



THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

September 2023

President's Message - Lorraine Robson

Welcome back after the summer break! Does summer always feel like the shortest season to you, too? It doesn't feel very long ago that many LVGC members gathered on July 8 for our annual Members' Garden Tour and picnic. I am so grateful to **Donna Wasyluk** and **Rita Marshall** for taking on most of the organization of this year's tour! They brought tables and tablecloths, cake and cold drinks, and gorgeous Okanagan cherries. They coordinated a map of the route to the gardens in sequence and set everything up to welcome us to Loutet Park in the shade of the trees for our picnic at the end of the tour. I also appreciate all the gardeners who welcomed us:

- **Aline Burlone** for talking to us about the new Butterfly Garden on Grand Boulevard at 17th Street. The garden looked so lush and full that it's hard to believe that it is so new.
- **Kitty Castle** for showing us the sunny Butterfly Garden and the cheerful painted mural along a walkway in her neighbourhood. Kitty even had divisions of some butterfly-attracting plants to hand out.
- **Penny LeCouteur** for inviting us to visit her well-established terraced garden way up the mountainside. The view from up there was incredible, but it was hard to look away from the exquisite tapestry of Hosta West!
- **Doreen Dew** for letting us explore her beautiful and productive gardens and greenhouse. No space was wasted; vegetables and ornamentals grew happily together. Some of us even got a tour of the hand-built model railway set up before we had to tear ourselves away.
- **Frank Morton** and **Howard Abel** who lovingly maintain and expand the plantings at Gerry's Garden.

Thank you all for a really lovely time together!

This month's speaker is Reinier van de Poll of *Van de Poll Garden Design* on Creating a Patio Escape. Thank you to **Judith Brook** for her excellent work in booking interesting speakers for us right through to February 2024! The next Executive to take on the organizational tasks of keeping the club going will have a head start thanks to Judith and members who have suggested speakers and topics.

It takes a lot of club members to keep the Lynn Valley Garden Club running each year over the decades. Keep in mind that the people serving in Executive roles and on Committees are just that: club members. We are not exalted beings (though I suspect a few may have a greater proportion of angel about them than the average while also being devilishly good fun). I am looking forward to meeting the new Executive members who will take over the roles as the people who said "yes" when I asked nearly two years ago will retire at the end of December. As Michael Bublé sings in his song of the same name, "I just haven't met you yet."

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*

**SPEAKER - REINIER
VAN DE POLL OF VAN
DE POLL GARDENS
CREATING A PATIO
ESCAPE**

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!

Executive 2023

President

Lorraine Robson .

Vice President

Judith Brook .

Secretary

Sarah-Jane Gray .

Treasurer

Jennifer Sydenham .

Membership

Ann McKinnon .

Krystina Madej .

Members at Large (MAL)

Linda Downs .

Jacquie D'Auria .

Marilyn Bullock .

Brenda Reid .

Committees

Plant Table

Cathy Rickey .

Hospitality

Sharon Carabetta .

Lenen Webb .

Daphne Page .

Miriam Scott .

Lenen Webb .

Sunshine / Door Prizes

Hiromi Matsui .

Website

Aline Burlone .

Newsletter Editors

Maria Issa .

Margaret Campbell .

Executive Meetings

October Exec Meeting *chez* Judith



Newsletter items to
lynnvalleygardenclubnewsletter@gmail.com

Thanks to this month's LEAF contributors: Rosemarie Adams, Barb Downman, Carol Ferryman, Taylor Hewstan, Gillian Konst, Penny LeCouteur, Courtney Mitchell, Rita Marshall, Jackie Morris, Lorraine Robson.



