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<http://www.mensgardenclubofalbany.org/>

(Serving the greater capital region)

Celebrating 79 years of service to our community

**VOLUME 79 NO. 4**

(First Chartered 1936)

**April, 2016**

**DATE & TIME: Thursday, April 28<sup>th</sup> @ 6:30 pm**

**Ladies and the public are cordially invited**

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

**APPETIZER:** Garden Salad

**ENTREE:** ½ Barbecued Chicken

Stuffed Sole

Eggplant Rollatini

**DESSERT:** Chocolate Cake

**Price:** \$ 25.00

**PROGRAM: Community Supported Agriculture (CSA)**

Our April speakers will be **Pam Rogers** and **Mary Ann Mowrey**. **Pam** and **Mary Ann** have been running a CSA (Community Supported Agriculture) for the past 5 years. CSAs have become quite popular in the last decade and come in a wide variety of shapes and sizes. Pam and Mary Ann will take us on a tour of CSAland, and relate their experiences with this business model that brings together local farmers and consumers.

Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer. Here are the basics: a farmer offers a certain number of "shares" to the public. Typically the share consists of a box of vegetables, but other farm products may be included. Interested consumers purchase a share (aka a "membership" or a "subscription") and in return receive a box (bag, basket) of seasonal produce each week throughout the farming season. This arrangement creates several rewards for both the farmer and the consumer. Come learn about how this may benefit you and your family.

**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 their call. If a caller does not reach you (**one week prior to the meeting**) by **Thursday, 21<sup>st</sup>**, please call Russ Greenman at 477-8321. You are reminded that if you make a reservation for dinner you will be expected to honor your commitment.

## **March Program - Thank You!**

**Wow! What a great program! Laurel Gailor** taught us everything we need to know about the **Emerald Ash Borer**. Unfortunately, the **Emerald Ash Borer (EAB)** was accidentally brought into the United States on a ship from China while docked in Michigan. From there it has spread to many states, in part, by transporting infected wood or packing material. Some of the first Ash trees to die in the Albany area were found near the Selkirk Rail Road yard. Attempts to manage the EAB's are not guaranteed or inexpensive. Options include removing the Ash trees, spraying insecticides or treating healthy trees with chemicals. Once an area is infested it is hard to stop the damage and Pennsylvania recently gave up on quarantines as they can no longer manage the infestation. We all need do our part by not moving Ash trees that we may want for firewood and insure that Ash trees we take down are properly disposed of. The proper disposal requires all parts of the tree to be exposed to temperatures above 165 degrees Fahrenheit so that the EABs, their larva and eggs are all destroyed.

**Thanks to Laurel Gailor for a Great program!!!**

## **Garden & Flower Show at Hudson Valley Community College**

As we have for many years (see "**History - 25 years ago**"), we had an Educational booth at the Capital District Garden & Flower Show. This year **Paul Zimmermann** was the chairman and did a fantastic job of organizing this event. As he has for many years, **Paul Zimmermann** built several bluebird houses that were raffled off each day. **Paul** also created a nice video that ran during the event and helped attract people to our booth. We picked up a two new members that we look forward to seeing at our April meeting.

Thanks to **Paul Zimmermann, Greg Goutos, Tom Baker**, and especially to the new members that signed up at the show.

## **TGOA/MGCA Spring Regional Meeting**

The Spring Regional Meeting for the Upstate New York Regional GOA/MGCA will be held on **Saturday, April 23**. The morning meeting will be held in the downstairs meeting room at Magro's Restaurant at 169 Utica St in Hamilton, NY. There will be a short business meeting followed by a presentation by **Billy Clark**, the current National President of the GOA/MGCA. We will have lunch at Magro's. After lunch we will carpool for the short drive to SUNY College at Morrisville. At the college **Eliza Livengood**, Assistant Professor of Aquaculture and Aquatic Science, will give a presentation on Hydroponic and Aquaponic growing methods. This will be followed by a short tour of the Hydroponic facilities.

