

The JOHNNY APPLESEED BROADCASTER



The 2009, 2010, 2011 Regional Award Winning Newsletter
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Indiana – Michigan – Ohio – Pennsylvania.



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Fall 2013

President's Message- Cheri Kessen



This will be my final letter to you as President. The Summer Conference was very nice. Tom Davis had everything well organized and we got to do many interesting things, like visiting a garden cemetery that was beautiful. This was the first time that I had ever been in a garden cemetery or Trader Joe's and I learned that Malley's have the most delicious chocolate ever!

When I took office I had several goals and I have accomplished most of them. Hopefully, clubs in our region will continue to share with each other. The Youth Gardening Club Award is revised and was received this year by the Youngstown Club – Youth Director, Dave Clauser.

Now a few of my goals are still under construction. We are trying as a region to contact all those listed as members at large who are in our region. There are a lot of them and we have not heard from them in many years. Volunteers have been getting in touch with them and updating the files. We still have many to contact. If you would be willing to help with this, please let me know and I will send you a list. By touching base with these gardeners we might find some close enough to one of our clubs that they might come to some of our activities.

My biggest goal was to work on getting everyone informed and interested in knowing about our region, its clubs and its constitution and by-laws and how we can all grow together. We went over a couple of items at summer conference and I was

asked to do the same for all of you. Some of these things are not being done and many feel that is because no one knew about them or know why they should be done. The first comes from our constitution stating that the regional organization will coordinate the activities of member clubs and will stimulate regional and local functions.

This is why it is so important to share items from our clubs and the best means for doing that is the web site and JAB. If you don't read JAB or visit the web site you can't know what is going on and that means that clubs must get their information into the regional media. A closely related bylaw states: "the Secretary of each member club shall submit to the Regional President, no later than Dec. 15th, a summary report of the previous year's programs, activities, awards and membership status". The report shall give the names of the officers, regular meeting date, time, place and planned events for the coming year.

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Johnny Appleseed Broadcaster

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This report shall be compiled by the Regional President and the information used and published to the Board of Directors for the benefit of the region. By having this report, directors can keep abreast of the clubs they are over-seeing. Clubs can see how much they have accomplished and where they might have weaknesses. Members can see what others are doing in their clubs. Last year 3 clubs sent me their reports. Where were all the others? Now that you all know this is something in our by-laws to do, I hope you will all have your reports to Tom by Dec. 15.

Just a couple of other things we looked at in the by-laws are first the regional dues which are due on January 1 and shall be paid within sixty days thereafter. Each affiliated club shall pay to the Central Great Lakes Gardeners \$1.00 for each member in their club. If there is a problem with not being able to get your dues in by the first of March, please contact Bill Lanning. Secondly, we looked at the duties of the officers. The Spring meeting is coordinated by the President and the 1st V.P. coordinates the Summer Conference and the Fall meeting. For as long as I have been coming to regional meetings this fall meeting has never been taken care of by the 1st V.P. Tom has taken responsibility for it this year and hopefully this will continue in the future as stated in our by-laws. These are a few of the major items we discussed and will be working on them more in the future.

We should all be very proud of our region which is 63 years old this year, it is the biggest and best region there is and we should also be very proud of our national organization which is 81 years old. It says a lot to have kept going for that long a time. I hope this year I have helped you all understand things better and see more clearly what we all need to do to keep this great establishment alive and well as our previous gardeners did. I wish my successors the best. I have been proud to be your president.

Cheri



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Need An Idea for Fund Raising?



During the Summer Conference Meeting members were asked what their clubs do to raise funds. The number one money making activity is flower sales. Another quite successful and really good program is from Sherwood Forest Farms. You can check it out at www.sherwoodforestfarms.com or 1-800-767-7778. Bus trips have also been tried, they usually have more non-members than members on board. Flower Power Fundraising sends out a lot of advertising but no one had ever tried them. Their number is 1-888-854-1788 or find them on the web at www.flowerpowerfundraising.com. Cheri



Youth Gardening

Reminder to all clubs sponsoring and mentoring youth planning to participate in this year's national contest: deadline is Nov. 15, 2013 to have your completed pictures and forms sent to Cheri Kessen. Clubs should hold their own programs to honor the participants. There is still time to do a container garden.

