

November ~ December  
2013

Newsletter of the East York Garden Club



The East York Garden Club is a member of the Ontario Horticultural Association, District 5.

Meetings are held on the third Thursday of each month (except August and December) in the Stan Wadlow Clubhouse, 373 Cedarvale Avenue at 7:30 p.m.

Refreshments are available at 7:00 p.m. The Clubhouse is wheelchair-accessible. Visitors are always welcome.

Yearly membership fees are \$20 for a single, and \$30 for a family. To inquire about membership, please contact Christina Brown at 416-755-9077.

Visit us on the web at  
[www.eygc.ca](http://www.eygc.ca)

President:

Susan Bartlett

Vice President:

Rosalind Regnier  
& Barbara Piercey

Newsletter Editor:

Jennifer McDougall



Thursday, November 21st, 2013

## **Annual General Meeting and Pot-Luck Dinner (Members Only)** **Doors open at 6:30 p.m., Dinner begins at 7:00 p.m.**

**Dinner:** Plates, cups and cutlery are provided by the Club, as well as coffee/tea and non-alcoholic punch. Please bring a dish of food of at least eight servings and a serving utensil (if possible put your name on your dish & utensil). Any leftovers at the end of the evening will be donated to Touchstone youth shelter.

**Draw Prizes:** Tickets will given out at the door. You can then view the prizes and put in one-half of your ticket for the item you want to win.

**Club Business:** The election of officials and awarding of flower show winners will be held, as well as the final "People's Choice" photo contest of the year, with the winning picture to be featured on the cover of the EYGC 2014 yearbook. Bring in either one or two of your best garden-related photos from 2012 or 2013. You should select photos that you think would look particularly good on the front of the yearbook. The only stipulation is that the photo must be in portrait orientation (i.e., taller than it is wide). And for this contest, photos can be entered even if they've already appeared in one of our previous contests. The winner will be selected by a vote by those in attendance at the meeting. Entries must be received by 6:50pm, with voting taking place throughout the evening. We'll also be announcing the winners of the Fall Photo contest, with all photos entered on display.

**Remember NO meeting in December ~ Our monthly meetings will resume on  
Thursday, January 16th, 2013.**

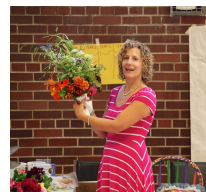
## Prez Patch

by Susan Bartlett

Another year is coming to a close and we are gearing up for 2014. In an effort to streamline membership renewals, we will be taking your renewals at the November AGM. Those who have renewed can go through a “quick line” at the January meeting to pick up their 2014 membership cards.

I don't have *all* the details for our 2014 programming yet, but I know that Barbara Piercey, with the assistance of Lynda Tanner, will once again give us a fantastic and varied lineup of speakers. I can say that at the January meeting we will have a small celebration/retrospective of the 10<sup>th</sup> anniversary of the Rockery (the anniversary actually is this year but January seemed like a good time for a celebration). Speaking of the Rockery, after several years of being the Rockery coordinator, Veronica Callinan is stepping down. The new coordinator position doesn't have to be held by just one person, the responsibilities can be divided into 2 or 3 positions. Please contact Veronica if you are interested 416-801-9659.

The Club had a new initiative this year, “A Gardener's Vision” Art Show which will be held in March, 2014. The committee has done such a great job organizing this event, they've even got the refreshments planned the opening on March 8, 2014. What they really need now are your submissions! I know there are many artists in our club and I'm encouraging you to submit your work, remember it doesn't have to be a new piece, it can be something you've already created that fits the criteria. So don't be shy if you've never submitted or shown your artwork, this is a great opportunity to start!



## Photo Review of September's Meeting: Garlic & Flower Show



## Winner's of the First People's Choice Pumpkin Carving Contest

Photos By Malcolm Geast



## Review of October's Meeting: Sexy Smart Kitchen Gardens

Cristina Da Silva

[WWW.therealgardener.com](http://WWW.therealgardener.com)

Twitter : @CristinaGardens #groundchat Fridays at 2PM

### Smart means:

Growing veggies in the right place

Growing the right thing for you

Growing the Dirty dozen\* (Store bought veggies that are grown with the most pesticide use)

### The ideal spot is:

Close to the kitchen

Close to water

In well drained soil (amend with compost, green sand or aged manure added in the spring)

In 6-8 hours of sun per day.

### Don't have sun?

3 hours: chives, cilantro, mint, oregano. Parsley

3-4 hours : Arugula, endive, watercress, Asian greens (bok choy, pak choy, komatsuna, tatsoi), Swiss Chard, Fiddleheads, Green onions (scallions), Kale, mustard greens, collards, Lettuce/ Mesclun, Mustard greens, Spinach

4-6 hours: beets, carrots, potatoes, parsnips, radishes, bush beans

Harder to grow, take longer to grow or are not always better than store bought: (in other words - let the farmers grow these) Broccoli, cauliflower, cabbage, Potato, carrot, parsnip, pea, fennel, celery, head lettuce, corn

Smart Foods contribute to better: memory, test scores, and mood: all a forkful away.

