

# Golden Gardens

Official Publication of California Garden Clubs, Inc.



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SPECIAL  
AWARDS  
EDITION

July-August 2024

Vol. 1-17



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of the Year

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 (North)  
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Youth Activities Chm.: [Lisa Cosand](#)  
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 Contest: [Charlotte Tucker](#) w/  
[Michelle Blomberg](#) (Asst.)

See Circle of Poppies members in 2023-24  
 Yearbook, Manual & Roster.

Golden Gardens

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- Distributed electronically—FREE.
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OFFICIAL CALENDAR

Check the CGCI Calendar of Events for links to brochures, flyers, registration forms, etc. For schools in other states, check the [NGC website](#). See CGCI [Calendar](#) Member Special Events for club, affiliate, associate plant society and district "special" events which are open to the public.

**2024**

**July 12-13**, Landscape Design School, Course 2, North Hills. Sponsor: So. California Garden Club.

Chairman: [Alexis Slafer](#). [Brochure](#).

**July 26-27**, Landscape Design School, Course 3, North Hills. See above.

**August 9-10**, Landscape Design School, Course 4, North Hills. See above.

**August 21-23**, [PRGC Convention](#), Anchorage, Alaska

**August 28-30**, Flower Show School, Course 2, Red Bluff. Co-Chairmen: [Dottie Renstrom/Joie Raymond](#). [Brochure](#)

**September 8-11**, CGCI Fall Board Meeting, Harris Ranch, Coalinga

**September 24**, NGC Fall Board Meeting — Virtual

**2025**

**January 27-29**, CGCI Winter Board Meeting — Virtual

**February 27-March 1**, Flower Show School, Course 1, Poway

**March 18-20**, Flower Show School, Course 3, Red Bluff. Co-Chairmen: [Dottie Renstrom Joie Raymond](#)

**April 29-May 1**, PRGC Convention, Tempe, AZ

**June**, CGCI Convention, Laguna Niguel

**May 19-23**, NGC Convention, Omaha, NE

**September 3-5**, Flower Show School, Course 4, Red Bluff. See above.

**September 18-20**, Flower Show School, Course 2, Poway

**THE PRESIDENT'S MESSAGE**

Our 92<sup>nd</sup> annual convention, a resounding success, was held at the Sacramento Wyndham Hotel, all thanks to the diligent efforts of the Golden Foothills District. A special "thank you" goes to Convention Chairman Sue Bennett, District Director Annette Choate, and the entire Golden Foothills District for their invaluable contributions. It was a pleasure to spend time with the board members, club presidents, delegates, and guests who made this event memorable.

The workshop, "Rose Varieties that Make for Excellent Cut Flowers," by Master Rosarian Deb Arrington was one of the highlights of the convention. It was heartening to see a large number of flower arrangers eager to learn Deb's secrets for success.

Flower Show Judge Jan Goering hosted a hands-on workshop where attendees created fascinators (large decorative designs attached to headbands or clips). The workshop was enjoyable and sparked creativity, leading most attendees to wear their fabulous fascinators to Monday night's dinner. That evening's program included a fashion show celebrating "100 Years of Garden Clubbing: 1920s-2020s," featuring stunning garden club models in vintage clothing that astonished the audience.

On Tuesday morning, we were delighted to welcome Rose Loveall of Morningsun Herb Farm, who hosted a wonderful workshop on "Herbal Allstars."

The speaker for Tuesday's lunch was Natalie Korengold from the Golden Gate National Parks Conservancy. Natalie provided an update on Black Point Historic Gardens, one of our state projects.

On Tuesday evening, the highly anticipated CGCI awards banquet took place. Awards Chairman Pat Claves delivered an impressive PowerPoint presentation during the banquet, and awards were distributed. The PowerPoint can be found on the [website](#). A big "thank you" goes out to Pat and the members of the Awards Committee for their dedication and hard work in making the evening a success.

Wednesday evening added a touch of artistry and magic with a dazzling floral demonstration by Brad Welles, a master at creating unique structures and making them come to life with the magic of flowers. He transformed blooms into breathtaking arrangements, showcasing creative techniques that left attendees with a newfound appreciation for floral design. Brad is a true craftsman and shows off his creative talents at OFAD (Organization of Floral Art Designers) every August.

The convention was more than just a series of workshops and business meetings (and, yes, we did accomplish a lot of business); it was a vibrant community that brought together like-minded individuals who were united by a shared love for gardening. The networking opportunities, whether before, after, or during meals, were not solely about exchanging knowledge and local gardening tips, but also about fostering collaboration and inspiration. The convention was a testament to the unifying power of gardening, showcasing the vibrant energy and camaraderie that comes from a shared passion.

The CGCI convention concluded with a sense of accomplishment and renewed enthusiasm. With new knowledge, practical tips, and inspiration, attendees departed, ready to nurture their gardens and further their horticultural journeys. The connections forged the "seeds of tomorrow today" and promised a future filled with vibrant gardens, thriving ecosystems, and a deep appreciation for the gardening world. I have never been prouder to be the president of an organization than I am to be CGCI's President.

*Carol*



MAY 20-22, 2024

2024 CGCI CONVENTION COLLAGE

SACRAMENTO



Photo Credit: Brad Welles



## CGCI GOVERNANCE

By [Greg Pokorski](#), Parliamentarian



CGCI was founded in 1931 by 23 garden clubs. Today, it is made up of 283 garden clubs, associate plant societies, and affiliates. It is governed by a board of directors (officers are elected every two years, and new chairmen and committees are appointed with each new administration). District Directors are elected by the clubs in each district and are members of the CGCI board of directors. Every member club should be represented at every state meeting (Winter, Pre-Convention, Convention, and Fall) by its Director. It is important for the clubs in each district to elect directors who understand that they serve on the CGCI board of directors and serve as liaisons between the local clubs and the state organization and who will represent them at every meeting. Clubs are entitled to additional representation by their presidents and by delegates (the number of eligible delegates depends on the membership of each club) at annual conventions. Only 28 clubs sent official representatives to the recent convention in Sacramento. Get involved in your organization. Plan to attend the next convention in Orange County next June.

