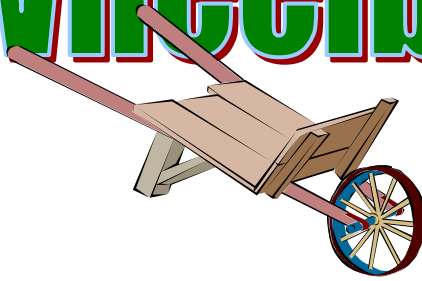


The Wheelbarrow



www.saps.us

Southern Appalachian Plant Society

January 2014

2014 SAPS Board of Directors

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Membership Chairman:

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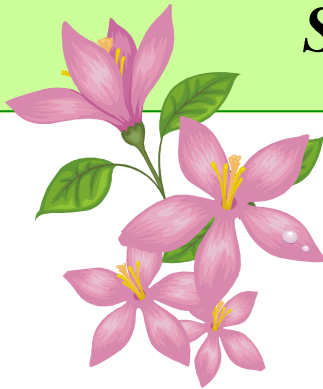
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Wildflowers of the Southern Appalachians



*Presented by
Bob Hale, Photographer*

**Thursday, January 16—7:00 p.m.
Farm Bureau Auditorium
1103 Boones Creek Road
Jonesborough, TN**

Bob's program will be a "sampling" of the wildflowers which can be found blooming in the Southern Appalachians from March into October, including 29 native orchids. A long-time wildflower lover, during the past five years Bob has made 35-50 wildflower trips annually, resulting in thousands of digital wildflower images using a digital SLR. This program includes pictures from Grayson Highlands, Blue Ridge Parkway, Unaka Mountain Buffalo Mountain, Cherokee National Forest, Appalachian Trail, middle Tennessee, and the Great Smoky Mountains. Come and see what Mother Nature has to offer for your viewing pleasure.

DRIVING DIRECTIONS:

From Greeneville or Johnson City, take 11-E to Jonesborough, turn northward (toward I-26) and drive less than 1 mile. Farm Bureau Building on your left. Park and enter in rear of building.

From Kingsport, take I-26 east toward Johnson City, exiting at Jonesborough/Boones Creek (Exit 17). Turn right and go 4-5 miles on Hwy 354, Farm Bureau Building on your right. Park and enter in rear of building.

January Events:

Saturday, January 11—9:00 a.m. to noon
SAPS Board Meeting—Annual Planning Session
Washington County Library—Gray
Non-Board members are welcome. Please let someone on the Board know if you would like to attend.

Saturday, January 25—10:00 a.m.
25th Annual Winter Garden Seminar
Warrior's State Park,
Recreational Building, Duck Island
“Hot” Topics in Land Management: Why Prescribed Fires are all the “Rage”
Guest Speaker, Nora Hassell of Overhill Gardens Native Plant Nursery, will present a morning workshop on native land management. Her focus will be the use of prescribed fires as a management tool. She will also be sharing from her wealth of wisdom and knowledge about native plant gardening. Free, but pre-registration is requested. For more info or to register, contact Marty Silver at 423-239-6786, email at Marty.Silver@tn.gov.



Saturday, January 25-Saturday, February 1
24th Annual Wilderness Wildlife Week
Pigeon Forge, TN



This award-winning winter event offers visitors the unique opportunity to learn from hundreds of experts and participate in hikes, workshops, lectures and performances that highlight and celebrate the biologically and culturally rich landscape of the Smokies.
http://www.mypigeonforge.com/events/winterfest_wilderness.aspx or
<http://www.mypigeonforge.com/events/wilderness-wildlife-week/>

February Events:

Saturday, February 1—10:00 a.m.—12:00 noon
Raised Bed Gardening
Sycamore Shoals State Park, Elizabethton
Presented by Master Gardener, Ben Hunter
Free. Reservations at 423-543-5808.

