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Tips on Creating a Beautiful Victory Garden

• See Page 5

**SFV Board teleconference
meeting June 4, 10 a.m.
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for the link.**

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STATE AND LOCAL EVENTS

Don't miss any of these very important events!

Subject to Change – Check with Chapter Office First

All events through May 31 are canceled.

June	4	The Board is holding a teleconference meeting at 10 a.m. You are invited to attend. Call Jan Veis at (818) 772-7233 or email sfvclca@gmail.com for the link.
Sept.	18	Channel Islands Chapter and friends Annual Fishing Trip, Channel Islands Sportsfishing, Oxnard, details TBA
Nov.		CLCA Convention, Hawaii, details TBA

Reduce Your Risk of Back Injuries

• **Helpful tips for lifting properly at the site**

Submitted by CLCA Insurance Solutions

Construction tasks often require working around heavy equipment and being in situations that can cause serious injury. Follow these simple guidelines to ensure that you're lifting properly.

Proper Lifting Techniques

- Wear gloves if you are lifting rough equipment.
- Clear away any potential obstacles before beginning to carry an object.
- Get a good grip and stable footing. Use your hands, not your fingers, to grip the load, and position your feet so that one foot is next to the load and one is behind it.
- Get under the load by bending your knees, not your back. Bending over at the waist to reach for the object can cause serious injury.
- Keep the load close to your body.
- Never twist your body when you are lifting. Turn your entire body by using your feet.
- Do not lift above the shoulders or below waist level. Size up the load before lifting an object, check its weight.

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A Time to Learn

Today is a perfect time to learn. With social distancing becoming the norm, we are spending more time on our own. Learning has many benefits. As you learn, your body increases the production of myelin which improves the brain's ability to learn better and faster. This will help you fight off boredom by keeping you engaged and looking forward to new information. Now more than ever we

know life can throw us curve balls that force us to change. With increased skills we may be better adapted to change.

Learning webinars have become a staple for me during this time. I have taken webinars on a customer relationship management tool from Single Ops, tree management tools from ArborNote,

arboriculture from the Western Chapter of ISA, and Plant Health Care from companies like Arborjet and Rainbow TreeCare Scientific Advancements. This has been a great way to earn CEU's and gain knowledge by carving out time to learn without sacrificing work or family time.

Webinars are cost-effective. They offer all the same information you would get in seminars without the high cost of travel time, all in the comfort of your own home. I have found that I get the best results when I turn off my phone and do not try to multitask during the webinars. It's silly to say, but technology is a double-edged sword that can help and hinder at the same time.

Our company has set goals for our management employees that include learning from webinars. By having everyone in a constant state of learning, we are then able to teach one another. This has created stronger relationships and a better working environment because the entire team is actively trying to improve our business with the knowledge we have gained.

The Covid-19 crisis changed many aspects of our work. Maintaining a state of learning for you and the other managers will give you an ever-increasing supply of tools to pull from your toolbox to help your business in a wide variety of ways.

Now go learn, stay safe and stay healthy. – Luis



Heat Warning!
Proactively Protect Workers
To Avoid Cal/OSHA Citation

As temperatures soar, Cal/OSHA safety inspectors will be blanketing California to ensure that job sites are complying with "high heat" procedures to protect outdoor workers.

Review the information and regulation links in the text below to be sure you are up to date on compliance requirements.



In addition to the basic steps outlined by California's heat regulation for employers with outdoor workers, Cal/OSHA warns that heat above 95 degrees Fahrenheit requires additional precautions.

Among other measures, it is crucial that workers are actively monitored for early signs of heat illness. This helps ensure sick employees receive treatment immediately and that the symptoms do not develop into serious illness or death.

"During heat waves and whenever temperatures reach or exceed 95 degrees, employers must take additional steps to monitor workers for signs and symptoms of heat illness," Cal/OSHA warns. "Water, rest and shade can protect workers from the heat."

California's heat regulation requires employers to protect outdoor workers by taking these basic steps:

- Train all employees and supervisors about heat illness prevention.
- Provide enough fresh water so that each employee can drink at least 1 quart, or four 8-ounce glasses, of water per hour, and encourage them to do so.
- Provide access to shade and encourage employees to take a cool-down rest in the shade for at least 5 minutes. They should not wait until they feel sick to cool down.
- Ensure that emergency medical services can and will be summoned when an employee feels sick or exhibits signs of heat illness, such as nausea, exhaustion or mental confusion.
- Develop and implement written procedures for complying with the Cal/OSHA Heat Illness Prevention Standard.
- Online information on the heat illness prevention requirements and training materials can be obtained at Cal/OSHA's [Heat Illness web page](#). A [Heat Illness Prevention e-tool](#) is also available on Cal/OSHA's website.



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Tips for Growing a Victory Garden *By Richard Restuccia, Jain Irrigation*

During World War II, Americans were asked to plant gardens in every available patch of soil. This resulted in 20 million victory gardens producing 40% of the nation's fresh vegetables.

Today's pandemic, complete with empty shelves at many grocery stores, created a new level of interest in home gardening we have not seen in years.

