



Rocky Mountain Rambler

Rocky Mountain Region
Newsletter



Greetings From Your Director



I am so enjoying this time of the year. All my windows are open, the heater is off, and green is finally sprouting in the yard. Colorado's weather has been so crazy these last few months.

I am looking forward to the upcoming RMR Annual Meeting in August. The volunteer team has been busy ensuring this meeting will be fun, exciting, and enjoyable. There will be a supper at the Flying W Ranch Friday night with entertainment from The Flying W Wranglers, electric carts for transportation, and plenty of parking. You can check out the website at www.flyingw.com. Saturday will be a full day with a business meeting, lunch, dinner, a silent auction, a trip to the Colorado Springs Utilities Conservation & Environmental Center with Xeriscape Demonstration Gardens, and more. The meeting will be held at Patty Jewett Golf Course, established in 1898, making it one of the oldest courses in the United States. The restaurant is well known for its delicious food.

These last two years as Rocky Mountain Region Director have been unique, fun, and educational. My visits to the RMR states have been fantastic and filled my heart with appreciation for the beauty of these states. I enjoyed meeting so many wonderful people and sharing my love of gardening. ~ ~ cont'd

May 2023

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Special points of interest:

- RMR Conference Info
- Life Membership Form
- New Rambler Editor



Directors Message ~~ cont'd

Being part of the Scholarship Committee and Award of Excellence Committee has been exciting and has given me an excellent appreciation for NGC.

To all of the Rocky Mountain Region members, I wish you many happy, fulfilling, and beautiful gardens. As I say to everyone, my garden is my happy place.

Best wishes and blessings to all.

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>
May 2-5, 2023	NGC Annual Convention	White Sulphur Springs, WV
August 25-26, 2023	RMR Conference	Colorado Springs, CO

RMR Convention information can be found on the last few pages of this newsletter. Registration, Activities, Hotel Information



[Rocky Mountain Region Garden Clubs Facebook Page](#)



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.

Colorado Federation of Garden Clubs, Inc.



To my Fellow Regional Gardeners,

Well, it's 2:34 AM on a Friday morning. I can't sleep thinking of all the things that need to be done. We all have our normal daily routines, chores, obligations, and responsibilities. Added to that are the things and plans that we make with our friends and loved ones which require additional time and effort. When you think about it, time flies off into the wind as gracefully as the seeds from a spent dandelion do when you blow on it. This will be my last President's message and I want to let you all know just how grateful I am for this opportunity. This special time led me into making new friends, establishing stronger current friendships, celebrating some of your successes and getting to see the innerworkings of your talented members and how they make their clubs so special.

I can remember exactly where I was and whom I was talking to when I was asked if I would take on this role. I enthusiastically said, "why yes of course" and was brimming with excitement, new ideas, solutions to some observations that I had made prior and I thought what a great opportunity this was to give back to the organization and the group of people that I have come to know and love. Fast forward two years later and I'm glad that I felt that way and did what I did. I have thoroughly enjoyed getting to know our regional members. Getting to see the tapestry of life that resembles the seasons and the act of gardening. My eyes were opened to seeing the great many skills of so many of your clubs that keep themselves alive, thriving, exciting and of course human. After all, humans are social beings and it's in these clubs and the activities that we do that allow us to be social. It was then when I realized what a blessing, we are to each other. While our group is diverse on many levels it is that diversity that resembles the planning, planting, caring, harvesting and final resting cycles we all know too well when we garden. That in itself is a comfort and provides us explanation as to why we experience some of the things we have to experience while we are here as mortal men and women. We also have our seasons. From maiden to crone, from birth to death. The plants teach us the whys, the reasons. Such valuable life lessons are there for the taking if we only listen, look and be mindful. I've made friends in garden club and have lost friends in garden club. They have shared their talents, time, their wins and losses all in the name of gardening and having fun.

I am a big believer and often tell people that if they see a problem or a circumstance that can be made better, they should let the appropriate people know and bring with them a solution. I also truly feel that a person only gets out of something what they put into something. My love for gardening started when I was a small child, and it was my father who introduced me to planting flowers, marigolds to be exact. I loved being out there with him in the sunshine, feeling the soil between my fingers carefully placing the seeds in the holes that he made for me in the ground. I couldn't wait to see the fruits of my labor. Wondering if the bright colors shown on the seed packet were going to be even brighter on the ones that I was planting. What would they smell like? ~~ cont'd

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

Oh, only if that seed packet had a scratch and sniff area on it!!! I was just trembling with excitement with all these thoughts. Waiting, holding my breath, running out there every morning and at night before bedtime to see what was going on. Watering carefully and dutifully. When the plants started poking their leaves out of the ground, it was miraculous indeed. What promise of beauty and life that patch of marigolds meant to me. Ironically, I had those very same feelings when I took this role on as your State President. I think it's every gardener's dream to close their eyes and envision their little slice of heaven here on earth. Where everything is perfect, where they can truly be themselves and be happy, where they can nurture something that only brings them joy and contentment. And that's the blessings I have received from all of you, especially in the last two years.

