



# THE ACORN

THE ROTARY CLUB OF FAIR OAKS

The Acorn for November 30, 2015

Rotary



# BACKYARD GARDENING IN FAIR OAKS

## The Rotary Club of Fair Oaks

Website: [www.RotaryFairOaks.org](http://www.RotaryFairOaks.org)

Email Address: [FairOaksRotary@gmail.com](mailto:FairOaksRotary@gmail.com)

Phone Number: (916) 534-8557

Mail Address: PO Box 236

Fair Oaks, CA 95628

Facebook: [www.facebook.com\FairOaksRotary](http://www.facebook.com\FairOaksRotary)

## Weekly Meetings

We Meet Almost Every Monday Evening

Social Hour 6:15 - 7:00 PM

Dinner & Meeting 7:00 - 8:30 PM

Location: Fair Oaks Community Clubhouse

7997 California Avenue

Fair Oaks

Visitors are Welcome



# BACKYARD GARDENING IN FAIR OAKS

## Speaker: REID GUSTAFSON

Reporter: Bruce Hagel



Our very own Reid Gustafson gave a well-received presentation about home gardening. Reid was introduced by Mary Cate Gustafson-Quiett. We learned that Reid's mother sparked his early love of horticulture. Young Reid even gave his favorite fruit tree a nickname - "Peachy." He subsequently received a degree in biology with a focus in plant sciences from DePaul University. He also studied agricultural chemistry at UC Davis for two years, where he did research on algae. He now works as a quality engineer and devotes some of his spare time to his home garden on their 1/2 acre lot.

Reid noted that lawn replacement with a home garden can result in a 66 percent reduction of water use. In some regions (such as Seattle) front lawns have been turned into gardens. He also noted that the Sacramento area has a long gardening season that can run from February all the way into December.

The use of raised beds is inexpensive and fruitful (or is it vegetableful?). An eight by four-foot raised bed can produce up to twenty-two pounds of veggies per year. A number of online companies now sell heirloom and hard-to-find vegetable and herb seeds. Reid suggested Baker Creek Heirloom seeds (Mansfield, Mo) whose online store can be found at [rareseeds.com](http://rareseeds.com). Reid recommended heirloom vegetable varieties for better flavor.

Backyard fruit orchards also can be planted cheaply, with prices starting as low as ten bucks per bare-root tree, and are very low maintenance. Reid suggested keeping your fruit trees pruned to a relatively small size to meet a couple of goals: squeezing a variety of fruit trees onto a small suburban lot and forcing the trees to produce reasonable (as opposed to massive) quantities of fruit.

Backyard gardens have enemies that can devastate your vegetable plants and fruit trees. Reid said that gophers can be combated by placing juicy fruit gum in the hole (but be sure to use gloves to remove human scent from the gum). Deer present a different challenge and mountain lion urine may discourage Bambi from feasting on your crops. Your reporter suggests you avoid getting this product directly from the source. Reid noted that the Fair Oaks Horticultural Center is a great local resource for home gardeners. His presentation elicited many questions from an interested audience.

Please continue to the end of this Acorn for some detailed information on foliar spraying, a topic that Reid touched on and recommended several times in his talk.



An editorial response from a member of the audience:  
Marijuana?



# REPLACING YOURSELF

Ray Ward, Communications Director

November 24, 2015

Our club has experienced tremendous growth over the last two years. As a member, you can help the club continue to grow by recruiting and training club members to fill in for you from time to time and to eventually replace you when you move on to new responsibilities. If Rotary is to continue as an organization, we need to find and train the future leaders of our club: presidents, board members, fundraising chairs, committee chairs, and others. Chances are most of these future leaders will have to develop a deeper understanding of Rotary before assuming a leadership role. We must make sure our club can continue to excel after we are no longer able to help our club. Remember Paul Harris died in 1947 and Rotary is still a great organization.

So how can you help? You won't be doing whatever it is you are doing now: Train your replacements. Review your talents and the things you have done for the club. Then commit to teaching other club members your systems and procedures: the things you have learned over the years that help you get things done for our club. Find the newer or less-involved members and ask for their help. As they learn, give them responsibilities. But remember - most of our responsibilities require specialized knowledge and unique skills. Before someone replaces you, they should first understand your task's goals and what will be required of them. After they step into your shoes, they will have to exercise good management skills. These skills should include some (or all) of the following:

- The ability to create a useful plan
- Team building
- Managing a team
- Completing a task within budget and on time

If you alone are doing a task for the club, you are doing it wrong. Find another member who can help and then do it together!

