



# The Germinator



PUBLISHED BY THE MEN'S GARDEN CLUB OF YOUNGSTOWN, OHIO  
86 YEARS OF SERVICE TO THE MAHONING VALLEY AND SURROUNDING COMMUNITIES



## President's Message - January

Dennis Zap



Well, another year has come and gone. Time sure does fly by. It seems like the older I get, the faster it seems to go!

I would like to thank Dave Causer for his leadership and his wisdom while he was in office. He did a lot of good for the club. He continued to write articles for the Germinator, refusing to let it die, even when it didn't have an editor. So, we thank you Dave!

Also, it has been brought to my attention that Bob Stas isn't feeling very well. As you may know, he is our photographer and comes to all of our events to take pictures for our badges. Thus, I would like to ask someone in the club to help take pictures when he is unable to be here. We are not replacing him, but we are simply asking for help when necessary. Bob has done a wonderful job for us and we wish him good health!

At this time of the year, I would like to remind everyone that a kind word or a kind gesture goes a long way. Even though the holidays have passed, I encourage everyone to keep the spirit in their heart as we begin a new year. Happy New Year and I look forward to seeing all of you at the next meeting!

Thanks,  
Dennis

## Winter Seminar

Four Presentations by Three Recognized Horticulture Experts  
Chinese Auction, Door Prizes, Book Sale, Great Food and more

*We need member participation to ensure the event's success.*

*Sign up with Bob McGowan at the membership meeting, or contact him at 330-518-6397 or rjfmcgowan@aol.com*

### TGOA/MGCA NATIONAL CONVENTION

July 19 - 21 (Optional Tours July 22), Cleveland, OH

Sponsored by Mens Garden Club of Youngstown, Gardeners of

Greater Akron and Gardeners of Greater Cleveland

15 Horticulture Presentations, Awards & Banquet

Join National President John Schinker and other MGCY members who have helped organize 'The Garden Scene in 2017'. Details and registration form at [TGOA-MGCA.org](http://TGOA-MGCA.org). Discounts for early sign-up.

### Membership Meeting

7pm, Wednesday, Jan. 4

Fellows Riverside Gardens

Speaker: Joseph Fagnano

Subject: Art in the Garden

-Bring A Guest-

### Board Meeting

6:30pm, Wednesday, Jan. 11

Austintown Public Library

South Raccoon Rd.

-All Members Welcome-

### Millcreek MetroParks

#### Schedule of Events

January

Healthy Choices for New Year	3
Taking Better Nature Photos	7
Hikes	9,15
Snow Moon	13
Cultivating Hygge	14
Mindfulness Course	15,22,29
Hot Drink Hike	15
Garden Inspiration Walk	21

- Go to [millcreekmetroparks.org](http://millcreekmetroparks.org) for a complete list of seasonal celebrations, horticulture events, children's activities, t'ai chi, yoga, hikes, walks, concerts, and more -

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## Club News

WWW.MGCY.ORG

85 Members • 2 Associates

### NEW MEMBERS

**Chris Bacha**, 4256 Startz Dr., Youngstown, OH, 44511, 330-518-8151, [chris.r.bacha@gmail.com](mailto:chris.r.bacha@gmail.com). Chris is married (Jennifer) and is Operations Manager with Palmer - Donovan in Masury, OH. His gardening interests include perennials and vegetables, and wishes to expand his knowledge in the horticultural arts. Chris is a musician, dabbles in woodworking and is open to new interests.

Sponsor: Dennis Zap

**Clark Bordner**, 225 Norton Ave., Barberton, OH, 44203, [cbordner@neo.rr.com](mailto:cbordner@neo.rr.com), 330-388-6382, 330-730-9943. Clark is married (Cheryl) and is an auditor with Bund & Sons, Apple Heating & Cooling, Barberton. His gardening interests include roses, dahlias and other perennials. Clark is also involved in church activities, and is interested in sports and horticulture judging. He is a member of the Gardeners of Greater Akron and signed on with MGCY as an associate member.

