



THE LEAF

LYNN VALLEY GARDEN CLUB

First established 1943

March 2015

Message from the President

Congratulations to our two new Hospitality members: Gloria Franco and Daphne Page. Not only are they new to the position, they're brand new members of the club. It's great to see such enthusiasm in new members to immerse themselves in our culture. Thank you to Doreen Wakefield and Pat Philips who have filled these roles so admirably for many years, I hope you enjoy retirement!

In the community this month, the Edible Garden Project is coordinating the build of the Sutherland Schoolyard Market Garden. The schoolyard market gardens are intended to be outdoor, hands-on learning classrooms where school communities can learn about food systems, environmental sustainability and more. They're creating 100 raised beds at the school and have 11 workbees days scheduled from March 9th-22nd for those interesting in volunteering. There are opportunities to help build and fill beds, mulch pathways and install irrigation. If you'd like to know more, visit: <http://ediblegardenproject.com/2015/02/26/sutherland-market-garden-march-is-build-month/>

A number of our club members were present at the Dedication Day for Corrigan Nature House at Maplewood Flats on March 1. It was a well attended event and is a beautiful building. The space will allow the board to hold meetings on site and even rent it out to generate funds for the Trust. The club donates to the Wild Bird Trust each year and it is great to see how it helps.

So many perennials are coming up with the warm weather. I've been thinning plants out and potting them up for the sale. **Tara Findley**



LVGC meetings are held on the third Thursday of each month (except July and August) at St. Clement's Church. 3400 Institute Road

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

Meeting Schedule

March 19, 2015

Wilhelm Bischoff

Our Prize Winning Garden

April 16th, 2015

Gavin Weight

Edible Garden Project

May 21, 2015

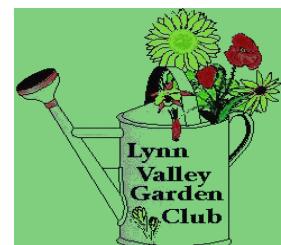
Betty Ann Osler

Living Walls

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2015 Executive

President

Tara Findlay

Vice President

Chris Pharo

Secretary

Audrey Beugger

Treasurer

Norma Buckland

Membership

Rosemary Wagner

Frances Moorcroft

Members at Large

Whitney McMillian

Doreen Dew

Yvonne Kabata

Tom Davis

Newsletter Editor

Irene Dudra

Committees**Plant Table**

Judy Stringer

Irene Turner

Hospitality

Gloria Franco

Daphne Page

Sunshine / Door Prizes

Maggie Davis

Website

Aline Burlone,

Newsletter Deadline

April 12th, 2015

Next Executive Meeting

April 2nd, 2015 7:30pm

Home of Frances Moorcroft



Height makes the arrangement better

Cors de Lint

Thursday, March 19th

with a truckload of his

"Unique" soil amendments prior to our meeting. He will be in the parking lot around 6.30 pm - cost is \$10 per bag – sold on first come, first served basis, while supplies last.

TEA TIME**Gloria Franco and Daphne Page**

Be sure to welcome the new Hospitality ladies
Our coffee, tea and goodies shall be served.

SUNSHINE: Maggie Davis

if you know of a member not well or has lost a loved one be sure to let Maggie know.

TREASURER: Norma Buckland

The bank balance as of January 31, 2015 was: **\$3,415.43**

Petty cash **192.00**

Total **\$3,607.43**

MEMBERS AT LARGE**Annual Plant Sale May 9th, 2015**

This is a great time to divide and pot up perennials for donation to our annual plant sale. Tara has some soil left over for pick-up if you need any extra soil. Please also consider dividing houseplants or sowing some vegetable seeds. Vegetable are becoming more and more popular. Mostly everything gets snapped up at the sale and your efforts are greatly appreciated by the general public.

Sign-up sheets for both job slots for the sale and set-up, and for lawn signs advertising the sale, will be circulated at the March general meeting. If you can please take a slot on both set-up and sale days. The more the easier it all gets done, and both days are fun and social. This is our Main Event and it relies on your support. The lawn signs will be distributed at the April general meeting. The signs should only be put up about 10 days to one week before the sale and taken down immediately after. They will be returned at the May general meeting. Posters advertising the sale will be available at the April general meeting, to be placed in car windows or wherever you might think it effective.

A quick review of club member purchasing rules and privileges for the sale: no reserves on Friday; those on first shift on Saturday may reserve two plants in holding before the sale; family members of first-shifters may line up and shop for them during the first shift; second-shifters can line up and shop during the first shift. These rules help things run smoothly on sale day.

Garden Tour - Saturday, July 11, 2015

Please start thinking about showing your garden on our Annual Garden Tour. Our Club members always look forward to our tour. Your garden does not have to be a show garden. Our members find something delightful in each garden that we visit and it is a great learning experience. It is fun to chat with other members and have a nice lunch in a member's garden. Please talk to any of your Members at Large for more information.

Your Members At Large – **Whitney, Doreen, Tom and Yvonne**

MEMBERSHIP REPORT

We have 121 members for 2015 and a few spaces for new members available.

