



Rocky Mountain Rambler

Rocky Mountain Region
Newsletter



November 2025

Greetings From Your Director



The Rocky Mountain Region consists of eight states: Colorado, Kansas, Montana, Nebraska, North Dakota, South Dakota, Wyoming and Utah. I am looking forward next year to going to some of the state meetings of each of these states. At the end of this article, there will be a schedule of the ones I know so far. I would like to meet many of you and hear about the ideas you have for your Garden Club.

I have recently sent the Rocky Mountain Region Handbook to each of the state presidents. The presidents are responsible for forwarding that on to the Vice President and the Awards Chairman. That way when you become the president, you know what is expected or if you are responsible for helping with the region meeting, that information is in there. Some things I didn't have all the information but I hope to get that at a later date. There are many awards in the handbook. At the RMR in Cheyenne, we had a lot of awards at Rocky Mountain Region meeting and it would be wonderful to have awards at the next meeting. It is great to see what you do and all of your club projects. Awards can get forwarded on to National, so this is a fun thing to do to give your state and your individual garden clubs recognition.

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*Gratitude turns what
we have into enough,
and more.*



Special points of interest:

- Meet your officer team
- Lots of great activities



Directors Message ~~ cont'd

I hope that your fall colors are beautiful. They are in Wyoming. I've seen so many pictures on social media of the changing colors of trees. I have sumac that is changing colors and it's just beautiful. So enjoy your fall and I hope to see you next year in Fargo North Dakota for the Rocky Mountain Region Annual Meeting. I hope to see many of you at your state meetings. Have a wonderful fall,



Upcoming State Convention Dates

Colorado,. June 6, 2026

North Dakota

Utah

Kansas

Montana

Wyoming. June 12-14, 2026, Chugwater, WY

Nebraska

South Dakota

Shirley Pursel, RMR Director

“Many hands make all work light”



Meet Your 2025-2027 RMR Officer Team



**Director
Shirley Pursel
Wyoming**

**Alt. Director
Denise Fink
Montana**



**Secretary
Lorraine Patrick
Nebraska**



**Treasurer
Lynette Jeffres
Wyoming**



**Mary Lerssen
Parliamentarian
South Dakota**



Dates to Remember



<i>DATE</i>	<i>WHAT</i>	<i>WHERE</i>
January 15, 2026	Article Deadline for February Rambler	rmrrambler@yahoo.com

How to find our Garden Club Websites

Let's stay connected! It's fun to see what other garden clubs are doing—their officers, activities, projects and gardens they have created. To connect easily, open the RMR Region Website. When open, view the new banner at the very top and select one of the categories e.g. Home, Awards, More. . It is simple as a few clicks of the keyboard. Ctrl + click Go for it!!

Site

Website

RMR Website

[Rocky Mountain Region website](https://sites.google.com/site/rockymtngardenclubs/home?) (includes our newsletters)
<https://sites.google.com/site/rockymtngardenclubs/home?>

National Garden Club

<https://gardenclub.org/>

The National Gardener

<https://gardenclub.org/national-gardener> It's free to members!

RMR Website:

Each of our eight states is listed and all you have to do is click on the state or topic you want to look at.



[Rocky Mountain Region Garden Clubs Facebook Page](#)

NGC Conservation Pledge

I pledge to protect and conserve the natural resources of the planet earth and promise to promote education so we may become caretakers of our air, water, forests, land and wildlife.



Our beautiful Rocky Mountain Region includes the following States:

Colorado, Kansas, Montana, Nebraska, North Dakota, South Dakota, Utah and Wyoming

The Rocky Mountain Region Garden Clubs is an affiliate of National Garden Clubs, Inc.

Colorado Federation of Garden Clubs, Inc.



Hello fellow gardeners and happy harvesting. Fall is my favorite time of year with the cooler days, elk rut, leaves turning colors and pumpkin spice. This year, Greeley Morning Garden club designed and planted two new gardens at the historical cemetery in town. The first garden is triangularly shaped and planted with all native plants with a path down the middle of the garden and a large rock for folks to sit on and enjoy the peace and quiet. The plants have been labeled for easy identification. The second garden is circular and named Mary's Garden as our charter club member, Mary Fagerberg, tends to this garden. Both gardens did well this summer. We also plant the Star Garden bed near the Blue and Gold Star Memorials. I have included photos of the various garden beds.



This summer I had the opportunity to participate in two flower shows hosted by a couple of our garden clubs which focus on studying floral design. My very first flower show was at the Adams County Fairgrounds. I entered three different classes. One was a petite design, and another was using a snow shovel. My third entry was in photography class. In September, I participated in my second flower show by entering the horticulture classes. In this show, I learned how to be a clerk. Both experiences were very educational and rewarding. Here are some pictures of some designs entered by others in the September Flower Show. The knowledge, experiences and friendships I've gained by actively participating and volunteering a little of my time are immense. Embrace the opportunities you are presented with.

Patricia Smit
*"PLANT AMERICA, plant native,
 plant for pollinators."*
President, CFGC



Federated Garden Clubs of Nebraska



Hello Garden Enthusiasts:

As Indian Summer hangs around for most of us, I wish you a Fall harvest to remember. Apples and pears are bountiful in my yard, and recipe cards have been shuffled since August.

