



GARDEN DELIGHTS

Issaquah Garden Club

“Be still, and the Earth will speak to you.”
Native American Navajo Proverb

January Meeting
January 11, 2017

“Developing a Backyard Sanctuary for the Beauties of Nature”

Our speaker this month is **Jim Ullrich**, President and owner of Wild Birds Unlimited in Gig Harbor. Members who have not joined recently may remember that he presented a program for the May, 2015 meeting.



Mr. Ullrich has owned his Wild Birds Unlimited franchise for twenty-four years, and has won awards from the national Wild Birds Unlimited company and from the city. He is a three-time Past President of the Kitsap Audubon Society chapter and has served on their board of directors for several years. He has been a guest on both Ed Hume’s and Cisco Morris’ radio programs. Mr. Ullrich is a retired Naval officer, and holds a Master’s degree in business administration from the University of Puget Sound.

Mr. Ullrich has spoken at the Northwest Flower and Garden Show for the past five years, on Orchard Mason Bees and Backyard Wildlife Sanctuary development. He will bring everyone in attendance a gift bag that includes the 2017 Northwest Flower and Garden Show program, a Bird Calendar, and “Birdy Food.” He will bring tickets for sale for the upcoming February Northwest Flower and Garden Show, requesting cash or checks only for the tickets. He’ll also bring a Mason Bee starter set for sale, to encourage us to become involved in helping these wonderful “Native Pollinators.”

This should be a lively, informative program.

Don’t forget your cup, plate and utensils!
And don’t forget to bring your donation for the Issaquah Food Bank!

PRESIDENT'S MESSAGE

New Year Resolutions!

Did you make a list for this year? I manage to make a new list every year, and I believe some are repeat resolutions. This year my list is longer than last year.

As a Garden Club member, I resolve to focus on garden-related events expanding on horticulture, design and environmental education:

- The January speaker, Jim Ullrich, is one of my favorite speakers. I have always wanted to visit his store in Gig Harbor and use the generous coupons with no expiration date, that he has given our members.
- ELWD General Membership Meeting, February 27, St. Andrew's Church
- WSFGC GALA, March 15th, Olympia Red Lion
- Pacific Region Garden Clubs Convention, April 18 – 20, Seattle
- IGC Plant Sale, April 28 – 29, Joanne Morgan's
- ELWD General Membership Meeting, May 22, St Andrew's Church

2017 will be full of FUN!

Lenda Sundene, President

IGC Nominating Committee

The Nominating Committee has been announced: June Ann Hassebroek, Sally Cadanell and Janel Garnett. Please contact one of these committee members to suggest club member you feel would be beneficial as officer for our club.

The slate of Officers should be presented at regular meeting in March voted on at April regular meeting and installed in May.

Everyone is asked to take turns in being officers, chairman or assistant on some project, event or duty: an organization BY the people FOR the people.

June Ann Hassebroek

"MEET UP" DISCONTINUED

In late December, I discussed with Gloria Woo, originator of IGC's "Meet Up" group, the decision made by the Executive Board to discontinue the group.

"Meet Up" costs IGC \$60 for six months (\$120 yearly). Of our IGC membership dues of \$25, only \$5 goes to our treasury. It was determined that we would need to enroll 25 people in "Meet Up" to come close to breaking even.

We have only three spaces left for new people to join "Meet Up." We have 13 members of "Meet Up" who were already IGC members, and six members of "Meet Up" who subsequently joined IGC. There are also other people in our "Meet Up" group.

We could change to unlimited membership in "Meet Up," which would cost us \$90 for six months; however, this cost is too expensive for our small IGC budget. For this reason, the decision was made that we would not continue "Meet Up" for the next six months because of the cost.

Gloria has done a terrific job in all her "Meet Up" work and I am so grateful for all of her precious time spent on this project. I also thank June Ann, for her generous offer to pay the "Meet Up" fee, but we will stay with the earlier Board decision made with Gloria's Agreement.

Lenda Sundene

OUR DECEMBER PROGRAM

Instead of our usual program with speaker, last month we enjoyed a show of horticulture, arts and crafts of our members. We are fortunate that Karen Lee took many photographs of the exhibits contributed by several members. Below are pictures that will remind those present of our super show and will interest those of you who couldn't make it for the December meeting.



