



Quail's Tales

www.HillandDaleGC.org

Hill and Dale is a member of Michigan Garden Clubs and National Garden Clubs

August 2013

PLEASE SEE THE AUGUST 8 MEETING INFO BELOW.

We're meeting at **Katie Wemyss's house at noon** for lunch and garden viewing. Do come.

President's preface

We're getting off on a different foot this year. We're missing some of our regular committees because we have no chairs. If you miss any of them, please let me know you'd like to chair your favorite.

Gretchen Pugsley has graciously volunteered to produce our yearbook in a modified but extremely useful format. She's collecting contact information, will add meeting dates and programs, hospitality providers, and other information as she gets it, all to be inserted in a folder for each member. Cost will be far less than our previous yearbook format, but it will do the trick if we all cooperate in getting information to Gretchen. She's also heading the hospitality committee. Be sure to let her know how much you appreciate her contributions, and consider making some yourself.

If your information is different from what it was in the 2011-2012 yearbook, please contact Gretchen directly to give her your current info. Lost—never got—that yearbook? Contact Gretchen or me and we'll review.

We're providing meeting programs for North Farmington GC (see below), and they'll be advising their members of our programs. We're welcome to attend their programs, and they are invited to ours. A chance to double our knowledge and friendships.

Hope to see you at Katie's for the August 8 meeting.

August 8 meeting agenda

It's a potluck luncheon at noon at Katie Weymss's. Just bring a dish to pass. Katie will provide plates and utensils. While we lunch, there will be a business meeting. It will include pinning Mar as new president and giving Kathy Postema her thank-you gift for her presidency in 2012-2013. Afterward we'll be touring two or

three gardens, including Katie's. Bring your appetite, a friend and/or a relative (who can be a friend) and think good thoughts for a beautiful day! See you there, Nancy Adams, program chair.

June 13 minutes

The annual Garden Club Potluck, Installation of Officers meeting began with fellowship and food. After sampling many delicious treats and enjoying an hour of fellowship the meeting was called to order by President Kathleen Postema at 8:30p.m.

The main business for the meeting was the installation of officers.

President: Mar Sclawy Vice President and Programs-Nancy Adams
Secretary-Joanne Bryngelson Treasurer-Angela Paul

Committee chairs Amy Langdon and Ann McMinn, Garden Therapy; Jeannine Gundle, Junior Gardeners; Katie Wemyss, Heritage Park Gardens; Gretchen Pugsley, Hospitality; David Henry, Website; Peggy Dapkus; Remembrance; and Sally Ouellette and Mar Sclawy, Newsletter were presented with beautiful annual plants.

Kathleen Postema was thanked for her service as club president.

Meeting adjourned at 9 pm. — Joanne Bryngelson-Secretary

Committee chairs for 2013-2014

The following members have agreed to chair committees for the current year. They are:

Amy Langdon and Ann McMinn—Garden Therapy
Jeannine Gundle—Junior Gardeners
Katie Wemyss—Heritage Park Gardens
Gretchen Pugsley—Hospitality
Sally Ouellette and Mar Sclawy—Newsletter
David Henry—Website
Peggy Dapkus—Remembrance
Flo Holzknicht—Awards.

The following committees have no chairs and will not be active in the coming year unless members volunteer to chair them.

Horticulture, Membership, Plant gala, Publicity.

If you're willing to tackle one of these orphan committees, please contact Mar Sclawy.

Hill and Dale programs through the end of the year

Nancy Adams will be furnishing details as they become available. She expects to have the February through June programs lined up shortly. But for a quick peek at the programs through December (and the members who will provide hospitality), they are:

September 12: Member Lois Rose will let us in on all her secrets for cultivating those aggravating but gorgeous African violets. Hospitality will be provided by Shirley Perkins, Diane Dunn and Eleanore Guirlinger.

October 10: Nancy calls it a "Talent Show." We might call it "What We Do." Members will discuss our various outreach programs in the community. In addition, a five-star master in garden club schools (she's taken all four programs twice), Gretchen Pugsley will discuss the advantages of attending these schools: Environmental, Garden Study, Landscape Design and Flower Show School. They're being offered in District 1 this time around, but they rotate among the various districts and won't be back this way for a while. Hospitality: Ann McMinn, Amy Langdon, Flo Holzknacht.

