

THE GARDEN POST

Kalamazoo, Michigan

Four Seasons of News

Issue No. 183

August 2016

Message from our President

Dear Members of the Kalamazoo Garden Council
I have been given this great opportunity of working with some amazing people that share a passion for flowers and gardening as I do. I am looking forward to forming new friendships and gaining knowledge from everyone. There are a few ideas I would like to bring to the board and would love to hear ideas you may have.

It has been a busy Spring, starting with the National Garden Club Convention in Grand Rapids, the Michigan Garden Club Convention in Frankenmuth and our Annual Meeting at the Gull Lake Country Club with our Special Guest Peter Hatch. What a wonderful turnout for the event. Thank you Rose Marie Griffith and your wonderful committee for a beautiful, memorable event.

Our next Big Event will be our District III meeting and Flower Show "Kalamazoo Blooms for You" on August 25th at the Fetzer Center. Evelyn Flynn our District III Director is chair for the meeting and Chris Morgan and Barb Smith are chairing the Flower Show. Please plan to attend and enter the Flower Show. If you didn't get a schedule from your president you can print one on the Kalamazoo Garden Council website - kalamazoogardencouncil.org. Each class will have a consultant to help you so please plan to enter.

This Spring our weather has been so unpredictable we have all learned to work through the difficulties. I am very late tending to my gardens because I enjoy helping others and working in the gardens at the Council House and Blue Star Memorial.

My husband and I love living in the country and working outdoors. He loves mowing and is forever trimming my flowers and bushes too close with his mower. GRRR! I'm sure many of you have had the same problem in your gardens also. He has

been a great help at the Council House trimming the fence row and around trees, for which we are very thankful.

Thank you Jan Keys for helping me with this transition, you have left me some big shoes to fill. With all the support from such wonderful members, I hope to make this next year informative and fun for everyone.

Brenda Carl
-President

CALENDAR

- | | |
|---------------|--|
| Aug. 9 | Council Board Meeting, 9:30 a.m.
<i>Council House; Refreshments at 9:00 a.m.</i> |
| August 25 | District III Fall Meeting Plus Flower Show <i>Kalamazoo Blooms for You</i>
<i>See much more information in this issue</i> |
| September 13 | Council Board Meeting, 9:30 a.m.
<i>Council House; Refreshments at 9:00 a.m.</i> |
| October 11 | Council Board Meeting, 9:30 a.m.
<i>Council House; Refreshments at 9:00 a.m.</i> |
| October 24-25 | Landscape Design School
<i>See more info in this issue & register now!</i> |
| November 8 | Council Board Meeting, 9:30 a.m.
<i>Council House; Refreshments at 9:00 a.m.</i> |
| December 1-3 | KGC Holiday Greens Sale |

*All council members are welcome/invited to attend all meetings; meetings are held at the Council House and coffee is served prior to the meetings

UPCOMING MGC SCHOOL OFFERINGS

- | | |
|---------------|---|
| Sept. 13-15 | Flower Show School,
Midland, Kathryn Clary
<i>kathclary@aol.com</i> |
| October 17-18 | Environmental Study School, Course 1
Holland |
| October 24-25 | Landscape Design School - Course I.
Haven Church, Carol Beckius
<i>cbeckius@chartermi.net</i> |

Did You Know?

Kalamazoo Blooms for You is a Standard Flower Show. This is the official title given to a flower show that conforms to the standards of National Garden Clubs, Inc. The purpose of a standard flower show is

- To educate garden club members and the viewing public.
- To stimulate interest in horticulture.
- To provide an outlet for creative expression.
- To convey to the community the objectives of the NGC.



Q. I'm interested in entering, but where do I start?

A. A comprehensive Kalamazoo Blooms for You booklet or schedule has been printed and distributed to each garden club president. Each club received a limited number of booklets, HOWEVER they are available online if you do not have one. Visit - www.kalamazoogardencouncil.org. On the home page you will see Kalamazoo Blooms for You. Click below this image and it will take you to the Kalamazoo Blooms for You Booklet & Schedule. Read through this booklet to find out more about the Time line of Entries, Placement and the Judging Schedule. Also there is a great section on Helpful Hints for All Exhibitors as well as information on General Rules Applying to the Entire Show. **Be sure to preview the Horticulture and Design Rules and Classes.**

Q. Okay, I read through the Kalamazoo Blooms for You schedule/booklet but I still have some questions. Is there anyone I can talk to?

