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WASHINGTON SPARK!

A monthly newsletter
from the city
government of
Washington, Georgia.

Empowering our
citizens through
public information.

April 2018

Community Garden Open



The Washington Community Garden opened on May 1st and is accepting applications. The Garden's kick-off included a seeds and plants give-away to the first 25+ people that registered. Citizens enjoyed cold bottles of water and fresh fruit for snacks. Commemorative T-shirts were also given away.

Plots are still available to plant. If you are interested you should contact Sherri Bailey or Marcus Dill at City Hall. Applications are available at the Cashier's window and can also be found on the City's website, www.cityofwashingtonga.gov. A refundable \$25 deposit is required at time of application and will be refunded at the end of the growing season as long as the plot is cleaned.

Children's gardening classes are being planned and the City has stocked children's gardening tools along with adult gardening tools which will be shared by the gardeners. "We want the children to feel like a part of this garden. These tools will allow them to work alongside their parents and family, and to truly see the fruits of their labor grow" stated Mayor Barnett.

"We had several businesses and individuals to sponsor the garden" stated Administrator Bailey. Smith Farm Supply and Burdette Mill & Gin both donated seeds to give away to registrants. "We also had an anonymous donation for potted plants that were given away". Bailey went on to thank Jack Newsome of SouthEast Land Surveying for donating his time to lay out the path-ways in the garden. There have also been some private donations to support anyone that can not afford the \$25 deposit to claim their spot. Anyone that needs help should reach out to Sherri or Marcus at the City.

Benefits of Gardening

Most people know the health benefits of eating fresh fruits and vegetables, but did you know there are other benefits of gardening? Here are just a few:

- ✚ Exposure to Vitamin D. Vitamin D increases your calcium levels, which benefits your bones and immune system.
- ✚ Decreased risk of dementia. A 2006 study found that gardening could lower your risk of dementia by 36 percent.
- ✚ Mood-boosting benefits. A study cited by CNN suggests that gardening fights stress even better than other hobbies.
- ✚ Enjoyable aerobic exercise. Gardening is a great form of aerobic exercise, plus most become so engrossed in their work that they don't even realize they're breaking a sweat.
- ✚ Helps combat loneliness. Community gardens can be a fun way to engage with others while providing benefits to the neighborhoods. According the CDC, "collaborative projects on shared open spaces where participants join together in the maintenance and products of the garden" not only produce healthful and affordable fresh fruits and vegetables, they also build relationships that promote emotional growth.

City Maintenance Shop in the Works

You may have seen some work going on in front of the Water Department on Whitehall Street. Construction is underway for the City's new maintenance shop. This shop will staff a full-time mechanic to service the City's fleet of vehicles and equipment. This will allow the City to order tires, oil, and maintenance items in bulk to save money. It will also save the City on labor costs of having to send a vehicle into a shop for repairs or regular maintenance. "It has always been our goal to run the City efficiently, and this is just another step in that process" stated Mayor Barnett.

PLEASE ADOPT A NEEDY PET



Kennedy is a 4-month-old lab mix, and Chase is a 6-month-old Jack Russell mix. Please consider adopting them today by calling 706-678-2287.



City Council will meet on May 14th at 3:30 PM at Pope Conference Center.
City Hall closed May 28th -Memorial Day