

The Newsletter of

The Santa Rosa Iris Society

41ST YEAR NUMBER 8

AUGUST 2015

Officers 2015:

President

Alleah Haley

Vice President

Rudy Ciuca

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Joe Lawrence

Secretary

Jeff Davis

Past President

Anna Marie Hermansen

Historian

Anna Cadd

707-433-8633

Membership Secretary

Betty Ford

Librarian

Juanita Breckwoldt

Newsletter Editor

Alleah Haley

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Marlene Horn thru 12/15

Jeanne Plank thru 12/15

Jim Begley thru 12/16

Marlene Freetly thru 12/16

Kathy McCallum thru 12/16

Standing Committees:

Attendance

Marlene Horn

Display Garden Chairman

Jean Sharp

Door Prize Coordinator

Rudy Ciuca

Hospitality

Diana and Don Ford

LBAGC Representatives

Alleah Haley

Rudy Ciuca

Joe Lawrence, alternate

Logistics Coordinator

Jim Begley

Photography

Marlene Horn

2015 Show Chairman

Jeff Davis

2015 Summer Rhizome Sales Chm.

Betty Ford

EVENTS IN AUGUST:

August 2, 10:00 AM – Picnic/Iris Auction-Raffle

August 10, 4:00 PM – Dinner with Chad at Union Hotel

7:00 PM – Chad Harris Program at LBAGC

Sunday August 2 – Picnic/Iris Auction-Raffle



The C&L Vineyard of Rudy Ciuca and Joe Lawrence in Sonoma will be the site of our annual picnic and iris auction and raffle. Set up starts at 10 a.m.; we'll eat around noon. Bring a dish to pass with serving spoon, your table service and drink. The Society will furnish the meat (1/4 Costco rotisserie chicken and pork tenderloin barbecued by Alleah Haley's tenant

Mike Ginn). Bring any 2013 and 2014 introductions you can donate to the auction, and 2011 and 2012 introductions or especially good irises to donate to the raffle. The guest irises the Club is getting from the 2015 Spring Regional should arrive in time for the auction. Joe Lawrence will record your winning bids and bill you. Bring money for the raffle or put it on your tab.

Location: 1595 Denmark Street, Sonoma (phone 707-xxx-xxxx, cell 707-xxx-xxxx in case you get lost). For the most fun, carpool.

Directions:

From north Santa Rosa: Take Highway 12 to Sonoma. At T-intersection (stop light), turn left onto W. Napa Street. Drive through town past the plaza onto E. Napa Street and continue about a mile. Turn right onto 8th Street East. Proceed almost a mile and turn left onto Denmark Street. The driveway for 1595 is on the right just before the mailbox labelled "Ciuca-Lawrence".

From south Santa Rosa and Petaluma: Take Highway 101 to Highway 116 towards Sonoma. This is Lakeville Highway. Take Lakeville Highway eastbound just over 1 mile and turn left onto Frates Road. Continue onto Adobe Road, drive approx. 3 miles, veer left onto Stage Gulch Road to Sonoma. At stop light turn left onto Arnold Drive (Hwy. 116) and proceed just over 1 mile. Turn right onto Leveroni Road; cross Broadway onto Napa Road, cross 8th Street East, and turn left onto Denmark Street. 1595 Denmark is about 1/2 mile on the left just past mailbox labelled "Ciuca-Lawrence".

From Marin County: Take Highway 101 northbound onto Highway 37 eastbound. Drive approx. 7 1/2 miles on 37 and turn left onto

Highway 121 at Infineon Raceway. Highway 121 is Arnold Drive. Take Arnold Drive approximately 5 miles and turn right onto Leveroni Road; at Broadway go straight (becomes Napa Road) and cross 8th Street East, then turn left onto Denmark Street. 1595 Denmark is about ½ mile on the left just past mailbox labelled "Ciuca-Lawrence".

