



# THE LEAF



**THE LYNN VALLEY GARDEN CLUB**      *Established 1943*      *December 2022*

## President's Message – Lorraine Robson



As I write to you on this frosty December 1, the garden is covered in a couple of centimeters of snow, so it's definitely "beginning to look a lot like Christmas." Since we've rigged up a work-light next to the hummingbird feeder to keep it from freezing solid, those tiny birds have been zipping in and out all day to refuel. They seem to be drinking more deeply than they do in summer -- no surprise since there's nothing blooming for them and likely very few of the mosquitos or tiny spiders they eat. The work-light is perhaps an imperfect solution as it doesn't look very elegant, but if it helps keep my little flying neighbours alive, I won't mind.

Reaching the final month of the year brings a degree of relief that I am halfway through my two-year term as President. While I reluctantly took on this role last year, I knew that somebody had to, and it has turned out to be much more fun than I expected. I am very grateful to all the Executive and Committee members who have fulfilled their roles and participated in decision-making throughout the year. I have so enjoyed getting to know each one of you better.

Some of the tasks we've had to do together have been stressful: learning how to use various features of Zoom (despite having used computers for more than forty years, I will always feel like a "digital immigrant" since I didn't grow up with them); trying to find an available meeting place on the North Shore (one North Shore club I know of now meets in Burnaby!); navigating conflict over whether the LVGC should donate humanitarian aid to Ukraine (I'm still moved that the majority wanted to help); organizing plants, signs, tables, volunteers and so much more at multiple sites for the Plant Sale; trying to figure out the new equipment in our new meeting place (without professional tech support). I am very grateful to Maria Issa, Aline Burlone, and Randy Cobbett for their good-natured support and all their efforts. I am also grateful to the members who chatted happily together while waiting for us to solve the technical problems at the AGM and to the members on Zoom who kept signing in again when the system kicked you out. Persistence and teamwork win again!

Our use of the technology has been imperfect at times and that's a worry to me, but I also remember a couple of things I used to tell my BCIT students when they were unhappy about a low mark on an assignment:

1. Anything worth doing is worth doing badly at first. You'll get better with experience.
2. Better to do something imperfectly than nothing flawlessly. At least you're trying.



**LVGC MEETINGS**  
3rd Thursday of each month (except July and August) currently at **Mount Seymour United Church**  
**1200 Parkgate Ave,**  
North Vancouver,  
BC V7H 2X9  
(604) 929-1336  
*Meetings start promptly at 7:15 PM*

**CHRISTMAS PARTY!!!**  
**COME AND ENJOY**  
**AND WEAR A MASK FOR COMFORT!**

If you need to contact anyone at LVGC please use email or phone! If you must send a thing – phone to get the address and send it to a VIP (list is on the next page)

**PLEASE USE ELECTRONIC ACCESS**  
Your emails are welcome!  
[lynnvalleygardenclub@gmail.com](mailto:lynnvalleygardenclub@gmail.com)



below

### Executive 2022

President	
Lorraine Robson	
x	
Vice President	
Gillian Konst	x
Secretary	
Sarah-Jane Gray	x
Treasurer	
Donna Wasylik	x
Membership	
Barb Downman	x



### Members at Large (MAL)

Penny LeCouteur	x
Ann McKinnon	x
Courtney Mitchell	x
Marilyn Bullock	x
Brenda Reid	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	
Rosamond Hughes	x

Website	
Aline Burlone	x

Executive Meetings  
Will not happen in December

Newsletter items to  
[lynnvalleygardenclubnewsletter@gmail.com](mailto:lynnvalleygardenclubnewsletter@gmail.com) by Dec. 30as you will be partying on the 31st!

Thanks to LEAF contributors:  
Judith Brook, Valerie Cundiff, Rita Marshall, Lorraine Robson, Jane Sherrott



We're already planning another practice session before the January meeting. I can't promise that we won't encounter new technical problems (they've been different ones each time), but I can promise we'll keep trying to figure things out. Happily, our December 8 Christmas party won't require us to use the projector, the sound system, or Zoom, so I hope to see you on the **second Thursday** of the month!

