



# CENTRAL DISTRICT DISPATCH

**Iowa Kansas Missouri Nebraska**

*Gary Osborn,  
District Director*

*April – June 2017*

*Wanda Weirich,  
Newsletter editor*



Our condolences to Mary Buck and her sister on the passing of their mother, Ruby Buck. Mrs. Buck passed away on January 7, 2017. She was the wife of Griffith Buck, hybridizer of 'Carefree Beauty' and other "Buck" roses. Memorials may be made to Collegiate United Methodist Church, 2622 Lincoln Way, Ames, Iowa 50014; The Iowa Arboretum, 1875 Peach Avenue, Madrid, Iowa 50156; or the Buck Rose Collection at Reiman Gardens, 1407 University Blvd., Ames, Iowa 50011.

*From Gary Osborn, District Director*

It has been another winter that will be considered crazy. Wild temps and very little snow for us in central Iowa. NW Iowa had a couple of good snows. I think for myself, maybe 4-6 inches all winter (unreal). Now that we are heading into the end of March it is too early to tell what winter damage there has been. The late freezes will hurt my roses for they have started to break.

I will be going to the National Mini Show April 20-23, 2017 in California. With all the rains, along with their better weather conditions, I expect it to be great.

May see some of you at spring shows - if not have a good rose growing season.

The following was sent by Laura Dickinson, treasurer of the Johnson County Rose Society -

"I am writing with the sad news that the Johnson Co. Rose (Kansas) Society will be dissolving. After 61 years of serving the Kansas City metropolitan area, we no longer have the leadership, membership, or energy to keep the club going. We have encouraged our members to join the Kansas City Rose Society instead. They are a bigger group with a public rose garden to care for and other public education activities. It makes sense to combine our leadership and focus to one group to support rose gardening in Kansas City."

Central/Illinois-Indiana Districts Combined Rose Show  
SCHEDULE (DRAFT – MAY CHANGE slightly)

September 16, 2017

Missouri Botanical Garden 4344 Shaw Blvd. St. Louis, MO 63110

Friday:

12:00 p.m. set up rose show (volunteers)

Saturday:

6:00 a.m. – Registration Opens

6:00 a.m. to 9:45 a.m. (Horticulture) or 10:00 a.m. (Arrangement) – Prepping of roses

6:15 a.m. to 10:00 a.m. – Refreshments for exhibitors

9:00 a.m. – Judges' breakfast

9:45 a.m. – Last Call for Horticulture entries

10:00 a.m. – Last Call for Arrangement entries

10:00 a.m. to 12:30 p.m. – Horticulture judging of rose show

10:15 a.m. to 12:30 p.m. – Arrangement judging of rose show

10:15 a.m. – Silent Auction open for bidding

10:30 a.m. to 12:00p.m. – Behind the Scenes Tour of Missouri Botanical Garden

12:30 p.m. to 1:15 p.m. – Box luncheon for registrants

12:30 p.m. to 1:30 p.m. – Judges' luncheon

12:30 p.m. to 4:30 p.m. – Rose show open to public

1:30 p.m. to 2:30 p.m. – Seminar #1

2:30 p.m. to 3:30 p.m. – Seminar #2

**NOTE:** Two seminar speakers are Tom Carruth and Chris Pellet, Newflora Roses – exclusive agent in North America for Kordes Roses. Tom will deliver his seminar in person; however, we are not sure if Chris will attend the convention or if we will Skype her seminar. Also not sure of the speaking order.

3:45 p.m. – Silent Auction bidding closes

3:45 p.m. to 4:30 p.m. – Central District meeting

3:45 p.m. to 4:30 p.m. – Illinois-Indiana District meeting

**NOTE:** Two different rooms have been booked for the meetings

4:30 p.m. – Tear Down Rose Show

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## HOTEL INFORMATION

Since the rose show is not being held at a hotel, room nights are not required. There are numerous hotels in the St Louis Area you can book yourself; however, we have reserved ten rooms at Drury Inn (see info below). "Balloon Glow" [www.greatforestparkballoonrace.com](http://www.greatforestparkballoonrace.com) is being held this same weekend, so we advise booking your room ASAP. Most hotels have an option to cancel closer to your booking date (you may want to make sure) if at the last minute you are unable to attend.

Drury Inn & Suites St. Louis Forest Park  
2111 Sulphur Ave. Saint Louis, MO 63139

To book online: <https://www.druryhotels.com>

Phone Reservation Number: 1-800-325-0720

The group # is 2303878. The group name is The Rose Society of St. Louis.

Two (2) Queen Beds (includes up to 4 per room) \$159.99 (\$199 is regular price). In addition to a fantastic hot breakfast, free drinks & snacks are offered 5:30-7:00 pm; free popcorn & drinks offered 3:00-10:00 pm.