*Beets* - High in Vitamin B Helps quickly process data and sort memory.

*Berries* - blueberries/raspberries protect brain neurons.

Strawberries build long term memory strength.

*Hot Peppers* - Contain capsaicin. The brain has receptors for capsaicin which releases calmness.

*Brussel sprouts* - converts nutrients to support the immune system.

*Pumpkin seeds* - Contain Tryptophan, a building block for Serotonin which makes you feel good and sleep well.

*Apple* - skin contains Catechin, which protects brain cells against damage.

**Sexy foods! Gardens that don't look a mess.**

### Make it Bold

Potager - Grow a low hedge as a border (parsley, thyme, globe basil). Basically, contain the veggies.

### Make it scintillating

Use colour, add art, make it on different levels. Mix edibles with ornamentals.

### Make it flow

Make it move into the rest of your garden.

### Make it gorgeous

Companion planting is Sexy and Smart.



## *Membership Renewal Reminder*

If you haven't done so, please renew your membership. In addition to our monthly talks and plant sales, your EYGC membership card gives you a discount at many of the local independent garden centres such as Sheridan Nurseries, Mason House, Bill's, well as one time coupon at Humber Nurseries (which will be coming in the May newsletter).



Fees for 2014 are \$20 for a single, and \$30 for a family membership. Fees can be paid in person at a regular meeting of the Club or by mailing this form and a cheque (payable to "East York Garden Club") to: East York Garden Club, c/o Cristina Brown, 7 Knightsbridge Road, Scarborough, ON M1L 2A8.

## *A look back at EYGC Sponsored School Trip to the Toronto Botanical Gardens*

Twenty-one students from Victoria Park Elementary School visited the Toronto Botanical Gardens' children's learning program in April, thanks to support from the East York Garden Club. Diane Ronan, Roz Regnier and Kim Laudrum from EYGC accompanied Mrs. Stacey Reid's Grade 1 and 2 students on the trip.

Mrs. Reid, whose students had already studied how to create compost using Red Wiggler worm castings, wrote to thank the Club for making the trip possible. "The students really enjoyed it, rain and all. Their favourite memories were 'saving the worms,' planting seeds and meeting the gecko."

The students enjoyed just a few minutes outdoors to play a game or two before a major downpour forced everyone inside. The kids made the best of it, moving worms from pathways to gardens. "It was too bad we couldn't have had the full experience, but I still think it was valuable learning," Mrs. Reid wrote. A special teaching garden for children was too long a hike in the storm from the TBG's main building.

"Anytime we have an opportunity to take students out of the classroom it enriches their learning," she wrote. "Our plants (brought back to the school from seeds the children planted that day at TBG) grew in the classroom and we measured them, watched the impact of too much water, not enough water, too much light and not enough light."

"I think it is amazing when community groups offer to assist with a field trip," the primary grade teacher wrote. "In many communities we can't take many trips because of the financial burden placed on the families. Student learning is more successful when we are able to engage parents and the community in becoming a part of that learning."

Often students who live in high-density areas in the city have limited opportunities to explore the outdoors, said Mrs. Reid, "and this impacts their ability to investigate and be curious about their surroundings."

"I think it is wonderful that the East York Garden Club offered this opportunity," she said, "and hope you continue to reach out to school communities to assist in the enrichment of children's education!"



# A Gardener's Vision

## Art & Photography Show

presented by The East York Garden Club

Location: S. Walter Stewart Library, 170 Memorial Park Ave., East York  
Time: Month of March 2014

### VOLUNTEER NEEDED

Looking for a volunteer. Maybe a Master Gardener who wants to log in an hour or two, or a member who wants to help out.

The S. Walter Stewart Library is receptive to the idea of having someone from the EYGC conduct a workshop or give a talk at the library during the month of March, 2014 when the club is presenting its art and photography show – “A Gardener’s Vision”. This would be part of the adult program. The library does have some money in their budget to assist with costs related to the talk or workshop.

We have already committed to an activity for the children’s program.

Please contact Marion Stephens or Diane Ronan ASAP if you are interested.

#### Contact info:

Marion Stephens – Tel: 416-466-0071

Email: [m\\_stephens@sympatico.ca](mailto:m_stephens@sympatico.ca)

Diane Ronan – Tel: 416-421-9604

Email: [dianeronan@rogers.com](mailto:dianeronan@rogers.com)

## A Gardener’s Vision - FAQ

Q – What does “A Gardener’s Vision” mean?