Attention all clubs: please let Cheri Kessen know ways you are involving youth in your clubs this year (not necessarily the national contest). The Youth Gardening Club Award has been revised and is ready to be given to an outstanding club that is involving youth. Go to the Red Book to check out the requirements for the award.

Reminder

Johnny Appleseed Broadcaster (JAB) is published Three times a year (March 1, June 1 and September 1). Deadline for articles for JAB is the 10th of the month preceding publication date (February 10, May 10, and August 10, respectively).

We welcome your articles for each issue of JAB. Please let me know about any stories, club news or events for the Central Great Lakes Gardeners (CGLG) region.

Thanks
Marggie Faley, JAB Editor





Kathy's Kibitzin' for JAB



“Some people plant in the spring and leave in the summer. If you're signed up for a season, see it through. You don't have to stay forever, but at least stay until you see it through.” [Jim Rohn](#)

In the garden, “seeing it through” to many people means harvesting and preserving (or eating). As a younger person, I often recounted to others the satisfaction I felt when I had shelves of canned tomatoes, pickles, green beans, etc. Or, maybe the harvest was in the freezer, or dehydrated and stored in jars in the cupboard.

A few years ago, I became interested in saving some seeds. That seemed like a further extension of this addiction I have; called *gardening*. There isn't the space here to give this activity all the explanation needed, but perhaps I can get you started with a few important tips.

Tip # 1: The seed must be mature to be viable. That means the fruit, vegetable, or grain must be allowed to go to the end of its life on the plant.

Tip # 2: The collected seed must be cleaned, dried and stored in a cool, dark, dry place.

Tip # 3: Not all seed is winter hardy. But, if it is, you can plant it in the fall.

Tip # 4: Label the seed with the name and date of collection.

Tip # 5: Some plants are self-pollinating and will grow true to the parent from the seed. Hybrids are NOT self-pollinating and will not give you a plant or plant product like the parent plant.

Tip # 6: Some seeds need to be scarified or stratified to aid germination.

Tip # 7: If you are not successful, review your collection, storage and germination methods to learn what you might do differently for success.

There is an excellent article about seed saving in the *Organic Gardening Connect Newsletter* for July. Here's the link:

http://www.organicgardening.com/learn-and-grow/saving-seeds-for-next-season?page=0,0&cm_mmc=OGNews--1345338--07102013--Beginners_Guide_to_Seed_Saving_readmore

There are many sources available through the library, at the extension office and on-line. Sometimes there are programs offered through your county extension service, conservatories, and other community educational programs. Mostly, you just need to try it.

Along with many other gardening activities, you only need a bit of patience and interest in your subject. If you aren't already observing your plants through all of their stages of life, you will be surprised at the things you may see.

Kathy Lee, igarden2@aol.com
The Gardeners of America - Fort Wayne



Another source for information on seeds is *Mother Nature Network*. Here is the link to an article about seed starting for beginners.

<http://www.mnn.com/your-home/organic-farming-gardening/stories/17-easy-to-start-seeds-for-beginner-gardeners>.



An Herb to Know: Blackberry

Late summer is blackberry season here in Indiana! Many people might be surprised to hear that the blackberry is also in the herb category, but its leaves are known for their anti-diarrhea and astringency properties. It also can reduce blood flow and decrease mucus secretions. In addition, blackberry can help stomach ailments and aid digestion. The leaves contain tannins, organic acids, Vitamin C and natural sugars. They are somewhat antifungal and antiseptic. A tea of the leaves is often used as a tonic, and for colds, flu, coughs, sore throats or externally for skin rashes. Blackberries are also called ‘dewberries’. Boysenberries, loganberries and marionberries are blackberry varieties and not different species altogether.