Welcome to our new members: Brenda Anderson, Harmony Bjarnason, Janet Blue, Carole Cobbett, Brenda Cross, Gloria Franco, Daphne Page, Peter Steinebach, Bruce Tennant, Adele Terrillen and Catharine Winstanley. We hope you will enjoy your first year with our garden club.

Thank you, **Frances and Rosemary**

SPEAKER'S CORNER

Mason Bees – Mike Nassichuk

- Solitary bees, don't produce honey, females have stingers but rarely sting. Females are the size of a honeybee, males are 2/3 the size of female. Metallic dark blue or blue/green. White hair patch on face, especially visible on males
- During winter, bees are fully formed in cocoons waiting to hatch. They start hatching early April. Males hatch first, females 1-3 days later. Mating occurs quickly, and then the males die.
- In nesting cavities, the female fills each cell with pollen, nectar, an egg, and then walls it with mud. Fertilized female eggs are laid at inner end of cavity, unfertilized male eggs towards the outer end. It takes about 1800 flower visits/25 loads to fill one cell with pollen and nectar. End of April, May and early June are busy. The female dies 6-8 weeks after hatching.
- Larva hatch in summer, eat the nectar and pollen stores, then spin cocoons to wait for spring.
- Some flowers they like aside from fruit blossoms: dandelion, turnip, bearberry, sweet pea, current, buttercup, California lilac, pussy willow, forget me not, violet, nettle, mint, rosemary, dill, parsley, carrot, rhododendron, azalea, raspberries, strawberries, pieris, heather, heath.
- Providing moist soil in the garden helps for mud plugs.
- Best aspect is east facing wall with morning sun and open sight lines. Southerly or west facing also works. Solid walls are preferred, as the air movement around posts deters them. Any height is fine for nesting box, 5-6 feet high is good for access and observing. Locate boxes by mid-March so they're ready for the season.
- Put cocoons out to hatch in spring when apple flower buds are full pink, just about to bloom. If you have many cocoons, stagger putting them out to increase odds of survival with weather. Place cocoons as close to nesting box as possible, on top or inside.
- To keep mice and birds from attacking tubes, pull boxes down after the end of June and store in a cool, dry place until cleaning season in November.
- Cleaning nesting boxes and cocoons gives them a leg up, reduces exposure to mites. If using boxes that can't be cleaned, replace each year - put the old one in the shade for them to hatch from, and new one in a preferred nesting area.

Tara Findley

Pat Holmes MASON BEE COCOONS

Pat has some cocoons she is willing to share with others.



Monarch Butterfly is a common poisonous butterfly that eats poisonous milkweed in its larval stage and lays its eggs on the milkweed plant. The monarch butterfly is sometimes called the "milkweed butterfly" because its larvae eat the plant. In fact, milkweed is the only thing the larvae can eat! Conservationists are hoping to convert BC's highways, rail corridors and power lines for migrating Monarchs by planting milkweed.

A year ago, Monarch population hit a historic low of just 30 million, down from more than 20 years ago. The butterflies migrate from Mexico to the southern edges of Canada every spring but the increase rarity of their main food sources along the migratory routes appears to be contributing to the population decline.



Gunnera manicata, or giant rhubarb, a [native](#) to South America from Colombia to Brazil, is a [species](#) of [flowering plant](#) in the [Gunneraceae family](#). A very striking tropical perennial **plant** whose leaves alone can reach individual diameters of 7 feet or more.

Have you got room for it in your garden?

March Fruit and Vegetable Gardening

Take a little time to [prepare the vegetable garden soil for planting](#).

The addition of well-rotted manure, processed manure, peat moss or [compost](#) are good additives for building humus in the soil.

[Peas](#) and Sweet Peas may be planted right now as well as perennial vegetables like [Asparagus](#), Rhubarb, Horseradish and Artichokes. [Eggplant](#), [Brussels Sprout](#), [Cauliflower](#), [Celery](#), [Leek](#), [Onions](#), [Radish](#) seeds and early [potatoes](#) can be planted in the garden about mid month.

Spinach, Chard, [Cabbage](#), [Cauliflower](#), and other hardy vegetables can be seeded or set out late in the month.

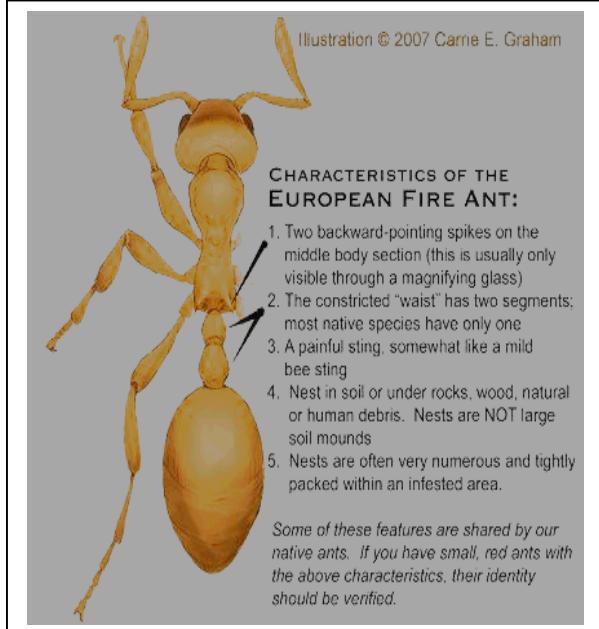
[Plant Strawberries](#), Blueberries, Currants, Loganberries, Boysenberries, Grapes and fruit trees.

