

Safety in the Garden

We don't always think of our gardens as being a source of danger but if we are not prepared we can find ourselves with aches and pains, or even a trip to the emergency room in our future. It is important to treat gardening like we would other activities where we warm up before heading out to the garden beds. The equipment that we use should be used correctly and with care, our clothing should be appropriate for the task, and we should know our personal limitations. Joan Furniss and Sara Freeman will present a talk entitled "Stretching for Gardeners and Personal Protection in the Garden" on Tuesday, April 9th. This talk is sponsored by the Transylvania County Extension Master Gardeners and is part of the monthly program of talks and demonstrations that will interest Master Gardeners, amateur gardeners, and the public at large.

Joan Furniss will show how stretching and exercises can help us get warmed up for gardening. Joan is a fitness instructor with 30+ years of experience. She has taught a variety of land & water group classes, focusing on cardio, strength, balance, posture and flexibility. Currently she teaches Pilates and cardio/strength classes at The Brevard Health & Racquet Club. Joan holds BS & MT degrees, and AFAA, Fitour, NIA and Les Mills certifications. The goals in all her classes are to motivate members to feel their best and be fit for life. When not teaching classes, Joan enjoys time with her family, hiking & biking, creating art and gardening. Her presentation will highlight proper and safe body mechanics while gardening, along with simple "A-B-C" and "1-2-3" general tips to add while gardening and carry into everyday life activities.

In the second part of the program Sara Freeman will talk about personal protection equipment and methods to prevent injury in the garden. Sara Freeman has worked for NC Cooperative Extension since 2012. She is an Agriculture Program Assistant and an EFNEP Nutrition Educator for Transylvania Co. She was born in Roanoke, Virginia but has made the mountains of Western North Carolina her home since attending Warren Wilson College. Sara has her Bachelors in Environmental Studies with a concentration in Forest Resource Conservation and has completed the coursework for a Masters in Forest Economics and Management from Virginia Tech. Sara received the Pride of the Wolfpack award in 2014, EFNEP New Program Assistant Award 2015 and NCAEPAAT Early Career Award 2016. She is most proud of her two daughters Hazel (18) and Isabelle (15). She loves being outdoors, and particularly hiking, backpacking, and all things plant related.

The talk is sponsored by the Transylvania County Extension Master Gardeners and will be on Tuesday April 9th, from 10 to about 11.00 am and will be held in the Community Services Conference Room, 106 East Morgan St, Brevard. The public are most welcome and there is no charge. This is a great opportunity to hear a local expert speak and will be of interest to new and experienced gardeners. Refreshments will be served starting at 9.30 am giving you an opportunity to meet with other Master Gardeners. Telephone 828-884-3109 for any questions.

Janet Lute