



Rocky Mountain Rambler

Rocky Mountain Region
Newsletter



Greetings From Your Director



Gardens are unique places where, as gardeners, we are privileged to get up close to the natural world. But gardening with nature also makes you realize how precious it is. Our impact on the planet is well documented, and it is up to us to adopt more environmentally conscious ways of living.

Artificial fertilizers and pesticides are energy-intensive to manufacture and carry many undesirable side effects, from polluting rivers to harming beneficial insects and soil life. A natural approach such as adding organic materials to the soil to build long-term soil fertility and planting flowers to attract pest predators avoids these negative impacts while creating a livelier, healthier garden.

Plant trees! Trees lock up carbon dioxide from the atmosphere, helping to mitigate the effects of our changing climate. In addition, planting trees is great for wildlife, and trees offer birds somewhere to nest, feed, and shelter.

Much of our waste can be composted. Garden-made compost is often richer in valuable nutrients. Make your compost and enjoy a free source of natural fertilizer to feed your soil and the plants growing in it.

Nature gives us lots for free. Set up barrels to collect rainfall, rake up fallen leaves to make leaf mold, the perfect material for improving soil structure. ~ ~

cont'd

November 2022

Inside this issue:

Director's Message	1-2
Dates to Remember	2
St. President Reports	3-11
Chairman Reports	12-20
Garden of Healing	21
Life Membership	21
RMR Officers/St. Pres.	22
RMR Chairman	23
2023 Convention info	24
Life Membership Form	25



Special points of interest:

- 2023 Convention Date!!
- Garden of Healing
- Life Memberships
- Recipes
- Shopping Made Easy



Directors Message ~ cont'd

Of course, growing fruits, vegetables or herbs, and plants that naturally thrive in your location mean you will enjoy more success. This is also a big step to a more Earth-friendly lifestyle.

So, remember, when we plant in harmony with nature, we create harmony and peace within ourselves.

Plans are in the works for our upcoming conventions. Enjoy the upcoming holidays!

Your Friend in Gardening

Margie Soileau

"Planting in Harmony with Nature"

margie@soileau.org

margie.rmrdirector@gmail.com



Dates to Remember

<i>DATE</i>	<i>WHAT</i>	<i>WHERE</i>
January 15, 2023	Article Deadline for February Rambler	rmrrambler@yahoo.com
May 2-5, 2023	NGC Annual Convention	White Sulphur Springs, WV
August 24-25, 2023	RMR Conference*	Colorado Springs, CO

* See page 24 for details



NGC Conservation Pledge

I pledge to protect and conserve the natural resources of the planet earth and promise to promote education so we may become caretakers of our air, water, forests, land and wildlife.



Our beautiful Rocky Mountain Region includes the following States:

Colorado, Kansas, Montana, Nebraska, North Dakota, South Dakota, Utah and Wyoming

The Rocky Mountain Region Garden Clubs is an affiliate of National Garden Clubs, Inc.

Rocky Mountain Rambler– November 2022

Kansas Associated Garden Clubs, Inc.



Fall has come to Kansas!!! I had to wonder for a while since the weather here in Wichita broke a couple heat records after the “official day”. There is no question about it now as we have cooler and cooler days and nights, leaves are beginning to fall so it’s time to prepare for winter and bring in those plants.

We were so pleased to have attended the RMR annual meeting in Park City, Utah. What a well preserved and beautiful place, and to have the weather cooperate for the outdoor meetings and meals. Great job Mary Holley and the Associated Garden Clubs of Utah.

September brought the NGC Fall Board Meeting in St. Louis. It was great to see the beautiful grounds of headquarters and the changes being made there and to check out each state logo designed in the entrance carpet. (Didn’t have the heart to ask her to move her foot). I think the highlights of the meeting were the wonderful programs presented at the banquets. The fascinating tree choice, procurement and placement at the 9-11 memorial and the long process to be sure it was sustainable was such a learning experience. And what fun and entertaining it was to watch the “Challenge Design” by four very talented flower designers.



The KAGC Council of Flower Show Judges are currently working to re-establish the Kansas judges council after our past president resigned as she moved to another state.

The Fall Board meeting of KAGC will be held in Wichita later this month where we will be discussing current projects.

Sherryl Fitzpatrick and Floanna Crowley, Co-Presidents

“Use Wisdom in Caring for Nature”

Montana Federation of Garden Clubs, Inc.



The weather in Montana has been especially pleasant. The Fall has been long with September in Missoula being frost free. Our first frost in my garden came on the 18th of October. With the pleasant Fall weather, being outdoors was on top of most of club member’s schedule. That is why I was glad I scheduled our Fall Board meeting online using our Zoom license for up to 100 connections.

Technology and the use of the Zoom application is not a skill found in a good share of our clubs. It is not that members don’t use email or do google searches; they believe that using Zoom is just a bridge to far. I must admit that I am coming to the technology age a bit late. Doing a statewide Zoom meeting required a commitment from me. It required that I that I would have to practice my presentation and rehearsed several times Montana is a very large state. Our clubs are scattered all over. There is no real central location for meetings. One or more clubs travel up to six hours to attend conventions and other state meetings.

~~ cont’d

Montana Federation of Garden Clubs, Inc. ~~ cont'd

With the high cost of fuel and the amazing amounts the motels are now charging, cost has become an issue. Having only one meeting a year where we gather at a central location in person has become more desirable.

The issue of widespread reluctance to use zoom was addressed by encouraging a club to meet in one location that had the internet. Some met where they could use a big screen smart TV. Others met where they only had a laptop to view. The strategy of having at least one person in the room with internet experience gave confidence to the less experienced. The added benefit of a group meeting for the club proved to be advantageous. After the zoom meeting, some clubs served lunch and had their regular monthly meeting. In preparation, the State officers became more practiced and comfortable by having Executive Board meetings by Zoom. I also scheduled a dress rehearsal for the meeting going over the details to enable the officers to become more familiar with the Zoom program. I planned to limit the meeting to just two hours. The actual talking head portion was only 30 minutes and the two educational programs were 90 minutes. We had a break of five minutes before the presentations. We thus were very close to the two-hour meeting. We had a presentation on Asian Design and another on trees. Both programs used photos extensively and moved along thus holding participants' interest.

