



# Lake Wilderness Arboretum Newsletter

Volume 40, Issue 2

What's Happening at the Arboretum

April - May 2004

## From the President

By Kadri Linask-Goode, President

Welcoming springtime is always a joyous and well-anticipated occasion. At the Arboretum, new leaves and growth are starting to hide some of the destruction of this winter's storms as more and more plants break their dormancy. At the Foundation, excitement is growing as well as we are busy planning and looking forward to many wonderful events. You just need to check the Foundation's calendar of events to get an idea of all that is going on in the coming months.

Otherwise, the Foundation has been anything but dormant. In January, Bill Paine, former Foundation President, and long time member put on a wonderful slide presentation, "Gardens and More of Wales and the British Isles." The presentation was a part of the Foundation's Education Programs offered five times a year. It was very well attended and the cultural and historical detail Bill brought to the presentation left everyone longing for a trip "across the pond." Many thanks to Bill for all the time and effort he took in sharing his marvelous trip!

Storm recovery continues through the help of many generous volunteers and groups such as the Late Bloomers Garden Club. Also, under the direction of Rob Sjogren, our Education & Conservation Committee Chairperson, a Green River Community College (GRCC) class has regularly met at the

Please see *From the President*, p.7

## Education Program

# Ornamental Grasses

### Tuesday, April 6 at 7:00pm

Maple Valley Community Center • 22010 SE 248th St, Maple Valley

Eric Nelson, well-known area horticulturist, will give a one-hour slide presentation featuring ornamental grasses that perform well in the Pacific Northwest and discuss the selection, culture, and landscape use of these varied and beneficial garden plants.

His horticultural career began quite by accident, when he accepted a position as manager of the new Washington Park Arboretum Visitor Center in 1986. This was followed by an interim position as Continuing Education Coordinator of the University of Washington Center for Urban Horticulture. Along the way, he became a WSU/King County Master Gardener and developed a home landscape that was featured by the Green Gardening tour of the City of Seattle and by *Sunset* magazine. He has taught about ornamental grasses at Edmonds Community College, Lake Washington Voc-Tech, South Seattle Community College, and the



Speaker, Eric Nelson

University of Washington's Center for Urban Horticulture. Also, Eric has been a featured speaker at the Northwest Flower and Garden Show.

The program is free to the public. Guests are welcome.

## Blooming in April & May

It's the perfect time of year to walk through and enjoy the Arboretum's Rhododendron Garden. Some of the other spring bloomers include Serviceberry (*Amelanchier laevis*), Cornelian Cherry (*Cornus mas*), Flowering Currant (*Ribes*), Salal (*Gaultheria shallon*), Oregon Grape (*Mahonia aquifolium*), and Flowering Cherry (*Prunus 'Accolade'*).

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## Fundraiser Hellebore Tea Hosted by Late Bloomers Garden Club a Success



Barbara Huseby, Late Bloomers member, and guest June Mehner look over the array of Hellebore plants.

Late Bloomers Garden Club held an invitation-only Hellebore Tea on Sunday, February 29, which netted \$432 to be donated to the Arboretum. In addition, \$330 was collected from plants sold and a silent auction.

Thirty-six Late Bloomers and their guests enjoyed conversation, tea, delicious food, and a botanical name-game on a beautiful sunny afternoon at the Arboretum Nursery. Each took home a Hellebore after Maria VanZanen gave background information and care instructions for the plants

Maria's fascination with the stunning blossom colors, easy care requirements and evergreen foliage of the winter and spring blooming Hellebore, along with a desire to raise money for the Arboretum sparked the idea for the Hellebore Tea. Its

success means there will be another Hellebore Tea next year. Watch for details.

The Arboretum will have Hellebore plants for you to purchase at the Spring Plant Sale on Mother's Day weekend, May 7th and 8th.

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## Upcoming Propagation Classes

*By Maureen Paszek, Membership & Publicity Chair*

Judi Alvau will be instructing classes in April and June on propagating plant material from cuttings. These classes will cover the timing and methods for taking cuttings, how they should be processed, and what follow-up care is necessary for success.

