



THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

October 2023

President's Message – Lorraine Robson

One of the best rewards of serving as President of LVGC is knowing that our club has been responsible for raising about \$10,000 over the past two years to donate to worthwhile food- and garden-related projects that will help so many people. At our AGM this month, we will vote on the proposed donations for this year. The Donation Committee of Ann McKinnon, Judith Brook, and I easily agreed on how to allocate this year's \$4,000 and the rest of the Executive supported those donations unanimously. We added another \$300 from Digs. I so appreciate the people who show up at Digs and all those who contribute their plants, artwork, and time to make our Plant Sale a success because it is our biggest fundraiser which allows us not only to help others BUT ALSO book great speakers for our club. One Vancouver garden club charges \$100/year for membership, while our dues have not increased in at least 26 years! Since \$2 of every \$20 goes to our insurance coverage, our Plant Sale revenue helps us fight inflation, too.

We will also vote on the proposed 2024 Budget which Jennifer Sydenham has worked diligently to prepare. Over cups of tea and coffee at her house or mine, Jennifer has made number-crunching bearable. (Still, I'm looking forward to the time when we can let our conversation ramble off into books, art, and travel without having to pull ourselves back to the numbers. 😊)

We'll vote on a series of motions to revise the language of the Constitution and By-laws to make that document gender-neutral and inclusive of everyone as well as update a few points to reflect our club's current practices. The Executive propose that we drop the reading of the minutes from the business portion of the General Meetings to make more time for visiting together during the break before the speaker. The Secretary will have a paper copy of the minutes available for anyone who wants to review them. In addition, Tom Davis, a long-time member, has proposed a motion which would see everyone not already serving on a committee or the Executive volunteer a few hours each year to handle small tasks to help keep the club running. When a few people are putting in a great many hours, it seems reasonable to ask the many others to do a little bit, too. Some of you do contribute already and often, so this motion would help share the workload.

The specifics of the motions, the donations, and the budget appear elsewhere in this *Leaf* and appeared in last month's *Leaf* as well. Please read it all and come prepared to vote. We'd like to move quickly through the motions and reports of the AGM, so we can move on to enjoying our 80th anniversary cake at the break. Zoom can't handle cake, so better to attend in person! We invited questions at the October meeting, so we'd like to keep the discussion focussed and succinct. If you have something to say, state clearly if you are *for* or *against* the motion & then state your reason.

Bring your mug as usual to the AGM, plus a fork and an unbreakable plate unless you don't mind sticky hands. We don't have a supply of reusable plates and forks and don't want to use environmentally-unfriendly disposables. Aline Burlone will set up a club history display of photo albums and other memorabilia for us to peruse during the break. We're also going to test holding Bright Spots in the lobby during the break so people can get up close to the stems, leaves, and flowers and to create an opportunity for old and new members to mix and mingle more while chatting about plants – the thing that brings us

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
NOVEMBER 16
DANIEL MOSQUIN
NATIVE PLANTS FOR
LOWER MAINLAND
GARDENS

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)

Jacque D'Auria

Marilyn Bullock

Brenda Reid

Committees

Plant Table

Cathy Rickey

Hospitality

Sharon Carabetta

Sue Nicholls

Miriam Scott

Sunshine / Door Prizes

Hiromi Matsui

Website

Aline Burlone

Newsletter Editors

Maria Issa

Margaret Campbell

Executive Meetings

January 3 at 7:00 pm chez Marilyn Bullock

Newsletter items to
lynnvalleygardenclubnewsletter@gmail.com



Thanks to this month's LEAF contributors: Rosemarie Adams, Judith Brook, Anna Marie D'Angelo, Barb Downman, Taylor Hewstan, Lorraine Robson, Wayne Smith

together after all. After the tea break, our speaker is Daniel Mosquin on Native Plants for the Garden. He is well-known for his gorgeous photography, so be prepared to covet more native plants for your garden!

At our Christmas Party on December 14, we will pack and decorate hampers for Sage House again. (Note that is the **second Thursday**, not our usual third Thursday of the month.) The number of women and children fleeing domestic violence has shot up under the dual stresses of the pandemic and inflation, so I'm very happy we can do something to help while enjoying each other's company. I felt so encouraged when so many Christmas party volunteers shot up their hands at the October meeting! We'll provide sign-up sheets at the AGM for those who'd like to help with set up, clean up, and other party tasks.

What to bring to the Christmas Party:

- a gift to put in the hampers (see list of requested items)
- greenery, ribbon, ornaments, and wrapping paper to decorate the hampers
- your pruners labelled with your name
- baskets or cardboard boxes for us to fill
- a savoury or sweet "finger food" to share
- your mug and an unbreakable plate for collecting yummy treats
- a non-perishable food bank donation.

We inevitably find a few lost items after the party, so please write your name on a piece of masking tape and use it to label the bottom of all your dishes, plates, mugs, etc.

Please keep reading so you're prepared to vote quickly at the AGM and move on to enjoying cake, Aline's display, and Bright Spots! See you soon!



SPEAKER

DANIEL MOSQUIN

NATIVE PLANTS FOR LOWER MAINLAND GARDENS

Daniel grew up on a grain farm near Winnipeg. He recalls early gardening memories with parents and birdwatching in places like Oak Hammock Marsh with aunts and uncles. He enjoyed trips with his parents viewing wildflowers such as gentians and lady's slippers in bloom. Daniel's University of Manitoba degree emphasized plant biology. His work at UBC Botanical Gardens since 2000 has included roles such as research, education and information technology. Daniel also enjoys plant photography and has visited much of western North America. For the past 12 years, Daniel has taught the plant sciences content for the UBC Horticultural Training Program.