If we all do this, we will build a better and stronger club. When you are no longer able to handle a task or no longer want to do that task, and our President asks you, "Who else can do your job?", you can say, I trained . . .

## SNIPPETS

Pete Schroeder, President

### December - A Great Month To Give Back!

As a Rotarian, you are already known to the world as someone who wants to give. The world appreciates you for that! For the members of the Rotary Club of Fair Oaks, December offers many opportunities to give back.

- Dec 1<sup>st</sup>-23<sup>rd</sup> Buy gifts for the kids at the Children's Receiving Home – see Maggie Hoy for details.
- Dec 5<sup>th</sup> Christmas In The Village: Help construct our club's float, ride on the float in the parade, and join in the fun!
- Dec 12<sup>th</sup> Holiday Party: Bring food/drink to share (contact Karen R.), and volunteer to help clean up :)
- Dec 13<sup>th</sup> Caroling at Eskaton: 2:00 at Eskaton in Gold River - lend your voice to our group (for an hour or so)
- Dec 17<sup>th</sup> Holiday Baskets at Northridge Elementary School
- Dec 7<sup>th</sup> & 14<sup>th</sup> Club Meetings: Arrive early and help set up and/or stay late and help clean up!

Enjoy your December!





## Rotarian of the Week LUCY MARTIN

**Birthplace:** Tucson, AZ

**Birthday:** June 8<sup>th</sup>

Joined Rotary in July 2014

Three children and one grandchild

**Attended:** University of Arizona; Pasadena City College, Lucy holds a Master Degree from Cal State Long Beach

**Occupation:** Lucy retired in 2006, she was a Nurse Practitioner, Wound Specialist

Lucy's favorite vacation spot is Italy. Lucy's last meal would include Filet Mignon, Garlic Mashed Potatoes, Beets (yes she wrote *BEETS!!*) and Creme Brulee accompanied by the best Champagne. She would like to be remembered as one who was always kind to others.

Would you be surprised to know that her hobbies are clogging and playing the harmonica? You can find Lucy behind the bar at our meetings...serving not tasting!

## Christmas Caroling



**Sunday, December 13**

**Caroling at Eskaton**

11390 Coloma Road in Gold River

The club will sing Christmas carols at Eskaton Lodge Gold River. This facility offers assisted living, pre-memory care and memory care.

Maggie will be recruiting Interact Club kids from Bella Vista. Drew Young, who is a very good guitar player, will be there, as will Pete Schroeder, who is a very good singer and guitar player.

At left is the group from the club's first caroling expedition a few years ago. We are likely to have a lot more people this year.

# THE CHRISTMAS PARADE

This week's big event is the Christmas parade in Fair Oaks Village. As part of the ongoing effort to increase our visibility in Fair Oaks, the club will be entering a float in the parade.

We will be decorating the float at Romines' from 10:00 – Noon on Saturday, December 5. Bring your wrapped or unwrapped boxes that morning. Our theme is "Be a Gift to the World". We are basically wrapping the float like a gift and putting lots of gift boxes on the float. If you haven't signed up to help, yet – please call or email Diana Cralle.

These are the things we need. In particular, please let Diana know if you are bringing pool noodles.

- 4 more pool noodles - we are going to spray them white and make them look like candy canes.
- 2-3 staple guns
- tape
- more wrapping paper
- more boxes - small and large
- tissue paper - we are going to sit the kids in the boxes like they are coming out of a gift.
- I think I have enough ribbon, but if you want to bring some, make it wide.
- We need more kids and adults on the float

Jeanne will also be decorating a tree to represent the Fair Oaks Rotary Club. I think she said she has enough help, but contact her directly if you are interested.

The parade starts at 4:30 pm, and you should be at the parking lot at old Fair Oaks Elementary School by 3:30 pm.

Pete will lead singing (he's in parade earlier and then running back to be on float). We will be singing Christmas carols and he will have a song book for you. Our main song when we get to judges stand is the song Pete wrote, that we all know: "Let out the Joy".



