

Pulaski County Master Minutes

December, 2003/
January, 2004

<http://www.arhomeandgarden.org>, <http://www.uaex.edu/pulaski/>

Volume 14, Issue 11

Gardening Contributes to Healthy Bones Review by Sharon Davis



bone health so important?

Did you know that gardening is just as good as strength training for improving your bone density and thereby warding off osteoporosis? While going to the gym, lifting weights, and working out on resistance machines may not be your cup of tea, you have been exercising in the private gym in your own backyard—and enjoying it. Gardening not only beautifies your environment but also has been found to improve your bone health and density—without lifting a barbell. But why is

training (45 women) and gardening (1,384 women) were the only two physical activities highly correlated with strong bones.



Osteoporosis is frequently described as “fragile bone disease” and is the result of demineralization of bone tissue resulting in a reduced bone mass. This reduction in bone strength increases the risk of bone fractures. Osteoporosis is one of the most prevalent diseases of aging, affecting more than 25 million people in the United States, 80% being women. Approximately 250,000 hip fractures and 1.5 million bone fractures occur annually as a result of osteoporosis and nearly half of all women will experience at least one osteoporotic fracture by the age of 70. Physical activity has a positive impact on bone health and is recommended for osteoporosis prevention. Muscle stresses are important in fostering and maintaining bone mineral density and high impact loading stimulates bone development. But what does this have to do with gardening?

Lori Turner, PhD, RD an Assistant Professor of Health Science, Department of Health Science, Kinesiology, Recreation and Dance, The University of Arkansas, Fayetteville may turn out to be the gardener's best friend. While conducting a study on the relationship between exercise mode and frequency and bone health using data from the Third National Health and Nutrition Examination Survey (NHANES III), Dr Turner found that there was a significant relationship between yard work and bone health. The gardening/gym connection was made when the physical activities of over 3,000 women 50 years and older were compared with their bone density. Specific physical activities tested for significance included walking/jogging, swimming, bicycling, dancing, calisthenics, strength training, aerobics, and gardening. Strength

Anyone who has ever carried a bag of soil or mulch, dug a hole in the central Arkansas area, or heaven forbid built a rock wall around a flower bed is well aware of the weight bearing activities involved in gardening. Bending, squatting, pulling weeds, pushing a lawnmower, edging, keeping a wheel barrow upright and moving, and all the other activities essential in keeping your yard and garden beautiful are all a part of the gardening experience. (Dr. Turner is not talking about window box gardening.) In addition, gardening has the benefit of “hours” or exercise extended over a period of time. Do you look at the clock when you are gardening or do you find that three hours have passed when you meant to just pull a few weeds? Just think you have been tending your bones while tending your garden. Encourage your friends to garden.

Turner, L.W., Bass, M.A., Ting, L., and Brown, B. (2002). Influence of yard work and weight training on bone mineral density among older U.S. women. *Journal of Women & Aging*, 14, 139-148.

Photos courtesy of Lynn Winningham and Steve Corley



Arkansas Is Our Campus

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Equal Opportunity Employer.



Best in Show:



Master Gardeners serve their time.

Congratulations for earning your five year pins: Shirley Acchione, Stewart Bell, Rose Bradley, Lois Clifton, Rose Crane, Lee Gershner, Carl Goodson, Ann Green, Sandy Harrison, Coy Hively, Joan Humphries, Lisa Jackson, Ben Jordan, Nancy Kirsch, Gena Norris, Sylvia Orton, Tammy Pope, Carolyn Prickett, Frances Searcy, Claudia Stallings, J. William Trimble, Laura Anne Wilson.

And kudos to Jim Bowling, Joyce Bumgardner, Irene Davis, David Dodson, Linda Holbert, Barbara Johnson, Laura Lasiter, Maxine Ramage, and Kathy Scheibner for earning their ten year pins.