Monday August 10, 4:00 PM – Dinner with our Speaker Chad Harris

Join other SRIS members for an informal dinner honoring this evening's speaker Chad Harris from Washington State. Location: Union Hotel Restaurant, 280 Mission Blvd., Santa Rosa. We'll treat Chad; members will pay their own way. Please RSVP Jeff Davis (707-xxx-xxxx or email 1gioia@comcast.net) **and** Alleah Haley (707-xxx-xxxx or email alleah.haley@gmail.com) by August 6 if you plan to attend.

Monday August 10, 7:00 PM – Chad Harris - "Beyond the Bloom"

Plan to arrive at our regular meeting location, the Luther Burbank Art & Garden Center, by 6:45 p.m. Beginning at 7:00 p.m.* **Chad Harris** of Washougal, Washington will speak for about an hour on "Beyond the Bloom," an introduction to the many different types of irises including the water loving irises of Asia and their use throughout the garden.

Chad Harris is co-owner of Mt. Pleasant Iris Farm, located in the Columbia River gorge just north of Portland and the site of a National Display Garden of Japanese Iris. His magnificent garden, started 22 years ago when he retired to the "farm", was on tour during the 2006 and 2015 National Iris Conventions and will be featured in his digital slide presentation. A master garden judge of the American Iris Society, Chad (Japanese) for over 30 years, new "Pseudata" interspecific always looking at the plant



Chad is an internationally recognized writer and speaker on beardless irises. We have invited members of LBAGC clubs to hear Chad's several other northern California iris societies and presentation. Donations to help defray costs gladly accepted.

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***Remember that we regular meetings start at 7:00 p.m. and board meetings start at 6:00 pm.**
No board meeting in August.

decided to start meetings ½ hour earlier: 7:00 p.m. and board meetings start at 6:00 pm.

Photo from The Columbian newspaper, Spring, 2015 (found on the internet).

Gardening Tips for August

Anna Cadd

1. This is the time of year to thin or divide iris clumps before they become overcrowded, generally every 2-4 years. If irises are allowed to become too crowded, bloom will suffer in subsequent years, some varieties may crowd others out, and disease may develop. July through September is the time to divide and transplant bearded irises. They need to be planted back as soon as possible after digging, preferably by the end of October.
2. If you don't feel like digging the whole clump, sometimes you can thin it by carefully cutting out the old divisions at the center of the clump and leaving new growth in the ground. In case of very old and compacted clumps, the process may actually be easier if you dig up the entire clump, remove the old "spent" rhizomes, trim the foliage of the new rhizomes and replant them.
3. Rhizomes need to be big with side increases to produce flowers next spring. Smaller rhizomes may take two years to produce blooms, so if you have room in the garden or are trying to save the variety, plant them all. Discard old rhizomes without leaves and those with a scar where an old bloom stalk has been removed. This old "mother rhizome" will not bloom again, no matter how much you pamper it!

4. When you dig the whole clump, roughly break all rhizomes apart. You can also cut them with a knife or clippers. Make a nice, cosmetic cut on rhizomes and trim the roots to about 2-3" and leaves to about 5-6". If you are digging irises for the club sale or the Heirloom Expo, leave the leaves as long as possible. We will re-cut them later and make them look fresh!
5. Then write the name on the leaves. Use a Sharpie® or Bic Mark It® marker - must be waterproof! Print the name, year of introduction, hybridizer's name and the iris color. PRINT! everything on one leaf! Do not write on two leaves, as they will split and you will not be able to read the information. You can also staple on preprinted paper labels. Be sure that you have permanent labels when you plant your irises in the garden. Plant the labels together with rhizomes! Also map your plantings. Children, paid helpers, moles and squirrels will move your labels to where they think they will look better!
6. Plant irises in well prepared soil, add some manure and supplement the soil with a low-nitrogen fertilizer, super phosphate or bone meal when transplanting. These extra nutrients help the new plants to have the best chance of success in establishing their root systems. Water newly planted rhizomes well initially; and if dry conditions continue, then once every 7 to 10 days until the autumn rains begin, to help the new roots become established. When planting, make a small mound of soil, put the rhizome on top and spread out the roots, and tightly cover with soil. Plant shallow with the top of the rhizome almost showing.
7. You can plant irises as single rhizomes or in groups of three. Plant them with the heels going out, as they will increase in this direction. 18" to 24" apart is good spacing.
8. And yes, irises can be planted in pots! In a one gallon pot plant only one rhizome; 2-5 gallon pots can accommodate 3 rhizomes. They may or may not bloom in pots and require extra fertilization.

