



LYNN VALLEY GARDEN CLUB  
First established 1943

#### It's Time to Renew

Thank you to everyone who has renewed their membership! Unfortunately, the response has not been as good as last year - only 41 out of 125 members have renewed so far. Please remember, if you do not renew by the December 31 deadline, new members will be selected from the waiting list. Also, would you please let us know if you are not going to renew. We are happy to accept either a cheque or cash, but remember your cheque won't be deposited until January 1, 2010. If you have any questions, please phone either Diane or Carol

.We are looking for the member or former member who might have our Kodak Projector. Any help in locating this would be appreciated.

#### Friends of the Garden at Mollie Nye House

Mollie Nye House is hoping to interest some members of the Lynn Valley Garden Club into forming a FOG group for ongoing maintenance of its garden and renewal and redistribution of plants, as may be necessary from time to time. The number of work days and the work to be done would be, as I understand it, at the discretion of the Mollie Nye FOG. If anyone is interested meeting with Jamie Brown at Mollie Nye House to discuss this opportunity, please tell me at one of our general meetings or call me and I will set up a meeting at Mollie Nye.



For the **Christmas Party**, members will need to bring greenery/berries, a container for their centerpiece arrangement and clippers.

Floral foam, bells and possibly some fresh cut flowers will be supplied.

The club will arrange to have finger food. Cost \$5.00, payment due before December 1, 2009. This can either be paid at the November General Meeting or mailed to or dropped off at Maurice's home,.

November 2009

#### Meetings Schedule

LVGC meetings are held on the third Thursday of each month (except July and August) at St. Clement's Church.

Please note that meetings start promptly at 7:15 pm.

November 19<sup>th</sup>, 2009

Ryan Nassichuk

"Building and Maintaining Healthy Soil during the Fall and Winter"

December 17<sup>th</sup>, 2009

Christmas Party

Craft Night

See details below

January 21<sup>st</sup>, 2010

Heather Edwards

Eco-Sculptures

February 18<sup>th</sup>, 2010

Kerrie Hart

Gardening With Ease

Lynn Valley Garden Club  
Website

<http://www.lynnvalleygardenclub.org>

#### Mailing Address

Lynn Valley Garden Club  
C/o Office Services Etc.  
110-223 Lower Mountain Hwy  
North Vancouver, BC  
V7J 2C0



## 2009 Executive

### President

Maurice Jones

### Vice President

Bonnie Noakes

### Secretary

Kathy Stubbs

### Treasurer

Sandra Smith

### Membership

Diane Allison

Carole Rapp

### Members at Large

Jackie Morris

Pat Holmes

Jacqueline Lamont

Joyce Page

### Newsletter Editor

Irene Dudra

### COMMITTEES

#### Plant Table

Audrey Dewan

Bernie Robb

Christel Glaser

#### Hospitality

Doreen Wakefield

Pat Phillips

#### Historian

Carol Ferryman

#### Bright Spots

Laurie Parkingson

Leah Younger

#### Sunshine/Door Prizes

Illa Jackson

#### Sound System Set-up

Maurice Jones

Hartwig Rother

### Next Executive Meeting

Thursday, Dec. 3rd, 2009, 7:30pm  
at the home of Joyce Page

### The Leaf Deadline:

December. issue: Dec. 7<sup>th</sup> 2009



### Treasurers Report

*Sandra Smith*



### Tea Time

*Doreen Wakefield, Pat Phillips*

Please bring your own mugs, and remember that the coffee we serve is decaffeinated.



### Sunshine Report

*Illa Jackson*

Please let Illa know of any of our members who have been ill or have lost a loved one.