Front: Shirley Acchione, Nancy Kirsch, Sandy Harrison, and Gena Norris
Back: Ann Green, Lois Clifton, Ben Jordan, and Rose Crane



Maxine Ramage, Laura Lasiter, Irene Davis, and Jim Bowling

Social Committee

Photos courtesy of Lynn Winningham



Linda Chakalas, Sandy Harrison, Wincie Hughes, Sharl Hill, Connie Staley, Jim Dyer, Dena Dixon, Lynn Phelps, Dorothy Veirs, and Bernice Johnson



Chairman Susan Crisp and committee: Linda Chakalas, Dena Dixon, Jim Dyer, Sharl Hill, Wincie Hughes, Kandy Jones, Bernice Johnson, Jan King, Sharon Mayes, Bonnie Peek, Lynn Phelps, and Martha Whitehurst, hosted a welcoming reception for the 2003 class of Master Gardeners. They've done an outstanding job of entertaining us this year.

Fortunately, there's more to come. The Holiday Social will be Thursday, December 11, 2003, from 6:30-8:30pm at the Park Hill Christian Church. Cost is \$15/person. RSVP to Susan Garner, 712 Shea Dr, LR 72205; 221-1720 by 12/ 5/ 2003.

Herbal Lessons By Libby Thalheimer, Editor

Consider the consequences of confusing *herbal essence* with *herbalists' scents* when concocting a soothing solution of herbal therapy.

- Three or four drops of essential oils in a vaporizer are effective as inhalants or diluted in a teaspoon of base oil suffice for a full body massage, while the herbalist's scents are too subtle for their aromas to substitute.
- Two level teaspoons of dried herbs constitute herbal teas and tisanes, four ounces for tinctures, but concentrated herbal essence may only be consumed subject to careful supervision.

It's kind of a convoluted concept that anyone could mistake herbal essence for herbalists' scents, no matter how similar they sound. That's clear.

Study these simple statements concerning sage.

- Sage is a pungent herb used in bouquet garni for meats and poultry stuffing. It is used in hair care products for dandruff and in tisanes for coughs and digestive aid. The essential oil of sage is used in aromatherapy.
- Sage, a hardy perennial sub-shrub (24inches), grows best in full sun in well drained loam. Grown primarily for its foliage, its flowers are usually removed. If allowed to flower, bees and butterflies are attracted to its ornamental spikes.
- In Webster's Ninth New Collegiate Dictionary, sage means "wise through reflection and experience". For the herbalist, sage signifies esteem or friendship.

It's a clipped and concise section of facts with no subliminal sub-plot.

So smile if you sense the herbal lessons are contrived to remedy any misgivings you may have on sharing your experiences in the Master Minutes. And....

- Jot down your Sage (*Salvia officinalis*) advice, from Clary (*Salvia sclarea*) Mint (*Mentha*) to Bee Balm (*Monarda didyma*).
- Explain the Thyme, not Caraway (*Carum carvi*), you planted caraway thyme (*Thymus herba-barona*).
- Describe that really rash decision to use Rue (*Ruta graveolens*) as insect repellent. Do you still rue that sunny day?
- Spread the dirt on the real Dill (*Anethum graveolens*) in a corner all alone. Never plant a self-sower in a border, it'll take over.

As gardeners, we encounter many of the same old, continuing problems but often with slightly different spins. By submitting your gardening tales and travesties to What Works, listing items for exchange in the Trading Post, or writing an article about a gardening interest, Master Minutes can be another tool we use to help combat some of those problems.

According to The Herb Bible by Peter McHoy and Pamela Westland:

- The symbolic meaning of sage is esteem or friendship; mint is wisdom; thyme is activity; and rue is repentance.

Letter to the editor

We have lost our roots!

We have had a train in our garden, people from forestry, people from the zoo, and liver donations. We are gardeners people!

Let's have an immediate program by Dick Blankenbeckker on tomatoes. Will I get more yield out of determinate or indeterminate?

Nancye McCowan could enlighten us about what to plant and methods for successful fall.

What happened to the "By the Light of the Moon" article in Master Minutes? I actually followed it.

Let's work smarter not harder. When I come to these meetings I want to learn something new about gardening from someone who knows more than I do.

Anonymous



Calendar By Ruth Jones

December, 2003

There is no Master Gardener meeting in December.

- 1-31 Christmas lights at Garvan Woodland Gardens.
- 11 Master Gardener Holiday Dinner Party, Park Hill Christian Church.

January, 2004

- 20 Pulaski County Master Gardener meeting. New day, time, and place: Third Tuesday at 11:30 a.m. at St. James United Methodist Church, 321 Pleasant Valley.

