# Weeder's Digest All the dirt that's fit to print



### **Newsletter of the Whatcom County Master Gardeners**

August 2004

Those of you who are volunteering at the Fair will receive a special mailing containing a letter detailing instructions, duties, parking, and most importantly - your admission ticket. You will also get a copy of the entire Fair schedule, so you will know who you will be working with, and who will relieve you. If for some reason you must miss your scheduled time to work, you have to pass your ticket on to the person who will take your place. We have to account for each ticket the Fair issues us, and we cannot get any more. If you have difficulty getting your replacement, ask Gretchen or Al to help you.

Some of you are planning on entering exhibits at the Fair. We have some great tips for entering and winning with your vegetables and fruit on our web site, http://whatcom.wsu.edu/ag/agriculture.htm. So check it out and good luck.

Remember, we still need volunteers at Hovander and in the office during the Fair, so keep on volunteering for those activities as

See you at the Fair!

Al Mc Henry

## Britain in the Spring

Have you ever thought—gee, wouldn't it be awesome to go with your favorite people [Master Gardeners, of course] to Britain for a couple of weeks in the Spring?!! We could visit, oh, maybe—the Chelsea Flower Show, possibly Kew Gardens in London, nearby Wisley Gardens, throw in Sissinghurst in Kent, and, oh gosh, a few days in the Cotswolds—and who knows what else! Well, it could be a reality!!

While we were homebound on the bus last week [with some of those favorite people], Jean Powell just happened to ask me if I would consider putting together a trip to Britain next Spring—Jean is full of good ideas! I asked the passengers what they thought of her idea, and Wow!! Soooo, I talked to my travel agent who said that we could definitely put together a British tour if there were enough interest. So, if you are interested, call me and we can get together and talk!! My phone number is 360/312-8306 or e-mail me at pat38@nas.com—let's do it!!Pat Nelson

# **Hovander Happenings**

~David Simonson

Be sure to attend the August Master Gardener picnic at Hovander Park. While there, check out our MG projects including the weed garden, dahlia garden, native plant garden, pumpkin patch, perennials and, of course, the veggies. Then, be sure to try out our newest project for this year—the "maize maze!"

As you will observe, we've had a good year at Hovander and I want to thank all those who have participated in our projects. We are sending our harvest to the Food Bank each Wednesday. We continue workdays Wednesdays and Saturdays till the end of October.

## WSU Master Gardener Program Purpose Statement.

To provide public education in gardening and home horticulture based on research-based information from WSU Extension.

## WSU Master Gardener Program Slogan:

"Cultivating Plants, People and Communities since 1973"

# **Newsletter Deadline:**

Third Wednesday of every month.

## Tis the Season



## By Faye Agner

August has arrived and with it summer in all of its glory. If this is the time of year that you spend your hard earned vacation time, make sure your absence does not attract attention with an unkempt yard. If you are lucky enough to have a reliable friend or neighbor that you can bribe to care for the yard chores that you could not do ahead, do so before leaving. You are not doing yourself or your neighbors any favors by leaving evidence of your absence. Stop paper delivery and leave your lawn and gardens in good condition.

Your plants will last better and take less watering by mulching around the roots to keep them cool. Mulch also helps water soak into the soil rather than run off and it slows evaporation. Mulching can take the form of organic material such as shredded leaves, which helps improve the soil as it conserves moisture. Let the size of your plant be your guide as to how deep to spread it. The larger the plant, the more mulch it can handle. You do not want to bury your low growing plants. If you do not have leaf mulch, shredded wood or bark works fine. It will not break down as fast to improve the soil. Be careful about using stone or gravel mulch. It can actually get very hot and cause moisture to evaporate rather than conserving it.

Deadheading is another little chore you need to do through the blooming period. Once a plant blooms and its flowers are pollinated, it'll put all of its energy into producing seeds. You'll need to deadhead, or remove spent flowers, before they set seeds. Sometimes, plants rebloom after deadheading. Sometimes they don't, but they will look better and neater. Where to snip and when isn't

always clear-cut. Let aesthetics be your guide. For example: Why not just pinch off these spent coreopsis buttons? If you did, brown stubs would stick out above the leaves. Instead, snip coreopsis at the base of flower stem, above a pair of leaves. Do this as soon as petals shrivel.