A – Basically, it’s a garden related image that made an impression on you and you took a photograph or created an art piece to capture the experience. It can be as simple as an image of a single flower; vegetable; insect; butterfly; bird or as elaborate as an entire garden or scene.

Q – Does the work have to be recent?

A – No. It just has to have been done by you, regardless of when.

Q – What if the piece is bigger than 16” X 20”?

A – The guidelines are flexible; depending on how many pieces we have.

Q – Where will the exhibit be in the library?

A – In the auditorium, located on the lower level, next to the children’s section. Visit S. Walter Stewart Library to see monthly, changing art shows.

Q – What size jpeg file of my photo should I send to the email submission address?

A – A medium resolution is okay but a high resolution is even better. But what we’re looking for first is artistic merit and to determine if the photo can be printed at a large enough size to display.

Q – What do I submit for a piece of artwork?

A – Take a photo of your piece and send it to the submissions email address:

[eygcsubmissions@gmail.com](mailto:eygcsubmissions@gmail.com) (same address as for photos)

Q – What if I’m not computer savvy and still want to make a submission?

A – Contact Diane Ronan at 416-421-9604. Leave a message and we’ll make arrangements to see your work.

Q – Will there be an opening reception party?

A – Yes. March 8, 2014 from 1:30 pm to 4:00 pm. Mark it on your calendar. More info to follow.

Meanwhile, unleash your creativity and take part in the show. All skill levels are acceptable.

## *Flower Show Round Up for 2013*

Thank you to the 25 entrants bringing a total of 680 horticultural specimens, plants, fruit and vegetables and preserves to the four flower shows of 2013. We had some new and some returning competitors giving the 'tried & trues' a run for the money. We would have no shows without your hard work both at home in your gardens and on the show floor.



The April People's Choice Flower Show was a bit of a bust with only one entry. Congratulations Carole Aida for your first place ribbon! However, we had 12 entries in our first ever People's Choice Carved Pumpkin contest. Congrats to the winners and we will try this one again next year as everyone seemed to enjoy it.

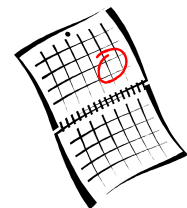
Thank you to all the volunteers who helped set up the tables, fill vases with water, assist bringing members entries in and placing the entries in the categories, writing out entry labels and clerking the shows, cleaning up afterwards etc, etc. Thank you to: Laurel Angeloff, Carol Bouley, Audrey Campbell, Tom Carter, Heather Craig, Irene Derzay, John Howes, Akemi

Kobayashi, Heather Landon, Kim Laudrum, Claudette Levesque, Jenn McDougall, Allison Piercey, Gord Piercey, Jean Quinn, Diane Ronan, Marion Stephens, and the members of the Executive team.

And finally a thank you to the 2013 Flower Show Committee for planning the categories and design themes—it was a fun evening.

We are looking forward to the shows in 2014 and we hope that more members enter shows and/or volunteer. If you have thought about entering or volunteering, but were intimidated or daunted or just plain forgot—call me—I will help you to get started!

Barb Piercey, Flower Show Coordinator  
416-755-0278, barbpiercey@bell.net



## *Mark your Calendars ~*

### *Here are Some Great Events*

- ◆ **November 11** ~ Remembrance Day Service at East York Civic Centre—10:45 am to Noon
- ◆ **November 24** ~ Beaches Christmas Parade at 1:00 p.m., runs along Kingston Rd.
- ◆ **December 5** ~ **TBG Holiday Open House**
- ◆ **December 7** ~ Tree Lighting in the Park—Kew Gardens—5 to 7 p.m.
- ◆ **December 15** ~ Public Skating begins at the Evergreen Brick Works
- ◆ **December 21** ~ Winter Solstice
- ◆ **December 25** ~ **Christmas—Happy Holiday's Everyone!**
- ◆ **December 31** ~ New Year's Eve—Happy New Year—See you in 2014!!!



## *Getting to know a EYGC Member ~*

### *Elizabeth Malone: Coffee, Tea or Me?*

You may or may not have seen Elizabeth Malone at our meetings, but you probably have appreciated her work without even knowing it! Elizabeth is our “Chief Coffee and Treats Lady” working away in the kitchen for the last 12 years or so for almost every single Thursday night meeting and Annual Flower Show and Tea.

Elizabeth comes by her lovely accent honestly, by being born in Edinburgh Scotland and having a family tree firmly rooted in Scotland. Her father, practically ‘a born gardener’, was a tremendous gardener with a hothouse for his tomatoes—quite the thing to enhance the growing season in Scotland. Her earliest gardening memory is of her father showing her how to dig in the carrots and other vegetables when she was about 10 years old. When her father joined the army, Elizabeth had to take over the gardening and with some help, grew, maintained and harvested all the vegetables for the family. This was a big help during wartime rationing.

