NATIONAL VOLUNTEER WEEK

2005 National Volunteer Week
April 17-23

Sponsored by the Points of Light Foundation, National Volunteer Week is about thanking one of America’s most valuable assets – our volunteers – and calling the public’s attention to all that they do to improve our communities.

The 2005 theme is "Inspire By Example" because it truly reflects the power volunteers have to inspire the people they help, as well as, to inspire others to serve!

This year the President’s Council on Service and Civic Participation is asking you to recognize your volunteers’ achievement by joining the thousands of organizations working to deliver the President’s Volunteer Service Award to deserving volunteers during National Volunteer Week and throughout the year.

In recognition of achievement in our County a Volunteer Appreciation Luncheon will be held to thank all those valuable people who have so generously given so many hours to Horticulture over the past year.

Time and Date: 12:00 noon, Wednesday, April 20th
Menu: Pasta with Salads, etc. prepared by the Horticulture staff, carrying on an annual tradition.

(Ice Cream will be provided this year, but MGs and horticulture volunteers are invited to bring a dessert that will compliment the ice cream, if they wish.)

Awards will be presented and all will have a good time.

In keeping with the 2005 Volunteer Week theme “Inspire by Example”, we are happy to re-introduce the very first Pinellas County Master Gardener volunteers – Class of ’82. This class was the beginning and inspiration of our amazing program – six people whose ranks have grown to hundreds of graduates, and today we are proud to have almost 200 Master Gardener and Horticulture volunteers donating time. In 2004 almost 30,000 MG hours were donated!

In this photo, IFAS Agent Nancy Doubrowa, is left rear row. Rick Dunn, center back row and Carl Gentry front right.

Can you identify any of the other graduates? Call me (Chuck Scaffidi) if you can help with a name or two... 582-2117.

I found a few quotes about volunteers that caught my fancy and hopefully yours:

Volunteers are not paid – not because they are worthless, but because they are priceless.
I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do the something that I can do. – Edmund Everett Hale
The more you lose yourself in something bigger than yourself, the more energy you will have. – Norman Vincent Peale

Throughout my life, I've seen the difference that volunteering efforts can make in people's lives. I know the personal value of service as a local volunteer. – Jimmy Carter

We make a living by what we do, but we make a life by what we give. – Winston Churchill

April Fool's Day: April 1

By CHUCK SCAFFIDI, MG

How many tricks do you have in your bag? Compliments of Internet research this appears how it came about–No fooling!

To coincide with the vernal equinox and other agriculturally significant events, New Year's Day used to be celebrated in many societies around the first of April. Though Pope Gregory introduced a new calendar for the Christian world in 1562 -- with the new year beginning on January 1 -- there were some people who did not hear of the change (or refused to believe it) until much later, and continued to celebrate New Year's Day on April 1. Others called these traditionalists "April fools" and played tricks on them, sending them on "fool's errands" or trying to make them believe that something false was true.

In France today, April first is called Poisson d'Avril. French children fool their friends by taping a paper fish to their friends' backs; when the "young fools" discover this trick, the prankster yells "Poisson d'Avril!" (April Fish!) Even though April Fool's Day is not an official American holiday, it is still recognized by many. Most of us are "taken in" at some time or another on April 1.

Gardening Provides Health Benefits

By YVONNE SWANSON

It's been several months since millions of people made their New Year's resolution to shape up. Each year health clubs report robust business after the first of the year. But by March, it's back to business as usual.

Research has shown that people are more likely to stick to an exercise program if it's enjoyable. That's good news for avid gardeners because a regular program of gardening activities can promote weight loss, tone muscles, improve flexibility and prevent serious health problems. Gardening might not build buns of steel or six-pack abs, but it offers a terrific alternative to working out at the gym – plus your yard will be beautiful, too.

Medical studies have found that moderate gardening is just as beneficial as jogging or aerobic classes in reducing heart attack risk, plus it burns almost as many calories as bicycling and jogging. Older women who garden have stronger bones than those who engage in other forms of exercise, such as swimming and jogging. Even the National Osteoporosis Foundation recommends 30 minutes of housework or gardening four times a week to help prevent osteoporosis.

Approach gardening like any other exercise program. This includes stretching leg, back, neck and arm muscles before and after exercising in the garden and not overdoing it with strenuous tasks. If you have health concerns or are out of shape, check with your doctor.

