

THE GARDEN DISPATCH

Newsletter of the Hunt Garden Club

Hunt, Texas

A member of National Garden Clubs, Inc.

"Friendship through Gardening"

MONTHLY
MEETING

Tuesday,

February 21, 2023

9:30

Hunt United
Methodist Church
120 Merrit Rd.
Hunt, TX 78024

FEBRUARY PROGRAM

Tara Bushnoe

General Manager, Upper Guadalupe River Authority

"Understanding Riparian Areas"



The riparian area is a band of dense, native vegetation along a body of water. This zone can be identified by high soil moisture, frequent flooding, and the unique collection of plants and animals found there. Riparian areas also provide numerous beneficial functions that support a healthy environment including filtering and reducing pollution into streams, reducing erosion, providing wildlife habitat and shade to control water temperature, and increasing flow in the accompanying waterway. Managing riparian areas in a way that preserves these beneficial functions is essential to river health. We'll discuss the characteristics of riparian areas and the best practices for streamside landowners.

Tara Bushnoe is the General Manager, formerly the Natural Resources Manager, for the Upper Guadalupe River Authority. She administers all UGRA water quality monitoring and outreach and education activities and is one of the technical directors for the UGRA Environmental Laboratory as well. Tara also serves on the board of Riverside Nature Center and is a member of Kerr County Women's Chamber and the City of Kerrville Code Review Committee. Tara earned a Bachelor of Science Degree in Natural Resources from Cornell University and has over 15 years of experience in the aquatic sciences. She also taught environmental education in Paraguay as a Peace Corps Volunteer. She has been an employee of UGRA since 2007.

A note from your President:

Hopefully you had a wonderful Valentine's Day and if you received any flowers, they also may be returning soon to our gardens!

"Every gardener knows that under the cloak of winter lies a miracle . . . a seed waiting to sprout, a bulb opening to the light, a bud straining to unfurl and the anticipation nurtures our dream."

Barbara Winkler, Young Urban Farmers

HOSTESSES

Weezie Johnston, chair
Ginger Cave
Diane DeKerlegand
Carol Gannaway
Kathleen Cook
Martha Henderson
Pam Curtis

PRESIDENT

Laura Greenwood

FIRST VP (programs)
Nancy Huffman

SECOND VP (membership)
Carol Gannaway

THIRD VP (ways & means)
Alice King

RECORDING SECRETARY
Lanie Nickel

CORRESPONDING SECRETARY
Gretchen Harris

TREASURER
Patti Devlin

PARLIAMENTARIAN
Elizabeth Cotton

Committee Chairs, Project
and Activity Leaders are listed
in the Yearbook

www.huntgardenclub.com

MEMBERSHIP

85 active members
38 associate members
122 total membership

MEMBERSHIP CHANGES:

Associates resigning:
Janey Crum
Leave of Absence:
Constant Masterson
Honorary Members:
Janie Crum
Mary Ann Mobley

Hunt Welcome Sign

(Cindy Janke) -

The sign committee was thrilled to be able once again decorate for fall and Christmas. We loved seeing families stop for a "photo op" as they traveled through Hunt. We are looking forward to warmer days and putting up our spring presentation!

What's Happening in Hunt Garden Club?

3rd VP Ways and Means

(fundraising) (Alice King)

We are no longer planning a Garden Journal, since there was not enough interest in providing content.

NOTE: Alice will be resigning, so the club is looking for a volunteer for this board position. If interested, contact Laura Greenwood.

Corresponding Secretary

(Gretchen Harris)

Ann Birkner sent 5 get well cards and 1 sympathy card. Really appreciate Ann backing me up while I was traveling.

Treasurer (Patti Devlin) -

Attached please find the Treasurer's report (cash flow, budget, bank statement, etc.)

Field Trips (Katy Allen)

Hill Country Youth Ranch Tour

Thu Apr 27, 2023 10am - 11:30am
HCYR : 3522 Junction Hwy, Ingram, TX 78025

guides: Katy Allen, Wynita Yancy
More details to follow.

Post Office

(Kyra Bowman) -

The post office committee met and discussed some native additions, spring maintenance and a way to let post office patrons know we had neither forgotten nor abandoned the project.

1. 4 new plants were purchased— 2 red yucca and 2 nolinias. Thanks to a head's up by Marilyn Butcher, I was able to get the nolinias for half price at the Plant Haus.

