



University of California Cooperative
Extension - Riverside County

21150 Box Springs Road, #202
Moreno Valley, CA 92557-8781
(951) 683-6491 x231

81077 Indio Blvd., Suite H
Indio, CA 92201
(760) 342-6437

Website
www.ucanr.edu/sites/RiversideMG

Email
anrmgriverside@ucanr.edu
anrmgindio@ucanr.edu

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Spirit of Master Gardening Award

The winner of this year’s **Spirit of Master Gardening Award** is Amelda Ratcliff. Amelda contributed over 100 hours in all areas of the Master Gardener Training Program and earned the admiration of her fellow MG Trainees. She inspired her Class Presentation Team with her impressive knowledge of plumerias, not to mention many giveaways for the class. Amelda demonstrates through her actions a selfless desire to help others, be it the general public or her fellow Master Gardeners.

Amelda still has a day job with Riverside County and has been active with the Riverside Flower Show and Home Garden Tours for many years, having served as its President and currently as Treasurer. MG’s have volunteered as home garden tour docents for years and provided speakers for this year’s show.

Amelda will also serve as the Treasurer for the West-County Advisory Board (WAB) in the upcoming 2018-2019 MG Program Year. Congratulations Amelda!

Riverside Graduation

Contributed by Dave Brandtman
Newsletter Editor & Class Coordinator



Graduation marked the conclusion of the Riverside Area Training class. We started out with 41 students and 38 became Certified UCCE Master Gardeners. Nearly everyone completed the 50-hour requirement and were awarded their badges. Additional photos can be found on VMS.



Co-Winners of **Outstanding Master Gardener Award**:
Steven Lee and Michael Fisher



Lisa Wright, Sue Cobb and Sue (too) Nesbitt



Janet Hartin and Jeri Vanderveen



Brenda Kooiman



Janet Hartin, Dave and May Lou Rodriguez



Janet Hartin and Diane Schreiber



Dave, Janet and Joann Roberts



Janet Hartin and Janette Proof



Shakers and movers in attendance at this graduation: Betty Balo, Linda Zummo, Karen Fleisher, Linda Powell, Susan Cline and Janice Binam. Valued WAB Officers and Coordinators.



Lisa Wright and spouse



Michael Fisher and family



Brianne Tengwall and spouse



Steven Lee and spouse



Joyce Allen, Cathy Bailey & Betsy Barone



Celeste Cantu, Joann Roberts, Julie Dauer and Diane Schreiber doing the gift giveaway thing.



Sarah Mellor and baby



Jorge and Breanna Ramirez with newborn baby



Janet and Debra O'Brien



Sue Nesbitt



Janet and Jim O'Brien



Lisa Wright, Steven Lee, Michael Fisher, Sue Cobb, Sue Nesbitt and Amelda Ratcliff

Lavender Field of Dreams



We Need You!

A veteran, Master Gardener came up to me and said "Wow! This is my first Lavender Festival, and Wow I am so proud to be a Riverside Master Gardener"

Our committee, from West Riverside County Master Gardeners, along with Karen Fleisher and the Master Gardeners from the Water Efficient Landscape, and the Master Gardeners from the Riverside Desert Community have come together to really put on a grand show case for our Riverside County Master Gardener Program.

Without volunteers all this hard work is for not. We want to make a difference, and have Master Gardeners from other counties continue to come by and say, "I wish we could do something like this." This is called pride.

We need your help this weekend, we still have slots to fill. If you are having trouble with VMS, call me and tell me what shift you want to be on. 909 395 7069. As I said before, Master Gardeners can park on site whenever they arrive, just show your badge.