"There ought to be gardens for all months of the year, in which, severally, things of beauty may be then in season" Sir Francis Bacon

President's 2023 Annual Report – Lorraine Robson



The Lynn Valley Garden Club, now 80 years old, experienced another enjoyable year of speakers, events, and activities. We completed our first full year at Mt. Seymour United Church. Since St. Stephen's has still not begun their renovations and don't know when they will, we are fortunate to have a meeting place. Yes, we have had technical problems with the sound system, but on reviewing past annual reports, this remark by Anna Marie D'Angelo in her 2019 president's report stood out: "[I] don't understand why the microphones and projector don't work as expected when we set up, but it seems to happen regularly." Perhaps the past is not always quite as rosy as we remember – and that was before the added technical challenges of combining Zoom with an in-person audience. I will be forever grateful to Aline Burlone and Maria Issa for joining me on various trouble-shooting missions, most notably on the evening of Valentine's Day!

Brian Minter's talk in February was a highlight. In our current space, we were able to hold a ticketed event and host a crowd with no need to pay extra to rent a hall or to set up and take down scores of chairs. Thanks to Judith Brook for selling tickets and to Sarah Gray for helping me process all the requests.

Another notable speaker included Gary Lewis on Groundcovers. I especially enjoyed Willoughby Arevalo's enthusiastic talk on Growing Mushrooms and, on my walks and hikes through the forest, have been noticing with increased interest the fabulous display of fungi this fall. Who will forget the hilarious captions that suddenly began appearing on the screen during Siri van Gruen's talk on Seed-Saving 101? Did it start after she made a joke about her name saying, "Hey, Siri" which the computer may have interpreted as a voice command? We'll never know, but our inner 12-year-olds are still giggling at some of the mis-translations of voice to text. After the prolonged drought this summer, Deborah Jones' talk on Rain Gardens and the need to channel that water into the ground rather than into the gutters and drains really hit home. Thank you to members who have suggested speakers and to Judith Brook for reliably booking them.

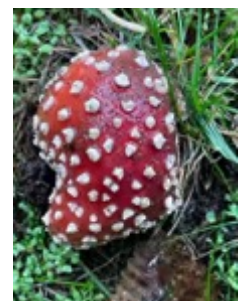
The club held a seed-starting workshop cheerfully led by Samantha Carey and Jennie Nichol in early March at Linda and Peter Schell's. Thank you to them all. It was a lot of fun and really nice to meet some new members! Plus, we grew more veggies, herbs, and flowers for the Plant Sale!

Thank you to site hosts Carol Ferryman, Kathy Stubbs, Maria Issa, and Daphne Page who helped make our distributed Plant Sale possible and to Jennifer Sydenham for making multiple bank deposits. Thank you to the MALs for organizing it and to all the members who contributed plants and volunteered to help sell them. Sales were brisk in the morning, but customers wilted away in the afternoon heat (*way* too hot for early May!). Though profits were down from the all-time high of last year when we were able to donate \$5600, we still earned enough to make very respectable donations of \$4000 this year.

Garden tours are always lovely and the 2023 LVGC Members' Garden Tour was no exception. We visited five gardens. Aline Burlone and Kitty Castle hosted us at two public flower-filled butterfly gardens they helped plant and maintain. Penny LeCouteur and Doreen Dew hosted us at their beautiful, well-established home gardens, and Frank Morton showed us around Gerry's Garden. Though the morning started out with a cool breeze, we were thankful to gather under the shade of the trees at Loutet Park for refreshments that afternoon. Many thanks to Donna Wasylik and Rita Marshall for helping me plan the event and to all the kind hosts! If you haven't seen the terrific video Aline made of the day, you can find it at <https://vimeo.com/883137549?share=copy> with the password LVGCMGT2023 (password is case sensitive).

We'll hold an election of LVGC officers at our November AGM with the following members having volunteered to stand for election:

- **Co-Presidents:** Donna Wasylik and _____???
- **Co-Vice-Presidents:** Daphne Page and Penny LeCouteur
- **Co-Secretaries:** Lynne Frith and Marilyn Bullock
- **Membership Co-chair:** Krystina Madej
- **MALs:** Sarah Gray, Miriam Scott, Tom Davis



Nominations for these positions will also be taken from the floor during the meeting and a vote will follow. Please note this procedure from the Constitution: "Additional nominations may be made in writing or from the floor. In both instances, the nominator must have the prior consent of the nominee." We still need someone who is willing to be co-president with Donna.



One of our members, Tom Davis, has submitted a motion which would ask every club member who is not already serving on a committee or the Executive to volunteer 4 hours a year to help complete tasks needed to keep the club running. Pitching in to help is one of the best ways to make new friends and really make the club your own, so I hope his motion will pass.

Our club, like many garden clubs, is in transition with nearly every month bringing the sad news that another long-time or former member of the club has passed on. Of the 125 members we had in early 2019, club records show that more than 50% have held committee or executive roles, some of us multiple times over the years. That leaves nearly 50% of that "original" group of members who have not yet contributed in that way. Of the additional 50 members who joined since March 2019, a few have already jumped in to help. Certainly, COVID restrictions have slowed down the integration process of old and new, but, while not all new members are yet ready to volunteer, some like Sam Carey, Krystina Madej, and Brenda Reid already are.

The Lynn Valley Garden Club has existed for 80 years. Let's hope we have enough members who enjoy good garden talks and tours to keep the club going for another 80 years. We'll celebrate our 80th anniversary with cake at the AGM and Aline will set out some club photo albums and memorabilia for us to peruse during the tea break. Please attend in person to enjoy the celebration together.

At our Christmas Party on December 14, we will pack and decorate hampers for Sage House again. Note that is the second Thursday, not our usual third Thursday of the month and is only an in-person event.

REPORTS

Vice President - Judith Brook

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

Speakers are booked through to and including February 2024 with someone waiting in wings if needed for March 2024.

PLEASE NOTE (and this will also show up elsewhere in this *Leaf*) Bright Spots will NOT be during the meeting but will be held in the foyer, during the tea break.

