



Award winning newsletter! National ARS Silver Medal 2004, Honorable Mention 2005

Rose Lore

Mesa-East Valley Rose Society
 Affiliated with the American Rose Society

Dona L. Martin, Editor

www.roses4az-mevrs.org

July 2007

**Thursday
 July 14th, 7:00 p.m.**

**Monthly Meeting
 Paul Elsner Library
 Community Room, MCC**

**Maintaining Your Garden
 Mid to Late Summer
 For A Great Fall Bloom!
 LeRoy Brady**

Friends and family welcome.
 Refreshments will be served.

Bring your rose questions and concerns.
 See you there!

**Dues are past due for
 2007-2008!
 Please help by turning them in
 ASAP!**

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But I Haven't Got The Time

By Robert B. Martin Jr.

"I'd love to grow roses but I just haven't got the time". How many times have you heard this common objection? What has been your response?

You may have tried to counter by arguing that roses don't require "a lot" of time — just regular attention. Or you may have argued that roses provide the best return on investment of gardening time. "The more you put into them the more you get out of them" you could say. You could also point out the recent trend toward the introduction of easier-to-maintain roses. But many will remain unconvinced.

And well they should. For the truth is that growing roses – even the "easy maintenance" roses – does require a lot of time. At least lots of time compared to that required for other shrubs or landscaping plants.

Although comparative figures on the amount of time required to grow roses are difficult to come by, there is a chart presented in Robert Kourik's book "Your Edible Landscape Naturally" that addresses the question. In a graphic titled "Maintenance Time Required for Ground Covers, Shrubs and Trees" the author charts the number of hours of required maintenance per 100 square feet of plants per year.

Among the shrubs we find camellias, azaleas, oleander, bamboo and philodendron all requiring less than one hour per year. In third place we find wisteria at between two and three hours per year. In second place is podocarpus at nearly four hours a year. First place, as you have guessed, goes to roses, which require nearly 17 hours per year! Even among ground covers, flowers and turf, nothing comes close to the time required to care for roses.

Whether these figures are accurate is of course debatable. Nevertheless the relative amount of time required can hardly be ignored. Roses do require more time than many other common shrubs and landscaping plants.

So how are we to convince our busy friends and neighbors, particularly the younger ones, that they do have the time to grow roses? A debate held at a symposium sponsored by the American College of

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MEMBERSHIP DISCOUNTS

The following nurseries will give MEVRS members a 10% discount (unless otherwise indicated) on any rose-related purchase when you show your membership card. In some stores you must pay by cash or check only to receive the discount.

Be sure to get your annual Membership Card from the Membership Chairman.

A & P Nurseries

All three East Valley locations
(15% off all products, except
Advertised Specials.)
2601 E. Baseline Rd.
480-892-7939

Baker's Nursery

3414 N. 40th St., Phx

Berridge Nursery

4647 E. Camelback Rd., Phx
Potted roses always in stock!

Gardener's World

3401 E. Baseline Rd., Phx

Harper's Nursery

Three locations:
Mesa, Scottsdale and Phx
480-964-4909 (Mesa)

Summer Winds Nursery

3160 S. Country Club Dr., Mesa
480-892-1469

Treeland Nursery

2900 S. Country Club Dr., Mesa
480-497-2525

**When you patronize
these businesses, please
remember to thank the
manager for supporting
the MEVRS!**

President's Message

By Dona Martin

Here I am again, writing from San Diego, where I will be through the week (for Bob's birthday) and will miss the July meeting. However, this is an important time of year to stay on top of your rose care and to come to the meeting on Thursday for LeRoy Brady's program, emphasizing mid to late summer care that will allow your roses to be ready to jump into production come fall.

We had a great turnout for June, but those of you who could not attend certainly missed a wonderful presentation by the Kilmers. Their trip to the castles and gardens of Scotland and England was one we all wished we could have been along on, but enjoyed it vicariously through their photos and commentary.

Deadheaders will be out in force on the third week of the month, Saturday the 21st. As with your own roses, there is still deadheading and cleanup to do. The monsoons are starting, thank goodness. Please join us at the garden early in the morning for even a short time, as many hands - and pruners - make light work!

With my impending move, **Marylou Coffman** will be taking over and teaching the **August 4th Community Education class on "Growing Roses in the Desert Southwest" at MCC**. You can contact her for more information, call MCC for registration or sign up online at their website. The MCC link is on our Home page.

Check pages four and five for our adventures in Minnesota at the ARS Spring National Convention. Below is the display showing my photo of the nation's favorite rose, **'Gemini'**, which won the **"Best of Photography Show" honors!** Read more about this and other events that make the conventions fun.



