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The Colorado Garden Connection

The Shut-In Issue



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Cover:

Monarch Butterfly on vermillion miniature mums. Taken at Colorado State Fair.

Centerfold:

Some pretty purple flowers I shot at one of the Colorado Springs garden tours.

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The Colorado Garden Connection, the dues-supported magazine/newsletter of The Colorado Federation of Garden Clubs, Inc., welcomes all points of view relating to horticulture, gardening, floral arranging and landscaping. Please submit articles, letters, graphic materials, if possible via e-mail, to editor at cbpelto@pcisys.net and/or smpelto@pcisys.net. The editor(s) reserve the right to edit any submission for suitability and space. Names may be withheld from publication for good reason, however, the author’s full name, address, phone number, and where possible, e-mail address, must accompany every submission. We welcome your letters, articles, poetry, graphic artwork and other such items for inclusion in this newsletter. No hard-copy submissions will be returned without SASE. Uncopyrighted materials may be reprinted in other Colorado Federation of Garden Clubs, Inc., publications. The deadline for the next quarterly submissions appears in the events section.

Visit Our Web Site: coloradogardenclubs.org

Check it regularly for late news and changes to the Calendar and Events.

I have just finished reviewing the activities and events of those garden clubs that participated in providing articles for this CFGC newsletter. It so warms my heart to realize how dedicated garden clubs' members are to their clubs and communities. As we are on the cusp of Spring, I know I am so ready to get out in my yard and start digging, cleaning, and transplanting. These simple acts will soothe my soul and mind and help me deal with the trying times of this virus.



Though it may seem we are isolated, there are so many ways to communicate with others. I treasure those Face time calls I receive almost daily from my family. I check Facebook to keep up with friends and their activities. My nephew posted pictures of his carrot crop, which made me envious as I have not started any type of gardening yet. I receive pictures of my nieces and nephews by email and text. If I feel a need to explore a new idea for gardening, my laptop is my tool, and I go to the Plant Select website or Farmers Almanac website. I find being at home with my family while in isolation is soothing and rewarding.

I invite everyone to stay in contact with your garden club members. Send a funny card, make a phone call to your garden friends, share your day with a message or text. We are all in this together, and these times will pass.

Enjoy this time of simplicity and quiet.



From the Editors

My Dear Fellow Gardeners,

So here we all are, generally speaking. Stuck at home doing what we can. Going out as little as possible for the next few weeks. Weeks. If we're fortunate.

What's to be done? Besides housework? How about.... dare I say it.....GARDENING!

We're fortunate in that respect. VERY fortunate. Gardening in our own garden patch, in our own yard, is within the strictures of the guidelines implemented by our state and—as far as I know—local governments. Especially if we're gardening for edibles, which is considered an 'essential service'. Certain flowers are edible. Right? But I highly recommend planting some squash, tomatoes and other fruit-bearing plants. Maybe some herbs as well.

Not only is gardening a legal way of getting out of the house, it also improves morale. The vitamin D from the sunlight is particularly beneficial for health. And a bit later, the arrival of blooming flowers will be another blessing for morale. Not only for ourselves, but for our house-bound neighbors as well.

Now, if you MUST leave your property for logistical—groceries, pharmaceuticals, etc.—please, PLEASE, PLEASE, take the proper precautions.

Speaking from my degree in microbiology....I'm sure you've heard all about staying away from other people, a.k.a., 'social distancing'. But there are some things I've not seen mentioned in the various outlets. Here they are:

Have food handler disposable gloves when shopping. Especially when pumping gasoline. Who knows who has handled that gas pump? And dispose of the gloves when you leave the store or finished pumping gasoline. I keep a box in each car.

Wear good eye-protection. A sneeze can travel up to 12 feet. And a small bit can get in your eye. And from there, it will go through your tear duct into the nasal cavity. And from there....three guesses. If you don't

have wrap-around glasses, wear goggles, preferably the ‘indirectly-vented’ form.

Keep a spray bottle of isopropyl alcohol handy at home and in your car. Use it to spray things—like packages, handles, etc.—that might be contaminated. Lysol is good, but isopropyl alcohol is better, as it evaporates rapidly. And it doesn’t have a residual odor. Use it on your hands if you have to handle something you suspect. If you don’t have any isopropyl alcohol or Lysol handy, any hard liquor will do. Pricey, but effective. I keep a quart bottle in the house by the front door for Amazon deliveries. Another in the kitchen for groceries—less fresh produce. An 8-ounce in the car.

