



THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

October 2024

President's Message - Donna Wasylik

Hi everyone,

I hope you are all enjoying our fantastic Fall weather, perfect for potting up plants, pruning, garden cleanup and of course putting away all the summer outdoor furniture.

In our upcoming October LEAF you will see our proposed budget for 2025 and list of proposed recipients of this year's proceeds of the plant sale and digs. Please look these over carefully and you will have an opportunity at the October general meeting to express your comments and concerns. We want to avoid prolonged discussion of these agenda items at our AGM in November, freeing up more time for our coffee break and the speaker of the evening.

Our Club has yet to fill the position of Treasurer for the next two years. We have a simple but very effective accounting program that is straightforward and easy to learn. I was Treasurer in 2021 and 2022 and had no problem learning the program. Time spent on the treasurer duties averages about two to three hours a month. Writing cheques for reimbursement and making the odd bank deposit are the two main duties. We now have etransfer in place which has cut down on most of the previous trips to the bank. Producing the annual budget is a collaborative effort of the executive and follows the same format year after year.

I call on those members who have been with us for five or so years and have yet to volunteer for an executive position. This is your chance to give back to the Club.

The Executive has tossed around ideas for our annual Christmas party. We will have a couple of large baskets or boxes for donations to SAGE House (the list of desired items will appear in November). We could also do a craft, such as a centrepiece, whereby everyone brings their container and greens and decorating items, and the club would buy the florist wire (no foam!!). If you would like to do such a craft or have ideas for something else and would like to come forward to organize the activity, please let me know. For our holiday goodies table, we usually all bring either savories or sweets and I believe there will be a member's special secret ingredient festive drink for all to enjoy.

See you on the 17th!

Donna Wasylik



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
7:00 PM*

**SPEAKER
OCTOBER 17
JACKIE MORRA,
GARDENS FOR HEALTH**

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 .

Treasurer

Jennifer Sydenham .

Membership Co-Chairs

Ann McKinnon .

Krystina Madej .

Members at Large (MALs)

Jacquie D'Auria .

Sarah-Jane Gray .

Miriam Scott .

Tom Davis .

Committees

Plant Table

??????

Hospitality

Sharon Carabetta .

Bev Fraine .

Brenda Reid .

Sunshine / Door Prizes

Hiromi Matsui .

Website

Aline Burlone .

Newsletter Editors

Maria Issa .

Margaret Campbell .

Executive Meeting

November 6 at 7:00 pm chez Sarah Gray,



Newsletter items to
LVGCnewsletter@gmail.com

Thanks to this month's LEAF contributors: Judith Brook, Tom Davis, Linda Schell

SPEAKER

JACKIE MORRA

Gardens for Health

Garden and home design expert combined with horticulture therapy and marketing, **Jackie Morra** is a sought-after speaker. She has made presentations at various home and garden shows across Canada, horticulture trade shows such as Landscape Ontario Congress and is a regular garden club speaker in BC and Ontario where she has been sharing her over 20 years of experience in gardening, home design and decor. Jackie shares tips and tricks and inspires in her high energy presentations, classes & workshops. Jackie also plans and implements horticulture therapy programs and teaches the landscape trades various design and marketing concepts with Landscape Ontario. (Look for a link to her website in the October 2024 Links file)



AGM Preparation - 3 Things

Thing 1:

We need to find two willing victims to fill executive spots: we need a **Treasurer** and a **Membership** person. Donna has already described the Treasurer's job. Both positions carry some responsibility. The technicalities involved are easily learned, and we provide training/help/support and a LOT of laughter in the process. The Membership spot is basically keeping an Excel spreadsheet of members, correlating membership fees with names, then passing the emails to the Leaf. *Many of you indicated on The Great LVGC Survey that you are willing to volunteer if asked: you are hereby asked! Please consider your rubber arm twisted, so take a leap of faith and volunteer!* Exec meetings, if you choose to attend them, are great fun, a wonderful way to spend time with really interesting people and make new friends (and the treats are fabulous - recipe examples later in this Leaf). So as the skit goes, "it's not brain surgery." [see links for that skit!]. Just do it.

