



THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

September 2024

President's Message - Donna Wasylik

Dear LVGC members,

Welcome back after a short but well-deserved summer break. I hope everyone had a good season doing the things that please you and surviving the heat waves.

We are entering our busy season here in the Club: nominations for executive positions, our Donations Committee is making up a list of deserving recipients of our donations of 50% of the proceeds from our plant sale and 100% of the profits from the DIGs. Our Treasurer will also produce a Club budget for 2025.

The Donations Committee will provide preliminary information on this year's recipients in this edition of the LEAF and you will have the opportunity to comment on the selection before it is finalized.

We will be voting on these items at our Annual General Meeting in November.

We will also be pursuing the possibility of purchasing a much-needed computer, microphone and camera for the club so that we don't have to rely on the church technology being available at every meeting. The camera and microphone will allow our speakers to move around and still be seen on Zoom as they make their presentation. These items would be purchased through our budgeted \$2000 discretionary amount.

This fall I offer to head up a small committee of two to organize a field trip and garden tour for next year. Jacquie D'Auria and I will be combining brain power to come up with some great ideas. We are also thinking of having another 'table talks' session in March and a June wind-up get-together of some type, possibly a President's Tea.

Many of you have indicated that you would be willing to help the Club if the executive would 'just ask for help'. Many tasks are 'one-offs' like setting up and taking down tables or chairs or helping out at the plant sale. We can easily ask for help in these circumstances and many members readily volunteer. **The elected positions we are posting this year are executive positions that require a two-year commitment.** We need you to come forward of your own volition to fill these positions. They require a certain degree of expertise and attention to detail but no experience.

Executive positions are two-year terms. After completing a two-year term, the outgoing member can then volunteer for another position for another two years. After four years, the member must 'retire' for at least a year, then he or she can return to the executive. Looking over past records I see that the same members have filled executive positions many, many times and many are now 'aging out'.

Phoning 162 members to try to find someone to volunteer is a task too great to take on. I am sure most of you are like me: after a day of tending to my garden and house and all other needs, I only want to have dinner, turn on the telly, put my feet up and relax, with knitting needles in hand. The executive, like me, does not want to have to start soliciting members through evening phone calls. **Please come forward and volunteer for one of the posted positions. You will have the opportunity to join the executive and help to guide**

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

THURSDAY SEP 19

BRIAN MINTER

**"EXCITING PLANTS
FOR A CHANGING
CLIMATE"**

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 2024

President

Donna Wasylik

Co-Vice Presidents

Penny LeCouteur

Daphne Page

Co-Secretaries

Marilyn Bullock

Lynne Frith

Treasurer

Jennifer Sydenham

Membership Co-Chairs

Ann McKinnon

Krystina Madej

Members at Large (MALs)

Jacque D'Auria

Sarah-Jane Gray

Miriam Scott

Tom Davis

Committees

Plant Table

Cath Rickey

Hospitality

Sharon Carabetta

Bev Fraine

Brenda Reid

Sunshine / Door Prizes

Hiromi Matsui

Website

Aline Burlone

Newsletter Editors

Maria Issa

Margaret Campbell

Executive Meetings

October Executive Meeting will be chez Aline Burlone



Newsletter items to lynnvalleygardenclubnewsletter@gmail.com by April 10, 2024

Thanks to LEAF contributors:

Rosemarie Adams, Aline Burlone, Judith Brook, Tom Davis, Carol Ferryman, Taylor Hewstan, Rita Marshall, Denis McMahan, Lorraine Robson, Miriam Scott, Donna Wasylik

our club through many more successful years of operation. The posted positions will follow in a separate section of this LEAF.

One final plea: Please come to the meetings! Don't be a Zoom member unless you absolutely have to miss a meeting. Come to chat, have tea and cookies and vote, if necessary. We need your presence.

Thanks, everyone,
Donna



SPEAKER

Brian Minter

Exciting Plants for a Changing Climate and What the Future Holds

Brian Minter began sharing his passion for plants with British Columbia's gardeners when, in 1970, he and his wife Faye purchased Country Garden Store, a garden shop that had been part of Chilliwack's community since 1957. In 1977, the Minters discovered a piece of land nestled beneath Mt. Cheam and by 1980, that passion for plants was transformed into 32-acre, world-famous Minter Gardens, which closed in 2013.

