

Garden Club celebrates a big one

Judy Hoyle

IVN Contributing Writer

Members of the Illinois Valley Garden Club will celebrate the group's 90th year of existence with both special events and annual projects during 2017.

On Feb. 17, the club celebrated with cake and a presentation by local historian Roger Brandt explaining why plants at Rough and Ready Forest Wayside State Park are unique.

During the club's early years, members were instrumental in protecting the unique botany of the area, now commonly referred to as Rough and Ready Botanical Wayside.

Regarding the history of the I.V. Garden Club, Brandt said, "One of the most important things that the Garden Club did was work to establish Rough & Ready Forest State Park. They realized the uniqueness of this site as a result of the educational programs their members gave at their meetings, which included how to use native plants in landscaping around homes.

"At the same time, the Great Depression was causing people from outside Illinois

Valley to come here and dig up native plants in the Rough and Ready area to sell. The Garden Club started their own efforts to stop this by putting up signs along Highway 199 and then going to Salem to ask the state government to designate a portion of this for preserving plants and the natural landscape.

"They accomplished this in the late 1930s with the designation of a 90 acre state wayside. However, a couple of years later, 78 acres were taken away to add to the land necessary for construction of Illinois Valley Airport. That is why the park is only 11 acres.

"The change was never recorded. If you look at Google maps, the full 90 acre park that was designated in 1938 is still shown, rather than the 11 acre park that is there today.

"The Garden Club was way ahead of its time in realizing the uniqueness of the Rough and Ready flats and it wasn't until 20 years later that a famous plant ecologist, Dr. Edgar Wherry from the University of Pennsylvania, came to this region and said there was only one other place in the United States that was as unique as Rough and Ready and that is Pine Barrens in New Jersey."

I.V. Garden Club President Jeannette Rogers said, "We try to live by our motto, penned by Effie Smith, one of the club's founders: "To conserve and enhance our natural beauty, to promote better gardens for better homes through study, and to gain a more comprehensive knowledge of horticulture."

Rogers said the club maintains several garden areas in Cave Junction including a "paint garden" at the I.V. Senior Center and a "tranquility garden" at the I.V. Visitors Center.

"Kathy Lombardo is our conservation chair and she planned and coordinated our planting the garden area at the I.V. Family Coalition," Rogers said.

Each year the club awards a \$500 scholarship to a graduating senior at I.V. High School and the club also picks up litter along a 2 mile section of Caves Highway.

"Our theme for this year is 'Honoring Pollinators,'" Rogers said. "We meet at 12:30 p.m. the third Friday of the month at Immanuel United Methodist Church and the public is always welcome. On March 17, Patty Downing will give a presentation on pollinators." Downing is the executive director

of Rusk Ranch Nature Center (RRNC).

On April 22, the club will celebrate Earth Day by hosting an event at Jubilee Park beginning at 1 p.m.

Family friendly activities will include displays, plant start sales and the opportunity to ask Garden Club members horticultural questions.

Rogers said the club is a member of the State Federation of Garden Clubs and that they won national awards in the 1970s for gardens they planted at the library and the Josephine County Building.

The club also engages in highway beautification work along Redwood Highway in front of Great Cats World Park. The group has also given donations of flowers and funds to RRNC. Garden club members also assist at the Community Garden, behind the DMV.

Among upcoming events, the club will give a seed planting demonstration March 3 at 1 p.m. at the Alliance Community Garden, located on Kerby Ave. behind the DMV office. The I.V. Garden Club's annual Plant Sale will take place May 20.

ROGUE VALLEY



Food & Friends Menu

FRIDAY - MAR 3

BEEF ENCHILADA BAKE

MONDAY - MAR 6

BREADED BAKED FISH W/
TARTAR SAUCE

WEDNESDAY - MAR 8

MACARONI & CHEESE

If you need meals delivered or want to volunteer please call 541-955-8839.

SENIOR SPOTLIGHT

Sponsored by I.V. Wellness Resources

Eat fruits and vegetables to decrease chances of COPD

Smoking is expensive, unhealthy and can make one feel like an outcast when a smoker is around those who do not. I'll bet every smoker who reads this article wishes the first sentence wasn't true, but it is. There is something one can do to decrease the unhealthiness of smoking. Eat much more fruit and vegetables.

Chronic lower respiratory disease, primarily chronic obstructive pulmonary disease, (COPD) was the third leading cause of death in the U.S in 2014. Almost 16 million Americans reported being diagnosed with the lung disease. Much of this disease and death was due to smoking.