Denatured alcohol works better. And it is still available at Lowe’s and Home Depot.

Speaking from my experience in the Army, when I was part of a team of officers going from state to state, helping them prepare for emergencies....this is ‘interesting.’ And from my interest in history, this could get even more ‘interesting.’ The Spanish Flu pandemic of 1918-1920 came in three waves. The second and third were much worse than the first.

As the old adage goes, ‘History repeats itself. That’s one of the problems with History.’

You’ve heard the term ‘prepper?’ Usually used in a derogatory manner? Because of my time helping states prepare for emergencies, you could say I’m a ‘professional’ at it. Because of that, this household was ready for this sort of happenstance. Therefore, when this current circumstance of self-imposed isolation is over, take the opportunity to be prepared to endure it again. What you didn’t have on hand for this period, be sure you have it on hand for a possible future event.

This isn’t a call to panic. This is a thought about being prepared.

To take a line from that [in]famous ‘70s movie ‘Love Story’: ‘Being prepared means never having to say, “Panic!”’

Chuck & Susan Pelto
Pueblo, CO

Garden Gadgets

As many of us may be spending a lot of time indoors and having a great desire to be growing more wonderful plants indoors, we may want to consider improving our capabilities by adding ‘grow lights’ to our activities.

You’ve known of grow lights for quite some time. Many of you might have some already. There are some new ones out these days, Light Emitting Diode (LED) types. They’ll use less energy than conventional lamps.

Some of them are programmable, so they’ll be off during the daytime and on at night. Some may even be light sensitive, so that on cloudy days, they’ll augment what little light there is.

They come in all sorts of configurations. Some hang from ceilings.



Others are floor or table lamps.



Some will go in existing standard lamp sockets.



One is sure to suit your particular needs.



Cancelled Events

Due to the on-going C-19 Pandemic, these formerly scheduled events for the near future have been cancelled.

- April 18, 2020 CFGC Northern District Annual meeting, Dig & Dream GC, Michele Gustin
- May 2, 2020 CFGC Southern District Annual meeting – Penrose House, CO Springs, After Hours GC, Jane Fitzgerald
- May 6-7, 2020 CFGC Gardening School at EH-Margie Soileau POC. 7:30am-5pm
- May 11-16, 2020 NGC National Convention, Milwaukee, WI
- May 19, 2020 CFGC Ways & Means – Budget Review at EH 10am
- June 13, 2020 CFGC State Convention, Century Casino, 102 Main St. Central City, CO. Co-Chairs- Nancy Griffin & Victoria Schmidt
- Sept. 16-17, 2020 CFGC Flower Show Symposium at EH, Design Types: Abstract, Armatures, Allied Topics: Techniques, Fantasy Forms, Horticulture: Mums and geraniums. Chair, Louise Niekerk

Botany I - Some Wrong Answers:

- Dew is formed on leaves when the sun shines down on them and makes them perspire.
- Mushrooms always grow in damp places and so they look like umbrellas.
- The pistol of a flower is its only protection against insects.
- Germinate: To become a naturalized German.
- Rhubarb: A kind of celery gone bloodshot.

Springs in Bloom Community Project

Cheyenne Mountain Garden Club has several members of who volunteered to design, plant and maintain three garden plots at Memorial Park in Colorado Springs. Because of their love of gardening, weeding (not so much) and deadheading, the garden club won an “Award of Appreciation” from the City of Colorado Springs. We are very proud of these colorful flower gardens and look forward to participating again to beautify Colorado Springs.

Here’s a picture of their success.



Word from the Grasses Roots

After Hours Garden Club

After Hours Garden Club meets the first Monday starting at 6:00 pm at the McAllister House Museum from March through November. Dedicated to gardening and good fellowship, we maintain the gardens around the museum. We strive for interesting and educational meetings with good food added by our members. With an eye toward the historical side, our focus is on pollinator-friendly gardens with low maintenance and water efficiency. We welcome new members and hope to see you soon.

