

Sharecropper

Tarrant County Master Gardener Association



May 2010 IN THIS ISSUE

TMGA Awards	1
MGs in Action	2-3
President's Message	4
Leadership	4
TCMGA Meeting Minutes	5
May's Speaker	6
TCMGA Announcements	6
Mystery Gardener	7
Birthdays	7
Directory Updates	7
Special Feature-Book Review	8
May 2010 Calendar	9
Upcoming Events	10-11
MG Specialist Speaks Out	12
Special Feature-Backache	14
Volunteer Opportunities	15
Important Resource Links	Back

If you have an idea or would like to contribute to the newsletter, please contact Jackie Heidinger at rheidinger@tx.rr.com. Your input is always welcome!

Texas Master Gardener 2010 Conference Awards

By Tammy Edwards



I don't know if you remember but a few months ago, I told you about the state awards. I told you that the Texas Master Gardeners present the awards to the best entries at the annual Texas MG State Conference. Well, the conference has just ended and if you didn't go, we missed you and you missed a fun time. You also missed hearing the award announcements and the director's meeting.

I am proud to report Tarrant County Master Gardeners' results:

Honorable Mention:

Poster Heritage School Outdoor Learning Environment

Third Place:

Project STOP Garden (An educational garden at Tarrant County Juvenile Detention Center)

Second Place:

Educational Program – Educational Curriculum Tarrant County Community/Demonstration Garden
Display Tarrant County Master Gardeners New Projects/Programs

Graphic Presentation – *Native Plants of the DFW Area*

Mass Media *S.P.I.N. (Southlake Program for Involvement of Neighborhoods) into Spring's Local Gardens* (News article about Southlake Garden Tour)

Master Gardener Association - Tarrant County Master Gardener Association

Newsletter The *Sharecropper*

First Place:

Publication *My Garden Book of Vegetables* – Coloring and Activity Book

WAY TO GO!!!

(Continued on page 13)

MG Field Trip

Photos by Marilyn Sallee , Pam Braak and Theresa Thomas



*Field Trip to North Haven Garden &
City of Plano Composting Facility
March 26, 2010*



Master Gardeners In Action

Photos by Gay Larson

*Work Day at Union Gospel Mission
MGs and Mike Warren's Teenagers Help Out!*



President's Message

May Newsletter



Didn't you just love the urban wildlife program at the April membership meeting? I am a prime example of someone who benefits from our monthly programs. I shared with you several months ago that I have started a square foot garden – my first vegetable garden on my own. I have learned so much already from doing this and definitely broadened my vegetable knowledge.

The April speaker has given me new courage and resolve to make some tough choices in my landscape. We are in the process of landscaping some new beds and I am rethinking really hard some plant choices. I spent some time studying some of my beloved gardening books on natives and found that I really could use natives for most of the 'look' I was trying to achieve. I have also decided to finally take out a sickly scraggly Indian Hawthorne I was trying to save. Not healthy and not native – sorry, but it's time to go. (I am one of those who cannot stand to 'waste' anything that anyone else could possibly want, including Brazilian Rock Rose offspring I just finished digging up to give away rather than toss.)

My hope is that our monthly speakers make a difference in your 'gardening life'. My one person's opinion is that our programs this year have been outstanding and I can testify that I am putting all this information to good use on my own little acre. As I learn more and more, I have more to share with others in the name of Master Gardeners. My hope is that your 'ears and eyes are open' every month and our programs are impacting your gardening skills and knowledge for the betterment of us all.....

Susan Stanek,
President

LEADERSHIP

President: Susan Stanek
slstanek@verizon.net

1st VPresident: Nancy Curl
nl_curl@yahoo.com

2nd VPresident: Bill Vandever
bvandever@sbcglobal.net

Secretary: Sue Ellen Schlitzer
s.schlitzer@sbcglobal.net

Treasurer: Pat Higgins
ragdollpatb@sbcglobal.net

Newsletter Editor: Jackie Heidinger
rheidinger@tx.rr.com

Website: Kate Kilmurray
webmaster@tarrantmg.org

Activities: Pam Braak
p.braak@verizon.net

Birthdays/Sunshine: Doris Hill
artanddorishill@verizon..net

Membership: Carl Trehus
c.trehus@gte.net

Hospitality: Natalie Wistrand
nattie57@yahoo.com

Bulletin Board: Joan Schmidt

Historian: Donna Turner
ddturner@flash.net

Acknowledgements: Pat Lovejoy
palovejoy@att.net

Garden Resource: Dave Wilson
ldwilson98@yahoo.com

Photo/Publicity: Derald Freeman
greatideas@sbcglobal.net

Raffle: Rhett Cervantes
r2b2cervantes@yahoo.com

Advisor: Steve Chaney
s-chaney@tamu.edu

TCMGA Meeting Minutes

March 11, 2010

The program for April, *Where are the Wild Things?*, was presented by Jessica Alderson, Urban Wildlife Biologist with Texas Parks and Wildlife.

