

The JOHNNY APPLESEED BROADCASTER



The Regional Award Winning Newsletter
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Indiana – Michigan – Ohio.



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PRESIDENT'S MESSAGE-

My name is Lawrence Kell

I should say a little about myself in this first edition of the JAB 2018 since I became the regional president last October.

So, this is the thumbnail history of Lawrence A. (Larry) Kell. Hometown is Kansas City, Kansas. High School there, then 3 years with the US Army Security Agency. Bachelor's Degree from Park College, Masters from University of Missouri.

Nine years with the real estate department of The Prudential. Left to Join the Ostendorf-Morris Company in Cleveland. Spent 44 years there in a variety of positions. Started my own business when the company was sold. My professional field is commercial and industrial real estate appraisals and consulting. The consulting part led to an invitation to join The Counselors of Real Estate, a by invitation only arm of the National Association of Realtors. Served as President in 1992. Joined The Gardeners of Greater Cleveland (formerly the Men's Garden Club) in 2000, served as President in 2014-15.

My gardening field of expertise is "I like to be out doors and pretend I know what I am doing." Not an expert in any particular area, just like gardening, and the folks that I have met by being involved.



PRESIDENT'S NOTES



Copy something that works

The Gardeners of Greater Cleveland has started to prepare a new member portfolio that includes listing the officers and board members, access to the "Members Only" portion of the web-site. A listing of the regional and national e-mail addresses, etc. The Cleveland Club copied this idea from the Gardeners of Greater Akron. In addition, each new member will be paired with a current member to facilitate meeting members at the monthly dinner and speaker presentation. The club is hopeful that this will facilitate new members finding areas of the club that suit their interest and to let them know that the club values their membership.

Tell us something that you would like to share. Do you have a good mail order source for plants? If you have questions, ask Marggie to post them in the regional newsletter, JAB. Her contact e-mail is fmarggie@yahoo.com or send me a note at larrykell01@gmail.com, if there is something I can do. I don't know about you, but I have this itch to get my hands dirty.

Larry

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Attachments to JAB Newsletter

2018 National Convention Information



PRESIDENTS NOTES

Garden Club Success

One of the important things in business, school, home, and garden clubs is communication. In this regard, I have reached out to the clubs in the region. In case you do not know which clubs are in the region, I am listing them here along with the primary contact e-mail address:

FORT WAYNE GOA

John Kessen lakelover60@yahoo.com

MAPLE CITY MGC

Greg Schira gschira@yahoo.com

GARDENERS OF GREATER AKRON

Ken Bell callmeishmaell96@yahoo.com

GARDENERS OF THE BLUFFTON-PANDORA AREA

Patrick Flinn gardenerclaus@embarqmail.com

CUYAHOGA FALLS MEN'S GARDEN CLUB

Lovell Adams adamslv@neo.rr.com

GARDENERS OF GREATER CLEVELAND

Dave Dawson Dawson3290@gmail.com

GARDENERS OF LIMA

Steve Maki smmaki1111@embarqmail.com

ST. MARY'S GARDENERS OF AMERICA

Deb McDermitt debatweb1953@gmail.com

GARDENERS OF VAN WERT COUNTY

Dale Davies 419-238-9351

MENS GARDEN CLUB OF YOUNGSTOWN

Paul Shanabarger pdshanab@aol.com



Reminder: Central Great Lakes Region Newsletter JAB is sent via email. Please be sure you will be able to access JAB using Adobe pdf.

JAB will be sent to the Senior Officers of the CGLR Clubs, they will in turn send to their membership. JAB is not sent to individual members of CGLR Clubs.

There will still be some clubs that will receive JAB in paper copy; however it is more efficient to email the newsletter.

Marggie Faley, JAB Editor

I think each of the clubs faces the same issues that include attracting new members, keeping the members we have, fund raising, and generally keeping the clubs alive.

What have you found to be successful? What have you tried that did not produce the results you hoped for? What has been the best fund raiser?

