



# MILL BAY GARDEN CLUB NEWSLETTER

Website: [www.millbaygardenclub.com](http://www.millbaygardenclub.com) Email: [mbgcnewsletter@gmail.com](mailto:mbgcnewsletter@gmail.com)

## FEBRUARY 2016



### Next Meeting

**February 23, 2016**

The February meeting of the Mill Bay Garden Club will take place on Tuesday, February 23rd at 7:00 pm at the Mill Bay Community League Hall, 1001 Shawnigan Mill Bay Road. Doors open at 6:30pm.

Participate in library, plant sales, raffle, brag table, question & answer period, members forum, etc. Socialize over coffee and goodies, and enjoy and learn from our monthly guest speaker!

### February Speaker:

**Bernie Dinter**  
**"Xeriscaping"**

*(Page 2 for more detail)*

### February Brag Table Theme

#### "The Sap is Rising!"

With plant and flower identification and commentary provided by Barb Kohlman (club member & Master Gardener), the Brag Table is a great part of our monthly meetings. A way to share what's going on in your garden and ... a chance to win the prize awarded randomly to one of the participants!

### February Kitchen Duties:

**Dianne Regan**

1 litre of 2% milk:

*Dianne McNair*

Cookies/Goodies:

*Peggy van Dam; Gale McIntyre; Dot Garbet; Joan Cawker*

Kitchen Helpers:

*Bonnie Mills; Beth Lischeron*

Set up/Clean Up:

*Barb/Bernie Juurlink; Pat Stevens; John Dench*

- \* **Gardening Tips for March, p.5**
- \* **Syrian Family Update, p. 8**
- \* **Wanted! Garden Tour Coordinator for Cowichan Valley Garden Tour, p. 9**
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**REMEMBER TO BRING YOUR MUG**

**FOR THE BREAK!**



## Vice-President's Report

Our guest speaker this month is **Bernie Dinter** of Dinter Nursery in Duncan. Bernie will speak to us about **Xeriscaping**:

"We live in a climate of wet winters and dry summers, when plants require the most water. The presentation will cover the selection of drought-tolerant plants and water conserving techniques to keep our plants healthy through the dry periods. **I will be asking for member input on drought tolerant plants and garden techniques to conserve water towards the end of my presentation.**"

Bernie recently attended a daylong seminar for industry professionals that included xeriscaping and got a few more ideas. So, bring along your secrets on how you've coped with the drought conditions this past summer. We'd all love to hear them.

Thank you,  
Mary Vandenberg



## Library Report

Two new books will be arriving shortly. **Food Plants of Coastal First Peoples** by renowned ethnobotanist Nancy J. Turner describes more than 100 plants traditionally harvested and eaten by coastal aboriginal groups. Each description contains botanical details and a colour photo to help identify the plant. As well, there is a discussion on traditional methods of harvesting and preparation.

**Gardening at the Dragon's Gate** by Wendy Johnson will be a joy to read. It is based upon Wendy's gardening experience at Green Gulch Farm Centre in Northern California. This farm provides choice produce to the farmer's markets in San Francisco and is renowned for its pioneering role in California's food revolution. As BC has become the new California of the north and it is time for us all to become more self sufficient this book makes good sense.

Please remember to return ALL books and magazines to each meeting so others may borrow them.

Your Friendly Librarian  
Janice Rose



## **Plant Sales Table Report**

### **DONATIONS WANTED !!!**

Please bring any plants you may have potted up when dividing, or plants you don't want any more, or baby plants that are starting to show themselves, or ???

Anything plant-related to sell at our Plant Sales table would be greatly appreciated.

Respectfully,  
Monika Morgan:)

## **Community Flower & Garden Show 2016 Report**



We have had our first meeting on February 2, 2016.

Judges have been contacted and we will have 6 judges at the flower & vegetable displays so plan on bringing in lots of flowers, flower arrangements, vegetables, etc. The Strawberry Tea ladies have been contacted and will be at the Show once again.

