



The Tulsa Garden Center At Woodward Park

November 2018 Newsletter

All Hail Dave Ramsey

Managing a nonprofit agency's annual budget is a responsibility I do not take lightly, and also one which I actually enjoy most of the time. Now, I realize some people might consider it a sick and twisted pleasure, but I sincerely like finding new ways to leverage income and improve processes for keeping expenses low. In fact, the skill sets I use every day to help achieve the Tulsa Garden Center's financial goals are the same ones I deploy at home for the benefit of my personal pocketbook as well.

For over 4 years now, Norman and I have been Dave Ramsey devotees, consistently following Dave's "7 Baby Steps" for financial independence, and this year we finally made it to Step #6: Pay Your Home off Early. Although you may not agree with Dave's specific methodology for economic success, one cannot argue with his basic principles of living within your means and saving for a rainy day. For me, his opinions really resonate because that is essentially how I was raised. I remember vividly my father telling me that I should never finance anything if at all possible. Always pay cash.

Dad was raised dirt poor on a farm near Ponca City where at 10 years old he was working alongside his Grandfather to tend livestock and mend fences. He learned the value of a dollar the hard way. Nothing went to waste on the farm. Ever. I'll never forget the story he told of finding out that one of their cows had died in the night, and how his Grandfather even made use of the animal carcass.

They used the tractor to push the cow into a small ravine, piled brush on top, and then lit a large fire. As the flames died down, that's when the hogs began to gather. I think you can probably figure out the rest of that story, so let's just suffice it to say that there was no need to feed the hogs that evening.

Although I feel blessed that Norman and I don't have to employ those kinds of extreme austerity measures, now that we are closely approaching Dave's final Step #7: Build Wealth and Give, it does give me pause to consider what level of generosity I will be able to provide for my favorite charities in the future.

In our society today, where tedious narcissism and instant gratification seem to be the rule rather than the exception, investing time in financial planning isn't always the most exciting Sunday afternoon, but wouldn't it be wonderful to be in a position to significantly impact the organizations closest to your heart?

As we near #GivingTuesday this November 27th, perhaps now is a good time to reflect about the financial values you are bestowing upon your next generation. Would Dave Ramsey be proud of all your fiscal accomplishments, or are you destined to be stuck out in a rainy day without an umbrella. Hmmmm.....



Laura Chalus is the Executive Director of The Tulsa Garden Center at Woodward Park, the Mansion at Woodward Park, and the Linnaeus Teaching Garden at Woodward Park. She may be reached at 918-576-5266 or by email : lchalus@tulsagardencenter.com.

Built for Survival

Aloe Vera, a familiar sight sitting on window sills in homes and classrooms, thrives on neglect and boasts a colorful history second to no other plant.

History alone justifies my keeping a pot of lowly Aloe Vera around the house. Clay tablets from 2100 BC suggest that Sumerian physicians relied on Aloe for numerous healing purposes. And in 1375 BC the lovely Egyptian Queen Nefertiti used Aloe Vera's gel-like sap as a skin softening beauty aid.



Around 1000 BC King Solomon, reputed to have been the greatest Old Testament king (and gardener) grew Aloe Vera in his palace gardens. And around 330 BC Aristotle urged Alexander the Great to conquer the Arabian Sea island of Socotra to gain control of the island's valuable Aloe Vera crops.

Love of Aloe Vera continues to this very day. Check out any modern drug store and you will find shelves lined with Aloe Vera containing products.

Aloe Vera is a plant succulent perfectly adapted to its hot and dry native home range of North Africa. Its great survival skill is due in large part to thick water filled leaves and thick waxy leaf covering which slows water loss. Those same features explain why it can survive long periods of neglect on a sunny window sill.

Aloe Vera's primary virtues mainly center on the reputed healing properties found in its sap. Ancient cultures used Aloe Valoeveraera for a myriad of health related problems. Today, its best loved for its soothing effects on skin burns from sun or stove and for ordinary skin scrapes.

This past summer my three year old granddaughter fell and skinned her knee and came crying to papa. After a big "healing" hug that dried up the tears I led her to my back patio where I keep a large potted Aloe Vera plant. She was taken-a-back when papa broke off the end of a leaf that immediately began to exude big drops of clear sap.

"Do you trust papa?" I asked. She thought for a sec-

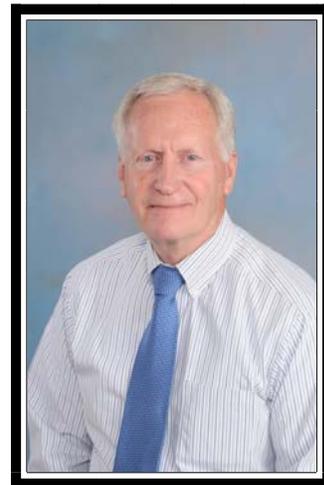
ond and then reluctantly nodded yes. "May I rub this medicine plant on your scrape?" I asked. Again, she reluctantly nodded yes. After an initial flinch from the touch of cool sap on the fresh wound, she was off and playing, comforted by a hug and the magic found in the sap of a lowly succulent.

