



LYNN VALLEY GARDEN CLUB

Established 1943

January 2018

President's Message – Anna Marie D'Angelo

I am at a loss for words when someone asks me what I grow in the winter. My usual response is: not much. But that doesn't mean my yard, and probably your garden, isn't interesting in our coldest season. Looking past the ugly clumps of brown stuff piled on the ground and jarring bare patches, sculptural elements have a chance to stand out in our gardens during the winter months. This does not just happen in our yards, it happens in all sorts of places. At this time of year I find myself on the prowl for stately deciduous trees—my favorite winter garden objects—found in places like old school properties, mature parks and older homes with large yards. It can be mesmerizing to see an old tree and follow its gnarled life silhouetted against a seemingly barren background. It is a treat to walk around a grouping of old trees, each distinct, in the cold on a clear day.

The super moon we had last month and the recent full moon—with a bonus blue moon to come soon - makes for especially dramatic viewing at night. Most of us don't have majestic giants to gaze at in our yards, but some people have figured out how to enhance the winter sculptural drama of their gardens just through the use of LED lights. Blanketing the trunk of a tree—even one on the small side - and outlining its branches creates a twinkling garden sculpture in the dark. Coating a shrub with a layer of LEDs can show off its shape and bring enjoyment from a plant that nobody usually pays much attention to during the rest of the year. Just one tree can be bedazzling for a striking effect, or the more, the merrier! - for a spectacular show that rivals a daylight scene.

Next time I get asked, I am going to say that I try my hand at lumen gardening in the winter but mostly I just like to look at big, old trees.

This is my first newsletter as president and I feel honored and a bit overwhelmed. Penny is a hard act to follow. I had the pleasure of meeting the new executive team earlier this month at our first meeting. I look forward to working with this nice group of people. With our members' support, I think we can have another enjoyable and rewarding year of club activities.

More in next month's Leaf as to why I wanted to become president. To be clear, the goodies at the executive meetings, although a consideration, were not the primary reason.

There is **still space for one Member at Large, aka MAL**, if someone is interested. Also, would someone be interested in being a backup vice-president during the upcoming year? Please contact me for details.

Don't forget to bring your ticket to this month's speaker at Upper Lynn elementary gym. It should be a great talk. Thanks to Judith Brook for making this event happen. See you there!

LVGC MEETINGS

3rd 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

SPEAKERS

January 18

HOWARD WILLS

Great British Gardens
(TICKETS REQUIRED)

February 15

Vegimates' Seed Starting Workshop 6:10-7PM
then

JULIA COMMON

Hives for Humanity

March 15

ERIKA SIMMS

Growing from Seed

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2018 Executive

President

Anna Marie D'Angelo

Vice President

Hiromi Matsui

Secretary

Jackie Morris

Treasurer

Ginette Handfield

Membership

Judy Sullivan

Susan Huber

Members at Large

Rita Marshall

Daphne Page

Doreen Dew

[MAL#4????](#)

Committees

Newsletter Editor

Maria Issa

Plant Table

Norma Buckland

Hospitality

Carole Cobbett

Susan Nicholls

Maggie Davis

Sunshine / Door Prizes

Shirley Lawson

Website

Aline Burlone

Executive Meetings

1st Wednesday of the month

Next Meeting: Feb 7 7:30 PM

Chez DOREEN DEW

Next Newsletter Deadline

February 09, 2017

If you have material to delight your fellow members - please submit it via the time-honoured routes or email to

<mailto:lynnvalleygardenclubnewsletter@gmail.com>

Thanks to all who contributed to this edition: and to Bruce Tennant, Anna Marie D'Angelo, Jenn Syndenham, Lynn Batt & Barb Downman for photos!



REPORTS

VP Report - Hiromi Matsui

As listed on the front page - speakers are booked until March 2018 with more exciting talks being planned.

There are still tickets available for the *Howard Wills* talk on *January 18*. Please contact Judith Brook for your *free* ticket, if you are a member in good standing. Otherwise, \$15 - but there will NOT be tickets available at the door.