Blackberries are easy to grow, and have become naturalized in many countryside areas. They are deciduous shrubs with arching canes that can root when touching ground to form new plants. Make sure you plant your blackberries far away from wild blackberries that may carry viruses.

- The ground should be well fertilized and trellises for trailing varieties should be constructed.
- Blackberries are all self-fertile.
- Planting may be done in late fall, however, it should be delayed until early spring in very cold areas as cold could kill some hybrids.
- Plant shallowly, about one inch deeper than they were grown in the nursery.
- Space upright varieties 3 feet apart and trailing varieties 5 to 8 feet apart. Space rows about 8 feet apart.
- Mulching is important through the season to conserve moisture.
- Water one inch per week
- Prune away shoots from the roots, called canes.

Pick fruits regularly keeping the central plug within the fruit (unlike raspberries). Although fresh fruit is always best, blackberries can be stored by canning, preserving or freezing.

Flowers and berries are born on second-year canes, which then die and should be pruned out to allow for new canes to develop. Blackberries are often called “Brambles” from the Anglo-Saxon word *brom*, or thorny shrub. They were often used as living fences to enclose livestock and keep out thieves. However, today we can choose to grow thornless varieties, which make picking the berries and pruning much more pleasant! Grow them in any sunny location, in average soil with adequate water. The berries can be eaten raw or cooked. They make delicious jams, jellies syrups, cordials, wine, pies, cobblers, and fresh in salads or on ice cream.

Of Note: Blackberries and strawberries are very high in *ellagic acid* which is an antioxidant that acts as a scavenger to help make potential cancer causing chemicals inactive. Ellagic acid reduces the genetic damage caused by carcinogens like tobacco smoke and air pollution.

<http://www.almanac.com/plant/blackberries>.



Nutrition Facts	
Serving Size 144 g	
Amount Per Serving	
Calories 62	Calories from Fat 6
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	31%
Sugars 7g	
Protein 2g	

Johnny Appleseed Broadcaster

Herbs for August: Working with herbs from your garden

Fresh herbs can add bursts of flavor that no dried herb can emulate. Herbs you grow all summer, you can pick off what you need for a dish, making pesto and preserving for winter.

Techniques for chopping herbs to dishes and saving extra herbs:

Washing herbs: Herbs are a plant, and like most plants, they're exposed to nature with all its bugs and dirt. For this reason submerge herbs in cold water rather than just rinsing them off. Dunk the herbs fully and give them a good shake while in the water to ensure that all the nooks and crannies of the plant are rinsed. If the herbs are tightly bound anywhere, be sure to pull leaves apart so you are exposing all the surface areas.

Removing Stems

For many herbs, you'll be removing stems. When working with herbs such as parsley, dill and sage, removing the main stem or stalk is the most important part. The smaller stems that the leaves are attached to are OK to leave a bit on here and there. For herbs with woody stalks like rosemary and thyme you will want to strip the leaves at their base to avoid any bitter stems. However, don't throw those stems away. Toss them into your vegetable broths or chicken and beef stock.

Chopping Herbs: Chiffonade



A chiffonade makes thin ribbon strips of leafy herbs like basil or sage. Simply stack the herbs together into a pile, roll tightly and make thin slices with a sharp knife.

Chopping

For herbs that don't have large, broad leaves, remove any large stem pieces and place in a tight pile. Hold the pile down with one hand and chop using a hinge method, leading your knife through the pile. Pull the remaining pile into another tight

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pile and chop again until the desired fineness is achieved.

Preserving: Ice Cubes

Extra chopped herbs can easily be preserved by adding a teaspoon to ice cube trays, covering with a teaspoon of water and frozen. Those frozen *herb-sicles* can be added to soups or dishes as they are heating for a fresh burst of flavor in winter months.

Preserving: Rolled Packets

After rinsing and drying fresh herbs, stack them as evenly as possible into a pile. Roll tightly and place in the bottom of a freezer zip-top bag or reusable bag. Remove all air from the bag and seal tightly. Freeze. You can slice strips in the desired amount off the end of this roll to add to dishes once it is frozen.