Experts recommend dividing up gardening chores into 15 to 20 minute increments so that you use different muscle groups. For instance, mow the lawn for 15 minutes, and then slow down by weeding for 15 minutes. Repeat chores as needed, but in 15-minute increments. This will help prevent repetitive motion injuries by alternating strenuous tasks, such as digging,
mowing, raking and hoeing, with passive activities like weeding, pruning and watering.

The National Gardening Association in South Burlington, Vt., provides these calculations of calories burned in 30 minutes. The rates are based on a 180-pound person. If you weigh more, you will burn more calories than the amount shown here; if you weigh less, you will burn fewer calories.

Watering lawn or garden 61, Planting trees 182, Trimming shrubs (manual) 182, Chopping wood 243, Weeding 182, Gardening with heavy power tools 243, Clearing land 202, Double digging 344, Digging, spading, tilling 202, Mowing lawn (riding) 101, Laying sod 202, Mowing (push with motor) 182, Trimming shrubs (power) 142, Raking 162, General gardening 202, Planting seedlings 162, Bagging leaves 162

Garden Tips

Water Restrictions are Serious Business

By YVONNE SWANSON, MG

Homeowners are often confused about water restrictions. A question frequently asked by neighbors is how often they can use their irrigation system or garden hose. As a master gardener, you may be asked the same.

Water restrictions are serious business in Florida. Water when you aren’t allowed to, and you could be charged with a misdemeanor in some areas. The Southwest Florida Water Management District has mandated these year-round restrictions, although there may be stricter rules imposed by local governments:

For municipal (potable) and private well water: Even numbered addresses may water on Tuesdays and/or Saturdays, before 10 a.m. or after 4 p.m. Odd numbered addresses, or where no address can be determined, may water on Wednesdays and/or Sundays, before 10 a.m. or after 4 p.m. Hand-watering and low-volume irrigation of trees, shrubs, potted plants, flower beds, vegetable gardens and other non-lawn areas is not restricted to certain days or times, but is limited to the amount and frequency necessary for the plant material. When hand watering, you should have an automatic shut-off device. Low-volume irrigation of lawn areas is only permitted on allowable watering days and times.

For reclaimed water: Irrigation with 100% reclaimed water is not restricted to certain days or times by the District; however, people are asked to voluntarily conserve.

Some reclaimed water providers blend their reclaimed water with other sources on at least a seasonal basis; use of that blended water is restricted to the normal two-times-per-week lawn-watering schedule (including specific watering days and times).

Exemptions can be made for new plant material, but you may need to file a petition and keep a copy of your purchase receipt. If you are installing a new irrigation system, Florida law requires an automatic rain shut-off device.

Fines can be imposed for noncompliance. For instance, in Citrus County, a first-time offense can result in a $25 citation; a second, $50; and a third, $100. After that, you could be charged with a misdemeanor and serve time in jail. In Tampa, fines up to $500 may be levied, with mandatory court appearances.

More information is available at http://www.swfwmd.state.fl.us/

Safety Nets

By PAM BROWN
Horticulture Agent

Gardening: A Great Way to Fight Osteoporosis

Taken from "Gardening," a publication of the American Nursery & Landscape Association

According to a recent study by Dr. Lori Turner at the University of Arkansas, women who garden weekly have stronger bones than those who are inactive or engage in jogging, swimming, walking or aerobics. Dr. Turner is an
assistant professor of health science. She studied over 3,300 women, aged 50 and older, and found that only two activities are strongly correlated with higher bone density - weight training and yard work. There is a lot of weight-bearing motion with gardening, including digging, pulling weeds, and pushing a mower.

Eagles Attempting Their 3rd Nest!

By JEANNE MURPHY
Park Naturalist/Wildlife Biologist

The bald eagle (Haliaeetus leucocephalus) is indigenous only to North America and has not had an easy time surviving. The United States was once a vast land of trees, open meadows, marshes, swamps, and streams. With the increased human population of our beloved nation, we have caused extreme hardship to our national symbol of pride, strength and freedom.