Victory Gardens are also known by the terms War Gardens or Food Gardens for Defense, and were planted in the United States, United Kingdom, Canada, Australia, and Germany during both World Wars I and II. They were designed for both relieving food pressure and help improve morale. *The Victory Garden*, a PBS program about gardening and other outdoor activities, first aired in 1975. Today you can view past shows and learn about landscaping, agriculture, nutrition and ask questions of expert compliments of PBS at www.pbs.org/wgbh/victorygarden/



Today many are using the shelter in place as an opportunity to improve their homes and outdoor living areas. This includes working in gardens. Reports from garden centers, garden tool makers, and nurseries suggest business is booming. People are hungry to create something beautiful and useful in their homes. Gardening during stressful times is excellent therapy and rewarding. It is hard to beat the flavors from homegrown vegetables.

In places like Southern California, where temperatures are perfect for growing fruits and vegetables year-round, there is no excuse not to try. During World War I, communities like Santa Monica reported over 300 lots were planted. People were so enthusiastic to plant; they even asked the city for permission to plant in the green spaces between the sidewalks and the street. By 1918 there were over 5 million war gardens planted in the Los Angeles area.

Many gardeners are going to discover growing vegetables is harder than it looks, and while there will be failures, I am betting on the American spirit to keep trying to win out. As more urban families grow their own food, the garden will become a point of pride for many in the neighborhood.

Here are some excellent tips for your Victory Garden:

1. Get a soil test for your garden.*
2. Order seeds online. You may have to make a few phone calls too. I know to try to find tomatoes this spring was a challenge.
3. Most nurseries are considered essential businesses and are open. Be careful about social distance and try early or late when crowds are down.

4. Grow what you want to eat.
5. Stagger your planting times, so you don't get all one vegetable at the same time. Space the plantings out by 5-7 days, so you get a steady supply.

Victory Gardens provided a substantial boost to food production in the past and can certainly contribute to food production today. In addition to safer, more plentiful food, many get mental health benefits as well. If this sticks, this may increase interest in growing more food in urban areas, which are often a better choice than some of the water-loving plants we see that are not edible.

* Cost of a soil test varies from lab to lab and also depends on the amount of information requested. For most landscapes this will cost less than \$50.

A Note from the Author.

I found writing this article an especially enjoyable experience. I'm old enough to remember that my parents and all the neighbors still had victory gardens when I was a little boy. My friends and I knew which neighbors would be angry if we munched on the veggies from their gardens and which ones did not care that some children were eating a couple of tomatoes and some string beans raw. Some of the older men and women would join us and teach us what would be good and what wasn't quite ready for picking. The one heavily emphasized rule was don't eat the rhubarb leaves.

Within a year or two after the Korean war ended most of the vegetable gardens were turned into flower gardens or lawn. There was one neighbor that shrunk his garden and only grew tomatoes; he went from being nice and allowing us to graze in his vegetable patch to blasting us with his garden hose if we approached his yard. Having him chase us and being sprayed with water from a hose on a hot summer day was even more fun than eating his tomatoes. – Richard



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The Heat is ON! *By Kathleen Domenici, Southland Sod Farms*

• Here's how we "keep it cool" at Southland Sod Farms

Ever stick your hand in a pile of grass clippings the day after they were cut? Warm, weren't they? Give them a couple of days and they'll turn black and get downright steamy. Sod will similarly generate heat when stacked on a pallet, especially in the summer.

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The sod is placed onto a rail car, which is pushed into the vacuum chamber. As the vacuum is drawn down the sod cools evenly throughout the pallet. This occurs as water in the soil vaporizes at the lower pressure and in so doing removes heat as liquid water is converted to vapor. This process reduces the sod pallet temperature to about 43 degrees in less than 20 minutes. This is just one of the many ways Southland Sod Farms goes above and beyond to ensure the finest sod available year-round.

In addition to arriving "cool as a cucumber" Southland Sod Farms goes above and beyond to raise the quality bar of our sod:

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Do not go back against the arrows. You will end up at the best Marathon choice, or if your conditions are too severe another variety will be recommended. Unfortunately, in choosing your most important priorities, you may be forced to make trade-offs. For example, less mowing and rapid recovery from wear and tear are not possible because less mowing requires slow growth and rapid recovery requires fast growth.

START

Need tolerance to dog urine?

Extremely heavy wear and tear?

No lawn variety is tolerant of dog urine. However, varieties such as Bermuda and St. Augustine will fill in dog urine burn spots as their runners move laterally. Unfortunately, these varieties are invasive to flower beds, have winter dormancy, and require regular dethatching.

For very heavy use, we recommend Bermuda because its lateral runners provide resistance to wear and recovery to damaged areas. Unfortunately, Bermudas are invasive to surrounding landscaping, winter dormant, and require regular dethatching.