<http://www.simplebites.net/back-to-cooking-school-working-with-fresh-herbs/>

Recipe: Lavender Scones

2 Cups all-purpose flour
1 Tbls baking powder
4 Tbls sweet, unsalted butter
¼ Cup granulated sugar



2 tsp fresh lavender coarsely chopped
2/3 Cup milk, plus extra for glaze

Preheat oven to 425 degrees F. Lightly spray a large baking sheet with vegetable oil cooking spray. In a large bowl, sift together flour and baking powder. With a pastry blender cut butter into flour mixture until particles are the size of small peas or fine bread crumbs.

In a small bowl, combine sugar and lavender. Save small amt. of lavender to sprinkle on top before baking. Stir the sugar/lavender mixture into the flower mixture. Add enough milk to make a soft, sticky dough.

Turn dough out onto a well-floured surface. Cut dough into 1 inch thick rounds then cut rounds in wedges.

Place scones on prepared baking sheet. Brush top of each scone with dash of milk and sprinkle with lavender and sugar. Bake 10 to 12 minutes until golden brown. Cool and serve with your favorite spread.



The Gardeners of America News Release



Cheri Kesson, from Rome City, Indiana, was presented the Certificate of Appreciation Award at The Gardeners of America/Men's Garden Club of America at their National Convention in Springfield, Il on June 29, 2013. This award is to honor individuals in recognition of participation in club activities, donations of gifts or services that are extended to TGOA/MGCA.

Cheri has hosted three National Conventions, two National Board of Director Meetings and one Central Great Lakes Gardeners Summer Conference. She is served in all of the chairs for the Central Great Lakes Gardeners and is currently President. Since 2010 she has chaired the TGOA/MGCA Youth Gardening Committee.



Congratulations Cheri

John Kesson was presented the Silver Medal Award at The Gardeners of America/Men's Garden Club of America at their National Convention in Springfield, Illinois on Saturday, June 29, 2013. This award is one of the highest awards presented by the organization. The Silver Medal Award recognized a member of TGOA/MGCA who has rendered outstanding service to the national organization. The recipient must display outstanding leadership as an officer of TGOA/MGCA through committee assignments, active in gardening and a member of region and affiliated club and has enhanced the reputation of TGOA/MGCA and has giving outstanding service

to community or state by participating in activities furthering the goals and objectives of TGOA/MGCA. John has served as President of the Fort Wayne Gardeners of America, President of the Central Great Lakes Gardeners Region and National President of TGOA/MGCA. He has hosted the 2008, 2010, 2013 TGOA/MGCA National Conventions and the 2012 TGOA/MGCA National Board Meeting.



Congratulations John and Frank



Frank Mitch, of Akron Ohio received the Certificate of Appreciation Award at the Gardeners of America/Men's Garden Club of America's National Convention in Springfield, Ill. on June 29, 2013. This award is to honor individuals in recognition of participation in club activities, donation of gifts or services that are extended to TGOA/MGCA.

Frank has been an integral part of the TGOA/MGCA where he is Bylaws Chairman and Book Review Chairman and the Central Great Lakes Gardeners maintains the TGOA/MGCA website and Social Media Page.

Johnny Appleseed Broadcaster

A Simple Pineapple



<http://www.newrealities.com/index.php/articles-on-health/item/2658-a-simple-pineapple-must-read>

The pineapple is a member of the bromeliad family. It is extremely rare that bromeliads produce edible fruit. The pineapple is the only available edible bromeliad today

It is a multiple fruit. One pineapple is actually made up of dozens of individual flowerets that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower

Pineapples stop ripening the minute they are picked. No special way of storing them will help ripen them further. Color is relatively unimportant in determining ripeness. Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit.

The more scales on the pineapple, the sweeter and juicier the taste.

The delicious fruit is not only sweet and tropical; it also offers many benefits to our health. Pineapple is a remarkable fruit.