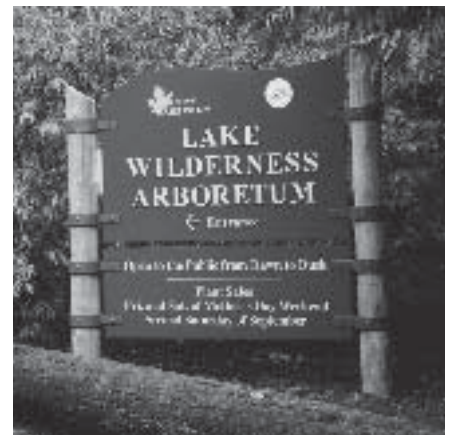
More than 2,000 cuttings were taken by Judi and the TWIGS group last summer and fall after the Mist House was set up in the former Arboretum greenhouse. Many of those plants have already rooted and been transplanted.

Judi is an enthusiastic teacher who has done a great deal of research on professional propagation methods. Those who attended her transplanting class on February 28th greatly enjoyed her instruction and came home with methods for growing those "hard to start" cuttings.

The first class is on April 10th at 9am at the Nursery. This will be a "hands on" class where students learn by doing. The second class will be in June when more plant material is available. That date is to be determined. To register, please leave your name and number at 425.413.2572. Class size is limited to 16 and is free to members. A \$10 donation is accepted from non-members.

## Have You Seen the New Arboretum Sign?

The recently installed sign by the Arboretum's entrance and parking lot was paid for by a grant from the City of Maple Valley. It's "look" is the same style as other new signs in the



## Pruning Class Held in February

By Maureen Paszek, Membership & Publicity Chair

Rebecca Stewart, Arboretum Assistant Property Manager, held a timely class on pruning on Saturday, February 21st at the Lake Wilderness Lodge.

She showed us the proper tools to use and helped us learn to identify the correct places to make cuts if pruning is actually necessary. Also, she explained what happens and why, when trees and shrubs are pruned improperly.



Instructor Rebecca Stewart explains correct ways to prune..

After initiating us in the classroom, Rebecca took us out into the Arboretum and demonstrated some techniques that could be used to clean up the look of a tree or shrub by simply removing the dead wood. She also demonstrated the value of examining a tree for problem areas, such as branches that are rubbing on each other or crossing back into the tree, and removing those limbs when they are small. While she taught us that you can remove up to 1/3 of a tree or shrub, it is *not* necessary to do that amount to improve the health and look of the plant.

## Tool Donations Sought by TWIGS Group

Many building improvements are now being made at the Arboretum by the relatively new group, TWIGS (Task Work for Integrated Grounds Support). If you have tools that you wouldn't mind donating, they would be greatly appreciated. Here's the TWIGS "wish list."

- circular saw
- cordless drills, chargers
- jigsaw
- reciprocating saw
- level
- drill bits
- hole saws
- staple gun
- staple hammer
- chop saw
- portable table saw
- large tool box

Actually, any hand, electrical or plumbing tools would be welcomed. Call 425.413.2572 if you'd like to have them picked up or you can bring them to the Arboretum.

## Loie Benedict Donates Her Garden Plants

By Nancy Davenport, 2nd Vice President

Loie Benedict, a long-time and active Arboretum member who has moved from her home, has donated her garden plants to the Arboretum. Recently, Arboretum volunteers have spent many hours digging and moving plants from Loie's Auburn gardens to the Arboretum.

Loie is a well known local plantswoman, but what many people don't know is that many wonderful perennials originated in her garden. Jerry Flintoff introduced the first *Pulmonaria* 'Benediction' (named after Loie) to the nursery trade after finding it in Loie's garden in the early 1970s. He took it home, propagated it and gave it to the world to enjoy. Most of us would recognize it, as it brightens local nurseries and many gardens in the early spring with masses of dark blue flowers held above silver spotted leaves. Then there is the wonderful *Primula sieboldi* 'Loie Benedict' with its large rounded blooms of rich red-purple held on strong stems. These are but two of Loie's contributions to the greater gardening community of the world.

We, at the Lake Wilderness Arboretum, are so very fortunate to be able to preserve many of Loie's unusual as well as common plants, shrubs and trees at the Arboretum where visitors for years may enjoy her gift and love of gardening. The Arboretum, in appreciation of Loie's generous donation, is in the process of planning several special places for Loie's plants in addition to placing the plants throughout the Arboretum.

## Green River Community College Students Actively Involved in Arboretum Projects

Board member Rob Sjogren who is Education & Conservation Chair for SKCAF, is an instructor of Natural Resources at Green River Community College. In the past few months, Rob's students have been at the Arboretum frequently. Their activities have included clearing dangerous trees after December's windstorm and making pathways accessible for hikers. The downed trees were cut carefully to the correct length if they are to be yarded out for lumber.



