illahee GC/Black Hills Designers

Gourmet Award:

Judy Smith – *Origanum vulgare* (Oregano) – Friendly Flower GC

Vine Award:

JoAnne Sandell – *Fatsyhedera* (Ivy) – Olympia GC/Black Hills Designers

WSFGC Past President Betty Belcher Horticulture Award:

Diane Harper – *Lilium lancifolium* (syn. *L. tigrinum*) (Tiger Lily). Diane is a member of Illahee GC and Black Hills Designers.



WSFGC Past President Marva Lee Peterschick Arboreal Flowering Shrub/Tree Award: Dee Murdaugh for her *Hydrangea macrophylla* ‘Blue Star’ (lacecap hydrangea). Dee is a member of the Olympia GC.



WSFGC Past President Ellen Swenson Flower Arrangement Award, the NGC Award of Design Excellence and the Designer's Choice Award all went to Patty Isom for "Do the Hustle" a Reflective Design staged on an open pedestal with a 20-inch round top. Patty is a member of Black Hills Designers.

The WSFGC Past President Carol Klingberg Educational Award and The NGC Educational Award went to Chris Hill for her "Peacock Behavior" display. Chris is a member of Olympia GC and Black Hills Designers.



The WSFGC Past President Judith Juno Petite Design Award and the NGC Petite Award went to Vicki Kammerer for her "Electric Boogie," a Petite Creative Mass Design. Vicki is a member of Olympia GC and Black Hills Designers.

The WSFGC Past President JoAnn Goldman Artistic Craft Award and the NGC Botanical Arts Artistic Craft Award went to Tara Keen for her "Pretty as a Peacock" fascinator (hat). Tara is President of Olympia GC.

The Tacoma-Olympia Chapter of Ikebana International provided a stunning display of designs, organized by Joan Mikow of Friendly Flower GC. You can visit their website at <https://ii-tacoma-olympia-147.mystrikingly.com> for more information.

We held a kid coloring project on Thursday – Saturday for an hour



each day where kids could color a peacock picture, paste on feathers, bling and sparkles. Becky Flaherty of Friendly Flower GC managed this project and kindly provided all the supplies. Volunteers from several garden clubs helped the kids create their masterpieces.

We sold tickets for a beautiful pot of colorful mums, metal peacock yard art, and a peacock solar stake which was the prize. Thanks to Julie Darby of Olympia GC and Black Hills Designers for setting up this attractive display and the on-site volunteers for tirelessly selling tickets!

Thank you to all who worked, entered, judged, clerked, hosted and otherwise participated in our wonderful Thurston County Fair! We always want volunteers, so please keep us in mind for next year's fair. Special thanks to the TC Fair Committee and their months of hard work: Sharon McKissick, Julie Darby, Judy Smith, Beck Flaherty, JoAnne Sandell, Dorothy Bertram, Dee Murdaugh, Debbie Ripley, Jeff Johnson, Chris Hill, Bonnie McEachern, and Debbie Spiller.



—Ellen Daly,
Thurston
County Fair
Floral Supt.

COUNTY FAIR NEWS

Photos by Kathy Johnson

2025 Pierce County Fair

What to do on a 92 Degree Day in August

Except Lay Around in Your

"Blue Jeans & Country Dreams"

Well, that was the theme for the 2025 Pierce County Fair. Although our Hill & Dale members were certainly not just laying around. We had lots of excitement, and traffic inside the building. Our hostesses, with some of them dressed up, greeted all the visitors and encouraged them to enter our people's choice awards. This year we had two additional Special Entry categories like decorate a country hat, boot or galvanized bucket. In addition, youth were able to enter vegetable creatures. Then there is always the game with "the rocks" that most kids attending

know about. When you find one of our 300 hidden rocks, return it to the floral barn and get a piece of candy. They enjoy rehidng the rocks just as much as the candy. Entries were up this year with 564 adult and 142 youth entries. Any vegetables not picked up were taken to Harvest Pierce County where 136 pounds were donated.

A highlight and very nice award for the many, many volunteers was being awarded Washington State's Black & White Commissioner Rosette Ribbon. "Hill & Dale Floral Show won for their "ownership" of their assigned area. Members went above and beyond making their floral show area a fun and educational destination on the grounds."

