

The Leaflet

California Rare Fruit Growers - Central Coast Chapter

Volume 7 • Issue 2 • February 2004



Happy Valentine's Day!

A Pair of Sweethearts

Our previous Newsletter Editor, Sandra Pirghaibi, and her husband, John

Thank you, Sandra, for two years of wonderful newsletters and taking us into the 21st Century!

2004...Year of the Berry

The Strawberry

Rosaceae--*Fragaria*

Strawberries and love just seem to go together--so, February is the perfect month in the Year of the Berry to talk about this wonderful fruit. Now whether you believe strawberries have any thing to do with love or not, in France, strawberries are considered a potent aphrodisiac! Newlyweds are served strawberry soup made from sour cream, strawberries, borage and powdered sugar at their wedding breakfast. Others believe that if you find a double strawberry, break it in half and share it with a member of the opposite sex you'll soon fall in love with each other! During medieval times, strawberries were served at important functions to bring peace and prosperity. Don't believe strawberries have anything to do with love? Try making chocolate dipped strawberries to share—you will have **everyone** in love with you!

Americans are partial to strawberries, eating an average of 4.85 pounds of strawberries per capita per year, but even nearly five hundred years ago, people loved them. "Doubtless God could have made a better berry, but doubtless God never did," said William Butler (1535-1618). That hasn't stopped humans from attempting to improve on them, though! During the 1700's, a hybrid variety was developed in France by breeding wild strawberries brought from Virginia with others from Chile. The first important American variety, the *Hovey*, was grown in 1834 in Massachusetts. William Butler probably wouldn't recognize today's huge and flavorful berries with their long growing season.

Strawberries are grown in every state in the U.S. and every province in Canada. **California produces 80-83% of the nation's strawberries**, providing almost a year-round supply of this tasty and nutritious fruit. There are approximately 700 strawberry growers in California producing fruit on over 20,000 acres annually. The strawberry shipping season begins in January in the southern part of the state and moves north with the warming springtime temperatures. Volume peaks in April and May when all production areas overlap. During this time, weekly volume can approach 5 million trays or just over 9 million pounds a day!

We all know how delicious strawberries taste, but imagine this—they are even **good** for you! A serving of eight berries contain 140% of the U.S. Recommended Daily Allowance of Vitamin C, which is more than one orange, 20% of the daily value for folic acid, only 50 calories, and no fat grams! They are a recognized source of potassium, folacin and dietary fiber, of which 50% is water soluble pectin. (Clinical study shows that soluble fibers help reduce serum cholesterol levels.) Strawberries are one of the few sources, along

with grapes and cherries, of *ellagic acid*, a compound which has been shown to prevent carcinogens from turning healthy cells into cancerous ones. It just doesn't get any better than that!

Strawberries should be eaten as soon as possible after picking. Do not wash them until you are ready to consume them. If you must store strawberries, place them on a paper towel in a tightly-covered container in the refrigerator for no more than 2 to 3 days. To freeze them, wash and hull, sprinkle with 1/3 cup sugar, and toss gently with your hands. Place in freezer containers or zip-top bags. Use within 1 year.

Yes, we live in the heart of strawberry growing country! They aren't "rare" fruit around here, but that doesn't make them any less desirable to grow in the home garden. However, I'm not going to attempt giving you an in-depth article on growing strawberries—there are plenty of sources for that. If you are interested in learning more about this wonderful fruit that carries its seeds on the outside, visit the California Strawberry Commission website at www.calstrawberry.com

At the December and January chapter meetings **Doug Allen** brought some wonderful heavy-duty black plastic strawberry planters to show us. He convinced the manufacturers of the planters to give CRFG members a deal—6 planters for \$45! If you are interested in this great way to grow your own strawberry garden, contact Doug at dallen@calpoly.edu

Easy Chocolate Dipped Strawberries

2 dozen long-stemmed strawberries
8 ounces chocolate chips (white, dark, bittersweet or semisweet)

Wash and completely dry the strawberries. Leave stems on. Melt the chocolate in a glass bowl on medium or high power in a microwave, stopping to stir every 30 seconds, until the chocolate is smooth—about 2-3 minutes. (Stirring is important so that you don't overheat the chocolate.) Hold the strawberries by their stems and dip into the chocolate and let excess chocolate run off. Place on waxed paper to harden and then enjoy! These treats can be refrigerated for a day, but they probably won't last that long!

