

Utah Water Garden & Koi Club

January, 2018

Welcome Everyone to the 2018 Utah Water Garden & Koi Club Newsletter and all the wonderful activities that the officers have planned for you this year. We hope everyone had a wonderful holiday season but we know that all ponders start thinking about spring in January and what they want to do to improve their ponds and gardens for the upcoming summer. **Countdown to spring (March 21, 2018) is 69 days** so let's dive into our ponds and gardens together and get ready to enjoy the months that welcome us all to our ponds and outdoor living spaces.



The 2018 newly elected officers and board members have spent some time reviewing the survey results that we gathered at our October banquet. We appreciate the good turnout and your willingness to complete the survey. The survey indicated that the social aspects of the club were important to you as well as educational opportunities. In addition, speakers and monthly meetings were very important. So, we are working on a wide range of topics and speakers to address the education and information you seek. We will also be using this newsletter to give additional information in the form of articles of various types that you might find useful.

Our first meeting is scheduled for February 15, 2018 at 7:00 pm to be held at the Conservation Water Park. We will have one of their experts talk about perennials and we look forward to seeing you all there. Please remember to pay your membership dues for 2018. We will have a credit card reader available at the meeting and we can also accept checks and cash. Dues for 2018 are \$45 for couples and \$35 for singles. We encourage you to become genuine members so you can receive the all the benefits the club offers.

If any member wishes to help the officers and the board with activities and events this year, please contact any officer. We could use the help and it is a great way to get to know the members. We promise we won't take advantage of your precious time by asking for more than you may be willing to provide.



February

February 15, 2018 7:00 pm
Conservation Garden Park
8275 South 1300 West
West Jordan
Speaker: Cindy Bee
Topic: Utah Perennials
Meal Provided
No Adult Beverages
Wheelchair Accessible

March

March 15, 2018 7:00 pm
Red Butte Garden
300 Wakara Way
Salt Lake City
Speaker: To be announced
Topic: Water Treatment
Dessert Provided
No Adult Beverages
Wheelchair Accessible

April

April 19, 2018 7:00 pm
Utah Water Gardens
3674 South 900 East
Salt Lake City
Speakers: Sheida Hajarian-Maguire and
Rosie Cobbley
Topic: Pond Plants for Utah Ponds
Meal Provided
Adult Beverage Friendly
Wheelchair Accessible

IHOP The Ponder Frog...



Ponders...Frogs (Like Me) Are Amazing!

Frogs are amazing animals. Despite their fragile appearance and inoffensive ways, they have countless strategies to deal with the most severe climates this planet has to offer. They can be found at the Arctic Circle, in deserts, in tropical rain forests and practically everywhere in between. Some of their survival strategies are nothing short of ingenious. Various frog species use two strategies to deal with environmental extremes: hibernation and estivation.

Hibernation is a common response to the cold winter of temperate climates. After an animal finds or makes a living space (hibernaculum) that protects it from winter weather and predators, the animal's metabolism slows dramatically, so it can "sleep away" the winter by utilizing its body's energy stores. When spring weather arrives, the animal "wakes up" and leaves its hibernaculum to get on with the business of feeding and breeding.

Aquatic frogs such as the leopard frog (*Rana pipiens*) and American bullfrog (*Rana catesbeiana*) typically hibernate underwater. A common misconception is that they spend the winter the way aquatic turtles do, dug into the mud at the bottom of a pond or stream. In fact, hibernating frogs would suffocate if they dug into the mud for an extended period of time. A hibernating turtle's metabolism slows down so drastically that it can get by on the mud's meager oxygen supply. Hibernating aquatic frogs, however, must be near oxygen-rich water and spend a good portion of the winter just lying on top of the mud or only partially buried. They may even slowly swim around from time to time.

Terrestrial frogs normally hibernate on land. American toads (*Bufo americanus*) and other frogs that are good diggers burrow deep into the soil, safely below the frost line. Some frogs, such as the wood frog (*Rana sylvatica*) and the spring peeper (*Hyla crucifer*), are not adept at digging and instead seek out deep cracks and crevices in logs or rocks, or just dig down as far as they can in the leaf litter. These hibernacula are not as well protected from frigid weather and may freeze, along with their inhabitants.

And yet the frogs do not die. Why? Antifreeze! True enough, ice crystals form in such places as the body cavity and bladder and under the skin, but a high concentration of glucose in the frog's vital organs prevents freezing. A partially frozen frog will stop breathing, and its heart will stop beating. It will appear quite dead. But when the hibernaculum warms up above freezing, the frog's frozen portions will thaw, and its heart and lungs resume activity--there really is such a thing as the living dead!

