

# Round the Mountain



**Gloria Utley,  
Dolores Moffat**  
**Co-District Director**  
gloutley@aol.com  
doloresMoffat@hotmail.com

Diablo Foothills District, Inc.  
Member of California Garden Clubs, Inc.  
Pacific Region, National Garden Clubs, Inc.

Linda Holmes  
Round the Mountain, Editor  
(925) 256-1885 H  
(925) 788-4154 C  
[pljn@aol.com](mailto:pljn@aol.com)



2018 News  
Diablo Foothills District  
Vol. 30 Issue #2

From: Gloria Utley, Co- District Director

March 2018

Almost three quarters of the first year of this biennium has gone by. We have accomplished quite a bit. We kept the Diablo Foothills District viable. We located the original and current Articles of Incorporation. With our members input, we have updated our bylaws and we have less time spent on meetings.

Co-Director, Dolores Moffat, has attended the CGCI Board Meetings and brought current issues for us to forward to the clubs in our district. Members from the different clubs in our district are encouraged to keep the lines of communication open so we can all benefit from the different and innovative programs they select for their clubs. DFD programs have been interesting and educational. We learned about local injured, wild birds, snakes and other animals that are being cared for in a local sanctuary where they can be introduced back into nature when they are well. Some find permanent homes there if they would not survive if released back into the wild. Some of the residents of the sanctuary visited us so we could see the progress they had made.

We learned about wild mushrooms in our area and how to identify them. There are so many different varieties. Some that are safe to eat are very close in appearance to poisonous look a likes. It is even very hard for seasoned mushroom growers to choose correctly between those that grow wild. We were given a selection of resource materials to help us identify mushrooms in the wild or grow our own. It is important to keep our properties free of these mushrooms as dogs and even a few cats like to eat these specimens. Unfortunately these animals can be very susceptible to the poisons.

If clubs share information on their programs, other clubs may bring some of the same programs to their clubs. If you promote these programs to the public, you may encourage others to attend your meetings and possibly even get new members to join you.

*Cont. next page*

<u>In this Issue:</u>	<u>Page (s)</u>
Directors' message	1-2
Action Items	
Meeting Speaker David Rust	3
Treasurers Report	4
(as of February 2018)	
Meeting Minutes from	
February 2018	5-6
SF Flower Show tickets	7
DFD Award 2018 Form	8
LAVGC Plant Sale	9
WCGC Fundraiser	10
Sponsors of DFD	11

*Directors' message continued:*

There are so many areas of gardening that we should appeal to a number of different people. You may also try your hand at a different area yourself. You might even like it. Whether you are into horticulture, growing vegetables, flowers, herbs, or being creative with floral arranging, there are a lot of different interests to choose from.

If you should have any questions you can't find answers to, we encourage you to contact us. If we can't answer your questions, we will certainly make every effort to find the answers for you. If there are any areas of interest that you would like to see the district address in the future, please let us know. If you show an interest or curiosity in something, you can bet someone else will too. Get involved and support Diablo Foothills District and let the district know how we can support you.

Gloria Utley, Co-Director

**A request from your California Garden Clubs, Inc. (CGCI) representative, Dolores Moffat, Co-District Director:**

First a big thank you to all clubs for responding to my request for your plans for the year so that I could report, to the CGCI Board of Directors at the Winter Board Meeting in Thousand Oaks, CA on January 30 - Feb. 2, 2018, all the wonderful activities planned by the Diablo Foothills District Clubs.

Second I now ask you to send me the results of those plans.

I will be asked at the 87<sup>th</sup> Annual Convention in Tuolumne, CA on June 4-9, 2018 to report on your successes.

I also need to ask you to send me the Slate of Officers for the next term, as soon as you know who the officers will be.

Thank you so much for your cooperation.