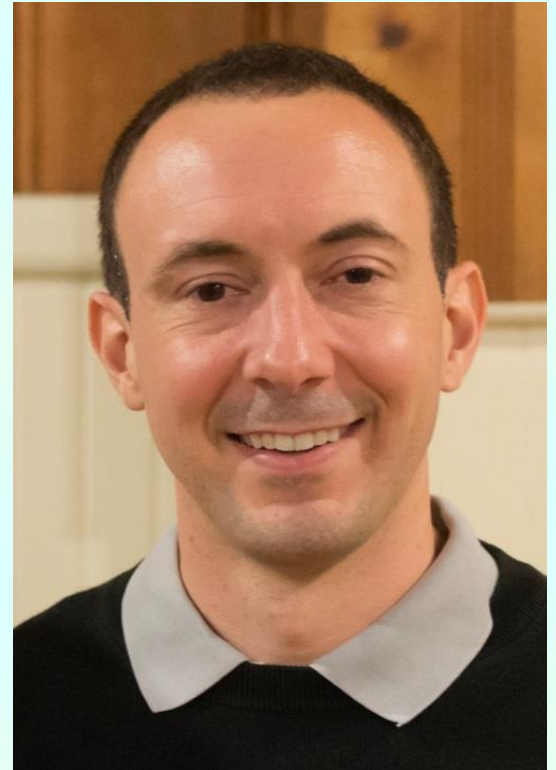


# GUESTS



**Nelson and Tyler Janes**

Tyler was a member of the Fair Oaks Rotary club and Nelson was a member of the Sacramento Rotary club until a change of employers took them to Las Vegas a couple of years ago.



**Thom Gruneisen**

Tom is the Librarian at the Fair Oaks Library



**Tasso Tzingounis**

Tasso is married to Alice Rowe's niece which, according to Alice, makes him her nephew-in-law. Tasso is a university professor. He was in town to present a paper at a conference.



# CLUB BUSINESS



## The Crab Feed – Read Carefully, Important Information

Saturday, February 20, 2016 at Divine Savior

See **Anne Browning** for tickets and more tickets

Everyone is being given two tickets, down from 10 tickets in previous years. The reason: The Crab Feed always sells out, everyone should sell at least two tickets and, if you sell only two tickets, the Crab Feed will sell out anyway.

Each table will seat eight people. Here's your incentive to sell eight tickets and make quick payment to Anne – the quicker the better: Seating will be assigned on a first come first served basis. **When you pay Anne for eight tickets, you get to pick where you and your guests would like to sit. First come, first served.**



How to help the club save money and eliminate waste:

**Bring your own glass to the meetings.**

If you do, you will also get an extra raffle ticket at the door, enhancing your chances of winning a free dinner, drawing for the Ace of Spades or becoming the next month's Little Genius.



Speaking of which, here's **Tyler Happe** who somehow managed to acquire four extra tickets. Tyler won twice – a shot at the Ace of Spades (he failed) and an opportunity to be Little Genius in December. Tyler will be on his honeymoon for two weeks in December so Little Genius was auctioned off, raising additional money for the treasury. Thank you Tyler.







## How to Raise Money to Eradicate Polio Tyler Happe

Pete needed someone to speak for a few minutes while dinner was being set up. He volunteered Tyler Happe. Tyler recommended the following approach.

According to Tyler, A huge online retailer will now deliver groceries in one hour at prices competitive with our lowest-price grocery stores. Therefore, Tyler recommends buying some of your groceries online and donating the money you save to Polio Plus. **Ed note: Sorry Tyler, I checked and Amazon does not deliver groceries in Fair Oaks.**



**Video is now on the Website**

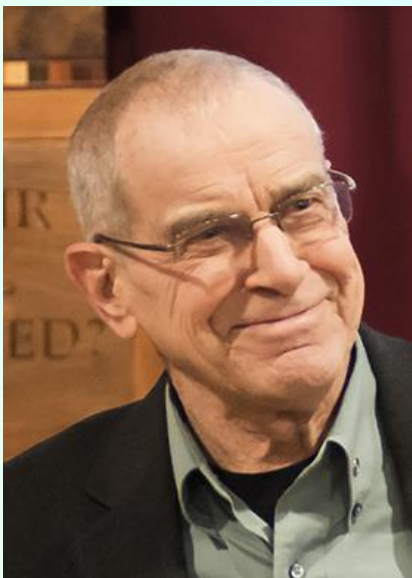
**Russ Bechthold** (left) is the club videographer. He has been videoing our meetings and other events. The videos can be found on the club website.



### Holiday Baskets Thursday, December 17 Northridge Elementary School

We will package and distribute over 80 loads of holiday food to families in need.

We need turkeys, lots of turkeys .... And lots of people for the December 17 food basket distribution work project. See **Tom Rains** for more information.



### **Charley Blatchford**

Charley is a longtime emeritus member and a terrific human being. Charley usually provides the always excellent Words of Wisdom at the beginning of each meeting.



