

THE COLORADO GARDEN CONNECTION



Colorado Federation of Garden Clubs, Inc., 1556 Emerson Street, Denver, CO 80218-1450
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President's Message Fall 2015

By Louise Niekerk, President, CFGC



Greetings to all Gardeners,

Is summer over already? As a gardener, I both welcome and lament the end of summer. I get tired of pulling weeds and deadheading. But on the other hand, I dread the prospect of another long cold winter. Gardening magazines frequently talk about winter interest. Frankly, I have never found winter interest very interesting. It is the colors of summer that renew and serve as soul food.

Speaking of soul food, scientists are pointing to nature as a remedy for our wound-up workaholic culture. (Really? Gardeners have known this since the beginning of time!) Daniel Levitin, a McGill University neuroscientist, is the author of the best-seller The Organized Mind: Thinking Straight in the Age of Information Overload. Levitin's prescription is this: "rest, daydream, nap." Andrew Smart, a research scientist who wrote the book Autopilot: The Art and Science of Doing Nothing says that [information overload] does physical damage. "All these stress hormones are released, and it hardens your arteries just like smoking cigarettes does."

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Unplugging, when done in nature, can have significant benefits. "It's something scientists have just begun to notice, and we don't know why, but immersing yourself in nature is tremendously restorative, and it enhances creativity and energy," says Levitin.

Gardeners do this intuitively. We seek out those places that offer the trio of awe, nature and bad cell reception. Autumn is approaching. I put my garden to bed. And when I long for color, I check my mailbox for seed catalogs. Snuggled up on the couch, I relax, let my mind peruse the catalogs and dream of spring.

*Louise Niekerk, CFGC State President
Colorado Federation of Garden Clubs*

It's Showtime

By Louise Niekerk, CFGC State President

***COLORADO CAPERS
A STANDARD FLOWER SHOW
ADAMS COUNTY FAIRGROUNDS
Thursday, August 6, 2015***

As you enter the Good Luck 4-H building on the Adams County Fairgrounds, the focal point of the flower show stands before you, a tribute to COLORADO CAPERS. A caper is a playful activity, and this show highlighted the wide variety of outdoor activities that Colorado is famous for. Against a background of pine trees, the focal point zeroed in on the playground of the Rocky Mountains – skiing, rafting, hiking, boating and others. Large containers of marigolds stood proudly beside our beautiful Colorado flag.

A walk through of the show would yield hints of our awesome state. Climbing the famed fourteeners and rafting the rapids were in dominant view. Traveling a country road while hearing a muffled windsong, with sunshine on your shoulder was next. The Maroon Bells of Aspen competed with the Great Sand Dunes and ancient cliff dwellings. Spending a day in sunny Colorado starts with a stunning sunrise followed by high noon, with a splendid sunset closing the day. *(This probably sounds like an advertisement from the Colorado Chamber of Commerce!)* All design classes were filled.

The horticulture submitted reflected the sometimes harsh climate we Colorado gardeners face. Weather in Colorado is never boring. Hailstorms, rainstorms and windstorms punctuate our daily existence as the horticulture could testify. This did not deter the top horticulture awards, standing tall despite adversity. Gardening in Colorado is never easy. But Colorado gardeners can have more fortitude than even the weather. Congratulations to the gardeners who brought entries (total of 90) – they can be proud.



Sandy Teitscheid, Chairman of the Adams County Flower Show.

Photographs reflected the reality of Colorado's beauty. Sky scapes, garden's bounty and a study in colors were pictured as part of the Colorado scene.

No flower show would be complete without artistic crafts. This section was devoted to those "must-haves" when cavorting in Colorado, including decorated hiking boots (you could not fathom finer footwear!), a decorated water bottle (water has never been more appealing!) and a decorated fanny pack, (makes bums look flattering, although not necessarily smaller.)

The educational exhibits informed us about new perspectives in gardening, including urban farmers. Those tiny winged wonders called hummingbirds were featured as well at club membership table. Remember, we are better together!

Our future gardeners contributed to the youth section – with fairy gardens a distinct favorite.