(Continued from page 1)

Sports Medicine in 1987 suggests an answer to this question.

One of the participants in the debate was Ron LaPorte, PhD, an epidemiologist from the University of Pittsburgh. Dr. LaPorte suggested that studies which demonstrate that extensive exercise promotes health are flawed by genetics. Just as your genes put a cap on how tall you can be, he argues, they also limit how healthy your heart and blood vessels can be, no matter how much you exercise. He was therefore concerned that emphasis on extensive athletic and physical activity does little but discourage most persons who respond by not exercising at all. At the same time, his studies do show that such persons can benefit greatly by moderate exercise.

So what activities does he recommend? His answer is illuminating to rosarians:

“I’d like to give everyone a garden. When you think about it, gardening solves a lot of problems. It gets people outside. It’s a nice purposeful activity. You plant something, it grows. You run around the block, how productive is that?”

The studies presented at the symposium by adherents of heavy exercise showed that men who expend 2,000 or more calories each week in exercise can expect a two-year gain in lifestyle. More importantly at or above the 2,000-calorie mark men with high blood pressure cut their risk of dying from a heart attack in half.

Dr. LaPorte did not dispute those figures but noted that a graph of health benefits versus sweat expended shows a continuum of increasing health benefits as activity rises above 500 calories a week to about 3,500 calories. This line rises sharply between 500 calories and 2,000 calories and then begins to flatten out.

According to the studies one hour of gardening per week results in the expenditure of 220 calories by a 120 lb woman or 300 calories by a 180 lb man. These figures are 80% of those for aerobic dancing or gymnastics and about 30 to 40% of that for running or swimming. This means that one hour of gardening is equal to about 45 minutes of aerobic danc-

ing or running 3-1/2 miles.

Which brings us back to roses. Accepting these figures as accurate we can observe that burning an extra 2,000 calories per week will add two healthy years to a man’s life. To reach this goal a man would need to burn an additional 104,000 calories per year. If he were to do this by gardening at the rate of 300 calories per hour this works out to 6-2/3 hours of gardening per week. If we accept Kourik’s figure that a man will need to spend 17 hours per 100 square feet of roses per year to maintain his roses then during this 6 2/3 hours a week of gardening he could maintain nearly 2,000 square feet of roses - all while adding two years to his life.

Two extra years of life is equal to roughly 17,500 hours. Using these figures I calculate that one would have to garden 2,000 square feet of roses for over 50 years before the time spent on roses exceeds the additional time gained by growing them! And since, on average, a full-size rose occupies about 10 square feet, this works out to 200 roses.

The time for growing roses is free! The answer to the objection “I don’t have the time” is “Yes you do — you have all the time you’ll ever need”. Growing beautiful roses does not take time from your life — it adds to it. Enjoy!

In Numbering Our Days

God Doesn’t Count Those

That are Spent in the Garden

Attending His Rose.

Robert B. Martin, Jr.



Don't forget to visit the new Blue Star Memorial at the east end the Veterans Garden at MCC

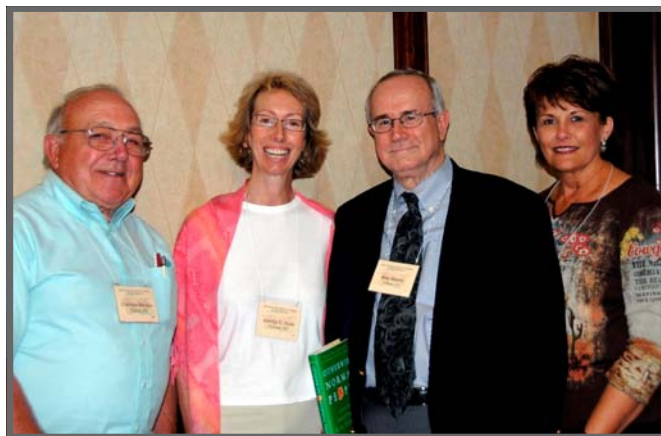
American Rose Society Spring National Convention

St. Paul, Minnesota

After accepting a five hour delay in our flight in exchange for vouchers from Northwest Airlines, we arrived at the Minneapolis-St. Paul Airport on June 30th at almost 10:00 p.m. I was excited to see this area because the last time I was there, I wasn't quite two years old. I could see on our drive in that there were lots of trees. But what a beautiful sight to behold the next morning, fourteen floors above the banks of the Mississippi River!



Bob judged the national rose show, along with MEVRS members, Heidi and Terry Leavitt, while I helped at Heidi's jewelry booth in her absence. The vendors were there with interesting products, new and old, as well as some roses for sale. (Which I stayed away from!)



