



American Horticultural Therapy Association

CALIFORNIA CHAPTER

NEWSLETTER

"NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD INDEED, IT IS THE ONLY THING THAT EVER HAS." MARGARET MEAD

Formerly known as
People Plant Connection
 A publication of the
 California Chapter, AHTA
 Spring 2008
 Volume 10, Issue 1

Getting the Word Out

Allied Professionals & Allied Trades

Your Board of Directors met Jan 12th in San Luis Obispo. Patty Dunks our new Inter-term President opened the meeting with a challenge to **"get the word out"**. Allied Professionals and Allied trades are an important part of this focus. Linda Mann (current past president) offered to Chair the PR desk and explore, locate and connect HT venues and people. *The challenge has started and now we need your help.* It is critical to expand our database of existing HT Programs, Projects and People. Our goal is to post an extensive database on our website for members to utilize.

So...please let us know about your program or any existing programs you may have heard about. We will be glad to do the research but we need you to tell us where to connect. On page 5 you will find a short fact finding form. We would love it if you could take a few minutes to fill in any information or tidbit of information you are familiar with...so we can get this posted for your needs. Do not worry about replication or repeats...the more you send us the better. Let's turn this frog of a project into a prince



Meet A Few of Our Members in Allied Professions and Allied Trades

Last Oct at the CAAHTA Annual Conference, Merel Fishman and Mark Infusino from the LA Vet's Garden, shared their journey of fostering the growth of this award winning garden program. Initially, their careers were focused on OT (Occupational Therapy) but they discovered in the context of the garden, skills and healing were synonymous. HT is a complimentary focus that has enabled them to expand their OT skills.



Deb Ringler, of Personal Plant Service in Newport Beach CA has introduced the Interior Plantscape Industry to Horticulture Therapy through the development of a volunteer program in PIA (Professional Interiorscape Alliance), PIA Cares. Deb served on the CA AHTA Board as secretary 2004-2006. She has worked with Special Olympics in LA, Kidworks in Santa Ana and spearheaded the HT Interior Plant project at Olive Crest (State of CA Workability program).

Jim Folsom, Curator of the Huntington Library and Botanical Gardens in Pasadena CA spoke with our members at our Annual Conference last fall. Jim is a HTR and was simply bubbly when he told us of The Huntington's newest project "The Ranch". The focus of The Ranch will be on sustainable gardens, interactive teaching and bringing horticulture knowledge and experience outward into the community. This new project is a natural for HT and Jim was elated to let us know....a rousing cheer rose on the faces at the conference.



Bella Shimmel and Thelma Kornreick often work on projects together. Bella is a HTR and Professor of Psychiatry at UCLA and Thelma is an Art Therapist. Their complimentary practice has gifted many children in the community with the joy of growing, creativity and healing. Bella Shimmel has offered the HT community the Belmar Symposium in March each year for the past 15 years. The speakers have academic or experiential significance in the HT community. This year the Symposium is March 14th. Call (310) 277- 2772 for more information.

MARK YOUR CALENDERS

March 12-16

San Francisco Flower Show
Sign up to staff HT booth.
Call Derron: (805) 546-0480

March 14th

Belmar Symposium in LA
(310) 277-2772

April 12th

Northern CA Site Visit
Pomroy Center San Francisco
Call Suzanne: (650)-207-7601

April 19th

Southern CA Site Visit
Sojourn Santa Monica
Shelter for Battered Women

May 7th

American Heart Association
and Horticulture Therapy, in
San Jose. Call Patty to
volunteer: (813) 476-7070

May 17-18th

San Diego Zoo Sensory Gar-
den. Call Linda to volunteer:
(818) 340-6188

June 7th & 8th

San Juan Capistrano Flower
and Garden Festival
Call Linda to volunteer:
(818) 340-6188

Sept 13th

CAAHTA Annual Conference
San Francisco
Botanical Garden

Site Visits are free for members.
\$15 admission for guest and
non-members. Which can be
applied to annual membership.

Website Information

California Chapter

WWW.CAAHTA.ORG

National Organization

WWW.AHTA.ORG

President's Corner...

Dear Members,

We have a great year of horticulture therapy activities planned this coming year in 2008. As the president of California chapter, I'd like to introduce myself and am hoping to meet and talk with as many of you as possible at our various events. I feel the people who make up the membership of this organization are our greatest asset and resource. One of the best member benefits of this organization is the opportunity to network with others doing horticultural therapy programs.