Last week, I was delighted to meet **Krystina Madej** who is taking over from **Alison Parkinson** to work with **Ann McKinnon** on Membership. Thank you, Alison, for your service to the club. The current Executive team have been updating the job descriptions of the Executive roles and will be posting them on our website soon. If you're interested in volunteering for one of the roles or have any questions about them, please let me know or contact **Courtney Mitchell** and **Penny LeCouteur** who have volunteered as our Nominating Committee. Is it your turn to serve as a caretaker of our club? Think about it. Without volunteers, we would have no garden club. Ordinary members have volunteered to keep our club going for 80 years which is rather extraordinary. Are you next?

Save the date: our **AGM** will be held on **Thursday, November 16**. Along with other important decisions, we will vote on the Donation Committee's recommendations on where to give our donations this year. Come in person because we will also be celebrating our 80th anniversary with cake! Ideally, we'll have a full slate of nominees to welcome and celebrate then, too.

Save the date: our **Christmas party** will be held on the **second Thursday of December**. Closer to the date, we'll tell you more, but please mark December 14 on your calendars. The LVGC Christmas party is always fun!

See you soon!.



SPEAKER

Reiner van de Poll - Creating a Patio Escape

Reiner van de Poll has a unique mix of practical and theoretical experience. He has worked for several horticulturists, garden centers, and landscape design firms. He is a graduate of the Landscape Design and Horticultural program at BCIT and has also studied under Britain's leading designer, John Brookes. Over 20 years ago, Reiner started *Van de Poll Garden Design* and the firm's accomplishments have led to many accolades such as Gold Ribbon at Van Dusen Show and a listing amongst the country's top designers in *Canadian's House and Home's* Gardening Life. Reiner is a frequent lecturer at garden clubs and Vancouver Master Gardener's Program, and is presenting at the BC Home and Garden show in March 2023.



Dear LVGC Members,

This is your **nomination committee** (Courtney Mitchell and Penny Le Couteur) contacting you on a very important matter. We need to determine who will be taking on the executive roles for the garden club for 2024. **Please keep reading**. Don't just say "not me" unless you happen to have been on the Exec for the past four years and are thus (by our constitution) unable to serve again until 2026! (If, however, you are serving in a different role, you can serve again, but only for a maximum of four consecutive years.) For 2024 we are looking to fill the following positions:

PRESIDENT - VICE PRESIDENT - SECRETARY - 1 (or 2) MEMBERS-AT-LARGE

In the constitution, the terms of office are one year, although the practice and expectation are two years, which makes sense as it is best to have some experienced members on the Executive every year. If you are (even faintly) interested in any of these positions, we can send you the job descriptions.

We would like to address some of the reasons members are not able or do not want to be on the Executive:

1. There are members who would make an excellent president except for one thing - they would rather cut off their toe with a rusty hoe, than have to speak in public. We can sort that one out! The president can have an "aide" who runs the monthly meetings. Problem solved.
2. Another member might be interested in being secretary but is worried that it would be taking on too much. Ever hear of "job sharing"? The tasks could be divided so that one person does the mail and correspondence and the other takes the minutes. Job can be shared by task or time.
3. You have travel arrangements to go on safari in Africa and climb Mt. Kilimanjaro and will be away for two months in early 2024 so you wouldn't be able to be VP... No problem - sort out who does which dates with your VP partner.
4. The work of the MALs is mainly concerned with the annual Plant Sale so we are trying to have 5 MALs (instead of 4) so that we can spread the work. There are always 2 MALS (at least) from the past year and they keep great records/information/suggestions from previous sales, which means you are not re-inventing the wheel - just keeping it turning! Without the MALS there can be no plant sale.

The Executive has monthly meetings (except in the summer) and you will probably be asked to host at least once a year. These meetings are informal and a lot of fun. [...and the treats are great! - Ed] In fact, being on the Exec is usually fun and you will get to know other members well. A lot of lifetime friendships have started under these circumstances.

