



THE LEAF

LYNN VALLEY GARDEN CLUB

Established 1943

November 2018

President's Message – Anna Marie D'Angelo

'Tis the month before our Christmas Party and all through the garden club, I want to remind everyone that the festive soiree will be held on the ***second Thursday of the month, not our usual third. Please mark Dec. 13*** on your advent calendars. We will have door prizes for tackiest Christmas sweater, the nicest Christmas outfit and for the most unique Christmas item worn. Please see my "President's Report for the Annual General Meeting" in this Leaf for further details about the Christmas party. Hope you can all be there!!

Sorry about the sound at the last meeting. The church says the sound system has been fixed so hopefully we will be able to hear better this time. Because some said they missed details about the 75th anniversary options, I will repeat them here. For background, the garden club's executive supported doing something special to celebrate this milestone so that we increase community public awareness about us and what we do, and also to treat our members in some way. We allotted up to \$1,000 in our budget for this one-off expense. To put this in perspective, we spend ~\$700 to rent a bus to take us on a tour, so \$1,000 is a frugal amount. At the January meeting, we can discuss the options, if anyone wishes, then take another vote and move forward on planning.

The options are:

- Get a booth at Lynn Valley Days to promote awareness about the club.
- Do a gift to members of a tour of Maple Wood Flats or Van Dusen Gardens.
- Combine the plant sale with a 75th anniversary celebration. Have a membership table, picture board, large banner, and provide info (brochures) and give out bookmarks that are free guest cards to a club meeting.
- Look at getting 75th anniversary colourful T-shirts for club members, at a reduced/not-expensive (subsidized) cost.
- Take part in the July 1 parade. Wear our gardening clothes, LVGC T-shirts, give out eg flowers, seeds, free guest admissions to a club meeting. Family members such as grandkids, adult children, can be part of our contingent for more fun.

Through a show of hands, club members liked the options of visiting Van Dusen Gardens, getting 75th anniversary T-shirts and a joint 75th anniversary celebration and plant sale. There was also some interest in doing a special September meeting.

What to bring to the Xmas part on Thursday, Dec. 13:

1. A savoury or sweet "finger food" dish;
2. A mug;
3. Eating utensils if you don't want to use plastic cutlery;
4. ***A food bank donation;***
5. ***Share-able greenery for the centerpiece craft;***
6. Pruners for the centerpiece craft;
7. A teacup and saucer if you want to use that for your centerpiece instead of the festive red plastic bowl which will be supplied. (*see below for details*)

LVGC MEETINGS

3rd Thursday of each month (except July and August) at
St. STEPHEN'S Church
1360 E 24th Street

Please note that meetings start promptly at 7:15 PM

SPEAKERS

Nov 15
ELIZABETH ELLE
Pollinators for North Shore Gardens

Dec 13
LVGC HOLIDAY EVENT
One week earlier than usual!!!

Mailing Address:

Lynn Valley Garden Club
P.O. Box 16053
1199 Lynn Valley Road
North Vancouver, BC
V7J 3S9
<http://www.lynnvalleygardenclub.org>

- October LEAF photo credits to
Anna Marie D'Angelo, Maria Issa, Rita
Marshall, Rosemarie Adams

2018 Executive

President	
Anna Marie D'Angelo	604-xxxxxxx
Vice President	
Hiroshi Matsui	604-xxxxxxx
Secretary	
Jackie Morris	604-xxxxxxx
Treasurer	
Ginette Handfield	604-xxxxxxx
Membership	
Judy Sullivan	604-xxxxxxx
Susan Huber	604-xxxxxxx
Members at Large	
Rita Marshall	604-xxxxxxx
Daphne Page	604-xxxxxxx
Doreen Dew	604-xxxxxxx
Committees	
Newsletter Editor	
Maria Issa	604-xxxxxxx
Plant Table	
Norma Buckland	604-xxxxxxx
Hospitality	
Carole Cobbett	604-xxxxxxx
Susan Nicholls	604-xxxxxxx
Maggie Davis	604-xxxxxxx
Sunshine / Door Prizes	
Shirley Lawson	604-xxxxxxx
Website	
Aline Burlone	604-xxxxxxx

Executive Meetings

1st Wednesday of the month
Next Meeting: Dec 5, 7:30 PM
Chez Anna Marie D'Angelo
xxxxxxx

Next Newsletter Deadline
December 9, 2018

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
Tenmant for the photo below



SPEAKER

ELIZABETH ELLE --- Thursday, NOVEMBER 15, 2018

Planting for pollinators: the bees of your backyard, and how you can support them with flowers

Come learn about the diversity of BC pollinators (we have about 450 species of bees in BC!), why some pollinators are declining, and what we all can do as gardeners to help in their conservation.

Elizabeth Elle is currently Vice Provost for Learning & Teaching at Simon Fraser University. She has been at SFU for 19 years, and studying pollination for over 25 years. Her main areas of interest are the biodiversity and conservation of pollinators in natural areas, and the importance of our wild pollinators for crop production on farms. Some of her conservation work has taken Elizabeth and her students into the gardens and parks of southern BC; resulting in useful information she enthusiastically shares with municipal governments and the general public. She lives in Lynn Valley and is looking forward to sharing with our garden club.



