



# MILL BAY GARDEN CLUB

## NEWSLETTER

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

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

### Next Meeting:

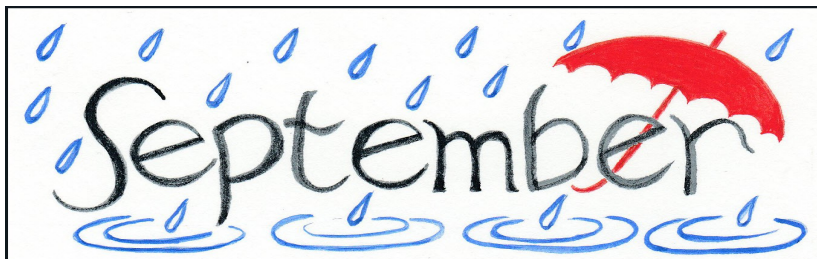
Date: **Tues, September 24, 2024**

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!**



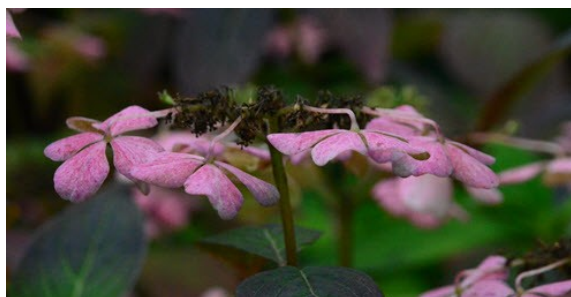
### WELCOME, AND WELCOME BACK!

Welcome one and all to the first meeting and the opening of the Mill Bay Garden Club's 40th season!

### September Speaker

**Emma Ross on  
Attracting Native Pollinators  
to Your Garden**

*See page 3 for details*



### September Brag Table Theme:

#### *FALLing out of Summer*

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. 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 Coordinator Janice Rose has stepped into the shoes filled for so many years by Mary Gale. Janice will continue sending cards to members experiencing illness or loss on behalf of the Mill Bay Garden Club, 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.



### Inside...

- President's Report p 2
- This Month's Speaker p 3
- Executive/Committee p 4-5
- Barb Kohlman's Tips p 6
- Carrie on Propagation p 7-9
- Last Meeting's Minutes p 10-11
- Treasurer's Report p 12-13

## President's Message - September 2024

Richard Nelson

It is a great honour to be entrusted to lead Mill Bay Garden Club through the upcoming year. I am greatly indebted to our Past President, Gill Keir, our Former Past President Bernie Juurlink the Executive Committee and all the active members for bringing the club to the current state of health and vigour. It is tremendously gratifying to see a large and growing membership with so many continuing to be actively involved in our wide range of activities.

At our June AGM, generously hosted by Gayle Volker and Randy Thompson, several members have stepped forward to take on leadership of several committees. Welcome to Kathy Code our new Vice President, Robin Reid taking on membership; Yvonne Amos will head up our Facebook presence and Carrie Nelson will organize the plant sales. Thanks to Pat Spezowka (and Alex) for your great work on membership, Pauline Dueck for establishing the club on Facebook and Kathleen Mercer for doing the heavy

lifting in plant sales – you are all appreciated.

Youth members can be a valuable addition component of our group but finances can be a barrier to youth joining. To promote youth joining the club the executive has decided to make membership free of charge to those 25 years of age and under.

The 75th Flower and Garden Show in June was a tremendous success in attendance, entries, plant sales, silent auction and more. This success was realized through the dedicated efforts of a large contingent of our members and the greater community; thanks to all who joined in the event.

Looking forward to the new club year. I anticipate a lot of sharing of fun, of knowledge and obviously continued verdant growth.

In gardening,

Richard



## September's Speaker (Tuesday, September 24):

### Emma Ross on Attracting Native Pollinators to Your Garden

Learn about the native pollinators of Vancouver Island and how to attract them to your yard. Our native pollinators face many threats in our changing world but you can help restore pollinator populations through a few simple gardening practices. Throughout this talk we will discuss the threats to our native pollinators, the importance of them, and the steps that you can take to conserve and protect these special animals for generations to come.

