

# The Columbia Underground

Newsletter from the Columbia Garden Club  
A century club, established in 1919  
Member of National Garden Club  
Federated Garden Clubs of Missouri  
Central District



November,  
2022

Editor: Melissa Kouba

## Calendar

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### Year-long native garden calendar:

<https://grownative.org/learn/native-landscape-care-calendar/>

#### October

**31** - Halloween

Butterfly/Hummingbird applications to State Chair

#### November

**5 - Woodland Craft Fair** Sat, 10 AM City Garden Grade School,  
606 Ridgeway Ave Columbia, MO

**7 - CGC meeting-** tune in via zoom, invitation will come by email

**14** - State Fall Board meeting

**19 - National Take a Hike Day** 10 AM, Babler State Park, 800 Guy  
Park Dr Wildwood, MO

- **Webster Arts Gazebo Artists Markets**, Sat, 10 AM - 2 PM

Gazebo Park, 4 E Lockwood Ave Webster Groves, MO

**23- Holiday Market** Wed, 4 - 8 PM Farmers Market of the Ozarks,  
2144 E Republic Rd Springfield, MO

**24 - Thanksgiving Day**

#### Membership form

If you are interested in joining Columbia Garden Club, complete the information below and mail it to:

Carolyn Oates, 6302 S. Old Village Road, Columbia, MO, 65203. Include a \$25 check payable to "Columbia Garden Club."

Name: \_\_\_\_\_

Preferred phone: (circle) cell or home \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

\_\_\_I approve of the above information being printed in the annual club yearbook.

For questions about membership, feel free to contact Linda Antal at 573-819-4502 or lga4588@yahoo.com

## A note from President Betty:

Hello everyone,

I hope you have been enjoying this beautiful autumn show we are in the midst of. I can't remember a fall with better color.

It's hard to believe we are winding up the year soon. The Executive Committee has been busy getting ready for next year. Diana has been working on programs, and she's almost ready to send it to Donna Russell for the yearbook. I can tell you she has a nice mix of short field trips, speakers, and hands-on activities.

Our November meeting is a Zoom meeting a week earlier. We decided to do Zoom because the church is not available that day. The State Fall Board Meeting is scheduled on our regular meeting day and several of our members go to that. I will need short committee reports from each committee chair with a written copy for my president's report due in January. I know some of you don't care for Zoom, but I hope as many of you will attend as possible because we have to vote on the budget, and we will have the committee reports. I will do a short review of Douglas Tallamy's book "Nature's Best Hope". I invite you to share a gardening or gardening related book that has helped you in your gardening journey. I will send the Zoom invitation a few days before the meeting. I am also going to send a copy of the 2023 proposed budget so you get a chance to look at it before the meeting.

Additional information about our December 12th Holiday Open House: (mentioned in the meeting minutes) Currently, we have 3 stops. (1 stop is a duplex and we get to see both homes!) It will start at 1:00pm. We will congregate at Diana's last for snacks. We will also be collecting donations to the Food Bank. This is a monetary donation-no cans of food. Checks are preferred. Make the checks out to the Food Bank for Central & Northeast Missouri. There will be a basket at Diana's house to put your check in. **There is still time for you to have your house on the tour!** Contact Diana Cooksey if you are interested. One or 2 more could be used. But, the schedule needs to be made soon so let her know ASAP.

See you soon!

PS: If you have photographs from our meetings this year, would you please share them with Donna Russell for our yearbook!



# October CGC meeting

The Columbia Garden Club met on October 10, 2022 with Betty Connelly calling the meeting to order at 1:02 p.m.

- 20 members attended with 3 guests: Joe Kouba, Izzy and Xander.

- Minutes of the previous meeting were approved as distributed -Carolyn Doyle and Elaine Keely approved.

-Mary Nesladek's inspiration: "Your job as gardener is to try to keep things running smoothly for the plants and animals that live in or visit your yard, whatever the weather decides to do" by Ruth Shaw Ernst.