Debbie DeFilippis' abutilon



Joy Jackson's anthurium



Sandra Roberts three arrangements made from three bunches of purchased flowers



Fabric craft by Lois Helberts



Paintings and Needlepoint by Janet Wall



Gloria Woo's painting



Karen Lee's dress, made for the Holiday Show

OUR DECEMBER PROGRAM, PICTURES, continued



Georgann Lennon's quilt and framed quilt block



Joanne Morgan's art, including Father Christmas collage



Succulent bowl created by Liz Baze



June Ann's "transparent" Floral Design

LUNCHEON COMMITTEE FOR JANUARY

Our Hostess this month will be **Jean Pass**. Helping and contributing dishes will be Barbara Bruemmer, Debbie DeFilippis, Joanne Morgan, Michele Peltonen, Dianne Tanner, and Shadi Wang.

"The most noteworthy thing about gardeners is that they are always optimistic, always enterprising, and never satisfied. They always look forward to doing something better than they have ever done before." -

Vita Sackville-West

“NATURE HAPPENINGS” FOR JANUARY

[This is adapted from Jim Ulrich’s Birds Unlimited website.]

Project FeederWatch continues: see www.birds.cornell.edu/pfw

Jan. 25: Average arrival date of Say’s Phoebe

Many raptors over-winter in the area. Look for Golden and Bald Eagles and Rough-legged Hawks, Ferruginous, and Red-tailed Hawks and Prairie Falcons, Merlins, and Kestrels.

Great Horned Owls nest [this month]

Winter Jasmine blooms

Keep nectar feeders full during freezing weather for Anna’s Hummingbirds

Many species of insect-eating bird, including Yellow-rumped Warblers, will frequent suet feeders

Watch for Gray Jays and Clark’s Nutcrackers in the mountains

Now through late March is a difficult time for birds; providing food and an open source of water is important

Winter is a great time to look for birds’ nests. Admire the craftsmanship, but leave the nest in place

January 11 is the birthday of Aldo Leopold, “Father of Wildlife conservation.”

Quadrantid meteor shower early in the month. See up to 60 falling meteors per hour!



HELPING THE BEES

by Carole Menser (Cville_Gardener) in Dave's Garden Weekly Newsletter for November 21, 2016.

The news these days is often dire when it comes to pollinators such as bees that we depend on to pollinate our gardens and crops. Fortunately there are some specific things we can do to help them.



The problem with pesticides and some alternatives to their use

One major action we can take to protect bees is to use pesticides and insect sprays with extreme caution. Many garden sprays and insecticides will kill bees. Before using any pesticide, read the label carefully and then use only when necessary. Always follow the directions.

Another way to repel undesirable insects while attracting bees is to utilize a modified companion planting method. Specific herbs can be planted with or near other plants in the garden in order to repel insect pests. Some suggestions for natural insect repellents include thyme, catnip, basil, mint, rosemary and sage. Plant these in areas where you are seeing indications of problem pests.

Plant dandelions and clover wherever you can These are two of a bee's favorite foods. They provide pollen to make honey as well as food for the young bees. Professional lawn companies often try to remove dandelions and clover from a landscape since they consider them to be weeds. If possible, seek out an organic lawn maintenance company or request that your lawn maintenance professional use bee-friendly products.

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Plant flowers and shrubs that bees love: There are many bee-friendly plants that are easy to grow. If you don't have room to plant them in the ground, container planting is a great option. Even a few small containers filled with blooming flowers will attract bees. They aren't particular about the way landscape plantings look. Plain containers or fancy horticultural designs are equally attractive to a bee.

Learn about your climate zone and research plants that grow well in your area. Bees will visit many blooms including, but not limited to: bee balm, borage, asters, lavender, thyme, mint, rosemary, honeysuckle, poppies, sunflowers, marigolds, salvia, butterfly bush, clematis, echinacea, blackberries, raspberries, strawberries, fennel, yellow hyssop, milkweed and goldenrod. You can also buy pre-mixed packets of wildflower seeds that are packaged to produce good results for your particular climate. Whenever possible choose native plants since they are best suited to your climate and can help support the bees throughout the season.

