

Red River Rose Society Newsletter

Volume 1

August 2008

Number 7

The Red River Rose Society is a local, nonprofit organization affiliated with the ARS and dedicated to the study, enjoyment, enhancement, cultivation, and promotion of the rose.

RRRS Meetings

The Red River Rose Society meets the third Tuesday of each month (except Jul & Aug) in the Denison Public Library meeting room at 7:00 pm.

If you have questions/concerns about your roses you can email rosemedic@cableone.net. Your inquiry will be forwarded to an expert for an answer.

“Ask the Expert” will be held from 6:30 to 7:00pm prior to our monthly meeting. Bring your questions, cuttings to share, or just come to cuss & discuss.

Next RRRS Meeting: Tuesday, September 16th in the Denison Public Library at 7:00. Pam Smith, Landscape Manager for Farmers Branch Exhibition Garden, will be our guest speaker. Pam will present a program entitled “Everything is Coming Up Roses”—an overview of three new gardens established in Farmers Branch: The Ruthan Rogers EarthKind Demonstration Garden, The national EarthKind Trial Rose Garden and Display Garden, and the AARS Test Garden.

Anyone interested in furthering his knowledge and skill in growing these most beautiful of flowers is invited to join them then.

Don't forget, you are also invited to join fellow RRRS members and Pam at Devolli's for dinner prior to the meeting.

CALENDAR OF COMING EVENTS

- **Sep 16, RRRS Meeting, Denison Library 7:00 pm. Pam Smith, Landscape Manager for Farmers Branch Rose Gardens.**
- **Oct 11, Heritage Rose Gardens Seminars and Tours, Chamberville. Guest speakers will include: Dr George, Michael Shoup, Mark Shamblee and Stephen Scanniello, President of the Heritage Rose Foundation.**
- **Oct 11, Dallas Rose Society Rose show in Farmers Branch**

August Consulting Rosarian's Report

Carole Mainwaring

cmainwak5@aol.com

“Won't you come into the garden? I would like my roses to see you.”

(Richard Brinsley Sheridan). Bring your shade cloth, water wands, smiles, and soft words of comfort for your hot and tired bushes. They will appreciate your kind sympathy as you whisper promises of cooler and wetter days ahead. And, they will respond with magnificent blooms come October. August is a great do-over month—a chance to fix what is ailing in the garden in return for a beautiful fall bloom. Just take your time, work during the cooler parts of the day, and stay well hydrated!



Graham Thomas, a David Austin English Rose

Summer Pruning for Fall Blooming

In order to have peak bloom for the October rose shows or for spectacular bouquets for family and friends, it will be necessary to begin summer pruning in August. Bloom cycles differ depending on the variety of the rose and the number of petals. Other variables like weather and climate conditions and amount pruned will affect the bloom cycle, too. By the end of summer, our roses often look very leggy, tall, or bushy with small blooms on short stems. Pruning will encourage new long stems with larger blooms. A bloom cycle can take from five to seven weeks (35-63 days) with heavily-petalled roses taking longer than few petalled roses. Getting to know the bloom cycle of your roses will help in deciding when to prune. I will prune the latter part of August and through Labor Day to be ready for the Dallas Rose Show on Oct. 11. Spreading your pruning over two or more weeks will help you have enough blooms for shows scheduled throughout the month of October. Prune the entire bush by 20% with well-sharpened and clean pruners. Do not prune so low that the cane has no leaves nor prune fortuniana rootstock canes too severely even if they are getting tall. Be careful to only deadhead and not prune new bushes planted this year. David Austin bushes may need to be pruned more than 20% as they can grow enormous over the summer. Cut out any dead, diseased, or crossing canes. Remember that once-blooming roses should already have been pruned right after their spring or summer flush of blooms. Rake up and discard all fallen leaves and debris so that fungal spores and insect eggs are destroyed. Next, apply new mulch around the bushes to maintain 3-4 inches.