We have volunteers for many of the committees. Janice Rose will be treasurer again. Angie Stanta will again look after the Coordination of the Show on May 27 (set-up) & May 28 (running & take-down) and she already has a number of volunteers to assist her. Gail Bemrose offered to help with the Signs/Programs/Judging Forms. She is busy moving house and will need some assistance later on, particularly with the road signs – so please volunteer to help her. Ian Kennedy will look after the Outdoor Vendors event. Bonnie Mills volunteered to look after the miscellaneous affairs. Pat Spezowka volunteered to look after Promotion & Publicity.

We are still looking for volunteers to help with the Judging Sub-Committee and someone to look after the workshops.

Bernie Juurlink  
Flower & Garden Show Chair

## Raffle Table Report

For the month of January:

Thank you to **Pat Spezowka**, our garden club member, for donating a sweet winter bouquet.

And thank you's to the following Corporate Sponsors for their donations to our raffle table:



**RUSTICANA  
COFFEE**



*\*\* Please call Bobbie 250-743-1010 or Carmel 250-778-350-9239  
or see us at the meeting re questions or donations \*\**

### Cards by Mary Gale



If you know of someone in the club who is sick, or in hospital please let Mary Gale know and she will send a card on behalf of the Mill Bay Garden Club.

### Social Media Report

**Pauline Dueck**

If you use Facebook, don't forget to check us out and "LIKE" us at [www.facebook.com/millbaygardenclub](http://www.facebook.com/millbaygardenclub)

## MILL BAY COMMUNITY LEAGUE HALL

### SPRING CLEANUP

March 19th, 2016 10 - Noon

**CALLING FOR VOUNTEERS !**

It's time once again for the weeding, pruning, and general tidying up of the grounds around the Community League Hall where the monthly meetings of the Mill Bay Garden Club are held.



As per previous years, if 8 to 10 club members participate it only takes about 2 hours from start to finish. Please bring any garden tools that you think you might use. This clean-up happens rain or shine!

## Gardening Tips

for March 2016

by

Barb Kohlman, Master Gardener



Get out into the garden and see what Mother Nature has been up to!

Enjoy all of the spring bulbs now strutting their stuff, then when leaves die back trim them off, (add to the compost pile) and fertilize them for strong blooms next year. (I use the organic mix from Borden's Mercantile in Victoria). Just broadcast it over the area---no particular amount---just fling it out there---it is organic and will not cause harm - feeds the microorganisms and as they break it down it is released offering nutrients to all your plants.

Remember to offer support early in their growing cycle for tall plants and climbers. Don't wait till they flop!

Prune early flowering shrubs after they bloom.

Prune your roses when the Forsythia blooms----I expect it will be quite early this year, and take a few branches inside now for forcing----cheery on our grey days.

Don't forget to start weeding. The pop weeds are already in flower----BUT don't walk on your soil. It is too wet and you will cause compaction. Humans cause compaction in the top 12" of soil, and guess where most of your plant's roots grow? Yep! In the top 12-18" of soil.

We as a general rule have quite acidic soils. In veggie beds you probably lime (dolomitic lime = prilled and safer to use as less dust particles) but in our gardens there are many plants that tolerate acidic conditions.

Some examples are:

<i>Lewisia cotyledon</i>	(Gentian)
<i>Gentiana x macaulayi</i>	(Royal fern)
<i>Osmunda regalis</i>	(Maidenhair fern)
<i>Adiantum pedatum</i>	(False solomon's seal)
<i>Smilacina racemose</i>	(May apple)
<i>Podophyllum hexandrum</i>	

**Cheers barb k**



Mill Bay Garden Club  
**General Meeting Minutes**  
**Tuesday January 26, 2016**

**President – Pip Woodcock**

- 7 p.m. Call to order.
- Motion to accept minutes for November 2015 meeting.
  - \* Moved by Dianne Regan
  - \* Seconded by Dot Garbet
  - \* Passed
- Received letter of thanks from Cowichan Valley Hospice for our donation of funds from CFGS proceeds.
- Mary Gale volunteered to be the MBGC contact for the Cowichan Valley Rhododendron Society.
- Richard Milner is a new member and requires rides to and from our meetings.
- Volunteer signup sheet circulated for February, March, April and May kitchen duty and set up crews.
- Brochures available for a New Zealand Garden & Country Tour Fall 2016 from Bill Dumont of Duncan Hill Travel.
- Request to Kerry Davis that picture/video on MBGC homepage is changed.

