



SOUTH CENTRAL REGION

(Arkansas, New Mexico, Oklahoma & Texas)

The Communicator

2017 VOL. 3—December

Isabel Olsen, Director 2017-2019

Message from SCR Director...

We as garden club members have a unique opportunity to make a positive impact in our communities. I'm not just speaking of the beautiful gardens and landscapes that we plant and maintain as our projects. I'm referring to our generosity, and our good deeds and contributions for others. From the onset of Hurricane Harvey many of us watched TV and read about the devastation that occurred in the Houston, Texas area and neighboring towns. We witnessed the amazing human spirit in the many citizens and volunteers eager to assist anyway they could for those affected. I would like to recognize District VII Director of Texas Garden Clubs, Cecelia Lussen and several garden clubs in that district for immediately starting to collect food and much needed items to be donated to fellow members affected by the hurricane. Thank you to Beeville GC, Hunt GC, Hibiscus GC of Aransas Pass, Ingleside GC, and Hondo Garden Club. There are individual members and garden clubs of our four states that also assisted with donations, THANK YOU ALL! We all know, the resulting damage will be felt and seen for several years, but with the faith and optimism of so many wonderful Americans, that will make an impact of the recovery effort.

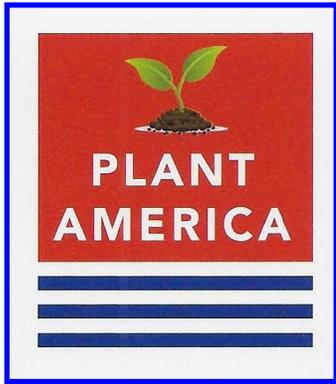
We have many dedicated hard working chairmen in our organization. But I would like to recognize our state newsletter Editors for the outstanding commitment they demonstrate by putting together an informative document that we receive each quarter. AFGC Avenues and Adventures – Bobbie Verser, NM Gardener – Eva Zhang and Linnea Egbert, OK Gardener – Donna Marcheck, Lone Star of TX – Sherie Clarkson and The Communicator – Suzy Andregó. Let's remember to thank these members, as many of them have other garden club roles.

As 2017 comes to an end, let's reflect on our friendships and how fortunate we are to be a member, and the many accomplishments that our garden clubs have had. Wishing everyone a joyous Christmas filled with special memories!



Isabel

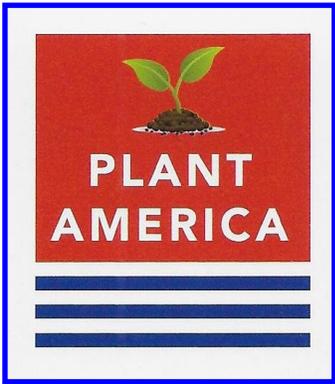




Members of Hunt Garden Club, District VII- Texas, - Carolyn Clarke, President - Karen Taylor, and Penny Deupree collecting items for Hurricane Harvey victims.



Gwen DeWitt - Dist. VII Vice Director, Beverly Ahr - Hibiscus GC President, Cecelia Lussen - Dist. VII Director., helping with collections for Harvey victims.



Lincoln County Garden Club of New Mexico Dedicated a National Garden Club Blue Star Memorial Marker on September 26, 2017 at Fort Stanton, NM

OFFICIAL CALL
South Central Region 89th Annual Convention
“Wonders of the Coastal Prairie”

Marriott Houston North
255 North Sam Houston Pkwy E.
Houston, Texas 77060

April 27-28, 2018

This letter will serve as the official notice to all South Central Region members.

Please join Texas Garden Clubs, District IV as they host the SCR 89th Annual Convention in Houston, at the Marriott Houston North, Houston, TX on April 27-28,2018. “Wonders of the Coastal Prairie” best describes the beauty of what the area has to offer us. On Friday we will start with a private car trip to Arbor Gate Nursery where you will see many native plants and beautiful horticulture that you can purchase. In the evening, we will be amazed by a design program given by Corrie Ten Have, “Inspiration, Innovation, Imagination” an interpretation of artistry in flowers. On Saturday following lunch will be a program given by Sharon Begnard, “Giving Fields” where she will share with us the garden in Beaumont, which provides vegetables for children and volunteers. After the Awards Presentation a hands on workshop “Petite Design” will be available, and you will keep your beautifully designed container. In the evening, we will have an informative program by Jaime Gonzalez, of the “Katy Prairie Conservancy”.

SCHEDULE

Friday, April 27,2018

8:00am – 6:00pm Registration
 9:15am Trip to Arbor Gate Nursery (by private car, lunch on your own)
 1:45 – 2:45pm Nominating Committee Meeting
 3:00 – 5:00pm Executive Committee Meeting
 7:00 pm Dinner and Design Program by Corrie Ten Have, “Inspiration, Innovation, Imagination”

Saturday, April 28,2018

8:00am – 4:00pm Registration
 Complimentary Breakfast for hotel guest
 9:30am Official Opening of 89th Annual SCR Convention
 9:45am General Business Meeting
 Noon Luncheon (Honoring SCR Life Members)
 1:00 – 2:00pm Program by Sharon Begnard, “The Giving Field”
 2:15 – 3:15pm Awards Presentation
 3:30 – 4:30pm Workshop “Petite Design”
 6:00pm Reception for Regional Director & State Presidents – Cash Bar in Ballroom
 7:00pm Banquet, Memorial Service, Program by Jaime Gonzalez, “ Katy Prairie Conservancy”

IMPORTANT REMINDERS

SCR CHAIRMEN: Those wishing to report may have three (3) minutes on the agenda. Contact Director, Isabel Olsen no later than April 15,2018.

