



THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

December 2021

President's Message - Norma Austin

Dear Members,



This is my last message as LVGC president. My two-year term has been an interesting ride. It was Covid, of course, that played a huge part in dictating the way we had to do things. The executive team soldiered on, undeterred, to keep our club going. These are the people I worked closely with this year, in no particular order: Jacquie Morgan, Lori Herman, Doreen Marbry, Susan Huber, Donna Wasylik, Sue Callahan, Aline Burlone, Rosemarie Adams, Lorraine Robson, Barb Downman, Penny Le Couteur, Ann McKinnon, Maria Issa, and Courtney Mitchell. Thank you for all the hours you put in on behalf of the club. I would like to also thank the many people who played a big part in the plant sale. They

include Jackie Morris, Linda Schell, Daphne Page, Carol Ferryman, Sharon Carabetta, Kathy Stubbs, Maria Issa, Judy Lashley, Barbara Friesen, and Ann Frey. There were many volunteers who put in a shift or two at the sites to sell the plants that club members had contributed. Thank you to each and every one of you for making Lynn Valley Garden Club the special club that it is.

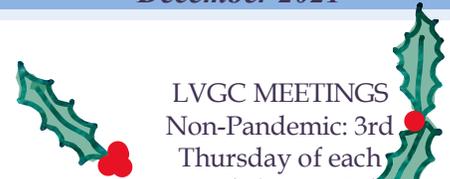
I had held off on writing this message, hoping that we will have a new president and vice-president named for 2022. There are optimists amongst us who have steadfastly assured me, "Someone will step up. Someone always does." And it seems they were right! Just as I was about to hit 'send' on this message, Lorraine Robson has put her name forth for president. Thank you so much, Lorraine! We will vote on her nomination before our party begins at the December meeting. Now we need a new secretary to replace Lorraine, so step right up. A big welcome and thank you goes out to Marilyn Bullock and Brenda Reid (the new Members-At-Large), Catherine Rickey (the new Membership Chair), and Rosamund Hughes (the new Sunshine). There is a very experienced team waiting for them with open arms.

My only regret is that I did not get a chance to see all of you in person. I miss the casual conversations at tea-time. I miss our hospitality team, Susan Nicholls, Sharon Carabetta, and Daphne Page. I miss the camaraderie and the friendliness of our gatherings. Someday soon, I hope...

One gathering in particular that is very special to LVGC, is our Christmas party. This year's party is set for the **2nd Thursday, December 9, at 7 pm**. We plan to squeeze as much fun and laughter as possible into the familiar Zoom box. In addition to all that has been promised, there is a last-minute addition of a hilarious party game! Come and join in the fun, with drink in hand 😊

Cheers,

Norma



LVGC MEETINGS
Non-Pandemic: 3rd
Thursday of each
month (except July
and August) non-
pandemically at
St. Stephen's Church
1360 E 24th Street

Pandemic: ZOOM
MEETINGS WILL START
AT 7PM

SPEAKERS
ALL OF YOU!!!
DECEMBER 9, 7 PM



*Be prepared to party
together - yes, it is
possible on Zoom!*

Even though we have a
NEW Mailing Address:
Lynn Valley Garden
Club
Lynn Valley Post Office
P.O. Box 16053
North Vancouver,
BC V7J 3S9

To limit unnecessary
trips, we are picking up
the mail *ad hoc*
PLEASE USE
ELECTRONIC ACCESS
Your emails are welcome!
lynnvalleygardenclub@gm
ail.com



Executive 2021 (See new
exec in January 2022)

President
Norma Austin x
Vice President
Jacquie Morgan x
Secretary
Lorraine Robson x
Treasurer
Donna Wasylik x
Membership
Barb Downman x
Doreen Marbry x

Members at Large (MAL)

Lori Herman x
Penny LeCouteur x
Ann McKinnon x
Courtney Mitchell x

Committees

Newsletter Editors

Maria Issa x
Margaret Campbell x

Plant Table

Norma Buckland x

Hospitality

Sharon Carabetta x
Susan Nicholls x
Daphne Page x

Sunshine / Door Prizes

Susan Huber x

Website

Aline Burlone x

Executive Meetings
By Zoom, 1st Wednesday of each
month, 7PM

Next Newsletter Deadline
Beginning of January
If you have material to delight
your fellow members - please
submit it via the time-honoured
routes or email to
[mailto:lynnvalleygardenclubnew
sletter@gmail.com](mailto:lynnvalleygardenclubnewsletter@gmail.com)



Thanks to all who contributed to
this edition: *Judith Brook, Aline
Burlone, Kitty Castle, Tom Davis,
Barb Downman, Pat Holmes, Linda
Howe, Rosamond Hughes, Rita
Marshall, Courtney Mitchell, Jackie
Morris, Lorraine Robson, Laurel
Saba, Jane Sherrott, Wayne Smith,
Deborah Stephan*

Holiday Party Info

The SECOND Thursday, Dec 9, 7 PM

RITA'S CHRISTMAS CRAFT

(If you scamper, there is still time to stock up on the 'bear necessities!!')

This year, our craft project will be a Christmas table centerpiece, to be demonstrated on Zoom (by me) at the LVGC Christmas Party on 9 December. The fun will start at 7 pm so be prepared!

You will need the following materials:

Half a brick of water-soaked floral oasis
A candle of your choice
A small plastic or ceramic or glass bowl to hold the oasis, greens and water
Small clippers to cut greens to size
Greens from your garden (this could be fir branches, cedar, hemlock, holly, sage, heather, skimmia, pine-cones of all sizes, anything of interest in your garden)
Optional, Christmas baubles - something small and sparkly

This craft will cost you between \$5.00 and \$10.00 to make, depending on what you have lying around the house. I just purchased my Craft Oasis at Maple Leaf Garden Centre in Lynn Valley. My brick cost \$2.99 and can be cut in half or thirds. Remember to soak the section you are going use - in water for at least an hour. To contain my centerpiece, I am going to use a clear plastic container that formerly held nuts in the bulk food section of Thrifty's. With all the wind and rain we've had in the last few weeks there is enough natural material on the ground - and it's free!

Most of the other items for this craft can be purchased at the dollar store in your neighbourhood. I bought mine at the Loonie store in Lynn Valley Mall and the Dollar store across the street from the Mall.

Here's a brief overview of how to put the centerpiece together:

Two concepts in design to consider: shape (proportion) and colour scheme.

Shape: There are a number of shapes you can do, short and round, tall, or mixed shape. Generally, I like a mixed or graduated shape, with the longer branches on the bottom, and shorter branches near the candle on top.

Colour: You can go with traditional Christmas colours of red and gold, silver and blue, gold and silver, or go with one colour, or freestyle. You pick!

Press the candle and the branches into the oasis. The baubles and pinecones can either sit in between the branches or be pressed into the oasis.