Brian, a University of British Columbia graduate (BA) and Master Gardener, quickly became BC's go-to garden expert through his experience at both the garden centre and the display gardens. As such, he has hosted countless radio and television shows, is a frequent gardening columnist and is the author of Canadian Best Seller, 'Brian Minter's New Gardening Guide - Fresh Approaches for Canadian Gardeners'.



Filling Positions on the 2025 Executive

Treasurer

Our Treasurer, Jennifer Sydenham, will complete her two-year term at the end of 2024. If you have bookkeeping acumen and enjoy working with figures and would like to volunteer for this position, please contact our Vice President, Penny LeCouteur by email or phone. For 2025 the new Treasurer will take over in March of 2025, after the membership renewals and new member applications have been processed and fees deposited in the bank. From the beginning of January to the March takeover date, our new Treasurer will work alongside Jennifer to become acquainted with the system.

Job Description:

Constitutional Definition:

The treasurer shall:

1. Collect all monies due the society and deposit same in a chartered bank or credit union in Canada.
2. Keep accurate records of all transactions together with supporting invoices and receipts.

3. *Furnish a statement to the membership at each general meeting and to the executive upon request.*

Summary of Duties: Broadly, there are three main areas of responsibility:

1. Basic Financial Procedures – The Treasurer is responsible for collecting and disbursing funds, and for monitoring performance vs budget.
2. Annual Financial Strategy – On an annual basis, the Treasurer prepares a preliminary budget for review by the executive. The budget should be presented in comparison with actual results, and with explanatory notes. Once approved by the executive, the budget needs to be presented and approved at the AGM by the overall membership. Actual year end results, vs budget should be presented to the membership annually after the accounting review has been completed.
3. Overall Financial Health and Strategy – In general terms the Treasurer needs to consider the financial profile of the club and ensure that nothing is being proposed that might place the club at risk.

Membership

One Membership Volunteer, Ann McKinnon, will complete her two-year term at the end of 2024. The other Membership Position, held by Krystina Madej, will be in place for another year. We need a new volunteer to start in January of 2025 to work with Krystina to handle the renewals and new membership applications. If you are detail-oriented and would enjoy this very social position with an opportunity to meet new members and engage with renewing members, please let Penny LeCouteur know.

Job Description

Membership looks after the annual membership process, including updating the annual form, processing the renewals, producing membership cards and name tags, and tracking all the information in various Excel spreadsheets. Membership attends the monthly club meetings, to handle membership and guest sign-in, distribute name tags, conduct the door prize, and starting in January distribute the new membership cards. Once a month, Membership writes a brief update for the Leaf newsletter and attends the executive meeting.

The bulk of the work takes place between September and March, with occasional new memberships added in other months. During the peak renewal time of November through January, the work takes about twenty hours per month, dropping to about fifteen hours on the few months before and after that, and then about five hours per month for the rest of the year.

Members at Large (MAL) Two positions

One MAL, Jacquie D’Auria, will complete her two-year term at the end of 2024. Three MALs will continue on for 2025. We are requesting two new volunteers to join the MALs to organize and execute the 2025 LVGC plant sale. The protocol is for the most part the same every year and many notes and records are on file and used from year to year. This is by far the most popular volunteer position and the most fun! If you like working with other members, like meeting people and like to work with plants, this is the position for you! Please let Penny know.



Treasurer – Jennifer Sydenham

Bank Balance as of September 5	\$20,006
In Petty Cash	<u>\$140</u>
Total	\$20,146

Membership - Krystina Madej and Ann McKinnon

Of our 162 current members, 22 are new. We hope that the new members attend meetings in person, meet all the ‘seasoned’ members and feel comfortable to join the Executive.

I pick up old table umbrellas out for the trash. I take off the fabric and they can be adjusted to the height you want. I'm using this one for pole beans and I do cucumbers





Website

- Aline Burlone

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.

Donations Committee - Maria Issa, Ann McKinnon, Courtney Mitchell, Edie Rustemeyer

In the spirit of helping others, every year the Lynn Valley Garden Club donates 50% of the plant sales plus 100% of the Digs to a range of charitable organizations that meet our mandate (see column headings below). In 2024 we have \$4,037 to distribute, which is close to the \$4,300 we donated last year.

The plan is to provide the members with some information in September and ask for your input over the next month, present a draft allocation for discussion at the October meeting, and then hold an all-or-nothing vote on the final plan in November as part of the AGM.