February, 2004

- 13- Hot Springs Lawn and Garden and Leisure Show, Hot Springs Convention Center.
- 15 Pulaski County Master Gardener meeting. Third Tuesday at 11:30 a.m. at St. James United Methodist Church, 321 Pleasant Valley Dr.
- 27- Arkansas Flower and Garden Show at the Statehouse Convention Center.
- 29

March, 2004

- 15 Pulaski County Master Gardener meeting. 11:30 a.m. at St. James United Methodist Church, 321 Pleasant Valley.

"ROOM TO GROW" JULIANA GREENHOUSE GRANT

The National Gardening Association has partnered with Juliana, manufacturers of hobby greenhouses to create the "Room to Grow" Juliana Greenhouse Grant. Schools and community organizations across the U.S. with established youth gardens are invited to apply. Applicants must involve at least 15 youngsters between the ages of 3 and 18 in gardening in 2004. Proposed projects should actively engage youngsters in a greenhouse environment, establish clear teaching and learning goals, and demonstrate need. 50 selected projects will receive indoor growing equipment and/or materials. Prizes range from a large Professional Horticultural Greenhouse (retail value \$2,495) to NGA's Guide to School Greenhouses. Application deadline: December 31, 2003.

For more information, visit:

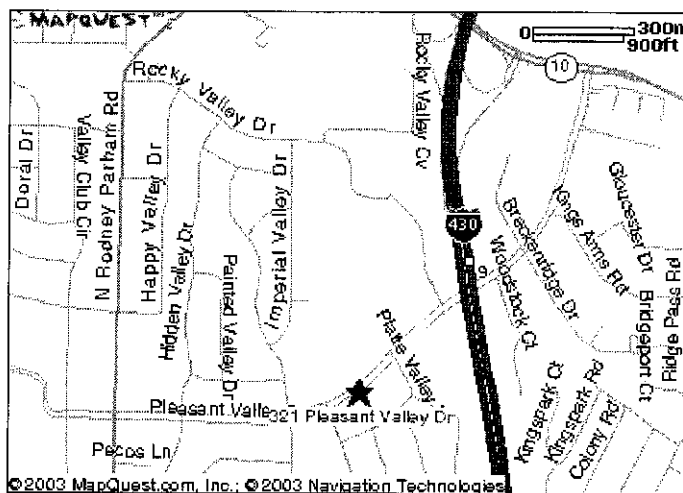
The National Gardening Association website:
<http://www.kidsgardening.com/archive/kqnews-current.asp>

Continuing Education Opportunities

Master Gardeners are required to earn twenty points of continuing education each year. In addition to attending the Master Gardener meeting in January where you can earn two education points, the following activity is offered:

- Research a topic of gardening interest to you, write an article and submit it to the Master Minutes. If you need help writing the article, the Master Minutes staff can help you. Contact Libby Thalheimer at 663-1151 or smell34@aol.com for more information.

The speaker for the January Master Gardener meeting will be Beth Phelps, Pulaski County Extension Agent, Staff Chair. She will be discussing the new horticultural zones and the implications for Arkansas. Below is a map showing St James United Methodist Church where we will be meeting at 11:30 on January 20, 2004.



"Ride the Gardening Wave"

Southern Region Master Gardener Meeting and Cruise
June 24 - 28, 2004

If you are interested in the meeting and cruise leaving from New Orleans be sure and book soon. Information was previously mailed in the Master Minutes.

More information is available @
<http://www.poetravel.com>.

Click Meetings and Incentives.

Click Master Gardener Cruise.

Or call Teresa at Poe Travel, 376-4171.



December & January Checklist By Rose Hogan

Cut holly and Christmas greenery for decorating. When cutting evergreen foliage from the garden for Christmas décor, cut just above a bud. This ensures that no spurs will be left to encourage decay. Keep it cool and moist to last longer.

longer.



Camellias in bloom at the Old Mill.

Don't throw out that ash if you're burning wood in the fireplace this winter. Save it until next spring then spread it in your gardens. Scatter it around your radishes, onions and potatoes. Wood ash is high in potassium and will raise the pH of the soil.

BUT don't use ashes or salt to clear garden paths of ice. This could damage plants that are growing in between the slabs. Use kitty litter or sand to melt the ice. Rake up all leaves and place them on a compost heap. If left on paths they become a hazard when the colder weather comes.