While organized garden clubs cannot be everything to everyone that walks down its path, I appreciate those that are willing to try. I appreciate even more the ones that continue to walk that path, to make it better, to be a willing participant, to help, to educate, to spread the news of how gardening can help heal. In today's world, we all need to heal, slow down, practice being calm and at peace with ourselves. Once we can do that, we may be more willing to accept those that don't quite fit into those parameters and help them find their own special garden.

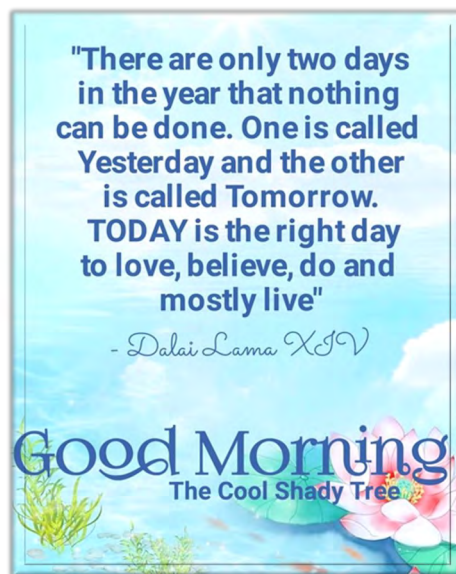
In my life's story, I now have a whole chapter dedicated to "my garden". To all of you who I have come to know, to call on, to eat with, to plan with, to fight with, to laugh and cry with are deeply rooted in that chapter, in my memory and in my heart. Thank you for being that brightly colored, lovely smelling flower in my garden.

Forever grateful,

Nancy Griffin

CO State President

"Garden with Heart, Plant with Purpose, Conserve with Care"



Kansas Associated Garden Clubs, Inc.



When people mention Kansas, they think of wheat fields, flat land and blowing dust. Yes, this is an agriculture and cattle state but when you take a closer look other things do happen here. Several restaurants have started in Wichita and this state. Plus, many airplanes have been built in Wichita over the years. But a special one of the starts in Kansas that is of great interest for us as gardeners is the **Monarch Watch**.



The Monarch Watch was started on the campus of the University of Kansas by Chip Taylor, Ph.D., Department of Ecology & Evolutionary Biology, where he worked for 48 years. He started this program in 1992 with his students, volunteers and researchers. It just celebrated its 30th year.

The first Monarch waystation was established in 2005 on the KU campus. Now there are 41,000 certified Waystations throughout the migration path. The Monarch Watch program provides research, education, and promotes habitat restoration. They distribute milkweed to help sustain the Monarchs annual migration. This program has distributed more than 1 million milkweed plants. The founder, Dr. Taylor is retiring as its director and is looking for a new director to continue his Monarch Watch program.

A Gold Star Marker will be placed on Memorial Day 2023 at the Pilsen, Kansas Cemetery.

This marker is being paid for by a couple in Tennessee that watched a special about Father Emil Kapaun. After hearing of his heroic actions in the Korean prison camp, they wanted to place a marker in Father Kapaun's hometown. Father Kapaun was a Catholic priest who was an Army Chaplain during WW II and the Korean War. During the Korean War, he was captured and later died as a prisoner. After many discussions with the donors and the local people, it was decided to place the marker in the Pilsen Cemetery. It will be placed there in honor of all families that have lost loved ones in various wars. KAGC will be the co-sponsor with Suburban Garden Club doing the dedication on Memorial Day. Suburban Garden Club is in Wichita about 70 miles from Pilsen but is the closest Federated club and we are pleased to be involved.

Sherryl Fitzpatrick and Floanna Crowley
Co-Presidents

“Use Wisdom in Caring for Nature”



Montana Federation of Garden Clubs, Inc.



I am in the process of attending the eight District meetings to be held across Montana. My wife, Linda, is going to join me. As a past president herself, she wants to renew friendships. This will be my last trip through Montana as the Federation president. The June convention will end my term.