In 2023, we allocated the money as follows:

Organization	Amount	Non-Profit	Impart Knowledge of Gardening	Impart Love of Gardening	Our Community
Greater Vancouver Regional Science Fair (Botany-related project)	\$300	√	√	√	√
City of North Vancouver Public Library	\$300	√	√	√	√
DNV Public Library	\$300	√	√	√	√
Edible Garden Education Project	\$1,500	√	√	√	√
NS Hospice (Lions Gate)	\$300	√	√	√	√
Wild Bird Trust (Maplewood Flats)	\$400	√	√	√	√
YWCA rooftop food garden	\$500	√	√	√	√
BC Council of Garden Clubs 80 th anniversary Scholarship Fund	\$80	√	√	√	√
SeedChange	\$400	√	√	√	√
Second Harvest (food rescue)	\$220	√			√
Total Donation	\$4,300				

Over the past year, members raised concerns about whether we want to limit our donations to charities to certain geographical areas. Here’s what we did in 2023

North Shore	City and District of NVan Libraries, Edible Garden Project, NS Hospice, Wild Bird Trust	\$2800	65%
Metro Vancouver Regional District (Lions Bay to Maple Ridge)	Greater Vancouver Regional Science Fair, YWCA rooftop garden	\$800	19%
Province wide	BC CGC scholarship fund	\$80	2%
Canada wide	Seed Change, Second Harvest	\$620	14%

Now is the time to tell us if there are some charities you want to include and any that you think should be skipped this year. It would be helpful to know why you are recommending the changes. Note that the website Charity Intelligence Canada can be used to check how well the charity spends the money. Here's the link: <https://www.charityintelligence.ca/>.

This is club money earned mainly through your hard work for our annual plant sale, not to mention your purchases at the event. The role of the donations committee is to assemble a list of recommended charities and donation amounts based on your input. Last year there were suggestions from only two members, so the donations committee added a couple of charities and dropped a few others. We're hoping to hear from a few more members this year as there are now 162 of you. Please send your ideas to lynnvalleygardenclub@gmail.com, preferably before October 10 so that we have a draft list to publish in the October Leaf for discussion at the October 17 meeting.



Real Speakers Needed!!

- Daphne Page

It is becoming increasingly difficult to find speakers who are willing to trek to the North Shore and appear in person: most speakers would prefer to talk to us *via* Zoom.

So, Dear Members, do any of you know of/have local contacts or have attended good, in-person presentations recently? Please share your ideas and suggestions!!

Members who have expertise in a plant-related area - This Means YOU: please offer your knowledge.

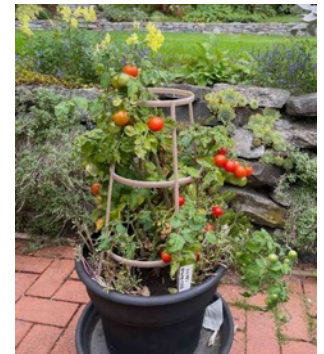
Based on "The Great LVGC Survey" results, most members find the speakers a very important part of the club. We want to live up to your expectations, but you need to help us. Every suggestion, idea is useful... please!



BRIGHT SPOTS

From Tom Davis

For anyone who doesn't have a lot of space on their patio or balcony, Red Robin is a good and attractive ornamental addition. Red Robin is an extra small super compact (dwarf) tomato, with high yields of 1-1/2" tomatoes. It has short stiff leaves and can be grown in a 6-10" pot. Put it on your list of seeds to start next year.



From Carol Ferryman



We saw this gorgeous tree in a driveway at the end of Dempsey and Lynn Valley Road last week. We have now identified it as a Persian Silk Tree or Mimosa Tree, *Albizia julibrissin*.

The Silk-Tree is a woody legume that reaches the northern edge of its range in Connecticut. Introduced from Asia in 1745, it has been widely planted as an ornamental for its showy, pink, fragrant flowers and delicate, feathery, compound leaves. Once established in wild habitats, however, it can be difficult to remove due to its long-lived seeds and tendency to resprout after cutting. It is an invasive in the warmer states of the US - and if climate change continues... BC is next?