- Treasurer's report showed a balance of \$13,550.90 with expenses for the flower show of \$539.30. Dues for 2023 of \$25 are now due.

-Betty encouraged members to sign up for 2 or 3 committees.

## **Old Business:**

-*The Bluffs*—Barb Rothenberger reported that 10 CGC members helped decorate pumpkins on October 6 with residents.

-*The Flower Show* on October 1 with the theme of "Nature's Splendor" showcased 24 designs, 92 horticulture exhibits, 2 education displays and 8 botanical arts exhibits, and we scored 95 or above on the evaluation. Hurray!

-Memorial for Amanda: We now have \$780 for a memorial tree or adopt-a-tree. A suggestion was made for this to be in Bethel Park as it is close to the family's home. A committee of Mary Nesladek, Rita Gerke, and Marie Pasley will work on this memorial. A suggestion had been made previously to have a gardening display at the Library; the Library has said No to a Garden Club display.

## **New Business:**

-*Gardening School 3* will be by zoom on November 15-16.

-The *November CGC meeting* is not the regular second Monday due to the FCGM Fall Board meeting, but will be on the first Monday, November, 7 - via zoom. Betty Connelly will give an overview of the book *Nature's Best Hope* by Douglas W. Tallamy. It is also suggested that members share one of their favorite gardening books. The 2023 budget will be proposed at this meeting. Committee Chairs should present reports.

-*December CGC 12 meeting* will be a holiday home tour at several CGC member's homes with members divided into small groups. Diana Cooksey will offer her home at the conclusion of the tour for snacks. We will also collect donations for the Food Bank. (Make payment by check).

-Business meeting adjourned at 1:18 p.m.

## **Program:**

Members carpooled to MU to tour part of the Mizzou Botanic Garden meeting at the Beetle Bailey statue. Our tour guide, Charles Paxton took us around Jesse Hall, the Francis Quadrangle with the new Legacy Oaks, and the Ellis Garden. The weather was spectacular. Karen Blackmore handed out maps of the Mizzou Botanic Gardens for future trips, brochures on The Legacy Oaks, and a Friends of the Garden brochure to become a member for \$25. We finished our outing by going to Buck's ice cream on the MU campus.

Respectfully submitted.

Mary Nesladek



## (YOU are) **Our Pollinators' Best Hope**

According to Douglas Tallamy, (American entomologist, ecologist and conservationist and a professor in the Department of Entomology and Wildlife Ecology at the University of Delaware), we need a new approach to conservation. Nature is built from millions of specialized interactions and nature is now "on the ropes" because only 5% of the country is in its original condition - we've planted it, grazed it, paved it, developed it, straightened our rivers, polluted our air and imported invasive species carving up all the natural habitats into tiny pieces across the nation. North America has lost 3 billion breeding birds in the past 50 years - 1/3 of our bird population. 1,000,000 species face extinction in the next 18 years. These species keep us alive on planet earth.

Life as we know it depends upon pollinators. "The little things run the world" according to Edward O. Wilson in 2016 when he wrote "Half-Earth, Our Planet's Fight for Life". He proposed that to save life on earth, we must save half of the planet for nature. And it is those "little things" - insects that are critical.

### **If insects disappear:**

- Most flowering plants would go extinct.
- That would change the physical structure and energy flow of most terrestrial habitats.
- This would cause the rapid collapse of the food webs that support amphibians, reptiles, birds and mammals.
- The biosphere would rot without insect decomposers - we'd be left with bacteria and fungi only
- Humanity would be doomed!

### **In an ecosystem:**

- Plants produce oxygen, clean water and slow its journey to a salty sea, capture carbon and pump it into the ground (long-term storage, thousands of years), build topsoil and hold it in place, prevent floods, dampen severe weather and convert sunlight to food. (we cannot eat sunlight!)
- Animals provide pest control, pollinate nearly 90% of all flowering plants and disperse plant seeds. The good news is, we can save our ecosystems. This includes the pollinators, insects, birds, web of nature and ourselves. Designing landscapes that destroy this ecosystem is not an option. It requires that we change the way we landscape! If we all make small efforts, we can make a difference.

