



# Rocky Mountain Rambler

Rocky Mountain Region  
Newsletter



February 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 Lerrsen 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:

- Asleep in your backyard
- 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 Jeffries 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**



*Every member is a different  
kind of flower and all  
together, we make this world  
more beautiful!*

A **garden** returns **50 x** the investment you put into it.

Not just **food**, but **joy**, **peace** and real  
**connections** with creation and a **spiritual retreat**  
from a noisy world and hurried people.

Grow a garden!



## Dates to Remember



<i>DATE</i>	<i>WHAT</i>	<i>WHERE</i>
April 15, 2025	Article Deadline for May Rambler	rmrrambler@yahoo.com
April 22, 2025	Earth Day	“Invest in our Planet”
May 18 - 22, 2025	NGC Annual Convention	Charleston, SC
June 27 – 29, 2025	RMR Conference	Cheyenne, WY



### 89<sup>th</sup> 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.

## Rocky Mountain Rambler — February 2025

### Colorado Federation of Garden Clubs, Inc.



Hello fellow gardeners!

CFGC garden clubs are super busy. Right now, we are preparing for the 2025 Colorado Garden and Home Show Feb. 8-16, 2025. We have a large area with a raised bed demo garden where we will have speakers presenting topics from creating a raised bed for square foot gardens, pollinator gardens, a speaker from the Rose Society, and a children's gardening book author. We will have displays of floral arrangements, table designs, NGC School displays as well as information about CFGC and NGC and how to join one of our garden clubs.

The Colorado Garden and Home Show is run by a non-profit foundation that provides a LOT of money each year in grants to organizations and communities such as food banks, schools, shelters, etc. to build gardens, greenhouses, and other related things throughout all of speakers at our state, district, club, and public meetings and events.

We are also preparing for our annual District meetings in April and planning our 2025 CFGC State Convention in Vail, CO June 2-3, 2025. We are busy planning garden tours, activities, speakers, and workshops for the convention. If you are interested in attending, we are getting a great hotel rate and will have the registration forms ready in the next several weeks and it will be posted on our state website (<https://www.coloradogardenclubs.org>) within a month or so. We hope you will consider joining us in June!

**Victoria Schmidt, President**

**Colorado Federation of Garden Clubs, Inc.**

**“Growing our knowledge through education, experience, experimentation, and sharing.”**



#### **What could be sleeping in your backyard??**

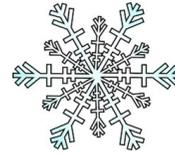
Do you ever wonder what happens to your favorite pollinators, like butterflies and bees, during winter? Once the temperature turns cold and the snow begins to fly, where do pollinating insects go? More importantly, what can gardeners do to help these beneficial insects survive in harsh climates

Chances are, you won't see pollinators out and about on cold winter days. Where they go and how they survive the cold tends to be species-specific. As a whole, pollinating invertebrates have adapted several methods for surviving harsh winter weather.

When we think of pollinators, we often think of honeybees. To survive the winter, these hive-dwellers cuddle together and vibrate their bodies to create heat. Along with a sufficient supply of honey, it takes a special generation of bees during winter months to sustain the hive. These winter bees have plumper bodies and live longer than those inhabiting the hive during the summer.

Pristine, leaf-free yards that homeowners love are the nemesis of overwintering pollinators. Cleaning up fallen leaves, pulling up dead annuals and pre-winter rototilling disturbs many of the places where pollinators overwinter.

Does this mean gardeners should leave their yards a mess until spring? For more information, check out: [www.gardeningknowhow.com](http://www.gardeningknowhow.com)



## Montana Federation of Garden Clubs, Inc.



Boy has this been a cold 2025! Not a lot of snow like other states, but we have had some very cold wind and temperatures be low 0!!! We had 17 trees planted back in the fall, sure hope they all survive this winter and come alive again this spring.