This will be a good, old-fashioned in-person gathering where we'll share food with each other and donate things for our neighbours at Sage House in need of practical items, some treats, and a little cheer. Thanks to Sarah Gray and Barb Downman for organizing the party and to all the elves helping out!

Please see below for details on what to bring to the party. Maybe we can't help everyone in the world who needs it, but we can try to help some. Again, better to do something imperfectly than nothing flawlessly. Please come to the party and bring what you can. Whatever we are able to give in the Christmas hampers and baskets, I'm sure we'll have a perfectly lovely time decorating them together!



*From Barb and Sarah:  
The Important  
CHRISTMAS PARTY DETAILS  
December 8, 7PM  
Mount Seymour United Church*



### The Food

As in the past, the party offerings will be "pot luck" - (your chance to showcase your culinary prowess or Penny says "The Kitchen Goddess",) but in addition to the delicious savoury (these seem to go fastest) or sweet treat you will be bringing, please remember to bring your own mug, plate, and a bag to carry your dirty dishes home in. We want our Hospitality volunteers to have fun and not have to think of dirty plates, *etc* after the party is over!

### The Presents

Besides your **Harvest Project** item, we are going to make up baskets/ small hampers to donate to **Sage Transition House**. In case you don't know about Sage House, it provides living accommodation and programs for women (and their children) fleeing abusive and unsafe relationships.



We will provide the baskets and hampers. We would like to decorate them, so please bring paper, ribbons, greenery, baubles and anything else that you can think of to make them look festive! [and tape, glue gun, thin wire, scissors, exacto knife *etc*]

From the Coordinator at Sage House, we received a list of items that would be most useful and would provide a little cheer (let your imaginations soar!):

New socks  
 New underwear,  
 Toothbrushes/toothpaste  
 Hand-cream  
 Small denomination gift cards to Tim Horton's,  
 McDonalds, and Dairy Queen  
 Soaps/deodorant  
 Larger bottles of shampoo



Chocolates, Teas  
 Jams  
 Packaged cookies  
 Crayons/Felt pens  
 Stickers  
 Coloring books/Activity books  
 Packs of cards  
 Small board games

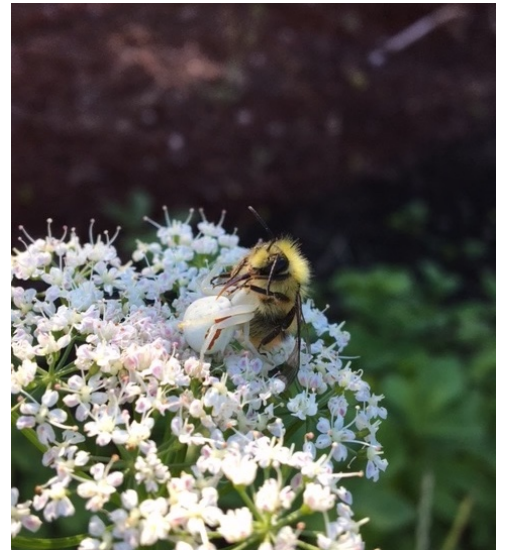


If you are unable to attend the party but would still like to donate items for the hampers, please feel free to drop an item off at either Sarah Gray's or Barb Downman's. (Addresses below). We are both also very happy to come and pick up any items if you are unable to get out.

Sarah Gray- x  
 Barb Downman- xt



*Bee in the clutches of a spider – sent in by Judith Brook.*



## Membership Report – Barb Downman

A huge thank you to the 104 members who renewed their memberships by the early renewal contest deadline. The *lucky winner* of the random draw independently conducted by Barb Downman's husband (non-LVGC member Ian Talbot) is *Susan Mar*. Congratulations Susan!