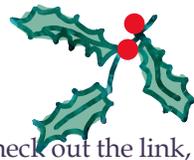
I like this craft because I like the variety of centerpieces that get created. No two are alike. It's fun and I love the smell of the greens. A well-watered centerpiece should easily last through the Christmas season, maybe as long as a month. You don't need to waterlog it, just make sure it is always thoroughly wet/ damp to the touch. Don't let it dry out.

If you want some creative ideas, the internet is full of examples.

Here's to a beautiful Christmas table!

"A tree is a passage between earth and sky" Richard Powers in *The Overstory*

More party 'bear necessities' mulled wine....



While you are working away on your party craft, you will need to also have this on hand (check out the link, but here is the somewhat shorter version). **wine** <https://cookieandkate.com/classic-mulled-wine-recipe/>

1. Choose your wine carefully: Use an affordable bottle of Merlot, Zinfandel or Garnacha. You'll find more wine details in the ingredients section below.
2. Heat gently: Resist the urge to crank up the heat on your mulled wine! If your wine is steaming, it's hot enough. Wine is delicate. Heat it too long or too high, and eventually your wine will taste too spicy, syrupy and almost raisin-like, and the alcohol will evaporate over time.
3. Go easy on the spices. You might be surprised by how few spices we're adding, but they are potent. Upon first sip, you might think, "This doesn't taste spicy enough," but I promise you'll change your mind by your second glass.

Ingredients



Keep in mind that these ingredients are very easily multiplied. One bottle wine will yield five drinks (enough for two to four people), two bottles yield 10 drinks, and so on.

Red Wine

Wine forms the backbone of this recipe, so naturally, your wine selection is important. Some red wines that you might enjoy at room temperature will not taste so nice when heated. Do not use expensive wine for mulled wine, since we're adding so much to it. Just choose a quality wine (say, 10 to 20 dollars per bottle) and select the varietal carefully. The best red wine to use for mulled wine is Merlot, Zinfandel or Garnacha (also called Grenache). These wines are dark, fruity and full bodied, which means they can support all of the flavors we'll be adding. Look for labels that describe the wine as "jammy" or with "notes of vanilla."

Avoid red wines that are high in tannins or super oaky in flavor, like Cabernet Sauvignon (I say this as someone who generally enjoys Cabernet Sauvignon). Also avoid very light red wines, like Pinot Noir, because they don't offer enough body to carry the spices.

Brandy

Brandy amps up the alcohol content a bit, though we aren't using much. It's more for warming flavor and a little bite than anything else. I used E&J VSOP, which is affordable and fine. You can omit the brandy if you don't want to buy it, though you may want to keep a bottle around for sangria. (or you can buy one of those mini airplane bottles!!)

Fresh Oranges

We're going to squeeze some of the fresh orange juice into the mixture, then slice the rest to make rounds.



Oranges are in season during the cold months, so you should be able to find nice, juicy oranges at the grocery store. Buy two small oranges if you can, just because smaller rounds fit better into mugs. Or, one large will do—you just might need to slice your rounds into half-moons to fit.

Whole Spices

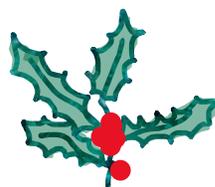
You will need whole cinnamon, star anise, and cloves. Whole spices, rather than ground, are absolutely key to mulled wine. The good news is that whole spices keep longer than ground spices (a few years, even). I hope you have these in your pantry already—if not, they're worth keeping around for spiced ginger tea or hot toddies.

Maple Syrup or Honey

Alcohol flavor becomes more harsh when heated, so we'll balance out the flavors with just a tablespoon or two of real maple syrup or honey. Wine lovers will love this naturally sweetened mulled wine recipe because it is not too sweet. Each adds its own flavour – so try once with one, once with the other!

Garnishes

To make mulled wine look even more festive, I love to throw a handful of fresh cranberries into the pot before serving. You might also like to serve individual mugs or thickwalled-glasses with additional orange rounds or half-moons, cinnamon sticks and/or star anise.



Christmas Card Donations - Jackie Morris and Courtney Mitchell



THERE IS STILL TIME!!!

Last year because of COVID, Jackie and I were unable to attend the WISH Drop-In Centre Christmas party, as we have done for the past 10 years. Due to continuing Covid-19 concerns, we have just learned that we will be unable to attend again this year. However, our little support group will dropped off Christmas cards for the use of those who attend the WISH Drop-In Centre.

This year we hope to drop off cards again. As always, we are looking for bright sparkly cards with animals or cute pictures. Not so keen on calm countryside scenes! If they have a party for the women this year, perhaps we will even be able to attend so we can hand out Christmas cards in person. The Centre looks forward to receiving these Christmas cards and they will distribute them.

If you have collected cards during this year, or if you have extra ones, we would be happy to collect them. Please call Courtney Mitchell x to make arrangements for her to pick them up. Or if you are able, perhaps you could drop them off at Jackie Morris's home in North Van. [Note to self: remember to drop off those cards!!!]

Do you have LVGC Questions?



Donna Wasylik suggests that if you have questions – not only about gardening and plants and all that good – but about how the club is run, what a MAL is, how you can participate actively, or on a case-by case basis and anything else of a similar nature, you may wish to send it to *The Leaf* – and *someone* will be happy to answer. We will endeavour to find you a knowledgeable person... or if you are really, really lucky, you might get a totally nonsensical answer from one of the editors.

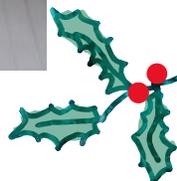
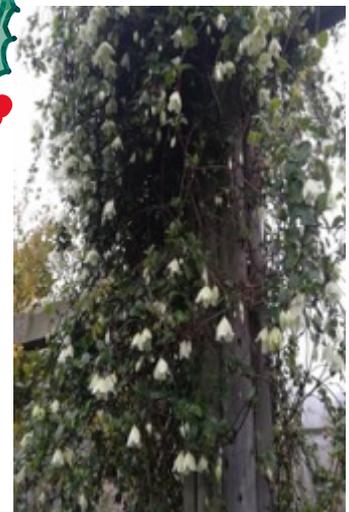


Cheer for the Festive Season



- Jane Sherrott

Red-flowering *Camellia sasanqua* 'Yuletide' and white-flowering, *Clematis* 'Jingle Bells'



Bees and Pesticides

- Judith Brook

The Guardian had a very interesting article recently about the impact of pesticides on bees. Even if a pesticide does not kill a bee, it will probably do significant damage to the bee population.

An ecology study at the University of California focused on the effect of pesticides on bee reproduction. It found that bees exposed to a pesticide in their larval stage had a 20% decline in reproduction rates, with 30% fewer offspring for

those exposed in their first adult year. For bees exposed both years, the drop in reproduction was 44%.

The study shows it may take bees several generations to overcome the impact of even a single exposure to a pesticide. And when we consider how many times pesticides are applied, especially to agricultural crops, it is hardly surprising that we are seeing a rapid decline in the bee population.