2018 AGM REPORTS

President's Report - Anna Marie D'Angelo

The Lynn Valley Garden Club had a successful year and a major change in how we do things with our move to a new meeting place in September. After many years at St. Clement's Church and having outgrown that space for some time, the club's executive worked hard to find a suitable meeting spot – not an easy task in Lynn Valley!- and then worked even harder to support a smooth transition to St. Stephen's hall. We continue to make adjustments to the St. Stephen's set-up, but I think everyone appreciates the extra room, the easy access, the spacious kitchen and less work during set-up and take down: So far so good.

This year, the weather more than co-operated for our plant sale, which helped make it a success once again. We netted more funds than the previous year's sale, despite having a lot of plants left over. Thank you to the hard-working Members-at-Large and all who collected their plants for sale and dedicated their free time, labour and expertise on the Friday prep day and the Saturday sale. It is heartening to see members taking ownership, not hesitating to roll up their sleeves and going the extra mile to help out. The plant sale is the club's main income source for the year. We made more than enough money for ourselves so that in excess of 50% of the net proceeds were donated mainly to non-profit community endeavours and a school bursary fund.

Our bus tour took us not just over the bridge, but as my old Vancouver friend used to call points east of Surrey, "near Calgary somewhere." We visited Free Spirit Nursery in Langley, and Thomas Hobbs and Brent Beattie's private garden at their sprawling Langley acreage. We also got to buy lots of plants at Devon Greenhouses in Abbotsford. As if any of us need more plants... Thank you to the tour organizers for making the day a special treat.

Our Members' Garden Tour in July had us visiting no less than five lovely gardens. The tour was pleasant, inspiring and like previous years, did not fail to leave me wanting to see more. Thanks to the organizers for making this a special day as well.

Our speakers are always the highlight of our meetings and kudos go to our vice-president for her dedication in securing a great line-up this year. My personal favourites were a tie between Christine Allen's garden downsize - wow, what a thoughtful, labour-intensive project – and Deborah Jones' rain gardens – who knew what rain gardens were before her talk?

Thanks to everyone on the executive and committees for doing great jobs. Please look to your left for the list of people we all need to thank (me excluded). It is a pleasure to work with you all. If I have forgotten to thank someone, my apologies!!!!

Next month, on the **second Thursday**, not our usual third Thursday, of the month, **Dec. 13**, we will be holding our **Christmas Party**. Please bring a savoury or sweet “finger food” dish, a mug, and if you don’t like to use plastic utensils, cutlery from home. We will be making centerpieces as a craft, either using a festive red plastic bowl as the base or, by popular demand, the teacup and saucer centerpiece that we did last year which Margaret Nakahara has graciously agreed to lead again. Please bring your pruners and some greenery-to-share for the craft. If you opt for the “classic” tea service, please bring a teacup and saucer. **Also a non-perishable donation to the food bank will be much appreciated.**

There will be elections of LVGC officers at the AGM and the following garden club members will stand for election:

- Penny Le Couteur for two-year vice-president;
- Sue Callahan for two-year membership;
- Daphne Page for one-year member-at-large;
- Hiromi Matsui for two-year member-at-large;
- Linda Howe for two-year member-at-large.

Nominations for the positions will also be taken from the floor during the meeting. A vote for this slate will follow.

VP Report – Hiromi Matsui

We've had a wonderful variety of speakers in 2018 thanks to the advice and suggestions of many members.

January 18, 2018	Howard Wills, "Great British Gardens"
February 15, 2018	Julia Common, "Hives for Humanity"
March 15, 2018	Erika Sims, "Growing from Seed"
April 19, 2018	Ralph Nevill, "Pruning Trees and Shrubs:"
May 17, 2018	Deborah Jones, "Rain Gardens"
June 21, 2018	Jim Rahe, Annie's Orchard"
Sept 20, 2018	Rob Callahan, "The Urban Bee Keeper"
October 18, 2018	Christine Allen, "Downsizing the Dream"
November 15, 2018	Elizabeth Elle, "Planting for Pollinators"

Thanks to you, the members, who have passed along suggestions for speakers: it was a big help! And a special thanks to former VP, Judith Brook, for leaving a solid foundation to move forward.

Membership Report – Judy Sullivan & Susan Huber

- LVGC has 117 members registered for 2018. 50 of our current year members have renewed their registration for 2019. Thank-you very much!
- 2 new members & 1 member from a previous year have registered for 2019. An early Welcome to a new year with the Lynn Valley Garden Club.
- Please note that the registration fee applies to a calendar year, from Jan 1st to Dec. 31st of each year. Anyone who has not paid 2018 member fees is welcome to attend a general meeting as a guest for the low price of \$3 until their membership registration becomes effective in 2019.
- Until Dec 31, 2018, there are 5 vacant member spots available for New members in 2019. A Wait List will be used if the vacant spots are filled prior to January.
- Starting in January 2019, new or past members will be accepted equally, to fill vacant spots on a “first come first served” basis. **Membership Cards go to the printers in time for the January 2019 meeting**, which may be motivation to some to renew before the end of the year!
- Attendance at meetings has been great for 2018, averaging 64 members (80 as the high number of members attending the March meeting & 58 on the low end). This compares well to the 2017 stats averaging 58 members (66 to 50 as the high & low number of members attending). Next year promises to be even better with our 75th Celebrations!



