



# Charlevoix Area Garden Club

A PUBLICATION OF THE  
CHARLEVOIX AREA GARDEN CLUB,  
MEMBER OF  
MICHIGAN GARDEN CLUBS, INC.  
& NATIONAL GARDEN CLUBS, INC.

[www.charlevoixareagardenclub.org](http://www.charlevoixareagardenclub.org)

Editor: Dorothy Sandoval

November, 2022

## Note From The Pres



Wind is blowing, leaves are turning color and falling, temperature is plummeting, and people are heading south and everyone preparing for winter.

Such is the cycle of life in Northern Michigan. We all seem to enjoy our time here.

A great big thank you to Marty Sutton and all her help in making the bulb sale such a huge success again this year. It was certainly a learning curve for her and she pulled it off with ease. We may have gained a few new member prospects from our presence there.

In all the 3 years as President I have not missed any meetings. However this month I will miss our meeting as I will be assisting my daughter after her knee recovery, I will be gone at least the month of November, and I will be answering emails, etc. from there when time permits.

Since Dorothy has been voted in by the members, I have asked her to run the November meeting. (this is her first test, so be patient with her!). I hope to be back by the December luncheon meeting. It all depends on her recovery and my patience.

Sincerely, Martha



## Nov. Meeting

November 8, 2022

1:00 pm

Charlevoix Public Library

Holiday Designs presented by

Petals Flower Shop



## Dec. Meeting

December 13, 2022

11:30 Social

12:00 Luncheon

Weathervane Restaurant

Officer Installation

## Life Member Award



Congrats Ingrid Nedwick



Congrats Susan Thurow

## Bulb Sale Results

Sold every bulb - and that, in itself, is amazing!!  
When you calculate the numbers you get:

Total revenue: \$3,242.00

Less Expense: \$1,861.65

**CAGC income: \$1,380.35**



New Park bench at Pere Charlevoix!

## New Elected Officers

President-Dorothy Sandoval  
1<sup>st</sup> Vice Presidents-Kathy Kopitz/Peggy Echold  
2<sup>nd</sup> Vice President-Marty Sutton  
Treasurer-Carolyn Navarre  
Recording Secretary-Kris Jones  
Corresponding Secretary-Margie Strange  
Directors-Sue Thurow,Chris Heroy/Mary Ann Ehinger, Dawn Jordan

**BRENDA HASKILL** Forester Michigan  
Department of Natural Resource

We hear a great deal lately about [forest bathing](#) and how good it is for us to spend time outside, immersed in any part of nature. Just 15 minutes a day at your local park spent sitting under a tree or looking at a pond or listening intently for native birdsong provides long-term mental and physical health benefits.

## Newsletter Deadline

Submission deadline for the December issue of the CAGC newsletter is November 25<sup>th</sup>. Send your information and articles to: [bnds@att.net](mailto:bnds@att.net)

Beginning in January, 2023, Beth Cowie will be taking over as editor of our club newsletter. Thank you Beth for accepting this worthy method of communicating with all of our membership.

## Farewell

We have received the sad news that Charlotte Koger's oldest brother, who had been in hospice, died. A \$25 donation has been made to the Memorial Garden in his memory and a note of condolence was sent to her from the club



Nancy Fowler's memorial



## Conservation

### Hudsonian Godwits & Amazing Bird Adaptations for Migrating

There are some 70 species of shorebirds in the world that make the journey from the top of the globe to the bottom and back every year.

The Hudsonian godwit is one of them.

There is a bit of an argument about whether Arctic terns make more impressive migrations than godwits because they fly as far as 25,000 mile around trip, from the Antarctic to the high Arctic. The difference is that though the tern flies farther overall, it doesn't complete such long nonstop stretches.

The most critical preparation the godwits make is packing on fat. They do this over a couple of months of gorging on worms, dime-size clams and a variety of other tasty things. Birds evolved a system to use fat directly, instead of just using sugars or carbs. They burn that fat load up to ten times as efficiently as humans. This may be the single most important key to their migration success. Oddly, the fat they store in advance also keeps them hydrated. When they burn fat they make carbon dioxide and water. They don't drink for over a week.

Studying these birds may lead to medical breakthroughs for humans. These birds have blood sugar levels in the diabetic range, yet show no signs of diabetic side effects.

Adaptions of these birds is fascinating. They double or triple the size of their pectoral muscles, their heart and lungs ahead of migration. They shrink their gizzards, livers, guts and kidneys. After they arrive at the destination, their bodies readjust.

Migrating birds sleep while they fly, getting shut-eye on one side of the brain while the other side sleeps.

The most remarkable adaptation is their navigations abilities. They play with the winds in strategic ways. They know weather systems and they understand them. They use their bird tools to navigate. When tracking these birds, it feels like they have a GPS. Some 90 % of adult survive the slings and arrows of the southward migration. It might be because they travel in groups, using a collective intelligence which helps them make better decisions.

They migrate to Arctic regions because there is an abundance of insects for their young ones when they hatch. They have more hours of feeding in these environments.

These amazing birds live 10 to 12 years.

Jan/Feb Smithsonian submitted by Carrie Minch

## DISTRICT HAPPENINGS

### Friday Morning Meetings Check the website for 2022 dates

10 am zoom presentations  
ID 912 729 4983  
Passcode mgc meets

November 4, 2022 Facebook Pages 101 -- Lynn O'Shaughnessy

November 18, 2022 Foods for Your Holiday Table--Carol Brodbeck

## Go Virtual Get Connected

The National Garden Clubs Virtual Team invites all members to attend our upcoming seminars. Sit back, relax and learn from experts in their fields from the comfort of your home. All webinars are free and open to all. Space is limited so register today or subscribe to *The National Gardener* for early notification of upcoming events. Cheri Lejeune is the Virtual Resources Chair. She lives in Virginia. Contact the Virtual Resources Team for help with your virtual events.

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## NGC HAPPENINGS

### Monday Morning Meetings

2pm zoom presentations  
Go to the NGC website  
Click on Member Resources  
Scroll down to Membership Mondays  
And register  
A zoom invitation will be sent to you.

November 2022: NGC Grants part 2 - National Disaster Grant & Wildflower Grant

December 2022 - NGC Awards - Join us as we explore the various NGC awards that clubs can apply for.