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It's Showtime – continued

We were reminded of the song, “American, the Beautiful,” written by Katharine Bates in 1893, while visiting Colorado:

*Oh, beautiful for spacious skies, for amber waves
of grain,
For purple mountains majesty above the fruited
plains,
America, America, God shed His grace on thee,
And crown thy good with brotherhood,
From sea to shining sea.*

Congratulations to all those who made this standard flower show possible!



2015 Calendar of Events

September 11, 2015

Wolff Park Tree Planting Ceremony
8475 West 57th Ave, Arvada, CO

September 14, 2015

CFGJ Judges Council Meeting
Emerson House, Denver, CO

October 12 – 13, 2015

Flower Show Symposium
Emerson House, Denver, CO

October 14 – 15, 2015

Flower Show School III
Emerson House, Denver, CO

December 11, 2015

Board of Directors Meeting
Phillip S. Miller Library, Castle Rock,
CO

December 11, 2015

Deadline for The Colorado Garden
Connection articles

February 12 – 21, 2016

CO Garden & Home Show
Denver, CO

April 16, 2016

CFGJ Southern District Meeting

June 4, 2016

CFGJ Annual Meeting

June 4, 2016

Deadline for The Colorado Garden
Connection articles



Wolff Park Tree Planting Ceremony

A tribute to Joan Franson

Friday, 11 September 2015, at 10:00 am

Happy Transplants Garden Club is donating a tree to the City of Arvada to be planted in Wolff Park, 8475 West 57th Avenue, Arvada

(between Ralston Road and West 57th Avenue at Carr)

This tree will be planted in memory of our dear friend, Joan Franson, and honors her personal contribution to our garden club and to the Colorado Federation of Garden Clubs.

Please join us in this celebration of life



Starting at 10:00 am

Welcome: Kathy Petersen
(Happy Transplants GC
President)

Remembering Joan: Louise
Niekirk (CFGJ State President)

Followed by planting of a
Colorado blue spruce

RSVPs to Lowanna Morgan 303-920-0731 (flowers2lowanna@aol.com)



Milkweed for Monarchs

By Jeanne Falletta, President, Queens of Spades Garden Club



On Saturday, December 27, 2014 the Denver Post published an article, "Officials hope rescue strategy for butterfly species takes root." It talked about schoolchildren and seniors trying to undo an "ecological catastrophe" threatening the monarch. The strategy called for creating milkweed highways where monarchs can eat the leaves as caterpillars. Milkweed is critical for survival at this stage.

Queens of Spades began a discussion in January 2015. We began gathering information and our project was born. In March we contacted Dave Melblom, Resource Coordinator at South Platte Park, Littleton Colorado. He supplied needed information regarding the seeds that would be acceptable for a planting project: Showy Milkweed, *Asclepius speciose*, appropriate for sunny upland areas, Swampy Milkweed, *Asclepius incarnate*, appropriate for wetland edges and Orange butterfly milkweed, *Asclepius tuberosa*, a Colorado native, appropriate for dry upland areas.

We purchased all three varieties and received planting instructions from the seed specialist at My Seeds Co. On May 27, 2015 five Queens of Spades members met Dave Melblom, Resource Coordinator, South Platte and his assistant, George, at the Carson Center, South Platte Park. We distributed 400 seeds at a rate of one per square foot in two designated sites, a meadow and around a pond.

With this year's summer rains and our winter snows to aid germination, we hope to see milkweed and butterfly weed sprouting in the park. The seeds remain viable for more than five years and so we wait—hoping to widen the highway for the beautiful monarch!



Left to right: Lynn Cleveland, Jeanne Falletta, George (assistant), Dave Melblom, and Helen Ritzer

Flower Show School III and Flower Show Symposium

The Flower Show School, 2-day school, studies both floral design and horticulture. Design includes both traditional and creative design. Horticulture is basic general information on proper gardening techniques from seed/plant selection to plant culture and control problems. The Symposium is an in-depth course of design, horticulture, and allied subjects pertaining to flower shows that is more advanced than presented in the Flower Show Schools. It is primarily intended for Flower Show Judges to maintain their credentials but members that are interested in learning more about flower shows,

floral design and horticultural are encouraged to attend.