Sponsor: John Schinker

*Welcome aboard, gentlemen*

### Dave Causer - Thank You

Good leadership when it comes to an organization like ours involves inspired vision on where you want to take the club, and motivating and setting a good example for its members to get it there. By those or any other criteria, Dave's tenure as our president was a success. The ride was bumpy at times but most problems were overcome due to Dave's leadership and the work of dedicated members.

We're sure he was disappointed that our Youth Gardening Project didn't continue in its intended direction. Despite his earnest efforts, procuring enough interested young people and finding a committee chair wasn't in the cards. The good news is that Akron Children's Hospital volunteers and patient family members have transformed the growing beds into a healing mechanism for patients able to tend their plots.

One example of Dave's dedication is reminiscent of another past president, Joe Alessi. While in office, both entered a period where our club had no one interested in editing and publishing the club's newsletter. With no experience in the field and little applicable computer skills, they OJTed the resurrection of the *Germinator*.

After a new editor took over, Dave continued to contribute by putting together the first page of each issue throughout his term. We thank him for his service and look forward to his future contributions to MGCY.

## Helping our Valley to Grow Since 1930

### Oh What A Christmas Tree!

Along with other non-profit organizations, our members again took part in Fellows Riverside Gardens annual holiday celebration by decorating a Christmas at the Davis Center. The decorations were dried items from flower beds, veggie gardens and woodlands; everything from grasses to hydrangea, gourds to cattails, amaranthus to wasp nests - thankfully, the former residents had moved on.



Many thanks to Joe Fagnano for again coordinating the activity. Other members taking part were John Fox, Dave Causer, Bruce Brungard, Bob McGowan, Rodney Toth and Dave Campana. *Germinator* Photographer Bob Stas is ailing and was unable to document the decorating. We wish him a speedy recovery.

### Veggie Gardeners Donation

Over the years, a number of our club's members have volunteered at the Mill Creek MetroParks' Veggie Gardeners program for youngsters at the Canfield farm. The grounds are currently undergoing renovations and, at the request of program administrator Lynn Zocolo, our Board of Gardeners has agreed to cover some of the material costs up to \$1000.

### MGCY Emblem On Members' Clothing

Thanks to Paul Shanabarger, members can have our club logo stenciled on their shirts or jackets at Artist At Work, 337 Elm St., Struthers, 330-755-4922. The cost is \$4 or you buy an embossed clothing item at the shop.



## 2017 WINTER SEMINAR PREVIEW

One of our area's premier and most popular horticulture events is the annual Mens Garden Club of Youngstown's *Winter Seminar*. This year's theme is *Great Gardens*, and if past demand is any indication, the Feb. 18 seminar will sell out early.

Attracting a large number of gardening enthusiasts in the middle of winter doesn't happen by accident. The committee evaluates every element each year, from the speakers to the caterer to the number of trash receptacles. Viewing screens were added last year ensuring that there wasn't a bad seat in house. This also allowed for an increase in available seating.

Upon arriving, attendees will be greeted with a nice variety of breakfast foods and drink, have an unusual and delicious lunch, and enjoy the opportunity to take part in a Chinese auction, book sale and a chance to win door prizes. MGCY members serving as 'table captains' will cater to guests needs and provide information not available in a detailed guest packet. Seating reservations will begin being accepted Jan. 1 so get onboard now. Contact Bob McGowan, [rjfmcgowan@aol.com](mailto:rjfmcgowan@aol.com), or 330-518-6397, or see him at the January meeting.

The main attractions of course are the speakers. Here are their presentation subjects, and a brief list of their accomplishments:

### Jerry Fitz

#### *Cutting Edge Plants for the Landscape*

Jerry is a graduate of Delaware Valley University and puts his lifelong passion for plants and design in every garden he creates. He has been proprietor of Jerry Fitz Garden Design since 1989 and is in the 16th year of development of Linden Hill Gardens, his retail nursery and destination garden in Ottsville, PA.