Eat, Drink, and Stay Healthy

Once pruning is complete, I repeat my alfalfa tea with Epsom salts, Superthrive, chelated iron, and a 20-20-20 complete fertilizer. I also sprinkle the ground around each rose bush

with kelp meal (1/4 cup) and fish meal (1 cup) during the following weeks. I tried Rose Tone for the first time this year with great results, so I will apply it again this fall. I will spray for spider mites which have overwhelmed my water wand and also spray for fungal diseases. Rosemania suggests using Mancozeb every three days for three intervals to kill all the active blackspot spores in your garden to give you a fresh start—a do over! Be sure to spray the top and bottom sides of the leaves and the bed itself. I use Bayer All-In-One mid August and mid Sept. to help with thrips. Remember to water your roses and yourself generously. To determine if you are drinking enough water as you work outside in the garden, weigh yourself before you go out and when you come back in the house. For every pound you lose, you need to drink 2 additional cups of water to restore the water you lost. I find that I don't feel thirsty enough when I am working hardest on hot days and can dehydrate quickly. Symptoms of dehydration include feeling sluggish, dizzy, faint, and weak. According to a Consumer Reports Health article, a 150-pound person can lose more than a pound of fluid during a brisk walk for just half an hour on a hot day. Check with your doctor to see if you need to eat something salty or drink beverages with electrolytes if you've sweated heavily for a long time to replenish the lost sodium.

Rosy Recommendations



Several products are worthy of mention this month because of their effectiveness during summer pruning. One product I recently found is the Luster Leaf Soft Twist Tie, Light and Heavy Duty fastener. I replaced all the green plastic tape and twine in my garden with this light or heavy duty, 16', multipurpose cushioned wire. It blends in with the rose foliage so well that you have a hard time seeing it, and it is indestructible. You can buy the product at: <http://www.lusterleaf.com/index.html> Another product is the book Foolproof Guide to Growing Roses by Field Roebuck, a Dallas rosarian. This book has excellent information for beginners and all who want to garden as naturally and as safely as possible. Explanations are straight forward with excellent picture guides and Smart Tips throughout the book. It was one of the first books I read about roses, and it still is one of my favorites for organic gardening. His perc test for soil drainage was mentioned in last month's CR Report. A third product is the West Country Rose Glove which is light weight, thorn-proof, and flexible. I tore an artery in the top of my hand this week pulling grass growing between rose canes not realizing I was jerking my hand right into a thorn (prickle, my eye!). My hand is black and blue and swollen—not a pretty sight! The only thing I did right was have my tetanus shot up to date. My advice to you is take your time and wear your gloves.



August Rose Care Checklist

- _____ 1. Water slowly to a depth of two feet letting the soil dry out a bit but not become too dry before the next watering.
- _____ 2. Complete summer pruning around Labor Day following suggestions above.
- _____ 3. Spray regularly (especially for spider mites, if out of control) in early morning or late evening. Look for blackspot and eradicate if found.
- _____ 4. Overhead watering or using the water wand will refresh the rose bush (and you!) on hot days. It will also help clean the foliage of spray residues and dust and debris.
- _____ 5. Maintain mulch depth on beds and rake up fallen leaves and blooms.
- _____ 6. Begin to complete your 2008 Roses in Review evaluation. You can do this online at: <http://ars.org>



International Herald Tribune, Floribunda

Body-Mind in the Rose Garden

Brenda Landers-Smith, HHP

*“I don’t know whether nice people tend to grow roses
or growing roses makes people nice.”*

–Roland A. Browne, B. 1939 American professor.

There you are, eyes squinting determined and ready with your arsenal of clippers, muck bucket and a loaded hose end sprayer ready to tackle the rose garden. It is an interesting dichotomy of being. Being

a warrior defending that which preys upon your roses and being in bliss, nurturing and becoming one with your garden...in a tranquil space.

The rewards of rose gardening are many. While gazing into the wonder of a beloved bloom roses take our breath away. It is in that moment where beauty resides. Knowing you helped the process makes it that much sweeter. Maybe it is *in that moment* we become nicer, gentler people.

While rose gardening is great for the soul it can be hard on the body. Rose gardeners have many choices for tending the garden. When it comes to equipment, talented designers create ergonomic handles, gloves and the like to make life easier and healthier for us.

