

over the picket fence



Fall, 2023

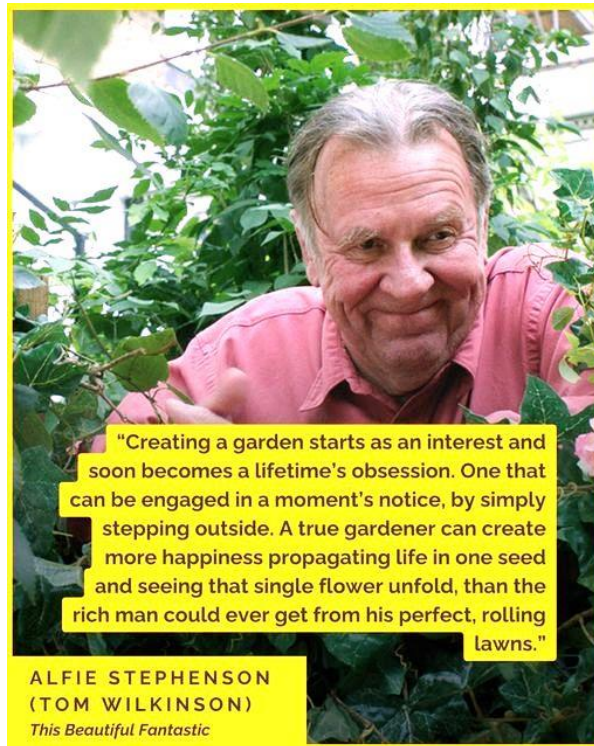
September, October, November

The Mason County Garden Club
Quarterly Newsletter
(Since 1926-our 97th year)

www.masoncountygardenclub.org

Member: Michigan Garden Clubs, Inc
Central Region and National Garden Clubs, Inc
Club No. 140 – District 5





A wonderful film about gardening, books and friendship.
This Beautiful Fantastic | Now streaming on SBS on Demand.



September

- 6 Terry Baldwin
- 9 Carol Copeland
- 17 Bonnie Henretty
- 18 Jeanne Knuth
- 19 Joan Nelson
- 23 Karen Oele
- 25 Kathy Grossenbacher
- 28 Karen Klukowski

October

- 3 Rhonda Hildebrandt
- 5 Randee Smith
- 12 Carmen Muscat
- 19 Sue Joslin
- 20 Sue Ann Hanson
- 22 Dawn Rollenhagen
- 26 Sue Smith
- 30 Linda Starr

November

- 3 Vicki Houk
- 4 Patricia Otto
- 12 Susan Jabrocki
- 13 Marilyn Raymond
- 14 Gig Rose
- 18 Susan Kaplan
- 18 Sandra Luxford
- 18 Sandra Zwyghuizen
- 20 Diane Davis
- 20 Dianne Portwine
- 22 Julie Haselhuhn
- 22 Linda Wolven
- 28 Roxanne Antczak




Michigan Garden Clubs' Upcoming Events:

September:

The Charlevoix Area Garden Club
and
The Charlevoix Evening Garden Club

Invite you to:

Michigan Garden Clubs
District 5 Fall Meeting



SEEDING THE FUTURE AND CULTIVATING SERVICE

September 14, 2023
9:00 am – 4:00 pm

Community Reformed Church
109 Elm Street - Charlevoix, MI 49720

REGISTRATION IS REQUIRED
Registration deadline August 14

COST:
\$30.00 per person – includes morning coffee and lunch.

SCHEDULE:
9:00 am – Registration, coffee, shopping
9:30 am – Meeting begins
Noon – Lunch
4:00 pm – Meeting adjourned

SUGGESTED ACCOMMODATIONS:

Weatherwane Terrace Inn and Suites
111 Pine River Lane, Charlevoix MI 49720
Call 231-547-9955 and mention account #3480 to receive a room discount.

AmericInn by Wyndham Charlevoix
11800 US 31 North, Charlevoix, MI 49720
231-237-4179

Charlevoix Inn and Suites SureStay
800 Petoskey Avenue, Charlevoix, MI
231-547-9955

THE MEETING PROGRAM INCLUDES:

HANDS-ON FLORAL WORKSHOP

Led by: Mary Jo McElroy, Chair Michigan Association of Accredited Judges

Participants will use provided materials and instructions to create a simple floral design which will serve as the "centerpiece" for each table. The purpose is to familiarize participants with a LINE MASS DESIGN TYPE (most amenable to a table centerpiece), to educate about appropriate components and mechanics, and to increase confidence in one's ability to create it. Coaches are members of the Charlevoix, Evening, Portage Lake, Elk Rapids, and Spirit of the Woods Garden Clubs in District 5.