### **Where should we start?**

Parks and preserves are conserving plants, but it's not enough - we need to restore ecosystems on private property too. 78% of the country is privately owned, (85.6% east of the Mississippi R). We need to find ways for nature to thrive in human-dominated landscapes. Humans and nature must co-exist. We need to provide for bees and caterpillars! (Bees to sustain flowering plants and Caterpillars to transfer energy from plants to other animals. more on this later)

Dr. Tallamy points out 4 "keys to success"

1. We must shrink our lawns - we have more than 40 million acres of lawn nationwide. Designing landscapes with huge lawns destroys ecosystems.
2. We must plant keystone natives - these are plants which contribute the most to food webs. Oak trees are the #1 contributor; supporting over 950 species of caterpillars nationwide. To find out the keystone natives in our ecoregion, go to

<https://www.nwf.org/Garden-for-Wildlife/About/Native-Plants/keystone-plants-by-ecoregion>

(cont.)

# (YOU are) Our Pollinators' Best Hope

3. We must remove invasive plants. Up to 30% of our landscape can be non-native, but invasives cannot be tolerated. It is not the presence of non-natives, but the absence of natives that degrades our ecosystems.

4. We must protect the natural areas of our properties.

There are three types of plants: contributors (plants which support the ecosystem), non-contributors (plants which do not provide any benefits to the ecosystem) and detractors (plants which interfere with the ecosystem - such as consuming nutrients and space which contributors would otherwise require). Bees and caterpillars need "host" plants. The most important native building blocks are these flowering plants.

Caterpillars transfer more energy from plants to other animals than any other plant-eaters. 96% of our terrestrial birds rear their young on insects - primarily caterpillars because they are soft bodied, large, nutritious, have low chiton and are the best source of carotenoids (made by plants and essential to the diet). Only one caterpillar = 200 aphids! A chickadee needs 6240 - 9120 caterpillars to raise one clutch of babies and parents need those caterpillars to be within 50 feet of the nest.

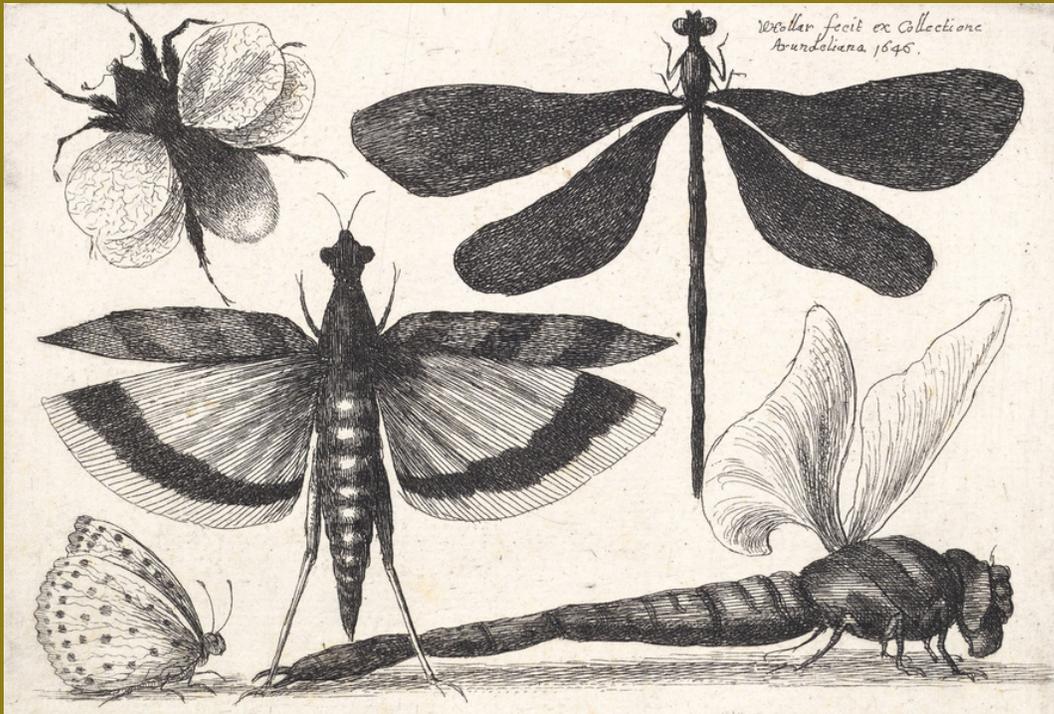
So, how do we landscape for caterpillars and pollinators? We have to be fussy about which plants we put in our yards because the caterpillars and pollinators are fussy. Most of the insects that eat plants are host plant specialists and must have a particular plant to survive. It doesn't matter how much land you have, if you plant a portion of it in flowering native plants that attract pollinators, you can make a difference. If we just plant half our lawns for pollinator use, we could create 20 million acres of the "Homegrown National Park," an area bigger than the 12 biggest national parks combined. Homegrown National Park® is a grassroots call-to-action to regenerate biodiversity and ecosystem function by planting native plants and creating new ecological networks.

