



# MILL BAY GARDEN CLUB NEWSLETTER

Website: [www.millbaygardenclub.com](http://www.millbaygardenclub.com)

Email: [mbgcnewsletter@gmail.com](mailto:mbgcnewsletter@gmail.com)

## Next Meeting:

Date: **Tues, April 23rd, 2024**

Time: **7pm** (doors open 6:30pm)

Place: **Mill Bay Community League Hall**  
(1001 Shawnigan Mill Bay Road)

### Activities:

**Business Meeting; Members' Forum;  
Gardening Q&A; Library; Raffle;  
Plant Sales; Guest Speaker;  
Socializing!**

## April Speaker:

**Sheila Bailes**

**What is  
Horticultural Therapy?**

*See page 3 for details*



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# APRIL

## April Brag Table Theme:

### *April Flowers*

With plant and flower identification and commentary provided by Barb Kohlman, the Brag Table is a great part of our monthly meetings. It's a fun and interactive way to share what's going on in your garden. The bonus is a prize awarded randomly to one of the monthly participants. If you've never participated, give it a fling, be it flower, vegetable or fungus!

## A little ray of sunshine...

Club member and Flower and Garden show chair Janice Rose sends card on behalf of the Club to members experiencing illness or loss, bringing a spot of sunshine into a stressful time for a club member.

If you know of someone in the Club who is sick, in hospital, or has lost a loved one, please let Janice know and she will send a card on our behalf.



## President's Report

Gill Keir

There are still some positions on the Executive that we need to fill.

The Executive moves the business of the club forward. As members of the club, you are tasked with ensuring there are people in place to do this.

We need a Vice President. Please don't hesitate to put your name forward because you feel you might not have

the experience. I have found there are many people willing to advise and help.

We have been fortunate with our Executives. But an Executive needs renewing regularly. New people bring new ideas and, a plus, often new friendships.

Gill Keir, President



### April 2024, Mill Bay Garden Club Agenda (Tentative)

- 1) 7:00 p.m.: Club Business
  - a) Approval of the agenda
  - b) Approval of the minutes of March 2024 Club general meeting
  - c) President's Report – Gill Keir
  - d) Executive Committee reports
  - e) Questions for the Executive
  - f) Brag Table
  - g) Garden-related Questions with our Master GardenersBreak
- 2) 8:00 p.m. Speaker: **Sheila Bailes: What is Horticultural Therapy?**
  - h) Adjournment

## April Speaker (Tuesday, 23 April)

### Sheila Bailes: What is Horticultural Therapy?

Sheila Bailes, HTR is a professional Horticultural Therapist registered with the American Horticultural Therapy Association (AHTA). She is based in Victoria and has been practicing since 1999.

“Every gardener with whom I have ever discussed the benefits of gardening agrees that being in the garden and working with plants engenders a sense of well being.” Sheila Bailes is trained in and practices the use of horticulture to help people get well. She will provide us with insight into the way her profession uses the qualities of garden activity that gardeners recognize intuitively to help others.



### MEMORIAL GARDEN SPRING CLEAN UP

Thank you to all who came  
on Sunday 13th April and helped  
with the spring cleanup.  
A great job was done by all.



## Executive Members

### President

Gill Keir

### Vice President

Richard Nelson

### Treasurer

Gord Hamilton

### Secretary

Carol Goodger-Hill

### Past-President

Bernie Juurlink

## Committee Leads

### Membership

Pat Spezowka

### Flower & Garden Show

Janice Rose

### Library

Katherine Miller

### Kitchen

Judy Raimondo

### Plant Sales

Kathleen Mercer

### Bursary

Ann Baty

*Cont'd next page...*



## Committee Reports

### Membership

Happy Spring Gardeners,

Thanks to all the members that renewed their membership since my last report. It helps me keep everything up to date.

Everything is running smoothly and we don't have any membership drive events until the Cobble Hill Fair in August 24, 2024 . We are registered with the fair assn. and I will be asking for volunteers for the booth in June before we adjourn for the summer.