The Montana Federation of Garden Clubs has been busy planning our Installation Convention. This year it is being held in our capital, Helena, MT. There are so many places of interest such as Museums, the Capital Building, various gardens and nurseries, planning tours for attendees will not be a problem. The incoming NGC President, Donna Donnelly, has been invited to conduct the installation ceremony. This is also the time when clubs will be electing new Presidents, District Directors and planning their programs for the upcoming year.

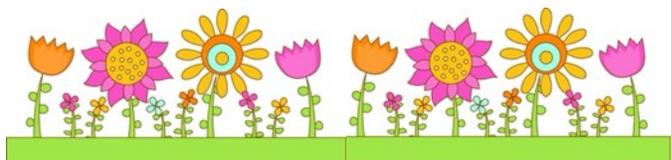
As President of MFGC, I am looking forward to the NGC Convention in May. Attending this year's convention, being held in Charleston, SC, will be another chance to reconnect with Presidents from the other states and hearing how their winter has been and what plans they might have for 2025. Charleston has been one of my favorite places. Being a true Southerner from Virginia, I'm anxious to visit some of the historical sites. The varied workshops being offered will be fun to attend as well. You can be sure that I'll be taking many pictures to share with Montana gardeners at our convention in June! Pictures of the beautiful gardens with Azaleas, Magnolias, Camelias, and Rhododendrons in bloom will take their breath away!!!

With the holidays behind us, the plant and seed catalogs are coming in, getting us excited about the arrival of Spring! Here in Montana, Spring weather usually doesn't begin till late April, May or sometimes June! We could still get snow any given month. Waiting for the ground to thaw can be very frustrating. Flipping through the catalogs and looking at the new varieties of flowers and shrubs helps fill the time, waiting for the warmer weather to knock at our doors. I'm sure some of you experience these same feelings. We all can't wait to get our hands into the soil, plant seeds/new plants and anticipate the rewards of our labor.

*Communication Across Montana* has been my project for 2023-2025. Using the **Radio** as the platform to get information out to the public was the basis of this project. The name of the local radio station manager, a letter of introduction and samples of radio spots were given to each club president. Several clubs promoted their club by giving the date, time and location of their meetings as well as some of their events. The results of their announcements reached gardeners within the community. I encourage Garden Clubs to take advantage of this form of advertising!

Enjoy the Spring as it gets near, plan your gardens by looking through the catalogs and get your hands dirty!

Happy Planting,  
Diane Ward, MFGC President



## Federated Garden Clubs of Nebraska



Hello from Nebraska. As I look out my window, I marvel at how the weather changes so rapidly. Last week, we had wind chills below zero, many schools were canceled because it was so cold, and people were hibernating. Today, it's 50 degrees, the sun is shining, and you need a light jacket when you go outside. It's supposed to be in the 60's tomorrow. We are supposed to get another snowstorm and much colder weather at the end of the week. Gotta love living in the Midwest; where else can you have spring and winter in the same week?

Last week also brought many surprises to my family, who live in Louisiana. They were in Seventh Heaven as never in their lifetime was there enough snow to build snowmen, have snowball fights, or go shoe skating. They got over 13 inches of snow, more than I got at our last snowfall. Of course, everything was shut down, and only first responders were allowed to be on the roads. They had no snow shovels, no snowplows to clear their streets, and no ice melt to help with the ice, but they had a wonderful time. I received many beautiful pictures of flowers with snow, snowmen, and people just having fun. The joy on their faces was incredible. I was happy they could experience the same excitement and memories I made as a child playing in the snow. As an adult, all I could think of was that although we needed the moisture, I was over winter.

Many of our clubs do not meet in the winter months because of the weather, but that doesn't stop us from planning what we want to do when we can finally get back to gardening. Like most gardeners, I think about what I want to do once spring comes and what I can plant. I spend lots of time looking at articles. One of the websites I go to is [mulhalls.com](https://mulhalls.com), which has a blog I enjoy reading. Mulhalls is an excellent gardening center located in Omaha. This month, the blog was about the winter gardening to-do List. It was a great refresher on what we can do to prepare for spring. I have attached the article. I always learn something new. I hope you enjoy the article as much as I did.