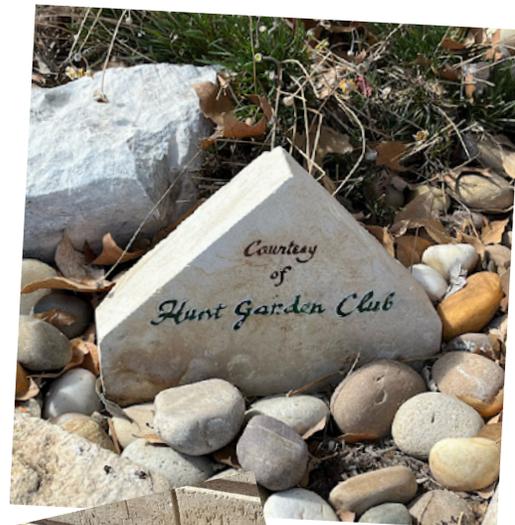
2. Two work days were planned for later in the spring, after freeze danger is over. One day to clean up the beds and a second day to do the planting. In addition a watering schedule was sent to the committee.

3. Janet Reinwald spruced up the garden club sign as well as adding two new (and very subtle) signs.



HISD Wildscape (Carla Stang) -

Like other plants this time of year, the Wildscape plants "are sleeping". The beds look messy, but we know that below ground good things are happening. As expected for this time of year, the Bluebonnet leaves have starting to pop up in two beds (these are "volunteer" Bluebonnets"!) PLUS they have set up a home in a sidewalk crack next to their neighbors in the beds. Isn't it amazing how nature finds the most unlikely places to surprise us?! The photos aren't pretty, but are evidence of these happy plants doing their thing. Other plant life will be starting their big reveal soon.



More Happenings

Hydroponics (Bernadell Larson) -

The Hydroponic Gardening Project completed another successful year of educating the Hunt School 5th graders about growing food hydroponically. The lessons concluded on January 24th with the children harvesting their lettuce and having a snack of lettuce wraps using their own lettuce leaves.

As a final wrap-up, the children were supposed to tour Mickey's Greenhouse on January 31st, but that had to be rescheduled, because of icy weather, to February 7th.

This is the third year for the hydroponic lessons and the enthusiasm of the children continues to grow each year.



Discovery Garden (Ann Birkner, Kathy Abercrombie)

Tuesday morning, Valentine's Day marked the first day of the Spring Discovery garden. This was our planting day. It was a very blustery day; but, the kids were great! Sometimes their seeds blew away, but they came right back for more. They were so excited to be back in the garden and we were happy to see them.

Carrots were handed out to the children for a Valentines present, as the ladies "care a lot" about the kids. Denise came up with this lovely idea. We are looking forward to a fun Spring garden with lots of exciting lessons with our fabulous 4th and 5th graders.



HGC BULLETIN BOARD

HGC Adopt-A Highway

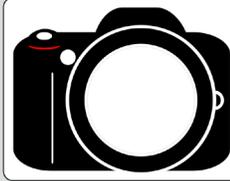


TRASH PICK-UP

Sat. April 1
8:30 a.m.
1907 hwy 39.
Tennis court
parking lot.

Contact Penny Deupree or
Chris Ann Brown if you can make it.

Bring gloves and picker
if you have one.
And bring a friend too!



Photos needed!

If you have joined the club since August 2022, we need your head shot photo for the next yearbook. I will be taking photos at the February meeting. Let me know if you will be there. *Janet*



Committee Chairs, Project and Activity Leaders:

If you have been thinking of leaving your leadership role at the end of May (hopefully not), but... please attempt to find other members interested in replacing you. This will make transition in the Fall much easier and won't require more work on part of the Board looking for replacements.

Thanking you in advance,
Laura Greenwood

Would you like to volunteer as the
HGC Ways and Means Chair?
All you need is a **good idea**
of money raising projects for the Club.
Talk to Laura!



NOTE: The March and April programs will be switched.

The March 21 program will be
"Dark Skies: Why They Matter"

The April 18 program will be
"Blades of Glory"

Hostess Responsibilities

As a reminder, please look on pages 22-23 to see if you are listed as a hostess. As noted on page 23 if you need to switch months, you are responsible for finding your own replacement and notifying the VP of Programs (please also copy the President).