But the greatest tool you have for rose gardening is **YOU**. **Being nice to you** is essential for a happy, healthy rose gardener.

Much like taking care of your best garden tools, let's look at ways to take care of **you and your body mechanics** in the garden and get the most out of your labor of love.

The Exercise of Rose Gardening Truly a "Work Out"

Picture yourself gardening, take away the garden and your tools and image just you and your movements against a black screen. The process of rose gardening **is exercise**. You can make it healthful or hurtful.

Good body mechanics, warming the muscles, stretching and awareness are the keys in avoiding injury and pain while maintaining a healthy workout while tending your roses.

The Flexible Warrior Warm Up and Stretch

In my practice, I teach Yoga and stretch exercises to my clients. Warming up and stretching before gardening, (exercise) is important because cold, stiff muscles can get strained. Static stretching is a very safe and effective form of basic stretching. Static stretching is performed by placing the body into a position whereby the muscle or group of muscles to be stretched is under tension. For instance, sit on the ground with your feet stretched out in front of you, reach as far as you can toward your toes and hold the position where you feel comfortable tension. Both the opposing muscle group (the muscles behind or in front of the stretched muscle) and the muscles to be stretched are relaxed. Then slowly and carefully the body is moved to increase the tension of the muscle, or group of muscles to be stretched (now reaching even more toward or touching your toes). At this point the position is held or maintained to allow the muscles and tendons to lengthen. **BREATHE and imagine breathing into the tension and letting it go.**

Yoga is extremely effective in increasing flexibility, lubricating the joints, ligaments and tendons and massaging all organs of the body while toning muscles. Detoxification occurs while gently stretching muscles and joints and massaging various organs by bringing optimum blood supply to various parts of the body thus flushing out toxins. Incorporating Yoga as a warm up to rose gardening would be a worthwhile preventative step.

We use the **whole** body while rose gardening. Try to incorporate some gentle **whole body stretching or Yoga** before heading outdoors. Begin your gardening with the easier tasks and save the more strenuous ones for later after you have warmed up your body. During prolonged bending remember to **counteract the posture** by reaching for the sky, **stretching upward** elongating the entire spine. Lean on a fence and gently **exaggerate the arch of your back**.

Sore muscles come with exercise. Muscles work in a very simple way -- they contract and relax. There are over 639 named muscles in your body, and they act in groups. Muscles get sore when you exercise harder than usual. Delayed onset muscle soreness (DOMS) is felt about 24 to 48 hours after you work out. When you exercise, your muscles get small tears that fill up with fluid. Your muscles will repair those tears by themselves. And every time your muscles "tear and repair," they get a little stronger. If you experience pain or swelling for more than 3 days to a week, see your physician.

Drink plenty of water to hydrate yourself before, during and after your work day.

The Grounded Gardener Body Mechanics

Tai Chi is a graceful, fluid and ancient therapeutic Chinese tradition. As Holistic Health Practitioner students, we were taught Tai Chi for proper body mechanics as the basis for giving various therapies to our clients. Tai Chi insures the therapists are not hurting themselves while healing others. Now I apply Tai Chi principles to all physical activities in my life – one of the most important is in the rose garden.

Tai Chi is actually a philosophy. It's the philosophy of yin and yang. Literally, it means "supreme ultimate." Representing an expression of living life to it's fullest, bending like bamboo in the face of even the strongest winds, while continuing to grow supple and strong.

The American Medical Association has endorsed this discipline for the elderly with balance problems and osteoporosis prevention. Because of the relaxation aspect, it can help with stress-related problems like high blood pressure. It can help lubricate your joints and strengthen your body, improving muscular strength in your small, stabilizing muscles, such as your adductors and your abductors (they support your knees), which are often overworked and prone to injury. Through slow movements, Tai Chi helps you to focus on your body and to release tension as you move.