Light to moderate weekend use?	Moderate to heavy weekend use?	Heavy weekend or moderate daily use?
<p>High density Dark green color Medium fine leaf texture</p>	<p>Good density Medium dark green color Medium leaf texture</p>	<p>Lower density Medium green color Medium coarse leaf texture</p>
<p>Slower growth rate Substantially reduced mow clippings Slow injury recovery</p>	<p>Moderately reduced growth rate Moderately reduced mow clippings Good injury recovery</p>	<p>Full vigorous growth rate Full mow clipping quantity Fast injury recovery</p>
<p>0 to 10% shade?</p>	<p>Up to 25% shade?</p>	<p>Up to 40% shade?</p>
MARATHON III	MARATHON II	ORIGINAL MARATHON

All lawns require at least 50% sunlight either a half day direct light or all day filtered light. If you have between 40% and 50% shade, you may wish to consider St. Augustine. If you have more than 50% shade, no turf will survive long term.

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The Toro Company Gives \$500,000 to Global Coronavirus Relief Efforts

• Funds will assist nonprofits worldwide in effort to help those most vulnerable

The Toro Company recently announced that it is giving \$500,000 to assist families and communities worldwide that have been impacted by the COVID-19 pandemic. Grant funding from the Toro Foundation will span all regions where The Toro Company operates, and will focus on providing food, health and humanitarian assistance to helping people adversely impacted.

“Supporting our customers and communities is an important part of our culture and core to who we are as a company,” said Rick Olson, chairman and chief executive officer of The Toro Company. “Now more than ever, it is critical that we come together to respond to the unprecedented challenges posed by COVID-19 and to support those most vulnerable in our communities.”

The contributions include commitments to several global nonprofits that are assisting in the relief efforts. This includes the American Red Cross and the International Committee of the Red Cross, Feeding America, the World Food Program, the United Way Worldwide, and United Way organizations in communities where The Toro Company’s employees live and work.



An additional element of the global giving effort includes a special program for its employees who wish to personally give to designated COVID-19 relief organizations. Under the program, The Toro Company will match employee contributions to a nonprofit organization of their choice in support of relief efforts.

The Toro Company (NYSE: TTC) is a leading worldwide provider of innovative solutions for the outdoor environment including turf and landscape maintenance, snow and ice management, underground utility construction, rental and specialty construction, and irrigation and outdoor lighting solutions. With sales of \$3.1 billion in fiscal 2019, The Toro Company’s global presence extends to more than 125 countries through a family of brands that includes Toro, Ditch Witch, Exmark, BOSS Snowplow, Ventrac, American Augers, Subsite Electronics, HammerHead, Trencor, Unique Lighting Systems, Irritrol, Hayter, Pope, Lawn-Boy and Radius HDD. Through constant innovation and caring relationships built on trust and integrity, The Toro Company and its family of brands have built a legacy of excellence by helping customers care for golf courses, sports fields, construction sites, public green spaces, commercial and residential properties and agricultural operations. For more information, visit www.thetorocompany.com.

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Namaste*

The universe is in alignment...always. I affirm each and every one of us is in alignment. NOW is the time to eliminate and discard old ideas, concerns and worries, and focus on new ideas and ideals.

Each of us has been formed in completeness from our Creator that I know as God. He goes by many names – yet, there is only One. There is a resilient nature within all humans that began as love does...We have worked to make our living environs pleasurable, contemplative, enjoyable, peaceful, and fulfilling.

Within us individually, and after letting go of old thinking and a lot of concerns that are going on, we find we all have the innate ability to co-create clarity, cleansing, and removal of anything unlike what our Creator intended for us – collectively and individually. This is a little hard to achieve, but it is attainable. It starts with personally KNOWING our Creator and KNOWING that He is continually working and creating through us.

I affirm that our Creator rejoices in all that you are...His chosen. I celebrate you, knowing that your life is a celebration. Namaste. – Dave



DAVID JUNOD
Sheridan Landscaping,
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There is a resilient nature within all humans that began as love does...We have worked to make our living environs pleasurable, contemplative, enjoyable, peaceful, and fulfilling.

*Editor's Note: The spiritual meaning of "namaste" occurs when a person greets another – hands together with a slight bow – with the feeling that "I am paying obeisance to the soul in the other." Then a ring of spiritual emotion is created within him. Namaste is said to create vibrations to the one receiving the gesture and creates a loop of bliss to pass positive energy unto the one receiving the gesture.

(I guess a simple "See ya' later" just wouldn't do.)

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Reduce Your Risk of Back Injuries,
continued from Page 3

Decide if you can handle it alone or if you need assistance. As a general rule, most men should not lift more than 37 pounds, and most women should not lift more than 28 pounds. If a particular load is heavier than you can handle, take the following steps:

- Get someone to help.
- Break it down into smaller loads if possible.
- Use lifts or other equipment as aids. These tools were made for heavy lifting.

Lifting as a Team

When others are helping you lift, teamwork is very important. If you're going to be carrying the load to another place at the construction site, both of you should coordinate this prior to lifting the object. Check the route and clearance. One worker needs to be in a position to observe and direct the other. Lifting and lowering should be done in unison. Don't let the load drop suddenly without warning your partner.

Get Fit!

People who are in poor physical condition are at greater risk for back problems. A conditioning program that includes aerobics, weight training and stretching exercises will help you prepare your body for the rigors of lifting. If lifting is a regular part of your job, you may also want to consider wearing a back belt for added support.



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