At this year's convention, bylaws amendments were approved by the membership (the convention body); standing rules amendments were approved by the board of directors; and policy changes were approved by the executive committee. These documents are being updated and will soon be posted on our website. The revised bylaws and standing rules will also be printed in the 2024-2025 *Yearbook, Manual & Roster*, which is provided to every board member and every club president.

These are a few of the recently approved changes:

- The name of our official publication has been changed from *Golden Gardens eNews* to *Golden Gardens*. The term "eNews" was coined when there were both print and digital versions of *Golden Gardens*. There has not been a print version of the publication since spring 2013. Therefore, the term "eNews" is not needed. *Golden Gardens* is the historical name of CGCI's official publication.
- The name of the Bylaws & Policy Committee was changed to Governance Committee. Governance is the contemporary parliamentary reference to the committee which deals with all of an organization's governing documents, including bylaws, standing rules and policy. All CGCI members may suggest changes to these rules and documents. Use the [Amendment Request web-form](#) on the website.
- The name of the Advisory Council (former CGCI presidents) was changed to Advisory Committee. This clarifies that this is a committee of the board of directors because "council" could incorrectly imply that this group has some existence separate from the board of directors. It appears that this committee of former presidents only got the name "council" in the first place because one of the original CGCI committees was an Advisory Committee (made up of horticulturists and conservationists). So, the term Advisory Committee was already in use when a committee of former presidents was formed. That original committee is now long gone.
- Information and rules concerning the Group Tax Exemption Program (GTEP) was moved from Policy to Bylaws, where it will be more visible and have greater importance in the hierarchy of rules.

Contact this officer with questions about the structure and governance of your organization.

### DUES ARE DUE

**Attn: Clubs and Associate Plant Societies**

**CGCI dues are due and payable on July 1. Dues become delinquent on October 1. The dues form can be found on the website under "[Membership & Dues](#)."**

**If you have any questions, contact the Membership Chairman, [Nina Blonski](#).**

## 2023-2025 PRESIDENT'S PROJECT

By [Terri Taylor](#), [President's Project](#) Chairman

### BUILDING THE CGCI SCHOLARSHIP FUND

What a remarkable journey we've been on together! We set foot at the CGCI convention with an impressive \$16,000 in donations to fund scholarships. And now, thanks to your unwavering support, we're edging closer to the \$20,000 mark. Your collective and generous contributions have truly made all the difference.

After the sale of the fabulous CGCI tote bags (donated and designed by President Carol Vallens), silent auction baskets, a handmade quilt by Millie Benson, jewelry donated by Carol Vallens, and many other lovely items for sale, as well as the personal, club, and district donations received, it is clear that together we are a strong group that supports scholarships.

Let's catch a quick breath and return to the mission of raising the bar at the Fall Board Meeting. I will be sure to have interesting items for sale and a bit of fun to be had. The Giving Tree will not be visible until next year's convention, but I will continue to fill it with leaves, birds, and flowers to represent your generous giving spirit. New and creative ways to keep the donations flowing will be announced soon.



**Giving Tree at the 2024 Convention & Closeup of Leaves**

My heartfelt thanks goes out to each and every one of you for your invaluable contributions to the President's Project—Scholarships!

### RECENT DONORS:

Marlene Kinney  
Terri Taylor  
Carol Vallens  
Carolands Garden Club

Manteca Garden Club  
Redding Wonderland Garden Club  
San Clemente Garden Club

Costa Verde District  
Santa Clara Valley District  
Valley Lode District

[CLICK HERE TO DONATE BY CHECK](#)

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## LIFE MEMBERSHIPS

By [Linda Travis](#), [Life Membership](#) Chairman

Congratulations to our newest Life Members!

- **Nellie Dewey** of Southern California Garden Club, San Fernando Valley District
- **Mike Gould** of San Clemente Garden Club, Orange County District
- **Argie Grimshaw** of Long Beach Garden Club, Costa Verde District
- **Carol Luetz** of San Clemente Garden Club, Orange County District
- **Bob Luetz** of San Clemente Garden Club, Orange County District
- **Wendy McKeown** of Los Osos Valley Garden Club, Montana de Oro District
- **Barbara Tyler** of Atherton Garden Guild, Bay Ocean District
- **Joyce Webster** of Long Beach Garden Club, Costa Verde District

[CLICK HERE TO OBTAIN A LIFE MEMBERSHIP](#)



### NATIONAL GARDEN CLUBS, INC.

- **Diane Lerner** of Southern California Garden Club, San Fernando Valley District

### PACIFIC REGION GARDEN CLUBS, INC.

- **Tonie Bruno** of Southern California Garden Club, San Fernando Valley District

### CALIFORNIA GARDEN CLUBS, INC.

- **Mary Villalta Brooks** of Merced Garden Club, Yosemite Gateway District
- **Suzanne Clarke** of Petaluma Garden Club, Luther Burbank District

## HORTICULTURE

### ORANGE STAR (*ORNITHOGALUM*)

By [Ellyn Meikle](#), Cactus & Succulent Chairman



The Orange Star (*Ornithogalum*) is a Southern African native and a popular perennial bulb with a long lifespan. It produces bright orange flowers in the classic star shape, which is where it gets its common name.

The plant, with its vibrant orange flowers in the iconic star shape, is a standout in any flower garden. This resilient plant thrives in USDA Zones 7-11, particularly in the warmer areas of Zones 9 and above. However, it can still flourish in Zones 7 and 8 with the right conditions.

Orange Stars are low-maintenance beauties, with an impressively long lifespan. As long as they are given the right care and conditions, they will continue to grace your garden without much effort.

This compact plant grows between 12 and 20 inches tall, producing clusters of small orange flowers with pointed petals. These flowers form on long, thin stems that emerge from elongated bright green leaves.

It is important to note that all parts of the plant are toxic when ingested, so keep the plant away from pets and children.

Most Orange Star bulbs are considered perennials. With the right care and conditions, they will come back year after year.

