

Issue Date: 2022  
May June

# The East York Garden



**Photo Credit:** Maureen Ballentine—Albert the Magnolia—Dentonia Park Ave.



*Garden Club meetings will continue to be held online through Zoom until the situation is resolved with the Corona Virus, COVID-19.*

**MEMBER PHOTO CHALLENGE:** *Mother's Day, Father's Day, Victoria Day and more!*

Many special events will occur in May and June.

Do you plan to prepare a special meal to celebrate the occasion? Will you create a centerpiece to grace your table? Create a bouquet from your spring flowering plants?

We invite you to send a photograph to the newsletter.  
Show off your artistic side!

We'll feature all the entries in the July August Newsletter. [newsletter@eygc.ca](mailto:newsletter@eygc.ca)



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  
July, August and December) in  
the Stan Wadlow Clubhouse, 373  
Cedarvale Avenue, at 7:30 pm.

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

To inquire about membership,  
please contact:

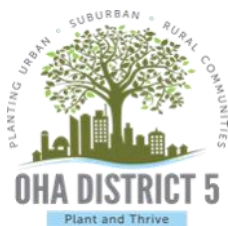
**Cristina Brown at:**  
**416-755-9077**

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

**President:**  
*Diane Dyson*

**Vice President:**  
*Rosalind Regnier*

**Newsletter Editor/Art Director:**  
*Jennifer Smith*  
*and Maureen Ballentine*



## *Speaker Schedule for 2022*

Date	Speaker	Subject
May 19	Michael McTavish	Jumping Worms
June 16	Helen Battersby	Garden of Regrets
Aug 20	Annual Tea To be confirmed	

## *People's Choice Photo Contest*

**Theme—*Water***

**Deadline—*May 14, 2022***

**Submit to [photocontest@eygc.ca](mailto:photocontest@eygc.ca)**

**Watch your email for voting**

## *Newsletter Cover Photo*

Have you got a photo that says to you:

*"This is July August in  
East York"?*

Send it in to the newsletter for a chance to be on the  
cover of the next Newsletter!

(Landscape format is best)

**[newsletter@eygc.ca](mailto:newsletter@eygc.ca)**

## May June 2022 EYGC Newsletter Photo Credits

### Various Photos:

*Eric Arm, Maureen Ballentine, Beth Binnington,  
Dianne Cavanaugh, Mary Furlong, Anna Leggatt, Wendy Plume,  
Jennifer Smith, Erin Spencer, Shirley Thompson*



# Message from EYGC's President



**Prez Patch**  
by Diane Dyson

Land Acknowledgements remind us to care for the places we live. It's something gardeners understand naturally (pun intended!).

Sometimes, though, it seems our environment needs more of our collective attention. Normally news of upcoming meetings or reporting requirements fill Garden Ontario emails. This week they shared three cautions: for [Avian Influenza](#), for [Box Tree Moths](#), and on [Jumping Worms](#). All things for us to attend to.

At our members' meeting in May, we will hear from Dr. Michael McTavish who has studied the effect of exotic and invasive species and specifically Jumping Worms. We have also opened this Members' meeting as a special one, inviting other District 5 garden clubs and societies to listen in. We will have a crowd of faces on the Zoom call.

In other updates, the Executive had a chance after the last Members' meeting to consider what the rest of this year might look like. Some of the news and discussions include:

- Looking at how we can hold a **plant sale** in a safe way. We hope to do one at the beginning of June.
- Exploring how and where **in-person meetings** can resume. (Hint – hold August 20 as the tentative date for our Annual Flower Show and Tea.)
- The **Annual Yearbook** is ready for printing and distribution this month! It includes winners from the past Photo Contests and two years in review.

We rely on volunteers to do all we do. So I want to extend thanks to two solid EYGC volunteers: Rick Plume for his help over the past years with the Photo Committee; Lynda Tanner, who has decided she will be giving up her position booking speakers for our Club at the end of the year. Each of them – and many others before them – have staunchly devoted a few hours every month to Club activities, something which benefits us all.

Tend to what needs tending – and grow on.

*Diane, [gardenclub@eygc.ca](mailto:gardenclub@eygc.ca)*

416 786-6765



# Member Photos

Send us some photos of your garden or your neighbourhood gardens and we'll put them in the next newsletter.

