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Newsletter

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Announcements

Master Gardener Board meeting will be held Monday, July 12, 1:00 p.m. at Alexis Halstead’s home. Email the office if you need directions.

Master Gardeners in Schools meeting will be held Tuesday, July 13, 5:00 p.m., Tuolumne County Senior Center – 540 Greenley Rd., Sonora.

Master Gardener meeting will be held Tuesday, July 13, 6:00 p.m. at the Tuolumne County Senior Center – 540 Greenley Rd., Sonora.

Demonstration Garden Team Leader meeting will be held Wednesday, July 21, 9:00 a.m., at the garden.



President’s Message

For those of you who weren't able to make it to the last meeting, here are the people who received awards this year:

- **Presidents Award - Richard Rauschmeier.** He has done a great job with the information booths at both Orchard Supply Hardware and Wal-Mart. His team of MGer's can usually answer any question thrown at them. If not, he passes it on to the Hotline!
- **Master Gardener of the Year - Al Dahlstrand.** Not only did Al volunteer a high number of hours this year, but he also does a great job giving irrigation classes and demonstrations at the Demonstration Garden and other events. He was the invited guest speaker to two neighboring county Master Gardener programs, sharing his rainwater catchment system design and knowledge. Any questions on your drip system, he's the one to ask.
- **Intern of the Year - Margaret Klein.** Margaret volunteered almost as many hours as Al and is very involved with school gardens. In addition, she volunteered for SOS—Save Our Styrofoam, helps with propagation, and participates as part of a Stream Team, monitoring water quality in Tuolumne County streams. She also prepared and co-taught a class on wildflower identification for the public in Groveland.
- **Inspiration Award - Pat Gogas.** Pat, too, is very active in the school gardens program and with the Stream Team. She writes articles for the Master Gardener

newspaper column, has volunteered for SOS—Save Our Styrofoam, worked at Open Garden Days and Farmers Market booths, and the RCD stream revegetation project.

- **"Have You Lost Your Mind? Award" - Deanna Corsa.** She has worked the hotline, a few different information booths and many home visits. To top it off, she not only had her garden on the Garden Tour not just once, but twice. Brave girl!

Just want to say "Thank You" to everyone for all the hours you have put in this year!

Toots

Meeting Schedule: July – December

Because of busy holiday weekends, some of our meetings are not scheduled for the first Tuesday of each month. In order to help coordinate calendars, here is the general Master Gardener meeting schedule for the rest of calendar year 2010:

July Meeting:	July 13
August Meeting:	August 3
September Meeting:	September 14
October Meeting:	October 5
November Meeting:	November 2
December Meeting:	December 7



Calendar

July

9-11 Mother Lode Fair

(no Master Gardener booth this year?)

10-Open Garden Day; 10-1, [All about Water](#)
(Demonstration Garden)

12-Board Meeting-1:00 p.m.

(Halstead home)

13- School Gardens Meeting-5:00 p.m.

(Senior Center)

13-General Meeting-6:00 p.m.

(Senior Center)

20-Fair Triangle Work Day, 8:00 a.m.

(Mother Lode Fairgrounds)

21-Team Leader Meeting, 9:00 a.m.

(Demonstration Garden)

August

2-Board Meeting-1:00 p.m.

3-School Gardens Meeting-5:00 p.m.

3-General Meeting-6:00 p.m.

7-Open Garden Day-10:00 a.m.

[Berries; Harvest Tasting](#)

September

11-Open Garden Day-10:00 a.m.

(Demo Garden)

13-Board Meeting-1:00 p.m.

(UCCE Office)

14-School Gardens Meeting-5:00 p.m.

(Demo Garden)

14-General Meeting-6:00 p.m.

(Demo Garden, Potluck)

Farmers' Market Season

The Sonora Farmers' Market will continue through mid-October. The Master Gardeners will again have a booth thanks to Erin O'Hare, Master Gardener and Farmers' Market coordinator. Martha Stolp will arrange the MG volunteers each week. If you are in need of hours, the Farmers' Market is a fun way to obtain several in one morning. The Market runs from 7:30 to 11:30 a.m. each Saturday, but MG volunteers should plan on arriving early to help set up the booth. Early birds get first pick at the wonderful produce and pastries! Please contact Martha at mapstolp@gmail.com or 532-3113 if you are interested in volunteering and let her know what Saturday(s) you are available.

Fair Triangle Work Day:

July 20, 2010

If you need volunteer hours or just want to have a great time, join us at the Fair Triangle (the entrance to the Mother Lode Fairgrounds) on

**Tuesday,
July 20, 2010
8 a.m.**

(Winner of the “Best Participant” award gets an all-expense paid trip to somewhere in the Midwest

OR

All the coreopsis they can carry...)