Orange Stars will essentially continue to bloom until incorrect care, conditions, pests, or diseases result in their demise. Although there is typically something that will influence the lifespan of your plants, they can live indefinitely in the right environment. They have been known to survive for 30 years or even longer, flowering prolifically each season until they are pulled from the garden or succumb to some issue.

Photo by: Ellyn Meikle  
Source: Epic Gardening

### NATIONAL "SNEAK SOME ZUCCHINI ONTO YOUR NEIGHBOR'S PORCH DAY" IS AUGUST 8!



[Nationaltoday.com](https://www.nationaltoday.com) says that, "It's that time of year when keen gardeners have way too much zucchini on their hands, and so August 8 is National Sneak Some Zucchini Onto Your Neighbor's Porch Day. Those tasty zucchini plants are so rich in produce that even the most hardcore zucchini muncher will struggle to eat it all. With that in mind, this cheeky day is your chance to sneak up your neighbor's garden path and leave a little surprise for when they open the door."

#### Facts about zucchini from Facts.net:

- Zucchini is a Fruit Disguised as a Vegetable -- Contrary to popular belief, zucchini is botanically classified as a fruit due to its origin from a flower and the presence of seeds. However, it is commonly referred to and treated as a vegetable in culinary applications.
- Zucchini is a Low-Calorie Veggie Powerhouse -- If you're watching your calorie intake, zucchini is your go-to vegetable. With just 17 calories per 100 grams, zucchini is a guilt-free addition to your meals, providing essential nutrients without the extra calories.
- Zucchini is Packed with Nutrients -- Despite its low calorie count, zucchini is rich in various vitamins and minerals. It is an excellent source of vitamin C, vitamin A, potassium, and folate, which contribute to overall health and well-being.
- Zucchini Helps to Maintain a Healthy Digestive System -- One cup of zucchini contains around 2.5 grams of dietary fiber, aiding in proper digestion and preventing constipation. Including zucchini in your diet can help you maintain a healthy digestive system.
- Zucchini Promotes Hydration -- Zucchini has a high water content, which helps to keep your body hydrated. Staying hydrated is crucial for optimal bodily functions and can support healthy skin, digestion, and overall well-being.

See more zucchini facts at [Facts.net](https://www.facts.net).



## CONSERVATION

## STALKING THE MONARCH BUTTERFLY

By [Nancy Compton](#), Writer-at-Large

Out of 17,500 species of butterflies in the world, it is the monarch in particular that captures the public imagination. They are large, colorful, and easily recognizable with their bold and distinctive markings. Like birds, they migrate, sometimes great distances. In fact, the eastern monarchs (those east of the Rocky Mountains) can migrate up to 3,000 miles from southern Canada to the Sierra Madre mountains in Michoacan in southwestern Mexico.

It wasn't until the 1970s that researchers discovered where the eastern monarchs go in winter. Assisted by citizen scientists, monarchs were tagged in Canada and followed south to Texas, but where they went from there was still a mystery. Then the lead scientists wondered if they continued flying into Mexico, so they

put a classified ad in a newspaper in Mexico City where it was spotted by a U.S. citizen then living and working in Mexico. He had seen monarchs in flight and suspected they were continuing to a winter home in the mountains.

The researchers got together and drove to Angangueo, a relatively small town on the edge of the high pine and fir forests of the Sierra Madre, about 100 miles west of Mexico City. Here, extensive stands of oyamel trees (*Abies religiosa*) help to provide an ideal microclimate to protect the monarch colonies from erratic winter storms. The researchers asked residents if they had seen any monarch butterflies during the winter months. The residents shook their heads, until one of the researchers produced a picture. "Ahhh...palomas!" exclaimed a local. The researchers, English speakers, were using the word "mariposa," the literal translation of which is "butterfly." Why the local residents of Angangueo referred to them as *palomas* (which means dove in Spanish) remains a mystery, but what was no longer a mystery was where the eastern monarchs over-wintered. The August 1976 issue of *National Geographic* revealed to the world the fascinating phenomenon of the protracted journey of the monarch butterfly.

Knowing that the monarch population is dwindling, I decided to play citizen scientist and join a Natural Habitat Adventure trip while there was still time to witness the overwintering monarchs. This involved flying to Mexico City, taking a trip into the mountains via a bouncy ride in an open pickup with seven other hardy souls, then getting on a horse that clambered slowly up an earthen trail until it no longer wanted to climb, and completing the hike by trudging up a trail populated by an ample supply of rocks and giant tree roots. The oxygen supply at 10,000 ft. is miniscule, so this hike was not for the faint of heart.

But once there, the stunning beauty of hundreds of thousands of monarchs clinging to fir tree branches was truly breathtaking. Hikers stood spellbound watching some of the monarchs fly around, some landing on hikers' backpacks. From time to time, thousands of monarchs would leave a tree at the same time, creating a river of monarchs, a spectacle spellbinding to witness. The feeling of connection to nature was beyond description.

Upon returning home, friends asked why I didn't just drive over to Pismo Beach where the western monarchs overwinter. The western monarchs are just as beautiful, but their migration is much shorter and less dramatic – a kind of laid-back migration true to the West Coast style of living.

Our monarchs are disappearing, due to several issues, such as the use of toxic pesticides and urban development. They desperately need our help. Please do your part by planting milkweeds, which is the only plant on which they can lay their eggs. Plant them in your gardens, plant them in public parks, plant them on your ranch land, plant them in your community gardens. The monarchs in our world will thank you.