There is much scientific debate regarding the exact healing properties found in Aloe Vera sap. And being a bit of a skeptic, I too question some of the claims. But there are too many healing testimonies stretching over too many centuries to deny Aloe Vera some consideration as a medicinal plant.

That many plants contain healing properties should be no surprise. Contemporary medicine derives many of its drugs from plants. Aspirin, is an example of modern-day medicine "discovering" what folk healers have long known. Headaches and fevers, for instance, used to be treated with a tea made from willow tree bark. Biochemists eventually synthesized the compound and created a drug (aspirin) to treat fever and various aches.

Other examples of plant based compounds include the heart drug digitalis (from foxglove); quinine used to treat malaria (from tree bark); and ephedrine, an asthma treatment (from a desert plant). Who knows what new drugs might result from studying the 200 plus compounds found in Aloe Vera sap.

This much I know. With a house full of rambunctious, accident prone grandkids under foot, I'm keeping a pot of Aloe Vera close at hand.



Barry Fugatt is Director of Horticulture at the Tulsa Garden Center/ Linnaeus Teaching Garden. He can be reached at 918-576-5152, or bfugatt@tulsagardencenters.com

GARDENING BY THE BOOK

The History of Gardens

Gardens are about plants, but also about lifestyles, money, and class. They take many forms, and have a variety of functions. Gardens can serve as spaces of peace and tranquility, a way to cultivate wildlife, or as places to develop agricultural resources. They are lenses through which we can perceive the aesthetics, intellectual fashions and prevailing politics of the day. These visual treats are not merely collections of plants.

All the Presidents' Gardens (Timber Press, 2016) shows gardens that have been a mirror of America. They are explained in detail as part of the times they reflect. The book gives the nation's horticultural aspirations, trends, and history from George Washington's seed collecting to Michelle Obama's edible garden. Photographs, line drawings, paintings, and maps add to the interesting stories. This tells how the White House grounds were conceived and how they have changed through administrations.



Inventing the Garden (J. Paul Getty Museum, 2010) describes garden development from ancient Persia to contemporary Manhattan. Historic figures, architectural styles, scientific enthu-

siasms and sociological and political movements have shaped these gardens. This evolution details the historical idea of creating a pleasure garden.

For both Eastern and Western cultures, A Short History of Gardens (Oxford University Press, 2016) is a compact informative survey. Spanning from antiquity to modern times, it is also an overview of ancient, medieval and Islamic gardens. Detailed chapters on the history of mostly ornamental gardens in Asia, Europe, Australia, Africa and America are complimented by the illustrations. This looks at gardens from a variety of different regions and traditions. It is scholarly, comprehensive and highly readable.

Over 200 years of details comprises The History of the Royal Botanic Gardens Kew (Kew Publishing, 2007). Its origin and role in collecting and identifying plants and being a world renowned institution led to its UNESCO World Heritage Site status. It has extensive living collections, expanding seed bank and library and repository of flower drawings. This is a history of the scientists, architects, designers and gardeners who have made Kew.

Published to commemorate its 125th anniversary, The New York Botanical Garden (Abrams, 2016) is an internationally renowned leader in plant research and conservation. Photographs and drawings feature the plants, gardens and architecture of this 250-acre facility. A look at its scientific discoveries since the founding in 1891 is informative. The Garden's goal is to teach the importance of plants both economically and ecologically.

Mary Moore
Tulsa City-County Library

Ongoing Classes & Events

Every Monday

Tai Chi Chuan Yang Form—Slow Set



Tai Chi is a slow, graceful, rhythmic exercise which promotes good health, bone density, and balance while the gentle twisting improves flexibility and circulation.

\$15 per month for TGC members or \$20 per month for

non-members.

Beginner Class—4:45—5:45pm

Advanced Class—6:00—7:00pm

(Prior experience required for Advanced Class.)

Call 918-576-5155 for more information or to enroll.

First, Second, Fourth and Fifth Tuesdays

Let's Talk Gardening!

The Tulsa Garden Center Garden Study Group meets for informal discussions about gardening and nature in general. The Study Group meets from 12:00—1:30pm. There is no charge to attend this Study Group. Reservations aren't required.

Most Wednesdays—4:45—5:45pm

(see calendar for actual dates)

Balance for Life Exercise Class

Strength training can ward off age-related muscle loss, keep your bones strong, promote mobility and function, prevent falls, and help combat depression and cognitive decline. Karen Nelson leads the participants in low-impact, body-friendly exercises.

\$15 per month for TGC members or \$20 per month for non-members.