LEADERSHIP IN CONSERVATION: A QUANTUM LEAP TO COMMITMENT

Speaker: Thomas Bailey

Bailey, a Petoskey-area resident whose career has included 34 years at the helm of the Little Traverse Conservancy, has played an integral role advocating for the state's natural resources and recreation opportunities. Bailey's love for Michigan's natural resources started young. "My dad was my greatest mentor. He taught me not only to enjoy the outdoors, but also work to protect it."

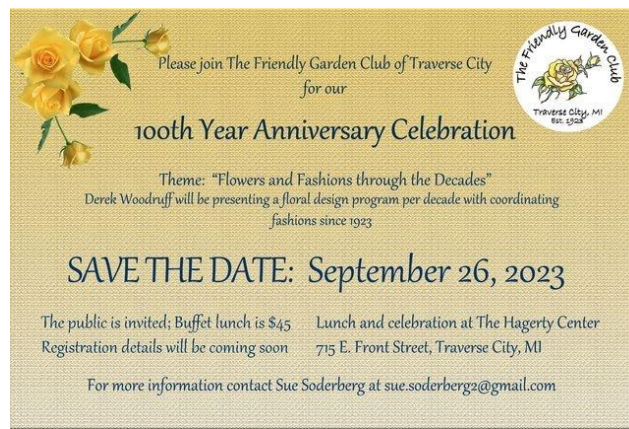
Tom embodies the spirit of old-school conservationists. He has lived and breathed natural resources conservation in Michigan and beyond for more than 40 years. His dedication to conservation is truly inspiring.

GETTING EVERYONE INTO THE ACT

Speaker: Robin Pokowski, Director of Pacific Region Garden Clubs, Inc. and National Garden Clubs, Inc.,

Robin is an active member of Southern California Garden Club. She is known as a talented, inspiring leader who loves garden club people, the work they do and making them laugh! As a former President of California Garden Clubs, Inc., Robin loved seeing the positive impact garden clubs make in our world and our environment. She was encouraged by the interaction between garden club members and the youth, the elderly, and the disabled.

Robin is proud to be associated with garden clubs; an incredible force for good that makes our world a better place.



This Event is Now Sold Out

Mason County Garden Club Events:

September:

Saturday, September 9: 9:00 a.m. – 1:00 p.m.: Fall Plant Sale and White Elephant Sale: Leveaux Park –Ludington.

Saturday, September 16: Petunia Parade: **Pull Petunias.**

Thursday, September 28: 1:00 p.m. Meeting and Program, Landscape & Civic Beautification Awards. “Honey-Who Shrunk the Shrubs” – Natalie Carmolli, Spring Gardens Nursery, Proven Winners. United Methodist Church, 5810 Bryant Rd., Ludington.

October:

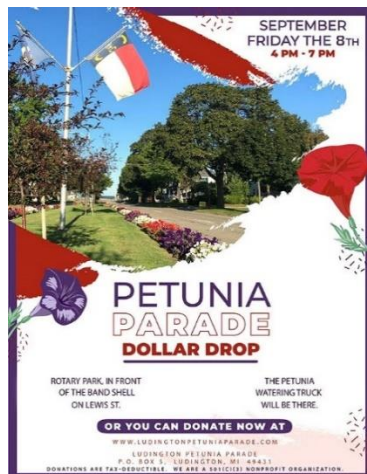
Thursday, October 26: 1:00 p.m. Meeting and Program: “Battling Sea Lamprey in the Great Lakes” – Jenna Tews, Biologic Station Supervisor, US Fish and Wildlife Service. United Methodist Church, 5810 Bryant Rd., Ludington.

November:

Thursday, November 16: 1:00 p.m. Meeting and Program: “Getting Crafty with Kristen” – Kristen Coant, Stampin’ Up! Demonstrator. United Methodist Church, 5810 Bryant Rd., Ludington.

December:

Thursday, December 7: 1:00 p.m. “Good Friends, Good Food and Great Season” – Potluck. Christmas Bag Raffle and Table Hostesses. United Methodist Church, 5810 Bryant Rd., Ludington.