Estivation is similar to hibernation. It is a dormant state an animal assumes in response to adverse environmental conditions, in this case, the prolonged dry season of certain tropical regions. Several species of frog are known to estivate. Two of the better-known species are the ornate horned frog (*Ceratophrys ornata*) from South America and the African bullfrog (*Pyxicephalus adspersus*).

When the dry season starts, these frogs burrow into the soil and become dormant. During the extended dry season, which can last several months, these frogs perform a neat trick: they shed several intact layers of skin, forming a virtually waterproof cocoon that envelopes the entire body, leaving only the nostrils exposed, which allows them to breathe. These herpetological mummies remain in their cocoons for the duration of the dry season. When the rains return, the frogs free themselves of their shrouds and make their way up through the moist soil to the surface.

Water Conservation in the Home



Check faucets and pipes for leaks. A small drip from a worn faucet washer can waste 20 gallons of water per day. Larger leaks can waste hundreds of gallons.

Don't use the toilet as an ashtray or wastebasket.

Every time you flush a cigarette butt, facial tissue or other small bit of trash, five to seven gallons of water is wasted.

Check your toilets for leaks. Put a little food coloring in your toilet tank. If, without flushing, the color begins to appear in the bowl within 30 minutes, you have a leak that should be repaired immediately. Most replacement parts are inexpensive and easy to install.

Use your water meter to check for hidden water leaks. Read the house water meter before and after a two-hour period when no water is being used. If the meter does not read exactly the same, there is a leak.

Install water-saving shower heads and low-flow faucet aerators. Inexpensive water saving low flow shower heads or restrictors are easy for the homeowner to install. Also, long, hot showers can use five to ten gallons every unneeded minute. Limit your showers to the time it takes to soap up, wash down and rinse off. "Low-flow" means it uses less than 2.5 gallons per minute. Also, all household faucets should be fit with aerators. This single best home water conservation method is also the cheapest!

Put plastic bottles or float booster in your toilet tank. To cut down on water waste, put an inch or two of sand or pebbles inside each of two plastic bottles to weigh them down. Fill the bottles with water, screw the lids on, and put them in your toilet tank, safely away from the operating mechanisms. Or, buy an inexpensive tank ball or float booster. This may save ten or more gallons of water per day.

Be sure at least 3 gallons of water remain in the tank so it will flush properly. If there is not enough water to get a proper flush, users will hold the lever down too long or do multiple flushes to get rid of waste. Two flushings at 1.4 gallons is worse than a single 2.0 gallon flush. A better suggestion would be to buy an adjustable toilet flapper that allow for adjustment of their per flush use. Then the user can adjust the flush rate to the minimum per flush setting that achieves a single good flush each time.

For new installations, consider buying "low flush" toilets, which use 1 to 2 gallons per flush instead of the usual 3 to 5 gallons.

Replacing an 18 liter per flush toilet with an ultra-low volume (ULV) 6 liter flush model represents a 70% savings in water flushed and will cut indoor water use by about 30%.

Insulate your water pipes. It's easy and inexpensive to do with pre-slit foam pipe insulation. You'll get hot water faster plus avoid wasting water while it heats up.

Take shorter showers. One way to cut down on water use is to turn off the shower after soaping up, then turn it back on to rinse. A four-minute shower uses approximately 20 to 40 gallons of water.

Turn off the water after you wet your toothbrush. There is no need to keep the water running while brushing your teeth. Just wet your brush and fill a glass for mouth rinsing.

Rinse your razor in the sink. Fill the sink with a few inches of warm water. This will rinse your razor just as well as running water, with far less waste of water.

Use your dishwasher and clothes washer for only full loads. Automatic dishwashers and clothes washers should be fully loaded for optimum water conservation. Most makers of dishwashing soap recommend not pre-rinsing dishes which is a big water savings. With clothes washers, avoid the permanent-press cycle, which uses an added 20 liters (5 gallons) for the extra rinse. For partial loads, adjust water levels to match the size of the load. Replace old clothes washers. New Energy Star rated washers use 35 - 50% less water and 50% less energy per load. If you're in the market for a new clothes washer, consider buying a water-saving frontload washer.