All of Hill & Dale's six clubs participated this year in the fair. Club members volunteered for a total of 631 hours before, during, and after the fair to once again have a lovely and inspiring building. From the hostesses to the adults helping the kids plant and helping the kids make a Blue Jean Keychain all day long in the building. Those that sweated in the high temperatures to clean, set up everything and then take it all down; thanks so much for your efforts, time and hard work. Who would have thought to hang a clothesline off our building with Blue Jeans on it! The Floral Barn had a country wagon out front, a tire swing on the building with a window, and even clouds floating above. Twelve headless men greeted visitors walking up the ramp and another eight

Let's Get Down & Dirty with 

Gardening School

Please join us for Course #4

**Wednesday & Thursday
October 29 & 30, 2025**

Course Topics
Outdoor Identification of Plants, Growing Woody Ornamental,
Plant Classification & Nomenclature, Styles of Gardening, Edible Gardening,
& Pruning Techniques.

Sponsored by
Hill & Dale District
Tacoma, Wa

Save the Dates!
October 29-30 2025 Course #4

Contact
Kathy Johnson
kathy16@msn.com



Front of Floral Building



Margie Van Volkenburg & Chris Sherrill



headless men were hanging around the tree thanking visitors as they left. The waist band of each headless man was planted with flowers.

Please support the businesses that donated to us. Purple Geranium Nursery donated 780 annual plants, which were used as part of our decorations, Portland Ave Nursery again sponsored the kids planting sedums in cowboy boots lined with bandanna sacks, and Wilco donated seven bales of straw to be used for our building.

—Kathy Johnson,
Director, Hill & Dale District



Making a Blue Jean Keychain



Planting Sedums in Cowboy Boot



Headless Men Around Tree

HORTICULTURE

Winter Herb Gardening

In some areas of our state, the outdoor gardening season may be coming to a close, but the winter indoor gardening season could be just beginning. For example, it's easy to transform a sunny window sill into a mini-herb garden.

Basil, chervil, savory and thyme are examples of what will grow well in a small flower pot or window box. They can be snipped as needed to add the finishing flavor to a sauce, soup, or salad.

Basil can be planted from seed and will germinate in about 12 days. Chervil germinates from seed in 12-14 days. Other herbs, such as thyme are best started from an already growing plant, and chives should be started from a clump of bulbs. If you are thinking of growing parsley, it can take much longer to germinate which takes an average of 14-28 days. Soaking the seeds before planting for 12-24 hours will speed up germination.

Sage, lemon balm and rosemary can be grown from stem cuttings. Take the latest growth or the upper

part of an older or good-sized plant. Cut the stems into three or four sections, making sure each section contains leaves or leaf buds near the upper end. Insert one-half to two-thirds of their length into a box or bowl filled with four or five inches of clean moist sand. Cover the plants with glass, saran wrap, or sandwich bag, leaving a half-inch opening for ventilation. Shade the plants on sunny days. Roots should develop in two weeks, and within four to six weeks, the cuttings should be ready to pot. Happy Herb Gardening through the winter months.

Fresh Tomato Pasta Salad with Herbs

Five large vine-ripened tomatoes, cut into small wedges, four garlic cloves minced, four tablespoons extra-virgin olive oil, one-half cup packed basil leaves minced, one bunch green onions thinly sliced, one-fourth cup chopped fresh cilantro, salt, pepper, crushed red pepper to taste, one pound penne or linguine that is cooked, drained and cooled. Add grated Parmesan cheese (for garnish.)

In serving bowl, mix all ingredients except pasta. Stir gently to preserve shape of tomatoes. Add pasta and fold in carefully.



Photo by Wayfair

Indoor Herb Garden

—Marva Lee Peterschick,
WSFGC Horticulture Herbs
& Indoor Gardening Chairman.

Wow! Look at this!

WSFGC member Peggy Starr planted an Enterprise apple tree (*Malus domestica* 'Enterprise') four or five years ago at her home in Olympia, WA. She has pruned or thinned at least 100 tiny immature apples off the tree in two waves this year, as it seemed overloaded and about to break. The tree was purchased from Raintree Nursery in Morton, WA. Raintree specializes in cultivars that grow well in our climate. Living proof that you can grow lovely apples in Western Washington if you have the right tree!

Peggy keeps three or four apple maggot (*Rhagoletis pomonella*) traps on the tree, "fake apples" covered with stickie stuff that trap the flies that lay the eggs for the maggots.