**The Monarch Butterfly**

*From chrysalis palace this beauty born,  
a single part of nature's wondrous sights.  
In flower filled meadows the grass so green;  
sunlight upon fluttering wings, pristine.  
Her colors are a festival of lights,  
never will you be left feeling forlorn.*

*A monarch resplendent; she is serene,  
the butterfly in winged flight, a queen.*

*The flower filled gardens she does adorn,  
carrying one's senses to endless heights.  
Beneath powder blue skies in air so clean,  
the most beautiful sight I've ever seen.  
Having no remorse for thoughts she incites,  
through the butterfly I will be reborn.*

— Joyce Le Lievre





## PENNY PINES PROGRAM

By Terry Sampson, Penny Pines Chairman

## PENNY PINES DONATIONS — JUNE 2024 REPORT

Donations to Date: \$19,992

H = In Honor

M = In Memory

**ARBORETUM DISTRICT****It's Garden Thyme**

H: Nedra Root	\$68
H: Dottie Gobster	\$68
H: Donna Cox	\$68
H: Damon DiRuscio	\$68
H: Mary Jo DiRuscio	\$68
H: Gail Pearce	\$68
H: Mardie Heller	\$68
H: Barbara Penland Maun	\$68

**BAY BRIDGES DISTRICT****Hillside Gardeners of Montclair**

H: B. K. Moran	\$68
<b>Pinole Garden Club</b>	
H: Stephanie Frey-Secor	\$68
M: Pat York	\$204

**BAY OCEAN DISTRICT****Garden Study Club of the Peninsula**

	\$68
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**BUTTES DISTRICT****Paradise Garden Club**

	\$204
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**CASCADE DISTRICT****Redding Wonderland Garden Club**

M: Linda Getty	\$68
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**DESERT EMPIRE DISTRICT****Oasis Garden Club of IWV**

M: Edward R. Middlemiss	\$68
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**DIABLO FOOTHILLS DISTRICT****Clayton Valley Garden Club**

H: Rich Veal	\$68
H: David Lowe	\$68
H: Linda Cruz	\$68
H: Nancy Niemeyer	\$68
H: Selma Mangrum	\$68

**GOLDEN FOOTHILLS DISTRICT****Roseville Better Gardens Club**

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H: Susan Johnson	\$68
H: Jenny Catron	\$68
H: Michele Lange	\$68
H: Ramon Lopez	\$68
H: Paula Agostini	\$68
H: Peggy Beller	\$68

**GREATER LOS ANGELES DISTRICT**

H: Karen Martino	\$68
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**ORANGE COUNTY DISTRICT****Laguna Beach Garden Club**

H: Vicky Adams-Cuccia	\$68
H: Kathy Goodwin	\$68
H: Mimi Griffin	\$68
H: Kate Guerra-Hershey	\$68
H: Mae Ho	\$68
H: John Holcomb	\$68
H: Jane Leary	\$68
H: Norman Powell	\$68
H: Mary Sanchez	\$68
H: Susan South	\$68
<b>Lake Forest Garden Club</b>	
M: Melba Mattson	\$68
<b>Newport Hills Garden Club</b>	
H: Earth Day	\$68
H: Arbor Day	\$68

**San Clemente Garden Club**

M: Betsy Dunn	\$68
M: Barbara Shouten	\$68
H: Prescott Cogswell	\$68
H: Simone Costes	\$68
H: Dolly Latteier	\$68
H: Mary Blume	\$68

**PALOMAR DISTRICT****Chula Vista Garden Club**

H: Elizabeth Madrazo	\$68
H: Robin Shelton	\$68
<b>Village Garden Club of La Jolla</b>	\$884

**Vista Garden Club**

H: Vista Garden Club	\$68
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**ROADRUNNER DISTRICT****Hesperia Garden Club**

H: Suzi Mulleda	\$68
M: Doris Redwine-Fielding	\$68

**SACRAMENTO RIVER VALLEY DISTRICT**

M: Cindy Turnipseed	\$68
H: Davis Flower Arrangers	\$68
<b>Arden Park Garden Club</b>	
M: Carolyn Marray	\$68
<b>Folsom Garden Club</b>	
H: Marla Chase	\$68
H: Diane Dillard	\$68
H: Annette Karle	\$68
M: Irmgard Henke	\$68
<b>Gardeners of the Grove</b>	
<b>River Valley Garden Club</b>	
M: Marian Yosie Hoberg	\$68
H: Deb Rooney	\$68
H: Boy Scout Troup #633	\$68

**SAN FERNANDO VALLEY DISTRICT****Burbank-Valley Garden Club**

H: Kathy Itomura	\$68
M: David Eberhardt	\$68
<b>Southern California Garden Club</b>	
H: Loren Zeldin	\$68
<b>West Valley Garden Club</b>	
M: Lucy Kerecman	\$68
M: Carol Spearman	\$68
M: Richard Buratti	\$68
M: John Luker	\$68

**TOP O' THE STATE DISTRICT**

<b>McCloud Garden Club</b>	\$204
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**VALLEY LODE DISTRICT**

H: Martha Lind	\$68
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**Ceres Garden Club**

M: Ida Hawkins, Martha Williams, Rebecca Hill, Harriet Valverde	\$68
H: Speakers	\$68
H: Dale Pollard, Instructor	\$68
H: Manjeet Dosanjh, Pres.	\$68

**Foothill Garden Club**

M: Barbara Bowen Scholz	\$68
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**Manteca Garden Club**

H: Jeanette Farley	\$68
H: John Guinta	\$68

**Newman Garden Club**

H: Armando Hurtado	\$68
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**Patterson Garden Club**

M: Lena Peters	\$68
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**Ripon Garden Club**

M: Helen Powell	\$68
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**M: Frank D. Malone**

H: Richard Kamper	\$68
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**M: Alyssa Marie Robbins**

M: Alice Stewart	\$68
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**H: David Fredriks**

H: Matt Cultrera	\$68
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**H: Leo Zuber**

M: Gary G. Jensen	\$68
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**YOSEMITE GATEWAY DISTRICT****Atwater Garden Club & Camelia Society**

M: Frank Miller	\$68
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[CLICK HERE FOR MORE INFORMATION ABOUT THIS PROGRAM](#)



## CALIFORNIA CONSULTANTS COUNCIL

A member of the California Consultants Council recently nominated her neighbor for The California Consultants Council's Outstanding Private Garden Certificate of Recognition. Last month, Tatiana Williams of Lake Arrowhead was awarded the certificate for her outstanding garden design featuring "mountain gardening."



The CCC offers the following awards:

- Certificate of Recognition for an Environmental-Friendly Garden
- Outstanding Private Garden Award
- Award of Mert in Landscape Architecture
- Landscape Design Commendation
- Landscape Design Certificate of Appreciation/Recognition/Achievement

Please refer to the CGCI [Awards Manual](#) and the [website](#) for more details on these awards and how to submit a nomination.