Treasurer's Report - Ginette Handfield

As of the end of October:

Bank Balance	\$ 10,210.18 and
Cash on Hand	\$ 350.10
Total of	\$10,560.28

The reserve of funds at the end of the year is forecast to be \$8,491.

Please review the proposed budget for 2019 repeated this month (*vide infra*) in advance of the Annual General Meeting this month. We will be voting on it.

Secretary's Report - Jackie Morris

We received the following thank you letter from the **BC Council of Garden Clubs:** see where some of our donations are going!! (The report of their meeting, attended by Margaret Nakahara is at the end of this *Leaf*)

Donations were sent to ****all**** on the donations list and many have written thank you letters. As a result, **Gerry's Garden** (Howie Able) and **Loutet Farm** are each offering the club a tour!! **Park and Tilford** will use our donations for an herb garden.

Dear Members of Lynn Valley Garden Club,

On behalf of the BC Council of Garden Clubs Scholarship Fund Committee I would like to thank you for your recent donation of \$300 to the Scholarship Fund. Each spring the Scholarship Fund provides horticulture students in British Columbia with educational scholarships.

In 2018, the Scholarship Fund provided \$10,600 in scholarships to students in the following institutions.

- Simon Fraser University - Mildred Wells Scholarship \$1,600
- Horticulture Centre of the Pacific \$700
- University of the Fraser Valley \$1,500
- Kwantlen Polytechnic University \$1,000
- Kwantlen Polytechnic University \$1,500
- University of Northern BC \$1,000
- Camosun College \$1,200
- Thompson Rivers University \$1,000
- UBC Horticulture Training Program \$1,100

Our committee consists of volunteers who work to raise awareness of the scholarship fund, liaise with the educational institutions, allocate funds to schools, and oversee Vancity Community Foundation's management of the scholarship funds. We appreciate hearing from you: the committee can be reached at scholarship@bcgardenclubs.com or at P.O. Box 121, Stn. Whonnock, Maple Ridge, BC, V2W 1V9 for any comments you may have.

In the future, if you wish to donate again, you can do so by mailing a cheque or by donating through the internet at our Vancity Community Foundation donation page.

www.vancitycommunityfoundation.com

Click on: Give/Donate Now

Browse the directory for: BC Council of Garden Clubs Scholarship Fund

Thank-you for your support of horticultural education in British Columbia.

Sincerely,



Gillian Davis-Chair, Brenda Woosnam-Trustee
BC Council of Garden Clubs Scholarship Trust Fund

Hospitality - Carole Cobbett & Susan Nicholls & Maggie Davis

Thank you everyone for being patient with us as we maneuver our way around this new facility. Going forward our team wants to keep things SAFE for members, and the kitchen as CLEAN as possible to keep in good standings with our new landlord (pardon the pun!). Not doing this can actually be a deal-breaker between the Church and the club!

Our team is big on recycling and being good environmental stewards. Recycling and garbage can be a tricky business, so our team will deal with it OFF SITE as we did for the past 4 years for St. Clement's Church. In doing so, we are adapting the same SIMPLIFIED rules towards dealing with it all. Our new kitchen is H U G E and we've made the following decisions:

1. The kitchen is OFF LIMITS to anyone except Hospitality, the Executive and MALS.
2. Food donations must be ready-to-eat.
3. NO-ONE is to use the kitchen appliances -this includes the microwave, stove, and stove-top.
4. NO-ONE is to use any of the kitchen sinks.
5. There will be a roll of paper towels placed at the kitchen window in case of spills.
6. Both the GREEN and BLACK table-top "bins" will be returning to the treats table.
7. GREEN bin is for DECOMPOSABLE items such as: soiled paper towels, paper cups, napkins, used tea bags, partly eaten food, etc.
8. BLACK bin is for GARBAGE aka NON-DECOMPOSABLE items like: crinkly food wraps, plastic stir sticks, styrofoam products, used gum etc.

NOTE: The Tea-Time bins are for exactly for that - our Tea Time! We urge you to kindly take your own personal plants, garbage and recycling back home with YOU.

In the past we have accepted donations of styrofoam products such as cups and plates. Thank you for your past donations, but in keeping with our philosophy, we will no longer be accepting styrofoam products of any kind. You may wish to approach other special-event coordinators within the club to see if they can use your donations.

Ho! Ho! Ho!.....Christmas Party Time!