Thing 2:

On the next page (so it's all together) you will find the proposed budget for 2025 and how it compares with expenditures and last year's budget. We are also trying to slowly, gently work down the huge surplus we are carrying. Have a good look and bring your input, comments to the October meeting. This is your club and your budget. We want to make sure you are happy with it, before it goes to a vote at the AGM in November.

Thing 3:

The Donations Committee report follows the Budget. LVGC is proud to support a variety of groups - our "Victory Gardens" roots grow deep!! There are no surprises here - as *The Great LVGC Survey* underlined that being able to give of our abundance is very important to our members. It turns out that our gardening is not only good for us, but for others.

THE 2025 BUDGET

[If there are any errors – it is solely the fault of the Leaf Editor who apologizes pre-emptively.]

	Estimate			
	2024	2024	2025	
	2024	2024	2025	
INCOME				
Membership	3500	3340	3400	170 x 20
Guests	50	355	50	
Plant Table	50	20	50	
Plant Sale	7500	7435	7500	
The Dig	500	320	500	
Sundry Revenue				
Total Revenue	11600	11470	11500	About the same
<hr/>				
EXPENSES				
Accounting review	100	100	100	
Bank Charges	140	125	140	
BCCGC	540	500	540	
Christmas Party	400	400	400	Max spent \$413
Discretionary Spending	2000	2000	2000	To be added to Field Trip?
Donations	4250	4035	3150	50% of NET plant sale +100% of digs
Door Prizes/Sunshine	625	450	550	\$50 per meeting x 9; + \$100 exec gifts
Field Trip	500	862	500	
Hospitality	450	250	450	\$50 per meeting x 9
Members Garden Tour	200	0	200	
Newsletter	150	125	150	
Office Supplies	150	151	150	
Plant Sale Expenses	2200	1939	2400	At St Clement's; increased by \$200
Property, Equipment	200	3000	200	Computer, microphones?
Rent	1200	1200	1200	At Mt Seymour
Speakers	2250	2350	2250	\$250 per meeting x 9
Tech Support	550	575	675	
Total Expenses	15905	15962	15055	
<hr/>				
<i>Net</i>	-4305	-4492	-3555	
<hr/>				

Remember that budgets are plans and estimates... if income or expenses have big changes then all bets are off. Or, as Shakespeare put it, "*There's many a slip 'twixt the cup and the lip*". Turns out, it wasn't The Bard, I looked it up: "already in iambic verse by Lycophron (3rd century BC) quoted by Erasmus." We learn something new every day.



Donations Committee Report

- Maria Issa Ann McKinnon, Courtney Mitchell, Edie Rustemeyer

In September, we provided you with a list of the charitable donations LVGC made last year and asked you for input on how the \$4,037 should be spent this year. So far, we heard crickets. We hope you intend to bring your suggestions to the October 17th meeting or be prepared to bless what the committee has done for you.

The Donations Committee’s suggestions were reviewed by the Executive against the 2023 donations, and the proposed list for 2024 is below. We added three new charities to the bottom of the list and deleted a few others. This is STILL just a suggested list, so please review it and provide input at the upcoming meeting. During the meeting, we can adjust the charities and amounts so that we arrive at the final allocation that reflects the interests of the membership.

This list will then go to an all-or-nothing vote in November, as part of the AGM. So, this is your chance to “Speak now or forever hold your peace.”

Suggested Donations for 2024

Organization	Amount	Non-Profit	Impart Knowledge of Gardening	Impart Love of Gardening	Our Community
City of North Vancouver Public Library (seed library)	300.00	√		√	√
DNV Public Library	300.00	√	√	√	√
NS Hospice (Lions Gate)	300.00	√			√
Wild Bird Trust (Maplewood Flats)	600.00	√	√	√	√
YWCA rooftop food garden	700.00	√	√	√	√
Backpack Buddies	600.00	√			√
Earth Bites	600.00	√	√	√	√
Sharing Abundance	600.00	√			√
Total Donation	4,000.00				

Please see the links to each organization in the October 2024 Links file.

