



Rocky Mountain Rambler

Rocky Mountain Region
Newsletter



May 2025

Greetings From Your Director



Thank you to all members who attended the Rocky Mountain Region annual meeting in Sioux Falls, South Dakota. I want to thank Mary Leersen and all the members of the South Dakota Garden Clubs for an excellent meeting.

It was a wonderful two-day event with several speakers, a short business meeting, and plenty of time for networking, socializing, and shopping.

As Rocky Mountain Region Director, I am on the committee that chose the Award of Excellence for states, which is the highest award of National Garden Clubs to a State Federation, the Award of Excellence for regions, which is the highest award of National Garden Clubs to a Region, and the Award of Excellence for non-members, which is the highest award of National Garden Clubs to a non-member and sponsored by a State Federation. For the award for the State, we had six states that sent in applications; for the Regions, we had two regions; and for non-members, we had six states submit applications on behalf of nonmembers.

It has been a long winter. I don't know about you, but I am ready to be starting my garden and flowers. The seed catalogs come at just the right time for all of us to look at and dream through the cold winter nights.

!~~ cont'd

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Special points of interest:

- Soil Testing
- Awards forms
- Photo forms
- RMR Convention forms



Directors Message ~~ cont'd

For many home gardeners, starting seedlings indoors is a fun way to get a head start on the upcoming garden season. Growing quality seedlings indoors requires high-quality seeds, a well-drained, disease-free growing medium, clean, sanitized containers, proper temperature and moisture conditions, and adequate light. The best quality transplants are short, stocky, and dark green.

Containers

Various containers can be used to germinate and grow transplants. Gardeners can purchase flats, trays, pots, compressed peat pellets, and other commercial products. Previously used flats, trays, and pots should be cleaned and disinfected before use.

The seeds' size largely determines the container type and sowing method. Fine seeds, such as begonias and petunias, are typically sown in flats or trays scattered across the entire surface of the soil. After germination, the seedlings are transplanted into individual containers. Large seeds, such as marigolds and tomatoes, can also be germinated in flats. However, they are often sown directly into separate containers.

When to Start Your Seeds

The correct indoor sowing dates for several popular flowers and vegetables are:

- early March - cabbage, broccoli, and cauliflower;
- mid-March - pepper, eggplant, petunia, and salvia;
- late March - tomato, marigold, and zinnia;
- early April - muskmelon, watermelon, squash, and cucumber.

If unsure of the sowing date, check the seed packet.

I also want to thank Joanne Jeffres and Lynette Jeffres for volunteering to take over the Rambler. You are my heroes. Thank you from the bottom of my heart. You have saved the day.

Happy Gardening!!!

Robbie Kupper

RMR Director



Alternate Directors Message

As Alternate Director, I will be installed as Director in May at National Garden Club. I will be reaching out to you to help fill the Chairmen positions. If there is something that you are passionate about, give me a call and we can see if there is a chairman spot for you. I truly hope to see you in Cheyenne in August.

Shirley Pursel

shirleypursel@yahoo.com

307-851-2966



Dates to Remember

<i>DATE</i>	<i>WHAT</i>	<i>WHERE</i>
May 18—22, 2025	NGC Convention	North Charleston, SC
July 15, 2025	Awards Due	Chris Martin rmrwards1@gmail.com
August 22-23, 2025	RMR Conference	Cheyenne, WY
September 1, 2025	Article Deadline for September Rambler	rmrrambler@yahoo.com



89th Annual Rocky Mountain Region Convention

Wyoming Federation of Garden Clubs
Proudly Presents

“WAGONS OF WILDFLOWERS”

Host: Prairie Garden Club
Cheyenne, WY 82001

August 22-23, 2025

Registration forms and
accommodation information are in this
issue of the Rambler..



[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!

This has been a super busy year for us in Colorado! We have been working on programs, the 2025 Colorado Garden and Home Show at the Denver Convention Center, the sale of our HQ Building (Emerson House), as well as planning District meetings and our CFGC State Convention!

We finally closed on the sale of our HQ building on March 31. It's a bittersweet time as this is a part of our history, but the only constant is change, and this change will ensure that CFGC is in great financial shape going into the future and that we can provide even more benefits for our members and more support and educational programs to our communities! The Vice-Presidents and I spent a lot of time over the last year visiting clubs, talking to members, and collecting the surveys to determine the types of benefits members want most. I'm happy to report that we are implementing some of those suggestions right away, starting with paying for everyone that registers for our CFGC Annual Convention June 11-12 in Vail to attend a private, docent-led, tour of the Betty Ford Alpine Gardens as well as offsetting some of the food costs!

Our 2025 CFGC Convention will be at the Grand Hyatt. The registration form and additional information is on our website: <https://www.coloradogardenclubs.org/events-1>. There will be many activities and the Hyatt has a free shuttle that goes throughout Vail. We are working with Betty Ford Alpine Gardens to set the tour times. Everyone registered to attend the convention is welcome including friends, family, guests, etc. There will be free workshops and additional optional activities for members and their families to include bike rentals and "Casting & Cocktails" for those interested in learning fly fishing!

It is about a two hour drive from Denver. There are also buses that go to Vail (Bustang, Greyhound, & FlixBus) for those that don't want to drive in the mountains. All of our Rocky Mountain garden club friends are invited! To attend, fill out and send in the registration form posted on our CFGC website (<https://www.coloradogardenclubs.org>). The link for the hotel registration is also on that website page. We will post info and updates on meals, tours, schedules, speakers, and workshops on our website. I hope to see you all in Vail this June!

Sincerely,

Victoria Schmidt, President

Colorado Federation of Garden Clubs, Inc.