Sandy White, Co-President

Boulder Garden Club

The Club kicked off the fall schedule in September, when we welcomed Jason Shimmel who spoke about the challenges we have in Boulder with abundant sunshine, dry climate and relatively poor soils. In October, our program speaker was Carol O'Meara, Extension Agent and Horticulture Entomologist for Colorado State University. Carol talked about gardening tips and we learned so much by her fielding our many questions. In November, Peggy Williams, former president of the Denver Rose Society, delighted us with her program, "Rose Facts and Myths." A club favorite is the annual December holiday celebration. Following the luncheon Rose Persicheti demonstrated how to create bouquets for Meals on Wheels. The Club donates bouquets for Meals on Wheels clients who are celebrating birthdays each week throughout the year. Warm clothing was also collected for a Boulder shelter.

In February we heard about "How Plastics Impact our Soils" presented by Vicki Nichols Goldstein, the Founder and Executive Director of the Colorado Ocean Coalition and the Inland Ocean Coalition. March will be our annual business meeting at which we will be joined by Margie Soileau, our CFGC President. We will begin planning for our annual plant sale the Saturday before Mother's Day. We also collect a Silver Offering to support a project during World Gardening Month. In April our annual presenter Suzann Michot, Volunteer Naturalist, will present a program on "Birding through the Seasons." We will also be volunteering at the Colorado Garden and Home Show. Our May meeting is always

fun with a luncheon and a presentation by member Carolyn Toole of the new Plant Select offerings. Finally, we are lucky to have members' garden tours for each of the summer months.

Jana Murphy, President

Cheyenne Mountain Garden Club

We have had a wonderful year with thirty-two members coordinating and arranging each month's program.

Our September meeting of "Tomato Tasting" was extraordinary. Our team of members baked foods with tomatoes, we learned about the different kinds of tomatoes and tasted all different kinds of tomatoes. It was an exciting, informative and very creative meeting.

"A Garden Experience" in October was a film about The Bear Creek Garden which is operated as an organic, "poor farm," non-profit which has been in existence since the 1900's and employs goats to keep the areas around the farm low.

November found our members in groups creating "Festive Holiday Tables" that were judged by Betty Roberts, Audrey Coyle and Doris Duckworth, members of the Pikes Peak Designers Guild.

Members donned their hats for the December Holiday Tea which was held at The British Pantry on Old Colorado Avenue. Awards were given to the most creative hat and the most elegant hat.

We were surrounded by Orchids for our January meeting and learned about the care of orchids by presenter, Roger Stone.

One of our projects, "Cups of Cheer," which we do twice a year at Easter and Christmas, is to create a fresh-flower arrangement in a cup. We created fifty-seven mugs and took them to a nursing home for distribution. They are easily set on a side table to share a little joy. Our members made their own mugs with either fresh flowers or succulents at our February meeting.

Our March meeting will be Hydroponics which are organically and technologically-grown fruits and vegetables.

Other programs will include edible wild plants, hum-

mingbirds and migratory birds and our last meeting will be the installation of officers at the home of two of our members who have a fantastic garden.

Cheyenne Mountain Garden Club is instrumental in the Blue Star Memorial Project, which will be completed this year. We also donate books to the Early Connections Learning Center in December. Additionally, we contribute monthly to Penny Pines for replanting burnt forest areas in the Pikes Peak National Forest. "Springs in Bloom" is a project that we have been doing for three years. We plant and maintain three gardens in Memorial Park and won first prize for our contribution in 2018 and an award in 2019.

Cheyenne Mountain Garden Club is vibrant and active because our members continually contribute to the success of the programs and projects.

Sandy Bateman, President

Douglas County Garden Club

The Douglas County Garden Club was chartered in 1985 with 8 members and welcomed 62 members in 2019. Over the past 35 years we have created programs to educate and share in our members' common interest of gardening and horticulture.

In 2019 DCGC provided community volunteers for projects including: planting container gardens at the Phillip S. Miller Library in the Douglas County seat of Castle Rock and Douglas/Elbert Task Force (recently renamed Help and Hope Center, Douglas/Elbert Task Force), maintaining perennial gardens at the Sky Cliff Adult Day Program and Stroke Support Center, and assisting with the gardens and youth education programs of the Colorado Agricultural Leadership Foundation (CALF) located in Douglas County.

We feel that our meeting programs are the main reason we have experienced so much growth in our membership. Some of the topics we have enjoyed in 2019 include: Basic Backyard Bird Watching, Making Wreaths and Swags for the Holidays, Cheese Making, Plants that Challenge the Colorado Gardener, and Herb Gardening in Colorado.