*Pat*

### Flower & Garden Show Silent Auction

The Silent Auction supports a number of Garden Club programs throughout the year. It relies on club members for its success. Please be generous in donating gently used items, crafts and services to help the club raise much needed funds.

## Coming Events

- **Mill Bay Garden Club's 75th Anniversary Flower and Garden Show.** Saturday June 8 at Cobble Hill Community Hall, 3550 Watson St. More details below!
- **Mill Bay Plantaholics Sale** takes place early May - news coming shortly!
- **Cowichan Valley Garden Club Sale.** Saturday April 27, 10am-3pm. St John's Anglican Church, Duncan.
- **Cairnsmore Garden Sale.** Saturday May 11, 9am-2pm. Cairnsmore Place, 250 Cairnsmore St, Duncan.
- **Victoria Plantaholics Sale.** Saturday, May 25. Sale takes place on the old Brentwood Nursery site near Butchart Gardens.

## Committee Leads *(cont'd)*

### Sunshine

Janice Rose

### Memorial Garden

Heather Jenkins

### Raffle

Stephanie Taylor

### Website Administrator

Gord Hamilton

[www.Millbaygardenclub.com](http://www.Millbaygardenclub.com)

### Facebook/Social Media

Pauline Dueck

[www.facebook.com/millbaygardenclub](http://www.facebook.com/millbaygardenclub)

### Newsletter Editor

[mbgcnewsletter@gmail.com](mailto:mbgcnewsletter@gmail.com)



## Social Media

If you use Facebook, don't forget to check us out and "LIKE" us at:

[www.facebook.com/millbaygardenclub](http://www.facebook.com/millbaygardenclub)

Pauline Dueck

Facebook Coordinator

# *Diamond Jubilee Flower & Garden Show*

We are excitedly anticipating the 75<sup>th</sup> Anniversary Flower and Garden Show at the Cobble Hill Hall on Saturday, June 8, 2024. Set-up takes place on Friday, June 7, 2024.

Over its long history, the show has evolved to be a wonderful opportunity for garden enthusiasts from the community, as well as the club, to display what they have grown and compete in a multitude of categories. Brochures are available on line, at the April meeting and from Buckerfield's, Crazy Daisies, Dinter's, Shar-Kare & Thrifty's (Mill Bay) to assist you in planning your entries. Experienced judges from the Vancouver Island Horticultural Association offer feedback, as well as awarding ribbons to the best entries.

The club's plant sale is also a popular feature of the show. Donations of plants, cuttings, bulbs, etc. are put on sale. An added bonus for visitors is the presence of Master Gardeners who ably answer questions for anyone needing information or advice on gardening questions.

While visiting the show, guests also have the opportunity to visit many garden and yard related vendors. In addition, the club offers many of the books from its extensive library for sale at very reasonable prices. In all, it is a wonderful shopping experience.

The silent auction is a favourite of the show. Donations from club members and businesses allow for a robust offering for bids. Many of the items are garden or art related, although many other offerings allow for many tempting entries. The proceeds from this auction are donated to local charities.

The Cowichan South End Hospital Auxiliary offers a delicious strawberry tea. Visitors enjoy this refreshment while taking in all of the wonderful experiences at our show.

Members are asked to consider contributing to the success of the show through volunteering, donating plants for the plant sale and items for the silent auction. Most importantly, the Flower and Garden Show provides an opportunity for us all to display what we are most proud of from our gardens and to enjoy viewing the displays of others.

June 8th is a highlight day for the Garden Club. Please do not miss out on the fun.

*Al Mikalishen*

Note to MBGC Members:

This letter is sent to potential donors to the Silent Auction. It lists the benefits to businesses who donate to the Mill Bay Garden Club, so that the club can make charitable donations in the community.