Please send photos to: [newsletter@eygc.ca](mailto:newsletter@eygc.ca)



Violets—by Jennifer Smith



American Woodcock (*Scolopax minor*), the only species in Canada  
—by Dianne Cavanaugh



Scilla in the woods  
— by Maureen Ballentine



Pushkinia in tiny vase —by Jennifer Smith



# Meet Some EYGC Executives

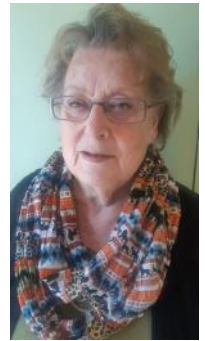


## Kim Hewitt

Home décor, gardening, crafting, and cooking magazines, I had them stacked everywhere before I switched to virtual. All with so many wonderful ideas to feed my need to create. In 2009, I took the leap from renter to home ownership, buying my wheel bungalow in East York. My creative ideas began to funnel into creating my own little Versailles – including immaculate garden scapes. I joined the garden club in 2018 to meet others, learn more and create my master garden plan – Versailles vs. cottage garden – it's still to be determined. I enjoy mixing it all up in my garden, combining flowers with vegetables, and I've often planted cabbage in my front yard as I enjoy the rose shape. When I'm not gardening, I'm feeding my other creative endeavours, and lately that's been quilting. I have this idea in my head that I should create 100 quilts in my lifetime – as you can see illusions of grandeur are fully embraced in my world. 100 quilts and Versailles on a 19x101 foot lot – I can do this with a little help from my friends!

## Lynda Tanner

I became a member of EYGC in 2007- time flies when you are having fun. I enjoy gardening and belonging to the club because I get to meet new people, learn lots of gardening tips, get exercise and fresh air and help to beautify my street for all to enjoy. When not gardening I enjoy quilting, reading and cooking. I have a cottage that I love to spend time at. As the speaker co-ordinator for the club, I spend time checking out and booking interesting speakers for our monthly meetings.



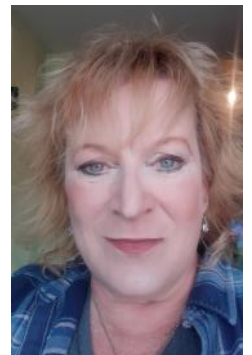
## Susan Bartlett

I joined around 2000. I was a new homeowner and realized that I did not want to maintain a front yard lawn, which seemed like so much work for so little reward!

Gardening gives me a feeling of satisfaction, a way to learn new things, and a sense of frustration all at the same time. All of my research and physical labour can result in something beautiful and long lasting, or my efforts can be undone by a late frost, summer drought or insects. I have learned I can only control some of the process and nature will take its course!

## Jacqueline Tanner

I joined EYGC in 2007 as it was recommended to me by my Mom and a friend. I garden for fun but it is also my job as proprietor of Jacqueline's Garden & Yard Care. I love getting in touch with the soil and greenery. I find it very therapeutic. I also love the "before" and "after" aspects of gardening, making something weedy, overgrown, or messy look better. When I am not gardening I enjoy reading, going dancing, and doing arts and crafts.



# March Photo Contest Winners

## “Black and White”



1st Place— Beth Binnington



2nd Place Tie —Erin Spencer



2nd Place Tie — Eric Arm



3rd Place— Maureen Ballentine

# Return of the Gypsy Moth

*by Patricia Mosdell—The Weather Network—April 27, 2022*

## **The joys of Spring... maybe not so much with the return of the LDD moth (*Lymantria dispar dispar*).**

This moth, also known as the Gypsy Moth\*, cycles through Southern Ontario with a severe outbreak every 7 – 10 years. The main problem is that each moth can eat 1 square meter of tree foliage in one season! Last year 2021, some hardwood trees in High Park were completely denuded of foliage. While the LDD moth prefer oaks, aspens, birch, and willow, they will feed on more than 250 other species. These outbreaks can last 2 to 3 years.

Thankfully though, mother nature has provided some natural predators to the LDD moth - the egg masses provide food for the black-capped chickadee, and the blue jay doesn't mind dining on the young hairy caterpillars (see picture below).

I've included a picture of what you might look for in your own backyard or local parks. Usually found on tree bark, the eggs are soft beige spongy masses with fine hairy filaments. Last season,

I noticed some curious looking beige spongy masses on my shed and on a few pine bark chips in my backyard. So, I'm keeping a keener eye out this year looking for hatched caterpillars in early to mid May. LDD eggs wait for the right temperature to hatch in spring.



### **What we can do:**

Be on the look out for soft beige spongy masses on tree bark – as ground cover or on tree trunks. Inspect piles of firewood, garden furniture and sheds - eggs can be laid there as well.

Remove egg masses using nitrile garden gloves to protect your hands from the irritating filaments. Carefully scrape the soft sponge masses into a pail of well-stirred soapy water. Let sit for a couple of days, then dispose. Do not dispose of the egg masses into garden refuse, compost or yard waste bags where they will hatch.