<https://mulhalls.com/garden-home/blog/our-winter-gardening-to-do-list/>

I hope the Groundhog is good to us on Feb. 2. Enjoy the rest of winter, and I can't wait to get back to our gardens.

Chris Martin  
Federated Garden of NE Garden Clubs



## Rocky Mountain Rambler — February 2025

### North Dakota State Garden Clubs



#### Greetings from the Peace Garden State of North Dakota

The Fargo Garden Society had its yearly Social on Tuesday, October 22. We had appetizers and enjoyed visiting with all our garden friends. We did surveys and started planning for next year's programs and projects. April Johnson our Vice President had collected pictures of gardens from some members and the garden pictures were shown during our visiting and social. April also made us move from table to table so we could visit with other members of our club, and she arranged for members to bring lovely fall table decorations. Five Rocky Mountain Awards were given to the faithful garden members who tended our community projects. A wonderful evening was had by all.



Front row: Les Westgard, Arlin Fisher, Sarah Fisher, Becky Goetz, Joel Simons  
 Second row: Laurie Schlenker, Mary Jane Breitling, Linda Anderson, Jenifer Swetland, Peggy Schaan, Bonnie Hansen, Donna Christianson  
 Third Row: April Johnson, Carol Fairfield, Pat Newgard, Beth Rogness, Ronda Skramstad, Rhonda Miller, Barb Sherburne, Nancy McKinnon  
 Fourth Row: Joyce Hanna, Wanda Borchert, Iris Fogderud, Pat Westgard, Dorothe Jean Hetland, Marilyn Isaacson, Lori DeRemer, Emily Hilgers, Lorraine Hanna, Diane Skramstad, Pat Simons

We have had such unusually warm weather last fall and did not have a hard freeze until very late. It has been a beautiful fall. Now we have had the usual very cold weather with a little snow in January.

Right is a picture I wanted to share. It was taken in July in Iceland. These beautiful blue poppies were such a surprise in a botanical garden that our tour visited.



**“Conserve Nature and Grow Friendships in North Dakota”**

**Linda Anderson, President  
 North Dakota**



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



A very special “thank you” to the Joanne and Lynette for taking on the Rambler responsibilities. Very special people!!! Big thanks!

South Dakota is experiencing a very unusual winter so far – no snow! We have had a little cold and wind but no moisture so we are very concerned but I prefer a good rain this spring so I am optimistic! However, we still have plenty of time to get snow so hang on!

Although we tend to take a few weeks off in the winter with the holidays and being too cold to garden outside, we continue or become busier with some projects. Mitchell keeps busy with many projects including decorating the downtown for the holidays, monthly meetings, etc. Dell Rapids is planning to host the spring state convention. They are working with speakers, sites, etc. to finalize the plans. They always do a great job so we are all looking forward to that event. Andover continues their meetings with members attending as able. We appreciate the Andover Club for their many years of experience and Linda’s continued efforts regarding being our Awards Chair. Sioux Falls continues monthly meetings with speakers and special events such as chicken supper meetings.

Our membership in South Dakota has been fairly stable but we are always working to add to the clubs and would love to add clubs. We have several other garden clubs in SD but they are not federated and are reluctant to get involved. I believe they fear the expectations of a more formal environment. I continue to tell them that as a federated garden club member and club, you can pick and choose which projects you want to work with. Most of our clubs do not participate in many of the National Garden Club projects but the variety makes it possible to pick and choose what interests you as a club or as an individual. The grants, scholarships and other rewards are worth the effort. For example, in March I am going to be taking my last class to become an Environmental Consultant through the NGC. It was a goal of mine to complete at least one course with the NGC even though I am a certified SDSU Master Gardener. I believe the NGC allows clubs and individuals to pick and choose a variety of programs to get involved if you choose while keeping us on the national level.