Yarrow is confusing, also. It has buds on the stem below the main flower. If you let them develop, only tiny flowers result while the stem becomes brown and woody. Deadhead yarrow stems all the way back to basal foliage.

Planting in the summer can be done but there are a few basic rules to follow. To grow their best in the heat of the summer, plants need to be established before it gets hot. Some of the best heat-tolerant plants have deep roots and resent transplanting, or simply don't like being moved. Butterfly weed and California poppies are but two examples. You can buy plants, but you are often better off getting them established by planting seeds. Here's an easy way to give them a good start without transplanting.

Sow seeds directly in your garden by placing them and not scattering them. Even if you're just filling in holes among perennials, prepare the soil well. Using your finger or, my favorite, chopsticks, poke holes in the soil, spacing them the recommended distance apart for the seeds (one-half the diameter of the mature plant). Place two or three seeds in each hole and cover them with soil. Later thin the seedlings, leaving the healthiest one. You may sacrifice fewer seedlings this way and also know you've given each plant enough room to grow.

It is time to begin your planning toward your late fall and winter garden. It is not too late to direct sow most salad greens, spinach, carrots, beets, sugar snap peas, turnips, and radishes for a late crop.

You can start broccoli, Brussels sprouts, fall and winter cabbage, cauliflower, corn salad, kohlrabi, lettuce for winter crop, mustard greens, and onions.

Check once more for slugs and snails about a half hour after the water is turned off. There was a fair crop of tent caterpillars this spring. Be on the look out for the egg cases. The egg cases are grayish –brown and flat, almost encircling small branches. They look like someone stuck their old chewing gum on the branch. Look for the egg cases and cut them out now, and save yourself a battle next spring.

Don't pick the first tomato! It is tempting you and you will be able to brag about having the earliest tomato. Leave the tomato until it is slightly soft, as ripened tomatoes give off a gas that will cause the rest of the tomatoes to ripen much quicker. You will be getting twice the harvest in half the time.

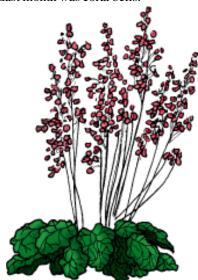
To dry your favorite hydrangeas, cut them at the desired length when the blooms look best. Put the stem in a shot glass half-full of water (about 1 ounce). Leave them for a couple of weeks and they will dry perfectly.

Now is a good time for cutting herbs and flowers to dry.

#### Who am I?

The first written reference to me is an order placed by Henry VIII for bushels of roots for his new garden at Hampton Court. I have beautiful flowers in red, pink and white which are easy to grow and have a clove-like scent. I bloom in late spring, but you will not see me bloom until my second season. If you keep me deadheaded I will make many blooms for you.

Last month was coral bells.



## **President's Message**

Linda Bergquist,
MGF President

#### A FEW THINGS TO CONSIDER:

HOSPITALITY: When we attended our first Master Gardener class, when we participated in Foundation meetings, or when we went to graduation pot luck suppers, the Hospitality Committee always made sure we had a beautiful table filled with delicious things to eat and drink. It was a place to meet others and it helped promote camaraderie at all these events.

Loretta Hogg and Kaye Dykas took on the Hospitality Committee responsibility after they graduated two years ago. The Committee's work is extremely necessary but the rest of us don't always understand how much work has been done in the background. We all expect and rely on excellent hospitality at our functions and Loretta and Kaye have never disappointed us. They have now decided to "retire" after doing a fantastic job for the past two years and they will be hard to replace! Many situations have occurred that are fun to recall but seemed daunting at the time – like the time they accidentally set off the alarm system when entering the Extension office after hours! SO - we need someone, or a couple of people, to step up to the plate and take over the Hospitality Committee. No pun intended. The position will become effective after the graduation pot luck in November. Loretta and Kaye have graciously agreed to help you in the beginning so you can gradually work into the job. Kaye has even offered instruction on the fine art of alarm system disarming! Please contact me if you're interested in this important job.

Our Foundation meeting this month is on August 12 at 6:00 pm, a potluck supper at the beautiful Hovander Park facility. NOTE: there has been much discussion concerning this event because it has not been very well attended in recent years. The Board has even discussed doing away with the dinner and changing the event to one of the very popular summer garden tours. So, if you enjoy the annual potluck supper, talk it up with your fellow Master Gardeners and show your support by attending. The food is good, you'll get to meet members of each other's families, and you'll see people you might not otherwise see during the busy summer season.