I had an agenda that was similar to agendas I would have had at an in-person meeting. We did not do a pledge to the flag because we would be sitting, and I thought not standing would be awkward to pull off. We did do the gardener's pledge. Club presidents had already done reports at the State convention. I invited any president to do an update, all declined. We had chairmen of committee reports for updates after the convention. We did have to vote as a body on several motions and that was accomplished by raising of hands. Our second Vice President used her time to arrange for the district meetings in April of 2023. The first vice-president was ill, and our past president read her report.

For my report I showed a power point. I find that a talking head on a zoom meeting can be very boring. Therefore, to add interest to my presentation I enhanced my power point with pictures of my garden.

The Zoom Fall Board meeting was declared a success. We had 35 connections with many of the connections having multiple persons viewing the screen. Our normal Fall Board attendance is around 40. I believe we actually reached more members using this method of meeting. I recommend that we do it again.

What made the meeting a **success** was that it **moved along** with no long pauses of technology adjustments, had many **visual aids**, and was able to complete the agenda in the **allotted time**. Perhaps the most popular comment was that the meeting was **interesting and educational**.

Jim Sadler, President-
Montana Federation of Garden Clubs
“Building Community through Gardening”
jimsadler1220@gmail.com

Federated Garden Clubs of Nebraska



Hello from Nebraska,

I have spent last week blowing out my sprinklers, picking green tomatoes and cleaning up the yard in preparation for the winter. We went from 100 degrees weather to 47 degrees during the day and of course we have had our first frost.

I have spent this very hot summer traveling and visiting Nebraska garden clubs, attending the National Convention in Orlando, our state meeting in Kearney, NE, the RMR meeting in Park City, UT, National Garden Clubs Fall Board and finally Nebraska's Fall Board by Zoom. It was very busy and enjoyed seeing old friends and making new ones.

As I traveled around the State of Nebraska visiting all of the districts, Nebraska Garden Clubs are getting really involved and keeping busy. I started with the Eastern District meeting. It was held in Nebraska City, Nebraska. What a great meeting and was able to put faces to names. East District is a very active group. The next district I visited was West District. Their district meeting was held in Dalton, NE I was so impressed with them. All but one club attended and most of their members from their clubs attended. They came up with great ideas for programs for meetings and how to gain more members. I was really impressed. The last district was the West Central District, which was held in North Platte, NE. Again, the turn out was quite impressive and we combined Central District into West District. So now, Nebraska has three districts.

Our big project this year has been our Blue Star Memorial preservation and restoration. Mary Carlson, the Blue Star Memorial Chairperson, has undertaken this project to preserve and restore these Memorials (especially the five along I-80) so they will stand strong for another 50 years. She and her committee is reaching out to the citizens State of NE for donations to restore these memorials. She is a retired Lt. Colonel in the US Army and is also reaching out to all of the military organizations throughout Nebraska. So not only are we getting donations but we are making people aware of what the Blue Star Memorial is all about and that it is sponsored by the Federated Garden Clubs of Nebraska, Inc.

I hope you all had a great summer. Now we will be taking our gardening projects inside for the winter. Before we know it, it will be spring again and the cycle begins again. Until then, STAY WARM.

Happy gardening and remember plant some herbs!!!

Robbie Kupper

President, FGCN

“Growing and Using Herbs in Nebraska”



Rocky Mountain Rambler– November 2022

North Dakota State Garden Clubs



Greetings from the Peace Garden State of North Dakota

Fargo Garden Society members toured members gardens in July. In August we socialized during a picnic near the Healing Garden with a plant exchange. The club's Fall Plant sale in September earned \$1,245.00. The Fargo Garden Society has been very active with their community projects and at the September meeting they toured the Red River Zoo Pollinator Garden, saw pictures of the Ronald McDonald planters, FM Visitors Blue Star Marker Garden, and YWCA Women's Shelter Gardens.

I really enjoyed visiting the mountains for the RMR meeting in Park City, Utah.

Member Garden Tour in July



Beth Rogness' garden on the member garden tour in July



Lori DeRemer's Garden



Colleen Lanners Garden

We have had the most beautiful fall weather and did not have a hard frost until the first week in October. Of course, our annual plants were beautiful by then. This collection of pictures is how my garden looked this fall after I came back from Europe. This lovely Iris was reblooming again in September.



“Conserve Nature and Grow Friendships in North Dakota”

Linda Anderson, President

North Dakota State Garden Clubs



Rocky Mountain Rambler– November 2022

South Dakota Federation of Garden Clubs



Here in South Dakota it is time to tuck away our pots and start winterizing our gardens for our winter. We had two nights of hard freezes this week so that took care of all my plants. Was not quite ready to end the growing season because it will be a long time till I see green in my yard again.

I was sad to not be able to go to Utah for the RMR meeting. But I was fortunate to be chosen to represent the company I work for, Watt's of Love, to distribute solar lights that we raise money for in Malawi, Africa. It was truly a life-changing experience that I will never forget. These people are true gardeners and garden



to survive. We were there during the dry season but they were working the land to get it ready for the rain and growing season. The work is all done by hand and ox, so no fancy tractors or combines to do the hard labor. It reminds me of how our grandparents lived where they worked to survive, not for the extra things in life. We truly live in a blessed country.