Neighbors boast of gigantic tomato production and my Concord grapes outdid themselves, again.

The 'Autumn Gold' raspberries fed my ever-present birds, leaving me with three all season! Squirrels helped pick the mulberry trees bare early this summer.

Finally, I finally discovered two Monarchs on the milkweed and one busy swallowtail visiting our asters. I encourage you to **use this Fall to add just one tree** where you can. Just one in October!

We're eleven clubs strong across Nebraska. At last count, we were 189 members strong; new members have joined us from Sidney to Omaha. Let's continue to build membership and plant trees to honor those who have gone to the Garden Eternal.

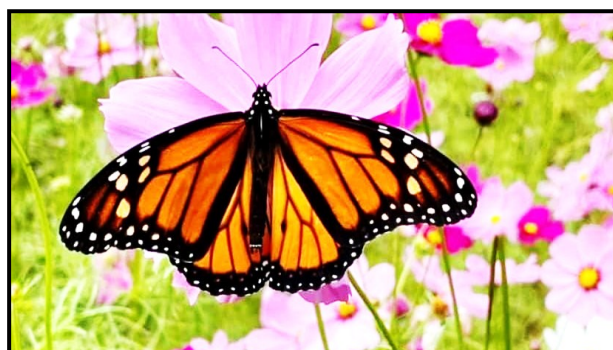
I'll be greeting you here each issue, encouraging tree-planting every month. Happy planting yields a happy harvest.

Keep thriving, Nebraska!

Rod Ruzanic, State President

Federated Garden Clubs of Nebraska

DID YOU KNOW??? An extremely **RARE WHITE MONARCH** was spotted in Kansas City at an official monarch waystation!! This butterfly's white gene is very rare, with only a few dozen reported in the United States each year! White Monarchs are now endangered and most likely to be spotted in Hawaii, so what a treat for one to travel through Kansas City! : Amanda Gehin Missouri Dept. of Conservation FOX4 News Kansas City @topfans.



Montana Federation of Garden Clubs, Inc.



Hello Garden Club Members,

I really enjoyed our Trip from Montana to Cheyenne.

The people we met, the education and tours we experienced, the shopping at Ways and Means, and of course the socials! Cheyenne was a very generous host, and we are thankful for the quality convention.

I came back to Montana in time for our Montana Flower Show School Symposium and had terrific classes and social experiences there too. We learned current information about Transparency Designs and using various textiles for backboards that come to life with your designs.

And just when the laundry was caught up, it was September 12th and time to start the annual District Meeting rounds. Between September 13th and October 9th, we traveled around 3,000 miles between me, the 1st VP Cindy Carlton and 2nd VP Liz Smith. It was a beautiful journey as Fall hit and trees put on their winter coats. We ventured to eight meetings starting in Great Falls, on to Glasgow, then Miles City followed by Billings, Bozeman, Hamilton (Stevensville Garden Club hosting), Anaconda, and finishing in Chester. A few highlights from Glasgow where we met and dined in a Pioneer Museum that took us back many years as the meeting floor is surrounded by a restored townsite with incredible attention to detail and genuine original equipment. We also learned how to make awesome painted stone and crystal flowers to adorn our tables and plants. In Anaconda we were educated by a true Bird Expert and learned all about keeping our feathered friends safe and enjoyable by planting the right gardens. In Hamilton we met and then toured a treasure of Montana, The Daly Mansion, which was graced with the Stevensville Flower Show. Completely in character and compatible with the décor of this beautiful mansion the live flower designs by District 2 members fit in perfectly with the home. We know Mrs. Daly would have loved it too.

Everywhere we went we met new people, visited old friends and learned new things. Our business included timely topics by 2VP Liz Smith, like membership strategies including web site and Facebook use for recruiting. She mentioned letting nothing leave your booth, sales, cookies, plants etcetera without a sticker that tells them who your club is. What a great idea. 1VP Cindy Carlton explained awards and how to increase your effectiveness applying, reminding all to **TAKE PICTURES** as they go to make all levels of awards better. Cindy profiled a new Contest for Patriotic Photography she is hosting here in Montana that will be judged and on display by the 250th Birthday. The pictures will be presented in the summer newsletter, Montana Gardens and in everything else we publish from Website to Facebook pages in the State.

I had the privilege to brief the upcoming convention in Montana, June 26 and 27, 2026 in Anaconda. We have terrific rates from our Hotel, The Forge. Great tours, and food and a few education opportunities.

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Montana Federation of Garden Clubs, Inc. ~~ cont'd

We will also celebrate the 75th Anniversary of the Montana Life Members group and we will return to the 50's for our celebration Friday night with music, activities, and even a bit of a "costume" contest.

As I close, please accept my wishes for a smooth winter with plenty of moisture to make sure we can grow everything we need to paint the Rocky Mountain Region Red, White, and Blue for the celebrations in 2026.