Diane Ward will be installed as the new president. My theme for my term was “Building community through Gardening”. It is my view that garden club members by sharing their vocation in their communities, do great service. When one thinks about it, we are really a type of service organization. We maintain parks, monuments, sponsor scholarships, judge county fairs, decorate business districts, all by using our garden talents. Education is the foundation of our organization. We sponsor Flower Show Schools, Symposiums, and Landscape schools. Our organization is successful because of the hard work and dedication of our members. It has been an honor representing the Montana Federation of Garden Clubs as the President.

Thank you for allowing me to be of service

Jim Sadler

MFGC President

“Building Community through Gardening”



Federated Garden Clubs of Nebraska



Hello from Nebraska. Spring is here, and I, for one, am very excited. We have had some quite warm weather, so I hope we will not get a bad freeze, and my crab apple tree loses its blooms which happens quite frequently.

My garden club, Ogallala Garden Club, has taken over the flower bed at the cemetery, so we planted many tulip bulbs this fall. Well.... the squirrels have loved them and have been digging them up. Those that will survive then will be feeding the deer, and we are happy to keep the animals fed.

Other garden clubs around the state are getting ready for plant sales, plant exchange, or seed exchange. We are all waking up from a long and cold winter.

2023 is the year that we will be getting started on restoring some of our Blue Star Memorials. Some garden clubs and VA groups plan on painting the poles so that they will look nice to all the travelers coming and going through Nebraska.

The Federated Garden Clubs of Nebraska's **state meeting** will be held on June 9, 10, and 11. It is being held in Ogallala by the West Central District. 2023 is the year to install our new President, Chris Martin. She was an exceptional Vice-President, and I know she will do great things for the Federated Garden Clubs of Nebraska. As she takes over the Presidency,

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Federated Garden Clubs of Nebraska ~~ cont'd

I will be moving on to be your RMR Director, so I have some big shoes to fill, as Margie Soileau does an exceptional job. Margie, remember, I HAVE YOUR NUMBER!!!!

So, this is goodbye as the President and **hello** as the **RMR Director**. I plan to visit every state in the Rocky Mountain Region and be there to help you.

Happy gardening and remember plant some herbs!!!

Robbie Kupper

President, FGCN

“Growing and Using Herbs in Nebraska”

North Dakota State Garden Clubs



Greetings from the Peace Garden State of North Dakota

The picture to the right was taken April 5 in my back yard. Yes, that is a three foot plus fence covered with snow.

You must be very hardy to live and plant in North Dakota with a great deal of faith.



We will be flooding soon, and when we get into our gardens, they will be watered deeply for spring planting.

The Fargo Garden Society January program was on “Fungicides and Pesticides: Usage and Timing” by our local North Dakota State University Extension Agent, Don Kinzler. The valuable lesson learned was to be conservative with the chemicals and be sure to treat at the correct time preventatively.

The February program was brought to our members by a new member to our club, Sam Devick, from the N.D. 4-H Pollinator Habitat Ambassador Program. “The Amazing Story of Pollination: Flowers, Pollinators, and You!” was Sam’s theme. Sam is a Sophomore in High School who is home schooled. Sam’s goal is to educate 500 people as an ambassador and he plans to plant a pocket prairie garden in his front yard, as well as assist our garden club with our community projects. Sam was so excited when he read our conservation pledge that we say at the beginning of each meeting because it includes pollinators.

Sticking with the pollinator theme for our March program was our North Dakota State University Program Coordinator and Extension Horticulturist, Esther McGinnis on “Bees and Plants that Nourish Bees”. North Dakota is the number one honey producer in the United States with over 200 plus licensed beekeepers with a \$62 million impact on our



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North Dakota State Garden Clubs ~~ cont'd

economy. Our bees go south to pollinate in the winter. Esther described what we can do to preserve bee habitat and had many suggestions on plants for our urban gardens.

Looking forward to “Almost Heaven” at the National Garden Convention in West Virginia.

“Conserve Nature and Grow Friendships in North Dakota”

Linda Anderson, President
North Dakota State Garden Clubs



The Utah Associated Garden Clubs, Inc.



This will be a year to remember. Utah is celebrating the most snow seen in decades. Our current snowpack is over 200% of normal, with more to come. What a wild winter/ ski season we had. With the spring temperatures rising now flooding is on everyone's minds. The boom and bust of the west. Love it! (Insert picture of the snow at senior center) The first meeting of the Park City Garden Center at the Park City Senior Center April 4th. Garden Club members talked of where and when they would be able to plant their lovingly grown starts.

UAGC is having their spring symposium May 19th at the Garden Center in Sugarhouse Park at 5:30. Our speaker is Lynn de Freitas, executive director of Friends of the Great Salt Lake. The Great Salt Lake is in peril as the water has gotten to a historic low. Dinner and raffle will be held after speaker.