## PICKING THE QUEEN

by Clif Godfey

Editor of the Des Moines Rose Society newsletter, June 2016 issue

(Used with permission)

The Queen is generally from a healthy bush so all of the prior lessons we've had on how to plant a rose, how to fertilize it and how to keep it well watered are very important. So is the spray program to prevent diseases and to control insects. The reason I say the Queen is from a healthy bush, is because you want a bloom that is average to above average size for the variety and you want stem and foliage that is proportionate to the bloom. You don't want to take the whole bush from a 'one stemmed' wonder and kill the plant. Even after the mild winter we had (2015), I have a few one stemmed wonders to worry about.

I generally cut a bloom that is tighter than the exhibition bloom that we want on show day because my experience is that the bloom will continue to open, even in refrigeration. For a rose that has fewer petals, (like Pristine or some others like that) I pick it at 1/2 to 3/4 of exhibition stage, for one with more petals I'll let it open further on the plant. I try to get a stem that is proportionate to the bloom, hopefully 18 to 21 inches long but I've seen good ones that are shorter than that. I do not groom the bloom at the time I pick it. (disclaimer, I only had one Queen last year and missed most of the shows so you can ask the winners if they agree with me.)

I recut all stems under water when I get the bloom in the house and dip the cut end in a hydra flor quick dip solution to get it to take up water. I then use a floral preservative like the little packets of floral life you get with the dozen roses you buy for Mother's Day. (It does come in 5 lb. buckets too, even larger.) I clean the foliage of the specimen bloom and then put it in a tube or a rose keeper and store it in the refrigerator as close to 34 to 36 degrees as I can keep it. Remember as the air circulation is reduced by the addition of more roses, the temperature is likely to drop. There is nothing more frustrating than getting your best specimen out on show day and finding that you have frozen it. They do not hold their form or their normal substance after freezing.

On show day, I'll get my specimens out of the keepers and put them in vases. Then I'll recheck the foliage on the ones that have blooms that look like they might be worth entering and clean it and trim torn leaves with a mini pinking shears made for trimming leaves. I generally don't do much to the bloom except move petals around with a pen, or my fingers, or blowing into the bloom. I'm not into Kix cereal or Q-Tips but I've used them. I know you can help Mother Nature a lot with those. For full petal roses, I'll remove some of the outer petals if they're damaged because you can still keep the symmetry on them. If it does not have enough petals for that, I'll use a sharp pair of cuticle scissors to trim the damaged petal. Don't trim too much before they're judged, edges will turn brown.

Remember to completely fill out the entry tag. ARS requirements are that you put your name (and probably your address) and exhibitor's number if the show uses them, on both the top and the tear off bottom portion of the tag. It also requires the correct exhibition name of the rose entered, the correct class and sub class, if any, on both halves of the tag. The tag must be folded to conceal the exhibitor's name from the judges. None of the judges like to disqualify a good specimen, but the rules say they have to if it is not named correctly. Also be sure that your Queen is entered in the correct class and placed in the correct class so your rose can be judged with other roses in the running for Queen. I've seen some great looking Queen candidates in the wrong place and sometimes the judge will have the clerk move

them, but sometimes you'll lose out on those small mistakes. Be accurate. I quite often bring completed tags for the roses I've picked for the show. The rose doesn't always get entered, but I don't have to use my time writing tags at the show.

(Note: the Queen is always a HT or Gr in the large specimen classes and a MN or mini flora in the miniature classes (unless there is a separate class for minifloras), but other classes also have a best specimen picked, so the same considerations should be made.) FI sprays now have Queen, King and Princess Certificates. Some shows have separate miniature and miniflora courts.

I don't have room to give lots of exhibiting tips here, but I do know that it is true when they say it only takes one rose to win Queen. Most of the time, the exhibitor has entered more than one, but only one is Queen. All of you have the chance to win Queen and I hope you all have a Queen to enjoy some day. (This year, mine has already bloomed. Maybe I'll get lucky and find a late bloomer.) (Of course I usually hope that my Queen knocks the socks off your Queen, but I do hope you get to have a Queen!)

Miniatures and Minifloras go by the same rules and techniques except that you try for the stem to be proportionate to the bloom, not 18 inches long. Most of us don't have miniatures that would produce that stem length anyway. Miniatures are judged by typical of size and small roses are desired, minifloras use the rule that bigger is better.

Roses that give you the best chance for Queen are the classical formed HT shaped blooms that are the most beautiful of the rose blooms. Roses that consistently win Court of Honor positions and Queens are called bankers and you need to know what wins in your area to fill your garden with bankers. Lists of the top winning roses in each class are shown in the Rose Exhibitors Forum publications on [Roseshow.com](http://Roseshow.com). Of course the newest roses haven't cracked the top ten yet, but sometimes the newest exhibition type roses will be favored by the judges and give you that extra boost into the winner's circle.