"There is no gardening without humility. Nature is constantly sending even its oldest scholars to the bottom of the class for some egregious blunder." - Alfred Austin

From Judith Brook

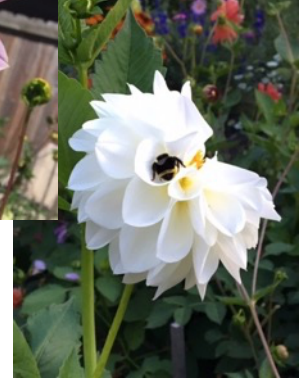


This is a woodland skipper enjoying an annual Aster in my garden before the flower is even completely open.

Woodland Skipper

- Most numerous of all species in 2018 & 2019
- Brown checkered pattern on upper & under sides of wings
- Host plants: Grasses
- Flights: July to October

And a bee on my tomato and *Dahlia*, and a sleeping bee on a white dahlia.



<<<This is an indecisive zinnia. "Do I want to be red? Do I want to be yellow? I can't decide."

[This is an example of a somatic mutation resulting in sectorial chimerism where two types of meristem cells grow out side by side. Pigment genes are turned off or on by temporal or spatial factors in an initial cell during flower development and the cell's progeny grow into the coloured petals.-Ed]

From Rosemarie Adams



Clethra alnifolia "Ruby Spice" is a lovely hardy shrub grows in full sun or part shade in variety of soil types. It has fragrant pink flowers in late summer.

Clethra alnifolia is known as summersweet or sweet pepperbush. It is a beautiful, densely branched, slow spreading shrub that displays bottlebrush spikes of fragrant, nectar-rich, rosy-pink and white flowers that bloom from late summer to fall giving way to dark brown fruits for winter interest. Foliage is dark green and glossy. Very floriferous and dependable. Use in mixed shrub borders, or in partly shaded or woodland gardens or near water features in average to moist soils. Spreads by root suckers. Blooms on new wood. Nice golden yellow fall colour. Attracts hummingbirds and butterflies. Deer resistant.

Pro tip: "There was a yellowjacket nest in the ground – I found it after I was stung. We've learned that skunks are natural predators of yellowjackets so we put cut up fruit next to the nest. Next day, the nest was dug up and the yellowjackets were gone."

Wheelbarrow hospital >>>>

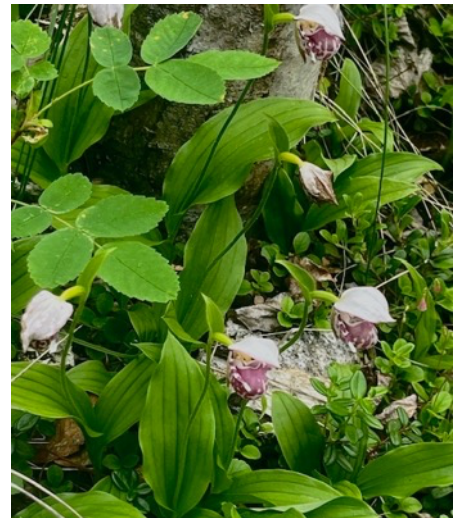


FROM OUR WORLD TRAVELLERS

Our President in Alaska - Donna Wasyluk

Donna Wasyluk was in the Yukon and saw some exciting orchids. "On our road trip in the Yukon and Alaska this past June, we were told of these orchids that grow on the east facing bank of the Yukon River across from Dawson City. The **Spotted Lady-slipper Orchids** (*Cypripedium guttatum*) grow in large patches on the tree covered permafrost free slope. They were a bit past their prime in the middle of June but still beautiful. As they need a certain fungus in the soil to germinate, it is very difficult, if not impossible to transplant them."

Wikipedia says "a species of orchid found on three continents. Each stem has about two clasping leaves that alternate. The plant has a height of 12 centimeters to 35 centimeters. The magenta and white colored labellum is pitcher shaped."



Our Man in Brazil - Denis McMahon

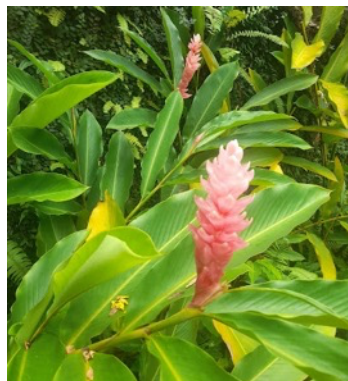
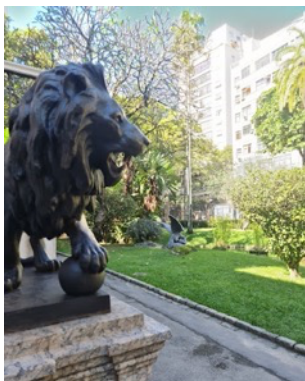
During the winter of 2023, I had the opportunity to visit the Rui Barboas Museum Garden in Botogfogo, a suburb of Rio de Janeiro in Brazil. The garden surrounds the former home of Ruy Barbosa and his family.