President Susan Stanek called the business meeting to order at 10:40 a.m. with 196 members and interns in attendance.

The March minutes were approved as published.

The Treasury Report was given by Pat Higgins, Treasurer.

February 28, 2010 Money Market Balance	\$ 17,266.18
February 28, 2010 Checking Account	<u>4,414.67</u>
Total Accounts	\$ 21,680.85

Deposits during March, 2010	\$ 10,255.00
Checks written during March, 2010	<u>(5,408.49)</u>

Money Market Fund and checking account on March 31, 2010	\$ <u>26,527.36</u>
---	---------------------

Claudia Teague announced the next field trip will be on May 13th to the Rose Gardens of Farmers Branch. Pam Smith, our February speaker, will give the tour.

There was no Old Business or New Business.

Announcements

Taddie Hamilton made the following announcements concerning the upcoming Plant Sale on Saturday, April 17th. Volunteers are especially needed on Saturday, April 17, to sell plants. Volunteers are encouraged to purchase TCMGA aprons to wear the day of the sale. Short aprons, with pockets and the association logo are priced at \$18. Taddie and volunteers will also be working on April 14, 15 and 16, if any one wants to help with set-up. Heritage plants donated to the sale should be labeled with the name of the plant and a picture of the flower if the plant is not in bloom.

Announcements by President Susan Stanek:

- The slogan, "You Are the Event" has been introduced to remind members that when signing up for telephone duty on the web site, **the Event Field requires the member's name**. Instructions are online and clearly written.
- Compost bin prices will increase May 1st. Members who wish to purchase at current prices may do so up

until April 30, 2010. Shepherd's bins are \$55. GEOBINS® are priced at \$25. Payment is required when the order is placed. A detailed e-blast will follow.

- Farmers Branch Rose Gardens will be our next field trip, scheduled for May 13th.
- Vendor tables will be available for the May meeting. Members can sell their art work, crafts, etc. Tables are \$10 and can be rented through Bill Vandever.
- The June meeting is a social. The meeting will be at Henrietta Creek on Sue Short's Apple Farm. Members should bring a sack lunch.
- July 1st is the Annual Garage Sale. Instead of a guest speaker, projects will be showcased. Recycle your garden-related items. Proceeds will be used to support our projects. The Silent Auction is a popular feature of the Garage Sale.

Announcements by Steve Chaney:

- Pizza Ranch is scheduled for May 4-5. Children from local school districts have the opportunity to learn about agriculture and livestock. The event is attended by 4,000 to 5,000 children.
- Tarrant County Employee Appreciation Day will be on May 4th. Located at the Administration Building on Weatherford, MGs will have the opportunity to work with 400-500 County employees over a 3-4 hour period. TCMGA sells herbs at this event.
- WaterRama is scheduled for May 18-19.
- Resource Connection needs our help. On Sunday, April 11, MGs and Interns are needed to direct a work crew that will dig holes and plant on that day. MGs may need to demonstrate planting techniques for the work crew. Steve reminded the membership that the Resource Connection provides our meeting room each month, including set up and take down at no charge. They need our help now.
- TCMGA reported 51,000 volunteer hours in 2009. Steve reminded us what a great job we do.

As there was no further business, the meeting was adjourned at 11:45 a.m.

Sue Ellen Schlitzer
Secretary

TCMGA Announcements

May TCMGA Meeting Speaker

Inviting the Ft. Worth Prairie into the City— Dr. Tony L. Burgess

Tony Burgess has created an eclectic career steered by his naturalist appreciation of dry lands. An unreformed Texan, he left Fort Worth for college in Tucson.

After a brief interlude in Viet Nam, he resumed his education at Texas Tech University. While completing a Masters in Botany, he studied hybridization in *Agave*, surveyed flora, traveled in the Chihuahuan Desert, and acquired a taste for dancehall music on the Staked Plains. Still entranced by Tucson's charms, he returned in 1977 to pursue a Ph.D. in ecology.

Tony's interest in design led him to create a desert plant exhibit on the rooftop of Caravan of Dreams, in Fort Worth. He was invited to participate in the design and assembly of the dry biomes of Biosphere 2 north of Tucson. He served as consultant, then became Site Naturalist after Columbia University took charge of Biosphere 2.

