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**Planning Meeting &
Potluck Dinner**

**October 20 in Classroom C
at DBG – See page 6**

**6:00 Potluck dinner
7:00 Planning Meeting**

Online at:
www.colowatergardensociety.org

From the Society's New President

*Bob Hoffman discusses his interests
and hopes for the Club.*



At last year's Christmas Party Bob Hoffman, who has since been elected CWGS President, received a hug from Vicki Aber, the Club's outgoing President.

Vicki is not leaving the Board though. She will serve as Vice President.

By Bob Hoffman

I would like to take this opportunity to thank Vicki for talking me into being President. She doesn't get off the hook since she volunteered to serve as Vice President, completing the year remaining on the term of the unfilled VP position. I'm looking forward to working with the great board we have. I'm happy to serve as President (again) and hope to bring you the best programs possible.

October will bring us to DBG once again for a potluck and discussion on programs for 2012. We'll be meeting Thursday, Oct 20 at 6:00 pm in classroom C of the DBG Education Building. (Details are on page 6.) I hope to see some old and new faces at the meeting. If you can't make the meeting please call me or one of the board members with your suggestions for 2012.

Just a little bit about what I have been doing since my last tour as President. Most of my time is spent in my own yard. I still have two ponds. One is a water garden, and the other is a Koi pond although I do put water lilies in my Koi pond. Half my yard is flower garden, railroad and pond so I do have much to maintain. I volunteer at Hudson Gardens and with one or two other volunteers maintain all the water plants on the property. I do try to volunteer at DBG in the spring and fall. In the end of summer I help pick up hay bails up near Jefferson, and this leads me to my pastime of fishing.

I want to thank all the past board members for all their hard work and I look forward to working with the new board. Just a reminder - if you have any questions or concerns, please contact me. I'm open to all suggestions and comments. Thanks again for this opportunity.

2012 Board of Directors:

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Bob Hoffman	303.978.0124
Vice President	
Vicki Aber	303.423.9216
Secretary	
Dorothy Martinez	303.279.3137
Treasurer	
Jim Wohlenhaus	303.429.9119
Members-At-Large	
Brenda Parsons Hier	303.278.2106
Peter Hier	303.278.2106
Marge Oleson	303.989.4809
Jim Arneill	303.843.9619
Bill Powell	303.355.8098
Michael Weber	303.322.6769
Lynn Jewett	303.671.7964
Fran Hoffman	303.978.0124
Ben Coleman	303.772.7220

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www.colowatergardensociety.org

CWGS Treasurer's Report:
Balance as of September 30
\$11,823.84

2011 Committee and Event Chairs:

Newsletter Editor	
Bill Powell	303.355.8098
Membership	
Ken Lange	303.393.8410
Dorothy Martinez	303.279.3137
Publicity & Outreach	
Jim Arneill	303.843.9619
Marge Oleson	303.989.4809
Get Wet Event	
Jim Arneill	303.834.9619
CWGS June Plant Sale	
Vicki Aber	303.423.9216
Janet Bathurst	303.421.1144
Dorothy Martinez	303.279.3137
April Hough	303.499.6578
Pond Tour / Picnic	
Michael Weber	303.322.6769
Jim Wohlenhaus	303.429.9119
Dorothy Martinez	303.279.3137
Water Blossom Festival	
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Holiday Banquet	
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Dorothy Martinez	303.279.3137
Bill Bathurst	303.421.1144
Janet Bathurst	303.421.1144
DBG Plant Sale & Volunteers	
Bill Powell	303.355.8098
Marge Oleson	303.989.4809

Remember...

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Dorothy.Martinez@colowatergardensociety.org.

Photos by
Bruce Polkowsky



Joe seated between his daughter Joey and his brother Tom.



Doris Freestone baked and decorated an imaginative cake to celebrate the occasion. And Joe's brother Ron serenaded during dinner.



Not the President's Letter

Vicki Aber on the election and Joe's party

I would like everyone to welcome our new President. Bob Hoffman stepped up and put his name in the hat for that job. We elected him unanimously. Learn more about Bob in his first president's letter in this issue. I have known Bob for more years than I care to admit to. He has been in the hobby and the club a long time (He's a former president of both CWGS and the Koi Club) He's a great resource and will do a spectacular job as President (again), I'm sure.