Respectfully Submitted,

Jeannie Bennet

MFGC President

mfgc.jeanniebennett@gmail.com



North Dakota State Garden Clubs



The Fargo Garden Society has a new project of a Prairie Pollinator Garden at the Red River Valley Zoo. Four hundred Red River Valley original local ecotype plants and seeds were planted to replicate the native prairie ecosystem outside of the Bison and Prairie dog exhibits at the Red River Zoo. Fargo Garden Society and UPF (United Prairie Foundation) staff planted 400 plants with 30 to 40 different plant species that will benefit butterflies, native bees, and birds, providing blooms through early summer and fall. Only local native plant species were used. Moist soil plants were planted where rain runs off the roof on the west side. Shorter species were planted on the sidewalk edge and taller plants near the building.

Mature plants were planted in addition to seedlings. Seeds were broadcast and dormant meadow liatris corms were planted between plants. Plants were watered daily for several weeks after planting. UPF staff will monitor and direct weed maintenance. UPF prairie trail sign will be installed in the planting to educate Zoo visitors along with a Fargo Garden Society acknowledgement.



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## Rocky Mountain Rambler — November 2025

### North Dakota State Garden Clubs~~cont'd



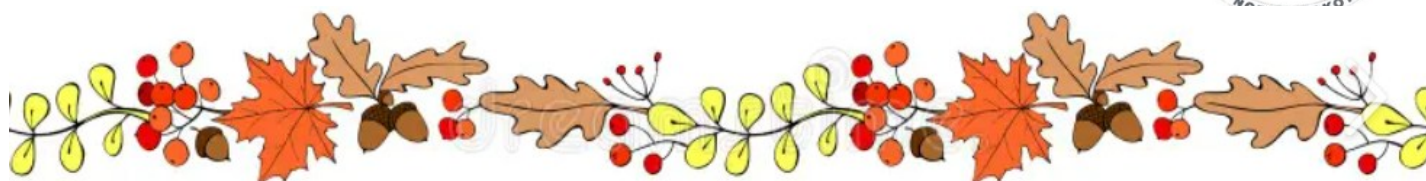
Planting mums in the new Healing Garden  
at the YWCA Women's Shelter



Clean-up crew at the gardens of the YWCA  
L to R: Carol Fairfield, Nancy Mckinnon, Barb  
Sherburne, Linda Anderson, Jennifer Swetland,  
Joshua Leach

### Conserve Nature and Grow Friendships in North Dakota"

Linda Anderson, President



## The South Dakota Association of Garden Clubs, Inc.



Since the August convention, there has not been a lot to talk about except the weather. We had 85-degree weather consistently until a week ago (mid-October). We had some very welcome rain as we had ½ inch cracks the in soil and winter is coming... I think. Now the leaves are starting to turn and we will get a hard frost a month late tomorrow night. I have seen lilacs blooming! Many other plants are also still looking great and blooming. The lilac bushes though is a bit alarming. Wondering if they will bloom in the spring.

As a fundraiser, for pheasant hunting opening weekend, our club worked with the local quilt guild to sponsor a woman who talked about the quilts she has made (like 80 of them!). Very interesting. She shared many techniques and ideas that I wasn't familiar with and the life lessons she has learned along the way. It was a way for our club to enrich our community, fund-raise and learn new stuff.

At our last Mitchell meeting, we had a farmer/rancher speak on regenerative agriculture and the ways it builds the soil, helps the diversity of native plants and animals and reduces input costs.

At our fall board meeting we will have a guest speaker talking about methods to generate funding for clubs so we can spend money on our communities and fun activities.

As president, I would like emphasis the importance of native plants, not only as food for pollinators, but also as a breeding place since many insects depend on one kind of plant to reproduce. My motto then is *Planting Native Plants Benefits Everyone*.

**Pam Catalano**  
**SDFGC, Inc.**

*"Planting Native Plants Benefits Everyone"*



As the year winds down, November and December bring a unique blend of reflection, gratitude, and celebration.

November is the month to remind us to **be thankful** for the little things that make life beautiful. **Embrace** the crisp air, the golden leaves, and the warmth of loved ones. It's time to **pause and appreciate** the blessings in your life.



## The Utah Associated Garden Clubs, Inc.



The Utah Associated Garden Club is still going strong with the addition of two more clubs, we are now up to 15 clubs with even a Youth Club!

The UAGC held their 2025 Fall Convention on Oct. 18<sup>th</sup> at the Sugar House Garden Center. We had eight of our clubs represented. The theme was “The Only Constant in Life is Change” as we are still negotiating our new lease with the Sugar House Park Authority. We had a Harvest dinner with lots of great food and a presentation from Doug Tallamy called “Natures Best Hope”. Check it out, the most beautiful pictures of caterpillars you have ever seen: [https://drive.google.com/file/d/1TKc-jniIBq\\_3apSeF4C9nK7B9EwhnKCZ/view?usp=sharing](https://drive.google.com/file/d/1TKc-jniIBq_3apSeF4C9nK7B9EwhnKCZ/view?usp=sharing)

UAGC had eight members attend the RMR Convention in Cheyenne. Wyoming was a great host and held a wonderful meeting.