EXECUTIVE COMMITTEE MEETING: Friday, April 27,2018, 3:00 pm. All SCR elected and appointed officers are expected to attend.

NOMINATING COMMITTEE MEETING: Friday, April 27,2018, 1:45pm. Appointed Nominating Chairmen from our four states are expected to attend.

Isabel Olsen, South Central Region Director

National Garden Clubs, Inc.
SOUTH CENTRAL REGION

89th Annual Convention
"Wonders of the Coastal Prairie"
Hosted by District IV, TGC, Inc.
April 27-28, 2018
Marriott Houston North
255 North Sam Houston Pkwy E, Houston, TX 77060
(281) 875-4000
Deadline for reservations 4/12/18

Please print your name as you would like it to appear on your name tag.

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Garden Club _____

Please UNDERLINE (all that apply):

Former NGC President, NGC Officer, NGC Chair, NGC Committee Member, SCR Officer, SCR Chair, State Chair, State Officer, State Chair, District Director, Club President, Club Member, Affiliate President, Flower Show Judge, Environmental Consultant, Landscape Consultant, Gardening Consultant, State Life Member, Regional Life Member, National Life Member, First Time Attendee, Guest

Check payable to: District IV TGC, Inc.

Mail checks and registration form to:
Madeleine Rogers, Treasurer, 2002 Sierra
Kemah, TX. 77565, 281-538-9619

Please mark either a FULL TIME Package or items in Registration area:

Full-time package includes:
Registration fee, Friday night Dinner and Design program; Saturday lunch and program Giving Fields; Awards Presentation; Work shop "Petite Design" Banquet and program from Katy Prairie Conservancy.

EARLY FULL- TIME PACKAGE

(post marked on or before 4/12/18 \$140.00 _____)

LATE FULL TIME PACKAGE

(post marked after 4/12/18 \$150.00 _____)

NOTE: No refunds on registration after 4/12/18

PART-TIME REGISTRATION

Registration fee \$35.00 _____

Friday, April 27, 2018

Garden tour Arbor Gate Nursery- private cars; Lunch on your own.
Dinner & Design Program \$35.00 _____

Saturday, April 28, 2018

Luncheon/Program/Awards \$ 30.00 _____
"Petite Design" Workshop \$ 10.00 _____
Banquet & Program \$40.00 _____

TOTAL: _____

SPECIAL DIETARY NEEDS: _____

HOTEL:

255 North Sam Houston Pkwy E, Houston, TX 77060,
(281) 875-4000

Single or Double Rate: \$99.00 (plus tax).

Make reservations using the name: SCR or South Central Region Conference.

Deadline for special rate reservations is 4/12/2018
Complimentary Breakfast for hotel guest

TIMES AND EVENTS

Friday, April 27, 2018

8am-6pm Registration
9:15am Trip to The Arbor Gate Nursery(by private cars, Lunch on your own)
1:45-2:45pm Nominating Committee
3:00-5:00pm Executive Committee Meeting
7:00pm Dinner and Design Program by Corrie Ten-Have

Saturday, April 28, 2018

8am-4pm Registration
Complimentary Breakfast for hotel guest.
9:30am Official Opening of Convention
Noon Luncheon (Honoring SCR Life Members)
1:00-2pm Program- The Giving Field, by Sharon Begnard
2:15-3:15pm Awards Presentation
3:30-4:30pm Workshop "Petite Design"
6:00pm Reception for Regional Director & State Presidents
7:00pm Banquet and Program-The Katy Prairie Conservancy, by Jaime Gonzalez



Liatis spicata 'Gay feather'

"Wonders of the Coastal Prairie"

2017-2019 ARKANSAS STATE PRESIDENT, Derenda Stanley



“Plant America”, “ Sow Arkansas”. Garden Greetings,

As we start to snuggling in for the winter, there is time after the holidays to start planning for the New Year. I encourage each of you to do a few new things.

Think of the all the Friends you have seen over the holidays that are not in a garden club. People that you celebrated with, fellowshipped with, or new people you meet. Make a list. Pass it along to club presidents who may want to issue an invitation to spring events. You could have a long list of potential new members.

Browse the websites, for your local state, SCR website and the National (gardenclub.org) to get new ideas for your clubs.

As of course, look for mail... Seed and Plant Catalogs. They should be starting to be in our mailboxes. Sit down on a cold winter day. Start a journal. Start to organize what you want to plant and get those orders in.....

I wish each of you Happy Holidays. Stay Rooted and get ready to Bloom this Spring !

OKLAHOMA STATE PRESIDENT, Linda Lawson



Greetings from Oklahoma Garden Clubs!

The President of Oklahoma Garden Clubs has attended Holiday events for 2017. The Tulsa Holiday Luncheon and auction was delightful. The centerpieces were also bid upon and went home with lucky winners. The proceeds go to the scholarship fund.

South Central District held a soup Luncheon in Marlow in November. The members and guests who attended said it was wonderful. Best soup ever! The Norman Council held a Holiday Brunch on December 4th attended by members of each Garden Club.

North Central is having events throughout the district. The OKC Council of Garden Clubs is working with the parks department decorating trees for the city's Festival of Lights. The Midwest City Council is going to hold a home tour.