From the President's Desk

This is a busy time of year for all of us and our Club. Weeding; digging, dividing, and replanting irises in our gardens; rhizome sales; and weeding at our Display Garden at the LBAGC all come to mind. Do volunteer, sign up, and do whatever you can for our Society – every member can probably do something, no matter how large or how small; and all help is very much appreciated.

August 2nd starts the fall push, with our potluck picnic, iris auction and raffle at the wonderful C&L Vineyard venue in Sonoma, graciously provided by members Rudy Ciuca and Joe Lawrence. If you have newer introductions to donate, please dig, trim, label with name, hybridizer, year of introduction, and type (TB, BB, SDB, etc.) – all on a center leaf of the fan. Do come and bring your table service and a dish to pass, even if you don't need more irises or have a lot of money to spend. The Society will provide the meat. This is a fun event with great fellowship. Door prize irises will be distributed, so have someone pick up yours if you can't attend.

Then on August 10th the Society will host the hybridizer of Japanese irises Chad Harris. He breeds other irises also; he'll also tell us about that. We'll have dinner at The Union Hotel Restaurant in Santa Rosa at 4:00 p.m., then Chad will speak at the LBAG Center at 7:00 p.m. We've invited other clubs to attend, so come early to get a good seat!

September 5th is our annual rhizome sale to the public at the LBAGC. September 8-10 is our sale at the 5th annual Heirloom Expo at the Sonoma County Fairgrounds. Please figure out ahead of time the irises you may dig and donate. Send a list with iris name, hybridizer, year of introduction, and type (TB, BB, etc.) to Joe Lawrence (clvineyard@aol.com) so he can make labels with color photos for the paper bags we sort the irises into at the sales. Please contact Betty Ford to volunteer to work these events either at the August meeting, or phone 707-938-5296, or email irisbetty@sbcglobal.net.

By the time you receive this message, we will have dug our door prize and auction irises and begun weeding to remove the spurge at the Display Garden. If you have a few hours, please take weeding tools to LBAGC and weed. Garden Chairman Jean Sharp and I thank all of you who donate your time there.

I often reflect on what a wonderful Society we have. Thank you all for your enthusiasm, for your hard work, and for your friendship.

Alleah Haley

This Month

Sunday, August 2 - Potluck Picnic, Iris Auction and Raffle, C& L Vineyard, Sonoma. 10 am setup, eat at noon, auction afterward.

Monday, August 10. 7:00 pm – Chad Harris, “Beyond the Bloom”.

Saturday, September 5, 9-3 – Rhizome sale, LBAGC.

Monday, September 7 – No meeting/ p.m. set up at Heirloom Expo.

Tuesday thru Thursday, September 8-10 – 5th Annual Heirloom Expo, Sonoma Co. Fairgrounds. SRIS will have a booth.

Monday, October 12 – TBA

Friday, November 6 (note revised date) – Holiday Potluck/Come Dressed as an Iris Costume Party, LBAGC. Set up starts at 4 pm; we'll eat around 5:30 pm.

2015 Board Meetings - Board Members and Officers, please mark your calendars:

Monday, November 9, 6:30 PM

Monday, December 14, 6:30 PM

Plant Sales

courtesy of Kay Ashbrook, LBAGC Board

Saturday, October 10, 9-1 – Milo Baker Chapter, Calif. Native Plant Society, Vet's Memorial Bldg., 1351 Maple, Ave., Santa Rosa. Native shrubs, perennials, bulbs, seeds, books & posters.

Sunday, October 25, 10-2 - Windsor Garden Club, Windsor Town Green, McClellan & Market St. Succulent topped pumpkins and fall color pots.

