



'Halloween'

All photo's by Anne Flipp

Lake Owasso Garden Club

November, 2012



MEETING CHANGE,

Sorry about the last minute notice!

This is to let all the members know that **we will not** be meeting at the usual Keller Williams Bldg due to a last minute conflict in scheduling.

We have found a new site for our NEXT MEETING, November 12, 2012

We have reserved a room at the **"Presbyterian Church of the Way" in Shoreview. The address is 3382 Lexington Avenue North, Shoreview, MN 55126**

The "Ling Hall" room is on the first floor just down the hall and on the left. For those of you driving on Lexington the cross street is Cannon by the "Lexington Floral shop".

6:30 social

7:00 program

Our speaker is Duane Otto from the U of M Landscape Arboretum will speak on ***Winter Containers***. He will be auctioning off arrangements and some creative arrangement material at the end of the evening. This will be a fun program... so invite your friends to come along and spend a special evening with the club!

See you at the meeting!

Kirsten Engelbrecht

Treasurer's Report

TCF Bank balance was \$8,989.42 as of October 22, 2012.

I have attached a copy of the proposed budget for 2013 as presented to the membership and discussed at the October meeting. Please take time to review the budget if you were unable to attend the last meeting. A vote to approve the budget will be taken at the November meeting.

I am still collecting dues for the coming year. Bring your checkbook with you if you did not pay at the last meeting. I am hoping to send in the Federated garden club roster that lists our members for 2013 in early December. If you have a new address or email please update me at the next meeting.

Lake Owasso Garden Club Proposed Budget 2013 with Detail	
Estimated Income	Proposed 2013 Budget
Dues Received	
Regular (2013 - 40@ \$25)	\$1,000.00
Lifetime (2013 - 4 @ \$15)	\$60.00
Plant Sale	\$4,403.00
Total Income	\$5,463.00
Estimated Expenses	
Club Program Speakers	\$900.00
Scholarships (U of M; Tech)	\$1,000.00
Donations	
Como Conservatory	\$100.00
Minnesota Green/Hort Society (membership & donation)	\$100.00
Nature Conservancy	
Landscape Plant Development Center	\$100.00
Parade	\$150.00
Flower Show	\$0.00

<i>Ribbons, etc</i>	
<i>Lunch for Judges</i>	
<i>Printing of Schedule - handbook for club members</i>	
<i>Printing of hand out at the Library</i>	
<i>Entrance Display</i>	
Plant Sale	\$2,000.00
Library Planting	
Roseville Arboretum Memorials	\$100.00
Membership to FGCMN	\$400.00
Board Member Expenses	\$25.00
Newsletter	\$63.00
Yearbook	\$200.00
Misc Printing (Flyers and Brouchures)	
<i>Flyer printing</i>	
<i>Printer Cartridge</i>	
Sunshine Club	\$75.00
Historical Album	\$50.00
Holiday Party	\$200.00
<i>Door Gifts & Decorations</i>	
<i>Tax and Tip</i>	
Total Expenses	\$5,463.00
Income vs Expense	\$0.00

Treasurer,
Kirsten Engelbrecht

Secretary report

LOGC Minutes of October 8th, 2012

Business meeting called to order at 8:30, with 30 members present along with 3 new members.

New officers were announced: Wendy Lucas-President Lois Witzel -Secretary and Kirsten Engelbrecht-Treasurer. A decision has been made to have the Vice President position be a shared responsibility. Angie Hoffman-Walter has volunteered, however, we are still in need of 1 or 2 more persons that may be interested in this position. Dues were collected for the Horticulture Society and the LOGC. For those of you who were absent make **separate checks** payable to MSHS for \$37.00, LOGC members dues for \$25.00 and send or drop off to Mary Battee, or Kirsten Engelbrecht.

Again, mark your calendars for Dec. 10th, Christmas Party at the Flame in Rosedale. Call or e-mail Sally Gutierrez, Char Ethan, Mary Fowler or Brenda Everson and let them know if you plan on going. Anyone attending will be ordering off the menu so it won't be necessary to pay in advance. Kirsten Engelbrecht passed out the budget from 2011/2012 and walked us thru. Our speaker for the evening was Mark Armstead from Linder's Garden Center on "Shade Gardening". He began by passing out \$5.00 Linder's coupons to everyone and then did a slide presentation. Excellent by my standards. Lois Paulat won a \$10.00 gift certificate and Anne FLipp won a \$25.00 Certificate donated by Linder's.