As I threatened in my last letter, I am staying on as Vice President. I'm sure Bob will do such a good job that I won't have much to do but plan on being there when needed. Two others have also joined the Board as Members At Large – Fran Hoffman and Ben Coleman. Both are long time Club members and we're delighted to have their help on the Board. Jim Wohlenhaus is returning as Treasurer and three others (Lynn Jewett, Peter Hier, and Brenda Parsons-Hier) who stood for re-election on the slate proposed last month are also returning as Members At Large.

Our retirement party for Joe Tomocik was very nice. We had great food (I want the devils food with coffee icing cake recipe) and many tributes to Joe. It is the end of an era... that is for sure. Joe gave an inspiring talk about where we've been both as a club and as an integral partner of the Botanic Gardens, and he observed that we are poised to go even further. Many people volunteered recollections they had of Joe over the years. We will miss him and hope he won't be a complete stranger.

Tamara Kilbane is going to be looking after the aquatic collection now. She was at the retirement party and many people met her. If you want another chance to talk with her, she'll attend the October Club meeting and potluck on the 20th. where we will officially be welcoming her. The last couple years we have used the October meeting to look back on the growing season and the club activities with an eye on what we should try to accomplish next year. We have shared our personal highs and lows with our water gardens and gotten advice from the group on how to make the lows better next time. Last year we brainstormed ideas on what worked and what didn't for the club the previous year and what we would like to do for the next year. The rough draft for this year's activities came from that meeting. Hopefully 2011 turned out well. I think it did.

If you want input into what will happen next year, this meeting is the time to show up and let everyone know. The potluck begins at 6PM in classroom C of the DBG Education Building on the 20th. The meeting convenes at 7:00. If you would like a chance to give Tamara ideas that have been in the back of your mind for DBG, this is also a great opportunity. If you can't make the meeting, but have input, call or email anyone on the Board.

And now it's time to step down as President and turn the reins over to Bob.

IWGS New Waterlily Competition to move to Denver

The International Waterlily & Water Gardening Society (IWGS) has announced its plan to move its prestigious New Waterlily Competition to Denver.

The Competition has been held in Duke Gardens in Durham North Carolina in recent years. The move to Denver will occur in time for the 2012 Competition to be staged in its entirety at Denver Botanic Gardens, the Competition's new home. Tamara Kilbane, the Senior Horticulturalist in charge of the Aquatics' collection at DBG, will oversee the operation of the Competition. Recently moved from Durham to Denver, Tamara has served as the Director and Grower of IWGS Competitions in recent years when they were held in Duke Gardens.

The IWGS in its August 26 press release about the Competition's move noted "*Denver Botanic Gardens has a long history with the IWGS and the New Waterlily Competition, having hosted both the contest and annual symposiums in the past.*"

Tips for fall

by Bill Powell

Fall pond maintenance is largely common sense and experience, but it never hurts to think through steps that will help to put your water garden to bed safely for the winter. Here are some tips.

- Cut back and remove dying foliage from lilies and marginals. It not only looks better; trimming helps to prevent build-up of organic matter in your water. Decaying leaves add to the nutrient burden of the water and supplant oxygen with noxious gases that can smother fish over winter, particularly when ice is on the pond. Excess nutrients also encourage algae bloom in spring.
- Tropical marginals, if you want to save them, will have to be moved inside to a location that won't freeze. If you have some hardy marginals that have stout vegetation that will remain on the plant during the winter (reeds or cattails, for example), you might want to leave the foliage for winter interest, then cut the growth in spring. Tropical waterlilies can be preserved in a semi-dormant state as long as they don't freeze entirely. Corms that develop near the roots of the plants can either be harvested in the fall or removed in spring from a plant that was kept unfrozen overwinter. (Club members Bob Hoffman and Vicki Aber each have techniques that work. Contact them if you're interested in preserving tropical lilies for next year.)
- Prevent tree leaves from falling into your pond and remove those that do. If you can anticipate when the primary leaf fall will occur, you can drape netting across the pond to catch much of the debris. Periodically remove decaying leaves and fish mulm from the bottom of your pond using a net.
- If you keep fish, continue feeding until the water temperature drops to 50 degrees. Fish need nutrition in fall in order to make it through the dormancy of winter, but once the water temperature drops below 50, fish digestion slows. Food will either be ignored, spoiling the water, or can cause digestive problems.
- A partial water change is always good, particularly if you keep fish. Exchange perhaps 10 to 15 % by volume. If you're on municipal water and have fish, be sure to dechlorinate with a treatment that's certified for both chlorine and chloramine, the more persistent form of chlorine that most cities now use.
- Hardy water lilies and hardy marginals can remain in your pond over winter. Take care, though, that the crowns of hardy waterlilies are deep enough in the water that they remain below the bottom of any ice that forms. Depending upon altitude and exposure, ice can form 6 to 8 inches in depth or more on the surface of front range ponds. For added safety, you might want to drop your more valued lilies lower in the pond.
- If you don't keep fish, then it's fine for your pond to freeze completely over, assuming it is constructed from a flexible liner rather than concrete. Concrete ponds with sides that approach vertical are susceptible to "spreading" when ice forms across the surface. Outward pressure can break the concrete leading to sudden and catastrophic loss of water.
- If you do keep fish, maintain a small breathing hole to allow for the escape of gasses that occur naturally from decaying organic matter. Even the best-maintained ponds will develop gasses that must be vented to avoid smothering fish. A low wattage floating electric de-icer can maintain a small opening in the ice. That's all that's needed to vent gasses, but you may want to supplement the oxygen level in the water through the use of a bubbler or by running your fall year around.
- Ice "falls" produced by running your pump during freezing weather can add interest to your pond and also help to oxygenate the water, but if you do run your fall keep an eye on the behavior of the water. Build-up of ice can redirect water flow in surprising ways when ice dams develop. Take care that water doesn't escape from your pond and draw down your water depth.