Treasurer's Report - Ginette Handfield with Jennifer Syndenham

- The bank balance at the middle of December was \$9064.05, including some membership fees and not deducting some Xmas party expenses.
- In petty cash there was \$ 2064.05.
- The books have gone out for review.

Membership Report for the start of 2017 - Judy Sullivan

As of the January Executive meeting, there were 90 paid-up members. If you know of people who would like to join our group - please let the know.

Please note: if previous members do not renew, they can still attend any/all meetings as a "guest" for the usual \$3/per meeting.

Plant Table - Norma Buckland

There will be no Plant Table at the January meetings, but after that, things should start shooting up pretty quickly. Remember, "one person's weed is another's ornamental" - well, maybe not always, but what we consider "office plants" are weeds in other climates. *See more on this later.*

Hospitality - Carole Cobbett & Susan Nicholls & Maggie Davis

.... our ever-constant reminder to try and remember to bring your own mug to meetings!!!!
[...and as you think of your treats, think of the ever constant reminder to bring foodbank donations.-m]

The Leaf - Maria Issa

At the last exec meeting there happened to be in attendance a number of Master Gardeners and those taking the MG course. During conversations, we all agreed that it would be great if MG, or soon-to-be-MG, could contribute some notes to The Leaf - along the lines of: "in February you need to prep your garden like this..." or "It may still be too early to plant that *Veggimaxus indoorsii* ..." and other useful pieces of info for those of us who are flying by the seats of our pants. (*see more on this later*). You may have forgotten what it's like to *not* know - and you may assume that your info is redundant: IT IS NOT!!! IT IS IMPORTANT to the non-MG crowd. Please share your experience and expertise often. We are all happy to learn.

Crabgrass can grow on bowling balls in airless rooms, and there is no known way to kill it that does not involve nuclear weapons. ~Dave Barry



SPEAKER

Thursday, January 18, 2018
There are still tickets available for this event!!

GREAT BRITISH GARDENS



Our Keynote Speaker is **Howard Wills** of Fernwood Nursery, in Devon, England. <http://www.fernwood-nursery.co.uk/>

Presenter Biography, in his own words:

I am a life-long gardening enthusiast (plantaholic!) with many years of experience of growing a wide range of plants. I run a small nursery specialising in Sempervivums (Houseleeks) and related plants.

At Fernwood, I hold N.C.C.P.G. (Plant Heritage) National Collections® of *Sempervivum* and *Jovibarba* species and cultivars (Alpine Houseleeks) [also known as *Hen and Chicks* -m] and previously, National Collections® of *Phormium* species and cultivars (New Zealand Flax) and *Rosularia* species.

I have exhibited these plants at all the major Royal Horticultural Society Flower Shows and the exhibits have been awarded RHS Gold Medals at Chelsea Flower Show, Hampton Court Palace, Gardener's World Live, Tatton Park, Malvern and RHS Wisley Flower Shows.

The nursery is managed in an environmentally sensitive way and I am also very keen on watching, recording and studying our native fauna and flora. I also enjoy visiting gardens and natural environments both in the UK and in other parts of the world.

Great Britain has a large number of wonderful gardens showing an incredible range of plants and a fascinating diversity of gardening styles.

In this talk I describe a varied selection of British gardens that are, or have been, open to the public and which I have particularly enjoyed visiting, including some Scottish and Welsh gardens as well as those in England.

- ❖ This ticketed event will be at a different Lynn Valley location, rented for the occasion, and will take the place of our usual February membership meeting. (Details will be on your ticket.)
- ❖ Each club member is entitled to ONE advance free ticket available from **Judith Brook**.
- ❖ **You must have a ticket to attend; tickets will not be available at the door.**
- ❖ Please let Judith know if you want to be on a list for extra tickets (\$15), should they become available.
- ❖ If you find that you cannot use your ticket, please let Judith know as soon as possible.

Again, as there is limited space, please note:
NO TICKETS AVAILABLE AT THE DOOR and NO ENTRY WITHOUT A TICKET



Plotting to Pot for the Plant Sale???? - This is for YOU!