"Growing our knowledge through education, experience, experimentation, and sharing."

Montana Federation of Garden Clubs, Inc.



I, along with other Montana gardeners, am excited and waiting for **Spring** to arrive! There are parts of Montana that still have snow in places - but with warmer temperatures and sunshine in the days/months ahead, those patches of white will soon melt into the ground. Sadly though, it still isn't time to start putting the sweaters away nor is it time to pull out the shorts. Winter tends to run into our Montana Spring with a blink of an eye, but it is time to start planning our flower gardens and vegetable gardens. New plant catalogs are flooding the mailboxes introducing all the beautiful new varieties of flowers, blooming shrubs, and various hybrid vegetables.

Arbor Day Celebrations are being organized by garden clubs in some towns. Free trees will be given out along with some trees and shrubs that will be for sale. Vendors will showcase their products and provide brochures and info sheets covering windbreaks and shelter breaks, what trees/shrubs are best for local growing zones, inspiring landscaping ideas, and how to properly prune trees. The Extension Offices throughout Montana have many pamphlets to share, and the agents are extremely knowledgeable about answering any questions the public may have.

This is a transitional year for the Montana Federation of Garden Clubs, Inc. We install our incoming officers for the 2025-2027 term. The **State Convention** will be in Montana's capital, Helena, MT, with a tour of the State's Capitol Building and a tour through the new native plant garden around the newly renovated Montana Museum. A Ways & Means table will be set up for attendees to shop for gardening treasures and a Wreath Auction will be a fundraiser to help cover convention expenses. The new NGC President Donna Donnelly will install the incoming officers.

In addition to tours and speakers, a standard petite flower show has been planned. The theme throughout the convention is the **"Last Chance Gold Rush."** Historically, during the gold rush in the West, three Georgians hit the "motherload" just before throwing in their towel! Thus, the term *last chance gold rush*. The name of the show is **FRONTIER DAYS** and Section and Class titles will incorporate the theme such as *"Scouts Discovery," "Westward Ho,"* and *"Pioneer's Feast."* All club members are encouraged to enter the flower show, and judges can gain the credits they need to remain a judge in good standing.

In the summertime, many counties hold flower shows all over the state from Missoula to Great Falls to Billings and Glendive. They are well attended and each year the entries keep getting better and better. Flower shows are such a fantastic way to educate the communities about floral design, horticulture, and expose people to the garden clubs throughout our State. Montana has as many as 30+ flower show judges. As years go by, some judges start thinking of retiring (heaven forbid!) so our Judges Council is looking into starting a Flower Show School for interested gardeners who would like to become a judge. Judging a flower show is extremely rewarding and Montana wants to maintain a strong list of qualified judges.

~ cont'd

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

Montana PBS has a television program called “**Montana AG Live,**” a regular call-in information program dealing with agricultural and gardening issues in Montana. The Montana Federation of Garden Clubs, Inc. (MFGC) has become a continuing sponsor and will be credited within the introduction and closing of each of the 18 to 22 season programs. MFGC will also receive credit in the same way for each of the approximately 44 broadcast repeats shown throughout the year, along with on-demand streaming of all episodes. This sponsorship with Montana AG Live will give MFGC valuable exposure to Montana gardeners and the information to contact us for more information about our clubs throughout the state. We are excited about this new adventure and being able to reach so many people.

In May I will be attending the NGC Annual Convention in Charleston, SC. Some very interesting tours and workshops have been planned. This will be another fun time to reconnect with the presidents in our Region as well as with other state presidents and the officers from NGC. Charleston should be lovely in May. The “southern hospitality” can’t be beat!

Get your gardens ready for planting and have a wonderful summer.

Happy Planting,

Diane Ward, MFGC President



Federated Garden Clubs of Nebraska



Hello from Nebraska,

As I look around, I love seeing the first signs of spring. My peonies are coming up, the tulips are blooming, and the grass is growing. In the last month, we have experienced blizzards followed by 70-degree weather. I think the Midwest is the only place to experience all four seasons within 48 hours.

Unfortunately, the drought is real, and we hope for some moisture soon.

Our clubs have resumed their meetings, taking advantage of the improved weather. Plant sales, a significant source of funds for many clubs, are being planned. Our state has submitted several poems and Smokey Bear posters to NGC. The Friendly Federated Garden Club has participated in Arbor Day Celebrations for over 40 years. A tree will be planted on April 16, honoring a child who was killed when he was hit by a car. districts are actively involved in planning their district meetings.

We are also planning our annual state meeting, which will be held in June. This year, we will **celebrate our 91st anniversary in Sydney, NE.** I am excited because I don’t travel much to the western part of the state, so I’m always excited when I get to go and explore.

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Federated Garden Clubs of Nebraska~~ cont'd

On March 28, a new Blue Star Memorial was dedicated at the Ft McPherson National Cemetery in North Platte, NE. Mary Carlson, our Blue/Gold Star Memorial Chairman, and her committee have worked tirelessly to fundraise and secure the memorial. They worked in Cooperation with Noel Donegan, Veterans of Foreign Wars Post 1504 from North Platte, NE. Nine members from four clubs across the state were in attendance. Another project Mary has been working on that will come to fruition this spring is a Blue Star Memorial located on the By-Way of Memorial Park in Omaha, NE.

In June 1948, the park was originally dedicated as a memorial to the armed services men and women from Douglas County who died during World War II. Now the park commemorates and honors those who served and died in conflicts. A fitting place for a Blue Star Memorial. **Thank you to Mary and her team** for their hard work and dedication.

Happy Spring to all!