Treasurer - Jennifer Sydenham

Bank Balance as of October 31	\$20681.37
In Petty Cash	<u>\$145.00</u>
Total	\$20826.37



Money tree – *Pachira aquatica*

Membership – Krystina Madej & Ann McKinnon

LVGC has been at the full club capacity of 175 members throughout 2023, welcoming 37 new members. We increased the capacity by 25, had 10 members who did not renew, and we also had 2 deaths with the sad passing of Bruce Tennant and Bie Ong.

Although we do still have seventeen people on our waitlist, we hope that all the existing members choose to renew. It takes time for the new members to make friends within the club and feel like they belong. Similarly, the longtime members also need time to meet the new people and get to know them. We know that between people moving away and those whose circumstances change there will be some turnover, but we are hoping it will be a small number.

All the meetings in 2023 were held in person and on Zoom. Typically, about 40 people appeared in person and 25 on Zoom. The high point of the year was the Brian Minter presentation at the February meeting with 125 members and paid guests attending in person plus 29 on Zoom.

2024 Membership Renewal

Yes, it is membership renewal time again! Remember you have until December 31, 2023, to renew your membership for 2024. 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 renewal form is included in this issue of the Leaf at the very back and as a separate attachment. We prefer that people *email us the form* and send the *payment via e-transfer*, as that speeds up the renewal process. Of course, we are taking renewals at the membership meeting on November 16th and are considering setting up a table to handle this at the Christmas party on December 14th. Due to the uncertainty around the lack of a 2024 executive, we did not run a contest to encourage early renewals but please email us the form as soon as possible so that we can get started on the data entry.

Tips for filling out the membership form and making the fee payment

The Membership form emailed with the November Leaf is a fillable PDF so you should all be able to open it, save it with a meaningful name such as *your-name LVGC membership 2024*, and then fill it out. Please do the save first, as some of our testers had an empty file when they filled out the form first and then saved it. If you need more than two lines for speakers, feel free to include them in the email when you send us the form.

Send an email to lvgc.membership@gmail.com with a subject line such as *your-name 2024 Membership Form* and attach the membership file using the paperclip icon. If that proves too difficult, people have in the past taken a picture of the printed form and emailed that to us. It is not as tidy but works in a pinch.

Remember to send the payment by

- E-transfer the \$20 membership fee to LVGC.Treasurer@gmail.com and add the note *2024 Membership Fee*.
- OR bring a \$20 cheque made out to Lynn Valley Garden Club to the November 16 meeting. The cheque can be postdated to December 31, 2023.
- OR bring \$20 in cash, although this is our least preferred option.

If doing your renewal online or at a meeting does not work for you, see the membership form for instructions as to where the form and payment can be posted.

Feel free to contact us at lvgc.membership@gmail.com if you need help completing your renewal.

As the 2023 Membership year draws to a close, please join Ann and Krystina in thanking Alison Parkinson, who worked on Membership for the first half of the year, and both Barb Downman and Doreen Marbry for helping at the door.



Mushrooms are miniature pharmaceutical factories, and of the thousands of mushroom species in nature, our ancestors and modern scientists have identified several dozen that have a unique combination of talents that improve our health.

- Paul Stamets





[...just like we try to motivate our plants.... see below- m]

Nomination Committee - Sharing the President's Role

We are still looking for a member to step up and help out with some of the duties of being president. The split of these tasks would be decided between the members involved. A club member has indicated that she would be prepared to share the position with another member, to collaborate and enhance each other's strengths and minimize any weaknesses. This could be an opportunity for a newer member to learn more about the club and the work of the executive without committing to a role that might be out of their comfort zone. If you are interested, please contact the Nomination Committee for more details.

Penny Mitchell LeCouteur, or Courtney



A Leaf Editor's Message

THANK YOU to my regular and sometimes truly irregular contributors to *The Leaf*. Your missives are what make the newsletter fun, entertaining, educational, 'something for everyone' and – hopefully sufficient to rattle a few cages a bit. **NEW MEMBERS – YES YOU SHOULD SEND IN WHATEVER PLANT-RELATED JOYS YOU WISH TO SHARE!!** Keep sending the good stuff: unless it's truly egregious, I promise to print every last bit. Bruce taught me that! Psychological studies have shown that if something elicits an emotion, it is more likely to be laid down in the brain biochemically as a memory. So send strong, exciting stuff: that is what social media uses as 'clickbait' so why shouldn't we?

WELCOME TO THE TECH TEAM!!!!

YES – We have a real, gremlin-exterminating, sound-system smoothing, computer caressing, zoom zapping extraordinary (and very gracious!) team who are willing to battle all techy troubles: **Tana Bullock, Krystina Madej, and Miriam Scott!** Thank you for joining Aline and I in our never-ending struggles. "Stronger together!" – and we are soooooooooooooooooo grateful.



HOLIDAY PLANS

Last year's LVGC holiday celebration of decorating and filling hampers was such a resounding success – we had so many emails and expressions of delight from LVGC members! – that we will repeat it this year. *Ergo*: shop early, avoid the panic – these things creep up on you! – Sarah G, Santa's chief helper, wrote "I spoke with Frances Robinson, the Coordinator at Sage House, and she said they would be thrilled to receive hampers again this year."

Christmas Party December 14, 2023

Once again, 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. According to the Coordinator at Sage House, last year's baskets were a phenomenal success and added a lot of joy to the residents' Christmas.

WE WILL NEED A "SET-UP CREW" AND A "CLEAN-UP CREW" SO THAT WE LEAVE THE CHURCH PRISTINE. THERE WILL BE SIGN-UP SHEETS AT THE NOVEMBER MEETING!! (We might also need brooms, dustpans, paper towels/sponges & garbage bags to handle our messes – consider bringing those along to the party!!)

For SAGE HOUSE – please bring any of the items below.