The VEGIMATES + 1 (..and I wonder why I keep reading Vegemites?)

Will be hosting a hands-on workshop on SEED STARTING – whether for the Plant Sale, or for your own benevolent, guilty or competitive pleasure. (Remember those incredible hoards of cucumbers and tomatoes last year?)

Tom and Team will be on deck BEFORE the meeting in February – to show you the tips and tricks involved in starting your own seedlings. The **workshop will start at 6:15** and you will need to help clean up and set up for the meeting by 7 PM.



Learn how to start and transplant all sorts of seeds from scratch!

Some of the topics to be covered will be:

- Containers
- Growing media
- Requirements for good seed germination

Everyone is most welcome!

We hope to have more workshops along these lines: if you have a scathingly brilliant idea for a workshop – please let the Exec know.

*To the poor things who missed our Holiday Party and Craft event –
you missed all this!*



Lynn Bätt's wreath

Our Ho Ho Ho was a Hit

– by Anna Marie D'Angelo

A good time was had by all at our Christmas party on Dec. 14: such great company and a crafty bunch to boot! The teacup centerpieces headed by Margaret Nakahara got off to an early start but next door, the beeswax candle makers quickly got on a roll, thanks to Susan Huber and Daphne Page. Then there were the chicken wire wreaths that were major contenders in the quality category. Impressive! Thanks go to Maria Issa for all her hard work on that one. We hear that she may be definitely done with pinecones for a long, long time. And, of course, the snowflakes were a cut above, led by Jennifer Synderham and Penny LeCouteur.

Kudos to anyone who managed to complete all four crafts.

Thanks to our hospitality team for organizing all the scrumptious food. And lastly, *thanks to everyone for helping out before and after.*



More Great British Gardens – Judi Dench's, to be exact!

– sourced by Sue Nicholls

This is a link to a BBC documentary about the trees on Judi Dench's 6-acre property in Surrey, England. Judi Dench's enthusiastic reaction to all the scientific information about the trees in her woods is worth watching.

<https://youtu.be/mAqR4XYKeX0> - I tested this - but it won't open for me.... But try the next ones.

https://www.youtube.com/watch?v=YCQ62deoq_8

<https://www.youtube.com/watch?v=SRFNWsgoCDQ>

There is also "Dame Judi Dench: My life is now just trees and champagne" – which may be the above documentary. I haven't found a (free) link for it yet. – *m*

Try this: 11 days left to use this link. WHY, WHY, WHY?

http://www.bbc.co.uk/programmes/b09jxnv4?ns_mchannel=YT&ns_source=bbc_one&ns_linkname=description_link

Weeds are nature's graffiti. ~J.L.W. Brooks

HEADS UP LVGC!!! If you go on the Metro Vancouver website – (see link: <http://www.metrovancouver.org/services/water/conservation-reservoir-levels/lawn-sprinkling/Pages/default.aspx>) you will find the following.

"Lawn Watering Regulations

[Home](#) > [Services](#) > [Water](#) > [Conservation & Reservoir Levels](#) > [Lawn Watering Regulations](#)

Our water use can increase by 50% in summer and early fall, for swimming pools, growing food, maintaining sports fields and other social and community-building uses. But a lot is also used to green our lawns, wash our decks or driveways and other lower-priority uses. The region-wide watering regulations are an effective way to help us use our drinking water wisely.

Metro Vancouver has updated the Water Shortage Response Plan with a new plan, called **the [Drinking Water Conservation Plan](#)**, active as of May 1, 2018.

It includes changes to the water use regulations, and largely impacts the *watering of lawns and gardens*, playing fields and golf courses, and the operation of commercial car washes and pools.

Lawn Watering Regulations are in effect May 1 to October 15

STAGE 1 RESIDENTIAL LAWN WATERING ALLOWED:

Even-numbered addresses Wednesday, Saturday mornings 4 am to 9 am

Odd-numbered addresses Thursday, Sunday mornings 4 am to 9 am

Watering trees, shrubs and flowers is permitted any day, from 4 am to 9 am if using a sprinkler, or any time if hand watering or using drip irrigation.