Our ability to work together to promote horticulture therapy is essential. Never has this been more important in the chaotic place the world has become to provide places of sanctuary and growth. Our environment is calling for us to take bold action and step into the future, building on our past, and designing new ways for us to carry out this important work. We are hoping you become actively involved

MARCH Our first event of the season is the San Francisco Flower and Garden Show. We are looking for volunteers to help staff our booth. The show is being held from March 12th-March 18th. Half and full day shifts are available as well as evening shifts. You get a free pass to the show for the day. Contact Derron to sign up.

APRIL Our two site visits will be happening in April. Our northern California site visit will take place Saturday, April 12th at the Pomeroy Center in San Francisco. The tour of the program and grounds begins at 10:30. Contact our Vice President Suzanne for details. The southern California site visit is scheduled for April 19th.

MAY Again we have 2 events. The southern California event is May 17th at the San Diego Zoo. Contact Linda Mann for details. May 7th we are partnering with the American Heart Association and Los Gatos Community Hospital for a horticultural therapy event with Stroke Survivors and their Caregivers. Contact me for information if you would like to volunteer to help.

We have an exciting year ahead and even more ahead in 2009 as the National Horticulture Therapy Conference will take place in California, giving you an opportunity to network with professionals in our industry from all over.

Enjoy this magnificent warm weather as we move closer to spring, Looking forward to meeting you this year, Patty Dunks

Northern CA Spring Meeting & Site Visit Janet Pomeroy Center * San Francisco CA April 12, 2008, 10am registration, Program 10:30 am- 1:30pm

The Janet Pomeroy Center is a non-profit organization serving over 2000 children, adults, and seniors with developmental disabilities and acquired brain injuries each week. It is located on 5 ½ acres on Skyline Boulevard, between the San Francisco Zoo and Lake Merced. Their website is: www.janetpomeroy.org.

The mission of The Janet Pomeroy Center is to provide recreation and vocational opportunities for people with disabilities through programs and services that encourage self-expression, promote personal achievement, and lead to greater independence.

The Able Gardeners is one of the key programs of the Janet Pomeroy Center. Rob Negro, the program's Coordinator, will be our host and main speaker. Able Gardeners provide landscaping and grounds maintenance services to both residential and commercial customers. Satisfied customers include the San Francisco National Park Service, Fort Mason and Crissey Field, as well as a host of private residential jobs.

Please bring your lunch and enjoy this lovely site with us.

For more information and to register contact Suzanne Redell (NCA VP) phone: (650) 207-7601 or email: Suzanne@thrivinggardens.com



Southern CA Spring Meeting & Site Visit Sojourn Women's Shelter * Santa Monica CA April 19, 2008

"Established in 1977, Sojourn provides battered women and their children a safe space to regroup, rebuild, and reestablish their self-esteem and lives. Our diverse programs serve women and children of all classes, cultures and religions, regardless of economic circumstances, physical and mental disabilities or immigration status, including those who are traditionally underserved, such as lesbians, elderly women, prostitutes, women with HIV, and the substance-dependant. Sojourn fosters solidarity among women and children, educates the community and society, and is committed to effecting political and social change through grassroots activism and a philosophy of individual empowerment."

Empowering people to rebuild their lives with a focus on the immediate and ongoing needs of battered women and their children who are struggling to live free from abuse.

The Master Gardner program of Los Angeles has worked with OPCC extensively in the development of Sojourn's horticulture therapy program. Join us as we tour the gardens and discover the work and success of these committed people.

1453 16th Street
Santa Monica, CA 90404-2715
(310) 264-6646
Website: www.opcc.net

For more information contact: Marlene Javage (SCA VP) on her cell: (714) 321-4001 or email javagejam@sbcglobal.net

A Beginners Guide to Organic Pest and Disease Control

If you are a newcomer to organic gardening you probably think that being organic means lots of hard physical work and simply swapping your conventional sprays for organic ones. You could not be further from the truth. Jojo Norris introduces you to a few of the basic organic methods used to control pests and diseases in the your garden.

“So, lets begin with your soil. Healthy growth depends on a healthy soil. Too much fertilizer and your plants will be soft and sappy. The result will be a lovely lunch for the pests and the need for you to spray. Feed your soil with a whole food diet of garden compost and leaf mould rather than using the fast-food artificial fertilizers that are designed to feed only the plant. Feeding the soil rather than the plant will mean stronger growth and better resistance to pests and diseases. Research has already proved this to be true.