Single Classes & Events

Thursday, November 1, 2018, 6:30pm

Tulsa Area Daylily Society

The Daylily Society will host a Pot Luck Social at which everyone brings their favorite dish. Visitors are encouraged to join in.

Thursday, November 8, 2018 6:30pm

Tulsa Area Iris Society

The Iris Society will be hosting Howie Dash from Las Cruces, NM who is President of Aril Society International. He will be

giving a program about Aril and Arilbred Irises. Visitors are encouraged to attend. For additional information please contact Paul W. Gossett at (918) 853-6204 or pwgossett1@yahoo.com.

Monday, November 19, 2018, 7:00pm

African Violet Society of Greater Tulsa

The program for the November meeting will be a DVD presentation of "Ben Hanning—Growing Texas Size Trailers".

Monday, November 26, 2018, 10:30am

Tulsa Garden Club Holiday Tea

The Tulsa Garden Club will kick off their Emerald Anniversary with a Holiday Tea held at the Tulsa Garden Center.

A Silent Auction & Tea will start at 10:30am, Music will be provided by Johnny Williams at 11:30am, Luncheon, catered by Ludgers, will be served at 11:45am and a Fashion Show, presented by Zellas, will be at 12:30pm.

Tickets are \$30 per person. Questions about the Tea? Contact Chair Sandy Farris, 918.378.4808. sandy@farrist.com. This is a fund raiser for Tulsa Garden Club scholarship funds. Reservations are limited.



Saturday, December 1, 2018, 8:00am

Carols & Crumpets

The sights and smells of Christmas are all around when you walk into the Tulsa Garden Center on the first Saturday of December. Tulsa Herb Society's 29th annual Carols and Crumpets is known for its unique handcrafted gifts and decorations.

The Tulsa Herb Society booth will be filled with handmade items including wreaths, Christmas ornaments, lace lavender angels, pinecone swags, penny rugs, herbal vinegars, jams and chutneys, herbal dog biscuits and catnip mice. Do not miss out on the raffle for the beautiful Christmas tree with the handmade ornaments!

The doors will open on Saturday, December 1st at 8am, shop until you drop or until 3pm. Lunch is served downstairs in the beautiful Snowflake Café from 11am until 1pm. There are twenty-five other vendors in this juried craft show. A portion of the proceeds from this event benefit the Linnaeus Garden and the Tulsa Garden Center. Parking and admission are free.

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 6:30pm Tulsa Area Daylily Soc. Regular Mtg. 6:30pm Cacti & Succulent Society Regular Mtg.	2 10:00am Tulsa Council of Feder- ated Garden Clubs Regular Mtg.	3
4	5 10:00am Tulsa Garden Club Regular Mtg. 4:45—5:45pm 6:00—7:00pm TGC Class Tai Chi 7:00pm Green Country Bonsai Soc. Reg. Mtg.	6 9:00am Tulsa Herb Society Member Activities 12:00—1:30pm "Let's Talk Gardening"	7 4:45—5:45pm TGC Class Balance for Life	8 6:00pm Tulsa Area Iris Soc. Reg. Mtg.	9	10
11 1:30pm Tulsa Orchid Society Regular Mtg. at TULSA HISTORICAL SOCIETY 2:00pm Tulsa Rose Society Regular Mtg. at TULSA HISTORICAL SOCIETY	12 4:45—5:45pm 6:00—7:00pm TGC Class Tai Chi	13 9:00am Tulsa Herb Society Member Activities 12:00—1:30pm "Let's Talk Gardening" 6:30pm Green Country Water Garden Soc. Reg. Mtg.	14 4:45—5:45pm TGC Class Balance for Life	15 7:00pm Tulsa Perennial Club Reg. Mtg. 7:00pm Sierra Club Reg. Mtg.	16 1:30pm Nat'l. Assoc. of Parliamentarians Reg. Mtg.	17
18	19 4:45—5:45pm 6:00—7:00pm TGC Class Tai Chi 6:30pm Calligraphy Guild Regular Mtg. 7:00pm African Violet Soc. Regular Mtg.	20 9:00am Tulsa Herb Society Member Activities 10:00am Anne Hathaway Herb Soc. Regular Mtg. 12:00—1:30pm "Let's Talk Gardening" 7:00pm Audubon Society Regular Mtg.	21 4:45—5:45pm TGC Class Balance for Life	22 Thanksgiving Holiday Building Closed	23 Thanksgiving Holiday Building Closed	24
25	26 10:00am—2:00pm Tulsa Garden Club Christmas Tea & Fashion Show 4:45—5:45pm 6:00—7:00pm TGC Class Tai Chi 6:30pm Tulsa Calligraphy Guild Reg. Mtg.	27 9:00am Tulsa Herb Society Member Activities 12:00—1:30pm "Let's Talk Gardening" 7:00pm The Hosta Connection Reg. Mtg.	28 4:45—5:45pm TGC Class Balance for Life	29	30	