Emma Ross is the owner and operator of the ecological restoration and naturescaping company Wilder Restoration. Starting at a young age she took a deep interest in the natural world. Pursuing post secondary education focusing on first Art with a diploma in Visual Creative Arts and Photography, and later the environment with a Dual diploma in Ecosystem Management from Fleming College and a BSc in Environmental Science from Royal Roads University. Her post secondary journey led her to work in the non profit sector doing ecological restoration and community outreach. In this work she found inspiration to work towards a broader more meaningful impact on the environment which led to founding Wilder Restoration. Using native plants, Emma is able to merge together her love for nature and her artistic eye to create spaces that celebrate the function, beauty and uniqueness of native plants. In her spare time she is an Apprentice in the Master Melittologist program with the Oregon State University, which looks at the relationship between native bees and the flowers they nectar off of. She has a deep love and appreciation for native plants and is always working to better understand the intricacies of our local ecosystems.

**U PICK DAHLIAS** - every Sunday 9 - 2 pm til frost. We have over 250 dahlias on display, and you can pick your own for \$1.25/stem.

Cash only for purchases.

The site is not wheelchair accessible, and we would prefer you to leave your dog at home.

Robin Round, Owner

## Executive Members

### President

Richard Nelson

### Vice President

Kathy Code

### Treasurer

Gord Hamilton

### Secretary

Carol Goodger-Hill

### Past-President

Gill Keir

## Committee Leads

### Membership

Robin Reid

### Flower & Garden Show

Janice Rose

### Library

Katherine Miller

### Kitchen

Judy Raimondo

### Plant Sales

Carrie Nelson

### Bursary

Ann Baty



## Mill Bay Garden Club General Meeting Agenda September 24, 2024

I. Call to Order: 7:00pm.

- a) Approval of the Agenda:
- b) Approval of the minutes of May 23, 2023 General
- c) President's Message: Richard Nelson
- d) Executive & Committee reports:
- e) Questions for the Executive:
- f) Brag Table:
- g) Garden related questions with our Master Gardeners:

Break ...

2. Presentation 8:00pm. **Emma Ross of Wilder Restoration:  
Attracting Pollinators**

h) Adjournment.



## Committee Reports

### Notes from the Library

Welcome back everyone and I hope you enjoyed the books you took out in May. It is now time to return them so please search out your MBGC library books and bring them to our September meeting.

As always, I'm open to your suggestions for new purchases for the library.

Yours in reading,

*Katherine*

### Committee Leads (cont'd)

#### Sunshine

Janice Rose

#### Brag Table

Barb Kohlman

#### Memorial Garden

Heather Jenkins

#### Raffle

Stephanie Taylor

#### Website Administrator

Gord Hamilton

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

#### Facebook/Social Media

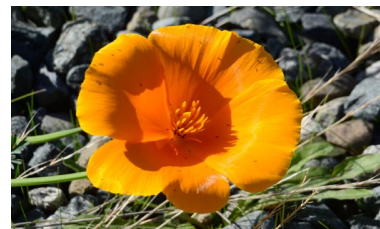
Yvonne Amos

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

#### Newsletter Editor

Dave Byrnes

[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)

Yvonne Amos

Facebook Coordinator


## News and Committee Reports (continued)

### Treasurer's Report

Included at the end of this newsletter are the Financial Statements for our year that ended this past June 30.

For those members that wish to pay their dues by e-Transfer you can do so by sending your \$20 to [mbgcmembership@gmail.com](mailto:mbgcmembership@gmail.com). Membership is free to all age 25 or younger. No security question is required as money transferred is automatically deposited into our account. Please specify who the payment is for in the message box on the transfer form as it is not always clear in the email who is sending the money.

*Gord Hamilton*

**Congratulations to Bill Herring** for winning the 75th anniversary Community Flower and Garden Show Aggregate Trophy. This award is given to the person who receives the highest number of points determined  by the judges for their entries in both flower and vegetable displays. The most amazing thing is that this is Bill's fourth time winning this award since it was created in 2006.