Questions? Contact the CCC Chairman, [Berni Hendrix](#).

## FLORAL DESIGN



It's not too late to register for Organization of Floral Art Designers Seminar, **August 1-4**, at the Embassy Suites in South San Francisco. For information about OFAD Seminar 2024, visit OFAD's [website](#) or scan the QR code.



### FLORAL FOAM

By Charlotte Rodriguez, Member of Red Bluff Garden Club

I begin this article with a caveat: I read a very interesting, complicated article, and I want to share the information as I understand

it. If you are interested in further information, please do more research and share it with us.

If you have ever received a floral arrangement, you may have noticed the foam blocks that hold the plant material in place. When discarding the floral blocks, you probably placed them in the trash. Then, they were transported to the landfill, and they are still in the landfill.

The traditional foam block is made from oil products, phenol, and formaldehyde. These break down into microplastics, which are less than 5 mm in size, travel to our oceans and soil, and eventually find their way into our food chain.

The floral industry, florists, designers, and all who are concerned for our planet are interested in environmental responsibility. Not long ago, some members of Cascade Arrangers Guild and Red Bluff Garden Club discussed this very problem of environmentally unfriendly foam. We asked, "How could we be more responsible for our planet?"

Fortunately, there are other mechanics to arrange flowers, such as floral tape (that is arranged in grids to hold up plant material); chicken wire (that is folded in such a way as to hold plant material in vases), and flower frogs (kenzans/pinholders).

Phoam Labs (located in Minnesota) has patented and begun marketing a compostable "non-toxic, renewable and fully functioning option" for the floral industry. To reduce its

carbon footprint, Phoam Labs uses "bio-based materials," such as fast-growing, sustainable plants like corn and cane sugar. For example, Phoam Labs captures ethanol gas from corn fermentation. Ethanol, a biofuel, is used to process and expand its non-toxic foam pieces.

Another step in making this foam planet-friendly is how to dispose of it. According to one study, between Europe and the United States, every year, 500 million foam bricks are destined for landfills. It takes a very long time for the traditional foam to break down, and then its microplastics. It is not recommended to toss the Phoam foam in landfills either. It would release methane gas like food wastes; instead, toss them into compost bins. The non-toxic foam decomposes like leaves, breaking down into tiny pieces which can be eaten by microbes. Creators contend that in an industrial compost situation, the foam decomposes 90% in 16 days and 100% in 25 days.

As people who care about our environment, we can discuss and ask questions of others who are deeply interested in helping to protect our planet.

Reference & Photo Credit: <https://www.phoamlabs.com/>

**"Phoam Labs' patented foam was developed to replace the phenolic foam widely used today in the floral industry around the world."**

### NGC CALENDAR ARRANGER OF THE YEAR



August 15 is the deadline to apply for NGC-FD-1 Calendar Arranger of the Year Award. The winner is selected by the NGC *Vision of Beauty Calendar* Committee from digital photos submitted. Photos may be of any design type and must be submitted digitally and a 5" x 7" glossy print. See the criteria for entries in the current *Vision of Beauty Calendar* and on the NGC website in the [Forms Section](#).



## YOUTH

## GARDENING WITH CHILDREN REAPS BIG REWARDS

By Debbie Marshall, Member of Red Bluff Garden Club



**The author's grandson and friend help with the gardening jobs in her backyard**

For me, one of the best parts of retirement is having more time to spend with my grandchildren. Gardening is one of the activities I love to share with them.

On my grandson's visits last summer, he helped me water, weed, and harvest in my raised-bed vegetable garden. My grandson's interest in this year's garden got me thinking about how gardening is a great activity for children of all ages. I could think of many benefits, but I went to Goggle.com to see what research had found.

I was able to find many articles about children and gardening. One of the best I found was from Rasmussen University. It was a data-driven article that listed seven practical perks of gardening with children.

- ◆ Benefit 1 — Gardening encourages children to eat healthier. Studies show that children involved in gardening increase their snacking preference for fruits and vegetables.
- ◆ Benefit 2 — Gardening provides engaging moderate exercise. Digging, raking, and weeding use a variety of muscles in the upper and lower body. More than exercise, gardening teaches children a pattern of healthy activity.
- ◆ Benefit 3 — Gardening builds a sense of confidence. Tending to a plant from seed to food/bloom takes patience and responsibility. The payoff when the plant blooms or produces food illustrates to the child that they can do great things.

- ◆ Benefit 4 — Gardening develops important reasoning, initiation, planning, and organizational skills. Observing plant growth and learning how to deal with insects, weather, etc., help develop skills that are beneficial beyond the garden.
- ◆ Benefit 5 — Gardening relieves stress. Research has found that gardeners show significant decreases in cortisol, the hormone that produces stress in the body.
- ◆ Benefit 6 — Gardening improves focus and memory. According to the *American Journal of Public Health*, "Children perform better mentally with access to green space."
- ◆ Benefit 7— Gardening positively impacts mood and psychological well-being. Gardening elements can trigger positive emotions in the short and long term. Research has shown that gardening can be a powerful tool against depression and anxiety.

No grandchildren? No room to garden? Are flowers more your thing? You can garden with nieces, nephews, neighbors, and students. You don't need a large yard or property to garden. You can grow plants in pots, tubs, and buckets. The benefits of gardening apply no matter what type of plant you grow. I hope you are encouraged to garden with a child soon. Just think, you may be helping to develop the "roots" of a future garden club member!

Sources: Rasmussen University, *American Journal of Public Health*

*A little seed for me to sow  
A little soil to make it grow  
A little hole, a little pat,  
A little wish, and that is that,  
A little sun, a little shower.  
A little while —  
And then a flower.*

## Smokey Bear/Woodsy Owl Poster Contest

By [Charlotte Tucker](#), Smokey Bear/Woodsy Owl Poster Contest Chairman

## Smokey Bear at the California State Fair, July 12-28, 2024

Many of you might not realize that our CGCI top 15 Smokey Bear/Woodsy Owl posters are on display in Camp Smokey at the California State Fair each year. The student artists are given free California State Fair tickets for their families along with free parking passes for the July 17, 2024 Director's Day events and ceremony. These students from around our state have a wonderful time and enjoy the recognition they receive from many California agencies, including CGCI, Cal-Fire, U.S. Forest Service, Bureau of Land Management, Indian Affairs, and many others.