Here’s how these proposed charities are distributed geographically:

North Shore	City and District of NVan Libraries, NS Hospice, Wild Bird Trust	\$1500	38%
Metro Vancouver Regional District (Lions Bay to Maple Ridge)	YWCA rooftop food garden, Earth Bites, Sharing Abundance	\$1900	47%
Province wide	Backpack Buddies	\$600	15%
Canada wide		\$0	0

Here’s some information about the new charities:

Backpack Buddies - “Every Friday, we ensure that hungry kids across BC have meals and snacks to last the weekend and beyond.” Charity Intelligence Canada gives them a 5-star rating.

Earth Bites - “Our journey includes a 14-year alliance with VSB schools, creating school gardens and programming to enrich outdoor land based learning in over 10 schools in the lower mainland.” They are not ranked by Charity Intelligence Canada.

Sharing Abundance - “We offer welcoming places where food and community meet. Our programs address food insecurity and social isolation felt by many members of our community. Each program has a chef/program manager who is paid a small stipend to plan, shop, prepare and serve tasty, nutritious meals to our guests.” They are not ranked by Charity Intelligence Canada.



Membership Report – Krystina Madej & Ann McKinnon

Yes, it is membership renewal time again - and in spite of price increases everywhere - the fee remains an incredibly low \$20!

This year, we are running a contest to encourage members to complete their membership renewals early. Members are encouraged to submit their completed renewal form and payment by Sunday, November 24. From among the memberships received by November 24, 2024, a winner will be drawn at random. **The prize will be a \$25 gift card to Maple Leaf Garden Centre.**

Forms and payments can be sent online (preferred) or dropped off at the Membership Table at the October 17 or November 21 meetings. If necessary, you can mail (or drop off) your completed renewal form and payment to the address listed on the form.

Early renewal helps us complete the bulk of the work before the start of the busy Christmas season and get new membership cards out to you early in the new year. It also gives a smoother transition to the new membership team starting in January 2025.

For the slow-pokes among you, you have until December 31, 2024 to renew your membership for 2025. After that date, you will be considered a lapsed member and will be accepted on an equal basis with new members until the member limit of 175 is reached.

The PRINT AND HAND-FILL renewal form is included in this issue of the Leaf at the very back and once the fillable electronic form is glitch-free, we will send it as a separate email. We prefer that people email us the form and send the payment via e-transfer, as that speeds up the renewal process. If you are renewing in person, it would be helpful if you would fill out the form online and bring the printed version, as that makes it easier to read.

Pro tips for filling out the membership form and making the fee payment:

1. The Membership form emailed with the 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.
2. Note that if you are using an **iPad**, open the copied form and then select **Open in Acrobat**. This ensures that all the check boxes work correctly. If you are using an **iPhone**, it works easily if you save the file to Google Drive, otherwise first open Acrobat Reader and then open the file from within Acrobat.
3. 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.
4. Remember to send the payment by:
 - Making an E-transfer of the \$20 membership fee to **LVGC.Treasurer@gmail.com** and add the note “2024 Membership Fee.” **Do not send the fee to the membership email address** as we then have no way of depositing it. 65% of you successfully e-transferred last year so there are lots of members who can help you learn how to do this.
 - OR bringing a \$20 cheque made out to Lynn Valley Garden Club to the October 17 meeting.
 - OR bringing \$20 in cash, although this is our least preferred option.
5. If doing your renewal online or at a meeting does not work for you, please see the membership form for instructions as to where the form and payment can be posted through Canada Post.



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



Thanks to **Judith Brook** – here is proof that our donations to the NV Libraries are appreciated and acknowledged!