Southwest District is also having a home tour for the Holidays in Walters, Oklahoma.

Other districts are doing amazing projects and events. All with Plant America in mind.

The Oklahoma President would like each of you to remember Holidays mean Holy Days. Be true to your beliefs and respect the beliefs of others. I joined to learn about plants, landscapes, and design. I have stayed because of the fellowship that has brought us together with the goal of Planting America and beautifying our communities.



NEW MEXICO STATE PRESIDENT, **Barbara Vance**

Plant America – Grow New Mexico!

We in New Mexico have been enjoying the warm sunny days of “Indian Summer”. Aspen trees are a rich golden color and brighten up our majestic mountains and vast landscape. We have had a few freezes here in the northern part of the state. Many of the annuals are gone and there are a few perennials that are definitely “past prime”. Three Iris plants - deep purple and light blue - continue to re-bloom - along with a few dianthus that won’t quit. It is now time to clean out gardens – and plant bulbs for next spring.

What an exciting couple of months. My schedule was busy visiting all five of the Districts in New Mexico. An opportunity to hear firsthand the Club President’s reports telling about their activities. Our club members are involved in many civic projects. They plant and maintain gardens in communities – plantings along city streets and highways – mountain hiking trails - national monuments – libraries - museums. All five districts have dedicated one or more Blue Star Memorial Markers or By-Way Markers with gardens. Plants are selected to have flowers blooming throughout the growing seasons. On special holidays wreaths are placed with the marker as we honor our veterans – past, present, and future. Some clubs prepare small floral arrangements to take to Veterans Hospitals to present to veterans. More clubs are having flower shows in addition to county and state fair shows. Opportunities to see and learn about horticulture and floral designing. We had a good turnout for our NMGC Fall Board meeting in Las Cruces. District Directors reported on the many accomplishments in their District. By sharing information on projects and work done in communities around the state, everyone gets new ideas that could be used for programs or projects in their area.

With the cooler weather descending upon us we will be spending more time indoors – working on Award Applications - local – state – region – national. The 2017 Fall issue of *The Communicator* contained information on many awards. In our Winter newsletter *THE NEW MEXICO GARDNER* we encourage all clubs – no matter their membership size – to take time to apply for the many awards available. With the wonderful access to social media we can easily download applications. We definitely “GROW New Mexico”.



TEXAS STATE PRESIDENT, Betty Edwards

"Plant America, "Sowing Seeds the Texas Way"

Here's hoping that each of you had a Happy Thanksgiving as we head into the Christmas holidays. Here's hoping each and every one has the best of holidays and receive all that you want in your heart.

The last few months have been so busy. The Fall Convention was such a delight. Co-Chairmen Marlene Gillman, Co-Chairmen Charlotte Weiss, and District V. The meeting were informative and interesting. The programs were over the top. They were "There's Beauty in the Basics" presented by Capital City Judges Council, "Looking to the Future-Bees and Pollination" by Clint Walker III, "The Magic Edible Flowers as a Garnish" by Trixie Bond, "Western Music and Line Dance Instruction" by DJ/Instructor, Paul Racicot, "Grapes and Making Wine in Central Texas" by Penny Adams of Wedding Oak Winery and the final program was so moving and uplifting it was "Lift Your Spirit in Song" by the Rhema Choir from the Christian House of Prayer directed by Minister John Lytch.

Past President, Carol Moore, was honored as TGC Garden Club Member of the Year at the 86th Fall Convention. Kathi Sivess was chairman of the event.

A special thanks to all who were a part of the High Tea honoring SCR Director Isabel Olsen and myself. Truly, we were so honored and impressed by the courtesy afforded us. The food was delicious, the room was beautiful, the table decorations were perfect, and the hat contest was the best. What a day!

Let us not forget our members that were effected by Hurricane Harvey. The recovery process is still in effect for, Our Garden Club Family. We have a great network of people and if we pull together, then we can be a great help to our fellow members.

Have a Merry Christmas and a Happy New Years. Pray for one another. Prayer saves us from sadness in the Holiday Season. God Bless.

PARLIAMENTARY TIDBITS

Presiding Officer: Roberts Rules of Order, Newly Revised 2011 edition states that there are two officers necessary to conduct business in a deliberative assembly – a Presiding Officer and a recording officer known as a Secretary or clerk.

Duties of Presiding Officer are to conduct the meeting, making sure the rules of the organization as well as parliamentary rules are followed. She must be acquainted with the bylaws, special rules of order and standing rules which have been adopted by the organization as well as the standing rules which is the adopted parliamentary authority. The Presiding Officer hammers the gavel ONLY ONE TIME to call the meeting to order.

Motions: It is the duty of the Presiding Officer to call on members who have properly sought the floor, by rising, addressing the Chair, waiting to be recognized and then making a main motion. After the member has stated the main motion, the Chair will need to wait until the motion has been seconded (not all motions require a second) and then the motion is stated by the Chair thus giving the motion to the assembly for action.

Motions coming from a Committee do not need a second.