Given that the impact of pesticides is cumulative, even if we manage to reduce – or ban – the use of pesticides for 2022, it is going to be some years before the bee population can regain its strength.

<https://www.theguardian.com/environment/2021/nov/22/bees-generations-recover-exposure-insecticides>



All About Bees



- Pat Holmes

B.C.'s Native Bee Society was established in 2019 by native bee researchers, artists, land managers, conservation practitioners, and enthusiasts working to promote the conservation of native bees in British Columbia. It is a very interesting source of information for interested in learning more about

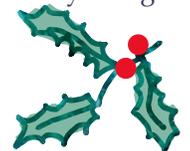
<https://www.bcnativebees.org/>

Another excellent source of bee by the Osmia Bee Company, an Ohio-mason bees. They put out a regular are currently eight "Harvest Party their website. Most of the contributors or directors of Horticulture at various wealth of knowledge and research to

<https://osmiabee.com/webinars>



information is a website set up based outfit that promotes Pollinator Report, and there Webinars" now available on are professors of Entomology institutions, and they bring a the stage.



"Insects are the invisible, behind-the-scenes workers that keep the planet going." -- Dr. Dino J. Martins, entomologist.

The Importance of Caterpillars



- Jane Sherrott

Douglas Tallamy's books encourage gardeners to bring their gardens to life. I must admit that I thought the best way to support birds was to provide protection with trees and shrubs, water, berries and seeds and while these are important, I hadn't considered caterpillars as part of the equation. Tallamy cites research supporting the position that the number of birds a garden can support is directly related to the number of caterpillars in the garden because this is what baby birds are fed.

To have caterpillars in our gardens, we need to provide the leaves they eat and their food needs are often quite specific. We can find the best plants for this at the Native Plant Finder <https://www.nwf.org/NativePlantFinder/Plants>. It is US-based, but if you enter a postal code for Blaine (98230) for a search, our PNW native plants that support caterpillars will come up.

What are the best caterpillar plants?

Among flowers and grasses, the top host plant for caterpillars are the wild strawberries (*Fragaria chiloensis* and *F. vesca*). Seventy-six species of butterflies and moths use these as caterpillar plants in our area, including the striped woolly bears (Isabella Tiger Moth larvae) that we used to see so many of but we now seldom see. Here is the full life-cycle of the Isabella Tiger Moth:



Eggs



Larva



Cocoon



Pupa inside cocoon)



Adult

Lupins attract 64 caterpillar types including:



Solidago (59), *artemesia* (27), *achillea* (19), *penstemon* and native geraniums not only provide food for caterpillars, they are excellent nectar sources for adult butterflies. There are many small plants like strawberries (76), *erigeron* (20) and violas (27) that are easy to tuck into a garden bed or lawn.

Our native trees and shrubs often attract more than perennials, including willows (339 species attracted), *Prunus* sp. (269 species attracted), *Populus* sp. (aspen, poplar, cottonwood), alder, birch, native crab apples and more.

The website notes that *prunus* species support 269 species of butterflies and moths, and this huge number hints at the excitement of this field. We can learn about the host plants caterpillars need, think of leaves chewed by the caterpillars as desirable “leaf lace,” and watch the different behaviours in the adult stages (like the Clearwing Moth that looks like a small hummingbird hovering in front of a flower and common skippers whose flight patterns do indeed look like they are skipping from flower to flower).

We have seen many butterflies and moths at Memorial Park in West Vancouver and in the Seniors’ Activity Centre garden a block away due to the large number of native larval host trees and plants in the area



Clearwing Moth



Skippers



Painted Lady



Clodius parnassian



Swallowtail



Mourning Cloak butterflies are one of the few butterflies that overwinter in their adult form and we got our reference guide out to identify large, wiggling clumps of their larvae in the park in spring.

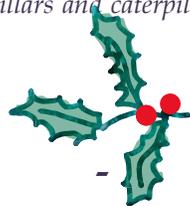
Morning Cloak Caterpillars

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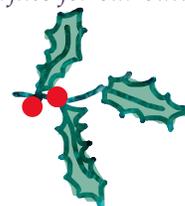
<https://www.nwf.org/NativePlantFinder/Plants>



[Editorial question: So what’s good for birds is caterpillars and caterpillars become butterflies for our butterflyways, right? Win, win!]



Ambleside Butterfly Garden



Jane Sherrott

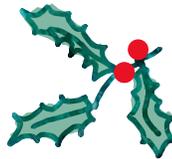
The new Ambleside Butterfly Garden was planted in June, and Barb Downman and Jane Sherrott have been actively involved. Sally and Steven Hocking generously shared information about their butterflyway, which was a huge help to our group. *We’d be pleased if other garden club members would like to join us.*



The goldenrod and asters in seed shown below were triply good with nectar for butterflies, leaves for caterpillars, and seeds for birds. *Amaranth* was doubly good with nectar for butterflies and thousands of seeds for birds all winter. Below: Birds eating seed in Douglas asters, *Solidago* (goldenrod) and *amaranth* (pigweed) in the fall at the Ambleside Butterfly Garden.



Amaranth!



- Judith Brook



[Judith grew some - edible, I hope! - amaranth. Here is what Wikipedia knows: <https://en.wikipedia.org/wiki/Amaranth>] *Amaranthus* is a cosmopolitan genus of annual or short-lived perennial plants collectively known as amaranths. Some amaranth species are cultivated as leaf vegetables, pseudocereals, and ornamental plants. Most of the *Amaranthus* species are summer annual weeds and are commonly referred to as pigweeds. Catkin-like cymes of densely packed flowers grow in summer or autumn.



Amaranth varies in flower, leaf, and stem color with a range of striking pigments from the spectrum of maroon to crimson and can grow longitudinally from 1 to 2.5 metres (3 to 8 feet) tall with a cylindrical, succulent, fibrous stem that is hollow with grooves and bracteoles when mature. There are approximately 75 species in the genus, 10 of which are dioecious and native to North America with the remaining 65 monoecious species endemic to every continent (except Antarctica) from tropical lowlands to the Himalayas. Amaranth grain is collected from the genus. The leaves of some species are also eaten. [Check out last month's Leaf about the plague of pesticide-resistant pigweeds - mi.]



Oh, those potatoes!!



- Wayne Smith

I am delighted to report that I have just dug up several pounds of lovely yellow potatoes! What a triumph. The potatoes were planted close to the house and a warm foundation helped with an early crop



I used one rather large potato to make leek and potato soup. The potato was grand, but the soup was bland. Obviously, I am a grower, but not a cook. Sigh.

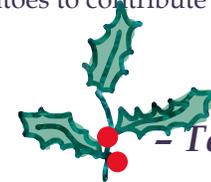
Of the remaining crop, I put 6lb in the fridge and re-planted the row so I will get an early crop next year.

Next, I will have to investigate the compost

box. A mass of potato tops showed up there, spilling down the back to my neighbour's side where they probably get cut down as weeds. Dare I confess that I'm sure the compost box will have some more potatoes to contribute to my haul?



