



The Seattle Garden Club

Member of The Garden Club of America

Holiday Luncheon & Auction

HO! HO! HO!

Thursday, December 3rd

Sunset Club

10:30 am Silent Auction and Social
12 Noon Lunch

1:10 pm Check-Out Begins



Carpools Strongly
Encouraged



Valet Parking Available

Support SGC's efforts to raise funds for
Community Projects!



Are You an Angel?



If you are unable to attend our
Holiday Luncheon and Auction, but would like
to contribute to our major fundraiser ...

you can be an Angel!

If you are attending, but would like to make a
contribution *in addition to your luncheon fee* ...

you can be an Angel!

**Choose to be an Angel for
\$100, \$250 or more!**

Also accepting checks for NW Harvest!

Send checks to Barbara Peterson
2442 NW Market St, #652
Seattle, WA 98107

barbarapeterson@gmail.com 206-523-9105

Events at a Glance

12/3 Holiday Luncheon & Auction,
Sunset Club, as noted above

12/15 New Member Proposals Due,
Burnley Snyder, Membership
Chair, as noted in this newsletter

FOR MORE SGC INFORMATION AND A
CALENDAR OF EVENTS, CLICK ON OUR
WEBSITE: seattlegardenclub.org



From the President

It's SGC Holiday Auction & Luncheon time! Hope you are all planning to attend. Look for opportunities to sign up for our fabulous group outings...if they are full, make sure you add your name to the wait list so you'll be contacted if space becomes available. Many thanks to Roxanne Wiley and Barbara Peterson for organizing the auction and luncheon respectively and to each of our members for donating, attending and inviting guests. It is our collective effort that makes this such a fun way to raise funds on which our Community Projects depend.

Have you explored all that CUH has to offer? Besides our most common meeting space, and being a wonderful place for adults and children to take a stroll, CUH hosts many interesting classes and forums on the very subjects so near and dear to SGC members. Check out their "Events Calendar" on their website at depts.washington.edu/uwbg/visit/cuh.php.

Speaking of CUH, we learned a significant amount of mushroom trivia and facts from our Hort presentation this past month. I certainly did not realize that some mushrooms are carnivorous (the vision of lassoed nematodes will remain with me forever). We were reminded that the Puget Sound Mycological Society has an office at CUH and is currently holding their Fall mushroom i.d. clinics for the next few weeks, open to the public, on Monday evenings 4-7pm. The PSMS website (www.psms.org) also mentions that the Master Gardeners hold a plant and plant disease i.d. session at the same location and time. There is never a shortage of interesting information at our fingertips.

By Design is a quarterly magazine published by GCA's Flower Arranging Study Group. The most recent issue features awarded designs from our spring flower show. A photo of Marilee Ahalt's winning entry graces the front cover, with an accompanying inside article written by Marilee; an entry by Diana Neely and Jenny Wyatt, and Sue Ashmun's miniature are also featured inside. For those members who do not subscribe, visit our website at www.seattlegardenclub.org, sign in as a member, follow the link under Announcements to GCA *By Design* Honors SGC Members and enjoy the excerpts picturing these exceptional designs. Thanks go to Kim Bishop, whose effort produced quality photographs of the arrangements, thus, setting the stage for such coverage of our talented members.

Let it snow, let it snow, let it snow! We need the snow pack.

May your holidays be full of joy! Happy New Year!

Suzette de Turenne, President

December 15th Deadline for New Member Application

The Membership Proposal Form is available through the SGC website or from the Membership Chairman who should be advised of your prospective member to avoid duplication of a candidate. Details of the proposal for Provisional Membership can be found under 'Membership Policies' on page P- 8 of the Yearbook. Remember to bring potential candidates to open meetings now, as well as, the Holiday Luncheon in December. It is important to acquaint candidates with Membership Committee Members, Board Members and our membership. Forms/letters must be emailed or postmarked no later than midnight on December 15th and remember all of this is to be kept confidential. Please send these to the Membership Chairman.

Burnley Snyder, Chair

In Memoriam:

We regret the passing of
Anne Hofius
on November 11, 2015
Joined SGC 1981

"How the West is One"

GCA Annual Meeting
San Francisco 2018

Questions: Contact Iris Wagner
2018 Annual Meeting Committee Member



SGC Holiday Luncheon and Auction
Thursday, December 3, 2015 - The Sunset Club
HAVE FUN WHILE BENEFITTING OUR
SGC COMMUNITY PROJECTS!