**Sue McJames**

**UAGC State President**

*“Stewards of the Earth”*

## Wyoming Federation of Garden Clubs, Inc.



Well, fall in upon us. I have a new friend at work who is moving to wonderful Wyoming after living her whole life in Tennessee. She seems a little naive about what gardening in Wyoming can entail. I noticed as I was talking to her about gardening in Wyoming & of course our notorious wind was mentioned, how mild our fall has been. She was marveling at the beautiful fall colors we have. Some years we can't enjoy fall because as the leaves change, the wind blows, and our leaves are gone before we even see them. I have enjoyed the cooler weather, walking in the crisp leaves. Winter is on the way. We have had a sprinkle of snow and our wind is picking up now.

Wyoming Federation of Garden Clubs is gearing up for the fall / winter season. We are organizing for an active and challenging year. We would like to attempt some more community projects. Perhaps somethings to get families and children involved in gardening with us. We also need to take more credit for what we do. This would be a great time to develop signs to make people aware of what we have done to make our cities and towns more beautiful.

This is the best part about belonging to National Garden Clubs. We get to see what others have done, are doing, and there are always ideas to share.

Everyone, have a gorgeous fall & winter season. We wish you luck on your endeavors!!

**Susan Pixley**

**President Wyoming Federation of Garden Club**

*The love of gardening is a seed once sown that never dies....*

*- Gertrude Jekyll*

## Awards



Hello Everyone,

My name is Chris Martin, and I'm the Awards Chair for RMR. I'm excited to work with all of you. This note contains information on NGC Awards as well as RMR Awards.

The photography contest will be sent after Jan 1, 2026.

### NGC Awards:

Here is the link to the NGC awards, which has all the information you need to apply for those awards. Please note that these awards are from **Jan 1, 2025 through December 31, 2025.**  
<https://gardenclub.org/ngc-awards>

### Please note:

#### NGC AWARD Rules:

No individual, single-member club, group of member clubs, Council, or District may make a direct application to National Garden Clubs. Your State Chairman must submit all applications and must include the appropriate NGC Application Cover Sheet. Application Cover Sheets are posted in fillable format on the NGC website under FORMS. Please ensure you are aware of the due dates required by your state chair. If s/he misses those due dates, your application won't be considered.

### THE MEMBER AWARD OF HONOR IS THE EXCEPTION for NGC AWARDS:

#### Member Award of Honor

Awarded to one member in each region whose volunteer efforts during a period of five or more years, has made outstanding contributions to club and community, in one or more of the following areas: civic development, horticulture therapy, youth activities, conservation, landscape design, horticulture, floral design, or all-around excellence. Eligibility: any member of a State Garden Club, who has never been a member of the NGC Board of Directors. Eligibility and Rules listed on NGC Website, [www.gardenclub.org](http://www.gardenclub.org), "Awards" – Member Award of Honor. A book of evidence should be submitted not to exceed 3 pages. Obtain state's deadline date. State Awards Chairman forwards one entry to Regional Awards Chairman by January 1. The eight Regional Winners will receive a NGC Certificate and a pin at the NGC convention. They will be recognized in The National Gardener.

#### NGC YOUTH AWARDS:

Poetry: Your state award winners need to be sent to me by 2/1/2026 (1 from each grade K-12) in each of these Categories: General Education, Special Education, English as a Second Language. I will send these to the appropriate NGC chairman. If there is more than one from each grade, I will have someone judge them as a Region, we can only send one entry per grade and category.

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## Awards~~ cont'd

RMR Awards:

The RMR Awards handbook is attached in this email, along with the form to be completed. Please look carefully at the email address to which you are sending the awards. The Photography contest rules will be sent in the spring Rambler. You can send your awards at any time. I kindly request that clubs refrain from sending duplicates for the same award. If there are sub-categories for an award, clubs can submit for each sub-category.

**All Awards are due to me by July 30, 2026**

**I ask that all awards be sent digitally unless they're scrapbooks or yearbooks. Those can be sent by mail.**

**(If you do these digitally, please send them electronically)**

**A certificate will recognize all submissions if it places first through honorable mention. There's no monetary award.**

**All submissions must fill out the award form as well as the permission form to be considered.**

**All award submissions should be sent to [RMRAWARDS1@gmail.com](mailto:RMRAWARDS1@gmail.com)**

**If submissions are mailed, please mail them to:**

**Chris Martin, PO Box 86, Friend, NE 68359**

**Please don't hesitate to contact me if you have questions.**

**Please tell us your club's story by submitting award applications**

**Thanks so much**

**Chris Martin, Awards Chairman**

**402-540-2241**

**Dzrcc8@yahoo.com**



**NOTE:**

**RMR Awards application can be found on the last page of this newsletter.**

**RMR Award Handbook was sent as a PDF file along with this newsletter.**

**[The RMR Website](#) will also have all the awards and application forms.**



## Blue Star



How well do you know your state?  
Which of the following describes your state?