—Debbie Spiller, Director,
Black Hills District and President,
Black Hills Flower Designers



Enterprise Apples in great profusion



Apple maggot trap covered with stickie stuff



Size of Enterprise Apples vs. my hand. They are not mature yet and are still growing.

HORTICULTURE ESSAY

Scotch Broom: It's All About Flower Power

Once upon a time on the east coast, the colonies were engaged in a Revolutionary War. When a young Scotsman, fighting for the British, was killed, tucked in his haversack were a letter and a few seeds from his sweetheart with instructions to plant the seeds to remember her by. Fifty-odd years later, on the west coast, a homesick employee of the Hudson's Bay Company wrote home asking his kinfolk to send him some seeds to plant. In both cases, the seeds were for Scotch broom, and on each coast, the seeds settled down and begat generations of plants. After all, a single plant can produce well over 20,000 seeds that can last in the soil from 30 years to possibly 80 years.

Though an anathema now, the plant has not always been despised. It contains *scoparin*, a yellow flavonoid gelatinous or crystalline substance which is both a diuretic and a laxative and can be used as a cardiac stimulant. During World War I, Yugoslavian schoolgirls gathered young shoots, stripped away the outer fiber, and sent the rest to factories where it was made into cloth. The flowers were served as an appetizer at James II of England's coronation, and were used by that famous gourmand, Henry VIII to treat his gout.*

So, what is this plant that, in the United States at least, went from loved to despised in less than 100

years? Well, it's a deciduous leguminous shrub native to western and central Europe known in Latin as *Cytisus scoparius* but to most of us as a Scotch broom. And to paraphrase British horticulturist Monty Don, it went from flower to weed merely by virtue of its success. If exposed to fire, Scotch broom seeds burst from their pods and take root. After a fire or even a timber harvest, its prolific growth means it competes with native plants thus inhibiting reforestation efforts. Ever the opportunist, it will invade dry hillsides, pastures, forest clearings, dry scrublands, dry riverbeds, and waterways. Oregon State alone estimates Scotch broom is responsible for forty-seven million dollars in lost timber production every year.

Though poisonous to cattle, both Angora goats and, surprisingly enough, chickens find either the plant or its seeds fine dining.

Since the 1980s, scientists have tested seven different insect species in an attempt to get what they call biological control. Three have been approved and released as control agents, a beetle, a seed weevil and a twig miner (see photo on next page at end of article). However, it may be a losing battle. As the poet Laird Barron observed, "the scotch broom creeps yellow at hell toward my doorstep. Six years and it has



advanced from the hinterlands to the picket fence in the back yard. Six more years and it will have chewed this house to the foundation and braided my bones in its hair."

*Grieve, Maude; *A Modern Herbal*, Dover Publications Country: June 1, 1971

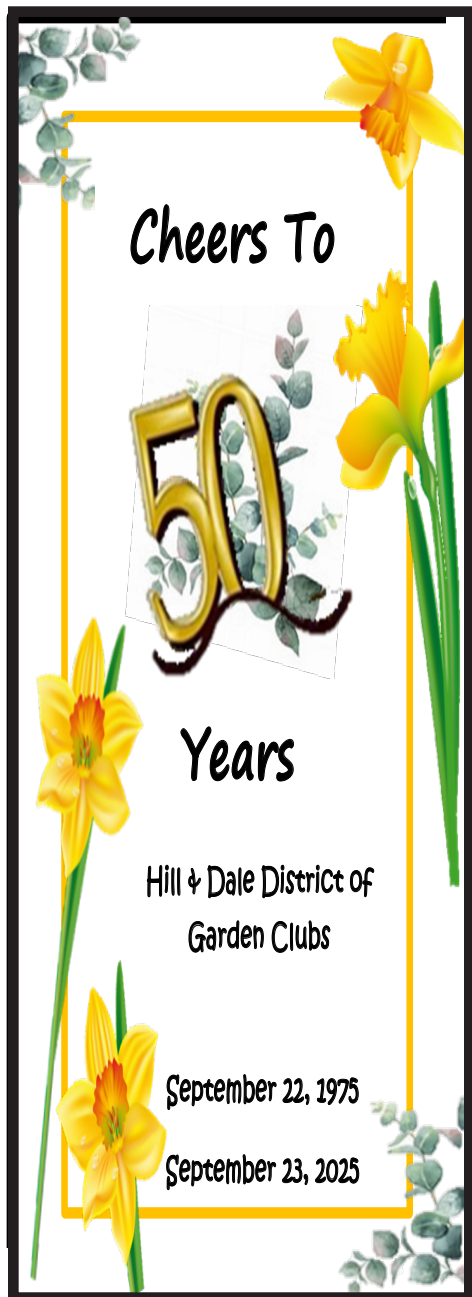
—Karla Stover, 2024 Horticulture Essay Winner, Root & Bloom GC, Hill & Dale District



(Please note a correction from our Summer issue, the winner of the Horticulture Essay Award is Karla Stover not as stated Cynthia Swanberg.)