All CFGC members are welcome to sign up for the Flower Show Symposium and/or Flower Show School III. The Symposium is scheduled for October 12 and 13, 2015; and the Flower Show School III will be held October 14 and 14, 2015. Both will be held at Emerson House, located at 1556 Emerson Street in Denver. If interested in either, please contact Louise Niekerk (303-278-3523) to verify there are still open spaces and to register.

CFGC Celebrates the 50th Anniversary of Emerson House



Louise Niekerk, CFGC President, and Joyce Cassidy, Emerson House Trustee Chairman share a champagne toast at the 50th Anniversary.

On August 24th, after the Board of Director's meeting, CFGC Celebrated the 50th anniversary of the purchase of Emerson House with a program by Becky Elder called "An Introduction to Permaculture", lunch, and celebratory cake with a champagne toast.



CFGC Members enjoy lunch provided by the Executive Committee and Emerson House Trustees.

A little Emerson House history...in the early 1880's, the area around Emerson was first platted as the Park Avenue Addition. The structure at 1556 Emerson Street was built in 1922 as a "Dramatic & Dancing School". The Colorado Federation of Garden Clubs purchased the structure on July 21, 1965. Mrs. F.S. Mattocks, from the Boulder Garden Club advanced the \$30,000 necessary to purchase the building on a 3% and 15 years to pay basis. CFGC club members also voluntarily provided \$2.50 per-capita gifts to help with the payments. The building was available to outside groups for rental with the hope that this revenue would cover the headquarters maintenance costs. At the June 1978 CFGC Annual Convention there was a "Burning of the Mortgage" celebration. Champagne toasts honored the contribution of Mrs. Mattocks and all club members who contributed in any way to the Headquarters Project.

Geneva Holmes participated in the champagne toast for the 50th Anniversary and the 1978 "Burning of the Mortgage" celebration.



CFGC members learn about Permaculture at the Emerson House 50th Anniversary Celebrations.



CFGC President, Louise Niekerk introduces Becky Elder, Horticulture Chairman who spoke on "Intro to Permaculture."

Healthy Eating for Kids and Community in Aurora, CO

By Jessie Boyer, Book Review Chairman



Thank you, AMES! Thank you, NGC!

A new community garden is growing in Aurora with an Ames hose at every water spigot. The 34 plots and 4 raised beds are hand watered using hoses donated by AMES Companies, Inc., a partner of National Garden Clubs, Inc. in the Garden Tools 4 Garden Projects program.

Book Announcement – A Fish Out of Water

By Lynn Cleveland, Book Review Chairman

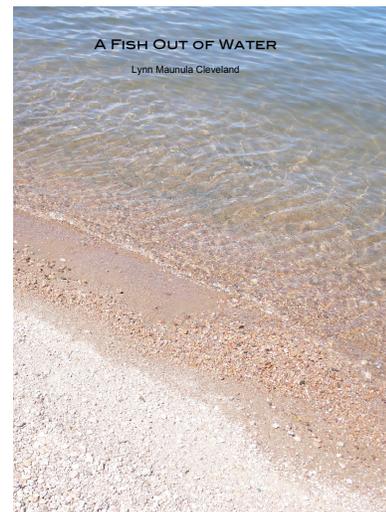
A Fish Out of Water by Lynn Cleveland

A beautiful actress goes out for an overnight cruise on her yacht with three people: her actor husband, another actor with whom she's co-starring in a movie, and the yacht's skipper. During the night she disappears, along with the yacht's small rowboat. She is discovered, drowned, the next day. Was it an accident, as the Los Angeles Coroner concluded? Or did something more sinister occur? Can a middle-aged Midwestern spinster and her Finnish-American pal solve the mystery of what happened that night? This winter when gardening tasks are few, I hope you'll enjoy my debut novel, *A Fish Out of Water*, which may answer those questions. The book is currently available on Kindle for \$2.99, and coming soon in paperback at the Tattered Cover Bookstore or from me, the author,