South Dakota’s main concern is finding leadership for the next term. We think we have someone who will step up but a firm commitment may not come until the spring convention when the new officers are installed! We hear that this is a concern across the country. Perhaps the Covid time made us aware that we don’t have to meet face to face to get things done? Maybe we need to start thinking out of the box. Maybe we need a new leadership style. What could that be? A committee? A shared leadership role? I am optimistic that there must be an answer. Change is constant and we need to look to change to stay relevant.

I believe gardening is an up-and-coming interest in our nation. How garden clubs will help with that effort is up to us. **Are we up to the challenge?**

**Mary Lerssen, President**  
**SDFGC, Inc.**



### The Utah Associated Garden Clubs, Inc.



Hello. My name is Sue McJames and I am the new President of the Utah Associated Garden Clubs. I have been to several Rocky Mountain Region and two National Garden Club Conventions, so hopefully, everyone is becoming familiar with me Many thanks to Mary Holley, our past President.

There were four representatives from Utah at the National Garden Club Convention in Denver: Sue McJames, Darla Anderson (nominating committee), Mary Holley (past President) and Connie MacKay (best Smokey Bear cheerleader ever!). Mary arranged flowers for Brenda Moore, NGC President Darla and Sue got their pictures taken with Smokey Bear for his 80<sup>th</sup> birthday celebration.

Brenda Moore  
NGC President



#### Rose Society flower show:

The Rose Society hosted their annual flower show on June 8<sup>th</sup> at the Sugar House Garden Center. It is a large undertaking and was deemed a success. The Begonia and Iris Societies also held tuber sales at the Garden Center to raise funds for their individual clubs.

Last month, the Neighborhood Garden Club visited the Monte Vista Ranch in Payson, UT. Paul Genho, who is the owner and operator of the ranch plus past president of the Daylily Society, hosts an annual gathering that showcases his hybridized daylilies. Everyone who attends receives a free daylily plus a delicious lunch!

The Utah Associated Garden Clubs will be hosting their Fall Convention on Oct. 12<sup>th</sup> at the Garden Center. It is free and open to all members. Please plan on attending!

**Sue McJames**  
UAGC State President  
*"Stewards of the Earth"*

Sue, Smokey  
and Darla



## Wyoming Federation of Garden Clubs, Inc.



Our Garden Clubs in the state are all looking forward to spring. Although spring is officially here, we are experiencing snow this week. All our garden clubs have been enjoying indoor meetings this past quarter. We have had programs on growing roses, preparing for spring and growing plants indoors during the winter/spring months. Linda English and I, as Co-Presidents, look forward to visiting our state clubs this summer. The Dirt Diggers Club in Encampment is having a luncheon in May which Linda will be attending. We will also attend meetings in Cheyenne, Riverton and Chugwater. Looking forward to spring!

### “Garden for Hope”

**Connie Wallace / Linda English**  
**WFGC, Co-Presidents**

## 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. I did not attach the Youth Awards (sculpture, poetry, Woodsy Owl, and Smokey the Bear) and the Director's Award because they were awarded earlier this year. Please encourage your clubs to participate.

The photography contest information is also attached. **Please note the following:**

### All Awards are due to me by July 20, 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. Pictures receiving a certificate will be showcased on a Power-Point 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](mailto:RMRPHOTOS2023@gmail.com)
- All other 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**

**Awards Booklet** will  
be emailed in a  
separate email for your  
convenience.

## Rocky Mountain Rambler — February 2025

### Kansas Associated Garden Clubs, Inc.



The Kansas Garden Clubs are busy with Winter meetings. Learning about saving seeds and December is full of Holiday gatherings. The new year is here, and everyone is planning club meetings for the year and getting program books made. The Suburban Garden Club, in Wichita, is busy planning the State Convention that will happen in June.

Sadly, Kansas is starting the year with one less garden club from the East District. Through members moving, and an older membership, the club feels it cannot sustain itself. The other members of the garden clubs in the area have reached out to members to join their club.