Mason County Garden Club
Plant Sale
 September, 9th 9:00-1:00
 Leveaux Park—corner of Ludington ave. and Staffon St.



Look What We Did!

Gardening Angels: White Pine Village

This season the Vegetable Garden was dismantled and is being rebuilt. White Pine Village is supplying the material and labor. Soil that Julie Tews received as a donation from Meijer will be used in the new beds. It will be ready to plant veggies in 2024. The Gardening Angels have been busy maintaining the other 12-13 plus gardens and almost 20 containers that grace the grounds. The Gardening Angels meet every Tuesday at White Pine Village.

Submitted by: Judy Olson



Gardening Angels



Garden Therapy:

The Garden Therapy Committee met with residents at Ludington Woods. In July, they decorated frames. In August, they painted bird houses and made fresh flower arrangements for their rooms.





Here are some photos of “happenings” after the last Newsletter was published:

August Garden of the Month:

The [Mason County Garden Club](#) has selected the home and gardens of Tina Summerfield and Doug Marrison as the August Garden of the Month. Their home is located at 417 N. Gaylord Ave.



A Day In The Garden: An NGC, Inc. Standard Flower Show:

The [Mason County Garden Club](#) recently held a National Garden Clubs Standard Flower Show at the Ludington Senior Center on July 21 and 22 2023. This is a summary of our event.

Awards were given in several categories across many divisions. Nationally accredited judges from various areas of Michigan judged the horticulture and designs. Local professional photographers judged the photography. The show’s entry way and rooms through out the show were staged by Julie Tews with many of her garden themed accessories.

The major ribbon winners for the following categories were:

HORTICULTURE:

[Julie Tews](#) won 4 Awards of Merit, in Section A with a daylily, B with a fuchsia, C with an ornamental oregano and E with a hosta, an Arboreal Award in Section G with a buddleia and a Horticultural Award with the buddleia. Julie also won the Sweepstakes Award with the most blue ribbons.

[Gloria Merchant](#) won an Award of Merit in Section D with a dahlia.

[Sharon Mormon](#) won an Arboreal Award in Section F with an arborvitae.

[Julie Haselhuhn](#) won a Grower’s Choice Award in Section H with a jade plant.

[Dawn Rollenhagen](#) won a Grower’s Choice Award with a coleus planter.

DESIGN:

[Carol Copeland](#) won the Petite Award,

[Randee Smith](#) won the Novice Award.

[Judy Olson](#) won both the Table Artistry Award and the Award of Design Excellence.

EDUCATION:

[Julie Tews](#) won the Education Award.

YOUTH:

Five year old Genevieve Miller won the Youth Award and Norah Ellis won the Youth Award in the 10-12 year range.

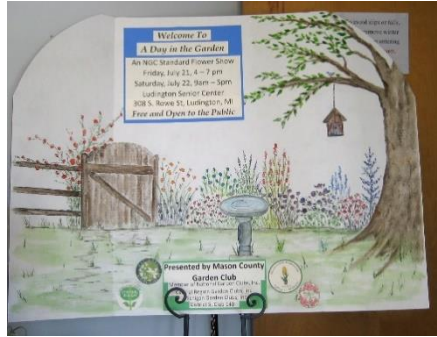
BOTANICAL ART:

Julie Tews won the Botanical Arts Artistic Craft Award with the decorated watering can.

Melanie Bettinger won the Botanical Arts Award in Photography.

PEOPLE'S CHOICE:

Julie Tews won the People's Choice Award beating out Judy Olson by only 1 vote. Julie received a \$25.00 gift certificate donated by Bella Floral of Ludington, MI.



Flower Show Pictures (con't.)



Julie Tews



Judy Olson

The [Mason County Garden Club](#) held its annual summer outdoor meeting at member Sue Kaplan's home. Her huge shade tree kept everyone out of the sun and the 11am start time meant the temperature was still pleasant. The Hawaiian theme was accented by paper leis that everyone got to wear.