If you are attending the California State Fair, please drop by Camp Smokey to see the posters.

## 2023 AWARD WINNERS — Part 1 of 2

SPECIAL AWARD WINNERS

**Lifetime Achievement Award**  
**BERNI HENDRIX**  
of Ceres Garden Club,  
Valley Lode District



**Lifetime Service Award**  
**SUE BENNETT**  
of Roseville Better Gardens Club,  
Golden Foothills District



**Person of the Year Award**  
**ADELE KELLY**  
of Bernardo Gardeners Club &  
Poway Valley Garden Club,  
Palomar District



**Award of Merit**  
**ANN WALLACE**  
of Chicago Park Garden Club,  
Golden Foothills District

- ◆ **Member Award of Honor, \$50, WINIFRED ARCHIBALD** of Petaluma Garden Club, Luther Burbank District
- ◆ **Award of Merit, MARSHA BODE** of Vista Garden Club, Palomar District
- ◆ **Award of Merit, DOROTHY BRADT** of Clayton Valley Garden Club, Diablo Foothills District
- ◆ **Gardener of the Year, \$50, KENT KAVANAUGH** of Vista Garden Club, Palomar District
- ◆ **Youth Leader of the Year (tie), \$50, BOB LUTTICHEN** of Poway Valley Garden Club, Palomar District
- ◆ **Youth Leader of the Year (tie), \$25 each, SARAH GOULD & DIANNE BENNETT-CHEEK** of San Clemente Garden Club, Orange County District

SWEEPSTAKES AWARD WINNERS

- ◆ **Class I — SHIBUI ARRANGERS GUILD**, Sacramento River Valley District
- ◆ **Class II — CERES GARDEN CLUB**, Valley Lode District
- ◆ **Class III — STOCKTON GARDEN CLUB**, Valley Lode District
- ◆ **Class IV — RED BLUFF GARDEN CLUB**, Cascade District
- ◆ **Class V — RIVER VALLEY GARDEN CLUB**, Sacramento River Valley District
- ◆ **Class VI — SOUTHERN CALIFORNIA GARDEN CLUB**, San Fernando Valley District
- ◆ **Class VIII — COSTA VERDE DISTRICT**

ACHIEVEMENT AWARD WINNERS

- ◆ **#75A — Most New CGCI Life Memberships/Total, 1<sup>st</sup> Place, \$50, VALLEY LODE DISTRICT**
- ◆ **#75B — Most New CGCI Life Memberships - % per capita, 1st, \$50, ROADRUNNER DISTRICT**
- ◆ **#77A — Penny Pines Most Purchased, 1st Place, \$125, RIPON GARDEN CLUB, Valley Lode District**
- ◆ **#77B — Penny Pines -- % per Capita, 1st Place, \$125, TUOLUMNE COUNTY GARDEN CLUB, Valley Lode District**

Part 2 of the 2023 Award Winners will be in the September-October 2024 issue of *Golden Gardens*. Excerpts from most first place award applications will be available on the [CGCI Facebook Page](#) during the months of July and August. Check them out!



## 2023 AWARD WINNERS

### CIVIC BEAUTIFICATION AWARD WINNERS



**#1 – Community Impact, 1st Place, \$150, OAKDALE GARDEN CLUB**, Valley Lode District. Community Garden for the Oakdale community.

**#4 – Horticulture Excellence in Gardening, 1st Place, \$50, CERES GARDEN CLUB**, Valley Lode District. Participation in the Community Climate Action Day on November 4, 2023.



**#6 – Memorial Planting, 1st Place, \$50.00, GARDEN CLUB OF COLUSA COUNTY**, Buttes District. In a joint venture with local partners, the Club proposed to create the Harold Dirks Community Garden in Maxwell as a community gathering place and educational site for the 4H Maxwell Club. Major funding for the project came from an NGC Plant America Community Project Grant in the amount of \$1000.

**#3A – Civic Development, 1st Place, \$75, FORT BRAGG GARDEN CLUB**, Mendo-Lake District. Redwood Elementary School Pollinator Project by creating seven habitats for pollinators.

### CLUB/DISTRICT ACTIVITIES AWARD WINNERS



**#11 – Achievement for a Single Event, 1st Place, \$75, SOUTHERN CALIFORNIA GARDEN CLUB**, San Fernando Valley District. Sponsor of 2023 CGCI Convention.

**#16 – Membership Promotion, 1st, \$50, NAPLES ISLANDS GARDEN CLUB**, Orange County District. 50th Anniversary Float in Naples Islands Boat Parade.



**#12 – Club Program, 1st Place, \$30, STOCKTON GARDEN CLUB**, Valley Lode District. Hosted eight informative speakers for the calendar year.



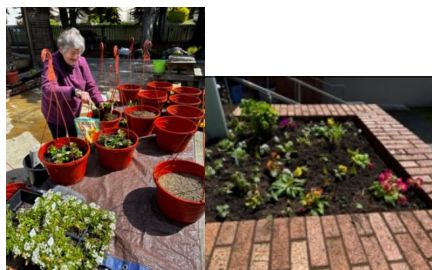
**#17A – Seminar & Workshop, 1st Place, \$50, CHICAGO PARK GARDEN CLUB**, Golden Foothills District. Junior Arrangers Workshop. The workshop is a free class for 20 children, ages 6 to 17, that introduces them not only to the basics of flower design but also to the requirements of competition.



**#13 – Club Touring, 1st Place, \$150, VISTA GARDEN CLUB**, Palomar District. Held seven unique tours.



**#14 – Garden Therapy, 1st Place, \$50, EUREKA SEQUOIA GARDEN CLUB**, Humboldt District. Revitalization of the garden at the Eureka Rehab and Wellness Center.



