

# The JOHNNY APPLESEED BROADCASTER



The Regional Award Winning Newsletter  
Published Thrice Annually By the Central Great Lakes Gardeners  
Indiana – Michigan – Ohio – Pennsylvania.



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Summer 2017

## PRESIDENT'S MESSAGE- Greetings,

Our rollercoaster of 2017 continues. After a pretty nice April, May is starting out cool with even a mention of snow flurries in the forecast for Sunday for the Akron/Cleveland area. At least the flowers and trees are doing very well. The colors of this Spring are spectacular so far with more to come. Isn't this a great time of year!!

I thought that our meeting on April 22d went very well. I was interesting to find out how the catered meal would go over. It seemed to be a success with good food and plenty of it! I ordered for 35 participants because I did not want to fall short. As we get closer to the October meeting, I would like to get a better idea of our attendees for the meeting so please let me know who is going to attend. Bob, John and Tom have done a masterful job of planning and getting everything in place for the national convention. As Tom outlined, we have some work to do and positions to fill so that this convention can be a great time for all involved. If you have areas of responsibilities in this regard, please do not wait until the last minute but take care of your obligations now. It is hard to believe but the conference is less than three months away.

It was unfortunate that Joe Cochran from Secret Arboretum was unable to speak at the meeting. Tom Davis had a very informative talk about birding that was very interesting to me. We have had a situation at our home that involves both birds and our plants. Cheryl (my wife) found a spider plant that had been discarded by a neighbor about three years ago. She nurtured this plant and was able to split it into two hanging baskets. In the middle of April, I moved the baskets to our

front porch so they could receive the benefits of the great outdoors. About one week after we hung the baskets on the porch, we noticed that there was a beautiful nest that an industrious bird had put right in the middle of one of the plants. We continued to observe the nest and found that it was a robin that had taken up residence. It was not very long until there were four beautiful blue eggs that the mother dutifully tended. Just yesterday, May 7, I went out to look and the eggs had just hatched with four baby robins! I am so thrilled about the types of surprises that nature provides and we should all get out and enjoy them.

I hope that all of you have a very enjoyable spring and early summer. I look forward to the national convention and our regional meeting that is concurrent with the national. I will see you there.

Best regards, Clark



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## Attachments to JAB Newsletter

Registration Information - 2017 CGLG Summer Conference/National Convention



## Johnny Appleseed Broadcaster

### TGOA CLUB NEWS

Committees Directory for 2017 is now on our website in Members Only:

- 2017 Club Officers
- 2017 Region Officers
- 2017 Past Presidents

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

Updates recently installed on our website:  
<http://tgoa-mgca.org/>

On the Public side:

Merchandise List order form - Garden Shop page  
2. Club Presidents and Meeting Directory -  
Member Clubs

1. On Members Only:
  1. Judges Directory
  2. 2017 Region Officers
  3. 2017 Club Officers

Committees Directory for 2017 is now on our website in Members Only:

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

- 2017 Awards Manual

Shortcut to Members Only containing the Redbook: <http://bit.ly/1Z28EMT>



**2018 National Convention will be in Fort Wayne, IN on June 27-29, 2018.** That convention will be sponsored by the Fort Wayne GOA. Thanks very much John Kessen.



Meanwhile the **2017 National Convention in Cleveland, OH on July 19-21, 2017** preparation is in progress. Completed registration forms and hotel reservations are coming in, but more are needed

## Summer 2017



The sponsors, Akron, Cleveland, and Youngstown clubs, will very much appreciate additional registrations **and Hotel Reservations.**

Registration forms, hotel information, events and tour schedules are available on the TGOA website: <http://tgoa-mgca.org/Convention2017.htm>

**The Cleveland Airport Marriot hotel is excellent and a real bargain at \$94 per night (pus tax). Be sure to reserve soon to be certain you will have a room.** Phone: (216) 252-5333

We hope to see and talk with you all at this 2017 convention.

Best Regards, Frank Mitch.