Thurman

Long before Thurman Howard sent his Help Needed poster to the multitude of Master Gardeners throughout Riverside County, he was making plans for the greatest show the UCCE Riverside County Master Gardeners have ever done. His better half and fellow Master Gardener, Marilyn Howard, worked alongside him to create a field of dreams with impressive posters, beautiful display tables, colorful floral arrangements and anything Thurman forgot to do. 😊

Lavender Festival

Contributed by Thurman Howard

Gold Miner Coordinator

Photos contributed by Pam Clarke



Denise Taylor hanging with the ollas



Thurman Howard working the WMWD table.



Dave Brandtman sitting on the job



Michael Fisher giving lessons on hydroponics.



Carol McLaughlin welcomes visitors at the Lavender Information Table.



Christine Lampe is becoming the new Butterfly Lady.



Jorge Ramirez and Julie Dauer at the WMWD display



The Butterfly display was extremely popular.



Thank you! ¶

Thank you, Riverside County Master Gardeners, for making this year's Lavender Festival the best. ¶

From the Palms of downtown Riverside to the sands of Indio, from the top of the Beaumont pass to the grape fields of South County, we as a team made it happen. ¶

Special thanks to Joyce Haraughty, and Bob & Sue Adamson, and all the wonderful volunteers from our desert community. ¶

The WEL table was a nice touch, thank you Karen Fleisher and your experts on water efficient landscaping. Your team was the icing on the cake. ¶

A very special thank you, to the pass area Gold Miner Connie Mettler, for her outstanding job recruiting volunteers, and making sure all tables were staffed. Connie was there every morning to make sure everything was in order, before the gates opened. ¶

Thank you to my wife Marilyn, for putting up with me for the three weeks leading up to the event. Marilyn did a great job with the posters, one of the high points of the exhibit. ¶

I could go on, and on, with the thank-yous, and there are some special people that I did not mention, but you know who you are. **Thank you!** ¶

Rosa, thank you for all that you do for the Riverside County Master Gardener Program. ¶

Thurman ¶

Gold Miners

Contributed by Thurman Howard

Gold Miner Coordinator

Lavender Festival

This year's Lavender Festival is now over with a new record in attendance. With 8 days of festivities, and 4 of these days, 10 hours long, it really put a heavy tax on

our Volunteer pool. Thanks to the coordination of Gold Miner for the Pass area, Connie Mettler, and the outstanding response from our Master Gardeners, we were able to pull it off.



Our information table was quite busy passing out information. We were also able to sign up over 600 people for our eblast.

Additionally, so many people were interested in becoming a Master Gardener that we were able to send information to 20 interested Riverside residents. We had many interested people from other counties as well, so we took their information and sent it to their respective counties.

The Master Gardeners from our desert community were there in force and were able to retrieve valuable leads for their program. The desert Lavender was of special interest, it was on loan to them from the Living Desert.

The first part of the month of June was consumed by the Lavender Festival. However, we were still able to focus on some future projects that are important for next year.

Master Gardeners from our Water Efficient Landscaping committee (WEL) were the icing on the cake. We were able to hand out 1,340 SoCal Yard Transformation books.

I spoke with Tina the CEO of the 123 FARM the day after the event. She told me that they had 28, 500 in attendance at this year's Festival. Our numbers show that 17,012 came to Visit the Riverside County Master Gardeners.

Lowe's Program

Lowe's Home improvement in Lake Elsinore, is still helping us develop a program to reach out to other stores, in the Riverside area. Thurman along with the gold miner from different areas will be calling on Lowe's stores, to have information tables in Menifee, Temecula, Murrieta, Hemet, and Moreno Valley. We would like to visit each store at least twice a year with our information table and topics of engagements. The two months that we are looking at are February, and or March, and September and October.

What we will be kicking off in the Lake Elsinore store is a sign that will go into their garden department. This sign will be placed throughout their garden department. The good part is that they will pay for the signs.



Janette Proof and Sue Cobb



Tom Vineski with Lowe's employee

This project is just another example of the Gold Miners supporting our phone help line.

WIC Project

The WIC project is in its last weeks of our first cycle, Hydroponics. A big thank you to Michael Fisher, for all his help with the first project.

