



# GARDEN BUZZZZZ



Volume 26 Issue 4 Central Alabama Master Gardener Association

April 2017

**Message from:** Rhona Watson  
CAMGA President



Spring is officially here! This is the time of year I look around at all the cuttings I did last year, and the seeds I started in February and March, and say to myself “what am I going to do with all these plants?” My philosophy is if you like the plant enough there is always a place, and the rest go to the plant sale.

One of the excellent reasons to be a Master Gardener. Unfortunately along with spring and the beautiful new growth and flowers come the dreaded weeds. I use newspaper and the brown paper that comes in shipping boxes under the pine straw, which helps in most areas, but there is still work to be done. Planting and designing beds every year is fun, pulling weeds not so much. If you need an excuse not to pull weeds at your house, there are many volunteer opportunities in April.

We will have a booth at Lanark, on April 8 at their Floral Weekend, and Maria will also need volunteers.

Earth Day is April 22, where they have their annual plant exchange. Spring is also when we need the most help at Lanark, every Wednesday, and our own learning gardens, every Thursday.

We got a head start on the learning gardens, by scheduling an extra work day in March. Most of the weeds are gone, and the beds were mulched. Carol also brought the soil for the plant sale in her trailer. Pulling weeds is not a bad activity compared to emptying a trailer with a shovel. Luckily there were 6 of us taking turns, so it didn't take too long.

Carol Rattan will have the final assignments for the plant sale at our April meeting. If you have not signed up, send Carol an Email with the time you are available, Friday the 5<sup>th</sup> for pricing day, or Saturday the 6<sup>th</sup> for the sale. We always have a great time, and there are lots of fun plants.

We are still recruiting for our Class starting September 7<sup>th</sup>. Robin Snyder suggested that when we do presentations, for other groups we bring up the Master Gardener program, and what it has to offer. Thank you to Rosemary Mobley, who did an outstanding presentation on herbs to the Garden Club in Emerald Mountain, and did mention the upcoming class.

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### CAMGA Garden Buzzzzz

Carol Pugh — Editor  
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**Message from: Rhona Watson**  
**CAMGA President — (Continued)**

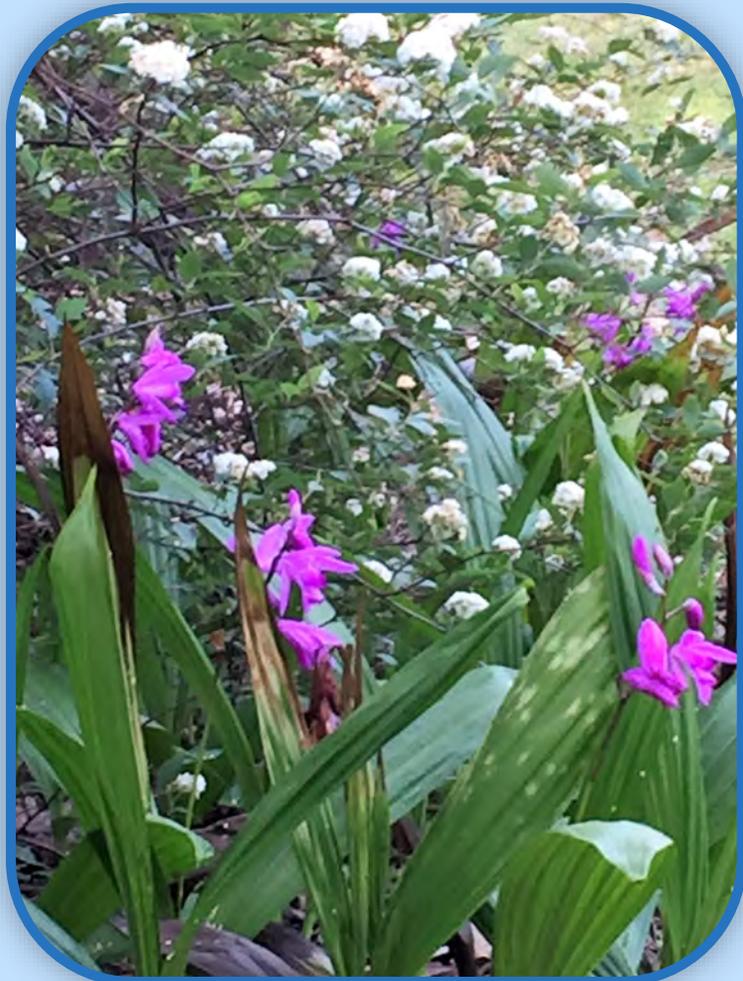
Rosemary, Lee and Amanda Borden, Dr. Mitchell, and I had a trip of a lifetime, visiting gardens in southern England. We are getting together to organize a presentation for the April meeting. I promise the pictures will be impressive, and the presenters will do the best they can to remember what we did last June.