Chris Martin

Federated Garden of NE Garden Clubs

Tree Trivia

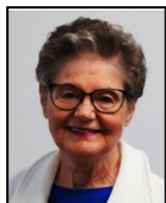
- How old is the oldest tree in America?
a. 750 years old b. 2,000 years old c. 4,800 years old
- How many people rely on forests for clean drinking water in the US
a. 180 million b. 1 million c. 50 million
- How many species of trees are there in the US?
a. 850 b. 375 c. 2,000
- How many trees does the average American use each year in paper, wood and other tree products?
a. 1 b. 7 c. 15
- Baseball bats are made out of wood from which species of tree?
a. Ash b. Oak c. Pine
- How many gallons of sap are needed to make one gallon of maple syrup?
a. 7 b. 10 – 15 c. 30 – 40
- At what rate do most tree seedling grow in a year?
a. 6 inches b. 1 foot c. 2 feet
- What is the biggest tree In the world in terms of overall height and circumference?
a. Giant Sequoia b. Douglas fir c. White Oak



1. c. Methuselah, a pine tree in California is 4,800 years old.
2. a. 180 million 3. a. 850 4. b. 7 5. a. Ash
6. c. 30 7. b. Most tree seedling will grow about 1 foot per year
8. a. The biggest tree in the world is a giant sequoia, General Sherman, in the Sequoia National Park, California.

Rocky Mountain Rambler — May 2025

North Dakota State Garden Clubs



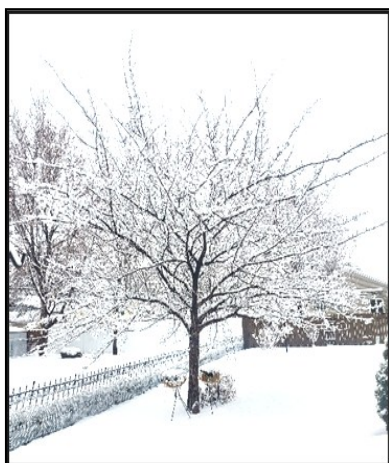
North Dakota the Peace Garden State

The officers of the Fargo Garden Society have been very busy planning for the upcoming year of educational and social events.

In January an employee of a local garden center talked about Bonsai for Artists and Gardeners. There is a local club that meets every month at the local garden center in Fargo and interested members were invited to join them monthly. I have personally attended three of their events and am just fascinated with Bonsai. When I traveled to Vancouver, British Columbia we saw wonderful specimens, but I really enjoyed the scenery at the Dr. Sun Yat-Sen Classical Chinese Garden below.

In February we had an NDSU extension program on Protecting Water Resources: Rain Barrels and Gardens. With our planet warming and frequency of either too much rain or then drought we were very interested in this program.

In March we had a physical therapist that taught us how to get ready for the upcoming garden season with stretching exercises plus ways to make our garden tasks easier on our bodies. We were taught how to lift properly and reminded to be sure and use tools to make it easier on our bodies. Our Vice President April Johnson brought many examples of good ergonomic tools to help us in the upcoming garden season.



My tulips began to appear on the south side of my house on March 15 and then, of course, we received this beautiful snow fall on April 3. As I write this article in the middle of April, I have two different kinds of spring flowers blooming and have such a bad case of spring fever. I already planted my radishes, carrots, peas, kale, and onions. This is the earliest planting experiment ever.

We awarded two college students \$1,000 scholarships each. Hannah Reutter and Kaylie Schlecht scored very high on the scale of points on their scholarship applications and it was a pleasure to hear how excited they were when they found out about our Fargo Garden Society scholarships.

**Linda Anderson, President
North Dakota**

"The Grass Isn't Always Greener, Plant in North Dakota"



The South Dakota Association of Garden Clubs, Inc.



Our membership is 125 members strong with four clubs. We have stayed busy with meetings, speakers, tours, etc. The weather in South Dakota remains dry but recently we finally got a bit of some much-needed rain. However, the limited amount did not influence the drought much!

The Dell Rapids Area Garden club hosted the state meeting on April 10 and as usual did an outstanding job. Good food, wonderful décor and fun people! However, the best part was that we were able to fill our leadership roles except for the vice-president - Pam Catalano will be our president, Diane Johnson will be our secretary, Linda Mortimore will continue as treasurer, Linsey Duffy and Jan Morris will be our directors.

Dell Rapids members keep very busy with garden tours, Christmas tree decorating at the local museum, fund raising/donations to several worthy purposes, attending garden education events, etc.

The garden club in Andover strives to keep members informed about NGC, RMR and SDFGC, Inc. happenings. Although health concerns have affected their ability to meet at times this past year, several members continue planning their vegetable gardens, container gardens, planting of trees, caring for geraniums on Andover's main street, etc.

The Mitchell Area Garden club stays busy with several projects such as Christmas decorations on main street, caring for the Veteran's Memorial Park, activities at monthly meetings, etc. Mitchell is the home of our new state president so we are excited to support her however we can.

The Sioux Falls Area Garden club has been busy touring a local wholesale nursery where they grow many, many starts for local businesses, having speakers at the monthly meeting, hosting a soup/dessert supper, craft of a flower vase topper made of air-dried clay, sponsoring/decorating a Christmas tree at a local state park, etc.

I have a lovely bouquet of magnolias and Nanking cherry blossoms on my table now! I have pussy willows in water for friends to start new pussy willow trees or bushes. I have attached picture of each but I am not the best photographer! Onion plants come this week so I will be sorting them for about 30 of my friends who have ordered them. We are excited about the upcoming gardening season and look forward to fresh tomatoes, cukes, etc.

I want to thank everyone in the RMR for all your help, friendship, fun and support you gave me during my four years as the SDFGC, Inc. president. It was appreciated. I made some great friends and had some interesting experiences!