In the 1940’s, Congress realized that the bald eagle population was in severe decline. They created the Bald Eagle Protection Act, 1940 that states that it is illegal to kill, harass, possess without a permit, or sell a bald eagle. Unfortunately, this law had little “teeth” (this was before the Endangered Species Act, 1973) and the eagle population continued to decline as our human population soared.

Wildlife experts estimate that there were approximately 25,000 to 75,000 nesting eagles in the lower 48 states when the nation adopted the bald eagle as its symbol. In the 1960’s, there were fewer than 450 breeding pairs living in the lower 48 states. Due to humans destroying habitat, our pesticide use including DDT, illegal hunting, and lead poisoning from the eagles feeding on waterfowl, the bald eagle was in serious decline. It was listed as an endangered species. Fortunately in 1972, the United States banned DDT. The government created additional laws, which provided our nation’s bird, and its habitat, some protection. In addition, the United States Fish & Wildlife Service has phased out lead shot for waterfowl hunting.

The bald eagle has made a remarkable comeback especially considering how low its numbers once were. We now have more than 4,000 eagle pairs in the lower 48 states with approximately 30 nests in Pinellas County; however, not all of these nests in the county are active.

Three of these nests are on, or near, Extension/FBG property. As most of us know, we have had an eagle pair living here for many, many years. Their primary nest is located on wooded property near Ridgecrest Park; their secondary nest is on a cell tower on Walsingham Road near the Pinellas Trail; and their most recently built nest (yes, a 3rd nest!) is due east of the gardens on private property. Having multiple nests is not uncommon to this species. Their newest nesting location makes almost every inch of Pinewood Cultural Park within their primary nesting zone. Due to this, I have contacted the United States Fish & Wildlife Service and the Florida Fish & Wildlife Conservation Commission to get their guidance of how we should proceed to avoid stressing these eagles—this is their third nesting attempt and this is very late in their nesting season. Basically, we have to be very, very cautious of our actions and our noise levels.

The eagle-nesting season is annually October 1 through May 15. The federal government has established and written 'eagle habitat guidelines,' which are federal recommendations for people to follow within a certain radius of the nest (if you would like a copy of these guidelines, please email me at jmuryh@co.pinellas.fl.us and I can send them to you). Even outside the nesting season, the primary zone (750' up to 1500' radius around nest) and the secondary zone (an additional 750' up to 1 mile radius beyond the primary zone) are protected. This assures that the nesting area is viable for future nesting seasons.

To summarize the eagle nesting guidelines, if the pair is caused to abandon a nesting area then whomever caused the abandonment is held responsible and can be federally prosecuted.
Eagles are protected under the Federal Endangered Species Act, the Federal Migratory Bird Act, the Federal Bald Eagle Act and the Florida Endangered Species Act. There are certain activities that are more likely to cause a 'take' of that nest—meaning the nesting pair will not continue to nest there. These activities are listed in the guidelines.

Overall, we need to be cautious of making too much noise or getting near the nest. The pair seems to be quite comfortable on our grounds and actually chose to be somewhat near the 'heart' of our activity. However, every person and every noise near the nest may have an impact. When they are nest building (right now) and when they are incubating—these are the periods when they are most likely to flush from the nest and possibly abandon the site. Eagle stress signals including flying off the nest, vocalizing, and overall nervousness.

After speaking with USFWS & FWC, I have recommended the following for Pinewood Cultural Park...

- Minimize music and loud speakers on the grounds
- Avoid any loud, startling noises (like fire cracker noises and louder)
- Decrease traffic (people and vehicle) flow on the cul-de-sac road
- Avoid mowers, blowers, chippers and edger’s in the area closest to the nest (including 'rehab,' and the cul-de-sac road)
- Avoid using mowers, blowers, chippers and edger’s on all of PCP grounds during the coldest and hottest parts of the days (parents must stay on the nest during these times to keep young warm or cool during the weather conditions)
- Avoid any chain sawing within the primary zone until nesting season is over (use hand pruners if necessary)
- Avoid any noise levels or traffic flow that may be similar to the above mentioned situations

Although today the bald eagle is listed as threatened in Florida, it is federally listed as endangered throughout the U.S. Due to the species’ rebounded populations; Florida is considering delisting the bald eagle from its threatened status. It is clear that together, and as individuals, we must continue to protect our bald eagle and preserve its habitat no matter what the species’ status is—we came too close to extinguishing this incredible species in the past.

