



## October 2021 Garden Clippings

McMinnville Garden Club, PO Box 386, McMinnville, OR

Email: **macgardenclub@gmail.com**

### **2021-22 Garden Club Board:**

*Adele O'Neal – President*

*Deb Smith – Vice President*

*Sherry Blum – Treasurer*

*Fran Henderson – Secretary*

### **Dates to Remember**

- October 18**                      **Garden Club Meeting**      Unknown Covid restrictions.  
Wear warm clothes and masks in case we have to be outdoors..brrr
- October 19**                      **Arts and Crafts, Fall Clay Pot Décor.**    10 am **Patty S.**
- November 15**                      **Garden Club Meeting**
- June 12, 2022**                      **Garden Tour and Faire**

### **President's Corner**    **Theme: Coming Together for Growth**    Adele O'Neal

For everyone at the September meeting, thank you for your attendance. We had a fun meeting with a packed agenda, and it was nice to see everyone. Even though it was a bit chilly, we were together at a meeting!

The Garden Tour and Faire dates were voted on by the membership and will be **changed to the Sunday before Father's Day**. Hopefully, this will avert some of the heat issues and help our plant vendors have more stock available for the Faire. The budget was presented and voted on. Because we did not have an event in 2020 and this year's Tour and Faire were smaller, our income was less. But we will continue moving forward with our good works to the community!

Just a reminder that we still need co-chairs for the Garden Tour! Dian and Charlene have agreed that they will work with the new chairs to bring them up to speed on things that need to be done so they are successful. If you are interested in serving as a chair for the Garden Tour, please let me know! We also need someone to help as chair of the Membership Directory. The document is all typed up already from the past (thank you, Patty!) and just needs to be updated with new member information, pictures and any changes. Again, let me know if you are interested!

Looking forward to a little cooler weather and there is rain forecast for the next few days...that is welcome! Take care and we'll see you in October!

## OCTOBER SPEAKER

Deb Smith

### **“Protecting Your Back and Joints While Gardening” by Emily Wood**

*(Deb is requesting that we all wear masks and social distance since our speaker is pregnant.*

*THANKS)*

Emily received her BA in Exercise Science from Willamette University in 2009, where she played collegiate soccer and was employed in the school’s athletic training room. Her interest in sports, medicine, rehabilitation, and her own history of knee injuries inspired her to pursue physical therapy as a career. She graduated with her Doctorate in Physical Therapy from the University of Southern California in 2012.

Emily enjoys working with patients across the lifespan and designing treatment programs that cater to each individual’s lifestyle and abilities. Emily’s clinical interests are widespread including orthopedic and sports-related injuries, low back pain, pelvic pain, urinary and colorectal disorders, motor vehicle accident injuries, post-operative rehabilitation, ACL injury prevention, vestibular rehabilitation and neurological and balance disorders. She is certified as an Orthopedic Clinical Specialist by the American Board of Physical Therapy Specialties and as a Certified Manual Physical Therapist by the North American Institute of Orthopedic Manual Therapy. She is trained through the Herman and Wallace Pelvic Rehabilitation Institute to treat men and women with conditions affecting the pelvic floor and related functions. Emily is also a Certified Clinical Instructor by the American Physical Therapy Association and enjoys mentoring physical therapy students throughout their clinical curriculums.

Emily is a native of the Pacific Northwest and enjoys being outdoors, rain or shine. She is thrilled to live in the Willamette Valley with her husband, young son, and golden retriever. She loves to hike, downhill and cross-country ski, and travel throughout the Northwest and abroad.

## **THANK YOU GARDEN TOUR AND FAIRE CHAIRS!**

What an incredible tour and faire this year! Between the weather and Covid, it was touch and go. Thanks to the steady, determined work of our Garden Co Chairs, Dian and Charlene AND our Garden Faire Co Chairs, Ruth, Mike and Gaye we were a success. We made enough to continue with some of our scholarships and community projects. Wonder what challenges next year will bring us on **June 12?**

Candace VZ is still looking **for a few more gardens for 2022**. PLEASE talk to neighbors and friends and drive around town looking for those hidden treasures. It takes all of us to pull this off.



## National Garden Club Greeting

Enjoy this brief welcome from the National President, Mary.