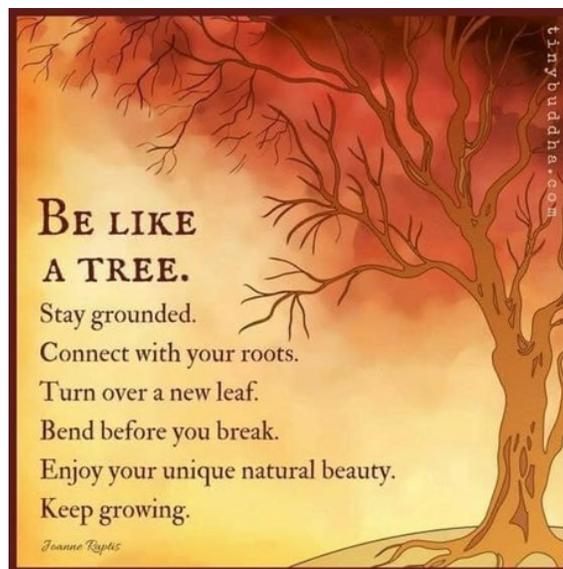
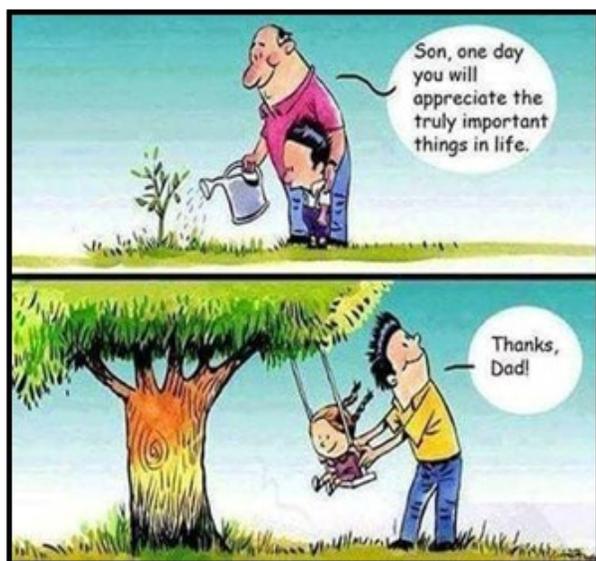
South Dakota is getting ready for our fall board meeting next weekend, so it will be good to check up with all our clubs and find out all the activities that they did this summer. Getting together in brainstorming for programs and activities that they do is one of my favorite parts about garden club.

Hope you have a great fall and enjoy the beautiful colors it has to offer and if course lots of apple crisp!!

Thelma Busk

"Dirty Hands, Good Life"

dakfayepriims@santel.net



Reducing the Risk of Bird-Window Collisions



Reducing the Risk of Birds Colliding into Windows: A Practical Guide for Homes and Businesses

Samuel Cowell, Cameron Dietrich, Kimberly Sullivan, and Terry Messmer

What is the problem?

Every year in the United States alone, it is estimated that as many as 599 million birds are killed because they fly into a glass window; some

researchers estimate the number may be as high as 988 million. This is approximately 10 percent of the bird population in the country. Single family homes and low-rise business buildings (Figure 1) may actually pose higher window collision risks for birds than taller skyscrapers. Overall, collisions with windows constitute the second-highest source of annual mortality in birds.

Why do birds collide with window?

Birds don't see windows the same way humans do. To a bird, a transparent window is simply a big open space to fly through, or reflections in the window may show more areas of open sky, trees, and grass. Sometimes during the breeding season, males will fight with their reflection in the window thinking that it's another male intruding on its territory. In some cases, birds will keep trying to fly through the window or fight the intruder for so long that they simply fall to the ground, exhausted.

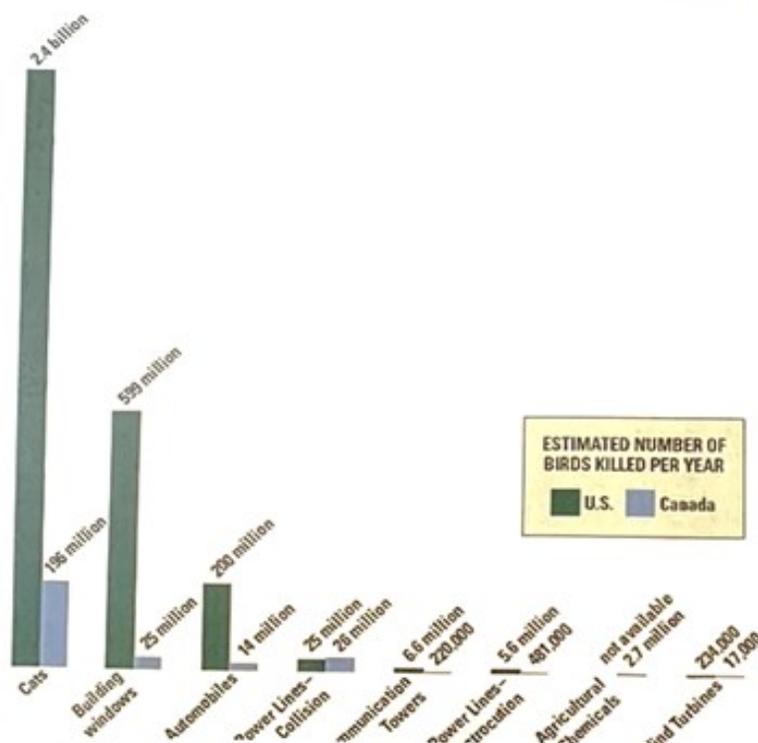


Figure 1. Causes of mortality for birds in the United States and Canada (The State of the Birds 2014 report. U.S. Department of Interior, Washington, DC).

This problem can be made worse if trees bearing ripe berries are situated close to windows. Birds will often

Wyoming Federation of Garden Clubs, Inc.



RMR gardeners, our fall in Wyoming has been mild, wonderful and definitely colorful. I hope you are also enjoying these blessings in your area.

Wyoming Federation of Garden Clubs met in Casper, Wyoming for fall meeting. We had a good turn out and lots of fun with a no host lunch. We played bingo with information about the State, Regional and National Garden Clubs. It was fun, inspired lots of talking and laughing and smiles when winning prizes. Thank you, Lynette Jeffres for that game. It never disappoints while educating our members.

Eva Robinson gave us lots of information on the Smokey Bear/Woodsy Owl program. She introduced us to the block set of Smokey Bear. In Park City, I said it was a Lego set, it is not.