A. We've got it covered! Not to worry. We have Kalamazoo Garden Council Consultants ready to take your questions. Check on page 2 of the flower show booklet schedule and you will find a list of people and their contact information. You will also find consultant's names listed with Horticulture and Design Classes. Please do not hesitate to call them with your questions.

Q. I'm just a beginner and feel intimidated about entering a flower show. Is there a place for me? Where do you suggest I start?

A. Hey, the good news is we have Design Classes for Novices Only. This means you are not entering a class with individuals who have won Blue Ribbons. This is the ideal class to enter because you are not up against stiff competition. This is a starting place but don't hold back if you would like to enter other classes. Believe me winners have come from behind! Never be discouraged!

Q. I'm interested in entering one or more Horticulture Specimens in the flower show because I really have some beautiful and healthy plants. What is the guide to entering?

A. Now is the perfect time to actively care for these plants until time for the flower show. Keep a good eye on them. During a draught such as we are experiencing pests seem to persist. Nurture them and keep them healthy. Consult the flower show booklet/schedule on p. 10 for Rules and Requirements for Horticulture.

Q. I understand there is a theme for this flower show, Kalamazoo Blooms for You, but how does it relate to the flower show?

A. Aren't we incredibly fortunate to live in Kalamazoo! You betcha! And don't we have the most supportive institutions, enterprises, businesses, individuals and non- profit organizations that keep the Greater Kalamazoo Community thriving? This flower show, Kalamazoo Blooms for You, highlights and honors significant contributors to our Kalamazoo history, economy and its beauty. You will find these contributors listed in the booklet/schedule. Read through the schedule/booklet for more info. It's all there.

We hope you are excited about entering a Horticulture Specimen or a Floral Design in this upcoming flower show, Kalamazoo Blooms for You. We look forward to your entries and will be happy to assist you in the process. We are here for you!

-Chris Morgan and Barb Smith

General Chairs, Kalamazoo Blooms for You, A Standard Flower Show



Kalamazoo Garden Council, Inc.
Member of National Garden Clubs, Inc.
Central Region, Michigan Garden Clubs, Inc.,
and District III

**Presents
A Standard Flower Show**

Kalamazoo Blooms For You

Location:

Fetzer Center, Western Michigan University
2350 Business Ct., Kalamazoo, MI 49008-5239

Thursday, August 25, 2016 - 1:00 to 6:00 P.M.

*The Flower Show is Free and
Open to the Public*

HORTICULTURE

HORTICULTURE FOR FLOWER SHOWS

In August the Kalamazoo Garden Council will be hosting a Flower Show combined with the District III meeting. It will be held in Kalamazoo at the Fetzer Center on Western Michigan's campus. We are fortunate to have this wonderful venue for entrants to display their talents as gardeners/designers and to hold a meeting. An added bonus will be exposing the public to one aspect of what members of Michigan Garden Clubs do.

Council, with 10 clubs, is part of District III's 36 clubs all filled with people who grow fabulous plants that we hope will be entered in either the Horticulture Division and/or put into an arrangement for the Design Division.



Participating in a flower show is fun and a great learning experience. If you have never done so entering horticulture specimens is an easy way to start. Get a flower show schedule from your club president or from www.kalamazoogardencouncil.org and read the rules and requirements for Horticulture on p. 10. It is very important to follow them if you want to do well and go home with a blue ribbon. Also read Helpful Hints on p. 4. Then when August arrives go out in your yard with a pail of water and collect the best specimens from all the plants you have been tending all summer. When you get inside cut the stem once again under running water, place in fresh water and store overnight in a cool spot. Basements and refrigerators work well as does a nice shady spot outdoors.

Container grown plants need to be groomed.

