

GARDEN VOICE

County 76 Newsletter Volume 20, Number 3

October 2017

P-N-G We Came, We Saw and We Grew!



“County 76 is the advisory board for the Arkansas Master Gardeners. It is a volunteer organization promoting volunteer horticulture education and service to the community. Members are graduates of the Arkansas Master Gardener program administered by the University of Arkansas Cooperative Extension Service.”



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- Events, Workshops, and Classes
- New Members

A message from our president:

Sharing & Caring ... When someone asks, “What is County 76?” what do you say? What does it mean to you? For me, it’s essentially Master Gardeners helping Master Gardeners. I’m not sure we, individually or collectively, understand what a big deal that is – the sharing, caring and commitments [that are being offered](#).

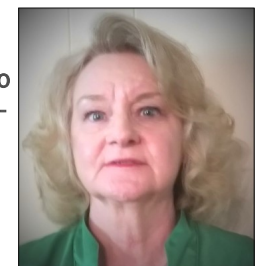
At our October meeting, three of our counties brought in creative/innovative ideas they are using: “We Noticed” signs, Special Awards & Recognitions, Salad Tables. I’m sure we will see some similar items in other counties soon. We will have another ‘show and tell’ at our January meeting. If your county has something innovative to share, let me know.

There is a store in the state that has a slogan of “Life is too short for ordinary jewelry.” I propose, “Life is too short for hurtful comments or actions!” I have seen remarkable instances of sharing and caring during my time as an MG. However, it is not all pumpkins and mums out there. Many of us encounter phishing emails on a recurring basis. This has become personal for me since some of our MGs are seeing phishing emails that supposedly come from me – only I’m not sending them. If a person replies to the email, it generates further emails which results in some type of a money request. All Treasurers, Presidents and County Agents, in particular, should be aware of this. October is National Cyber Security Awareness Month. For helpful hints to keep you from falling prey to these scams, check out this site. <https://securingthehuman.sans.org/blog/2014/01/05/new-security-awareness-poster-dont-get-hooked/>

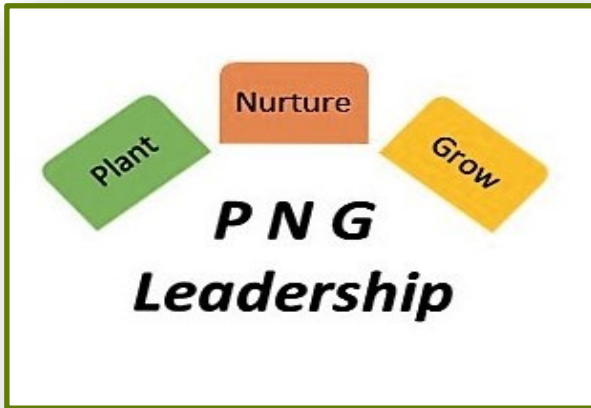
Your participation and support made 2017 a year filled with success stories. Looking ‘around the corner’, 2018 is sure to be a very exciting year. There will be more ‘firsts’ and more opportunities to share your ideas and expertise. Join us for our next membership meeting, Tuesday, January 23: 10:00 – 3:00, Little Rock State Extension Office.

Don’t Forget: Report your hours – All your hours. These numbers are used to share our story. Deadline for online reporting is December 15.

Thank you for helping to grow our Arkansas Master Gardener program!
Learn, Connect, Grow. Be Part of County 76.



Linda



2017 CONFERENCE

The afternoon started with Janet's opening remarks which followed by Dr. Rick Cartwright's remarks to the assembled Master Gardeners. We had 208 people who signed up and came to attend a day or two. We had 40 counties represented along with folks from Oklahoma. It was two days of learning, meeting new people, having fun with Janet and her game of *Garden Trivia*.

We had classes that started with Dr. Stacey McCullough's Parliamentary Procedure, then, Mary Poling's teaching us how to *Throw Away the Keys and Zoom*, Meg Fox teaching us how to write that winning award application, and presentations from last year's past winners of large and small county projects and the Excellence in Education Award winners (who found the pool). The rest of the folks played *Garden Trivia*, but they had 2 hours of fun.

