

THROUGH THE GRAPEVINE

Volume 9, Issue 4

Concho Valley Master Gardeners

October 2008



President's Message

By Ferd Koehn

Master Gardeners:
It's been a busy year for the Concho Valley Master Gardeners and it looks like 2009 will be the same. The purchase of the greenhouse and receiving the rainwater capture grant for the 4H Building is setting up 2009 to be a year filled with new and exciting projects. We need to begin construction of the greenhouse soon, as well as getting the locations for the rainwater capture tanks ready. Need volunteer hours? Well you'll have plenty of opportunities with these 2 projects.

The 2008 Master Gardener class is well attended and going well. The class is excited about designing and building their own

demonstration bed at the 4H Building.

The 2009 Plant Sale is off and running. The group led by Loretta Burgess has begun the propagation process, collecting seeds and cuttings. We had a very successful sale this year and should have another one in 2009. If you need volunteer hours or if you don't need the hours but would like to help and learn, contact Loretta for more information.

My tenure as CVMG president is coming to an end after an extended time. We have a nominating committee in place and will have a slate of officers for 2009 to present to the CVMG

group at the November meeting. It has been a fun 2007-2008 working with the CVMG members.

See you in a weed patch somewhere.

Ferd



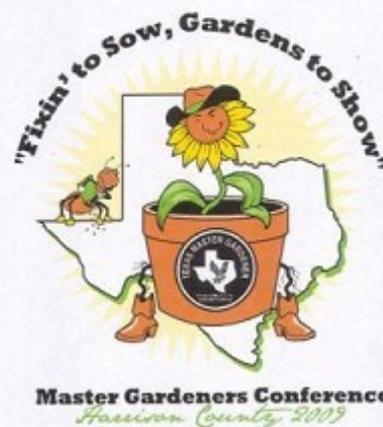
The philosopher who said that work well done never needs doing over never weeded a garden.
Ray D. Everson

Master Gardener State Conference—2009

**April 23, 24 & 25, 2009
Marshall, Texas**

Make plans to join us for the 2009 Texas Master Gardener State Conference, that will be held in beautiful East Texas. The conference will feature world class azaleas, dogwood and crape myrtles, as well as unique bed & breakfast establishments, just to name a few. This

year, something new, the Earthkind Rose Workshop, an all-day session will be presented the day before the '09 conference and will feature some of the most renowned experts in the Earthkind rose field!! Information on registration for this workshop will be added to the regular registration form, come a day earlier and don't miss-out on this added feature!



Health Tips: Family Caregivers

By Sheree Delgado



A family caregiver is someone who provides some type of care: hands-on or supervision of care, coordinating care, performing household care, providing social & emotional care, even financial help for aging parent(s), disabled or ill spouse or child, etc. This can be a daunting experience depending on the illness, complexity of care, length of care required, cooperation or lack of cooperation from other family members. Factors such as financial issues, time constraints, lack of knowledge of community resources can also be stumbling blocks.

The term "family caregiving" is two-fold: *family*—a special bond, a relationship; *caregiving*—actual tasks and responsibilities of providing care. The care recipient may require a lot of or just minimal care. Caregivers may not always be able to provide the care because of age, poor health, dis-

tance, jobs, or other responsibilities or perhaps is not willing to shoulder the responsibility.

There are positive and negative consequences to family caregiving. It can be rewarding; it can also be a source of chronic stress due to the level of care needed, its intensity and choices that may need to be made in order to take on the role of caregiver. Family caregivers may work full-time, change schedule, change jobs, miss work, pass up promotions or advancement opportunities, reduce their work hours, retire early or quit working in order to provide care. Beware of signs and symptoms of health problems, depression & even resentment that may be associated with having to take on the role of caregiver!

Whatever your role as a family

caregiver, be sure to take care of yourself. Ask and enlist the help of others. Research community resources and keep asking for needed information until you get the answer (nicely, of course). Take time to recharge. Be organized and flexible. Make lists of appointments, errands, etc. Exercise and eat healthy. Counseling is an option. Keep in contact with friends. Pull weeds! Pray for strength and patience! It can be frustrating and sad, but helping someone get better or easing their burden can be a purpose-filled life! Smile!

Sheree Delgado RN

Sources: *Nurseweek-Family Caregivers-Doing Double Duty*. *American Journal of Nursing-Sept. 2008*.



Comments from John



The Concho Valley Master gardener program remains very active and involved. Thanks to all of those persons who have taken on leadership as well as support roles.

As of press time we have no leads on filling the Tom Green County Extension Horticulture position. Thanks go to our office staff and agents for picking up the slack and helping our constituents when possible.