On a more formal note, the club cannot run without a president, VP, secretary, and MALs. That means no more great speakers, no plant sale, no members' garden tours, no Christmas party, no "Leaf" and no meeting all the wonderful gardeners who are the 175 members of the Lynn Valley Garden Club. Some of you have more than earned your retirement from the Executive so others need to step up and play their part. *We will be phoning members [!!!]* sometime in the next few weeks/months to ask you to consider joining the Executive. What would be great would be for you to first phone or email one of us to volunteer (or to ask for more information) and then we would not have to phone every garden club member! Please consider this seriously.

Courtney Mitchell

Penny Le Couteur

... ..



REPORTS

Vice President - Judith Brook

There is an exciting list of speakers booked - well into next year!

- October 19 Deborah Jones: Rain Gardens
- November 16 AGM & Daniel Mosquin: Native Gardens
- December 14 Christmas Party (no speaker)
- January 18 Danielle Dagenais, BC Community Bat Programs: Creating a Bat-Friendly Garden
- February 15 Owen Balance: Behind the Scenes at Monet's Garden in Giverny, France



Treasurer - Jennifer Sydenham

| | |
|--------------------------------|--------------------|
| Bank Balance as of September 5 | \$21,363.38 |
| In Petty Cash | <u>\$100.00</u> |
| Total | \$21,463.38 |

*He who plants a tree
loves others besides
himself*

Membership - Krystina Madej and Ann McKinnon

We are pleased to announce that Krystina Madej agreed to join the Executive as part of the Membership team. As a new member, Krystina is pleased to be able to offer her assistance to those who've put in so much work over the years. Note that Krystina's email address is krystina@lvgc.org and was misspelled in the membership list published in March.

Please also join me in thanking Alison Parkinson for her Membership work in the first half of the year, particularly with her assistance staffing the desk at the monthly meetings. Alison intends to travel this fall and plans to continue to be an active member of the garden club, just not on the Executive.

We can also thank the successful Plant Sale team for enabling us to *keep our annual membership fees at \$20 for 2024*. However, we are eliminating the \$5 couple's discount so a dozen members of couples will now pay the same fee as everyone else. The original justification for the lower couple's fee was that we had lower costs, as we mailed only one monthly newsletter to the pair. Now that members receive their newsletters electronically, it seems more fair to charge every member the same fee. Also, it simplifies the membership job, which we truly appreciate, as we currently need to track who that \$15 payment matches with.

Website

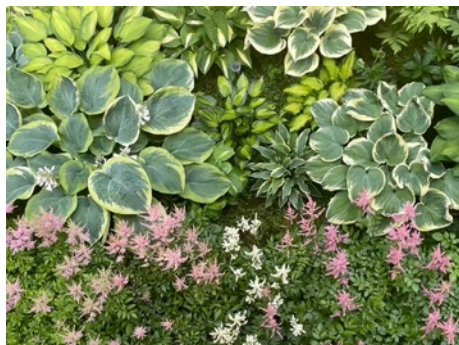
If you would like to watch the video "*Lynn Valley Garden Club - A Short History*" that was shown at the 75th anniversary of the club, click on the following link <https://vimeo.com/manage/videos/363931751> and enter the password LVGCHist2019 when prompted.




 There was a notice in the North Shore News that *June Espin*, one of our garden club's long-time members, passed away on August 31st. There is no service planned.

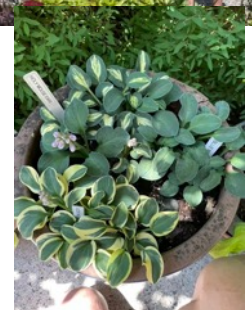

MEMBERS' GARDENS TOUR

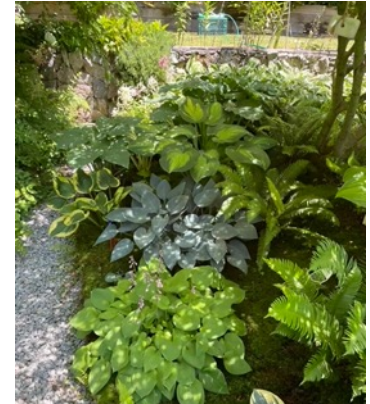
Rumour has it, IT WAS A BLAST: brilliantly organized, around excellent subjects in the company of knowledgeable gardeners and ending with great food and camaraderie. If you missed it – and missed Aline's



video – here it is again – and there will be a link in the LINKS file:

<https://vimeo.com/847686926?share=copy> and enter the following password when prompted: LVGC2023MT (please note that the password is case sensitive).