Dolores Moffat, Co-Director

**Action Items:**

- 1. As soon as your clubs officers change, please inform your DFD Officers.**
- 2. Next DFD Meeting June 28, 2018**

**Please take some time out to visit and support our DFD Sponsors:**

**Cruise Adventures Unlimited, 925-828-3006**

**Steven M Lane Drafting and Design, 925-698-7057**

**Selmer's Tickets and Tours, 925-672-2845**

## David Rust, Mycological Association, speaker at our February 22nd meeting. Talk Takeaways.

Mushrooms. Fungi. Can be ugly, can be amazingly beautiful....but oh so extremely beneficial in many ways.

Beneficial in the lawn and garden: Mushrooms are the “flower” of fungi. The real action takes place underground. Some fungi act in a symbiotic relationship with plants, by scouring soil and organic matter for nutrients, and act with the roots of our plants to enhance their absorption of nutrients and water.

Fungi also act as decomposers, breaking down complex molecules that can be used by plants, such as nitrogen and phosphorus – as well as other minerals vital to plant health. Different “mushrooms” act with herbaceous plants in a symbiotic relationship to protect the plant from pathogens. One example is the “dead man’s foot” mushroom which helps the root system thrive.

Most biomass in soil is actually composed of fungi, rather the mycelium (hair like connectors on the fungus) acts as an “internet” and highways for communities of plants...We are at the beginnings of understanding that communities of trees and plants “talk” to each other and respond to each other by using the mycelium to share resources and ward off pathogens. Wood Wide Web, with NOVA has an excellent short program about this discovery. Walking on a forest floor will take on new meaning after you view this program.

Mushrooms, we are learning may have benefits to human health. “They’re low in carbohydrates and calories, but a great source of B vitamins, trace minerals, fiber and even protein. They also an **anti-inflammatory food**, containing high levels of beta-glucans compounds that keep immune cells alert, plus a powerful antioxidant called ergothioneine that helps lower bodywide inflammation” (<https://draxe.com/mushroom-nutrition-benefits>)

Time to learn more.....Thank you David Rust for opening our eyes to mushrooms and fungi...  
(Below is a list of references that David Rust provided at the end of his presentation.)

Radiolab, From Tree to Shining Tree, 7/30/2016  
<http://www.radiolab.org/story/from-tree-to-shining-tree/>

National Geographic, Science Salon, Robert Krulwich Blog  
<http://phenomena.nationalgeographic.com/2016/06/10/this-trees-food-weighs-5-5-quadrillion-tons/>

Suzanne Simard, TED Talk, How trees talk to each other  
[https://www.ted.com/talks/suzanne\\_simard\\_how\\_trees\\_talk\\_to\\_each\\_other/transcript](https://www.ted.com/talks/suzanne_simard_how_trees_talk_to_each_other/transcript)

The Fifth Kingdom, Bryce Kendrick  
<http://www.mycolog.com/fifthtoc.html>

New York Botanic Garden: Hidden Partners <http://sciweb.nybg.org/Science2/hcol/mycorrhizae.asp.html>

Oregon State, Mushrooms can mean healthy soil  
<http://extension.oregonstate.edu/gardening/mushrooms-can-mean-healthy-soil>

Garden Myths, Fungi Inoculant Products  
<http://www.gardenmyths.com/mycorrhizae-fungi-inoculant-products/>

**DIABLO FOOTHILLS DISTRICT FINANCIAL REPORT**  
**from 07/01/17 to 02/01/2018    General Meeting February 22, 2018**

**Balance on hand 07/01/17 (First Republic Bank checking acct)** **\$7,544.90**

**CASH RECEIPTS**

DFD dues deposited 8/30, 9/29, 12/13	\$813.75	
Yearbook Ads deposited 9/29	\$100.00	
Bank Interest July 2017 thru January 2018	\$0.23	
Penny Pines collected 9/21	\$28.52	
Sale of 3 CGCI yearbooks	\$18.00	
<b>TOTAL CASH RECEIVED</b>		<b>\$960.50</b>