**Reminder: We will be sending most of you Central Great Lakes Gardeners Newsletter JAB 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 CGLG Clubs and they will in turn send to their membership. JAB is not sent to individual members of CGLG 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**

CGLG is looking for a candidate for 2<sup>nd</sup> Vice President for 2017. We are looking for members to consider this position. It is so important CGLG has a full complement of officers  
Please let Clark Bordner know your interest.



**Kathy's Kibitzin' for JAB  
Summer, 2017**

I've gotten in the habit of squirreling away articles I think might have an interesting theme for you, the readers of Johnny Appleseed Broadcaster. The article, supporting the thoughts I'm writing about are in this volume from UTNE Reader on-line newsletter: June 2014. Ken Albala wrote the article *Back to the Kitchen: Escaping Processed Foods*.

Mr. Albala posits, "to escape the adverse effects of consuming industrial processed food, society must learn fundamental cooking skills once more."

Since the late 19th century "the proliferation of convenience foods has left nearly an entire hapless generation bereft of many of the most basic cooking skill sets. We have become de-skilled. Many cooking techniques have become almost entirely obsolete because they require time and patience.

A 2010 Department of Labor survey says that the average American (as household head) spent thirty-two minutes each day preparing food and cleaning up. That is compared to two hours and forty-five minutes watching TV. It also seems ironic that the more obsessed Americans become with watching cooking on TV, the less they actually do it. A similar situation, one might argue, applies to sports and sex. Even more ironically, eating, moving our bodies physically, and reproducing are three of our species's most essential biological functions. We would not survive without these behaviors, and yet, we let professionals do it while we watch.

Perhaps it is the perception that professionals do these so well that discourages us from even trying. In any case, the more we watch others cook, the less we do it ourselves, and perversely, the less we know how to do it."

"We do know that with the rise of industrial food processing in the late nineteenth century, many basic procedures became obsolete in home



cooking. Many factors were involved, including transportation, refrigeration technology, increasing urbanization, and marketing and branding. All these were bound to make consumers less knowledgeable about the origins of ingredients and how to deal with such foodstuffs. Slaughtering animals could only legally be done by professionals with inspectors present, thanks to stringent health regulations—necessary when the scale and speed of slaughter made careful monitoring more difficult.

While rural families might still have practiced home canning, most people purchased foods in tin cans, which was preferred for its scientific cleanliness, consistency, and reliability. Instead of curing meat at home, people relied on Armour®, Swift, or Oscar Mayer. When it came to cheese, local dairies gave way to Kraft, who could afford the new pasteurization equipment. All these procedures were deemed simply not possible to do at home. In the interest of scientifically controlled safety standards, factories took over these household tasks, manufacturing standardized, homogenous, and, one could argue, aesthetically inferior products. But they were considered safe and hygienic."

"Whether this was a kind of conspiracy on the part of the food industry to enslave the public is immaterial; the results are incontrovertible. To maximize profit margins. For example, Tater Tots® cost much more than the same weight of potatoes.



This is a Heads Up article. Daily life activities sneak up on us. Little by little we let the easy things in life take over. Which leads me to challenge you to think about how you can incrementally begin taking your life back.  
Continued p.4



Continued from p. 3

Maybe by making your own lunch every day instead of hitting your favorite fast food place or neighborhood cafe'. Now in the beginning, fixing your own lunch might mean using a can of soup processed by Campbells, and a hot dog processed by Oscar Meyer.

As time passes and you become more skilled in the kitchen and have acclimated your life to making the time available to make your own lunch, you might progress to making your own vegetable soup with homemade stock and grilled cheese with real cheese rather than Velveeta's cheese slices made with more synthetic elements than real dairy products. Just food for thought.

Kathy Lee, [igarden2@aol.com](mailto:igarden2@aol.com)  
The Gardeners of America - Fort Wayne

"It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside." -Maud Hart Lovelace

"In the summer, the days were long, stretching into each other. Out of school, everything was on pause and yet happening at the same time, this collection of weeks when anything was possible." —Sarah Dessen, *Along for the Ride*



Reminder,

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

Bob

# THE BENEFITS OF GARDENING

**STRESS-RELIEF**  
Dutch scientists found that people who garden have lower levels of the stress hormone cortisol in their brains. Cortisol levels have a significant effect on one's health. High levels have been linked to a number of problems including heart disease and memory problems.

