

Volume 8
Issue 6
2012-2013

**DIGGERS
DATES
2013**

Board Meeting
June 4th,
10:30a.m.
at Tracy's

General Meetings
June 5th,
10:30



DIGGERS DIRT



DIGGERS ANNUAL MEETING

June 5th, 2013
Judy McDonald's New Digs
(1155 S. Grand Ave.)
10:30 Coffee & Chit-Chat
11 a.m. Meeting & Surprises!
Special Lunch at Noon

Regrets only to Sara (She needs a head-count!)
sarajpelton@gmail.com
Bring a check for your summer scrip.



**GCA Dates
2013 - 2014**

*Centennial Celebration
Dedication Week*
New York City
June 1 - 7, 2013

*Shirley Meneice
Hort. Workshop*
Nat'l Arboretum
Oct. 21-24, 2013

NAL/Conservation
Washington D.C.
Feb. 24-27, 2014

Zone XII Mtg
Pasadena, CA
April 28-30, 2014

Annual Meeting
New Orleans
May 7 - 9, 2014

Interested in the L.A. River?
If you would like to learn more
about the revitalization of our river,
please visit the LA River
Corp [website: http://thelariver.com](http://thelariver.com)
If you would like to attend a guided
tour of the LA River on Sunday
June 2nd, from 10 -11:30 am,
contact: salons@larivercorp.com.



Hello Sunshine!

Keep that sunny
disposition by getting
your daily dose of
Vitamin D (600-800
IU per day). It helps
build bone density,
fortify your immune
system and fights
depression. In
addition to vitamin
supplements, fatty fish
(salmon, trout, tuna &
halibut) & Vitamin D
fortified milk & yogurts
are good sources.

Keep your cool
this summer by opening windows
and doors in the early morning
hours to let the fresh air in and
close them up when the day starts
to heat up. This will minimize
using the a/c and save loads on
your summer energy bill!