### Memorial Garden Clean Up



**Volunteers for the fall clean up needed**  
**Saturday September 29<sup>th</sup>**  
**10.00 a.m**

Many hands make light work. Bring your weeding and pruning tools. It's always fun. Get to know some of your fellow club members while you weed and chat.

Following the fall clean up I would like to get together a group of volunteers on a monthly basis to maintain the garden .

*Heather Jenkins*

## Gardening Tips for September by Barb Kohlman

- Clean up all debris under plants that have fungal disease tendencies e.g. Roses. This removes the spores, that winter over in the debris, from causing a problem next spring. Depends on how hot your composting gets whether you compost or destroy.
- Allow leaves from deciduous trees to remain on your beds where they fall! They provide winter protection from cold and rain to your beds.
- If you have a surplus of leaves: cover your veggie beds with them.
- Add any healthy (or somewhat healthy) debris that is still in your veggie beds – e.g. plants and roots that you have harvested the fruit from.
- CHOP AND DROP: chop up the debris as in stems and leaves, and drop it right back onto the beds. This offers winter protection and a valuable source of nutrients that will break down over the winter and feed your soil microorganisms.
- Don't leave soil exposed. Our winter rains can cause compaction and also cause valuable nutrients to be washed away.
- FEED YOUR SOIL !!!!!!!

*Cheers — barb k*



## Cairnsmore Volunteer Gardeners: Request for Volunteers

For more than 15 years the Cairnsmore/Hospice House volunteer gardeners have met Wednesday mornings (weather permitting) for a couple of hours of volunteer gardening and community camaraderie. Taking the wettest months of November through February off, the group reconvenes every spring to plan and plant, weed and prune, and generally beautify the gardens around Cairnsmore Place and Cowichan Hospice House for the express benefit of the patients and staff within. We are always happy to have new volunteers join us - even if you have no gardening experience at all! If interested in volunteering, or if you'd like more information, please email Jan at [jan.thompson1@hotmail.com](mailto:jan.thompson1@hotmail.com) or drop by any Wednesday between 8:30am and 10:30am and introduce yourself to any of the gardeners you see.

## Spaghetti Squash For Sale!

Bill Herring has many spaghetti squash for sale.



## Plants to Propagate in the Fall by Carrie Nelson

Perennials need to be divided periodically to ensure healthy roots and blooms. On the coast, for the most part, many plants can be divided successfully in the Fall or Spring. The concern with Fall division is that potted plants often get waterlogged or freeze. Therefore, if you're using pots, use free draining lightly amended soil & overwinter your divisions in a greenhouse or by mulching around the pots and hold in a sheltered spot in your garden until Spring. "Division" here means, lift the whole plant, tease out the roots, and divide with a sharp spade or knife.

Think about favourites such as lilies, peonies, dahlias, and hostas or anything you have in abundance. Please bring some divisions to a meeting this Fall for other members to purchase and grow on for their gardens. Or keep your plants to plant out in the Spring or to donate a well developed plant to the MBGC plant sale in May.

I have also included a list of plants that propagate relatively easy from cuttings or layering in the Fall.

If you want to know the easiest way to propagate a plant, or wish more info than what's here, go to the web and put in "how to propagate (your plant) in the PNW;" you'll get all the info you ever wanted!

SW = softwood, HW = hardwood, S = Spring, F = Fall.

Plant Name	Propagation method in FALL for potting on or replanting.
Ajuga reptans (bugle)	Divide and lay in trays or ind. pots, just cover roots.
Alcea rosea	Sow seed in pots at 14 C in early Fall, transplant in spring.
Akebia (chocolate vine)	SW cuttings with hormone in 50/50 peat/perlite mix under dome in Grnhs.
Allium	Remove offsets, plant 2.5-5cm deep a few bulbs/pot. Drainage is essential.
Alstroemeria ligtu	Divide & replant or pot on 15-20cm deep.
Astilbe chinensis	When dormant, divide.
Baptisia (False Indigo)	Seed when ripe in garden frame.
Bergenia	Rhizomes in a tray of moist sand covered with cover cloth.
Bletilla striata (H orchid)	Div in S or F, corm-like bulbs, 3/ 6" pot, 8cm deep, overwinter in greenhouse.
Brunnera	Divide large clumps or take root cuttings in early winter.
Campanula	Divide.
Clematis armandii	Evergreen armandii: semi-ripe cuttings in Fall with hormone.
Corylopsis (winter hazel)	Layer.
Crocus	Remove cormlets in F, plant in trays or in a shallow garden trench to grow on
Deutzia	Seed in 6 packs in Fall; hardwood cuttings with hormone in Winter.