Thanks, Larry



Peer into the beauty and mystery of secret gardens at this year's Orchid Mania show. More than a thousand orchid flowers in every shape, size, scent and color will fill the halls of the Botanical Garden, creating exotic and alluring encounters to warm your winter. Tickets and full event information available online at cbgarden.org/orchidmania



**Kathy's Kibitzin' for JAB
Spring, 2018**

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison." -Ann Wigmore

"Pay the farmer or pay the hospital." -Birke Baehr

"Came from a plant, eat it; was made in a plant, don't." -Michael Pollan

The above quotes are some I came across while looking for material for this article. They all sound right to me as I continue on my slow path to improving my diet.

Hummus is one of the foods I'm looking for ways to use other than as a vegetable dip. Hummus is made from chickpeas and is full of protein and fiber. And I love it for dipping vegetables. But variety is good. In Rodale's Organic Life e-newsletter is an article compiled by Leah Wynalek. She brings together 9 ways of using hummus in other dishes.

Spicy Cream Sweet Potato Hummus Soup is creamy and smooth without the addition of cream. the use of Sabra Supremely Spicy Hummus adds delicious, well-balanced seasoning without a long list of ingredients.

Kale Pesto Penne With Roasted Tomatoes uses Hope Kale Pesto. All you have to do is roast the tomatoes, cook the penne, mix the hummus with the noodles before adding the tomatoes to the dish.

Butternut Squash Broccoli Quinoa Casserole
There is so much good stuff in this dish! What's not to like?! Garlic hummus is used in place of the can of cream chicken soup and quinoa in place of pasta in your favorite broccoli cheddar casserole. Any other vegetable can be used if you don't care for broccoli. Or use a mix of vegetables with the broccoli.

Spicy Hummus Queso Dip This is a healthy spin on the tailgating classic. Mix a spicy hummus with some milk and cheddar; add some tomatoes at the end. Then perhaps the protein packed hummus will fill you up before you eat too many of the chips.



Stuffed Acorn Squash Instead of adding butter and brown sugar to the bowl of the squash, use a container of Red Pepper Hope Hummus with cooked quinoa, apple, onion, sage, walnuts, and aquafaba (the liquid from a can of beans or chickpeas). Now this is eating a plant-based diet at it's finest!

The Best Easy Vegan Lasagna This dish will meet the dietary need of the lactose intolerant too. The cheese is replaced with pressed tofu with roasted garlic hummus, nutritional yeast, basil, salt, and garlic powder. The whole grain noodles are layered with generous helpings of zucchini, peas, mushroom, and spinach. If you use canned marinara sauce, watch out for those that are heavy with sugar.



Here is the link if you want to get these recipes and 3 more in detail. Or if you are a reader without access to the internet, let me know and I'll print the recipes off for you.

<https://www.rodaleorganiclife.com/food/9-surprising-ways-to-eat-hummus>

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

"In March the soft rains continued, and each storm waited courteously until its predecessor sunk beneath the ground."

— *John Steinbeck, East of Eden*

"A light exists in Spring
Not present in the year
at any other period
When March is scarcely here."

- *Emily Dickinson*

Johnny Appleseed Broadcaster

YOUTH GARDENING

2017 National Youth Gardening Contest Winners listed below:

Awarded in October & December 2017

Congratulations to all winners.



