



Garden Club

By Clare Winslow

On March 12, Judy Hicks, physical therapist and Clinical Director of Peak Performance Sports Physical Therapy in Havelock, spoke to the Garden Club on "Pain-Free Gardening"—how to garden without injuring oneself. Since all our members are diligent gardeners from March until November, it was a wonderful opportunity to learn how to avoid backaches and sore muscles. She informed us that gardening is the number one pastime of the United States, and that there are 84 million weekend gardeners. Unfortunately, these industrious folks toil too long and too hard, trying to accomplish too much in just two days. Gardeners make 400,000 emergency hospital visits each year. The second reason for injuries involves the use of flower pots—bruises, gashes and injuries from lifting heavy ones. Of course, the most traumatic and serious injuries involve chain saws and lawnmowers.



Physical therapist Judy Hicks (left) and Garden Club Vice President Karen Zaenker

Ms. Hicks stressed using ergonomics by designing and arranging things, with emphasis on how to prevent injury and not waste energy. We should stretch and gently warm up our bodies before starting to garden, carry loads close to our bodies, never reach or twist, use a wheelbarrow or garden cart for heavy loads and always wear supportive shoes. To prevent repetitive strain injury, we should never work through pain and use ice or stretching exercises to recover. She demonstrated many exercises to keep our bodies fit, and members joined in and performed about a half dozen with her. We were also advised that good garden gloves, long sleeve shirts and long pants protect against scrapes and insect bites.

Martha Edwards reminded members that Arbor Day will be celebrated jointly with the town Community Appearance Commission (CAC) on Friday, April 21, in front of town hall. The Okame Cherry Tree to be planted will honor two deceased members, Julia Woolard and Nellie Seale.

President Donna Belanger announced that the Garden Club will prepare a basket for the Kayak for the Warriors auction on June 5, and that the Warriors are including a Pine Knoll Shores home tour this year. Kay Howe was pleased to tell us that the club sold 120 Christmas wreaths this year. Sheryl Woodbury informed us that in 2013 members planted 223 trees, 71 shrubs, 161 perennials, 665 annuals, 45 vegetables, 64 herbs and 59 houseplants. Donna Belanger and Mary Hudak prepared a beautiful refreshment table with a touch of Ireland.

Sara Phillips, the Coastal Education Coordinator of the North Carolina Coastal Federation, will speak on "Native Plantings and Rain Gardens" at our next meeting on April 9. Visitors and guests are always welcome to attend our meetings, which are held the second Wednesday of each month at town hall at 9:30 a.m. for refreshments, followed at 10:00 by the program of the day.



PKS ANNUAL
EASTER
EGG HUNT

Saturday, April 19
 Garner Park @ 10am
 Kids 12 and under



FRIDAY NIGHT IS Italian Cuisine **SATURDAY NIGHT IS Caribbean Cuisine**

WEDNESDAY NIGHT IS Buy 1 Entree Get 1 Free TUNA, MAHI OR PORK CHOP \$25.00 (no substitutions)

New! 10 CRAFT BEERS ON TAP

NEW!!! MARKER BURGER, BEST BURGER IN TOWN!

Come By and Try OUR NEW EXECUTIVE CHEF KEVIN'S Nightly Features

CHECK OUT OUR WEBSITE FOR OUR ON AND OFFSITE CATERING.
 Keep up with us on Facebook for Daily Specials and Upcoming Events!

Come Join Us 7 Days a Week for Lunch: 11am-2:30pm • Dinner: Wed-Sat: 2:30pm-9pm

252 247 2344 • Call for Reservations
www.thechannelmarker.com