Make sure the soil on top looks fresh. Remove any dead foliage or damaged leaves and clean the outside of the pot. With houseplants, if you are unable to get the salt out of a terra cotta pot so that it looks fresh and clean it is permissible to do what is called 'double potting'. Place your soiled container into a larger, clean container making sure that the inner pot does not show. This can be accomplished by covering the top with moss. *Advance registration with the horticulture chair is required for all potted plants.*

Collections are another way to enter a flower show. You need to have at least 5 specimens of a similar type for a collection. Herbs, roses and dahlias all work well. Another example could be 5 houseplants, i.e. all cacti. Each specimen must have the genus and species correctly listed. *Advance registration with the horticulture chair is required for all collections.*

Some entry cards have been distributed to clubs ahead of time. It is best to fill these out at home. Mailing labels work very well for putting your name and address on the card. Just make sure they don't cover up more than the allotted space. Look up the botanic name for the specimen(s) you want to enter. If you have a plant you want to enter but aren't sure of the name there will be people at the Classification table who are very good at identifying plants and they will be happy to help you.

Entries for local clubs will be accepted Wednesday evening from 4-7 and clubs further away Thursday morning from 7-9. Presidents - please encourage your club members to enter!

by Carol Beckius



One Night in a Florist Shop

I've had a dream of finding myself alone inside a florist shop in the middle of the night. All containers, tools, accessories for flower arranging are available to me; I can walk into the cooler and use any flowers, any greens - it's all there for me to use. Then I wake up. This dream came true for me this winter.

My children often order flowers for my birthday with very specific instructions. My daughter left such an order for the florist in Orange Beach, AL. The florist called her and said she would not be able to do exactly what was wanted. She also said that she already had an order for that same person to be delivered on the same day. That would be from my son. My daughter then began to tell the florist the story of her mother's dream. The florist seemed impressed and said that she thought something like that could be arranged.

On my birthday Kayla, the florist, delivered a lovely large cut flower arrangement from my son and family and then she handed me an envelope and said that it was also for me. Inside was a certificate to set up a time to come to the shop and make a floral arrangement and I could order special flowers if I wished. On the appointed day I arrived with my green ceramic container and I was a little nervous.

My birthday arrangement had been in lavenders and pinks so I decided I would do mine in yellow and orange. The arranging table was all cleared and waiting for me. All the tape, wires, scissors and clippers were all there. Kayla said she had lot of calls to make and wouldn't interfere. I was free to use anything in the cooler.

For height I used some eucalyptus. The yellow came from daisies, three yellow roses and some gerbera daisies. There was only one orange daisy but I centered it and also found some orange lilies to accompany it. I softened the arrangement with capsia and my greens were mainly lemon leaves.

When I felt my arrangement was complete Kayla took my picture. I thanked her for the opportunity she provided for me. I took my arrangement and went home to my condo. A dream fulfilled.

Ellen Plano- Grow and Show Garden Club



ANNUAL MEETING REPORT

The Council's annual meeting in June was wonderfully succesful: The speaker Mr. Peter Hatch -- outstanding; the flower arrangements - lovely and varied; the food and ambience -- Terrific.

In addition the new Council officers (listed below) were dutifully installed by MGC Fourth Vice -President (and past District III Director) Karen Gentile. Joan Westpinter gave a brief history of the Council.

All in all it was a very succesful day.

2016-2017 KGC OFFICERS

President - Brenda Carl
Vice President - Sharon Zinser
Treasurer - Rosemary Laduke
Recording Secretary - Kym Mulhern
Corresponding Secretary - Nancy Shirah
Finance Chair - Barb Smith
Nomination Chair - Jan Keys

2016-2017 COUNCIL DIRECTORS

Burke View - Connie Wright & Barb Eshuis	Kalamazoo - Kym Mulhern
Chula Vista - Ellen Pickett	Petal Pushers - Linda Ricca
Gardenettes - Cleora Mohney	The Landscapers - Carol Beckius
Grow & Show- Connie Micklin	Western Hills - Jeanette Meyer
Gull Prairie - Linda Barret	Westwood - Donna Standish

Example of Flower Show Entry Card

National Garden Clubs, Inc.

FLOWER SHOW

DATE

DIVISION	SECTION	CLASS No.	ENTRY No.