The picture this month is of Yard Orchids, with a Bridal Wreath Spirea. The Spirea is an early blooming deciduous shrub and is easy to grow in our area. It is fast growing and blooms best in full sun. The yard orchids are a perennial that spread slowly and bloom in early spring. I don't think they are real orchids but the Master Gardener who gave them to me called them Yard Orchids, so that's the only name I know.

Spring is the perfect time to start a new bed, or experiment with containers using plants from the plant sale.

*YOUR FAVORITE GARDEN SHOULD BE YOUR OWN*

*Rhona*



Yard Orchids with Bridal  
Wreath Spirea

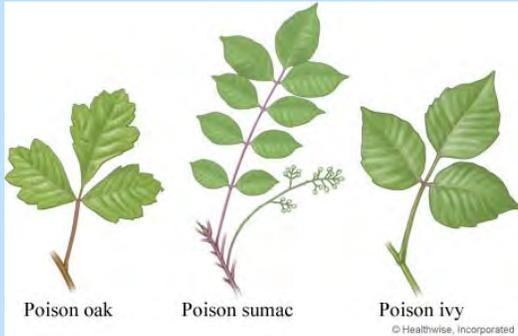
## Message from Mallory

Mallory Kelley

Regional Extension Agent — Home Grounds, Gardens, Home Pests



### Avoiding the Garden Itch



Beware of those poisonous vines while working in the yard this summer. Each year many Alabamians come in contact with poison ivy, poison oak and poison sumac while in the outdoors, but it is not only summer when you have to be careful so always be on the lookout. Even in the winter when the vines look brown and dead they still contain oils that will cause allergic reactions. These plants can cause a great deal of discomfort, itching and pain from contact on the skin and even greater if the oils get in your lungs or eyes so never burn these vines as the oils can get in the air and be inhaled.

All three of these poisonous plants are easily found throughout the Southeast, but they look very similar in appearance and are often confused with each other and other plants such as Virginia creeper, box elder or fragrant sumac, all of which are nonpoisonous. Poison ivy is often found climbing high on trees, walls or fences or trailing on the ground. This woody vine has hairy looking aerial roots and can grow to more than 10 feet tall, says John Everest, Extension Weed Scientist of Auburn University. All parts of the plant are poisonous and poison ivy always has three leaflets. Flowers and fruit form in clusters on slender stems attached to the leaf limbs. Poison ivy has toxic oil in the stems and leaves that many people are highly allergic to and develop a rash. The rash usually starts with itchiness and swelling, followed by a reddish inflammation of tiny pimples. The rash can vary in severity from person to person and can begin as early as an hour after contact or up to five days after contact. The oil can even be transmitted from a pet's fur or from smoke of burning poison ivy.

Poison oak is very similar to poison ivy, but it does not climb. Its leaves are thicker, are a dull green and are hairy on both sides of the leaves. Poison oak is found in dry, sunny sites in woodlands, thickets and old fields. Poison sumac is a shrub and can grow to 25 feet tall. Leaves are 7 to 15 inches long and have 7 to 15 leaflets to a central stem, with one leaflet at the end of the stem. It is found mostly in swamps or moist bottomlands. Poison sumac also has ivory or white berries that form in clusters. Same as the poison ivy, never burn these plants and poison oak and poison sumac also have toxic oils that can cause an allergic rash on the skin.