Advertise your next district or club event in your magazine, *Washington Garden and Design*. Download information from wagardenclubs.com or from your WSFGC Program and Meeting Guide. Half-page advertisements in WG&D for Clubs and Districts are now **FREE**.



Cheers To

50

Years

Hill & Dale District of
Garden Clubs

September 22, 1975
September 23, 2025

DISTRICT/CLUB NEWS

New Landscape made possible by the Washington State Federation of Garden Clubs Grant Project.

It seems only yesterday that the Rosalia Garden Club was holding a meeting when members urged President Carley Dube to apply for a WSFGC Grants Project monetary award that would enhance a landscape in the Rosalia community. When the president said she would apply for a smaller amount than what was needed to help out, the members felt she should apply for



RGC members adding mulch for winter to new plantings

the maximum amount of \$1,000, so she did, and apparently the Grants Project committee felt the club needed a substantial amount as they awarded \$825. Once the check came in the mail, President Carley wasted no time in spending it. She had done her homework and knew exactly what kind of trees and shrubs were needed for the southwest corner of the Rosalia Mini-Park, which belongs to the city of Rosalia. This was in April and very few nurseries really open up until the later part of the month, but one nursery had almost everything which made it easy. The club had consulted a professional landscape planner and knew exactly what would fit into this space and

how many of each kind.

The area had become overgrown with Red-stem Dogwood and Forsythia that were planted more than 27 years ago. It was leveled of all vegetation the previous

fall. In the spring club members added mulch to the area and amended the soil so the plants would have a healthy start. The focal centerpiece included a beautiful seven-foot *Cornus* 'Cherokee Chief' (Dogwood in deep pink), *Hydrangea paniculata* 'Fire Light,' *Dwarf Forsythia* 'Magical Gold,' and *Serviceberry* 'Autumn Brilliance' (Multi-stems). For winter



Hydrangea paniculata 'Fire Light'

interest, three evergreens, *Ilex crenata* (Japanese Holly) were planted in the background next to the white fence. This is a hardier variety for our area. The community should find something of interest no matter what the season



Cornus 'Cherokee Chief'

brings to this area. The club thanks WSFGC for making it possible, along with the Rosalia city maintenance crew who helped clear the area for the new planting. Rosalia GC members continue to bring beauty with

a little help to this small town in the Palouse. Photos by Carley Dube and Marva Lee Peterschick

—Marva Lee Peterschick,
Publicity Chairman for Rosalia GC

President Carley Dube digging
holes for new plantings



Chinook District Luncheon
December 3, 2025
Grace Lutheran Church
22975 24th Ave S.
Des Moines, WA 98198

A table for 8 can be purchased for \$240, or \$30 per ticket
with individual seating provided where open seats are
available.

Hostess Instructions will be provided upon purchase of a
table.

Tables decorated by your hostess(es) (selected from those seated at your table) from 9:30
a.m. to 10:30 a.m. Decorating must be completed by 10:30 a.m. Doors open for guests at 11:00
a.m. Table decor will be judged by people's choice and prizes awarded.

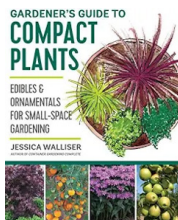
Table Decorating Themes

1. Most Festive 2. Most Whimsical 3. Elves and more Elves

Contact Erin Gregory for tickets and more information
chinookdistrictofgardenclubs@gmail.com

Advertise your next district or club event in
your magazine, *Washington Garden and Design*. Download
information from wagardenclubs.com or from your WSFGC
Program and Meeting Guide. Half-page advertisements in
WG&D for Clubs and Districts are now **FREE**.

