



Message from the President

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October—2012

This is my last message in a newsletter so I want to say - "Thank You."

Thank you all for the many hours you put into the planning, executing and cleaning up after the 2012 Landscaping Symposium. The event flowed smoothly. The speakers were great. The food was abundant and flavorful. The gift bags were phenomenal. Jalene has tallied up the registration forms and reported that 102 people attended. We collected zip codes on the registration form so we will know how wide an area we covered. Ron has begun plans for the 2013 event.

Thank you for the many hours of service you have provided during my four years as President.

Thank you to the plant propagators. Even though I have never participated in the plant propagation for the plant sale I know many of you put in many hours so that we have the plants to sell. The plant sales have

been phenomenal fund-raising events that have enabled the Concho Valley Master Gardeners as a whole to do a variety of projects. It is the funds from the plant sale that has funded the 4-H Building Demonstration Area, the West Branch Library garden, other projects around town including the rain water collection system at the San Angelo Early Childhood Center (formerly known as the San Angelo Day Nursery). Thank you!

Thank you to the many MGs who have worked at booths or presented information at the Home and Garden Expos, the Eco Fairs, garden clubs, schools, and other venues.

Thank you to the many MGs who have made the various rain water harvesting events possible. I look forward to event on November 10 at Fort Concho.

Thank you to all you have worked on the demonstration area at the 4-H Building.

Thank you to all who worked with me at the San Angelo Early Childhood Center planting plants with the children. I will be continuing

that project and will be seeking volunteers to assist in the planting of tulip bulbs in mid-November. The children look forward to the gardening with great excitement.

Thank you to the MGs who have served as officers during my four years as President.

Thank you to Allison, Janice and Pam for their support in the many endeavors of the CVMG.

Carolyn Mason

Outgoing-President

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- Special points of interest:
- Watch for next CVMG business meeting— Nov. 13
 - Report any special trips or visits you have done!
 - Report your Volunteer hours & Pay Dues!
 - What about helping with the Propagation Team?



Business News & Info



Nomination of Officers:

The Nominating Committee has completed their task for finding candidates willing to serve as officers of the CVMG. The nominees are as follows:

President: Susan Stanfield

Treasurer: Jalene Jones

State Director: Sandy Schneider

The Nominating Committee will be presenting the slate of candidates at the Annual Meeting on November 13. Elections will take place at that time.

Membership and Dues

Please remember that to be considered an active (certified) Master Gardener in 2013 you need to complete a minimum of 12 hours of volunteer service, a minimum of 6 hours of continuing education, and pay the annual dues of \$5.00 by December 31, 2012. Volunteer hours and continuing education hours should be submitted Allison preferably on a monthly basis but definitely by the end of the year. You will be receiving a letter reminding you of the dues and hours. It will also include a form requesting contact information so that we can be sure the office has the most current information.

Sad News

Janie Medina passed away several weekends ago. Janie took the Master Gardeners class several years ago and worked on the Demonstration area in

its early stages. She also worked at the West Library Garden and other venues. She moved away from the area because of health reasons. In her memory we will be transferring \$25.00 from the general funds to the Memorial fund and her names will be added to the plaque.

Happy News

The 4-H members & Leaders of Tom Green County presented the Concho Valley Master Gardeners with the Friend of 4-H Award at their annual recognition event on Sunday, September 16. The Plaque will probably reside at the Extension Office. Thanks to Debbie Vinson who was also present to accept the award on behalf of CVMG.



Annual Meeting

Annual Meeting is Tuesday November 13 beginning at 5:45 PM at the 4-H Building. We will be electing officers, receiving a financial report, hopefully the results of the 2011 Audit and perhaps a proposed budget for 2013.

A Program will follow beginning at 6:30 pm. Lauren Shrum will be presenting information on the 2012 Parks, Recreation, and Open Space Master Plan. Please invite your friends and families to what should be an interesting and informative program.