BIG PUMPKIN

- 1st -Delanie Pritchard
- 2nd - Conner Rutledge
- 3rd – Julianna Fusco
- 4th – Griffin Pritchard
- P – Coby Treesh

GIANT SUNFLOWER

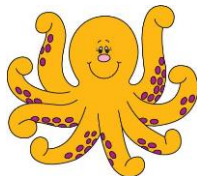
- 1st – Griffin Pritchard
- 2nd – Delanie Pritchard
- 3rd – Conner Rutledge
- P – Caleb Beers
- P – Melanie Beers
- P – Elijah Beers
- P - Marcy Treesh

CONTAINER GARDENING

- 1st – Luke Kessen
- 2nd – Coby Treesh

FAVORITEFLOWERS

- 1st – Luke Kessen
- 2nd – Savannah Heinze
- 3rd – Kennedy Heinze
- P – Marcy Treesh



PERFECT PLANTS

- 1st – Luke Kessen
- 2nd – Coby Treesh
- 3rd – Kennedy Heinze
- 4th – Savannah Heinze

2018 CGLG/TGOA CLUB NEWS

Committees Directory for 2018 is now on our website in Members Only:

- 2018 Club Officers
- 2018 Region Officers
- 2018 Past Presidents

Short cut to these Directories: <http://www.tgoa-mgca.org/Members/Luvtodig/Directory.htm>

Spring 2018



SPRING CGLR MEETING

Spring CGLR Membership Meeting is at Kingwood Center Gardens, 50 N. Trimble Rd. Mansfield, Ohio 44906; Saturday, April 21, 2018, 10:00AM.



Officers for the CGLR for 2018 installed on October 21, 2017, L to R: Bob Bell (Gardeners of Greater Akron) Treasurer; Paul Shanabarger (Men's Garden Club of Youngstown) 2nd V.P.; Steve Maki (The Gardeners of Lima) 1st V.P.; Marcia Davies (Gardeners of Van Wert County) Secretary; Clark Bordner (Gardeners of Greater Akron) Past President; Larry Kell (Gardeners of Greater Cleveland) President; John Schinker (Men's Garden Club of Youngstown) National President, who installed the officers.

Reminder,

If you have not submitted your Regional dues please send to Robert Bell - Treasure CGLR, 1832 Sandy Lake Drive, Ravenna, OH 44266.

Bob



Johnny Appleseed Broadcaster

Ft. Wayne Home and Garden Show

March 1 to 4, 2018

Allen County War Memorial Coliseum.
4000 Parnell Ave. Fort Wayne, Indiana
The area's largest Home and Garden Show
Booths, Guest Speakers,
Master Gardener Presentations.
Contests

<http://home-gardenshow.com/>



2018 - Home Gardeners Workshop
"Come Grow With Us"
Saturday March 10, 2018
Lakeland Community College
8am - 8:45am Registration
8:45 - 3:30 Program
Pre-registration Cost - \$48.00
Walk-in Registration - \$55.00



Call OSU Extension, Lake County
For a Registration Form
440-350-2582
Registration Deadline is 2/28/2018



Bob Pindell, past president of the Gardeners of Greater Cleveland, presents a certificate of appreciation to Lakeview Cemetery. Left to right, Bob Pindell, Marilyn Brandt, Vice President for Operations, Robin Cannon, Horticulturalist.

Spring 2018



Ft. Wayne, IN

2018 National Convention News

Many thanks to John Kessen and the Fort Wayne club for sponsoring the National Convention this year. All the convention information is now on our website:

- Welcome information
- Convention Registration Form
- Hotel Reservations with location directions
- Airport Information
- Convention Schedule
- Horticulture Show
- Seminar Descriptions

Register early for the low price.

A shortcut to the 2018 Convention page:

<http://tgoa-mgca.org/Convention2018.htm>

Frank Mitch, 2018 President

Please see the attachments to this newsletter regarding the 2018 National Convention



Marriott presentation; "Certificate of Appreciation given to the Cleveland Airport Marriott, host of the 2017 National Convention. L to R: Stephanie Garua, Mgr of Event Planning and Operations, Stephanie Skacan, Event Mgr, Tom Davis, Gardeners of Greater Cleveland National Director, Executive Chef Joseph Dubbs, and Augie Mennen, Director of Guest Experience.



Prevent Injury while Gardening

Dress to protect. Gear up to protect yourself from lawn and garden pests, harmful chemicals, sharp or motorized equipment, insects, and harmful rays of too much sun.

