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www.mensgardenclubofalbany.com



(Serving the greater capital region)

Celebrating **77** years of service to our community

(First Chartered 1936)

VOLUME 76 NO. 9

December, 2013

December Dinner

DATE & TIME: **Thursday, December 19th @ 6:30pm - Ladies invited night**

PLACE: Best Western Sovereign Hotel, 1228 Western Ave., Albany

APPETIZER: Garden Salad

ENTREE: Salmon Filet, Pork Chop with Apple Walnut Stuffing, or Chicken Parmigiana

DESSERT: Chocolate Cake Price: \$ 20.00

PROGRAM:

NYS Bird – The Bluebird - Presented by Norman and Phyllis Frey - Volunteers and longtime members of the New York State Bluebird Society. **Norman Frey** has been the Corresponding Secretary for many many years and they have been active members for at least 25 years. One of the recent projects they are involved in is to place Bluebird houses along Route 20. We usually have the pleasure of having a booth near theirs at the Flower and Garden show held each Spring at Hudson Valley Community College. They are really a great couple that dedicates a great portion of their time, treasure, and talent to help bring back our State bird.

RESERVATIONS ARE ESSENTIAL:

A caller should reach you prior to the meeting for your dinner reservation and your choice of entree. If a caller leaves a message, please make every effort to return his call. If a caller does not reach you by Thursday, December 12th, please call **Russ Greenman** at 477-8321 - Note: Callers – Please call **Russ Greenman** with your group's reservations. If it's easier for you to email the dinner info – please send it to MGCA1@verizon.net (note: the character after MGCA in the email address is a Number "1")

You are reminded that if you make a reservation for dinner you will be expected to honor your commitment.

Membership

Dues are due in small unmarked bills (25 of them) – mailed to **Russ Greenman**

Bill Danish found this article ... and without coming right out and saying it. I think he was trying to say that our membership, with an average age of a gazillion, is very active and healthy because they belong to the Men's Garden Club of Albany. So please pay your dues and encourage someone you care about to join so that he may live longer also.

I remember calling **Mrs. Al Leonard** (**Al** was the treasurer before **Al Miller**) to invite her to my parents 40th anniversary party. She called me back and apologized for missing my call since she was out tilling up the garden with a hoe. She was 97 years old then and she lived until she was 107. My Grandfather – **Carroll Greenman** took me to their house once to show me their MGCA Giant pumpkin and either it was huge or I was small – but I remember thinking that I could fit inside it if I carved it out. So, why not join and we'll put you to work – It's for your own good.

Gardening, DIY Good for Senior Hearts and Minds

Written by Brian Krans | Published on October 29, 2013

A new study of more than 4,000 seniors shows the power of daily activity, even if it's doing simple things you already love.



Gardening or tinkering around the house can help you live longer with a greater quality of life. According to new research, these activities can reduce your risk of heart attack or stroke by as much as 30 percent.

A new study in the British Journal of Sports Medicine shows that adults over the age of 60 who regularly engage in daily activities such as gardening, home maintenance, automotive repair, or berry picking have better overall cardiovascular health

November's Program

Climate change – by: **Marty Teumim** – **Master Gardener**, from Cornell Cooperative Extension.

She did it again! **Marty Teumim** had us sitting on the edge of our seat learning about climate change and what we can and need to do to have a successful harvest. We learned about how CO₂ and Methane contribute to the greenhouse effect and I was surprised to learn that Nitrous Oxide traps 20 times the heat as the same amount of CO₂ – and that ain't no laughing matter. I'm not sure how she felt about using Nitrous in your street rod. **Marty Teumim** taught us about carbon sequestration, causes of global warming, things we can do to reduce our carbon footprint and how to adapt to the changing climate. Since our USDA hardiness zones are changing we can use Phenology (taking cues from natural events around us – like the forsythia is in bloom, so I can...) to help us figure out when to plant.

Marty Teumim was once a teacher and it shows – she came very prepared with an interesting topic, well presented, and she even included handouts for us that can't remember as well as we used to.

