

# THE COLORADO GARDEN CONNECTION



Colorado Federation of Garden Clubs, Inc., 1556 Emerson Street, Denver, CO 80218-1450  
www.coloradogardenclubs.org (303) 832-6390

## President's Message Summer 2016

By Louise Niekerk, President, CFGC



*Greetings Gardeners,*

*It's summertime and the livin' is easy!  
I'm only kidding! For a gardener,  
summertime promises blood, sweat  
and tears. But the results are worth  
it! We seek to beautify our sweet little  
piece of the earth. I have to remind  
myself to stop and enjoy the fruits of  
my labors. I step outdoors and tend  
to only see the work that needs to be  
done. I look around and see weeds  
that must be pulled, branches that  
must be pruned, plants that should be  
fertilized and on and on. I need to  
retrain my mind to "stop and smell  
the roses," and I mean that in a very  
literal sense. Nature is so nurturing.  
I must allow my soul to soak it all  
in... slowly.*

*Have you seen any monarch  
butterflies in your garden? Got  
milkweed? The lowly milkweed plant  
has gone high fashion. There is now a  
variety of milkweed available called  
Asclepias 'Monarch Promise' TM. This  
asclepias has beautiful green and*

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*white variegated foliage that is  
tinged with red, orange and pink  
tips on the leaves. How could any  
monarch butterfly not love that? It  
seems we now have "designer plants,"  
not unlike the clothes in our closets.*

*Have a wonderful summer!  
Remember to look upon your  
gardens and appreciate their  
message and magnificence. You all  
deserve a break once in a while!*

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

## 2016 CFGC Annual Meeting – Helping Butterflies and Bees



CFGC members who attended the 2016 Annual Meeting had a great time. It was held June 4, 2016 at the First Lutheran Church in Longmont. Sponsored by the members of Boulder Garden Club, Greeley Morning Garden Club, Loveland Garden Club, and Front Range Designers Guild and attendees were provided a day entertainment, information, and awards (see pages 5 and 7). During lunch attendees has the opportunity to visit and drool over the Callahan House garden. With a theme of “Helping Butterflies and Bees”, there were three great speakers each different and interesting.

Our first guest speaker, Richard Maxfield, spoke on “Habitat Enhancements Which Support Our Wildlife Natives”. He took an empty, unwanted building lot, planned his home, and turned his yard into a “Backyard Wildlife Habitat” registered with the National Wildlife Association. Many attendees were envious of his “dripping spring”.



After lunch, Kathy Keeler, regaled us with *Curious Stories of Familiar Garden Plants*. Did you know that in “1893 the United States Supreme Court ruled that the tomato is a vegetable not a fruit” or “according to the legend, iris plants grew where Iris, goddess of the rainbow, walked”?



Nancy B. Jones, shared with us her story of planning her garden within a three-acre field plot. The odyssey brought her to beekeeping and the love is still going.



# Annual Meeting - The Day In Pictures



## Tree Report

By Jessie Boyer, CFGC Tree Chairman



As the hosts of the CFGC Annual Meeting, the clubs of Northern District are eligible for tree grants. All three clubs applied, and each will receive \$125.00 to assist in tree planting projects. All trees planted with funds from CFGC Tree Grant program must be on land accessible to the public.

Future maintenance must be assured. All trees must be labeled with common and botanical names, either with a physical label on the tree or by a mapping system.

**Boulder Garden Club** will work with the City Urban Forestry Section to plant a tree in the Boulder park system. **Greeley Morning Garden Club** will plant a shade tree in historic Centennial Village in Greeley. **Loveland Garden Club** is planning a tree in the new City of Loveland arboretum. Northern District is to be commended for its 100% participation and for getting its applications in well before the March Board Meeting!