We will be starting the second cycle, in July, showing young families how to bring butterflies to their home gardens, no matter how much space they may have.

Garden Views

June 2018

On the 25th of June, Sue Hill and I will be meeting with WIC management, to introduce our third cycle of the year: Micro Greening. It is a fast-growing method, to help fight the concerns of the Urban Desert. We will be helped by newly graduated Master Gardener Ron Bowes on this project.

The Gold Miners will be dark July & August. However, we will be meeting in small committees, working on better ways of covering the WAB side of Riverside County, and developing better methods to serve the program.

The committee will be planning next year's events, and will be calling on Lowe's, to open new stores in targeted areas. It will be good to renew some of the Tractor Supply stores for events, an over view map will be used to see what areas we are not serving. We hope to add a few key farmers markets 3 to 4 times a year in selected areas. We plan to utilize our equipment better, and target information, for each event for

maximum impact with less effort. All this planning will take our standard events that we currently do, we will also revisit and review some events that have not shown much interest. Our group will also be reviewing some new topics of engagements, and seasonal handouts.

We will have activities to fill, this summer. We will be at the Kaiser Medical Center Farmers Market every second Friday of the month and we are getting ready for the Home and Garden Show at the Riverside Convention Center in August.

We still have two areas without, Gold Miners: So. County, and Moreno Valley Perris area.

What a way to close this year's Gold Miners 2018 year, with a very successful Lavender Festival. It was a growing year, but worth the time and effort. We start in July with, 2019 year full of promise.

Elections Results

2018-2019 Executive Advisory Board

Elections were held and the following Master Gardener Volunteers will serve the as the Elected Officers for the West-County and Desert Advisory Boards. These two boards meet monthly to discuss and make decisions regarding the activities in each area. They combine to form an Executive Advisory Board led by Volunteer Services Coordinator, Rosa Olaiz, that meets quarterly to address issues of concern to both areas.

West-County Advisory Board WAB Elected Officers

| | |
|-------------|-----------------|
| Chair | Linda Powell |
| Past Chair | Betty Balo |
| Chair Elect | Susan Cline |
| Treasurer | Amelda Ratcliff |
| Secretary* | Karen Fleisher |

**2018-2019 EAB Secretary*

Desert Advisory Board DAB Elected Officers

| | |
|-------------|--------------------|
| Chair | Barbara Kay-Levin |
| Past Chair | Joan Kyle |
| Chair Elect | Brenda Constantino |
| Treasurer* | Bruce Wilcox |
| Secretary | Barbara McClue |

**2018-2019 Fiscal Officer*

The WAB and DAB Elected Officers lead volunteer activities through a collection of Committees and Projects, which are lead by MG Volunteer Coordinators. VMS is the best source to learn more about the plans and programs in which Master Gardeners participate. <https://vms-mg.ucanr.edu/user/newsletters/> Executive Advisory Board, Desert Advisory Board and Advisory Board - West County (WCAB) are the document directories to review for more information, in addition to Bylaws & Guidelines.

Thanks go to all of the incoming officers and coordinators. We value your leadership!

2017 – 2018 Children’s and School Gardens

Committee Year End Report – Jonie Kipling

This year, the main goal of our committee was to make contact with different schools that requested our help and build relationships with the people in the schools. There were two main areas that schools needed our help. The first was working with two after school projects, one in Temecula at Barnett Elementary, and the other at Dartmouth Middle School in Hemet. Both programs had on average of around 16 students. While we started each program using the Junior Master Gardener Program, we quickly found that the program was too academic for kids who had been in class all day, so we began to look at the needs of the garden and got the kids outside working in the garden, teaching them about soil, plants, and pests and beneficials.

