



*The Gardeners Of America*  
*Men's Garden Clubs Of America*  
*Member's Newsletter*



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*The 2008 President's Message*

Fellow Gardeners,

This is a great time for gardeners. So many things to do to take advantage of the growing season and so little time before Jack Frost will be knocking on our door once again. This is the season where we are able to exercise the pleasures of working in our gardens and molding our environment. We will have challenges and will be rewarded for our efforts with the beauty of flowers, seed pods, and harvest as our gardens mature.

The next best thing to working in our gardens and experiencing the rewards of our efforts, is sharing our gardening accomplishments with other gardeners. As we share we also learn from the experiences of other gardeners and come away with new ideas to try for ourselves.

John Kessen and his team from the Fort Wayne Club and others from the Central Great Lakes Region put together a meaningful program we shared with our fellow gardeners at our recent convention. The fact that we, as gardeners, can come to a central gathering (such as this convention) from regions all over the country and be with people of similar interests to share, mingle, learn, and enjoy ourselves is just one of the benefits of being part of a national organization.

Since we are talking about conventions, I want to share that John Kessen has accepted the position as chairman of the National Convention Site Committee vacated by Honey Barnekoff. John has big shoes to fill and I am confident he is up to the challenge.

Even though Honey had resigned her position as chair of the committee several years ago, she stayed involved and spent many hours making calls and working hard to find clubs to host our conventions. Her devotion to keeping the ball moving, even when she was no

longer responsible, is an example of why I am proud to be a member of this organization. We have so many members that have and demonstrate that same ethic in keeping TOGA/MGCA going. I cannot thank them enough. John has demonstrated excellent leadership, commitment, and has hit the ground running in working to see that we continue to have conventions. However, he is faced with an unusual challenge due to a recent development.

The club that had agreed to host the 2009 convention has had to rescind their commitment. We are in acute need of a club that will step up and host the 2009 convention. I know this is short notice and only allows for about a year to plan and promote. We understand that the lead time element will have a significant impact on what any club can put together. With that in mind, everyone is aware that a downsized convention would be acceptable for 2009.

TGOA/MGCA is required to have an annual business meeting which





## HEALING GARDEN

National Garden Bureau Inc.

Whether tending to a houseplant, growing some flowers or turning an outdoor garden into a relaxing retreat, plants have the power to heal our body and soul. Research has shown that working in the garden can benefit everyone. The physical efforts of gardening, digging, planting, bending and walking are great forms of exercise to keep the body healthy. Strenuous yard work such as digging or weeding not only burns calories, it is similar to weight training in building bones and preventing osteoporosis. Gardens and gardening activity can also improve mental outlook and our emotional mood by reducing stress, anxiety and depression. Studies have found that gardening can lower blood pressure and cholesterol, which reduces the risk of heart disease.

A healing garden can take many forms but always provides interaction with nature. Visually plants provide inspirational colors of peaceful tones. We can hear the relaxing sound of water or the stimulating activity of visiting wildlife. The rich aroma of fresh

earth and the delightful scent of perfumed herbs fill the air we breathe, while the fresh flavor of a crispy pea pod or sweet berry tempts our taste buds. We can touch the velvety smoothness of a flower petal or be touched by the movement of leaves in the wind.

Begin to create your own garden of healing today simply by planting a container filled with colorful flowers, a nutritious vegetable, or an herb such as lavender, sage, basil or thyme. In addition to being attractive and aromatic, these and many other herbs have been used medicinally for centuries. Watching and nurturing any plant as it grows provides power and energy to enhance your well-being.



**A THIRD OF HONEY BEE HIVES LOST IN 2007**

*Excerpts from a Survey by the Apiary Inspectors of America*

A survey of bee health released Tuesday revealed a grim picture, with 32% of the nation's

commercially managed hives lost since last year.

As beekeepers traveled with their hives this spring to pollinate crops around the country, it was clear the insects were buckling under the weight of new diseases, pesticide drift and old enemies like the parasitic varroa mite.

For two years in a row, there has been a substantial loss. About 29 % of the deaths were due to Colony Collapse Disorder, a mysterious disease that causes adult bees to abandon their hives. CCD is not predictable or understood. Research is currently underway to look for the cause of CCD.



### EGG-CELLENT IDEA

A useful method for recycling paper egg cartons is to place them in the bottoms of containers. They retain moisture at the roots, which saves watering time. Soak them overnight and break them up into chunks before adding to your pots.