The new Master Gardener class is

going well. They are very enthused about learning and definitely are understanding more about the Master Gardener program. Thanks to mentors and class workers for stepping up to assist and direct these students.

Remember the plant sale scheduled for April 4, 2009. Propagators have begun their weekly meets at the city greenhouse to ensure plenty of materials for sale. If you have plants you want to share or to in-

clude in the sale, please contact the team leaders as soon as possible.

Work is progressing on the rainwater capture system as well as plans to construct again the greenhouse obtained early this year – all to take place at the 4-H Building and site.

Thanks so much for your involvement.

John E. Begnaud, Retired
Tom Green County Horticulturist

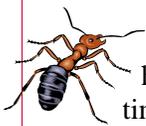




GARDENING SAFETY:

provided by Kay Thompson

In order to enjoy working outside you must take a few precautions not to get hurt and discouraged in your adventures. Please take the time to STOP, LISTEN, AND LOOK.



The Ants come marching one by one, but usually have a hundred foot soldiers. Many times we step into the mound without knowing it. Whether on the lawn or in the garden look around on the ground. If you see ants stay away from them or treat the mound and come back the next day.

This also brings into mind another danger that might be seeking shade under a shrub or garden vines, yes, SNAKES. Be sure to look under vegetation prior to getting on your hands and knees to do that much needed weeding.



Scorpions like and look for water in the heat of summer, be careful when reaching in any dark area, such as a recessed water faucet.

We live in West Texas. Heat and sun are not an unusual event. Apply sunscreen at one-hour intervals while working outside or more often if you are easy to sunburn and wear a hat.



Drinking plenty of fluids (water) prior to and during work will help you to stay hy-

drated. If the temperature is nearing the century mark, wait and work when it is cooler. If it is raining, give thanks, and get out of the lightening.

It is not necessary for you to neither look nor smell better than the flowers. This will only attract our pollinators to you instead. Bees are our friends in the gardening world and we must learn to co-exist. Don't wear colognes, smell good lotions, or bright colors when working out doors. If they approach you, don't wave your hands, or scream; back away slowly and stay away until they are done. If you hear buzzing coming from a shrub or tree, I would suggest you don't work around it.



Protective clothing can be your best defense against getting injured. Wear closed toed shoes; it would be messy if your gardening buddies hoed off a toe instead of the weed they were aiming for. Long shirts and pants are needed for working with plants that have thorns.



But the most common garden attire is a good pair of gloves. Soil has lots of bacteria, that's why it grows plants so well. If you have sores or cuts on your hands, it's like a welcome invitation for these bacteria to grow. A

little reminder, depending on where you store your gloves, (mine are usually tossed in the greenhouse) little legged friends might think this is a good place to call home. Twist your gloves tight prior to putting your hands in them.



But if you have the urge to pull that weed while strolling through the yard without your gloves, be sure to wash your hands with soap and water as soon as you can. It could save you a trip to the doctor.

If you suffer from allergies and or asthma, usually they come together, be sure you are under control prior to stirring in the dirt. Carry your rescue inhaler just in case.

Everyone that digs in the dirt needs to be aware you are inhaling micro particles of dirt. These can collect in your sinuses and lungs. After working outside take a shower, breathing in the moisture will loosen these particles. When you are done, blow your nose.



YUCK!!! We could have planted a seed in that.

Garden Trivia Challenge: "Mary, Mary, How Does Your Garden Grow?"



There are several ways that flowers grow. Perennials grow back every year. Annuals usually need to be replanted every year. Bulbs store the energy for the plant to grow the next year. And corms & tubers that are similar to bulbs but solid inside. See how you rate in knowing your type of plant:

1. How do tulips grow?
2. How do marigolds grow?
3. How do Shasta Daisies grow?
4. How do daffodils grow?
5. How do mums or chrysanthemums grow?
6. How do gladiolas grow?
7. How does mint grow?
8. How do impatiens grow?
9. How do hyacinths grow?
10. How do tuberous begonia grow? (if you miss this one- no hope for you!)

YOUR CHOICES FOR EACH QUESTION:

- Perennial
- Bulb
- Annual
- Corn / Tuber

Check elsewhere in the newsletter for correct answers to the 10 questions. The average score is 70% - or 7 out of 10 correct. Score yourself 10 points for each CORRECT answer.



Minutes: Concho Valley Master Gardeners

September 9, 2008, 5:30 p.m.



The meeting was held at the new 4-H building on Hwy 67 Northeast of San Angelo at 5:30 p.m. President, Ferd Koehn, presided.