Currently Tony is reinventing himself as Professor of Professional Practice in Environmental Science at Texas Christian University. Among the interests his students are steering him into are green roof designs based on Fort Worth Prairie barrens, environmental history of the Western Cross Timbers, and wetlands of North Central Texas. His ambition is to keep learning how to connect people with the living vitality and heritage of the landscapes they inhabit.

Nancy Curl
1st Vice-President

Vendor Tables Coming!



Vendors can display their wares at the May TCMGA Monthly Meeting for a meager \$10 per table! If you or someone you know would like a table at our meeting, please contact Bill Vandever at bvandever@sbcglobal.net.

Reserve your table by May 3 for the May 6th TCMGA meeting.

Gardener's Gear Sale!

Sales at our "Gardener's Gear" table continue to be brisk - thanks for all your support.

The lady's V-neck polo shirt (\$20) has been very popular, as have the aprons(\$18). We've taken many orders for the short, 3 pocket apron, as well as the long 2 pocket apron. And everyone seems to want one of the heavy duty canvas totes (\$12).

FOR THE MEN - We will have some denim shirts on **SALE** in May. We have 3 short sleeve and 3 long sleeve - all are size M. We've had requests for men's polo/ golf style shirts, with a pocket. We hope to have them available for order in May

Also on **SALE** - Wildflower wheels: had been \$10 - now \$5

Metal MG yard signs **SALE**: had been \$15—now \$10 (surely every MG needs one of these??!)

If you have suggestions for items, please let us know—and thanks again!

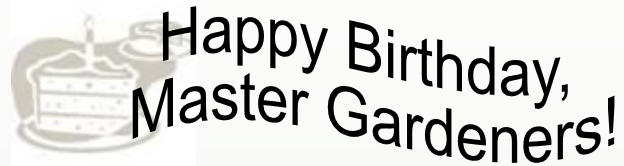
TCMGA Garage Sale—July 1

It's spring so it must be the time of year to start cleaning all storage areas and donate your unwanted, clean and usable items to our annual garage sale. All of the proceeds go directly to our MG projects, so think of it as recycling and passing on a treasure to another gardener. We are in need of items valued over \$20-25 for auction. This has been successful at the monthly meetings and has at times caused a fun "bidding war" between friends. Start collecting items now and remember we always accept monetary donations!

Get to Know Your Fellow MGs!

April's Mystery Master Gardener!

Did you guess who last months Mystery Gardener was? If you guessed Ron Schlitzer then you're correct! As you can tell from the information he sent, he is a very valuable MG. It's great getting to know more about our fellow MGs. Please make sure you take a moment to speak to Ron. Now that you know more about him you should have plenty to discuss!



May Birthdays

- 2 Jackie Peel, Blas Villarreal
- 3 Carl Trehus
- 5 Amanda Kowalski
- 6 Taylor Stephens-Parker
- 8 Maureen Gonzales, Joe Sanders
- 9 Joan Schmidt, Lynn Hayes
- 12 Judy Ratzlaff, Pam Braak
- 13 Pat Higgins
- 15 Janice Beavers
- 21 Maggie Camperlengo, Robert Craig (I)
- 25 Imelda Castro, Susan Cullen
- 26 Gay Larson, Caryn Hutchinson
- 27 Judith Kelly
- 31 Joyce Colgrove

If your birthday is this month and you don't see it. Please contact Doris Hill, (817) 337-8484 or email artanddorishill@verizon.net.



May's Mystery Master Gardener

May's Mystery Gardener is another very special and interesting person. Below is information about this person, do you know this fellow MG?

This person:

- Grew up on a dairy farm in Wisconsin;
- Moved to Texas in 1986;
- Was a freelance court reporter for 17 years;
- Favorite perennial is *Salvia greggii*;
- Became a Master Gardener in 2005;
- Has been married since 1987 and has 2 grandsons in South Carolina;
- Works at the Liberty Garden Master Garden Project in Southlake the most;
- Is the Class Administrator for Bible Study Fellowship in Southlake;
- Has a koi pond in their backyard;
- Loves to go on garden tours and show his/her garden on tours, as well; and
- Loves to design gardens for others.

Directory Updates

Please note the following updates in your membership directory:

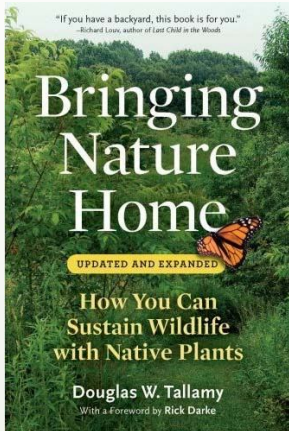
New telephone number:

Rosalinda Osborn
(817) 294-2000

Report any changes or corrections to Carl Trehus at c.trehus@gte.net or 817-481-3435.