Refreshment Committee: Marilyn Raymond, Terry Baldwin, Betty Orton-Cochran
Jeanne Knuth, Hostess: Susan Kaplan, Gloria Merchant, Dawn Rollenhagen, Idy Kiser,
Mary Margaret Scanlon, Gail Burkhart, Susana Griffin



Recipes Submitted by Garden Club Members:

Chocolate & Peanut Butter No Bake Cookies (Submitted by Diane Davis)

Ingredients:

1/2 cup butter (1 stick)
2 cups sugar
1/2 cup milk
4 tablespoons cocoa
1 cup creamy peanut butter
3 cups instant oats
2 teaspoons pure vanilla extract

Instructions:

In a medium sauce pan, add butter, sugar, milk and cocoa. Place on medium heat. While you wait for the mixture to begin to boil, measure out your peanut butter and oats and have your vanilla handy. (once this process gets started – you have to work quickly). Bring the mixture in the sauce pan to a rolling boil – once it is at a full boil – boil for 1 minute and 15 seconds. Remove from the heat immediately. Add in the peanut butter – stir. Add in the oats – stir. Add in the vanilla – stir. Drop by tablespoons onto baking sheets lined with wax paper. Let cool for 30 minutes or until set. Enjoy!

Ginger Snaps (Submitted by Gale Martin)

Ingredients:

3/4 c. Shortening
1 c. sugar
1/4 c molasses
1 egg
2 t soda
1/2 t salt
1 1/2 t ginger
1/4 t Cloves
1 t cinnamon
2 c flour

Directions: Mix it all together. Roll into balls. Roll the balls in sugar. Flatten with a glass dipped in sugar. Bake on ungreased cookie sheet for 10 minutes at 350. Crisp cookies that freeze well.

Minestrone Soup (vegan) (Submitted by Gale Martin)

1/2 c elbow macaroni
1 large chopped onion
1 medium chopped carrot
1/2 small head or 3/4 lb. cabbage (It calls for Savoy but I've never seen that in Ludington. I use regular cabbage)
2 T olive oil
28 oz stewed tomatoes
2 qt vegetable broth or 3 envelopes of instant vegetable broth
1 15 -19 oz red kidney beans
1 15-19 oz white kidney beans (cannellini)
10 oz pkg frozen chopped spinach
1/2 t dried thyme leaves
1/4 t coarsely ground pepper

Directions: Prepare pasta with 2 t of salt in the water. Coarsely slice the cabbage, discarding any tough ribs (you should have approx 8 c sliced) In a 5 qt Dutch oven In hot oil cook onion & carrots until tender. Add cabbage, stewed tomatoes & broth. Over high heat, heat to boiling. Reduce heat to low; cover and simmer 30 minutes or until cabbage is very tender. Add cooked pasta, kidney beans with their liquid, frozen spinach, thyme & pepper. Over high heat cook until spinach is thawed and hot.

Six Surprising Health Benefits of Gardening By Jessica Migala | June 2, 2023

Gardening is all about caring for plants. But it turns out that when you garden, you're also caring for your own physical and mental well being.

"Gardening promotes overall health and quality of life, physical strength, fitness and flexibility, cognitive ability, and socialization," says Jean Larson, Ph.D., the Nature-Based Therapeutics Faculty Lead at the University of Minnesota's Earl E. Bakken Center for Spirituality & Healing and the Minnesota Landscape Arboretum.

Don't be afraid to dig in and get your hands dirty. Here are all the ways your green thumb is good for your health.

Gardening Counts as Exercise: An afternoon pulling weeds, spreading mulch, or planting flowers feels like exercise — and that's because it is. Gardening is considered moderate-intensity exercise, according to the Centers for Disease Control and Prevention (CDC). The CDC recommends 150 minutes of moderate-intensity exercise per week. A couple of mornings tending your garden will easily get you on your way toward that goal. *Recommended reading:* [5 Tips to Turn Yardwork Into a Total-Body Workout](#)

Gardening Boosts Your Memory: "There's some research to show that time spent in green spaces working in gardens can help those with memory loss, specifically by lessening their symptoms of depression and anxiety," says ecologist Joshua Lawler, Ph.D., professor and director of the Nature and Health Program at the University of Washington. Lawler points to [Maude's Garden](#), a memory garden for people living with dementia created by the university's Memory and Brain Wellness Center, as an example of this in action.

One review in 2021 in the *International Journal of Environmental Research and Public Health* concluded that therapeutic gardening improved wellbeing in people with dementia. And gardening can boost your brain power beyond dementia care. Research in 2019, also in the *International Journal of Environmental Research and Public Health*, found that a 20-minute gardening session for healthy adults over age 65 improved levels of certain brain nerve growth factors associated with memory and cognitive function.