- \_\_\_\_\_ Blue Star Memorials 23, By-Ways 1; Gold Star Memorials 0, By-Ways 0
- \_\_\_\_\_ Blue Star Memorials 21, By-Ways 1; Gold Star Memorials 0, By-Ways 1
- \_\_\_\_\_ Blue Star Memorials 22, By-Ways 6; Gold Star Memorials 2, By-Ways 4
- \_\_\_\_\_ Blue Star Memorials 12, By-Ways 1; Gold Star Memorials 2, By-Ways 0
- \_\_\_\_\_ Blue Star Memorials 18, By-Ways 0; Gold Star Memorials 0, By-Ways 0
- \_\_\_\_\_ Blue Star Memorials 11, By-Ways 0; Gold Star Memorials 0, By-Ways 0
- \_\_\_\_\_ Blue Star Memorials 14, By-Ways 3; Gold Star Memorials 0, By-Ways 0
- \_\_\_\_\_ Blue Star Memorials 13, By-Ways 0; Gold Star Memorials 0, By-Ways 0

**How to find the answer:** “ctrl” click on this link. [Fall 2024 Newsletter](#)

- Go to Blue Star Article (page 6)
- Find the words “Blue Star and Gold Star by state” –(last paragraph)
- Choose the tabs on the bottom of the screen to find your state.

I know it is not the usual introduction to your next RMR Blue Star/ Gold Star Memorials representative, but I want you to be knowledgeable about your state. I am Mary Carlson of Nebraska Garden Clubs and will be the RMR representative for the next two years.

I am a retired U.S. Army Nurse Corps Lieutenant Colonel. After eight years of active duty with the Army Nurse Corps, I transferred to the Army Reserves after my first child was born. On active duty, during the Viet Nam War, I served on Okinawa, and during my reserve time, I served in the combat zone for Desert Storm in Saudi Arabia. After retirement, I became a Nurse Practitioner and worked Pulmonary Clinical Research at University of Nebraska Medical Center and worked part-time weekends doing military reserve health assessments.

Since 2021, I have served as the Blue Star/Gold Star Memorial representative for the state of Nebraska. With my small committee, we did fundraising and restored seven memorials across Nebraska, installed a Blue Star Memorial in Fort McPherson National Cemetery and placed a Blue Star By-Way Memorial on a 3000-pound granite boulder in Omaha Memorial Park. We are working on a Blue Star Memorial for the Western Panhandle of Nebraska and a Gold Star By-Way Memorial for a park in Northeast Omaha near the Omaha airport.

***A CLUE if you did not find the answer to my opening question: Put the eight RMR states in alphabetical order from top to bottom on the list and select your state.***

In my new position, it is important that I get to know the Blue Star/ Gold Star representatives in RMR. I hope to get input from each of you so that I can include your state in future RMR Rambler articles. Also, I hope you can check the National Garden Club Memorials site and review your state information. I found for my state, the information for placement site is .

~~ cont'd

## Blue Star ~~ cont'd

often the address of the person who ordered the memorial. Also the dates are often the date when the memorial was ordered and not installation date as the ordering date is the only date listed in the national representative files. Once the site information is obtained, by using a state roadmap, the locations can be marked. Also, The Blue Star Highways can be highlighted. For Nebraska, I have glued the road map to a cardboard trifold obtained from Dollar Tree and glued small crystals to memorial locations. This could be displayed at the RMR meeting when held in your state. I have displayed Nebraska's at state and district meetings. Also, a map is displayed in the Lexington Nebraska Military Vehicle Museum with the damaged first Nebraska Blue Star Memorial which was installed in 1950 in Plattsmouth, Nebraska. I am including a photo of my trifold.

To Representatives: please send me information from your state. My e-mail is [marylcarlson5@gmail.com](mailto:marylcarlson5@gmail.com). Phone number- 402-659-3029.

As I get contact information for state representatives. I will be reaching out to you. Thank you for your participation in the Blue Star/Gold Star program.

**Mary Carlson**  
**Butterfly Chairman.**



**Bumblebee queens burrow only a few inches into soil. One queen carries the future of thousands of bees if she survives the winter. Leave the leaves this fall. Bee a Hero!!**



## Facebook



Are you following RMR  
on Facebook?



To go to our Facebook page, hold down the “ctrl” key and click the space bar on either link below.

Be sure to “follow us” and see what wonderful things are region is doing.

[RMR Face book page](#) or

<https://www.facebook.com/search/top?q=rocky%20mountain%20region%20garden%20clubs>

Phyllis White  
Facebook Facilitator



## Apple Fritters in Waffle Iron

### Ingredients:

|                             |                                    |                          |
|-----------------------------|------------------------------------|--------------------------|
| 2 cups all-purpose flour    | 1 tbsp baking powder               | 1/2 tsp cinnamon         |
| 1/4 tsp nutmeg              | 1/4 tsp salt                       | 1/4 cup granulated sugar |
| 2 large eggs                | 1 tsp vanilla extract              | 2 tbsp butter, melted    |
| 1/2 cup milk                | 1/4 cup apple cider or apple juice | 1/2 cup diced apples     |
| (peeled and finely chopped) |                                    |                          |

### Glaze:

|                                  |                           |                              |
|----------------------------------|---------------------------|------------------------------|
| 1 cup powdered sugar (for glaze) | 1-2 tbsp milk (for glaze) | 1/2 tsp cinnamon (for glaze) |
|----------------------------------|---------------------------|------------------------------|