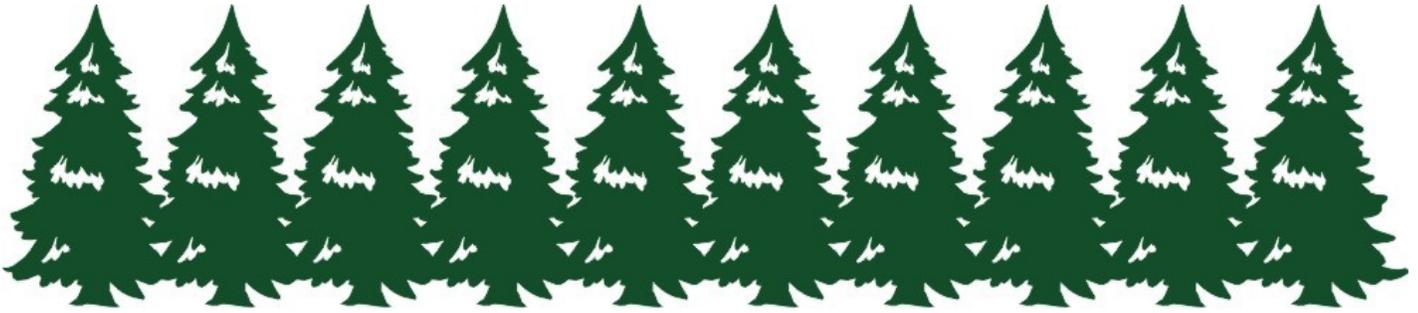
Minutes of a meeting do not record the name of the person making a second. If there are too many questions regarding a motion, the motion should be referred back to committee for consideration and brought back to the assembly at the next meeting for discussion and action.

A Parliamentarian's main responsibility is to serve as an advisor to the President. This Officer serves as a member of the Executive Committee and unless otherwise stated in the bylaws, is a non-voting member.

Recording Secretary does not present the minutes by closing, "Respectively and the name. Only the name of the recording secretary is affixed. They are presented for approval by the Presiding Officer.

Renee Blaschke, Parliamentarian, SCR





IT'S NEVER TOO LATE FOR PENNY PINES

My garden club in New Mexico collected enough money for two Penny Pine certificates by passing a donation jar around at our monthly meetings. No one told me what name to put on the certificates. I decided that the president and her husband were the most deserving so they each will receive a Penny Pines plantation. We will present the certificates at our annual Christmas Party.

Maybe it's a little late for a holiday party presentation this year but think of a person or individuals that have done more than their share working for your club. Maybe you might even like to honor a state officer for doing something really great. Why not donate \$68 and present them with a certificate at your state convention. It will be an honor that will last a lifetime and beyond. Every time they look at the certificate they will picture 200 little trees growing somewhere in our great country. It is truly a fantastic and unique honor as well as an amazing way to say thank you.

Some clubs have told me that they don't normally participate in this program because the location they live in does not support growing trees. Then this might be a time to consider collecting money to grow trees in other parts of the country such as California or areas in the northwest United States that have been devastated by wild land fires in 2017. You could simply look at any state map of the northwest and select an appropriate national forest. You don't have to live there to help out those who have lost large areas of their forests to wild land fires.

If you have any questions you can email me at llyayden@kitcarson.net or just check out the National Garden Clubs website at gardenclub.org, then select ***Projects***, and then ***Ongoing Projects*** to find Penny Pines. They have all you need to order a plantation of tree seedlings.

I wish everyone a happy and healthily holiday season with many plantations of little trees growing all over the South Central Region.

Larry Layden, South Central Region Penny Pines Chairman

World Gardening. Sarah McReynolds, Chairman

The great indoors provides optimal growing conditions for lettuce and other leafy greens at Siberia B.V. Each acre in the greenhouse yields as much lettuce as 10 outdoor acres and cuts the need for chemicals by 97 percent.

This story appears in the [September 2017](#) issue of *National Geographic* magazine.

In a potato field near the Netherlands' border with Belgium, Dutch farmer Jacob van den Borne is seated in the cabin of an immense harvester before an instrument panel worthy of the starship *Enterprise*. From his perch 54 feet above the ground, he's monitoring two drones—a driverless tractor roaming the fields and a quadcopter in the air—that provide detailed readings on soil chemistry, water content, nutrients, and growth, measuring the progress of every plant down to the individual potato. Van den Borne's production numbers testify to the power of this "precision farming," as it's known. The global average yield of potatoes per acre is about nine tons. Van den Borne's fields reliably produce more than 20. That copious output is made all the more remarkable by the other side of the balance sheet: inputs. Almost two decades ago, the Dutch made a national commitment to sustainable agriculture under the rallying cry "Twice as much food using half as many resources." Since 2000, van den Borne and many of his fellow farmers have reduced dependence on water for key crops by as much as 90 percent. They've almost completely eliminated the use of chemical pesticides on plants in greenhouses, and since 2009 Dutch poultry and livestock producers have cut their use of antibiotics by as much as 60 percent.