One of the highlights of our year was our Garden Tour. On July 9, 2019, forty-five members of the club boarded a bus in the morning where we enjoyed a ride to the first

of three spectacular gardens. First stop was our member's Victorian home and garden where we had a light brunch. Next stop was another member's professionally landscaped backyard along a golf course where we enjoyed a sandwich for lunch while we viewed her prize-winning lilies. The last stop was at a beautiful hillside home with panoramic views of the Front Range where we enjoyed an afternoon snack. We were so lucky to have perfect Colorado day. This is a day we will remember forever.

Plans are underway to expand our line-up of community projects and fund raising in 2020. We have strengthened ties with the Castle Rock Adventist Hospital "Garden of Eatin'" program and are currently planning an on-site monthly meeting in the garden pavilion. We are also in communication with the Douglas Land Conservatory to enjoy a hike through the spring wildflowers with one of their expert guides.

Carol Ihli, Co-President

Durango Garden Club

The Garden Club of Durango celebrated its 80th anniversary Monday by funding 400 seedlings in the 416 Fire burn scar through the U.S. Forest Service Plant-a-Tree program.

The garden club, established March 9, 1940, makes an annual donation to support gardening and celebrate Arbor Day, April 17. The club gathered \$800 in grant and club funding to support the Forest Service program, which plants trees in national forests. This year, members used the anniversary as an opportunity to benefit the community and heal a landscape.

"That's what we're all about," said Marsha Schuetz, club president. "We're gardeners and we want to beautify."

The garden club was founded in part to boost the community's spirit during the Great Depression by beautifying Durango. During World War II, members also urged the community to create Victory Gardens to help with the food shortage.

It's not the first time they've set out to heal a landscape blackened by fire. After the Missionary Ridge Fire in 2002, members planted wildflowers above Vallecito Lake north of Durango.



Each year, the gardeners hold a plant sale in May, pulling well-rooted perennials from their gardens to sell to the community.

The sale funds the club's annual \$400 contribution to plant a tree or shrub for Arbor Day. This year, the club wanted to do something bigger.

The members added another \$400 to their yearly donation through a Colorado Federation of Garden Clubs grant. With the larger donation fund, the group could help hundreds of new seedlings find their way into soil healing after a fire.

"The 416 Fire is on everybody's mind," Schuetz said. "We're members of this community, and we just thought that would be a wonderful place to put our money."

The Plant-a-Tree program, established in 1983, pools donations for specific Forest Service projects. The San Juan National Forest program focuses its efforts on areas affected by large-scale fires, like the 416 Fire.

Community members can also donate \$2 per seedling to honor someone they know and take a step toward improving the environment at the same time.

"Since I saw this Plant-a-Tree program in The Durango Herald, I thought, 'Wow, that would be the perfect thing to do with this grant money,'" Schuetz said.

The Garden Club of Durango members have done other large projects, such as donating a Blue Star Memorial honoring veterans and their families. They also support local gardening efforts and manage the Santa Rita Rose Garden at Santa Rita Park on the Animas River.

To celebrate the club's 80th anniversary, members will also hold a member-only event honoring its founder, Ella Birkhimer, a Durango resident in the early 1900s. Birkhimer was actively involved with many local and national organizations. She worked with the state health department to introduce free immunizations, volunteered with the Red Cross and worked closely with the U.S. Department of Interior on Native American affairs, according to the club's biography.

"She was something else. She was a force," Schuetz said.

Greeley Morning Garden Club

The Greeley Morning Garden Club is small but mighty (under 15 members). We are busy this time of the year preparing for our annual plant sale held on the Saturday before Mother's Day. On Memorial Day, we will dedicate and unveil our Blue Star By-Way Marker at Linn Grove Cemetery to honor our Armed Forces. This is the second Blue Star Memorial sponsored by our club. In April, we begin the care and maintenance of several gardens in our community at cemeteries, libraries, and schools. In May, we plant six raised beds at the Guadalupe Center with vegetables and herbs used to feed residents of the center. In September, on Gold Mother's Day, we will have a ceremony at Linn Grove Cemetery to dedicate and unveil our Gold Star Memorial honoring the mothers and families of our veterans.

Lynn Carlisle, Secretary

Top O' The World Garden Club

Our monthly meeting was held Feb. 18th, with Gunnison's Mayor Gelwicks as our speaker. The Mayor asked if we would be amenable to adding a fifth garden to our public garden list. The city is planning a new park and wants to add flower beds. We are sending our Public Gardens Chairperson to check into that. We are gearing up for our spring activities, including planting four public gardens and our annual plant sale to be held the last weekend in May. We decided to sell our excess dried flower plates at a local art show in July this year. We discussed other handmade items we could sell then, too. Our next meeting will be on March 17th.