To apply these principles to rose gardening, first consider each movement you make. Think and feel how you are moving. If you find yourself unstable under your feet, this is the best place to begin. Similar to Tai Chi, **imagine your feet grounded into the earth, stand with your feet parallel, shoulder width apart, weight equally distributed, knees slightly bent with your torso strong.** When performing tasks like lifting or moving pots, **start from the ground up, root your feet, stabilize your legs, and bend your knees.** Your legs will do the work (and get a "work out") without stressing your back. **SAVE YOUR BACK – Use the big muscles in your legs to perform lifting, bending, shoveling. Use an erect posture when working at ground level or when using long handled tools like hoes, spades, rakes.**

Movement with your arms and shoulders should be equally as focused. **Use a step ladder for reaching tall canes. Avoid jolting maneuvers and overreaching. Work below shoulder level when possible. While pulling weeds or pruning, make certain your wrists are not stressed at an awkward angle, and you are stable when pulling to avoid falling backward. Remember to**

practice “Gentle Strength”. Treat yourself to a kneeling pad or a lightweight stool with side handles to assist rising from a seated position.

The Mindful Master Awareness

Awareness is essential. The body mind connection helps correct body posture and improve your mechanics in the garden. My personal experience is that I enjoy gardening more since I have increased my awareness of what I was doing while performing the numerous chores in the garden. The process of deadheading found me hunched over my roses, much like bad posture while typing at a computer keyboard. Awareness tells you **to lift up your chest, change your position often, and sit when you can.** If you find yourself out of alignment – try to **imagine a string pulling upward from the top of your head attached to your spine.** This will pull your head, neck and rib cage upward and avoid collapsing upon your self.

More than simply exercise for the body, rose gardening is an emotional experience. Planting and nurturing provides a spiritual element as we participate in the wonder of nature. Watching the progress and tending to our roses provides a sense of accomplishment.

Quiet, reflective meditative time in the garden is a wonderful stress break. There is something to be said about being totally present in the moment – especially in a rose garden.

Take care of yourself – even more than you take care of your garden and both will reap happy rewards.

Brenda Landers-Smith is an America Rose Society member and Lifetime Member of the California Coastal Rose Society in Carlsbad, CA. She is an active rose exhibitor, ARS Consulting Rosarian and ARS Horticulture Judge with husband Joe Smith in Southern California. She is also an avid photographer and writer. Brenda operates a private holistic health practice. She specializes in several diverse modalities of clinical therapy, from body psychology to MyoSkeletal principles. Joe and Brenda reside in Vista, Ca with her 15 year old daughter Chelsea and two Yorkshire Terriers, Ludwig and Gunnar. Contact - ladybrenlanders@aol.com

Copyright © 2006-2008, California Coastal Rose Society and [Brenda Landers-Smith](#). All Rights Reserved.
Last Update 24 June 2008

Welcome to *Roses in Review*

This Roses in Review (RIR) marks the 83rd time that the members of the American Rose Society have evaluated new rose introductions. The ultimate value of this procedure is realized only when we have a broad base of participation. We need your contribution, whether you grow only one plant of one variety on the list or many of them. We need input from "garden" rosarians as well as exhibitors, and from **new** rosarians as well as seasoned veterans. We also welcome reports from those who are not yet ARS members. The complete results of this survey will be included in the January/February, 2009, issue of *American Rose*, and will help determine the ratings in the *ARS Handbook for Selecting Roses*. For these results to be meaningful, **we need**

everyone to participate. Last year was another very good year, with more than 10 percent of ARS membership participating. We would like even more participation in this year's survey so that we can produce truly reliable data. So, please - take a few minutes of your time to evaluate your new roses. **Only evaluate roses you grow from the cultivar list.**

We have now completed the changeover in our practice concerning which varieties to show in our list. The list this year includes all varieties currently in their second, third, or fourth year in commerce in North America. By waiting until the second year in commerce, we give more rosarians the chance to fairly evaluate their roses, and we eliminate those varieties that only show up for one year and then disappear from commerce.

Again this year we are including a 'Special Review' group of cultivars. These are older cultivars which, for one reason or another, have never received a rating. Please take some time to look at this group and provide data on any that you may grow.

Reviews must be submitted by September 26, 2008. Your reports will be automatically sent to your District coordinator.