SAVE THE DATES

Feb 22 - District VII Spring Convention, San Antonio, TX

April 10-13 - TGC Annual Convention, Austin, TX

April 27 - Field Trip Tour of the Hill Country Youth Ranch

May 16 - May Garden Club Luncheon (not the 23rd)

"Launching Hunt Garden Club's 70th Year!"

ATTACHMENTS

Treasurer's report

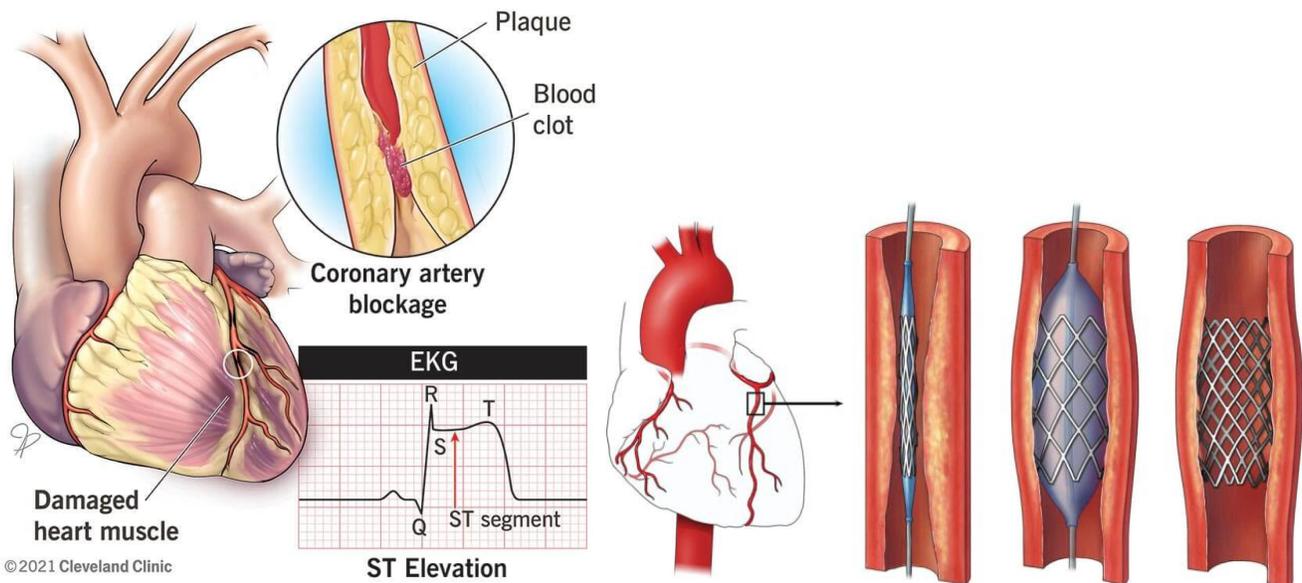
Feb. Meeting Agenda

February is American Heart Month

by Shannon Silber MSN RN CVRN-BC

Did you know that cardiovascular disease is the #1 killer of women? Nearly 45% of women over the age of 20 are currently living with some form of cardiovascular disease. Menopause does not cause heart disease, however menopause marks the point in midlife when cardiovascular risks can accelerate. Special attention on health is important at this time.

So what is a heart attack exactly? A heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced, or cut off completely. When blood flow is stopped, this is called a STEMI, or ST Elevated Myocardial Infarction and is a medical emergency in order to restore blood flow to the heart muscle.



Heart attack symptoms in women may vary from men, however chest pain or discomfort is still the most common symptom.

Some atypical symptoms may also include:

Shortness of breath

Nausea/vomiting

Back or jaw pain

General malaise or flu like symptoms

Dizziness, lightheadedness or fainting

If you have any of these signs, **call 9-1-1**

1. Uncomfortable pressure, squeezing, fullness or pain in the chest
2. Pain or discomfort in one or both arms, back, neck, jaw or stomach.
3. Shortness of breath with, or without chest discomfort.

Facts about women and heart disease. www.goredforwomen.org. (n.d.). Retrieved January 24, 2023, from <https://www.goredforwomen.org/en/about-heart-disease-in-women/facts>

Heart attack symptoms in women. www.heart.org. (2022, December 5). Retrieved January 24, 2023, from <https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack/heart-attack-symptoms-in-women>