**CASH DISBURSEMENTS**

Jane Berger 7/27/17 coffee for mtg	\$31.90	
CGCI Insurance certificate 8/29/17	\$35.00	
Corvid Connection (Sept program)	\$100.00	
Elks Club for room rental	\$150.00	
Jane Berger 9/21/17 coffee for mtg	\$47.85	
Donation: Gardens at Heather Farm	\$100.00	
Donation: Ruth Bancroft Garden	\$100.00	
Donation: Save Mount Diablo	\$100.00	
Secretary of State (Statement of Information)	\$20.00	
<b>TOTAL CASH DISBURSEMENTS</b>		<b>\$684.75</b>

**BALANCE ON HAND 02/01/2018** **\$7,820.65**

Earmarked Penny Pines funds	\$35.16	
one year Reserves	<u>\$4,000.00</u>	
	<b>\$4,035.16</b>	

**WORKING FUND** **\$3,785.49**

Balance on hand	\$7,820.65	
First Republic Bank CD—balance 8/30/17	<u>\$1,876.22</u>	
<b>Total Money available</b>		<b>\$9,696.87</b>

Audrey Marlovits, treasurer

**Diablo Foothills District General Membership Meeting**  
**February 22, 2018**  
Elks Lodge, Creekside, Walnut Creek

Co-Director, Gloria Utley, called the meeting to order at 10:03 A.M.

Pledge of Allegiance

Corresponding Secretary, Linda Flood, took Roll Call. All DFD Officers present except, Assistant Director, Steve Lane. Representatives from all clubs present except Northern Camellia Society and Ruth Bancroft Gardens.

Secretary, Linda Cruz, provided copies of minutes from August 24<sup>th</sup> Board meeting. Parliamentarian, Judy Bates, suggested the heading "Diablo Foothills District Executive Board Meeting Minutes" be changed to "Diablo Foothills District Executive Committee Meeting Minutes." August minutes were approved for file as changed.

Pro tem Secretary, Linda Holmes, provided minutes from September 21<sup>st</sup>, 2017 via an e-blast. After brief discussion, minutes were approved.

Treasurer, Audrey Marlovits, provided a Treasurer's Report from July 1, 2017-Feb 1, 2018, attached. The report will be filed for audit.

There were 3 ads placed in the Diablo Foothills District Directory. All are paid in full.

Penny Pines Chair, Aprill McBeth, passed around the Penny Pines collection box.

Awards Chair, Mona Dunlop, handed out application forms for Propagator of the Year and Floral Arranger which includes NEW this year "Container Designer of the Year." The application deadline is June 1<sup>st</sup>. Individual winners receive \$25 and a Certificate. Reminders will be sent out to district clubs. DFD is looking for a Chair to coordinate volunteers for General Meeting refreshments. There were no volunteers. It was discussed that refreshments will be rotated alphabetically amongst the clubs. Clayton Valley Garden Club provided today's refreshments; Discovery Bay will be responsible for providing refreshments for the June 28<sup>th</sup> meeting. There was a motion, seconded, and passed.

Clubs were reminded that the Diablo Foothills District needs 3 directories from each club; 1 for each of the co-Directors, and 1 for the Communications Director.

**The California Garden Clubs, Inc. (CGCI) convention will be held June 4-7** at the Black Oak Casino & Hotel in Tuolumne. It was asked how many clubs budget for attendance at the convention. Walnut Creek & Clayton Valley responded that they partially budget for convention attendance. All members are invited to attend; however, clubs are entitled to 1 delegate per 50 members.

**Nominating Committee** volunteers were requested. A slate of nominees needs to be introduced in February 2019 for the election for the next board for July 1, 2019. Volunteers were: Marlene Kinney of Clayton Valley Garden Club, Mona Dunlop of Walnut Creek Garden Club, and Aprill McBeth of Discovery Bay Garden Club. A motion was made, seconded, and passed to accept this Nominating Committee. The Committee will select a Chair, and then meet with Parliamentarian, Judy Bates, for guidance.