The minutes from the previous meeting were approved.

The Treasurer's report showed there was \$ 6,217.07 in our bank account. \$3,145.00 was from the new class registration. The greenhouse is paid for.

COMMITTEE REPORTS: Tabled until November meeting.

NEW BUSINESS: Nominating committee: We need to get a nominating committee which the president will ask several members to be on the committee. The nominating committee needs to consider President, Secretary and Treasurer. The committee also needs to consider recommending two state representatives. The treasurer's position may be easiest as Rudi Wallace has volunteered for that position. There will be signup sheet for that committee if you want to participate.

Membership dues: Ferd asked that we consider raising our annual membership dues from \$2.00. The state gets all of that money and the MG group doesn't get to keep anything from that amount. We should consider having the dues increased to \$10.00 or \$12.00 per year and keep the extra to assist us in our projects and publications. We can certainly consider a smaller amount also.

Kay reported that they will be tagging butterflies at Wall on November 12th in the afternoon and after school either the 6th or 7th. An e-mail will be sent out to advise the date.

OLD BUSINESS: BWI: Ferd sent out an e-mail regarding an ordering procedure relative to BWI. Below is an excerpt from the e-mail which is made a part of this record:

“CAUTION - DO NOT PLACE ANY ITEMS IN THE SHOPPING CART AND DO NOT MAKE ANY ON-LINE PURCHASES. AN ORDERING PROCEDURE IS LAID OUT BELOW.

Ordering procedure:

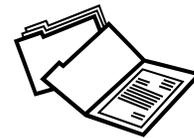
1. Make a list of items/products you want. Include quantity, price and SKU of items. (if someone would like to make an order form that would be helpful)
2. Add 10% to the BWI price to cover delivery and fuel charges
3. Bring your list and payment to the monthly meeting.
4. Give your payment to Norma Cummings.
5. Give your order to (we will designate a person to make the on-line order).
6. All MG orders will be totaled, Norma will prepare a check for payment when the products are delivered.
7. Should the additional 10% not be sufficient to cover the delivery and fuel charges, the excess amount will be prorated to all MG who placed an order based on their orders dollar amount. (ie.-3 MGs place orders, #1= \$100, #2=200, #3=100, excess fuel and deliver charge equals \$20. #1 would pay an additional \$5, #2 would pay an additional \$10 and #3 an additional \$5 to cover the \$20). That amount would be paid to Norma ASAP.
8. BWI will deliver to Bobby Peiser's residence.
9. All MG who place an order will be notified to pick up their items/products within 5 days, unless other arrangements are made.
10. Items/products not picked up within 30 days become the property of the Concho Valley Master Gardeners.

Additional note: Since we have to have a \$250 minimum order, we may only make 1-3 order per year.”

Donna suggested the in item 7 above, the percentage be changed to 15%. Another lengthy discussion as to sales tax was held without resolution. Ferd will get a committee together to discuss this and present a recommendation at the next meeting.

Agenda for the next meeting:

Proposed increase in yearly dues
By-Laws
Nominating committee
BWI – Sales Tax issue



Ferd reported that signup sheets are here for our various projects, which include greenhouse, plant sale/propagation, jail rock, publication, MG class food and greeter and Habitat house.

No other business was brought before the membership. A Motion to adjourn was made and seconded. Motion Carried. The new MG class started immediately after meeting.

Respectfully Submitted;

Brenda White, Secretary
Ferd Koehn, President

Next Schedule Meeting:
Tuesday, November 11th
At 5:30 PM at TGC 4-H
Building—Hwy 67 North.



Editor's Notes: by Doreen Grimes

THE NEW 2008 MASTER GARDENER CLASS

If you want to see enthusiasm, just visit one of the classes for our new Master Gardeners! They are passionate about what they are learning and about all the new possibilities they are learning about growing things. Debbie Vinson is doing a great job in keeping the class moving in the right direction.

For the first time, we have initiated a mentoring program for the new "trainees". Experienced Master Gardeners have taken the initiative to be ready to assist the new people in answering their questions and giving encouragement as needed. The goal is to show these new members that they are welcome and a vital part of the group, and to let them know that we are there to help and support them in every way possible. The idea for using mentors

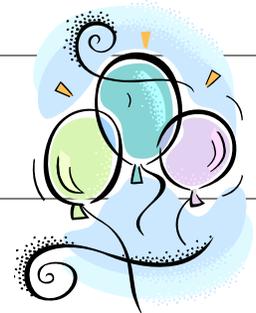
came from Master Gardeners who learned about his program being used in other Master Gardener groups in Texas.