Meeting adjourned @ 8:50.

Respectfully submitted by Lois Witzel, Secretary LOGC

Holiday Christmas Dinner Party, December 10, 2012

At the Flame in Rosedale. Call or e-mail Sally Gutierrez, Char Ethen, Mary Fowler or Brenda Everson and let them know if you plan on going. Anyone attending will be ordering off the menu so it won't be necessary to pay in advance.

L.O.G.C. Committees and Chairs for 2012

Community Team, coordinated by Mary Battee

Liaison for the Roseville Central Park Muriel Sahlin Arboretum/ Garden workdays at the Arboretum: Char Ethen

Liaison for Minnesota State Horticultural Society: Angie Hoffman Walter

Liaison for Federated Garden Club of Minnesota, Inc.: Rose Diestler

Harriet Alexander Nature Center (HANC) Christmas tree decorating:

Lois Paulat, Lydia LeTourneau

Renaissance Festival Garland: Evie Larson

Flower show: Rose Diestler, Kathy Day, Norene Feldsien

Program Team, coordinated by Ron Kvaas

Program Speakers, Tours, and Field trips: Sue Van Zanden, Lois Witzel

Member garden tour coordinator:

Membership Team, coordinated by Kirsten Engelbrecht

Membership: Marce Slettedahl

Sunshine: Kathy Day

Hostess and Hospitality: Beth Oelke and Joanne McCarthy

Telephone/e-mail tree: Angie Hoffman Walter

Auditing: Mary Fowler

Communications Team, coordinated by Lois Witzel

Newsletter, electronic: Dick Flipp

Compiles MicroSoft Word newsletter for electronic distribution to members. Maintains e-mail list of members.

Newsletter, post card mailings: Dick Flipp

Print LOGC monthly newsletter (Post cards in the summer months) and mail them to member who do not have electronic access. Maintain the address list for mailing.

Scrap Book: Beverly Montain

Compiles a visual record of club activities in scrap-book format for club enjoyment and reference. Includes photographs, news clippings, etc.

Publicity: Deb Ferrington

Contacts newspapers, magazines, City of Roseville, FGCM, MSHS with meeting and special event notices throughout the year.

Photography: Kathy Kress

Take photographs and share images with Scrapbook and Newsletter Chairs.

Yearbook: Angie Hoffman Walter

Coordinates, compiles, prints and distributes the yearbook to each member by the March meeting, (and to new members throughout the year).

Nominating Chairperson: Wendy Lucas

Recruits one or more nominees for each of the Executive Offices to be filled with consent of the current Executive Board; presents slate of candidates at the September meeting, to be voted upon at the October meeting.

Plant Sale Team Chairperson: Pat Costello

Char Ethen, Beth Oelke, Vatsala Meno

Special projects:

LOGC Web Page: Lynn Maier Belair

LOGC Facebook: Sally Gutierrez

Christmas Party: Sally Gutierrez, Shell Solberg, Mary Fowler, Char Ethen, Brenda Everson

Plant "Imagination"

THE PUMPKIN

Although we associate pumpkin with pies and rolls which are packed with simple sugars, there are many other ways of using this super food to increase your overall nutrition. This incredible food is loaded with vitamins, minerals, and other healthy nutrients that are sure to increase your health this fall. Here are just some of the many nutritional components of pumpkin that are sure to make you look and feel beautiful this coming season.

Carotenoids is what gives pumpkins that bright orange color and gives your skin that “glow”. Carotenoids may also help reduce the appearance of premature aging, and may decrease risk for cardiovascular disease and infections.

Essential Fatty Acids are found in the seeds of the pumpkin, these fatty acids may provide your body protection against arthritis and high blood pressure. It also may improve your brain power and promote overall healthy skin.

High amounts of fiber found in the flesh have been shown to lower LDL cholesterol levels in the blood while also helping to regulate blood sugar levels. Fiber is also great for treating constipation and indigestion.

Pepitas, more commonly known as pumpkin seeds, are high in muscle building and tissue repairing macro nutrient. In just one ounce of pumpkins seeds alone, you are filling your diet with roughly seven grams of protein.

Pumpkin contains Vitamin A and during cold and flu season, it is particularly important to consume enough of this vitamin in your diet. It may not only improve your vision, but it will also help to boost your immune system so that you can fight off nasty infections this winter.