Add some steer manure around your Rhubarb.

Its time to start [Tomatoes](#), [Lettuce](#), and many other [vegetable seeds indoors](#).

The **European fire ant** has been confirmed in a number of locations within Metro Vancouver. It is an aggressive, swarming ant that can deliver a painful sting when disturbed.

For more information please send an email to: information@vancouvermastergardeners.org.
Thanks to Doreen Marbry



This aggressive, swarming ant can deliver a painful sting when disturbed, rarely leading to an allergic reaction requiring medical treatment. Colonies can reach densities of four nests per square metre, rendering gardens, lawns and parks unusable for normal activities because of repeated stings. European fire ants also displace native ants and may impact agricultural crops.

How do they spread?

The most likely way is through the movement of infested garden material such as soil, mulch and plants. Once established, colonies spread naturally through "colony budding," where one or more queens and a group of workers leave to establish a new colony, often less than a metre from the original.

If you are stung or uncover what appears to be an EFA colony, please notify the City of Vancouver IPM Coordinator at 604.257.8589. If possible, collect some ants in a sealed container. We will identify them and discuss the appropriate next actions. Please note there are many species of ants in our region, including red ones. Do not assume that any red ant you see is a European fire ant.

The most dreaded task of all is weeding, but it is one that really needs to be accomplished before the weeds have a chance to flower and go to seed.

Remember once the weeds go to seed you can be fighting that weed seed for up to seven years or more.

Most weeds can simply be pulled or cultivated out of the garden while they are young.

Kiwanis Care Center Sensory Garden

The Kiwanis Care Center, just off Seymour Parkway, is planning to create a sensory garden for their residents. They have a very large courtyard space they are hoping to transform into a stimulating garden for the residents, especially those who have dementia. The project is being driven by the center manager, Jane Webley, former manager of the North Shore Hospice. They have contacted our club to see if any members are interested in being involved with the project while they plan, design and create the garden.

The theory behind the garden:

A garden is a place where a person with dementia can stay familiar with memorable activities such as planting and digging, growing flowers or vegetables, cutting flowers to bring indoors, walking around the garden or sitting, relaxing and enjoying the natural sounds the garden makes. Research shows that plants, sunshine, water, birds or animals and fragrance can make us feel better by reducing stress, reducing blood pressure and helping us to achieve an overall sense of well-being.

The five senses of sight, sound, smell, touch and taste can be used to promote a sense of belonging and well being in people with dementia. Providing a multisensory experience can have a positive effect on their behaviour. This can be achieved by enhancing each of the senses to achieve a balance of harmony and peacefulness, which can help to reduce stress and increase calmness. Gardens that are designed to boost the sensory loss or over stimulate the other senses can help to balance the senses again.

A multisensory experience can be achieved by:

Enhancing the sense of sight to bring visual pleasure - using different textures and colours of plants, including designs and planting schemes that are pleasing and restful on the eye; watching birds and wildlife go about their daily business.

Enhancing the sense of sound to calm the nerves using plants that rustle in the wind, bringing the sound of wildlife into the garden by including feeders, baths and plants to encourage birds and bees; using wind chimes, tinkling ornaments and sound sculptures; including the sound of water

Enhancing the sense of smell to relax and reminisce -including scented flowers; adding sweet smelling fruits; placing herbs where they may be stepped upon to release their scent.

Enhancing the sense of touch to provide a soothing sensation -using plants that are soft to the touch; including water features to dip the hands into; adding smooth, tactile sculptures to run the hands over.

Enhancing the sense of taste increasing our enjoyment of food and drink -including fruit and vegetables in the garden grown for their taste; adding herbs that can be used as a tea or tisane; including edible flowers for drinks and salads; using aromatic plants in recipes for baking

Tara Findley

Coming Events

April 18, 2015

**B.C. Fuchsia and Begonia Society Annual Plant, Bake and Craft Sale,
9:00am to 3:00pm at VanDusen Botanical Garden, 37th and Oak Street, Vancouver.
Free Admission.**

April 26, 2015

**Annual Plant Sale at VanDusen Botanical Garden
10 am to 4 pm.**

Celebrating the 40th Anniversary of the Garden 40,000 plants for sale on the Great Lawn.
Admission is free for this one day only. Contact information: www.vandusengarden.org

The UBC Botanical Garden Soil Celebration (botanicalgarden.ubc.ca/learn)

Are holding a series of 30-plus workshops. A collection of experts from gardens, the province and the faculty of land and food system will address the elements of healthy soil, conservation and how soils help mitigate climate change.