Rainwater Harvest Workshop

The Concho Valley Master Gardeners will be presenting a rainwater harvesting workshop on Saturday, November 10 from 9:00 am until 11:00 am at Fort Concho. Ron Knight is looking for volunteers to help with the setting up of tables and chairs Friday evening at 5:30 PM as well as a few volunteers to assist with functioning Saturday morning and more volunteers to assist with the putting away the chairs and tables after the workshop.. Please contact Ron Knight at: r.knight@suddenlink.net - H-949-9369/C-656-4928) if you are willing to assist in the setting up and breaking down.

Save This Date

CVMG Annual Holiday Party Saturday December 8 beginning at 6:00 PM. Ron and Nancy Knight have agreed to host the CVMG Holiday Party one more year. They will furnish a brisket, a ham, tea, water, paper goods, ice and cups. It is a potluck event. More details to follow.



On the Road Again by Bob White



The pictures are of the “Western Kentucky Botanical Gardens” in Owensboro, Kentucky. This site covers eight acres and was officially started in 1994. It was originally a corn field, converted by the master gardeners, and has since been planted, maintained and operated by members of the community. It is open to the public seven days a week.



High rise bird houses made out of dried gourds & hung high up in the sky.

October 2012 Vacation trip to Kentucky

In the first week of October, my wife and I took a vacation trip to Kentucky, primarily to go the Bluegrass Festival at Rosine, about 30 miles or so from Owensboro. This is the location of Bill Monroe’s Home place as seen on “The Cumberland Highlanders Show” (RFD TV network).



Picture of a Volkswagen car converted into a planter

Due to the remoteness of the festival site and lack hotels, we had to stay in Owensboro and drive back and forth. The countryside was beautiful and clean, and a joy to see. We also saw a sixty mile long garage sale, but we didn’t buy anything. This long garage sale site is not the one that runs up the Appalachian Mountains, but is another one, and there are quite a few of these different sales like this all over that part of the country.

The whirly bird things -not sure of their construction materials; they may have been made from sheet metal. I think I will try to make some & see how they work.



I was not able to walk around and see some of the other displays, but my wife Betty went on around and saw many of the unique beds. There was a great assortment of plants and lay outs. It was well worth the hour that we spent there.





RAINWATER HARVESTING WORKSHOP

This free workshop will answer all your questions.

Saturday, November 10

Ft Concho Commissary Bldg

9-11 a.m.

Find out how to start a rainwater harvesting system for your home or business.

Sponsors:

UCRA, Concho Valley Master Gardeners,
City of San Angelo's
Water Conservation Division
Texas A&M AgriLife Extension Service
The People/Plant Connection

**Call 659-6522
to register
to get materials!**

Vendors:

All-Tex, Bes-Tex,
American Sales,
Angelo Seamless Gutter
Neiman Environments, Inc.
Native American Seed



Ron's Ramblings



While attending San Angelo's citywide water forum in August, I noticed little was said by anyone about the small things we can all do to curtail water usage in our homes and businesses.

I picked up a "gimme bag," full of goodies inside. By happenchance, I noticed some printing on the free bag supplied by the Water Utilities Department. Upon closer examination, right there on the outside of the bag were 15 ways we all can use water more wisely.

One might think these are all common-sense suggestions ... and you would be correct. But with San Angelo having less than two years of water remaining, anything and everything each of us can do *will* make a difference. They include:

- ◆ Sweep it away. Use a broom, not the water hose, to clean sidewalks & driveways.
- ◆ Slow the flow. Install a water-saving showerhead.
- ◆ Be a drip. Install drip systems wherever possible in landscapes. They are 90 to 95 percent efficient in water distribution.