[Smokey Bear Mini Block Set - WNPA | Shop National Park Store](#)



Smokey Bear Mini Block Set - WNPA | Shop National Park Store \$10.99

Officially licensed Smokey Bear mini block set featuring Smokey in his classic flat-brimmed cap with his trusty ...

As the membership chairman, here are some **free** ways to Advertise your local clubs: Facebook or social media, library displays of your projects, making floral arrangements for community meetings.

What other ideas you have? Please share what is successful. I recently saw something that said, "**October is the best month for gardening**". Cool temps, beautiful foliage, less bugs and of course, many have generous harvests.

Have a wonderful fall!

“Gathering Friendships thru Gardening”

Shirley Pursel
WFGC, President



HILARIOUS THINGS MY MOTHER TAUGHT ME:

1. My mother taught me to **APPRECIATE A JOB WELL DONE**. “If you’re going to kill each other, do it outside. I just finished cleaning”.
2. My mother taught me **RELIGION**. “You better pray that will come out of the carpet.
3. My mother taught me about **TIME TRAVEL**. “If you don’t straighten p I’m going to knock you into the middle of next week!”
4. My mother taught me **LOGIC**. “Because I said so, that’s why.”
5. My mother taught me **MORE LOGIC**. “If you fall out of that swing and break your neck, you’re not going to the store with me”.
6. My mother taught me **FORESIGHT**. “Make sure you wear clean underwear, in case you’re in an accident.”
7. My mother taught me about **CONTORTIONISM**. “Just look at the dirt on the back of your neck.”

Rocky Mountain Rambler– November 2022

Butterflies



Today's subject regarding pollinators is about the use of **chemicals**. We all know it is best to **hand pick the weeds**-hopefully before they go to seed. If that is not possible (as in farming) it is pertinent to use chemicals as directed on the container's label.

Drift is a real problem when trying to cover a large area. Wind speed and direction play a vital role as to effectiveness of the chemical being applied. In a webinar from the University of Mississippi, the speaker told about the science behind the way a chemical to control weeds is applied. I won't bore you with the details about the size of the microns and the specific charts showing wind speed because most of the people reading this are aware of what chemicals can do to a garden in a very short time. The webinar focused on educating the user of such chemicals on how quickly a disaster could occur!

Update: Monarch butterflies have now been added to the list of **Endangered Species!** I was recently in the area of Monarch Watch Waystation #1 at the University of Kansas, Lawrence. Eight different societies and organizations were there to help educate the general public about the status of habitat, flight patterns and saving pollinator plants. Butterfly school was taught by the best of the best Master Gardeners! Samples of butterflies that mimic the Monarch were on display, but one tagger in my group caught a Viceroy with a tag!

More information can be found at the [MonarchWatch.Org website](https://www.monarchwatch.org). Staff at Monarch Watch were planning to post pictures of the event on their Facebook page.

Using an internet search, there may be funds available for starting pollinator gardens. One of the most recent that I found happened in Minnesota.

Submitted by Margaret Straley
RMR Butterfly Chairman



Bluestar—Park City Memorial By-Way Marker

The weather held for the Park City Garden Club's Blue Star Memorial By-Way Marker's dedication on August 20, 2022. It was held at the historic Miners Hospital in City Park, Utah. The Park City B.P.O.E. (Elks Club) #734, who helped sponsor the Marker, graciously included the dedication in their Annual First Responders Recognition BBQ.



The afternoon started with a flag ceremony by a local Boy Scout Troop, followed by a dedication speech by Mary Holley (Utah Associated Garden Clubs President). Next, the Elks presented their awards to the very deserving First Responders of Summit County. Afterwards, we all enjoyed a delicious meal provided by the Elks. A good time was had by all.

We were especially happy that the Marker was in place for the visitors to our 86th Rocky Mountain Region Annual Meeting the following weekend. Thank you to Park City Garden Club, Park City B.P.O.E #734, and the Park City Municipal Corporation for supporting this National Garden Club program and honoring the U.S. Armed Forces.



Sue McJames, Park City



"Food for Thought"

Recipe Submission —If you have a Holiday recipe —salad, entrée, bread, dessert, etc. that you would like to share with other gardeners, please e-mail it to the RMR Rambler at rmrrambler@yahoo.com

Zucchini Chips

Cut a zucchini into thin slices and toss in 1 Tbsp olive oil, sea salt, and pepper. Sprinkle with paprika and bake at 450°F for 25 to 30 minutes. Using paprika not only to flavor this healthy snack, but also to boost your metabolism, reduce your appetite, and lower your blood pressure.



Spinach Artichoke Dip for the Crockpot

- 14 oz. artichoke hearts 1 can, drained and chopped
- 9 oz. frozen spinach thawed
- 8 oz. cream cheese 1 block
- ¾ cup mozzarella cheese shredded
- ½ cup Parmesan cheese shredded
- ½ teaspoon minced garlic
- ¼ cup milk
- salt and pepper



Instructions

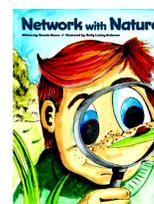
1. Thaw frozen spinach in the microwave and squeeze water out. Be cautious as the spinach is hot.
2. Mix ingredients (artichokes, spinach, cream cheese, mozzarella cheese, Parmesan cheese, garlic, milk, salt, and pepper) in a medium-sized mixing bowl.
3. Place spinach mixture in the bottom of crockpot.
4. Cover and cook on high for 2 hours. Stir frequently.
5. Serve with Tortilla chips, hearty crackers, or toasted baguette slices (crostini)
6. This can also be baked in the oven at 350° for approximately 20-25 minutes.



Shopping Made Easy

Check out [NGC website](#) for wonderful ideas for your shopping list. Shop by category for \$5, \$10, \$20 and up: Flower Show Awards & Supplies; Jewelry; Books; New & Sale Items; Gifts; Certificates; Calendars!

Check these out!