We had a good turn out and if you went to a class you found people were absorbed in what was being said by the speakers. We tried to cover topics that truly applied to the new attendees such as Parliamentary Procedure, Mentoring, Recruiting and others.

We also had a session that was presented by three of the central Arkansas County Agents: Lee Anderson from Jefferson County, Brad McGinley from Grant County, and Randy Forst from Pulaski County.

It was a busy conference from the registration to the close. People seemed to learn many things. We heard good things about all the things presented from the sessions, and silent auction to the fact that we were in Ferndale, and it let them learn and meet new people.

I would like to thank all the people who led the sessions that were not mentioned above and to the committee that gave 100% to get this put together and in place.

Joan Howard

Project Reports

Communications: We will continue with the new format for the newsletter. We will be updating the calendar, a new Speakers Bureau has been posted on the website. The MG time and meeting list will be updated in January and the County 76 members board will be available online soon.

(Jan Stewart)

Fundraising: Seven events with sales totaling approximately \$7,000 held since the last County 76 meeting in July. In 2017 there have been twenty-nine selling events with sales of over \$22,000. Two additional sales scheduled in coming weeks—in Hope and Paragould. During the project break-out session, members discussed a number of potential new items to sell. Goal for 2018 – again seek approval from the U of A to enable credit card sales. Fundraising project needs a co-chair.

(Ouida Wright)

RRR: The 2017 Annuals to Perennials Programs were successful. Planning starts on the 2018 programs immediately, starting with choosing dates. Debbie took all the feedback from the "mixers" at Annuals to Perennials and analyzed it to inform us of where we can make changes to be more effective. We will send out the 2018 state award package again on Constant Contact, and it can also be accessed on the Arkansas MG website under Awards. Please read the cover letter where you will find important information about the nomination process before you proceed to the individual categories. We hope to see all the counties participating and "Good Luck" to all.

(Meg Fox)

PNG: We gathered to discuss the happenings of last year and the way to begin this year. We are going to do this by chair with sub-chairs reporting back to the chair. We divided the parts up and discussed with Janet a couple of ideas about sessions. We also discussed among ourselves topics that would be good for next year. We set a goal that we would like to see attend. We have a way to go and will be working on the speakers and the sessions. Where we had 4 and the occasional 5, next year we are going to have 6 and repeat sessions so that everyone will have a chance to attend more.

(Joan Howard)

Training: What is stopping your county from hosting a training class? This is a fun and growing experience and really puts a county program on the map! The last Advanced Training of the year was hosted by Miller County. The topic was Master Gardeners Grow Healthy Communities. Participants learned how they can make a difference in the quality of life in their county by being involved in projects like these. The next scheduled Advanced Training will be in Drew County with the topic "Growing Tomatoes with Emphasis on Heirloom Varieties" on June 21 & 22, 2018. A new level has been established by Training Project members and was approved by County 76 members. The Level V requirements will soon be on the website. Co-chair Marty Lynch will become chair of Training Project in January.

(Mary Wells)

KINDNESS MAKES YOU HAPPY.... HAPPINESS MAKES YOU KIND

NEW RESEARCH SUGGESTS THAT ONCE YOU START DOING NICE THINGS FOR OTHER PEOPLE, YOU MIGHT NOT WANT TO STOP.

WOULDN'T IT BE GREAT IF YOU CAN WALK INTO A STORE AND BUY LIFELONG HAPPINESS? THE IDEA'S NOT AS FANCIFUL AS IT SOUNDS – AS LONG AS WHATEVER YOU BUY IS MEANT FOR SOMEONE ELSE.

TWO RECENT STUDIES SUGGEST THAT GIVING TO OTHERS MAKES US HAPPY, EVEN HAPPIER THAN SPENDING ON OURSELVES. WHAT'S MORE, OUR KINDNESS MIGHT CREATE A VIRTUOUS CYCLE THAT PROMOTES HAPPINESS AND ALTRUISM.