Crop Rotation. Focusing for a moment on your vegetable garden there is one essential pest and disease control that you must practice, crop rotation. This involves dividing your vegetables into at least four groups that stay together each year but move onto the next part of the rotation every spring. Apart from being the best way to build soil fertility it is the most important factor in controlling the build up of pests and diseases.

Slugs are most peoples worst enemy. Barriers of anything sharp and gritty is supposed to protect your tender plants, as is bran (they're supposed to eat it and dehydrate). There are all sorts of weird and wonderful things available for slug control on the organic market now. One that springs to mind is a band of copper that gives the slugs electric shocks.

Beneficial insects and wildlife are really your best friends when it comes to controlling pests in your garden and vegetable patch. Planting simple annuals amongst your vegetables, such as Californian poppies and marigolds will attract a wealth of beneficial insects like ladybirds and hoverflies who will gobble up your aphids. Plant a few native shrubs and herbaceous perennials (hazel and hardy geraniums) in your garden; create a pond; leave a small pile of logs in the corner of your garden and feed the birds throughout the winter. Doing any or all of these will keep enough wildlife in your garden to eat thousands of pests and their eggs. The final thing to remember when trying to control pests and diseases in an organic garden is hygiene. If trying to remove a diseased branch from a tree, coral spot for example, cut into healthy wood and always wash your tools in boiling water afterwards.

Prevention is a pound of cure, in organic gardening it is a way of living—the results are astounding. The balance of living organisms and all growing things is just plain joy.....Happy Preparation for Spring!

HT Spring Activity

Fun with Food

Vegetable gardening can be fun and rewarding. Sometimes it's fun to use vegetables for things other than eating. If you have a garden in your program, introduce everyone to using vegetables in a different way, to create artwork. Decorate paper or cloth, make note cards, placemats, even pictures. These simple activities can be used with individuals of all ages and abilities. Just having fun together can promote socialization and folks can personalize items they create and share with each other. Here are two easy, inexpensive activities.

Make Vegetable Print Paper

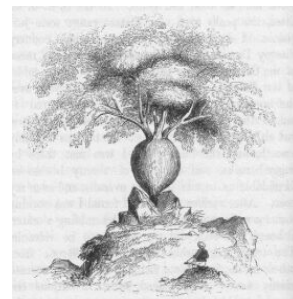
What you'll need for this activity: Potatoes, knife, cookie cutters, paints, paper plates, paint brushes, and paper.

1) Cut a potato in half lengthwise. Using a cookie cutter, press it down onto the potato and 'cut' out the 'potato cookie'. 2) Paint your potato stamp. Paint different parts different colors to make a colorful stamp. 3) Stamp your paper. Do this as many times as to fill up the paper.

Celery Rose Paper

What you'll need for this activity: Celery bunch, knife, acrylic paint, tissue paper, and paper plates.

1) Cut off the bottom of a bunch of celery leaving about a 3" end. 2) Pour some paint onto a paper plate. 3) Dip the end of the stalk into the paint. Drip off the excess. 4) Stamp it on tissue paper and make neat designs. Let it dry completely. Enjoy!



Contributing Writer Leigh Anne Starling HTR

EDUCATION & EVENTS AND OTHER ITEMS OF INTEREST



IT IS TIME TO PLAN FOR NATIONAL HORTICULTURAL THERAPY WEEK MARCH 16—22ND 2008!

National Horticultural Therapy Week 2008 will be celebrated from March 16th through March 22nd this year, as that is the week in which spring begins! This is a week of professional recognition to our efforts in the promotion of horticultural therapy. In the past AHTA has recruited the chapters of AHTA, affiliated HT programs, and members to volunteer in helping us in this effort, both on the national and local level. This year we again ask for this help.

This can be accomplished by...

- Host an event during that week to celebrate HT at your program
- Send flyers out to announce how HT works
- Start a garden in the community with the help of your clients
- Invite a local politician to a garden party with HT activities
- Create flower arrangements in your offices and announcing NHTW
- Host a workshop at a local library on HT activities
- Do a presentation at local spring garden fair on HT
- Put out flyers on HT at area Botanic Gardens
- Plant pansies to spell out NHTW
- The list is endless...

by hosting such events or activities; it brings great PR to your program as well as to the profession. It is important to take time for this promotion... now more than ever with the budget cuts continuing. It is also important to tell others what you have done to encourage others to join us in this effort!