### BIGGER VIOLET BLOOMS

From Backyard Living

For larger African violets, put a rusty nail in the pot.



**GIVE BUGS A CLOSE SHAVE**

By Jerry Baker, America's Master Gardener

Bugs won't call your houseplant soil home anymore with this neat trick. Take a pencil, sharpen it, and sprinkle the shavings onto the soil of your indoor plants. Bugs hate the stuff, and will scurry off into the night.

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**MUST READ MESSAGE**

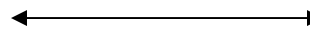
By Judy and Sherra Schuck

*I was sorry to hear about the cancellation of the 2009 convention. Hopefully, there will be another club that will take on the convention. I wish our region could do it but we are so low on members that I don't think we have enough members that would be willing to take it on. I would like to share with you a message that my daughter, Sherra, wrote for our newsletter after hearing about the cancellation. "As disturbing as this is, the Austin Club is by no means the only club fighting this dilemma. I consistently hear from other clubs stating that only a small percentage of members within the club volunteer to help with the work that needs to be done. And those that are willing to work are being asked to do*

*too much and are getting burnt-out. I am personally so grateful that our local Overland Park club has some wonderful long-lasting members still willing to pitch in and also some marvelous new members eager to step in with some fresh new ideas. It's a good team we have, but it is important for other members here and throughout the country, to realize that we need their help also. It takes more than just the "Board Members" to make a club successful and fun. Please consider your commitment to the organization and ask an officer "What can I do to help?" You don't have to give a lot for you to be beneficial. "A magnificent midnight sky is made up of many individual stars. Each one is equally important." Sherra is president this year and with her enthusiasm, we are hopeful that this club will prosper and increase membership. We already have six new members this year and they have all offered their help. Hopefully, we will have some good news about another club taking over to give us a great convention in 2009.*

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**YOU CANNOT DO A KINDNESS TOO SOON, FOR YOU NEVER KNOW HOW SOON IT WILL BE**

**TOO LATE. RALPH WALDO EMERSON**



**TOMATO TIPS**

Courtesy of Backyard Living

Mix crushed eggshells into the soil for calcium. This keeps tomatoes from getting blossom-en rot.

Throw in a banana peel into the soil every now and then and you will have a ton of healthy, delicious tomatoes.

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**MOSQUITO SPRAY**

Thanks to the Austin Gardener, Men's Garden Club of Austin, TX

A cheap remedy for mosquitoes that works is a bottle of Listerine. Fill a spray bottle and spray around the deck and doors. Do not spray directly on a wood door, but spray the frame. Spray around the window frames and even the doghouse. It doesn't take much and will last a couple days, if it doesn't rain.



**BOOK REVIEW**

*The Lyrical Landscape* by Marta Iris Montero is a study of the work of the great landscape and garden designer, Roberto Burle Marx. The son of German emigrants to Brazil, Marx

grew up in Sao Paulo, Brazil. From his first work in the 1930s until his death in 1994, he was known as a landscape designer of strikingly original vision.

This book, written by a landscape architect who was a close friend and admirer of Marx, reviews his life and work and the influence his work has had on contemporary landscape design. Marx was an accomplished artist as well. His love of painting, music, and sculpture are evident in his landscape work. He was a master of Brazilian flora having made a systematic study of the richness of that country's plant life. His designs—both public and private—incorporated his fine arts training as well as his comprehensive knowledge of the growing habits of the plants he used.

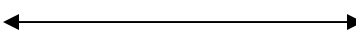
The first part of this beautiful book is dedicated to the life of Marx. Montero reviews his background, education, and professional work. Montero quotes from a letter that Marx wrote to a colleague just before he died that sum up his approach to his work. "I live in a state of continual discovery in response to nature and the people who live on the margins of the world. . . . I live in *this*

world, where experience is linked to instinct . . ."

The remaining part of the book is devoted to a review of Marx's work and is filled with wonderful photographs of many of the public and private gardens that he designed. The author also includes charts and graphs of some of the gardens showing in detail the design and layout.

For the gardener interested in the history of landscape art and the great practitioners of this art, this book will make very interesting reading. For other gardeners who just enjoy studying different ideas for garden design and use of plants, this book will also provide some valuable insights.