From the Editor – **Many thanks** for contributions to this issue: **Juanita Breckwoldt, Anna Cadd, Rudy Ciuca, Jeff Davis, Phil Edinger, Betty Ford, Chad Harris, Anna Marie Hermansen, Joe Lawrence.**

Alleah

Annual Iris Sales

Betty Ford, Sale Chairperson

It's time to think about digging your irises for the September 5 iris sale at the Center, and the Heirloom Expo sale on September 8, 9, & 10. If you haven't sent the list of irises that you will be donating to these sales to Joe Lawrence, do so ASAP. Joe very graciously volunteered to make the labels, complete with photos, for all of the sale irises. Let's do our part by getting the info to him early enough that he can complete this huge task before the sale.

The September 5 sale will run from 9:00 a.m. until 3:00 pm. If you are bringing iris rhizomes, arrive early enough to have your iris ready by 9:00. Upon your arrival at the Center, get your labels from Joe. Put these labels on the bags that will be provided to you, then add your iris. Sounds simple enough, and it is. This is a wonderful way to display our iris rhizomes for the sale, and has been very successful in the past. We have received many favorable comments regarding this method of display.

Ah, but first the irises must be dug from their comfortable little living quarters in the ground. A daunting task for sure. After separating the rhizomes, knock as much dirt off them as possible. Trim the fans, but not too short as they may have to be trimmed again in order to spruce them up for the sale. Write the iris name and year of introduction on the middle leaf of the fan as close to the rhizome as possible. Don't write on an outer fan leaf as these will be the first to shrivel up and die.

I will have a schedule available, at our August meeting, of the days and times that we need to have volunteers help in our booth at the Heirloom Expo. The four and one half hour shifts will run from 11:00 a.m. – 3:30 p.m., and 3:30 p.m. to 8:00 p.m. Please pick a time and day that is convenient for you and sign up to be a part of this fun-filled event. You will be surprised at how far folks travel to attend this Expo. A free pass will be available for all volunteers working in the SRIS booth. The pass can be picked up at Will Call which is located at the fairgrounds front entrance on Bennett Valley Road. You will have to pay for parking.

REMEMBER TO WEAR YOUR SANTA ROSA IRIS SOCIETY T-SHIRTS, AND/OR APRONS. They make us easily identifiable to the public. If you have lost yours or can't find it, let us know as we can loan an apron to you. ALSO, DON'T FORGET TO PUT ON YOUR NAME BADGE.

Happy Birthday August Babies

Jean Sharp 8/3
Gilda De Niro 8/5
Alleah Haley 8/28

August Wedding Anniversaries

Lynn and Rick Williams 8/2
Michael Howard and Sharon Rivkin 8/2
Barb and Chris Baruth 8/5
Barbara and Ross BeVier 8/26

Yesterday is history, tomorrow is a mystery, and today is a gift: that's why they call it the present.
Eleanor Roosevelt



Keeping In Touch

Your editor was looking for a replacement Dykes Medal winner 'Pink Taffeta' and **Betty Ford** suggested I ask long-time member **Phil Edinger**. I did, and an email exchange ensued:

Phil: "Sorry to disappoint, but I've never grown 'Pink Taffeta'. If you continue to come up empty, I know that the Schreiner display garden contains all the USA Dykes Medalists from 'San Francisco' to the present. If you were to contact someone there (Liz Schreiner Schmidt for example), I'll bet you could get a rhizome or two. And I know it will be correct!
Good luck."

Alleah: "Thanks, Phil. Steve Schreiner is a special friend of the Santa Rosa Iris Society, so I think I would ask him.

We'd love to have you come to Santa Rosa Iris Society meetings. You've been such a faithful member for so many years, and I know our more recent members would love to meet you. Regular meetings are the 2nd Monday of each month Feb. thru October (except not September), now starting at 7:00 p.m."

Phil: "Well, duh.... Of course he is! The latest Newsletter reinforces that. I know Rick [Tasco] & Roger [Duncan, of Superstition Gardens] got their 'Truly Yours' from the Schreiner collection because they knew it would be correct (compared to several "ringers" they had previously received). So...go for it!