Mary Lerssen, President
SDFGC, Inc.
"Green America"



The Utah Associated Garden Clubs, Inc.



Utah Associated Garden Clubs had a Sugar House Garden Center clean-up day, in preparation for the Spring Convention. There were only four of us but we got a lot done.

Long story short, the Sugar House Park Authority takes over management of the SHGC.

UAGC hosted the Spring Convention -there were 6 of our 12 clubs represented. The good news is that the UAGC has added two new clubs!

The UAGC is looking forward to an Arbor Day function, 10AM, putting the rings around the memorial trees in backX2

UAGC has a FaceBook and Instagram presence: [associatedgardenclubsofutah](https://www.facebook.com/associatedgardenclubsofutah)

Bonsai and Orchid clubs hosted flower shows.

This picture from the Smokey the Bear poster contest.

Sue McJames

UAGC State President

“Stewards of the Earth”



Mike, US Forest Service; Brenda Bushell, US Forest Service; Leslie Moss (UAGC-VP; Smokey Bear; Geoff Ellis; Mary Holley; Kristin Stockham



Wyoming Federation of Garden Clubs, Inc.



We are enjoying the beginning of springtime here in Wyoming. Daffodils are blooming and other bulbs are showing signs of blooming. Rain and snow are helping to get everything ready for spring.

We are looking forward to the WFGC State Convention in Cheyenne June 27-29. If you plan on attending, please plan to register before June 1, if you want to avoid a late registration fee. The Prairie Garden Club has an excellent convention planned and we look forward to seeing all of you.

Linda English

WFGC President

“Making Friendships While Gardening”

Awards RMR



Hello Everyone,

My name is Chris Martin and I'm the Awards Chair for RMR. I'm excited to work with all of you. I have attached the Awards that are available for this year. (pgs. 18-21) Except for the Youth Awards (sculpture, poetry, Woodsy Owl, and Smokey the Bear) and the Director's Award, (which were awarded earlier this year), please encourage your clubs to participate.

The photography contest is also attached to these awards. Please note the following:

All Awards are due to me by July 15, 2025. 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 photos will receive a certificate if they place first through honorable mention. The pictures receiving a certificate will be showcased on a PowerPoint presentation, and first place and juror's choice will be featured in the Rambler.

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

Photography awards should be submitted to RMRPHOTOS2023@gmail.com

All other submissions should be sent to 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

Chris Martin, Awards Chairman

402-540-2241

Dzrcc8@yahoo.com

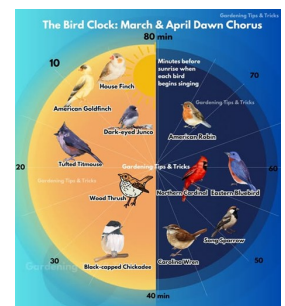
Birds

Ever wondered which birds start singing when? This helpful bird clock shows you the morning timeline! In spring and summer, early risers can experience the dawn chorus—nature's most perfectly orchestrated symphony. Each species has evolved to sing at a specific time to ensure their songs aren't lost in the crowd.

The American Robin often leads at **80 minutes before sunrise**, while the **Wood Thrush** joins with its flute-like song around **70 minutes before dawn**. **Cardinals, wrens, and chickadee** follow in sequence, with the **House Finch** adding its warbling notes just **10 minutes before** the sun appears.

Next time you're up early, listen for this remarkable sequence unfolding outside your window. It's one of nature's most reliable timekeepers!

[#DawnChorus](#) [#BirdWatching](#) [#SpringMornings](#)



Blue Star



My Suburban Garden Club wanted me to submit the article and some photos of the event to the Rocky Mountain Rambler. I am the Kansas State Chairperson for the gold star/blue star program.

1. This was a new event for 2024. I started in May of 2024 planning the dedication of the Blue Star byway marker to be held on September 24, 2024 at the Botanica Gardens in Wichita, Kansas.
2. Suburban Garden Club placed a gold star byway marker at Botanica Gardens in September 2021. So, on September 24, 2024, the blue star byway marker was placed next to the gold star marker. The article gives a brief summary and the objectives of the program.
3. Fifteen members of Suburban Garden Club and five members of the Randolph Loving DAR chapter in Wichita, Kansas helped with making snack items, drinks and table decorations. Floanna Crowley of the garden club made the wreath placed next to the marker. Elizabeth Winterbone from the DAR chapter made the invitations that were sent to many VFW and American Legion posts to invite veterans and their families to join in the event. There were officers from McConnell Air Force Base and honor flight veterans also in attendance. The color guard of high school students presented the flags and Teresa Bacham from the Susannah French Putney sang the National Anthem. Dr Lynette Zimmerman, director of the Botanica Gardens was the keynote speaker.
4. The only expense (\$750) incurred was the purchase of the Blue Star byway marker which was shared equally by the garden club and the DAR chapter. Cookies, drinks, and table decor were provided by members of the garden club and the DAR chapter.
5. The ongoing maintenance will be provided by the Botanica Gardens unless there is damage to the markers. I will be working with the Kansas State Transportation Department to place markers in Veterans cemeteries across the state in the coming years. **Any questions, contact, Kay Catlin, 316 613 1055 kay62catlin@gmail.com**



Submitted by Kay Catlin, Kansas GC



The Federated Garden Club of Nebraska, Inc. chose Fort McPherson National Cemetery at Maxwell, NE as their newest Blue State Memorial. With the help of VFW Post 1504 of North Platte, on March 28, 2025 the Blue Star Memorial was dedicated. Mary Carlson, Blue Star Memorial Chair was very instrumental in getting donation for this memorial along with VFW.