**Door prizes are needed**



### Notes from the Editor

*Irene Dudra*

#### Hostas

- Allow the plants to die back normally. Cutting them back before they are dormant will shorten the energy that they can store prior to a long winter.
- Enjoy their fall color! Some hostas turn a wonderful yellow in the fall. Kind of like the colors that trees reveal in the fall. You would think that you planted a completely different plant!
- Leave the dried leaves attached to the plant throughout the winter. In this way it catches some blowing snow adding to some insulation capabilities. Secondary, it also helps to locate the plant during spring cleanup.

Bury [potted plants](#) up to their rims to prevent the roots from freezing.

This month, it's time to indulge in some dreaming, scheming and planning without guilt! Get hold of some seed catalogues and decide what's on the menu next year in the garden. How about changing the face of your outside space or adjusting it to suit your needs

**This is probably related to Ontario, but interesting.**

*"Recently two representatives of the Ministry of the Environment have told me, in person, that what I am doing is absolutely illegal. I have had excellent results from using regular household vinegar (5%) on the weeds edging my driveway. It seems that I may have to accidentally "spill" some there again this year while taking groceries from the car!"* Yup, it's illegal folks. Using any **non-registered pesticide product** for the control of any garden pest is just simply breaking the law. In other words, use at your own risk. Where this really is an important consideration is if you happen to be a gardening advice-giver at a nursery, garden centre, hardware or farm store, Master Gardener's hotline, clinic, etc. It is very against the law to **recommend** a product for use as a pesticide that has not been registered specifically for that purpose. That includes practically 100% of all "home remedies" i.e. home made concoctions. **Out of the Blue Newsletter**  
[newsletter@perennials.com](mailto:newsletter@perennials.com)

[herbherbert.com](http://herbherbert.com) - a great website all about Herbs.

## BC Council of Garden Clubs – Fall General Meeting– October 17, 2009

Louis Peterson, President, welcomed everyone. New business was discussion of a possible increase in liability insurance for clubs, from two million to three million, at an increased cost of twenty cents per club member (from eighty cents to one dollar). Most people were in favour of the increase.

Adam Uzunovic spoke about Vivariums – Greenhouse in Your Living Room. Adam and his wife Radina made an impulse purchase of 15 orchids several years ago. Creating an ideal environment for orchids in their apartment has been a real achievement. He recommends using repurposed store fixtures as inexpensive Wardian cases. His presentation can be viewed at [www.radinaflowers.com](http://www.radinaflowers.com)

Tom Baumann spoke about Berries – A Fruitful Garden. Tom says we have the world's best crops of blueberries, cranberries and raspberries. Some of his favourite varieties of berries include Albion (strawberries), Toro (blueberries) and Heritage (raspberries). He also suggests growing lingonberries instead of cranberries. He recommends using Sluggo for slugs and nematodes for weevils. He also recommends growing strawberries in raised beds or pots.

Chris Hyde-Lay spoke about The Beauty of Fall Colour. Chris says the best climate for fall colour is a warm moist sunny summer, followed by warm sunny fall with calm winds and no frost. The pigments responsible for red and purple colours are anthocyanins. Cherry, Eddies White Dogwood, Euonymus, Sugar and Red Maple, White and Scarlet Oak, Sumac, Sweet Gum, and Black Gum (Tupelo) have good red colour. The pigments responsible for yellow and orange colours are carotenoids. Elm, Birch, Ginko, Yellow Tulip, Poplar, and Willow have good yellow colour. Stressed trees may colour earlier in the fall than healthy trees, some causes include disease, and problems with water, nutrients, the roots and/or root collar. He recommends testing soil before fertilizing trees. The lunch was very nice (roast beef). Maurice and Bonnie each won a door prize, and yours truly won the pretty yellow begonia from the table.

*Lynn Batt*

### Members at Large Annual Report

On May 9, 2009, we held our annual LVGC Plant Sale. Thank you to all our members who contributed plants and items for the raffle and the 77 of us (including 3 teenage sherpas) who volunteered our time on Friday to set up and Saturday to run the sale. Some of us were counted twice, as we worked both days, but who is counting!