### Instructions:

- Preheat your waffle iron according to the manufacturer's instructions.
- In a medium bowl, whisk together flour, baking powder, cinnamon, nutmeg, salt, and sugar
- In a separate bowl, mix together milk, apple cider, eggs, vanilla extract, and melted butter
- Pour the wet ingredients into the dry ingredients and stir until just combined. Gently fold in the diced apples.
- Lightly grease the waffle iron with cooking spray or a bit of butter. Spoon the batter into the waffle iron, being careful not to overfill. Close the waffle iron and cook for about 3-4 minutes or until golden and crispy.
- While the waffles are cooking, prepare the glaze: in a small bowl, whisk together powdered sugar, cinnamon, and enough milk to make a smooth glaze.
- Once the waffles are cooked, remove them from the waffle iron and place them on a cooling rack. Drizzle with the glaze while warm, and serve immediately.
- These waffle fritters are the perfect mix of crispy, fluffy, and sweet with that classic apple fritter flavor! Enjoy

## Flower Symposium



**Modern adaptations of ikebana**, the Japanese art of flower arrangement, elegantly bridge tradition and innovation. The most popular Japanese style, Sogetsu, offers a fresh perspective while honoring philosophical roots. In American flower shows, the National Garden Clubs (NGC) use the phrase “in the manner of Asian influence” to describe arrangements inspired by Asian minimalism, out of respect for ikebana’s long history and the tradition that original forms are not judged competitively.

Unlike traditional ikebana, which is characterized by strict rules, symbolic elements, and a meditative approach rather than competition, modern adaptations—especially those seen in American flower shows—prioritize minimalism and creative freedom. For example, traditional ikebana may require odd-numbered blooms and triangular arrangements representing heaven, man, and earth, contemporary “Asian influence” designs focus on fewer elements and relaxed guidelines. These arrangements often feature a single stem or branch, sparse composition with generous negative space, neutral or monochrome containers that sometimes dominate the display, and asymmetrical placement. The result is a tranquil, introspective focal point that aligns well with current interior design trends favoring simplicity and natural materials.

To illustrate, a recent exhibit showcased a single bamboo stalk in a clear glass vase, embodying the principle that simplicity evokes both elegance and contemplation. Designers set the mood of each piece by interpreting Asian design principles, often evoking feelings of tranquility and clarity. These arrangements blend seamlessly with modern spaces, providing a meditative atmosphere that resonates with contemporary sensibilities.

Expanding on minimalism, contemporary designers are now incorporating unexpected materials to push creative boundaries. Metal wires add structure and contrast, fragments of plastic, metal, or glass create texture, and recycled objects introduce interest and environmental consciousness. These choices bring surprise and playfulness, challenging viewers to reconsider conventional notions of beauty and the natural world. For example, an artist might combine driftwood and recycled glass fragments to create a centerpiece that celebrates both creativity and sustainability.

Nature remains central to the style. Designers frequently integrate moss, rocks, decorative wood, and earthy tones, emphasizing texture and asymmetry. This approach fosters a deep connection to the natural world, evoking serenity and grounding.

Precise and detailed rules govern NGC design categories, and judging is based on how closely entries follow these standards. Even though creative categories offer some room for flexibility, this freedom is often limited, which can create a gap between official design approaches and the clean, minimalist look popular in modern homes. Arrangements inspired by Asian minimalism, on the other hand, fit effortlessly into contemporary spaces, focusing on mood and simplicity rather than strict academic criteria. As designers

~~ cont'd

### Flower Symposium ~~ cont'd

in the NGC Handbook for Flower Shows, our creativity is often restricted by the guidelines for creative design types. To foster innovation, we can encourage schedule writers to include “in the manner of Asian influence” as part of the class criteria. This adjustment would allow us to further explore minimalist styles in our work. Designers can thus satisfy the rules of the Handbook and our search for new forms and innovation.

**Jim Sadler**  
**Chairman**

These three pictures represent Asian influence on flower arranging.



### The National Gardener

The official publication of National Garden Clubs, **The National Gardener**, appears quarterly. We highlight articles of interest to environmentalists, gardeners, landscapers, floral designers, educators, and even nature photographers. It is free to all of our gardeners. “Ctrl” click on this link, and sign up to receive your free copy. It’s worth the read!!

[The National Gardener](#)



## Membership



The best way to increase membership in your Garden Club is to **invite** your friend or a friend of a friend to attend a meeting with you. Explain the **fun** you have in your particular club and the benefits of joining your club. If they decide to join make it your mission to be a **mentor** to them. Offer to pick them up for a meeting and sit with them so that they will feel welcome.

Following is a list of things (borrowed from the internet you can do to increase your membership

- ♦ **Host a networking event.** One way to build awareness of your Garden Club is with a single (or a series) of in-person events. And one of the best ways to take your recruiting efforts on the road is with a networking mixer.
- ♦ **Create a referral program.** Research shows that one of the most efficient ways to boost your membership is through referrals. As a result, it only makes sense to get your members involved in spreading the word via a referral program.
- ♦ **Host a “bring a friend” meeting or event.** Another kind of recruitment event you can host is a bring-a-friend meeting. Again, you can get your current members to share all the advantages of your Garden Club by encouraging them to bring non-member friends or family to a networking event.
- ♦ **Host a free luncheon or speaker series.** Non-members are more likely to attend one of your open recruitment events if they’re enticed with the chance to network with industry influencers.