[https://drive.google.com/file/d/1SnoESKC\\_ey5doa8p1h3K5VojKsUUuEKI/view?usp=drivesdk](https://drive.google.com/file/d/1SnoESKC_ey5doa8p1h3K5VojKsUUuEKI/view?usp=drivesdk)

## Recipes from Betty

### Easy Apple Cake

by Betty Ballentine

Preheat oven to 350 degrees. Butter spray a 9inch round or square cake pan. Bakes about 30 minutes. Good with a dollop of cream!

Medium bowl beat: 1 egg; ½ C sugar; ¼ C oil

Add in 1 ½ C cooked apples (this is a good recipe using leftover cooked apples).



Combine dry ingredients: 1 C flour; 1 ½ t baking powder; ½ t salt; 1 t cinnamon

Add dry to wet and combine well. Spread batter into sprayed baking pan. I like to sprinkle the top with turbinado sugar for some crunch. You could also sprinkle the

top with a crumb topping made from brown sugar, flour, cinnamon, and butter. Makes a yummy quick little cake.

## Serenity Garden Hospital Project Update

Linda, Jan, Patty

Your SG committee is working on finalizing phase 2 components which will include adding several evergreen trees at the top of the berm in the picture below to help screen the view of the loading dock as well as a tall evergreen to block the view to the parking lot. In addition, several deciduous trees will be placed in various locations. Winter is a good time for the implementation of this phase.

This view is from the east side in front of the cancer unit windows in the treatment room looking towards the loading dock and the south hospital wall. The white item in the middle of the pic is a large truck in the loading dock.

We anticipate approximately 5 phases over several years. There have been requests to donate to our project. Sherry B. has researched guidelines for us to do so. It would be fabulous for this to become a community project!



## Arts & Crafts Fall Clay Pot Décor Oct. 19 @ 10 am

Patty Sorensen/Kirsten Browne



Time to have some pot painting fun at Patty's! Bring a clay pot or two, whatever size you'd like to use and let's add some joyous Fall characters to them! Sample faces and paints will be supplied. If you have any small paint brushes, bring them along. To prepare your pot ahead of time, spray it in and out with a clear sealer then paint it the base color you want. No cost, just fun!



## Consider subscribing to [The Middle Size Garden](#) blog.

Great timely info from England where conditions are very similar to ours!

<https://www.youtube.com/channel/UC9I0mKCZRMJCZ-UFwDgrUjw>

**SAMPLE Article below:** (Blue Hyperlinks work if you hold down the CONTROL key as you click on the link.)  
Skip the adds at the start after about 5 seconds.

### Early Autumn Garden Tips

Many pro gardeners now say that autumn is the best time of year to plant trees, shrubs and perennials. It used to be autumn and spring, but we've had so many dry springs recently - and plants can struggle if planted in dry weather. In this week's Early Autumn Garden Tips video, I look at two ways of planting plants - the traditional way and the 'no dig' way. [See the video here.](#) It also includes whether or not to dig up your dahlias and the big risk I'm taking with my now ageing lavender. If you'd rather read, ['No Dig for Flowers Borders' is here](#) and ['Don't Dig Up Your Dahlias' here.](#)

While it's rare to see hydrangeas in show gardens, research shows that it's the most searched-for shrub at the moment. So here is some expert advice on [choosing and growing hydrangeas here.](#)

### Websites to Explore

Patty Sorensen

**National Garden Club** <https://gardenclub.org>

**Pacific Region National Garden Club**

<https://pacificregiongardenclubs.org/>

**Pioneer District**

**Website** <http://oregongardenclubspioneer.97048.info/home.aspx>

**McMinnville Community Garden** <http://www.mcminnvillecg.org>

**Oregon State Garden Club's Website** <http://oregongardenclubs.org>

**Yamhill County Master Gardeners** <https://ycmga.org/>

**Fall Native Plant Sale at Miller Woods, October 16!**

<https://yamhillswcd.org/event/fall-plant-sale-at-the-miller-woods-native-nursery/>

**Garden Time TV Lists Garden Events in the Area!**

<http://www.gardentime.tv/events.htm>

**Fall Garden Chores**

<https://extension.oregonstate.edu/gardening/techniques/october-garden-calendar>

**Great Site to Research Plants**

<https://plantlust.com/>