I would love to participate in meetings, but even the 7:30 meeting time was insanely early when you consider a minimum (if lucky; longer in late fall-late spring) 45-minute drive to the meeting which would mean having dinner beforehand (and wine before that!) With a 7 p.m. start time it's even worse. I do make note of each year's show date, in case I might have something to enter—historic, of course, but also the seedling category. Maybe next year? This year was, and continues to be, so odd. Grape harvest already started. And iris seedpods almost all harvested.

Good to hear from you! I ALWAYS enjoy the newsletter, which has a variety of interesting 'stuff' to read."

View Old Iris Catalogs on the Iris Wiki

Dear Irisarians: I would like some feedback. The Iris library in the Iris Encyclopedia has reached a benchmark of sorts. We now have almost 500 catalogs in the catalog portion of the library and together with other articles that makes over 1,000 items in the library. The catalogs can be accessed as a gallery under the word 'catalog' in the index on the left bar. I am still working on a section under nurseries that would allow you to find catalogs by Nursery. In the future I may have catalogs listed also under the different types of iris; only a thought for now. Of course ultimately, you will be able to type in an iris name in the HIST web and be given a list of all catalogs that offered it, but that will be a ways off. For now I would like to know if the current presentation works for you. Also I need help in finding copies to scan of the hundreds, dare I say thousands, of catalogs we have yet to upload. Note I would like to upload all current catalogs each year so that we can maintain the database into the future. Go to: <http://wiki.irises.org/bin/view/Hist/InfoCatalogs>.

Bob Pries

Roxboro, North Carolina

robertpries@embarqmail.com

Minutes of Santa Rosa Iris Society Board Meeting, July 13, 2015

Members present: Alleah, Rudy, Alice, Anna Marie, Joe, Betty, Jim, Don, Diana, Kathy Mc, Marlene H, Juanita, Anna & David, Jean, Cheryl, Linnea, Delores, Jeff.

Meeting called to order at 6:15 p.m. by President Alleah Haley.

Two items on the agenda:

1. Discussion to bring guest speaker Chad Harris from Washington. He will be available to speak on August 10. Club will pay for airfare, 1 night stay in hotel, meal before meeting and a \$100.00 honorarium. There will be a banquet dinner held at the Union Hotel before the meeting. Members will pay for their own meal. Members are needed to pick up Chad at the airport and transport him to the hotel and dinner and meeting and return him to the airport the next day. Anna Marie volunteered to pick up at airport and to the hotel. Jeff volunteered to organize the dinner at the Union Hotel in Santa Rosa. Alleah will email other iris societies and garden clubs at LBAGC. Choice of topics were discussed and general topic "Beyond the Bloom", an introduction to the many different types of irises including the water loving irises of Asia and their use throughout the garden, was chosen for the program. A sign for "Donations Appreciated" will be set out at the meeting for guests to help pay for expenses.
2. Update on the LBAGC Standing Rule 3c. There was a proposal by Kitty Loberg to set rates to a more reasonable fee for club events than the proposal by LBAGC to possibly \$85.00 for the first event and \$200.00 for 2nd and 3rd subsequent events. SRIS has moved the November Potluck from Saturday to Friday night to lessen the weekend event total for the club. SRIS needs to draft an opposition statement to LBAGC Board before the September Board Meeting.

Meeting adjourned at 7:10 p.m.

Jeff Davis, Secretary

Minutes of Santa Rosa Iris Society Members Meeting, July 13, 2015

Meeting called to order at 7:31 p.m. by president, Alleah Haley.

Jean Sharp report on the progress in the display garden. Weeds (spurge) are back after the last work party. The vinegar and Epsom salt mixture seemed to work well on the paths. More weeding will take place when we have the dig party on Tuesday, July 28th starting at 8 am.