Another first for Concho Valley Master Gardeners is the idea of assigning the new class a special class project. The class was divided into two groups to work together on developing a plan for a project for a demonstration bed at the 4-H Building. Various ideas were suggested and, at this time, no decision has been made as to what the project will actually be. When completed, the group is to design a brochure or develop a power point program to show what they have accomplished. Sandy Rogers has been working with Debbie Vinson to guide this project.



Party!! PARTY!! Party!!

On November 15 at 5:30 PM we will have a get-acquainted party for all the new and old Master Gardeners. The new class will meet at 5 PM to take their test and the food and drink will start at 5:30. There will be a sign-up sheet online for members to sign up for food to bring. Come one, come all! Let's have a good showing of our present members and give the new class a genuine Texas, Tom Green County, welcome!



Volunteer Opportunities

 **Jail Landscape**—contact Lynne Alexander for planned workdays or sign up for helping at stated business meeting. Signup sheets available thru D'Aun Butler.

 **Habitat for Humanity**—scheduled day is set for Dec. 13th. Contact Debbie Vinson for more info. Signup sheets available thru D'Aun Butler.

 **Publications**—work is progressing slowly on completion of publications for MGs. Signup for more info or contact Debbie Vinson.

 **Propagation**—work continues each week at the City Greenhouse beginning at 9:00 am for propagation of new plants for annual plant sale next spring. Contact Loretta

Burgess for more info or to sign up.

 **4-H Greenhouse Construction**—plans are underway to re-assemble the greenhouse behind the 4-H Building. Stayed tuned to e-mail and business meetings for more info and work days.

 **MG Party**—planned graduation party for new MG class is set for November 15th. Contact Debbie Vinson to volunteer or to sign up to bring goodies.

 **MG Class Schedule**—final class times include Nov. 6, 13th & 15th with Wrap Up party. All classes are held at 4-H Building and current MG members can receive CEUs by attending.



Answers to Garden Trivia:

1. **Bulb** – Plant Tulip bulbs in the fall and come spring you'll have a nice display. Tulips do not do well in soggy soil, though most need a good bit of water. You can find different varieties that bloom anywhere from march thru May.
2. **Annual**– if given plenty of sunshine and a good bit of water marigolds will bloom profusely from June thru October.
3. **Perennial** – Daisies are a hardy perennial, and if they spread any faster I'd recommend they be classified as weeds.
4. **Bulb** – Once the daffodils show their bright faces I know that spring has arrived. They don't need much water, but watch out the leaves and bulbs are poisonous. That is good in that squirrels and rabbits won't eat them.
5. **Perennial** – Mums are one of the most well known fall flowers. They come in almost every color and bloom from August til November.
6. **Corm/Tuber** – Glads are beautiful flowers, but not for the lazy gardener like myself. They do not like the cold and in all but the warmest climates, the corms need to be dug up in the fall. There are some winter hardy varieties, but there is not near the selection as the non-hardy varieties.
7. **Perennial** – The mint family is easily recognizable in that their stems are square. Many mints will spread profusely and can choke out less hardy plants. The mint family consists of the well known peppermint and spearmint, and many other culinary herbs such as thyme, rosemary, lavender, and basil.
8. **Annual** – Impatiens are a popular plant for the shade. They come in many different colors and are pretty easy to grow.
9. **Bulb** – Hyacinths are a highly fragrant spring flower. *"If I had but two loaves of bread, I would sell one and buy hyacinths, for they would feed my soul."* Mohammad
10. **Corm/Tuber** – The tuberous begonia are native to Africa and tropical areas of South America, so they too need to be dug up in the fall.

CONCHO VALLEY MASTER
GARDENERS

Doreen Grimes, Editor



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Concho Valley Master Gardeners Business Meeting—November 11, 2008 Tom Green 4-H Center—Hwy 67 North Agenda

- End of class party for 2008-09 MG Class
- Plant Sale - Loretta Burgess
- Pecan Show - Dec. 5 - volunteers needed (10)
- EXPO - Nov. 21 - ASU Center - volunteers needed (3-4)
- Habitat House - Debbie Vinson
- Library Garden - Pat Karmany
- Wall School Garden - Kay Thompson
- Dove Creek Pavilion - Brenda White
- BWI Ordering - Lisa Jost

2008 Volunteer hours

2009 Dues / proposed increase to \$5 per year
Request \$500 for greenhouse start up

**WE HOPE EVERYONE WILL BE ABLE TO
ATTEND THIS MEETING!**