VARIETY OR CLASS NAME

EXHIBITOR

ADDRESS

CLUB

1st

2nd

3rd

Honorable
Mention

EXHIBIT SCORED 90+

EXHIBITOR

ADDRESS

CLUB

DIVISION	SECTION	CLASS No.	ENTRY No.

VARIETY OR CLASS NAME

In this issue we introduce a new poetess for the Garden Post. Marilyn Hartley-Kik is a member of The landscapers Garden Club. Please welcome her.

DARK WATER, WHITE CAPS

Have you ever walked on a pier at night?
With the caps all around you
Well, the wind blows those waves
Up onto the walk, and also on you, too

You walked through the puddles and get wet feet
And your clothes start sticking to you
Your wet shoes start squishing
With every step, and sand seeps into them

And your hair has been blown, and looks a mess
Your glasses all dotted with spray
A wave crashes up-Oh! It takes your breath
How will all this look by day?

Submitted by Alice Hartley(Pen name)
From the book: "One Day I Was Thinking About" (Poetry of Appreciation)

Member, Landscapers Garden Club



Membership News

Change of email Address:

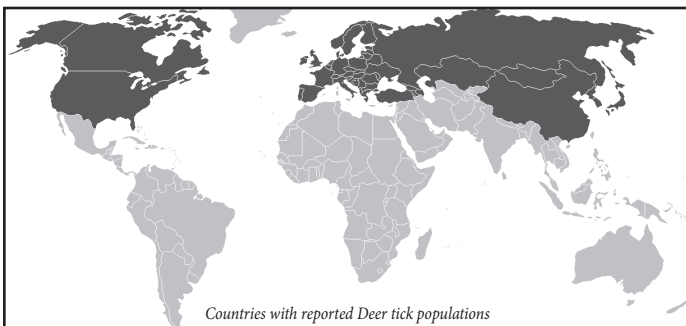
Jeanette Maxey

THE LOWDOWN ON LYME DISEASE

Find out what it is and what you should do to prevent it.

As children, my sisters and I spent our summers gallivanting in the woods and pastures of my grandfather's northern Alabama farm. We sidestepped snaky spots along the pond, avoided scorpions underneath the hay bales in the henhouse, and steered clear of the basketball-size wasp nests hanging from tree limbs. As for ticks, we hardly gave them a second thought.

If we did find a tick crawling along the bends of our knees, we'd flick it off. If it was stuck to our scalp, our mother would simply hold the end of a smoldering match against its belly until it let loose or popped. And now, as an adult—rather, as an adult who has been researching Lyme disease—I'm shocked by our flippant attitude toward ticks. As it turns out, my sisters' and my lack of concern was common 20 years ago. Even today, assumptions prevail about the harmlessness of ticks and their proper removal. "Whenever I talk with a person who lives someplace other than the Northeast, I often find that ticks are not taken seriously at all," says Evelyn Kaufmann, a registered nurse and public health education coordinator with the Dutchess County Department of Health in New York. "Even in our area, which has one of the highest concentrations of Lyme disease in the country, there are still people who don't take it seriously."



Yet as more people travel to areas inhabited by ticks and as suburbs continue to overtake their natural habitat, the greater the possibility that health risks carried by ticks will spread. "Lyme disease and other tick borne infections are continuing to spread into areas where 5 to 10 years ago there were no deer ticks," says David Weld, executive director of the American Lyme Disease Foundation Inc. "The main reasons for the spread are the increase in deer, which carry the deer ticks, and reforestation, which allows deer populations to thrive."

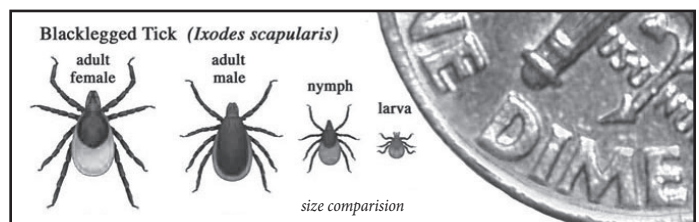
What is Lyme disease?

Lyme disease is a bacterial infection with stages that vary in severity. It spreads when a black-legged tick (also known as the deer tick) or Western black-legged

tick bites an infected animal and ingests the bacteria. Humans enter the cycle when an infected tick bites them and transmits the infection.