- ◆ Quick showers. Keep showers to less than five minutes.
- ◆ Chill out. Cool drinking water in the fridge rather than running the tap until the water is cold.
- ◆ Keep it off the sidewalk. Water your lawn, not the pavement.
- ◆ How about using your head? Flush only when necessary. When it's yellow, let it mellow!
- ◆ How about topping it off? Wash only full loads of dishes and clothes.
- ◆ Thank you very "mulch" & save. Minimize evaporation with organic mulch.
- ◆ Consider double duty. Use old water from the fish tank to fertilize plants.
- ◆ The new buzz word – "xeriscape." Use drought-tolerant plants. Remember: This is a method, *not* a style.
- ◆ Do you want to be hot stuff? Insulate hot water heaters and pipes to save water and energy.
- ◆ What about shower power? A bucket in the shower can save water for cleanups.
- ◆ Remember the warning at the rail-

road crossings of stop, look and listen? Well, check your pipes, faucets and toilets for leaks.

- ◆ Lastly, fix your leaks. A pinhole leak wastes up to 120 gallons of water a day.

Nothing earth-shattering in the above recommendations, but collectively they add up to saving not only our water, but also our money.

We all know about the little boy throwing back into the ocean one of several starfish he found on the beach, and telling the inquisitive stranger that it makes a difference at least for that one starfish. Imagine what each of us can do, as individuals and as a caring community, by becoming better stewards of our precious water here in the Concho Valley.

Ron Knight

But blessed is the man who trusts in the Lord, ...like a tree planted by the stream...it has no worries in a year of drought, and never fails to bear fruit. Jeremiah 17:7-8.



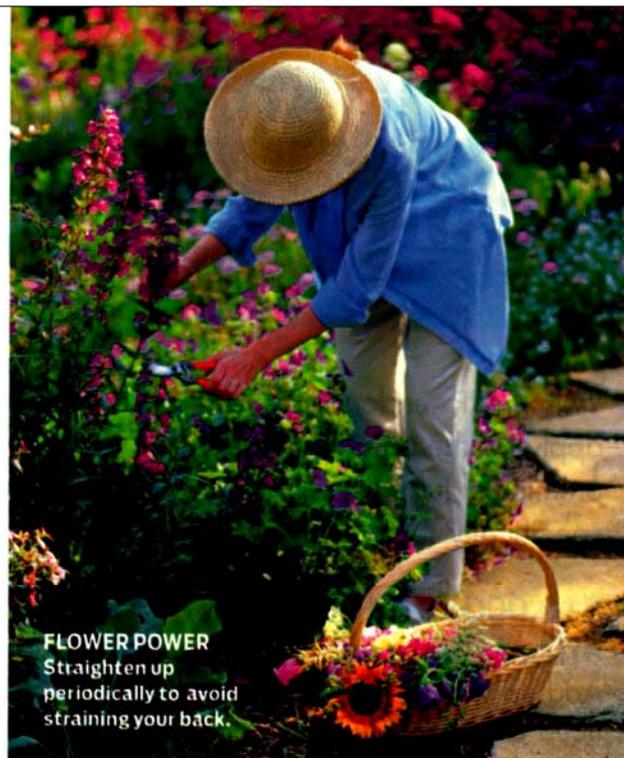
Keeping Fit - submitted by Shirley Quincy from AARP Magazine- July/August 2010

• Fitness

More Raking, Less Aching

THESE MOVES CAN PROTECT YOUR LOWER BACK AND KNEES DURING GARDENING SEASON

An hour of gardening can reduce stress, boost bone density, and burn a whopping 300 calories. But all that bending, squatting, raking, and lifting can challenge muscles as much as any competitive sport. "The lower back and knees most often pay the price," says Rachel Hazuga, M.S., an exercise physiologist at the University of Wisconsin-LaCrosse. Here are the ways to properly perform the most common gardening maneuvers, plus a few exercises to strengthen your gardening muscles. *By Linda Melone*



FLOWER POWER
Straighten up periodically to avoid straining your back.

BENDING

Muscles used: Abs, back, legs. **The right way to do it:** Focus on tightening your leg muscles (your quadriceps and your hamstrings) as you bend forward. Keep your knees slightly bent.

