

January 2023

***Reminder: The Extension office will be closed from Dec 23 – Jan 3.**

JANUARY 1, 2023

Dear fellow OSU Master Gardener Volunteers,

The new year is here. Snuggle up inside because that winter wind is chilly. This is a great time to take a moment to consider why you became an OSU Master Gardener volunteer. We all love being in our gardens and working with plants. Yes, you gain knowledge, make better choices, spending your time, money, and energy wisely. But you may want to know there are many benefits.

Volunteering allows us to meet like-minded people and connect with them. Making these connections is valuable as we age and especially for many who live alone. Social isolation and loneliness are linked to several health issues, including heart disease, high blood pressure, depression, and anxiety.

You wanted to be part of and contribute to something worthwhile? Volunteering as an OSU Master Gardener lets you physically support something you care about and meet people who share your values. If you have trouble motivating yourself to go outside and see the world, volunteering is a great way to give yourself the push you need to escape from the house.

We volunteer to improve things in our community, so becoming an active volunteer is a great way to strengthen your bond with your community. Taking an active part in a community can give you a sense of social connection and belonging, which can stave off stress, and feelings of loneliness and improve your sense of self-confidence. Some studies have shown working to help others actually reduces feelings of chronic pain and improves overall health.

A large part of being an OSU MG volunteer is sharing what you learned by talking with others and effectively expressing yourself. The more you talk, the more you learn to advocate, which leads to higher levels of self-confidence.

Most of the work we do involves the giving or receiving of skills and information. When you take the time to learn new skills and pass them along to others, you keep your mind sharp by enhancing your memory and thinking abilities, which is an especially important benefit for older volunteers. We really need to keep learning, thinking, and doing things to stay healthy.

I am asking you to continually challenge yourself, get involved, research, and learn something new. Then think about how this can benefit others and make a plan to share your knowledge. This also applies to our leadership. Volunteer to share your experience and hone your skills by helping lead a committee or planning an event. We all have skills and abilities that can contribute to having a great program and have a positive effect on our community. The new year brings new opportunities for us to learn and grow as individuals too.

Bob Eister

President

MGV Banquet!



Thank you for all of your hard work and dedication to the Master Gardener Program. As a thank you we would like to invite you and a guest to the 2022 Master Gardener Banquet!

The banquet will be on Thursday, January 12th at A La Cart Catering. Doors will open at 6:00 pm and the program will start at 6:30 pm. Appetizers and Desserts will be provided

Both you and your guest will be free of charge with the completion of annual hour requirements and having your hours entered into Hands On Connect by Dec. 31st.

Without your hours the cost is \$15 a person.

Please RSVP to the office by calling 330-533-5538 or emailing Buonavolonta.1@osu.edu by January 1st.

MGV SHIRTS

Please make arrangements to pick up your apparel at the Mahoning County Extension Office if you have not done so already.

Please remember our requirements to be an active member are:

***Deadline to submit hours is December 31, 2022,* Make sure to Recertify!**

OBTAINING VOLUNTEER HOURS:

20 documented volunteer hours are required annually to maintain active status. Approved volunteer hours must be MGV related and may include:

- 2 hours must come from Backyard and Local Food events
- 2 hours must come from Environmental Horticulture events
- Approved projects to obtain volunteer hours are committee-driven
- If you desire to volunteer for a project not committee-driven, you must submit your request in writing for approval from an OSU Educator at the beginning of the year
- Attending monthly meetings will equal one volunteer hour (and one education hour – see below)
- Refer to the committee list and description
- You may NOT record any hours you are paid for

OBTAINING CONTINUING EDUCATION HOURS:

10 documented education hours are required annually to maintain active status. Approved continuing education hours must be MGV related and may include:

- 2 hours must be from integrated pest management classes or presentations

- 2 hours must be from invasive species classes or presentations
- Attending monthly MGV meeting – where a speaker presents a program
- Attend an MGV-sponsored field trip with a specialist tour guide

MGV Intern Hours

You have until April 24th to get your 50 volunteer hours completed and entered into Hands On Connect. Only after the completion of your 50 volunteer hours will you be considered an Active Master Gardener. Please let Kristen know if you have any questions.