Special Feature—Book Review: An Essential Book on Native Plant Gardens

By Marilyn Sallee



Bringing Nature Home: How Native Plants Sustain Wildlife in Our Gardens

By Douglas W. Tallamy, Timber Press, 2009

This is not really a “new” book; the original draft was published a few years ago. But the lessons it advocates are becoming ever more essential for a sustainable existence on planet Earth. This newly updated version encompasses more diversity across the U.S. with expanded resource section and more photos. Tallamy, an entomologist, looks at the importance of those native plants on the entire complex web of ecology, from the insects that eat them or breed on them, to the humans who have the most impact on those native plants. Especially helpful is his scientific thinking and impact a small urban or suburban garden can have in maintaining that diversity.

His slow but sure conversion of the landscape from whatever you have to start with to a wildlife friendly, bio-diverse sustainable ecosystem speaks to us all. His definition of the “best” native plants – those that sustain the most diverse populations of other species – gives us a whole new measure of the importance of natives.



Read sample chapters online at <http://books.google.com/books> and search for “Bringing Nature Home”, also on Amazon.com for index and covers. The 2009 paperback can be purchased online for about \$12-10. Well worth having in your home library.

Listen to a 25-minute interview with the author from KERA radio :

<http://www.npr.org/templates/story/story.php?storyId=104447716>

You can click on the “Listen Here” button to hear it on your computer, or download the mp3 file for your iPod.

Short article about why natives in the garden:

<http://bringingnaturehome.net/native-gardening/gardening-for-life>

Previous lectures Tallamy has given on native plants:

<http://bringingnaturehome.net/lectures/schedule/aggregator/previous>



SW Sub-Courthouse Nativescape

May 2010 Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
						1 9a Wildscape Class: - "Conserving Water in your Landscape" by Dottie Woodson
2 8-10a Heritage Elementary. 8:30a Alice Carlson 9a Union Gospel Reserve your Vendor Table for TCMGA Meeting	3 8-10a Heritage Elementary. 8:30a Alice Carlson 9a Union Gospel Reserve your Vendor Table for TCMGA Meeting	4 8a Liberty Gdn. 9a Randall Mill PK Greenhouse 8:30a BG Trial 8:30a CG Veggie CG Class-Self-Watering Containers Pizza Ranch TC Employee Appreciation Day	5 9a Veterans Park 9a Teen Challenge 9a BG Perennial 9a BG Children's 9:30a Thistle Hill 3:15p Fitzgerald Pizza Ranch	6 8:30a Alice Carlson 10a TCMGA MEETING	7 8:30a CG Veggie	8 9am SW Crthse 9am Compost Demo
9 8-10a Heritage Elementary 8:30a Alice Carlson 9a Union Gospel 2:45p Heritage Elementary.	10 8-10a Heritage Elementary 8:30a Alice Carlson 9a Union Gospel 2:45p Heritage Elementary.	11 9a Randoll Mill Pk Greenhouse 8a Liberty Garden 8:30a BG Trial 8:30a CG Veggie CG Class-Hypertufa Pot	12 9a Veterans Pk 9a Teen Challenge 9a BG Perennial 9a BG Children's 3:15p Fitzgerald	13 8:30a Alice Carlson Field Trip 	14 8:30a CG Veggie 8:30a JPS Meditation Garden	15
16 8-10a Heritage Elementary 8:30a Alice Carlson 9a Union Gospel	17 8-10a Heritage Elementary 8:30a Alice Carlson 9a Union Gospel	18 9a Randoll Mill Pk Greenhouse 8:30a BG Trial 8:30a CG Veggie CG Class-Hypertufa Pots WaterRama	19 9a Veterans PK 9a Teen Challenge 9a BG Perennial 9a BG Children's 9a FW Hulen Library 9:30a Thistle Hill 3:15p Fitzgerald CG Class-Herbs WaterRama	20 8:30a Alice Carlson	21 8:30a CG Veggie	22
23 8-10a Heritage Elementary 8:30a Alice Carlson 9a Union Gospel 2:45 Heritage Elementary	24 8-10a Heritage Elementary 8:30a Alice Carlson 9a Union Gospel 2:45 Heritage Elementary	25 9a Randoll Mill Pk Greenhouse 8:30a BG Trial 8:30a CG Veggie	26 9a Veteran PK 9a Teen Challenge 9a BG Perennial 9a BG Children's 9am SW Crthse 3:15p Fitzgerald	27 8:30a Alice Carlson	28 8:30a CG Veggie 8:30a JPS Meditation Garden CG Class-Copper Trellis and Rain Gauge	29
30	31 					

2010 Up-Coming Events



Field Trip *Thursday, May 13th*



The National EarthKind™ Trial **Rose Garden – 100 cultivars of roses** - tour led by our February speaker, Pam Smith, Park Landscape Mgr.