## Calendar of Events

### August 4 – 7, 2016

Adams County Flower Show  
Set-up/Judge Aug 3rd  
Brighton, CO

### August 20, 2016

Black Forest Garden Tour  
The Pinery, CO

### September 9 – 10, 2016

RMR Annual Conference  
Riverton, WY

### September 14 – 15, 2016

Garden Study School  
Colorado Springs, CO

### September 17, 2016

Northern District Annual Meeting  
Loveland, CO

### May 16 – 21, 2017

NGC Convention  
Richmond, VA

### June 9 – 10, 2017

CFGC Convention  
Colorado Springs, CO

## A Standard Flower Show at Adams County Fairgrounds

By Sandee Teitscheid, Flower Show Chairman



### “The Printed Page”

The inspiration came from a love of the written word. In novels, songs, plays, and poetry, we are transported to times past and present as well as places we may never visit. The Floral Designs are unique and created especially for this

show. The Horticulture, lovingly grown and displayed, will intrigue you. The Educational Exhibits will inform you of the goals of NGC, Inc. The Artistic Crafts and Photography will allow you to see plant material in a whole new light. Open to the public 10 am to 7 pm Aug. 4<sup>th</sup> to Aug 6, 10 am to 5 pm Aug 7. Contact Sandee Teitscheid, 720-219-9900, for more information.

## 2016 Columbine Scholarship



Meet Anna Drexler-Dreis an extraordinary young lady who won both the CFGC 2016 Columbine Scholarship and a National Garden Club scholarship. She graduated from Colorado State University with a Bachelor of Science degree in Natural Resources Management; and she is currently going to school at Western State Colorado University, pursuing a Masters of Environmental Management. She chose this program because it requires a “master’s project” which allows her to pick her “own on-the-grounds project” which will make a difference in her community instead of writing a thesis. In addition, her love and passion for protecting the environment led to a full time job as the Stewardship Manager for Colorado Headwaters Land Trust where she works “to protect our country’s open space, water, and agricultural values” which she is doing while in school. Also, she is a Board Member for both Colorado River Headwaters Chapter of Trout Unlimited and National Scenic Byways Committee. Her goal is to become the Executive Director for either the land trust where she currently works or another environmental non-profit.

## Rocky Mountain Region Awards September 12, 2015

#11F 1<sup>st</sup> Place

Queen of Spades

Planting Milkweed for Monarchs

## National Garden Clubs Awards May 6, 2016

#5 Club Standard Flower Show

Floral Art Study Club & Judges Council “What’s the Weather”

#35 A Near-Club Standard Flower Show  
Member Award of Honor

Front Range Designers Guild “Colorado Capers”  
Kathy Petersen for the Rocky Mountain Region



Joy Kancir accepting the Award for Floral Art Study Club from Michele Gustin



Kathy Peterson posting with her Member Award of Honor with Louise Niekerk

## Becky Elder, CFGC Horticulture Chairman, Musings

Permaculture seeks to connect people to the land where we live on an ecosystem level, in a bio-centric connection. That includes extreme temperatures, winds of all varieties and directions, critters everywhere, and soils that may be depleted. All of these are pieces of a bigger puzzle. Designers work to put the pieces together through a thoughtful and informed process. Call it “conscious design.”

I have had to turn on the tap for the plants, in spite of deep snows and some light rain, the winds have sucked the plants dry again. In the gardens, the plants are budding and blooming, but the soil is thirsty. Right before the most recent rains, I spent several hours watering the existing perennial plants so they would be ready to receive the rain water, so superior to tap water! Mulch was spread around as well.

Looking over the baby plant starts, seedlings and potted trees to monitor them, keep them safe and watered; the responsibility of care can be daunting. Weather is always a big factor. Oh my! One can never depend on the weather being good. We can depend on Colorado weather to be ever changing and often with fruit-killing frosts in spring. Drat!

Bambi was discussed and cursed (those cute long-legged invaders!) as we witnessed their chomps and bites in the garden. Time is spent

on fencing, using the old sunflower stalks and cuttings to weave into the wires as a foil. We'll see how it works. Bambi is always a love/detest animal for gardeners, much like many animals such as squirrels, rock squirrels, bears, dogs, voles, and gophers... Gardeners celebrate life, but Bambi also can be so destructive in a garden! As lovely as ballerinas, they stroll single-file and unconcerned, batting their big dreamy eyes... they seem almost tame. (But don't believe that, deer injure more people than bears or sharks. They are not tame!) And in the garden, they can be a disaster! Have tulips? Not anymore! Like daylilies? Get there before the deer! Enjoy edibles? So does the deer herd! Here's another puzzle. How do you garden with four-legged sneakers, while allowing them to live their own God-given life? It is a challenge! We strive to live in harmony with the deer, which means to *HAVE A GOOD FENCE!* Bambi is always seeking new ways to slip in and munch the strawberries, chives and onions! So we keep trying and working out the kinks in the fencing. It is our best defense against deer.