OPPORTUNITIES

- Trumbull County Soil and Water Conservation District - Amy Reeher, 330-637-2056 ext. 8624, amy@trumbullohswcd.org

SPEAKING AND TEACHING OPPORTUNITIES

If you are interested, please contact Kristen (Eisenhauer.30@osu.edu)

- Holburn Herb Society is requesting speakers, please let Kristen know if you can do either date. Group is 25-30 attendees.
 - o Container Gardening
 - March 21, 2023, 7 pm at Boardman Park
 - o Indoor Color for Winter
 - Nov 21, 7 pm at the Canfield Fairgrounds / Colonial Inn
- Garden Art Classes, April – December 2023
 - o If you have a fun garden art craft that you are willing to teach people how to make, please let Pam Baytos or Kristen know. Dates will be worked out at a later time.
- Morning with the Masters – March – October 2023
 - o Morning with the Masters is the post-Covid version of Coffee with the Masters. This is once a month from March to October 2023. We are looking for people to speak on a wide variety of gardening topics. You may use a PowerPoint, but do not have to. Speakers must have an Outline and Factsheet turned in; these will be given to all the attendees. You may also include a list of other resources if you would like. If you are interested, please contact Kristen) with the topic, you would like to present. Dates will be worked out at a later time.

MGV MINUTES

Dec minutes: <https://go.osu.edu/mgvdecminutes>

New applications are available if you know anyone interested in taking the MGV or OCVN course in 2023. Applications are due back to the office by January 5th.

MEETING CALENDARS

2023 Meetings

- **January 12th** – 2022 MGV Banquet, A La Cart Catering - 429 Lisbon St. Canfield, OH 44406. Doors open at 6 pm, and the program is at 6:30. Apps and desserts provided.
- **February 9th** - Snow-out date for the 2022 MGV Banquet. If the banquet occurs in January, this will be our first meeting of 2023.

- March 9th
- April 13th
- May 11th
- June 8th
- July 13th
- August 10th
- September 14th
- October 12th
- November 9th
- December 14th

2023 Events for All Mahoning County Programs

Upcoming Classes:

- *Naturalist Series: 6:30 pm Cost \$5 per class or \$30 for the full year*
 - February 16:TBD
 - March 16: Vernal Pools with Marne Titchenell
 - April 20: Birds with Jeff Harvey
 - May 18: TBD
 - June 1: Mushrooms with Erika Lyon
 - July 20: Invasive Insects with Amy Stone
 - August 17: Mahoning River with Stephanie Dyer
 - Sept 21: Coyotes with John Cepek
 - Oct 19: Foraging with Angie Arnold
 - November 16: Arrowheads / Native American Tools with Thomas Delvaux
- *Garden Art Series: 6 pm Cost \$25*
 - April 5: Botanical Notebook, Peg Zeleznik
 - April 11: Private class- Botanical Cards
 - May 3: Air Plants, Patty K, and Steph H
 - June 7: TBD
 - July 5: TBD
 - Aug 2: Bird Feeder Wreaths, Pam
 - Sept 20:TBD, Anissa
 - Oct 4: TBD, Anissa
 - Nov 15: Holiday Container, Pam
 - Dec 6: Holiday Centerpiece, Pam
- *Mornings with the Masters 10 am Cost \$15*
 - March 14: Seed Starting, Peg Z
 - April 11: Growing Degree Days, David Sprague
 - May 9: TBD
 - June 13: Herbs, Carol Woodring
 - July 11: Essential Oils, Marilyn McKinley
 - Aug 8: Monarchs, Kary Shively
 - Sept 12: TBD
 - Oct 10: TBD

- *Spring Garden Workshop 1*
 - Date: Saturday, April 22
 - Time: TBD
 - Location: Mahoning Extension Office
 - Cost: TBD
 - To register visit: go.osu.edu/2023springworkshop1
- *Spring Garden Workshop 2*
 - Date: April 29
 - Time: TBD
 - Location: Mahoning Extension Office
 - Cost: TBD
 - To register visit: go.osu.edu/2023springworkshop2

For a complete and up-to-date list of events please visit <https://mahoning.osu.edu/events>

I wonder if you read this newsletter. Call the office and tell me the January birth flower(s) for a chance to win a prize.



Our very own Pam Baytos pictured here with Pamela Bennett received an award for **OSUE Outstanding Master Gardener Volunteer** at this year's State MGVC Conference and Award Program. This award is given to those who "exemplify excellence in their work with the MGVC program." Thank you, Pam, for all your hard work, and congratulations!





MGV Christmas Tree at Fellows
Riverside Gardens

If you want an announcement or information in the MGV Newsletter, please e-mail Candace at Buonavolonta.1@osu.edu by the 23rd of the month. We welcome articles about you – and your fellow MGVs! It is great to learn even more about our friends and colleagues.