STATE CONFERENCE- October 14-16 at Evergreen College in Olympia. Please call me if you are at all interested. I am creating a list of those who will be attending.

QUOTE from the *American Gardener, The Magazine of the American Horticultural Society:* "It takes more than mere gardening expertise to make a Master Gardener. Only those born with giving natures have what it takes to join this extraordinary cadre of volunteers. These are the folks who make public horticulture work—often behind the scenes and without fanfare, answering phones, solving gardening problems, and running the shows and tours. They beautify our cities and towns, and, generally, make the world richer and more pleasant for others through gardening."

On that note, I need not tell you what a great group of people we have in our own Master Gardener organization!

## A Message from Mary Robson

Hello to all —

Some of you may have, like me, found your WSU Master Gardener training led you to more studies in horticulture, and perhaps to a new or enhanced career path. For myself, becoming a WSU Master Gardener in 1985 drew me into admiration for the university and into joining their staff as King County Program Coordinator, and then as King/Pierce Horticulture Agent. My association with WSU would never have occurred without my initial work as a Master Gardener.

Those of us who've contemplated how to "market" the program, both with the general public and within the university, know that the fact of improved employment is a powerful recommendation for the credibility of the program. We know that rules say you can't solicit work while wearing your WSU Master Gardener badge. But you can use the training as an addition to your resume! And if you have experienced forming your own business, or gaining skills that aided you in your work, or getting hired for a new position such as work in a nursery, let us know. We want to gather this information and pass it along to WSU, because they have asked us to evaluate how training is helping volunteers economically! Contact Ed LaCrosse, 206/878-1573 or lacrosseel@aol.com. Thank you, Mary Robson.

## **Moisture Ants**

We had some extra space in this months newsletter and thought a re-run of this Garden Friends & Foes column from last September by Todd Murray would be timely.

~Karri

Order: Hymenoptera Family: Formicidae

Species: Acanthomyops spp., Lasius spp.

#### **Description & Life History:**

Moisture ants are comprised of multiple species of yellow ants and cornfield ants, in the genus *Acanthomyops* and *Lasius*, respectively. Both species can be described as "little yellow ants." Using your handy WSU publication, "Identification and Habits of Key Ant Pests of Washington," EB 0671, you can distinguish these genera from others by: the circular fringe of hairs around the terminal orifice (the hairy butt), the notch its back (not convex in shape from the side) and the wide upper lip (wide clypeus). Yes, I know it sounds like a description of Quasimodo, but didn't I previously warn you that identifying ants isn't the most glamorous Master Gardener task? Becoming familiar with this key to ant pests will empower you to identify almost any ant genus that comes into the office and I strongly encourage that you learn how to use this key.

These ants, like all ants, are truly social insects that are altruistic; they sacrifice their own reproductive capabilities for the functioning of the colony. The have a cast system that works amazingly unified, just like bees and termites. Worker ants forage for sweet sugars and protein and are often found tending aphids for their honeydew. Workers bring back food for the developing larvae, other casts and the queen. Moisture ants are monomorphic meaning that all the casts look similar.

Ant colonies are started from a single pregnant female (queen) and can grow up to several thousand individuals over time. Some ant colonies can persist for over 20 years. During the summer and fall, reproductive ants (males and queens) are produced by the colony. The reproductives are winged and form mating swarms. Winged male ants are often brought into the clinic for identification; these ants are very difficult to identify and you will need the wingless workers or winged females for identification. *Lasius* species are most common type of moisture ant that is brought into our office.

#### Damage:

Moisture ants prefer to nest in water damaged, rotting wood. In nature, you can find colonies inhabiting fallen trees and tree stumps that are in the advanced stages of decay. Because moisture ants enjoy sweets, they can often come into our houses to feed on any sugar left unprotected; this can be annoying. And because they inhabit wood, they can cause accelerated decay in our homes. Colonies that develop in decaying wood of a house, like carpenter ants and termites, can weaken wooden structures.

#### **Monitoring & Management:**

If multiple winged moisture ants are found around the house, do not immediately assume that you have an ant problem. Many winged ants become trapped in houses and collect on the windowsill during swarming season. Instead of looking for a treatment for the problem, begin to inspect your house.

Since moisture ants prefer to nest in rotting wood, look for areas of your home that are susceptible to excess moisture. Check wood near gutters, leaky plumbing, windowsills and drains where wood can become damp. Also look for wood that comes into contact with soil, such as porch steps, support beams and low siding.