We received a list of items from the Coordinator at Sage House, that would be most useful and also help provide a little cheer:

- New socks (women's)
- New underwear (women's)
- 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

FOR OURSELVES – please plan to bring a plate of sweet or savoury FINGER FOOD to share – this will be the moment to show off your "kitchen goddess" talents... we have been blown away by some offerings in the past. [However, if you're like me and forget to plan, you can nab something at the Superstore on your way over – no shame in that!] More information about the party will be sent out closer to the date.



BRIGHT SPOTS

Bright Spots timing at Membership General Meetings

Bright Spots is a tradition we really enjoy in our Club and have for many years. As we are striving to streamline our meetings and to keep on time both for the speaker and for those who wish to get home in good time, going forward, Bright Spots will be moved from within the business portion of the meeting to the tea/coffee break. There will be a table where we can display and talk about our plants during the break and chat with fellow members and exchange gardening tips. [Note to **New Members**: bring your garden's weirdest wonders, UFOs (unidentified flowering objects) and somebody might be able to tell you what they are. I learned that my cherished item was an invasive, but also that I had some lovely wild cyclamens... so bring it! – Ed]

Also in the interests of efficiency, at the LVGC monthly meetings, we will no longer read minutes from the prior month's meeting. Should you wish to be reminded what had happened at the meeting before, the Secretary will have a copy of the Minutes available for you to read.

From Rosemarie Adams



Pineapple Sage (*Salvia*) - When I first purchased this plant several years ago the smell of pineapple stopped me in my tracks as I was walking through the nursery - and I had to buy it. Unfortunately, it is a frost tender perennial, so it has to be taken in or protected during winter, and also unfortunately it does not bloom until late fall. This year it has only just come into flower in early November. Why so late this year? I have no idea, it has been on my full sun deck all summer. Too bad I'm not out on my deck at this time of year to enjoy it, but I can see it through my kitchen window and the hummingbirds love it.





Enkianthus - not sure which variety this is. I have had it in a pot in my garden for many years. In spring/early summer it has clusters of very pretty bell-shaped flowers, creamy colour with red/pink veining. The foliage is spectacular in the fall in shades of red and orange.

From Wayne Smith

[...and while these are captions to his pictures, to me they read like a gardening poem – Ed]

Leaves,
bright
dahlias

Arms full of leaves

Must have harvested 150 lb of tomatoes
Some were sun dried others caned into
juice
Beefsteak and Roma tomatoes were grown
this year

The leeks were green in baskets
With some evergreen fertilizer
I've cooked and frozen some
Great for soups

Many visitors got the grand garden tour of my patch
Young lady took home a pocket
of Scarlet Runner beans to grow in her garden next year
Magic Beans?
Maybe.

The yard got another reflecting pond
A kids' paddle pool actually
Or bear bath

These begonias are my pride and joy
They flourished on morning sun
Water supply was the basket Booster auto water valve
This beauty is a few years old

Fall has an elegance



Dressed in gold
Blessed with red

I almost feel inspired to paint
this front yard scene
Will miss the beautiful dahlias





Montreal 'sponge parks'

- contributed by Judith Brook

LVGC's October speaker presented on Rain Gardens - a news story on Montreal's 'sponge parks' is the same idea. Watch a two-minute video at link on our newsletter separate LINK page....

Flower Sowing in the Fall

A flower farmer lists the flowers she sows in the fall. See November links.



"Earthsmites"

In arid landscapes, 'Earthsmites' are lined up perpendicularly to the prevailing winds to capture moisture and allow plant life to flourish. This method is being used to bring back plants to de-forested areas and can eventually modify the microclimate to bring rain and modify deserts. Check out the links file.



Seed Library

- from Judith Brook

Did you know that the City of North Vancouver library (120, 14th Street W. branch near Lonsdale) has a Seed library? It is free to join, free to access. I have been donating seeds to them for years, since they first opened. Read more about them [HERE](https://www.nvcl.ca/seed-library), [Seed library | North Vancouver City Library \(nvcl.ca\)](https://www.nvcl.ca/seed-library)

See pictures of some of my donations this year. Staff will re-package the seeds, so don't worry about your presentation!

Growth Time-lapse

If you like to see green things grow - check out the "growth" video in the Links file. Time-lapse videography makes it possible to see a bean tendril hunt for something to latch onto, then spiral upwards.

Green

....and having seen the bean grow, consider these green designs... labelled "Architecture" and "Fashion Week" in the Links file.

Christmas Card Donations -- Courtney Mitchell

For many years Lynn Valley Garden Club members have donated Christmas cards for the women who access the WISH Drop-In Centre in the downtown east side of Vancouver. They are always extremely thankful to have the cards to share with their families and friends. While Covid has affected my ability to attend the actual WISH Christmas party, I will drop cards off at the WISH office. The preferred types of cards include bright sparkly ones with animals or cute pictures and especially ones with an indigenous theme, rather than those with old-time countryside themes.

If you have collected cards during the year or have extras, I will collect any card donations at the meetings on November 16th and the December 14th Christmas Party, or contact me: Courtney Mitchell



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.



Others' Stuff

The BC Council of Garden Clubs:

The November *Bulletin* is out – there is a link to it in the November Links file. I've given you the landing page for all present and past *Bulletins* as they live there as pdfs and must be downloaded. If you find the grammatical error on that page – let me know and I'll bring you your own, personal biscotti to the Holiday party.

THE COMPOST BIN

- MARIA ISSA

For most of my life, I had thought of plants as things stuck in the ground, growing, but not doing much else. I was in for a very rude awakening, much like the bug in the Venus fly trap – that plants are capable of rapid motion. That came as a delightful surprise. Then, in the September *Leaf*, there was that article and link to **sounds** plants make if we electronically convert ion flow patterns from cell to cell, or within a cell – to sound. Plants sing. In case you are wondering what those flows are like – I found a lovely link that shows how a plant cell cytoplasm has internal streaming. The link is in the "links file – it's a lovely short video – that sort of gives an idea what goes on inside a plant cell. These flows can be converted to sound frequencies to be able to listen to horticultural concerts. So is it so far-fetched then, that plants can respond to sound?