He co-authored *Lessons from Linden Hill; Design Tips and Planning Pointers*, a book packed with solid garden design advice, tips on working with a professional garden designer and identifying his favorite plants. He has also appeared on *The Martha Stewart Show*.

Jerry has shared his enthusiasm for plants and gardens with groups of all sizes including the University of Connecticut, the Connecticut Horticulture Society, Swathmore Perennials Conference, Delaware Valley College, Temple University Ambler Campus, Pennsylvania Horticulture Society, the Philadelphia Flower Show and the Morris Arboretum.

### Nancy Drobnick

#### *Dynamic Design Brings a Garden to Life*

Nancy, along with her husband and fellow designer Cliff, were recently honored with the Gold Award from the Association of Professional Landscape Designers, a prestigious recognition given to only four people nationwide, for their 'Sun and Moon Garden' project.



It is showcased at Miriam's River House Designs located alongside the South Chagrin Reservation of Cleveland Metroparks. Nancy supplies the artistic side of the business while Cliff, a CPA, uses his numbers skills to provide practical direction. They continue to develop the property which includes a Japanese Tea House, a Visica Piscis/Stone House Garden and an Inner Roji Garden.

They received an Outstanding Excellence award by the Ohio Nursery and Landscape Assn. Many of their designs are featured on Houzz.com, an online remodeling and design blog that now has 20 million users and over 15 million downloads on its iOS app.

### Paul Zammit

#### *Elements of Great Gardens and 365 Days of Gardening*

Paul is the Director of Horticulture at the Toronto Botanical Garden. A graduate of the University of Guelph, he was formerly perennial department manager at Plant World, a large retail horticulture developer.



He is a regular speaker at garden clubs and horticulture trade shows across Canada and the U.S. His home garden has been featured in numerous publications, and was awarded first place in the Environmental Garden category at the Toronto's Garden Contest, and Best Use of Plant Material in that city's West District Garden Contest.

Paul's container designs have been showcased in numerous gardening magazines. Most recently, he made the cover of *Canadian Gardening*. He won first place in the Scotts Miracle-Gro Do Up the Doorstep competition for his container entry of Canada Blooms. The Perennial Plant Assn. gave him the Young Professional Award and the Industry Service Award.



## **REDS** Keep You In The **PINK**

According to the Mayo Clinic, red vegetables may help reduce the risk of diabetes, osteoporosis and high cholesterol. The phytonutrients (antioxidants, vitamins and minerals) have been shown to help prevent cancer, fight chronic illnesses and strengthen the immune system. The red vegetables get their color and nutrition boost from **lycopene** and **anthocyanin**.

Lycopene is an antioxidant shown to reduce heart disease risk, protect the eyes, fight infections, protect against tobacco smoke damage, and may protect against prostate cancer and other tumors. Anthocyanins are believed to protect the liver, improve eyesight, and reduce blood pressure and inflammation. Despite these benefits, 95% of adults don't consume enough red and orange vegetables. Remember to include the skins in your diet to get the full nutritional benefits.

**Beets** are one of the most antioxidant rich veggies. They are great source of potassium, fiber, folate, vitamin C and nitrates. They may lower blood pressure, improve blood flow and boost athletic performance. Their greens contain high concentrations of vitamins A, C and K. Drinking beet juice daily can be too much of a good thing and should be limited to only a few times a week.

**Red Cabbage** is best eaten raw to get the most nutrients and flavor. A single cup has 85% of the daily requirement of vitamin C, 42% of vitamin K, and 20% of vitamin A. It is also a great source of fiber, vitamin B6, potassium and manganese.

**Tomatoes** are a great source of vitamin C and potassium. The National Institutes of Health says 85% of lycopene in our diets is related to tomato products which is best absorbed when the vegetable is cooked.

**Red Bell Peppers** are rich in vitamins A, B6, C, and E, helping to prevent infection and contributing to a healthy immune system and radiant skin.