**Treasurer – Marie Cooke**

- \$1998.01 balance.
- Last night to pay your membership dues to ensure you continue to receive our newsletter.

**Secretary – Janet Abbott**

- Is resigning after three years in the position. Time for another member to have the opportunity to volunteer in this capacity. Janet says the executive are a great bunch to work with.

**Membership – Arlene Dench**

- 1 new member in January.

**Bernie Juurlink – CFGS**

- CFGS is a major event for MBGC and of great benefit to the community.
- CFGS scheduled for Saturday May 28<sup>th</sup> at the Cobble Hill Community Hall. Set up Friday May 27<sup>th</sup>.
- Volunteers required for the following committees:
  - \* Judging
  - \* Silent auction (membership will be solicited for donations.

Proceeds along with gate intake help cover costs of putting on the CFGS)

- \* Signs, programs, judging forms (created in MS Word)
- \* Publicity & promotion
- \* Outside Vendors
- \* Inside coordinator's helpers (Angie Stanta is coordinator)
- \* Corporate memory
- First meeting February 2nd 7pm.
  - \* Identify show's Theme.
  - \* Determine all categories.
  - \* Have Brochure ready to print for handout at Seedy Saturday March 12<sup>th</sup>.

**Library – Janice Rose**

- We now have the following books:
  - \* The Wild Wisdom of Weeds
  - \* Wild Edibles
  - \* Rain Gardens
  - \* Lunar & Biodynamic Gardening
  - \* Growing Food in a Dryer Hotter Climate
  - \* Green Flowers
  - \* Anita Gillmore, member and gardener at Shawnigan Lake School, donated books to our library.
- Huge amount of donations received from MBGC members over a ten day period helped to furnish a house for a Syrian refugee family being sponsored by Duncan United Church. On January 28<sup>th</sup> Janice and others will build raised garden beds. Donations of items for gardening welcome.

**Plant Sales – Monika Morgan**

- Donated tools will be given to the Syrian refugee family.

**Historian – Mary Gale**

- The Hyacinths Mary received from Pip on behalf of MBGC lasted from Christmas until January 10<sup>th</sup>. Thank you.

**Facebook – Pauline Dueck**

- Visit MBGC facebook page @ <https://www.facebook.com/millbaygardenclub/> and "like it" or make a comment.

*(cont'd next page)*

Mill Bay Garden Club

**General Meeting Minutes**

**Tuesday January 26, 2016 (cont'd)**

**Members Forum**

- Jim Cawker has Mason bee hives for sale @ \$15/each.
- Beth Lischeron - Cobble Hill Seedy Saturday and Vanessa - Cowichan Green Community Seedy Sunday. If you have spare seeds please donate for the seed exchange table at Seedy Saturday March 12<sup>th</sup>. Go to Seedy Saturday facebook page.

**Past President – Cliff Stainsby**

- Please contact Cliff if you know the whereabouts of the Seedy Saturday banner.

**Brag Table**

- Theme – Favorite Garden Related Tools
  - \* Norman Redcliffe – offset hoe
  - \* Janice Rose – Borden’s Organic Fertilizer Mix and Rose compost.
  - \* Stephanie Walter - Weeder with tongue, it weeds and seeds.
  - \* Pip Woodcock – single hand use garden shears.

**Q & A – Cliff Stainsby**

- Plant now - sweet peas, spinach, snap peas
- Plant early to give roots time to grow deeply so plants won't require as much water in dry conditions.
- You can plant trees anytime soil is not waterlogged.
- Bare root stock is in at Dinter Nursery.

**Coffee Break**

**Raffle – Bobbie Burns**

- Raffle tickets 3 for \$1.
  - \* Rusticana \$25 gift certificate.
  - \* Shar-Kar - shovel.
  - \* Home Depot – orchid
  - \* Anonymous – oil lamp, bouquet.
  - \* Mystery prize – books from BuckNuck Books

**Speaker – Tim Kulchyski**

- Cowichan Tribes fisheries biologist. Traditional understanding and cohabitation with the plants and ecology of the Cowichan Region.

Meeting adjourned 9:15pm

## Syrian Family Update

by Janice Rose

Thank you so much to everyone who donated tools, plants and money to this worthwhile project.