One more reason to marvel: The Netherlands is a small, densely populated country, with more than 1,300 inhabitants per square mile. It's bereft of almost every resource long thought to be necessary for large-scale agriculture. Yet it's the globe's number two exporter of food as measured by value, second only to the United States, which has 270 times its landmass. How on Earth have the Dutch done it? Seen from the air, the Netherlands resembles no other major food producer—a fragmented patchwork of intensely cultivated fields, most of them tiny by agribusiness standards, punctuated by bustling cities and suburbs. In the country's principal farming regions, there's almost no potato patch, no greenhouse, no hog barn that's out of sight of skyscrapers, manufacturing plants, or urban sprawl. More than half the nation's land area is used for agriculture and horticulture. By **Frank Viviano**

THE PEOPLE, PLACES and FACES of South Central Region



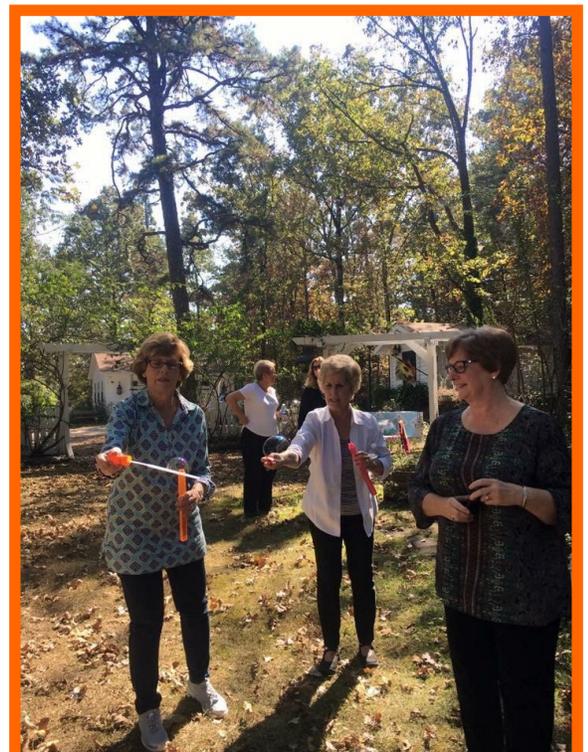
Dallas Council of Garden Clubs. Blue Star Marker in the Texas Discovery Gardens. Bobbie Mason (made the wreath) with Gail & Ed Wilson (Gail BSM Chairman of TGC).



Members of New Mexico Garden Clubs and District IV Honoring FERN GOLD of Las Cruces for 49 years of service as a NGC Flower Show Judge, Nancy Ketchum, Judy Laid, Kathy Cox, Fern Gold, Lequita Lett and Molly Reed, October, 2017.



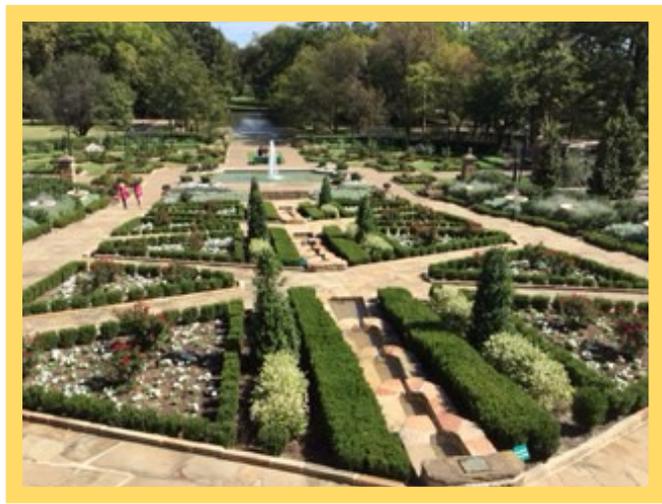
Members, Dina, Kathi and Joyce Hodge of Patio Garden Club of Marlow Oklahoma are having a GREAT time making Seed bombs!



Members of Green Keepers Garden Club enjoying the garden at Tater Hill in Searcy, AR.



A Blue Star Memorial Marker was dedicated by members of the Designers and Diggers Garden Study Club along a quiet pond at the T. Boone Pickens Hospice and Palliative Care Center in Dallas.



Historic Rose Garden rededication at the Fort Worth Botanic Garden



The 20th Annual Butterfly Flutterby was celebrated October 14 by the City of Grapevine and Grapevine Garden Club. Activities started with hundreds of children in a costume parade, butterfly crafts, educational booths, games and GGC sponsored art contest. Hundreds lined up to receive a butterfly in an envelope for monarch butterfly releases. Mayor William D. Tate read his Proclamation and dedicated a new 30' tall metal "Transition to Beauty" butterfly sculpture near the entrance of the Grapevine Botanic Garden.

Wildlife Chairman, Fran Walker

What to Plant to Invite Wildlife to your Property

Wildlife has four basic needs to survive: water, shelter, a place to raise offspring, and food. Agricultural expansion, logging, and urban development, have seriously diminished native plant production. No wild plants—no wildlife! They are our pollinators! Native plants are always best because they produce nectar, seeds, and berries with minimal a footprint. Native wildlife is suited to native plants. Researchers found a greater diversity of birds and caterpillars in yards filled with naturally occurring plants. Exotic foliage can entice wildlife but can be deadly. They reduce biological diversity by not hosting insects birds need to feed their young. The avocado plant, for example, may contribute to cardiac toxicity in birds, resulting in weakness, inability to perch, and labored breathing.¹ An Oklahoma Proven plant list is available through OSU online. They have researched the best plants for your area. Select plants of various heights because some like it tall and some like it small.

Replace turf grass with native grasses. It will not only provide more food, it will save water. This doesn't mean you need to rip out the whole lawn but know that 500 square miles of turf grass is added annually in the U.S. That is 500 square miles that used to be a habitat.²

Birds

Blue Jays and Cardinals love sunflower seeds, acorns, cracked corn, and safflower in addition to insects.

Birds like to shelter in dense foliage. Be sure to include evergreens when planting trees and bushes. Choose firs, pines, spruces, and junipers. They provide cover in the winter. Cardinals prefer plant vines and thickets. Honeysuckle, ivy, clematis, and climbing roses make great nests. Likewise, plants with prickly leaves like holly provide excellent protection.