If you have any questions about this pair or activities at our site, please contact me. I'm sure that we can just tweak our activities over the next few months and we will have another successful eagle nesting season!

Miss Emily's Shade House
Etiquette

By MICHEL PETTAY, Horticulturist

A gentle reminder to all those who work in the Greenhouse and shade house and the secret Back Alley of the Herb Garden:
- All plants should be given labels, stating who potted it up, when and what it is.
- No plants should be moved, removed (unless obviously dead or beset by cooties) or upgraded without consulting that day's team leader.
- Please empty all trash containers when closing up. Do not leave them for the next crew.
- Before leaving the Greenhouse make sure that one of the fans is on and the inside door is closed.
- Please do not leave empty pots on the ground. Carla will box your ears.
- Please hand water only those plants outside of the shade house, on the North and South ends. We have a situation like the commercial where everyone feeds Muffin. So many folks are watering inside the shade house that plants are floating out of their pots. Either Joyce (Monday crew team leader) or myself will turn on the overhead irrigation on Monday and Friday afternoons. Sprinklers in the secret Back Alley are on timers. For any individual plants requiring special attention I’ve put a new hose and nozzle at the south end of Cindy’s table in the shade house.

That being said, I would like to thank everyone for all the good things they do here every day. Our MGs all enjoy what they do and
work very hard to keep things running as smoothly as possible. I just feel that folks should be reminded periodically that a great many people are sharing these facilities and a little courtesy will go a long way toward not ruffling anyone’s feathers.

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**Master Gardener**

**Advanced Training Trip**

**Date:** Tuesday, April 26, 2005  
**Deadline:** Monday, April 18, 2005  
**Time:** 7:00 am from Extension (should arrive back approx. 4:30 pm)  
**Deposit:** $20.00, refunded at the bus  
**Place:** The Weed Patch Vineyard and Rose Garden - Fairfield, FL

Located north of Ocala, The Weed Patch is a four-acre vineyard, rose garden and rose nursery operated by John Tucker and Dan Mills. John will conduct a tour of the facility. The vineyard consists of about 100 muscadine vines yielding an average of 3500 pounds each year. In the rose garden there are over 200 bushes grown in ground, plus about 150 grown in containers, including climbers, shrubs, old garden roses, floribundas, hybrid teas, and miniatures. Roses will be available for sale ranging from one gallon specials at $5.00 to 3 gallon pots at $10.00.

A box lunch will be provided, consisting of a sandwich, salad, dessert and drink – Please complete a lunch form in the Volunteer office, or take your chances with lunches provided!

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**MG Plant Sale Committee**

**Largesse**

**By DON LAUGHLIN, MG**

The MG Plant Sale Committee again this year provided funds for the purchase of additional gardening implements and tools for the 4-H Program at the Ochs property located on Hamlin Blvd in Largo. The 4-H Program provides about 100 vegetable garden plots for 4-H members and their adult supervisors. The property is open to the public on Tuesdays and Fridays from 3:00 pm to 5:00 pm. Visitors are welcome. MGs who volunteer at the Ochs can be assigned a plot on an as available basis.

The accompanying photograph shows the equipment and tools that were purchased with last year’s grant.

Thank You,  
Plant Sale committee.

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**A Special Thank-You**

**By JEAN FIELD**

We now have three beautifully refurbished wooden and wrought iron benches in the native area, thanks to MGs Bill Mielke and Dick Klimpel. These talented handymen completely disassembled the benches, sanded and stained them and protected them with several coats of polyurethane. Especially attractive is the rich mahogany wood stain against the black wrought iron. Very tastefully done, guys.

The native area has quickly transformed into a place to relax and spend a few restful moments in the shade with the addition of these benches. Thank you, Bill and Dick for beautifying the gardens with your dedication and labor of love.

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**Important Announcement!**

**It’s here and working.** You now have the ability to send your volunteer hours by e-mail.

The e-mail address is:  
MGEDU@co.pinellas.fl.us. Please be specific when doing this – include individual dates and hours worked just like you would in the logbook. MG Jan Curtin will be recording these hours that are sent in by this method.
Volunteer Opportunities:
Please see or call Carol Suggs to volunteer for events (582-2124) or the contact person in the help wanted ad.