1. Bring your mug - as always!
2. Club Members please bring a ready-to-eat sweet or savoury dish that feeds at least 12-20 people. *Finger food* is best.
3. For the food and beverages our team will provide festive paper plates, paper napkins and cups as well as plastic cutlery (a necessary evil).
4. HAVE FUN!
5. At the end of the party, remember to retrieve your dishes, serving platters and serving cutlery.

NOTE: You are welcome to bring your own festive mug, plate and cutlery from home to eat from. However, as *there will be no wash-up facilities*: after the party you will not be able to rinse ANYTHING off in the kitchen. We strongly encourage you to bring along a bag, box or tea-towels to take your soiled dishes home in.



MAL Report - Rita Marshall & Daphne Page & Doreen Dew



After the New Year, the MALs will spring into action (pun intended) and will provide us with pre-plant sale lists of "Plants we want"; "Plants we don't want"; "Plants nobody should want or bring" - the latter with info from the invasive plants website; "Plant info to be supplied with plants" [Note to Self: start your mental plan now - ed] and other useful tips and tricks - so watch this space!

Plant Table - Norma Buckland

While not an AGM-style report, it is notable that the Plant Table is a source of amazing finds and great deals all year. As it has been perfect gardening weather, the Plant Table is looking for interesting fall plantables. Bring your plant or PLANT-RELATED donations to the meeting, or tokens or IOUs such as the ones below. For a (sometimes "suggested") donation that adds to LVGC's community donations, you too, can avail yourself of a variety of interesting offerings if you are quick: items tend to go *fast*. See the choice items below.

- Norma Ferguson has TWO attractive composters, in stylish black, available to a good home. [You have to feed 'em regularly]. Interested parties please contact *The Leaf* by email to receive Norma's contact info.
- Two 3 ft baby *Gunnera* are available – Maria will dig them out for you if you want them; they are just too big to dig out and then take home again if nobody is interested. [FYI: *Gunnera* possesses glands that contain a cyanobacterium, *Nostoc*, which fixes nitrogen for the plant, meaning that *Gunnera* can live in what most plants would consider poor conditions. ... and still they grow BIG!]
- Pink “obedient plants” (*Physostegia virginiana*) are available – Maria will dig these out too....

What's new on the Lynn Valley Garden Club Website?

- Aline Burlone

Make sure to check the Club's Home Page to find the latest news and information posted on the LVGC website at <http://lynnvalleygardenclub.org/>



“What are the odds?” [it's worth attending meetings!]

- Anna Marie D'Angelo

We had almost 60 people at the September meeting including 6 guests and two of the guests won door prizes (7 door prizes in all). Lucky guest Liz L, was #1 on the door prize list and chose a lovely gardening book. Yvonne K, a veteran LVGC member was #2 and decided on the delicious honey provided by our guest speaker Rob C. Based on these winning odds, maybe the guests should buy lottery tickets? (FYI: These are ~1 in 10 odds for “any of 6 guests” to win; ~ 1 in 60 for “anyone”; and the members' odds increase incrementally as each name, once chosen, does not go “back in.” However once one guest has won, the odds decrease slightly for the other guests as they are ‘diluted’ by members: still much, much better than a lottery ticket! – ed)



An Interesting Place to Explore

- Rita Marshall



The **Maplewood Mudflats Conservancy** offers a natural habitat for birds and wildlife, which is surrounded by urban landscape. During the year, the 2nd Saturday of every month at 10:00 AM, Al Grass leads nature walks through the area explaining the relationships between the wildlife and their environment. Cameras are welcome and you don't need to be a member. Al is always pointing out the different populations of birds as the area plays host to their seasonal migrations. The Maplewood Mudflats members also participate in annual bird surveys so birders know what birds are visiting and residing in the area.

The area is great for nature watching: I like the blue herons, owls, and ospreys and I learn about nature through the volunteers who offer their time and knowledge. I recommend becoming a part of this organization or simply taking a stroll through the area next time you are near the Second Narrows Bridge on the North Shore side. Bird surveys are held on the 1st Saturday of every month, starting at 8 am from the Wild Bird Trust Office. All levels of birding interest are welcome; membership not required.

Upcoming events are posted on the Maplewood facebook page: <https://www.facebook.com/MaplewoodFlats> You can also find more information on the Vancouver Trails website. [Take Dollarton highway East from Second Narrows, turn right at the Pacific Environmental Science Centre.]

Geranium vs Pelargonium

- Rosemarie Adams & Maria Issa



Pelargonium?) belong to the same family of *Geraniaceae* – they are quite distinct.

Pelargonium are the “window box” flowers that do not tend to be hardy, though can be kept indoors for years. These tender perennials occur naturally in South Africa, Namibia, Australia, some in Madagascar and similar places – and have rather thick, succulent stems, originating as they do from areas where they have to withstand summer drought. Herbal medicine use among Hottentots and Zulus led to *Pelargonium* being used by Europeans for intestinal problems, wounds and

These beautiful plants – like these from Rosemarie Adams’ that are still blooming in November!! – I’ve had mentally labeled as “geranium” in English, French or German [Hungarian is ‘muskátli’ and doesn’t contribute to the discussion]. “Not so” says my newly acquired handbook from the Royal Horticultural Society (2nd hand bookstore acquisition): “these are called Pelargonium”. While both geraniums and pelargoniums (? Gerania?



respiratory ailments, but *Pelargonium* species have also been used for fevers, kidney complaints and other conditions. Pelargonium oil is considered a relaxant in aromatherapy, and respiratory or cold remedies made from *P. sidoides* and *P. reniforme* have been sold in Europe and the United States.