**'Round the Mountain** Newsletter Editor, Linda Holmes, asked for clubs to send her their newsletters. She asked that articles be sent in Word Doc and 12 font and that photos be sent in .jpg format. Send your fundraiser flyers. Send Memos including "from," "topic," "due date," and "contact info." The Deadline for the next **'Round the Mountain** is May 1<sup>st</sup> for May 15<sup>th</sup> distribution.

**The San Francisco Flower & Garden Show (SFFGS)** will be held April 4-8 at the Cow Palace in San Francisco. SFFGS provided DFD with 200 tickets at the discounted price of \$16 as opposed to the regular \$22 price. The District will receive \$2 from each ticket sold. Purchase tickets from Treasurer, Audrey Marlovits. Clubs may take tickets on consignment. Return all remaining tickets to Audrey by March 27th. CGCI is having a discussion of having a CGCI membership Booth at the SFF&GS.

**CGCI Winter Board meeting report by co-Director, Dolores Moffat:** There were presentations on Zoology, Birds, Grafting, Pruning, Daylilies, and Officer Reports. Reminder all members should subscribe to Golden Garden E-news. Submit articles by the 15<sup>th</sup> of each month. There are 266 clubs in CGCI which are entitled to discounts and garden entrance with the CGCI Membership card. There were 13 District Director reports.

**Beware-Scams:** There have been scams using the CGCI President name. The scams have been successful in obtaining money from Treasurers.

District Director from Redding gave a presentation about collecting luggage stamps to donate to charity. The Paradise Garden Club co-President provided a presentation on wildfire safety and what plants not to plant near your house. Google Diablo Fire Safety Council and select Landscape Planting guide for information.

**CGCI Awards:** There are over 70 CGCI Awards. The Award year is from January 1 through December 31. Each club should have an Awards Chairperson. Review the awards on pages 63-80 in CGCI Yearbook, Manual, and Roster. Life Memberships are available for memorial and past Presidents. There are 3 Scholarships from \$1,000 - \$2000.

**Pacific Region Convention:** The Pacific Region will hold its convention in Chena Hot Springs, Alaska from April 5-9. WACONIAH is the name of the Pacific Region newsletter and stands for the first letter of each state in the Pacific Region. Robin Pokorski will be the Pacific Region Director for the next two year term. California will host a regional meeting in Van Nuys April 7-10, 2019.

**The National Garden Club (NGC) Convention** will be held May 21-24. Delegates were appointed. The 9 Officers of the Executive Committee of CGCI meet the day before the meeting starts to recommend budget, position appointments, and to ratify. Go to NGC on line to get the National Garden Club newsletter "Keeping in Touch."

Meeting was adjourned at 11:00.

Guest Speaker was David Rust who spoke about Mushrooms.

Respectfully submitted by Secretary, Linda Cruz

February 25, 2018, edited March 4, 2018

# SAN FRANCISCO FLOWER SHOW

AT THE COW PALACE.....APRIL 4-8, 2018 (Wed.-Sun.)

Website: [www.sfgardenshow.com](http://www.sfgardenshow.com)\*

\*( The website gives transportation and parking information. It is possible to get there on BART-Balboa Station . Show will provide shuttle service from 9:45 am to 5:30 pm each day of the show).

Tickets at the door are \$22.00, but you can get these same tickets In advance, **for only \$16.00** by contacting your Club President

The best part of this process is that our district will be Getting \$2.00 PER TICKET SOLD!

The District Treasurer, Audrey Marlovits, has distributed some tickets in advance to the Clubs in attendance at the recent district meeting...

## DEADLINES:

Funds for those tickets need to be back to Audrey by March 24th Mail checks made payable to DFD to Audrey Marlovits at:  
2141 Belford Dr., Walnut Creek 94598

(She needs to get these funds to SFFS by March 27th. )

Email or call Audrey for more tickets or questions.