While asking an slightly different question, “why do birds sing at dawn?” a scientist got an unexpected answer. It appears that the frequency (Hz) of birdsong opens the stomata of leaves and “when specific music, high tones or bird song cause the plant to vibrate, but not at the exact frequency for calcium resonance, the stomata will open after a lapse of time, even though the plant would keep them closed under normal circumstances.”

“The first experiment of music on plants was conducted by Dr. T. C Singh in 1962. He found that plants have sensory perceptions and reacted to sound waves and vibrations when they are exposed to music from recorders. The balsam plants that were the object of his study augmented 20% in height and 72% in biomass on listening to classical music.

Later, he repeated his experiment only with the exception of ragas played on flute, violin, veena and harmonium. This time too, the plants did not turn him down and they responded with bountiful growth. After clearing through these successful experiments he testified that even the classical dance, ‘Bharatnatyam’ will propel plant growth.

In 1973, Dorothy Retallack initiated an experiment with the same species of plants in different laboratories and employing different genres of music. Her groundbreaking experiment [showed] that plants which were exposed to classical music have a better growth rate. They grew twice as healthy and robust [...] However, plants that were on a staple diet of rock music soon hit rock bottom [pun?-ed] as they became pallid and finally died!” (read it in the LINKS)

So plants respond to vibrations – sound is a vibration – so I wonder about urban trees, noise pollution and why office plants are always scrawny...?

The ‘ponderable’ of this story is that not only the sound/communication, but the type of communication makes a difference. The French even have a saying, “C’est le ton qui fait la musique”; and I don’t wonder why there is so much violence in the world: the rhythms and frequencies of war.

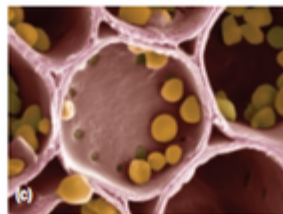
Meanwhile, back at the ranch – it has been pointed out that our communication skills are also somewhat lacking. It appears that we don’t know our new or even ‘seasoned’ (can’t say ‘old’ as we’re all getting there) club members – and that we are all just too damned shy to trot up to someone and say ‘hello’. Why? Why? Why?

So here is my challenge to you: at the next meeting, gird your loins, buckle you swash, screw your courage to the sticking place – and march up to someone you don’t know and ask them 3 things: 1. What’s your name? 2. How long have you been with LVGC? 3. What is your favourite plant – and why? WRITE THEM DOWN AND EMAIL THEM TO THE NEWSLETTER. (for publication, obviously, so mind your manners!) The person who sends me the most or the wittiest answers will receive a box of my world-famous biscotti. OK maybe not world-famous, but pretty damned good.

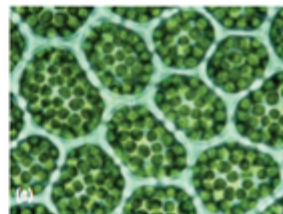
I’ll be starting to remind you of Naked Gardening Day early – so here is a picture for you to aspire to.



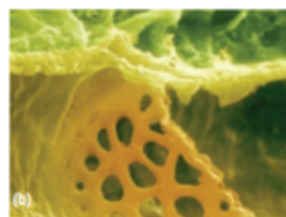
(a) Some plant cells transport water and dissolved minerals throughout the plant.



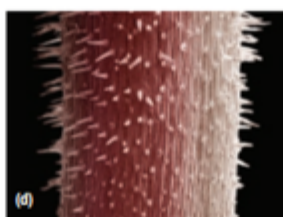
(c) Storage cells contain special structures that store starch, a source of energy for the plant.



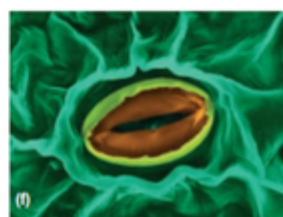
(e) Photosynthetic cells contain many chloroplasts to collect energy from sunlight to make sugar for the plant.



(b) Other cells transport dissolved sugars around the plant.



(d) Epidermal cells on young roots have hairs that absorb water from the soil.



(f) Guard cells in the surface of leaves control water loss.

Figure 3 Plants also have a wide variety of specialized cells.

AGM PREVIEW

PROPOSED MOTIONS

1. To approve the Proposed Budget for 2024 (see details in this *Leaf*).
2. To approve the Proposed LVGC Donations for 2023 (see details in this *Leaf*).
3. To approve the proposed revisions to make the language of the LVGC Constitution and By-laws gender-neutral, inclusive, and consistent.
4. To approve the proposed increase in the number of members of the club who can request a special general meeting from ten to twenty-five to reflect our increased membership numbers (Constitution Part 3.3).
5. To approve the proposed increase in the number of in-person and virtual members required to form a quorum at a special general meeting from fifteen to thirty-five (which is 20% of 175 members) (Constitution Part 3.4) and at a general meeting (Part 4.1).
6. To approve the increase of the Membership role from one chair to two co-chairs and to increase the number of MALs from four to five to reflect our practice of the past few years (Constitution Part 5.1).
7. To approve the decrease from two years to one year for the length of time before a retiring executive can serve again following the completion of their maximum term (Constitution Part 5.3).
8. To approve making the Constitution and by-laws available to each member on our website rather than by printing and distributing hard copies (Constitution Part 12.1).
9. To approve a change in the recipient of the club's money from the Scholarship Fund of the BC Council of Garden Clubs to the Vancouver Chapter of the Master Gardener Association if LVGC were to fold (Constitution Part 13.1).
10. To approve the explicit addition of members "attending virtually" to those who can vote on amendments to match the club's practice since we began meeting on Zoom three years ago (Constitution Part 14.1).
11. To approve the removal of the reading of the minutes from the Business portion of the General meeting.
12. To approve a new practice starting in January 2024 where any member who doesn't already volunteer on the executive, or on an existing committee, must complete 4 volunteer hours per year to be assigned from a list of tasks prepared by the executive to help run the club. [a motion from member Tom Davis.]