9:30am Registration and Coffee and Donuts

10:00am Business Meeting

11:00am Presentation by **National President Billy Clark**

12:00pm Lunch

1:30pm Presentation on Hydroponics and Aquaponics at SUNY Morrisville

**ALL ARE INVITED TO ATTEND!** The cost will be \$20/person for lunch (chicken, potato, vegetable, salad and carrot cake), payable at registration. To **RSVP** please email [dn13@cornell.edu](mailto:dn13@cornell.edu) **by Saturday, April 16.**

**Debbie Nero** President of Upstate NY Regional of GOA/MGCA

## Harris Memorial Centerpiece

Thanks to the **Harris** kids!

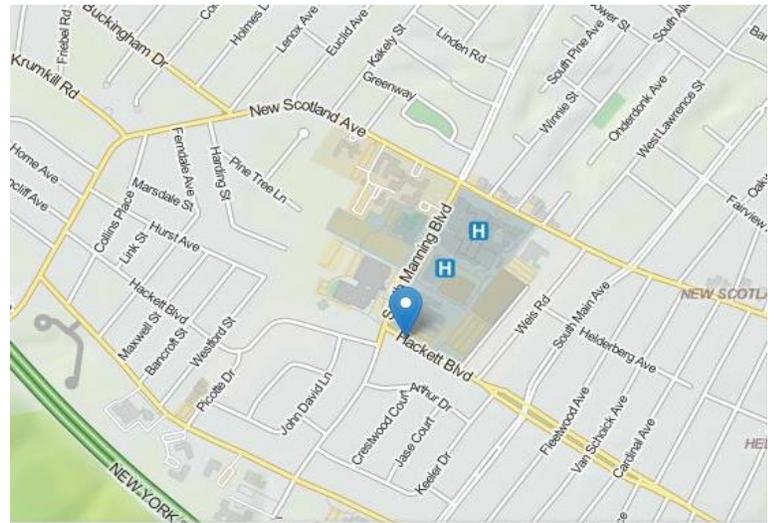
Each month, the **Harris family, Phil, Dave** and their sister **Diane** design and create a beautiful centerpiece to honor their parents. Since **Phil** is in room 315 of Eddy Heritage House Nursing and Rehabilitation Center, 2920 Tibbits Avenue, Troy, NY 12180 he is no longer able to attend our meetings. Every month one of their masterpieces has been raffled off since 1980 - **YES, That's 36 Years!!!** and the money goes 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** and **Dave** have been bringing, to every meeting, for more years than I can remember. What talent and generosity that family has. We can't begin to thank all of you for all you have done for us over the years.

**Thanks again to the Harris kids!**

Harris Memorial Centerpiece  
Made and donated by the Harris  
family

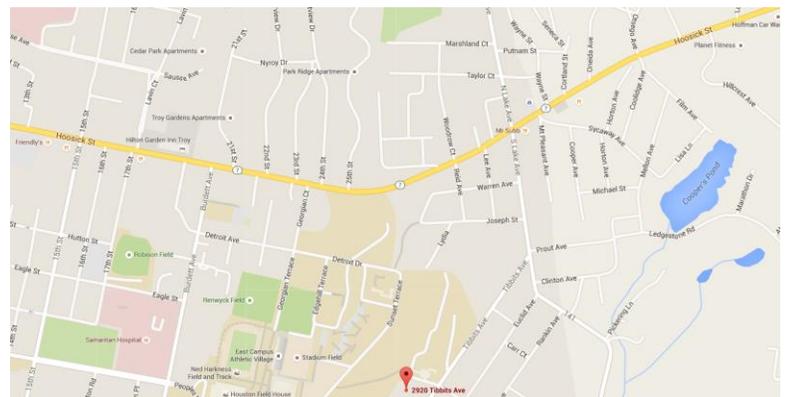


**Ed Brohm** and **Sal Schiavo** are in the Villa Mary Immaculate Nursing Home 301 Hackett Boulevard, Albany, NY 12208 I'm sure **Ed** and **Sal** would appreciate a visit as it can get lonely being away from home and unable to drive. They certainly could use your encouragement, thoughts and prayers.