Try this exercise:
Bird dog



Get down on all fours, with your hands underneath your shoulders and your knees underneath your hips. Tighten your abdominal muscles while simultaneously raising your right arm and straightening your left leg, keeping your back straight. Hold for 6 seconds. Return to the starting position, switch sides, and repeat 10 times.

RAKING

Muscles used: Core, shoulders, arms. **The right way to do it:** Use short, quick motions, and keep the rake close to your body. Switch sides every 2 to 3 minutes.

Try this exercise:
Countertop pushup



Stand facing a countertop, with your hands shoulder-width apart on the counter. Tighten your abdominal muscles and keep your back straight as you bend your arms into a pushup position. Straighten your arms, and repeat 15 times.

PUSHING A WHEELBARROW

Muscles used: Core, quadriceps, hamstrings, chest, shoulders, arms. **The right way to do it:** Load the wheelbarrow with only as much weight as you can handle without straining. First, use your leg muscles (not your back) to lift the wheelbarrow; next, use your arm muscles to push the load forward.

Try this exercise:
Modified plank



Lie on a mat, supporting your upper body with your forearms and your lower body with your knees; your stomach stays raised as you keep your body in a straight line without arching your back. Hold for 15 seconds, working up to 60 seconds.

SQUATTING

Muscles used: Glutes, quadriceps, hamstrings. **The right way to do it:** Keeping your torso upright, lower yourself until your bottom almost touches the ground. Try to keep your weight on your heels.

Try this exercise:
Chair squat



Stand in front of a chair, feet shoulder-width apart, arms in front of you. Bend your knees and slowly squat, gently touching the chair without fully sitting down, then stand up using only your legs. Repeat 10 times. ■

Concho Valley Master Gardeners

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<http://mastergardener.tamu.edu>

<http://txmg.org/conchovalley/>

<http://tomgreen.agrilife.org>

TEXAS A&M
AGRILIFE
EXTENSION



Allison's Accents:

For man, autumn is a time of harvest, of gathering together. For nature, it is a time of sowing, of scattering abroad.
~Edwin Way Teale



FALL—2012
It's turned out to be such a beautiful fall, the weather is so enjoyable to be outside working! The big rain we got a little while back was so refreshing and wonderful. But we do need some more rainy days – plants are all looking great after a good soaking, but our water resources are still low and water conservation is still critical. The education and example that you Master Gardeners provide to the community make a tremendous impact on water use in the area.

Remember to report your volunteer hours especially by the end of the year and pay your annual dues. Looking forward

to seeing each of you at the upcoming educational events. Thank you for all you do! For all of you, I truly give "Thanks"!!!

Allison Watkins
Horticulturist

Calendar items:

➔ November 10 – Rainwater Harvest Workshop, Ft. Concho Commissary Bldg, 9AM—11am; Sponsors & Vendors available

➔ November 13—CVMG Business mtg, 5:30pm Program—6:30pm—TGC 4H Bldg.

➔ November 20—Pruning Workshop/Class, Allison presents, 4H Bldg, 6pm

➔ November 16 -Lunch N Learn, 12pm – Landscape Design

➔ December 8—CVMG Christmas Gathering, Ron Knight's home; Potluck

➔ January 8—CVMG Business mtg, 4H Bldg; Program 6:30pm on Landscapes for Birds.

➔ March 5-New CVMG class begins, each Tuesday, 12-3pm, 4H Bldg



Concho Valley Master Gardeners
Present

2012 Parks, Recreation & Open Space Master Plan Presentation



Speaker: Lauren Shrum, M.S.
Principal, Texas Outdoor Consulting

Presentation & discussions of City of San Angelo Parks & Recreation:

- ❖ Master design plans, guidelines & major themes
- ❖ Comparison to other similar-sized cities in Texas
- ❖ Partnership Opportunities to develop gardens
- ❖ Identify areas for future connectivity & improved facilities
- ❖ Grant opportunities & other funding options

Tuesday, November 13th, 2012

At 6:30 pm

**Tom Green 4-H Center
3168 N. US Hwy 67**

No Charge to Attend