Avoid walking in your garden if it is covered in snow. Lawn edges and plants could break. Don't walk on soil unnecessarily. It will compact and damage its structure.

If your soil is not waterlogged, frozen or covered in snow, repair your fences now. If you wait until spring you may step on and damage newly emerging bulbs. It is also easy to pound stakes into the damp soil now, rather than in the summer when the soil could be dry and hard.

If you are planning any major changes to your garden, it is best to do it now while the soil is damp; but not if the soil is still frozen or water logged. Make changes from now until early spring.

Start planning for next season. Send away for seed and plant catalogs.

Order seeds and seed potatoes now to avoid disappointment later.

Tips for Flowers

Enjoy the blooms of forced bulbs such as hyacinth and paper whites.

Plant tulips after cold treatment.

Place poinsettias in a sunny window in a cooler area of the house now. Reduce watering and begin feeding again in spring.

Don't allow potted azaleas to dry out. The soil must remain moist. Pack down the soil around newly planted roses, trees and shrubs on a regular basis until spring.

Check your shrubs on a regular basis for damaged branches that may need removing. Keep your hedges trimmed with a round top so that the snow won't collect and break branches. Gently remove snow. Branches will break if they get too weighed down.

Remove all leaves from around your rock gardens. Moisture retention will cause surrounding plant stems and leaves to decay.

Watch for signs of soft or moldy bulbs if stored over the winter. If they have started to rot or decay, remove them and throw them away. This occurs if moisture gets into storage areas.

Make note of areas in the flower beds, and in the rest of the garden, that retain water. These areas may need to have drains installed when the weather allows.

Tips for Fruit

Cut off sucker shoots from around the bases of apple and pear trees. Prune apple trees. Discard the branches you have pruned to avoid the spread of disease.

Regularly inspect fruits in storage, removing any with signs of decay.

Cut out any dead or weak canes of blueberries between now and February. Use sharp pruning shears.

Replace damaged or broken supports for fruit trees now.

If rabbits are a pest in your area, make sure wire netting or plastic guards have been fitted around trunks of young fruit trees. Young trees are the first to be attacked and if they are totally girdled they will not survive.

Tips for Lawns

If you need to plant grass, do it only when you are sure the temperature will stay above freezing. Avoid planting grass in a rainy season. Heavy rains can leave soil too wet, resulting in damping off, a fungal disease that can kill the seedlings.

Remove dead grass and leaves if the surface of your lawn is not too wet or frosty.

If you haven't already done it, arrange to have the cutting blades on your lawn mower sharpened. Have all electric cables and switching gear checked. If you need a new lawn mower, now is the time to look around for bargains.

December Color

Camellias, dogwood, hollies, nandina, osmanthus, aquifolium, possum haw, rosehips, tea plant, viburnums and violas.



Ruth Owings with the bouquet of pansies.

January Color

Camellias, heather, hellebores, hollies, winter honeysuckle and jasmine, mahonia, possum haw, flowering quince and witch hazel.



What Works!

Trading Post



Compiled By Sharon Davis

What Works and the Trading Post are the Master Gardener forums to propagate the wealth of our gardens.

Share your tips or list your produce on the clipboards circulated during the monthly meetings; or write to:

Sharon Davis @ sedavis@aristotle.net, or @ #6 Alanbrook Cove, Sherwood, Ar. 72120.

Although not required, if you sign your name you will be credited.

- Basil makes a great smelling wreath for your kitchen. It is often grown on windowsills to repel flies in addition to flavoring tomatoes.
- Make a tisane of peppermint, basil, marjoram, yarrow or caraway as a home remedy for nausea or flatulence.
- An infusion of thyme and lemon juice combine to make a soothing gargle for a sore throat.
- For dandruff sufferers with dark hair, use an infusion made from the leaves of rosemary and sage as a hair rinse.
- Balsam scented clary is used in soups, sauces, and winemaking.
- A mint infusion can be used as an antiseptic and a face wash.
- Bee balm flowers are used to flavor teas, while the essential oil from bee balm is used as an antidepressant in aromatherapy.
- The leaves and stems of rue can be used to repel flies and wasps. Be careful handling rue. It causes a strong reaction in some people.
- A decoction of dill seeds is a mild sedative and digestive aid.
- Pat Green has *Hermerocallis* Hybrid Stella d'Oro, daylilies that need a good sunny home—free to any project. Come get them. (501-835-6215)
- Marie Flickinger has "Vinca" ground cover with blue flowers to give away. (501-758-4202)
- Dolores LeCompte has *Lablab*, Hyacinth Bean, seeds to give away and wants *Alcea rosea*, Hollyhock seeds. (501-664-4795)
- Dolores LeCompte already has the windows and would like someone to build a cold frame for her. (501-664-4795)