**SELF-ESTEEM**  
Studies have also found that gardeners have higher levels of self-esteem. This could be due to the rewarding nature of nurturing a plant.

Helps you get the 2.5 hours of exercise you need each week.

Cuts the risk of heart attack and stroke by **30%** in over 60s.

Gardening every day reduces the risk of dementia by **36%**

**WELL-BEING**  
Gardening can prove to be very therapeutic for those suffering from mental health problems such as anxiety and depression.

**VITAMIN D**  
Spending time out in the sun gives you vitamin D which reduces your risk of osteoporosis and various cancers.

Friendly bacteria in soil can help strengthen your immune system, reducing symptoms of allergies and asthma.

Gardening can help bring communities together for special projects. → It improves social and intellectual skills, and can help with rehabilitation.

**A HEALTHY DIET**  
People who garden tend to eat much more healthily as they have put the effort into growing their own fruit and vegetables.

**4EVERDECK**  
ENVIRONMENTALLY FRIENDLY FOR LIFE  
[www.4everdeck.co.za](http://www.4everdeck.co.za)

Sources:  
<http://air.thesis.com/blog/2014/09/5-unexpected-health-benefits-of-gardening/>  
<https://www.farmgarden.org.uk/gardening-a-health>



### Lavender - Herb

<http://www.whiteflowerfarm.com/how-to-grow-lavender-care>

<http://www.midwestliving.com/garden/flowers/how-to-grow-lavender/?page=2>

These aromatic subshrubs are popular in herb gardens as well as in the perennial border, and the intensely perfumed blue-violet, mauve, pink, or white flowers are treasured for drying and making potpourri. The foliage of Lavender is a standout in the garden where its silvery or gray-green hues contrast nicely with its neighbors. Lavenders thrive in the arid West, but are best grown as annuals or container plants in the South, as they do not thrive in areas of high humidity (with the exception of *Lavandula dentata* and *L. stoechas*). Most are hardy Zones 5 to 9; Spanish Lavender (*L. stoechas*) is only hardy Zones 7 to 9.



**Light/Watering:** Lavenders demand full sun, although afternoon shade may be appreciated in the hottest climates. Plants are very drought resistant once established, but will flower better if not allowed to dry out.

**Fertilizer/Soil and pH:** Supplemental feeding is not necessary as Lavender prefers a lean soil, although plants appreciate an occasional side dressing of compost. Perfect drainage is a must, especially through the winter; plants will die in wet soils. A pH close to or slightly above neutral is best, so add lime if your soil has a pH below 7.0. A gravel mulch is beneficial and helps to keep the crowns of the plants away from excess moisture.

**Pests/Diseases:** Both the leaves and flowers of Lavender contain strong essential oils that are not appreciated by foraging deer or insect pests. In humid climates, fungal problems may arise, avoided by drainage and good air circulation.

**Companions:** Lavenders are lovely as an edging in the garden and complement many other perennials, including Roses, hardy Geraniums, Catmints (*Calamintha*) and Shasta Daisies (*Leucanthemum x superba*).

**Pruning:** Lavender is a woody subshrub, and pruning techniques should reflect this. Do not prune in spring until new growth appears, and leave plants alone for the winter. Plants may be sheared back and shaped after flowering, but do not cut low into old wood. If older plants are unsightly, cut back.

**Harvesting and Using Lavender:** Flower spikes have the strongest scent just as the pretty little flowers begin to open. Cut long stems and gather in bunches to dry out of the sun – this will take four to five days in warm weather.

**Reflowering:** If old flower spikes are sheared off after the first bloom period, a second flush of flowers may occur later in the season.

**Dividing/Transplanting:** Younger plants handle division better than older, woody specimens. Plants may be moved in early spring, but keep plenty of soil around their roots when you dig them up.

**Early Spring:** Wait until new growth breaks from the woody stems before pruning. Remove deadwood, and shape plants. Divide or transplant if needed. Side dress plants with compost, keeping it away from the crowns of the plants.