Lynn Valley Garden Club Proposed Budget 2024

Please note that this is a projection of anticipated income and expenses for 2024. Your executive recommends this proposed budget for approval at the November 2023 AGM. A copy of the 2023 budget has been included for comparative purposes.

	Budget 2023	Budget 2024	
Income			
Membership	\$3,000	\$3,500	(175 members x \$20)
Guests	\$55	\$50	
Plant Table	\$50	\$50	
Plant Sale	\$6,000	\$7,500	(5 year average)
The Dig	\$600	\$500	
Total Income	\$9,705	\$11,600	
Expenses			
Accounting Review		\$100	(New expense)
Bank Charges	\$60	\$140	
BCCGC	\$300	\$540	

stop glamorizing "the Grind" and start glamorizing whatever this is



Christmas Party	\$500	\$400
Discretionary Expense		\$2,000 (New expense)
Donations	\$3,000	\$4,250 (50% plant sale + 100% dig)
Door Prizes/Sunshine	\$450	\$625 (Misc gifts and door prizes)
Field Trip	\$500	\$500
Hospitality	\$400	\$450
Members' Garden Tour	\$200	\$200 (light refreshments)
Newsletter	\$120	\$150 (postage and printing)
Office Supplies	\$200	\$150
Plant Sale Expenses	\$1,800	\$2,200 (site rental, soil, advertising)
Property, Equipment	\$100	\$200
Rent	\$1,440	\$1,200 (Mt Seymour 10 x \$120)
Speakers' Fees	\$2,500	\$2,250 (9 x \$250)
Tech support	\$500	\$550 (Zoom, website etc)
Total Expenses	\$12,070	\$15,905
Net Loss	(\$2,365)	(\$4,305)



As will be discussed at the AGM, while a net loss was budgeted for 2023, we anticipate finishing the year with a modest profit. Our bank balance at the end of 2023 is projected to be approximately \$15,000. The Discretionary Expense line item was introduced at the September meeting and will be further reviewed at the AGM.

Proposed Revisions of the LVGC Constitution and By-Laws

When I was a little girl in elementary school, I remember being puzzled and offended that all of our textbooks used “he”, “him”, and “his” as if everyone was male. How could our school books leave out at least half of all the students? That style was accepted for decades, but it’s easy to re-write documents to make them gender-neutral and inclusive of everyone, no matter which pronouns you prefer to describe yourself. That’s where the Executive started with our review of the club’s Constitution and By-laws although the review prompted us to propose a few more changes to simplify the language and to update this document to reflect our club’s current practices. Please review the proposed changes and decide if you will vote for them at the AGM. Let Lorraine know if you have any questions.

Key

1. Words crossed out like ~~this~~ or ~~this~~ will be deleted.
2. Changes in red make the text more gender-neutral or consistent (such as using “club” consistently rather than “society”).
3. Changes in green are more substantive changes to the content (such as increasing the number of members required for a quorum to align with our increased membership numbers, increasing the number of Membership chairs or MALs to align with our practice, explicitly including Zoom participants in voting, and re-considering where our club’s money would be directed should LVGC ever fold). (That day may come sooner than we expect if no one volunteers to serve on next year’s Executive!)
4. Any rationale or explanation [in square brackets like this] will be omitted from the finished document.



Lynn Valley Garden Club Constitution & By-Laws



NAME

The name of the organization is THE LYNN VALLEY GARDEN CLUB.

MISSION STATEMENT

To impart knowledge and stimulate a love of gardening among members and within our community.

BY-LAWS

PART 1 - INTERPRETATION

1. ~~The word Club will be used in these by-laws interchangeably with the word Organization. [But "organization" is never used in this document except in the first line about the club's name and here, so it's not necessary. We propose simply referring to "the club" throughout this document.]~~
2. Words imparting the singular include the plural and vice-versa, ~~and words imparting a male person include female and LGBT persons.~~ [If this document is re-written in gender-neutral language to include everyone, this bit will not be needed.]
3. A resolution is one that requires a specific notice to members and said notice must be given not less than SEVEN days before the meeting at which it is to be voted upon.

PART 2 - MEMBERSHIP

1. The club shall not exceed a membership of 175. An annual waiting list shall be maintained.
2. A person becomes a member of the ~~society club~~ upon payment of the annual dues of the ~~society club~~. [We propose changing the term here and throughout this document from "society" to "club" since LVGC is not a registered society and we never refer to LVGC as a "society".]
3. Every member shall uphold the constitution and comply with these by-laws.
4. a) The annual membership dues shall be determined by the executive at its meeting prior to the November general meeting. Any change shall be presented to the membership at the above meeting, and upon approval, become effective January 1st of the following year.
b) Dues are to be renewed at the January meeting for the current year.
5. a) Only members in good standing (i.e., ~~his~~ whose dues are paid and ~~who~~ does not have any debt owing ~~by him~~ to the Club) shall be entitled to vote or to take part in constitutional discussions at a meeting.
b) Members in good standing for the previous six months shall be eligible for office.

PART 3 - MEETING OF MEMBERS

1. General meetings of the Club shall be held at the place, date, and time that the executive decides.
2. The Annual General Meeting shall be held in NOVEMBER.
3. The president shall call a special general meeting when requested by the executive or any ~~ten (10)~~ twenty-five (25) members of the Club. [We propose increasing this number to reflect the increase in our membership.]
4. No business shall be transacted at a special general meeting except that for which the meeting was called and shall require a quorum of ~~fifteen (15)~~ thirty-five (35) members including both in-person and virtual members. [We propose raising this number at the AGM in Nov 2023 to a quorum of 35 which is 20% of 175 members.]

