

Tuesday Thoughts for April 13, 2021

My Dear Garden Club Friends!

Last month we received the sad news that Sandra Robinson, former National Garden Club President (2015-2017) passed away. She was dear to me for different reasons.

I first met her in Eugene during the Pacific Region Convention that was hosted by Oregon. Sherry Cossey asked me to be her page and I was honored to do that. Sandy didn't ask for much and all I had to do was to stay close and keep an eye on her. Which of course was a delight.

With the group we visited Hendricks Park in Eugene. A beautiful Rhododendron Garden and the Museum of Natural History.



At the museum I found a tiny wooden bowl for her and what amazed me most was that shortly after, Sandy sent me a hand written thank you note.... I can imagine a National President is super busy, but she took the time to do that! (I must say that our Current National President, Gay Austin, is very good at that also.) Such a personal touch! No wonder these wonderful people become National Presidents!



Sandy was so much fun, sweet and friendly! But what inspired me most was the speech she gave. She talked about that kids today don't get their hands dirty anymore, that they sit behind their computers and other gadgets all the time. How important it is for kids to be outside and explore and get dirty. Sandy mentioned the book from Richard Louv: "[Last Child in the Woods- Saving our Children from Nature Deficit Disorder](#)". I made a note of it and a few months later I read the book.



As all of my Oregon Garden Club Members know that became my special project during my term. "[Plant Oregon with Nature Play Grounds](#)". It has gotten on the back burner a bit as all the Playgrounds were closed because of Covid. Even now when we try to contact some of these places there is no answer since the offices still are closed.

There is something we can still do though. Write down your memories from when you were a kid. What are your fondest memories of playing outside? Also it is still important that you find out for yourself how important playing outside is. And next time they talk about building a new kids park in your neighborhood speak up and tell the authorities that Nature Play areas are so much better for kids than just the plastic structures. That is something you can do as a Garden Club!

You will be honoring Sandy Robinson when you do that.

Sandy also came to the Convention in North Bend in 2015. And I saw her again in May 2019 during the National Convention with hundreds of people milling around and she still knew who I was. She was amazing! And it is hard to think that we won't see her again...



“Plant Oregon with Nature Playgrounds”

- * Healthier: Children who play regularly in natural settings are sick less often. Mud, sand, water, leaves, sticks, pine cones can help to stimulate children's immune system as well as their imagination.
- * Less Obese: Children who spend more time outside tend to be more physically active and less likely to be overweight.



- * Better Mental Health: Children who play in natural settings are more resistant to stress; have lower incidences of behavioral disorders, anxiety and depression; and have a higher measure of self-worth.
- * More Creative: Children who play in natural settings play in more diverse, imaginative and creative ways and show improved language and collaboration skills. Single use, repetitive play equipment becomes boring quickly.
- * Confidence: Natural, irregular and challenging spaces help kids learn to recognize, assess and negotiate risk and build confidence and competence.
- * More Positive Feelings: Children who play in nature have more positive feelings about each other.
- * Less Bullying: Bullying behavior is greatly reduced where children have access to diverse nature-based play environments.
- * Reduced ADD: Symptoms of Attention Deficit Disorder are reduced after contact with nature.
- * More interest in Sciences: If kids do not get the chance to explore, experiment and figure how things work in the natural world they will not be interested in Natural Sciences.

Kids need contact with Nature!

Remember I have either the booklet or the power point to share if you are interested in doing a program for your Club or District. Also the booklet could convince your Parks Board or Supervisor or school superintendent how important Nature Play is!



This is the last week to enter the virtual flower show! Just one more contest after this one.
Stay Happy and Healthy and Hopeful!
Love from Tanja!

'Shooting for the Moon'. *A Spatial Thrust Design*

Spatial Thrust Design. Handbook for Flower Shows page 75. A Creative Design consisting of two (2) parallel placements of similar components.

1. Emphasis is on two (2) thrusting lines and the space between them.
2. Plant material and/or other optional components may be added to only the outer edges of the thrusting lines.
3. Thrust may be vertical, horizontal or diagonal.
4. If emergence of the thrusting line occurs on different planes, vacant space is not required until both lines appear on the same plane.

If the designer is having trouble & needs to have some examples, they can Google NGC Parallel Design. That might be helpful.

The Siskiyou Judges Council will do the judging. Deadline to enter is **Friday, April 16**