Lyme disease was first recognized in the United States in 1975, following an outbreak of arthritis near Old Lyme, Connecticut. The bacterium was identified in 1982. It is considered an emerging disease with more than 123,648 cases reported to the Centers for Disease Control and Prevention since 1980, a number that researchers consider a low estimate since many cases go unreported. Cases have been reported in 48 states, but reporting is by state of residence, not state of exposure. Most at risk are people who live in or travel to the Northeast, Upper Midwest, and Pacific Coast areas of the United States where the concentration of Lyme disease is highest. Connecticut has the highest concentration of reported cases in the United States; New York reports the greatest numbers of cases.

The time of year also increases your chances to contract the disease. "May through August is when you are most susceptible to the disease," explains Weld. "This is the time of year when the tick is in its nymphal stage and is not as easy to see. You are more apt to spot adult ticks on your body when they emerge later in the season." During the nymphal stage (which is basically all of summer), a tick is about as small as a poppy seed. This helps explain why bites from nymphal ticks are responsible for the majority of Lyme disease cases in humans. An engorged adult tick is about one-half the size of a pencil eraser.



Sketchy Symptoms

Although Kaufmann teaches people about Lyme disease, she failed to recognize the symptoms in her own body when she contracted the disease in 1995. "It began with headaches and full sinuses, which I've always had, so it never dawned on me that it could be anything else. I did tick checks and never found a tick and never got a rash," says Kaufmann. "I also experienced fatigue and joint pain in my knees and wrists. Eventually I started getting a stiff neck. I thought the problems were related to stress and getting older but when I began losing my memory, I got scared." Kaufmann consulted her doctor who diagnosed Lyme disease.

Continued on next page

Kaufmann's difficulty in pinpointing the disease is a perfect example of why Lyme disease is called the "great imitator"—because the symptoms can mimic those of other diseases. In most people, the first symptoms are a skin rash, fatigue, a headache, stiff neck, joint or muscle aches, and fever. The symptoms may worsen, then disappear, leading you to believe that you had a bout with the flu. Because these symptoms are so common with other illnesses, diagnosis is often missed at this stage.

A symptom experienced by more than half of the people infected by a tick is a bull's-eye or ring-shaped rash that develops at the site of the bite within three to 30 days. The rash usually disappears after three to five weeks, but if the disease re-mains undiagnosed, memory loss and serious multi systemic problems may arise later. These can include arthritis, meningitis, cognitive dysfunction, numbness in the extremities, visual impairment, and heart problems. According to Weld, no one has died from Lyme disease itself, though a Lyme disease sufferer can die from complications caused by the disease. Ironically, most people who contract Lyme disease do not recall being bitten by a tick or even seeing one on their body.

Treatment

Although tests for Lyme disease are available, they aren't, reliable if performed in the early stage of the disease. Such was the case when Kaufmann sought a diagnosis. She tested negative, but her doctor immediately diagnosed Lyme disease because of her symptoms. In effect, a positive test result is generally accurate, but a negative result does not rule out the possibility of Lyme disease. Like diagnosis, treatment can also be tricky. Some people can undergo a round of antibiotics, the most common treatment, and recover fully; others will have recurring symptoms that sometimes require a second treatment. And there are those who can contract the disease with-out experiencing any of the symptoms.

Prevention

Protecting against tick bites is one of the best weapons in combating Lyme disease. One of the newest ways of prevention is with LYMERix, the world's first Lyme disease vaccine, approved last December.

"It has a novel mechanism of action," says Dr. Vijay Sikand, a family practitioner in East Lyme, Connecticut. "After getting the vaccine, your body produces antibodies against the Lyme disease bacteria. When the tick bites, your blood contains the antibodies and kills the bacteria inside the tick before the tick passes the bacteria on to you." The vaccine is given in three shots over a year's time, but researchers anticipate that the schedule will soon be accelerated to within a two-

month period. Once you've taken the vaccine, a booster may be required yearly to keep it effective. The cost is about \$200 for three shots. People with immediate travel plans to Lyme-endemic areas should be vaccinated as soon as possible to begin building protection. Vaccinations aside, there are also more conventional measures that significantly decrease your chances of contracting Lyme disease.