Tomato of the Year!!!



- Tom Davis



Late in the spring after the plant sale, and after my allotment was planted, I had one tomato plant left. It was an *Amish Paste*, a very robust large Roma tomato that originated from Amish farmers in the northeastern United States. Rather than putting it at the bottom of our driveway as a "for free" - the flower gardener in our family volunteered to give it a home in her new flower bed. She planted it on June 15 - very late for a tomato in our area - and within a few days it had taken off. Before you could say "heat dome", it was over 5 feet high and covered in tomatoes, some weighing more than 1/2 pound.

Creative staking was required to support the branches and the large metal plant stakes purchased at Free Spirit Nurseries came in handy. Because of the late planting, not all the tomatoes ripened, but between the ones I weighed, and the green ones left on the plant at the end of September, that plant had produced over 25 lbs of tomatoes. None of my 16 plants at my allotment had produced anywhere near as many tomatoes.

I am currently negotiating with the flower gardener to lease a small space in her flower patch for 1 tomato next year.



[Editorial questions: a) What was the Flower Gardener feeding it? b) Did you save any seeds? c) if yes- \$\$\$\$????]



Lovely Leaves

- Jane Sherrott



Are our gardening practices polluting our streams and rivers?

Linda Gilkeson reminded viewers watching her talk on fall gardening practices that nutrients that are washed out of our gardens are damaging the environment: "Nutrients That Don't Stay in Our Gardens are Pollutants." Industry takes this seriously. For instance, she mentioned that dairy farmers are required to have covered space for animal manure over the winter to prevent rain from washing the solubles into the environment. For home gardeners, the ag chem companies have long promoted the practice of putting



down a deep layer of manure or mushroom compost again in the fall "so the winter rains can wash away the

harshness." But gardens (and especially lawns) don't need this "fall feed." What is actually happening is that the runoff of nutrients goes into storm sewers, then into streams.

Linda recommends instead that home gardeners top dress their garden beds with leaves in the fall, using all leaves (except black walnut), even large ones from big-leaved maples. Leaves are free and contaminant free.

I hope to learn more about run-off from organic mulches but haven't been able to find much research-backed information for home gardeners. So this year, I covered our beds in the fall with four inches of leaves, small sticky bits, and chop-and-dropped greens. Instead of compost and manures that can become a heavy, wet, and compressed blanket in our rainy PNW, I have achieved a light and fluffy mulch.



Composted products have higher levels of available nutrients, of course, but those will not be used by plants over the winter and can be washed away to damage our streams. It seems worth considering the use of leaves to mulch in the fall.



[Which brings me to my favourite LVGC wisdom from Aline: "Be a lazy gardener and leave your garden as is, for the winter." I have Aline's voice in my ear as my hands hover over the rake and the pruners... and I can, and do resist their siren song].



Protecting Overwintering Beneficial Insects -

October 1, 2010 - <https://s3.wp.wsu.edu/uploads/sites/2073/2014/03/100110.pdf>

Protect Beneficial Insects - or You Inherit Their Work!

Falling leaves and falling temperatures - no wonder this time of year is so appropriately named! It is time to prepare your garden/yard for winter. Does this mean cleaning it up entirely? No, please don't!

As you prepare your garden for fall and winter, remember to leave some plant material to feed and shelter beneficial insects. Even small amounts of seeds and brush will help beneficial insects survive the cold, wet months. The beneficial insects will thank you - and so will your garden.

Leaves:

Rake and dispose of leaves from fruit trees, especially if they have scab or other fungus as on apple. Rarely does home compost get hot enough to kill the fungus spores, so burn diseased leaves (if it is legal in your area) or send them to a yard waste facility. The



large commercial compost piles are managed so they reach optimal temperatures for killing spores.

Rake and compost other leaves, as those from maple trees. They make good cover on flowerbeds to suppress winter annuals like shotweed (*aka bittercress!!!*) Leaf litter is mulch that provides hiding places and food for your beneficial insects including ground beetles, centipedes, millipedes, pill bugs and spiders. These helpful creatures will break down and add organics to your soil.

Plants and Seeds:

Leave healthy standing plants with their seeds to provide birds with winter foraging. Have too many? Make a pile of brush or two for hiding places. Your overwintering queen bumblebees and wasps need a warmer place to get out of the coming winter weather. Wait until spring to trim those ornamental grasses. That little haystack may be just the place she has chosen to burrow.

By Virgene Link



Bare Area:

Your lot should have a relatively undisturbed place with food, water and shelter for our wildlife. A few rocks, pieces of wood and even some bare soil in protected areas provide hiding places. The queens of some of our native bees nest underground in abandoned holes – the worker bees die off and so do not overwinter.

Lawn:

Dried mown grass from your lawn clippings also makes a great hiding place for beneficial insects. Pile it in your waste area or at the back of a garden bed. The grass will compost over the winter to be mixed with other “leavings” for your beds in the spring. However, DON’T keep it if you have used Weed and Feed on your lawn. The herbicide (aka weed killer) portion may take a while to break down. One by-product of 2,4-D production (the herbicide in Weed and Feed) is dioxin. It may only be a small amount, but with our rainy climate, it can easily end up in the sea. It is toxic to fish and mildly toxic to Dungeness crab. Dioxin has been found in ground water and in surface water. Your best lawn fertilizer is a mulching lawn mower, which chops up grass clippings and returns it to feed and mulch your lawn. Before heading into winter, set your blade a little higher for your last mowing. Tolerate a few dandelions or some clover. Bees and parasitic wasps love the nectar. After building a nest and raising a family, a wasp needs a brush or grass pile for winter shelter. Garden spiders catch mosquitoes and other harmful insects. Keep them around by providing safe hiding places for their egg sacks

No Wasp Traps:

Sparkling, colorful traps lure wasps and other beneficial insects in from your garden, depriving you of the benefits of their labors. Wasps are beneficial insects. They prey on insect larvae and adults, and they pollinate flowers. If you watch, you can see wasps landing on leaves, then searching under them, looking

RESOURCES:

Celebrating Wildflowers: Wasp Pollination. U.S. Forest Service
www.fs.fed.us/wildflowers/pollinators/wasps.shtml
Yellowjackets and Paper Wasps. Peter J. Landolt and Arthur L. Antonelli, WSU Cooperative Extension, <http://cru.cahe.wsu.edu/CEPublications/eb0643/eb0643.pdf>

for insect eggs, aphids, spiders or caterpillars to ambush. If you miss having a colorful wasp trap in your yard, buy a glass ball or other ornament. When you kill a beneficial insect, you inherit its work!

If wasps are by your door, and you are highly allergic to their sting, you have cause for concern. You may need to take selective action by removing them from your personal space, or use another door until they are gone for the winter. After frost is also a good time to remove those empty wasp or hornet nests. Most times you don’t even know the nests are there, until the leaves fall or the wind blows them down. The queen is hiding somewhere else waiting for spring. Take care of them – we want them back!