Go to [HomegrownNationalPark.org](http://HomegrownNationalPark.org) and click on "Get On the Map"

Indicate you are going to be a good steward of your property! Your piece of the county will be mapped in an effort to "light up" the entire nation with Homegrown National Parks (HNP). Joining this initiative increases national awareness of the problem, as well as the solutions. Participating in this grass roots effort converts hope into action, merges with national conservation efforts and mapping of all the homegrown parks will reveal holes in biological corridors that need to be addressed. (cont.)



## (YOU are) Our Pollinators' Best Hope



After you attract all those insects to your yard, it is important to protect them.

--Don't kill them with outside lights. Lights at night blind, exhaust, dehydrate and incinerate insects and disrupt their circadian rhythm. If an outside light is essential, use a motion sensor light or a yellow light bulb.

--Don't use mosquito fogs which kill off all the insects, including pollinators. Kill mosquito larvae by placing mosquito dunk tablets in a bucket of water or turn on a fan to deter them.

- Leave the leaves! Many caterpillars form their cocoon or chrysalis and burrow in the ground or hide in the leaves. Leave the leaves on the ground for caterpillars and other insects to survive.

Nature is not optional - it is essential. We don't need to save nature for future generations, we need to save nature so we HAVE future generations. Whether or not we do so is going to determine nature's fate and ultimately our own fate.

You are the pollinators' best hope! By shrinking the problem down to something that is manageable for each of us - our yards - we can all make a big difference!

From, "Pollinator's Best Hope: A New Approach to Pollinator Habitat That Starts in Your Yard,"

The recording of Doug Tallamy's presentation (summarized above) is available at

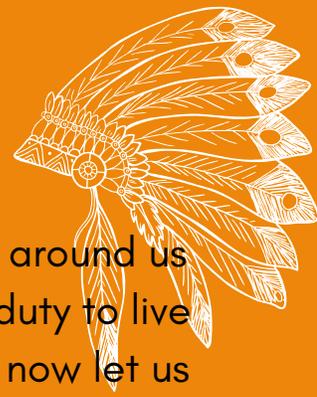
<https://u.osu.edu/pollinators101/recordings/>

To sign up for the remainder of the free Pollinator 101 sessions, go to

<https://u.osu.edu/pollinators101/>



# Thanksgiving Address



Today we have gathered and when we look upon the faces around us we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now let us bring our minds together as one as we give greetings and thanks to each other as People. Now our minds are one.