RMR Awards 2022



1st Place Award # 10f Civic Development Dig and Dream Garden Club, Aurora, Colorado

A request came in to **Dig and Dream Garden Club** to assist with garden education for a new housing development. A special feature was approximately **50-square-foot community garden plots** available to the homeowners, to help offset the fact that the lots in the development are relatively small, on purpose, to conserve landscape water use. Dig and Dream GC provided lectures by members on basic gardening topics at five monthly “fairs” sponsored by the developers. Topics included: planning gardens for cool season and warm season crops, companion plants, general garden maintenance, vertical gardening and setting up your yard as National Wildlife Federation Certified Wildlife Habitat.

Club members also volunteered for hands-on demonstrations of the various gardening tasks at sample garden plots and manned a booth at each of the fairs. The total number of **volunteer hours** donated by the **eight members** of the club on the project was between **96 and 100**.

Dig and Dream Garden Club pictures

Michele Gustin
Awards Chairman



Birds



Most North American bird species migrate between winter sites and summer sites, where they breed. Of course, some species remain year round. The reason for migration is less to escape the cold than it is to find food. In spring, migration is driven by a need for nesting and again for food. Birds arrive just as insect populations rise in the north. Migration may be quite short, such as moving to a higher or lower elevation in mountain areas or very long, spanning the entire continent. Migration birds need food and sites at which to rest along their journey. Make your garden a bird friendly visitor’s center to aid them along the way, allowing you to glimpse some species that you don’t ordinarily see. The following **photographs** were taken by our own RMR Treasurer **Lynette Jeffres from Wyoming**. I am so pleased that we could share these with you.

Audrey Coyle, RMR Bird Chairman

Sand Hill Crane migration



Big, beautiful pheasant



Flower Show Schools and Symposiums



Montana had a symposium in Great Falls on September thirteenth and fourteenth at the Holiday Inn. We studied American traditional designs contrasted with Creative Designs. Our instructor was Claudia Bates of Newberry, Florida. The horticulture was on succulents and composite flowers taught by Pam Braun of Franklin, Tennessee. Montana has five judge’s emeritus, sixteen accredited master judges; one accredited life judge advanced refresher; five accredited judge first refresher, ten accredited judges and one student judge.

The Symposium was well attended and those attending all praised the instructors and found the information learned as very helpful. During the meeting of Judges Council, it was suggested that the group should continue its education by having a workshop in October. Vicki Barbieri a member of the judge’s council and resident of Big Timber, Montana volunteered to host the event at Big Timber’s Carnegie Library’s conference room. It was agreed that October sixth was the most convenient time for a majority of those who would be able to attend.

As luck would have it, a good share of Montana had not experienced a frost. The judges attending brought with them home grown flowers and a few purchased flowers. We were asked to bring a design that the participant wanted to study. The theme was “Your Favorite Season”. The workshop was from ten in the morning until four in the afternoon. Vicki prepared two delicious soups for our lunch. Our only charge for the workshop was our lunch as the Judges Council paid for the room.

Nine judges participated in the workshop. Two spouses also attended. We all arrived at ten when the room was available. We had a well-lighted room with sufficient number of eight-foot tables for the designs. Each participant set up their design. Some used staging panels borrowed by fellow designers. The mood was cordial with much sharing of materials and supporting supplies. Once the designs were set up, as a group we went around the room and evaluated the designs. In a regular flower show it is rare for a designer to observe the process of how a judge arrives at a score. Judges evaluate a design based on the Elements of design. As a group, we never gave the designer a numerical score but rather pointed out any weakness, if any, and how they related to the elements of design. The workshop was more focused on helping the designer to achieve a high potential for the materials available. Borrowed materials were used to improve some of the designs. Other designs only needed minor adjustments. As we went around the room each of the designs were tweaked showing the designer how to achieve a better result. The evaluation was a group effort with no one person dominating the discussion. Each participant was able to give their input. It was a hands-on experience.



The agreement of the group was that the workshop was well worth the time and effort. We all agreed that we learned from each other because of the non-competitive
~~ cont’d

Vicki Barbieri puts together her arrangement



Vicki Barbieri’s low profile view

Flower Show Schools and Symposiums ~~cont'd

and instructive environment. The group also expressed interest in attending similar workshops. It was the recommendation of the group that Montana's Judges Council should sponsor like events in the future.

The agreement of the group was that the workshop was well worth the time and effort. We all agreed that we learned from each other because of the non-competitive and I instructive environment. The group also expressed interest in attending similar workshops. It was the recommendation of the group that Montana's Judges Council should sponsor like events in the future.

Jim Saddler, Chairman

Plattsmouth Harvest Festival

Plattsmouth, NE, Cass County residents made their outdoor efforts pay off this past week with their work at the Plattsmouth Harvest Festival.

Members of the Plattsmouth Garden Club held their annual flower show during the festival. A wide array of flower arrangements filled space inside First United Methodist Church. Many visitors viewed the specimens on tables as part of the show.



Check out the full details from the Fremont Tribune's article on the Plattsmouth Garden Club's flower show at the Plattsmouth Harvest Festival. [Click here](#)

Submitted by

Lorraine Patrick

Plattsmouth Garden Club

Plattsmouth, NE



Invasive Species



Wildlife: rabbits, squirrels and deer

Rabbits:

Our vegetable garden is at our daughter's house in the country. Rabbits are the main pest. My husband, Del, had to put up a chicken-wire fence along part of the garden. He puts chicken wire cages around his tomatoes. The neighborhood dogs seem to keep most of the rabbits out. What else can you do?



1. Wire fences and or netting seem to be the first line of defense.
2. There are commercial products on the market such as Rabbit Scram Granules and Liquid Fence.
3. I was surprised to learn that rabbits are scared of their reflection. So you can fill clear glass jars with water and place them where the rabbits seem to invade.
4. Rabbits don't like **Spicy Globe basil**. This is one way to add an herb to your garden.
5. Strategically place motion activated noise makers around. Use garden spinners, pinwheels and aluminum pie tins.

Squirrels:

Use some of the same suggestions as for rabbits.