Submitted by Robbie Kupper

L to R: Mary Carlson Blue Star Memorial Chairperson; Robbie Kupper, RMR Director; unidentified; Jean Tobiason; Mona Radcliff; Marj Hastings; Chris Martin, FGCN President in back



Flower Show Schools and Symposiums



The Award of Distinction in a Standard Flower Show

The **Award of Distinction** is one of the major awards that may be given in a Standard Flower Show. This award recognizes exceptional creativity and innovation in the use of dried plant material, pushing designers to explore the boundaries of traditional floral design. To qualify for the Award of Distinction, several specific requirements must be fulfilled:

- There must be three classes.

Each class must have a minimum of four entries.

- All plant material used must be dried, not fresh.
- Metal, ceramics, or wood sculptures are permitted to enhance the design.
- The winning design must score at least 95 points.
- A Rosette of brown ribbons can be purchased from NGC.

The most challenging aspect for designers is to present the dried plant material interestingly and innovatively. The right choice of materials is crucial as they can significantly impact the overall impression of the design. Planning is essential for success in achieving this award. Designers should select plant material that is unblemished and in healthy condition. Once chosen, the material should be hung freely to allow for even air flow, which ensures uniform drying and preserves the integrity of the shapes.

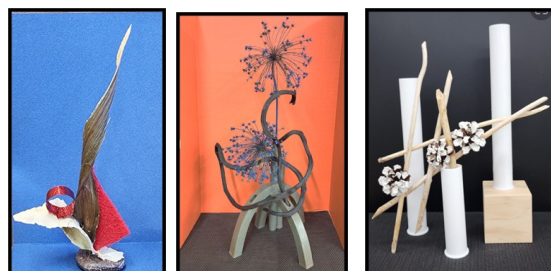
The Award of Distinction challenges designers to think outside the box and push the limits of conventional floral design. The use of dried plant material opens up endless possibilities for creativity, allowing for exploring textures, shapes, and colors in new and exciting ways. Innovation in design can be achieved by experimenting with different techniques and materials. For instance, incorporating sculptural elements made of metal, ceramics, or wood can add a contemporary touch to the arrangement. These elements can be used to frame or highlight the dried plant material, creating a harmonious and balanced composition.

Designers who excel in this category are those who pay meticulous attention to the details. They understand the importance of texture and contrast, and they skillfully manipulate these elements to create stunning and memorable displays. Contrasting smooth with rough, dark against light make the designs not only visually appealing but also tell a story, evoking emotions and sparking curiosity. Painting the dried materials in vivid colors adds to the design.

Achieving this award requires a keen eye for detail and a willingness to experiment with new ideas and techniques. It is a celebration of the endless possibilities that nature provides and a recognition of the talent and dedication of those who bring these possibilities to life. As designers continue to explore and refine their craft, the Award of Distinction honors the very best in floral design, and it remains a coveted prize for those who strive to push the boundaries and to elevate the art of floral design.

Jim Sadler, Chairman

Designs by
Jim Sadler



Invasive Species

Don't guess! Get your garden soil tested!

Properly taken soil tests can help gardeners understand the nutrient levels in the garden, and which nutrients need to be amended for the plant material and garden crops that have been or will be planted in the future. Once gardeners receive this information, they can make informed decisions on how much nutrients need to be applied for the growing season, depending on the plants in the landscape or the garden.

Here are some simple tips that help gardeners take soil test samples and learn how to receive assistance on recommendations for individual garden and landscape situations.

First, find a clean plastic bucket to collect the soil that will be used for the sample that will be tested. Metal buckets may alter the true results of the soil test on accident.

Second, select the area that needs to be tested. This can be a specific area of a garden, a flower bed, section of the lawn, or an area around tree and shrub plantings.

Third, find a clean spade with all foreign matter removed from the blade to collect samples. Soil testing probes can also be checked out from the local University of Nebraska-Lincoln Extension Office as well.

Fourth, collect soil samples that are eight to 12 inches deep and 1½ inches wide, using the spade or soil testing probe from 12 random places in the area that is going to be tested, and place in the clean bucket.

Fifth, thoroughly mix all the soil samples together as much as possible. Fill a re-sealable sandwich bag or a soil testing bag with the thoroughly mixed soil.

Sixth, label the bag with your name, address, and indicate whether the soil came from a garden, lawn, flower bed, tree planting area, or other location.

Seventh, contact your local University of Nebraska-Lincoln Extension Office to discuss which soil tests are appropriate for the individual gardening or landscaping situation. The staff will be able to show which soil testing labs are available to handle and calculate the soil test results.

As soon as the soil tests return, schedule time with a University of Nebraska-Lincoln Extension educator to review the test results and receive recommendations for the growing needs of the garden or landscape.

If you have any questions about garden and landscape soil testing, please contact me at dlott2@unl.edu, by calling (308) 532-2683, or by contact your local University of Nebraska-Lincoln Extension Office. Have a great week!

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David Lott is the Horticulture Extension Educator with the University of Nebraska-Lincoln Extension in North Platte, Nebraska.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

David Lott, Chairman

Parliamentarian



I have shared some of this information before but we may need reminding of some points. According to “**Robert’s Rules of Order Newly Revised**” there is no such thing as “policy” even though I hear it used frequently. The ranking order of rules is:

- ♦ Law
- ♦ Corporate Charter
- ♦ Bylaws or Constitution
- ♦ Rules of Order
- ♦ Standing Rules
- ♦ Custom

Laws: I think we all know what a law is but a quick review as it applies here is that it is any federal, state, or local law that govern the procedure of an organization.

Corporate Charter: If an organization is incorporated, the law of the state under which it is incorporated may require a “corporate charter” and may state what it must contain. If you are not incorporated, this does not apply.