Becky Elder is CFGC Horticulture Chairman and owner of Blue Planet Earthscapes.

### Save the Dates!

**August 20, 2016 The Pinery Garden Tour**  
**June 9 & 10, 2017 CFGC Annual Convention**

## Colorado Federation of Garden Awards

Michele Gustin, CFGC Award Chairman would like to congratulate CFGC clubs and/or individuals for being selected for the following Awards. These were presented at the 2016 Annual Meeting on June 4, 2016.

#1 <u>Civic Achievement</u> : 1 <sup>st</sup> Place	Dig and Dream	Butterfly Garden \$300.00
2 <sup>nd</sup> Place	Dig and Dream	Ronald McDonald House Play Garden \$200.00
#2B <u>Special Achievement Certificate</u>	Dig and Dream	Susan Buckingham
#3 <u>Presidential Citation</u>		Joy Kancir and Kathy Petersen
#4 <u>Presidents Award</u>	Queens of Spades	Planting Milkweed for Monarchs \$75.00
#15 <u>Significant Landscape Design</u>	Dig and Dream	Ronald McDonald House Shade Garden \$50.00
#26 <u>Certificate of Merit</u>	Newsletters	Colorado Garden Connection for CFGC Joyce Cassidy–Editor Boulder Garden Club Debbie Marden–Editor
#27 <u>Website</u>		<a href="http://www.coloradogardenclubs.org">www.coloradogardenclubs.org</a> Lorayne McGovern–Webmaster
#27 <u>Facebook</u>		<a href="http://www.facebook/Digdream.com">www.facebook/Digdream.com</a> Dig and Dream
#30 <u>Working with Youth</u>	Dig and Dream	Girls Scouts Native Plants Badge
#28 <u>Yearbooks</u> : 1 <sup>st</sup> Place over 30 members	Dig and Dream	
2 <sup>nd</sup> Place	Cheyenne Mountain	
1 <sup>st</sup> Place under 20 members	Greeley Morning	
2 <sup>nd</sup> Place	Top O’ the World	

### Heart Warmers Award

<b>Douglas County</b>	Marty Garthers	<b>Dig and Dream</b>	James Pickering
<b>Evergreen Moonlight</b>	Kelli Varner	<b>Floral Art Study</b>	Sandy Dennis
<b>Happy Transplants</b>	Emily Sonmore	<b>Harveyette Harvesters</b>	Nanc Halverhout
<b>Loveland</b>	Naomi Rider	<b>Pikes Peak Designers Guild</b>	Jean Nicks
<b>Queens of Spades</b>	La Dean Gerstner	<b>Table Mountain</b>	Marianne Nagel
<b>Cheyenne Mountain</b>	Mary Schmitt		



Joy Kancir accepting the Presidential Citation Award



Lynn Cleveland accepting the Presidents Award for Queen of Spades



Kathy Petersen accepting the Presidential Citation Award

## Blue Star Historical Markers

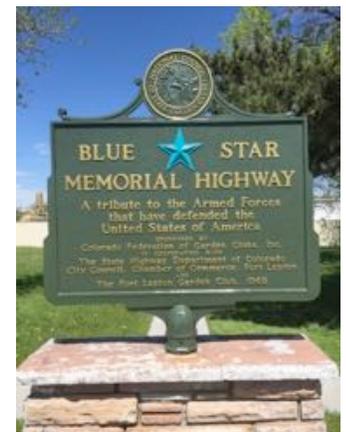
By Audrey Coyle CFGC State Blue Star Chairman

Historical Markers Restorations was contacted to restore two of our markers that could not be taken off of their posts and sent in to the manufacturer for restoration. Both the Edwards and Fort Lupton markers were quite weathered. This company was endorsed by our NGC organization. Both were restored and look exceptional.