In between downpours one afternoon in February, my husband Jim, Nick Jenkins and I set to constructing two garden beds complete with soil. Along with Michael, and his eldest daughter we planted chives, oregano, sage, mint, onion sets, and garlic.

It was very exciting and satisfying to watch the pleasure on the faces of this Syrian family. There is still a bit more to do but we will wait for better weather. We welcome any donation of seedlings in the next few months.

If you are able to help please contact Janice Rose.



## MILL BAY PLANTAHOLICS PLANT SALE

**SATURDAY, APRIL 23, 2016** 9am to 2pm

**Location:** 2836 Oceanside Lane, Mill Bay (east off Trans Canada Highway at Kilmalu, south on Church Way, east on Welch Road and south on Oceanside Lane).



The proceeds from the sale will be divided between the **Malawi Girls on the Move** program (where the money will provide a scholarship for a young Malawian woman, Agnes Chazeza, to complete her fourth year of secondary school education) and **Somenos Transition House** - a program of the Cowichan Women Against Violence Society.

A great selection of healthy plants will be available for purchase. Members of the Victoria Master Gardener Association will be on hand to answer your gardening questions



## MILL BAY GARDEN CLUB PLANT SALE

MAY 28, 2016 9am - 2pm

### AT THE COMMUNITY FLOWER AND GARDEN SHOW

Your plant sale committee (Barb Kohlman, Mary Gale, Margo Johnston, Lorraine Little, Heather Jenkins, Pat Stevens, Ruby Armour, Sharon Martin and Elaine Scott) is all organized for our annual plant sale but we need loads of plants to make it a success. The plant sale will take place during the Community Flower and Garden Show at the Cobble Hill Farmer's Institute Hall on Saturday May 28, 2016 from 9 am to 2 pm. As you know, the money that the Club makes from the plant sale helps to support our contributions to projects ongoing in our Community. Our Club is very community minded and the sale is important to us.

This year we are hoping that we get loads of plants for the sale. So please pot up plants as you clean up your garden so that we can put on a great sale.

We kindly ask you to refrain from donating invasive plants. Sometimes you may not realize that your plants are invasive. The Committee will help you out there and will remove any plants from the sale that it considers to be invasive.

If you have any questions please feel free to contact Elaine Scott at [250-743-0965](tel:250-743-0965) or [TheScottRogers@aol.com](mailto:TheScottRogers@aol.com).

Thank you one and all.



## WANTED !!

### Garden Tour Coordinator 21st Annual COWICHAN VALLEY GARDEN TOUR Sunday, June 5, 2016

Maureen Gallinger, Executive Director, Cowichan Family Life is in search of:

***"a volunteer to take on the role of Garden Tour Coordinator. Past Coordinator, Marian Burnett, will continue to handle PR and press-related duties, and most of the other volunteer positions are already filled. BUT we are looking for that talented person who can pull it all together and orchestrate a successful fundraiser for this year's garden tour"***

If you are interested, or would like more information about this volunteer position, Maureen can be contacted at [maureen@cowichanfamilylife.org](mailto:maureen@cowichanfamilylife.org) or (250) 748-8281.

**Website:** <http://www.cowichanfamilylife.org/events/gardentour.htm>



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Mill Bay, B.C. V0R 2P1  
Tel: 250-743-5242 Fax: 250-743-5268  
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August 5, 2015

Dear Community Flower & Garden Show

The Board of Directors, volunteers and the clients we serve wish to thank you for your contribution to the C.M.S. Food Bank.

In 2014 the CMS Food bank helped 4562 of our struggling neighbours and provided over 2056 food hampers.

Sadly, children continue to be over-represented among the food bank recipients in our area. Last year, 40 % of food bank clients were under 18.

Right now, food banks are needed more than ever, for all the people who fall through the cracks.

We are there to help, and we do help, because of people like you, we are able to provide some assistance to those in need.

Our sincere thank you for your generous donation.