**#18 – Ways and Means, 1st Place, \$25, SOUTHERN CALIFORNIA GARDEN CLUB**, San Fernando Valley District. Hosted the 2023 CGCI Convention.





2023 AWARD WINNERS

ENVIRONMENT & HORTICULTURE AWARD WINNERS



#20 – Backyard Habitat, 1st Place, \$50, SHELLEY SPARKS of Southern California Garden Club, San Fernando Valley District.



#22 – Container-Grown Vegetable, 1st Place, \$75, MARGARET WATKINS-HOPKINS of River Valley Garden Club, Sacramento River Valley District.



#24 – Horticulture, 1st Place, \$50, VISTA GARDEN CLUB, Palomar District. Club's Horticultural Chairman provides horticultural education to members and the community at monthly meetings and other venues.



#26A – Pollinator Education, 1st Place, \$50, LOS OSOS VALLEY GARDEN CLUB, Montana de Oro District. Program on Native Plants for Pollinators presented by a Master Gardener & Certified California Naturalist.



#26B – Pollinator Education, 1st Place, \$50, ORGANIC GARDENING CLUB OF VENTURA COUNTY, Channel Islands District. The Club established a Pollinator Garden at Newbury Park High School.



#27 – Unique Backyard Enhancement, 1st Place, \$75, LESLIE UKE of Poway Valley Garden Club, Palomar District. Digging a 10,000 gallon bioswale basin to create a seasonal wetland habitat in her backyard by capturing rainwater runoff.



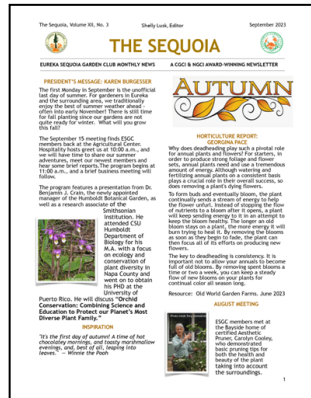
#29 – Raised Bed Gardening, 1st Place, \$75, LINDA TRAVIS of Southern California Garden Club, San Fernando Valley District.



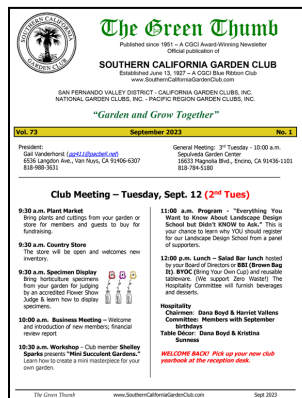
NEWSLETTER AWARD WINNERS



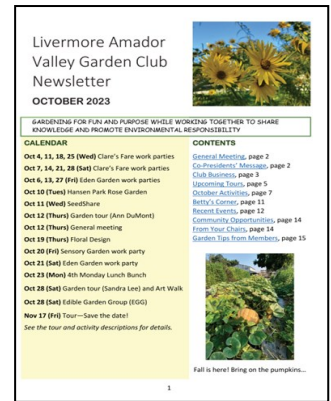
#50-1 — District Newsletters, 1st Place, \$50, COSTA VERDE DISTRICT



#50-2A— Newsletters, 1st Place, \$35, EUREKA SEQUOIA GARDEN CLUB, Humboldt District



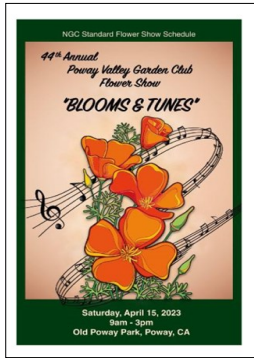
#50-2B – Newsletters, 1st Place, \$35, SOUTHERN CALIFORNIA GARDEN CLUB, San Fernando Valley District



#50-2C – Newsletters, 1st Place, \$35, LIVERMORE-AMADOR VALLEY GARDEN CLUB, Diablo Foothills District



**FLOWER SHOW AWARD WINNERS**



**#35-4 – Flower Show Schedule, 1st Place, \$20, POWAY VALLEY GARDEN CLUB, Palomar District**



**#37 – Flower Arranger of the Year – 1st Place, \$50, DYANNA MADRO, Poway Valley Garden Club, Palomar District**



**#37 – Flower Arranger of the Year – 2nd Place, \$30 BRAD WELLES, Las Floralias, Channel Islands District**

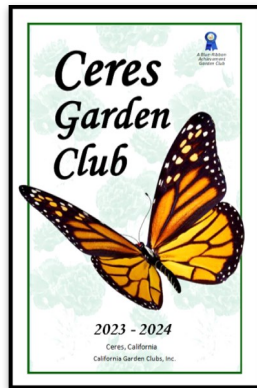


**#37 – Flower Arranger of the Year – 3rd Place, \$20 DYANNA MADRO, Poway Valley Garden Club, Palomar District**

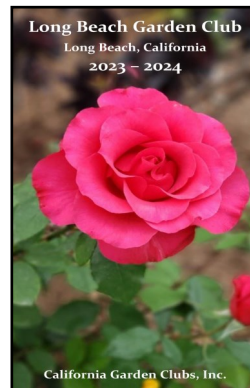
**YEARBOOK AWARD WINNERS**



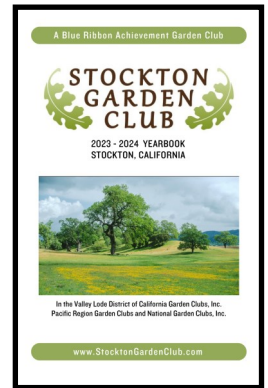
**#54-1, Yearbooks, 1st Place, \$50, PIONEER GARDEN CLUB, Sacramento River Valley**



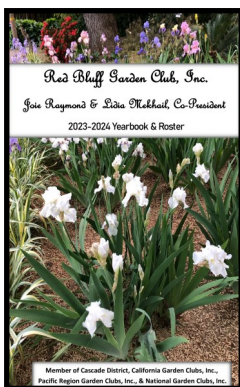
**#54-2, Yearbooks, 1st Place, \$50, CERES GARDEN CLUB, Valley Lode District**