Bylaws or Constitution: In many organizations that are not “incorporated”, this is the highest level of rules specific to that organization. Usually the “bylaws” or “constitution”:

- * Describe the group’s purpose:
- * List the qualifications and methods of selection of members
- * Identify officers, committees, meetings, quorum
- * May set up an executive board or a board of directors
- * Identify how such bylaws can be amended and how the organization can be dissolved

Rules of Order: This refers as to how the meetings will be conducted. Most organization’s meetings flow just as any other organization’s meeting. That is because most organizations determine that **Robert’s Rules of Order** shall be followed. Organizations may adopt “special rules of order” beyond **Robert’s Rules of Order**, such as limiting debate to three minutes rather than 10 minutes, cell phones off, etc.

To adopt or amend “rules of order” or “special rules of order”, requires previous notice and two-thirds vote, or else, with or without previous notice, a vote of a majority of the entire membership of the voting body, not just those present unless otherwise stated. ~~ cont’d

Parliamentarian ~~cont'd



Standing rules can be adopted with a majority vote. Amending them takes either a majority vote with previous notice or, without notice, a two-thirds vote or a majority vote of the entire membership unless otherwise stated.

Custom: A custom is something that the group has done but is not written into rules. Such as always having a plant sale in May. By majority vote, they can change that to a plant sale in June or never. Another custom may be to have all officers elected on one ballot but it could be changed to having separate ballots for each office.

“Policy” is a term we often hear and use but really, we are probably saying, it is our custom to “whatever”. It would be best to remember that if you want to preserve what is to be done, write it down and make it a “standing rule”. Unfortunately, we often do not write our standing rules down and thus are often left wondering or making up another rule that is not consistent with our past practice. Confusion and frustration can be a result of such actions.

I encourage you to get your “rules” (Rules of Order and Standing Rules of Order) in order and let everyone know what they are. It is very easy with our electronic capabilities today! However, **remember people like flexibility** so don't lock things in that are better left for choice and situation. Good luck!

Respectfully submitted by

Mary Lerssen, RMR Parliamentarian

Today I read that butterflies
rest when it rains
because it damages their wings.

It's okay to rest during the storms of life

You'll fly again when it's over.



Poisonous Plants in the Rocky Mountain Area

Leaves of three — leave them be!

- **Poison oak** (grows west of the Rocky Mountains)



- **Poison sumac** (grows in the southeastern United States).
- If you think you've touched one of these plants, acting quickly may prevent a rash. Here's what dermatologists recommend you do immediately after encountering poison, ivy, oak, or sumac:



- **Immediately wash the part of your skin that touched the plant** with one of the following:

- Rubbing alcohol
- Poison ivy, oak, and sumac wash (cleanser, soap, or towelettes)
- Dishwashing soap
- Laundry detergent
- Wash your skin gently. Scrubbing can cause a rash because you rub the plant's oil which is what leads to a rash, into your skin.
- **Thoroughly rinse with plenty of cool water.** This removes the rubbing alcohol or other product from your skin. Leaving one of these products on your skin could irritate your skin, causing a different type of rash.
- **Wash under your nails.** This will remove any oil that may have gotten trapped there.
- You want to do the above immediately after coming into contact with the plant or anything that has the plant's oil on it. Sometimes, you can still prevent a rash following these instructions within 10 to 20 minutes of touching the plant or its oil.

If an hour or so has passed and your skin doesn't itch, it still may be helpful to follow these steps. Doing so may reduce the severity of the rash you get.

It will take time to tell whether you successfully prevented a rash. To find out how long it can take for a rash to appear, go to: [Poison ivy, oak, and sumac: When does the rash appear?](#)

If you come into contact with poison plants, follow these steps:

- Wash your skin gently with cool water.
- Rinse with rubbing alcohol or a specialized poison-plant skin wash.
- Cover the affected area to prevent further exposure.
- For mild cases, use wet compresses and over-the-counter antihistamines.
- For moderate to severe cases, consult a doctor for prescription steroid creams or pills.





Rocky Mountain Region Officers 2023-2025

Office	Officer	E-mail
Region Director	Robbie Kupper 315 East 7th Ogallala, NE 69153	308-289-6051 fgninc@gmail.com
Alternate Director	Shirley Pursel PO Box 6105 Riverton, WY 82501	307-851-2966 shirleypursel@yahoo.com
Secretary	Margaret Endecott 28 West Loula Street Olathe, KS 66061	913-626-4104 mendecott1@sbcglobal.net
Treasurer	Lynette Jeffres 915 East Roosevelt Ave.	307-856-4399 307-851-1972 c lynjeffres@gmail.com
Parliamentarian	Mary Lerssen 2615 East Woodland Hills Rd. Sioux Falls, SD 57103-4335	605-759-7837 c lerssenm@sio.midco.net
Historian	Margaret Endecott 28 West Loula Street Olathe, KS 66061	913-626-4104 mendecott1@sbcglobal.net