We have a scholarship winner from Utah State University, Mary Claire Jennings. All the candidates were excellent; it was difficult to decide on a winner.



March 9th we judged the Smokey Bear/ Woodsy Owl posters. We had two forest rangers an artist and ski patrolmen as judges. It was a fun time with a good group at the Park City Library. We had four states represented, Kansas, South Dakota, Utah and Wyoming. Thank you everyone.

March 15th UAGC and the Rose and Dahlia Society each had a booth at the Gallivan Garden Party downtown Salt Lake. A get ready to plant event. The rose society gave an excellent demonstration of rose pruning, with a raffle giveaway of a noteworthy rose.

There is a new magazine in Salt Lake, bloomgardens.org. Geoff Ellis contributed an article on the History Of the Garden Center and Clubs in Utah. Please read his article.

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The Utah Associated Garden Clubs, Inc.~~ cont'd

June 9-10 The Rose Society is hosting the Rocky Mountain District Convention and Rose Show at the Sugarhouse Garden Center. Everyone is welcome at the Rose Society.

Looking forward to seeing some familiar faces at the National Convention in West Virginia.



Spring is just around the corner and under that sixfoot snow bank!

Mary Hogan Holly, President
Utah Associated Garden Club, Inc.

The Utah Rose Society presents
The Rocky Mountain District Rose Show

Roses for All Seasons



June 10, 2023
12 - 4 pm
Garden Center
Sugar House Park
1602 East 2100 South
Salt Lake City, Utah 84106

UTAH ASSOCIATED GARDEN CLUBS

SPRING CONVENTION

Friday, May 19 at 5:30 PM — in the Sugar House Garden Center

All garden club members and their friends are welcome to attend. Dinner will be served. Please RSVP by May 15 to Mary Holley at mountainflorautah@gmail.com

Wyoming Federation of Garden Clubs, Inc.

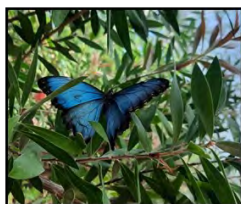


Regional Members: I write this in the warmth of the Arizona sun during a short visit south. Back in Wyoming, the snow is melting quickly. Our garden centers have been open teasing us with seeds and yard art to brighten our snowy or brown yards. Wyoming clubs have been starting back to meetings with fun meetings to attract new members. Our state like others, has been struggling with membership.

We are hard pressed to find a president and vice president for the upcoming term starting in July. The members we do have are active and helping plan our next year activities with plant sales, yard tours and of course, WFGC Convention, June 24th in Encampment. We look forward to fun activities including learning about the “soiled doves” cemetery, and dedicating a Blue Star Memorial. I look forward to seeing regional members at the NGC meeting in May. Not sure how much planting we will be able to do until mid May.

“Gathering Friendships thru Gardening”

Shirley Pursel
WFGC, President



Wyoming Federation of
Garden Clubs Cactus at
Prairie Garden Butterfly
Garden



Birds



Hope all of you have cleaned out your birdhouses in preparation for all of those babies yet to be born that need a home! Listening to birdsong can foster calm-fast! When you're feeling frazzled, as I am lately, set aside your phone. Researchers reporting in journals about Psychology found that about 15 minutes a day to power off your electronics and do something peaceful, like reading a book, painting or even just listening to the birds sing makes you feel significantly more content and relaxed.

Many of our bird species are beginning to migrate and food ready available is so important because many of the usual foods are not quite available. Screech, barred, great horned and barn owls are common nighttime birds in yards across the country, often scouting feeder areas for mice, rabbits, skunks and other critters that come out at night to nibble spilled seed. Convince them to stay with nest boxes; all except the great horned readily take to them. Courtship and nesting begin in winter. They need the support for all of their activity and those nesting. See below the incredible photo taken by our Colorado Springs member **Nanc Halverhout, of the Great Horned Owl** that descended to their home deck! Check out the colorful **Western Tanager** that showed up at Colorado Springs CFGC member **Jean Nicks'** mountain cabin.

Thank you for sharing!!!!

RMR Bird Chairman, Audrey Coyle, CO

PS: Remember to send me your own photos by members!



Great Horned Owl:
Nanc Halverhout
Colorado Springs



Western Tanager:
Jean Nicks
Colorado Springs



Cold Robin:
Joanne Jeffres
Riverton, WY

Butterflies



Milkweed! Milkweed! Watch for the milkweed! It is seriously time to watch for the emergence of milkweed to begin the Monarch butterfly season.