Master Gardeners on the Road: Tucson, AZ

I'm sorry, but I just can't do it. Wipe the goofy smile off my face. Back in Tuolumne County when I wrote this, we were expecting about four inches of snow. I'm thinking, "did I slather on my sunscreen today? Don't want to catch a nasty burn." So go the days outside Tucson, Arizona. As I type this, there's a pleasant breeze in the shade as I gaze up at the Catalina mountain range. Oddly, there is still some snow on its peaks as the temps here have been 70s and 80s. The ragged peaks have the outline of an EKG machine out of control. They scratch the sky at about 10,000 feet, but with sparse vegetation. Come evening, a transformation occurs. The rocky crags change shadow and color to a magical shade of salmon. A wondrous sight!

We're staying at Catalina State Park nestled amongst the mesquite trees. They look like some stark, mangled trees that only Tim Burton could have dreamed up. They're sprouting their spring plumage and home to many types of

birds....Audubon aficionados wander everywhere donning their binocs.

We're told that the recent heavy rains have caused an explosion of wildflowers, the most since '98. Carpets of gold Mexican poppies and lavender lupine are blinding. We had to check it out closer and gained the assistance of two equine friends, Zeke and Preston. They gave us a ride into the depths of the park where the colors were completely unreal. And getting Gator on a horse? A real achievement! Fun was had by all.

We also visited various botanical gardens. I have to admit, I don't speak cactus, but I'm trying to learn. Here you'll see prickly pear cactus (the purple ones are my favorite). There's ocotillo, agave, cholla and saguaro. I have to admit some fascination for the latter—saguaro (and so you don't take it to the butcher shop, it's pronounced sah-WAH-ro....crazy). The seeds they produce are teeny- tiny little buggers. You could fit 500 or more in a thimble. As happens with so many species of plants, only about one in a bazillion seeds turns into a flourishing cactus. In 10 years, it's about the size of a ping pong ball. They grow sooo slowly. At age 70 plus they start to develop their trademark arms. You know, that cactus the cowboy always leans against. I guess that's why they ride tall in the saddle...ouch. We had to get lots of pictures of them. Some look like they're dancing together, others strike entertaining poses. One at the Tohono Chul Botanical park looked like it was watching us, sporting an irie rasta "do".



It's such a beautiful area with so much to see. I found my next greenhouse. It cost about 150 mil back in '85. It's the Biosphere 2. Where is biosphere 1, you ask? You're standing on it! That's right, earth. You probably remember back in the '90's, 8 people airlocked themselves in the thing for 2 years to test the sustainability of it. The ultimate recyclers of pretty much everything. They grew their own food. We got the tour and walked through 5 different "life zones." They went from desert to rainforest, all under glass. A botanical wonderland and engineering genius.



Well, it is a stunning day and there is still so much to see. By the way, the Spanish word for you is tu, so I say, my sun is tu-sun, you've got to check it out!

Coordinator's Corner

Congratulations

Happy Independence Day, everyone! With the start of July comes the beginning of a new fiscal and record-keeping year. So saying, I visited the VMS website in preparation for a new recertification year and was thoroughly pleased to see that everyone (except one) was able to recertify during the past year either through the on-line system or by submitting paperwork.

CONGRATULATIONS TO EACH AND EVERY ONE OF YOU!!!!

Membership

We currently have 16 intern/trainees (from both the 2009 and 2010 training classes), 59 active master gardeners and 9 limited active members for a total of 83 master gardeners in our program. YAY!!!!

Recertification

The next time you visit the VMS website to post hours, a warning message will pop up that you need to recertify. Please click the link, read the agreement forms and click to sign electronically. It's as simple as that.

For those of you wishing to recertify using paper forms, please call the MG office at 533-5696 to request forms.

Limited Active Status

If you requested limited active status for fiscal year 2009-10, please be aware that limited active status is designed to be used for special circumstances and is for a time period of only one year. If your year of limited active status is expiring, please consider whether becoming an emeritus master gardener or resignation may better suit your situation. Please call the office at 533-5696 for details.

Recertification Contribution

At the last meeting, we announced a board-approved change that will become effective in 2012 when the Master Gardener training class will again be held in Tuolumne County. A \$25 certification fee will be included in the registration fee for class members and will become an annual fee from then on.

Anyone wishing to participate on a voluntary basis in the \$25 certification fee before then is welcome and encouraged to do so. Please mail a check for the 2010-2011 fiscal year, made payable to "UC Regents" to the UCCE office at 2 South Green Street, Sonora, CA 95370.

This certification fee is based on the model of other large, successful Master Gardener programs throughout California that charge an annual membership, subscription or other kind of fee. These funds will be set aside to help cover administrative costs for the program. **Thank you each and every one for your participation!!!!**

(cont.)

Thank You

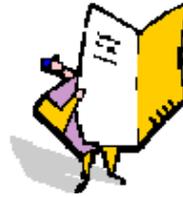
As noted at an earlier meeting, our Tuolumne County Master Gardener program more than holds its own against the volunteer efforts of the “bigger guys.” **I think we’re awesome!!!!** We have a high number of volunteers for such a far-flung, rugged, rural county. Our volunteer hours outnumber many larger counties and the list of our accomplishments is HUGE!!!!