Dianne S. Fergusson,  
Ph.D., Chair, Book Review  
Committee



**GROW YOUR OWN  
(You can reap at least ten  
times what you sow if you  
plant your own garlic)**

*From the September 2003 Better  
Homes & Gardens magazine*

By Craig Summers Black

\* Order garlic bulbs from specialty nurseries in time to plant in the fall if you live in the northern part of the United States. In the South, you can get good results if you plant in February or March.

\* Plan to plant garlic at least one month before the soil freezes, usually about mid-September to mid-October.

\* Break open bulbs, separate cloves, and peel away papery layers of skin immediately before planting.

\* Plant cloves pointy tip up, four to six inches apart and two to four inches deep (the colder your winters, the deeper you plant.)

\* As the green growth is produced, trim off any flower buds that develop.

\* Dig up bulbs the following summer, when the shoots start to turn brown, usually in July or August.

\* Place bulbs on screen trays to dry in a cool, well ventilated, dark space.

\* To order garlic bulbs for planting, check with your local nursery or in your seed catalogs.

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**BATTLING BEES**

**From the Organic Gardening  
magazine, May 2007**

Native bees help honeybees to be more efficient as pollinators.

Wild bees make honeybees up to five times more efficient as pollinators, according to a sunflower study at the University of California at



GOOD HEALTH TO YOU

By Dick Schweitzer, The Back Acre News, Findlay, Ohio  
And the Flora Flash, MGC of Fort Wayne, IN

A sliced *carrot* looks like the human eye. The pupil, iris and radiating lines look just like the human eye....and YES science now shows that carrots greatly enhance blood flow to and function of the eyes.

A *tomato* has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.

*Grapes* hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.

A *walnut* looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over three dozen neuron-transmitters for brain function.

*Kidney beans* actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

*Celery, bok, choy, rhubarb* and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.

*Eggplant, avocados and pears* target the health and function of the womb and cervix of the female – they look just like these organs. Today's research shows that when a woman eats two avocados a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? It takes exactly 9 months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and names about 141 of them.)

*Figs* are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well as help overcome male sterility.

*Sweet potatoes* look like the pancreas and actually balance the glycemic index of diabetics.

*Olives* assist the health and function of the ovaries.

*Grapefruits, oranges* and most *citrus* fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

*Onions* look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the breasts. This is all true. Check it out. Sometimes it takes science quite a while to learn what God know from the beginning.

## TEN COMMANDMENTS OF GARDENING

We all have rules to live by at work and at play,  
so we should also have rules for gardening.  
Submitted in the Flora Flash, Fort Wayne GOA, IN

- I. Thou shalt covet your neighbor's plants.**  
Is it really stealing when the plant needs to be pruned?
- II. Thou shalt show your true colors – be a wacky eccentric.**  
Have you noticed that serious gardeners are consumed by gardening? It is a passion, and their lives can revolve around working in a garden.
- III. Thou shalt be able to read a road map.**  
Great nurseries, showy gardens or great compost is usually down the “path less traveled.” Therefore, one must be above to read a road map and use the internet.
- IV. Thou shalt not worry about dirty fingernails.**  
What is a manicure?
- V. The weather man on TV is a “Gardening prophet.”**  
Gardeners obsess over frost warnings, dew points, rainfall, etc.
- VI. Thou shalt keep an open mind.**  
No matter how many years a method has worked in the gardening world, next year a better way will surface.
- VII. Thou shalt order two times more seeds than thou needest.**  
Henry Wadsworth Longfellow said, “After the Garden of Eden, man's greatest temptation occurred when he first received a seed catalogue.” After all, the first plant may not sprout.
- VIII. Thou shalt not care about soil in thy car.**  
You may find that coveted plant at any time. Never mind that you have just vacuumed and washed the car. True gardeners keep scissors and a shovel in the car emergency kit.
- IX. Thou shalt keep a full tank of gas during planting season.**  
How many trips do you have to make to the nursery or garden center during the month of May?
- X. Thou shalt appreciate each day and the joy it reveals.**  
“Gardening is the eternal faith in the future.” We gardeners are constantly doing today for the beauty of tomorrow. Have you found that observing the growing process – from the sprout to the plant to the fruition – have equal joys to you?