On the DNV Donor board, above, you sort of have to stick your nose to the computer screen, but on the image, 3rd from the bottom on the right, there we are!!!

The City library also acknowledged us: nose back to the screen, find the green square, top right – and – tah dah! – there we are again!

You can pat yourselves on the back for having a positive impact on our community. Nicely done.



... and more thanks... and a mystery... from Linda Schell

At the Lynn Valley Garden Club plant sale in the spring, I bought a package of seeds on spec. The small envelope had this written on it: "*Speckled Lettuce. Slow to bolt.*"

Hmmm: not sure that I wanted speckles on my lettuce, but OK.

I planted some of the seeds in a planter on my deck in June. I never did see a speckle EVER! But the lettuce was wonderful. Flavourful, shaped like tender oak leaves and producing all summer long.

On the last days of summer I planted a few more of the seeds in a second planter and the first planter of lettuce is being left to go to seed. I know nothing about collecting lettuce seed, but I hope that I can end up with some so that next year I can repeat the wonderful salads that we have enjoyed for months.

It's getting cooler now with less sun, but I was able to pick another handful of lettuce leaves for our dinner tonight.

So thank you whoever donated those seeds! Much appreciated.

[Those seeds will be just fine – check out Judith Brook's find: seed longevity info from West Coast Seeds! –on the next page - also see the link in the October Links file]



SEED LONGEVITY CHART

Short-lived seeds: Recommended for one season, but may maintain acceptable germination rates in second year.

Medium-lived seeds: If properly stored, should maintain good viability for two to four years.

Long-lived seeds: If properly stored, should maintain good viability for four to five years, possibly longer.

*Canadian Food Inspection Agency Standard for Canada No. 1 Seed minimum germination rates on current year's seeds.

VEGETABLE	Short	Med.	Long	Min. Germ. %
Asparagus		•		75
Arugula			•	80
Beans		•		80
Beets		•		75
Broccoli			•	80
Brussels Sprouts			•	80
Cabbage			•	80
Carrot		•		60
Cauliflower			•	80
Celery		•		55
Corn	•			85
Cucumber			•	80
Eggplant			•	65
Endive & Radicchio			•	65
Kale, Collards, & Mustards			•	80
Kohlrabi			•	80
Leeks	•			65
Lettuce		•		70
Melon		•		80
Okra	•			55
Onions	•			75
Pac Choi & Choi Sum			•	80
Parsnip	•			60
Peas		•		75
Pelleted seeds (all)	•			Variable by crop
Peppers		•		65
Squash (Summer)		•		80
Squash (Winter) & Pumpkin			•	80
Radish			•	80
Rutabaga			•	80
Spinach		•		65
Swiss Chard		•		75
Tomato			•	75
Turnip			•	80
Watermelon			•	80

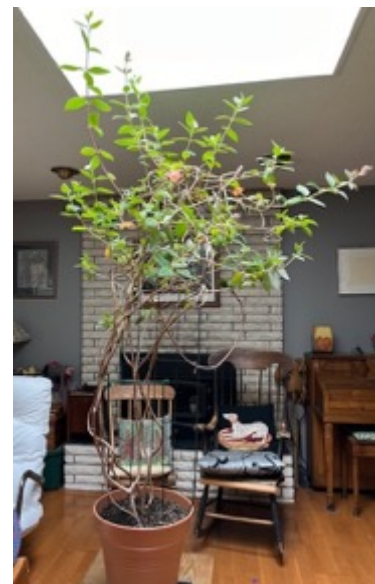
ANNOUNCEMENTS

TIBUCHINA for sale!

A former club member needs to get rid of her Tibouchina as it is growing too big for her home. She would be grateful to receive \$40 (which is ridiculously cheap).