No ‘Bug Zappers’:

Don’t use those bug “zappers”. They lure night flying insects to their light and incinerate them. The zappers are indiscriminate killers, depleting our precious pollinator population. They also deprive our birds and bats of an important food source.

Winter Greenery and Nectar:

Enhance your garden with native plants for winter greenery, fall colors and early spring flowers. Salal, Oregon grape and vine maple are popular additions. Hellebores like Lenten Rose, and heathers also stay green all winter. They provide late winter flowers for your garden’s beauty, and nectar for birds and insects. Try to have a variety of plants that sequentially flower over many months, so our bumblebees, wasps and Anna’s hummingbirds can find some “real” nectar if they come out on a warm winter’s day.

And planting cover crops, like Crimson Clover or Austrian Field Peas, provides insect habitat while protecting and feeding your garden soil.

Don’t do too good of a job cleaning your garden or yard this fall. Leave plant material and grass piles for good insects to hide in.



Beneficial Garden Insects, Oregon State University, <http://extension.oregonstate.edu/catalog/html/grow/grow/insects.html#anchor1159937>
Be a Beneficial Gardener – Support Your Local Insects! WSU Clark County Extension, http://clark.wsu.edu/volunteer/mg/gm_tips/Beneficial.html



Our Very Own Guru



- Rosamond Hughes

A much-loved gardener in the Fraser Valley shared a talk last week on CBC. Guess who? Yes, you’re right – Brian Minter!

He started by sharing his concern for friends and colleagues who are having such challenges right now. So many plants are under water, their roots are starved

for oxygen, the gardeners and farmers are in despair. It may take years to bring the farmland back into full production.

As always (in my opinion) he followed up by giving wise and encouraging responses to the questions that many of us wouldn't know how to ask.

Brian Minter ended by sharing his plans to be part of "Food Bank Day."

Despite the challenges November has delivered, his gardening advice brought some "Sunshine" into the day. And for me, this was seconded by the arrival of a photograph of beautiful roses from my sister in New Zealand (she must know where to buy the right manure, don't you think?) So there is still hope.... Gardens will always brighten our days!



Plant Disease Profile: Daylily Rust



-Lorraine Robson

Murder hornets, Japanese beetles, and Daylily rust, oh my! If you grow daylilies, please be on the watch for this disease. Daylily Rust is an invasive alien disease not yet widespread in Canada but with potential to be so, and is, therefore, worthy of study by gardeners so we can identify it and know how to react if our daylilies develop it.

Plant Disease Names: Daylily Rust; *Puccinia hemerocallidis*

Host Plant Names: Daylily; *Hemerocallis* spp.

Alternate Host Plant: *Patrinia scabiosaefolia*, *P. villosa* (relatively uncommon in North American gardens, so it has not developed a common name yet)

Causal Agent: *Puccinia hemerocallidis*, an obligate parasite and heteroecious fungus which sounds fancy but means that it requires two unrelated hosts to complete its life cycle

Disease Distribution: Daylily rust has long been found in China, Taiwan, Korea, Japan, and Russia. Daylily rust first arrived in August 2000 in Georgia, Alabama, Florida and South Carolina, but it had spread rapidly to 23 states by January 2003. It has since spread to at least 12 more states. It is also found in Costa Rica where propagators send their daylilies to be grown. It has potential to survive in the climate of south coastal BC if it arrives here and could overwinter in Zone 7 or milder.



Disease Importance: Daylilies are a very popular garden plant with more than 71,000 cultivars, so this disfiguring disease is very important to both home gardeners and commercial daylily producers. Daylily rust kills the foliage on some cultivars without killing the whole plant though it may weaken the plant and reduce bloom.

Symptoms and Signs: Before the classic rust pustules develop, yellowish/whitish leaf spots (on the upper surface of the leaves) indicate a potential problem which may be mistaken for other disorders. Lesions may also appear on stems.

Diagnostic Signs: Rust pustules are raised bumps which release yellow-orange powder (the spores) which can be easily seen on a white tissue when the infected leaf is wiped. When the dark-brown teliospores begin to appear in the fall, the sori change from orange to black. See photos of infection below.

Life Cycle: Repeated infection cycles can occur in very mild winter climates where the "summer spores" (urediniospores) find suitable moisture and temperatures to germinate. The "winter spores" (teliospores) are hardier than the urediniospores, so they may overwinter on dead daylily leaves (i.e. without a live host) and produce new spores (basidiospores) which cannot infect daylilies directly, but must be transported to the alternate host, *Patrinia*, where the cycle begins again as shown on the right. Yellow flowers of *Patrinia scabiosaefolia*>>>>

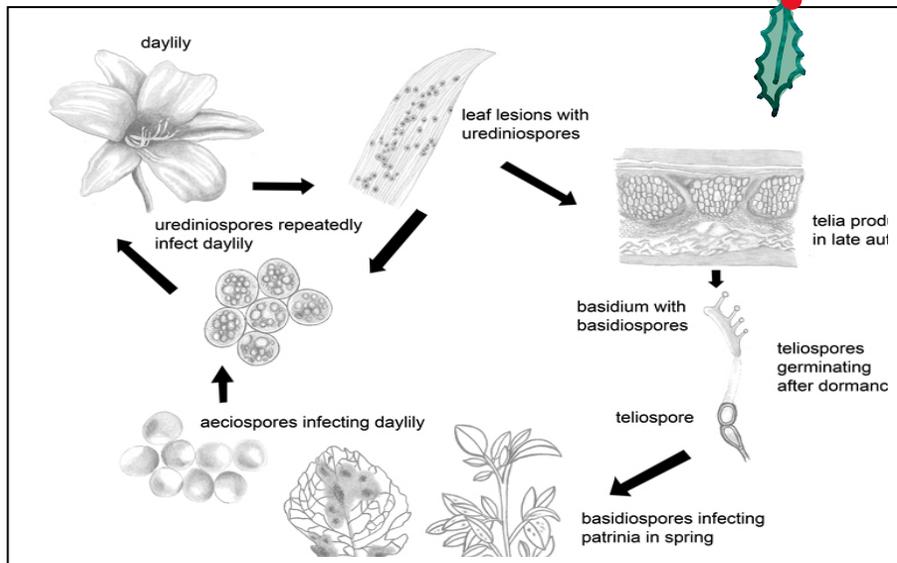


Photos of Daylily Rust



L: initial infection
M: Close-up of rust spots
R: Infected leaves

Life Cycle of Daylily Rust



Survival: If infected leaves stay alive under the protection of greenhouses, deep snow, heavy mulch, or next to a warm house, the disease may survive as mycelium (a network of fine white filaments) inside the leaf.

Spread: Wind-borne spores (sometimes over many miles) are the main method of rust spread in nature, but shipping of diseased plants speeds up the spread considerably. Water splash, spores on workers' clothes, and equipment can also spread rust.