BRIGHT SPOTS

POTATO BERRIES - Rosemarie Adams



I found these 'potato fruits' growing on a potato plant in my garden (in a planter box). I didn't plant any potatoes this year, so it must be one left behind from last year. Curious, I googled and found the following:

"Potato plants can produce fruit that is commonly referred to as berries, seed potatoes, potato fruit, seed balls, potato apples, or potato tomatoes. These fruits are the result of a potato plant that has been exposed to colder than usual temperatures during the growth stage. After flowering, potato plants produce small green fruits that resemble green cherry tomatoes, each containing about 300 seeds. The berries are toxic and should not be eaten. There is not usually any reason to remove the berries from the plant."

[Tomatoes, potatoes, peppers, eggplant are all members of the "deadly nightshade" family, Solanaceae, and contain solanine, a glycoalkaloid poison. You'd have to eat a lot - as Penny says, "It's the dose that makes the poison": FYI the LD₅₀ is 42 mg/kg (0.046 mmol/kg) for mice, which works out to about 3 grams of PURE solanine for a human. Different parts of the plant have different concentrations of solanine, just like oxalic acid in rhubarb: stalks -good, leaves - bad. As a farm-grown kid, I learned to not eat especially potato sprouts, - or the berries! - or get a nasty bellyache. - Ed]



WHEAT BERRIES - Judith Brook's wheat harvest from last year 2022, finally having separated out the wheat berries June 2023.



[What are wheat BERRIES, you may well ask? I know I did. When in doubt, look it up: turns out, it is just a modern affectation for a whole grain before it is processed. In fact, they are rather Biblical: it is the wheat (seeds: whole grain = kernel, bran, endosperm) separated from the chaff (husk or shuck). Even in recent history, this was done by flailing the harvest on a threshing floor, then winnowing, sometimes through a winnowing window. -Ed]

Bogna Ross is hunting for **Japanese blood grass**. If you have any to share, see any being sold, etc. please let her know. It looks like the picture on the right. The Latin name is *Imperata cylindrica* [which loosely translates as 'stove-pipe-shaped ruler/empress'. Makes me smile -Ed]





Carol Ferryman writes: “I am so pleased with this new dahlia, *Cornel Bronze*, given to me by Bogna Ross who found it at a nursery outside Victoria this summer.

I'm currently in a Zimmer splint having dislocated my hip digging out an old Montana Clematis so have restrictions for a while in the bending and gardening area. Amazing how well a reacher works for weeding though! [Suggest physio at right – Ed]

The Sweet Smell of Rain - sent in by Gillian Konst

Petrichor is the term coined by Australian scientists in 1964 to describe the unique, earthy smell associated with rain. It is caused by the water from the rain, along with certain compounds like ozone, geosmin, and plant oils. When lightning strikes diatomic (2-atom) molecules like oxygen and nitrogen in the air, they are split and reform as nitric oxide (NO) and ozone (O₃). Ozone molecules are carried down by droplets of rain and contribute to the scent. *Actinomyces*, a rather weird type of bacterium found in soil, secretes geosmin which is released from the soil by raindrops. The human nose can detect geosmin at 5 parts/trillion! During dry weather, plants produce compounds that accumulate in the soil, between rocks. When the soil is hit by rain, these fatty acids/plant oils (e.g. stearic acid and palmitic acid) are released into the air and contribute to **petrichor**.

School's back so here is some more science-y stuff for you.