If you have collected seeds from previous years, throw it out into a nice sunny spot so seeds can germinate and grow in time for the arrival of the Monarchs.



If milkweed is in short supply, start seeds indoors for plants that produce nectar, a necessary food for butterflies while migrating. About May 1-8 the Monarchs will be moving into the southern part of Kansas, a bit westward into Colorado and Utah.

A citizen scientist (what we call the Monarch helpers) makes observations about emerging milkweed, plants nectar bearing flowers and uses chemical free weed control in the garden. Educating your family, friends and neighbors about the soon-to-arrive butterflies gives the butterflies (and other insects) a better chance of survival in this ever changing world.

Margaret Straley
Butterfly Chm RMR



Two Cents Worth



Fellow garden club members, As you all know investment returns were pretty bleak in 2022 but they slowly recovering! When I spoke to you in Utah, we had \$14,251 value in our Edward Jones investments. Since that time, the value has dropped by \$245. Not great but also not as bleak as it could be if we invested with a different strategy! We should stay the course...our original \$10,000 investment has gained over \$4,000 in value! See you all soon!

Lynette Jeffres
RMR Treasurer



Edward Jones

Association-1

Edward Jones Association ****9164 | Select

Current Value

\$14,005.91

1 Year Ago

\$14,586.41

Net Change

-\$580.50



Flower Show Schools and Symposiums



My son asked me the other day how did the grandparents made it through the great depression. Our family has deep farm ties. I have told him the story many times but with the current recession he is worried about how he is going to do it. He wants reassurance that it is possible.

The best advice I could give my son is that thrift and staying out of debt was the fundamental basis for saving the farm. Being a city dweller, my challenge is much different. I maintain an acre garden in Missoula. The ability to afford such a large garden requires dedication to some very basic garden practices. The soil in my garden is basically small to larger rocks with clay and sand at inconvenient intervals. My grandparents farmed river bottom with irrigation. We have many different challenges but yet the fundamentals are the same. I am retired now from desk jobs and find that working with the soil and being outdoors makes me happy. To achieve a vegetable and flower filled garden has been my goal. The measures I have taken to make my garden affordable is the subject of this article.

The best investment in your garden is to invest in the soil. When I started, I was forced to screen every bed removing the rocks. Very little real soil was left when the rocks were removed. I filled the hole with compost, grass clippings, and whatever I could find. Topping it all with the thin soil I had screened. What I created were pit compost piles. Well-watered the piles sunk, and the result was a planting medium that was mostly compost. Over a period of years every flower or vegetable bed was created out of the free plant material from my yard.

It was not my original goal, but eventually I wanted to eliminate all of the grass in my yard. Grass is labor intensive, consumes lots of water, and is a host for weed seeds that blow into the flower beds. When I told my friends I was going to use gravel walkways, they gave me a puzzled look. The use of gravel in yards usually is thought of being a kind of southwestern look. Not the look I wanted. I wanted the English garden look and I think I have achieved it. With no grass and the use of gravel pathways, my weed problem was greatly diminished.

I also choose plants that do not require a lot of water. There are areas in my yard that I never water. I do have water hungry plants, but I group them together. I also heavily depend upon pass a long plants. Local gardeners have already invested in plants that have survived those are the ones I want for my garden. I also save seeds and trade them with fellow gardeners. Have you seen the cost of commercial seed? I will only buy if I have no other alternative.

I use natural fertilizer. The best is pigeon manure. It contains nitrogenous substances, useful microelements N and P and vitamins of group K. It is like gold, because it is one of the best fertilizers containing more nutrients for plants than horse or cow manure. The knowledge of the use of pigeon manure has largely been lost. I learned by searching online. The use of chemical fertilizers is the child of our modern age and factory farming. The cost has been steadily increasing. Instead of not buying chemical fertilizers and penalizing my garden, I use free natural fertilizers.

~~ cont'd

Flower Show Schools and Symposiums ~~cont'd

Thus, my plan to survive the coming economy is to practice thrift by using all the parts of my plants and returning those which I do not consume to the soil. To practice waterwise planting, choosing plants that do not require much supplemental water. To use natural fertilizers to increase the fertility of my garden. Like my Grandparents, I will spend sparingly by using what I grow. Using best practices, I know my garden will survive.

Jim Sadler, Chairman

Membership



Greetings Rocky Mountain region. This is been a long winter for everyone as we know. Gathering new members, getting the regular members together, checking on the past members is of something we all should try, and invite neighbors, read newsletters from other garden clubs and get ideas on what works for them. Invite a neighbor, bring or your grandkids, let's get some interest in our garden clubs.