Thursday, February 6
Herb Saplings Meeting
6:30 p.m.—Exchange Place
Bayberry!
Speaker : Emily Lachniet, Educational Outreach, ASD (Appalachian Sustainable Development). Emily will talk about the bayberry plant and traditional uses. The group will be invited to make a bayberry taper candle to take home (\$3 requested to help cover supplies). Bring an herbal snack to share if you can!

THANK YOU

A big **THANK YOU** to our outgoing SAPS 2013 Board members for the great jobs they did. Hugh Conlon, will be stepping down as President and taking on a new role in 2014 ... as Program Chairman. He will replace Nina Hedrick who has resigned from the Board. She did an outstanding job in arranging SAPS programs and speakers for the past several years. Mary Ward will take over as President for 2014 with the assistance of Earl Hockin who will step in as Vice President.

We thank all our Board members for all the time and effort they contribute to making SAPS the great organization that it is.

BOB HALE

(speaker for January's program)

Bob grew up in Wise, VA. He completed a BA degree in chemistry from East Tennessee State in 1961. He retired from Eastman Chemical in 1999 after working as a Research Chemist for 33 years. Bob has been gardening since the mid-1960's, growing a wide variety of annuals, perennials, bulbs, and shrubs. He enjoys nature, landscape, and wildflower photography. He is known as a daylily grower and hybridizer. His interest in wildflowers began with making slides of spring wildflowers in the late 1960's. This interest expanded to photographing wildflowers throughout the growing season. January's program is a "sampling" of the wildflowers in the southern Appalachians from March through early October.





2013 Mize Garden Seminars

Mize Garden Centers in Johnson City and Gray have announced their **2014 Mize Garden Seminars**. All programs will be held from 10:00 am to 12:00 noon. Admission is free, but please call to reserve your seat: 434-1800 (Johnson City) or 467-2300 (Gray).

JOHNSON CITY:

- 1/18 **Composting and Raised Beds** Ben Hunter, Master Gardener
- 2/8 **What and Where to Plant** Professional Landscaper, Tim Holmes
- 3/22 **Fruit Trees and Honey Bees** John Hamrick, UT Extension Agent

GRAY:

- 1/25 **Composting and Raised Beds** Ben Hunter, Master Gardener
- 2/22 **Fruit Trees and Honey Bees** John Hamrick, UT Extension Agent
- 3/8 **What and Where to Plant** Professional Landscaper, Tim Holmes

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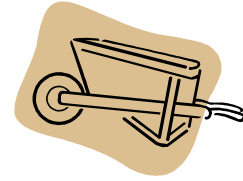


PLEASE CLIP AND SAVE





Let your New Year resolution be to renew your SAPS membership. An application form is provided below to assist you in fulfilling your resolution.



Southern Appalachian Plant Society 2014 Membership

Name(s) _____

Address _____

Zip _____

Phone (_____) _____ Email _____

Mark X in boxes that apply:

- I am paying \$20 for my annual membership (member & spouse). _____
- I am further supporting SAPS programs and activities with an additional tax-deductible donation of \$_____. _____
- I am providing a \$20 gift membership to the person(s) whose membership data is attached to this form. _____

TOTAL AMOUNT ENCLOSED: _____

Please send your check (payable to SAPS) for the total of your membership, donation, and gifts, along with this form to:

Jim Hill
SAPS Membership Chairman
4407 Greenspring Circle
Kingsport, TN 37664

Carolina Native Nursery

1127 Prices Creek Rd., Burnsville, NC

www.carolinanativenursery.com

(828) 682-1471

For SAPS members searching for native trees and shrubs from A (Aesculus –buckeye) to Z (Zenobia), Carolina Native is a one stop native plant nursery in Burnsville, NC. From the Tri-Cities, it's a short drive over the mountains via I-26 (toward Asheville). Take Burnsville, NC Exit 9, turn left and go almost 11 miles east on US19 toward Burnsville. US19 recently upgraded to 4 lanes. Prices Creek Rd. exit is clearly marked. This is a pleasant scenic drive in any season to discover these native plant treasures. Shop ahead on their recently revised website.