The second most important focus for our committee was doing butterfly presentation in several schools. Working with mostly kindergarten and first grade students (we did work with older elementary and middle school at times), we went into schools with presentations that taught students about life cycle and butterfly needs, which is part of their curriculum. We did presentations at Columbia Elementary in Perris, Harmony Elementary in Hemet, Inspire Elementary in Redlands, Creekside Elementary in Moreno Valley, First Baptist Early Childhood Center in Riverside, and Loma Vista Middle School in Riverside. In addition, we helped students put in butterfly gardens in both Harmony Elementary and Columbia Elementary. On average we had worked with around 80 to 120 students at each school.

We did soil presentations for 3rd grade students at Columbia and container garden presentations at Columbia, Harmony, and Creekside Elementary for teachers. We did a composting class for Kelly Hague’s 3rd grade class at May Ranch. We also did an introduction to the garden program and the early

childhood center at the YMCA in Corona and led a tour of the Riverside Botanic Gardens for 1st graders from Foothill Elementary in Riverside.

Next year the focus will be on helping schools create native gardens and connecting them with the Lake Perris Museum that teaches how natives used the local plants in their everyday life. This mostly works with 4th grade curriculum and standards. We will also be working with Barnett Elementary to help them develop a garden program for their kindergarten classes to help get the children out in the garden at least once or twice a month. We are working with Riverside Unified School District as well as Alvord Schools to connect them with Master Gardeners who live in their communities to help with school gardens. At North High School, we are working with 4 biology teachers who will be teamed up with 4 master gardeners as they work to teach about plants and soil life through the garden.

Christine Lampe and I are also trying to create a project in which we adopt a field at Barnett Elementary and practice using organic IPM and soil regeneration strategies to improve the field that is next to the school’s garden.

Over the summer we will be leading a workshop at LaVorgna Elementary for teachers and staff on how to solarize garden beds. We will demonstrate one bed and have teachers work on 2 other beds. They have a total of 24 beds.

We will continue to build relationships with each of these schools and any school that reaches out to us in order to better understand how we can serve them and meet their garden needs. The ultimate goal is to help schools understand how to use their gardens to teach all curriculums in all grade levels.

Grow Lab Year End

Contributed by Linda Zummo
Grow Lab Coordinator 2018-19

This year we had 50 days at the grow lab and Botanic Gardens. I show just under 400 people signing up to work in the Grow Lab. Propagation, planting seeds, and several Work Days. Spreading new rock so we don't

have to stand in the mud when watering, and all the weeds we pulled and work planting and planning.

Next year we have more of the same and we will be spreading mulch in the walkways in the demonstration

garden. The mulch is donated by Frank Heyming. We will be meeting soon to plan for the following year by first meeting with our Seed Masters. This is such a great idea thanks to Debra Corbin-Euston. So, I will continue with this concept. They will help with the new class by showing them how to plant the seeds and what pots to plant the seeds. Also, I've talked with Rebecca Levers who work with the mentors. I hope to have more mentors come to the grow lab especially in the beginning to help their men-tees with the planting. They will better get to know each other by working with them.

At the Grow Lab we will begin to have classes on various topics. It will be called "Grow Lab Continuing Education Seminar and Workshop". Depending on the topic we

may have only a Seminar or we may have both Seminar and Workshop. The first topic will be "Worm Castings".

Beginning September, we will start the "Herb of the Month" Our goal is to make a cookbook by collecting recipes using the herb of the month. After putting it altogether we can sell it during the next convention. So, I will need help from everyone by submitting recipes to a specific email which will be one I make especially for the recipes.

We will continue with the Work Days at the Grow Lab. I already have 4 days planned in July. So, check VMS and help us. Many hands make light work.

Cathy Konyn Memorial Award

Contributed by Dave Brandtman

The Cathy Konyn Award is very special, because it honors our departed friend and former Advisory Board Chair, who devoted herself to making the UCCE Riverside County Master Gardeners a shining star. I still get teary-eyed at the sudden loss my personal friend, who was a wonderful friend to every Master Gardener Volunteer she met. We would kid about having the Henny Penny Complex: If there was no one to perform a task, she would do it, because she saw the long-term value to our program. She gave speeches, conducted workshops, worked the phone lines, designed forms and flyers, all in addition to her role as Chair. When she became Past Chair, she was just as full of energy....but her life was cut short and her husband, Sam, set up a fund to honor her memory, which continues to inspire us.