A recent medical research study found that by eating at least five servings a day of fruits and vegetables smokers, both current and former smokers, could reduce their risk of developing COPD. Current smokers, who ate five servings of fruits and vegetables every day were approximately 40 percent less likely

to develop the lung disease. Former smokers reduced their risk by approximately 34 percent. For each additional daily serving of fruits or vegetables above five, researchers discovered a 4 percent lower risk of COPD in former smokers and an eight percent reduction in risk in current smokers.

The researchers believe that the anti-oxidants in fruits and vegetables partially protected the smokers from COPD. This may be true for cancer too. BUT, fruits and vegetables will not protect you fully and smokers, present and former are at greater risk of disease and dying. The risks for current smokers are much higher than for former smokers, especially after quitting for 5 years.

Written by I.V. Wellness Resources Board of Directors member Dr. Paul Goff and information obtained from *BMJ Journals*.

You can contact I.V. Wellness Resources at www.iwellnessresources@gmail.com. Please like our Facebook page by searching for iwellnessresources.

SENIOR BULLETIN

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If you are in need of a home safety evaluation with a registered nurse please call I.V. Wellness Resources for an appointment. We have flexible hours to meet your needs. Call 541-592-9781.

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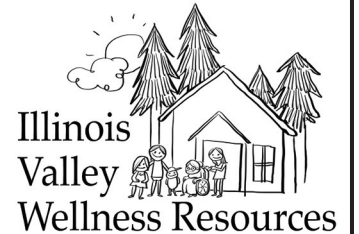
If you are a senior and want to place a FREE AD for a living or health care need call Laura Mancuso at 541-592-2541 or email laura@illinois-valley-news.com.

CHAIR FITNESS

Classes FREE at Healthy U, Monday and Wednesdays from 2 - 2:45 p.m. 535 E. River St., Cave Junction Call 541-592-4888 or visit www.healthyucenter.org.

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Providing free tax assistance for middle & low incomes. Tax counselors are IRS-certified. Call 541-592-6139 for a Wednesday appointment in Cave Junction.



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If you would like to provide one of these services and will complete a background check and have references, please contact Laura Mancuso at 541-592-9781.

CAREGIVERS AVAILABLE

If you are a senior or disabled resident and are looking for a caregiver please call Illinois Valley Wellness Resources at 541-592-9781.

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Late July Crackers: Rich & Saltine. \$2.49 ea. (Reg. \$3.89 ea.)
Kiwis: \$2.39 lb. (Reg. \$2.79 lb.)

Groceries
Asstd. KOYO Ramen: 79¢ ea. (Reg. \$1.39)
Asstd. Kettle Brand Potato Chips: \$1.89 ea. (Reg. \$2.99)
Asstd. Muir Glen Salsas: \$2.99 ea. (Reg. \$4.59)
Asstd. RUNA Energy Drinks: \$1.59 ea. (Reg. \$2.69)

Deli
Gooseberry Delight Grill Menu: Sourdough bread, pesto mayo, roast turkey, Havarti cheese and bacon. With side salad or chips. \$6.49 ea. (Reg. \$7.99)
Vegetarian Flat-bread Pizzas: Asstd. vegetables. With or without cheese. \$2.99 ea. (Reg. \$3.99)
Special Offer: Sriracha Hot Chili Sauce. 28 oz. bottle. \$4.89 ea. (Reg. \$6.29)

Meat
Al Fresco Chicken Bacon: \$3.79 pkg. (Reg. \$4.59 pkg.)
Niman Sweet Italian Links: \$5.09 pkg. (Reg. \$6.19 lb.)

Frozen
Bantam Bagels & French Toast: \$4.89 ea. (Reg. \$6.49 ea.)
Cascadian Farm Edamame / Shelled Edamame: \$2.49 ea. (Reg. \$3.19 ea.)

Produce
Portabella Mushrooms: \$5.59 lb. (Reg. \$6.39 lb.)
Grapefruit: \$1.59 lb. (Reg. \$1.99 lb.)
Organic Girl Salad Mix: \$3.39 ea. (Reg. \$3.99 ea.)
Red Bell Peppers: \$1.79 lb. (Reg. \$2.39 lb.)

Cheese
Organic Valley Shredded Parmesan: \$4.59 ea. (Reg. \$6.19 ea.)
Sierra Nevada Raw Goat Milk: \$6.99 ea. (Reg. \$9.99 ea.)
Daiya Cheese Slices: \$4.39 ea. (Reg. \$5.79 ea.)

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