All of these irritating plants range in appearance as leaf shapes will vary even on the same plant and they will also vary in form from rough, woody vines to erect woody shrubs or trailing shrubs that run on the ground. Never base your identification on one or two leaves, but look at the overall plant and many leaves and compare size and shapes to determine the plants identify and if ever in doubt, leave it alone.

May and June are the best times to apply control measures to these poison plants, but it can be done any time of the year. Spraying the foliage with products that are listed with the active ingredient: glyphosate is recommended. To kill poison ivy on trees, cut the vine right above the ground, then treat any leaves coming from the vine on the ground with glyphosate. More than one application may be necessary, but eventually this herbicide will kill the roots and prevent sprouting. Always follow directions on the label when using this herbicide. Glyphosate will kill almost any plant when it comes in contact with the green plant tissue and does not remain active in the soil.

To prevent these plants from poisoning your summer, become familiar with how the plants look and avoid them. If you come in contact with one of the plants, wash your skin with strong soap and hot water immediately, and remove and wash all clothes, including shoes and socks in a strong detergent and warm or hot water. Also, keep your hands away from your eyes, mouth and face.

If you develop a rash, don't scratch it. You can apply calamine lotion, zinc oxide ointment or a paste made with baking soda and water to the rash. If these measures don't work, call your doctor.

Some people have severe allergic reactions to these plants and can have swelling in the throat, breathing problems, weakness, dizziness and bluish lips. Some people even fall into unconsciousness. If any of these reactions occur, seek emergency medical care.

**SOURCE: Dr. John Everest, Extension Weed Scientist, Alabama Cooperative Extension System**

# CAMGA Minutes

## March 2017

### Iva Haynie, Secretary



#### CAMGA MINUTES

By: Iva Haynie, Secretary

The March 2017 Central Alabama Master Gardeners Association (CAMGA) meeting was held March 21, 2017 at the Elmore County Extension Center. The president called the meeting to order at 10:06 a.m. There were 41 in attendance.

An excellent program on Moles and Voles in Alabama was presented by Chris Jaworowski. He cleared up a misconception that moles eat our plants. They do not eat plant material. It is voles that eat plant material.

The business portion of the meeting was conducted after a break during which we enjoyed tasty refreshments. Rhona Watson noted that there were sign up sheets for Lanark floral weekend, Earth Day and the plant sale and reminded the group that the State conference will be May 1 - 3. On Friday, April 7th we will tour Barber Berry Farm on Alabama River Parkway followed by a picnic lunch.

The minutes of the February meeting were approved by affirmation. Bill Quailes gave the treasurer's report. The balance at the end of January was \$12,218.20. Income in February was \$20 and total expenditures were \$2,957.08 leaving a balance at the end of February of \$9,281.10. The report was approved by affirmation. Bill noted that the Board approved up to \$100 for the butterfly garden, \$25 for a slate board, \$40 for two wireless mouse and \$100 for soil to be used for the plant sale.

#### **COMMITTEES:**

##### Learning Gardens

Mary McCroan encouraged members to become active in maintaining the gardens by taking ownership of individual beds, doing a one time project or coming on March 28th for a work day to help get the gardens in shape.

##### Farm Bot

Lee Borden informed that the raised beds are in and the soil is to be delivered today. Farm Bot is expected to arrive any day. It will take some time to put it together. Lee also addressed our "Stubborn Old Gardeners" project on U Tube and asked for video ideas.

##### Program

Sandy Rosamond said the planned May and July programs are being switched. In May, Jane McCarthy will present "Tickle Your Nose" and July will be "Year Round Color for the Garden."

##### Projects

John Barns reiterated Earth Day will be held April 22 at the Wetumpka Elementary School with the plant swap being from 7:30 till 9 a.m. Compost will still be available at the Recycle Center. Floral Day at Lanark will be April 8 from 7 till 11.

##### Lunch and Learn

Charlotte Hall stated that Don Graham presented the February program on "Gardening Without Injury" with 22 attendees. Next month Mallory will talk about Back Yard Tomatoes.



**CAMGA**  
**February 2017 Minutes (Continued)**  
**Iva Haynie, Secretary**

Intern Class

Robin Snyder is working on recruiting for the class to begin September 7th.

