



Greely Gardeners Group

Newsletter

June-July-Aug.02

NOTE: No meeting on September 2. Because of the holiday, our meeting this month will be on Monday September 9.

GREELY GARDENERS CALENDAR:

Monday September 9, 7:45 p.m. Greely Community Centre

Members' Flower Show and Annual Meeting. This is your chance to show off the best your garden produced this summer. It's also the time to step forward and volunteer to help run the GGG. We'll be looking for volunteers in several areas, see below.

Monday October 7, 7:00 Greely Community Centre

Plant Swap and Sale.

Monday November 4, 7:45 p.m. Greely Community Centre

Birds in the garden.

Monday December 2, 7:45 Greely Community Centre

Christmas Pot Luck Dinner.

Other Upcoming Events

October 16, 7 p.m. Friends of the Farm – "Bedtime for the Garden": Master Gardener, Gillian Boyd will be talking about how to winterize your garden. The lecture will be held in Building 72 and registration is \$5. These lectures have been very popular, so please pre-register to make sure you can attend. 230-3276.

GGG Annual Meeting

According to our constitution (yes, we really do have one) we should have an annual general meeting and election of the executive committee in September. We didn't have one last year, in part because only four people showed up for the September meeting. One result of that was that we limped along all year without a full executive. We can't do that for another year, so if you want your garden club to continue, it's time step forward.

The executive committee consists of:

President – chairs meetings and generally coordinates activities.

Secretary – keeps records of meetings and memberships.

Treasurer – handles our small bank account.

Program coordinator – with the help of other members ensures that we have a topic and a speaker or other activity for each monthly meeting.

Newsletter – prepares and distributes this newsletter.

If you would like to know more about any of these positions, call Bob at 821-1847.

Tip of the Month

STRAIGHTEN UP. YOUR BACK WILL THANK YOU! Aching backs are all too common among gardeners of all ages this time of year. The problem is we're putting too much stress on our backs. But we gardeners don't have to suffer – by following one simple rule, most garden back strain can be avoided.

The rule for avoiding back strain is simply this: **Keep Your Back Straight**. If you can avoid bending at the waist, no matter what garden task is at hand, your back will be safe. Of course if you insist on doing a lot of heavy lifting, you know you're going to pay the price, but for most gardening activity a straight back is the answer.

What this means is that planting seeds, ground covers, and annuals, as well as vegetable and strawberry harvesting and all weed pulling, should be done on your knees. Otherwise, back strain is inevitable. Knee pads or a kneeling stool (available at Home Hardware and Lee Valley) should be part of every serious gardener's equipment.

Hoeing, raking, and shovelling should also be done with a straight back. This means that whatever is being hoed, raked, or shoveled should be close to your body. When you stretch out to rake leaves or put your shovel into a pile of mulch that is more than a few inches away from your center of gravity, you are putting stress on your back. When you put your shovel into the ground to dig a hole, you should be in an uncompromisingly vertical position – your foot should go straight down on the back of the shovel blade.

If you do have to do some heavy lifting, always lift with a straight back. If the object to be moved is heavy, ask for assistance. Before lifting, bring the object as close as possible and tighten your

stomach muscles without holding your breath. Lift with your legs, not your back.

When putting objects or shoveling into a wheelbarrow, avoiding bending down. Squat and bend your knees but not your back. Put the wheelbarrow as close as possible to whatever is being lifted or shoveled into it. Distribute loads evenly in the wheelbarrow bed. When pushing a wheelbarrow or lawnmower, do so with a straight back and arms close to your sides and avoid sudden turns that could twist your back.

And last but not least, take a break once in a while. Sit down in the shade, have a cool drink and just enjoy your garden. After all, that's really what it's all about, isn't it?

GGG's Annual Garden Tour

It seems a long time ago now, but back on June 22, on a sunny Saturday morning, we visited six members' gardens. If you missed it, you missed a treat. Despite the late spring the gardens looked great and the variety from one to another was amazing. We all learned something, and came away with plenty of new ideas for our own gardens. Thanks to all the members who invited us into their gardens, and especially to Tony Torr, who provided us with much needed refreshments in his garden, the last stop on the tour. Be sure to join us next year.

Greely Gardeners Group, Executive Committee

President ~ Bob Stanley 821-1847

Activities Director ~ Alison Whitlock 821-4469

Secretary/Membership ~ Shelagh Heatlie 821-0816