Leave a little mistletoe! We don't want to parasite a tree to death but chickadees, house wrens, and mourning doves nest directly on its round masses (witches brooms). The Anglo-Saxons dubbed it "dung on a twig" (*mistel* meaning dung and *tan* meaning twig).³ They noticed it often grew out of bird droppings. Gives kissing under it, a whole new meaning.

Butterflies

A busy thoroughfare is above the great state of Oklahoma. Specific plantings will provide an alluring roadside park for thousands of petite travelers. Right in the pathway of a spectacular migration, our state offers a necessary and diverse topography including short/tall grass prairies, cross timbers, and forests. From early spring until late fall, a wide selection of species are invited to select their personal food preferences.

What to Plant to Invite Wildlife to your Property (Continued).

Butterflies like nectar-producing flowers with florets like lantana, phlox, or the verbena. Native wildflowers such as milkweed, dandelion, or goldenrod will attract these beauties to your area. Some butterflies can taste a leaf with their feet and decide which plant will be the right food for their offspring caterpillars. The Viceroy butterflies feed on cottonwoods and willows and at times, lay eggs on apple and poplar trees.⁴ Our State butterfly, the Black Swallowtail, prefers to eat and deposit eggs on fennel, parsley, and dill. So, do not restrict this carrot family solely to your vegetable garden.

Some butterflies live only a few days to a few weeks, while others live for several months. Why? Their sole purpose is to mate and produce a new generation. For this to occur, a longer lifespan may be required. We know about egg-to-adult butterfly stages, but did you know that the Monarch that leaves Canada will not be the same generation as the one that arrives in Mexico? The first generation only lives about 2-4 weeks, In fact, three to four generations do their part by laying eggs along the way. Isn't it amazing that a new generation is born understanding its role in the next segment of the journey. The final returning generation will live the longest, up to 8-9 months.⁵ For this reason, it is crucial to keep something blooming in your yard throughout the entire season. Monarchs can only nectar. They will suck on a watermelon when given the chance. However, when it comes to laying eggs, they choose plants in the milkweed family. These plants contain an alkaloid that predators find undesirable.⁶ As the caterpillar eats the leaves, it builds the toxin creating a safety net for survival. What a great place to lay your eggs!

Don't be so yard tidy!

Not all butterflies are migratory. The Great Spangled Fritillary overwinters, emerging when the wild violets appear. They appreciate snuggling under woody debris or leaf litter. The new caterpillars do not feed but wait until spring to eat from the viola family. Plant some and grow your own!

Some great plants to attract Oklahoma's butterflies are red clover, alfalfa, mint, hollyhocks, black cherries, lilac, verbena, honeysuckle, roses, asters, daisies, and rosemary. Many great books like *Butterflies of Oklahoma, Kansas, and North Texas* by Dole, Gerard, & Nelson detail flight paths and information on each species. A plethora of information is online about plants that attract our 194 documented species of Oklahoma beauties.

Hummingbirds

These beauties love native plants like salvia, butterfly bush, yarrow, and bee balm. If unavailable, they often find a sap hole left in a tree by a woodpecker.⁷ The sap is not as tasty but will suffice. They are also puddlers taking vital nutrients from the ash and sand.

Bees

Without bees, many of our food crops would die. They ambitiously collect nectar and pollen from plants like milkweed, clover, goldenrod, and dandelions. They carry it to a worker bee in the hive that holds it on its tongue until it evaporates into honey. A honeybee must visit 4000 flowers to make a single gram of honey.

scrgardenclubs.org

is the place to be seen!

The SCR website is up and running. Check it out. There is information about awards, scholarship and the Director's project. There are monthly articles about design under Barbara's Blog and horticulture news under Horticulture Help. **To access the Members Section use the password - GROW!** (Don't forget the exclamation point). SCR is also on Facebook, Twitter, and instagram....like and follow us. Want to see and read about your club, district or state? Send us pictures with a brief blurb to Kathy at mkcoxelp@sbcglobal.net.

What to Plant to Invite Wildlife to your Property (Continued).

Easy on the pesticides

Chemical pesticides ensure you won't be bothered by pesky mosquitoes. However, the result is a virtually lifeless property. Instead, build a bat house. These helpers eat up to 4000 in a single night. Invite dragonflies. They are the ultimate insect carnivores.

Decide what visitors you prefer, plant what they need to survive, and a multitude of splendor will take up residence on your property. Remember to select native plants to keep the ecosystem in balance. Let's help Oklahoma wildlife prosper and we will be rewarded with season after season of beauty.

Youth Bird Poster Contest Chairperson, *Mardi McKenzie*

The bird for **2017-2018** is
the male Eastern Bluebird,



INSTRUCTIONS: Draw on 8x10 sheet of paper. You may color, paint, or use colored pencil.

SCR LIFE MEMBERSHIP CHAIRMAN, Doris Jackson



CONGRATULATIONS to the new SCR Life Member
Debra Sorrell, Albuquerque, New Mexico

LIFE MEMBERSHIP \$50 + PIN \$ 5 = \$ 55

Pins are available with a magnet back or standard pin back.

All proceeds from the SCR Life Membership sales now go to the \$1000 SCR Scholarship given in the second year of a term. I encourage SCR members that do not have an SCR Life Membership to consider purchasing one during this new term. These memberships also make wonderful gifts for honoring members in your Club, District, State or our Region.