Environmental Conditions: Wet, warm conditions foster spore germination.

Cultural Controls: Avoid overhead watering to minimize spore germination on the leaves. Do not water late in the day or evening so water can evaporate from leaves. Space plants so that foliage can dry quickly after rainfall. Remove infected leaves and destroy them by burning or burying. Some gardeners remove all the foliage from infected plants, cutting just above the soil level, but this practice cannot be repeated if the plant continues to be infected. Some use fungicides. Inspect new plants daily, especially the undersides of leaves, and isolate them from other daylilies for a growing season to prevent spreading rust. Destroy susceptible cultivars; plant rust-resistant cultivars. Do not plant *Patrinia*, the alternate host. (While it's a pretty plant, you could get the same look by growing fennel or dill.)

List of Sources

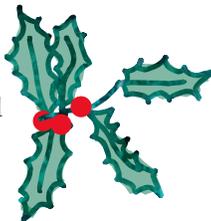
1. American Hemerocallis Society. The Daylily Dictionary: Daylily Rust. Copyright 2012 by the American Hemerocallis Society, Inc. Accessed on June 12, 2017. www.daylilies.org
2. Bergeron, Susan. Daylily Rust Information Pages. Updated February 2, 2014. Accessed on June 12, 2017. <http://www.ncf.ca/~ah748/rust.html>

Seed Viability Testing - from the Loutet Farm Newsletter - sent in by Rita Marshall

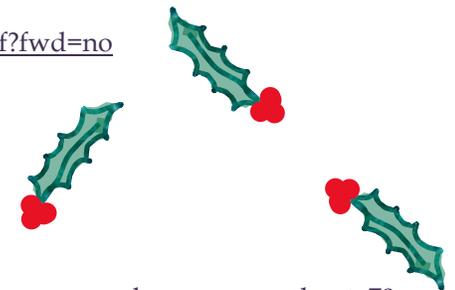
<https://richmond.ces.ncsu.edu/wp-content/uploads/2015/01/SeedViabilityTest.pdf?fw=no>

Materials

10 seeds of each type being tested
Paper towels
Water



Sealable plastic bag
Permanent marker



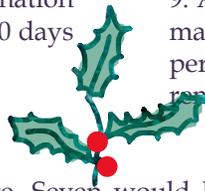
Methods

1. Moisten a sheet of paper towel. It shouldn't be dripping wet, just uniformly damp. If your paper towel falls apart when it gets wet, use 2 sheets, one on top of the other.
2. Place the 10 seeds in a row along the damp towel.
3. Roll or fold the paper towel around the seeds.
4. Place the paper towel into the plastic bag and seal it. Write the date on the plastic bag, so there's no guess work involved. If you are testing more than one type of seed, also label the bag with the seed type and variety.

5. Place the plastic bag somewhere warm, about 70 degrees F. A sunny windowsill or on top of the refrigerator should work.
6. Check daily, to be sure the paper towel does not dry out. It shouldn't because it is seal, but if it gets very warm, you may need to re-moisten the towel with a spray bottle.
7. After about 7 days, start checking for germination by unrolling the paper towel. You may even be able to see sprouting through the rolled towel. Very often the roots will grow right through it.

8. Check your seed packet for average germination times for your particular seed, but generally 7 - 10 days should be enough time for the test.

9. After 10 days, unroll the paper towel and count how many seeds have sprouted. This will give you the percentage germination you can expect from the remaining seeds in the packet.



Results

If only 3 sprouted, it is a 30% germination rate. Seven would be a 70% germination rate. Nine would be a 90% germination rate, and so on. Realistically, if less than 70% of your test seed germinated you would be better off starting with fresh seed. If 70 - 90% germinated, the seed should be fine to use, but you should sow it a little thicker than you normally would. If 100% germinated - lucky you, your seed is viable and you're ready to plant. You don't have to waste the seeds that germinated. They can be planted. Don't let them dry out and handle them very carefully, so that you don't break the roots or growing tip. It's often easiest to just cut the paper towel between seeds and plant the seed, towel and all. If the root has grown through the towel, it is almost impossible to separate them without breaking the root. The paper towel will rot quickly enough and in the meantime, it will help hold water near the roots.

Discussion: Storing Seeds

It may not look like it, but seeds are alive and need certain conditions to remain so. Excessive heat or cold can kill the seed embryo and too much humidity or moisture will cause them to mold and rot. For the average home gardener, the best places to store your seed are in the refrigerator or a cold basement. Both spaces can get humid, so be sure your seed is completely dry, to the point of being brittle, before you store them away, and seal them in an airtight glass jar, like a canning jar, to prevent moisture getting in.

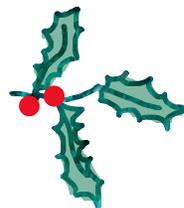
Here's an even quicker way to test large seeds, like beans and corn. If you have large seeds like peas, beans and corn left over from last year, an easy way to test for their viability is to fill a shallow pan with water and pour the seeds in. If they sink, they're fine. If they float, toss them.

Vegetable Seed Storage Years

- Arugula 4
- Bean 3
- Beet 4
- Broccoli 3
- Brussels Sprouts 4
- Cabbage 4
- Carrot 3
- Cauliflower 4
- Celeriac 3
- Celery 3
- Chard, Swiss 4
- Chicory 4
- Chinese Cabbage 3
- Collards 5
- Corn Salad 5



- Corn, Sweet 2
- Cucumber 5
- Eggplant 4
- Endive 5
- Fennel 4
- Kale 4
- Kohlrabi 3
- Leek 2
- Lettuce 5
- Muskmelon 5
- Mustard 4
- Okra 2
- Onion 1
- Parsley 1
- Parsnip 1



- Peas 3
- Pepper 2
- Pumpkin 4
- Radish 4
- Rutabaga 4
- Salsify 1
- Scorzonera 1
- Sorrel 4
- Spinach 2
- Squash 4
- Tomato 4
- Turnip 4
- Water Cress 5
- Watermelon 4



To regrow forests the U.S. needs billions of seeds—and many more 'seed hunters'

Climbing trees, stealing from squirrels – skilled collectors are becoming rarer, undermining the nation's ambitious tree-planting goals. Across the western United States, seeds are in high demand. Over the next 20 years, the U.S. aims to plant billions more trees in order to restore millions of acres of scorched forest and help offset planet-warming carbon emissions. In the West alone, some 10 million acres of recently burned land are waiting to be replanted. In the past few decades, however, the number of skilled seed collectors in the U.S. has been dwindling, though it's not clear by how much, since the work is seasonal; it's also gruelling, for not much pay. Fewer collectors means fewer seeds, and ultimately, trees.

As drought and fires intensify due to worsening climate change, the backlog of land to be reforested is increasing at an unsustainable rate.