- Pineapple is valuable for easing indigestion, arthritis or sinusitis.
- The juice has an anthelmintic effect; it helps get rid of intestinal worms.
- Pineapple is high in manganese, a mineral that is critical to development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of recommended daily amount.
- *Bromelain*, a proteolytic enzyme, is the key to pineapple's value.
- *Proteolytic* means "breaks down protein", which is why pineapple is known to be a digestive aid. It is also considered an effective anti-inflammatory.
- Regular ingestion of at least ½ cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis. It also produces mild pain relief.

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- In Germany, *bromelain* is approved as a post-injury medication because it is thought to reduce inflammation and swelling.
- Orange juice is high in vitamin C. Fresh pineapple is not only high in this vitamin, but because of the *bromelain*, it has the ability to reduce mucus in the throat. If you have a cold with a productive cough, add pineapple to your diet. Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. In and of itself, pineapple has very low risk for allergies.

Pineapple is also known to discourage blood clot development. This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots.

An old folk remedy for morning sickness is fresh pineapple juice. It is also good for a healthier mouth. The fresh juice discourages plaque growth.

Thanks Joe Alessi for this article. See also;

http://www.whfoods.com/genpage.php?tname=food_spice&dbid=34.



Cheri Kessen and member with centerpieces at convention





**Horticulture Show Judging Classes-
Les Knight, GOGA**



One of the ways to learn about flower and vegetable plants is to become a certified judge under the rules and regulations published in the "Judges Manual" of our national organization, TGOA/MGCA. There are many men and women trained to be judges who are in demand for judging various flower and vegetable shows across the country. Many are needed right here in our local region for club shows, county fairs, and other events.

Several members recently attended training classes taught by Jim Bell, Regional Judge Committee Chairman. Jim has a great deal of experience in judging horticulture shows over a period of years and also has a keen knowledge of many plants, trees, and vegetables. The classes were held at his home where the trainees reviewed and discussed the "Judges Manual" made up of eight chapters and numerous appendices. Not only did they meet inside his home, but they also casually visited his various gardens outside. Specimens for practice judging were brought inside. The class training is now completed and participants will be serving as apprentice judges to complete their certification. There are four levels of certification under the national program: 1) Apprentice Judge; 2) Accredited Judge; 3) Life Accredited Judge; and 4) Judge Emeritus. Under each classification there are written specific requirements that must be completed by the trainee for certification.

Those participating in the recent judging classes are: Robert Bell, Clark and Cheryl Bordner, Les Knight, David Rich of the Akron club and Kathy Lee, Ft Wayne club. Anyone in the GCL region interested in taking judging classes should contact Jim Bell, 330-644-6867; email bell8676@aol.com.

All TGOA/MGCA Awards and Competition Manuals are in the same place. Look in Red Book in Members Only pages.

The List of those Manuals or documents:

- Awards Manual for awards to Individuals, Clubs or Organizations
 - Gardening From the Heart Award
 - Newsletter Manual and Awards for clubs and Regions
 - Photography Manual
 - Scholarship Manual
 - Youth Gardening Award Application (Board Approval Pending)
 - Youth Gardening National Contest Information and Forms (Board Approval Pending)
- All of these Manuals and documents need Board Approval if new or revised.

<http://www.tgoa-mgca.org/Members/Luvtodig/RedBook.htm>

Updates on the TGOA Website:

- Revised Garden Shop Order Form on the Garden Shop page
- "Youth Gardening Ideas for Kids" article added on the Youth Gardening Page in Members Only.

5 More Directory updates on the Directory page in Members Only:

- Executive Committee
- Past Presidents
- Club Officers
- Committees
- Region Officers

Shortcut to the page

<http://www.tgoa-mgca.org/Members/Luvtodig/Directory.htm>.

Frank M.



Johnny Appleseed Broadcaster

CGLG Summer Meeting in Cleveland, OH

The summer meeting of the Central Great Lakes Gardeners was hosted by the Gardeners of Greater Cleveland (GoGC) July 19 & 20, 2013. This is the first time Cleveland has hosted any meeting of the Gardeners of America in more than 50 years. The GoGC decided to focus the events on the gardens and institutions on the East side of Cleveland and in the University Circle area.