Investigate rotting wood for evidence of ant activity. Look for tunneling and sawdust. If damage is found, confirm that it is moisture ants causing the damage. Wood damaged by moisture ants is cardboard-like in appearance. Many other destructive wood-nesting pests, such as carpenter ants and termites, may be causing the damage and treatment of these pests may differ.

The presence of moisture ants nesting homes is an indication of another problem, water damage. Solving the cause of water damage will also solve the ant problem. Using insecticides to control moisture ants is a temporary fix to the real problem. Remove damaged wood and replace it with the proper materials that will not encourage rot.

If moisture ants are causing an annoyance around the house, reassure yourself that they aren't nesting in your wood by investigating as described above. Often moisture ants will nest in your yard and come visit your house looking for sweets and other food items. An easy remedy is to tolerate them while you clean up any morsels of food that can be found lying around. WSU's exentomologist and infamous ant expert, Dr. Rodger Akre assures us that they will soon leave, once peak season is over. "Here's one case where you just simply get your vacuum out, put on your tennie runners and stomp them to death, or do whatever. Do your bit for the environment and just put up with them for two weeks and they will be gone. Do not spray, it is not necessary."

# Plant of the Month ...... By Cheryll Greenwood Kinsley

## **Nasturtiums**

Family: Tropaeolaceae (Nasturtium family) Genus: *Tropaeolum*  Whoops, it's happened again. Every year at this time I fall victim to a particular malady as I wander through garden centers looking for bargains or maybe just a little inspiration. There are always a number of fresh new plants set out at mid-season, and often they are quite unusual. This seems to be the time when growers stretch their offerings beyond the garden standards available in spring. They might be testing the waters. Perhaps they think if it sells now, it might take root in the hearts of gardeners and move off the shelves quickly next spring. But my heart is available always, and hence I'm vulnerable to the malady I mention: I find myself captivated by some beautiful plant that calls to me now. **Buy me**, it sings from the garden-center shelf. **Ignore the fact that your beds are full already. Ignore constraints posed by budgets and time. <b>Buy me**. Take me home and plant me right now.

This year, the plant I think I hear singing to me has caused me to reconsider my opinion of nasturtiums. I gave up the common annual nasturtium, *Tropaeolum majus*, years ago, when I realized it seemed more interested in singing to aphids than in appealing to me. Even though lovely new flower colors were introduced every year, I enjoyed them only in other people's gardens or in commercially available salad mixes. The leaves and the flowers are edible, and they share their common name with another spicy plant: *Nasturtium officinale*, or watercress.

Where they are native—in South America—members of the *Tropaeolum* genus are typically climbers, a habit that's clear from the way *T. majus* sprawls through the flower bed and twines up through other plants if given a chance to grow by the gardener and if ladybugs and birds help it throw off the certain onslaught of aphids. *Tropaeolum peregrinum* is in fact known as the canary bird vine—it's an annual climber that grows quickly to 12 feet in one season here, if it's the sort of summer we're experiencing this year. It does not grow so robustly during years when our spring and early summer are cool and rainy. In any year, however, it's well worth growing from seed in late April for its deep-green leaves and its yellow flowers with traces of red, flowers that really do look—from a distance—like little canaries. *T. peregrinum* seems not as susceptible to aphids as *T. majus*—or perhaps it's just that the years I grew mine, my hose and I took special care to blast the aphids off before they had a chance to settle in. A bit of rubbing at them with gloved fingers was required, too, as I recall.

I would like to spot another canary bird vine—sometimes it's called a canary creeper—this year, since I didn't start seeds this past spring. What I've found instead, however, is a local, in-ground example of the plant that stole my heart in the garden center. It is *Tropaeolum speciosum*, and unlike *T. majus* and *T. peregrinum*, it is a tuberous perennial, rated dependably hardy to USDA Zone 8. A gardener on the south side of Bellingham reports hers is in its eighth year and will likely be in full bloom by mid-August.