# Diamond Jubilee Garden Show

## Letter to Donors

Once again it is Spring! Time for The Community Flower and Garden Show. This year we are celebrating our Diamond Jubilee – 75 years of sharing our interest in gardens with our friends, neighbours and clients. It is also a way for our Garden Club to do a little fund raising on behalf of some essential local charities. Would you be kind enough to help us this year?

**The Silent Auction** is a central attraction of the day and we are asking you to donate something for inclusion in this special event. Donations can include goods, gift certificates or services

In return we will recognize your support in the following ways

- Promoting your name to more than 350 attendees during the Silent Auction
- Credit in the Mill Bay Garden Club Newsletter which is sent to 127+ members
- Acknowledgement on the Mill Bay Garden Club's web site, Facebook page and in our Garden Show News releases.

You will also share in the grateful thanks of those organizations and individuals who benefit from the Silent Auction's success. We are aware of the current challenges that face all of us. The charities we support have also faced challenges. However, we are slowly recovering. Our Flower and Garden show enjoyed a big success last year which allowed us to make donations to several local charities and post-secondary bursaries.

Please get in touch if you can help and thank you so much for considering our appeal

Carol Goodger-  
2024 Silent Auction Committee

## **Gardening Tips for April** by Barb Kohlman

### **Using coat hangers as garden “stakes”**

From wire hangers, cut the bottom in half, cut the top off and use as staples to secure soaker hoses, row covers, and plastic cloches.



### **Hardy Ferns made Easy**

If you have some shady sites perhaps some ferns would add texture to your garden — a few favourites — native western sword fern (*Polystichum munitum*) is good for dry shade, so under cedars and firs. There are many cultivars with finer foliage that add interest to the garden.

How about maidenhair ferns — (*Adiantum* spp.) — there are many variations, all beautiful.

### **Employ colour to attract birds and pollinators**

Red and orange for hummingbirds; blue, purple, violet, white and yellow for bees; and dark pink, purple, red, orange and yellow for butterflies.

### **Birds don't require much to be attracted to a home in your garden**

A wooden box in partial sun with a hole near the top and an overhang to keep out the rain is usually enough. Rough interior walls help the young to climb out.

### **Your tender bulbs are happy to be planted out soon — dahlias, cannas and gladioli.**

Indoor tropicals can be moved outside to enjoy warm sunshine, (when we get some) but let them acclimatize gradually to avoid scorched leaves.

### **Use an edger to set your beds and keep grass at bay.**

In perennial beds, keep weeds under control by weeding often and using mulch to cover bare patches, or plant thickly to crowd out those invaders.

### **Stake those tall growing perennials NOW.**

### **You are likely already using your lawn mower**

Keep it in good condition with sharp blades for the best results, mow to a height of 2-1/2 inches and when the heat comes let it go dormant — less work and so much easier on the water bill and environment.

*Cheers — barb k*



## GENERAL MEETING MINUTES

7:00 pm, March 26, 2024

President Gill Keir called the meeting to order at 7:00 PM in the Mill Bay Community Hall.

Jim Wisnia moved acceptance of the Agenda; seconded by Janice Rose. Passed

Norman Redcliffe moved acceptance of the minutes of February 27, 2024; seconded by Jim Wisnia. Passed.

Executive Committee Reports:

Sunshine: Janice Rose reported that she had sent a card to Barb Kohlman and received a much appreciated reply.

Flower and Garden Show: Janice reminded us that the show is 10 weeks and 4 days away. The Committee is having monthly meetings. She called on Al Mikalishen who outlined the advantages of our club and the needs and time line for the show.

Advantages of our Club include the social element - getting to know people, sharing ideas; the community element, scholarships and donations to charities

Benefits - library, Brag Table, raffle, open gardens, guest speakers and the Annual Flower & Garden Show (75th Anniversary)

There are several sub-committees of the Flower & Garden Show. These groups form the Steering Committee and meet monthly from January to June. In order to properly support & facilitate a successful outcome on June 7th & 8th, we need a few minutes of your undivided attention. It could be argued that the Flower and Garden Show is a pivotal activity for our group. We need 100+ volunteers. If history holds true, I know many of you will step forward to fill more than one of our needs. It is a rewarding experience. You will be glad that you volunteered

### **Timetable**

Friday –Set-up, Entry Registration & Judging

9:00 - Set up the hall (Tables, tablecloths etc.)