'Paradoxical' palm flowers underground -A newly described palm plant from Borneo, *Pinanga subterranea*, is only the second species known to grow its flowers and fruit under the soil (the other is the Australian orchid genus *Rhizanthella*). It's “mind-boggling and seemingly paradoxical”, says biologist Benedikt Kuhnhauser, because it hinders pollination and seed dispersal. Bearded pigs (*Sus barbatus*) seem to help spread the seeds by digging up and eating the bright-red fruits – but how the plants are pollinated remains a mystery. For more, in the September LINKS file.



Plants make music - Plant wave – is an instrument that detects bioelectrical signals and turns them into music: based on a generative music algorithm that translates bioelectric (water-based) signals into waves. It is brilliant!! Have a listen – look in the LINKS!!



Seed Vault - The Svalbard Global Seed Vault is a safety deposit box for the world's agricultural heritage, located on the Norwegian archipelago in the Arctic Circle. Leveraging the naturally frigid environment, which was a very challenging place to photograph, the vault is designed for long-term storage. Established in 2008, it serves as a backup for an extensive variety of plant seeds. Its importance lies in its role to ensure food security and preserve biodiversity for future generations. In the face of challenges like climate change, natural disasters, and conflict, the vault provides a fail-safe way to restore lost crops and protect the genetic diversity essential for agriculture. Check out the LINK.

The Controversial Concept at the Heart of the Green Revolution

A New History of an Agricultural Transformation

Until the 1950s, agricultural researchers were primarily focused on developing and testing plant varieties to thrive in specific regions. So when American agronomist Norman Borlaug proposed that the disease-resistant strains of wheat he



bred in Mexico could produce high yields in a variety of environmental conditions, many of his fellow scientists were skeptical. But his advocacy of “wide adaptation” was successful, creating the foundation for what would become known as the Green Revolution.

Borlaug’s wheat varieties could grow at different latitudes and in different seasons, but they required chemical fertilizers and consistent watering. A new book, *The Globalization of Wheat* by Marci Baranski, argues that such varieties benefitted wealthier farmers at the expense of smallholders who lacked access to fertilizers or irrigation—an outcome that Borlaug and subsequent assessments of the Green Revolution overlooked.

“Although the concept of wide adaptation is integral to agricultural research,” writes Madhumita Saha in her review, “little work has been done so far connecting the practices related to wide adaptation with their societal impact.” In filling this gap, Saha finds Baranski’s book to be “a notable contribution to the critical histories of the Green Revolution.” Read more [here](#). (and if it doesn’t work, look in the LINKS file).

Urban plant canopies: A brilliant idea, started in Spain – and could be done in any urban environment – is to create canopies covered in soil wherein plants grow: shade, beauty, absorbs pollutants, captures run-off, restores wildlife habitat, supports pollinators – all in one fell swoop. Have a look at the [link](#).

Floating islands: similar concept to the one above – urban “water features” can house [floating gardens](#) – and they even self-water!!! I considered this for a fleeting moment for my pond – but it was exactly on the day when the bear was seen floating there.... ..and while we are on the multi-use idea... check out the storm-uprooted upside-down tree>>>>

Gardening Hacks – These are surprisingly good ideas – not all, but many. Different wild ideas sing to different people – like trees, so check out the LINK in the September Links file.

.... and for those of you who would rather cut off your toe with a rusty hoe than speak in public – there is even a fixit for that!!
– check out the very important LINK on how to clean your rusty garden tools. As with pruning and grafting, clean cuts are better.



ANNOUNCEMENTS AND OTHER GOINGS-ON



PLEASE don't forget to bring to the meeting your non-perishable food item for the Harvest Project. Every little bit helps... if you only knew...! They are so appreciative when I drop off our contributions because there is that ‘little bit’ that can be relied upon every month. Food insecurity is real.