The Display Gardens – traditionally grown **roses** & other flowers

The Farmers Branch Historical Park



(short tour provided)

- 1885 Queen Anne Victorian Cottage & its **Antique Rose Garden**
- An 1840's log cabin & its **vegetable garden** maintained by the DCMGA
- and others

Bring a sack lunch to eat in the park's outdoor pavilion.

Stops afterwards at:

Strong's Nursery in Carrollton or
The Farmers Branch Community Garden

SEPTEMBER FIELD TRIP **Tierra Verde Golf Club**



Tour the course via golf carts to see the Audubon Signature Status course with native plants, wildlife conservation, waste and water reduction & IPM. Buffet lunch at the clubhouse.

Activities Committee

Tarrant County Master Gardener Community and Education Garden Plant Sale



Annual Plant Sale
April 17
9:00 am—2:00 pm



For more information
taddieh@sbcglobal.net

TCMGA Community & Demonstration Garden Classes

Coming In May:

Tuesday, May 4
Tuesday, May 11

Self-Watering containers
How to Make a Hypertufa Pot
- beginner

Tuesday, May 18
Wednesday, May 19
Friday, May 28

Hypertufa Pots - Level II
Herbs
How to Make a Copper
Trellis & How to Make a
Copper Rain Gauge

To register for these educational classes, contact **Nancy Curl** at **nl_curl@yahoo.com**.



June Events

June 5 – Native Groundcovers – Suzanne Tuttle, botanist, Director of Ft Worth Nature Center

July 10 – Preserving the Post Oak Woodland - Steve Chaney, AgriLife Extension Agent

2010 Up-Coming Event— **June Social**

Thursday, June 3 at 10 am will be our annual “off-site” social. You are invited to a picnic in the country at Ray and Sue Short’s **Henrietta Creek Orchard** in north Tarrant County.

Ray and Sue Short have been farming since 1990. Sue went to her grandson's classroom in 1995 to talk about gardening and growing produce...including apples. The teacher asked if the class could come out on a field trip. Ray and Sue have been having school field trips to their orchard ever since and enjoy teaching others about farming. Sue has been a Master Gardener since 1999.

Join a car pool, bring a sack lunch and lawn chair and head to north Tarrant County. **Henrietta Creek Orchard** is located just east of the Alliance Airport. [Directions](#)

Our own TCMG, Sue Short and her husband Ray will greet us and provide a history of the orchard. They will share the joys and challenges they have encountered in their adventure. Sue will discuss bees, pollination, and honey extraction as well as the impact of wildlife on their farm. Sue Jolly will demonstrate spinning colored cotton into yarn.

After lunch, Master Gardeners will lead you on a guided tour of the colored cotton patch, pizza garden with tomatoes, peppers, garlic, and herbs, vegetable garden, walk-through worm tunnel, butterfly garden, chicken coop, and loofah gourd vines. A stop at the charming Apple House will allow you to see a large apple washer and a demo by Kathy Sabin and Pat Higgins making loofah gourd soap. Homemade preserves, jellies, salsa, honey and fruit butters (some of these items are sugar free) will be available as well.

Sue will then lead us to the orchard for an opportunity to see over 700 hybrid dwarf apple trees (8 different varieties) and 400 peach trees. If the peaches

are ripe you will have the opportunity to “pick your own” peaches.

Come and join the fun!

Important information before you go.....

- Carpool if possible
- Activities begin at Henrietta Creek Orchard at 10 am.
- Bring a sack lunch and a lawn chair (water will be provided.)
- Shops that are close-by.....

Jason's Deli	Subway
Sonny Bryans	Snooty Pig café
Schlotzsky's Deli	J C Penney's
Hobby Lobby	Sam Moon's
Cabella's	

Henrietta Creek Orchard is located in North Tarrant County. We are east of the Alliance Airport and South of the Texas Motor Speedway. [Directions](#)

From I-35W exit #66. Turn East on Westport Parkway (Keller Haslet Road on the map. Map has not been updated) after .7 mile. Take a left (North) on Old Denton Rd. After traveling north about 1.2 miles the road curves to the right. We are about .25 mi on the left after the curve.

Please use the second entrance. [For directions from your location click here.](#)

Remember Keller Haslet road is now called Westport Parkway.