The easiest and least expensive way to propagate plants is by dividing and replanting plants and gathering seeds. You may bring your extra plants and seeds to share with other Master Gardeners at the meetings. Deposit plants outside the auditorium with a short card listing the name and care of your plant. To guarantee an exchange, list your divided plants and seeds in The Trading Post.

From The Herb Bible by Peter McHoy and Pamela Westland

For gardeners, broadcasting is simply scattering seeds where you want them to grow. In What Works, you broadcast your deeds, or gardening experiences, hopefully in good time, so that we all benefit from your successes and failures.

== Internet Pipelines

David Werling, a new Master Gardener, found Steve Vann's PowerPoint presentation (slides) on the internet. Anyone can download Stephen Vann's Common Diseases color Power point presentation; the one he used in the Master Gardener class, by going to:
<http://www.arhomeandgarden.org/PlantDisease/>

Pulaski County Master Gardeners Memorial Fund

The Board of Directors of the Pulaski County Master Gardeners has formalized a Memorial Fund into which gifts may be made. These gifts may be made "In Memory of" or "In Honor of" any designated person and may be specified for a particular use. Those specified uses might include trees to be placed on public property; garden related books for libraries; funds to be used for a specific Master Gardener project (benches, boulders, birdbaths, statues, or other hardscape); or for general Master Gardener program support.

Donations should be sent to: Pulaski County Master Gardener Program, 2901 West Roosevelt Road, Little Rock, Arkansas 72204.



Arkansas Flower and Garden Show "Gardens as Art"

A special feature of this year's show will be an Art Show along with ten landscaped gardens, over 100 booths, the Arkansas Florist Association Competition and the Arkansas Federation of Garden Clubs Flower Show.

Volunteer to be a part of this show. You don't want to miss it. Complete the attached form and return it to the Pulaski County Cooperative Extension Service, 2901 W. Roosevelt Road, Little Rock, AR 72204 or e-mail to bphelps@uaex.edu or Ray Sarmiento annsarmiento@aol.com.

Volunteer Sign-up Form

Friday, February 27, Saturday February 28, and Sunday, February 29, 2004

YES, count me in. I want to be a Flower and Garden Show Volunteer.

Name: _____ Telephone: _____

Address: _____

City: _____ State: AR Zip: _____

E-mail: _____ Age if under 18 years old _____

I am available to work at the show: Please rank your choices 1, 2 and 3. Please make sure and indicate both the day(s) and the shift(s) you prefer to work.

We need volunteers for all 3 shifts on all 3 days.

Day	Shift
____ Friday, Feb. 27	____ 8:45 a.m. - Noon
____ Saturday, Feb. 28	____ Noon - 3:00 p.m.
____ Sunday, Feb. 29	____ 3:00 p.m. - 6:00 p.m.
____ I can work as most needed. Just assign me a shift.	

I would like to help with set up and/or take down:

____ Set up Thursday, Feb. 26 _____ a.m. _____ afternoon _____ p.m.
 ____ Take down, Sunday, Feb. 29 _____ 5:00 p.m. till 8:00 p.m. or so.

I would like to help with:

____ Where most needed ____ Selling/Taking Tickets ____ Speakers Area ____ Office/Name Badges
 ____ Vendor Services ____ Master Gardener/Extension Education Center

____ Trainer (Experienced Flower and Garden Show volunteers willing to work a full day helping check in and train volunteers for each shift. Trainers will get together before the show for their training.)