The “other” geraniums – the real ones, this time – also known as cranesbills or storksills (because of the shape of their seed pods) are hardy, clumping plants that tolerate a range of soil conditions, weather and shade. Coming in a wide range of shapes, colors, and sizes, perennial geraniums are an extremely diverse group of plants.

Hardy geraniums are the ideal North Shore dwellers and can be used for groundcover in places where nothing else will live (like under my firs and cedars). They are also pest and disease resistant and are “ridiculously easy to grow”. I had salivated over blue geraniums for a while and finally acquired some – and they flower all summer, well into the fall! Joy!



Donate Christmas Cards!!!

- Jackie Morris & Courtney Mitchell

A small group we belong to are the only outside people at the annual WISH Society Christmas Party. We have operated a table for several years where we offer Christmas cards – as many as the women want. It started out as a literacy project but it is more importantly a way for the women to keep in touch with family and friends. Women who know of this table will bring a list and often ignore their dinner to write cards. We will mail them, if requested. We often see them giving cards to the WISH staff and thanking them.

We are looking for donations of unused Christmas cards with envelopes. The cards the women seem to prefer are sparkly/shiny, colourful, fun, kids’ themes, featuring animals or birds. The cards seemingly not wanted are dull or featuring scenes of fancy homes, happy white children or lots of presents.

We will pick up any card donations you have, at the November meeting and the Xmas party. Thanks in advance!



The strangest thing I saw in Morocco last month was an argan tree (*Argania spinosa*) full of perched, grazing goats. We saw two more such goat-filled trees, ruling out that the first one was a fluke. These special trees are found exclusively in semi-desert in southwestern Morocco: we saw them from the road on the way from Marrakech to the beach town of Essaouira.

The tree-climbing goats have webbed (!!) hoofed feet that make them good climbers. They especially love eating argan nuts along with the leaves from this gnarled tree.



[above: Anna Marie and team honing Master Gardener pruning skills] [Right: Anna Marie's daughter, Carla, feeding argan leaves to a baby goat]

Argan nuts can be processed into oil good for human use in cosmetics (as a conditioner for taming frizzy hair or skin moisturizer) or it can be made into a nutty-flavoured cooking oil and used in a similar way as olive oil.



There are two ways to process the argan nuts into oil. Old tradition involved the recovery of the partially digested argan nuts from goats' droppings to reduce the labour of oil making - but that is not done "in modern practice."

According to the Missouri Botanical Garden plant finder – always a wealth of unimpassioned information – the argan tree is an "interesting ornamental tree for warm winter areas." Missouri Botanical does say under "problems" that goats standing on the branches can stunt a tree's upward growth. And in fairness, Missouri Botanical mentions that the argan forest is in decline due to excessive deforestation and outlines how UNESCO stepped in with a designation that protects some of the argan forest because it acts as an essential buffer against the Sahara Desert.

[*'Sahara' is from the Arabic word meaning "desert". Sahara Desert is thus a pleonasm. -ed*]



EVENTS

Wednesday, Nov 14, 2018 7:30 PM

The *Capilano Flower Arranging Club* presents an evening with world-renowned floral designer and author of the *Effortless Floral Craftsman*, Christine De Beer. www.christinedebeer.ca

Free admission. Doors open at 7. Demo at 7:30.

Location. Fir Room. Delbrook Rec Centre. 851 W Queens Road North Vanouever BC. Free parking

Christine de Beer book *The Effortless Floral Craftsman* will be available for purchase

Draws and silent auction for her designs. Floral supplies and arrangements for sale. Cash sales only.

Contact capilanoflowerarrangingclub@gmail.com to reserve your spot or call or text Joyce Wihnan (604) 302-1925

Join us for a fun, educational evening.

UBC Botanical Garden Adult Wreath Workshop

Saturday December 1, 2018

9:00 am - 12:00 pm

\$60.00: Garden members, UBC students, staff, faculty & UNA

\$65.00: General public

Taxes included, plus Eventbrite fees.

Guided by the talented and experienced Friends of the Garden (FOGS) and inspired by the UBC Botanical Garden's natural treasures, you will learn tips and techniques for making your very own natural holiday creation. Participants will leave with their own beautifully handmade wreath to decorate their door or to gift to a friend. Additional wreaths are for sale at our Shop in the Garden during the holiday season.

The Anonymous Art Show November 22 -Dec 15

Cityscape Community Art Space

335 Lonsdale Avenue

While not strictly "plants" – there are paintings of plants for those seeking to "plant" indoors.