**Mid-Spring:** As the soil warms, mulch around plants with gravel.

**Late Spring:** Shear plants back after flowering is finished. Supplement natural rainfall if weather is very dry.

**Summer:** Watch for fungal problems in areas of high humidity and treat as necessary.

**Fall:** Do not cut back stems before winter.

Jody Byrne, manager of DayBreak Lavender Farm in Streetsboro, Ohio, grows 2 acres of lavender. She considers it "the Swiss Army knife of herbs." She uses the flowers and essential oils in soaps, lotions, creams, candles and sachets--even in cookies and cakes. The fragrance, she says, has a mysterious appeal. "So many people have a lavender memory: a grandmother, a handkerchief, a drawer, a closet," says Jody. "Scent triggers so many things."



## Herb to know: Borage

[www.caroleesherbfarm.com](http://www.caroleesherbfarm.com)

“Best known for its bright blue, star-shaped flowers, borage has a long history in herbal lore. *Borago officinalis* its Latin name, derived from a Celtic word that roughly translates “man of courage.” Borage has always been linked with courage and with being forthright, or blunt. Ancient Greeks and Romans steeped it in wine before battles, and indeed more recent research says that borage has a strengthening on the adrenal gland, the organ of courage. Added to other drinks, it is said to “drive away sorrow” and bring joy. It also contains potassium and calcium, and high levels of nitrate of potash (especially when fresh) so it is beneficial to add to compost or to bury its leaves around other plants for good growth.

Interestingly, in light of today’s awareness of pollinators, borage was called “bee-flower” in William Lawson’s 1617 book, *The Country Housewife’s Garden*.



Medically, borage has been used to reduce fevers and as an emollient. John Evelyn claimed a few cups of borage tea would revive a hypochondriac. And some declare it improves memory and “swimming of the head.” It was also used to help ease sore throats, to increase the production of milk (both in wet nurses and dairy animals.) Fresh leaves were often laid on new cuts, and if quantities were eaten, it would serve as a laxative. Borage juice was used to cure ringworm.

In the kitchen, borage leaves are often listed as a potherb, and said to remind one of cucumbers, but that has always eluded my senses. Cicero grew borage in his kitchen garden, and it was a staple in most Roman herb gardens. There are

records of borage as a salad ingredient from medieval times. If you choose to use it in salads,

I’d suggest chopping it finely, as the leaves are rough and hairy, which chopping makes less noticeable. However, the flowers are delightful to use as a garnish in drinks, on canapes, to top potato salad, etc. In England, borage flowers are used often in Pimms.

This recipe for Borage Cup comes from an old English herbal: To a quart of mild beer, add a glass of white wine, a glass of capillaire (or other orange-flavored syrup), the juice of a lemon, a bit of freshly grated nutmeg, a large sprig or two of borage. Chill for at least an hour to allow flavors to blend and serve with borage flowers floating on top.

The flowers can also be candied for decorating cakes, and if you have a large quantity they can be made into a delicate syrup or cordial. They are also often dried to use in potpourri, as they will hold their bright blue color.

Borage is an annual that prefers a sunny or partly sunny location and average soil. It will grow to 3’ in height, and becomes a branching, grayish-blue leaved stalwart in the garden with multiple sprigs of clusters of bright blue flowers. The center of the flower is white, and the anthers are a contrastingly black. Borage is not an attractive plant as it ages, so I try to bend one behind a prettier plant to allow it to mature and set seed. It will happily self-seed, and I am happy for it to do so. I use borage seed as a marker plant....that is, it marks the time because when I see borage seedlings emerge in my garden, I know it is safe to plant tomatoes outdoors! For that alone, it earns a place in my potager, but I do love the flowers as well”.



Borage.  
*Borago officinalis*  
— HERBARIUM —



Central Great Lakes Gardeners Regional Spring Meeting Minutes  
April 22, 2017 Kingwood Center, Mansfield, Ohio

The meeting was called to order by President Clark Bordner, with pledge of allegiance followed by a prayer with Rodney Toth.

Minutes of the October 2016 meeting were read. John Schinker moved to accept. Seconded by Les knight, and approved.

Treasurer report was given by Bob Bell. Dues received to date \$205. Representing same membership. Two clubs still owe 2017 Dues.