- Wear safety goggles, sturdy shoes, and long pants to prevent injury when using power tools and equipment.
- Protect your hearing when using loud machinery/tools.
- Wear gloves to lower the risk for skin irritations, cuts, and certain contaminants.
- Use insect repellent containing DEET. Protect yourself from diseases caused by mosquitoes and ticks. Wear long-sleeved shirts, and pants tucked in your socks.
- Lower your risk for sunburn and skin cancer. Wear long sleeves, wide-brimmed hats, sun shades, and sunscreen with sun protective factor (SPF) 15 or higher.

Safety first. Powered and unpowered tools and equipment can cause serious injury. Limit distractions, use chemicals and equipment properly to lower your risk for injury.

- Follow instructions and warning labels on chemicals and lawn and garden equipment.
- Make sure equipment is working properly.
- Sharpen tools carefully.
- Keep harmful chemicals, tools, and equipment out of children's reach.

Know your limits in the heat. Even being out for short periods of time in high temperatures, there are risks for heat-related illness.

- If you're outside in hot weather, you'll need to make an effort to drink more fluids.

Avoid drinking liquids that contain alcohol or large amounts of sugar, especially in the heat.

Take breaks often. Try to rest in shaded areas so that your body's thermostat will have a chance to recover. Stop working if you experience breathlessness or muscle soreness.

Pay attention to signs of heat-related illness, including extremely high body temperature, headache, rapid pulse, dizziness, nausea, confusion, or unconsciousness.

Watch people who are at higher risk for heat-related illness, including infants and children up to four years of age; people 65 years of age or older; people who are overweight; people who push themselves too hard during work or exercise.

Tips for persons with disabilities and physical activity. Talk to your health care provider if you have physical, mental, or environmental concerns that may impair your ability to work in the garden safely. If you have arthritis, use tools that are easy to grasp and that fit your ability. Research shows that 2½ hours per week of moderate physical activity can give you more energy and can help relieve arthritis pain and stiffness.

If you are taking medications that may make you drowsy or impair your judgment or reaction time, don't operate machinery, climb ladders, or do activities that may increase your risk for injury.

Listen to your body. Monitor your heart rate, level of fatigue, and physical discomfort.

- Call 911 if you get injured, experience chest and arm pain, dizziness, lightheadedness, or heat-related illness.

<https://www.cdc.gov/family/gardening/index.htm>
<http://www.victoriamaassagetherapy.ca/avoiding-injury-while-gardening.html>





CENTRAL GREAT LAKES GARDENERS

Gardening Education And Excellence In Horticulture Since 1932

To: ALL CENTRAL GREAT LAKES GARDENERS TGOA/MGCA CLUBS

FROM: THE C.G.L.GARDENERS AWARDS COMMITTEE

RE: YEAR 2018 C.G.L.GARDENERS 69th ANNUAL CONFERENCE AND AWARDS

Dear Club President, Awards Chairperson and Club Members,

The Awards Committee would like to have all C.G.L.GARDENERS Clubs participate in the awards program. **Please review the enclosed material with your members as soon as possible and refer this material to your President, Awards Chairman and Newsletter Editor. Also, please save this material for future reference.**

The following are once in a lifetime awards: THE WILLIAM MOOREHOUSE AWARD (Replaces THE MASTER GARDENER AWARD. Previous recipients are not eligible for this award.), THE GREEN BRONZE MEDAL and THE DELBERT R. DUNBAR AWARD.

In addition to the awards above we call your attention to the following: HORTICULTURE ACHIEVEMENT, HORTICULTURE JOURNALISM, CERTIFICATE OF HONOR, ENVIRONMENTAL CONSERVATION ACHIEVEMENT and the SPARK PLUG (please note Spark Plug criteria updates on the CGLG website) awards. There are many people deserving of these awards. **Please help us honor them by nominating them for an award.**

Awards will be presented at the C.G.L.GARDENERS 69th ANNUAL CONFERENCE June 29 & 30 which will be concurrent with the 2018 TGOA/MGCA National Convention in Fort Wayne, Indiana.