Golden Berry Update

Jenny Weaver, one of our board members, said she really enjoyed the article on Golden Berry or Cape gooseberry in the January newsletter. She mentioned that she had lots of them in her garden and I asked her how she used them. In an e-mail she said, "I usually just munch on the Cape gooseberries while I'm gardening. They ripen year round in Arroyo Grande. My mom loves them in salads. I made a cheesecake once with a Cape gooseberry topping and entered it in the KCBX cheesecake contest and won 3rd prize in the fruit entries!"

Art Hengzen sells Cape gooseberry plants at the Farmers' Markets. I've never bought any seeds. I got one plant from Art and it spread all over my yard. I take the ripe ones and squirt them into bare areas of my yard and then before you know it, I've got new plants!"

So now, we even know where to buy plants if we don't want to wait for seeds to sprout. Talk to Art at one of our meetings!

Weeding Wisdom

A bit of advice from **Marv Daniels**: "When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant."

Recent Happenings

January Meeting—Cal Poly Crops Unit Classroom and CRFG Orchard—Pruning Meeting and Elections—Wow, what a **full** meeting in every way! The weather was absolutely perfect, too. Most of the 130 plus members and guests who attended this event arrived at least ½ hour before the scheduled meeting time of 1:30 P.M. in order to purchase beautiful plants at excellent prices from Cal Poly students and their advisor, Dr. McNeil.

Co-chair, **Art DeKleine** got the meeting underway by announcing the election of new officers and board members. The ballot was handed out, but after a brief discussion, it was moved, seconded, and passed to accept the slate of nominees as printed. Now, that was an easy election—no worry about dangling chads! So, the results for 2004 are as follows: **Co-chairs**, Art DeKleine & Roger Eberhardt; **Program Chair**, Joe Sabol; **Secretary**, Robin Underwood; **Treasurer**, Dick Pottratz; **Web Master**, Art DeKleine; **Raffle Director**, Doug Allen; **Historian**, Arlene Vogel; **Photographer**, Paul Moyer; **Librarian**, Marie Moyer; **Refreshment Coordinators**, Jaleah Brynn and Chuck & Susan Atlee; **Friendship Chair**, Doris Hengzen; **Newsletter Editor**, Lennette Horton; **Community Orchard Coordinators**, Joe Sabol, Pet & Marvin Daniels, and Laura Lopez **Board of Directors**: Art DeKleine & Roger Eberhardt, **Co-Chairs**; Ronda Underwood, **Secretary**; Dick Pottratz, **Treasurer**; Bill Furtick, Robert Scott, Chuck Atlee, Jenny Weaver, Joe Sabol, Carol Scott, Lark Carter, Laura Lopez, Art Hengzen, Anne Furtick, Pet Daniels, and Marvin Daniels.

Joe Sabol gave a brief address about the benefits of joining the CRFG State Organization with the fabulous one-time offer for new members joining in January of two years for the price of one—only \$30. He also reminded everyone that the February meeting would be held exactly where the January meeting was being held (at least we all **think** that is what he said!) and that it would be our annual scion exchange meeting. He reminded us not to bring patented materials for the exchange.

A few other items of business were discussed and then it was time for our much anticipated pruning lesson. Art introduced **Tom Spellman** of the **Dave Wilson Nursery** as our “Guest Pruner” and gave Tom a CRFG hat in appreciation. Tom cut right to the chase, saying he wanted to spend very little time indoors talking, but more “hands-on” time in the orchard across the street.

As Tom made clear, unlike the goals of commercial fruit producers, the objective in backyard orchard culture is the **prolonged harvest of tree-ripened fruit from a small space**. This, he assured us, could be accomplished quite simply by planting fruit varieties which ripen at different times, planting them close together, and keeping the trees small by severe pruning. Home orchards don’t need production quantity—just quality—and trees don’t need to be spaced 15’ apart so a tractor can move down the rows.

He gave us a humorous example of the kind of tree **not** to have in your backyard orchard. “I have a Santa Rosa Plum tree in my backyard that I planted about 25 years ago. It is about 30 feet tall and I get 1000 plums off that tree in a very short period of time. I eat 30 and try to give the rest away. My neighbors won’t answer their doors during plum season!” He keeps the tree for shade, but growing a tree that large isn’t his recommendation for the home gardener.