Green River Community College students on an Arboretum trail assessing damage.

The students have also inventoried plant material in the Forest Reserve and determined percentages of each, as well as mapping their locations. On the Interpretive Trail, they provided recommendations for ways to incorporate more native plant material to enhance that feature. In addition, several helped at the Envirothon.

Their work will provide a better picture of the Arboretum as it exists at this time and help us determine future steps to improve areas and to document changes that take place naturally. One of the Foundation's goals is to "Create educational programs in partnership with the regional community that will provide opportunities for environmental education." Our forty acres is providing a working lab for these college students. A win-win situation for both the Arboretum and the students who are able to apply their studies in a real world situation!

## Community Service Day to be Held on April 17

On Saturday, April 17 from 9am to 1pm, community service groups will help spruce up the Arboretum grounds.

Plans include having the groups cut back salal, plant ferns from Loie Benedict's Garden, plant native roses and possibly additional natives along the Interpretive Trail, spread mulch behind the Alpine Garden where more of Loie's plants will be placed, and empty the raised beds in the Nursery for planned projects.

The Arboretum is fortunate to have several community groups come on a regular basis and with lots of enthusiasm! Having Arboretum members to direct their efforts, makes wonderful use of the volunteers' time while greatly benefiting the Arboretum. If you would be willing to volunteer to help coordinate, please leave a message at 425.413.2572 or email us at [Volunteer@LakeWildernessArboretum.org](mailto:Volunteer@LakeWildernessArboretum.org)

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## Volunteering at the Arboretum

We have recently been fortunate to add some very energetic volunteers to key positions at the Arboretum. The SKCAF would like to welcome Barbara Huseby as a Plant Sale Co-Chair, Criss Barrett as our Volunteer Coordinator, and Judy Nash as our Propagation Manager. To all our volunteers, new and established, a big "thank you" for your help. Remember to report all of your volunteer hours to Criss Barrett at [Volunteer@LakeWildernessArboretum.org](mailto:Volunteer@LakeWildernessArboretum.org) in order to take advantage of the Plant Sale Pre-Sale open to all volunteers with 20+ hours of volunteer time.

Volunteers are still needed for these key positions:

- Corresponding Secretary - SKCAF Board position
- Plant Sale Volunteers needed - there's a place for you!
- Data Entry Positions - need two people
- Propagation Assistants - need two people
- Budget & Finance Committee members - see page 6, last article

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## Black Plastic Pots Wanted

If you have black plastic pots, gallon size or larger, and would like to donate them to the Arboretum, call 425.413.2572 to make arrangements for pick-up or you can drop them off at the Arboretum. Unfortunately, we can't use the white, green, or terra cotta hard-plastic pots.

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Nothing is pleasanter than spading when the ground is soft and damp.

— John Steinbeck

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# Arboretum Birding Group Sights 41 Species

By Linda Bartlett

## January Sightings

Saturday morning, January 17th at 8am marked the official beginning of a four-season bird monitoring that is taking place at the Lake Wilderness Arboretum. There were six of us: Bill and Ursula Paine, Ken Johnson, Merlin Weise and Bob and Linda Bartlett. The weather was crisp but clear as we began at the entry Arboretum parking lot working our way towards the nursery.



Things were pretty quiet at first until someone heard a Black-capped Chickadee, soon followed by a Raven, then a Song Sparrow. One of the highlights was getting to see a lone, beautiful Varied Thrush from off a short loop trail in the shady 40-acre forest preserve. It was quietly perched on the top of a broken Douglas fir and never flew as we made our way over fallen trees and downed limbs on the short trail back out into the sunlight.

We proceeded to the lake itself, but had to search for somewhere to stand in the shade - so bright was the sun glaring across the lake. There was a nice Great Blue Heron sighting at the water's edge, and there were a number of interesting waterfowl on the lake, including Northern Shovelers, Hooded Mergansers, Buffleheads, Ring-necked Ducks, Mallards, Pied-bill Grebe, American Wigeon, American Coots, Canada Geese, and Double-crested Cormorants.



Across the lake we saw a Belted Kingfisher, and we heard Red-wing Blackbirds. While still at the water's edge, we had a lively little flock of Gold-crowned Kinglets foraging in the deciduous bushes with a Ruby-crowned Kinglet mingled in for a good comparison. We heard both Winter Wrens and the Bewick's Wren. We heard the Pileated Woodpecker and got nice looks at the Red-breasted Sapsucker in the park. Although we didn't see him this time, we heard our native Douglas squirrel scolding up in the trees in the park. Maybe next month we'll have a chance to see him as well. It was exciting to have 32 species in two hours in January.