In challenge classes, I know we have to use what we have but here's a tip on multiple bloom entries. Try to have the specimens as close to the same size as possible; if you have multiple color classes, try to use colors that complement each other. In staging, try to go from the lightest color to the darkest or brightest, or vice versa, avoid red, white, red, white, etc. If one of your specimens has a flaw, try to turn it away from the viewing surface. I'm not suggesting dishonesty, don't try to cheat, but the judges can't touch a challenge class so if you have a flaw in a specimen, make it as small a distraction as you can by turning it away from the view. A flaw is not a distraction when it's not seen. In classes where the only part of the rose used is the bloom (boxes) stage from the smallest to the largest, or if it appears more attractive to your eye, go from the largest to the smallest, don't put the largest roses in the middle. Use the same logic in blending the colors, compliment, lightest to darkest or darkest to lightest. Think of the challenge class as an arrangement without the accessories used in arrangements. If your challenge class entries use the foliage, be sure it is clean and trimmed just like you do in the specimen classes. If the floating rose class states that you use clear liquid, make sure no small piece of dirt or trimmed leaf gets into the liquid. If it says floating, make sure the stem does not touch the bottom. If two specimens are close, small distractions may be the deciding point. Don't lose out on a mistake. Judges are expected to judge it as the schedule describes it.

The top exhibitors at National, District and even local shows plan their challenge classes first. That's why you used to see Bob House and Larry Meyer with a series of Queens sitting off to the side with a gross of Q-tips sticking out of the blooms to get that perfect symmetrical form and saw them checking them every once in a while. I tend to go with my left over blooms and don't win many challenge classes.

Always pick your best rose for grooming that's the rule, you can groom a dog for a long while but you will just end up with a well-groomed dog. May your roses all be winners and may you miss out on grooming dogs.

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The following is reprinted, with permission, from Lenna Easter, newsletter editor for Eastern North Carolina Rose Society's "The Rose Petals", January/February 2017 edition. (Note: Just in case you don't know, Sandy & Bob Lundberg are national top exhibitors.)

### SANDY'S Picks for 2017

Sandy and Bob Lundberg grow lots of exceptional roses and are not shy about shovel pruning those that are not up to their standards. We are very fortunate to have Sandy's sharp insight and comments on her choices. – enjoy.

Some of the new varieties are proving to be quite exceptional and make an excellent addition to the garden especially for exhibitors. I give a high rating to David Clemons' Bold Ruler, John Smith's Sunny Sundays and J.R. Smith's Miss Mabel.

### HYBRID TEAS

1. CRESCENDO My Crescendo needs to grow. I just ordered a new one last month from K and M. Lots praise it as a show rose and it is ranked # 10 in 2015 and has had 15 Queens as of the July deadline for Horizon Rose reports.
2. KRISTIN SINGER New hybrid tea from Steve Singer. Plant is small but has shown some small pink blooms with excellent form. Potential looks good.
3. LOVING MOM One of Fred Wright's new introductions. If it is as good as the picture, it will be a sure-fire winner!
4. MISS SHELBY Another of Fred Wright's new introductions, he says the blooms are pink with white petals. He says not all blooms have exhibition form but when it does it is a killer!
5. DAISY LOUISE Great bush for a great lady! I like the bicolored red with a light reverse. High centered form on large blooms.
6. EDDIE EDWARDS Nice blooms of red with a lighter red reverse. Form and size have been good but the bush is stingy. May not be a keeper.
7. MAGNIFICENCE Bush has not been vigorous after 2 years. Produces few blooms. Last year I was hoping for the magic third year for the bush to grow into a nice size. Didn't happen! We ordered a new bush which seems to be growing much better.
8. JEWEL GRACE Excellent growth that has made a large, prolific bush. The red/yellow blooms have exhibition form but sometimes disbudding is needed. Excellent rose in my garden.
9. BABIES BLUSH John Smith's light pink rose is impressive! It has excellent exhibition form, the bloom size is large, and the bush is vigorous. It will take Queens and work well in collections.
10. SUNNY SUNDAYS John's Sunny Sundays is a beacon in the garden with its large yellow and orange blooms. The blooms have excellent high centered form. Great color, great form, good grower. You can expect to see this on the show tables.
11. SILVER CREAM A John Smith rose, the bush has struggled to grow in our garden, so I don't have a good feel for what it can do. Mixed reviews from growers. Some say plant is not vigorous, some have problems with form while others are pleased with the plant and the blooms.
12. ZACK NOBLES Orange red sport of Let Freedom Ring found by Satish Prabhu. Excellent show rose.

