

# April 2015 Newsletter of the Cedar Valley Iris and Daylily Society

## President Nancy's podium:

Spring is a marvelous time of rejuvenation. So is vacation to warmer climates. I had the amazing privilege to go to the WWII National Museum in New Orleans last week. Ask me "why the museum is located there?" I love playing trivia. Hint for you-President Eisenhower said this man helped to win the war. My grand-girls are learning how to garden. Their parents bought them a mini peat tray and seeds. They have been enjoying watching the seeds sprout and turn into tall plants quickly. They can't wait to get those plants into the ground outside. I can't wait to get my fingers into the ground either. A great learning experience for us all. See you soon in Muscatine, We will have some great presentations for our April meeting.

Nancy Carlisle

**April 11th 1 pm Meeting at the Environmental Learning Center** located in the Discovery Park, Muscatine, Iowa. Take the Hiway 61 bypass south in Muscatine. Exit onto Cedar Street and head east. The park entrance is on the right hand side of the road about ¼ mile. You will curve into the park for about another ¼ mile to the center.

## "Protecting Yourself from Injuries while Daylily Gardening"

I am so pleased to have as a guest speaker, Feryl York. She will help us develop safe practices in our love of gardening in order to help protect our backs. Thanks, Jonathan for such a great resource. Feryl has shared some of her bio with us.

Feryl York earned a B.S. degree in Exercise Science from Western Illinois University. There she met her husband Ryan. Having several years of cheer and dance experience, Feryl knew it was love at first sight when Ryan, who is a competitive swimmer, was assigned her partner in the class "*Dance for the Physical Educator.*" It is safe to say he waltzed his way right into her heart and they have been dancing ever since. Being an energetic and self-motivated and positive woman, has led to much of her success in the health and fitness industry. She became a Physical Therapist by attending classes at Kirkwood. She later joined Kirkwood's adjunct faculty team, where she enjoys assisting with a variety of classes. She currently practices part-time with Iowa City Physical Therapy in Iowa City, Iowa, where her clinical experience includes out-patient orthopedic physical therapy and marketing for business growth/development. She remains active in the health and fitness community by educating The Corridor as KCRG's Fitness Expert along with teaching a variety of group exercise classes at The M.A.C. in Cedar Rapids.

Feryl was so honored to secure the title of Mrs. Iowa International in 2010. She also won the title of Mrs. Iowa America 2013. Throughout her pageant career, Feryl's primary focus is awareness and fundraising for cancer research. Her primary focus is with The Leukemia and Lymphoma Society as her mother, grandmother and two uncles have battled blood cancers.

Ryan and Feryl York co-founded the "Live ... Learn ... Survive " campaign to continue to improve the lives of those who have been touched by blood cancer. They used the opportunity of Mrs. Iowa crown to expand her voice and her reach into the community, the state of Iowa and beyond. In their spare time, the

Yorks enjoy spending quality time with their Chihuahua Zipp. They also enjoy leading an active lifestyle with their love for endurance sports by competing in countless marathons and triathlons all over the Midwest!

Part 2 of our meeting education will be hosted by our CVIDS member, Douglas W. Jones, Iowa Freedom Trail Program Manager at the State Historical Society of Iowa, Department of Cultural Affairs.

### **“John Brown’s Last Underground Railroad Trip Through Iowa - February 4, 1858 - March 10, 1859”**

This presentation will briefly explore John Brown’s last trip through Iowa during February and March 1859 after conducting a raid on December 20, 1858 to liberate 11 slaves from three farms in Missouri. The State Historical Society of Iowa has developed the John Brown Freedom Trail 1859 to commemorate this eventful trip across Iowa prior to John Brown’s raid on the Federal Arsenal at Harper’s Ferry. A series of sixteen markers have been placed across the state of Iowa near where the overnight stops occurred on the trip. A review of the markers located in eastern Iowa will be emphasized. For more information on the John Brown Freedom Trail, please visit the State Historical Society of Iowa Website at:

<http://www.iowahistory.org/museum/ugrr-ia/john-brown-1859.html>

### **While in Muscatine, Saturday April 11th:**

Stop by the Mall and talk with a variety of home and garden vendors and a chance to win \$100 Visa gift card at the Muscatine Journal's Home and Garden Show, 10 am to 4 pm on Saturday, April 11th. This year's show will also feature presentations on gardening, windows, lawn care and more from 11 am to 1 pm. Fun for kids too – a well known favorite children’s character will be available for photos with kids.