The picnic and auction will be Sunday, August 2nd at C&L Vineyard, Sonoma. Come early to help set-up before we eat at 12:00 noon. Alleah will pick up the chicken from Costco. We will also have barbecued pork tenderloin. If you have 2013 or 2014 [iris] that you will be bringing for the auction, please notify Joe Lawrence with the names. Bring any 2011-2012 iris for the raffle. Joe will send you a bill for any iris you purchase at the auction. Alleah hopes to get our share of the regional iris from Shirley Trio by July 29th.

If you plan on digging iris for our rhizome sales in September, please email Joe the list no later than 1 week before the event. Send him the name, hybridizer, year of introduction, and type (TB, SDB, BB,

etc.). Send a pic if you have one. He will make labels for our paper bags. Betty Ford will have lists and sign up sheets for volunteering at the Heirloom Expo at the next meeting. Kathy McCallum will do the PD advertising and Anna Marie Hermansen will send notification of sales to all on our email list. Joe has 2016 AIS calendars for sale at \$4.00 each.

A motion was made by David Cadd and seconded by Betty Ford to accept the minutes from the May and June meetings. It was approved by the members present. Joe Lawrence presented the Treasurer's report for the last 2 months, which will now be done by the calendar month as opposed to a report from meeting day to meeting day. If you wish to see a copy, please contact Joe.

Show awards were passed out again! This time with the correct year engraved on the plates. As is customary, award winners were able to select an iris for each win.

Marlene Horn gave us a lovely digital photo presentation of the irises that will available for auction at our picnic.

Announcements - Deadline for the August newsletter is July 22. Judges ballots are due August 1st. Fall Regional will be in Visalia Oct. 16-17. Hybridizers are requested to send guest iris for the 2017 Spring Regional. Contact Alleah for more info if you are interested.

Meeting was adjourned at 9:22 p.m.

Respectfully submitted,

Anna Marie Hermansen, Substitute Secretary

Door Prize Winners for July

AUTUMN EXPLOSION - Cheryl Bryan
BERTHA BROWNLEE - Diana Ford
BLONDIE'S BLUSH - Rudy Ciuca
BOSTON CREAM - Jim Begley
CARVED PUMPKIN - Linnea Polo
DOUBLE CHOCOLATE - Delores McKey
FRED AND GINGER - Steve Albert
FRENCH LESSONS - Don Ford
GENTLE REMINDER - Bob Breckwoldt
HUCKLEBERRY SUNDAE - Joe Lawrence
LEAVE THE LIGHT ON - David Cadd
LITTLE BLUE GIRL - Kitty Loberg
MIDNIGHT RAIN - Alice Kemper
NICE SHOT - Anna Cadd
NO RESTRAINT - Jean Sharp
OTHERSIDE OF HEAVEN - Loretta Figueroa
POIGNANT - Juanita Breckwoldt
TEXAS TWO STEP - Alleah Haley
Show - Door Prize Winners:
BLACKWATER - Anna Marie Hermansen
COMMANDING PRESENCE - Cheryl Bryan
ESCAPE FROM BOREDOM - Anna Marie Hermansen
MARDI GRAS BALL - Anna Marie Hermansen
MIDNIGHT VELVET - Jim Begley
ONE STEP BEYOND - Linnea Polo
PICK-UP LINE - Anna Marie Hermansen
POWER LINES - Joe Lawrence
TRIPLE DIP - Kitty Loberg



Gardening is a way of showing that you believe in tomorrow. –submitted by Juanita Breckwoldt
February through October of each year meetings of the Santa Rosa Iris Society are held on the second Monday of each month at the Luther Burbank Art and Garden Center, 2050 Yulupa Ave., Santa Rosa, California. The Program starts at 7:00 p.m. and the business meeting follows after the break. Come early

and visit. The doors open about 6:00 p.m. for set up and coffee making. *The deadline for all submissions for the **September** issue of this Newsletter is **August 20**. E-mail copy to:*

alleah.haley@gmail.com.