All of us are getting ready for spring. Looking through the seed catalogs, and planning the garden.

The year is full of possibilities.

Penny Morgan  
KAGC President

#### Why Do We Garden By The Moon?

##### The Gardening By The Moon Philosophy

But how could a chunk of rock more than 200,000 miles away affect how plants on Earth grow?

Those who swear by this ancient growing method say the water in both the ground and in plants are affected by the gravitational pull of the Sun and Moon, just like ocean tides are. Just as the tides are highest during the new and full phases of the Moon, this theory holds, seeds, too, will absorb the most water during these times.

##### How Moon Phases Affect Plant Growth

Though the practice is as old as agriculture itself, planting by the Moon is a complex art. Here's a look at how Moon phases are believed to affect plant growth:

Over the course of a 29½ -day lunar cycle, the Moon goes through four basic phases, new, full, and two quarter phases—first and last. For half of its cycle, between the new and full phases, the Moon is waxing (growing in illumination). Then, after the full Moon, it begins to wane (decreasing in illumination).

For more information, check out the site below.

[Check out our Moon Phase calendar.](http://www.farmersalmanac.com/why-garden-by-the-moon)  
[www.farmersalmanac.com/why-garden-by-the-moon](http://www.farmersalmanac.com/why-garden-by-the-moon)

## FULL MOONS OF 2025

JAN 13TH	WOLF MOON
FEB 12TH	SNOW MOON
MAR 14TH	WORM MOON
APR 12TH	PINK MOON
MAY 12TH	FLOWER MOON
JUN 11TH	STRAWBERRY MOON
JUL 10TH	BUCK MOON
AUG 9TH	STURGEON MOON
SEP 7TH	HARVEST MOON
OCT 6TH	HUNTER'S (SUPER) MOON
NOV 5TH	BEAVER (SUPER) MOON
DEC 4TH	COLD (SUPER) MOON

## Blue Star



All eight of our Rocky Mountain Region States have garden clubs that have dedicated Blue Star Memorial Markers. It is such a wonderful symbol of our respect and regard for those who have and are serving our country in the armed forces. The motto “For all to see, lest we forget, those who help to keep us free” is so fitting. I appreciate hearing from those club that are working to put up new markers or refurbish some of the older ones. If there are questions about the markers, please feel free to contact me. If I don’t know the answers I will research and find out and get back to whoever asks.

Perhaps your club already has a Blue Star Memorial Marker, consider putting up a Gold Star Memorial Marker too. What a great way for garden clubs to show their respect and honor those families who have lost a loved one in service to our country.

And don’t forget as spring comes to look at your markers and make sure that they are looking good! Maybe a nice cleaning of the marker with some mild soap and water and a soft cloth would be in order or if it needs refurbishing you could think about getting that done. Check out the landscaping around your markers and make sure they are in good shape too. This is a way for your club to demonstrate to those in your community what gardeners can do to beautify the environment. It might even spark interest in your club!

Best wishes,

**Joyce Hendricks**  
**Blue Star Chairman.**



## Flower Show Schools and Symposiums



There are many reasons why a club may want to put on a flower show. Teaching is one of the primary reasons. When staged for the public, a flower show creates interest in horticulture and floral design. The public likes to see all types of flowers especially the unusual and unique. If your club has not put on a show before, there are new and club-friendly shows you can do.

Horticulture-only shows are becoming popular. At a specialty horticulture show featuring roses that I participated in, I observed viewers are interested in growing tips and plant care for the roses. The public likes to see if the rose has a fragrance. Thus, a fragrant rose category where the public is asked to vote on the most fragrant rose is always popular. While horticulture is an important part of a flower show, I have always believed the real star of the show is where plant material is manipulated in such a way that it is treated as an art form. When plant material is used artistically the exhibit is referred to as a floral design.