STAGE 1 NON-RESIDENTIAL LAWN WATERING ALLOWED:

Even-numbered addresses Monday mornings 1 am to 6 am and Friday mornings, 4 am to 9 am

Odd-numbered addresses Tuesday mornings 1 am to 6 am and Friday mornings, 4 am to 9 am

Watering trees, shrubs and flowers is permitted any day, from 1 am to 9 am if using a sprinkler, or any time if hand watering or using drip irrigation.

Municipal contact information for enforcement and watering regulations [*there is a long list here – check the website - ed*]

In addition to lawn watering regulations, there are other water use restrictions when Stage 1 of the **Drinking Water Conservation Plan** is active.

Some examples are:

- Outdoor car washing and boat washing with a hose with spring-loaded shut off nozzle only
- Watering new, unestablished lawns outside of regulated times requires a municipal permit
- Golf course operators requested to cut water use on fairways as much as possible
- Watering school yards and sports fields from 7 pm to 9 am any day

These restrictions do not apply to the use of rain water, gray water, any forms of recycled water, or other sources of water outside the GVWD/municipal water supply system.

An hour of rain or watering per week is all the water you need for a healthy lawn. Find more information about how to maintain a healthy lawn throughout the year, while following the lawn watering regulations, with Metro Vancouver's [lawn care guide](#).

A healthy lawn is the best defense against chafer beetle, an invasive insect that has damaged lawns throughout the region. [Learn more](#) about chafer beetle and how to treat it within the lawn watering regulations.

Barb Downman's snowdrops are way ahead of mine up the mountain.





*There was a promise of “by the seats of our pants”: Herewith!
– found by Susan Nicholls*

Hmmm – a great idea to collect the unusual – ok let’s face it, totally weird!!! – things people grow plants in... In this particular case, it looks like the entire muscular family made contributions. Please find and share yours. Some can be interesting, eccentric, great-use-of-container, and some just plain odd: the internet is full of “weird planters”.

A Book Recommendation

– by Rita Marshall

“I belong to a book club and we are currently reading a book I am enjoying. The book is all about a scientist who studies plants and soil, and her life as an American Academic. The book is *Lab Girl* by Hope Jahren. She writes with a

real love of the natural world. I recommend this book.”

Quoted from <https://itunes.apple.com/ca/book/lab-girl/id1035153125?mt=11>

“An illuminating debut memoir of a woman in science; a moving portrait of a long-time collaboration, in work and in life; and a stunningly fresh look at plants that will forever change how you see and think about the natural world.

Acclaimed scientist Hope Jahren has built three laboratories in which she's studied trees, flowers, seeds, and soil. Her first book might have been a revelatory treatise on plant life. *Lab Girl* is that, but it is also so much more. Because in it, Jahren also shares with us her inspiring life story, in prose that takes your breath away.

Lab Girl is a book about work, about love, and about the mountains that can be moved when those two things come together. It is told through Jahren's remarkable stories: about the things she's discovered in her lab, as well as how she got there; about her childhood--hours of unfettered play in her father's laboratory; about how she found a sanctuary in science, and learned to perform lab work "with both the heart and the hands"; about a brilliant and wounded man named Bill, who became her loyal colleague and best friend; about their adventurous, sometimes rogue research trips, which take them from the Midwest all across the United States and over the Atlantic, from the ever-light skies of the North Pole to tropical Hawaii; and about her constant striving to do and be the best she could, never allowing personal or professional obstacles to cloud her dedication to her work.

Jahren's insights on nature enliven every page of this book. *Lab Girl* allows us to see with clear eyes the beautiful, sophisticated mechanisms within every leaf, blade of grass, and flower petal, and also the power within ourselves to face--with bravery and conviction--life's ultimate challenge: discovering who you are.”