MASTER GARDENER PROGRAM: REGISTRATION

- Helen Shim Boyle

If you are a beginner, a long time gardener or anyone in between, this course will provide you with a solid grounding in the basics (~ which even experienced gardeners will learn from), the most up to date horticultural information, resource material, contacts and a large gardening/environmentally focused network. We have heard many students who have been gardening for years say that they wished that they had taken this course sooner as it would have saved them time, energy and money ... given them more creative or feasible gardening ideas/solutions ... very much shortened their learning curves ... and corrected or improved their long-standing horticultural practices. We are facing new challenges in gardening i.e. climate change, sustainability, smaller or no yards, food security and evolving ecologically sensitive ways to deal with pests and diseases: the Basic Training Program covers these issues and more.

PLEASE REGISTER EARLY TO SECURE A PLACE IN THE CLASS. Our website (see links!) provides all of the course, contact and registration information. We hope to see you in January.



The Compost Bin

- Maria Issa

"What We Did On Our Summer Holiday" Part 2



After our canal tour, Penny and I (and others) travelled to Cornwall by train. I was following our route on google (ouch, data plan!) when I saw that the blue dot was blithely chugging along the NORTH of the Bristol channel. Cornwall is definitely on the south side. There was more and more water between us and Cornwall and the likelihood of a bridge decreased while my panic increased – as did that of the other passengers. At least that was reassuring. The train drew to a halt in



Newport, Wales (!!). I accosted the conductor – who reassured me that all will be well as there was work being done on the direct track. So, in Newport the train reversed itself (I had been travelling backwards – now it was forwards) and we headed back toward Bristol, then south-west over more and more beautiful countryside to Plymouth, then our destination, Truro.



expected in October. Luckily, there was a purring, gregarious tabby cat who insisted on showing us around, though there wasn't much and certainly not 5-pounds' worth,

Our chosen touring item was Bosvigo gardens (pictures previous page) – touted as Truro's best-kept secret. The website said it was open till the end of September. It was September 30. Yay! We struggled about 2 Km up hill. Got there. Place closed. Rang the bell. After a few minutes, a woman "our age" appeared, in presumably her (eek!) "gardening best". "Closed," she said "but you're welcome to look around". She pulled out a stool with a box on it "put the money in here and it's 5 pounds" and slammed the door. We paid, somewhat reluctantly. Then we went to have a look. The walled gardens (there were two) and the conservatory were indeed lovely, if overgrown and past their prime: to be



but such is life. Here, as in many places in Cornwall, there were mounds and mounds of light pink daisy/aster-like plants (above, left). Turns out, these are a drought-tolerant Latin American fleabane great in containers, perennial beds and rock gardens. Latin American fleabane (*Erigeron karvinskianus*) is grown in many areas of the Pacific Northwest, where its airy texture and drought tolerance make it a great choice for natural-themed landscapes. In colder areas, it's often treated as an annual and planted in containers. Another benefit of this Central American native is that it attracts bees and butterflies, which makes it popular for pollinator gardens in arid or coastal climates.



through increasingly small roads to eventually arrive at the definitely stately and grand estate

Our next garden to be toured was an estate (and wow was it an *estate*!!) called Trelissick a stately home and garden near Prince Harry Ferry. Penny wound our car



(see pictures on their website). We attached ourselves to a painstakingly slow garden tour, and saw some interesting plants in the warm walled garden. The prize for weirdness goes to a *Fascicularia bicolor* (sort of pineapple) that has gorgeous red and green foliage, and occasionally produces a center of blue flowers. Next up was a tree with lovely big orange flowers called *Abutilon 'Marion'* and then the oddest pine ever, a *Pinus serotina*, the pond or marsh pine. (If



you're impressed by my knowledge of the names, I used my photos to reverse image search on Google – you can do it

too!). Then, after having seen and photographed the BIGGEST rhododendrons ever, and gawped at the breathtaking views from the front lawn, we detached ourselves and toured the house where we found huge hen-and-chicks, and that they served “cream tea” on the premises. Yes, clotted cream is delicious, but that’s another story....



Why Holly?

- Sam Abramson

[Basically, I had often wondered... as in Eastern Europe, we never had holly at Christmas... - ed]

Before holly was hung in houses to accompany Christmas trees, it was considered to be a sacred plant by the Druids. While other plants wilted in winter weather, holly remained green and strong, its berries a brightly coloured red in the harshest of conditions. The Druids regarded holly as a symbol of fertility and eternal life, and it was thought to have magical powers. In Druid lore, cutting down a holly tree would bring bad luck. In contrast, hanging the plant in homes was believed to bring good luck and protection. Holly was also thought to protect homes against lightning strikes. Romans associated holly with Saturn, the god of agriculture and harvest, and decked the halls with its boughs during the festival of Saturnalia.