If you lack expertise in putting on a show why not team up with one of the horticulture societies such as Iris, Rose, or Dahlia clubs to jointly sponsor a show. They are happy to hand

~ ~ cont’d

## Flower Symposium cont'd

Off the design section to a garden club. The most popular show is still the Standard Flower Show. The basic requirements of a Standard Show are as follows:

- **Horticulture Division:** The Horticulture Division showcases plants at their best, inspiring and knowledge-sharing opportunities for amateur gardeners. It requires a minimum of five classes and 20 exhibits in a Standard Flower Show.
- **Design Division:** This division allows for creative expression through floral designs inspired by the show's theme. It requires specific plant materials and sizes, with exhibits judged by design principles.
- **Additional Exhibits:** Beyond horticulture and design, Education and Youth divisions are to be included, flower shows may also include crafts, collages, fairy gardens, and more, attracting a wider range of participants and public interest.

My suggestion for a club that may be shy about doing a standard flower show is to start small. H members bring cut specimens to the meeting, stage them, and have the members comment on exhibits. One good program that I have seen is for club members to bring in potted plants or cut specimens. The flower could be a cosmos, glads, dahlias, or any flower of interest. Each member was asked to stage their specimen as in a standard flower show. Learn about the specimen by practicing in a welcoming non-judgmental environment. In the end, that is the essence of garden clubs.

If design is what the club is interested in, then members could be asked to bring a design for the club to share. One good program is to have the club furnish all the plant material. At the meeting everyone w

wants to participate makes a design. In one program in which I participated club members were given the same materials, and we used the materials as we saw fit. It was surprising how many ways the same materials were used. Each person had their spin.

Encourage your members by furthering their education. Folks who have a common interest in growing and learning will respond if shown the way. A flower show should be on your agenda.

**Jim Sadler**  
Chairman

Designs by Jim



## Researchers glued teeny-tiny QR codes to 30,000 bees



Entomologists are gluing tiny QR codes on honey bees to better track the pollinators' travel habits and life cycles. In doing so, they hope to gain a more complete and accurate understanding of the [environmentally crucial creatures](#), and what is needed to keep hives healthy and thriving. And now that their findings and methods are available in the open-source journal, [HardwareX](#), the team hopes other conservationists can soon start on their own QR code-enabled insect observations. While the USDA proposal ultimately failed, some researchers believed the 10 km zone may be an overestimation. But trying to get a better read on honey bee travel habits isn't easy—often, it involves studying their famous “[waggle dance](#).” The term refers to a bee's complex movements to physically communicate with their hive mates, often about potential food source locations.

While the USDA proposal ultimately failed, some researchers believed the 10 km zone may be an overestimation. But trying to get a better read on honey bee travel habits isn't easy—often, it involves studying their famous “[waggle dance](#).” The term refers to a bee's complex movements to physically communicate with their hive mates, often about potential food source locations.

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“We also found that bees are foraging for a lot longer over their lifetimes than initially thought,” said Robyn Underwood, a Penn State apiculture educator and study co-author. Although honey bees are generally believed to live only around 28 days, Underwood said they saw “bees foraging for six weeks, and they don't start foraging until they are already about two weeks old, so they live a lot longer than we thought.”

López-Uribe, Underwood, and their colleagues hope that their system will help further analysis, such as matching bee flight times to waggle dance movements in order to decode their messages. They also plan to host workshops to teach others how to build their own scanner setups.

“This technology is opening up opportunities for biologists to study systems in ways that weren't previously possible, especially in relation to organic beekeeping,” said López-Uribe.

Taken from: <https://www.popsoci.com/environment/bees-qr-code/>

Submitted by: Joanne J



## Parliamentarian



I believe the issue of “conflict of interest” comes up on a fairly regular basis. Do you have to **abstain** from voting even though you may have the most knowledge and commitment regarding the vote? How about if it involves a monetary profit to you? Who makes that decision? What does “**Robert’s Rules of Order Newly Revised**”, say about “conflict of interest”.