I would like to work the same shift as: _____

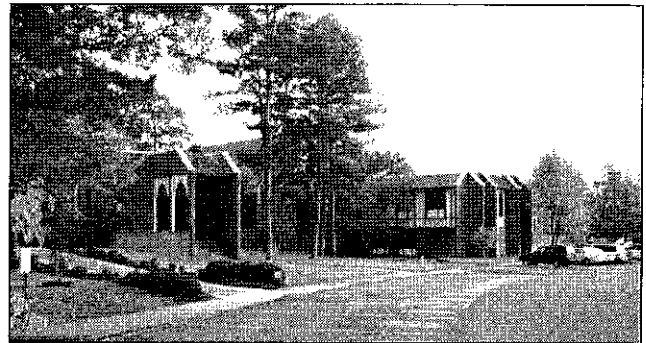
Remember to mark your calendars with the dates above.
 Assignments will be mailed in mid February.

Photo courtesy of Steve Corley

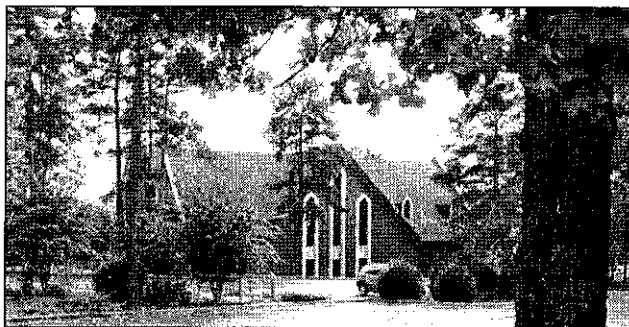
New Digs By Lynn Winningham



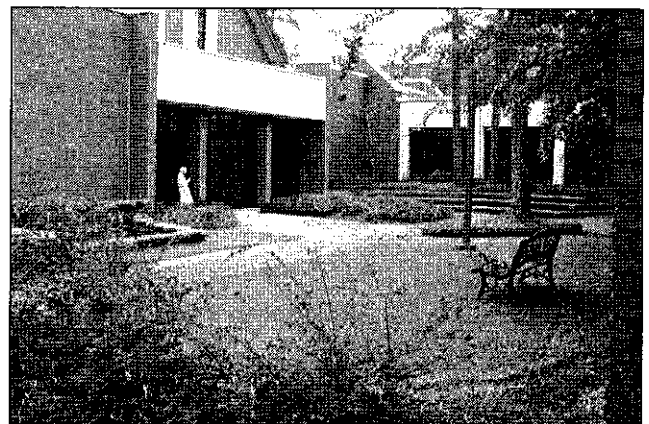
We will leave behind some familiar faces at the U of A Cooperative Extension Office after our move to St. James United Methodist Church.



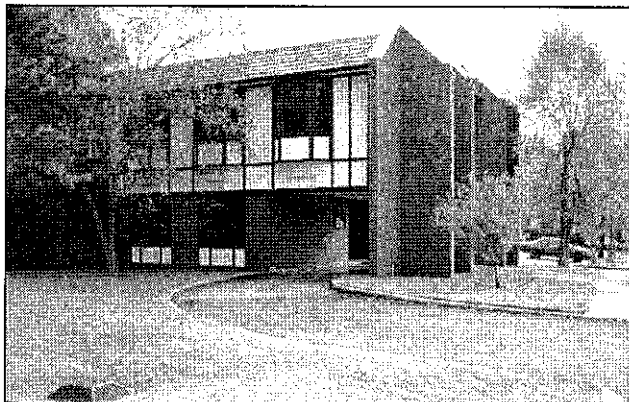
The covered drive is just past the main entry for the church.



Remember no December meeting. We will be meeting at St. James United Methodist Church, 321 Pleasant Valley Drive in Jones Fellowship Hall on Tuesday, January 20, 2004, at 11:30a.m.

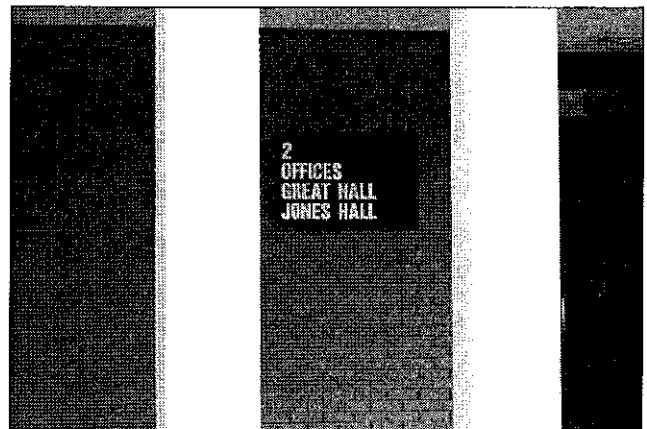


This is a secluded garden located near our new meeting space at Jones Fellowship Hall at St James United Methodist Church. I am so excited to have such a beautiful new place to take pictures.