### MINIFLORAS

1. ALLENE ABLE Deep pink with a lighter shade reverse. Good form and should be able to win.
2. ALWAYS ON MY MIND Mauve miniflora that has form, good substance, high centers and a nice fragrance.
3. BOLD RULER New from David Clemons, this red exhibition variety is one of his best! The blooms are large, have lots of petals and superb form. This will be seen as a consistent winner! Outstanding medium red miniflora from David Clemons, Bold Ruler has non-fading red, large blooms that hold. Slightly larger than some minifloras. Great form, high centers, and lasting

substance. 4. GIFT OF LOVE Great new miniflora from Fred Wright. The warm yellow colored blooms have great exhibition form. Bush is a bit stingy with blooms but it does recycle fast. 5. HEART OF LOVE My new plant has grown rapidly. The bloom was pink and white with good form although the first blooms were small. 6. JULIE HEARNE New this spring and has grown slowly on its own roots. Just beginning to have some attractive blooms. Others report that pink/white blooms have nicely formed blooms. 7. LITTLE QUEEN New from Fred Wright. Pink and white blooms with good form. Fred says it will be a great rose with good color and form and calls it a little Gemini. New bush has grown quickly. 8. MNK 01 We have had this test rose in our garden for years. It is a beautiful light orange with darker shades of orange. The form is excellent as is the case with most all of David Clemons' roses. He plans to introduce it sometime soon. 9. MICHAEL This rose has a lot going for it. Very dark red petals with a white reverse, and very high centered form. However, the bush is very slow on own roots. Need to get this one grafted. 10. MISS MABEL Hybridized by JR Smith, this is gorgeous rose. It has a unique coloration that is very pleasing. Blooms have exhibition form. Need my small bush to grow up quickly. 11. QUITE CONTRARY Light pink sport of Contrary Mary. Identical except for the lighter color. Don Myers hybridizer. 12. SWING TIME Hybridized by Steve Singer, this miniflora looks very promising. The new plant is producing high centered medium pink blooms. This looks to have excellent potential when the plant grows large. (Great Scott X Olivia Rose). 13. TAMMY CLEMONS Perfect exhibition form but not consistent miniflora size. The suggestion is to limit the number of blooms on the bush. 14. TOOTS My bush is brand new from Wisconsin Roses. New bush produced its first bloom with good form. Said to produce exceptionally well formed blooms. 15. WRIGHT TOUCH Exhibition blooms of peach, yellow & lt orange. Made court for us in Tyler, TX.

#### MINIATURES

16. CHESSIE'S FAVORITE A of E (ed. Note: Award of Excellence) winner hybridized by Barbara Zimmerman. Will be available from K and M. The new bushes have produced a few dark red blooms with good form. 17. DONERAIL We have had this test rose from David Clemons for years. I asked what his plans were and said he had lost it. Long story short, I sent him wood, he grew it for a period, decided to register it as a mini named Donerail. For a horse, of course! Very nice form on hot pink blooms. 18. DR. GARY RANKIN Great growing bush making it a good garden rose. Exhibition form is occasional. 19. HELLO GORGEOUS Beautiful orange and yellow minis with good size and excellent exhibition form. The bushes have grown well and are very productive. A keeper! 20. MOSKOOT New from JR Smith. Reports are very favorable from those who have started growing this new rose. Feeling is that it has potential. Tall grower, beautiful yellow with good form. 21. OLIVIA ROSE Good form, size and substance. Exhibition form on nice dark mauve colored blooms. 22. SWEET HARRIETT This red sport of Pierrine does have the same form but the blooms are much smaller than Pierrine. Our bush has been slow to grow. May not keep. 23. SWEET MALLIE Our first bush died, second bush did not thrive, so now we have a third bush. We are just beginning to see blooms on the small bush. Reminds one of Bee's Knees. 24. TABASCO CAT Orange blooms single stems and sprays. Originally a miniflora but changed to mini which is a better classification for it.

#### SINGLES AND DECORATIVE

25. MAROON EIGHT Beautiful maroon single. I have been a little disappointed that the size of the petals is small. 26. SUNGLOW An older single by Whit Wells, but worth growing for those who like singles. Beautiful golden yellow on a vigorous bush.

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**D**on Swanson is the editor of Omaha Rose Society newsletter, "Ramblin' Rose. He gave permission to use the following which is from his March 2017 edition. I did not include photos since I did not ask permission from Rosen Tantau.

### News from Europe

Noted American Rosarian, Paul Zimmerman, posted Information on Facebook from Floraldaily.com, a horticulture industry news site, leading to the following excerpted article from Alexander Letkow of Rosen Tantau of Germany, one of the largest European rose growers on the future of potted roses in Europe. This information probably shows a coming trend in the US as well. Thanks to Floraldaily.com and Rosen Tantau for the use of the information and photos.