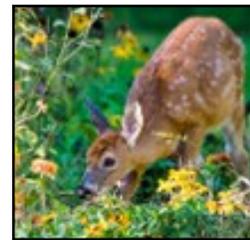
1. Dogs!
2. Noisemakers, spinners, pinwheels and pie tins.
3. Sprinkle chili pepper around.
4. Plant mint.
5. Mulch your garden.
6. Use netting or other covering.
7. Again there are commercial products available.



Deer:

A nursery grower in southwest Nebraska was so tired of deer in his nursery in spite of a tall deer fence that he started feeding the deer! He chose a site still on his property but a bit of a distance away and planted corn! He even went to purchasing corn from his farmer neighbors. It's interesting how animals are sensitive to certain odors.

1. Surprisingly deer **don't like** the following herbs and flowers:
 - a. chives
 - b. garlic
 - c. rosemary
 - d. bee balm
 - e. cosmos
2. They **don't like** the following shrubs:
 - a. Spirea
 - b. Potentilla
 - c. Butterfly bush
 - d. Use commercial products.



Alice Hemsath
Chairman

Parliamentarian



Sometimes I hear folks saying things like, “I hate parliamentary procedure” or “I don’t see why we have to use parliamentary procedure” or “I don’t understand parliamentary procedure”. I will try to respond some of those comments.

Why do we use parliamentary procedure?

Parliamentary procedure is a time-tested method that ensures the smooth operation of meetings and other public gatherings if used correctly. However, don't be bound by the procedure. Allow enough flexibility to fit your organization.

What does parliamentary procedure mean?

The parliamentary procedure definition is the democratic decision-making process within a group. The main components of parliamentary procedure are a quorum, motions, and voting. It establishes rules for equitable discussion and definitive resolve with order and majority consensus.

What are the basics of parliamentary procedure?

Parliamentary procedure is a set of rules for conducting orderly meetings that accomplish goals fairly. It is used to bring order to discussions so **one item is discussed at a time if done correctly**. It encourages all sides to be heard.

Why is parliamentary procedure preferred versus consensus?

Consensus reflects complexity. Unlike **parliamentary procedure**, which results in an up-or-down, yes-or-no vote, the **consensus** process allows for (and even encourages) a continuum of responses. More vocal participants may overwhelm consensus.

I hope your club can establish a way to use some version of parliamentary procedure as an effective tool for your meetings. As someone who has chaired many meetings, I find it a necessary tool. When someone is out of order and you state the fact, it is not because you don’t like them but a necessary correction to keep the meeting on track and fair to everyone.

We want the “business” to be conducted so we can get on with the fun and specific planning of events, which reminds me, don’t try to plan all the specifics in a motion during a club meeting. The motion should address what is to be done - a committee is much more effective to plan and carry out the specifics.

You may find it useful to adjourn the meeting and break up into small groups with specific items to plan/decide. Have fun!

**Respectfully Submitted by Mary Lerssen
RMR Parliamentarian**



“Remember that children, marriages, and flower gardens reflect the kind of care they get.”

H. Jackson Brown, Jr.



Penny Pines



As all of you know, this has been a terrible year for fires across the United States affecting the much needed forested areas that aid in keeping our climate in balance. Many fires are caused by nature and some are caused by human activity. I also know that many of you have contributed to the Penny Pines program at NGC. I shared at the RMR meeting that as a chair of Penny Pines, I am to receive notice from NGC when a club donates so the word can be spread to other clubs and perhaps generate more giving. But, I do not get any notices, so if your club has donated, **please send an email** to this chairman so we can make RMR great. Lynette Jeffres was able to send me donations from July to August of this year and those are:

- July 18, 2022: Happy Transplants Garden Club **Colorado**—\$272
- August 22, 2022: Cottonwood Garden Club, **Wyoming**—\$136
- August 22, 2022: Groton Garden Club, **South Dakota**—\$68

I know others have contributed, so please **let me know** of your contributions and we will get everyone updated.

Closer to home, Nebraska just experienced a fire at Halsey National Forest that destroyed all of the 4-H cabins and lodge that all of Nebraska used for their 4H camps. That is a terrible blow to that program and I know plans are being made to rebuild those structures. I personally participated in 4-H camps when I was in extension and the camp was always a great experience for the 4-H'ers. We also lost one of the firefighters from a heart attack while fighting the fires. Till next time...

Del Hemsath

Penny Pines Chairmen



RMR Website

The Rocky Mountain Region Website is still up and running. Please check us out and take a look at our Director, State Officers, Newsletters, Awards, Gallery Resources links to NGC, Recipes. Take time an “poke around” to see what’s here!

This is a work in progress! If we all work together, the site will grow! Let us know at rmrrambler@yahoo.com as to what you want to see on this site!

Simple click this link — [RMR Website](#) Enjoy!!

Carla Scheer, Webmaster

Joanne Jeffres, Rambler Editor



Smokey Bear-Woodsy Owl



Saturday, October 15th, 2022, The Utah Associated Garden Clubs recognized two Utah Students for their accomplishments in the 2022 Smokey Bear and Woodsy Owl Poster Contest.

Ella Hampshire, a 5th grader, won the grand prize of a trip for four to Washington DC. Sabrina Reiser, a 1st grader, won first place for her grade level.

Both girls received a 12” Smokey Bear from the UAGC and a bag of Smokey and Woodsy paraphernalia from the Rocky Mountain Region.

It is time to start promoting our youth programs again. Our children need to be encouraged to take an active role in protecting our planet. Program such as those provided by the National Garden Clubs do this by providing links to educational material and contests and prizes to acknowledge children’s participation.

Please spread the word to schools, youth organizations and relatives about the NGC youth programs and scholarships.

Connie MacKay, Chairman

Ella Hampshire with the Smokey Bear she received



Smokey Bear-Woodsy 2020/2022, Grand Prize Owl winners with Mary Warshauer, NGC President.

L-R: June Crawford, 2020; Katie Phan, 2021; Ella Hampshire, Utah, 2022

Other Youth Programs

In addition to the Smokey the Bear awards, Sarah Lindstrom, 4th grader, was recognized for taking 1st place on her grade level for a recycle sculpture of a sea turtle, and a 3rd grader was recognized for taking 2nd place on his grade level for a poem about Rattlesnakes.