Order from:

Doris Jackson, SCR Life Membership Chairman
 316 Venado, Los Alamos NM 87544

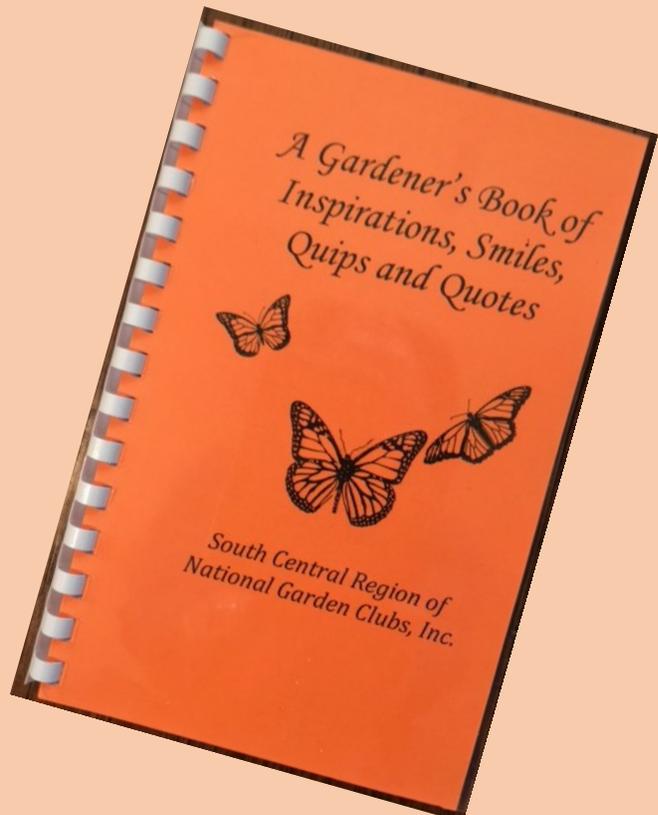
505-662-7563 Email: dfcjx@aol.com

A GARDENER'S BOOK OF INSPIRATIONS, SMILES, QUIPS AND QUOTES

Our SCR 86 page booklet is filled with messages, inspirations, prayers and poems needed to begin a meeting, before meals or at dedications, etc. The spiral bound booklet also includes fillers for your yearbooks or club newsletter.

The proceeds from the \$10.00 publication will benefit the South Central Region College Student Scholarship. Contact Regional Director, Isabel Olsen at (575) 420-3548 or

isabelolsen.nmgc@gmail.com



Mary Ann Moreno – Chairman of SCR Container Gardening

SOUTH CENTRAL REGION YOUTH CONTAINER CONTEST

South Central Region is sponsoring a Youth Garden Club/group, **Container Contest**, **“PLANT AMERICA”** – Helping our Birds, Bees and Pollinators. Prizes will be offered to Youth Garden Clubs or Groups, by size of Club/Groups.

Small Club – members up to 20

Medium Club – 20 to 40

Large club – 40+

First place in each category is \$100.00, 2nd prize \$75.00, 3rd prize \$50.00

HM \$25.00

All clubs/groups must be sponsored by a NGC Garden Club. All work must be done by the Student/youth. Containers must be placed in a public area and maintained. Age limit is 17 or be a Senior in High School. Groups that are special Education or have special needs are encouraged to enter the contest.

Applications are limited to three pages, pictures of youth and their container’s is recommended. Plants used in containers should be identified. A description of the project should be included

Cost of project and participation of the Garden club members is part of the application. Include number of students/youth and club size.

Contest should be completed and mailed in/or emailed to Chairman by March 15, 2018. Please ask permission of Parents or Guardians to use pictures taken of the students entering the contest for application use only.

Questions??

jbmamoreno@gmail.com

or 505-2668498



Sherie Clarkson, Herb Gardening Chairman

Winter-Weary Skin Needs Herbal Help

The winter months can be the most trying for your skin because of the lower humidity and heated air inside. Also, cold winter winds can burn and chap skin just as fast as summer sun. There is nothing so relaxing after a long, cold, dreary winter day than to soak in a hot tub.

This restorative method of being immersed in hot water know as hydrotherapy can be even better if you add herbs to the bath water.

Just as we know some herbs have certain medicinal properties, herbs can either cleanse, freshen, soften or tone the skin. Herbs can be used straight from your garden, either fresh or dried, or bought in bulk from a supplier. Here's a list of several herbs and the effects they produce when added to your bath.

Soothing and Relaxing – Catnip, Chamomile, Hops, Hyssop, Marshmallow

Invigorating (Stimulates Blood) -- Basil, Bay, Fennel, Lavender, Lemon Balm, Mint, Rosemary, Sage, Tansy, Thyme.

Good for Rough or Damaged Skin – Calendula, Comfrey, Spearmint, Yarrow

Astringents (Tightens Skin Pores) – Bay, Comfrey, Nasturtium (flowers) Rosemary, Sage, Salad Burnet, Southernwood, Yarrow

Of course, you can use these herbs separately or you can experiment and make combinations of these herbs if you want to heal several ailments at once. To get you started, Maggie Stuckey in "The Complete Herb Book", recommends three different herbal bath blends.

Herbal Bath No 1.