<https://www.nationalgeographic.com/environment/article/to-regrow-forests-us-needs-billions-of-seeds-many-more-seed-hunters>

Check This Chart Before You Start Your Seeds

(Originally from the Edible Garden Project's Newsletter. by Karen Z. March 15, 2016)

— sent in by Laurel Saba

“Attention, fellow seed savers: as the weather warms up, it’s time to pull out all those amazing seeds you’ve been saving and start growing transplants indoors!”

My “aha!” moment at the Garden’s annual Seed Swap happened when I stopped by at horticulturist Lisa Hilgenberg’s seed-starting table, and picked up a copy of her Seed Viability Chart. It’s not only a useful tool about the average “shelf life” – or viability – of veggie seeds, but also an eye-opening reminder to check the dates on seed packs before I start growing this spring. Some seeds last longer than others! (Proper seed storage conditions are in a cool and dark place where temperature and moisture content are relatively stable.)



CHICAGO BOTANIC GARDEN
Seed Viability Chart

1 Year	2 Years	3 Years	4 Years	5 Years	6 Years
Onion	Okra	Arugula	Beet	Celery	Pumpkin
Leek	Pepper	Beans (snap, lima)	Kohlrabi	Chinese Cabbage	Summer/Winter Squash
Parsnip	Sweet Corn	Broccoli	Brussels Sprouts	Endive	Cucumber
Parsley	Spinach	Carrot	Cabbage	Melon	
		Lettuce	Cauliflower	Turnip	
		Peas	Swiss Chard	Radish	
			Eggplant	Watermelon	
			Tomato		
			Kale/Collards		
			Mustard		
			Rutabaga		

Proper seed storage conditions are in a cool and dark place where temperature and moisture content will stay relatively stable.

Some icons designed by Freepik and the Noun Project.

CHIRPING IN THE GARDEN

----- Deborah Stephan

Light rose above the black mountain
 A graduated pale orange
 To blue
 Tufts of snow come into view
 Lace of black branches
 Frame two sides
 Tree tops rise
 Higher than my neck can bend
 The chirping is a morning orchestra
 That lulls me back to
 My tartaned nest
 For more sleep
 In a battered world.

Some Interesting Reading for the Holidays

- Aline Burlone

The Humane Gardener by Nancy Lawson : Nancy Lawson describes how and why to welcome wildlife to our backyards. There are chapters on planting for wildlife, providing habitats for all wildlife, creating safe zones in the garden, living in harmony with creatures often regarded as pests, and encouraging natural processes and evolution in the garden.

Website: <https://www.humanegardener.com>

Finding the Mother Tree by Suzanne Simard: Suzanne Simard is a professor of forest ecology at UBC. She comes from a family of loggers. Through her research she has found out that trees are social and communicate with each other cooperating rather than competing. An underground network of fungi links the trees as they send messages to one another as well as share nutrients at critical times to keep each other healthy.

<https://suzannesimard.com/finding-the-mother-tree-book/>

Nature's Best Hope by Douglas W. Tallamy: In this book, Tallamy shows how everyone can turn their yards into conservation corridors that provide wildlife habitats. He has specific, practical and easy ways that this can be done in your own yard.

<https://homegrownnationalpark.org/tallamys-hub-1>

The Bird Way by Jennifer Ackerman: This new look at bird behaviour is changing the traditional way of looking at birds revealing the remarkable intelligence that underlies activities once considered uniquely human such as deception, manipulation, cheating, kidnapping, ingenious communication, cooperation and collaboration. You will never look at birds the same way after reading this book. The expression "bird brain" will no longer ring true.

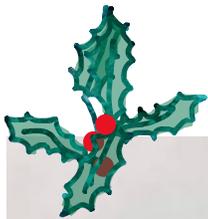
<https://www.jenniferackermanauthor.com/>

The Overstory by Richard Powers: Nine strangers are woven through this novel to save the continent's few remaining acres of virgin forest. **Spoiler alert:** one of the characters bears an incredible resemblance to Suzanne Simard.

Greenwood by Michael Christie: The year is 2038. Scientist Jake Greenwood works as a tour guide to rich eco tourists on an island with one of the world's last remaining forests. When someone from her past appears with a journal, she finds out more about her family story as well as her connection to Greenwood Island.

All of these books are available through the North Vancouver District Library.

ANNOUNCEMENTS AND OTHER GOINGS-ON



Do not forget to renew your LVGC membership, if you haven't already done so! It's not too late. Just think: no membership - no great speakers, Plant Sale fun, 'digs' and The Leaf. That would be truly awful - so go get that cheque book - FAST!

Here is the *BC Council of Garden Clubs' newsletter*... file as a link. BC Council of Garden Clubs December Newsletter. <https://bcgardenclubs.com/resources/newsletter/>

***Please note the correct website for Vancouver Dahlia Society is www.vancouverdahliasociety.com. Peter Krueger, author of the article, advised that the photos of the dahlias in the article are from seed and not named. Peter has nine blooms registered with the American Dahlia Society. He will be writing an article for us about hybridization of dahlias in the spring.

Linda Gilkeson's Newsletter - is full of winter gardening tips according to Sharon Carabetta:

http://www.lindagilkeson.ca/gardening_tips.html

Rita Marshall reminds us that if you bought a cool painting by a North Van artist (I did!) - don't forget to pick it up (I did!): from this year's *Anonymous Art Show* - there are some lovely paintings to be



had – you can get your hands on some art directly from the artist – maybe even some plants and flowers that don't need watering. <https://northvanarts.ca/events-exhibitions/anonymous-art-show-2021-online-fundraiser-and-sale/> Online sales start November 25th 7:00 pm.



From Lorraine Robson: Wow! Check out the prices of the holiday centrepieces and wreaths available from the UBC Botanical Garden. *Good thing our club will be making our own at a fraction of the price!*

https://botanicalgarden.ubc.ca/?utm_source=newsletter&utm_medium=email&utm_content=UBC%20Botanical%20Garden&utm_campaign=Garden%20enews%202021%2012%2001

The UBC update includes an interesting article on several varieties of *Viburnum* which can be found in their garden. Here's a snippet which made me smile: "*Viburnum cylindricum* (on Delavay Trail near Kingdon Ward Way), is known as the scribe's viburnum on account of its dull waxy leaf surface, which marks with even the lightest pressure from any kind of stylus. We don't encourage people to mark up the envelope-sized leaves, but one can occasionally see communications from horticultural and botanical mischief makers ("HTP was here," "Compound Cymes Rule," "I ♥ Carl von Linne," etc.)."

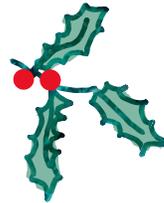
From Linda Howe: "Seven best gardens for contemplation" – this website will have you drooling or hmmm-ing "Over the top!"