#### 'Finished roses are beating bare rooted roses.'

"20 years ago, consumers used to buy bare rooted roses, plant them in their garden and watch them grow. Now, people want to have a product that is ready to use and enjoy. It entails a lot more work for the grower, but consumers are willing to spend more money on it. This is explained by Alexander Letkow from Rosen Tantau. This German rose breeder and grower is currently busy with shipping out their first bare rooted roses in a pot with soil to garden center chains all over Germany. However, the busiest months are still to come as they will start shipping out flowering plants the end of April.

#### Ready to use ...

Later in the season, around the end of April, Rosen Tantau starts supplying potted roses that are flowering and the demand for these kind of products drastically increased over the last years. "Consumers, and in particular the younger generation, wants to buy a product that they can 'use' instantly. Besides that, the gardens of the newly built private homes are smaller and often less flowerbeds are made as the garden trends have changed. In the past, people created large flower beds with 20 or more plant varieties in it. Now, however, flowerbeds are replaced by stones or other maintenance-friendly decoration products and plants, like three or four roses, are put on a terrace in large containers. Nowadays, we are often asked to supply these pre-made container combinations. Then, the consumer only has to put it on the terrace without getting their hands dirty or spending time on designing and can enjoy it instantly."

#### More work for the grower

It might not come as a surprise that a 'ready to use' rose entails more work for the grower. According to Letkow, it is a more time and space consuming process. "20 years ago, we only had to grow and sell the bare root roses, now we need several hectares (Editor's Note – one hectare equals 2.471 acres) to grow these roses, which takes about six months and sometimes even longer. Over the last years, we increasingly receive requests to supply more and more early flowering container roses. That's why we build up more and more cabrio-plastic greenhouses. With these we are able to supply flowering container roses 7-10 days earlier than from the open field. That gives us a big advantage on the market."

On top of that, not only the plant itself, but also the packaging became more important. "Many years ago all the suppliers were used to delivering the roses in just black pots, but as the consumer wanted to enjoy the new bought product instantly in the garden or as a gift, we have to provide packaging material too. And in order to differentiate from the competition, we offer the plants in colored and different shaped pots or containers."

## Willing to spend more money

Fortunately, the consumer seems to be willing to spend more money for higher quality and these ready to use products. "The price for flowering potted roses are on average double as high as that of the bare root roses. And the demand for the flowering roses is increasing, while that for the bare rooted roses is decreasing. Nowadays, May and June are our busiest months, with Mother's Day, celebrated on the second Sunday in May, boosting the demand."

## Best sellers

**T**he best selling varieties of Rosen Tantau are the roses in their so-called Nostalgic Roses range. "This most demanded ones. Nostalgie has been on the market for about 20 years and has white flowers with red edges and a dark and glossy foliage. Augusta Luise has pink, apricot colored flowers and an intense fragrance." (Editor's Note (Don) – unfortunately, these two roses are not yet available in the US.)

## Future for roses

How will the future for the potted roses look like? "I think it will more or less be similar to the last five years. Creating the potted roses and the rising demand for flowering varieties were some big changes. In the coming years, I expect growers will look for new innovations regarding presenting the roses on the shelves."

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**P**lease Take Note of the following article reprinted from Heritage Roses NW Newsletter, Volume 26, Issue 1, Winter 2017, Margaret Nelson, Editor. Thank you for permission, Margaret & Judy.

"Rose Gardener's Disease—A Personal Experience By Judy Miller

As avid explorers of the old and forgotten roses, I was invited by another rose seeker to investigate a private area in the Hylebos Wetlands. Some roses had been collected previously. However, as we searched among the mounds of roses, we began to find foliage of different shape and color. Cuttings were taken to try to propagate, eventually to discern identity. All well and good until a very large cane with prodigious thorns ('prickles' seems inadequate) came crashing down stabbing deeply into the joint of one of my fingers. The cane sprung back taking the whole thorn away with it. Like most avid rose gardeners, I get gouged, poked, scratched and sometimes mauled by my cherished plants. Never having had a problem in decades of these battle wounds, I didn't pay much mind other than to clean the wound and provide basic antiseptic care. All seemed normal till Day 10. Suddenly, the finger became hot, swollen and the color was a ghastly combination of red and blue...accompanied by substantial pain. In conversation with Alex Wright, he suggested immediate medical attention to determine if it might be cellulitis (bacterial) or sporotrichosis (fungal) infected. The following day I did seek treatment and was immediately put on two antibiotics to treat bacterial infection and itraconazole as the fungicidal treatment. Subsequently, bloodwork and an MRI were done to determine if the infection was in the bone itself. The difference in treatment length is commonly one year if it is into the bone. Mine was shown in the MRI to be within the cartilage only and not the bone! Treatment was reduced to a 6-month run, pending no new flare-ups or changes. A little about the disease: Sporotrichosis (commonly called "Rose gardener's disease") is caused by an infection of the fungus *Sporothrix schenckii*. Usually, the skin is the primary infection site, however, other forms can infect the lymph system, lungs, joints