Tibouchina is a neotropical flowering plant genus in the family *Melastomataceae*. Species of this genus are subshrubs, shrubs or small trees and typically have purple flowers. They are native to Mexico, the Caribbean, and South America where they are found as far south as northern Argentina. Members of this genus are known as glory bushes, glory trees or princess flowers. The name Tibouchina is adapted from a Guianan indigenous name for a member of this genus.

And NO, outside in North Van is not an option: you will need at least a greenhouse - I know this from bitter experience.



GROWING MICROGREENS WORKSHOP

Organized by West Coast Seeds - November 3, 2024, 11:30AM - 12:30 PM; 5300 34B Ave, Delta BC. If you are interested in this workshop, the registration link is in the October 2024 Links file.

BRIGHT SPOTS (What Bright Spots? You didn't send me a ^%\$#* thing!)



Aline's Yummy Recipe for Executive Meetings

Dark Roast-Chocolate Loaf

¾ cup butter + extra for greasing	2 cups sugar
2 ¼ cup flour	2 eggs
1 cup cocoa powder, sifted	2 cups cooled coffee
1 ½ tsp baking powder	½ tsp salt
1 tsp baking soda	

Preheat oven to 350 F. Grease and flour a 9x5 loaf pan. Whisk together the dry ingredients. Cream together the butter and sugar, then whisk in the eggs - mix until smooth. Fold in ½ the dry ingredients; follow with 1 cup coffee; Repeat. Mix well (at this point I sneak in nuts, or almonds, or raisins-soaked-in-rum, or chocolate chips, or sugared fruit - or not). Once the batter is smooth, pour into the pan. Bake at the bottom of the oven for 30 min, then move to the middle for another 30. When a toothpick comes out clean, it's done. Let it cool.

(from "The Little Island Bake Shop" by Jana Roerick)

Quince!!!! For Proust, it was the madeleine in “Remembrance of Things Past” (Du côté de chez Swann) that pulled the wool that unraveled the sweater of his childhood. For me, it’s “quince”, or more specifically quince pâté [in Hungarian, “birsalmasajt”] - a fall culinary event overseen by my Great Aunt Gizella, a “spinster of the parish”, who was entrusted with guarding me at intervals. She lost the love of her life in WWI, never married, so I became her surrogate child. I adored her as only a curious child can adore a curiouser older lady.

Living on her own, Aunt Gizi was an expert at many things – a wonderful pianist, a super-fan of Wagner operas [that was the only bad bit, as I had to listen in silence], an expert gardener with famous window-boxes, and a great cook. She loved quince. She climbed the stairs to her 4th floor apartment, carrying an enormous string bag of quinces from the local market. They smelled so wonderful I made a dive for them. Chomp! Hard as rocks. Out came the 6-year-old’s loose tooth without the string-and-door-slam. Chom, chomp! TART!! – enough to pucker every orifice. It was the greatest disappointment of my small life: I was expecting something sweet and sublime to match the aroma. After consoling me with “wait and see”, Aunt Gizi set to and prepped the quince.

Here is her ‘system’ (she had ‘systems’ for everything): On a big cutting board, she cut the quinces into quarters which made it easier to chop out the cores without chopping one’s fingers. Like I said, they are hard. She then cooked them with a bit of water (to cover the bottom of the pot, as quince can burn fast) and lots of brown sugar (a tablespoon per quince – ball-park). I have adapted Auntie’s recipe somewhat as I’m lazy: I bake them, covered at 350; but they can be simmered on top of the stove – for hours. The stove-top method requires stirring: like I said, I’m lazy. Once the quince are soft and mushy, they can be thrown into a food processor, then poured into a mould and allowed to set. Aunt Gizi had no such new-fangled wizardry, so she pressed the mush through a sieve with a mushroom-like gadget. The final paste she allowed to set in a “ridgeback” form, buttered, and sprinkled with sugar. I just use cellophane. {Yes, these were hers! ->>}