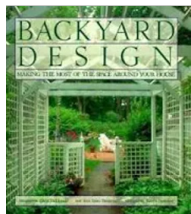
BOOK REVIEWS



Gardeners Guide to Compact Plants Edibles and Ornamentals for Small Space Gardening
Jessica Walliser
2019 Quarto Publishing Group

\$24.99 Paperback

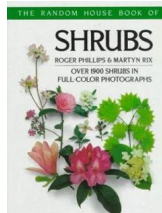
All of us are having smaller gardens with the smaller land we have with our homes. Maybe you only have a deck or patio, but that doesn't mean you should stop gardening. This author is specifically informing us of all the new plants that are compact in size but wonderful to see. Skinny trees, smaller shrubs or perennials, smaller edibles that all can be grown in containers or a small-scale yard. Look at nursery tags for words meaning compact or ask. She has included illustrated landscape designs ready for you, challenges of unusual requirements and profiles of plants you might want to grow.



Backyard Design, Making the Most of the Space Around Your Home
Jean Spiro Breskend,
Photography: Karen Bussolini
1991 Smallwood and Stewart Inc

\$29.85 hardbound

Every yard you have is either small or large and you want to enjoy it. Not just the plants you love but the seating, the art, water, privacy or view. Pots filled on your deck, patio or rooftop to have year-round interest. Yards with walkways, fences, and sheds can be created with interest to enjoy your space. Containers work for every style and raise up the gardening effort and the view of the flowers or greenery. This book has a lot of ideas and the illustrations provide you with so many to use at your home.



The Random House Book of Shrubs
Roger Phillips & Martyn Rix
1989 Random House
\$27.50 paperback
An indispensable reference book on the immense diversity of plants

to suit every site. Shrubs are considered low growing on one stem or taller, growing on many stems. One of the most natural habitats is on the edge of forests sheltered by trees and in partial shade. This book has over 1,900 shrubs with color pictures and describe their growing habits that are grouped by major genera to take you from flowering in winter/spring to autumn. The introduction helps to give the history of collecting specimens around the world for the British gardens and now our own.



Table Settings for All Seasons
In the Home and in the Flower Show
June Wood and Deen Day Smith
1995 National Council of State Garden Clubs, Inc.

\$5.00 Paperback

The NGC has created this book to get you interested in the art of table settings with flower designs. Use them as you entertain friends in your home this upcoming holiday season and also enter into Flower Shows. This is an ancient art all the way from Egyptian, Greek, Victorian to the present day. Your components can be anywhere from formal to casual, a romantic meal for two or even a picnic. This book will help you to think of the table service and linens to use together, then visualize creatively how adding a decorative plant unit all work together to be pleasing to the eye. Included are the rules for entering table designs in flower shows.

Available at <https://gardenclub.org/store/table-settings-all-seasons>

PACIFIC REGION NEWS

In April I was installed as the Pacific Region Director. In May it became official at the National Convention.

On July 9 we had a Zoom board meeting and even though Carol Norquist, the PRGC Director before me, had said that she was too busy, she was there!

The next evening, I received a phone call from Alaska that Carol had a massive stroke. Carol passed away on July 16, and we were all devastated.

She had been such an enormous help to me during the transition and always willing to answer any questions and offer help everywhere. It was wonderful that she helped so much!

But then our Treasurer Launa Gould, had to solve the problem of the passwords for the bank account. A few days later, PR Parliamentarian Greg Pokorski, informed me that the website was gone.

With a lot of work from Carol's daughter in Alaska and garden club members in Alaska, some of the passwords for the website were retrieved and Launa was able to retrieve the website. She had help from the Arizona President Jennifer Moreland. Isn't it wonderful to have a young person with tech knowledge available? The only problem is that the website has a new ending .com instead of .org.

<https://pacificregiongardenclubs.com>
Idaho and Hawaii are no longer



state members. The Pacific Region offered clubs in these states a non-voting affiliate membership for \$30 per year. Two clubs in Idaho are now affiliates - Welcome!

I started two fundraisers. Bags are \$10 apiece. I will bring them whenever I come and visit.

We also started a fundraiser with the Tru Earth company. They make environmentally friendly cleaning products! If you buy products through our fundraising page, Pacific Region will receive 20 percent. We will see how that goes. I have used their products for at least two years, and I am satisfied and have the knowledge that I do not add plastic to the environment.

<https://tru-earth.sjv.io/PRGC>

Love from

—Tanja Swanson,

Director,
Pacific Region Garden Clubs
2025-2027

The Thurston County Fair was held July 31-August 1, 2025, in Lacey, WA. Every year the Fair Board selects a mascot. This year it was “Disco Dave” a peacock and the Black Hills District used good old Dave as their inspiration for their Flower Show “Strut Your Stuff.” I believe the Thurston County Fair Flower Show is the last NGC Show held at a County Fair in our state.