MG Specialist Speaks Out: *What is Organic?*

By Lance Jepson, Edited by Dr. Mark Merchant



What is Organic?

When I took the Entomology Specialist Course, I went with an idea of what I thought organic means.

Many of us gardeners believe that if we do not apply synthetic pesticides and fertilizers we are growing organically. I believed that if I was only using soaps, oils and certain juices that I was gardening organically, etc. At a minimum I thought that organic is organic, at least that's what I thought.

During our classes in Conroe, Texas, I learned that, scientifically speaking, an organic molecule is defined as containing one or more carbon atoms, as well as, hydrogen and oxygen. Compounds that do not contain these elements are inorganic. These include water, sulfur, silicone dioxide or diatomaceous earth and boric acid. I am going to let the chemists sort out the differences in the compounds. Our instructors taught us what we should be most interested in is the other way the term "organic" is used. The word has different meaning when applied to a system of organic gardening.

Organic gardening is part of a philosophy which has been practiced for centuries, focusing on preparing the soil with a high organic content using materials of a natural origin. Something that is "organic", from the gardener's perspective, means that it comes from a natural source and can be found in nature. The opposite of this sense of the word "synthetic", or made by man.

It's important to know that all pesticides are regulated by the EPA, regardless of whether they are organically or synthetically produced. In fact, any substance that repels, kills or discourages a pest is considered a pesticide by the people who

regulate pesticides. Products that contain only certain "exempt" ingredients as garlic, garlic oil, citronella, citronella oil or citric acid are not subject to federal regulations.

When it comes to our home garden we all expect to have some insect damage, but when we get too much damage we look for a product that kills, or at least discourages pests. Organic, to me, implies the use of non-regulated pesticides and the use of biological, mechanical, physical, or mechanical methods only. If I, as an organic gardener, want to use a pesticide, I look for an organic product of natural origin to control insect problems. Unfortunately, I have personally found there are relatively few effective products of plant origin on the market.

Interestingly, Dr. Merchant notes one can find organic pesticides that are just as toxic as synthetic ones. Just because something is organic does not mean it is safe or without risk. For this reason, it might be better to look for pest control products that are *safer*, rather than limiting ourselves to only organic products. Dr. Merchant refers to such products as "low-impact" pesticides.

LOW IMPACT PESTICIDES are defined as those products that are low in toxicity and have minimal impact on the environment, including beneficial organisms. Low impact pesticides can be either organic or synthetic. Some examples of low-impact pesticides include insecticidal soaps and dormant oils, and insect growth regulators. Because growth regulators are

What is Organic? (cont'd)

more selective, they are less harmful to the environment and more compatible with pest management systems. Low impact pesticides include some plant-derived insecticides, most of which are problem-specific, degrade quickly in the environment and pose little risk to beneficial insects. For a more complete list, see the Extension publication on low-impact pest control at <http://citybugs.tamu.edu/FastSheets/Low%20impact%20pest%20control%20brochure.pdf>. These pesticides are widely available, effective and provide a low-risk way to keep our homes and gardens relatively pest free.

Many gardeners get great satisfaction talking about using only natural substances in our gardens or being all-organic or not using any conventional pesticides. This can be a good thing, but remember that even organic insecticides are regulated by the EPA. Also, any insecticide sold in Texas must also be approved and registered with the pesticide division of the Texas Department of Agriculture. Finally, Dr. Merchant states not all “organic” methods are necessarily safer than synthetic insecticides. A topic that we will discuss another time.



I want to thank the Master Gardeners for all your positive comments on the first Entomology Article. It was gratifying to find your interest in Entomology and desire to improve our knowledge regarding the science of Entomology.

2010 Conference Awards (cont'd)

The directors' meeting was held at on Thursday. There were several announcements and requests at the meeting. **Ginger Bason** (from Tarrant County) announced there were 151 award entries from 34 counties. She also told us this is the end of her three-year commitment to the awards committee; the position will be filled next year by Paul and Mary Meredith from Victoria County. Tarrant county's **Marilyn Sallee** has also served on the state awards committee for three years and will be stepping down. Donna Hagar (from Somervell County) reminded everyone that the state newsletter committee would like to email the newsletter to all MGs directly. She requested all counties to send an email list to her. (Important side note: Tarrant County has decided to keep our list ourselves; we will send the state newsletter link to our members in an eblast.) Wayne Rhoden (from Williamson County) reminded us that all counties under the state's 501c3 umbrella need to file a 990n before May. George Ammerman, chair of the Outreach Committee, announced the committee is working on a code of ethics. It will not be a mandate. The committee is also discussing training for new officers at the local level. Most directors present liked the idea of having the training in December or January. There was a suggestion of having training via webcast.