1 part lavender
1 part rosemary
1 part sage

Herbal Bath No. 2

1 part peppermint
1 part sage
1 part rosemary
1 part thyme

Herbal Bath No. 3

1 cup lavender
1 cup uncooked oatmeal
½ cup dried orange peel
½ cup rosemary
10 bay leaves, broken

There are several different methods to use when preparing the herbal bath mixtures.

The most basic is to make a strong "tea" and add it directly to the bath water. You can either make an *infusion* where you boil water, pour over the herbs, let it steep, then strain or a *decoction*, where you crush or chop the herb, usually the root or seeds, place

Winter-Weary Skin Needs Herbal Help (continued)

- in a pan of cold water, bring to a boil, simmer for about half an hour, then strain. Use about one cup of this herbal tea in your bathwater, the rest will keep in the refrigerator for a few days.

Herbal vinegars are just a stronger version of the ones you put on your salad and have several advantages over the plain herbal tea. First, vinegar has the ability to draw the essential oils out of a herb, next it is good to cleanse the pores and restores the natural acid balance that healthy skin has. And, when using vinegar, it will draw out the color of the herb so the finished produce will have a pleasant color, also. These herbal bath products do not need to be stored in the refrigerator as vinegar itself is a preservative.

Probably the quickest and easiest way to enjoy an herbal bath is by using essential oils. Just add a few drops while the bath is running. You can also make your own bath crystals by adding your favorite essential oil to salts.

Bath Salts

Combine 1 part baking soda, 3 parts Epsom salt, 2 parts sea salt and a few drops of food coloring and the essential oil of your choice. (Rose oil and a little red food coloring is nice). Use about a handful per bath. Placed in a nice container and wrapped with some festive ribbon, the bath salts make a quick and easy gift.

Bath bags are another way to get the benefits from an herbal bath. Nothing more than a sachet, a bundle of herbs in a small fabric bag, the only difference with the bath bag is it is immersed in water. Therefore, when making your bath bag, you want to make sure you use a colorfast fabric and tie it with plain string instead of ribbon. To use, either tie your bath bag from the faucet so it will hang down into the running water or just throw the bag into the tub after it has filled. They can be used several times either way. Make several of these bath bags, place in a pretty basket and you have a great hostess gift.

And if this is still too difficult, Maggie has several shortcuts for you.

- --- buy small muslin drawstring bags from mail-order sources.
- ---Use small porous bags intended for use with herbal teas. You fill them with your herbal mix and seal them closed with an iron.
- ---Use a real herbal tea bag. Just throw several into the tub.
- ---Use a metal tea ball filled with herbs hung from the faucet or tossed into the tub. Use the larger size.

A word of caution before you make some of these products, especially if you have sensitive skin. Do a patch test for reactions. Make a small batch and put a couple of drops on the gauze pad of a bandage, wear it on your inner arm for a day. Be careful with essential oils, dilute them in water before doing the test.

SCHOOLS OFFERED IN OUR REGION

Flower Show School I

March 7 – 9, 2018

Ruby Atkinson Garden Center,
1441 N Key Blvd, Midwest City, OK 73110

Sue Kirkman will teach Horticulture
(Non-cacti Succulents and Arboreal Pine Branches)
Shirley Tetreault will teach Design & Flower Show Procedure

Registration Deadline: February 5, 2018

Email dmarsheckgardenclub@yahoo.com and a Flyer will be returned ASAP for your convenience to join us.

FOR MORE INFORMATION CONTACT MaryAnn Holman, FSS Chairman
mholmanoklahomagardenclubs@aol.com C 512.917.3349 OR

Donna Marsheck, Registrar
dmarsheckgardenclub@yahoo.com C 918.440.1325

FLOWER SHOW SCHOOL II

March 23-25, 2018

Albuquerque, NM

**Darlene Newell from West Virginia will teach Horticulture
(Daffodils & Flowering Trees)**

&

Trece Chancellor of Alabama will teach Design.

School II covers tables and we know how everyone loves tables!

**FOR DETAILS or to REGISTER, Contact Suzy Andrego,
New Mexico State Flower Show Schools Chairman
Sandrego@qwest.net or (505) 259-3318**

CALENDAR OF UPCOMING EVENTS AROUND THE REGION:

- ♦ **MARCH 7-9, 2018** Flower Show School I—Midwest City, OK
- ♦ **MARCH 23-25, 2018** Flower Show School II—ABQ, NM
- ♦ **April 2-3, 2018** AFGC Spring Annual Convention, Hot Springs, AR
- ♦ **April 4-6, 2018** NMGC 69th Annual Convention, Santa Fe, NM
- ♦ **APRIL 27 & 28, 2018** *SCR 2018 Convention, Houston, Texas*
- ♦ **MAY 21-24, 2018** NGC Convention , Philadelphia, PA
- ♦ **July 11-13, 2018** Flower Show School II - Midwest City, OK
- ♦ **JULY 20-22, 2018** Flower Show School III, ABQ, NM
- ♦ **November 14-16, 2018** Flower Show School III - Midwest City, OK
- ♦ **NOVEMBER 16-18, 2018** Flower Show School IV, ABQ, NM
- ♦ **April 3-5, 2019** Flower Show School IV - Midwest City, OK

South Central Communicator Editorial Team

Suzy Andrego & Pam Grotts

Communicator Email address: scr.communicator@yahoo.com

COMMUNICATOR ARTICLE DUE DATE	COMMUNICATOR PUBLISH DATE
March 1	March 15
June 1	June 15
September 1	September 15
December 1	December 15