Thanks so much to Marty Teumim!!!!

Harris Memorial Centerpiece

Bruce Wilcox won this month's **Harris Memorial Centerpiece** that **Phil Harris** and **Dave Harris** brought to the dinner meeting. Each month, to honor their parents, the **Harris** family, **Phil**, **Dave** and their sister **Diane** design and create a beautiful centerpiece that gets raffled off and the money earned is put into our memorial fund. The more I think about it, the more amazed I am at how much time, talent and money goes into each one of the centerpieces that **Phil** has been bringing for more years than I can remember.

The photo is the November 2013 **Harris Memorial Centerpiece**.

Thanks to the Harris kids!



Slate of Officers

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1st V.P. **Joseph Herman**
Rec. Sec'y **Thomas Baker**
Treasurer **Russ Greenman**
Editor "DIRT" **Russ Greenman & Jack Meagher**

DIRECTORS

2016 - **Greg Shields**
2015 - **Jack Meagher - Paul Zimmermann**
2014 - **Bruce Wilcox - Don Wrieden**

REGIONAL DIRECTORS

Thomas Baker
Charles Ireland

Advertisements

The 2014 Advertising campaign has started. Earlier in November, The Club sent letters to about 20 businesses requesting their support by purchasing an ad in our DIRT and on our website. The typical cost for a business for the year is \$60. Last year we had 6 businesses buy advertisements that were mailed and emailed each month, and placed on every page of the Men's Garden Club of Albany's website.

We also had about 10 businesses that donated plants for our plant sale but they did not all agree to purchase an ad. Perhaps we will do better this year with ads.

If any member knows a business that may want to advertise in the DIRT, please let me know or let of the officers know and I will send a request to the business.

Jack Meagher my email : jack12047@nycap.rr.com

Website – MGCA

www.mensgardenclubofalbany.com

(just click on the link)

Thanks **Paul Zimmermann!!!**

December Garden Reminders - Contributed by Bill Danish

Cold fall winds are telling us winter is on the way. It's time to bring out our warm jackets, hats, and mittens -- and time to think about getting roses ready for the cold ahead as well. All roses need some fall clean-up to help keep insects and disease under control next year, and some roses need a little extra TLC to get to the other side of winter.

Giving Roses the Once-Over

After roses have dropped most of their leaves, it's time to pick off any remaining on the plant. Removing the dead leaves that can harbor disease organisms and overwintering insects reduces problems the following year. It's also a good idea to remove the top layer of mulch and dispose of this far from the rose garden. Do this for all your roses, including the hardier rugosas and shrub roses. But your grafted roses will need some additional attention to assure they come through the winter in good condition.

Protecting the Graft Union

Grafted roses are a combination of the desired variety of rose on the top and a fast-growing variety on the bottom. Usually hybrid teas, and grandifloras are grafted. Shrub and landscape roses are generally grown on their own roots. You can tell a grafted rose by the swollen, knobby area near the base of the plant. Grafting is a way of producing more rose plants more quickly. But the graft union itself can be damaged by cold, and some of the common rootstocks are not especially hardy varieties. So these plants need lots of insulation from the cold as well as from fluctuating temperatures.

Don't Cover Roses Too Early!

But don't put on protection too early! Wait until at least mid-November before covering your roses. They need to be exposed to the shortening days and decreasing temperatures of fall to develop as much natural winter hardiness as they have. Covering plants too early leaves them more susceptible to winter injury.

Protect with Insulating Mulch

Start by surrounding individual plants with some type of enclosure, such as chicken wire or roofing paper formed into a cylinder and anchored with stakes. You may need to tie up some of the canes to make room for the enclosure. You can cut back canes to about 18 inches if necessary to make covering easier.

The fill in with insulating mulch at least 12 inches deep. Loose bark mulch; straw; light, porous soil; oak leaves; vermiculite; or peat moss all provide good protection. Don't use heavy, dense soil or leaves like maple that form a dense mat when they get wet or you may smother the crown and kill the plant. Avoid styrofoam rose cones without ventilation at the top because they absorb the sun's heat and can raise the temperature inside enough to injure your plants.