Check your calendars and sign up individually for these great events at the auction:

January 16-17 – Slumber Party on Bainbridge with dinner and breakfast at the Price home in the Country Club for 7 hosted by Deborah Cheadle, Lindsay Price, Laurie Riley, Debby Smith and Cathy Parker

February 11 – Bridge with Expert Coaching and High Tea at Susan Potts' home for 12 hosted by Susan, Carlyn Steiner and Marilee Ahalt

February 29 – Floral demo by Bruce at Martha Harris with wine and hors d'oeuvres for 15 provided by the Floral Design Committee

May 12 – WSU Agricultural Research Center Tour in Mt. Vernon followed by lunch on Samish Island at Ana Hergert's island home for 10 provided by the First Year Provisionals

May 15 – Concert at the Florence Henry Memorial Chapel in the Highlands followed by dinner for 20 at Burnley Snyder's, hosted by Burnley, Barbara Peterson and Sheila Noonan

May 24 – Dry Fleet Duck Sanctuary Tour in Port Angeles with lunch hosted by Hope Stroble and Suzette de Turenne

June 8 – Tour the garden of Gayle Harris, make a piece of garden art and enjoy refreshments for 8 hosted by Gayle and Karen Simmonds

July 21 – Clam digging and Lunch at Mary Jane Anderson's Tekieu Beach home with Mary Jane, Barbara Peterson and Suzette de Turenne

August 1-3 – Trip to Pysht Tree Farm near Neah Bay for two nights hosted by Hope Stroble and Burnley Snyder

November 16 – Paperwhite Potting Party and Lunch for 10 with Susan Potts and Roxanne Wiley

Additional events with dates not yet determined. Watch your email for dates!!

Board Cocktail Party at the home of Sue Ashmun for 40

Herbarium Tea with Flower-Pressing Notecard Workshop for 10 hosted by Eve Rickenbaker

Bridge and Lunch for 12 at Park Shore hosted by Mary Jane Anderson and Dorothy Strong

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Floral Demonstration by acclaimed designer Deborah Rittner followed by lunch at the home of Delphine Stevens for 10 hosted by the Second Year Provisionals

One week for 7 at the Sun Valley condo of Susan Moseley

Items with mutually agreeable dates:

Fay Page photography session for a five by seven inch framed photograph

Whidbey Island Crabbing with Carol Eland for 4 people (mutually agreeable date between July 4 and Labor Day 2016))

On-Demand Tech Time with Brock Reed (Charlee's son) – Get your household technology working for you!

More items to think about:

Three nights for 6 at Edie Tenneson's beach getaway in Gearhart, Oregon

Five nights at the Silver Skis Condo of Kim Bishop February 12-16 (Presidents' Day Weekend!)

AND LOTS MORE!

Electronic Recycle Event
Sponsored by the Conservation Committee



Lindsay Price and Vicki Neumann contribute to the recycling program and Barbie Snapp is loading up the van.



Photography Report

Photography Challenge to all SGC members:

Submit a smartphone winter solstice photo directly to the SGC website!

Sharing summer solstice photos on our website has become a SGC tradition. So, I thought it might be fun to suggest that we try another online photo exhibition for the **Winter Solstice on December 22**. For this using our smart phones to snap photos and submit them directly to the online gallery that Kim Bishop set up on the SGC website.

What: Submit a photo to the SGC website photo gallery.

When: Anytime on December 22 (but that is always flexible).

Why: To play with phone apps and to get experience submitting a digital photo to the website (and to wish each other "Happy Holidays!").

How: There are a couple of ways to do this (directions are for iPhone 5 and 6):

1) Email this link to yourself:

<https://digitalgarden.smugmug.com/upload/4NZRtn/December>

Open the link on your phone. Follow the prompts ("add photo" and "photo library") to upload a photo from your phone to the SGC website.

OR 2) Email your photo to yourself and submit it to the link above from your computer.

OR 3) Open this link on your phone (email it to yourself) to the SGC Winter Solstice Photo Gallery:

<http://bit.ly/2015SGCWinter>

3) If all else fails, email your photo to Kim or to me and we will upload it for you!

Once you have used one of these options to upload your photo to the SGC Winter Solstice Gallery, send Kim Bishop an email with a description of your photo and a title (optional) so that she can label them. **BETTER YET**, go to the gallery from your computer and add a label in the comment box. Here is the link to the gallery:

<http://bit.ly/2015SGCWinter>

Smart Phone App suggestions (in the App Store app on your phone):

Camera+ : Great for taking photos and for editing and processing them.

Handy Photo: Like a digital darkroom in one app. Requires a little time to play around with it to figure out what it can be done and how.

Over: To add text (such as "Happy Winter Solstice!") as well as a few editing options.

Snapseed: A fairly straightforward editing app with lots of filters and tools.

Moment Lens app: To be used with Moment lenses.

iPhone (and other smart phones) Camera: basic tools and filters. Comes pre-loaded on your phone.

Juliet Romano, Chair

How did it get so late so soon?
It's night before it's afternoon.
December is here before it's June.
My goodness how the time has flown.
How did it get so late so soon?