*Photo by Andy Cross,
Denver Post*



Fortune hunters have been combing the drained bed of Berkeley Lake. The lake will remain largely empty through the winter, raising concerns about the survival of the Berkeley Lake waterlily.

“Fortunately, a number of stashes of Berkeley Lake Lilies already exist in other locations... and are available for replanting of Berkeley Lake next year if that’s necessary.”

More on Berkeley Lake and its lilies

By Bill Powell

The September newsletter reported on the draw-down of water in Denver’s Berkeley Lake and the effect of the draining on fish and waterlilies. CWGS member and former Club president Cyndie Thomas has since investigated the matter with the project manager on site. He hopes the stand of Berkeley Lake Lilies along the west side of the lake may survive the lowering of water over the winter. That area is unlikely to be disturbed by grading and it’s hoped the lilies will survive, rooted as they are in the pond’s bottom. However, the eastern stand of lilies are likely to be destroyed by earth moving.

Cyndie notes that the lilies on the west side will still have to survive exposure and if the winter season is particularly cold or dry, the plants may not survive. She asked the project manager if individuals might be able to rescue some plants for safekeeping. The manager said that anyone wanting to gather the plants during workdays would first have to complete a safety course and then would have to negotiate earthmoving. Cyndie noted that people coming on weekends may find access to the lake difficult because of construction fencing.

Fortunately a number of stashes of Berkeley Lake lilies already exist in other locations. Through the years Joe Tomocik, the former Curator of Water Gardens at Denver Botanic Gardens, collected many examples of both the white and pink blooming Berkeley Lake Lily. The plants were taken to various sites including Denver Botanic Gardens. Tamara Kilbane, who now directs the Aquatics program at DBG, is aware of the historic significance of the plant and is taking steps to assure that the Garden’s collection of Berkeley Lake Lilies weather the winter and are available for replanting Berkeley Lake next year if that’s necessary.

Other Club members (Ben Coleman and Bob Hoffman, for example) also have multiple sets of the Berkeley Lake Lily in their personal collections or at Hudson Gardens. Another stand exists at Fox Hollow Golf Course. We hope these numbers of plants and diverse growing sites will assure an adequate source for the plant should the Berkeley Lake lily require replanting in its native soil at Berkeley Lake come spring. The project is scheduled for completion in June.

Fall Volunteers return to DBG

Sunday aquatic volunteer sessions at Denver Botanic Gardens resume on October 9. This fall the effort will focus on collection of tropical waterlily corms and on re-arrangement of hardy lilies for optimal over-wintering in the ponds. Because of the limited scope of the fall tasks, DBG’s Senior Horticulturist for the water gardens Tamara Kilbane has assembled small teams to work two Sundays in October.

Although volunteer needs for this fall are already filled, If you'd like to be on the contact list for the spring sessions when we begin division of hardy lilies, lotus, and marginals in earnest (and when we could use all the help we can get), contact Tamara via Tamara.Kilbane@botanicgardens.org We’ll see that you are contacted well in advance of the spring start date.

Planning Meeting & Potluck Thursday October 20, Classroom C, DBG



The potluck at the Plant Swap earlier this year.