All poems and winners are listed on the NGC website under [Youth Programs](#)

Connie MacKay



Sarah Lindstrom & mother w/recycle sculpture of a sea turtle



THERE ARE SEVEN DAYS IN A WEEK SOMEDAY ISN'T ONE OF THEM

Two Cents Worth—K P I



Hey Gardening Friends! As we're closing down our gardens for fall & winter rest, I've been thinking about how as an organization, we can stay strong, vital and growing! There are **Key Performance Indicators (KPI)** for nearly every type of organization from education to healthcare to volunteer groups.

Here are **three examples** of **KPI** for volunteer groups: participation rates, engagement per activity and number of activities. What others do you think are good indicators of the health of your group? I'd love to hear your ideas!

I love to read and learn from others who serve in a leadership capacity in various types of groups and businesses. In one of the groups I belong to, I happened upon something that put a new spin on the acronym of **KPI** and it struck a note with me so I wanted to share it with you.

The definition of **KPI** doesn't have to be limited to just those key indicators I listed above, what if we look at the acronym of **KPI** in a broader perspective? It seems to me that broadening the scope of **KPI** might just improve those commonly regarded indicators! What if we were able to:

- **Keep People Informed**
- **Keep People Interested**
- **Keep People Involved**
- **Keep People Inspired**



What are your thoughts? I'd love to hear from you. **How can we use this thought process to continue to improve and grow our garden clubs?**

Send me your thoughts!

Lynette Jeffres

lynjeffres@yahoo.com



The Nose Knows

A few weeks ago, my son's bedroom smelled just like fish. For the life of me I couldn't figure out what the smell was. I deep cleaned his room and still couldn't find the source of the smell. Within a few days the smell went away. Well, yesterday, the smell was back and horribly strong. I still couldn't find where the smell was coming from. This morning I "Googled" what could cause a fish smell in a home. The first thing that came up was melting plastic outlets. So I went and checked his room. Sure enough, there was an outlet that was hot and melting the plugs. I am so glad I caught it before a fire started! If you smell eggs, it could be from a gas leak. If you smell fish, it could be electrical. **Good to know!**



Garden of Healing—Crosses for Cameron



Sarah, & Arlin Fisher with son, Cameron

A few weeks ago, I received an email from Sarah Fisher of Fargo, ND. Her email was all about the **Garden of Healing and Crosses for Cameron**. Her son, Cameron, was a whole-body donor, giving bone, tissue, ligament and organs. The Fisher family created the Garden of Healing as a place of healing for all who need it. **The Garden Society of Fargo helped plant over 200 pollinating plants throughout the garden.** Her story may give solace and peace to some of our garden club members.

The **FARGO Garden Society** was a participant in the **Garden of Healing**. Along with the support of the FARGO Park District, Mayor, both of major hospitals, and many service groups. Phase I is nearing completion with an earlier cost projection of \$250,000. The Fisher's are working hard to get the financial backing for the \$1,000,000 Project II.

The Fisher's mission is to provide a unique outdoor garden for families and friends so they can just sit or walk through this special spot in central FARGO to grieve and heal.

"Every donor (Cameron Bolton) has a story, every recipient has a new beginning!"

Sarah Fisher

Sarah's entire story can be found by clicking this link: (ctrl+click)

<https://www.inforum.com/lifestyle/family/7022568-Groundbreaking-for-Garden-of-Healing-in-south-Fargo-feels-personal-for-Burgum-area-city-leaders>



The Gift That Keeps Giving—Life Membership



What is a Life Membership and what **purpose** does it serve? Honest questions.

Life Membership in our Rocky Mountain Region is one **gift that keeps on giving!** Life Membership is a monetary gift to the RMR where the fees are used for education and communications within the Region. Each new life member receives a life membership pin and the regions' newsletter, **The Rambler**, as long as they continue their membership in a state garden club within the RMR Region. These funds are accountable by the RMR Treasurer in separate format, and reported in addition to the RMR Treasurer's report at each regional meeting.

How do I purchase a Life Membership? Life Membership can be a gift to yourself or a gift to another member of a garden club. Simply fill out the membership form and send it and the membership cost of \$75 to the RMR Treasurer, Lynette Jeffres. The form can be found on last page of this newsletter or on the RMR Website:

<https://drive.google.com/file/d/1ZXaA17T8wqIH2CWmD26S9cIC1Qi3riaK/view>)



Rocky Mountain Region Officers 2021-2023

Office	Officer	E-mail
Region Director	Margie Soileau 855 Freemantle Dr. Colorado Springs, Co 80920	"Planting in Harmony with Nature" margie.rmrdirector@gmail.com 719-648-8025
Alternate Director	Robbie Kupper 315 East 6 th Street, Ogallala, NE 69153	"Growing and Using Herbs in Nebraska" fgninc@gmail.com 308-289-6051
Secretary	Roberta Bolton 7125 N Ridge Rd. Lake Point, UT 74074	307-286-0759 Roberta.wyo@gmail.com
Treasurer	Lynette Jeffres 915 East Roosevelt Ave. Riverton, WY 82501-2937	307-856-4399 307-851-1972 c lynjeffres@gmail.com
Parliamentarian	Mary Lerssen 2615 East Woodland Hills Rd. Sioux Falls, SD 57103-4335	605-759-7837 c lerssenm@sio.midco.net
Historian	Roberta Bolton 7125 N Ridge Rd. Lake Point, UT 74074	801-255-4835 roberta.wyo@gmail.com