Dicentra (bleeding heart)	Divide after die-back in Fall.
Enkianthus	Layer.
Epimedium	Divide rhizomes and pot up in greenhouse.
Fothergilla	Layer in early Fall.
Fuchsia	Semi-ripe cuttings in water or in soil in propagator – with bottom heat.
Geum	Divide or seed in Fall.
Hebe	Semi-ripe cuttings in pots with bottom heat.
Grasses-perennial	Divide & replant or ensure potted transplants are well drained & don't freeze.
Heliopsis (oxeye)	Divide in Fall.
Helleborus orientalis	Divide in early Fall.
Day-lily	Normally spring division by they divide & thrive no problem in Fall.
Hepatica	Spring or Fall division, pot on seedlings.
Heuchera	Divide in Fall.
Hosta	Divide late Fall with at least 1 bud/root. 3 makes a nice pot display for sale.
Hydrangea	HW 6 inch cuttings in late Fall.
Jasmine	Layer in ground or in a pot. Should root by spring.
Kalmia	Layer in Fall.
Karria japonica	Pot up rooted suckers. Prune to 30 cm.
Lewisia	Divide carefully or remove offsets, keep in free draining gritty soil with bottom heat, under crop cover, in greenhouse.
Ligularia	Divide.
Honeysuckle	HW cutting early Fall, or dig up rooted suckers.
Lemon Balm	Divide in late Fall.
Mahonia	Divide in late Fall.
Francoa sonchifolia	Divide in Fall or Spring.
Iris	Divide early Fall, remove evidence of disease, cut leaves down, 1-2 per pot
Lonicera (honeysuckle)	Softwood cuttings.
Nerine bowdenii	Divide just after Fall bloom, leave nose of bulb at soil level.
Pelargonium	SW cuttings early Fall, or lift, shake off soil, dry & store in paper bag in cool room. In spring, cut stems that have leaf growth and root in water.
Peonies	(view YouTube, Garden Time TV: dividing peonies, 2009) Herbaceous: trim back stems in early Fall before frost, lift entire clump, wash off soil, divide leaving at least 1 strong root & 3-5 eyes per division. Replant in soil amended with a cup of lime,



and a bit of low nitrogen fertilizer, covering the eyes with about 1-2 inches of soil. Water in. Cut stems to ground in early Nov. Itoh peonies: same process as herbaceous except cut the stems back in dormancy to 6 inches or to where the stem die-back has occurred.

Philadelphus	HW cuttings late Fall or winter.
Phlox	Divide & cut back to 15cm.
Ferns	Divide. Tease apart the crowns and pot on, cut back foliage to 1/2.
Podophyllum	May Apple. Divide clumps or dig up seedlings in Fall.
Polyanthus & Primula	Remove rooted off-sets or divide in Fall.
Rheum palmatum	Divide late Fall or early Winter. Dig deep to avoid damaging roots.
Rhodos, evergreen	Layer. Or 3" cuttings with hormone, bottom heat, cover with dome, mist.
Ribes sanguinum	Semi HW cuttings in early Fall or HW cuttings in late winter. Can be divided.
Roses	(view Youtube: "The Burrito Method" for an alternative F method) 20cm HW cuttings in early F, stems only, cut below leaf bud, expose cambium layer on 2 sides of low end, dip in hormone, insert in soil or pot, cover with a jar or hoop-house. *Or take softwood cuttings in Spring.
Rudbeckia	Divide late Fall.
Sambucus nigra	HW cuttings early Winter.
Sorbaria sems	False Spirea. Dig up rooted suckers. Cut to 30 cm. 1 – 3 stems per pot.
Stewartia	Layer in late Fall.
Valeriana officinalis	Divide in Fall.
Veronica spicata	Divide early Fall.
Weigela	HW cuttings in late Fall.
SEEDS	Rosemary, Lavender, Dianthus, & Cornus seeds planted in shallow trays in early Fall in a greenhouse will germinate in the Spring. Grow on for a yr.