**Phil Harris** is not as well as he has been and could really use some encouragement from his many friends. Please swing by the Eddy Heritage

House Nursing and Rehabilitation Center, [2920 Tibbits Avenue](#), Troy, NY 12180 and visit Phil in room in room 315. Please try to get out there to help cheer up our friend. There is a good chance that you will also get to see **Dave** and his sister. Please thank them for continuing to find time to create and donate a beautiful centerpiece for each of our monthly dinner meetings.



# **Cows Save the Planet**

## **By President, Paul Zimmermann**

### Book Report

It's been 40+ years since I've had the privilege of writing a book report (far, far worse than the written book report was the dreaded oral book report). But here it goes anyway.

I recently read (under some faint sense of obligation) a short tome titled "Cows Save the Planet". Immediately you ask "how do cows save the planet? Aren't they destroying it with their nefarious methane belches and inefficient use of calories?" As you might imagine, it ain't that simple.

To begin with, the title of the book is a bit misleading. The main contention of the book is relatively straightforward – due to modern agricultural practices, the soil (the mother of all life) is being systematically drained of its carbon reservoir. Much of the billions of tons of carbon that was once safely tied up in various compounds in the soil have now been released into the atmosphere as...you guessed it, climate-changing, sunlight trapping, and public enemy #1 carbon dioxide! Much of this soil depletion can be laid at the door of monoculture (think of unending miles of Iowa corn). The list of evil consequences of modern agricultural practices (besides the release of carbon dioxide) goes on for miles, but for brevity's sake, I'll keep it succinct:

- Chemical fertilizers are substituted for maintaining the organic content of the soil
- The chemicals in turn adversely impact the microbe diversity of the soil that is important to the availability of micro nutrients
- Crops grown on depleted soil are nutritionally deficient
- People who consume nutritionally deficient food suffer from 'synapse dysfunction' which in turn leads them to support political candidates that are wildly unqualified for public office.

OK – I added the last point on my own, but you get the idea.

In addition, monoculture results in massive erosion because after harvest there are no root systems to hold the soil in place.

So you ask, where do the cows enter the equation? It turns out that farmers who practice "a form of ranching/farming that emphasizes 'scientific' grazing; the health of the soil is enhanced, rather than depleted.

In this new, improved manner of grazing, animals are confined to a limited space for a short time.

As a result:

- The grasses are consumed to the point they are stimulated to grow rapidly
- The ground is stirred up by the hooves of the grazing animals which in turn allows seeds to germinate
- Animal waste fertilizes the soil

The overarching message in the book is: "We have better agricultural methods to sustain the soil, but we're making very slow progress in adopting those techniques that will help the environment and create a more sustainable future." However, can we develop the political and social will to move away from long-established agricultural practices?

## History - 25 years ago -

### MEN'S GARDEN CLUB OF ALBANY - BOARD OF DIRECTORS MONTHLY MEETING

APRIL 4, 1991

The regular Monthly Meeting of the Board of Directors of the Men's Garden Club of Albany, was held on Thursday evening, April 4, 1991, in the Center for the Disabled.

In the absence of President **Joe Raggio**, **Don Otterness** called the meeting to order at 7:45. **Joe** took over later on in the evening.

The Minutes of the March 7, 1991 meeting were approved as read by the Club Secretary, **Tom Baker**.

#### COMMITTEE REPORTS

\* REGIONAL MEETING: Will be held in the Morrisville College on April 27, 1991 with coffee at 9:00 am and the business meeting at 10:00 am. Lunch at 12:00 noon will cost \$10.00. A big question may be discussed concerning the validity of the Regional meeting being held at a club non-affiliated with the National Organization.

\* SCHOLARSHIP COMMITTEE: **Don Otterness** reported that our local recipient is applying for a National Scholarship.