We will enter the building under the covered drive through.

Photos courtesy of Lynn Winningham



Enter here, go up 8 or so steps, walk 10-15 paces (not far) and turn right. Halfway down that hall, on the right, is Jones Hall. I thought this might help people to know exactly where to go.

New time, new day, and new place!

Pulaski County Master Gardener Meetings' Highlights By Susan Crisp

Board Meeting, October 14, 2003

A Thank you note to Carolyn Newbern was presented.

- ✓ The Treasurer's Report shows an ending balance of \$12,022.34 for September 30, 2003.
- ✓ The Memorial Tree Fund will be given a permanent name and address at the next meeting. The Janie Ballard memorial planting will be at Allsopp Park. The Lester Ballard memorial planting will be at McArthur Park.
- ✓ A Gifts, Talents and Interests Survey will be sent to members in December.
- ✓ A Grant Writing Workshop is November 10, 2003. Interested persons should contact Beth.
- ✓ The Leadership Training was reviewed. Discussed holding mini-workshops for committee chairpersons and interested members.
- ✓ Changes in statewide policies will be discussed at November meeting.
- ✓ Arbor Day is November 5, 2003 at Allsopp Park from 10:00 a.m. until Noon.
- ✓ Advertisements to promote Master Gardening Program will be discussed with the 3Ps Committee at the November Board Meeting.
- ✓ Channel 7 started Mid-Day Program and would like for gardeners to be on the show.
- ✓ A chairpersons' orientation will be held in January of 2004. Dick Blankenkemper and Carolyn Newbern will develop proposal on term lengths of members At-Large.

General Meeting, October 14, 2003

- ✓ A thank you gift to Carolyn Newbern was presented.
- ✓ Project chairpersons need to turn in requests for spring plants to Lois Corley by November 1, 2003.
- ✓ Plant sale will be Saturday, October 18, 2003, from 8:00 a.m. until 10:00 p.m.
- ✓ One opening is left for the St. Louis trip. See Ila Newberry if you are interested.
- ✓ The fall Reception for new Master Gardeners will be held after the November 11, 2003 meeting.
- ✓ The Holiday Social is Thursday, December 11, 2003, at the Park Hill Christian Church. Details and reservation forms will follow at a later date.
- ✓ Members are requested to give Beth all new e-mail addresses.
- ✓ The Janie Ballard Memorial Tree will be planted in Allsopp Park. The Lester Ballard Memorial Tree will be planted in McArthur Park.
- ✓ Contact Beth if you are interested in the Channel 7 Mid-Day Program. Master Gardeners are needed for three to four minute segments.
- ✓ 2004 Committee chairpersons were asked to contact Dick Blankenkemper.
- ✓ Dick Blankenkemper introduced Nancy McCowan, who spoke on the effects of the sun on gardeners' skin. She also showed pictures from the 2003 International Master Gardeners' Meeting.

Photo courtesy of Lynn Winningham.

Board Meeting, November 11, 2003

- ✓ Treasurer's Report had an ending balance of \$14,789.61 for October 31, 2003.
- ✓ A motion to charge dues for first year members to cover increased training costs was approved.
- ✓ Pulaski County Master Gardeners' Memorial Fund will be maintained by Mary Freeman and will have categories specified and unspecified.
- ✓ Orientation for Program Chairs will be January 15, 2004. New Board members are welcome.
- ✓ Mailing of new meeting location, time, dates and maps will be made.
- ✓ Policy changes discussed with Jane Druff on Sustainer Status and Leave of Absence. Motion passed that Sustainer status will begin in 2004 with prior approval.
- ✓ A committee will be formed to write grants to improve PCMG projects.
- ✓ Applications for "Keep Arkansas Beautiful" are due by January 10, 2004.