and bones, and the brain. Gardeners, as well as farmers and agricultural workers are the likeliest candidates, along with cats and horses. The spores are naturally occurring in soil, hay, sphagnum moss and plants. Infected cats can transmit to humans. Airborne spores can also invade the lungs. Most frequent infections occur through small cuts or punctures to the skin. The trickiness of the infection is that it can begin to manifest within the first 3 weeks up to 12 weeks. It is easy to ignore, which seems to be its greatest danger. The longer it goes untreated the more severe the consequences can become. Delayed treatment can lead to skin ulcerations that can become chronic. Bone and lymph infections can lead to a need for amputation and brain death. I once knew a lovely rosarian associated with the Carla Fineschi Rose Garden in Italy whose arm had been amputated to the elbow as a result of a "fungal infection" that didn't seem so bad at first but eventually got worse. By the time she began treatment, much damage had occurred. Until now, I thought it was a very rare possibility. My infectious disease doctor said that it really isn't that rare and the key is to seek treatment at the very onset of symptoms. Happy rose hunting with the shield motto, "Forewarned is Forearmed"! Wishing you all a Joyful and Healthy New Year, Judy Miller, 2017 President

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## 4-H and Roses

Judy Rogers and Patty Haddow of Lincoln Rose Society have worked with the 4-H program. I asked Judy to write an article about it. THANK YOU, JUDY! The second part of the article is my husband's and my years with 4-H.



**P**atty Haddow & I have been teaching a rose growing class at Clover College which is a June summer program sponsored by the Lancaster County Extension Service for 4-H kids. This will be our fourth year. They keep asking us back!

The program covers all manner of age appropriate crafts, activities and learning experiences. We ask that our kids be age 9 – 12. It is a wonderful program that the kids seem to love. All classes are taught by volunteers. The kids have been very cooperative and a joy to work with. (Not one bad experience so far!)

We try to keep things fairly simple and fun but cover all the basics. We patiently answer questions and prepare some informational handouts to take home.

Clif Godfrey from Urbandale, Iowa and recently Doug Cates from our rose society, have generously provided a miniature rose grown from cuttings for each child. We explain how to plant and care for their rose. We provide our name and phone number and ask that they call us with questions or help. We also encourage them to enter their rose in the County Fair.

We have no way of knowing how successful they have been with their roses. Because of privacy laws and the safety of the children, we are not allowed to know their last name, phone number or anything about them. (I wish we could continue to mentor them as they have been so enthusiastic!) I feel the two hours we spend per year is more than worth the effort even though there is no way to measure our success or failure.

We would love to hear from others who have tried something similar. We welcome ideas & suggestions!

**K**erry and I approached the Franklin County (Missouri) Extension's 4-H supervisor. We asked if we could start a county wide (rather than individual club) program for Growing Miniature Roses in a Container. Since this was considered a project that could be entered in the local 4-H Fair, we had

to follow certain rules – minimum amount of meetings, etc. Our project met once a month from April – July with containers entered into the special category for 4-H kids (one class ages 8-11 and the other ages 12-15) at the Washington Missouri Town & Country Fair. Since this was a 4-H project, the kids could also enter roses at the Franklin County Fair in July. They did not have to be in a container.

A challenge occurred – many kids enjoyed the program so much they enrolled year after year. Therefore, besides basic planting and rose care, we decided we needed to provide other activities, too. One year I had an old bed ruffle that had sheer material that fit underneath the mattress. I went online to see what I could do with that and, believe or not, found an activity to cut that material into squares, gather rose petals (dark colors work best) and with a hammer or meat mallet, pound the petals over the material. We made this a Mother's Day project that could be framed if the child desired. Each square was unique and very pretty.

We learned one thing – provide ear plugs! This was done at our house at the time that my dad lived here, too. He came through (leaving for town – wonder why?). I asked him if it got too noisy and he said "Noisy kids are happy kids". I've cherished that statement ever since.

Other activities included a field trip to Missouri Botanical Garden's rose gardens (permission slips, etc. are needed), photography tips, propagating unpatented minis, arranging classes, etc.

We agree with Judy that this is a very rewarding experience with a GREAT group of kids. Kerry & I were leaders for ten years but resigned two years ago. Judy & Patty's program for two hours sounds like a great idea!