Tom maintains that fruit trees for the home shouldn’t require a 12 foot ladder to be picked or pruned. His “Alfred E. Newman” approach to home orchards is to keep things as simple as possible. Plant 4 trees of successively ripening fruit in one hole. Keep the trees at a manageable height by severe pruning, beginning with planting time, when your bareroot trees may be topped at about 15 inches to force low scaffold limbs. From then on, prune them to a height you can reach using no more than a low stool. Open up the tree at the center by pruning out any inward growing limbs and be sure to prune away any diseased or dead wood. Keep only fruiting wood that is growing outward. After the fruit sets, thin to no more than one fruit every 8-10”.

Fertilize with a low nitrogen fertilizer and don't over water. Competition for nutrients is another way to keep size in check.

Besides pruning, Tom advocated the use of dormant sprays, cleaning equipment between pruning trees by dipping it in a 50/50 mix of bleach and water, and stripping trees of their leaves to force them into dormancy if they are not already dormant at pruning time.

His demonstration of pruning in the orchard left some members gasping! It's difficult to reconcile the mindset many of us have had because most "fruit tree management" information has come to us from people who are trying to get the most quantity of fruit—farmers! After assuring us that we really would be happy with our "manageable" orchard, he turned us loose to learn by "doing". Tom walked around, assuring and encouraging, and at the end of about an hour, our Community Orchard looked fabulous! If you weren't at the meeting, you missed a wonderful demonstration and practical experience. Want to know more about a "manageable" orchard? Visit the Dave Wilson Nursery website at <http://www.davewilson.com>

Pruning wasn't the only thing happening in the orchard at this jam-packed meeting! **Marv Daniels** had a wonderful sharpening center set-up where people were able to get lessons in sharpening their pruning implements. It was a huge success; Marv will be at the February meeting, too! If you didn't have time in January, now you'll have another chance to sharpen your tools. ("Sharp Guy" Marv and friends, Dick Pottratz & Ray Miklas are shown in photo.)



But that's not all (as they say)! A beautiful commemorative tree was planted for **Richard Shimamoto**, a dedicated Central Coast CRFG Chapter member who passed away not long ago. The tree, a lovely Japanese maple grown by Richard's son, **Ron Shimamoto**, was placed beneath the huge elm tree inside our orchard fence. **Art Hengzen**, a close friend of Richard's, gave a wonderful memorial talk and thanked Richard's widow, **Elsie Shimamoto**, and other family and friends of his who were there for the planting. Those **special** guests attending the commemoration were: Elsie Shimamoto, Kay and Skip Sato, Kelly Petersen, Mary and Merle Muldev, Allyson Nakasone, and a long-time family friend, Masaji Ave of Montebello.

Special thanks to new member, **Rachel Rosenthal**, for the photos of the pruning workshop!

Choosing Fruit Trees for Your Home Garden

In the January issue, Joe Sabol's article gave us excellent advice on how to make raised planting beds. Many of you may have resolved to give one of his methods a try, but now you have to decide what kind of trees to put into your new raised planters! February is not too late to plant bare root trees.

Of course, our mild climate here on the Central Coast presents some special challenges in growing "traditional" fruits usually associated with the home garden such as apples, peaches, plums, cherries, and nectarines. To have successful crops, especially in the South County, you need to plant varieties that require a "low chill" factor. The chill factor is the number of hours of temperatures below 45° F that a variety needs to properly set fruit. Low chill is 300 hours or less; low to moderate is 300-400 hours; moderate is 400-700 hours; and moderate to high is 700-900 hours. It is also important that the "chill" happen more in November, December, and January than later when blooms may have appeared.