Plant Sale

Carol Rattan reminded the group the plant sale is May 6th with intake day on the 5th. She has sign up sheets for volunteers to work two hour blocks of time. She asked for ideas for other booths. Soil will be available Tuesday and plants should be potted early and properly labeled.

Miscellaneous

Jane Mobley said the Herb Walk will be in September at Lanark with a limit of 25 people and the cost is \$25. Please call Maria if you are interested in participating.

Katrina Mitchell informed that the State is under a no movement order for chickens due to possible bird flu. This is to keep your flock safe.

A big thank you was issued to Lee Ann Marona, Robin Snyder and Cathy Whigham for cleaning the cabinets and the refrigerator in the kitchen.

There being no further business, the meeting was adjourned at 11:53 a.m.

*Respectfully submitted,*

*Iva Haynie*

## Photos from March 2017 CAMGA Meeting





## Lunch and Learn Program March 2017 By: Charlotte Hall

### Gardening Without Injury Program By: Mr. Don Graham, Physical Therapist

For the March Lunch and Learn program, Don Graham, recently retired physical therapist at the Therapy Center of Baptist Medical Center East, instructed all attendees on how to become a master gardener athlete. And since Don has served as a physical therapist for the Athletic Injury Center of Detroit and assisted with the Detroit Pistons, Detroit Tigers, Detroit Red Wings and the Detroit Soccer Club (think he might be a Detroit fan?), he is an excellent person to be coaching us on this subject. Not to mention that he has had 55 years of experience as a physical therapist which is most impressive. As the average age of CAMGA members seems to be at least above 30, this was a very informative and useful session for all in attendance. When followed, it can help garden without injury.



Don said that the most common problem with aging is the development of osteoarthritis. With anatomy models of the knee, hip and shoulder joints, Don gave a detailed discussion on the many parts associated with these joints – bones, muscles, tendon and ligaments, including the hyaline cartilage. With age and many repetitive tasks, the hyaline cartilage begins to deteriorate and this starts the osteoarthritis. The most effected joints caused by gardening are hands, knees, hips, back, shoulders and then ankles and feet falling lower down the list. Study has shown that some people are more prone to injuries than others. Osteoarthritis cannot be cured and is inevitable if one lives long enough as everyone will develop some degree of osteoarthritis. It is so common that it has its own acronym – OA. The most devastating can be OA in the back because it can develop in both of the two joints between each of the vertebrae. Symptoms of OA include swelling, stiffness and severe pain.

The best coping mechanism for dealing with joint problems is to strengthen the muscles that support the bones and joints. Motion is lotion. When motion occurs, it causes the joints to create or manufacture synovial fluid. This lubricates the joints and makes it easier to move without pain and keeps the bones from rubbing against each other – bone to bone – and causing pain. So continuing to move and garden is beneficial. Strengthening yourself or becoming a master gardener athlete is the best thing one can do to optimize the physical condition of your body in order to continue enjoying gardening.

Don demonstrated many helpful exercises to strengthen the common muscles used in every day movement and in gardening. He employed the use of bands, called therabands, which can be purchased at sports stores, to use with every day objects like doors and chairs. He also provided detailed handouts with illustrations for these strengthening exercises.

## Lunch and Learn Program (Continued)

### March 2017

By: Charlotte Hall



Mr. Don Ingram Presented the  
March 2017 Lunch & Learn Program

For exercising, Don emphasized the following points:

- (1) Use your highest level of common sense while doing exercise. Anytime you experience pain, this is a signal to stop your exercise and revisit that particular exercise the next day. If the exercise is still painful, reduce the repetitions by one half and then return to the original repetitions in 2 to 3 days.
- (2) Remember to avoid any static strain on lifting or reaching for heavy or moderately heavy objects.
- (3) Increase your frequency and/or number of repetitions to tolerance.
- (4) Ice may be used on any sore areas for 10 minutes if soreness persists.
- (5) Color bands used for exercising are available in different strengths.

- (6) Aquatic exercise is beneficial if you have access to a pool. One of the best pool exercises is to walk back and forth across the pool in chest deep water.
- (7) Posture is important when sitting, standing or walking. When driving, always remember to rest every hour by getting out and walking around your car.