1:00 - Volunteers to collect exhibitor fees (2 - 3 hour shifts)

1:00 - Volunteers to help people get their entries ready

7:00 - Judging starts (hall closed)

*Minutes continued on next page*



Saturday

Early morning (7:00 'ish) get done by 7:30?

Get tables from the Turkey Shed & deliver them across the road to the field.

Volunteers for the day (2 shifts) Greeters, Membership Hall Gate, Outdoor Gate, Gofers

Carol Goodger-Hill, chair of the Silent Auction Committee, reminded us that 90% of the operating budget for the show comes from the Silent Auction and to make the auction successful we need donations from local businesses and the membership. Carol has the donation forms so contact her when you are ready to donate. We also need more volunteers now to carry on the work of the Committee.

Membership: Seedy Saturday was a success. Pat reported one new member tonight which brings our paid membership to 141 members.

Raffle Table: Barb would like donations for the table of items relating to plants and gardens. Tonight's items include a small shovel, a dried flower arrangement, a house plant and a rabbit garden ornament.

Kitchen: Judy passed round the sign up sheet for kitchen helpers and goodies.

Past President: Bernie is looking for a candidate for Vice President for next year. Other possible positions available include Web Master and Facebook.

Library: Katherine showed us the new edition of the BCCGC Horticultural Judging and Exhibiting Standards Manual, the Bible for Flower and Garden Shows. It also includes a section on Floral Design. It is now in a 3 ring binder so if something tears please take it to Katherine for repair.

Ann Baty chair of the Bursary Committee thanked Norman Redcliffe for his contributions to the committee. His recent donation of bearded iris has brought in \$1045.00 which will allow the committee to award 2 bursaries. Norman also volunteered last month to be on the Committee.

Brag Table: Barb Kolhman described the three entries on the table this month- two spring bouquets and a basket of vegetable seedlings.

Garden related questions:

When is the best time to move hellebores? Barb replied that probably the fall is the best time. Trim the leaves in the Spring.

The Cowichan Valley Garden Club is having their annual Leaf and Flower Art Exhibit on May 25 at St. Peter's Church

*Minutes continued from previous page*

The Shawnigan Rotary Eagle Club is having a Community Clean Up on April 25

Norman Redcliffe thanked Sally Emory for making labels for his bearded iris which were sold by Dinter's. Dinter's was insistent that they all have labels. He presented Sally with a small brass urn.

The meeting broke for refreshment at 7:35 and resumed at 7:55 PM.

The draw for the raffle table was held.

President Gill Keir introduced our speaker Dorothy Kennedy who spoke on Lessons from Ethnobotany: the Okanagan Colville Indigenous People's Knowledge of Plants. Robert Evans Schultes brought attention to the use of native plants by indigenous people in his studies in the Amazon basin. Dr. Nancy Turner really got the BC study going when she discovered that the indigenous people used 680 different types of plants for food and medicine. One of the main food sources was Bryoria or Black Tree Lichen. This is harvested by twisting it around the end of a stick and then cooking it in a pit. It was often cooked together with camas. The sugar leeches out of the camas and is absorbed by Bryoria. After cooking Bryoria becomes gelatinous and when mixed with berry juice is like jello. It can be dried and stored as bricks and then pulverized and added to other foods. The indigenous peoples had standards for land management. They were resource stewards.

Jim Wisnia thanked Dorothy and announced there will be an Earth Day celebration on April 21 at the Cowichan Estuary Nature Centre with an exhibition of some native plants.

Gwen Redcliffe moved adjournment at 8:35 PM.