PART 4 - PROCEEDINGS AT GENERAL MEETINGS

1. A quorum of ~~fifteen (15)~~ thirty-five (35) members present both in person and virtually shall be required to carry on the business part of the meeting.

2. a) In the absence of the president, the vice-president shall preside. In the absence of both, any one of the executive may act as chair~~man~~.
- b) The order of business shall be as follows:

- ~~Reading, correcting and adopting the minutes.~~ [We propose **not** reading the minutes of the previous General Meeting each month, but making a hard copy available at the front of the room for any member who would like to read them.]
- Business arising out of the minutes.
- Reading and considering the correspondence.
- Reading and considering reports from the executive and committees.
- New business.
- Special resolutions and amendments to the constitution and by-laws.

3. a) Only a member in good standing is entitled to vote on any motion.

- Voting shall be by show of hands.
- Voting by proxy shall not be permitted.
- Motions shall be decided by a majority of votes.

4. a) The chair~~man~~ may propose a motion. However, to do so, ~~he the chair~~ must surrender the ~~chair~~ role to the ~~vice-chairman~~ vice-president or someone else until ~~his~~ that motion has been disposed of.

b) In the case of an equality of vote, the deciding vote is cast by the chair~~man~~ if ~~he the chair~~ has not previously voted. However, ~~he the chair~~ does not have to vote if ~~he the chair~~ does not wish to.

c) If the chair~~man~~ has previously voted and there is an equality of votes, the proposed motion shall not pass.

Same for me plant, same.



women after 50.com

PART 5 - EXECUTIVE

1. The executive shall be a president, vice-president, secretary, treasurer, ~~two~~ membership ~~chairperson~~ co-chairs and ~~four~~ five members at large. [These ~~two~~ changes in number reflect our practice of the past few years, but we propose making it official by stating it here.]
2. The executive for the following year shall be elected at the general meeting in November. They shall assume their duties in January.
3. Terms of office are one calendar year, not to exceed two consecutive years in any one office and a maximum of four years of service on the executive. No retiring executive can assume any executive office for ~~two years~~ one year subsequent to completion of their maximum term. [Some feel, given how challenging it has been to find volunteers to serve on the executive, that we might want to allow them to serve again sooner.]

PART 6 - PROCEDURE FOR ELECTION OF OFFICERS

1. a) The nominating committee shall be made up of two members of the general membership and one former executive officer. The nominating committee should be appointed in June with their duties to commence immediately.
- b) A report from the nominating committee is presented to the general membership at the November meeting for the election of executive officers for the following year. Additional nominations may be made in writing or from the floor. In both instances, the nominator must have the prior consent of the nominee.

PART 7 - PROCEEDINGS OF THE EXECUTIVE

1. A quorum of the executive shall consist of three members.
2. The executive may meet when and where they see fit but not less than eight times during the year.

3. In the absence of the president, the vice-president shall preside, or, in the absence of both, any one of the executive shall preside.
4. The executive shall be responsible for the planning of the general meetings and of any outside activities. The executive shall also have the management of the ~~society's~~ club's affairs.
5. The executive shall be empowered to form committees as they see fit; the committees, in turn, are answerable to the executive.
6. In the event that there is a vacancy on the executive during the term of office, the executive is empowered to appoint a member to take the place of the former member of the executive. ~~He~~The appointee shall hold office for the balance of the year.
7. The executive is empowered to remove from office an official acting against the interests of the ~~society~~ club.
8. All members of the executive are answerable to the executive as a whole and must conform to all decisions agreed upon.

PART 8 - DUTIES OF THE EXECUTIVE

1. The **president** shall preside at general and executive meetings and shall preserve order. ~~He~~The president shall be a member ex officio of all committees. On retirement ~~he~~ the president shall attend the first three executive meetings as past president ex officio.
2. The **vice president** shall perform the duties of the president in ~~his~~ the president's absence.
3. The **secretary** shall:
 - Keep minutes of all executive and general meetings
 - Conduct the correspondence
 - Have custody of all records and documents of the ~~society~~ club except those required to be kept by the treasurer.
4. In the absence of the secretary, the president shall call for a volunteer replacement.
5. The **treasurer** shall:
 - Collect all monies due the ~~society~~ club and deposit same in a chartered bank or credit union in Canada.
 - Keep accurate records of all transactions together with supporting invoices and receipts.
 - Furnish a statement thereof to the membership at each general meeting and to the executive upon request.
6. a) Signing officers shall be the president, vice-president and treasurer. Two of the three are required to sign all cheques.
 b) Withdrawal of funds shall require two signatures.
 c) Any disbursements over five hundred (\$500) must have the authority of the membership. Authority shall be based on a motion by a two-thirds majority vote.
7. The **membership chairperson** ~~chairperson~~ **co-chairs** shall:
 - Collect fees from registrants and give to treasurer.
 - Keep accurate records of membership registrations and monies collected for same.
 - Furnish membership lists and reports as directed by the executive.
8. **Members at Large** shall assist other executive by carrying out projects and duties as assigned.

PART 9 - ANNUAL ~~SOCIETY CLUB~~ AUDIT

1. The executive shall appoint an auditor on or before November 30th.
2. No member of the executive shall be the auditor.
3. The auditor shall check the accounts of the ~~society~~ club together with the statement of income and expenses for the year as prepared by the treasurer.
4. Said audited report will be ready for presentation by the treasurer at the January general meeting.

PART 10 - FISCAL YEAR

1. The fiscal year of the Club shall be from January 1st to December 31st.

PART 11 - ADDRESS OF THE CLUB

1. The address of the Club shall be determined by the executive from time to time.

PART 12 - CONSTITUTION AND BY-LAWS

1. On being admitted to membership, each member is entitled to a copy of the constitution and by-laws of the society club, which ~~the society shall give to him without charge~~ will be posted on the club's website.