For those of you who are connected to the internet, our state organization has lots of great information on what trees do best in this area. However, for those of you who can't get to the website, or who don't want to spend a lot of time, here are a few names of trees that should grow well for you on the Central Coast—with

the approximate number of “chill hours” needed shown. If you **like** internet surfing, be sure to visit Dave Wilson Nursery’s very informative site at <http://www.davewilson.com>

Apples: Anna, 150 hrs; Dorsett Golden, 100-200 hrs; Gordon, 250 hrs; Pettingill, 250 hrs; Fuji, 300 hrs; Pink Lady, 400-500 hrs; and Granny Smith, 400 hrs. **Apricots:** Blenheim (Royal), 750 hrs; Gold Kist, 300 hrs; Katy, 400 hrs; and Royal Rosa, 600 hrs. **Cherries:** Lapins, 250 hrs; Black Tartarian, 600 hrs (needs pollinizer); Craig’s Crimson, 500-700 hrs (self-fertile); and Rainier, 700 hrs (needs pollinizer). **Nectarines:** Desert Delight, 200 hrs; Heavenly White, 700 hrs; Pioneer, 300-400 hrs; and Snow Queen, 250-400 hrs. **Peaches:** Babcock, 250-300 hrs; Earlitreat, 400 hrs; Eva’s Pride, 100-200 hrs; May Pride, 150-200 hrs; Santa Barbara, 300 hrs; and Tropic Snow, 200 hrs. **Pears:** Hood, 100-200 hrs; Keiffer, 350 hrs; and Monterey, 300 hrs. **Plums:** Asian Plums Burgundy, Emerald Beaut, and Golden Nectar, 400-600 hrs; European Plums Bavay’s Green Gage, Coe’s Golden Drop, and Jefferson all need 500-700 hrs. **Interspecifics:** Cherry-Plum, Delight, 400; Plumcot, Flavorella, 400-600 hrs; Pluots, Dapple Dandy and Flavor King, 400-600 hrs; and Aprium, Flavor Delight, 600 hrs.

Orchard Update

The big news here--it got pruned! The old adage, “many hands make light work”, was never truer than on Saturday, January 10 when “many hands” gathered in the Community Orchard to learn by doing. Even “old hands” learned some new tricks as **Tom Spellman**, a representative of **Dave Wilson Nursery**, showed us how to keep the orchard at a manageable level and then turned us loose to practice. In about an hour and a half, all the trees had been beautifully pruned—even that thorny problem of a pomegranate. The orchard looked wonderful, and the thick mulch that had been placed there by chapter members last summer made it easy to get around as well as being esthetically pleasing! Thanks to everyone for their hard work. It **will** pay off when the fruit ripens and you can share in the harvest.

10 Wonderful Years!

How time flies when you’re having fun! Ten years ago, in January of 1994, **Art and Doris Henzgen** and **Jack and Mary Kay Swords** sent out this letter:

Dear Rare Fruit Growing Enthusiast:

Please come to an organizational meeting to help establish a local chapter of the California Rare Fruit Growers in the Central Coast area. The master list of CRFG shows over 40 members residing in this area which is enough to support a local chapter. Meet your neighbors and see what challenges in growing they have overcome. See what kinds of rare fruits are currently growing in your area.

We have arranged to meet initially at the Mid State Bank, Grover Beach Office on Thursday evening, January 20, 1994 at 7:30 PM. The address of the bank is 899 Grand Avenue, Grover Beach (corner of Grand and Ninth). The community room is upstairs.

Since this is an organizational meeting, all aspects of a chapter will be discussed including preferences for meeting times, places, activities, etc. Please plan on attending this meeting and adding your contributions. Bring a friend.

If you are unable to attend, but want to be a part of a local chapter of CRFG, contact one of the persons listed below and give us your name and ideas.

Many of the persons who responded to the invitation are still local chapter members! Celebrate this event with them at our meeting on February 14th. (Rumor has it there will be a “birthday cake”!)

High School Grafting Project

Marv Daniels sent reminders to the apple grafting team members of the Central Coast Chapter, CRFG, that apple grafting starts at the local high schools **February 23 and goes through March 12, 2004**. Now, don't stop reading this article if you aren't a member of the grafting project team, because you can be! Perhaps you are new to CRFG and don't know what this project is. Following is an explanation taken directly from our website:

"**Joe Sabol** of our Central Coast CRFG chapter and Cal Poly started the high school grafting project in 1998, and it has turned into an annual event. The Central Coast chapter buys apple rootstocks in large quantities so it can pass on the discount price to the high schools. Then CRFG members, along with Cal Poly Ag Ambassadors, take the rootstocks to high schools and show the students how to graft. It has proven to be a win-win-win venture. Students win with their enthusiasm at the prospect of being able to "build" their own tree. CRFG members win with the satisfaction of seeing the quality of the grafts made by the students. Ag Ambassadors win by staying in touch with local high school students. And high school agriculture teachers win with the low-cost/high-interest activity in their classrooms.