Dig and Dream Garden Club (club member Julie Sheehan is in the picture) helped frame beds with cedar boards, pushed wheelbarrows full of compost, and planted/mulched hundreds of vegetable seedlings in this organic garden on the grounds of Hinkley High School. Students in the school's Environmental Club planted two Three Sisters Beds of corn, pole beans, and squash. Five more beds assigned to the school have ever-bearing strawberries and herbs for everyone to share, and tomatoes, peppers, eggplants, squash and beans grown for local food banks and shelters.

The children in the garden, whose parents and grandparents have plots, have their own garden with a sunflower circle with an alfalfa floor. As the flowers grow taller than the children, opposite flowers will be tied together to make the roof grow closed. There's a bean teepee with scarlet runner beans and small ornamental gourds growing in the corner.

for \$12.00 plus tax (\$12.96.) Please contact me if you'd like to order one or more! Lynn Cleveland, 6850 S. Penrose Ct., Centennial, CO 80122
johnandlynnc@lycos.com



MINUTES
COLORADO FEDERATION OF GARDEN CLUBS, INC
BOARD OF DIRECTORS MEETING
Emerson House, Denver, Colorado
August, 2015

Call To Order by President Louise Niekerk at 10:55 a.m. Mary Fagerberg offered the invocation and Jeanne Gilbert led the Pledge of Allegiance. Louise introduced officers, past Presidents, and Trustees. A quorum was present.

Minutes of the May 30, 2015 Annual Meeting were adopted as published.

Financial Report: Treasurer Kathy Petersen reported on CFGC's assets, with explanations concerning the Special Funds totaling \$33,620 and investments totaling \$62,487. The checking account currently holds some insurance money for the hail-damaged roof. Regarding the Profit and Loss statement, Kathy noted that the bulk of CFGC's income is received in the first quarter and the bulk of expenses are typically in the last quarter of the fiscal year. The full report was filed.

Membership Report: Louise read Assistant Treasurer Margie Soileau's report showing 342 members in 16 clubs statewide. However, this number does not include four clubs who have not yet paid dues.

Vice-President Betty Roberts stated that the Ways and Means Committee had forwarded three recommendations to the Executive Committee.

2016 Convention Chair Jacque Gustafson said the one-day convention will be June 4, 2016.

Executive Committee: Secretary Lynn Cleveland presented three recommendations from the Executive Committee:

1. To disperse library books under the guidance of the Trustees.
2. To disperse silver pieces under the guidance of the Trustees.
3. To approve the restoration of Emerson House brick walls in an amount not to exceed \$7,000 or the total amount of the Emerson House Vanguard Fund.

Following discussion, all the recommendations were adopted.

Emerson House Trustees Chair Joyce Cassidy reported on recent damage to the building by hail, a falling tree, and deterioration of bricks and mortar. Repairs are being undertaken. CFGC is celebrating the 50-year anniversary of ownership of Emerson House, which was purchased July 21, 1965; the mortgage was paid off in 1978. CFGC is now a member of the Swallow Hill Neighborhood Association and will allow the Association to hold meetings here without charge. The back gate will now be locked to prevent trespassers; the lock will be keyed to match the doors. The Trustees are negotiating a one-year lease with a full-time tenant who will utilize the current office and some other space for his photography business, for annual rental of \$9,000. The full report was filed.

New Business: None. The meeting adjourned at 11:31 a.m. and was followed by a presentation on "Introduction to Permaculture" by Becky Elder, a champagne toast to celebrate Emerson House's 50-year anniversary, and a delicious luncheon prepared by the Executive Committee. The next Board meeting will be on Friday, December 11, 2015 at Miller Library in Castle Rock.

Lynn Cleveland, Recording Secretary

**Colorado Federation of
Garden Clubs, Inc.**

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<http://www.facebook.com/pages/Colorado-Federation-of-Garden-Clubs/177497272343002>

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