SAN FRANCISCO FLOWER AND GARDEN SHOW MARCH 12-16TH AT HISTORIC COW PALACE, DAILY CITY

We are continuing our participation in the San Francisco Flower and Garden Show which coincides with National Horticultural Therapy Week. The educational booth at the S.F. Flower and Garden Show has helped us connect with people throughout the Bay Area and the state. We'll be located in Petal Plaza (right/south hall) in space 2434. Show hours are Wednesday-Saturday, 9am-8pm, and Sunday, 9am-6pm.

For more show information and tickets call (800)569-2832 or visit www.gardenshow.com. If you are interested in helping staff the booth during the show, please contact Derron to schedule a time at derrondike@aol.com, or at home.... 805-627-1557. Volunteers get free admission to the Show.

MAY 7TH "SAVING STROKES" AMERICAN HEART ASSOCIATION AND HORTICULTURAL THERAPY

An event cosponsored by the American Stroke Association, American Heart Association, Los Gatos Community Hospital, and CAAHTA. This event will be held from 10am—2pm at the Coyote Creek Country Club and is for stroke survivors and their caregivers. There will be an adaptive golf activity as well as horticulture therapy. Physical Therapists, occupational therapists, and horticultural therapists will be on hand to evaluate participants as well as golf. The Purpose of the program is to provide a platform for community stroke awareness and provide stroke survivors with an opportunity to improve their strength and flexibility by adding golf & gardening to their rehabilitation activities. We are looking for horticultural therapists to volunteer. If interested in volunteering, call Patty Dunks at 831-476-7070

SAN DIEGO ZOO SENSORY GARDEN - MAY 17 & 18.

CAAHTA has been invited to present information on horticultural therapy at the world famous San Diego Zoo. The Zoo is creating a sensory garden and our booth will be located in this space. If you're in the south land or visiting grab the kids, bring a friend and come to the San Diego Zoo.

SAN JUAN CAPISTRANO FLOWER AND GARDEN FESTIVAL JUNE 7 & JUNE 8 (10AM-5PM)

CAAHTA has also been invited to be apart of the Flower & Garden Festival to share and distribute information about horticultural therapy. The Festival has around 5,000 visitors each year. There will be over 60 booths with flowers, plants, live demonstrations, music and good food. If you'd like more information or are able to volunteer a few hours on either day please contact Linda Mann @ 818-340-6188. Visit their website at http://www.missionsjc.com/flower_garden.html

ORANGE COAST COLLEGE COSTA MESA CA FALL2008 INTRODUCTION TO HORTICULTURE THERAPY

Orange Coast College is the first junior college in SCA to offer Introduction to HT. The class will be geared toward individuals who are interested in HT as a complimentary discipline within horticulture, landscape design, environmental science or therapeutic modalities. Marlene Javage and Deb Ringler will teach the course for 2-8 week classes in the evening, beginning August 2008. Check www.occ.edu or contact Marlene Javage at javagejam@sbcglobal.net for more info.

MEMBERS SPEAK OUT PROFESSIONAL LIABILITY INSURANCE FOR HT

A letter from Ann Schopp ...
I just wanted to let everyone who was interested in obtaining professional liability insurance as a HT, know that I have obtained a policy from Granite State Insurance Company. The authorized represented is CM&F Group, Inc. 800-221-4904, email: info@cmfgroup.com. I contacted an insurance broker, Todd Kaplan of Arthur P. Kaplan Agency at 516-396-8280 to initiate the process. The policy is for general Healthcare Provider Professional Liability Occurrence. I hope this will help open the door for those interested in getting this type of insurance coverage. Any questions do not hesitate to contact me at aschopp@earthlink.net or (415) 279-3474.

Web Sightings for Horticulture Support

CA Backyard Orchard: www.homeorchard.ucdavis.edu

CA Rare Fruit Growers: www.crfg.org

UC Integrated Pest Management: www.ipm.ucdavis.edu

UC Taxology Network: www.extoxnet.orst.edu

UC Plant Sciences Dept- Poisonous Plants:
www.plantsciences.ucdavis.edu/ce/king/poisPlant

CA Integrated Pest Management Board: www.ciwmb.ca.gov

CA Regional Environmental Education Network:

www.creec.org/region11/eenews

CA Foundation for Agriculture in the Classroom: www.cfaitc.org

CA School Garden Network: www.esgn.org

National Gardening Association: www.garden.garden.org

Organic Gardening: www.organicgardening.com

Be Water Wise: www.bewaterwise.com

Spotlight on Elmwood Vocational Landscaping and Garden Center

"People think that once criminals are locked up they are gone forever, but every day in California over 40,000 people are released into free society. People don't understand that...one of the biggest failures of our justice system is that we put people in jail, but from jail we don't turn people out any better. We generally turn people out who are worse, and we're sending them back into your communities."