In addition, I would also like to make the State Clubs aware of the Gold Star Families Memorial Markers, created to provide support to those who have lost a loved one in service to our country through the United States Armed Forces. Info is on the NGC web site or contact Audrey directly.



Before and after of Edward's Marker



Before and after of Fort Lupton Marker

## Brief History – Blue Star/Gold Star Memorial Markers

At the close of World War II, National Garden Clubs was seeking a means to honor service men and women. Members visualized a living memorial to help beautify the country for which these men and women had fought. In 1944 the Garden Club of New Jersey planted one thousand flowering Dogwood trees along a five-mile stretch of highway. No billboards were allowed on this memorial stretch. The project was named for the blue star in the service flag, which hung in windows of homes and businesses. This project was expanded and a "ribbon of living memorial plantings traversing every state" called The Blue Star Memorial Highway Program. While originally the program honored WWII Vets, the mission was enlarged in 1951 to honor all men and women who served, were serving, or would serve in the armed forces of the United States. A By-Way

Marker was added for places like parks, civic, and historical grounds in 1981. A third marker was added in 1996. It was identical to the original Blue Star Memorial Highway Marker, with the removal of the word "Highway". This allowed the marker to be placed on the grounds of a National Cemetery or Veterans Administration Centers. Recently, NGC added Gold Star Markers. The name Gold Star came from the custom of families of servicemen hanging a banner called a service flag in the window of their homes. The flag had a star for each family member in the United States Armed Forces. A Blue Star represented living servicemen, and those who had lost their lives were represented by a Gold Star.

## CFGC Directory Changes

### ON PAGE 8:

Change Betty Robert's email to: [roberts9055@comcast.net](mailto:roberts9055@comcast.net)

Change Margie Soileau's phone number: (c) (719) 648-8025; she no longer has a land line

Delete Carol Neil as historian; she has resigned; no replacement at this time

### ON PAGE 9:

Change Margie Soileau's phone number: (c) 719-648-8025; she no longer has a land line

### ON PAGE 10:

Delete Joyce Cassidy as the Chair; Joyce will continue to be a trustee.

Delete Geneva Austin as a trustee.

Add Janet Tettermer as a trustee:

Conifer, CO

321-443-3692

[stardust8385@gmail.com](mailto:stardust8385@gmail.com)

Add Nancy Griffin as a trustee:

19331 East Berry Place

Aurora, CO 80015

720-936-5785

[Nzimme5900@aol.com](mailto:Nzimme5900@aol.com)

### ON PAGE 11:

Delete Mary Fagerberg as Fort Logan co-chair; Jeanette Hunt is the chair

Add Civic Development Chair

Pam Pearson

5640 Olde Stage Road

Boulder, CO 80302

303-449-7148

### ON PAGE 12:

Change Betty Robert's email to [roberts9055@comcast.net](mailto:roberts9055@comcast.net)

Delete email [www.LMGmg.com](http://www.LMGmg.com) under Betty Roberts

Delete Tory Hurst as Scholarship Chair

Add Jill Jagemann as Scholarship Chair

Jill Jagemann. 305 E. Oak St. Lafayette CO. 80026

[jilljagemannbgc@gmail.com](mailto:jilljagemannbgc@gmail.com)

720 231-5249

### ON PAGE 14:

Delete Kathy Petersen as President of Floral Art Study Club

Add Sandy Dennis as President of Floral Art Study Club

10114 Yellowstone Road

Cheyenne, WY 82009

307-632-6678

(c) 303-507-9965

[sbdenn2@bresnan.net](mailto:sbdenn2@bresnan.net)

### ON PAGE 15:

Change Southern District Officers to:

President, Margie Soileau

8555 Freemantle Drive

Colorado Springs, CO 80920

(c) 719-648-8025; she no longer has a land line

[margie.soileau@gmail.com](mailto:margie.soileau@gmail.com)

Vice President, Linda Horn

6974 Forest Ridge Circle

Castle Pines, CO 80108

303-660-1974

[lindahorn6974@comcast.net](mailto:lindahorn6974@comcast.net)