### Answer:

“Under the rules in ROMR, no member can be compelled to refrain from voting simply because it is perceived that he or she may have some “conflict of interest” with respect to the motion under consideration. If a member has a direct personal or pecuniary (monetary) interest in a motion under consideration not common to other member, the rule in RONR is that he *should not* vote on such a motion, but even then he or she cannot be *compelled* to refrain from voting. [RONR (11<sup>th</sup> ed.), p. 470, II. 21-31.]”

The individual makes the final decision. My belief is that if you care about the issue you should vote. My exception would be if it profits you only monetarily. Otherwise, I believe each of us deserves to be heard with our vote. Others may interpret this differently and that is your choice. The bottom line for me is votes matter and that is how we make decisions! **Be responsible - voice your opinion and your vote! It is the American way!!!**

**Mary Lerssen**  
**Parliamentarian**



### Decorating with branches from your yard

Most any type of natural tree branch works for this project. If you gather the branches yourself from your yard or a nearby wooded area, remove any remaining leaves or small branches near the bottom that will interfere with placing the branch in a vase. Lay the branches out on newspaper, a plastic tarp or an old sheet in a well-ventilated area. Spray paint the branches white to give them a wintry, snow-covered appearance. Use spray primer before painting for a completely opaque finish. For a little more shine, use silver paint. You can stop here and arrange the branches in a wide-mouth glass vase, or continue to embellish the branches with faux ice crystals.

### Twice as N-ice

Add some sparkle to your painted branches with ice crystals made from Epsom salt or clear vase filler beads, also known as cracked ice or diamond filler. Include glitter for extra glistening. Make sure to buy fresh Epsom salt, as the salt crystals can break down into powder over time. Start by pouring a pile of salt crystals or diamond filler and glitter on a newspaper or large sheet of Kraft paper. Spray one side of a branch with adhesive or smooth on some clear-drying craft glue. Fold the paper slightly and roll the branch into the crystals and glitter. Fill in any bare spots by sprinkling more crystals on by hand. Allow the glue to set for 45 minutes and repeat the process for the other side and the remaining branches. Arrange the branches to your liking in a wide-mouth glass vase. Taken from the internet



## Rocky Mountain Region Officers 2021-2023

Office	Officer	E-mail
<b>Region Director</b>	<b>Robbie Kupper</b> 315 East 7th Ogallala, NE 69153	308-289-6051 fgninc@gmail.com
<b>Alternate Director</b>	<b>Shirley Pursel</b> PO Box 6105 Riverton, WY 82501	307-851-2966 shirleypursel@yahoo.com
<b>Secretary</b>	<b>Margaret Endecott</b> 28 West Loula Street Olathe, KS 66061	913-626-4104 mendecott1@sbcglobal.net
<b>Treasurer</b>	<b>Lynette Jeffres</b> 915 East Roosevelt Ave. Riverton, WY 82501-2937	307-856-4399 307-851-1972 c lynjeffres@gmail.com
<b>Parliamentarian</b>	<b>Mary Lerssen</b> 2615 East Woodland Hills Rd. Sioux Falls, SD 57103-4335	605-759-7837 c lerssenm@sio.midco.net
<b>Historian</b>	<b>Margaret Endecott</b> 28 West Loula Street Olathe, KS 66061	913-626-4104 mendecott1@sbcglobal.net