Luckily, quince contain a lot of pectin so the mush sets to a satisfying density that one can slice. Of course, there is the inevitable embellishment: walnuts. The combo is made in heaven. Let the first layer set in the ice-box (we didn’t have fridges, the ice-man and his horse-drawn cart came every week). Set some walnuts on top, then pour the next layer. Lazy, one can just mix in the walnuts, but if you’re aiming for an artistic distribution or “Star Baker”.... [Vermeer]

Quince-ology (see links in the October Links file): “Some modern Bible translations claim that Adam tasted in the Garden of Eden the fruit of an apple... but more likely that fruit was a quince, since apples came to the region at a much later date. Quince is a fruit that was highly prized by ancient civilizations, and it probably originated near the antique city of Smyrna, Turkey. The fruit was widely disseminated in artistic drawings, as wall paintings and mosaics at the lost city of

Pompeii, Italy. Even though the ancient Greeks had developed and grafted quince with an exceptional quality, it is only in recent years that agricultural scientists have hybridized a fruit with a softer texture and a juicier flesh.”

Wikipedia: “The quince *Cydonia oblonga*, is the sole member of the genus *Cydonia* in the *Malinae* subtribe (which also contains apples and pears, among other fruits) of the *Rosaceae* family. It is a deciduous tree that bears hard, aromatic bright golden-yellow pome fruit, similar in appearance to a pear. Ripe quince fruits are hard, tart, and astringent. They are eaten raw or processed into marmalade, jam, paste (known as quince cheese) or alcoholic beverages. [HMMMMM: maybe next year?] Quince trees are grown as ornamental plants for their attractive pale pink blossoms and delicate aroma.”

So why this quince story? Because this is the joy of LVGC... By spending time with fellow members on the Executive, wonderful offers come one’s way. I was the lucky recipient of Ann McKinnon’s and her neighbour’s bounty of quince. Ann just appeared one day and dropped off a huge pile of quinces – and I was over the moon! I’m sure she has no idea of the level of happiness she unleashed. Joining the Exec is the greatest way to make friends, learn many things – and receive quince! We pass things around. The exec is also a source of wonderful friendships – like the quince, each person is a revelation, a joy and a kindred spirit; and all it takes is a monthly meeting: consider being on the Exec – you don’t know what fun and food you’re missing!

PRINT THIS AND FILL IT OUT
WITH NICE LEGIBLE WRITING!!!



Lynn Valley Garden Club

Membership Form

Entered in Prize
Draw if completed
and paid by Nov. 30

January 1, 2025 - December 31, 2025

Membership for 2025 Renew New

Member Information

Last Name _____

First Name _____

Cell Phone _____ Home Phone _____

Email _____
(to receive newsletter and club communications)

Address _____

City _____ Postal Code _____

Membership Fee For 2024: **\$20**

E-transfer	Cheque	Cash
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- Fill out and email completed membership form to lvgc.membership@gmail.com
- **PREFERRED:** E-transfer to LVGC.Treasurer@gmail.com. Add note: *2024 Membership Fee*
- **OR** bring membership form and cheque to first club meeting **OR** mail to:
LVGC Membership c/o Ann McKinnon, 979 Shavington St, North Vancouver, BC V7L 1K6
- Make cheque out to *Lynn Valley Garden Club*. Cash is accepted but least preferred.
- **Deadline: Must be received by Dec. 31, 2024 in order to maintain your membership status.**

Member Directory *(distributed to and for use by members only for club communication)*

Permission to use phone number in Club Directory	Yes	No
Permission to use email in Club Directory	Yes	No
Permission to share home address with Plant Sale Committee	Yes	No

Can you:

Help with a committee	Yes	Committee	No
Serve on the executive	Yes	Position	No

Committees: Plant Table, Hospitality, Sunshine (Door Prizes), Website, Newsletter
Executive Positions: President, Vice-President, Secretary, Treasurer**, Membership**, MALS** Members-at-Large (MALS run the Plant Sale). **Actively recruiting now to **.**

I'd like to suggest speakers and garden topics _____