PART 13 - EQUIPMENT DISPOSITION

1. On dissolution of the Lynn Valley Garden Club, the equipment owned by the Club should be sold and all monies received by such a sale, and any monies remaining in the bank account after payment of bills, should be donated to the ~~Scholarship Fund of the BC Council of Garden Clubs~~ Vancouver Chapter of the Master Gardener Association of BC.

[Rationale: the mission of the Master Gardeners to share knowledge and stimulate a love of gardening among members and within the community is very closely aligned with our club's mission. Several of our club members are also members of the Master Gardeners. The BCCGC Scholarship Fund currently has \$315,000 in it, but only about 4% is spent annually on scholarships (between \$10,000 to \$13,000 over the past few years). Although Master Gardeners are unpaid volunteers, they pay several hundred dollars for their own training in both the Basic and Advanced Training Programs.]

PART 14 - AMENDMENTS

1. An amendment to this constitution and by-laws shall first be submitted to the society club at a general meeting in writing and then laid upon the table to be voted upon at the next general meeting. If two-thirds of the members then present and attending virtually vote in favour of the amendments, it shall be adopted.

Updated: September 6, 2019 (A.M. D'Angelo, President)

Updated: January 3, 2023 (L. Robson, President)



"I can't stop gardening."

Lynn Valley Garden Club Donations Committee Report to the Members: October 2023

The Donation Committee, consisting of Judith Brook, Ann McKinnon, and Lorraine Robson, met to recommend where the club's \$4,300 should be donated. The \$4,000 is 50% of this year's Plant Sale profits while the \$300 is 100% of the money from selling Big Dig plants. Having reached consensus on our recommendations, and having received approval from the Executive, we are pleased to present them to the members to be voted on at the AGM in November.

When asked for input about our donations this year, we received six suggestions from one member and one more from a member which came in a few days after we had met. We have included some recipients from past years as well as including two of the new suggestions.

We considered the following criteria when recommending recipients: they had to be non-profit; impart knowledge of gardening; impart love of gardening; help in our community; and help people learn the value of growing food/planting for pollinators. Below is what we found with website addresses and brief descriptions.

- Greater Vancouver Science Fair Two or three awards will be given to the winners of the Science Fair for botanically-related projects at the junior and senior high school levels. The organizers of the Science Fair will determine the winners.
- City of North Vancouver Public Library for horticulture and sustainable living books
- DNV Public Library for horticulture and sustainable living books
- Edible Garden Education Project <http://ediblegardenproject.com/fed-up/> The schools/parents have to provide the planters and have to have a minimum of 3 classrooms that will participate. It costs \$500 per class. Students from kindergarten to Gr. 12 participate in learning how to grow and harvest fresh, healthy produce and become active participants in our local sustainable food system.
- Hospice (Lions Gate Hospital) We have several members whose families have used this place. Some of the Master Gardeners volunteer their time here so the garden creates a welcoming and soothing spot for patients and families. Wild Bird Trust administrating for Maplewood Conservation Area Two of their employees gave tours to about 50 of our members on our combined Field Trip and Members' Garden Tour in July 2022. They have a native plant garden in the area just past the nursery toward Osprey point, in addition to an outdoor classroom, viewing area, etc. They also have an existing Butterfly garden on site designed to attract the Anise Swallowtail butterfly.
- YWCA Rooftop Garden <https://ywcavan.org/blog/2021/09/ywca-rooftop-garden-help-keep-our-garden-flourishing> In 2021, they grew 1600 pounds of food that helped feed the downtown eastside (in 2020 they provided 39,000 meals). The rooftop garden also attracts pollinators living in beehives on other rooftop gardens downtown.
- BC Council of Garden Clubs 80th Anniversary contribution to Scholarship Fund. They requested each club to give \$80.
- SeedChange <https://www.canadahelps.org/en/charities/SeedChange/> Operating since 1945 (formerly as USC Canada), they help farmers care for their families and communities by growing good food starting from good seeds. Matching funds of up to 5x may be available. They help build skills, diversify crops so farms are more resilient to climate change, increase vegetable production, and build community seed bank. <https://www.canadahelps.org/en/charities/second-harvest/> This is the largest food-rescue organization in Canada working to grow an efficient food recovery network to fuel people and reduce environmental impacts of avoidable food waste. It is a little different from the other projects because it focusses on redistributing food *after* it has been grown and preventing huge amounts of waste. Very worthwhile.

"When your garden is finished, I hope it will be more beautiful than anticipated, require less care than you expected, and have cost only a little more than you had planned." Thomas D Church

Donations Summary for 2023

Amount	Organization	Description
300	Greater Vancouver Regional Science Fair	to offer prize money for botany/sustainability/pollination/greentech projects
300	City of NV Public Library	for horticulture and sustainable living books
300	District of NV Public Library	for horticulture and sustainable living books
1500	Edible Garden Education Project	http://ediblegardenproject.com/fed-up/
300	NS Hospice-LG Hospital	Several LVGC members' families have used this place. Some of the Master Gardeners volunteer their time here so the garden creates a welcoming and soothing spot for patients and families
400	Wild Bird Trust administrating for Maplewood Conservation Area	They have a native plant garden in the area just past the nursery toward Osprey point, in addition to an outdoor classroom, viewing area, etc. Site includes existing Butterfly garden designed to attract the Anise Swallowtail butterfly.
500	YWCA Rooftop Garden	https://ywcavan.org/blog/2021/09/ywca-rooftop-garden-help-keep-our-garden-flourishing In 2021, they grew 1600 pounds of food that helped feed the downtown eastside (in 2020 they provided 39,000 meals). The rooftop garden also attracts pollinators living in beehives on other rooftop gardens downtown
80	BC Garden Club of BC, 80th Year Anniversary of Club	Scholarship Fund
400	Seedchange	operating since 1945, formerly called USC Canada, supporting farmers and communities.
220	Second Harvest	largest food-rescue organization in Canada
4,300	Total	

*If you were a good person and read all the important AGM stuff - you deserve a treat: go to the VERY LAST Link.
(this one is different!)*