There are many other wonderful characteristics to eating pumpkin all season long. Not only will it keep your skin hydrated and wrinkle-less, but it may also lower your risk of some cancers, reduce inflammation, and perhaps even decrease your risk for depression which is all too common during these cold and dreary months. There are many easy ways to incorporate pumpkin into your diet. For example, add canned pumpkin to a hummus recipe or banana nut loaf to make it taste more like a fall menu item. Even add it to your yogurt or oatmeal!

TRICK OR TREAT!

Taste That!

Spooky Witches Fingers



Prep Time: 35 Minutes	Ready In: 1 Hour 15 Minutes
Cook Time: 20 Minutes	Servings: 60

"Almonds act as fingernails and red decorating gel as blood for these finger-shaped cookies that will provide a great treat for any Halloween party."

INGREDIENTS:

1 cup butter, softened	2 2/3 cups all-purpose flour
1 cup confectioners' sugar	1 teaspoon baking powder
1 egg	1 teaspoon salt
1 teaspoon almond extract	3/4 cup whole almonds
1 teaspoon vanilla extract	1 (.75 ounce) tube red decorating gel

DIRECTIONS:

1. Combine the butter, sugar, egg, almond extract, and vanilla extract in a mixing bowl. Beat together with an electric mixer; gradually add the flour, baking powder, and salt, continually beating; refrigerate 20 to 30 minutes.
2. Preheat oven to 325 degrees F (165 degrees C). Lightly grease baking sheets.
3. Remove dough from refrigerator in small amounts. Scoop 1 heaping teaspoon at a time onto a piece of waxed paper. Use the waxed paper to roll the dough into a thin finger-shaped cookie. Press one almond into one end of each cookie to give the appearance of a long fingernail. Squeeze cookie near the tip and again near the center of each to give the impression of knuckles. You can also cut into the dough with a sharp knife at the same points to help give a more finger-like appearance. Arrange the shaped cookies on the baking sheets.
4. Bake in the preheated oven until the cookies are slightly golden in color, 20 to 25 minutes.
5. Remove the almond from the end of each cookie; squeeze a small amount of red decorating gel into the cavity; replace the almond to cause the gel to ooze out around the tip of the cookie.

Instead of using decorator gel, you can dip each almond in strawberry jam, and press them into the raw "finger" tip before baking... produced very gory results

You can skip the red food coloring and use raspberry jam to hold the "nails" on. Two cautions, 1) you have to roll out the fingers SMALL and THIN or you'll get monster fingers--a raw cookie the length and thickness of your pinky will be the size of your middle finger upon baking--and 2) the salt is better left out, or you'll also get monster fingers. They will rise just fine, look and taste perfect without the salt.

The **Minnesota Water Garden Society** has agreed to be a 'sister' club with us and we will begin sharing news of each other's events. They look forward to doing this with the **Lake Owasso Garden Club**. **MWGS**, meets the second Sunday of the month at 2 Pm at various locations. That is the day before ours if that helps make it easier to remember. The MWGS website is www.mwgs.org --- check it out for meeting locations and other information about speakers etc.

Address and directions for our meetings--See one time change at beginning of newsletter!!!!

Our monthly meetings are held in the Keller-Williams Training Room, courtesy of Keller-Williams Realty, 2680 Snelling Ave N, #100, Roseville, MN, 55113. From Snelling turn east onto County Rd C, then turn north at the light on E. Snelling Service Road (just east of Snelling). The building is a light brick two-story structure on the corner of County Rd C and E. Snelling Service Road. The meeting room is straight back and to the left on the main floor.

Newsletter submissions

We welcome pictures (please title, include latin names of plants), news items, and commentary, preferably via email to raflipp@comcast.net **Deadline** is by the **25th of each month**. I will try to get the newsletter out on the first of the month.

Also, remember our club's **Facebook** page. It is a great place to post pictures and share what's in bloom.

President,	Mary Battee,	mbattee@comcast.net,	Phone 651-330-4992
V. President,	Ron Kvass,	rgkvaas@msn.com,	Phone 651-734-8480
Secretary,	Lois Witzel,	jolowitzel@gmail.com,	Phone 651-484-1885
Treasurer,	Kirsten Engelbrecht,	kirstenenge@gmail.com,	Phone 651-487-7552
Editor,	Dick Flipp,	raflipp@comcast.net,	Phone 651-484-4123

GOOGLE DOC for Lake Owasso Garden Club -- Check it out.

https://docs.google.com/spreadsheet/ccc?key=0AvDTcsB_CgstdE81dUVQNEFrblNUSDBWd250QlpGYWc#gid=0