[Ammarlovits@gmail.com](mailto:Ammarlovits@gmail.com) or 925-946-1226





## 2017-18 DFD Awards Application for FLOWER ARRANGER or CONTAINER DESIGNER

Award Name: \_\_\_\_\_

Submitted by: \_\_\_\_\_  
*(Enter name exactly as it should appear on award)*

Date: \_\_\_\_\_

Name of Club: \_\_\_\_\_

District: **DIABLO FOOTHILLS DISTRICT**

- Application form is limited to four printed pages; **this page is Page #1**; print one side only.
- Copy entry for your files.
- Deadline: Submit by JUNE 1<sup>st</sup>
- Submit to Mona Dunlop, 6888 Duke Court, Dublin CA 94568

**Please complete each topic, if applicable.**

1. Brief summary of project, (flower or plant names, materials used, etc.)
2. Attach or insert photos, digital photos



**Livermore Amador Valley Garden Club**

# Plant Sale



**SATURDAY, APRIL 7**

9 a.m. to 1 p.m.

**Amador High School Parking Lot**

**1155 Santa Rita Road, Pleasanton**

**Great Prices on Plants from our Members' Gardens  
and We pay the Sales Tax!**

**Rain or Shine**

See our Website for Workshops and Events  
[www.lavgc.org](http://www.lavgc.org)

# Walnut Creek Garden Club

Invites you to lunch and a fun afternoon  
with Will Durst as he tells us why,  
Laughter is the Best Medicine

A Comedic Tour-de-Force, Will Durst  
is also a writer, syndicated columnist,  
TV personality....and more



**Wednesday, April 4, 2018**

**11:30 a.m. – 2:00 p.m.**

**Crow Canyon Country Club  
711 Silver Lake Drive, Danville**

**Tickets: \$45** (Deadline to Purchase March 21)

Friends, spouses, family welcome

*Lunch: Classic Cobb Salad or Vegetarian Cobb Salad and Dessert*

**A fundraiser for the community programs of  
The Walnut Creek Garden Club  
Prize Opportunities & Silent Auction**

Questions: Margaret Stewart: 925-253-8599 or  
Jan Howard: 925-933-5861 [mstewart@gmail.com](mailto:mstewart@gmail.com)

Thank you, sponsors, for supporting us, yet again.....

## Diablo Foothills District, Inc.



Members & Friends  
Advertising Directory  
2017-2018

**STEVEN M. BLANE**  
DRAFTING & DESIGN

Building Landscape Graphics - Design Consultant  
Permit Submittal Plans - Presentation Graphics & Design  
245 MOUNTAINE CIRCLE  
CLAYTON, CALIFORNIA, 94517  
(925) 698-7057 / [slanedesigns@gmail.com](mailto:slanedesigns@gmail.com)  
Over 30 Years Experience - References upon request  
www.dan-schneider.com/245-mountain-circle-ca-94517

**Selmer's Tickets and Tours**

DIANE SELMER  
Cruise Specialist  
Independent Agent  
Division of Nexion

314 Meredith Ct  
Clayton, CA 94517

Call (510) 612-7890  
Office (925) 672-2845  
[dianeandrolf@aol.com](mailto:dianeandrolf@aol.com)

## DFD Members & Friends Advertising Directory

Cruise Adventures  
Unlimited

1610 Locust Street, Walnut Creek, CA 94596

Mona

Dunlop

Certified Cruise Connector,  
Destination Specialist  
Cruises - Land Tours  
Luxury Travel

925-828-3006 [mdunlop@pacbell.net](mailto:mdunlop@pacbell.net)

CST# CA-2074362-40



The printing cost of this year's 2017-2018 Yearbook & Roster has been deferred by these advertising businesses & services - most owned by Diablo Foothill District Club Members and Friends of the District.

Please show your appreciation by supporting these local businesses and services.

Advertising Page layout & Design by Steve Lane