Please let me know if any of the ideas listed above increased your membership. Thanks for reading.

**Barb Yates**  
**Membership Chairman**

## Veterans Day 2025:

Veterans Day is celebrated every November 11 in the United States. Veterans Day 2025 is **Tuesday, November 11, 2025**. This annual federal holiday **honors those who served in the United States Armed Forces**.



### Why November 11th?

Veterans Day is observed on November 11 in commemoration of the anniversary of the signing of the Armistice that ended World War I. **Hostilities officially ended in 1918 at the 11th hour of the 11th day of the 11th month.**

**Formerly called “Armistice Day,”** the holiday was originally intended to honor veterans of the First World War. Later, the meaning of the holiday was expanded to include **all US military who served in either wartime or peacetime. Thank you Veterans!!!**

## Wild Flowers and Native Plants



Meriwether Lewis and William Clark, intrepid Explorers of the North Central and West America and the new plant material they cataloged on their quest, have long been of interest to me. President Jefferson, at the time asked them to observe and record everything in the natural world that they encountered, calling their trip the “**Corps of Discovery**”. Several of these wildflowers that we of the RMR are familiar with, they named after themselves. Prairie flax, *Linum lewisii*; **bitterroot**, *Lewisia rediviva*; and one named after William Clark, **ragged Robin** or *Clarkia pulchella*.

**Prairie Flax:** Lewis wrote a detailed description of this new species of perennial Flax, in the summer of 1805, while heading up the Missouri River. “Each sky blue flower lasts just one day, but a new one farther out on the stem opens the next day.”



**Bitterroot:** On July 2, 1806 near Traveller’s Rest in the Rocky Mountains, near present day Missoula, Montana, this plant which he had learned from the Indians as edible, he found to be very “*naucios to my pallate and bitter*”. This flower is one of the most widely recognized in connection with the “Corps of Discovery”, it being the state flower of Montana. Noted botanist Frederick Pursh gave the plant its name, recognizing it as belonging to the portulaca family and naming it *Lewisia* after its discoverer. *Rediviva* refers to the root’s ability to return to life following prolonged dormancy. The foliage appears in the spring but dies down when the flower appears. And the plant becomes dormant for the hot dry season. It grows on dry, gravelly, well-drained soil. Modern hybrid *Lewisias*, with larger blossoms and in more colors, are commercially available.



**Ragged Robin:** Lewis pulled out all the stops when he wrote about the western ragged robin, “*I met with a singular plant today in blume of which I preserved a specimine.*” He took great delight in examining loosely this delicate and unfamiliar plant, describing every characteristic. It was another plant later named by Pursh, choosing to honor Captain William Clark.



I hope you have enjoyed this article and I will be bringing more info on their wildflower discoveries in our next edition.

Audrey Coyle, Colorado



## Rocky Mountain Region Officers 2025-2027

| Office                    | Officer                                                                                         | E-mail                                                    |
|---------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| <b>Region Director</b>    | <b>Shirley Pursel</b><br>"Many Hands Make All Work Light,"<br>PO Box 6105<br>Riverton, WY 82501 | 307-851-2966<br>shirleypursel@yahoo.com                   |
| <b>Alternate Director</b> | <b>Denise Fink</b><br>Montana                                                                   | 406-939-0959<br>fink52daf@gmail.com                       |
| <b>Secretary</b>          | <b>Lorraine Patrick</b><br>Nebraska                                                             | Lorraine-patrick0809@yahoo.com                            |
| <b>Treasurer</b>          | <b>Lynette Jeffres</b><br>915 East Roosevelt Ave.<br>Riverton, WY 82501-2937                    | 307-856-4399<br>307-851-1972 c<br>ljeffres@gardenclub.org |
| <b>Parliamentarian</b>    | <b>Mary Lerssen</b><br>2615 East Woodland Hills Rd.<br>Sioux Falls, SD 57103-4335               | 605-759-7837 c<br>lerssenm@sio.midco.net                  |
| <b>Historian</b>          | Open                                                                                            |                                                           |