Early Christian calendars mark Christmas Eve as *templā exornatur*, meaning “churches are decked,” though supposedly Saturnalia celebrators didn’t allow some Christians to hang boughs in honour of Christmas. Christians adopted the holly tradition from Druid, Celtic and Roman traditions, and its symbolism changed to reflect Christian beliefs. Today, Christians consider holly symbolic of Jesus Christ in two ways. The red berries represent the blood that Jesus shed on the cross on the day he was crucified. Legend states that holly berries were originally white, but that the blood Christ shed for the sins of humankind stained the berries forever red. A holly's pointed leaves symbolize the crown of thorns placed on Jesus' head before he died on the cross.

Holly is known as ‘christdorn’ in German, meaning “Christ thorn.” Both of these symbols are meant to serve as a



reminder to Christians of Jesus' suffering, but they aren't the only stories tying holly to Jesus. One claims that the cross on which Jesus was crucified was constructed of holly. Another says that holly sprang up from his footsteps. Less common symbolism includes the holly's white blossoms representing purity, and the idea that if the holly used to decorate a home for Christmas is prickly, the man will rule the house for the coming year; but if the holly used is smooth, the woman will rule.



[...however you slice it,

holly (*Ilex aquifolium*) features on the BC Invasive species list, right there with (*Hedera helix*), English ivy, another Christmas favourite...]

“It’s humbling to think that all animals, including human beings, are parasites of the plant world.” -Isaac Asimov

BUDGET – 2019

Revenues:

Guests:

Includes payments received from guests at our general meetings. We propose to change from \$3 to \$5 per guest.

Expenses:

Rent:

All our general meetings will be at St Stephen’s. There should be no need to rent larger venues for special meetings.

Hospitality:

Includes refreshments at our general meetings and the members’ garden tour.

Plant sale:

Includes the booking of St Stephen’s, refreshments, soil, flyers, signs, etc. The budget amount is increased over previous budgets due to our new location (new signage, etc.). [Please note that the 2018 actuals include \$468 for the purchase of honey for resale.]

Sunshine and Door Prizes:

To also include small thank you gifts for departing executive and committee members.

Donations:

Assumes 50% of net plant sale proceeds will be given to non-profit organizations. The exact amount will be reviewed with the membership after the results of the plant sale are known.

BCCGC:

Includes the cost of liability insurance covering the club’s activities; and attendance for two members at both the spring and fall general meetings of the BC Council of Garden Clubs.

Anniversary Celebration:

For a special event - yet to be determined - to celebrate our 75-year anniversary. This is a ‘one time only’ expenditure.

Net: The proposed budget has a shortfall of \$1,680 for 2019. This is mainly due to the inclusion of the Anniversary Celebration and lower net proceeds from the plant sale. The shortfall will reduce our reserve from \$8,491 at the end of 2018 to \$6,811 at the end 2019.

	2017	2018	2018	2019
	Actual	Budget	Year End Forecast	Budget
<u>Revenues</u>				
Membership	2,345	2,400	2,325	2,400
Guests	181	150	330	250
Plant Sale	4,586	4,600	5,869	5,000
Plant Table	114	120	180	120
Total Revenue	\$ 7,226	\$ 7,270	\$ 8,704	\$ 7,770
<u>Expenses</u>				
Rent	821	1,000	1,000	800
Office	202	200	200	200
Miscellaneous	102	30	30	30
Hospitality	432	400	400	500
Plant Sale	128	300	1,181	1,000
Speakers	1,230	1,800	1,200	1,800
Sunshine and Door Prizes	133	350	500	500
Donations	2,400	1,975	2,800	2,000
Newsletters & Postage	730	400	320	340
Christmas Party	386	400	400	400
Field Trip	-	300	92	300
BCCGC	369	340	425	510
Bank Charges	59	75	70	70
Anniversary Celebration				1,000
Total Expenses	\$ 6,992	\$ 7,570	\$ 8,618	\$ 9,450
Net	\$ 234	\$ (300)	\$ 86	\$ (1,680)
Plant Sale net	4,458	4,300	4,688	4,000
Reserve			8,491	6,811

Report of the BC Council of Garden Clubs Meeting of October 10th 2018

By Margaret Nakahara

The meeting of the BC Council of Garden Clubs was called to order at 9:00 am by President Lorna Fraser. She introduced the executive as some of the members had been appointed over the summer when resignations of two of the executives were announced. (These appointments will be adjusted to the vote at the next AGM which will be held on April 6, 2019.)

The first speaker after technical problems with the computer and overhead, was **Warren Wong** who was a graduate of SFU and a recipient of the Mildred Wells scholarship from the BC Council. His area of study was Pest Management, and his major concern has been the control of fire ants and the new invasion of a certain breed of stink bug which is spreading throughout BC and Canada. Its voracious appetite is a threat to all agriculture which includes orchards, forests. Blueberries, corn, apples and trees are especially vulnerable which is devastating to the agricultural economy of BC. This bug has been recorded doing damage to homes in BC by chewing up the woody parts of homes and entering into the food storage areas in the homes through any crack or crevice. A photo of these bugs being hoovered up from a home was extremely revolting as this bug is increasing rapidly.