The schedule is demanding, to conduct grafting demonstrations at 15-30 high schools, and we appreciate the many hours of volunteer help! It's fun, it's rewarding, and it's easy. Joe and Marv demonstrate, students graft, you supervise. No experience needed.

So what do you do? You help with the distribution of supplies, roots, scion wood, knives, and materials. You look at their graft before they wrap it and "approve it" for guaranteed growth!!! You are part of a team, selling agriculture and horticulture and fruit science and agricultural miracles, and Cal Poly and education and good nutrition!!! We all eat apples at the end of class, provided by the California Apple Commission. This is called "soft recruitment" and is not a hard sell.

The students appreciate our visit, our words of encouragement, and our sales pitch!!! We sell science, nutrition, fruit production, expectations, Cal Poly, the CRFG, and the magic of grafting.

Let's make the trip together!!! No experience needed. We teach you and you supervise their grafting!!!! You do some great "teaching" as they do their graft, one on one!!! Just ask Marv Daniels!!!"

There are some wonderful photos on the website, too. It looks like everyone is having a great time! Join this worthwhile effort and have fun, too. Contact the grafting volunteer recruiter, **Marv Daniels**, at marvnpet@aol.com or phone him at **(805) 773-9311**.

Meet Your Board Members

Richard Pottratz

Treasurer



As treasurer and mail list coordinator for the past three years, Richard "Dick" Pottratz manages to collect dues for the Central Coast Chapter of the CRFG without twisting any arms. Actually, being treasurer of our chapter is a chinch for him. For 22 years he had a **really** high stress job—he was a jet pilot for the U. S. Navy, taking off from and landing on an aircraft carrier!

Dick married his lovely wife, Jeanie, "The Stripper" (and you have to ask her about that!), in 1961 and they have one child, a daughter, who lives with her husband and their two children in Los Osos. After Dick retired from the Navy, he was a Captain for Swift Aire, a commuter airline based in San Luis Obispo, until the business closed in 1981. Shortly after that he joined a Mom and

Pop hi-tech company with only 10 employees called Ziatech. In July of 2001 he retired from there as operations manager when “little” Ziatech, having grown to 220 employees, sold to Intel.

When he gets the chance, Dick still flies and he plays golf lots more—his handicap is down 9 strokes since retirement. Besides his job as treasurer and mail list coordinator, he is active in many ways in CRFG, always willing to lend a hand where needed. He is also a member of the SLO Airport Land Use Committee.

Dick’s “hobby” is wine making—an interest that started for him with an over-productive plum tree! Now, he has 20 syrah grape vines growing on his property. His first vintage in 2001 won a Bronze ribbon at the fair!

State of the State

The big news here is—we have liability insurance! For several weeks, e-mails and phone calls flew fast and furiously among state board members questioning what to do since the insurance carrier we had been using declined renewing our policy because CRFG had members outside of California. Getting answers from other agencies on possibility and price of coverage was made difficult because of the holiday season. However, all we need to know in general is that, due to many hours spent on the issue, our organization is covered for liability thru the Chubb Group of Insurance Companies. The coverage is from 01/08/04 to 01/08/05 with aggregate coverage of \$2,000,000 or \$1,000,000 each occurrence.

Announcements

Red Handled Grafting Knives Available: Chuck and Susan Atlee will be selling these wonderful grafting knives from A.M. Lewis at the February 14th meeting. We only have 20 and the price, \$12, is most attractive. Look for them early in the meeting—last year they were quickly snapped up and some who wanted them missed out!

Congratulations: Our chapter co-chair, **Roger Eberhardt**, has been elected chairman of his RAMS group for 2004. Good job, Roger!

Join the State Association: Many of our chapter members are also members of the State association and those who aren’t should consider joining. With state membership you receive a wonderful color magazine, *The Fruit Gardener*, filled with great articles on fruit growing, news, chapter activities and contacts. Yearly dues are **\$30** as of January 2004. Applications are available from **Joe Sabol**.