## February Sightings

We had a cold, windy, but sunny morning on February 21st for our second Arboretum bird survey. There were seven hardy souls who braved the wind: Bill Paine, Ken Johnson, Merlin Wiese, Sidonia St. Germaine, Maureen Paszek, Criss Barrett and Linda Bartlett.



Because of the wind, we did not have quite as many species as we did in January, but we did add some new species that had not been seen in our previous survey, i.e., the Spotted Towhee, Hutton's Vireo, Brown Creeper, Red-breasted Nuthatch, Steller's Jay, Hairy Woodpecker and on the lake there was a Lesser Scaup and a good number of Common Mergansers. An item of interest for several of us, that Bill Paine pointed out, was the native yew tree growing between several other tall conifers in the park.

We are now up to 41 different species.

We will be meeting at 7am on March 20th at the Arboretum entry parking lot for our third survey. If you enjoy watching birds, please contact Linda Bartlett (llbart@scn.org). You don't need to be an experienced birder. With more eyes the group can see more things!

The data we gather each month will be compiled into a checklist that will enable visitors to learn about the birds we have in Lake Wilderness Arboretum.

# Historically Speaking...

## Gathering Arboretum History

By Maureen Paszek, Membership & Publicity Chair

Anne Goslin, who made a substantial financial contribution three years ago, has volunteered to index the scrapbook that Stella Higgenbottom and later Laura Nowotny kept for many years. This should provide an excellent means of reference, while keeping the book intact. The scrapbook contains photos, news articles and a great deal of information about the Arboretum. If you are a past Board member, please call us so we can refer to you with questions on the information we do have.

Darlene Stump is working on the Arboretum history starting with the 1960s information. Maureen Paszek is working on the years 1999 to 2003. We plan to "meet in the middle." If you have old newsletters, minutes, photos or other historical information, or want to help with this process, please call the Arboretum, 425.413.2572, and leave a message.

## Maple Trails Garden Club Transformed the Arboretum Entrance in the Early 1980s

Near the entrance to the Arboretum, there used to be huge cottonwood trees whose leaves required raking every fall until the controversial trees were removed. Along with these persistent cottonwoods, if you can imagine this, there was much Scotch broom.

The Maple Trails Garden Club felt the entrance needed an inviting look and spent many hours (husbands sometimes helping) on an entrance beautification project - planting rhododendrons and native plants, as well as building the raised berm areas, tables, signs and some trails. Their club, still very active at the Arboretum, holds monthly work parties, second Wednesdays at 9:30am.



In October 1981, Maple Trails Garden Club hosted several other Chinook District Garden Clubs in a Leaf Raking Party.

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## Regional Envirothon Held March 22nd

Lake Wilderness Arboretum and Park were the site of the Northwest Regional Envirothon on Monday, March 22nd from 9am to 4pm. The King Conservation District hosted the competition, and Arboretum volunteers and Green River Community College students assisted. The Envirothon is a nation-wide problem-solving, natural resource competition for high-school students. In the field, the students were challenged to use critical thinking skills, to answer written questions and to conduct hands-on investigations of environmental issues. Winning teams will compete in a state competition in May.

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## Creative? Like working with people? Like sales? A good writer?

The Budget & Finance Committee needs *all kinds of talents*. In addition to those who crunch numbers, we need help making our finances grow to keep pace with the tremendous growth of the Foundation's projects and property improvements. While we have a need for bookkeepers and accountants to join our small but dynamic group, we need help with grant writing and finding simple, fun ways to help generate more income (like the February 28th Late Bloomers Garden Club Tea). We have monthly meetings - Thursday evening. Please contact Cindy Ostermann at 425.413.8651 or through the Arboretum email, [Info@LakeWildernessArboretum.org](mailto:Info@LakeWildernessArboretum.org), if you would like to join our team.

## A Favorite Ground Cover!

By Maureen Paszek,

*Epimedium rubrum* is a plant I have come to appreciate very much. Imagine this, an evergreen plant that blooms with bright crimson petals in early spring when it unfurls beautiful new leaves in a soft green tinged with pink - which the slugs don't bother. I've found that it flowers better if the foliage is cut back in early March.