Events and Offerings

- from Barb Downman

Here is the link to an alert I received today from Phoenix Perennials about the upcoming **Hellebore Hurrah** on **February 23 – 25th**. There will be loads of *stunningly beautiful and expensive* hellebores on offer along with a free workshop.

<http://www.phoenixperennials.com/learn/Alerts/HelleboreAlert-2018-Jan17.php>

- from Maria Issa

Then from the sublime to the ridiculous – but with a somewhat more accessible price tag – and a much shorter drive: there is the Home Depot – (my favourite source of clearance plants) who are willing to give us information on how to keep our indoor tropical alive if our black thumbs are a permanent impediment.

https://www.homedepot.ca/content/homedepot_ca/en_ca/home/ideas-how-to/project-guides/lawn-and-garden/garden-club/improve-air-quality-with-indoor-houseplants.html?eid=EM_20180108_EN_HD_OTH_GardenClub_REG_na_SEC_KH_O_na_LearnMore&em=&ET_MI_D=53187331&ET_RID=569407400

"The plants in your home or office not only look great but may also be clearing the air of environmental toxins.

... and help prevent itchy eyes, drowsiness, headaches and lethargy, all common symptoms of an ailment known as 'sick building syndrome'. We've included a list of common houseplants that clear the air of carbon dioxide as well as some volatile organic compounds (VOCs) found in many homes.

Some synthetic building materials produce pollutants that get trapped in unventilated buildings. These harmful gases, or VOCs, can come from such sources as furniture, carpeting, building materials, cleaning agents, paints and solvents, as well as office equipment such as printers and photocopiers.

In the late 1980s, a study done by the National Aeronautic and Space Administration (NASA) and the Associated Landscape Contractors of America (ALCA) revealed that common houseplants such as bamboo palms and spider plants help purify the air. In fact, at least a dozen common tropical indoor plants have been found to provide an attractive low-cost solution to reducing certain VOCs found in almost all indoor environments.

[Tropical plants grow best because they] usually grow beneath dense canopies and must survive where there's little light. These plants are very efficient at using less light to process the gases needed for photosynthesis, the process by which plants use the sun's energy to make the sugars they need to grow. [For how that works, see December '17 Leaf for a diagram - ed] During photosynthesis, the plants take in carbon dioxide through pores in their leaves. Using the average amount of light found in households, they have greater potential to absorb other gases, including potentially harmful ones. So, in addition to absorbing carbon dioxide and adding oxygen and moisture to the air, houseplants can dramatically reduce the amounts of pollutants, including the chemicals benzene and trichloroethylene and formaldehyde."

Here is Home Depot's pick of plants:

- English ivy, gerbera daisies, pot mums, peace lilies, bamboo palms and mother-in-law's tongue lower benzene levels, a common solvent found in oils and paints.
- Peace lilies, gerbera daisies and bamboo palms reduce levels of trichloroethylene, a chemical used in paints, adhesives, inks and varnishes.
- Bamboo palm, mother-in-law's tongue, *Dracaena 'Warnecke'*, *Dracaena 'Marginata'*, [corn plants - ed] peace lilies, golden pothos and green spider plants filter formaldehyde, a chemical used in building materials such as particle board and foam insulations, as well as in many cleaning products.

So how many plants do I need?

"For an average home of less than 2,000 square feet, the study recommends using a variety of at least 15 of these common houseplants to help clear the air of environmental toxins. For best results, the plants should be grown in 6-inch containers or larger."

And in case you had absolutely no idea whatsoever – but wish product suggestions... ☺

Tips for Indoor Plant Care

Here's how to look after your houseplants so they'll help you to breathe a little easier.

- Water houseplants thoroughly with lukewarm water and allow the excess to drain. Wait to water again until the soil has dried out. Most houseplants benefit from daily misting.
- Miracle-Gro Organic Choice Potting Mix, available in-store, contains all-natural ingredients, including sphagnum peat moss and composted bark, which are great for tropicals and edibles.
- Keep nutrients replenished with Miracle-Gro Watering Can Singles All Purpose Water Soluble Plant Food, the quick no-mess, one-step way to water and nourish houseplants.
- Use containers with good drainage and repot every 2-3 years.