After expenses, we made \$4609.30. At our last meeting in October, we voted to donate \$2650 of those funds back to our community for various projects. Congratulations, everyone!

2009 Members at Large

*Pat Holmes, Jackie Morris, Joyce Page and Jacqueline Lamont*

### Annual Report of the Vice-President

I started my term part way through 2008. Bernie Robb had kindly continued on while the search for a new V.P. took place. We enjoyed topics on the wild flowers of Crete, Hydrangeas, Bee Keeping, Pelargoniums. Elspeth Bradbury talked about her book *A View Through the Trees*. We had speakers on bulbs, winter colour and in 2009 ferns, a video on the Butchart Gardens followed by a later visit to the garden. Water gardens, plants of the Queen Charlotte Islands, landscape design, soil amendment with *Unique Soil Amendment*, ornamental grasses and flora of the Drackensberg. To end the year we will have a talk on building and maintaining healthy soil during the winter. Thank you for the opportunity to once again serve as the V.P.

For the Christmas Party, members will need to bring greenery/berries, a container for their centerpiece arrangement and clippers. Floral foam, bells and possibly some fresh cut flowers will be supplied. The finger food will require a \$5.00 payment due before Dec. 1/09. This can either be paid at the Nov. General Meeting or dropped off at Maurice's home. *Thanks, Bonnie Noakes*

### Annual Membership's Report

There were 125 members in 2009, including 8 honorary members. We were saddened by the death of founding member Ruth Howard in August.

Currently there are 3 names on the waiting list. : *Carole Raff and Diane Allison*

## Christmas Cactus

This plant is easy to look after and will live for many years. They like a cool east or west facing window, out of direct sunlight. Allow the soil to dry out between waterings and do not let the plant sit in water.

One of the most common problems is bud fall. When you see new buds forming, leave the plant alone and do not move it, they dislike sudden changes in light quality or direction.

After the cactus blooms, let it rest ... cut back on watering, do not fertilize, and keep it cool. To get them to re-bloom, the plant must have total darkness every night for at least three weeks.

Christmas cactus propagates quite readily from cuttings or from root divisions. It's best to divide in the spring, or take cuttings in the summer, when the plant has finished its resting period and is growing well. To propagate, carefully remove plant from pot and divide the root mass into several sections. Repot each section in moistened potting soil. To take stem cuttings, remove the leaf from the stem and allow the exposed ends to dry over for a few days, then place them, dry side down, in moistened potting soil, in individual pots. Bury only the bottom 1/3 of each leaf pad in the soil. Roots will develop and new growth will appear on the top surface of the leaf in a few weeks. Rooting the cuttings in water doesn't work ... they just get slimy and mushy.

## Cyclamen

The most important criteria for success with growing Cyclamen are temperature, fresh air, and moisture. Cyclamen will rarely succeed if the temperature goes above sixty-five degrees during the day and fifty degrees at night. Cyclamen should be watered daily to keep the soil moist. Ideally, they should be kept on top of a pebble fill tray of water. Never pour the water over the crown of the plant, as this will cause the corm to rot. As they prefer a humid atmosphere, misting is beneficial. Keep them out of drafts!

Cyclamen will continue to bloom from December up until April if they are kept cool and happy. As the flower stalks and leaves die off, they should be removed by giving them a sharp tug. New foliage and flowers will soon replace the old.

The corm of the Cyclamen plant will normally go dormant after April. Gradually reduce the water, keeping the plant in a cool, darker place. Allow the corm to slowly dry out. Replant it in a shaded area of the garden in the Spring. It should be planted with half of the corm just below the soil surface. In July and August, when the tiny new leaves begin to develop, transplant it into a pot using a rich sandy potting soil, but leave it outdoors. Keep the bed on which the pot stands moist. In early fall the potted corm can be again moved into the house, where it should be kept in a window where it will receive a few hours of *morning* sun each day. Potted Cyclamen should be fed monthly with a diluted half strength [liquid house plant fertilizer](#).