IN ONE OF THE STUDIES, PUBLISHED LAST YEAR IN THE JOURNAL OF SOCIAL PSYCHOLOGY, RESEARCHERS IN GREAT BRITAIN HAD PARTICIPANTS TAKE A SURVEY MEASURING LIFE SATISFACTION, THEN THEY ASSIGNED ALL 86 PARTICIPANTS TO ONE OF THREE GROUPS. ONE GROUP WAS INSTRUCTED TO PERFORM A DAILY ACT OF KINDNESS FOR THE NEXT 10 DAYS. ANOTHER GROUP WAS ALSO TOLD TO DO SOMETHING NEW EACH DAY OVER THOSE 10 DAYS. A THIRD GROUP RECEIVED NO INSTRUCTIONS.

AFTER THE 10 DAYS WERE UP, THE RESEARCHERS ASKED THE PARTICIPANTS TO COMPLETE THE LIFE SATISFACTION SURVEY AGAIN.

GROUPS THAT PRACTICED KINDNESS AND ENGAGED IN NOVEL ACTS BOTH EXPERIENCED SIGNIFICANT AND ROUGHLY EQUAL –BOOST IN HAPPINESS, THE THIRD GROUP DIDN'T GET ANY HAPPIER. THE FINDINGS SUGGEST THAT GOOD DEEDS DO IN FACT MAKE PEOPLE FEEL GOOD-EVEN WHEN PERFORMED OVER AS LITTLE AS 10 DAYS- AND THERE MAY BE PARTICULAR BENEFITS TO VARYING OUR ACTS OF KINDNESS, AS NOVELTY SEEMS LINKED TO HAPPINESS AS WELL.

BUT KINDNESS MAY HAVE A LONGER, EVEN MORE PROFOUND EFFECT ON OUR HAPPINESS, ACCORDING TO THE SECOND STUDY, PUBLISHED ONLINE IN *THE JOURNAL OF HAPPINESS STUDIES* IN APRIL AND CONDUCTED BY RESEARCHERS AT HARVARD BUSINESS SCHOOL AND THE UNIVERSITY OF BRITISH COLUMBIA.

IN THIS STUDY, THE RESEARCHERS INSTRUCTED ROUGHLY HALF OF THE 51 PARTICIPANTS TO RECALL, AS VIVIDLY AS THEY COULD, THE LAST TIME THEY SPENT \$20 TO \$100 ON THEMSELVES. THE OTHER PARTICIPANTS HAD TO RECALL THE LAST TIME THEY SPENT THE SAME AMOUNTS ON SOMEONE ELSE. ALL THE PARTICIPANTS ALSO COMPLETED A SCALE THAT MEASURED HOW HAPPY THEY WERE.

RESEARCHERS THEN GAVE THE PARTICIPANTS SMALL AMOUNTS OF MONEY AND TWO BASIC CHOICES: THEY COULD SPEND IT ON THEMSELVES (BY COVERING A BILL, ANOTHER EXPENSE OR A GIFT FOR THEMSELVES) OR ON SOMEONE ELSE (THROUGH A DONATION TO CHARITY OR A GIFT). CHOOSE WHATEVER WILL MAKE YOU HAPPIEST, THE RESEARCHERS TOLD THEM, ADDING THAT THEIR CHOICE WOULD REMAIN ANONYMOUS, JUST IN CASE THEY FELT PRESSURE TO APPEAR MORE ALTRUISTIC.

THE RESEARCHERS MADE TWO BIG FINDINGS. FIRST, CONSISTENT WITH THE BRITISH STUDY, PEOPLE IN GENERAL FELT HAPPIER WHEN THEY WERE ASKED TO REMEMBER A TIME THEY BOUGHT SOMETHING FOR SOMEONE ELSE-EVEN HAPPIER THAN WHEN THEY REMEMBERED BUYING SOMETHING FOR THEMSELVES. THIS HAPPINESS BOOST WAS THE SAME REGARDLESS OF WHETHER THE GIFT COST \$20 OR \$100.

