

English trough garden of Gini and Don Stambaugh



By Clare Winslow

On April 11, the Pine Knoll Shores Garden Club conducted a brief business meeting at town hall. Changes in the club's by-laws were described by Kay Howe and discussed by club members prior to voting on the change in May. Linda Langheld reported on the spreading of pine straw on various town gardens with the exception of Mimosa Boulevard where the bridge reconstruction is progressing. Lois Jean O'Keefe informed the club that the water system in the Hereth Garden in front of town hall needs to be replaced.

Following this short meeting, club members proceeded to Gini and Don Stambaugh's beautiful home and gardens on Beechwood Drive to view their raised gardens and

observe a demonstration of their special project—their English trough gardens. Just walking around admiring the lovely flowers and plantings in their marvelous gardens took one's breath away! No botanical garden anywhere could be more spectacular than the landscaping of all the property surrounding the Stambaugh's house. While both are avid gardeners, Don describes himself as "the digger" and Gini as "the designer." As club members arrived, we found Don in the process of constructing one of his trough gardens. He was applying and pressing down, bit by bit, what looked like mud into a rigid mold. In truth, it was really the cement mixture for the trough containing 1/3 peat moss, 1/3 perlite, and 1/3 Portland cement. He and Gini took great pains to spread it evenly to a 2-inch thickness.

Don explained that the mold could be a cardboard box, Styrofoam chest, plastic container, kitty litter pan or any wood or polystyrene form, but that it is imperative to cover it with plastic and chicken wire before applying the cement mixture. This particular recipe is called "hypertufa"—a term used for artificial stone, which is a substitute for natural volcanic rock called "tufa." Constructing one's own English trough requires much patience—mixing together the ingredients in the correct measures, spreading the mold with great care, waiting several days for the tufa covering to cure (or dry) and even remembering to insert two to four hollow sticks or tubes in the bottom to allow for drainage. Don's demonstration was followed by a scrumptious picnic on the driveway, prepared by Lois Jean O'Keefe, Joanne Shallcross, Jean McDanal, Arlene Graczewski and Gini Stambaugh. This marvelous treat included deviled eggs, sandwiches, finger spreads, fresh fruit and a wide variety of drinks. After lunch, one lucky member guest, Olga Welsh, was the winner of a drawing for an English trough that Don had completed and that was undergoing the curing process. A plant exchange among members and guests was the final event of a day filled with interesting horticultural adventures.

On May 9 the club will take a field trip to Honeybees by the Sea, the home of beekeeper Lynn Lynk in Morehead City. Club meetings are held at 9:30 a.m. at town hall on the second Wednesday of each month. Visitors and guests are welcome to attend.

Get back to life with Dr. Vettichira's customized SpinaCORE Program	
---	--

Degenerative Discs	Posterior Facet Syndrome	• Nec
Herniated Discs	Acute Back Pain	• Scia

- C Consultation & Diagnostics
- Optimization of Medical Management Medications and other modalities. Epidurals, Nerve Blocks, Facet joint & trigger point injections.
- R Rehabilitation of the Spine • NON SURGICAL SPINAL DECOMPRESSION Accu-SPINA®, IDD Therapy®
 - Stabilization and strengthening of the Cervical and Lumbar spine, Electrical Stimulation, Ultrasound techniques, Bracing, other Modalities etc.

k Pain Itica

E Education and Maintenance Education, Life-style modification, Home Exercise program.

Call today for a Consultation with Susan Vettichira MD

(Board Certified Physical Medicine and Rehab Specialist, with additional fellowship training in INTERVENTIONAL SPINE CARE)

CARTERET MEDICAL SPECIALISTS, PLLC 252.726.4000 • www.SpinaCORE.com

NEW LOCATION: 147 Hestron Plaza, Suite 102. Hwy. 24, Morehead City

Enjoy Life . . .

free from Neck & Lower Back Path