In addition to the demonstration on strengthening muscles, Don also provided the four things he recommends to prevent falls which also are major factors in bone and joint problems. These four things are:

- (1) Begin exercises to improve leg strength and balance. Balance is most important in good health and in preventing falls. Know where you are in space. Proprioception – series of events by which you sense your position, location, orientation and movement of the body – is provided by the skeletal striated muscles, tendons and fibrous capsules in joints. Increasing the strength of these is paramount in reducing the possibility of a fall. When standing, you have two points of balance perception. With railings, you have three. The more, the easier it is to balance. Don recommends developing a good sense of balance and the installation of railings as you age.
- (2) Ask your doctor or your pharmacist to review all your medications to prevent over medication. Over medication can create a number of injury provoking problems.
- (3) Have an annual eye check up as vision is an important factor to balancing.
- (4) Make your home safe by removing clutter and tripping obstacles.

As you can tell, Don's presentation was most helpful to us as we age and continue to garden. Next month, join us on April 11<sup>th</sup> as Mallory will give us major tips on Backyard Tomatoes – just in time to get them ready for producing wonderful tomatoes for summer salads, and of course, delicious tomato sandwiches. Drinks will be provided and probably a little sweet snack. Hope to see you then.



# Governor's Mansion Report March 2017 By: Amanda Borden



During the month of March, volunteers at the Governor's Mansion weeded at the bungalow, renewal pruned aspidistra, worked in the herb garden, and pruned the two Japanese maples on the grounds. They weeded around the azaleas in the beds adjacent to the parking lot and removed dead azalea plants and limbs. They worked in the area between the house and the pool, trimming back dwarf crepe myrtles in front of the guest house, pruning camellias, weeding the beds around the crepe myrtles, removing diseased knockout roses, and flagging clematis to prevent inadvertent weed-eating by staff.



Amanda Borden and Melanie Berry  
Pruning Japanese maples



Jane McCarthy and Amanda Borden  
flagging clematis



Kathy Quinn, Mirinda Tatum, Carolyn McNeese, and  
Amy Richardson weeding around  
two crepe myrtles



## SPOTLIGHT ON VOLUNTEERS

March 2017

By Judy May



The Lunch and Learn speaker this month Don Graham spoke on Gardening Without Injury. There were 22 attendees, 14 of them Master Gardeners. Assisting were Sandi Adkison, Charlotte Hall, Cathy Whigham and Bill Quales.

Pruning Japanese Maples at the Episcopal Church in Tallassee March 3 were Lee and Amanda Borden, Mike Harber, Terry Chambliss, Debbie Corn, Rhona Watson, Cathy Whigham, Lavonne Hart and Jane Mobley.

Helping Maria at Lanark this month were interns Paul Richardson, Lanell Tatum, Sheila Pearson, Cheri Cook and Master Gardeners Norman Turnipseed, Ann Hill, Peggy Gelpi, and Carla McCune. They have been tremendous help with wedding preparations and the Lanark Flora and Fauna Fest preparations. Maria says Thanks so much!

Working at the Governor's Mansion this month were Amanda Borden, Amy Richardson, Melanie Barry and Jane McCarthy.

Jane Mobley did a Butterfly Garden presentation at Wetumpka Middle School to 16 students on March 2<sup>nd</sup>.

Terry Chambliss and Jane Mobley helped the class in the southern heirloom garden at the school on March 16<sup>th</sup>.

Charlotte Hall did a flower arranging presentation to the Blue Ridge Garden Club on March 14<sup>th</sup> to 24 people.

Members who brought refreshments for the monthly meeting were Amanda Borden, Sheila Pearson, Candy Jones, Betty Stricker, Amy Richardson and a few other generous souls who had not signed up to bring them.

Members who attended the Projects Committee meeting this month were John Barnes, Jane Mobley, Sharon Potts, R.J.Arceneaux, Johan Beumer, John Butler and Terry Chambliss.