From **Lorraine Robson:** Kevin Kelly’s seminar - just \$5 which goes to the Master Gardeners. [Home Gardening Series: In Love with Fabulous Ferns \(psu.edu\)](#)

From **Rita Marshall:** Gardening classes at the Lynn Valley Ecology Centre. <https://ecologycentre.ca/adult-programs/>



THE COMPOST BIN

- MARIA ISSA

"The time has come,' the Walrus said,/To talk of many things:/Of shoes — and ships — and sealing-wax — /Of cabbages — and kings —" -Lewis Carroll

Communication and learning. We know that trees communicate with each other chemically: send 'notices' of threats through airborne compounds, share food and information through their roots and the mycorrhizae... They sing biochemically, by electromagnetic fluxes passing through their cells that can now be 'translated' through technology. The mechanism (the *how*) of the biochemical changes are based in the 'flow' of a net electrical charge change across cell membranes. Where charges flow - electricity is flowing electrons, after all - there is also a magnetic field. This is also how your body works, how your cells communicate with each other. You are just one big signaling network. We now have (many types of) instruments that sense the bioelectric signals emitted by living things. The easiest one to understand is an infra-red heat sensor. Where there is life, and the biochemical factories are working, heat is given off. There are people who are more or less sensitive to these fields, some can even manipulate them. In the old days, they were called 'witches' or 'healers'. My Doc is a bit of a witch. He will look at my knee, run his hand over it, and then press: "does it hurt *here*? [yowch!] We are now creating technology that brings a different understanding to what used to be 'magic'. We learn and grow.

LVGC is learning and growing: we are 80 years old this year - just a young tree! - whose branches reach to the sun and the future. We all need to reach to the sun and the future - to think globally - because our community has become the world. With climate change, we will live, or die together.

As you can see in this month's financial report - we are sitting on a tidy sum, squirrelled away for a rainy day. It hasn't really rained much. We have more than enough to run the club for *years*, [if we have people volunteering for the Executive] without lifting a finger or flowerpot. We could spend all that selfishly - one more t-shirt, a better bus trip... I would argue, however, that as we are residents of the First World, and of Canada's most affluent neighbourhood (to not put too fine a point on it), we could give our excess to people and groups that are in need. ...and I don't mean one more book for the library, or some plants for Park and Tilford (sorry, Ann!!). I would suggest that we help the greater, global community that we are a part of.

Did you know - really know - that food security is so lacking in Canada's Northern communities that kids don't eat unless the school supplies food? (and they can't always)... My daughter was appalled that in Tuktoyaktuk a scrawny chicken in the community store is \$29 and a loaf of bread \$15. Fresh food hardly exists. With our excess money, we could support Inuvik community greenhouses, "three sisters planting" and similar projects. Or we could support places like Yellowknife that got burned out and people need to re-start their food sources... So please think big, think creatively, think with your heart, do some research, and make some extraordinary suggestions to the Donations committee or the executive as to how we could spend the extra money, and where it would have the greatest impact.

Which brings me to *The Leaf*. I've been doing this for far too long. It has also been intimated that I shouldn't express my personal opinions as I have an unfair (editorial?) platform with which to advocate for the use of the Club's generosity. I should feed you peaceful pabulum and not rattle your cages. Seriously? While it has never been formally stated - so I will do it now - *THE LEAF IS YOUR VOICE* and the editorial policy of *The Leaf* is that we publish *everything* that is sent to us, as long as it is plant-ish, and is not nonsense, hurtful, copyrighted, or advertises for a business. That means we publish opinions. If you don't like mine, you have choices: don't read them, or take the time to send in yours. They will be published. OR - you could please take over doing this for 3 full days a month. Piece of cake.

You would be wise to listen to the wisdom of a tree:
Live your life with your own, personal majesty.
Let the roots of all your dreams grow deep.
Let the hopes of all your tomorrows grow high.
Bend but don't break.
Take the seasons as they come.
Stick up for yourself.
...and reach for the sky.

- Doug Pagels