People are going to be ready to get out and try something new, learn about composting worms in your soil, sharing plant seeds or see a new garden plant or something. There's also a lot of programs from our extension offices and colleges that are offering programs. Check this out and see if you can attract new members and interest in your regular members with new things to do.

Have a great spring and we'll see you at RMR convention.

Shirley Pursel
Member Chairman

Bright Ideas!!



Homemade Aphid Trap:
Place a YELLOW Solo cup upside down on a wooden stake. Attach with a pin or nail. Cover the outside of the cup with a thin layer of Vaseline. Aphids are drawn to the yellow, stick to the cup, and die. The trap is easy to make and will save your plants from aphid damage.



Parliamentarian



This time I thought I would share my **five pet peeves** of meetings/parliamentary procedure! Most of us want to get the business meeting over as fast as possible. We often do things that take extra time, although it may be only a few minutes, why not make it go as fast as we can!

Taking the extra time to vote on the minutes. After the chair asks for corrections to the minutes, if there are no corrections or no further corrections, the chair can say, “hearing no (further) corrections, the minutes are approved as provided (as corrected)”.

Asking for the treasurer’s report to be voted on. It is a report and is not approved, it is accepted. The president says “are there any questions or comments regarding the treasurer’s report?” If not, the president says “the treasurer’s report is accepted.” If questions or comments, after answering them, the president says, “hearing no further questions, the report is accepted as provided.”

Discussion before there is a motion on the floor. This leads to much extra discussion that usually belongs at a committee level. If someone wants an action to occur, they should state a motion. After the motion is seconded, the chair should ask the maker to explain the reason for the motion. Then the debate can begin. It can be amended and changed but having a motion on the floor helps everyone to know what they are voting on. Eventually it usually ends up in a vote unless it is tabled, etc.

People talking while others are trying to hear and follow the meeting. Often, we don’t see each other until a meeting and are excited to share our new life adventures or make not so nice comments about what others are saying or make a point to our neighbor that should be heard by all. Don’t! It is disruptive and does not make you look good. Often the friend who you are trying to talk to does not appreciate it, so don’t it! Talk during social time which should be built into each meeting. My own club has a half hour social time before each meeting. We started social time because of this need. It works!

People coming late to a meeting. Sometimes it is unavoidable but every effort should be made to be on time. You may miss something you had input on or you may be assigned/elected to something you don’t want! If you have an important role at the meeting such as chair or secretary, be on time.

Although very simple changes, it does make the meetings flow faster and with better results.

Respectfully submitted

Mary Lerssen, RMR Parliamentarian



Penny Pines



Rocky Mountain Region has had a wide range of weather situations that I have not experienced for a very long time. I am sure you feel the same way. Drought conditions have covered most the RMR region which has resulted in many grass fires that are currently burning or recently extinguished. Then there is the strange snow storms that seem to come from nowhere and dump massive amounts of snow in the higher elevations and in the northern states. Snow has helped the drought problem but not entirely. There has been more fires on grasslands and forested areas than has occurred for a very long time. Thankfully, many of the garden clubs have responded and helped provide funds for the burned areas. These are the latest:

- Prairie Garden Club - \$136.
- Sunset Hills Garden Club - \$136
- Soil Sisters and Misters Garden Club - \$136



Lets keep this going!!
Del Hemsath
Penny Pines Chairmen

Tell Me Something I Didn't Know



Are there female cones and male cones?

Yes, there are two types of cones on most Pacific NW conifers: **seed cones** and **pollen cones**. These are **female** and **male** reproductive organs, respectively.

Pollen (from the pollen cones / male cones) has to reach the ovules (in the seed cones / female cones) in order to fertilize them, creating seeds. Typically, seeds are tucked under the scales of seed cones.



Seed cone of Douglas-fir



Pollen cone of Douglas-fir

On most but not all conifers of the Pacific NW, pollen cones and seed cones grow on the same tree, in which case the tree is called "monoecious." On some junipers, pollen cones and seed cones do not grow on the same tree, in which case the tree is called "dioecious."

Seed cones are most helpful in identifying a tree because they are **durable** and stay on the tree or the ground beneath the tree for a long time. Pollen cones, which are usually much smaller and less conspicuous, tend to wither up after releasing their pollen.

Pollen from conifers is typically a fine yellow dust.

Most people refer to seed cones / female cones as just "cones." Most people are scarcely aware of pollen cones / male cones and may never have noticed them.

<https://www.treespnw.com/resources/2017/4/11/what-are-cones>

Green seed cone and pollen cones of shore pine



Who knew??