If *T. majus* is the common nasturtium, then *T. speciosum* must be the royalty of the clan. It is really stunning, with dark leaves that appear almost blue and very beautiful red flowers that are reportedly followed by berries of blue encased in dark red. It is much admired and widely cultivated in Europe, where it is known as the flame vine. Said to be tricky to grow and hard to establish, it is also reputed to be quite an enthusiastic rambler once it takes hold, winding through large hedges and completely covering small shrubs in one season. It has become a pest plant in New Zealand. Therefore, please note this serious disclaimer: because it is a perennial likely to be hardy here and because it is said to appreciate the climate we have, grow it with awareness and proceed with caution. Many noxious weeds started their local careers as much-admired ornamentals.

If you do decide to give it a watchful try—I have, and I'll keep you posted on progress if you wish—you can find small starts now, with no tuber yet developed. There are also a few mail-order sources that offer very limited numbers of tubers for spring planting. Give your *T. speciosum* conditions just like those you'd provide to clematis. The roots and base of the plant should be in cool shade; and the top should receive full sun. Keep an eye on it, and be prepared to keep it in bounds and perhaps prevent it from going to seed. Be ready with the hose, too, and put yourself on aphid alert. Remember to blast them off before they have a chance to establish a colony. Don't overwater your flame vine—all the nasturtiums have low water needs—and certainly don't overfeed it, or you'll have lush foliage and few flowers. and the flowers of *T. speciosum* are what will certainly steal your heart, if it's anything like mine.

# Weed of the Month ...... By Laurel Shiner

# **Hedge Bindweed**

Convolvulus sepium





**THREAT:** Hedge bindweed, also called wild morning-glory, is introduced from the eastern United States and is an aggressive climbing plant. It climbs and twines into fences, structures and other vegetation, resulting in hedge-like mounds. Hedge bindweed reproduces by both seeds and by fleshy, creeping rhizomes, which produce many buds. This extensive network of rhizomes makes it very difficult to eradicate the plant. Rhizome pieces can be spread when moving farm equipment and soil, and by cultivation. Seeds can remain dormant in the soil for long periods of time. Hedge bindweed invades vineyards, orchards, gardens, roadsides and other disturbed areas.

**DESCRIPTION:** Hedge bindweed is a perennial in the morning-glory family. It has long climbing or trailing vines, with numerous branches. The dark green leaves are large and arrow-shaped, with a sharp point, although seedling leaves are more heart-shaped. The large, showy flowers are white, occasionally tinged pink, and grow up to 3 inches long. The petals are fused to form a funnel-shaped tube or trumpet, with two large, leafy bracts at the base of the flower. Two to four seeds are contained in an oval or round capsule. The related field bindweed (*Convolvulus arvensis*) is introduced from Europe and is also very invasive. It has smaller leaves and smaller, pink flowers, and is less common in Whatcom County than hedge bindweed.

MANAGEMENT: Hedge bindweed is difficult to control, once it has become established. Identification and removal of seedlings is important to prevent establishment. Larger plants can be removed by digging, although care must be taken to remove as much of the root system as possible. As there is a high probability that some of the root system will be missed, it is important to continue to check the site for resprouting plants, and remove these promptly. Hedge bindweed can also be controlled with herbicides. Contact the Weed Control Board for site-specific chemical recommendations.

Whatcom County Noxious Weed Control Board, 901 W. Smith Rd., Bellingham, WA 98226, 360/354-3990

## **Weather Warning**

~Al McHenry

So far we are having a very dry year. Our annual rainfall is below normal, and after having two dry summers in a row it looks like we will have another hot, dry July, August, and September. To help you with some water saving tips we offer some information adapted from a George Pinyuh article.

Many of the ornamental plants that have been traditionally used in Washington landscapes do not possess the virtue of drought tolerance. Even during normal summers, plants like rhododendrons, azaleas, Eastern dogwoods, Japanese maples, magnolias and others that evolved in summer rainfall areas of the world, require a considerable amount of irrigation. Periodic drought conditions will stress these plants even further.

The attached list of trees, shrubs, vines, and herbaceous plants have been shown by experience here and in other parts of the world to be low water use plants. After a period of establishment, the woody plants should be able to grow and prosper with little or no water during the summer. Even the herbaceous plants (annuals, biennials, and perennials) listed can endure long periods between irrigations once they are established.

In addition to plants that need little water, there are also a number of techniques which can help cut down water usage in all landscapes. Mulching, weed control, drip/trickle irrigation systems, and watering times can all fit into a concerted effort of water conservation

Evaporation from the soil surface is one of the more obvious ways that moisture is lost to plants. Covering the soil surface under and around plants with a layer of leaves, bark, wood chips, wood shavings, sawdust, hay, grass clippings, compost, etc., when the soil has water in it, will go a long way in preventing evaporation.