## RMR State Presidents 2025-2027

|                                                                                                                                                          |                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Colorado Federation of Garden Clubs, Inc.</b><br><b>Pat Smit</b><br><i>"PLANT AMERICA, plant native, plant for pollinators."</i><br>pat.smit@live.com | <b>North Dakota State Garden Clubs</b><br><b>Linda Anderson</b><br><i>"Conserve Nature and Grow Friends in North Dakota"</i><br>1501 – 28 ½ Ave S.,<br>Fargo, ND 58103<br>rwandljanderson@gmail.com 701-893-5233                             |
| <b>Kansas Associated Garden Clubs, Inc.</b><br><b>Penny Morgan</b><br>1321 SW Pin Oak Parkway<br>Topeka, KS 66615<br>785-250-8219 pmorgank@aol.com       | <b>South Dakota Federation of Garden Clubs</b><br><b>Pam Catalano</b><br><i>"Planting Native Plants Benefits Everyone"</i><br>606 S Minnesota St<br>Mitchell, Sd 57307<br>605-630-0719<br>pamcatalano062@gmail.com                           |
| <b>Montana Federation of Garden Clubs, Inc.</b><br><b>Jeannie Bennett</b><br><i>"Theme"</i><br>jeanniebennett@gmail.com                                  | <b>The Utah Associated Garden Clubs, Inc.</b><br><b>Sue McJames</b> <i>"Stewards of the Earth"</i><br>1669 Redstone Ave., A-2,<br>Park City, UT 84098<br>435-901-2707 <a href="mailto:susanmcjames@hotmail.com">susanmcjames@hotmail.com</a> |
| <b>Federated Garden Clubs of Nebraska</b><br><i>"Theme"</i><br><b>Rod Ruzanic</b><br>ruzanicrod@gmail.com                                                | <b>Wyoming Federation of Garden Clubs, Inc</b><br><i>"the love of gardening is a seed once sown that never dies..."</i><br>- Gertrude Jekyll<br><b>Susan Pixley</b><br>sannpixley@gmail.com                                                  |

## Rocky Mountain Region Chairman\* 2025-2027

| Project                                        | Chairman                           | E-mail                                       |
|------------------------------------------------|------------------------------------|----------------------------------------------|
| Awards                                         | Chris Martin                       | dzrcc8@yahoo.com                             |
| Birds                                          | ~~                                 | ~~                                           |
| Blue Star Marker                               | Mary L. Carlson, NE                | marylcarlson5@gmail.com                      |
| Butterfly                                      | Margaret Straley, Sioux Falls, SD  | zebrabread@gmail.com                         |
| Chaplin                                        | Linda Anderson. Fargo, ND          | rwandljanderson@gmail.com                    |
| Environmental Concerns;<br>Energy, Land, Water | Rod Ruzanic, Ogallala, NE          | ruzanicrod@gmail.com                         |
| Facebook                                       | Phyllis White, Bozeman MT          | gardens@bresnan.net                          |
| Flower Show Schools and<br>Symposiums          | Jim Sadler, Missoula, MT           | jimsadler1220@gmail.com                      |
| Gardening School Liaison to<br>RMR             | ~~                                 | ~~                                           |
| Invasive Plant Species                         |                                    |                                              |
| Judges Council                                 | Doris Duckworth, CO                | dorisduckworth@yahoo.com                     |
| Life Membership-NGC & RMR                      | Lynette Jeffres, Riverton, WY      | lynjeffres@gmail.com                         |
| Membership                                     | Barb Yates                         | Barb.yates@me.com                            |
| NGC President's Projects                       | Robbie Kupper                      | kupperro@gmail.com                           |
| Plant A Tree                                   | Rod Runzanic                       | runzanicrod@gmail.com                        |
| Personnel                                      | ~~                                 | ~~                                           |
| Protocol, Courtesy Resolution                  | Mary Lerssen, Sioux Falls, SD      | lerssonm@sio.midco.net                       |
| RMR Award of Excellence for<br>Regions         | Robbie Kupper, Nebraska            |                                              |
| RMR Rambler                                    | Joanne Jeffres, Riverton, WY       | rmrrambler@yahoo.com                         |
| RMR Webmaster<br><a href="#">RMR Website</a>   | Patricia Smit - Colorado           | pat.smit@live.com or<br>rockymtnregiongarden |
| Smokey Bear, Woodsy Owl                        | Connie McKay, Holladay, UT         | mcm31@icloud.com                             |
| Wildflowers & Native Plants                    | Audrey Coyle, Colorado Springs, CO | afloris@stratisiq.com                        |
| Xeriscape Gardens                              | Doris Duckworth, Monument, CO      | dorisduckworth@yahoo.com                     |

\* If you need an address or phone number please let me know at [rmrrambler@yahoo.com](mailto:rmrrambler@yahoo.com)

## Rocky Mountain Region Award Application

2025-2027  
National Garden Clubs, Inc.

Send awards to RMR Awards Chairman to arrive no later than **July 30, 2026**,

RMR Awards Chairman: Chris Martin 402-540-2241  
PO Box 86 [rmrawards1@gmail.com](mailto:rmrawards1@gmail.com)  
Friend NE 68359

**Award#** \_\_\_\_ **Award Name** \_\_\_\_\_

Name of State Garden Club \_\_\_\_\_

Name of Applicant \_\_\_\_\_

Type or print exactly as name should appear on any award received (name of club, group of clubs, individual, etc)

Number of members of Garden Club \_\_\_\_

Please complete each topic, if applicable. Use numbering as below when completing form.

1. New project: Yes \_\_\_\_ No \_\_\_\_ Beginning date: \_\_\_\_\_ Completion date: \_\_\_\_\_

2. Brief summary and objectives of project:

3. Involvement of club members, other organizations:

4. Project expenses and means of funding:

5. Continuing involvement, follow-up, maintenance:

6. Attach or insert photos, digital photos, and/or landscape plan (does not need to be professionally drawn):