Featured visits were to:

- The Rockefeller (city) Greenhouse and the Willott Iris Garden.
 - Some of the 32 Cultural Gardens dedicated to the ethnic groups that populate Cleveland.
 - Lakeview Cemetery with the beautiful Wade Chapel, many specimen trees, the President Garfield memorial, and the resting places of Clevelanders like Elliott Ness.
 - The Cleveland Botanical Garden with two glass houses and 10 acres of grounds.
 - The private garden of Cynthia and Mark Druckenbrod with hundreds of day lilies.
 - The “somewhat native” garden of Tom Davis.
- We also enjoyed dinners at The Chagrin Valley Country Club and Bravo restaurants. The country club land includes part of the original Garfield farm where James A. Garfield grew up. Bravo is in Eaton Square so people got a chance to enjoy the amazing floral displays and shop.

There were 23 people from the GoGC and 23 people from other CGLG clubs in attendance. This gave many of the members from Cleveland a chance to participate in a regional activity. The good attendance made for a more interesting and inclusive meeting. It also helped with the finances. The meeting was planned to break-even at 37 people. The high attendance contributed to a surplus that will be shared 50/50 with the region and the host club. There were some other factors that contributed to the financial surplus:

- The GoGC used our tax-free status to save more than \$100.
- Reciprocal memberships at The Cleveland Botanical Garden saved \$105.
- Donations of goods and food, and car pools saved more than \$100.

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This allowed us to spend more on “Lolly the Trolley” and the food. The final accounting should be done in time for the October 5 CGLG meeting at Kingwood Gardens, Mansfield, OH.

Here are some of the people who made contributions to the success of the meeting:

- All the members of the GoGC who helped with the planning and attended the meeting.
 - Special thanks to Larry Kell, Dave Rittenhouse and Fred Robinson GoGC for organizing the Saturday events.
 - Andy Kosiorek and Vince Staffileno, GoGC handled all the money matters.
 - Frank Mitch, GoGA did all the name tags for the conference.
 - Hugh Earnhart, MGCY gave an outstanding talk on Abraham Lincoln after dinner Friday.
 - Jim Bell, GoGA and his judging group ran the horticultural show Friday.
 - Bob and Sandra Pindell, GoGC gave iris rhizomes to all the guests.
 - Trader Joe’s at Eaton Square had gift bags for 10 of the out-of-town guests.
 - Cynthia and Mark Druckenbrod opened their spectacular lily garden to us.
 - All the members of the CGLG who attended.
- Tom Davis, President Gardeners of Greater Cleveland.

Fall Meeting – Central Great Lakes Gardeners October 5, 2013

Kingwood Gardens, Mansfield, OH

The fall meeting of the Central Great Lakes Gardeners will return to Kingwood Gardens in Mansfield, OH on October 5, 2013. We appreciate Lima hosting the spring meeting in their clubhouse. However, Kingwood is a more convenient location for many of the members who regularly attend the meetings.

Enter Kingwood from the Trimble Rd. Entrance.

There is free parking for all our members. Just identify yourself as part of the Central Great Lakes Gardeners meeting at the parking kiosk.

The grounds and the greenhouses at Kingwood have been renovated and improved since our last visit.

Plan to take some time to visit them.

Check the CGLG web-site for more information.



2013 CENTRAL GREAT LAKES GARDENERS MEETINGS AND CONFERENCE DATES
Gardening in Education and Excellence in Horticulture Since 1932

TGOA-MGCA 2013 Board/Members Meeting November 1 & 2, 2013 Spartenberg S.C.- John Kessen 260-845-2988
Regional Meeting - CGLG October 5, 2013. Kingwood Center, Mansfield, Oh – Cheri Kessen 260-854-2988

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Cleveland –Tom Davis -440-498-0472
Cuyahoga Falls- Vohn Adams 330-936-5096
Findlay -John Platt - 419-694-1302
Lima – Steve Make -419-643-8450
St. Mary’s -Doug Oliver -419-586-8912
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