The deadline for submitting nominations is April 21, 2018. You may re-nominate a person if they were previously nominated but did not receive the award. **Please e-mail or mail nominations and supporting data to all the committee members listed below or bring nominations and data to the C.G.L. GARDENERS Spring Meeting at the Kingwood Gardens in Mansfield, OH on April 21, 2018. NOTE! Criteria and a list of past recipients** of these awards can be located on the CGL GARDENERS website (<http://www.cglr.org>) under REGION AWARDS – Submission Details & Instructions.

Respectfully submitted by your C.G.L.GARDENERS Awards Committee,

Rodney Toth,Chairman
5637 W. Liberty St.
Hubbard, Ohio 44425
330-759-1993
rkdahlias@aol.com

Mary Ann Ferguson Rich
1166 Broadview Rd.
Tallmadge, OH 44278
330-630-9625
mafr43@hotmail.com

Fred J. Robinson
7191 Auburn Rd.
Concord, OH 44077
440-358-1464
fjrtree@roadrunner.com



2018 CENTRAL GREAT LAKES REGION GARDENERS MEETINGS AND CONFERENCE DATES
Gardening in Education and Excellence in Horticulture Since 1932

CGLG Spring Regional Meeting- April 21, 2018 Kingwood Center, Mansfield OH – Lawrence Kell
2018 TGOA National Convention – June 26 – 29 Fort Wayne, IN - John Kessen
2018 Summer Conference - At National Convention, Friday & Saturday, Fort Wayne IN
2018 CGLG Fall Meeting October 27, 2018, Kingwood Center, Mansfield OH – Lawrence Kell

CENTRAL GREAT LAKES GARDENERS 2017 -18 OFFICERS

President. – Lawrence Kell
225 Norton Ave,
Barberton OH 44203-1931
330-388-6382 cell 330-730-3571
Lakell01cre@yahoo.com

1st V. P – Steve Maki
8230 Sugar Creek Rd,
Lima, OH 45801
419-643-8450
smmaki1111@embarqmail.com

2nd V.P. – Paul Shanabarger
11067 Unity Rd,
New Springfield, OH 4443
330-542-9083
pdshanny@aol.com

Secretary - Marcia Davies
PO Box 524
Van Wert, OH 45891-0524
419-238-9351

Treasurer – Robert Bell
1832 Sandy Lake Rd.
Ravenna, Oh 44266
330-673-3553
mrrnbell@hotmail.com.

Past President-Clark Bordner
225 Norton Ave,
Tallmadge, OH 44278
330-633-2616
cbordner@neo.rr.com

JAB Editor - 260-438-1267 - fmarggie@yahoo.com contact concerning publication - or how you too can become an active member of
CGLG. National TGOA Web - www.tgoa-mgca.org - Regional Webs - www.cglr.org & www.cglgardeners.org



Central Great Lakes Gardeners
Marggie Faley, Editor
14626 Flint Creek Crossing
Leo, IN 46765

Garden Clubs of Central Great Lakes Gardeners
Indiana - Fort Wayne -John Kessen - 260-854-2988
Michigan - Maple City – Greg Schira -303-748-1321
Ohio
Akron – Ken Bell – 302-593-8362
Bluffton-Pandora – Patrick Flynn – 419-358-6766
Cleveland –Dave Dawson - 216-751-2739
Cuyahoga Falls-Lovell Adams - 330-936-5096
Findlay – Larry Shock - 419-299-3236
Lima – Steve Maki - 419-643-8450
St. Mary’s – Deb McDermutt - 419-953-4376
Van Wert - Dale Davies - 419-238-9351
Youngstown – David Causer - 330-549-3669

Life Members/ At Large Members
Gerry Herman - 330-688-5782