It grows 10 to 12 inches tall *in dry shade*, and the leaves become lovely and leathery and take on burgundy tints in the fall.

They stood tall this past winter in spite of snow, and limbs crashing down on them. The stems are wiry, and they spread slowly. *Sunset Western Garden Book* only lists a few varieties, but there are many. For location of nurseries where they're sold, call 425.413.2572.

*Vancouveria hexandra*, which is in the same family, will actually cover the ground much faster. It shares the wiry stems of the *Epimedium*, but does not color in the fall and is not evergreen. The appearance is lovely, especially growing under the big cedars as it does in my garden. Neither plant is invasive as many ground covers seem to be.

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## Arbor Day: Day of Trees

National Arbor Day, celebrated since 1872, began in Nebraska and was founded by J. S. Morton, member of the Nebraska State Board of Agriculture. His idea was to promote replanting following deforestation, and to plant up treeless areas. The "day of trees" idea is now celebrated in more than fifty countries.

*From the President* cont.. from page 1

Arboretum to learn about trail and forest management. As a part of their learning the class helped clear the Arboretum forest preserve from debris and large trees that fell across our paths. We look forward to continuing this mutually beneficial partnership of learning and community service.

Other on-going activities have included planning by the Board and Committees and with the City of Maple Valley for dealing with the many large trees that fell during the winter storms. This planning continues, as there are many regulatory and logistical details to be attended to. On behalf of the Arboretum, I'd like to extend a special "thank-you" to Dianna Pistoll, with the City of Maple Valley. Diana worked hard to help us be included with the City of Maple Valley properties as a part of their Forest Practices Permit to remove the downed trees in the Arboretum. We are very grateful for the City's help on this.

These are just some of the highlights from this year so far. Please be sure to check our website often at [www.LakeWildernessArboretum.org](http://www.LakeWildernessArboretum.org) for frequent updates.

Thank you for your continued support of the Foundation and we hope to see you soon at an event or just a walk around the Arboretum grounds.

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A plant is like a self-willed man, out of whom we can obtain all which we desire, if we will only treat him his own way.

— Goethe

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## 2004-05 SKCAF Personnel

### Board Officers

**President:** Kadri Linask-Goode  
**1st Vice President:** Eric Larson  
**2nd Vice President:** Nancy Davenport  
**Recording Secretary:** Linda McMonagle  
**Corresponding Secretary:** open  
**Treasurer:** Hal Lamon

### Board Members at Large

Criss Barrett  
Joleen Clemmer  
Moria Mackey-Fieth  
June Mehrer  
Maureen Paszek  
Stanette Rose  
Rob Sjogren  
Maggie Westerland

### Committee Chairs

#### **Budget & Finance:**

Cindy Ostermann

#### **Education & Conservation:**

Rob Sjogren

#### **Membership & Publicity:**

Maureen Paszek

#### **Property Management & Development:**

Maria Van Zanen

#### **Spring Plant Sale:**

Kadri Linask-Goode

Barbara Huseby

### Property Managers

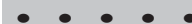
Bill Paine

Rebecca Stewart

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### Publication Information

This newsletter is published every other month. The next deadline is May 1. Articles are welcomed. Email comments, ideas or articles to editor [MarlysHoon@pobox.com](mailto:MarlysHoon@pobox.com) or to [Info@LakeWildernessArboretum.org](mailto:Info@LakeWildernessArboretum.org) or mail to SKCAF, Box 72, Maple Valley, WA 98038.





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# SPRING PLANT SALE – May 7 & 8

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## SKCAF MEMBERSHIP INFORMATION FORM

### NEW MEMBERS & RENEWALS

- Lifetime  \$250.00
- Business or Org.  20.00
- Family  15.00
- Individual  10.00
- Senior (55+)  5.00
- Student  2.00

### SPONSORSHIPS

- Benefactor  \$1000.00 or more
- Steward  500.00 to 999.00
- Supporter  250.00 to 499.00
- Friend  100.00 to 249.00

Name \_\_\_\_\_ Business/Organization \_\_\_\_\_  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_ Email \_\_\_\_\_

**Circle the Committee/Group you'd like to work on:** Property Mgmt & Development    Budget & Finance  
 Education & Conservation    Membership & Publicity    Plant Sales    History    Work Parties    Mailings  
 Propagation    Data Entry    Programs

Make check payable to **SKCAF** and mail to **SKCAF, PO Box 72, Maple Valley, WA 98038**

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