If you plan to renew your membership but haven't done so already, please do it soon (see last page of this Leaf for the 2023 Renewal Form). Membership will have a table at the Christmas Party on Thursday, December 8 and will be happy to accept your renewal in person. If you can't attend the party, you can mail (or drop off) your completed renewal form and payment to Barb Downman,

or pay by e-transfer ([LVGC.Treasurer@gmail.com](mailto:LVGC.Treasurer@gmail.com)) and e-mail your completed form to

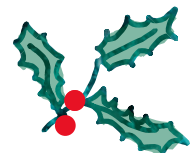
**Remember: To secure your membership for 2023, your completed renewal form and payment must be received by December 31, 2022.** After that date "vacant" membership spaces will be offered to the people on the waitlist. Both new and lapsed members will be accepted on an equal basis until the member limit is reached.

The additional membership spaces approved at the November AGM have been offered to the first 25 people on the 29-person waitlist. The offers of membership have been enthusiastically accepted and it is anticipated that we will start 2023 with at least 4 people still on the new waitlist.

If you have any questions or concerns about your membership, please contact Barb Downman. x



PROCRASTIPLANTING (*verb*): when you have a million things to do but ignore them all and tend to your plants instead.



## ANNOUNCEMENTS



### *Saving and Starting Native Plant Seeds in the Pacific Northwest* Jane Sherrott

I am doing a talk on saving seed for our PNW native plants on December 10 at 11AM. The talk is being offered by the David Suzuki Foundation Butterflyway Project and is free.

You can click [here](#) to register. If the link doesn't work, the URL and Jane's email are in the December Links.

Jane Sherrott has organized seed saving and starting activities with the Ambleside Butterfly Garden in West Van. and will be giving a talk on these activities for the David Suzuki Butterflyway Project on Saturday, May 10 at 11 AM. The talk is free.

She will cover how to save seed, plant it in the fall, and overwinter it outdoors. Local growers have found this approach to be more successful than spring sowing for our PNW native plants. The talk will also mention reliable suppliers of true PNW wildflower seed, a new seed library with free seed for BC native plants, and planting for three-season blooms.



Don't think the garden loses its ecstasy in Winter. It is quiet but the roots are down there riotous. - Rumi



### *Christmas Card Donations - Jackie Morris and Courtney Mitchell*

Just a reminder that if you have collected cards during this year, or if you have extra ones, we would be happy to collect them at the LVGC Christmas Party on December 8 th. If you have some cards to donate and cannot attend, please contact Courtney Mitchell 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.



### *Signs of an obsessive gardener:*

- You shovel snow not to clear your driveway, but to cover delicate plants. [I'm re-running this one because it is most appropriate -ed]
- The back seat of your car has carried more plants than people.
- The back seat of your car is so stained with soil from all the plants you've placed there over the years that it's no longer worth trying to clean it.
- You hide your plant purchases from your significant other.
- You pamper your sick plants terribly, even when everyone tells you it's obvious it's better to get rid of them.
- You tend to garden on pieces of land that do not belong to you.
- There are more pots of seeds and bulbs in the fridge than food.
- You have trouble talking to non-gardeners, because you honestly feel they have nothing interesting to say.
- You get excited by the slightest change in your garden: the first spring crocus, a seed that has sprouted, a plant that blooms for the first time, etc.

### *Maplewood Flats: - Rita Marshall*



If you are looking for something distinctive and unique, this is the spot!

*Bad weather is good for you: take a walk in the wind and rain* – Annabel Streets  
 From The Guardian.



Don't be put off by winter weather – going out into the mud and cold is highly beneficial to our immunity and general health.

In the last few years researchers have begun untangling some of the little-known benefits of walking in wintry conditions. It turns out that the conditions

most deterring us from taking a stroll are, in fact, excellent reasons to step outdoors.

Cities are often at their most walkable in the winter, when wind disperses pollution, and rain washes the air of dirt and germs. A 2021 study found that the best days to avoid catching highly contagious strains of Covid were windy days, when germs and bacteria were instantly blown away. Cities empty quickly in the rain – meaning we can pick up our pace and stride along streets usually thronging with people. [...]