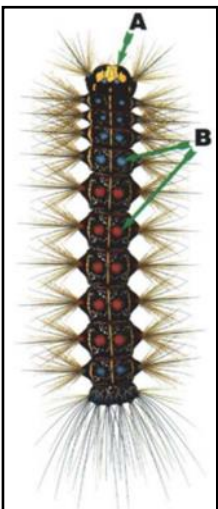
Encourage the birds to visit your backyard and do the usual maintenance of your bird baths and water features to keep caterpillar populations low.

Happy gardening to you all!

The LDD caterpillars also have distinguishing features:

A) Yellow head with black markings; B) Prominent blue and red spots

B) \* The Entomological Society of America, which oversees the common names of bugs, is getting rid of the common name of the gypsy moth and the lesser-known gypsy ant. The group this week announced that for the first time it changed a common name of an insect because it was offensive (ethnic slur rejected by the Romani people). In the past they've only reassigned names that weren't scientifically accurate. (The Associated Press July 9, 2021).



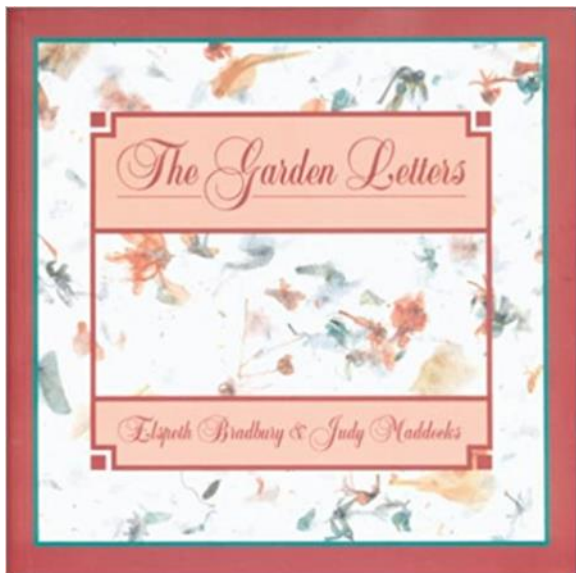


# Book Reviews

by Barb Fairbanks

I have been reading quite a lot lately and two books I have enjoyed are:

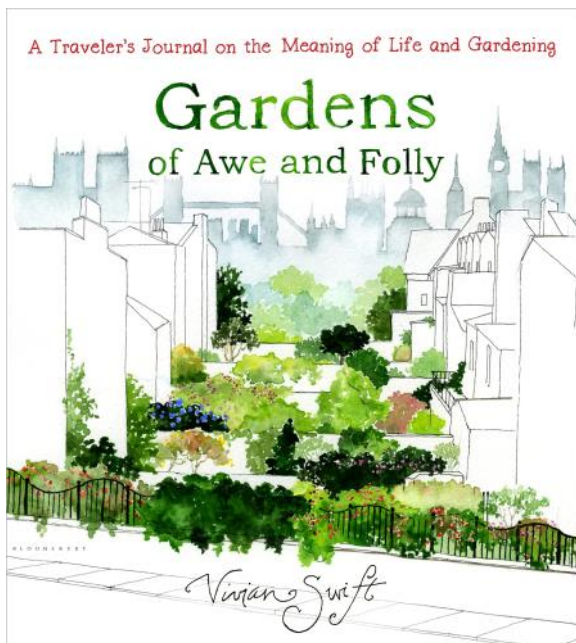
*The Garden Letters* by Elspeth Bradbury & Judy Maddocks and *Gardens of Awe and Folly* by Vivian Swift.



I love memoirs and books of correspondence.

*The Garden Letters* was a book I could easily pick up and put down over many months. Elspeth Bradbury moved to West Vancouver while Judy Maddocks remained in rural New Brunswick.

I enjoyed reading the letters of two friends on different sides of the country comparing and contrasting their gardening experiences in their respective climates through the seasons.



I picked up Vivian Swift's book at the S. Walter Stewart library. I always look at the books they display in plastic holders at the ends of the shelves. The watercolour on the cover caught my eye and I thought it would be a nice book to browse through. The book is interesting in that one discovers 9 gardens that the author has visited in her life along with some lovely watercolour paintings she has done to capture her impressions of each. Paris, Key West, Marrakech, New Orleans, Long Island x 2, Edinburgh, London and Rio de Janeiro are her selections. While sometimes the text is a bit too 'cute' for me, the discovery and history of the gardens is pretty fascinating.

We do like to visit gardens when we travel and I found this book reminded me the joy of finding something previously unknown by us.