Checking and Savings accounts total \$7453.26. Bob has completed filing with IRS and waiting for confirmation. One expense paid out, \$75.00 for Kingwood Center for meetings

Discussion on subject of CD and possible bank change. Discussion ended with recommendation to do what is convenient for Bob. Jim Bell moved to accept report, Seconded by Tom Davis. Approved.

The Roll Call was answered by 25 members from 6 clubs plus 1 at Large member.

#### OLD BUSINESS

2017 National Convention is in Cleveland. A report presented by John that 57 registered to date. Hotel room obligation is a concern, as a stated number of nights need filled. Tom Davis provided a power point about areas to be covered and need for help in each area/ Larry Kell reported the tour agenda and the Regional Session during the Convention.

#### COMMITTEES

There were no reports from committee chairs at this time, except Nominations. It is important to get nomination for 3<sup>rd</sup> Vice President. As nominations are presented at the Summer meeting for installation at the Fall meeting.

Youth Gardening Report by Cheri Kessen. All new information is on the web site. She has new forms available and she explained the new category. She has been working through this process, especially with her own club area.

#### NEW BUSINESS

John Kessen reported the 2018 National Convention will be in Fort Wayne, IN again, in late June. The hotel is booked and he will present a report in Cleveland.

Meeting schedule for today is running close for lunch break. For convenience of driving lunch is catered in Following lunch, Clark asked for a show of hands regarding preference for catering in for going to lunch at Golden Corral. Catered In lunch won.

Education session was presented by Tom Davis. Topic was "Birding". We all learned something from this. A lot of information on bird feeding and habitat, especially of birds winter over.

CGLG Fall meeting will be October 21, 2017.

Business meeting concluded, meeting adjourned.

Marcia Davies, Secretary

Typed for JAB, Marggie Faley

**THE NATIONAL CONVENTION JULY 18 – 22, 2017**  
**THE CLEVELAND AIRPORT MARRIOTT HOTEL**  
**HOSTED BY THE GARDENERS OF GREATER AKRON,**  
**THE GARDENERS OF GREATER CLEVELAND AND**  
**THE MEN’S GARDEN CLUB OF YOUNGSTOWN, OH**  
**INFORMATION ABOUT THE CONVENTION, TOURS AND THE HOTEL**

1. **Where is the hotel?** The Cleveland Airport Marriott (CAM) is located at 4277 W. 150<sup>th</sup> St. Cleveland, OH 44135. It is at the intersection of W. 150<sup>th</sup> St. and I-71. Cleveland Hopkins airport is about 5 miles away and there is a free hotel shuttle to and from the airport. The CAM is convenient to public transportation to downtown Cleveland – about 15 minutes away. The CAM phone: 216-252-5333.
2. **Why this hotel?** The CAM is the best hotel close to the airport and I-71. Members of the sponsoring clubs can get to it easily. It is a Marriott owned hotel – not a franchise. They have 368 newly refurbished guest rooms, 15,500 sq. ft. of meeting space, a bar and restaurant on site, and they are close to “Kamm’s Corners” restaurants and shops. They were a host hotel for the 2016 Republican National Convention. The food is excellent!
3. **When we get there, where do we register?** – On Tuesday, July 18, registration will be by the CAM front desk. You will also get a list of shops and restaurants and a local map. On Wednesday, July 19, registration will be by the meeting and dining rooms.
4. **What’s the convention program?** Here’s the first draft of the 2017 convention program. We will add to it and improve it as time goes on:
  - **Tuesday, July 18;** Executive Board Meeting in the President’s suite. Registration in the lobby by the front desk. Dinner on your own.
  - **Wednesday morning, July 19;** Registration by the Great Lakes Ballroom, 1<sup>st</sup> floor. E&I and National Directors Meetings held. **New Tours!** CAM Kitchen and Hotel Culinary Garden tours for those not in meetings. **New Event!** There will be a judged Horticulture Show for the first time at a National Convention. The Show Schedule will be issued later. Due to space concerns the number of entries per person will be limited.
  - **Wednesday Noon, July 19;** Lunch in the Great Lakes Ballroom. Welcome to the Convention and to Cleveland by John Schinker and Tom Davis. Door prizes.
  - **Wednesday Afternoon, July 19;** First and second set of seminars in the County Break out rooms. Sign up early for the best choice!
  - **Wednesday Evening, July 19;** Dinner in the Great Lakes Ballroom. Photo Contest and Horticulture Show winners announced. Door prizes.
  - **Thursday, July 20;** Tour Day! We will see some of the main features of Cleveland, visit University Circle, see the Cleveland Botanical Garden (save \$11 with your AHS or reciprocal membership card with your registration), stop at the Rockefeller (yes, that Rockefeller) Greenhouse, tour Lakeview Cemetery and hold a memorial service in the beautiful Wade Chapel with a huge Tiffany Window, see President Garfield’s tomb, famous Clevelanders’ graves (Rockefeller, Elliot Ness, Roy Chapman, Marcus Hanna, Charles Brush and Carl Stokes), and the cemetery’s outstanding horticulture and arboriculture. There will be a box lunch. Then we’re on to Eton Square for wonderful horticulture displays, great shopping (everything from Tiffany’s to Trader Joe’s) and great snack options. Dinner and door prizes back at the hotel.
  - **Friday, July 21;** The general membership meeting will be chaired by John Schinker. There will be one set of seminars that morning. Sign up early for the best choice! After lunch and door prizes, there will be two sets of seminars in the afternoon. Sign up early for the best choice!