Submitted by
Joanne Jeffres, WY

Smokey Bear—Woodsy Owl



We had some beautiful posters entered in the poster contest this year. I have very high hopes for them. The posters which were sent on to the National Competition from RMR were:

- | | |
|------------------------|-------------------------|
| 5 th grade` | Cosette Wade, Utah |
| 4 th grade | Riley Rau, South Dakota |
| 3 rd grade | Cree Webb, Utah |
| 2 nd grade | Brynn Leeper, Kansas |
| 1 st grade | Agnes Adkins, Wyoming |

There was a great deal of originality and work exhibited in these posters. Please thank all of the children who participated in the contest. I am hopeful that their posters will make a difference in helping to stop wildfires and clean up the planet.

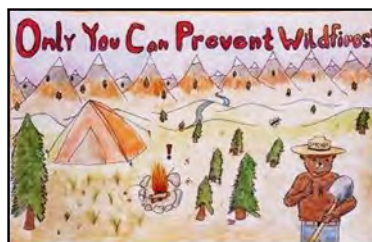
1st grade, Agnes Adkins, Wyoming



2nd grade
Brynn Leeper Kansas



3rd grade, Cree Webb, Utah



4th grade, Riley Rau,
South Dakota



5th grade, Cosette Wade, Utah



Judges L to R:
Laurie Hofmann Co-President of the
Neighborhood GC
Mary Perry, Artist and member of Park
City Garden Club
Abe Abrahamson Craftsman and
retired Ski Patrol
District Forest Rangers, Brenda
Bushall and Lee Maness Heber

Thank you to all club members who reached out to these children and made it possible for them to participate in this contest.

Connie MacKay, Chairman

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 rmmrambler@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



Membership

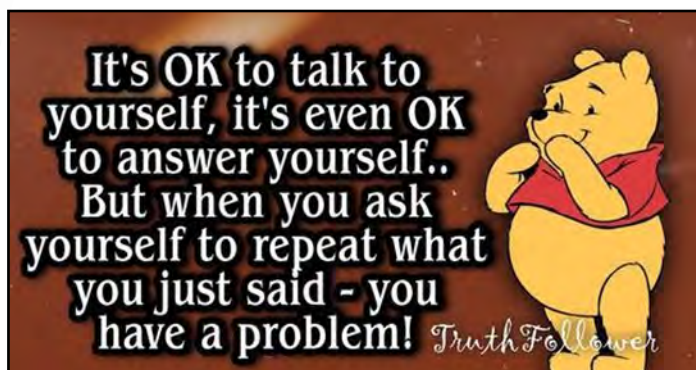


Greetings Rocky Mountain region. This is been a long winter for everyone as we know. Gathering new members, getting the regular members together, checking on the past members is of something we all should try, and invite neighbors, read newsletters from other garden clubs and get ideas on what works for them. Invite a neighbor, bring or your grandkids, let's get some interest in our garden clubs.

People are going to be ready to get out and try something new, learn about composting worms in your soil, sharing plant seeds or see a new garden plant or something. There's also a lot of programs from our extension offices and colleges that are offering programs. Check this out and see if you can attract new members and interest in your regular members with new things to do.

Have a great spring and we'll see you at RMR convention.

Shirley Pursel Member Chairman



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/1ZXaA17T8wqIH2CWmD26S9cIC1Q:3riaK/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 "Conserve Nature and Grow Friendships 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



"COLORADO SUMMER RHYTHMS"

2023 RMR 87th Annual Convention Meeting Registration Form

When: AUGUST 25-26, 2023

August 25, Entertainment: 6pm-9pm "FLYING W RANCH"
3330 Chuck Wagon Rd., Colorado Springs, CO, 80919

August 26, Meeting: "PATTY JEWETT GOLF CLUB"

900 E. Espanola St., Colorado Springs CO. 80907,
Registration and set up: Aug. 26, 7am-9am
Meeting: Aug. 26, 9am-9pm

Please print, fill in and mail with your check and postmarked by **AUGUST 10th**, payable to "2023 RMR Convention" and mail to:

"2023 RMR Convention"
DORIS DUCKWORTH, Registrar
1040 CARIBOU Dr. WEST
MONUMENT, COLORADO, 80132

----- cut here -----

Name _____

Address _____

Phone # _____ e-mail _____

Registration Fee _____ \$25.00 _____

Late registration after August 10th _____ \$35.00 _____

Friday: "Flying W Ranch" Dinner _____ \$30.00 _____

Saturday: Lunch _____ \$30.00 _____

Saturday: Dinner _____ \$40.00 _____

TOTAL: _____

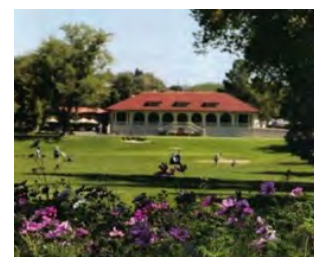
(Please note any dietary needs or restrictions to: Doris Duckworth with registration)