Shrubs: By softwood cuttings in the Fall OR Spring in a 50/50 mix of peat and sand or 50/50 peat and perlite. Put multiple stems in 6" deep pots with raised plastic cover, mist periodically, check for mould, remove any dead stems. Or use plug trays, 1 stem/plug, with plastic dome lids.

This method is good for: Heather, box, rock rose, spindle tree, bay laurel, *Potentilla*, *Salvia*, *Skimmia*, *Sophora*, *grape*, *Pentstemon*, *Lithodora*, *Callistemon* (bottle- brush), *Camellia*, *Choisya*, *Daphne*, *Fuchsia*, *Vaccinium*, *Forsythia*.

## **Mill Bay Garden Club General Meeting May 23, 2023**

President Gill Keir called the meeting to order at 7:05 PM

Approval of the Agenda: Dustin Carlson moved approval of the agenda; seconded by Fran Benton. Passed.

Approval of the Minutes of April 25: Dave Byrnes moved approval of the minutes; seconded by Katherine Miller. Passed.

Bernie Juurlink announced that an election for the Mill Bay Garden Club executive will be held at the AGM in June. Pauline Dueck would like someone to take over her position as Facebook manager and Stephanie Taylor would like a co- chair to help with the raffle table. There will be a mini symposium on Cowichan Bay bats on June 5 at the VIU campus from 7 to 9:30 PM. All are welcome to attend.

Al Mikalishen again passed around a sign-up sheet for the Flower and Garden Show which will be at the end of next week.

Kathy Muirhead brought a number of lawn signs for the Flower and Garden Show and passed them out.

Membership: Gord who was filling in for Pat Spezowka this evening, announced that we have 2 more paid up members bringing our total to 131.

Treasurer: We have \$2542.00 in the bank; \$1000.00 for a bursary and a term deposit of \$1056.00

Raffle Table: Stephanie reiterated that she needs help in the fall.

Plant Table: Kathleen Mercer reminded us to bring potted up plants for the plant sale to Bernie's home on Butterfield Road, Mark your donations with the name of the plant, and colour and bring them as early as possible. Kathleen would also like help identifying and preparing plants for the sale.

Vice President: Tonight's speaker will be Lora Mirandin from Pollinators.org. The AGM will be held at Richard Nelson's home.

Library: Janice recommended two books of judging standards which will be useful if you are thinking of entering a plant in the Flower and Garden Show.

Sunshine: Janice sent a get well card to Kate Roberts

Kitchen: Judy passed around the sign up list for goodies and kitchen help for September and October.

Memorial Garden: Katherine thanked all those who helped spread mulch today at the community garden. She hopes to buy some native plants for the left side of the garden.

Brag Table: The theme of Fragrant May brought a profusion of lilac, peonies, Dutch iris, hellebore, Chinese wisteria and other fragrant blooms to the table.

Questions: Hollyhocks: some are perennial, and some biannual.

Peonies. The ants do not do any harm or bring any benefit. They are just there for the honey dew.

Chinese Dogwood tree that is not doing well could have a fungal disease.

Beware of the viburnum beetle on a snowball bush and get rid of them as soon as you see them.

Pip asked if anyone else would be willing to show their garden in Duncan during the Garden Tour.

The meeting broke for refreshment at 7:40 and reconvened at 8 PM.

The raffle was held.

Lora Mirandin of Pollinators.org spoke on The Wings of Life; protect their lives; preserve ours. The mission of her company is to protect pollinators and their habitat. They provide Pollinator Steward certification. A program on "meadow makers" takes folks through the steps of changing a lawn into a meadow.

Pollination allows for seed production. Any animal that moves the pollen to fertilize a flower is a pollinator. Pollinators can be birds, bees, moths, butterflies, squirrels, wasps or flies. 90% of all plants and 75% of all crops require animal pollination. Pollination helps our ecosystems. It is important for food, pharmaceuticals, textiles and erosion control.