## FUTURE MEETINGS AND EVENTS

EVENT	DATE	LOCATION
Christmas Float Decoration	December 5	The Romines' driveway
Christmas Parade	December 5	Fair Oaks Village
Club Meeting Tom Gray – The Fair Oaks Water Situation General Manager, Fair Oaks Water District	December 7	Clubhouse
Christmas Party	December 12	The Romines' home
Club Meeting Club Assembly & Election of Officers	December 14	Clubhouse
Holiday Food Baskets	December 17	Northridge Elementary School
No Club Meeting	December 28	
Club Meeting Oliver Cheney – Autism Executive Director, Rudolph Steiner College	January 4, 2016	Clubhouse
Club Meeting Joe Scheimer - The Secret War in Laos	January 11, 2016	Clubhouse
Crab Feed	Saturday February 20	Divine Savior



# FOLIAR SPRAYING

A topic that Reid touched on several times in his talk was foliar feeding, which is a somewhat controversial subject among serious gardeners. What follows is an even-handed article abridged from the website growveg.com.

## What is Foliar Feeding?

With foliar feeding, instead of watering your fertilizer into the soil, you spray it onto your vegetables' leaves, generally from a small spray-bottle available from any garden store. The idea grew in the 1950s, when research at Michigan State University found that "a leaf is a very efficient organ of absorption. "The amounts may at first seem relatively small, but to offset this handicap, the efficiency is high." Since then, chemical companies in particular have promoted its general use, and their products, in order to boost crop health and yield.

## What can Foliar Feeding do?

First it should be remembered that foliar feeding is never an alternative to building up a good, healthy soil. Your vegetables could never get enough of the major nutrients of nitrogen, phosphorous and potassium if you purely fed them through their leaves. On the other hand, foliar spraying is a fast way to supply micro-nutrients, such as iron and zinc, which your vegetables don't need in such quantities but which may not be so available in the soil and go a long way to keeping them healthy. If your crops are under stress from drought, pest-attack or disease, it's definitely worth giving them a squirt of encouragement.

## What to use as Foliar Feed

One of the most popular organic foliar feeds is seaweed extract, which is high in trace elements. Seaweed contains natural growth stimulants and research has shown that it makes plants less susceptible to pests and diseases, including the dreaded potato and tomato blight. The reasons for this aren't completely understood, but it seems likely that it, not only makes the plant stronger, but the micro-organisms in the solution compete with the spores and bacteria that cause disease. (Ed note: You can obtain foliar sprays at some of the larger local nurseries or online. A favorite local online source is Peaceful Valley Farm Supply in Grass Valley. They sell at least a dozen different foliar sprays.)

## How to Foliar Feed

Research has indicated that water droplet size is not important as far as absorption of the nutrients is concerned. On the whole, though, heavier drops slide off leaves more easily, so, if you have a choice, a finer spray is better. Spray the whole plant, and make sure you cover both the upper and lower surface of leaves.

Don't spray in direct sunshine, as the drying of the salts in the solution may result in leaf scorch.

Avoid watering normally until the spray has dried, and try not to spray just before rain, as extra water will dilute the solution and wash some of it away. When it comes to using the vegetables, then it's a good precaution to stop spraying around a month before harvest, and wash your produce well before using. If you're using a proprietary product, then follow the advice on the label.

Reporter: Bruce Vincent





26th Annual

Rotary



# MARDI GRAS CRAB FEED

Saturday - February 20, 2016

Divine Savior

9049 Greenback Lane

Orangevale, CA

Tickets \$55

Hosted By  
Fair Oaks Rotary

## For More Information & Tickets

Contact: Beth Wilcoxon  
Telephone: (916) 208-2477  
Email: brlw@pacbell.net

## The Rotary Club of Fair Oaks

Website: [www.RotaryFairOaks.org](http://www.RotaryFairOaks.org)  
Email Address: [FairOaksRotary@gmail.com](mailto:FairOaksRotary@gmail.com)  
Phone Number: (916) 541-1247  
Mail Address: PO Box 236  
Fair Oaks, CA 95628  
Facebook: [www.facebook.com\FairOaksRotary](http://www.facebook.com\FairOaksRotary)



# 2016 District Conference

## “Come Dressed To Play”

Don't  
Miss  
The  
Fun



Where: DoubleTree by Hilton Berkeley, CA

When: Conference May 20-22, 2016

Excursions begin May 19th to 22nd

Registration Fee: \$40 per person

**Limited Event Availability**



No Deposit Refunds After  
July 1, 2015



### Why Attend?

- Enjoy Friendship with Fellow Rotarians
- Explore the Bay Area
- Great Speakers
- Great Entertainment





## **Holiday Party**

Saturday, December 12

Where: The home of Peter & Karen Romines at 5949 Long Acres Court  
in Fair Oaks

Details: If you will be attending, please RSVP to Karen ASAP.  
Karen has to know how many people she and Pete will be feeding.

This is a potluck, so please tell Karen what you will be bringing.