RMR State Presidents 2023-2025



Colorado Federation of Garden Clubs, Inc. Victoria Schmidt <i>"Growing our knowledge through education, experience, experimentation, and sharing."</i> 5753 S Kittredge Street Centennial CO 80015 gardenwithvictoria@gmail.com	North Dakota State Garden Clubs Linda Anderson <i>"The Grass Isn't Always Greener, Plant in North Dakota"</i> 1501 – 28 ½ Ave S., Fargo, ND 58103 rwandljanderson@gmail.com 701-893-5233
Kansas Associated Garden Clubs, Inc. Penny Morgan 1321 SW Pin Oak Parkway Topeka, KS 66615 785-250-8219 pmorganks@aol.com	South Dakota Federation of Garden Clubs Mary Lerssen <i>"Green America"</i> 2615 E. Woodland Hills Rd Sioux Falls, SD 57103 605-759-7837 lerssenm@sio.midco.net
Montana Federation of Garden Clubs, Inc. Diane Ward <i>"Sow it Grow it"</i> 916 Whitetail Road Whitehall, MT 59759 406-565-0222 mydoubleheartranch@gmail.com	The Utah Associated Garden Clubs, Inc. Sue McJames <i>"Stewards of the Earth"</i> 1669 Redstone Ave., A-2, Park City, UT 84098 435-901-2707 susanmcjames@hotmail.com
Federated Garden Clubs of Nebraska <i>"Plant Nebraska Native"</i> Chris Martin PO Box 86 Friend, NE 68359 dzrcc8@yahoo.com	Wyoming Federation of Garden Clubs, Inc <i>"Making Friendships While Gardening"</i> Linda English 3761 Carmel Drive Casper, WY 82601 bruce-linda@charter.net

Rocky Mountain Region Chairman* 2023-2025

Project	Chairman	E-mail
Awards	Chris Martin	dzrcc8@yahoo.com
Birds	Audrey Coyle, Colorado Springs, CO	afloris@stratisiq.com
Blue Star Marker	Joyce Hendricks, Billings, MT	rnjhend@charter.net
Butterfly	Margaret Straley, Sioux Falls, SD	zebrabread@gmail.com
Chaplin	Linda Anderson, Fargo, ND	rwandljanderson@gmail.com
Environmental Concerns; Energy, Land, Water	Rod Ruzanic, Ogallala, NE	rodruzanic@gmail.com
Facebook	Phyllis White, Bozeman MT	gardens@bresnan.net
Flower Show Schools and Symposiums	Jim Sadler, Missoula, MT	jimsadler1220@gmail.com
Gardening School Liaison to RMR	Alice Hemsath, Kearney, NE	dhemsath@charter.net
Invasive Plant Species	David Lott, North Platte, NE	dlot2@unl.edu
Judges Council	Doris Duckworth, CO	dorisduckworth@yahoo.com
Life Membership-NGC & RMR	Lynette Jeffres, Riverton, WY	lynjeffres@gmail.com
Membership	Shirley Pursel, Riverton, WY	shirleypursel@yahoo.com
NGC President's Projects	Beverly Heidelberger, Spencer, SD	bevheid2@hotmail.com
Penny Pines	Del Hemsath, Kearney, NE	dhemsath@charter.net
Personnel	Connie McKay, Halladay, UT	mcm31@icloud.com
Protocol, Courtesy Resolution	Mary Lerssen, Sioux Falls, SD	lerssonm@sio.midco.net
RMR Award of Excellence for Regions	Margie Soileau, Colorado Sp., CO	margie.rmrdirector@gmail.com
RMR Rambler	Joanne Jeffres, Riverton, WY	rmrrambler@yahoo.com
RMR Webmaster RMR Website	Carla Jeffres Scheer, Georgetown, PA	rockymtnregiongarden clubs@gmail.com
Smokey Bear, Woodsy Owl	Connie McKay, Holladay, UT	mcm31@icloud.com
Wildflowers & Native Plants	~~ open~~	
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

Rocky Mountain Region Award Application

2023-2025

National Garden Clubs, Inc.

Send awards to RMR Awards Chairman to arrive no later than **July 15, 2025**,

RMR Awards Chairman:

Chris Martin

402-540-2241

PO Box 86

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:

All Awards are due to Chris Martin by **July 15, 2025**

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.)

Chris Martin, dzrcc8@yahoo.com

PO Box 86

Friend, NE 68359

Rocky Mountain Region Photo Contest Theme: “Nature ”

Rules & Guidelines: Submit up to 2 images per category by **July 15, 2025**, uploaded along with the completed entry form and the signed release form. This year, we are going to celebrate nature. All categories should depict what you love or something unique that you find in nature. I will acknowledge receipt of your photos within 72 hours. If you haven't heard anything from me within that time, then please email me at dzrcc8@yahoo.com

There are three categories.

- **Weather** (snow, rain, lightning. rainbows, rain on flowers, clouds. etc.)
- **Trees:** anything trees: bark, tree knots, leaves, trees in clouds, snow-covered trees, anything trees
- **Forms in Nature:** flowers, pine cones, seaweed, shells, bones, insects, stones, fossils, crystals, feathers, birds, fish, animals, rock formations, lapping waves – in fact, anything you can find in nature – complete or part of it.

Your images should be of high resolution (300 dpi) with a file size of at least 2 megapixels and a minimum dimension of 1600x1200 pixels. Smartphone photos generally are large enough files. **The image should be labeled with your last name, first name, and of your photo:** for example, Martin-Chris-Raindrops

The exhibitor's manipulation of the image in camera or post-processing is allowed. The digital images will be juried, and the finalists will receive certificates. The photos receiving certificates will be presented on a PowerPoint at our annual RMR meeting in Wyoming, and the **first** place and juror's choice will be published in the Rambler.

Image Release Agreement By entering this contest, you agree to the terms of this agreement: You grant the Rocky Mountain Region the use of any images you upload for educational and promotional purposes only on a royalty-free basis and without compensation, including any reproductions of those images, which are deemed necessary. You will be given full credit for any photos used for these purposes. You retain your copyright to any images that you upload. You also agree that you captured the images that you uploaded, and they are your possessions.