**Radishes** have the most vitamins, antioxidants and minerals when eaten raw, they are also nutrient rich when pickled.

**Radicchio** is high in vitamin K and provides folate, copper, manganese, and vitamins B6, C and E.

**Red Leaf Lettuce** and its dark leafy kin are higher in antioxidants and vitamin B than their lighter counterparts. Rich in vitamins A and K.

**Rhubarb** - Calcium, potassium and vitamins C & K.

**Red Onions** - Improve immune system, reduce cholesterol and support liver health.

**Red Potatoes** - Potassium, thiamin, and vitamins B6 & C.

Source: *Healthline.com*

## **Clearing The Air**

All houseplants help improve indoor atmosphere by absorbing carbon dioxide and releasing oxygen through photosynthesis. There remains, however, such air pollutants as carbon monoxide, formaldehyde and benzene from construction materials, household furnishings, rugs and fabrics to such innocuous items as detergents, grocery bags and toilet paper.

Prolonged exposure to these pollutants can lead to minor health problems such as sore throats, itchy eyes and nosebleeds to long-term, serious illnesses like decreased lung function, asthma and cancer. Luckily for us there are several houseplants that go above and beyond in diminishing airborne toxins while beautifying homes and offices. One expert recommends one plant for every 100 sq. ft. Here are five:

**Lady Palm** - Green plant with fan-shaped foliage that thrives in dry or humid conditions, requires little sunlight and is resistant to pests. It filters formaldehyde, xylene, toluene and ammonia.



**Rubber Plant** - A tough, easy to grow plant with large, glossy leaves that does well in dim light and is resistant to pest and diseases. Absorbs toluene, xylene & formaldehyde.



**Golden Pothos** - Fast growing hanging vine with heart-shaped, gold-tinted leaves that can survive low lighting and colder temps. Absorbs nitrogen dioxide, carbon monoxide and formaldehyde.



**Peace Lily** - Shade-loving evergreen with lance-shaped leaves and beautiful white blossoms. Absorbs acetone, ammonia, benzene, formaldehyde, toluene, trichloroethylene and xylene.



**Snake Plant** - Requiring little maintenance or sunlight, it has textured, upright, sword-like leaves and filters formaldehyde, xylene and toluene.



Source: *Gardenertogardener.com*



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January 2017

Thank you to the MGCY Friends for their Civic Fund donations.  
Members are urged to give them a visit.

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January 2017



Men's Garden Club of Youngstown Ohio  
c/o Newsletter Editor  
123 McKinley Ave. • Youngstown, OH 44509

[www.mgcy.org](http://www.mgcy.org)



## calendar of events



January 4.....	General Meeting.....	FRG.....	7:00 pm
January 11.....	Board Meeting.....	Austintown Library .....	6:30 pm
February 1.....	General Meeting.....	FRG.....	7:00 pm
February 8.....	Board Meeting.....	Austintown Library .....	6:30 pm
February 18 .....	Winter Seminar.....	FRG.....	9:00 am
March 1.....	General Meeting.....	FRG.....	7:00 pm
March 8.....	Board Meeting.....	Austintown Public Library .....	6:30 pm
March 18.....	Spring Breakfast.....	FRG.....	9:00 am
April 5 .....	General Meeting.....	FRG.....	7:00 pm
TBA .....	Home and Garden Show.....	Canfield Fair Grounds.....	10 am - 5 pm
TBA .....	CGLRG Meeting.....	Kingwood Gardens, Mansfield, OH.....	10 am
April 12 .....	Board Meeting.....	Austintown Public Library .....	6:30 pm
May 3.....	General Meeting.....	FRG.....	7:00 pm
May 10.....	Board Meeting.....	Austintown Public Library .....	6:30 pm
June 7.....	General Meeting Plant Auct..	Casserole or Pot Luck Dinner Bdmn Pk.....	6/7 pm
June 14 .....	Board Meeting.....	Austintown Public Library .....	6:30 pm

## THE MGCY 2017 OFFICERS

### PRESIDENT

Dennis Zap

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