Bob Hoffman, who's just rising at the right of the photo is the new CWGS President. He will direct the October 20 Planning Meeting.

All Members are encouraged to attend.

The Society's October program will include a general planning meeting and introductions of new Board members and Denver Botanic Gardens' Senior Horticulturalist in charge of the water gardens.

All members are encouraged to attend. The potluck, which begins at 6:00 pm is always delicious. (The Club provides the setups and drinks, by the way.) And you'll have a chance to influence the course of the Society in 2012 during a planning meeting that begins at 7:00.

The focus of the planning meeting is to review the past season, assess what went well and where improvements could be made, and to make some broad guidelines for next year's activities. We'll also introduce the new and returning Board members and hear from Tamara Kilbane who's just recently joined the staff at DBG to guide the aquatics effort.

If you have some thoughts, gripes, or if you'd just like a good dinner with friends who share your interest in water gardening, join us.

Park in the DBG Garage and enter by the group gate that's to the south (left) of the visitor's center. Walk to the main Education Building, cross to the rear of the lobby court and take stairs down to the lower floor. Walk to the far (south) end of the hall. The potluck and meeting will be in the Cottonwood Classroom (Classroom C), just beyond the volunteer lounge.



N. 'Wanvisa,' the winner of the IWGS 2010 New Waterlily Competition, bloomed well into the fall at DBG.

If you raised Wanvisa this year, we'd love to know how yours fared.

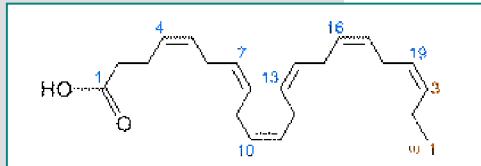
How's your Wanvisa?

Did you grow N. Wanvisa this season? We'd like your impressions of the plant.

This past spring a number of CWGS members purchased the 2010 IWGS award-winning hardy lily during the special sale the Club conducted in conjunction with the IWGS. Your experience growing the lily over the summer represents the first information available about growing the plant in the high, dry west.

While we've heard some interesting bits of observation throughout the summer, the Club would really like to collect a thorough record of the plant's performance, habit, successes, and shortcomings through a season's cultivation. So, please continue to keep track of your Wanvisa.

You're welcomed to report your results so far to Vicki Aber (303) 423-9216 docvicki@msn.com In the spring Vicki will contact everyone to see how their Wanvisas over-wintered. Then, we'll assemble the findings and report on the plant's first year of cultivation along the front range.



**Docosahexaenoic acid
(DHA)**

DHA omega-3 fatty acid, a substance beneficial to human health, is abundant in fish oils, but originates in microalgae. The long aquatic food chain serves to saturate the acids in fish oil, but it's hoped biotechnology might eventually create genetically-modified terrestrial and aquatic crops from which DHA could be collected directly.



Photo by Bill Powell

Mat algae growing in a retention pond is a nuisance today. In the future algae may be used to fortify foods.

Could the Fountain of Youth be in your backyard?

Eating Algae

By Bill Powell

Foods containing Docosahexaenoic acid (DHA), an omega-3 fatty acid, are now widely believed to offer health benefits because of DHA's role in human brain function and synapse maintenance. DHA is thought to reduce levels of blood triglycerides, thereby lowering risk of heart disease and Alzheimer's disease.

DHA omega-3 fatty acids are produced in plants, both terrestrial and aquatic, but are most prevalent in cold water fish oils because the food chain within the ocean serves to saturate the acids which originate in microalgae. Land plants, flax for example, produce a similar acid (a-linolenic acid) that does convert to DHA when consumed by humans (or by grazing cattle and chickens) but unfortunately the shorter terrestrial food chain and the shorter molecular chain of linolenic acid makes for less effective uptake of omega-3.

The growing interest in the dietary benefit of Omega-3 fatty acid poses a corollary concern – Omega-3-rich foods are primarily available from seafood which are in short supply and are consequently expensive. Also, traditional western diets have depended more upon terrestrial plants and meats that contain little or no omega-3. In fact modern farming and animal husbandry has actually reduced omega-3 levels that once existed in 19th. century diets. In the past when chickens were allowed to range free and cattle were grass-fed, a higher percentage of the a-linolenic acid variant of omega-3 was found in western diets. Today's grain-fed animal husbandry has reduced omega-3 levels from the beef, poultry, and egg supply.