RMR State Presidents 2021-2023



<p>Colorado Federation of Garden Clubs, Inc. Nancy Griffin "Garden with Heart, Plant with Purpose, Conserve with Care" 19331 E Berry Pl, Aurora, CO 80015 mysticmoongardener@gmail.com — 720-936-5785</p>	<p>North Dakota State Garden Clubs Linda Anderson "The Grass Isn't Always Greener, Plant in North Dakota" 1501 – 28 ½ Ave S., Fargo, ND 58103 rwandljanderson@gmail.com — 701-893-5233</p>
<p>Kansas Associated Garden Clubs, Inc. Floanna Crowley & Sherryl Fitzpatrick Co-Presidents — "Use Wisdom in Caring for Nature" Floanna Crowley Sherryl Fitzpatrick 341 N. Valley View St. 2869 TeeTime Ct Wichita, KS 67212 Wichita, KS 67205 floanna@cox.net sfitzpat3@att.net</p>	<p>South Dakota Federation of Garden Clubs Thelma Busk "Dirty Hands, Good Life" 412 E 9th St., Dell Rapids, SD 57022 dakfayepriims@santel.net— 605-999-3523</p>
<p>Montana Federation of Garden Clubs, Inc. Jim Sadler "Building Community through Gardening" 1220 Clements Rd., Missoula, MT 59804-2908 Jimsadler1220@gmail.com — 406-728-4743</p>	<p>The Utah Associated Garden Clubs, Inc. Mary Holley "Play and plant in Utah Wisely" mountainflorautah@gmail.com— 435-640-4171</p>
<p>Federated Garden Clubs of Nebraska Robbie Kupper "Growing and Using Herbs in Nebraska" 315 East 6th Street, Ogallala, NE 69153 fgninc@gmail.com — 308-289-6051</p>	<p>Wyoming Federation of Garden Clubs, Inc Shirley Pursel "Gathering Friendships thru Gardening" PO Box 6105, Riverton, WY 82501 shirleypursel@yahoo.com- — 307-851-2966 (c)</p>

Rocky Mountain Region Chairman* 2021-2023

Project	Chairman	E-mail
Awards	Michele Gustin, Aurora, CO	robinsbox@q.com
Birds	Audrey Coyle, Colorado Springs, CO	afloris@stratisiq.com
Blue Star Marker	Joyce Hendricks, Billings, MT	rnjhend@charter.net
Butterfly	Margaret Straley, Sioux Falls, SD	zebrabread@gmail.com
Chaplin	Linda Anderson, Fargo, ND	rwandljanderson@gmail.com
Environmental Concerns; Energy, Land, Water	Terry Kroke, Moorhead, MN	tlkroke@yahoo.com
Facebook	Phyllis White, Bozeman MT	gardens@bresnan.net
Flower Show Schools and Symposiums	Jim Sadler, Missoula, MT	jimsadler1220@gmail.com
Gardening School Liaison to RMR	Kathy Petersen, Arvada, CO	kpetersen303@gmail.com
Invasive Plant Species	Alice Hemsath, Kearney, NE	dhemsath@charter.net
Judges Council	Doris Duckworth, CO	dorisduckworth@yahoo.com
Life Membership-NGC & RMR	Lynette Jeffres, Riverton, WY	lynjeffres@gmail.com
Membership	Shirley Pursel, Riverton, WY	shirleypursel@yahoo.com
NGC President's Projects	Beverly Heidelberger, Spencer, SD	bevheid2@hotmail.com
Penny Pines	Del Hemsath, Kearney, NE	dhemsath@charter.net
Personnel	Connie McKay, Halladay, UT	mcm31@icloud.com
Protocol, Courtesy Resolution	Marjorie Koerner, Parker, CO	margekoerner@yahoo.com
RMR Award of Excellence for Regions	Margie Soileau, Colorado Sp., Co	margie.rmrdirector@gmail.com
RMR Rambler, Editor	Joanne Jeffres, Riverton, WY	rmrrambler@yahoo.com
RMR Webmaster RMR Website	Carla Jeffres Scheer, Georgetown, PA	rockymtnregiongarden clubs@gmail.com
Smokey Bear, Woodsy Owl	Connie McKay, Holladay, UT	mem31@icloud.com
Wildflowers & Native Plants	~~ open~~	
Xeriscape Gardens	Doris Duckworth, Monument, CO	dorisduckworth@yahoo.com

* If you need an address or phone number please let me know at rmrrambler@yahoo.com

***CHANGE OF DATE FOR RMR
COLORADO SUMMER RHYTHMS***

When: August 24-25, 2023

Where: Colorado Springs, CO

What: 87th Rocky Mountain Regional Meeting

!!Friday evening the 24th, BBQ & Entertainment at the FLYING W RANCH!!

Saturday the 25th, Meeting, lunch and then Awards Banquet at

Historic Patty Jewett Golf Club



Come early and stay late for some extra fun of the Pikes Peak surroundings, with RMR friends and family! Things to see and do in beautiful Colorado Springs!

**Pro Rodeo Hall of Fame
Cheyenne Mountain Zoo
Manitou Springs
US Air Force Academy
Seven Falls
Old Colorado City**

**Garden of the Gods
US Olympic Museum
Cripple Creek
Pike's Peak and Cog Railroad
Glen Eyrie
Space Foundation Discovery Center**

Flying W Ranch: A working mountain cattle ranch and Chuck wagon supper, including spirited entertainment by the world renowned Flying W Wranglers

Historic 124 year old Patty Jewett Golf Club: The 3d oldest golf Club west of the Mississippi hosting the Meeting and award Banquet with prize worthy Buffet served for Lunch and Dinner



RMR LIFE MEMBER NUMBER: _____

Rocky Mountain Region Garden Clubs

Colorado, Kansas, Montana, Nebraska, North Dakota,
South Dakota, Utah & Wyoming

Application for Life Membership in Rocky Mountain Region Garden Clubs

Date _____

State Garden Club _____

Name of Applicant _____

Address (mailing) _____

City, State, Zip _____

e-mail: _____

Member of: _____ Garden Club

This Membership is for: myself
 A gift from: _____

Address: _____

If this is to be a surprise, please send a note with your instructions.

Rocky Mountain Garden Clubs Life Membership fee is **\$75.00**

Please make check payable to Rocky Mountain Region and send with this application to the Rocky Mountain Region Life Membership Chairman:

Lynette Jeffres
915 E Roosevelt
Riverton, WY 82501
307-851-1972