<http://www.fathomaway.com/joy-slowng-down-these-gardens-contemplation/>
<https://fathomaway.com/joy-slowng-down-these-gardens-contemplation/>



And for you to create a post-holiday-lull project: "How to propagate Rex Begonias from leaf cuttings"

https://www.gardengatemagazine.com/articles/how-to/divide/how-to-propogate-rex-begonias-from-leaf-cuttings/?utm_campaign=GDT%20-%20IP&utm_medium=email&_hsmi=189427867&_hsenc=p2ANqtz-90ShA6XMULJ767_N5zVItqETWxwnEfWYLMJ9YNEcOcDRnfQebpytye3QOkZHyTM5E4qg8lSajhvOkFBwY8MQwc8N0iyw&utm_content=189427867&utm_source=hs_email

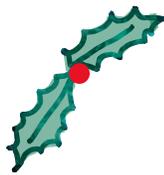


Playlist for Atmospheric River(s)

- Barb Downman

A bit of fun is never a bad thing. My husband Ian and I had fun brainstorming all the songs we could think ofmore than I included in the playlist. Apparently rain is a song-writing inspiration. All of these (and plenty more) can be found by googling the song title or by looking on YouTube. A splendid way to while away the hours while we await the end of the rain.

A Hard Rain's A-Gonna Fall - Bob Dylan
Let it Rain – Amanda Marshall
It's Raining Again - Supertramp
Here Comes the Rain Again - Eurythmics
Rainy Days and Mondays – Carpenters
Raining on Sunday – Keith Urban
Here Comes That Rainy Day Feeling Again - The Fortunes
Early Morning Rain – Gordon Lightfoot
Great Rain – John Prine
I Love a Rainy Night – Eddie Rabbitt
The Rain, The Park & Other Things – The Cowsills
Singing in the Rain - Gene Kelly
Raindrops Keep Falling on my Head – B. J. Thomas
Have You Ever Seen the Rain – Rod Stewart version of CCR song
Isn't This a Lovely Day to be Caught in the Rain – Ella Fitzgerald
She's My Kind of Rain – Tim McGraw



Rain on the Roof – The Loving Spoonful
It's Raining Men – The Weather Girls
Fire and Rain – James Taylor
Come Rain or Come Shine – Ray Charles (or version by Frank Sinatra or Ella Fitzgerald)
Raining in My Heart – Buddy Holly (or version by Dean Martin)
Blue Eyes Crying in the Rain – Willie Nelson
Crying in the Rain – The Everly Brothers
Mandolin Rain – Bruce Hornsby
Kentucky Rain – Elvis
Rain – The Beatles
Purple Rain - Prince
Louisiana Rain – Tom Petty
It Never Rains in Southern California – Albert Hammond
Blame it on the Rain – Milli Vanilli
Who'll Stop the Rain – Creedence Clearwater Revival



[OK - so here's the question: Be honest - how many were you able to hum the first line of without looking them up? Give yourself a point for each. Max score is 31.

My score is 10/31 which is pretty poor, under 33% and a sad fail. Yours???? ----MI]



"Colors shone with exceptional clarity in the rain. The ground was a deep black, the pine branches a brilliant green, the people wrapped in yellow looking like special spirits that were allowed to wander over the earth on rainy mornings only."

—Norwegian Wood, Haruki Murakami

THE COMPOST BIN



— Maria Issa

...or should we say compost *pond*? My compost pile gets attacked, dug deep and spread about regularly by the local critters (and no, I don't begrudge it them - food is scarce these days), so the good stuff is being washed off the mountain with atmospheric rivers of rain. Along with everything else. Yet we are the lucky ones: we are comparatively at the top - in so many ways - and not flooded. So, while I haven't been ranting at you much to remember to donate to the Harvest Project - this time I would like to remind you that you are SOOOOOO MUCH luckier than so many people, and it is your debt of honour to help them out. If you have been watching the news, you know as well as I, that donations to the Canadian Red Cross, for flood relief, get matched - triple!! - according to Tom Davis. As Anna Marie would probably say, "What a deal!"

https://donate.redcross.ca/page/94172/donate/1?locale=en-CA&gclid=Cj0KCCQiAnaeNBhCUARIsABEee8V9isdLUXyrRawbmDGYPoi0Akj3Lf3yCuI1P-5hOURXuCPysgFfPLAaAojcEALw_wcB

While my heart bleeds for the people who are under water, it is for the farm animals that I feel truly sorry. They didn't choose to be there... As the wonderful articles you sent in show, you care about "all creatures great and small" - so please keep the fate of the farm animals close to your heart: the BCSPCA's donation page can be found by googling Global TV news: BCTogether. <https://globalnews.ca/news/8411697/bc-together-help-flood-ravaged-communities/>

Or, you can go onto the Canada Helps website, find your favourite charity, send them some needed money and find your tax receipt in your email: easy, peasy. Besides - it's Christmas! - and what better a way to give the gift of light and happiness, than by giving

We have so much to be I'm thankful for the many will. LVGC has been the *Norma's words - LVGC They just do.*

So thank you for the fun digging in sunshine and in scrambling under bushes, cursing fat roots, pruning berries like some of Briar groundcovers, trucking displaying plant sale tarps, plants, gloves, and most of all - articles for the source of so much erudition and wide-mention artistry, whimsy, ideas, humour incredible!

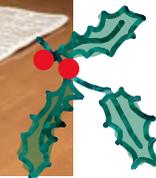
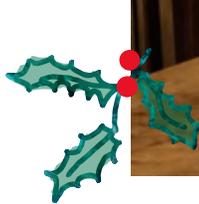
THANK YOU for pandemic-y, climate 2021 brighter and more 3D submissions to *The Leaf*. We sent - you know that we without you! So to all of - Happy Holidays and may



thankful for - and this year, joys of friendship and good source of both. *To echo people step up when asked.*

we had together this year - rain, dragging big pots, cossetting small plants, fatter Himalayan black Rose nightmare, yanking trees, nurturing seedlings, offerings, sharing pots, trowels, work, laughter - *The Leaf!* You have been entertainment, education, ranging interest, not to photographic ability, and great finds! You are

making a flat, square, change-ridden, solitary for all of us - with all your all enjoyed everything you really can't grow a Leaf you and all friends all over they be as bright as can be!





Lynn Valley Garden Club

2022 Registration Form

(Jan 1, 2022 to Dec 31, 2022)

- Annual membership Fee is \$20 per person or \$35 per couple.
- To secure your member status for 2022, renewals need to be received by December 31, 2021. After this date, both new & past members will be accepted until the club limit is met.
- **Payment by cheque is preferred.** Make payable to 'Lynn Valley Garden Club'. Post dated cheques (December 31, 2021) will be accepted.
- Complete the form and attach payment. Mail or deliv. form & payment to Doreen Marbry 1170 Eastview Road, N. Van BC, V7J 1L6 or submit at the Sept. 18th 'Drop In" at Maria Issa's

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 space on back of form)

Paid by Cheque: ____ Cash ____

***All LVGC email addresses & phone #'s are private information and only to be used as directed by the executive.
 LVGC 2022 Member reg form