Although certain foods, including milk, yogurt and fruit juices are now being fortified with DHA omega-3 fatty acids, these products remain expensive because there are no cost-effective sources of naturally-occurring DHA. It's hoped that *"Biotechnology might be brought to bear—creating genetically modified crops such as soybeans with higher levels of DHA."*¹ Algae, which is the root source of DHA Omega-3 found in seafood, may also be an abundant source of DHA if genetic modification and large scale algae cultivation and harvesting can be perfected.

Genetic modification and experimentation with algae cultivation is also being pursued for an entirely different reason – fuel energy production. So... given all the promise, are you now ready to experiment with that string algae growing in your backyard stream? It might just contain the ingredients you need to ward off Alzheimer's or power your car!

1. Quote from May 26 Google Economist article "Fish and no chips" Facts from Google article and wikipedia.



Last year's Holiday party included food, fun, and the popular white elephant gift exchange.



Mark your calendar

CWGS Holiday Party is Thursday December 15.

Because this issue (#8) is the last full newsletter of the year, take a moment to reserve the evening of December 15 for our annual Christmas Banquet. It'll be here before you know it.

As of this writing, the logistics for the evening are not complete, but we're certain to have good food, volunteer recognition and, no doubt, the white elephant gift exchange that's been so popular the last few years.

This year's party begins at 6:00 PM in the Waring House at DBG. Because Waring House is accessed outside the Gardens and has its own parking, there should be no conflict with the Garden's "Blossoms of Light" display which will operate at the same time. In fact you might want to combine the two for a fun evening!

As usual the club will provide the entrée and setups. You need only bring a side dish of your choosing. If you'd like to participate in the gift exchange, bring a wrapped gift that doesn't exceed \$10 in value.

Prior to the Party we'll send out a one-page mailer/email reminding you of the date, location and logistics. Look for the reminder to arrive around Thanksgiving. For more information or to help with planning, contact Dorothy Martinez 303 279-3137.

New and Returning Members for August and September

Lewis & Jana Artelli (new)
Littleton, CO

Bill & Janet Bathurst
Arvada, CO

Jude Capozelo
Denver, CO

David & Marie Fornof (new)
Highlands Ranch, CO

Rich & Katy Haas (new)
Morrison, CO

April & Jonathan Hough
Boulder, CO

Ken Lange
Denver, CO

Dorothy Martinez & John Funk
Golden, CO

Joe & Carla Mascarenas
Lakewood, CO

Rebecca Nash
Centennial, CO

Nancy & Werner Neupert
Boulder, CO

Thank You!



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We also run single-event ads.

*For details regarding rates, sizes, and formats of ads, contact Bill Powell
 wbpow@comcast.net*

Membership Application

Make checks payable to:
 Colorado Water Garden Society

Return this form with your payment to:
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 100 Glencoe St.
 Denver, CO 80220

Name: _____

Address: _____

City: _____

State: _____ ZIP _____

Home Phone: (____) _____

Email* _____

* Required for electronic receipt of newsletter.
 (note: CWGS does not share or sell email addresses)

____ Check here if you are also a member of Denver Botanic Gardens

Membership Fees:
\$15.00 Individual; \$20.00 Family

Check one:
 ___ I would like my contact information included in a membership list that will be distributed only to the members.
 ___ I do not want my contact information published in the membership list.

Contact me concerning volunteer opportunities I've checked below:
 DBG Volunteer Sundays ___
 Water Plants booth, DBG May Sale ___
 Hudson Gardens ___
 CWGS Plant Sale (June) ___
 Pond Tour (July) ___
 Water Blossom Festival (August) ___

Note: Your newsletter will be made available to you electronically unless you check otherwise below.
 ___ I request to receive a paper copy of the newsletter

THISYEAR

A calendar of CWGS Activities and Events:

Thursday Oct 20, 6:00 PM
Planning Meeting for 2012
Cottonwood Classroom (Classroom 'C')
Denver Botanic Gardens

6:00 PM - *Potluck dinner*
7:00 PM – *Planning meeting*

Dec. 15: *Holiday Banquet, Waring House, DBG*



From...

TheWaterGarden
c/o Journal Editor
1210 Clayton Street
Denver, CO 80206-3214

The Colorado Water Garden Society (CWGS) is a non-profit 501 (c) (3) organization founded in 1983 to encourage appreciation and interest in the use of water in the landscape.

To learn more, visit us at
www.colowatergardensociety.org

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