We said that of all the rose activities with which we've been involved, the kids were the most rewarding. Try it – you'll be pleasantly surprised.

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The following is being reprinted with permission from Rich Baer, Editor of Portland Rose Society's newsletter, *Portland Rose Chatter*, February 2012 edition.

### **WEEDING OUT GARDENING SORENESS**

It's been said that the most important gardening tool is the human body. Gardening is an energetic pursuit that can cause muscle strain to the lower back, shoulders, knees and arms, especially for those who are out of shape and are not active. Proper body positioning, well designed gardening gloves and tools along with frequent rest breaks are the key to being a healthy gardener, according to the Canadian Physiology Association. Thirty minutes of yard work, planting or raking leaves gives great general health benefits, such as preserving flexibility, increasing mobility and building strength and endurance. However, many people overdo it in the garden. Gardening is an activity that calls for crouching, bending, reaching and lifting, so gardeners need to prepare and beware of their bodies. Aches, pains, sprains, and sometimes even a fracture can result from improper positioning of the body, overuse of specific muscle groups, poor gardening technique and pushing to work harder and longer than needed. Most people do not take gardening seriously. It is an intense sport like skiing, hiking, or sailing. Most people would not dream of spending six hours of skiing or golfing their first time out for the season. Yet that is exactly what people do in their gardens – they get so inspired in the spring that they overdo things. Whether master gardener or budding amateur, physiotherapists recommend that enthusiasts follow these safety tips for tackling the gardening chores.

**Begin with a warm up** – Start with easy raking or go for a five-minute walk to warm up your muscles. Follow this with stretching all major muscle groups to help prevent injury. Give your back, neck, hands and fingers some extra time when stretching.

**Be aware of posture and body mechanics** – Move your feet instead of twisting at your waist when sweeping, raking, mulching, or potting. If you can't avoid twisting, tighten your stomach muscles in order to protect your back. Use your legs rather than your back when lifting or unloading heavy bags or pots. Bend your knees, keep your back straight, and hold the object close to your body to prevent unnecessary strain on your back.

**Use ergonomically correct tools** – Buy tools with long handles to help with weeding. Build or buy a potting bench that is high enough to prevent unnecessary bending. Sit on the ground to trowel without bending over. When kneeling, use a knee pad to avoid putting too much pressure on your knees. Wear gardening gloves to protect your hands from blisters, cuts and dryness.

**Pace yourself** – Do not try to do everything all at once. Take breaks throughout your work and do some gentle stretching to keep limber. Vary tasks to make sure different muscles get used and one particular muscle group is not overworked. Repeated actions that use a specific muscle or muscle group can cause pain or injury.

**Be smart in the sun** –Wear a hat and use sunscreen to protect yourself from sunburn or heatstroke. Drink lots of water and try to work in the shade as much as possible to prevent dehydration.

**Raking or hoeing** - Keep your tools close to your body and your back straight to reduce strain. Use your arms and avoid twisting your trunk. Use long handled tools suited to your height. If you find you need to bend over or reach too far while raking, consider using an ergonomic rake (available at garden centers). It will make the job easier and reduce the strain on your back.

**Weeding or planting** – Do not bend from the waist. Squat or kneel on a kneeling pad. If you have difficulty getting up, use a kneeling pad/bench with a support handle for assistance. Give your back, legs and knees a break from stooping and kneeling by using tools with long handles to help with the weeding. Squat or sit on the ground to trowel, rather than bending over.

**Digging or shoveling** – Insert the head of the shovel vertically into the ground and step on the blade. Lift small amounts at a time and bend at the knees, using your legs – not your back – to lift the load. Avoid twisting. Use a wheelbarrow to move big or heavy loads. (A garden cart or large wheeled wheelbarrow can make this job even a lot less stressful.) Choose a shovel with a weight and handle length that is appropriate for your size and for the job you are doing. Give your back a break by using a small shovel, reducing the temptation to lift large amounts of soil. Spread heavy lifting and digging tasks over a week rather than a weekend, and spread major projects throughout the seasons. Take time to recover between them.

**Lifting and carrying** – Know your limits and lift properly: bend your knees, not your back. Keep the load close to your body. Do not lift items that are too heavy for you to handle – get help! Use a wagon or wheelbarrow to transport supplies and/or to move or carry heavy items. A four wheeled cart is sturdier and easier to use than a wheelbarrow. Lift with your knees slightly bent and your back straight. Avoid twisting or reaching.

**Pruning or trimming** – Get as close to your work as possible. Do not stretch beyond your reach or past your stable footing. Rehearse the movement as a stretch first to test your ability and positioning. Match

the size of gardening tool handle to the size of your hand. Choose tools that you can hold so that your hand remains positioned in line with your forearm. Hold your tools in a loose comfortable grip. Holding too tightly may cause injury.