Big news!! Top O' The World Garden Club applied for and received a grant from Espoma Organic Products. Our grant is \$250.00, and we are excited to use these products in our public gardens. Thank you, Espoma!!

Kathleen Skinner, Vice President



Minutes Board of Directors Meeting

The CFGC Board of Directors met March 10, 2020, at Emerson House. A quorum (14) was present. President Margie Soileau called the meeting to order at 11:25 a.m. Mary Fagerberg offered the invocation and Swiss Hoffman led the pledge of allegiance. The minutes of the December 10th meeting were approved as published.

Financial Report. Treasurer Kathy Petersen provided a summary of finances. CFGC has \$15,027 in checking, \$37,737 in general fund money market, and \$107,789 in Vanguard. Total income for the third quarter exceeded expenses by \$10,685; however, Kathy cautioned that the majority of CFGC's expenses occur in the last quarter of the year. Colorado Gives Day netted \$8,498, which is about a thousand dollars more than 2018.. Kathy pointed out full detailed balance sheet and profit & loss statements, which are available for review. The report was filed.

Assistant Treasurer Sue Parker reported that CFGC currently has 447 paid memberships. This number includes 20 duplicates (people who belong to more than one club), so we have 427 members.

Membership Chair Victoria Schmidt reported several items of progress:

61 people signed our interest sheet at the Garden & Home Show. She is contacting all of them, identifying garden clubs in their area.

Some Horticulture majors at CSU asked about starting a club at the University.

Victoria obtained 1,000 NGC "Join a Garden Club" flyers free (we just paid postage.)

The instructions for forming a new club have been updated and are on our website.

Sixty people in Thornton are interested in forming a club.

Several clubs have had success inviting potential members via NextDoor and other social media. Margie added that her club signed up for GroupWorks, which is quite helpful.

Victoria has updated club location information.

2020 Annual Convention will be a single day, June 13, at Century Casino in Central City. This will be the first convention hosted by CFGC instead of a District. Nancy Griffin and Victoria Schmidt are co-chairs. The Casino is giving us a very good deal, essentially charging only for food, and offering reduced room rates (\$79, and

no tax.) Room reservations should be made promptly, through Nancy. The program will include two hands-on workshops, kokedama and herbal soap making, for an added fee. Instead of gift baskets for a silent auction this year, clubs will be asked to make table decorations interpreting Margie's Presidential Project, "Connecting with Nature Through Gardening," in a competition for prizes. The table decorations can be anything garden-related. They may be sold or given as door prizes. Donations for the goodie bags are also welcome.

Recommendation from Executive Committee. CFGC owns a number of copies of a beautiful Flower Arranging book that were never used for their original purpose. The large format photo books are autographed by the author and were priced at \$62.50. Secretary Lynn Cleveland moved the following recommendation from the Executive Committee::

That the excess copies of Flower Arranging be offered for sale for \$40 each, first at the Northern Front Range District meeting and at other meetings if needed.

The motion passed.

Emerson House. Nancy Griffin reported that the Trustees have been working hard to review Emerson House expenses for recent years in order to develop a spreadsheet of possible future expenses. This will help in establishing a budget. Nancy thanked all the Trustees, as well as Kathy Petersen and Margie Soileau, for their help assembling the information. More information will be forthcoming in June at the Annual Meeting. Joyce Cassidy will set up work days for various clubs to work in the yard. Joy Kancir keeps the calendar of all meetings scheduled for Emerson House.

Flower Show at Garden & Home Show. Audrey Coyle reported on a very successful show. It was smaller than previous shows, with only one day for entries, but we did have 77 entries and 48 designs. It was a Standard Flower Show by NGC rules for full credit with all classes and all awards. Club Presidents should contact Judges Council members to learn more about entering a show, and encourage their members to participate in future Flower Shows. CFGC received a \$5000 grant again this year from the Colorado Garden Foundation, which sponsors the Garden & Home Show. This topic will be discussed further at the May budget review.

Trees. Audrey Coyle, Tree Chairman, called for clubs to celebrate Arbor Day (April 24th) with some kind of special event and report it by the end of the year. Is

your city a "Tree City USA?" There are 95 in Colorado; Denver is the largest and Campo (pop. 102) is the smallest. She also reminded us of the NGC President's project for 2020, "Plant America with Trees." Under this initiative, every member is urged to plant a tree that is at least one-gallon sized. If all CFGC members did this, it would result in 427 new trees! Be sure to photograph and report your club's tree activities.