Sincerely,

Terry Eden,  
President CMS Food Bank Society

Cobble Hill, Mill Bay & Shawnigan Lake Food Bank Society is a registered non-profit society since 1983

# Upcoming Events

## **COBBLE HILL SEEDY SATURDAY**

Saturday, March 12th 2016, 10 am - 3 pm

### **Cobble Hill Farmer's Institute Hall**

3550 Watson Avenue, Cobble Hill Village

Free admission for everyone

Wheelchair accessible & free parking

The sixteenth annual Cobble Hill Seedy Saturday invites you to help us celebrate our '100 Mile Spring' with everything a gardener could need - or want! Over 30 vendors will offer a full range of organic and heritage seeds, plant starts, flower bulbs, fruit and nut trees - and mason bees to fertilize them - compost, Japanese pruning ladders and even organic salves and mineral soaks for sore gardeners' bods!

The most obscure and esoteric plant questions can always be answered by our knowledgeable Master Gardeners, while the permaculture people have all kinds of ideas about how you can make your garden more sustainable and interesting. Everyone is always itching to share their plant lore, and Mums and Dads can unleash the kids on the childrens' activities while they visit with friends, bring their own seeds to swap at the seed exchange table (or buy a pack for a mere quarter!), and load up those cloth bags with wee envelopes of summer's garden joy.

We are open from 10 am until 3.00, so you can enjoy a delicious light lunch or snack, care of our own Womens' Institute, and soak up enough inspiration to propel you into the garden. This extremely popular community event is sponsored by the Shawnigan Cobble Hill Farmers Institute, which celebrated its 100th anniversary a few years ago and continues to blossom from deep roots in our bucolic and authentic south Cowichan agricultural tradition.

For more information: [Facebook.com/Cobble-Hill-Seedy-Saturday](https://www.facebook.com/Cobble-Hill-Seedy-Saturday)

# Upcoming Events, cont'd

## Seedy Saturdays on Vancouver Island

### Sooke Seedy Saturday

Saturday February 27, 2016 10am to 3pm  
Sooke Community Hall, 2037 Shields Rd, Sooke, BC

### Courtenay Seedy Saturday

Saturday March 5, 2016 10 am  
Florence Filberg Centre, Courtenay, BC

### Nanaimo Seedy Sunday

Sunday March 6, 2016 10am to 3pm  
Nanaimo District Secondary School, 355 Wakesiah, Nanaimo, BC

### Robert's Creek Seedy Saturday

Saturday March 12, 2016 11am to 4pm  
Robert's Creek Community Hall, Robert's Creek, BC

### Cobble Hill Seedy Saturday

Saturday, March 12, 2016 10am - 3pm  
(full details on page 11 of this newsletter)

### Duncan Seedy Sunday

Sunday March 20, 2016 10am to 2pm  
Cowichan Tribes Si'em Lelum Gymnasium 5774 River Road, Duncan, BC  
<http://cowichangreencommunity.org/workshop-events/duncan-seedy-sunday/>

### Port Alberni Seedy Saturday

Saturday April 2, 2016 10am to 3pm  
Arrowvale Campground, 5955 Hector Rd. Port Alberni, BC  
[www.arrowvale.ca](http://www.arrowvale.ca)

# Upcoming Events, cont'd

## Cowichan Valley Garden Club -- Annual Plant Sale

Saturday, April 9, 2016 10 to 1

St. Johns Anglican Church Hall, 486 Jubilee Street, Duncan, BC

## Bradner Flower Show

April 8, 9, 10, 2016 Open daily at 10am

Bradner Hall, 5305 Bradner Road, Abbotsford, BC

[www.bradnerhall.ca](http://www.bradnerhall.ca) or [www.facebook.com/bradnerhall](https://www.facebook.com/bradnerhall)

## Festival Active Pass 2016 - Galiano Island

April 22-24, 2016

Festival Central at Galiano Lions Hall, 992 Burrill Road

This is the second annual Active Pass Nature and Arts Festival, hosted by Galiano this year, to celebrate the natural beauty and biodiversity of the Gulf Islands as well as the vibrant artistic culture of island residents. This year's festival includes guided tours of 3 distinct Galiano gardens on different parts of the island. More information, and registration: <http://festivalactivepass.com/>

## The 2016 Cowichan Valley Garden Fair

April 30, 2016 10 am - 2 pm

Cowichan Exhibition Main Hall, Duncan

The Fair offers a great rhodo truss show, rhodo plants galore & many companion plants including a wide selection of Japanese Maples.

website: [www.CowichanValleyGardenFair.com](http://www.CowichanValleyGardenFair.com)