Check out the Central Coast CRFG Website: If you haven’t done so, visit our chapter website—it’s great! Go to www.kcbx.net/~crfgslo/index.htm

Welcome New Members: Gary Cooke, Cheryl Price, Richard Wagner, Keri Morgret, Richard & Sassi Fisher, Forest Crowe, Ronald Blakey, Rich & Laura Vorle, Dennis J. Anttil, Kendra Moshe, Carol Schuldt, Debbie Bailey, Patricia Sutton, Monica Cooper, Gary Epstein, David Blakely, Rachel Rosenthal, Pete Simmons, and Whitney McIlvaine.

Local Chapter Fees Due in February (If your name is listed here, please send your check for **\$6** to **CRFG** Treasurer, 2430 Leona Avenue, SLO, CA 93401 If you’d really like to help Dick out with his bookkeeping, send a check for **\$25** which will get you **five years** of membership and save you **\$5!**

Evelyn Alberts; Shachi Ananda; Gary Aubuchon; Tammy Blayney; Tom Byrd; Reo Cordes; Dorothy DeVries; Larry Earl; Hunter Francis; Norma Frey; Harold Frisch; Bill & Anne Furtick; Brian & Cathy Galbraith; Charlotte Green; Kay Henderson; Larry Hollis; Mary Jamison; Joe Maltesta; Mike & Joan Metz; Father Albert Meyer; Betty Middlecamp; Tom Muran; Ronald Nishida; Rev. Stephen Odenbrett; Dale Openshaw; Sheree Pellemeier; D. K. Philbin; Liesa Rego; Gabrielle Robbins; Harold & Marie Russ; Joe Sabol; Larry Santoyo; Eunice W. Scarbouough; Linda Seeley; Shirley Selkirk; George F. Shaw; Hal Tuchinsky, and Mary M. Walcher.

Calendar of Meetings - 2004

February 14, 2004: 10th Annual Grafting Party and Scion Exchange. Todd Kennedy of San Francisco, a long time member and leader in CRFG, will be our guest speaker and grafter. He will demonstrate the classic Cleft Graft and discuss "Property Rights" in relation to patented varieties and propagating of the same. He is a well respected attorney. Todd is also a regular contributor to the *Fruit Gardener* magazine.

Joe Sabol gave these guidelines for the February meeting: "Now that you know how to prune... go do it! While you are pruning, remember to save your best wood for the Scion Exchange in February!!! The best scion wood is:

1. Last season's growth, not sucker or water sprouts;
2. Taken from healthy trees, top branches and outer branches;
3. Pencil thickness with good buds;
4. 8 to 10 inches long--terminal buds are OK;
5. Clearly marked--only one variety per bundle/bag;
6. Placed in a poly bag (Tribune sleeve) with wet paper towel, identified by variety;
7. Place in refrigerator, not freezer.

Remember: **Do not bring a patented variety."**

Also at this meeting there will be a "moment of recognition" for our chapter's 10 year anniversary! Bring refreshments I through Q please.

March 13, 2004: The home of Kit and John Long. Kit is an avid Cymbidium collector--she will show us her Cymbidiums, give us tips on growing these beauties, and demonstrate her special transplanting techniques. There will be a plant raffle in their driveway, so bring your plants to share. Kit and John live on Rancho Drive in SLO, more details and a map will follow. Bring refreshments R through Z please.

April 10, 2004: Paso Robles to Trees of Antiquity. We'll travel to Paso Robles for this meeting where we will visit Trees of Antiquity, a commercial nursery with 3-year-old plantings of heirloom fruit trees. The owners took over the Sonoma Antique Apple Nursery and moved it south to Paso Robles. Check their website at www.treesofantiquity.com. Our host will be Tom Linden. Bring refreshments A through H please.

May 8, 2004: Mission Avocados at Cal Poly. We will tour this significant new planting of avocados, a unique partnership between Cal Poly and Mission Produce. Mr. Chris Rhoades will give us a guided tour. More details and a map will follow. Bring refreshments I through Q please.

Late May or Early June: Possible Citrus Budding Workshop. Stay tuned for further details!

Festival of Fruit: June 18, 19, 20 at Cal Poly Pomona Bronco Student Center - 3801 W. Temple Ave. Pomona for the Festival of Fruit, celebrating the "Year of the Berry." Applications to attend are available now.

Program Ideas for 2004: If you have program ideas for 2004, please call **Joe Sabol** at **544-1056** or talk to any chapter officer.