The adult bug can fly and hence gets about easily. It goes through 5 stages of metamorphosis to get to the adult stage. It lays about 28 eggs per cluster, and can lay these clusters of eggs 3 to 5 times in a year.

Warren has been studying different methods of control of this invasive pest, and is currently working with sunflowers in a lab in Agassiz. It is the hope of all the delegates at the meeting that Warren is successful in his studies to control this pest thus proving how valuable money donated to the Scholarship Trust fund by our clubs is to ongoing work of students.

The Second Speaker was **Karin England** who has earned a Masters degree in Landscape Gardening. She spoke on the importance of growing green, water conservation and methods to achieve this, as well as some lawn alternative. A discussion arose about artificial grass, and it was noted that some municipalities have outlawed this product as it does not allow water to drain naturally into the ground, and hence results in runoff.

After a break, **the third speaker** was **Andrea Bellamy** speaking on the Edible Garden Project. She personally grows much of her herbs and other garden crops in containers with rollers that enable the containers to be moved to the most suitable site for plant growth in the containers. She suggested that we should grow what we like to eat, and mentioned just because radishes are easily grown, that they are not her favorite veggie. Grow plants in containers for the greatest amount of product per plant space. Even dwarf fruit trees can be successfully grown in pots. Bush beans rather than pole beans are more suitable for pots, and a zucchini called patio star is dwarf enough for containers. Succession planting and companion plants give more "Bang for the Buck". Salad greens require at least 3 hours of sunlight for optimum growth, and

can be grouped together. However, tomatoes and other heat loving plants require a minimum of 6 hours sunlight per day. Incorporating a drip irrigation system that works on a timer allows for vacation time and a break from constant supervision of container gardens, but Andrea suggested that a container soil mixture is best for water retention and drainage.

By planting flowers with your veggies, you encourage pollination, and hence glean a greater yield of your crop.

Making the most use of walls using wall pockets can increase the amount of growing space in small gardens. A photo of a garden hanging in a shoe pocket bag was most interesting. Raised beds, and terraced beds can produce a great amount of produce in a small area and these can be more easily protected from frost by the use of hoops and shade cloth etc for a longer growing season.

Liquid fertilizers are best for containers, but any kind of natural fertilizer is beneficial to your growing plants.

Lunch was either roast beef or chicken, or vegetarian salads and the desserts were especially tasty.

Michael Lascelle was the first speaker of the afternoon and spoke on the extraordinary ornamental edibles and the rare fruit revolution. All morning he served jams and jellies made from the various plants mentioned in his hand out which is included in this report.

We had another break, and after the break, **Tonia Lenk spoke on the improvements to the BC Council website** that have been already accomplished and of more improvements to make the website user friendly that are forthcoming.

To end the meeting, a draw was held, and Tonia won the cordyline terminalis that the Lynn Valley garden club donated to the draw. Both Adele Terrillon and I were very lucky to win a draw prize each. The day ended very late and Adele and I had to hurry home to get supper and a out to vote in the municipal election.

On behalf of Adele and myself, thank you for allowing us to be your delegates to the meeting, and we will be happy to serve once again if required at the AGM April 6th 2019 when voting will take place on the proposed amendments to the BC Council Constitution listed in the delegates information pages included with this report.

Respectfully submitted,

Margaret Nakahara

NEWS FLASH!!

Freshly Picked: An Evening with Jane Reid

Take a delightful journey through BC's extraordinary bounty and explore the secrets of locally grown fruits and vegetables. Edible Vancouver contributor, Jane Reid, has written a new book dedicated to the foodies, locavores and gardeners that make up the plentiful harvests that BC farmers produce every year.

Parkgate Library

Wednesday, November 14 | 7:00pm-8:00pm

Register online or at [604-929-3727](tel:604-929-3727), ext. 8166.



Lynn Valley Garden Club

2019 Registration Form (Jan 1, 2019 to Dec 31, 2019)

- Annual membership Fee is \$20 per person or \$35 per couple.
- To secure your member status for January 1 2019 to Dec 31 2019, renewals must be received by December 31, 2018. After this date, both new & past members will be accepted until the club limit is met.
- **Payment by cheque is preferred.** Please make cheques payable to 'Lynn Valley Garden Club'. Post-dated cheques (December 31, 2018) will be accepted.
- Complete the forms and attach the payment. Either bring the form and payment to the next meeting or mail them to:

Lynn Valley Garden Club, P.O. Box 16053
1199, Lynn Valley Rd.,
North Vancouver, BC. V7J 3S9

Current year member _____ or New Member _____

Last Name: _____ First name: _____

Address: _____

City: _____ Postal Code: _____

Phone number: _____

Email: _____ [to receive the newsletter]

Would you consider helping with a committee
or taking an executive position in the future? Yes _____ No _____

Do you want your phone number
included on the membership phone list? Yes _____ No _____

Do you have a suggestion for a speaker or a topic? _____
(more room on the back of this form)

Paid by Cheque: _____ Cash (receipt issued): _____

**** All LVGC email addresses & phone numbers are private information and are only to be used at the discretion of the executive.*