Gardening Can Help Improve Your Diet: When you get into gardening, you get to enjoy the (literal) fruits of your labor. Taking home your bounty and [eating more fruits and vegetables](#) can help improve your diet. Adults should aim to eat 1.5 to 2 cups of fruit and 2 to 3 cups of vegetables every day, according to the CDC. Whether you follow a [plant-based diet](#) or serve up a side of [leafy greens](#) with chicken for dinner, food always seems to taste better when you grow it yourself.

Gardening Lets You Soak up the Sun: When your skin is exposed to sunlight, your body makes more vitamin D. This crucial vitamin helps support nerve, muscle, and immune health. Vitamin D is all the more important as we age. Having a vitamin D deficiency can lead to bone diseases such as [osteoporosis](#). Plus, sunlight can help lower your blood pressure, according to a 2018 report in *Clinical Medicine*. (Just don't forget to wear sunscreen.) *Recommended reading:* [Vitamin D: Are You Getting Enough of This Key Nutrient?](#)

Community Gardening Serves up Social Connection: Community gardens have garden plots full of vegetables, fruits, and flowers that are maintained by dedicated members of the community (like you). If you rent one of these small plots, you can grow some fresh produce, even if you don't have a yard at your home. But that's not all: "Community gardens provide a social aspect. People are always chatting, and they might even get together and have parties," says Kathleen Wolf, Ph.D., a retired research social scientist with the University of Washington. You just may [meet new friends](#) at your town's community garden. And gardening with friends can counteract the [harmful effects of social isolation](#), especially on those with poor mental health, according to a 2018 *Clinical Medicine* review.

Gardening Relieves Stress Yes, gardening is good for you. But the main reason people garden? It feels good, according to a 2021 *Cities* study. Researchers looked at more than 5,000 gardeners in the United Kingdom. Two or three gardening sessions per week were found to bring about the most benefits in terms of improved wellness and lower stress. It turns out working in a garden for enjoyment is a highly restorative activity, according to a 2020 *Landscape and Urban Planning* study.



Julie's Tips and Tricks:

Bulbs

Now is the time to plant for spring color and plant spring-flowering bulbs, such as tulips, hyacinths and daffodils.

When planting remember to mix fertilizer into the soil from the bulb hole and plant in clumps for a more impressive impact than the look of planting in a single line.

Tired of chipmunks and squirrels digging up your bulbs? After planting bulbs, lay chicken wire over the areas and cover with soil. The bulbs will grow through, but the critters won't be able to get to them.

Perennials

Maintain fertilizing, deadheading and watering to help plants go into winter as healthy as possible. It may also be time to divide any overcrowded plants so you'll have better blooms next year. Some plants like Stella d'Oro daylilies need dividing every few years or their total bloom time will decrease dramatically.

Refresh container gardens with a touch of fall

Fall is such a colorful time of year. The garden progresses from summer glory to a new palette of rich reds, golds and yellows. It's a great time to spruce up your summer plants to reflect the season.

Depending on your summer color container scheme, you can add cold tolerant plants, like pansies and violas, in the same hues to fill in bare spots. Or add a few touches of fall with mums, in shades of orange, yellow and rust. Or plant some perennials varieties, like sedum or ornamental grasses.

Add a few mini pumpkins, Indian corn or dried wheat for a festive flair. The possibilities are endless.

Enjoy fall!
Jul





I hope you have enjoyed this edition of “over the picket fence.” Please help me out with future editions by submitting ideas, articles, recipes and suggestions. Yours In Gardening Diane D.

“Use what you have, use what the world gives you. Use the first day of fall: bright flame before winter's deadness; harvest; orange, gold, amber; cool nights and the smell of fire. Our tree-lined streets are set ablaze, our kitchens filled with the smells of nostalgia: [apples](#) bubbling into sauce, roasting squash, cinnamon, nutmeg, cider, warmth itself. The leaves as they spark into wild color just before they die are the world's oldest performance art, and everything we see is celebrating one last violently hued hurrah before the black and white silence of winter.”

— **Shauna Niequist**, *Bittersweet: Thoughts on Change, Grace, and Learning the Hard Way*....



For More Information, Check Out:

MCGC: www.masoncountygardenclub.org

NGC: www.gardenclub.org

MGC: www.migardenclubs.org

Also check us out on our Facebook Page at Mason County Garden Club

Club Collect

Keep us, O God, ever mindful of nature’s generous bounty
May we always bear in mind it is ours to trust, to protect
To nurture, and to enjoy.

Mrs. C.C. Caswell