We are thankful to our Mother the Earth, for she gives us everything that we need for life...

We give thanks to all of the waters of the world.....

We turn our thoughts to all the Fish life in the water...

With one mind, we honor and thank all the Food Plants we harvest....

Standing around us we see all the trees.....

We gather our minds together to send our greetings and thanks to all the beautiful animal life of the world, who walk about with us.....

We now turn our thoughts to the Creator, or Great Spirit, and send greetings and thanks for all the gifts of Creation. Everything we need to live a good life is here on Mother Earth. For all the love that is still around us we gather our minds together as one and send our choicest words of greetings and thanks to the Creator. Now our minds are one.

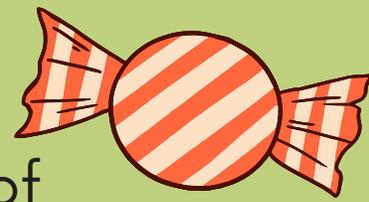
The above is abbreviated from John Stokes and Kanawahienton.

*Thanksgiving Address: Greetings to the Natural World.*

at Six Nations Indian Museum and Tracking Project.

I found it in a chapter called "Allegiance to Gratitude" in Robin Wall Kimmerer's book; *Braiding Sweetgrass*. In this chapter, the author's daughter had gotten in trouble at school for not standing for the pledge of allegiance. The school on the Onondaga Nation reserve used child-friendly versions of the Thanksgiving Address to recite as the school week begins and ends. It is described as a "river of words as old as the people themselves" and is spoken in the native language.





## Hints for Winter from Missouri Dept of Conservation:

**Give Your Rake a Break** Did you know deciduous trees absorb their leaves' nutrients before shedding them each fall? This is key to their survival and economical for the tree – similar to a human using up the food in their refrigerator before it expires. Rest assured, those fallen leaves don't go to waste. Fallen leaves: • Nourish the soil. • Create a mulch layer that helps rain and snow soak into the ground. • Provide refuge and food for backyard wildlife, including insects, birds, butterflies, and other pollinators. For these reasons, it's best to drop that rake, and let those leaves fall where they may. Leaves on the lawn will smother the grass, though, so decrease the lawn!

**Time to Get the Winter Coat** As the winter temperatures set in, we, as humans, pull out our winter coats. Mammals in the wild are not much different. Take a look at the eastern gray squirrel. In winter, the squirrel's fur becomes longer and more silvery gray and the ears have a noticeable projecting fringe of white fur. Similarly, in white-tailed deer, the color pattern of the winter coat is grayish to grayish brown – not reddish brown to tan – and this is often called the blue coat. The hairs of the back are blacker tipped, giving a darker appearance to the back, but the black chin patch is less sharply defined. The hairs of this coat are long and heavy; each hair has many air spaces that act as insulators, helping to insure warmth during cold weather. The coat easily repels cold rain and wet snow in winter.

**Battle Bush Honeysuckle** If your plan to rake leaves has been circumvented (see Give Your Rake a Break) and now you have pent-up yard work energy, turn it toward battling bush honeysuckle. After most of the fall color is gone, you may see some green remaining in the forest understory. Exotic invasive bush honeysuckle will remain green well into December, making it easy to spot. Bush honeysuckle stays green after most plants have gone dormant, and in spring greens up before other species leaf out, and then grows so aggressively, outcompeting our native wildflowers and other plants, preventing regeneration of our forests. Get out and help control this problematic shrub. Find out how by visiting [short.mdc.mo.gov/ZCi](http://short.mdc.mo.gov/ZCi).

**Get the Feeders Ready** As cold weather sets in and natural food sources dwindle, backyard birds will be seeking food. It's time to put up birdfeeding stations. Common winter backyard birds to look for, to name just a few, include: • American goldfinch • Black-capped chickadee • Carolina chickadee • Dark-eyed junco • Blue jay American goldfinch Black-capped chickadee Carolina chickadee