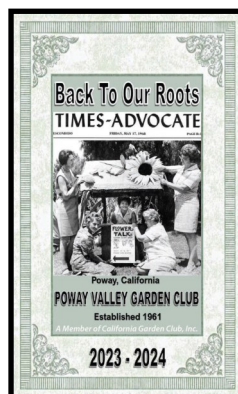
**#54-3, Yearbooks, 1st Place, \$50, LONG BEACH GARDEN CLUB, Costa Verde District**



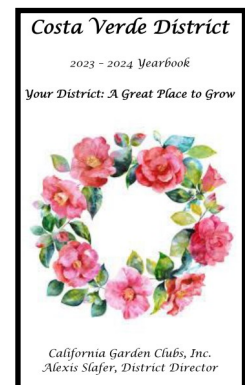
**#54-4, Yearbooks, 1st Place, \$50, STOCKTON GARDEN CLUB, Valley Lode District**



**#54-5, Yearbooks, 1st Place, \$50, RED BLUFF GARDEN CLUB, Cascade District**



**#54-6, Yearbooks, 1st Place, \$50, POWAY VALLEY GARDEN CLUB, Palomar District**



**#55, District Yearbooks, 1st Place, \$50, COSTA VERDE DISTRICT**

## NATIONAL GARDEN CLUBS, INC. & PACIFIC REGION GARDEN CLUBS, INC.



### CONGRATULATIONS TO THE CALIFORNIA 2023 PRGC & NGC AWARD WINNERS



#### PACIFIC REGION GARDEN CLUBS, INC.

- ◆ PRGC Member Award of Honor — Winifred Archibald of Petaluma GC
- ◆ 1A, Published Article, pamphlet, 1st Place — Maria Orefice of Southern California GC
- ◆ 1B, Published Article, pamphlet, 1st Place — Judith Paul of Red Bluff GC
- ◆ 2A-b, Newsletter/Official Publications, 1st Place — Long Beach GC
- ◆ 2A-c, Newsletter/Official Publications, 1st Place — Burbank-Valley GC
- ◆ 2A-d, Newsletter/Official Publications, 1st Place — Southern California GC
- ◆ 2B, Newsletter/Official Publications, 2nd Place — Costa Verde District
- ◆ 3A, Yearbook, 1st — Pioneer GC
- ◆ 3B, Yearbook, HM — Ceres GC
- ◆ 3C, Yearbook, 3rd — Long Beach GC
- ◆ 3E, Yearbook, 3rd — Red Bluff GC
- ◆ 3F, Yearbook, 2nd — Poway Valley GC
- ◆ 3H, Yearbook, 2nd — Costa Verde District
- ◆ 4A-b, Any Other Publication/Membership, 2nd Place — Ceres GC
- ◆ 4A-d, Any Other Publication/Membership, 1st Place — Fort Bragg GC
- ◆ 4A-e, Any Other Publication/Membership, 1st Place — Vista GC
- ◆ 7C, State Yearbook/Directory, 1st Place — CGCI
- ◆ 8C, Any Other State Publication, 1st Place — CGCI
- ◆ 4A-f, Any Other Publication/Membership, 1st Place — Southern California GC
- ◆ 6C, State Newsletter, 1st Place — CGCI
- ◆ 9B Civic Achievement, 1st Place — Oakdale GC
- ◆ 9C Civic Achievement, 1st Place — Los Osos Valley GC
- ◆ 11A-b, Fundraising Project/Event, 1st Place — Stockton GC
- ◆ 11A-c, Fundraising Project/Event, 1st Place — Red Bluff GC
- ◆ 11A-d, Fundraising Project/Event, 1st Place — Southern California GC
- ◆ 11B, Fundraising Project/Event, 1st Place — Costa Verde District
- ◆ 12A-c, Garden Therapy, 2nd Place — Red Bluff GC
- ◆ 12A-d, Garden Therapy, 1st Place — Eureka Sequoia GC
- ◆ 12A-f, Garden Therapy, 1st Place — Southern California GC
- ◆ 13A-b, Membership Campaign, 1st Place — Clayton Valley GC
- ◆ 13A-d, Membership Campaign, 1st Place — Fort Bragg GC
- ◆ 13A-f, Membership Campaign, 1st Place — Naples Islands GC
- ◆ 15A-d, Flower Show Schedule, 1st Place — Poway Valley GC
- ◆ 19A-c, Social Media, 1st Place — Los Osos Valley GC
- ◆ 19A-d, Social Media, 1st Place — Folsom GC
- ◆ 19D-c, Social Media, 1st Place — CGCI
- ◆ 20A-a, Website, Carlsbad Community Gardens Cooperative, Inc.
- ◆ 20A-b, Website, 1st Place — Stockton GC
- ◆ 20A-d, Website, 1st Place — San Clemente GC
- ◆ 20D-c, Website, 1st Place — CGCI

#### NATIONAL GARDEN CLUBS, INC.

- ◆ Member Award of Honor — Winifred Archibald of Petaluma GC
- ◆ CE-1A — Community Gardens, Certificate of Commendation, Oakdale GC
- ◆ CE-6 — Community Project with Native Plants/Wildflowers, Certificate of Commendation, Fort Bragg GC
- ◆ FD-1-A — Calendar Arranger of the Year, 1st Place, \$100, Dyanna Madro of Poway Valley GC
- ◆ G-1-B-1 — Container Gardening, 1st Place, \$100, Margaret Watkins-Hopkins of River Valley GC
- ◆ MAE-1-1 — Membership Awareness, 1st Place, \$100, Naples Islands GC

### CONGRATULATIONS TO THE NGC & PRGC SCHOLARSHIP RECIPIENTS FROM CALIFORNIA

#### National Garden Clubs, Inc.

- ◆ Mary Louise Michie Scholarship — \$3900  
**Mackenzie Hartley**
- ◆ Ellamae Fehrer Scholarship — \$3900  
**Arianna Blandon**

- ◆ Eleanor R. Crosby Scholarship — \$3900  
**Haley Kost**

#### Pacific Region Garden Clubs, Inc.

- ◆ \$1,000 — **Arianna Blandon**