The museum house originally belonged to Barao de Logoa and was acquired in 1893 by Ruy Barbosa (5 November-1 March 1923), who was a Brazilian politician, writer, jurist and diplomat.

The gardens have several water fountains, some simply for adornment while from others, water flows between huge stones, trees, ferns, palm hearts, camellias and various plants that pass through a kind of winding inland river passing through the property. In the water, you can see fish passing through pleasant and rustic bridges. The fish are of all types: orange, white with black spots, and some bold ones that approach the riverbanks to capture an insect.

Large, mature coconut and palm trees fill everything out in perfect order. Paths lead from a roundabout to another garden with benches and lawn spaces, and beds dedicated to roses as well as ornamental plants and the inevitable orchids that are a constant in Brazil.

When visiting Rio, I recommend you spend a night or two in this fairly safe area of the city.




ANNOUNCEMENTS AND OTHER GOINGS-ON

SOIL for Potting Up Fall Plantings HAS ARRIVED!!!!
Miriam Scott, Sarah Grey

- Tom Davis, Jacquie D'Auria,

At the most recent executive meeting we agreed that many members already divided and potted up plants in early fall for next year's plant sale and they needed soil now as well as in the spring. Many plants can be divided now so that we will have even more varieties to offer at next year's sale. Go wild!

We have ordered 1 yard of soil for members who are prepping plants now for next year's plant sale. The soil has been delivered to Kathy Stubbs' front yard. It is there - ready for you to go get it - so go get it now while the weather is perfect!!

Please take your own shovels and containers!! Please make sure the bag of soil is closed when you leave and **only** take soil if you are potting up plants for next year's sale {eg strawberry runners pinned in containers to grow on >>>>>>>>}.




How to make your own fertilizer - found by Judith Brook @ WestCoast Seeds

Free Composters!!

This is your lucky day!!
Carol Ferryman has

two free composters for you. All you need to do is contact her by email or phone and Bob's your uncle and the composter's your bin.



Bird-friendly Cities - from Rita Marshall

In the last 50 years, North American bird populations have than 25%. Three billion of our birds, including common species that cities, are gone. This is massive.

There are things we can do to stop this - among them getting a "Bird-friendly City" certification <https://naturecanada.ca/defend-nature/how-you-help-us-take-action/bfc/#certified> (link also in September Links file)

dropped by more live in our towns and

Artists for Conservation (AFC) - from Sue Callahan

At Maplewood Flats from September 14-30. There will be two days of programming on Saturday, September 14th and Sunday, September 15th from 11am-3pm featuring art, nature, and music. Tsleil-Waututh Opening starts at 11:30.

Rita Marshall reminds you to Check out the Edible Garden Project Fresh Sheet - the link is in the September Links file.

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 we drop off our contributions because there is that 'little bit' that can be relied upon every month. Food insecurity is real.





Bee's Eye View – found by Rita Marshall

The bee's eye is a marvel of biology. It is covered with hairs that act as a shield against pollen and consists of thousands of small lenses called ommatidia. These lenses allow the bee to see a range of colors, including ultraviolet, and are highly sensitive to movement. This enables the bee to spot flowers and other sources of nourishment, as well as evade potential threats. But what truly sets the bee's eye apart is its structure. Unlike our own, the bee's complex eyes are eye made up of many simple eyes that work together to provide a wide-angle view of the world. With a visual field of 280 degrees, the bee can see almost everything around it without turning its head. This is particularly useful for locating flowers and avoiding predators.

In addition to its impressive visual capabilities, the bee's eye also processes information at lightning speed. This allows the bee to make swift decisions about where to fly and what to do; both essential for its survival.

Overall the bee's eye is a crucial part of its anatomy and a testament to the power of nature, It has developed over millions of years to help bee thrive in its environment.