BUT THE SECOND FINDING IS EVEN MORE PROVOCATIVE: THE HAPPIER PARTICIPANTS FELT ABOUT THEIR PAST GENEROSITY, THE MORE LIKELY THEY WERE IN THE PRESENT TO CHOOSE TO SPEND ON SOMEONE ELSE INSTEAD OF THEMSELVES. NOT ALL PARTICIPANTS WHO REMEMBERED THEIR PAST KINDNESS FELT HAPPY, BUT THE ONES WHO DID FEEL HAPPY WERE OVERWHELMINGLY MORE LIKELY TO DOUBLE DOWN ON ALTRUISM.

THE RESULTS SUGGEST A KIND OF “POSITIVE FEEDBACK LOOP “ BETWEEN KINDNESS AND HAPPINESS, ACCORDING TO THE AUTHORS, SO THAT ONE ENCOURAGES THE OTHER.

“THE PRACTICAL IMPLICATIONS OF THIS POSITIVE FEEDBACK LOOP COULD BE THAT ENGAGING IN ONE KIND DEED (E.G., TAKING YOUR MOM TO LUNCH) WOULD MAKE YOU HAPPIER, AND THE HAPPIER YOU FEEL, THE MORE LIKELY YOU ARE TO DO ANOTHER KIND ACT,” SAYS LARA AKNIN, A GRADUATE STUDENT IN PSYCHOLOGY AT THE UNIVERSITY OF BRITISH COLUMBIA AND THE STUDY'S LEAD AUTHOR. “THIS MIGHT ALSO BE HARNESSSED BY CHARITABLE ORGANIZATIONS: REMINDING DONORS OF EARLIER DONATIONS COULD MAKE THEM HAPPY, AND EXPERIENCING HAPPINESS MIGHT LEAD TO MAKING A GENEROUS GIFT”.

ALEX DIXON

SEPTEMBER 6,2011



*Is there Someone or a Project that is
Exceptional and
deserves to be nominated this year for a
state award at State Conference next year?*

Here are the categories :

Master Gardener of the Year

Rookie of the Year

County Agent of the Year

Project of the Year

Excellence in Education

Newsletter of the Year

Friend of Master Gardener, Individual

Friend of Master Gardener, Business or Organization

One award for counties under 51 members and One award for counties over 51 members. Only one entry per category.

Please write your nomination based on the criteria in each category required on the appropriate forms available online under 2018 State Conference Awards under RRR and attach the appropriate photos following the outlined instructions. The cover sheet offers more detailed instruction.

All entries need to be signed by your county agent or Master Gardener president and email to jtreat@uaex.edu or on a CD mailed to Janet Carson, MG Awards, 2301 S. University, Little Rock, AR 72204. Entries must be received by January 15, 2018.

Be Sure to Honor that Effort!

A Note from Janet Carson



"Kindness matters" has been my mantra for the past few years. I think our society has been slowly moving away from random acts of kindness and getting a little jaded. All too often we focus on what's wrong with our programs instead of celebrating what is good and positive. I want the Master Gardeners of Arkansas to take the lead and show people how to be kind to one another. At our recent PNG Leadership conference, I challenged attendees to do 3 random acts of kindness during the conference. I saw so many smiles, pats on the backs, and just people having fun with each other. I think all too often we underestimate the power of a touch, a smile, a kind word, or just someone to listen to us. The smallest act of caring has the potential to brighten someone's day. There is a Swedish proverb that says: "Shared joy is double joy. Shared sorrow is half a sorrow." Take time to celebrate together and lighten the load of someone who is having sorrow, but connect with each other. Sure there are problems in our lives and in our programs, but there are so many good things and positive things we need to celebrate. Focus on the good. Every Monday, I get a motivational email from John O'Leary a motivational speaker. He was expected to die after being severely burned as a child, but he suffered through unbearable agony to survive and now, he tries to teach others how to really live. His motto is "Live Inspired". One of his recent emails hit home to me: "Control what you can and let go of the rest. Be in love with your life and what you have, rather than a hostage to your anxieties and what you don't have."