One person can make a difference, one committed person can change lives. Since Jan 2002 the Vocational Landscape Gardening Program crew at Elmwood has received education and training in the field of horticulture from John Dotter, a licensed landscape contractor who has a Lifetime Community College Horticultural Teaching Credential. John Dotter is both a trainer and working crew leader.

Inmates are trained so that upon release they can qualify for employment in the landscape or nursery industry. The Vocational Landscape Program provides valuable job training for inmates and landscape maintenance as well as coordination/consultation services for Operations management and staff. The program is intended to fit in the County Budget and keep with the policies of the Inmate Welfare Fund. Custody Support Assistants supervise inmates to maintain the turf and irrigation system. Grounds surrounding Elmwood, and the Main Jail parking lot, have been planted and maintained by community service workers under guidance of the Instructor with Custody Support Assistants.

One of the goals of the Vocational Landscape Gardening Program is to develop and sustain a collaborative relationship between The Department of Corrections Vocational Landscape Gardening Program and the community it serves. This program has reduced recidivism through it's in depth job training and personalized placement services. This community development work utilizes other compatible adult education programs and resources as much as possible.

The curriculum is designed to maintain and improve the Elmwood landscape. Enrollment in the Program is intended to be a privilege. Inmates who have passed the initial screening must show a willingness to learn new skills and a cooperative attitude. The team approach to facility maintenance at Elmwood has grown exponentially over the years. The grounds are now easier to maintain, safer and planted with attractive trees, shrubs and flowers. The plants are grown in on-site nursery. The Elmwood staff work closely with the Instructor and inmates to make this possible.

John Dotter and crew are one more inspirational example of HT. Better said by a excerpt from a letter written to Elmwood by a former student: *"Looking back over the last three and a half months...I learned more than I ever imagined. What I learned will serve both myself and my family for years to come. ...Long before I came here I have recognized a need in my own spirit for something to offset my raging temper/attitude/pride. The spiritual aspects to gardening, and to stewardship offers not only what I lack, but provides me with hope"*.

(The article was based upon information provided by the VLG training program, Santa Clara County Dept of Corrections. John Dotter's work was present at our Annual Conference in Oct of 07).



Allied Professionals and Allied trade...getting the word out!

Please let us know of any individual, program or business you feel is supporting HT activities and we will make sure they receive information on Horticulture Therapy and introduce them to the California Chapter of AHTA..

Name of Individual or Business _____

Address _____

Phone: _____ Fax _____ email _____

How did you discover this individual or company? _____

What is their objective or focus? _____

How can CAAHTA help them achieve their goal?

Your Name _____

Contact Information _____



California Chapter
American Horticultural Therapy Association
2921 Old San Jose Road
Soquel, CA 95073

CAAHTA Newsletter
Spring 2008

Board of Directors

- **PATTY DUNKS** * President
831-476-7070
PattyDunks@aol.com
- **SUZANNE REDELL** * VP NCA
650-207-7601
suzanne@thrivinggardens.com
- **MARLENE JAVAGE** *
VP SCA Newsletter Editor
714-545-1665
javagejam@sbcglobal.net
- **SECRETARY** * position open
- **DERRON DIKE** * Treasurer
805-627-1557
derrondike@aol.com
- **LINDA MANN** * PR Chair and
Immediate Past President
818-340-6188
ljlmann@aol.com
- **LEIGH ANNE STARLING, HTR**
Membership Chair
650-525-9984
lstarling@peoplepc.com

California Chapter AHTA MEMBERSHIP

Annual membership includes; newsletters, membership meetings, seasonal workshops, and admission to the members section of the CAAHTA Website. Membership dues are \$25.00 Annually. Please make checks payable to: CALIFORNIA CHAPTER AHTA or CAAHTA Cut or copy this form and return with your dues to:

California Chapter AHTA
C/O Derron Dike (treasure)
PO Box 102, San Luis Obispo CA 93406

name:

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address:

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phone:

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email:

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CAAHTA Newsletter is published 3 times a year. For postings or questions contact Newsletter Editor, Marlene Javage at javagejam@sbcglobal.net



For more information about Horticulture Therapy contact the National Association:

The American Horticultural Therapy Association - 201 East Main Street, Suite 1405 Lexington, KY 40507
Phone: 859-514-9177 Fax: 859-514-9166 Email: ghorton@AMRms.com— **web site:** www.ahata.org