Cathy Konyn Award Recipients

- 2017 Lucy Heyming:** Class of 2004, the first recipient of this award, whose accomplishments are too numerous to list. Thanks Lucy! You continue to inspire.
- 2018** This year's honor goes to two people.
 - Karen Fleisher:** Class of 2010, Board Member, WMWD, UCRBG (Shaker and Mover)
 - Dave Brandtman:** Class of 2012, Board Member, (Man of many hats)

More Graduation



Eva Mayer and son



Keynote Speaker Linda Zummo



Too cute. Sarah Mellor's clan

Janet's Jottings

Contributed by Janet Hartin
Academic Advisor

I want to thank MG Dave Brandtman for taking the helm of editor of "Garden Views" for the last year. He has done a great job of ensuring balanced content across the county and including interesting MG-written articles in addition to committee reports. Thanks Dave!

On another topic, due to such an enthusiastic response from both MG trainees and veterans to the topic of therapeutic horticulture, here are short summaries of recent publications in this field.

Impact of Plants and Windows on Building Space Usage and Perceived Stress of University Students

Cole L. Etheredge, Tina M. Waliczek, Jayne M. Zajicek

This study measured preferences and impacts of views of nature through windows and interior plants grouped in non-window areas on university students. Plants were rotated in and out of the study every two weeks. Weekly observations were recorded of both the number of students clustered at each location and activities chosen by students to participate in at the various locations. Participant stress levels were measured as well. Overall, results indicated that students communicated more and chose to congregate more in areas with windows. However, males were more likely to choose areas to congregate in that had the greatest number of plants rather than a window view. No other demographic differences occurred, indicating that students from many diverse backgrounds reacted similarly to study areas aside from noted gender effects.

Effect of Therapeutic Horticulture on the Psychological Wellbeing of Elderly in Singapore

Angelia Sia, Kheng Siang Ted, Maxel K.W., Hui Yu Cha, Chay Hoon Tan, Iris Rawtaer, Lei Feng, Rathi Mahendran, Heok Kua, and Roger C.M. Ho

This study evaluated the effect of a therapeutic horticulture intervention on the psychological well-being of a large group of 60 – 85- year-old residents (Janet's note: while I don't consider the younger age range 'elderly' I do not have authority to alter the title of this paper!) of the multi-cultural western district of Singapore. Participants were randomly assigned to a treatment group that participated in a 15-session

therapeutic horticulture program or to a waitlist group. The psychological well-being of all the subjects was assessed at pre- and post-intervention using the Ryff Scales of Psychological Well-Being (SPWB). Individuals participating in the class scored higher on the "positive relations with others" SPWB subscale than the control group following their participation or non-participation suggesting that therapeutic horticulture programs are effective in promoting the psychological well-being of older adults.

Motivations and Perceptions of Urban Food Gardeners: Results from a Preliminary Study

Sarah R. Taylor, PhD

Motivations and experiences of a variety of urban food gardeners in Chicago in residential, school, and community gardens settings were assessed through eight semi-structured interviews, an anonymous survey, and participant observations. Results indicate that gardeners were highly motivated by an ideology of food empowerment. Both stress relief and the ability to connect positively with the physical or social environment served as significant rewards.