**Scenes From Pruning Workshop  
February 22, 2017 at Dr. Drummonds Farm  
Orrville, AL**



**Collecting Bloodroot and Wild Ginger At Lanark  
For Floral Weekend**





## Helpline News

### By: Mary Ann Hatcher

The Helpline has been quite busy for the beginning of the season. MGs volunteering this month were: Sandi Rosamond, Ann Hill, Gayle Leonard-Wheeler, Carla McCune, Leslie Bingham, and Ricky Hatcher. Cathy Whigham, Mary Ann Klatt, and Mary Ann Hatcher served as Advisors with Sharon Potts as Appointment Reminder.



Gayle Leonard-Wheeler is researching an answer to a client request.



Carla McCune answering a call from a client.



## LET'S MAKE A VIDEO!

By: Lee Borden

CAMGA is committed to using video to ramp up our teaching function, and it's easy to see why. We are proud of the workshops and seminars we present on gardening topics, but master gardeners often compose a significant portion of the audience, and we seldom get an attendance of more than 50. On the other hand, several of our videos have 1,000 views or more, and the lion's share of those views are from people who are not master gardeners.

We have the tools and the process ready to take full advantage of this powerful opportunity. All we need is you. Take a moment to review [Let's Make Videos Together!](#) on [CAMGA.net](#). You can decide then if this makes sense for you.



## Learning Gardening Report

### By: Mary McCroan

March has been a busy month and thanks to everybody that came out to help us with spring cleaning in the gardens: Sandi Adkinson, Charlotte Hall, Lee Ann Marona, Rosemary Mobley, Candy Jones, Terry Chambliss, Bill Quales, John Barnes, Debbie Corn, Jane Mobley, Rhona Watson, Cathy Whigham and Mary McCroan.

The early weeds had completely gotten away from us and now things are now looking far better! A continuing lesson learned is that weeds will grow through landscape fabric and will grow in the mulch you might put on top of landscape fabric.

We've installed a thin layer of PREEN treated mulch in the ornamental gardens in hope that it will help prevent future weeds. The crew weeded most of the ornamental beds in front of the Extension Office, installed mulch, trimmed back the Coral Honeysuckle that is always threatening to take over the entrance, attacked the weeds that were overrunning the shade garden, deweeded the blueberry bed, spruced up the Butterfly Garden and installed additional plants, and offloaded a load of soil that Carol delivered to support the plant sale. And other numerous small tasks.

Amanda and Lee Borden have also been out this month and were key to getting straw bales delivered and set up for our new Straw Bale Garden. We added an irrigation valve to support the new straw bale garden. We expect that straw bales will have different (greater) water needs as compared to regular raised beds.

Terry Chambliss conducted an experiment with planting a cover crop in one of the raised beds this winter. It grew wonderfully, prevented any spring weeds from germinating in that bed, but is now going to seed and has been "terminated". She cut it back very short and the next step is that hopefully it will die, veggies will be planted in a few weeks, and the now dry straw will be placed back in the bed as mulch.

The water feature is up and running again and looking great. We shut it off in the winter because we turn the irrigation system off to avoid freezing pipes and without the irrigation system up and running, there is no way to keep the pond topped off. I am considering reworking the irrigation to put the faucets in irrigation boxes underground. They'd still be accessible, but would be mostly protected from freezing. Then I'd try leaving the waterfall up and running year around which would be more attractive. In really cold weather we'd get a semi frozen waterfall which is actually pretty cool looking. Year-round availability of water in the veggie garden would also be useful.

We harvested the last of the winter veggies: collards, broccoli, kale etc and are planting for a spring harvest: peas, cabbage, more broccoli, etc. The Rhubarb continues to grow well and has been very tasty. My husband doesn't like it - more for me! Supposedly it is the summer heat in Alabama that prevents Rhubarb from being perennial here. I'm going to put some shade fabric over the bed and see if we can keep it going.

# Scenes from Spring Cleaning and Weeding in the Learning Gardens



Before  
Work  
Party



Many  
Hands ...