November 14: Master of gardens and wildlife for many years at Heritage Park, Joe Derek took his expertise home and turned his yard into a mini park. Maybe he can tell us how to thwart deer and groundhogs. For sure he'll tell us about his "natural" lawn. Hospitality: Angela Paul, Joanne Bryngelson.

December 12: Sally Ouellette will lead us in designing a Christmas table decoration. This will also be the annual holiday potluck dinner. Closer to the date we'll have a list of materials to round up. Hospitality: Jeannine Gundle, David Henry, Jan Henry. If your hospitality date is inconvenient, please change with someone else. Meanwhile, enjoy the summer.

North Farmington GC programs for 2013-2014

Bernie Gibbs sends the following information re her club. It meets on the second Tuesday of the month, at 11:30am at the library on 12 Mile Road.

August 13- Field trip to Brenda's Butterfly Habitat. (at Barson's Greenhouse) 6414 Merriman Rd., Westland, MI. Brenda Dziedzic will tour us through her magical butterfly house where we will see butterflies in all different stages of development. There is a chance to purchase monarchs to take home – plus other butterfly related gear. Also there will be the opportunity to purchase nectar and/or host plants. (free will donations are appreciated). Carpool from the rear of library 11am. (Bring a lunch as we will picnic in Hines park).

September 10 – Area naturalist Tim Nowicki will present a program on Trees of Michigan – from a naturalist's perspective. You are sure to learn something new from this expert. Library

October 8 – Members Ellen Kennedy and Candy Rosowski will help you put together your own terrarium. You supply the small glass container – we'll supply the plants and guidance. \$1 charge for soil, nutrients, etc. Library

November 12 – Laura Zigmanth (owner of Eco Chic Landscape Design) will give a talk on "A Primer on Using Native Plants – How and Why." Laura is all about natives and soil prep – She'll steer you in the right direction and give you tips on handling invasives too. Library

December 10 – Holiday luncheon at Cowley's in downtown Farmington. (Bring a sack of paper products for the needy.

No meeting in January or February

March 11 – Fun with Clay – Bernadette Markos will lead us in making our own vessel. (\$ 1 charge to help defray the cost of materials). Library

April 8 – Toshi Shimoura presents “Ikebana,” five arrangements from Classic to Modern Freestyle. A rescheduling of last year’s presentation. Library

May 13 – Dr. Ronald Jettie (chiropractor) will help us “limber up” and work smartly and safely. Library

Horticulture—Gardening, ahhhhh

This meditation on the wonders of the garden comes courtesy of Justin Gardener, REALfarmacy.com

The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul.” – Alfred Austin

Gardeners have been knowing for centuries that their pastime gives them joy and peace. Many people will say that gardening is stress therapy. There is even a group called the [American Horticultural Therapy Association](#) “committed to promoting and developing the practice of horticultural therapy as a unique and dynamic human service modality.”

As with so many things, science introduces us to the physical wonders behind what we already know on a subliminal level. There are two interesting pieces of research that give credence to the feeling that our bodies and souls are better off from gardening.

Researchers reported in the journal *Neuroscience* that contact with a soil bacteria called *Mycobacterium vaccae* triggers the release of serotonin in the brain. This type of serotonin acts on several different pathways including mood and learning. Lack of serotonin in the brains is related to depression.

So basically, the things we do as gardeners—working the soil, planting, mulching, and so forth—can really contribute to happiness. We ingest the bacteria by breathing or through broken skin. The simple act of children playing outside in the grass and dirt can be a natural way for them to reduce anxiety.

In addition to increasing happiness and reducing anxiety, serotonin has positive effects on memory and learning. Research presented at the American Society for Microbiology shows that feeding **live** *M. vaccae* bacteria to mice significantly improved their ability to navigate mazes, due to the fact that the bacteria triggers the release of brain serotonin. It appears that this bacterium plays a role in learning in mammals.

Have you noticed that you feel really happy when picking those ripe vegetables, especially that first tomato of the season? Well, it turns out that harvesting fruits and vegetables triggers the release of dopamine in the brain. It is speculated that this evolved over 200,000 years of humans harvesting food as hunter-gatherers. Dopamine is strongly correlated with reward-motivated behavior.

So there we have it, two physical reasons why people can be happier and smarter through gardening. I suspect there are several other reasons contributing to this, including the myriad of colors in plants and animals, trees swaying in the wind, birds singing, squirrels chattering, lady beetles, and fresh air. Perhaps one day we’ll have scientific explanations for all this, but in the meantime we can take comfort in our innate feelings.