If you're in the country, a downpour is the perfect time to walk – but for quite different reasons. The pounding of raindrops causes plants, trees and soil to release sweet-smelling compounds which then mingle and combine in the air we breathe. The Scottish writer, Nan Shepherd, loved walking after rainfall, noting that birch trees released a perfume "fruity like old brandy".



Studies suggest that inhaling these compounds improves our mood, while the abundance of negative air ions – created as water and air molecules collide making a molecule with an extra charge – can improve respiratory health and immunity. When Austrian scientists ran a series of experiments in the Alps, they were stunned to find

that participants walking in heavily ionised air had higher levels of a vital antibody located in the mucosal

lining of the mouth, nose and gut. The researchers speculated that this bounteous antibody accounted for the participants' strengthened immunity and amplified lung capacity.

[...]

The pounding of raindrops causes plants, trees and soil to release sweet-smelling compounds which combine in the air. [...]

If it's a muddy forest, even better. Believe it or not, mud is a boon for your health. So rather than taking lengthy detours to avoid a stretch of quagmire, just walk right through it breathing deeply as you go. Mud – be it farmyard or forest floor – is rich in mood-enhancing microbes. Australian researchers found that mice exposed to soil had more diverse microbiomes, a finding mirrored by a Finnish study in which the gut and skin of children playing in plastic-and-concrete playgrounds were compared to those of children whose playground had been rebuilt using a tract of forest floor. In as little as four

weeks, the children playing on forest floor had developed more diverse microbiomes. More importantly, the researchers found "parallel changes in the children's immune systems", with the muddy children showing greater immunity and fewer coughs and colds for months afterwards.

[Do read the rest – it's in the December links.]



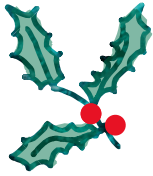
*Pottery bas-reliefs by Valerie Cundiff*



What good is the warmth of summer, without the cold of winter to give it sweetness - *John Steinbeck*

*Some warmth of summer*

*- Rita Marshall in Santa Barbara*



*[The two articles that follow constitute an interesting juxtaposition – and while not just about plants, plants are central figures in them. Thought-provoking. We create ecological damage that hastens climate change which in turn increases CO2 and reduces our food supply: a scary downward spiral. These are excerpts – please read the whole thing – the hyperlinks are in December links“.]*

*Here's exactly how your diet affects the planet*

*- Scott Dance, The Washington Post*



Eco-friendly eaters may know that almonds are a water-intensive crop, that fish farms pollute the water or that beef consumption drives deforestation. But a study released [recently] goes far broader and deeper, offering a new guide to weighing total ecological consequences of crops, livestock and seafood.

The study published in the journal *Nature Sustainability* – which examined nearly 99 percent of all food production on land and sea as reported to the United Nations in 2017 – offers a new way to evaluate what to eat and how to feed the world, according to its lead author Ben Halpern, a professor at the University of California at Santa Barbara.[...]

The researchers left out food produced in home gardens and by hunters, as well as nonfood crops like coffee, tea and tobacco. But they assessed impacts including displacing ecosystems for cropland and

destroying seafloor habitat with fishing equipment; water used by crops and livestock; nutrient pollution of waterways from fertilizer-tainted runoff and concentrated fecal matter; and greenhouse gas emissions from farming machinery and boat engines, production of fertilizers and pesticides, and livestock flatulence and manure.

Unsurprisingly, pig and cattle meat ranked far ahead of any other products, with cattle having a massive impact on greenhouse gas emissions and pigs on water quality. But pork may have larger environmental costs than beef when factoring in that so much pig waste ends up polluting waterways. Nutrient pollution from animal waste and fertilizers causes algae blooms in waterways, which can eventually create “dead zones” of water containing little or no dissolved oxygen.