If you plan to be outdoors, you should do the following:

- Wear light-colored clothing (which makes it easier to see ticks).
- Use tick repellent. A repellent with no more than 30 % Deet repels ticks but should be used in moderation because it absorbs into the skin: There are insect repellents specially formulated to be safe for children as well.
- Check frequently and carefully for ticks while you are outdoors and do a naked, full-body exam once you return indoors. Remember, however, that in the Eastern United States May through August ticks may be no larger than a poppy seed.
- Know and inspect the areas of the body that are ticks' favorite picks. Sikand says, "Keep in mind that ticks like warm, moist places like between the buttocks, behind the hairline, under the arms, and in the groin area."
- Avoid sitting directly on the ground. If possible, spread a blanket or shirt on the ground and sit on it, and shake it well after getting up.

Most health departments recommend covering as much of the body as possible by wearing long pants and long sleeves, then tucking your shirt into your pants and your pant legs into your socks. Yet Weld, who advocates the use of insect repellents, says this is impractical. Who really tucks their clothing into their socks?" he says. "And there's no way you're going to do it in the summertime or get your kids to do it."

It is also important to keep in mind that ticks cannot jump or fly, nor will they drop from an above ground location onto you. Almost all ticks climb from the ground upward on your body until they reach a more protected area. Prevention is the best approach, of course, but Lyme disease and its tricky symptoms can outsmart even the most cautious person. "I never saw a tick, I never saw a bite, and I never had a rash, and yet I had all the classic symptoms," recalls Kaufmann. "I look back now and think how foolish of me not to figure it out. I spend my days educating others about the signs of Lyme disease and even was unable to detect the symptoms in myself."

Heidi Tyline King lives in Tallahassee where she encounters a tick almost every day in her heavily wooded yard. Her most recent book is The Pelican Guide to the Florida Panhandle.



National Garden Clubs, Inc.
www.gardenclubs.org



Landscape Design School - Course I
 Monday October 24 and Tuesday October 25, 2016
 Hosted by Landscapers and Petal Pushers in District III
www.michigangardenclubs.org



**Course I to be held at Haven Church,
 5350 N. Sprinkle Road, Kalamazoo, MI 49004**

Required Reading:

Stewards of the Land by Alaimo, DeVeer, Carpenter
 Available from National Garden Clubs Member Services
 1-800-550-6007



Landscape Design School Objectives:

Space, Design, and People (Ch. 1)
 Principles and Elements of Landscape Design (Ch. 2)
 Planning Your Home/Private Grounds (Ch. 7 & Ch. 16)
 Basics of a Site Plan (Ch. 9)
 Color in the Landscape (Ch. 6)
 Design for the Environment (Ch. 10)
 Public Landscapes (Ch. 17)
 Development of Landscape Design (Ch. 22)
 Landscape Design Resources (Ch. 8)

Co-Chairs Jerre Beattie-Ihrcke - jerreihrrcke@aol.com 269-343-5974

Carol Beckius - cbeckius@chartermi.net 269-372-6950

Lynn Dinvald - ydoubleLNE@aol.com 269-343-3827

MGC Landscape Design Chairman - Terry Harding

REGISTRATION		
Name	Email	
Address	Zip+4	Phone
Garden Club or Organization	District	

Full time registration

October 24-25 (lunch included) \$80.00

For National Garden Clubs, Inc. certification - circle either exam fee or refresher fee

Exam Fee \$5.00

Refresher fee \$5.00

Total Enclosed \$ _____

Single Day Registration: Monday, October 24 (lunch incl.) \$40.00

Tuesday, October 25 (lunch incl.) \$40.00

Total Enclosed \$ _____

Note: any special dietary restrictions? _____

Make check payable to MGC-LD School and send registration form to:

Registrar: Evelyn Flynn, 5314 Heathrow Ave., Kalamazoo, MI 49007-7740

evelfly1@sbcglobal.net 269-372-1047

*A \$10 processing fee is assessed if canceling after registration deadline of October 1.

KALAMAZOO GARDEN COUNCIL, INC.

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