If you have technical problems with this site, please send an e-mail message describing your difficulties in as much detail as possible to: [Technical Support Help](#)

[ARS Home](#) [RIR Home](#) [Instructions](#) [New User](#) [Review Roses](#)

SCD Consulting Rosarian School

Hosted by Houston Rose Society
October 4, 2008

**South Main Baptist Church of Pasadena
4300 E Sam Houston Parkway S (Beltway 8)
Pasadena, Texas 77508**

The Houston Rose Society will be hosting a Consulting Rosarian School for the South Central District on Saturday, October 4, 2008 at the South Main Baptist Church, Pasadena, TX. Baxter Williams, our Director, will be the General Chairman for this School. I am forwarding the Registration Form, which contains details regarding the cost, the Agenda, Hotel Reservations, travel directions, etc. This Registration Form will also be included in the next issue of the *SCD Rosarian*, our District Newsletter.

All information regarding this school is also being placed on the Houston Rose Society web site, including requirements/criterion for new CR candidates, letters of recommendation, the process for approval, etc. You may access that web site at www.houstonrose.org and print off whatever materials you need. The CR Application, three Letters of Recommendation, and a check for \$15 made payable to the American Rose Society should be mailed to me at: 8811 Phoenix Avenue, Universal City, TX 78148, not later than September 10th. Please adhere to the schedule and deadlines for processing the necessary forms.

This is an extremely important CR School, and I would solicit your personal involvement in publicizing the school and encouraging any new candidates to attend, as well as any current CRs who need to “audit” an accredited school to retain their active CR status. The Central Arkansas Rose Society hosted a very successful CR School this past March and several new CRs were given their credentials, along with quite a few existing CRs who attended to maintain their credentials in a current status. However, we still have many (many!) CRs who are already delinquent or about to become delinquent in fulfilling the requirement “to attend an accredited CR school every four years to maintain their active status”. Your encouragement can ensure that we retain an adequate number of CRs with current credentials. So, please reinforce this requirement and encourage your CRs to attend.

Saturday, October 4

- 8:00 – 8:30 Registration – SMBC
- 8:30 – 8:35 Welcome Donald Burger, Houston Rose Society President
- 8:35 – 8:50 Consulting Rosarian Mission – Ed Bradley, SCD CR Chair
- 8:50 – 9:45 Soils and Water – Baxter Williams, SCD District Director
- 9:45 – 10:00 BREAK
- 10:00 – 10:55 Fertilizers and Amendments – Tommy Hebert, SCD Prizes & Awards
- 10:55 – 11:45 Diseases and Cures – Mike Becker, SCD Secretary
- 11:45 – 12:45 LUNCH
- 12:45 - 1:35 Chemicals Safety – Donald Burger, HRS President
- 1:35 – 2:30 Insects and Cures – Mary Fulgham, HRS CR Chair
- 2:30 – 2:45 BREAK
- 2:45 – 3:40 New Varieties – Robin Hough, SCD Arrgmnts Chair
- 3:40 – 3:55 BREAK
- 3:55 – 4:55 CR Exam for Consulting Rosarian Candidates

Consulting Rosarians will receive renewed accreditation for the next four years.

REGISTRATION

Please type, or print:

Name(s): _____
 Address: _____
 City: _____ State: _____ ZIP: _____
 Phone: (_____) _____ E-mail: _____
 Local Society: _____ District: _____

	Number	Price	Total
Registration (postmarked BY September 10, 2008)	_____	<u>\$40.00</u>	_____
Registration (postmarked AFTER September 10 th)	_____	<u>\$50.00</u>	_____
Please check if you are auditing the School	_____		
Please check if you plan to take CR Examination	_____		

Make checks payable to **Houston Rose Society** and mail to: Baxter Williams, 2502 Leprechaun Lane, Houston, TX 77017.

Hotel accommodations at La Quinta Inn & Suites, 3490 E. Sam Houston Pkwy S at Vista Rd, Pasadena, TX 77505, 281-991-7771, **Reference “Roses”**. Rates - King size bed @ \$79 – Two Queen size beds (+ sofa that makes into queen) @ \$84 – Suite (+ sofa that makes into queen) @ \$98. Complimentary Continental breakfast included. **Note cut-off date: Sept 10th**.

Note: The South Main Church location is two long blocks south on the same side of the freeway.