Butterfly Garden in  
good hands



Terry "terminating" the cover crop



New Straw Bale Garden



After  
Work  
Party



Candied Carrots

## Upcoming Meetings



### Growing & Cooking with Herbs



Hosted by the Prattville Parks and Recreation  
Department  
And  
Alabama Cooperative Extension System  
And  
Autauga County Master Gardeners  
Association

**Saturday, June 3<sup>rd</sup> 2017**  
**9:00 a.m. - 11:00 a.m.**

The Doster Center  
424 South Northington Street  
Prattville, Alabama 36067



**Topics to be discussed:**  
**Herb Types and Varieties • Growing Tips • Harvesting**  
**Culinary Uses & Recipes**

The first half of this class will be a discussion of the proper techniques for growing the more popular herbs used in cooking. The second half will focus on the uses of these herbs in cooking. For example, which herbs are right for chicken and which are right for seafood?

Speaker: Debbie Boutelier, Certified as a Master Gardener in 1995 and past president of the National Herb Society.



To sign-up or for more information, contact the Prattville Parks and Recreation office at 334-595-0800

Free to the Public, but Pre-Registration is required.

**The Master Gardener  
Helpline is now open!**  
**Call 1-877-ALA(252)-GROW(4769)**

<http://alabamamg.org/amga-conference/2017-alabama-master-gardener-conference-huntsville-al-may-1-2-3/>

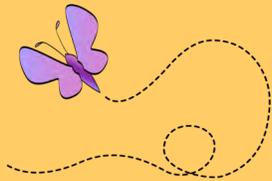
**2017 ALABAMA MASTER GARDENERS ASSOCIATION  
CONFERENCE HUNTSVILLE, AL MAY 1, 2, 3**

See computer link below. (Ctrl key +click) to bring up website.

**Master Gardeners Association  
LUNCH & LEARN 2017**  
2<sup>ND</sup> TUESDAY OF EVERY MONTH  
12:00-1:00 P.M.  
**FREE PROGRAMS**  
Elmore County Extension Office  
340 Queen Ann Road, Wetumpka 36092

- 11 April** **Backyard Tomatoes**  
Mallory Kelley, Horticulturist, ACES
- 9 May** **Propagating Plants**  
Rhona Watson  
Advanced Master Gardener
- 13 June** **Hydrang**  
Rip Weaver, Aldridge Gardens
- 11 July** **Name that Tree- Tree Identification**  
Patrick Cook, Autauga Forestry  
Commission
- 8 August** **Preserving your Garden's Bounty**  
Janet Johnson,  
Food Preservationist, ACES
- 12 September** **Fall Gardening and Harvest**  
Lee and Amanda Borden, Advanced  
Master Gardeners
- 10 October** **Sweet & Sour Facts of Citrus**  
Dr. Arlie Powell, Petals From the Past
- 14 November** **Holiday Plants & Forcing Bulbs**  
Karen Webber, Master Gardener
- 12 December** **Orchids**  
Judy May, Master Gardener

# Calendar of Events



## April 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1
2	3 Governor's Mansion Work Day 8 to 11 a.m.	4	5 Lanark Workday 8 to 12 noon	6 Elmore County Extension Office Learning Gardens Workday 8 to 12 Noon MG Helpline Elmore Co. Office	7 Tour at Bar- ber Berry Farm 10 a.m.	8 Floral Weekend at Lanark 7:00 a.m. — 11:00 a.m.
9	10 Governor's Mansion Work Day 8 to 11 a.m.	11 Lunch & Learn 12 noon to 1 p.m. Elmore Co. Ext. Office	12 Lanark Workday 8 to 12 noon	13 Elmore County Extension Office Learning Gardens Workday 8 to 12 Noon MG Helpline Elmore Co. Office	14	15
16	17 Governor's Mansion Work Day 8 to 11 a.m.	18 CAMGA Meeting 10:00 a.m. Extension Office	19 Lanark Workday 8 to 12 noon	20 Elmore County Extension Office Learning Gardens Workday 8 to 12 Noon MG Helpline Elmore Co. Office	21	22 Earth Day Wetumpka Elementary School 7:30-9:00 a.m.
23	24 Governor's Mansion Work Day 8 to 11 a.m.	25	26 Lanark Workday 8 to 12 noon	27 Elmore County Extension Office Learning Gardens Workday 8 to 12 Noon MG Helpline Elmore Co. Office	28	29 
30						