The directors were entertained by promotions for future state conferences. Hood and Somervell counties will co-host the 2011 State Conference. The conference will be held April 27-29, 2011 at the Somervell County Expo Center in Glen Rose. They requested \$5000 from the state organization for initial deposits. The directors approved the request. They presented a slide show and led a sing-along at both the director's meeting and again at the awards brunch. Lou Kellogg and Barbara Lutz from Bexar County presented an entertaining presentation that included slides and a little jingle. Bexar County will host the 2012 state conference in San Antonio. The conference will be held at the Norris Conference Center the first weekend in May 2012. I'm marking my calendar now for both of these conferences because I don't want to miss seeing other MGs from across the state, hearing great lectures, or the chance to buy really cool plants, tools, and garden related art objects.

The next Director's meeting is August 7 at Texas A&M.

Special Feature: Don't Let Spring Cleaning Give You A Headache OR A Backache

By Sue McCauley, Personal Trainer Coordinator, Certified by American Council on Exercise

Yipppeeeee! It's Spring! Time to get all excited about freshening up the house and the garden beds to go with the fresh start the trees and flowers have begun. However our joy of the big "spring cleaning" can soon turn to aggravation, irritation and even soreness if we don't pace ourselves.

A few tips to help keep you from getting injured while doing your work will help:

- Remember to "divide and conquer" when doing chores. Perhaps do chores on the front of the house on one day and do the back of the house the next day (that way, if you don't get it all done in one weekend, the neighbors will never know).
- Split big piles of tree limbs, clothes to be donated, sod, etc... into very manageable piles to be recycled, donated or thrown away.
- Enlist some neighbors to do chore-sharing when it comes to the yards. Everyone descends on one yard and everyone does a little until it's all done. Plan a group barbecue for when all the yards are done.
- Remember to eat and drink plenty of water during your hard day and treat yourself to an extra long shower or bath.
- To prevent soreness, give yourself a good stretch at the end of the workday.
- **Take breaks when you feel like you need them. This is a signal from your body that it needs to regroup and recover before moving forward.**
- Most important – if you have shoulder, neck or back problems, you may want to consider hiring out the tree trimming and moving big things as these are very hard overhead and pulling activities.

You will need your lats, traps (especially high around the neck area), deltoids, biceps, triceps glutes and lower back muscles to be conditioned for heavy household chores.

As is the case with any home workout, check with your doctor about what you may or may not do.

Try the following exercises to get you ready for spring-cleaning:

Good ole fashioned push-ups (using a table) – stand in front of a stable table and place your hands on the edge of the table, a little outside the shoulders (about 2 ½ or 3 feet apart). Place your feet close together and take a few steps back from the table then rise up on your toes. Keeping your abdomen tight and your back straight, slowly lower yourself toward the table (your chest should be in line with your hands, NOT your face) then slowly press up until arms are long but not locked. Exhale as you come up.

Target Practice – stand and face a wall or sit at a table. Make little circles with your finger and get bigger and bigger with the circles (like a target). Start at 30 seconds and work up to two minutes with each hand and each direction – clockwise/counter-clockwise. Remember to switch arms when window washing to keep from exhausting one side.

Pull-it – tie an old pair of shoes to a rope that's about 8-10 feet long. Toss the shoes away from you and pull them back, hand over hand (if you have dogs, this will give them a workout as well). Do for 3 minutes to start and work up to 5-10 minutes. You will be ready to pull weeds.

Pointer Dog – get on your hands and knees. Lift your RIGHT arm off the ground and hold it in front of you. At the same time, lift your LEFT leg up to the height of your hip – try to keep your leg fairly long and straight. Hold this position for about 3 seconds and do it 5 times. Then switch to the LEFT arm to the front and the RIGHT leg to the back. This exercise will help to strengthen your back as well as your glutes. A really great tip for keeping your back healthy while planting flowerbeds is to wear a set of kneepads. This will remind you to kneel down to do your task as opposed to standing and bending at the waist.