With any luck -- and a good insulating snow cover -- your roses will survive yet another winter. Even if you have to cut back some dead, blackened canes your plants will quickly make up the loss and burst forth with new growth and blossoms.

History - 25 years ago this month
MEN' GARDEN CLUB OF ALBANY
BOARD OF DIRECTORS MONTHLY MEETING
DECEMBER 7, 1989

The Regular Monthly meeting of the Board of directors of the Men's Garden Club of Albany, was held on Thursday evening, December 7, 1989, in the Cerebral Palsy Center for the Disabled.

President **Don Lewis** called the meeting to order at 7:35.

The Minutes of the November 2, 1989 meeting were approved as read by the Club Secretary, **Tom Baker**.

The Treasurer's Report was approved as presented by our Club Treasurer, **Paul Hughes**. There was a balance in the General Fund excluding reserves of \$1,583.59.

COMMITTEE REPORTS

Scholarship Committee: **Don Otterness**, Chairman, reporting. **Susan Raffon** of Scotia was selected as **our first Scholarship winner**. She is a two year Horticulture Major at Cobleskill. Her interview went very well and she expressed a financial need **Don Otterness** made the motion, seconded by **Joe Raggio** and carried, that our Club award **Susan Raffon** the \$500.00 which will be forwarded directly to Cobleskill. **Susan** will be invited, along with one guest, to our Ladies Invited Night for a formal recognition.

Bulb Sale: **Joe Raggio**, Chairman, reporting. The final tally shows that the Club cleared \$1144.24. The Club has already sent \$700.00 to the Berkshire Gardens. Therefore, our actual profit was \$444.42.

Gardening from the Heart: Regarding the Greenhouse: The ends will cost \$400.00, sills will cost \$325.00 and the 2 thickness Plastic cover will cost \$100.00. **Paul Jeffers** has volunteered to help put up the greenhouse in the Spring

Guilderland Plant Sale: **Don Otterness** who is in charge reported that the Town of Guilderland has issued us a Sales Permit. As yet the location has not been decided on. **Don** would like to sell Rare Plants. Does anyone have any?

Ladies Invited Night: Will be held in the Turf Inn on December 14, 1989. This is typically an Awards Night and Installation of Officers. Look for full details in the Dirt.

Calendar Committee: There still 67 Calendars left, of these 24 will be given to advertisers.

OTHER BUSINESS

Al Miller suggested that we hold a second Awards Night. He is thinking of major Awards such as the Regional Bronze Award.

There being no further business, the meeting was adjourned.

Respectfully submitted by
Tom Baker, Secretary

Editor's note: **Tom Baker** has been faithfully documenting our minutes since way before he had personal computer - but somehow he has managed to digitize all of the minutes he has taken over the years and we now include them in our newsletter under the heading "History - 25 years ago this month"
Thanks, **Tom Baker!!!**

CLUB ACTIVITIES

.Gardening from the Heart At the Center for Disability Services



Volunteers during November included: **Tom Baker, Russ Greenman, Joe Herman, Joe Huth, Jack Meagher, Greg Shields, and Bruce Wilcox.** We had some unusually warm weather in November and we were able to do a little work outside in the greenhouse and get winter rye planted in the raised beds. Now it is really cold and we (**Colleen** – thanks) moved the plants in from the greenhouse and are working on arranging them under the lights in our indoor classroom. The day before Thanksgiving we made some decorations and the some of them are displayed in the photos below.

As you may know – Every Wednesday morning MGCA members teach two GFTH (Gardening From The Heart) classes at the Center for Disability Services. We have a greenhouse, many two foot high raised beds, and whisky barrels that the consumers use to plant flowers and vegetables. They prepare the soil, plant the seeds, water, weed and pick their harvest. It's a great time for everyone involved. The consumers have a blast and the MGCA members love it also – If they didn't we wouldn't have been doing this every week for the past 27 years or more. Actually for most of those 27+ years we held sessions every Wednesday morning at two different locations. I think that really says something about the type of members that belong to the MGCA. Congrats to all!!!