Blue/Gold Star Markers. Mary Fagerberg announced that Greeley Morning Club already has possession of its new Blue Star marker to be installed at Lingrove Cemetery. A ceremony will be held Memorial Day. A Gold Star marker is scheduled for September.

District Meetings. Northern Front Range District: April 18 at Piney Creek Clubhouse in Centennial. Southern District: May 2 at St. Paul's Catholic Church in Colorado Springs.

Gardening School. May 6 and 7 at Emerson House; Margie Soileau is Chair.

The meeting adjourned at 12:25, followed by lunch provided by the Executive Committee, and a talk by Kate Hogan of the Audubon Society about the importance of native plants and native insects if we are to preserve our native birds and other wildlife.

Lynn Cleveland, Recording Secretary

How Do You Know You Are a Master Gardener?

- There is a decorative compost container on your kitchen counter.
- You would rather go to a nursery to shop than a clothing store.
- You prefer gardening to watching television.
- You plan vacation trips to arboretums and public parks.
- Dirt under your fingernails and calloused palms are matters of pride.



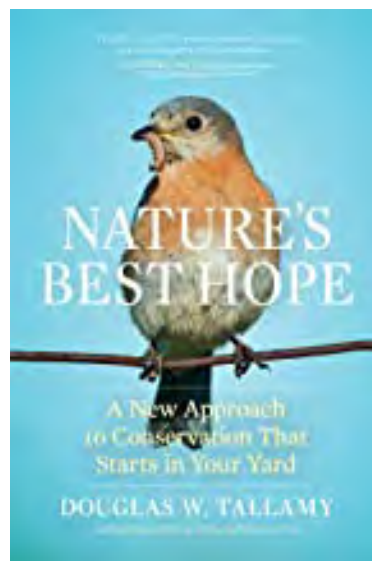
Book Reviews

Two Books by Douglas W. Tallamy

Several years ago, at one of CFGC's Environmental Studies Schools, we were strongly urged to read *Bringing Nature Home: How You Can Sustain Wildlife with Native Plants*. Reading this book caused a paradigm shift in my worldview -- at least insofar as the garden was concerned. Tallamy, a Professor of Entomology, explained that insects are an essential link in the chain of life. Of course, many birds and other animals eat insects. And almost all birds, even if they eat seeds and fruits the rest of the year, rely on insects for the majority of their diet during nesting season. Native birds only eat native insects. Native insects feed only on native plants. Therefore, to have native birds (and other wildlife) we need to have native plants.



After the March Board of Directors meeting at Emerson House, Kate Hogan from the local Audubon Society spoke again about *Bringing Nature Home*. The Audubon Society certainly endorses Tallamy's emphasis on natives. She also recommended Tallamy's new book, *Nature's Best Hope: A New Approach to Conservation that Starts in Your Yard*. It contains specific steps that we back yard gardeners can follow for the best preservation and protection of native wildlife. I can't wait to get my hands on it!



Lynn Cleveland

Calendar

Coming Events of Interest:

- **Deadline for submissions for the Summer issue of the Colorado Garden Connection is TBD.**
- July 28, 2020 Weld County Fair
- July 30, 2020 Douglas County Fair
- Aug. 5-9, 2020 CFGC Adams County Flower Show
- Aug. 28-29, 2020 Rocky Mountain Region annual meeting, Lake Melford, Kansas
- Sept. 8, 2020 CFGC Ways & Means, Ex BD & BOD meeting at EH, 9:30am-3pm
- Sept. 24-26, 2020 NGC Fall BD meeting, Fargo, N. Dakota
- Dec. 8, 2020 CFGC Ways & Means, Ex BD & BOD meeting at EH, 9:30am-3pm
- Dec. 8, 2020 CFGC Colorado Gives Day
- March 9, 2021 CFGC Ways & Means, Ex BD & BOD meeting at EH, 9:30-3pm
- May 16-22, 2021 NGC Convention – Meadowlands, New Jersey

For additional information on events without a Point-of-Contact (POC), please check the CFGC web-site at coloradogardenclubs.org. Or, if no access to the internet, call or write Joy Kancir at 303-814-0679 or 2195 Pine Wood Road, Sedalia, CO 80135-8043.

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