Clarence Rhodes, author Aurelia Scott, Bob and Dona Martin

After lunch, we heard a wonderful and amusing presentation from acclaimed author Aurelia C. Scott. Her book, *Otherwise Normal People: Inside the Thorny World of Competitive Rose Gardening*, had just been featured on the front page of USA TODAY. To quote a reviewer's comment from Booklist, "With a breezy, infectious enthusiasm,

Scott offers a vividly engaging account of big-time rose competition and the seemingly average individuals who take leave of their senses in this addictively sensory pursuit." The book starts out with her introduction to Clarence Rhodes of Portland, Maine, who just happened to be in the audience. What a fun time, with tales of her candid observations at local and national rose shows, visit to Rosarians and their garden. And all of it true, of course! We highly recommend this book if you haven't already read it. At the very least, beg your local library for it.

Following Aurelia was one of our favorite Northerners, Dr. Henry Najat, who grows over 1000 roses in Minnesota. He also keeps bees and brought us a special treat, a fresh bottle of honey. When he sells it, the proceeds go to charity. This year, however, he, along with professional beekeepers, lost as much as 80% of their "flocks" to a mite that is destroying hives. Aside from this problem, we enjoyed the viewing of his garden presentation on northern roses. And just think! For half the year, he just ignores them. Dr. Najat is a recently retired surgeon and has lived in this country for over 50 years. Humble and soft spoken, he has amazing knowledge about the history of modern roses, backed up by research he completed on ancient roses in Eastern Europe, Russia and his native Syria.

The last of these presentations was by Bob Martin, speaking on new roses, either recently out or due out. He always receives lots of questions as well, so by the time he finished, we had to hurry into the show to take pictures, review entries and just browse around.

I had heard that one of the dozen photos I had mailed in for the photography contest, which had to go in by June 9th, had received a blue ribbon. Of course I was excited to see which one and having never entered before, was especially thrilled to see more than one blue and several reds. Then, low and behold, the Best of Show was my picture of 'Gemini' from the MEVRS rose show. Another blue ribbon was awarded to my picture of the Mesa Community College Phase I beds with their view through to the College Garden Bus Stop. Even more interesting were the instructive comments left with each entry from the photography judges, who graded them after the rose horticulture judges did their part. Entries had to meet criteria from both sets of experts.

Also fun to see was Mesa's own Millie Hisey, who is a winter resident of Arizona. She won the national Russ Anger Memorial Arrangement Trophy with an underwater arrangement entry, one of the most difficult to do. Millie is on the national board of the Association of Garden Clubs,

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as well as an accomplished Consulting Rosarian and accredited judge. Our congratulations go out to her for her achievements!

The following day, we joined a small group trip of the Rose Hybridizers Association out to the University of Minneapolis Test Garden and Arboretum. The director of the test garden has been hybridizing with polyanthas, which is unusual. The Arboretum is a must see feature if one is in the area. Beautifully maintained and extremely diverse, I found it inspiring. The country side was beautiful and green everywhere, with picturesque views from almost any angle. For such a quick trip, I was glad to get to see it.