Do the math... Note: since I can't confirm this with Mr. MGCA (**Al Miller**) I am not taking responsibility for these numbers:

Center For Disability Services	
700 South Pearl St	Manning Blvd
27 years x 50 weeks / year	20 years x 50 weeks / year
= 1,350 days (2 classes / day)	= 1,000 days (2 classes / day)

That's 2,350 days or 4,700 classes with let's say an average of four MGCA members /class Yikes! I can hardly believe it – and to think that **Tom Baker** was a founding member and almost 28 years later, **Tom Baker** continues to faithfully teach his classes every Wednesday morning.

So, after teaching 4,700 classes – we're running out of great ideas... We need you to help us come up with projects that we can do with the consumers in a relatively short period of time (1/2 hour). During the winter we have some of our members that bail out on us so that they can spend the winters where it is warm. I know, it's hard to believe they would just leave us on our own. Each Spring they return to a big mess... You would think that they would learn to just stay here and keep us in line. Bottom line: we need project ideas that can be completed with minimal help. I like projects that the consumers can take home to their families. If you have any thoughts – please let **Russ Greenman** or any of the other GFTH volunteers know.



Gardening from the Heart continued



Do You Remember When...



↑ Gardening From The Heart Nov 2013



↓ Bob Ireland September 2000



Youth Chairman - ↓ Lee Negus



↓ Joe Herman, ↑Bob and Charles Ireland September 2000 ↓ Bob and ↓Charles Ireland September 2000

Youth Chairman - ↓ Lee Negus

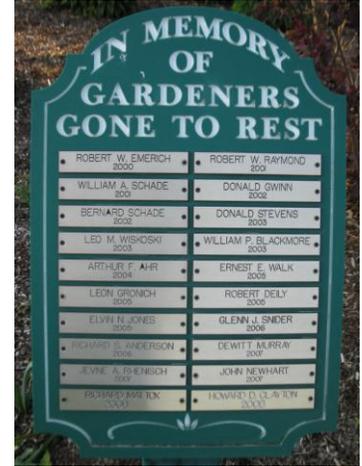


Memorial Garden

At the Albany County Cooperative Extension



Joe Huth / Chuck Scott
Memorial Garden Chairmen



Adopt-a-Highway



Albany International Airport

Don Wrieden - Chairman



Please support research for **ALS** (Amyotrophic Lateral Sclerosis - **Lou Gehrig's disease**) in memory of one of our most active members - **Mr. Bill Town**

Click on this link to read his story: <http://community.als.net/teamtown>

DATES TO REMEMBER

December 5th @ 7:30 pm	Director's meeting – all members invited
January 2nd @ 7:30 pm	Center for Disability Services – Manning Blvd
Every Wednesday : @ 9:00 am	Gardening from the Heart
	Center for Disability Services 700 South Pearl St. Albany, NY
December 19th @ 6:30 pm	
January 23rd @ 6:30 pm	
** December dinner - One week early **	Dinner Meetings Best Western Sovereign Hotel 1228 Western Ave Albany, NY

Russ Greenman and Jack Meagher, Editors

In Memory

Of My

Loving Wife, Jessie

Jerry Flax

In Memory of

*Louis Meo
&
Richard Stankus*

In Memory of

Ed Tompkins

Jerry Flax

In Memory of

Avrom Koblenz

Jerry Flax

In Memory of

*Christian and Mildred
Lebrecht*

In Memory of

*Al and Barbara
Miller*

In Memory of



Bill Town

Joe Herman

*In Memory of
my Dad*



Carroll W. Greenman

Bob

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In Memory of



Grandpa & Great Grandpa

Carroll W. Greenman

Russ, Maria, and Carl

In Memory of my parents



John and Carrie Meagher

They both loved Plants and Flowers

Jack Meagher