STATE AND PACIFIC REGION HAPPENINGS THIS SPRING

March 15, 2017: WSFGC XXXIX Gala, "Call of the Wild"

April 18-20, 2017: Pacific Region Convention, "The Best of the Northwest—The Pause That Refreshes"

April 29, 2017: WSFGC Headquarters House Celebrates 40 Years

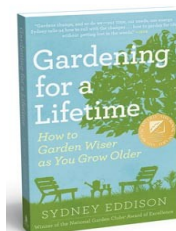
June 6-9, 2017: WSFGC Convention, "The Secret Garden"

(For more information, see the 2017 Winter Issue of Washington Garden & Design and the website:
wagardenclubs.com)

BOOK REVIEW

Gardening for a Lifetime: How to Garden Wiser as You Grow Older

By Sydney Eddison



"Eddison's thoughtful reflections are timely for countless gardeners who are approaching the time in their lives when a garden sanctuary can feel like a burden."

Booklist

In prose so resonant that you may find yourself in tears of recognition, lifelong gardener Sydney Eddison offers practical and heartfelt advice that will help you transform gardening from a daunting list of chores into a rewarding, joy-filled activity.

Eddison draws on her own experiences and those of other dyed-in-the-wool gardeners to present a version of gardening that is both realistic and encouraging. And while many of the practices described are ideal for older gardeners, they also have much to offer younger gardeners with demanding professional or family [an] up date about the ongoing changes in the author's garden (and in the author herself).

Awards for this book: American Horticultural Society Book Award



The 2017 Northwest Flower and Garden Show will be held February 22 – 26, at the Washington State Convention Center in Seattle.

For some of us, this is almost an obligatory pilgrimage, though one learns to take the display gardens with a grain of salt. A sophisticated gardener knows that many of the exhibited plants don't bloom at the same time, and all have been "forced." On the other hand, one can glean ideas for our own gardens by seeing the latest cultivars that appear in several exhibits.

The sales areas are fun to wander through—I have to be careful how much I purchase, both from an economic standpoint and a physical one. (I take the Sounder Express bus #554—one can carry only so much on a bus.)



2017: THE YEAR OF THE ROOSTER



According to the **Chinese calendar**, **2017 is the Year of the Rooster**. To be more accurate, it is the Year of the Fire Rooster as fire is the governing element of the two year-period corresponding to the **year 4715** within the chronology of the **Chinese calendar**. The last Year of the Fire Rooster occurred in 1957.

Within the Chinese Zodiac, the Rooster occupies the 10th position and symbolizes a confident, motivated and, at times, pompous character. Those born under the Zodiac sign of the Rooster are confident, courageous and active individuals. Despite being rather blunt when offering an opinion, people with the Zodiac sign of the Rooster are loyal, proud and trustworthy, expecting the same benevolent honesty. According to the Chinese calendar, the Rooster is very sociable and likes to be the center of attention in a social environment. In their continual search for attention from others, they sometimes run the risk of being considered annoying.

The Year of the Rooster begins Saturday, January 29.

JANUARY IS NATIONAL SOUP MONTH

[This comes from an article by writer/editor Lise Bixler in *The Gardeners' Club* newsletter of January, 2015.]

There are so many ways to celebrate National Soup Month! You could go to a local thrift shop and treat yourself to a new soup mug or bowl. You could cook up a pot of soup—an old favorite recipe or try a new one. Invite a friend or family member over to share it. Or enjoy your solitude—slurp your soup whilst reading seed catalogs to plan what new and exciting soup ingredients you'll plant in your garden in the spring.

Soup for supper on a hurried weeknight? You can do it in less than 30 minutes, according to Michelle Slatalla and have fun experimenting with ingredients. But a hurried weeknight is not the time to try out a new soup recipe. Or any recipe, for that matter. You won't need to if you can remember three magic numbers: 4, 2, 1:

4 cups chopped vegetable

2 cups stock

1 cup dairy

That's it. Three ingredients. Works with any root vegetable. It only takes 30 minutes to make. And it's a lot of fun to experiment with ingredients. (For the original article, see <https://www.yahoo.com/news/news/recipe-irresistible-vegetable-soup-30-minutes-less-170000959.html?ref=gs>)

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**This month:
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Wildlife Sanctuary**