Millie Hisey receives Russ Anger Award from Lew Shupe

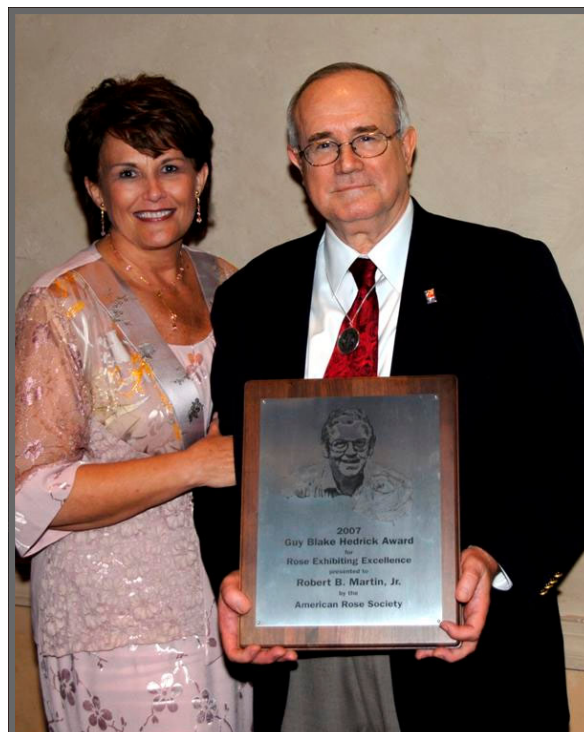


John and Mitchie Moe, with Bob Martin in test beds

That night was the Awards Banquet, which was well attended and great food was served. The winning exhibitors of the National Challenge Classes received their awards, including Millie. This was followed by another award that only a handful of people had been given advance notice of, the Guy Blake Hedrick Award. This award was established in the memory of Guy Blake Hedrick, Jr., of Oklahoma, to recognize outstanding rose exhibitors who display the highest levels of excellence, integrity and respect for the ideals of showing roses typified by Mr. Hedrick during his long career as a Rosarian. It is intended as a lifetime achievement award for an exhibitor who has been a successful National, District and local exhibitor, as well as a model in sharing his/her knowledge in growing championship roses.

Previous recipients of the award have been Slat's Wathen (2003), Jeff Stage (2004), Dr. Satish Prabhu (2005) and Harold & Jean Baker (2005).

The announcement of the winner of this award was received with a standing ovation of some length, for **Bob Martin**. We did know of this honor ahead of time because, as is customary, they wanted to be sure he could be there to receive it and to allow family to come. Nevertheless, he was overwhelmed with the reception and could only express his pleasure and gratitude to the crowd. It was a wonderful evening. There is a special article, authored by Suzanne Horn, featured in the July *American Rose* magazine.



Dona and Bob with Hedrick Award plack

Monday morning found us in the lobby, running into the now infamous Clarence Rhodes and Karen Gubert of Santa Clarita Rose Society, who joined us on our shuttle to the airport.



Summer Rose Care:

THINGS TO DO IN JULY AND AUGUST

By ARS Consulting Rosarian,
Dona Martin

What a hot June we had and now July is getting off to a really toasty start! This especially hot time of year can be dangerous, especially if you are not used to being out in the heat. Remember to drink extra water BEFORE you spend time out in the heat, so your body is thoroughly hydrated. Continue to drink water as you make sure your roses get enough water BEFORE you see signs of wilting!

Beds should be mulched with three to four inches of forest mulch or pine needles if you still haven't gotten it done yet. This helps keep the ground cooler, assists in moisture retention and discourages weeds. It is never too late or the wrong time of year to add mulch to your garden! It is really worth the effort, so check around your yard to see where it might be needed. Even if you put down mulch at the beginning of the year, it may have broken down so much that more should be added.

IRRIGATION - If you flood irrigate, water deeply three times a week. If you drip irrigate, water 4 times per week when temps are over 105, a minimum of 3 to 4 gallons per plant each time. Water needs to be able to soak down 18" below the surface of the bed. Notice how long it takes for the wells around the roses to drain. If water sits for too long, you may need to

add a soil sulfur product such as Dispersul or Tiger Brand Soil Sulfur, which helps open up the soil structure. Another aid in promoting water penetration is to water a second time in the same day once a month. This allows the water to move lower and wider, washing the salts in the soil further away from the root system. This helps prevent salt burn on the plant.

If you grow roses in pots, water seven times per week because of more rapid transpiration and lower capacity. Deep watering all areas at least once every two weeks will help push salts out of the root zones. It is also good to hose off your roses at least one time per week.

Spray the top and undersides of the leaves with your water wand to increase the humidity around the bushes, clean off the leaves and knock off any lingering spider mites you might have. (If spider mites continue to be destructive, there are a number of good miticides on the market. These include Avid, Hexygon, and Floramite.)

FERTILIZING – Fertilize at half rate every four to six weeks during the summer. Use a good **ORGANIC** fertilizer like Dr. Earth or Groganic Rose Food, along with alfalfa meal. If you applied fertilizer in early June, then apply ½ cup Rose Food and ½ cup alfalfa meal on July 15th and by September 1st. Top dress fertilizer and water it in. Do not forget to water deeply both before and after fertilizing, very important steps to prevent fertilizer burn damage.

Roses and other plants still need to be fed during the summer so that they will be healthy enough to start growing again when the

weather becomes more hospitable. By reducing the amount of fertilizer, we do not risk stimulating excessive new growth which would burn even more easily.

DEADHEADING – It is important during this time to remove spent blooms on a regular basis. A number of rose growers experimented with leaving them on, but this resulted in the bushes becoming so dormant that they did not do as well in the fall. The roses will also think it is time to start making hips (seeds), causing energy to be spent there instead of in foliage production. We have, however, found that deadheading conservatively, cutting at a shorter distance down the cane and leaving as many leaves as possible, resulted in healthier plants for two reasons. First, more leaves were present to provide more protection of the canes from the sun. Second, there are more leaves providing nutrition to the plant. This is especially important if spider mites hit, causing the loss of leaves on the lower half of the bush.