Secretary, Trudie Layton

1420 Evergreen Heights Drive

Woodland Park, CO 80863

719-687-3733

[laytonga@gmail.com](mailto:laytonga@gmail.com)

Treasurer, Kathy Shafer

4323 Roundtree Court

Colorado Springs, CO 80915

719-573-6657

[kshafer31@yahoo.com](mailto:kshafer31@yahoo.com)

Delete Cindy Foster as Douglas County Garden Club

President

Add Carol Grant as Douglas County Garden Club President

328 Summerwood Lane

Castle Pines, CO 80108

303-660-9430

[carolynjgrant@msn.com](mailto:carolynjgrant@msn.com)

### ON PAGE 17:

Delete Karen Edstrom as Top o' The World Garden Club

President

Add Ann Goldberg as Top o' The World Garden Club

President

474 Monte Vista Drive

Gunnison, CO 81230

970-641-3024

[anngoldberg@gunnison.com](mailto:anngoldberg@gunnison.com)



## A Simple Pineapple

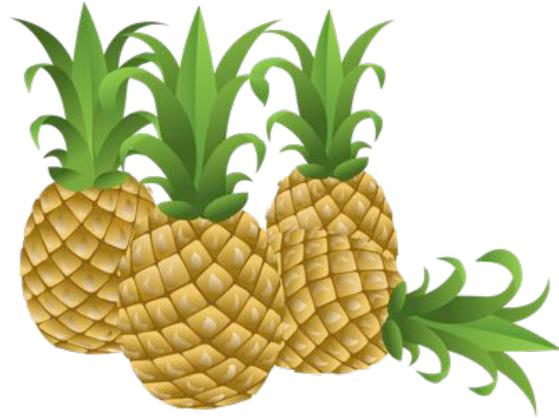
By Carol Neil, Cheyenne Mountain Garden Club

The pineapple is a member of the bromeliad family. It is extremely rare that bromeliads produce edible fruit. The pineapple is the only available edible bromeliad today. It is a multiple fruit, which means one pineapple is actually made up of dozens of individual floweret's that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower. Pineapples stop ripening the minute they are picked. There is no special way of storing them that will help to ripen them further. Color is relatively unimportant in determining ripeness. Choose our pineapple by smell. If it smells fresh, tropical, and sweet it will be a good fruit. The more scales on the pineapple, the sweeter and juicier the taste. After you cut off the top, you can plant it; and it should grow much like a sweet potato will.

The Pineapple is a remarkable fruit as it is one of the most healthful fruits available today. If we take a more detailed look at it, we will find that the pineapple is valuable for easing indigestion, arthritis, or sinusitis. The juice has an anthelmintic effect: it helps get rid of intestinal worms. Let's look at how the pineapple affects other conditions.

The pineapple is high in manganese, a mineral that is critical to development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of the recommended daily amount. It is particularly helpful to older adults, whose bones tend to become brittle with age.

Bromelain, a proteolytic enzyme, is the key to the pineapple's value. Proteolytic means "break down protein", which is why the pineapple is known to be a digestive aid. It helps the body digest proteins more efficiently. Bromelain is also



considered an effective anti-inflammatory. Regular ingestion of at least one half cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis. It also produces mild pain relief. In Germany, bromelain is approved as a post-injury medication because it is thought to reduce inflammation and swelling.

Orange juice is a popular liquid for those suffering from a cold because it is high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the bromelain, it has the ability to reduce mucous in the throat. If you have a cold, with a productive cough, add pineapple to your diet. It is commonly used in Europe as a post-operative measure to cut mucous after certain sinus and throat operations. Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. In and of itself, pineapple has a very low risk for allergies.

Pineapple is also known to discourage blood clot development. This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots. An old folk remedy for morning sickness is fresh pineapple juice. It really works! Fresh juice and some nuts first thing in the morning often makes a difference. It is also good for a healthier mouth. The fresh juice discourages plaque growth. So as with an apple a day, having some pineapple a day is beneficial as well.

**Colorado Federation of  
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*We're on the Web!*

*Visit us at:*

*[www.coloradogardenclubs.org](http://www.coloradogardenclubs.org)*

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## CFGC is on Facebook

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

### Check it out!



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**Member Name**  
**Street Address**  
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