The researchers also included the environmental impact of any plant or other animal used to produce feed for livestock and fish, which boosted the overall damage associated with these kinds of foods.



### Seafood affects the land, not just the ocean

[...] A category of fish that includes cod, flounder and halibut had more than four times the environmental impact of other fish because the trawls dragged to harvest them destroy habitat along the seafloor. The environmental pressure was three times that associated with raising sheep for meat, though that type of fishing produces four times more food than sheep farming does, the study noted. [...]



### Rice, wheat and other crops' magnified impact

Rice and wheat ranked in the same tier of environmental impacts as animal-based products including cow milk and chicken meat largely because growing the grains requires so much water. But also, they are grown in such massive quantities around the world that their disturbances to natural habitats and ecology are magnified.

Crops used to make cooking oils, including palm and canola, are other examples of plant-based food products whose impacts rival those of some animal-based products because they are grown and used so widely[...].

### Five countries account for half of the globe's food footprint

Five countries account for nearly half of all food system impacts: India, China, the United States, Brazil and Pakistan.

And researchers found that not only was this damage heavily concentrated in a handful of countries, but that some countries have bigger environmental impacts than others for producing the same types of food.[...]

Halpern said he hopes the study leads more people and policymakers to consider ways to reduce the environmental consequences of food choices and regulation. Though the analysis considers the different types of ecological pressures equally, future use of the data and research methods could weigh one more heavily depending on what environmental challenges are being faced, he said.



"Anyone who has time for drama is not gardening enough."



## Higher CO2 Levels Could Result In Crops Having At Least 20% Less Protein -

Anuradha Varanasi *Forbes*

During the Anthropocene Epoch, human activities from burning fossil fuels are emitting greenhouse gasses like carbon dioxide at such an accelerated pace that it is negatively impacting plants' mechanisms of acquiring nutrients from the soil, according to a recent study published in *Trends in Plant Science*. According to the researchers who are based in France, elevated CO2 levels particularly lower the nitrogen content of plant tissues but the reasons behind this still remain a mystery.

Plants being nitrogen deficient also means they will provide less nutrition and proteins to human beings. "Two main nutrients that are essential for human nutrition may be affected by this phenomenon," said lead author of the study, Alain Gojon. While elevated CO2 levels can help plants in their photosynthesis processes, human beings emitting such high levels of greenhouse gasses will still make them less rich in nutrients and minerals. A vast majority of crops and plants cannot obtain nitrogen directly from the air. Instead, they rely on nitrates and ammonia that are produced by bacteria living in the soil.

Only legumes like peas, beans, lentils and an ancient plant called Azolla have the ability to directly obtain nitrogen from the air with the help of nitrogen-fixing bacteria that lives within their cells. However, all plants absorb minerals like iron and phosphorous only from the soil through the plants' roots.

"What is clear is that the nutrient composition of the main crops used worldwide, such as rice and wheat, is negatively impacted by the elevation of CO2. This will have a strong impact on food quality and global food security," said co-author of the study, Antoine Martin.

"The first one is proteins built from nitrogen. In developing countries this can be a big issue, because many diets in these countries aren't rich in proteins and plants grown at elevated CO2 can have 20% to 30% less protein. The second one is iron. Iron deficiency already affects an estimated 2 billion people worldwide," he added.

Here is the abstract of the source article:

***The decline of plant mineral nutrition under rising CO<sub>2</sub>: physiological and molecular aspects of a bad deal - Alain Gojon, Océane Cassan, Liên Bach, Laurence Lejay, Antoine Martin, Trends in Plant Science.***



The elevation of atmospheric CO<sub>2</sub> concentration has a strong impact on the physiology of C<sub>3</sub>\* plants, far beyond photosynthesis and C metabolism. In particular, it reduces the concentrations of most mineral nutrients in plant tissues, posing major threats on crop quality, nutrient cycles, and carbon sinks in terrestrial agro-ecosystems. The causes of the detrimental effect of high CO<sub>2</sub> levels on plant mineral status are not understood. We provide an update on the main hypotheses and review the increasing evidence that, for nitrogen, this detrimental effect is associated with direct inhibition of key mechanisms of nitrogen uptake and assimilation. We also mention promising strategies for identifying genotypes that will maintain robust nutrient status in a future high-CO<sub>2</sub> world.