General Meeting, November 11, 2003

- ✓ New class welcomed.
- ✓ Thoughts and prayers extended for Jane Gulley, Jan King and Marilyn Tilley.
- ✓ Beth Phelps gave five and ten year pins and certificates. Lifetime members were also announced.
- ✓ Susan Crisp thanked the Social Committee, and reminded members about reception following and Holiday dinner.
- ✓ Ila Newberry reported on the St. Louis trip.
- ✓ Lois Corley thanked everyone for attending the plant sale, which funds our projects.
- ✓ Flower and garden show scheduled for February 27-29, 2004. Contact Beth Phelps or Ray Sarmiento to volunteer at the education booth (M.G., U of A, J.R.M.G., and speaker's bureau combining.) Mary Evans announced that forms go out in December, due in January.
- ✓ Contact Nancy McCowan for "stuff" orders. Cutoff date is November 14, 2003.
- ✓ Beth Phelps and Jane Druff discussed Sustainer Status and Leave of Absence policy changes.
- ✓ Check "sticky" board at each meeting for events.
- ✓ No speaker and everyone attended the reception for our new class.



Prize winners:
Juddie Wachtel:
leaf;
Linda Rafferty
and Jim Dyer:
license plates

Classifieds

Volunteer Opportunities for December and January:

Cammack: Thursdays @ 9:00am (except 5th Thursday of the month)

Curran Hall: Mondays @ 8:00am

Governor's Mansion: Mondays @ 8:30am

Master Minutes: Anytime. Write an article for the newsletter at your convenience.

Old Mill: 1st & 3rd Tuesdays @ 8:30am

State Hospital: 2nd & 4th Wednesdays @ 9:00am

Sunshine Board

If you have information about Master Gardener members who have concerns to be shared please contact the Retention Committee, Jane Gulley, Chair, 225-2072.

City Beautiful Nominations

Little Rock and North Little Rock want to promote public interest in the appearance of their city. They plan to recognize homeowners whose landscapes are exceptional and visible to the public. Nomination forms are available in the County Extension Office. Or you may contact the City Beautification Commission of each city.

Keep Arkansas Beautiful Awards

Entries for 2004 must be postmarked by Saturday, January 10, 2004, and mailed to: KARB Awards, Keep Arkansas Beautiful Commission, One Capitol Mall, Little Rock, AR 72201

For additional information: E-mail: info@keeparkansasbeautiful.com or call 1-888-742-8701

The Pulaski County Extension Office project submitted an application and won the Crystal Award of Excellence for 2003. Pinnacle Mountain project was a runner up.

- Our condolences to Jane Gulley on the death of her son, Samuel. Memorials may be made to the American Heart Association or the charity of your choice.
- Jan King is recovering quickly from a recent heart attack.
- Ray Sarmiento is recuperating from surgery.

Dig In Here...

For answers to your gardening and horticultural problems, try these helpful resources:

- Master Gardener Website:
www.uaex.edu
Username: mastergardener,
password: compost
- PC Master Gardeners Website
Pulaski.uaex.edu
- U of A Cooperative Extension Service
Website:
<http://www.arhomeandgarden.org>

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Thank you

We all appreciate Carla Tunnell and The Decor Store (10900 Maumelle Boulevard, Maumelle) for donating so many great garden gifts to be used as door prizes at our Master Gardener Meetings each month.



Pulaski County Master Gardeners are trained volunteers working with the University of Arkansas Cooperative Service and Pulaski County Government to provide demonstration gardens and horticultural - related information to the residents of the county. In 2002, these volunteers gave more than 10,000 hours of service.

Elisabeth J. Phelps__ County Extension Agent,
Staff Chair

News & Notes

Everyone is encouraged to submit interesting information, committee reports, newsworthy photos, etc. to the newsletter.

Bring your information to the Master Gardener meeting, or send it to: Libby Thalheimer
5005 Crestwood
Little Rock, Ark. 72207
Or to: Smell34@aol.com
Or call: 663-1151

The deadline is the third Tuesday of each month. For late breaking news after the deadline, send information to:

Beth Phelps
Pulaski County CES
2901 W. Roosevelt Road
Little Rock, Ark. 72204
Or to: bphelps@uaex.edu
Or call: 340-6650



Master Minutes Staff

Shannon Chamberlin
Sharon Davis
Carl Goodson
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