## FROM THE GARDEN SHOP ACCESSORIES

**CAPS & HATS** (choice of logo)  
*Life member white cap (both logos) \$15*

- green/white or white mesh cap \$7.50
- green or white sun visor \$6
- Sunbody hat (no logo)(description below) \$20
- white poplin golf cap \$8

**JACKETS** (choice of logo)

green or white lined windbreaker  
M-XLg \$32 XXLg \$35

green or white unlined windbreaker  
M-XLg \$26 XXLg \$29

**SHIRTS** (choice of logo)

green or white sport shirt, knit  
M-XLg \$22 XX & XXLg \$25

short sleeve Arrow dress shirt  
(15 to 17-1/2) \$28.00

Gardening from the Heart t-shirt  
(no logo choice) L-XL \$5

**VEST** (choice of logo)  
green poplin, washable \$16

**JEWELRY** (club members only, logo choice)  
bolo tie, \$6.75; key chain, \$4; tie  
tacks, \$4;  
earrings (choice of post or wire), \$7.99  
pins: membership, president, past president, etc. \$3.50

**PLAQUE**, club president (walnut) \$40

**MUGS:** insulated, hot/cold (both logos) \$5  
porcelain (both logos) \$3.50  
terra cotta "flower pot" (both  
logos) \$5.50

**GLOVES:** long cuffed or summer glove \$6  
S, M, Lg

**PLANT MARKERS:** (set of 8) \$2  
(unavailable at this time)

**SCREEN SAVER:** \$1

**UMBRELLA** (sunflower or magnolia) \$15  
*Shipping and handling charges will be added  
to your order using this chart. Shipping is  
priority mail.*

Total Order	Shipping and Handling Charge
Up to \$9.99.....	\$4.00
\$10.00 to \$49.99.....	\$7.50
\$40 to \$99.99.....	\$10.50
\$100 to \$199.99.....	\$12.50
\$299 and over.....	\$14.50

Only checks or cash please. Headquarters is  
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may be used when ordering from the website.

**SUNBODY HATS** *are made of Guatemalan  
palm leaves and are tough – rain or shine.*

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you will find. The overlapping layers of palm  
braid form an almost impenetrable sun block.  
When they get wet, they stiffen and keep their  
shape making them great in sun or rain.

ORDER FORM (You may also order via the website with your credit card).

Name \_\_\_\_\_ Club name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State/Zip \_\_\_\_\_

Style/Item	Size	Quantity	Price	Total

Head size for Sunbody hat (only): \_\_\_\_\_ Total enclosed: \_\_\_\_\_

**CERTIFICATES &  
PLAQUES**

These may be ordered through Bob Young, national headquarters, afternoons, Monday-Friday at (515) 278-0295 or email him at: [mgcambr@dwx.com](mailto:mgcambr@dwx.com) or via mail.

**HERTZ**

As a member of the TGOA/MGCA, you are eligible for a discount card from Hertz. Visit <http://link.hertz.com/link.html?id=930>; or call your travel agent; or Hertz at 1-800-654-2210. Member savings cards are also available from headquarters.

**A GARDENING SITE TO VISIT:**

[www.linmargardens.com](http://www.linmargardens.com)  
or call (815) 777-1177 to learn more

**ENTERPRISE Rent-A-Car**

Enterprise Rent-A-Car is pleased to offer discounts to members of the Gardeners of America/Men's Garden Clubs of America.

Reservations may be made on line at [www.enterprise.com](http://www.enterprise.com). To make a reservation on line, enter your account number in the Corporate Account or Source Code field. The account number is: **05K0309**. It will then ask for the first three letters of your organization's name. Enter **THE**, proceed with making your reservation and your discount will be included in the rate that is displayed.

You may also call **1-800-RENT-A-CAR** to make a reservation, be sure to provide your corporate ID number to receive your discount.

**2009 Calendar  
Order Form**

**Ship to:**

**Name:** \_\_\_\_\_

**Club Name** \_\_\_\_\_

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**City:** \_\_\_\_\_

**State:** \_\_\_\_\_

**Zip:** \_\_\_\_\_

**1-249.....\$2.85 each**  
**250-749.....\$2.60 each**  
**750+.....\$2.45 each**

**Quantity ordered:** \_\_\_\_\_

**Total amount** \_\_\_\_\_

**Order via: mail, phone, fax, stop in at our HQ or email your order requests to TGOA/MGCA in Johnston, Iowa. A bill will be forwarded with your calendars.**



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