She started working at 14 in a law office. During the next 3 years, she learned almost everything she could in the office at the same time as continuing her studies 2 nights a week learning typing, shorthand and other administrative duties. She then moved on to an accountant’s office as a junior typist. By the time she came to Canada in 1958, she was considered a Senior Shorthand Typist and she easily found a job as an Executive Secretary at Thomson Newspapers working for Ken Thomson for about 9 years. Her next job was working for ACTRA (The Association of Canadian Television and Radio Artists) in its very early days and remained there for over 27 years. Elizabeth says she had a terrific working life with ACTRA. It was full of travel, meeting actors, writers and personalities, preparing the award shows, etc. She definitely has lots of interesting stories to tell!

She moved to East York in 1979 and her father came to the rescue to help with a completely neglected garden and happily proclaimed that her soil was “black gold”. He promptly planned and planted her garden which she still enjoys today and continues to compost her own black gold.

Shortly after retiring, she visited one of our August Annual Flower Show and Teas and then she joined the East York Garden Club in 2000. She decided to give the club some of her time and volunteered to organize the coffee and treats which she continues to do with the help of Barbara Foster, Brenda MacKinnon and George Gorrie. In all these years, she says our members are very good at baking (even when it is not their turn) and bringing in their treats and putting their coins in the honour cup. She loves how the club has become so vibrant and a nice mix of ages—and more men too.



She loves her pink roses and she prefers to garden in the cool seasons of spring and fall. Recently she has had to replace an large, old tree in her front yard with a young Tulip tree which is growing beautifully and was glowing red, gold and green on the day we met to talk.

When asked what advice she would give to someone just beginning to garden: following her father’s advice: compost for your own black gold and, as her father would say: “Always keep a clean bed—nobody likes a dirty bed, not you, me or the plants!” When asked why it is important to belong to a garden club, Elizabeth replied, “Well, you learn a lot from other people—better than learning from a book or the internet—and gardeners are some of the nicest people you will find.”

So, next time you take a cup of coffee or a treat from the table—call out a “Hello” or a “Thank You” to EYGC’s one and only, Elizabeth Malone.

Barb Piercey

## Newsletter of the East York Garden Club



## EAST YORK GARDEN CLUB

If you would like to make a submission to be included in the next issue of *The East York Garden* newsletter the next **deadline is December 20th, 2013**

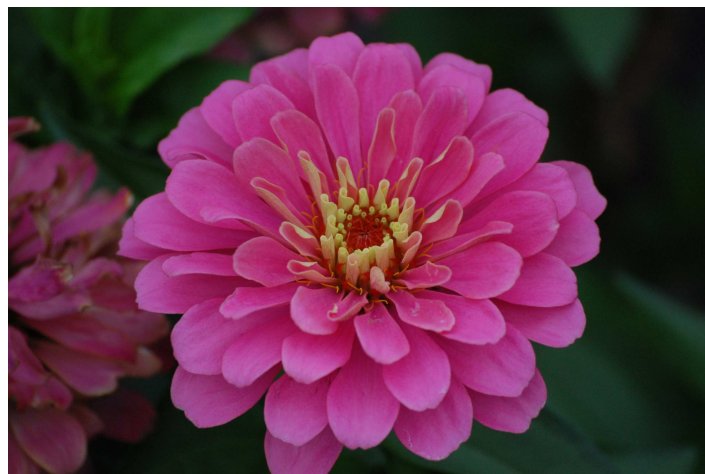
Please e-mail your comments regarding our Newsletter or submissions for the next issue to [jenn@majam.net](mailto:jenn@majam.net)

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**We're on the Web!**

<http://www.eygc.ca>

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## East York Garden Club Membership Renewal Form

Name .....

Address .....

Postal Code ..... Phone #.....

email.....

(Note that we will only use your email address to send you EYGC information. We do not distribute it to anyone else.)

☐ Single Membership      ☐ Family Membership      ☐ Renewal      ☐ New Membership

Age Bracket: ☐ Under 18    ☐ 18-60    ☐ Over 60

(Note: it is strictly voluntary if you choose to check one of these boxes. The rental rate at Stan Wadlow is a lower rate for organizations with a high number of seniors (over 60) and youth (under 18) therefore it is helpful, but not necessary, for us to have this information.)

Membership fees are due by January of each year. Fees for 2014 are \$20 for a single, and \$30 for a family membership. Fees can be paid in person at a regular meeting of the Club or by mailing this form and a cheque (payable to "East York Garden Club") to:

East York Garden Club  
c/o Cristina Brown  
7 Knightsbridge Road  
Scarborough, ON M1L 2A8