Hours of Operation: Year-round – 8:00 a.m. to 5:00 p.m. Monday Saturday

Don't forget to request your 10% SAPS member discount on retail purchases (present your membership card)



Save the Date

Saturday, March 8, 2014

Grow 2014: A Celebration of Trees presented by **Lexington Horticultural Symposiums at the VMI** **Lexington, Virginia**

Dr. Michael Dirr will be the keynote speaker for a new horticultural symposium, **Grow 2014: A Celebration of Trees**. Every horticulturist, landscape architect, landscape designer, reputable plant nursery, and serious tree geek has a copy of Michael Dirr's *Manual of Woody Landscape Plants*, considered the standard handbook for trees and shrubs. He is the author of numerous other books and was a revered horticulture professor at the University of Georgia for many years. Dr. Dirr will be joined by Vince Dooley, retired coach of the University of Georgia Bulldogs and an avid gardener (and friend of Dr. Dirr), who will talk about the horticultural journey of a football coach and Nancy Ross Hugo, co-author of the *Remarkable Trees of Virginia* who will discuss the rewards of looking closely at ten common trees of North America as featured in her recent book, *Seeing Trees: Discover the Extraordinary Secrets of Trees*. Seating is limited, so sign up now via the symposium's website, www.grow-2014.com. Continuing education hours will be offered for the day, in addition to book signings and book sales. The \$75 fee includes lunch. Visitors arriving on Friday have the opportunity of a free tour of historic Lexington with a trained guide.

Seniors Who Garden Live Longer

People who are 60 or older can live longer, according to a *British Medical Journal* report. They found those who were 60 or over and gardened could extend their lives by 30%. The activity proved to be as good at preventing strokes and heart conditions as conventional exercise. Improvements seen by study participants included smaller waists, lower levels of potentially harmful blood fats, and lower glucose, insulin, and clotting factor levels in men, the release reports.

The team studied 4,000 people in Sweden who were 60 or older and tracked their heart health over a period of 12 years. Those who exercised regularly and also participated in daily physical activities like gardening had the lowest health risk in the group. Those who participated in the highest levels of activity were 27% less likely to have a heart attack and 30% less likely to die from any cause.

"Prolonged sitting drives down metabolic rate to the bare minimum, while standing up and physical activity increase it," the release says.

Unfortunately, traditional retirement notions don't support continued physical activity at this stage of life, says Samantha Heller, a senior clinical nutritionist and exercise physiologist at NYU Langone medical Center in New York City. "It is almost expected that as we age, we move less," she says. "Unfortunately, sedentary lifestyles now range across all ages with the same unhealthy results: increased risk for diseases such as cardiovascular disease, metabolic syndrome and certain cancers."

The human body is designed to be moving a good portion of the day. Regular physical activities such as cleaning, gardening, lawn care and climbing stairs help keep the body mobile and strong.



Source: Landscape Insider e-newsletter, ballpublishing.com (submitted by Hubert P. Conlon, UT Extension Area Specialist, Retired)

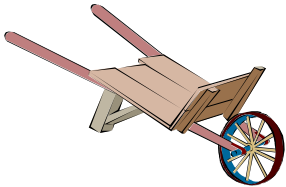


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2014



NEEDED: WHEELBARROW EDITOR

SAPS is in need of someone to take over as Editor of *The Wheelbarrow* in the near future. If you have an interest in using your creativity in designing a new format for the SAPS publication, please contact me.

After 5 years in the Johnson City area, we have decided to return to our "home base" in northeast Ohio to be closer to family. The move will depend on the sale of our current home, but we anticipate making the move sometime in 2014.

The current program being used is Microsoft Publisher, but is not required. If you have experience with publishing software (or want to learn) and would like to take advantage of this opportunity, please contact me at 423-477-0929 or e-mail me at zamiska@centurylink.net.