\* Guilderland Plant Sale committee: The committee was notified, without being given a reason from the 20 Mall Management, that the Mall would not be available to our club for our plant Sale. Other places will be looked into.

\* DELMAR PLANT SALE: **Wally Dillenbeck**, reporting for **Herm Mau**, the Sale is just about ready. It was suggested that **Charlie Schade** be asked to get outdoor advertising at such places as Brownell's at the four corners in Delmar.

\* FLOWER SHOW EXHIBIT COMMITTEE: **Andy Cytrynak**, chairman, was absent. However, a general discussion took place on the Show as a whole. These were some of comments:

1. The show contained too many booths that were not related to Flowers or Gardening in general.
2. However, the operation showed that a noble effort was put forth.
3. **Ken York** suggested that it could become a bigger affair if it represented the state as a whole, perhaps by calling it the New York State Flower Show.
4. Someone else found fault with the overall planning and organization????

\* FAIR COMMITTEES: It was suggested that the three Fair Committees be combined into one committee. The Altamont and the Schaghticoke Fairs would be a logical combination but the State Fair would not since our club has nothing to do with setting up the exhibit.

\* MEMBERSHIP COMMITTEE: It was decided that we should give out far more membership applications at our public functions. **Al Miller** was given the OK to have 200 applications printed costing \$18.00 @ nine cents a copy.

It was also announced that **Bernie Schade** has become a Life Member.

\* THE TREASURER'S REPORT: was given at this time since the Treasurer was late.

There was a balance, as of March 31, 1991 in the General Fund of \$4,352.02 and in the Memorial fund of \$742.29. In the Endowment and Investment fund there was \$5,965.57.

#### OTHER BUSINESS

The May 2, 1991 Board meeting will begin at 6:30 in order to package the seeds for the Annual Youth Gardening Project.

The April 25, 1991 dinner Meeting will be held in Mallozzi's restaurant which was formerly DiBella's. Full details will be published in the Dirt.

Two other topics were briefly discussed, they were:

1. The Expansion of the Club.
2. The proposed Yearbook which was turned over to the History Committee.

There being no further business, the meeting was adjourned at 9:50,.

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" **Thanks, Tom Baker!!!**



**MEN'S GARDEN CLUB of ALBANY  
CLUB ACTIVITIES  
Albany International Airport  
Don Wrieden – Chairman**



**Adopt-a-Highway**



**Ken Abele** during construction of our second raised bed on I-90 at Exit 7 Westbound. Built to last with lots of steel, many yards of concrete, some fancy filter material that **Ken Abele** found to keep the soil from washing out between the blocks, 2" foam insulation (allows us to plant tulip bulbs closer to the edges), many blocks hauled by **Ken Abele** and many yards of nice soil from **Osborne Mills Nursery** on Everett Road in Albany. And most importantly, this was build as a Memorial to an outstanding member - **Mr. Conrad (Connie) Robert**. This project took years to get State and Federal approvals and lots of hard work from members of the Men's Garden Club of Albany. ps. If you know who borrowed this - please ask them to return it. Someone with big boy toys on site? Thanks!!!

**Gardening from the Heart at the Center for Disability Services**



Volunteers this March included: **Tom Baker, Russ Greenman, Joe Herman, Bruce Wilcox, and Don Wrieden**. This month we continued to plant seeds indoors as well

as transplant lots of lettuce into individual containers. As always we celebrated St. Patrick's Day in style by singing along with **Mr. Joe Herman** as he sang (what a great voice) and played many Irish songs for us on his ukulele. Please consider joining us - we have a blast! Our consumers are amazing and they really help us to have a better attitude toward life.