The schedule committee used the names of peacock varieties for the Division I Horticulture titles and went full disco for Division II Design, with “Saturday Night Fever.”

The Botanical Arts Artistic Craft winner was so lovely, I’m going to include it in this Design Article. Tara Keen of the Black Hills Flower Designers (BHFDS) and the Olympia Garden Club entered “Pretty as a Peacock.” All photos courtesy of Debbie Spiller.



Tara received the NGC Botanical Arts Craft Award and the WSFGC Past President JoAnn Goldman Artistic Craft Award. Tara used *Limonium sinuatum* (statice), *Eryngium planum* (Sea Holly) and *Cordyline fruticosa* (Ti Plant) plant materials in her entry. She painted the ti leaves and added various feathers. (On left)



Vicki Kammerer won the NGC Petite Award as well as the WSFGC Past President Judith Juno Petite Award. Vicki is a member of the BHFDS and the Olympia GC. Her entry was titled “Electric Boogie” and was a Creative Mass Design no larger than 12” in any direction. For plant materials, Vicki used *Dianthus caryophyllus* (Red Mini Carnations), *Lavandula angustifolia* ‘White Spikes,’ *Hypericum* (St. John’s Wort), *Buxus sempervirens* (Boxwood), *Springerii* and *Equisetum* (horsetails), (Above right)

Dorothy Bertram, a member of BHFDS and Friendly Flower Garden Club, entered “Boogie on Down” a class requiring the use of two containers. Dorothy won the WSFGC Past President Carolyn Erickson All Fresh Design Award.

Dorothy used *Gladiolas*, *Bambusa vulgaris* (Bamboo) and *Zantedeschia albomaculata* foliage, as well as craft wire.



Did you know that as of Sept. 1, 2025, the WSFGC Past President Carolyn Erickson Division Award will become a Section Award? It's true!

Our Flower Show winner of the WSFGC Past President Ellen Swenson Award went to Patti Isom, a member of BHFDS. Patti's class was “Do the Hustle” a Reflective Design staged on an open pedestal.

Patti used a vertical column to display neon green plastic “ribbons,” spray painted alliums (*Allium schubertii* or *Allium Christophii* or both types), mirrored disco balls and a black underlay. Beautiful!

I hope you were able to “Boogie on Down” to the Fair!



Black Hills District held a Flower Show “Birds of a Feather” on April 11 at the Thurston County Fairgrounds in Lacey, WA. The Olympia Garden Club chose the show title and theme. It emphasized “Birds” all the way through the show.



Dorothy Bertram's Hanging Design “Fly Like an Eagle,” won the Show! Winning the WSFGC Past President Ellen Swenson Flower Arrangement Award, the NGC Design Excellence Award and the NGC Designer's Choice Award.



Diane Harper's Creative Two Container Design “Two Turtle Doves” won a first-place blue ribbon.



Patti Isom's Traditional Mass Design “Plumage” won the WSFGC Past President Carolyn Erickson All Fresh Design Award.



Tara Keen won the Table Setting with her lovely romantic table for two “Love Birds.” She was awarded the NGC Table Artistry Rosette and the WSFGC Past President Phyllis Danielson Table Setting Award.

Debbie Spiller won a First Place for her Children’s “Big Bird Breakfast” Buffet.



Debbie Spiller also won a First Place for her “Birds of Paradise” Exhibition Table Setting.

Hill & Dale held their spring Flower Show "Launch Pad" on May 27 at the Dryer Masonic Center in Tacoma, WA. Hill & Dale members, as well as Judges needing exhibiting credits and Student Judges, were allowed to enter.

The show was outer space themed and the 270+ pieces of horticulture entered were amazing, really "out of this world."

The Design winners for the four classes are shown below.



Class 1 "Journey to Mars" a Designer's Choice Design, Debbie Spiller. (On left)

A Designer's Choice design allows the exhibitor complete freedom when selecting their plant materials and design components. Their plant materials may be all fresh, all dried or a combination of both.



Class 2 "Space Shuttle," a Spatial Thrust Design by Kathy Johnson. Her design won the WSFGC Past President Ellen Swenson Flower Arrangement Award and the NGC Award of Design Excellence. (On left)

Briefly, a Spatial Thrust Design required two parallel thrusting lines and space between them. The thrust may be vertical, horizontal, or diagonal.