Bees are the most important pollinators in agricultural systems. There are 4000 native bees in North America. Honey bees are not native.

In the time of the dinosaurs there were no flowers. There were no bees. Pollen was sent abroad by the wind. Some species began to eat pollen and plants created flowers to attract pollinators. There were wasps that took pollen back to feed their offspring. Bees developed. They adapted to have hair on their bodies that would carry pollen more easily.

There are no feral colonies of honey bees in North America and they are not in decline. They are very important for agriculture and are managed by humans. They can be a detriment to our native bees because of competition.

Native bees are essential for our food and our ecosystems. We do not manage them and they are in decline because of loss of habitat, parasites, insecticides and climate change.

We can help native bees by creating habitat, getting rid of invasive species and parasites and by not using insecticides. Native bees need overwinter habitat and the right floral resources to survive.

Heather Jenkins moved adjournment at 9:10 PM.

**MILL BAY GARDEN CLUB**  
**INCOME STATEMENT**  
**Period Ending Jun 30, 2024**

**INCOME**

Membership Dues	1,230.00
Plant Sales	620.00
Raffle	341.75
Kitchen	275.80
Other Sales	183.50
Flower and Garden Show	6,228.00
F&GS Plant Sale	1,701.00
Book Sales	253.35
Donations	1,045.00
Name Tags	59.00
Memorial Garden	500.00
Interest & Misc	139.85
<b>TOTAL INCOME</b>	<b>12,577.25</b>

**EXPENSES**

Rent	840.86
Speaker Presentations	1,100.00
Donations	2,600.00
Bursary	1,000.00
BCCGC Fees and Insurance	280.00
Flower and Garden Show	3,779.32
Equipment	209.44
Library	536.12
Annual General Meeting	150.00
Christmas Party	279.04
Web Site / Zoom	217.46
Name Tags / Engraving	91.73
General	133.67
<b>TOTAL EXPENSES</b>	<b>11,217.64</b>
<b>NET INCOME (LOSS)</b>	<b>1,359.61</b>



**MILL BAY GARDEN CLUB  
BUDGET  
Year Ending June 30, 2025**

**INCOME**

Membership Dues	1,700.00
Plant Sales	400.00
Raffle	320.00
Kitchen	240.00
Flower and Garden Show	5,500.00
F&GS Plant Sales	1,600.00
Book Sales	150.00
Donations	200.00
Name Tags	100.00

<b>TOTAL INCOME</b>	<b>10,210.00</b>
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**EXPENSES**

Rent	760.00
Speaker Presentations	1,200.00
Bursary	1,500.00
Equipment Repair/Replace	1,000.00
BCCGC Fees and Insurance	300.00
Flower and Garden Show	3,500.00
Library	400.00
Annual General Meeting	200.00
Christmas Party	250.00
Web Site	225.00
Name Tags / Engraving	100.00
Administraton and Misc	100.00

<b>TOTAL EXPENSES</b>	<b>9,535.00</b>
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<b>NET INCOME (LOSS) BEFORE DONATIONS</b>	<b>675.00</b>
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Donations	600.00
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<b>NET INCOME (LOSS) AFTER DONATIONS</b>	<b>75.00</b>
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2740 Lashburn Road,  
Mill Bay, B.C. V8H 1H9  
Tel: 250- 743-5242  
Email: [cmsfoodbank@gmail.com](mailto:cmsfoodbank@gmail.com)  
Website: [cmsfoodbank.org](http://cmsfoodbank.org)

August 9, 2024

Dear Mill Bay Garden Club

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

Hunger and poverty, whether hidden or openly visual, can be found in every postal code in Canada. We are not immune to its effects in the South Cowichan Valley.

It's people like you that help grow healthy, vibrant communities. Making sure everyone's basic needs are met; we maintain the social health of our hometowns. Thanks for being such a stand-up community member. It feels great to know we are in this together, and that what we are doing is making a real difference and we thank you.

Sincerely,

Terry Eden, President CMS Food Bank Society