## RMR State Presidents 2023-2025



<p><b>Colorado Federation of Garden Clubs, Inc.</b> <b>Victoria Schmidt</b> <i>"Growing our knowledge through education, experience, experimentation, and sharing."</i> 5753 S Kittredge Street Centennial CO 80015 gardenwithvictoria@gmail.com</p>	<p><b>North Dakota State Garden Clubs</b> <b>Linda Anderson</b> <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</p>
<p><b>Kansas Associated Garden Clubs, Inc.</b> <b>Penny Morgan</b> 1321 SW Pin Oak Parkway Topeka, KS 66615 785-250-8219 pmorganks@aol.com</p>	<p><b>South Dakota Federation of Garden Clubs</b> <b>Mary Lerssen</b> <i>"Green America"</i> 2615 E. Woodland Hills Rd Sioux Falls, SD 57103 605-759-7837 lerssenm@sio.midco.net</p>
<p><b>Montana Federation of Garden Clubs, Inc.</b> <b>Diane Ward</b> <i>"Sow it Grow it"</i> 916 Whitetail Road Whitehall, MT 59759 406-565-0222 mydoubleheartranch@gmail.com</p>	<p><b>The Utah Associated Garden Clubs, Inc.</b> <b>Sue McJames</b> <i>"Stewards of the Earth"</i> 1669 Redstone Ave., A-2, Park City, UT 84098 435-901-2707 susanmcjames@hotmail.com</p>
<p><b>Federated Garden Clubs of Nebraska</b> <i>"Plant Nebraska Native"</i> <b>Chris Martin</b> PO Box 86 Friend, NE 68359 dzrcc8@yahoo.com</p>	<p><b>Wyoming Federation of Garden Clubs, Inc</b> <i>"Making Friendships While Gardening"</i> <b>Linda English</b> 3761 Carmel Drive Casper, WY 82601 bruce-linda@charter.net</p>

## 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 <a href="#">RMR Website</a>	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](mailto: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

[rmrwards1@gmail.com](mailto:rmrwards1@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 20, 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](mailto: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](mailto: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 title 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](mailto: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  
**89<sup>th</sup> Annual Rocky Mountain Region Convention**

**“WAGONS OF WILDFLOWERS”**

Registration Form

When: August 22-23, 2025

Where: Cheyenne Country Club (800 Stinner Rd, 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:**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> NGC Officer _____ (Indicate Office) | <input type="checkbox"/> RMR Chairman          | <input type="checkbox"/> Environmental Studies Consultant |
| <input type="checkbox"/> NGC Chairman                        | <input type="checkbox"/> RMR Life Member       | <input type="checkbox"/> Garden Studies Consultant        |
| <input type="checkbox"/> NGC Committee Member                | <input type="checkbox"/> RMR Previous Director | <input type="checkbox"/> Flower Show Judge                |
| <input type="checkbox"/> NGC Life Member                     | <input type="checkbox"/> State President       | <input type="checkbox"/> Landscape Design Consultant      |
| <input type="checkbox"/> RMR Director                        | <input type="checkbox"/> Club President        | <input type="checkbox"/> Garden Club Member               |
| <input type="checkbox"/> RMR Officer _____ (Indicate Office) | <input type="checkbox"/> State Life Member     | <input type="checkbox"/> 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) \$35.00..... \$ \_\_\_\_\_

**TOTAL COST - \$105.00 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.

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

2025 ROCKY MOUNTAIN REGION  
89<sup>th</sup> ANNUAL CONVENTION

“WAGONS OF WILDFLOWERS”  
ACCOMODATIONS



- [Comfort Suites Cheyenne](#) \$119-\$129/night  
(307) 369-2404 (5401 Walker Rd)
- [Fairfield Inn and Suites](#) \$132/night  
(307) 637-4070 (1415 Stillwater Ave)
- [La Quinta](#) \$108/night, offers veteran and senior citizen discounts  
(307) 342-7796 (2410 West Lincolnway)
- [Little America](#) \$127/night  
(307) 775-8400 (2800 West Lincolnway)
- We also have Tent/RV camping-[AB Camping](#) \$27-64/night (offers military and AAA discounts)  
(307) 634-7035 (1503 West College Dr)
- Cabin, tent, and RV sites available at [R Joumey RV Resort](#) - cabins sleep 4 start at \$85/night  
(303) 228-6868 (8800 Hutchins Dr)
- Airbnb is also an option: [Airbnb.com](#)



Lions Park Pavilion - 901 Martin Esquibel Dr, Cheyenne, WY 82001  
Cheyenne Botanic Gardens - 710 S Lions Park Dr, Cheyenne, WY 82001  
Cheyenne Country Club - 800 Stinner Rd, Cheyenne, WY 82001