Weed control is most important. The fewer competitive plants there are in the landscape – the more water available for the desirable species.

Nurseries and garden centers have various sorts of drip/trickle irrigation system kits and components for sale. These can easily be installed on existing outdoor faucets with no tools necessary.

Also consult the internet where there are several sites giving water saving advice.

# Garden Friends and Foes ...... By Todd Murray

## **Mining Bees**

Order: Hymenoptera Family: Andrenidae Species: *Andrena spp.* 

## **Description and Life History**

This past spring and early summer we have had a number of mining bees submitted to the clinic. This is unusual because Andrenid bees are not commonly encountered in Whatcom County.

Mining bees (or Andrenid bees) resemble the typical honeybee in shape and size. Bodies are colored dark with fine light brown or yellow hairs. Andrenid bees have chewing-lapping mouthparts used to manipulate and collect flower products such as nectar and pollen. The protruding 'lapping' mouthpart is shorter in mining bees than honeybees giving them the common name of short-tongued bees.

Unlike honeybees, mining bees are solitary and do not form large, socially organized nests. As their name suggests, mining bees dig single nests in the soil. In spring, adult bees emerge, mate and begin nest preparation. Bees select exposed, well-drained soils to nest in such as banks, hills and road cutouts. Although the bees are solitary nesters, they often construct nests in large numbers next to one another at a given nesting site. Each female mines out a cylindrical hole to raise offspring. The nest consists of a vertical tunnel and side cells along side the tunnel for hatching eggs. Females forage flowers in spring to buildup food reserve to raise the young. Once a cell has adequate food reserves, the female deposits an egg. The hatching larva feeds on the food reserves throughout the summer. Foraging activity generally lessens during the summer months and the bees become less noticeable. Mature larvae pupate and transform in adults during the late summer. Adults spend the winter inside the burrow and will emerge the following spring to start the whole cycle over.



#### **Damage**

When bees nest together in large numbers, they can be quite ominous, especially during mating and foraging seasons. Mining bees can sting, however they are not easily provoked. The bees are often described as docile. Customers submitting samples have complained about stings by these bees.

#### Management

Mining bees are important pollinators; bees should be tolerated if there is no physical danger posed by the bees. Mining bees are particular about the habitat that they nest in. Areas that are dry, exposed and well-drained with sparse vegetation are the preferred nesting sites. If a problem is encountered by ground-nesting bees such as these, consider mulching the soil with organic matter and fiber (such as paper or cardboard) or re-vegetating the landscape. This will make the place inhabitable for the bees and they will move on to another site next year.

Drier springs maybe a contributing factor to the recent increase in occurrence of mining bees. Mining bees do not inhabit wet soils readily. Regular watering of the ground where bees are nesting may deter them from settling in April and May.

Using insecticides for managing areas of mining bees should only be considered when people's safety is at risk and as a last option. Insecticide recommendations for ground nesting bees and wasps will manage mining bees. Refer to WSU Extension Bulletin EB 0643 <a href="http://cru.cahe.wsu.edu/CEPublications/eb0643/eb0643.pdf">http://cru.cahe.wsu.edu/CEPublications/eb0643/eb0643.pdf</a> for current insecticide recommendations.



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Weeder's Digest is the monthly newsletter for the Whatcom County Master Gardener Program. Guest articles are encouraged. Please submit typewritten articles by the third Wednesday of each month to Karri at the Master Gardener Office. Articles can also be submitted by e-mail to: karrimac@coopext.cahe.wsu.edu. Editor uses MS Word for Windows and PageMaker 6.5. Any articles prepared on other programs or platforms should be saved as Text Files or Rich Text Files. Editor reserves the right to edit for space considerations, grammar, spelling and syntax.



Craig MacConnell Horticulture Agent

Dates to Remember:		
August 5	10 a.m. to noon	
August 12	6:30 to 9:30 p.m	
August 13	???	NWW Fair Set-up
August 16 - 21	All Day	
September 24	All Day	
October 14 - 16	All Day	
Wednesdays	8 to 9 a.m	
Wed. & Sat	9 a.m. to noon	Hovander Work Parties
Tuesdays	1 to 4 p.m	Bellingham Public Library Clinic
Thursdays	3 to 6 p.m	Everson Public Library Clinic