Saturday: Tour 3pm-4:30 (FREE, own transportation and some carpooling)

The Mesa Conservation & Environmental Center
2855 Mesa Road, Colorado Springs, CO

Credentials: (check all that apply)

- | | | |
|---|--|---|
| <input type="checkbox"/> NGC Officer | <input type="checkbox"/> RMR Chairman | <input type="checkbox"/> Environmental Studies Consultant |
| <input type="checkbox"/> NGC Chairman | <input type="checkbox"/> RMR Life Member | <input type="checkbox"/> Gardening Consultant |
| <input type="checkbox"/> NGC Committee Member | <input type="checkbox"/> RMR Previous Director | <input type="checkbox"/> Flower Show Judge |
| <input type="checkbox"/> NGC Life Member | <input type="checkbox"/> State President | <input type="checkbox"/> Landscape Design Consultant |
| <input type="checkbox"/> RMR Director | <input type="checkbox"/> Club President | <input type="checkbox"/> Garden Club Member |
| <input type="checkbox"/> RMR Officer | <input type="checkbox"/> State Life Member | <input type="checkbox"/> Guest |



"COLORADO SUMMER RHYTHMS"

When: August 25-26, 2023
Where: Colorado Springs, CO
What: 87th Rocky Mountain Regional Meeting

!! Friday evening the 25th, BBQ & Entertainment at the FLYING W RANCH!!
Saturday the 26th, Meeting, Program,
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	Garden of the Gods
Cheyenne Mountain Zoo	US Olympic Museum
Manitou Springs	Cripple Creek
US Air Force Academy	Pike's Peak and Cog Railroad
Seven Falls	Glen Eyrie
Old Colorado City	Space Foundation Discovery Center
Broadmoor Photo Gallery and Art	Fine Arts 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 3rd oldest golf Club west of the Mississippi hosting the Meeting and award Banquet with prize worthy Buffet served for Lunch and Dinner

Program by Tammi Hartung of "Desert Canyon Farms": she is an ethnobotanical Herbalist, an Organic Grower and author of 5 books. You can follow her at desertcanyonfarm.wordpress.com .

Colorado Springs Mesa Utilities Conservation & Environmental Center Xeriscape Demonstration Garden





"COLORADO SUMMER RHYTHMS"

No room blocks were reserved for this convention. Listed below are a few hotels in the convention vicinity. Remember to get your rooms early.

Home2Suites by Hilton — 719-421-7555

Best Western Plus Executive Residency — 1-800-916-1392



A Big **"Thank You"** to all the RMR Officers and Chairman, and State Presidents who have faithfully sent in their articles and pictures for each of the issues published. Your articles made the Rambler educational, informative and interesting.

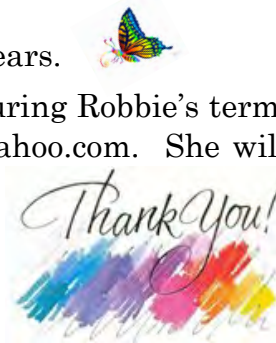
It has been a pleasure to serve as your newsletter editor for the past 12 years.

Julie Lester, Nebraska, will be serving as RMR Rambler editor during Robbie's term. Please continue to send in your articles, pictures, etc. to rmrrambler@yahoo.com. She will have full access to the rmrrambler@yahoo.com email address.

Enjoy your summer and fill it with friends, fresh flowers, fresh veggies, and fresh ideas for the garden club.

Thank you again and have a wonderful summer.

Joanne Jeffres



Instant Pot Hardboiled Eggs—The only way to go!!

This takes about 15 minutes and they are peel beautifully!!!

1-12 Eggs

Instructions:

1. Place 1 cup of COLD water in the inner pot of Instant Pot for a 6 quart instant pot and 1 ½ cups COLD water for an 8-quart Instant pot.
2. Add in an egg or steam rack and carefully set as many eggs as desired on or in the rack.
3. Place lid on the pressure cooker and set for cook time for **5 minutes** on high pressure.
4. Once cook time has elapsed, let the pressure release for **5 minutes**. Then do a quick release and carefully remove eggs from Instant Pot and place in ice water bath.
5. Let eggs sit in water bath for **5 minutes**.
6. Remove eggs from the water bath and peel or store in fridge.
7. Store in the fridge for up to 7 days unpeeled or peel and use within 3 days.



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