~Dr. Seuss

Given the fact that our SGC Governing Board would not reconvene until January 2016, in accordance with our SGC by law on page B10, section 3.11 Executive Committee of our Yearbook, President Suzette de Turenne, asked the SGC Executive Board via email to approve her appointment of Carol Eland as Chair of the upcoming Pamela Green Horticulture event. The motion was made and unanimously approved, on Sunday, November 15, 2015.



*Provisional Floral Design Workshop
taught by Marilee Ahalt and Debby Smith.*



*clockwise L to R - Deborah Cheadle, Marian Maxwell & Angela Mele
both guest speakers focused on mushrooms and fungi; Sue Ashmun,
Patty Hankin, guest speaker, & Suzette de Turenne are all smiles; Peggy
Wilton arranging flowers and a laugh; Shelly Rolfe bringing specimens
for Hort share; Carol Henderson shares a lovely floral design for all.*



Conservation Report

Winterize Your Home To Keep Animals Out

Everyone has a few chores they should do in order to get their house ready for winter. Check these areas where birds and mammals may attempt to find shelter.

- **Chimney:** Left unattended, chimneys can attract all sorts of animals including owls and squirrels.
- **Dryer vent:** It's a warm place that provides a steady supply of nesting material. Make sure your vent is clean and screened.
- **Roof:** Loose shingles, holes and gaps in eaves or vents provide entry points for raccoons, bats, and other animals.
- **Crawl spaces, foundation cracks and attics:** Animals take advantage of holes and cracked windows.

You can also winterize your yard to help wildlife through the colder months, some of which could mean less work for you, such as not raking all your leaves or making mulch and brush piles with yard waste.

Berries Aren't Just For Summer

Winter is a time of low food availability for wildlife; we can help augment food sources in a natural way by planting trees and shrubs that yield berries in winter. Cultivate native plants for wildlife.

Birds appreciate a *steady* supply of seeds, fruit and suet during these cold months. Be sure to clean feeders and keep them filled. Consider purchasing a bird bath heater which will bring in endless birds on those frozen days. With such avian activity, it is important to change the water daily...it is worth it for all the birds you will see! Below are two more sources about helping wintering wildlife: [Wild Birds Unlimited](#) and [Wild Birds Forever](#).

WILDLIFE TIPS - Don't cut down that snag!

Did you know that dead trees can actually provide more habitats for wildlife than when they were alive? Check out this [article](#) from WA Dept. of Fish and Wildlife for information on how to manage snags.

Information in this month's article comes from the **West Sound Wildlife Shelter's** (westsoundwildlife.org) November newsletter, and has been printed with the permission of Lisa Horn, Executive Director.

Barbie Snapp, Chair

Summary of Actions: Meeting of the Governing Board of the Seattle Garden Club, Thursday, November 5, 2015, Sunset Club

MOTION to approve revisions to P-3. The italicized introduction to Policies will be deleted and replaced by the following within the body of the Policies (seconded and approved).

I. The Policy and Planning Committee shall review proposed revisions to an SGC policy. After completing its review, the Committee shall forward its recommendation to the Governing Board for its further consideration.

P-11 Memorial Policy

I. The death of a member will be announced through email, in the newsletter and at the Annual Meeting. It may also be announced at other SGC meetings.



GCA Report

This month the GCA website provided inspiring ideas for me as I think of meaningful gifts for the holidays. In the Conservation section, I found a wonderful resource called “*Pick Presents for Pollinators*” including ideas such as:

- Butterfly or bat houses
- Bird baths which are important year round for insects, birds, and mammals: birds.cornell.edu/birdsbaths
- Native plants for a garden to provide food sources instead of bird feeders birds.cornell.edu/feeding
- Pollinator-attracting native plant, native plant seeds, or heirloom seed packets? For great information about pollinator plants by region, try: xerces.org/pollinator

The bird bath reference at the GCA site led me to Cornell Ornithology (see website above) and offered the reminder that a good birdbath mimics shallow puddles, which are nature’s birdbaths. It cautioned against what I’ve always used: concrete baths – because they’re hard to clean; the tiny nooks and crevices must be scrubbed extra hard to dislodge algae and sediment. Yuck. Instead they suggested looking for a basin that’s easy to clean, like tough plastic, with a gentle slope to allow birds to wade into the water. Birdbaths are still important in winter, meaning the easy to clean factor is all the more important at this time of year.

One of the best ways to make your birdbath more attractive is to provide some motion on the water’s surface. Water dripping into the basin catches the attention of birds. You can buy one of the commercially available products that drips or sprays water into a birdbath.

Immersion-style water heaters keep the water from freezing in a birdbath. The latest immersion heaters turn off if the water in the bath dries up. These heaters cost pennies a day to operate and they’re available at most places where bird feeders are sold.