\*C<sub>3</sub> Plants: *The majority of plant species on Earth uses C<sub>3</sub> photosynthesis, in which the first carbon compound produced contains three carbon atoms.*



Cold December night  
Moon and stars pave the sky in  
Pale pearl and diamonds - *Anonymous*

"If you think about the vastness of space, how enormous our galaxy is, how huge our planet is, and how small and insignificant we are, I don't really own that many plants."



## **THE COMPOST BIN**

**- Maria Issa**

In the grand scheme of things, we muddle along, doing the best we can, by our lights – and create as much joy and happiness and good cheer around us as possible. Since Lorraine began with a Christmas song, I'll book-end with another one – "This little light of mine, I'm gonna let it shine".

LVGC, your light shines!!! This little garden club has an enormous "karma credit". You have done so much good by joining in plant rescues and supporting the Plant Sale, organizing, laughing, digging, potting. You have good-naturedly participated in bus-less bus trips, zoom-less zoom calls. You stuck it out through thick and thin and COVID. You are an intrepid, fearless, delightful bunch. You've not only helped so many locally – but world-wide: from your Harvest Project gifts, to the Donations Committee's recipients, to your extraordinary generosity toward Ukraine – you have done so much. And now you will be filling and decorating gift hampers!! Thank you.

Directly and indirectly, you have made so many people happy! Santa's toque off to you! You deserve a few "presents" for the holidays:



Which of Santa's reindeer are dinosaurs afraid of?  
Comet.

Why is Santa scared of chimneys? Because he's claustrophobic.

What nationality is Santa Claus? North Polish.

What's Santa's favorite type of music? Wrap.

Why does Santa go through the chimney? Because it soots him.

What do you call a kid who doesn't believe in Santa? A



rebel without a Claus.

How does Santa take pictures? With his Pole-roid camera.

What kind of motorcycle does Santa ride? A "Holly" Davidson.

How much did Santa's sleigh cost? It was on the house!

What do you call Santa's little helpers? Subordinate Clauses.

**HAPPY HOLIDAYS, ONE AND ALL!!!!**



# Lynn Valley Garden Club



## 2023 Membership Renewal Form

(Membership runs from January 1, 2023 to December 31, 2023)

- The annual membership Fee is \$20 per person or \$35 per couple.
- To secure your membership for 2023, your completed renewal form and payment must be received by December 31, 2022. After that date, both new & lapsed members will be accepted on an equal basis until the member limit is reached.
- Payment by cash or cheque is preferred. Please make your cheque payable to '**Lynn Valley Garden Club**'.
- Payment by e-transfer is also acceptable. Please e-transfer to [LVGC.Treasurer@gmail.com](mailto:LVGC.Treasurer@gmail.com). Enter the comment "2023 membership fee" in the comments box.
- Bring your payment and form to the club meeting or mail to:

Renewing Member \_\_\_\_\_

Paid by Cheque \_\_\_\_\_ Cash \_\_\_\_\_ E-Transfer \_\_\_\_\_

Last Name: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail: \_\_\_\_\_ (to receive the monthly newsletter ]

Do you give permission for your phone number and e-mail to be included on the list distributed to members? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you give permission for your home address to be shared with the MALS for Plant Sale planning purposes? Yes \_\_\_\_\_ No \_\_\_\_\_

In the future, would you consider:

- **helping with a committee?** Yes \_\_\_\_\_ No \_\_\_\_\_
- **taking on an executive position?** Yes \_\_\_\_\_ No \_\_\_\_\_

Do you have a suggestion for a speaker or a topic? \_\_\_\_\_

\_\_\_\_\_  
(please write on the back of this form if you need more space)