If you would like to see some home exercises properly demonstrated see www.acefitness.org

Volunteer Opportunities for TCMGA

Project Code & Name	Work Days/Times	Project Manager	Phone
301 BRIT Activities	Call Chairman	Kay Yount	817-292-7690
302 BG Perennial Garden	Wed. 9:00 am	Cindy Woelke	817-366-4436
302 BG Trial Garden	Tues. 8:30-11:30am	Susan Miller semiller@sbcglobal.net	817-261-1420
303 Community Garden			
Community and Demo Garden Chair	Steve Chaney, s-chaney@tamu.edu		817-884-1945
Project Leads			
Barn Beds	Charlotte Berck, caberck@dot11net		817-426-6417
Compost & Rainwater Harvesting	Ron & Sue Ellen Schlitzer, s.schlitzer@sbcglobal.net		817-294-1329
Community Vegetable Beds	Bill Vandever, bvandever@sbcglobal.net		817-244-1580
Demonstration Beds	Kim Freeman bamagirlntx@sbcglobal.net		817-292-3775
Education	Nancy Curl, nl_curl@yahoo.com		817-319-1795
Education – TCU	Pat Higgins, ragdollpatb@sbcglobal.net		817-946-6278
Enabling Garden	TBA		
Greenhouse/Propagation	Claire Alford, caagardner@aol.com		817-481-8861
Herb Garden , Wednesdays	Rita Hottel, aescom@charter.net		817-295-2883
Hospitality (Cook-outs)	Beverly Beazley, babeazley@tx.rr.com		817-483-7080
Orchard	TBA		
Mowing/Edging	TBA		
Perennial Garden	Ginger Bason & Joann Hahn, gbason@hotmail.com , joannhahn@att.net	817-817-838-7321/817-923-9250	
Plant Sales	Taddie Hamilton, taddieh@sbcglobal.net		817-534-3440
Potting Shed	Pat Lovejoy, palovejoy@att.net		817-447-7924
Rain Barrel Construction	Claudia Teague, cteague@flash.net		817-444-2247
Rose Garden, Tuesdays	Nan Garvin, garbre@hotmail.com		817-477-2867
Topiary (children's garden)	Peg Surber, txsurber@aol.com		817-232-5035
Treasurer	Donna Morris, morrisdl@swbell.net		817-560-7767
Watering	TBA		
304 Thistle Hill	1 st , 3 rd Weds. 9:30 am	Emily Ward	817-281-5925
304 Union Gospel Mission	Mon. 9 am	Gay Larson	817-441-6560
304 Teen Challenge	Wed. 9 am	Debbie Bollinger	817-498-1508
304 JPS Meditation Garden	2nd & 4th Fri. 8:30am	Kay Lewis	817-281-6600
304 Casa House	Call Chairman	Rocky Deutscher	817-991-7171
203 Grapevine Botanic Garden			
Docents	Call Chairman	Shari Stanfield	817-685-9990
<u>Environmental Projects:</u>			
305 Composting Demo	2 nd Sat.	Charlie Shiner	817-488-6123
305 FW Library at Hulen St.	3rd Wed. 9 am	Devanie Fergus	817-683-3332
		Evaline Woodrey	817-295-5281
305 SW Sub-Courthouse	2 nd Sat., last Wed. 9 am	Gailon Hardin	817-475-0923
305 Liberty Garden	Call Chairman	Wendi Carlucci	817-488-5640
	2nd Tues., 8-11 am		
305 Veterans Park-Wildscape	Tues. 9-12n Randall Mill Pk. Greenhouse		
	Wed. 9-12n, 1st Sat., 9-12 am	Nancy Swan	817-535-9991
305 Bob Jones Nature Center	Call Chairman	Nancy Searl	817-542-3190
<u>School Gardens:</u>			
306 Alice Carlson	Mon. & Thurs. 8:30 am	Sharon Chastain	817-926-2575
306 Fitzgerald	Wed. 3:15 pm	Leeann Rosenthal	817-237-7180
306 BG-Children's Garden	Wed. 9-11:30 am	Mary McCoy	817-561-0598
307 Heritage School OLE	8-10am each Mon.,	Jackie Peel	817-581-0977
	2nd & 4th Mon. 2:45pm		

Tarrant County Master Gardener Association
200 Taylor St., Suite 500
Fort Worth, Texas 76102-7308



Important Websites to Know!



Our local TCMGA website:	<u>http://www.tarrantmg.org/</u>
State MG Website and TMG news:	<u>http://www.texasmastergardeners.com</u>
State Newsletter:	<u>http://www.tmganewsletter.org</u>
Our RC Demo Garden Website:	<u>http://www.localharvest.org/member/M27123</u>
NCNPSOT:	<u>http://texasnativeplants.org</u>
Aggie Horticulture:	<u>http://aggie-horticulture.tamu.edu</u>
Earthkind:	<u>http://aggie-horticulture.tamu.edu/earthkind</u>
Texas Superstars:	<u>http://texassuperstars.com</u>
Fort Worth Botanic Garden:	<u>http://fwbg.com</u>
Wildscape:	<u>http://thewildscape.org</u>
Urban Solution Center:	<u>http://urbansolutioncenter.tamu.edu</u>
Botanical Research Institute of Texas:	<u>http://www.brit.org</u>