Minimize use of kitchen sink garbage disposal units. In-sink 'garburators' require lots of water to operate properly, and also add considerably to the volume of solids in a septic tank which can lead to maintenance problems. Start a compost pile as an alternate method of

disposing food waste.

When washing dishes by hand, don't leave the water running for rinsing. If you have a double-basin, fill one with soapy water and one with rinse water. If you have a single-basin sink, gather washed dishes in a dish rack and rinse them with a spray device or a panful of hot water. If using a dishwasher, there is usually no need to pre-rinse the dishes.

Don't let the faucet run while you clean vegetables. Just rinse them in a stoppered sink or a pan of clean water.

Keep a bottle of drinking water in the fridge. Running tap water to cool it off for drinking water is wasteful. Store drinking water in the fridge. If you are filling water bottles to bring along on outdoor hikes, consider buying a personal water filter which enables users to drink water safely from rivers or lakes or any available body of water.

Random Thoughts

Do you want to build a snowman?
No I don't want to build a freakin' snowman...
I want to build a sandcastle, on a beach, in the sun, where there is no snow!



I'm not going outside



Until the temperature is above my age!



The Pond Trading Post



The Pond Trading Post is a forum to trade or adopt plants, fish, amphibians, single socks or small children. Please email Sherry and Gil Avellar at trout42@hotmail.com with a short description of what you would like to adopt out or what you might be seeking for your pond. Please provide contact information as well.



Have a good fishy recipe? Submit it for our newsletter to trout42@hotmail.com

Easy Fish Stew with Mediterranean Flavors
Serves four, Prep time 1 hour 15 minutes

This is a typical fisherman's stew. No need to make a fish stock; water, aromatics and anchovies will suffice. Use anchovies even if you don't like them, as they add great depth of flavor, not to mention omega-3 fats. And don't worry: the dish won't taste like anchovies.

Ingredients

4 large garlic cloves, cut in half, green shoots removed
4 anchovy fillets, soaked in water for 4 minutes, drained and rinsed
2 tablespoons extra virgin olive oil
1 large onion, chopped
1 celery rib, chopped
1 medium carrot, chopped
Salt, preferably kosher salt, to taste
1 (28-ounce) can chopped tomatoes, with liquid
1 quart water
1 pound small new potatoes, scrubbed and quartered or sliced
A bouquet garni made with a bay leaf, a strip of orange zest, a couple of sprigs each thyme and parsley, and a dried red chile if desired, tied together with a string
Freshly ground pepper
1 to 1 ½ pounds firm white-fleshed fish such as halibut, tilapia, Pacific cod or black cod, cut in 2-inch pieces

Preparation

Place the garlic cloves and 1/4 teaspoon salt in a mortar and pestle, and mash to a paste. Add the anchovy fillets and mash with the garlic. Set aside.

Heat the olive oil over medium heat in a large, heavy soup pot or Dutch oven, and add the onion, celery and carrot with 1/2 teaspoon salt. Cook, stirring, until the onion is tender, about five minutes. Add the pureed garlic and anchovy. Cook, stirring, until the mixture is very fragrant, about one minute, and then add the tomatoes. Cook, stirring often, until the tomatoes have cooked down a bit and the mixture smells aromatic, about 10 to 15 minutes. Add the water, potatoes, salt (to taste) and the

bouquet garni. Bring to a simmer. Turn the heat to low, cover partially and simmer 30 minutes. Taste, adjust salt and add pepper to taste. Remove the bouquet garni.

Season the fish with salt and pepper, and stir into the soup. The soup should not be boiling. Simmer five to 10 minutes (depending on the thickness of the fillets) or just until it flakes easily when poked. Remove from the heat, stir in the parsley, taste once more, adjust seasonings and serve.

Advance preparation: You can make this through step 2 up to three days ahead. Keep in the refrigerator, bring back to a simmer and proceed with the recipe.

Club Officers 2018

President: Richard Cobbley 702-302-6315 (randrcobb@comcast.net)

Vice-President: Julie Flint 801-274-3040 (jam199@comcast.net)

Secretary: Sherry Avellar 801-664-9528 (trout42@hotmail.com)

Treasurer: Daniel Peel 435-660-0784 (danielpeel@me.com)

Board Members:

Sterling Herrmann 801-560-0745 (oahuheather@gmail.com)

Brett Reynolds 801-272-2541 (brett@reynoldsgraphics.com)

Nancy Aoyagi 801-712-9484 (avon_naoyagi@hotmail.com)

Shirley Simmonds 702-302-6315 (shirjonevermore@gmail.com)