Class 3 "Total Eclipse" Black and White Design by Jeanine Faulkner



Class 4 "Cosmic" an Abstract Design by Linda White. Her Abstract Design showed components that were selected for their non-naturalistic characteristics and were organized in a "non-realistic" manner.

WASHINGTON Garden & Design

FROM THE MANAGING EDITOR'S DESK

Dear Garden Club Members,

Happy Fall! I hope many of you get a chance to venture out and see the fall colors. For me, that is the best part about fall. Washington has numerous places with vibrant fall colors within a short drive for most residents. Consider the following suggested routes: Highway 2: Stevens Pass Greenway to Leavenworth, Sequim to the Hoh Rain Forest Visitor Center, Olympic Peninsula, Chuckanut Drive Scenic Byway, or Columbia River Gorge, Highway 14 from Washougal to White Salmon. If it is too late this year, keep them in mind for next fall.

Now for information to help produce a better issue of our *Washington Garden & Design Magazine*. We lost our contributing editors for Horticulture and for Environmental Concerns. If you are someone who loves to write on a regular basis (four times a year) about horticulture or environmental concerns subjects, please contact me. However, until the slots are filled again, I will happily accept articles from guest writers.

District Directors and/or Club Presidents please remember to share your activities with us. And remember to advertise your Flower Shows and other activities in our magazine (it is FREE).

Also, a big THANK YOU to our regular contributors who submitted their articles by the deadline, although I forgot to send out a reminder letter.

Veronika Dunnam
Managing Editor

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Canada Goose (*Branta canadensis*)



Photo credit: Tom Koerner/USFWS

Canada Goose

Description: Long black neck and black head. Wide flat serrated bill, white cheek patches (white chinstrap mark). Body is grayish brown. Lower belly, upper and undertail coverts are white. Tail is grayish brown-black. Large web feet.

Weight: Males 7 – 14 pounds, Females 5.5 – 12 pounds.

Length: 30-43.3 inches, 2.5-3.5 feet tall

Wing Span: 50-66.9 inches, 4 to 5.5 feet

Habitat: Marshes, lakes, rivers, ponds, forest bogs, prairie sloughs, yards, park lawns and farm fields.

Food: Primarily herbivorous. They feed on grasses, grains, aquatic plants, berries, seeds, grass stems and shoots and occasionally eat crustaceans, mollusk or fish. The birds dabble in water and graze in fields and lawns.

Life Span: 10-24 years in the wild.

Monogamous. Mate for life and at least two years old before mating.

Nesting: Four to eight large white eggs usually in a marsh or lake shore. Have been seen nesting on a haystack and on top of a beaver dam. The nest is built by the female, and the nest

site is slightly elevated on dry ground with good visibility. The nest is a shallow bowl of sticks, grass, weeds, and moss lined with down. Incubation is 25-28 days.

Range: Canada Geese breed across North America from Alaska to Labrador, south to mid-Atlantic states, Kansas and California. Majority of the birds breed in Canada and Alaska. Canada Geese that breed in the Northernmost parts of their range migrate long distances to winter in central and southern United States and as far south as Mexico. The geese nesting in southern Canada and the northern United States migrate shorter distances.

Predators: Foxes, coyotes, wolves, bears, wolverines, gulls, eagles and ravens.

Interesting facts: Canada Geese can shut down one half of their brain to rest and can adjust how deeply they sleep by how wide their eye is opened or closed.

Migration: Canada Geese nesting in the far northern regions of the United States and Canada still migrate long distances as they did historically. The distinctive V pattern they fly in while migrating has a purpose. It helps the birds maintain their energy and improves communication. Each bird flies above the bird in front of them to reduce wind resistance, and seeing the other birds aids in overall coordination. When the lead goose gets tired, it moves to the back of the group to rest. The geese can fly up to 1,500 miles in a single day when the conditions and tailwinds are favorable. Geese migrate when temperatures drop and food becomes scarce. The



birds fly at low altitudes between 980-3,300 feet. The geese fly around 30 miles per hour but can reach speeds of 70 mph with a strong tailwind. Some Canada Geese don't migrate if food is available year-round.