Ten Tips for Healthy Eating

from CAL FIRE Safety Memo, August 2012

- 1. Just do it.** Stop making poor food choices. Nothing that comes in a colorful package with a cartoon spokesperson should be considered a healthy food, no matter what the marketing claims. We're all grown-ups and, luckily, in charge of what we eat (and what we don't eat).
- 2. Ditch the simple carbohydrates.** White bread, soda, cereal and donuts are the most frequent culprits when it comes to poor blood sugar control. Better alternatives: See Number 5.
- 3. Ten ingredients or less.** Ideally each food you eat will be composed of just *one ingredient* (i.e.: Salmon. Pepper. Carrot. Almond.) But when it comes to packaged foods, or frozen dinners, stick with those under 10 ingredients. Anything over 10 is often a laundry list of additives, preservatives, and emulsifiers.
- 4. Commit.** Breaking bad habits means learning a *new* set of behaviors. You may feel you're just "going through the motions" at first (Open mouth. Insert healthy food.) but, in time, it will become second nature. You'll even start to enjoy it.
- 5. Learn a new way to snack.** Snacking is often necessary, so you've got to know what to choose. Navigating the convenience store, for example, can be fraught with candy land mines. Opt for nuts, trail mix, unsweetened coconut flakes, olives, fruit or veggie trays, or hard-boiled eggs (they're a great source of protein, with far fewer "bad ingredients" than standard protein bars).
- 6. Keep track of your energy.** Your food should *sustain* your energy levels, not create a spike-and-crash effect. If you feel far too tired between meals or around 3 in the afternoon, you may need to add more healthy, whole proteins and fats while continuing to reduce your intake of packaged, processed foods.
- 7. No Soda.** Soda – even diet soda – is a simple, processed food with negative health effects and no benefit whatsoever.
- 8. Be a label detective.** Some foods that appear "healthy" actually contain hydrogenated or partially hydrogenated oils, high-fructose corn syrup, or other sneaky names for sugar.
- 9. Know your fats.** Fats are important tools for keeping yourself full and providing your body with long-lasting energy. But you need to know which fats are healthy and which aren't.
- 10. Congratulate yourself.** Changing your habits, and choosing *not* to eat 90% of what passes as "food" in most grocery stores isn't an easy choice. But it's the right one, and you deserve credit for making it.

August 2015 is a Special Month

Submitted by Anna Cadd

This is the only time you will see this phenomena in your life!

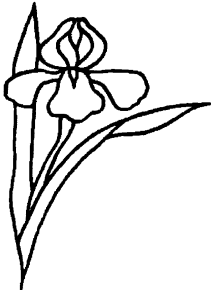
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August 2015 will have 5 Fridays, 5 Saturdays, and 5 Sundays. **This happens only once every 823 years!** The Chinese call it “Silver pockets full”. Based on Chinese Feng Shui.

Santa Rosa Iris Society
Alleah Haley, Newsletter Editor
208 Eucalyptus Ave.
Cotati, CA 94931

Name and Address Correction requested



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The Santa Rosa Iris Society

41ST YEAR NUMBER 8

AUGUST 2015

President:

Alleah Haley

Vice President:

Rudy Ciuca

Newsletter Editor:

Alleah Haley

Meetings & Membership

The Santa Rosa Iris Society meets the second Monday of each month February through October at 7:00 p.m. at the Luther Burbank Art and Garden Center, 2050 Yulupa Avenue, Santa Rosa, California. In November instead of having a regular meeting, we have our annual holiday potluck dinner and dress up as an iris name costume party, held this year on Friday, November 6 (**note changed date**).

Membership dues are \$15.00 per year. Send payment to: Santa Rosa Iris Society c/o Betty Ford, 1383 E. Napa St., Sonoma, CA 95476. Membership offers regular meetings, iris door prizes, special programs, use of our library, a monthly newsletter, annual iris show and rhizome sale, and fellowship with other iris lovers. For more information call David Cadd xxx-xxxx, Anna Marie Hermansen 415-xxx-xxxx, Betty Ford xxx-xxxx, or Juanita Breckwoldt 415-xxx-xxxx.

September Newsletter Deadline – August 20th