The key to attracting a large number of birds is to keep your bath full of water at all times. Although puddles form after a hard rain, reliable pools are rare even in our climate, and birds will travel great distances to visit them. Remember: if you’re trying to make your backyard a better place for birdlife, few things are more attractive than a well-maintained birdbath. Just add water, keep it clean, and watch the fun.

I couldn’t resist mentioning one other fun website I found at our GCA webpage: giving the gift of *Seedles* – gorgeous little balls of bee-friendly wildflower seeds mixed with organic compost. They can be ordered from growtherainbow.com.



Shelly Rolfe

Seedles - see last paragraph on the left

Gardener's Corner

Behold, The Fungus Among Us by Megan Smith

Early this month the garden club heard a delightful lecture about the role that mushrooms play in nature. I was so impressed with what I heard that it peaked my curiosity to learn more. Fear loomed that I might keel over if I consumed one errant mushroom in an otherwise benign looking pile but after I did my own research I concluded that I really couldn't afford NOT to eat this delectable, unique force of nature. Now I know: eat organic, buy from a reliable source and cook your 'shrooms.

This master recycler and super food is actually closely related to us. Like humans, the mushroom takes in oxygen and releases carbon dioxide, unlike plant life. Like us, mushrooms can only digest organic matter that's been made by a plant. Also, mushroom tissues are more animal/human like than plant life containing lanosterol, a protein that doesn't exist in plant life and lastly, our cells look very similar. Are you starting to get just a wee bit nervous about all of this? Wondering why all the commonalities exist? Well, mystery solved...WE SHARE A COMMON ANCESTOR, the single celled protist! Chomp on that one for a while...

Mushrooms eerily seem to know what our bodies need when we're ill. They have the ability to jumpstart our body's immune function. Medicinally, mushrooms are anti-viral, antibacterial, anti-tumor, anti-allergic, anti-inflammatory, anti-oxidative, an adaptogen and an immune stimulant. Mushrooms have differing immune responses to disease since they vary in cell wall structure. The Asian cultures have known this for thousands of years and have been able to select the most medicinally potent mushroom for a select disease: shiitake for cardiovascular disease, maitake for blood sugar, hypertension and immune function, oyster for anemia, etc.

Nutritionally, mushrooms pack a walloping punch. They possess valuable minerals such as zinc, manganese, potassium, iron and copper. They harbor D2 which can be synthesized into D3 if exposed to the sun, hmmm... yet another similarity to humans. Phytonutrients such as beta-D-glucans help jumpstart our immune system and the micronutrient, ergothioneine is found in high concentrations. This nutrient is a highly effective antioxidant and anti-inflammatory agent. B vitamins are part of the mushroom's nutritional treasure trove along with valuable amino acids, making them an excellent source of protein. To top it off, they even contain essential enzymes for digestion.

Scientists estimate that we currently are familiar with only 10% of the fungi kingdom, leaving a whopping 90% of this enormous community yet to be discovered. If we've been able to derive this much benefit from such a small fraction of what's out there, imagine the potential for the future. We know the extreme value of the mushroom nutritionally and medicinally, now it's time to fund it scientifically.



Order **From Mountains to Sound** photography book of the Shirley Meneice Horticultural Conference. We are grateful to SGC members, Jane Harder, Mary Turner, Suzette de Turenne, Sue Blethen, Dabney Rohrbach, Jo Anne Rosen, Charlee Reed, Noreen Frink and Sis Woodside, our local photographers who did an excellent job covering the event!

Pictures in the next printing will depict more SGC members than the one that was displayed at the November General meeting that had more GCA Hort Committee members. Cost per book is \$36. Please send Catherine Allan at jardinsroyaux@gmail.com requests to order your SMHC photo book. The second edition won't be available until the New Year.

Catherine Allan, Shirley Meneice Horticultural Conference Chair

Looking Ahead

1/ 4/16 **Hort Meeting**, UWBH/CUH, 9:15 am Social, 10 am Program
Bess Bronstein, professional pruner and educator, "Science and Art:
Winter Pruning of Shrubs and Trees"
Community Projects Meeting, CUH, following Hort Meeting

1/ 7/16 **Board Meeting**, Sunset Club, 10 am

1/16/16 **Auction Event**, Slumber Party on Bainbridge Island

1/21/16 **General Meeting**, Graham Visitor Center, 9:30 am Social; 10 am Program
Russ Hoeflich, VP & Senior Policy Advisor, The Nature Conservancy. **Guests Welcome!**
Fragrance Garden Weeders Needed in the Garden, 11:30 am - 2 pm



GCA Encourages Use of Email

If you receive this newsletter via U.S. Mail and would like to receive it via email, please contact me. Please help us reduce waste and expenses.
Thank you!

Dabney Rohrbach, Communications Chair
dmrohrbach@gmail.com

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