Short Term School Help
- St. Josephs Church 2101 22nd Ave. South, St. Petersburg - Wacky Wednesday After School Program
  Wednesdays while school is in session between 3 p.m. and 5:30 p.m. They would like someone to help with one after school program to teach how to plant, and care for tomatoes. Their plan is to encourage good eating habits by planting seeds with the children eventually eating the "fruits of their labor". Please call Deborah Schechner at 488-4796 if you will be able to help with this program.
- Pinellas Park High School 6305 118th Ave. North
  Needs advice on their Vegetable Garden. Please call Diane Stevens 538-7410 Ext. 186 if you can provide help.

Part Time Job Opportunity
Kat Andrews has decided not to return to work as a horticulturalist now that her second child is here. We have her part time position (20 hours per pay period – two weeks) open and I wanted to give Master Gardeners the opportunity to apply for this position. There are those of you that would be great in this position. If you are interested, please let Pam know (582-2112) so that she can let you know the application process.

MG Participation in Events
MGs participating in special events should get prior approval and a check voucher from the MG Advisory committee if they are going to expend money for any event and expect reimbursement. Please follow this procedure.

Pinellas County Extension & Florida Botanical Gardens
We need help in collecting all publicity related to the Extension and FBG Gardens. Please clip any articles you see that mention us in any way, including weddings and outside events. Please place the clippings in the basket that is in the break room.
Please include the name of the publication and date published.

Tour Guides Needed
Tour guide season got underway in September and will continue until May.
Please make your interest known to Tom Roberts or Sue Richardson; visit them or call 582-2242 to make an appointment. They will brief you on what is required of a tour guide and sign you up to shadow tours. Also, you may assist during a tour to get experience - sign up!!

Tours coming up in April:
April 1-Red Hat “Scarlet Ribbon” group
April 11-Heritage Spring Garden & Beut. Club

IFAS Award of Excellence for Master Gardener Projects
By CHUCK SCAFFIDI, MG
The advisory committee will continue to assist MG startup projects and identify projects that have state award potential.
We are in dire need of the following MG skills: creative writers, editors, reviewers, graphic artists and others willing to help meet the 2005 project deadline. Please see me or call 582-2117 if you are interested or you feel you are working on a project we should consider.

I am very proud to say that we have completed and submitted the UPARC project as a contender in the International MG Search for Excellence program. The awards will be presented at the MG conference in Saskatoon, Saskatchewan, Canada July 24-27. I have literature about the conference in our volunteer office for anyone interested in attending

This is a very deserving project!! So for all those volunteers that made building UPARC
therapeutic garden an outstanding success and for the clients who have developmental disabilities please pray for UPARC to be a winner. The winners will be notified at the end of April.

Volunteer Opportunities and Events for April & May

MG Advanced Training
Friday, April 8 MG Up-date and Pot Luck Lunch between 11:30 am 12:30 pm.
The regularly scheduled MG Up-date will be held at 12:30 p.m. We are delighted to have the opportunity to welcome Bill Koen, City of Lakeland Parks and Recreation and Hollis Gardens in Lakeland who will speak to us on “New Introductions to Hollis Gardens”. Those of us fortunate enough to have taken the field trip to Hollis Gardens in December will remember how knowledgeable and outgoing Bill was and we encourage everyone to mark your calendars now, for this not to be missed update.

Celebrate Family EarthFest at Pinewood Cultural Park Saturday April 16- 10:00 a.m. to 4:00p.m.
This annual celebration of Earth Day will be fun filled with activities about nature and the environment for children and adults.
We need 10 volunteers. Two 3-hour shifts: 5 volunteers per shift to staff the Extension booth.

April 23 & 24th, Green Thumb Festival, Walter Fuller Park in St. Petersburg 9:00 a.m. to 4:00 p.m.
Extension staff and volunteers will be at a booth and conducting presentations on water conservation with rain barrels, good bug/bad bug, installing plants, and composting made simple. Two 4-hour shifts each day from 8:30 a.m. to 12:30 p.m. and 12:30 p.m. to 4:30 p.m. Need 5 volunteers for each shift and 5 volunteers to help disassemble booth.