I have much to be grateful. I have had a job I adore for 37+ years, great family and friends, the best volunteers and a great advisory board. My glass isn't half full, it is overflowing. Thank you all for all you do for me, our MG program and your county. The commitment, the enthusiasm and the compassion for our program is awe-inspiring. Let's keep the momentum going and growing! Together, we can and do make a difference.

Happy Gardening! Janet

November Gardening Ideas

- Winterize lawn mower– drain fuel, disconnect spark plugs, sharpen blade.*
- Continue to plant spring blooming bulbs and winter annuals.*
- Plant a tree: Look for one with pretty fall foliage.*
- Rake and mulch and compost.*
- Clean up perennials as they die back.*

- Don't pay for new seeds next year when you can save seeds from your favorite flowers and veggies now before they drop. Store them in a cool, dry place; glass jars are ideal. But keep in mind that saved seeds don't always look and grow like their parents^

- Remove all dead stems, leaves, and flowers from the garden, and toss them in the compost pile. This will get rid of overwintering insects and fungi, reducing pest problems next year. It also turns the detritus into organic matter for your garden.^

Janet Carson, U of A, Master Gardener Calendar*, November 2017
Southern Living, November 2017^

Online Reporting Managers Zoom Meeting
Meeting Summary
October 26, 2017

Thank you to all the County Online Reporting Managers! We appreciate you working with your members to get volunteer hours reported each year.

Each volunteer hour reported is important. Not only are the numbers important to the Master Gardener Program, they are very important to your county extension office. County agents use the hours entered in the system in their annual reports. So Master Gardeners are encouraged to report ALL their volunteer hours, not just the minimum required to be considered active/current in your county program. By reporting your hours you are helping show the value and impact the extension service provides your county via the Master Gardener Program. Every hour counts!

Below is a summary list of topics covered in the October Online Reporting Managers Meeting via Zoom. We appreciate all the counties that were represented today at the meeting.

Counties that attended at least one manager zoom meeting in 2017

(That we have documented. If your county has attended at least one meeting via zoom this year and is not on this list, please send an email to jtreat@uaex.edu)

Arkansas	Greene	Pulaski
Benton	Hot Springs	St. Francis
Boone	Izard	Saline
Carroll	Jefferson	Union
Cleburne	Johnson	Van Buren
Columbia	Lee	Washington
Craighead	Logan	White
Crittenden	Lonoke	
Cross	MGs of the Delta	
Drew	Marion	
Faulkner	Miller	
Five Rivers	Monroe	
Franklin	Montgomery	
Fulton	Nevada	
Garland	Prairie	
Greene	Johnson	

Summary of October 27, 2017, Zoom Session

- *Current volunteer numbers
- *Encourage reporting volunteer hours
- *Active (Current) Members/ Inactive (Past) Members
- *Entering hours by event
- *Entering hours for someone else
- *One education hour for current members
- *Reporting Limits

Reminders for Online Reporting Managers:

- * Deadline for reporting volunteer hours for 2017 is Dec. 15, 2017
- * Remind your members to report ALL their volunteers hours
- * Save the [MG Page](#) on your computer
<https://www.uaex.edu/yard-garden/master-gardeners/>
- * Sustainer Information and other MG policies
<https://www.uaex.edu/yard-garden/master-gardeners/program-guide.aspx>
- * Be sure your current MGs have entered at least one hour in the online reporting system to be counted for 2017 total number of MGs in the state.

Thanks,

Online Reporting Manager Team
Glenda Bell, Jane Burrow & Julie Treat



Welcome New Members– October 24,2017

*Franke Johns - Pulaski County
Debbie Atchison - Garland County*

2018 County 76 Officers

President
Linda Soffer

Vice President
Patsy Louk

Secretary
Mary Wells

Treasurer
David Anderson

Assistant Treasurer
Janet Turnage

Past President
Jane Burrow

County 76 Agent
Janet Carson

County 76 Coordinator
Julie Treat

*Thanks to Barbie Luther and Janice Dickerson
for their outstanding contribution!*

*We welcome new ideas and thoughts regarding the
"Garden Voice" in future issues. Please email me:
j.stewart25@yahoo.com*

Garden Voice Editor—Jan Stewart

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