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. ~Author unknown

"A weed is a plant that has mastered every survival skill except for learning how to grow in rows." ~Doug Larson

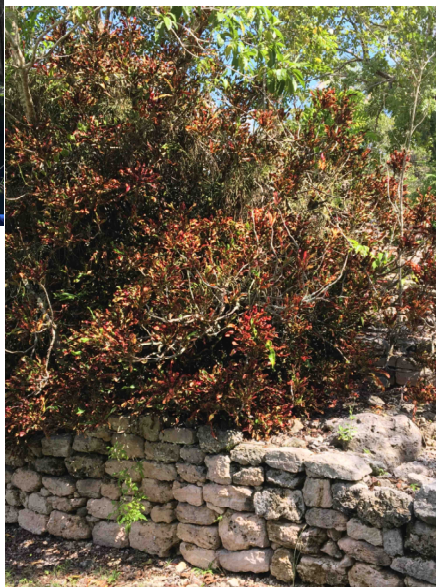
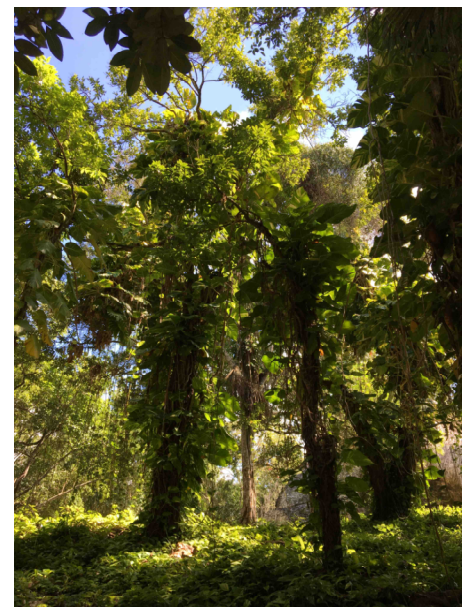
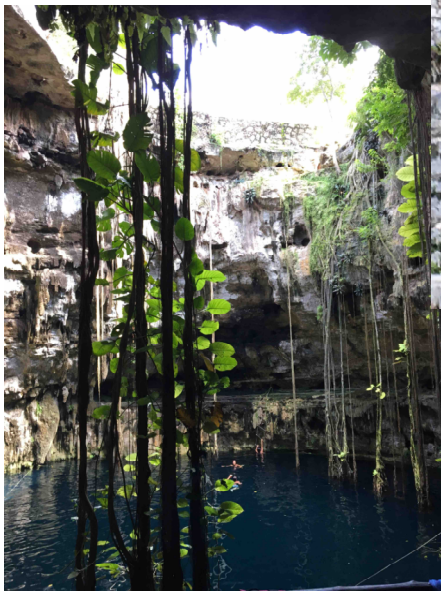
Actually the only reason I dare mention Phoenix Perennials and Home Depot in the same breath, is it does give me a great segue into "one person's weeds are another person's not necessarily wildflowers". Coming up next.



"One person's weed is another's office plant"

- Maria Issa

Last October, Penny and Courtney and I (and others) abandoned wet Vancouver and headed off to the wilds of the Yucatan. Besides spectacular secret, tourist-less Acropolises-with pyramids (mixed cultural metaphor?) by the hundreds hidden in the dense jungle, and mystical underground bottomless lakes [*cenotes*], we kept coming across – yup, you guessed it – office plants! Now these may have been related to the domesticated Home Depot versions that dutifully clean your house air – but these were bigger. MUCH, much bigger. Everywhere we looked, dinosaur-sized office plants thrust upward, dangled downward, spread, grew, hung, stretched in, and on, everything. Not a place to let one's science fiction imagination run amok. *Day of the Triffids?*



When people will not weed their own minds, they are apt to be overrun by nettles.

~Horace Walpole letter to the Countess of