Be creative! Adapt or create your tools for ease and comfort. For example: pad the handles of your gardening tools; use knee pads or a foam pad for kneeling; and wrap a slippery handle with tape to improve your grip. Gardening is a great activity with even greater rewards but be careful with yourself. Your garden will not be nearly as wonderful as it is without **you!**

### Note of Interest

I saw this in Bill Kozemchak's newsletter, "The Rose", March 2017 edition. He is the editor for The Philadelphia Rose Society; website: [www.philadelphiarosesociety.org](http://www.philadelphiarosesociety.org)

"The older I get, the higher I prune", as it gets harder to get down near the ground. The Fiskars pruning stick is very useful for people who have a hard time bending or kneeling down. It is very light and has a swivel head so it can be used to reach high or low, eliminating the need to bend down or step up on a stool or ladder.

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This was emailed to me over 13 years ago, but I still enjoy reading the answers given by elementary school age children to the following questions:



1. What ingredients are mothers made of? God makes mothers out of clouds and angel hair and everything nice in the world and one of mean.
2. What kind of little girl was your mom?
  - a. I don't know because I wasn't there, but my guess would be pretty bossy.
  - b. They say she used to be nice
3. What would it take to make your mom perfect? Diet. You know, her hair. I'd diet, maybe blue.
4. If you could change one thing about your mom, what would it be? I'd make my mom smarter. Then she would know it was my sister who did it and not me.
5. What's the difference between moms and dads? Dads are taller and stronger, but moms have all the real power 'cause that's who you got to ask if you want to sleep over at your friend's.
6. What does your mom do in her spare time?
  - a. Mothers don't do spare time
  - b. To hear her tell it, she pays bills all day long.

Read on thoughtcatalog.com:



1. My dad has told me that when I was really young, he told me once "I don't ever want to see you do that again." and I responded with "okay close your eyes."
2. While driving on the interstate with my 2.5 year old in the back seat: "Any idiots out today, dad?"
3. I was on the phone with my wife discussing dinner plans and my 7-year-old informed us that "salad is ruining my life."



What continues to astonish me about a garden is that you can walk past it in a hurry, see something wrong, stop to set it right, and emerge an hour or

two later breathless, contented and wondering what on earth happened.

Dorothy Gilman



Some of our rose societies have beautiful websites. Check out their past and/or upcoming events!)

Kansas City Rose Society:  
Omaha Rose Society:  
Omaha Council of Garden Clubs:  
The Rose Society of Greater St. Louis  
Tri City Rose & Garden Club:  
Wichita Rose Society:

[www.kansascityrosesociety.org](http://www.kansascityrosesociety.org)  
[www.omaharosesociety.com](http://www.omaharosesociety.com)  
[www.omahagardenclubs.com](http://www.omahagardenclubs.com)  
[www.stlrosesociety.org](http://www.stlrosesociety.org)  
  
[www.tricitygardenclub.org](http://www.tricitygardenclub.org)  
[www.wichitarosesociety.org](http://www.wichitarosesociety.org)

**DISTRICT LOCAL ROSE SHOWS**

The Rose Society of Greater St Louis  
May 27, 2017  
(Venue change this year)

Kansas City Rose Society  
June 3, 2017

Omaha Rose Society  
June 4, 2017

Iowa Rose Society/Des Moines Rose Society  
(combined)  
June 17, 2017  
Ames, Iowa

**AMERICAN ROSE SOCIETY**

April 20-23, 2017  
Arcadia, CA  
Mini/Miniflora Rose Show

Sept 5-11, 2017  
Gettysburg, PA  
Fall Convention & Rose Show

May 4-6, 2018  
Jacksonville, FL  
Mini/Miniflora Rose Show

<http://www.rose.org/about-ars/about/ars-event-calendar>



As a member of a Local Rose Society - but not an American Rose Society member - you can purchase a four month ARS trial membership for just \$5. *You'll receive:*

- ARS Reciprocal Garden Admission program: members enjoy free or reduced admission through the American Horticultural Society Reciprocal Admissions Program. For a list of nationwide gardens check out the AHS website: <http://www.ahs.org/gardening-programs/rap>
- Free online access to five quarterly bulletins (Mini/Miniflora Bulletin; Old Garden Rose & Shrub

- Journal; Rose Arranger's Bulletin; Rose Exhibitors' Forum; Singularly Beautiful Roses)
- 2 issues of American Rose magazine
- Discounts of up to 30% at merchant partners.



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**If you wish to have an article of interest in the newsletter, please submit your article by March 15, June 15, September 15 and December 15.** This allows time to organize, review and compile the newsletter. Wanda Weirich [wweirich@yhti.net](mailto:wweirich@yhti.net)

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