Hardy Cyclamen corms should be planted in a semi shady area of the garden in August or September. They should be planted 2 in. deep and 6 in. apart in a slightly alkaline soil, with a generous amount of leaf mold added. Different varieties of hardy Cyclamen may root from either the bottom or top of the corm. Be certain to plant the appropriate side up!

### **Improve your soil by raking less** by Terry Ettinger

If you dread the annual fall leaf-raking marathon, I have good news for you: Raking and collecting leaves every autumn is a tradition without scientific basis. Research has proven that mowing leaves into your lawn can improve its vigor, and observation shows that unraked leaves in planting beds don't smother shade-tolerant perennials.

Based upon research at several universities, the organic matter and nutrients from leaves mown into lawn areas has been proven to improve turf quality. At Michigan State, researchers set a rotary mower to cut at a height of 3 inches and then mowed an 18-inch-deep layer of leaves into test plots. That's the equivalent of 450 pounds of leaves per 1,000 square feet. The tests resulted in improved soil and healthy lawns with few remnant leaves visible the following spring.

You can achieve similar results if you set your mower to cut at the same height as in the Michigan State study, and mow at least once a week during peak leaf fall when your lawn reaches a height of 4 inches. Leaves shred most efficiently when slightly damp, so mow after a light dew. If you follow these simple guidelines, you will never rake another leaf and improve the quality of your soil.

### ***Build planting beds with leaves***

Under trees or in other shady spots where a lawn won't grow, you can create planting beds from fallen leaves as a source of soil-building organic matter. Shredded leaves applied as mulch protect tree roots from heat and cold and retain soil moisture during dry spells. Some gardeners believe that excess leaves can harbor insects or disease, but I have experienced no such problems in my garden.

After we bought our property, I created planting beds where the leaves would naturally collect on our densely shaded and sparse front lawn. It's been 15 years since I've raked a single leaf dropped by these trees. Instead, the leaves settle among the hellebores, epimediums, Japanese forest grass, hostas, and spring-flowering bulbs, where they decompose over time, just like on the forest floor.

### ***Your own source of free fertilizer***

A little effort can supply an organic source of nutrients for your plants. Here are two ways to use your leaves.

#### **Pile composting for mixed borders**

- Rake the leaves into loose piles or in wire bins about 4 feet square within your borders.
- Mix in a few shovelfuls of soil, and add 20 to 30 gallons of water to aid decomposition.
- Pull the piles or bins apart in the spring, and spread the decayed leaves throughout the border
- Cover the decayed leaves with a 1-inch-deep layer of fresh mulch.

#### **Sheet composting for annual beds**

- Rake your leaves into the empty beds, and shred them with a lawn mower.
- Sprinkle the leaves with a 1-pound coffee can's worth of 5-10-5 fertilizer per 100 square feet of garden.
- Turn the leaves, and water thoroughly to disperse the fertilizer, which speeds decay.
- Turn the leaves again in spring, and plant right through the remaining clumps, which will provide nutrients as they decompose.

### **Knight/Justice Workshop: The Ultimate Rhododendron Conference, April 9-11, 2010**

at Canada's premier rhododendron garden: UBC Botanical Garden, Vancouver and will be presented at two levels, one for beginners and one more advanced. It is open to all gardeners, not just members of rhodo clubs. Featuring classroom and field experiences at 2 learning levels taught by Douglas Justice and Ron Knight, tours of 3 world-class gardens, rhodo sales, on-campus suite accommodation. Ron and his wife are owners of Caron Gardens at Garden Bay on the Sunshine Coast and Douglas Justice is Associate Director and Curator of Collections at UBC Botanical Garden.

***Only 100 spaces available. Generous discount for registering in 2009. Detailed information and registration form at: [www.rhodos.ca](http://www.rhodos.ca)***