### **Recipe Corner:**

I thought the potluck was really outstanding at the March meeting. Here are two special recipes this time. Diann Pavelka states that she got this recipe from her good friend Sherry Brayton. It’s really easy, here is the recipe:

#### **Cherry Dump Cake:**

- 1 can of crushed Pineapple, drained
- 2 cans of Cherry Pie Filling
- 1 box cake, White or Yellow
- 1 cup or so of chopped Pecans
- ¾ cup of real butter

In a 9 x 13 pan, spread out the crushed Pineapple, then spread the Cherry Pie Filling on top of that. Next sprinkle the cake mix on top of the pie filling and then top it all with the pecans. Pour the melted butter all over the cake as evenly as you can. Bake for 50 to 60 minutes at 350 degrees. It really is best with vanilla ice cream.

The other scrumptious treat at the March meeting was Kathleen and Clay Dawson's special meatballs. Every time they arrive, the aroma is so enticing. I don't think they ever go home with any left.

**Hot Spicy Meatballs:**

This recipe can be used with meatballs or ham balls and comes from the Webster Methodist Church cookbook; attributed to Brenda Lown. Kathleen says any recipe by Brenda is good.

2 bags of Italian meatballs (65-70). Kathleen recommends buying the cheapest ones.

Sauce:

2 cups of white sugar

2 cups of ketchup

1/3 cup of vinegar

Combine sauce in a bowl and pour over the thawed meatballs in a slow cooker. Cook on high setting, stirring every hour for four hours. Refrigerate overnight and skim fat off the meatballs while cold. Heat an additional four hours on the low setting, stirring every hour to distribute sauce over the meat.

**March Madness at Pollen Dabbers**

Three CVIDS members were featured at the Central Iowa Daylily Society's Pollen Dabbers on March 14th. They showed presentations of upcoming flowers that have been registered or soon to be registered by the American Hemerocallis Society. Our website does have their shows in entirety.

Congrats to Barb Papenhausen and Jonathan Poulton. Lynn Stoll's hybridizing program was shown by Colleen Hansen, as she presented for the first time. Walnut Hill Gardens was well represented. CVIDS was well represented at the Pollen Dabbers meeting as well. Put it on your agenda to attend next year. It is always a great close, learning experience.





Barb Papenhausen's *H.* 'Katty Did It'



Lynn Stolls' *H.* 'Remembering Fred'- in honor of Founding and Charter member Fred McDowell



Jonathan Poulton's *H.* 'Bellevue Beauty' in honor of his wife Susie who comes from Bellevue, IA

### **Members who qualify for Club Plants on May 23rd**

Carole Appelquist, David Appelquist, Sherri Baldonado, Nancy Carlisle, Kathleen Dawson, Clay Dawson, Donna Denly, Diane Derganz, Joe Duffy, Mary Jo Duffy, Scott Feddern, Jill Gardner, Sara Hankemeier, Catherine Hansen, Debra Hansen, Heather Harroun, Myrna Hass, Loren Hass, Jean Hecht, Steve Hobbs, Gerald Hobbs, JoLynn Johnson, Caroline Jones, Doug Jones, Brenda Knipper, Roger Knipper, Sue Kramer, Dave Kramer, Randy Kroemer, Lynn Kroemer, Sherry McCarville, Barb McCreight, Rex McCreight, Lyle Moen, Lynn Moffit, Sherry Moffit, Suzanne Moffit, Robert Moffit, Verne Moore, Mary Moore, Karmin Mullins, Sharon Murken, Gary Oster, Bob Papenhausen, Barb Papenhausen, Joyce Parsons, Steve Parsons, Diann Pavelka, Jonathan Poulton, Ginger Pruess, Nancy Rash, Sally Riewerts, Keith Riewerts, Jan Rogers, Zora Ronan, James Seamans, Jr., Sylvia Seymour, Barrett Stoll, Lynn Stoll, Diana Strait, Ted Strait, Robert Towler, Brooklyn VanHoozer, Shirley Waters, and Jackie Westhoff.

If you are unable to attend, you must get a proxy for yourself and inform the treasurer who is your proxy. We will be using the current handbook guidelines for this and next year for qualification.

### **May 9th Plant Sale at Discovery Park Shelter #1 near the Environmental Learning Center**

As your plants are popping up, make note of which clumps could use dividing this year. Plan on bringing the abundance to our first plant sale in Muscatine, Iowa. Plants should be bare root, washed clean, bleach treated, and tagged with name and other information that you know. We place them into bins in a similar color scheme. Pictures of the plant go a long way in increasing their appeal. There will be tags available at the next meeting. If you have a favorite place to advertise, let us know. Even church bulletins can

entice persons to come and visit us. With it being the first time in Muscatine, we want to let as many persons know about it as possible.

March meeting minutes and pictures of the 25th Anniversary are featured on the [www.cvids.org](http://www.cvids.org) website.