Use of Sensory Perception of Plants in Horticultural Therapy of Alcohol Addiction

Pétra Berger and Torsten W. Berger

Positive emotions are known to enhance one's sense of well-being. This study ranked the sensory perception of plants by alcohol addicted and non-addicted adults. Alcohol addicted and non-addicted participants, respectively, favored the following plants as follows: sunflower versus chili pepper (seeing); lavender versus lemon balm (smelling); and, sweet basil versus wild chive (tasting). Non-addicted participants related the sensory perception of favored plants with significantly more positive feelings than their alcohol-addicted counterparts. However, the emotions, desires and memories provoked by sensory perception of plants did not differ between the two study groups indicating that connectedness to nature was not diminished by alcoholism. Plants providing the most positive feelings are therefore the best selections in therapeutic horticulture settings.

Riverside County Master Gardener Program

UCCE Riverside County Director Eta Takele
 UCCE MG Program Director Janet Hartin
 Volunteer Services Coordinator Rosa Olaiz

West-County Advisory Board Members

Chair Linda Powell
 Chair Elect Susan Cline
 Fiscal Officer Amelda Ratcliff
 Recording Secretary Karen Fleisher
 Past Chair Betty Balo

Desert Advisory Board Members

Chair Barbara Kay-Levin
 Chair Elect Barbara Wilkes-McClue
 Past Chair Joan Kyle-Baerman
 Treasurer
 Secretary

Committee & Project Coordinators

| | |
|--------------------------------|-------------------|
| Coachella Valley Preserve | Marcia Stone |
| Community Gardens | Cindy Peterson |
| Events / Coachella Valley | Joyce Haraughty |
| Farmers Markets (Desert) | Gail Nottberg |
| Gold Miners | Thurman Howard |
| Grow Lab Coordinators | Linda Zummo |
| Help Line (Indio) | Patricia Daniels |
| Help Line (Moreno Valley) | Nanci Nelson |
| IT Tech | |
| Desert Membership | |
| Mentoring Program | Becky Levers |
| Mentoring Program(Desert) | Dick & Patty Reed |
| Moorten's Botanical Garden | Janet Seaman |
| | Brenda Costantino |
| New Projects (Desert) | Carolyn Daniels |
| Newsletter Editor | Dave Brandtman |
| Projects DAB | Janna Calkins |
| Properties/ Merchandising | Jean Wagner |
| Public Relations (Desert) | Mary Ann Egan |
| Public Relations (Facebook) | Bill Floyd |
| School Gardens | Jonie Kipling |
| School Gardens (Desert) | Kathy Liss |
| Social Programs | Yvonne Wilczynski |
| Social Programs | Kathy Miller |
| Speaker's Bureau | Sheila James |
| Speakers Bureau (Desert) | Mernell Wong |
| The Braille Institute (Desert) | Barbara Kay-Levin |
| The Living Desert (Desert) | Jerry L'Hommedieu |
| Tours | Linda Carpenter |
| Tours (Desert) | Mary Ann Eagan |
| Training Class Coord. WAB | Patti Bonowitz |
| Training Class Coord. DAB | Jerry L'Hommedieu |
| Training Class Rep | |
| Training Class Rep | |
| UCR Botanic Gardens Liaison | |
| WMWD Landscape Garden | Lisa Lemoine |
| Workshops (Desert) | Mary Moses |

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Mission Statement

Master Gardener Volunteers are trained by the UCCE Advisors, Specialists and other qualified instructors to provide the gardeners of Riverside County with research-based information to promote environmentally responsible and sustainable horticultural practices. Activities of volunteers are solely educational - without inclusion of any purpose or intention of carrying on a business, trade, avocation or profession for profit.

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The Back Page

Dave Brandtman
 Newsletter Editor

It has been two years since I was asked to become the Newsletter Editor for the UCCE Master Gardeners of Riverside County. I am pleased to announce that I am passing the torch to one of our recent graduates, Kiandra Jimenez.

Kiandra quickly stepped forward on the first day of class to coordinate the snacks. Kiandra is also known to her class mates as a fiber aficionado. I think her passion for writing help to will weave a tapestry of tales for her fellow Master Gardeners to enjoy.



Kiandra and Edward Jimenez