Plant Sale
April 2, 8 a.m. to 4 p.m. Master Gardener Plant Sale.
Many jobs - check the schedule on the MG bulletin board to sign up for teams. To help spread the word about our plant sale, flyers are in the volunteer office you can pick up and distribute.
The Plant Sales require an extraordinary amount of MG hours to make this a special and successful event. Your continued support is encouraged and we would like a goal of having the most MGs involved. This is a very rewarding effort personally and knowing that plant sale profits benefit Master Gardener programs from education to supporting charitable organizations.
Get involved!!! Start by coming to our plant sale meetings and/or talk to the plant sale team leaders.

Upland Wildlife & Nature Tours
April 2 9:00 to 10:00 A.M. Meet in Palm Pavilion at Florida Botanical Gardens Pre-registration Required @ 582-2673
Adults & families welcome; Maximum 25 Guests; No Fee Take a gentle morning wetlands stroll on a mulched path with our Wildlife Volunteer. Learn marsh, swamp & riverine ecosystems. Experience Florida’s wetland wildlife, ecology and overall natural beauty.
May 7 9:00 to 10:00 A.M./Meet in Palm Pavilion (Florida Botanical Gardens) Pre-registration Required @ 582-2673
Adults & families welcome; Maximum 25 guests; No fee Take a morning walk in a natural pine flatwoods with our Wildlife Volunteer. Experience Florida’s upland wildlife, ecology and overall natural beauty.
Thursday April 28th at 11:00 a.m.

Hosted by the Thursday group.

A sign up sheet is located in the break room at the extension office, or you can call Bob J @ 582-2081.

There will be a plant exchange for those of you who want to share plants.

Ah Spring! My favorite time of the year – I think I say that for every season though.

April 17 – 23 is National Volunteer Recognition Week! We will be having our Volunteer Luncheon on April 20th from 11:30 – 2:30. You should be receiving your invitation in the next few days. We are so thankful for all that you do for our organization. Extension could not accomplish the great things that we do without our faithful and hardworking Master Gardeners.

We need volunteers during EarthFest in the gardens on April 16 in the Extension tent with the educational displays. We also need more volunteers for Green Thumb festival at Walter Fuller Park on April 23 & 24. We give you plenty of time to roam the festival and see the sights. Please let Carol (582-2124) know if you will be able to help with these activities.

It is EPCOT Flower and Garden Show time again. We have two days to man the Master Gardener Information Booth – April 27 and May 17. Jean Field will be accompanying the group on April 27th and Cindy on May 17th. The sign-up sheet is on the MG bulletin board in the back hall. We need four MGs for each day and one alternate in case someone cannot attend at the last minute. Please sign up if you are interested. We will meet at the front of extension at 6:45 and leave no later than 7:00 a.m. and return about 8 p.m. Due to security at Disney these days, we must have the names recorded by April 2nd and everyone must have a picture ID with them at all times. There is usually time for each MG to spend a bit of time wandering the festival. This is a fun trip – if you haven’t gone before, give it a try.

It is starting to get hot and humid outside. You are important to us – please remember to wear sunscreen and proper clothing for the weather.

♥ Pam
Tom and Kat Andrews proudly announce the birth of their son on March 22, 2005. Baby Adam is now home and doing just fine.

We are especially appreciative of staff, MGs, and others who contribute articles, events, and other items of interest to the Green Leaf each month. Please submit your input by the 20th of each month. This will help us assemble and publish the newsletter in a timely manner. Also, to save mailing costs, please limit your articles to about 700-800 words or less.

Limited newsletter space does not allow for full photograph viewing. If you would like a copy of any photograph presented in the newsletters, please contact me @ 727-582-2117.

Chuck Scaffidi, Editor

The Green Leaf is mailed courtesy of MG Plant Sale funds.

The Green Leaf is published by Pinellas County Extension Service for the County Master Gardeners and depends on submission of articles from Master Gardeners, Extension Staff and other authors.

Managing Editor: Pam Brown, Extension Agent II
Production Editor: Chuck Scaffidi, Master Gardener

Please send articles to Pam Brown or e-mail directly to Chuck cascaffidi@juno.com or Pam at pwbrown@co.pinellas.fl.us

The newsletter is available on the Internet at http://www.flbg.org/
Click on “Master Gardener Program”, click on “MG Newsletter”