Feathers: Canada Geese have between 20,000 to 25,000 feathers. The feathers are short, stubby down that helps insulate the bird from cold water and freezing temperatures. The feathers are replaced every year to keep them in top condition. The pin gland helps spread waterproof oil on the feathers. **Molting:** The feathers of the head and body molt gradually over a period of months but flight feathers of the wings are shed at once in the late summer (late June through July). The adult goose is grounded for three to five weeks. During the molting time, the birds stay near water for protection. The goslings are also flightless until their flight feathers are fully developed. The adults consume extra food to support the rapid growth of new feathers.

Canada Geese chicks are called goslings. The goslings are precocial which means they can walk, swim and feed themselves shortly after hatching. A group of Canada Geese is called a gaggle when they are on the ground or in the water. They are called a skein or wedge when the geese are flying in formation.

Voice: Contact call uttered in flight or



Photo credit: Winterforce-Media

Goslings



Photo credit: Ken Billington

Flock in flight

when bird is separated from the flock is a deep hollow musical (ah-honk). Canada Geese are classified as migratory birds on the Migratory Bird Treaty Act protected by the United States Fish and Wildlife Service. The Canada Geese are native to North America. Canada Geese were given to France in the early 17th century. Explorer Samuel de Champlain gifted the geese to King Louis XIII. England's King James II was gifted the Canada Geese in the late 17th century at St. James Park in London for the King's waterfowl collection.

Canada Geese can become a nuisance due to droppings, noise, aggressive behavior or property damage. Geese can cause problems around airports especially during takeoff and landing of planes. Airports are often built around water, wetlands and grassy fields which attract the geese to these areas for food and water.

Protective Nature: Canada Geese can be aggressive when they feel threatened especially when guarding the nest or the goslings. They stretch out their neck, spread the wings wide and hiss as the goose pumps its head up and down. The bird can charge or fly at a perceived threat.

There are five million Canada Geese across North America. The Canada Goose is the most abundant North American waterfowl species.



EVENTS

October 29 & 30 **NGC Gardening School Series 13, Course 4**, sponsored by Hill & Dale District, held at Dryer Masonic Center, Tacoma, WA

November 11-13 **WSFGC Winter Board Meeting** – Sequim, WA at 7 Cedars Resort & Casino, 270756 Highway 101, Sequim, WA

Flower Show “A Little Bit of Magic,” an NGC Design Specialty Flower Show featuring Petite Designs presented by the WSFGC Judges Council, Open/Free to the Public on Nov. 12, 2025 from 1:00 p.m. to 4:30 p.m. in the “Cedar Room”

December 2 **Hill & Dale District Meeting and Flower Show** held at Dryer Masonic Center, Tacoma, WA

December 3 **Chinook District Luncheon** “A Right Jolly Olde Elf,” Grace Lutheran Church, 22975 24th Ave S., Des Moines, WA

BY LANA FINEGOLD

POETRY CORNER

A JOB WELL DONE

The power of gardens bring people together,
Through most of the seasons and most kinds of weather.
We dig and we plant with all of our might,
Our hopes run quite high as we look at our site.

But hopes will not cut it, it's work that results,
In gardens of pleasure. Make your work be felt.
Let your work reward you in all that you choose,
Enjoy the results. You've nothing to lose.

Gardening: A Thing of Beauty, a Job Forever!

BOARD MEETING



WSFGC 2025 Board Meeting Schedule

Status as of 1/1/2025 - More details will be announced

Mark your Calendar and plan to join in the FUN!

2025			
November 11-13 Winter Board Meeting	Sequim, WA	7 Cedars Resort & Casino, 270756 Highway 101, Sequim, WA	Nov. 11, 4:30 - 6:00 p.m. Committee meetings; 6:00 p.m. Meet and Greet Nov. 12, 1:45 - 4:30 p.m. Committee meetings 5:00 - 6:00 p.m. Happy Hour 6:00 - 8:30 p.m. Dinner and Speaker Nov. 13, 9:00 - Noon Board Meeting



OUR MISSION:

Washington State Federation of Garden Clubs coordinates the interests of garden clubs to provide education, resources and networking opportunities for its members in promoting gardening, floral design, civic and environmental responsibility.

Winter Deadline: December 1

All electronic articles

should be e-mailed to

Managing Editor

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Annual Submission Reminder

Deadline	Issue	Months
June 1	Summer, #1	July-Aug-Sept
September 1	Fall, #2	Oct-Nov-Dec
December 1	Winter, #3	Jan-Feb-Mar
March 1	Spring, #4	Apr-May-June