**Joe Herman & his ukulele**

## Gardening from the Heart at the Center for Disability Services



**Memorial Garden  
At the Albany  
County Cooperative  
Extension  
Joe Huth / Chuck  
Scott Memorial  
Garden  
Chairmen**



### Memorial Garden cleanup days

**Thanks to Greg Goutos and Chuck Scott** for their hard work in March to clean up the Memorial Garden

In an effort to help our members plan ahead, we have set the following work days to work on the Memorial Garden. Our next scheduled date is **May 9<sup>th</sup>** to prune and mulch, followed by **July 11<sup>th</sup>** to prepare for our annual Memorial service and picnic.

### Seeking Candidates for Scholarship

Do you know a deserving college student who could benefit from receiving a \$500 Scholarship from our club? This year the Scholarship Committee would like to ask all our members to consider a personal family member or friend who might qualify. Candidates can be a current college student, or registered to begin a college program this fall. Ideally, they should be pursuing studies in any horticultural-related field, including agriculture, environmental studies, forestry or natural resource management. Applicants need not live locally, and can be male or female. Perhaps you have a child, grandchild, nephew or niece, or know of a neighbor that would qualify? If so, please contact **Greg Goutos**, Scholarship Chair, at 861-6052 for application details. The deadline is May 31.

## DATES TO REMEMBER

<b>Today!</b>	<b>Please visit our friends that need our visits and cards</b>
Saturday <b>April 23<sup>rd</sup></b> 2016	<b>MGCA Regional meeting with the national president Possibly in the Rome, NY area</b>
Thursday <b>April 28<sup>th</sup></b> @ 6:30 pm Thursday May 26 <sup>th</sup> @ 6:30 pm	<b>MGCA Dinner Meeting</b> (everyone invited)
Thursday <b>May 5<sup>th</sup></b> @ 7:30 pm Thursday June 2 <sup>nd</sup> @ 7:30 pm	<b>Board of Director's Meeting</b> All members are invited
Saturday <b>May 7<sup>th</sup></b> 8:00 am - 2:00 pm	<b>Spring Plant Sale - Delmar Dental Medicine 344 Delaware Ave, Delmar</b>
Monday - <b>May 9<sup>th</sup></b> @ 10:00 am	<b>MGCA Memorial Garden Pruning and mulch</b> Albany County Cooperative Extension
Mid May – to be announced	<b>Spring planting at the Albany International Airport</b>
Every Wednesday : @ 9:15 am	<b>Gardening from the Heart</b> Center for Disability Services 700 South Pearl St.

Editor: Russ Greenman

**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>

## Growing Green in 2016

**Welcome to Green Bay!**

2016 TGOA-MGCA Convention Activities

Wednesday through Friday, July 13, 14, and 15

<http://www.mensgardenclubofalbany.org/> for details

### Request for help

The Hope House has approached us asking if we would help build some raised beds and give them advice.

We're working out the details and would love your help / advice. If you are interested in helping please contact **Paul Zimmermann** or **Russ Greenman** (contact information is on the 1st page of the DIRT)

*In Memory*

*Of My*

*Loving Wife, Young*

*Bruce Wilcox*

*In Memory of*

*Louis Meo  
&  
Richard Stankus*

*In Memory of*

*Al & Barbara Miller  
Christian & Mildred Lebrecht  
Ed Tompkins  
Avrom Koblenz  
Jerry Flax*

*In Memory of my parents*

*John and Carrie Meagher*

*They both loved Plants and Flowers*

*Jack Meagher*

*In Memory of*

*Grandpa & Great Grandpa  
Carroll W. Greenman*

*Russ, Maria, and Carl*

*In Memory of*

*Wally Dillenbeck  
and  
Don Otterness*

**By Tom Baker**

*In Memory of*



**Bill Town**

*Joe Herman*

*In Memory of  
my Dad*



**Carroll W. Greenman**

*Bob*



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The following growers donated to our 2015 Plant Sale  
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- Faddegon's Nursery
- Constantine Farm
- Shaker Shed Farm Market
- George's Market and Nursery
- Valoze's Greenhouses
- Troys Landscape Supply
- The Gade Farm
- Pigliaventos Greenhouses
- Krug Farms