Hang in there! When we hit August, we hope to start seeing the light at the end of the tunnel. When at least the nights start to cool off, our roses will enjoy the break.

Visit the Mesa-East Valley Rose Society website for additional articles on year round rose care, pruning and planting instructions, Best Roses for Arizona and much more!

Stay cool and visit:

[www. Roses4az-mevrs.org](http://www.Roses4az-mevrs.org)

Mesa—East Valley Rose Society

You or your recipient will receive our monthly 8-12 page newsletter, local nursery discounts and more. **Membership is \$20, due June 1 of each year.** This is for a single or family unit living at the same address. New members joining after September pay \$5 per quarter, from quarter joining through the following May, payable in full at month of joining. Please bring your completed application and payment (please make check payable to **MEVRS**) to a meeting or mail to:

MEVRS/Membership, P.O. Box 40394, Mesa, AZ 85274-0394

Date _____ New _____ ***Gift*** _____ Renewal _____ Amount Paid _____
 Cash _____ Check# _____

Names: _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ **E-mail address** _____

Yes! I would also like to join the national organization with which we are affiliated, the American Rose Society, for which I will receive the monthly *American Rose* magazine, the December *American Rose Annual*, the "Handbook For Selecting Roses" and more! I am including in my check an additional amount of \$37.00 for a one year membership.

As a new or renewing member, you will also receive a FREE miniature rose from Nor'East Miniatures!

Standing Committees

Auction Chairman.....Cheryl Doan480-838-4062
 Audit..... Judy Tolbert
 Historian..... Evelyn Gannon.....480-857-3090
 Hospitality.....Terri Sovereign.....480-892-0972
 Librarian.....Alice Flick.....480-839-4563
Linda Ahlborn.....480-695-5891
 MembershipDonna Dibble.....480-380-4592
 New Member Orientation Dave Dibble, Asst.480-380-4592
 Newsletter, EditorDona Martin.....480-807-3475
 Member Emails.....Madge Thomas480-834-1130
 MCC Test Garden.....LeRoy Brady480-962-9603
Marylou Coffman480-926-3064
Dave Presley.....480-699-6562
 Publicity Team.....Member volunteers
 Rose Garden Volunteers..Carol Poe480-895-7793
Sam Presley.....480-699-6562
 Rose Show Chairman.....LeRoy Brady480-962-9603
 Ways & Means.....Mike Jepsen.....602-312-1813
Bruce Gannon480-857-3090
 Web site.....Dona Martin.....480-807-3475

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 Helen Baird*(NPhx, Scotsdle).....602-953-0279
 LeRoy Brady* (Mesa)480-962-9603
 Jeannie Cochell (NE Valley)jcochell@cox.net.....602-493-0238
 Marylou Coffman* (Gilbert)480-926-3064
 Donna Dibble (East Mesa, AJ).....480-380-4592
 Phyllis Henslin (Mesa, Apache Jct.)480-807-3592
 Millie Hisey* (Apache Jct-winter)480-474-9139
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 Cathy Rose (Tucson).....520-722-0010
 Terry Schick (Flagstaff).....928-853-0653
 Liz Strong (Tucson)Lizzie441@comcast.net..... 520-797-7890
 Terry Swartz*(Tucson).....520-623-8285

*ARS Judge

Meetings are held at 7:00 pm on the 2nd Thursday of each month at
Mesa Community College:
Paul Elsner Library Community Room
1833 W. Southern Ave., Mesa, AZ
New Member Orientation at 6:30 pm

Calendar of Events

**July 12th - 7 p.m. General Meeting - Summer Rose Care -
Keep your roses going through the long hot summer**

**August 4th - 9 a.m. - Noon - MCC Community Ed course,
"Growing Roses in the Desert Southwest" taught by Marylou
Coffman. Enroll now!**

August 9th - 7 p.m. General Meeting - to be announced

September 14th - 7 p.m. General Meeting

October 11th - 7 p.m. General Meeting

**Please bring your dues to the meeting or mail to the
post office box listed below. Thanks for your support!**



*The Rose:
Our National
Floral Emblem*

All articles for the newsletter must be submitted to the Editor by the 20th of each month.

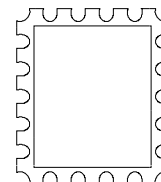
Mesa-East Valley Rose Society

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Rose Lore

Dona L. Martin, Editor
Mesa-East Valley Rose Society Inc.
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Check out our

ARS Award Winning website:

www.roses4az-mevrs.org

*Developers of
The Rose Garden at Mesa Community College,
the largest public rose garden in
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