From Lorraine Robson:

Kevin Kelly's talk on FALL COLOUR IN THE GARDEN on October 26. \$10 USD

Everyone who registers will get a link to a copy of the talk (for 6 months) so you don't have to get up early to watch it when it is delivered. [About - Spectacular Fall Color: Plants That Stand Out \(event.com\)](#) (see the September Links file)

Join Penn State Master Gardener Kevin Kelly for an in-depth presentation about many easy-to-grow trees, shrubs, and perennials, mostly native, that will help you create a beautiful autumn landscape that will also support pollinators and birds as well.

October 26, 2024 (9:30 AM-11:00 AM ET)

Register By: October 25, 2024 11:59 PM

[See event fee details.](#)

Pre-registration is required. Registration is required to receive the link to access the webinar. A link to the recorded webinar will be emailed to registrants within ten business days after the live event. The recording will be accessible for six months from the event date.



From Aline Burlone

Master Gardener Basic Training

This program is for everyone with an interest in gardening, from backyard and community gardeners to garden designers and landscapers. Our program is science-based with instructors from local universities and colleges, as well as ministry specialists, growers and other professionals. (The link is in the September Links file)

In order to secure a placement in the 2025 program, you are encouraged to submit an application as early as possible. The course is often filled by the end of October.

The cost of the 2025 Basic Training Program is \$750 (to be paid in November), covering lectures, books, and workshop materials.



THE COMPOST BIN

- Maria Issa

So here we are: it's fall again. For me, this was the "lost summer" as trim painting turned into a de/reconstruction of this 100-year-old house, complete with scaffolding, workers, peripatetic veggie planters-in-bags and trampling of my flower beds. This was intertwined with constant moving of hoses and keeping a weather-eye out for the midnight bear.



Yes, I'm grumpy: hardly a bean, 3 green tomatoes and the arugula that took over everything... If any of you are climate change deniers, this summer should have effectively pointed out that things are not how they were in the good ole' days. As the amount of city water I used is truly scary - the construction disaster had a silver lining - I now have a place to put my rain-catchment containers. These 1200L beauties, called 'food grade totes' I found on Craig's List - and picked up from Lulu Island Winery. Great place - besides having totes for sale, they - obviously - have wine, wine tastings, estate tours, and "wine and music" events on Fridays. Check out their website in the September Links file and once you're there, their lovely grape *tonnelle*. It's an easy highway run from North Van. Besides, vineyards are just "plants with benefits".

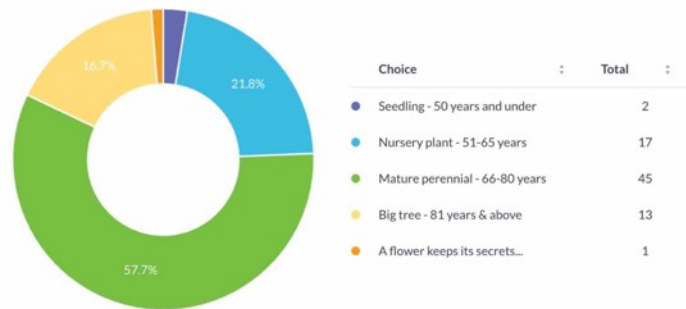
As a scientist, I am seriously concerned about climate change and sustainability because the two are intimately linked. There are a number of links in the September Links file that show how plants help the planet, mitigate climate change and contribute to sustainability. Check them out. Indeed, sustainability is on everyone's minds - The Great LVGC Survey confirmed that. Thank you to the 78 people who took the time to respond. (The rest of you can "forever hold your peace".) As we have 162 members, 78 (48%) is an excellent and statistical representation of the overall



population: in other words, the 78's opinions can be expected to be representative of those who didn't bother: yes, the others spoke for you. Over the next few months, the results of the survey will be put on the website, and I'll be sharing the analysis as I do the statistics.

There were a couple of expected results: our club members are not getting any younger. We are mostly 'retired'. If you look in the September Links file - there is a whole list of studies on why gardening is good for you, your health and

Q9 We are curious about you: where are you in terms of age-group? We ask this to understand how to adapt the club's offerings to our demographic. Multiple Choice



your longevity. So maintaining this community of friends as we get older is to our benefit. One of the ways of keeping our community - and by extension, ourselves - vibrant is by participating, attending events in person and volunteering for the occasional task. Only 16.7% said that they were unable to volunteer. Everyone else was willing to help or at least have their arms twisted to do something. That's INCREDIBLE!! This is your OFFICIAL ARM TWIST to volunteer for the Executive!

Q6 How willing are you to volunteer a few hours of your time to the garden club? Multiple Choice