Thank you, each one, for your dedication to the Master Gardener program and for your willingness to contribute your time, energy and creativity to keep making this a better and more effective educational outreach to our community. **THANK YOU, THANK YOU!!!!**

**Next Month's
Newsletter
Editor
Kris Grayum**

**Submissions Due
July 15th**

Have You Read?



During the month of June Master Gardener writers published articles on **Gophers** (“Gophers by the Yard”), **Edible Landscaping** (“Landscaping Good Enough to Eat”), **Bees** (“Our Bees are in Trouble”), and **Efficient Watering** (“July is Smart Irrigation Month”).

Vera Strader’s article on bees was run as a feature article on the front page of the “Travel and Leisure” section of the Union Democrat. And a past article by Francie McGowan about pond construction was picked up by a pond company in the United Kingdom.

If you haven’t had a chance to read these articles in the Union Democrat or on MyMotherLode.com on the weekends, here are some other ways to find them:

In the MyMotherLode.com archives at: <http://mymotherlode.com/real-estate/master-gardener/>

On the VMS website at <https://ucanr.org/mg/users/index.cfm> Click on “Newsletters/Documents.”

On our own Master Gardener website at: <http://tuolumnemg.ucdavis.edu/> Click on “Garden Articles.”

Happy Reading!



MASTER GARDENER PROGRAM

THINKING SAFE AND GREEN



**AGRICULTURE AND NATURAL RESOURCES
ENVIRONMENTAL HEALTH AND SAFETY**

#3

HEAT ILLNESS AWARENESS

Information given here is intended for use by program representatives, master gardeners, and those they train.

According to the National Weather Service, an average of 235 heat-related fatalities occurred annually between 1975 and 2004. Moreover, about 25,000 heat-related illnesses or injuries occurred from 1991-2000. Children are at greater risk for heat stress because their bodies have a larger surface area per pound of weight. Youth that are vigorously exerting themselves in summer heat are at higher risk for contracting heat illness. By taking several simple precautions, people can control and/or reduce exposure to conditions that may cause heat illness. **English and Spanish language safety videos on heat illness are available for loan from the ANR Environmental Health & Safety Library at <http://safety.ucanr.org>.**



Heat Illness Disorders and Symptoms

1. Heat Stroke - sweating stops and the body fails to regulate its temperature. Victims may die if they don't receive immediate medical treatment. Characterized by: mental confusion, fainting, or seizures; hot dry skin usually reddish in color; and high body temperature.
2. Heat Exhaustion - profuse sweating results in dehydration. Characterized by: fatigue, dizziness, and nausea; pale and moist skin; and possibly slightly elevated temperature.
3. Heat Cramps - cramping thought to be due to loss of salt through sweating. Characterized by muscle spasms in arms, legs, and abdomen during or following physical activities.
4. Heat Syncope - dehydration while standing still causes blood pooling in lower portions of the body. Characterized by fainting while standing still.
5. Heat Rash - occurs under hot and humid conditions where sweat does not evaporate readily. Characterized by irritated/itchy skin with prickly feeling and small red bumps on skin.

Treatments for Heat Illness Disorders

1. Heat Stroke - call 911 immediately, soak victim's clothing with cool water, move victim to shaded and cool area, fan victim to increase cooling of their body.
2. Heat Exhaustion - have victim rest in shaded and cool place and drink fluids. Do not serve caffeinated fluids such as soft drinks, iced tea, or coffee.
3. Heat Cramps - have victim rest and drink non-caffeinated fluids.
4. Heat Syncope - have victim rest in a shaded and cool place, and drink non-caffeinated fluids.
5. Heat Rash - wash and dry skin. Wear loose clothing and keep skin dry.

Precautions to Prevent Heat Illness Disorders

1. Master gardeners and others should acclimatize themselves to the prevailing weather conditions.
2. Always drink plenty of fluids such as water and sports drinks. During warm weather, plan to have at least one quart of water available per person per hour of the outdoor activity. Avoid caffeinated drinks.
3. Wear a summer hat with a brim and loose-fitting, light-colored, and lightweight clothing like cotton.
4. Schedule vigorous activities during coolest portions of the day and take frequent breaks on hot days.
5. If someone is feeling symptoms of heat illness, they should take a rest period in a shaded area. Master gardeners should help find access to shade – this may be any area where the affected person is protected from direct sunlight, such as under an umbrella, a portable structure, or inside a ventilated building or vehicle.



Example of shade area to reduce chance of heat illness. Courtesy of Calaveras County CE.

If a treated victim does not recover from heat illness in a reasonable amount of time, promptly seek medical attention. Plan ahead to know how to summon medical assistance and direct emergency responders to your location or how to transport the heat illness victim to a medical service provider.

Any incidents of heat illness shall be promptly reported to the master gardener's county Cooperative Extension office.