TO REGISTER AND UPLOAD YOUR PHOTOS, use the email below:

RMRphotos2023@gmail.com

Scale Of Points

- **Conformation Interpretation: 20 points** (Does the photo comply with the class title and does the image interpret the theme?)
- **Composition: 25 points** (Elements and principles of design are used to define the components of the composition of the photograph)
- **Creativity: 25 points** (Expression of the imagination of the photographer)
- **Technical Merit 20 points** (Successful use of mechanics of the camera)
- **Distinction/Wow Factor: 10 points** (The wow factor; marked superiority in all aspects)
- **Total Points: 100 Points**

Rocky Mountain Region Photo Contest Entry Form
Theme: Nature

Name: _____

Address: _____

Phone#: _____

Email Address _____

Club Name: _____

State Organization: _____

Weather:

Picture #1 Name _____

Picture #2 Name _____

Trees:

Picture #1 Name _____

Picture #2 Name _____

Forms in Nature:

Picture #1 Name _____

Picture # 2 Name _____

Image Release Agreement

By entering this contest, you agree to the terms of this agreement: You grant the Rocky Mountain Region the use of any images that you upload for educational and promotional purposes only on a royalty-free basis and without compensation. Including any reproductions of those images, which are deemed necessary. You will be given full credit for any of your images used for these purposes. You retain your copyright to any images that you upload. You also agree that the images that you upload were captured by you and they are your possessions.

Name: _____

Date: _____

Wyoming Federation of Garden Clubs Proudly Presents
89th Annual Rocky Mountain Region Convention

“WAGONS OF WILDFLOWERS”

Registration Form

When: August 22-23, 2025

Where: Laramie County Senior Services (4100 East Pershing Blvd, Cheyenne, WY 82001)

Hosted by Prairie Garden Club, Cheyenne, Wyoming



Please print, fill in, and mail with your check, postmarked by **August 1, 2025**.
Registrations postmarked after August 1 will be charged a \$10 late fee.

Make checks payable to RMR and mail to:

RMR Convention Registrar
c/o Sharyn Guthridge
909 Orion Drive
Cheyenne, WY 82009



Name _____

Address _____

City & State _____ Zip _____

Phone No. _____ E-mail _____

I belong to the _____ Garden Club.

PLEASE CHECK ALL THAT APPLY:

___ NGC Officer _____ (indicate Office)

___ NGC Chairman

___ NGC Committee Member

___ NGC Life Member

___ RMR Director

___ RMR Officer _____ (indicate Office)

___ RMR Chairman

___ RMR Life Member

___ RMR Previous Director

___ State President

___ Club President

___ State Life Member

___ Environmental Studies Consultant

___ Garden Studies Consultant

___ Flower Show Judge

___ Landscape Design Consultant

___ Garden Club Member

___ Guest

Friday Registration: 1:30 to 4 pm (Lions Park Pavilion) \$30.00 _____ \$ _____

Friday Dinner: 4 to 6 PM (Lions Park Pavilion) [Ranch Eats Food Truck](#) \$20.00 _____ \$ _____

Saturday Lunch: 12:00 pm (Soup & Salad Buffet) \$20.00 _____ \$ _____

Saturday Banquet Dinner: 6:30 pm (Fajita Bar) \$30.00 _____ \$ _____

TOTAL COST - \$100.00 for entire package _____ \$ _____



We would like each club to bring at least one silent auction item. If you would like to bring more than one item, or door prize items, please do! All attendees are invited to participate.

Anyone interested in attending a wool-felting flower workshop on Friday at the Lions Park Pavilion from 2 – 4 pm check here ☐ Please bring \$7 to the workshop. Maximum class size: 12.

Friday tours from 2 to 4 pm. Info upon check-in Friday. Saturday tours from 3:45 to 5 pm. Info upon check-in. FREE tour at Tank Farm Nursey Sunday morning with breakfast available. If interested, check here ☐

Registration form available at prairiegardenclub.com, [the Paintbrush](#), and [the Rambler](#).

2025 ROCKY MOUNTAIN REGION
89th ANNUAL CONVENTION

"WAGONS OF WILDFLOWERS"

ACCOMODATIONS



- [Comfort Suites Cheyenne](#) \$119-\$129/night
(307) 389-2404 (5401 Walker Rd)
- [Fairfield Inn and Suites](#) \$141/night
(307) 637-4070 (1415 Stillwater Ave)
- [La Quinta](#) \$108/night, offers veteran and senior citizen discounts
(307) 342-7798 (2410 West Lincolnway)
- [Little America](#) \$127/night
(307) 775-8400 (2800 West Lincolnway)
- [Best Western Plus Frontier Inn](#) \$165/night
(307) 638-8891 (8101 Hutchins Dr)
- [Nagle Warren Mansion](#) \$200/night if blocking more than two rooms, 12 rooms available/ single rooms only with king or queen bed. Book rooms by calling for discount – tell hotel you are part of the Prairie Garden Club Convention. For an additional fee, high tea can be booked for group teas.
(307) 637-3333 (222 E. 17th Street)
- We also have Tent/RV camping-[AB Camping](#) \$27-84/night (offers military and AAA discounts)
(307) 634-7035 (1503 West College Dr)
- Cabin, tent, and RV sites available at [R Journey RV Resort](#) - cabins sleep 4 start at \$85/night
(303) 228-8888 (8800 Hutchins Dr)
- Airbnb is also an option: [Airbnb.com](#)

EVENT VENUE LOCATIONS

- Lions Park Pavilion - 901 Martin Esquibel Dr, Cheyenne, WY 82001
- [Cheyenne Botanic Gardens](#) - 710 S Lions Park Dr, Cheyenne, WY 82001
- [Laramie County Senior Services](#) – 4100 East Pershing Blvd, Cheyenne, WY 82001