## TGOA /MGCA 2017 National Convention continued.

- - **Friday afternoon;** There will be free time for some, and members of the Central Great Lakes Gardeners region will hold their annual meeting. Guests are welcome.
  - **Friday evening;** There will be a president's reception with a cash bar and passed hors d'oeuvres before the banquet. The dinner choices will be Grilled Chicken Breast with tomato jam OR Sirloin Medallions. Awards, installation of officers and an after-dinner speaker are planned.
  - **Saturday, July 22;** Tour day for the Central Great Lakes Gardeners. It will be completely different route from the Thursday tour. Guests are welcome!
5. **What about vegetarians?** There will be vegetarian option at all the meals.
  6. **Will there be vendors?** We are working on having vendors with garden related products attractively priced.
  7. **Will there be a hospitality suite?** Yes, it will be located close to the meeting and seminar rooms.
  8. **What about breakfast?** The least expensive breakfast package from the hotel would have added \$51 to the cost of the convention. The planning group decided to hold the price down and ask people to supply their own breakfast. There is a minifridge and coffee maker in every room. There is a restaurant in the lobby of the hotel. There is a Denny's restaurant right next door that gives a 10% discount to hotel guests. There are restaurant and fast food options 5 minutes away. We hope everyone understands this decision to keep the convention costs down.
  9. **What about arriving early or staying over to see places in Cleveland?** The hotel will give you the convention rate of \$94/night for your whole stay. That includes free Wi-Fi and parking garage access. Just identify yourself as a convention guest when you make your reservation.
  10. **What to see in Cleveland?** The Cleveland Indians will be playing the Blue Jays July 21 – 23. The Rock and Roll Hall of Fame is a top attraction. The Cleveland Art Museum is open and FREE every day except Monday. There are outstanding shopping opportunities at Crocker Park 18 minutes from the hotel. We will have local experts to direct you to any thing you'd like to see!
  11. **When should I register?** The sooner you register, the lower the cost! You will also get first choice on seminars. It would be a great help to the committee if you sent your reservation in before March 1!
  12. **Will there be a "day rate" for the convention?** Yes, but it will save you money to sign up for the whole three days. Besides, there will be a lot going on that you don't want to miss!



**2017 CENTRAL GREAT LAKES GARDENERS MEETINGS AND CONFERENCE DATES**

**Gardening in Education and Excellence in Horticulture Since 1932**

2017 TGOA National Convention – July 18 – 21 Cleveland, OH - John Schinker

2017 CGLG Summer Conference July 21 – 22, Cleveland, OH - Clark Bordner

Fall 2017 CGLG Region Meeting - October 2017 Kingwood Center, Mansfield OH - Clark Bordner

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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**

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