*The Garden Letters* is not available at the Toronto Public Library and I believe I picked it up at a church book sale, so keep your eyes out for it. *The Gardens of Awe and Folly* is available at the TPL.



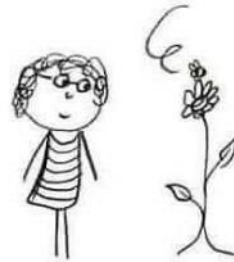
# Inspirations

*"A life is like a garden.  
Perfect moments can be had,  
but not preserved,  
except in memory."*

LLAP

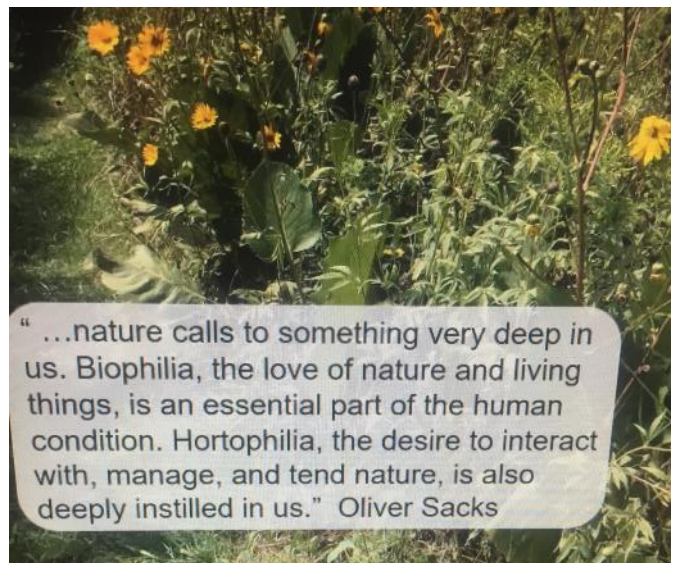
*(Leonard Nimoy's last tweet)*

HAPPINESS IS...



seeing a bee  
on the flower you planted

To create a garden is to search for a better world. In our effort to improve on nature, we are guided by a vision of paradise. Whether the result is a horticultural masterpiece or only a modest vegetable patch, it is based on the expectation of a glorious future. This hope for the future is at the heart of all gardening. -- Marina Schinz



"...nature calls to something very deep in us. Biophilia, the love of nature and living things, is an essential part of the human condition. Hortophilia, the desire to interact with, manage, and tend nature, is also deeply instilled in us." Oliver Sacks

Photo Credit: Dianne Cavanaugh

# April Photo Contest Winners

## “Early Spring”



1st Place— Erin Spencer



2nd Place tie — Mary Furlong



2nd Place tie— Wendy Plume



3rd Place — Shirley Thompson



# Facebook News!

Our **East York Garden Club** Facebook group has grown to **127** members. If you haven't had a chance yet, come and check us out. We are a private group open to anyone who wants to join, EYGC member or non-member. Everyone must answer the three questions and agree to our rules before joining. Invite your fellow gardener friends to join. We look forward to seeing you on Facebook!

*Cheers, Kim*  
Kim Hewitt



 East York Garden Club



HALTONMASTERGARDENERS.COM

**It's Not Invasive in MY Garden...What's the Harm?**

The Concepts and Controversies of Introduced Species. It is the policy of Master Gardeners of ...

6

5 Comments Seen by 89

 Beth Binnington

April 26 at 9:24 PM · 🌐

I had signed up to get some Zooshare ZooRenew Fertilizer after their presentation at our February meeting and just picked up some from the first commercial batch!



 East York Garden Club



8

4 Comments Seen by 91

 Rebecca Grace shared a post.  
April 30 at 11:38 AM · 🌐



## NO MOW MAY



Let grass grow in May to create food and habitat for pollinators!

Leaf of Life

April 30 at 10:20 AM · 🌐

Leaving grass and flowers to grow has a massive beneficial impact on biodiversity and wildlife!

### Group Rules from the Admins

#### 1 Be Kind and Courteous

We're all in this together to create a welcoming environment. Let's treat everyone with respect. Healthy debates are natural, but kindness is required.

#### 2 No Hate Speech or Bullying

Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender or identity will not be tolerated.

#### 3 No Promotions or Spam

Give more than you take to this group. Self-promotion, spam and irrelevant links aren't allowed.

#### 4 Respect Everyone's Privacy

Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.

# Our March Talk by Ellen Schwartzel

## “Discover Toronto Ravines”...

*Summary by Jennifer Smith*

On March 17, about 35 members enjoyed a stimulating talk by Ellen Schwartzel, current president of the Toronto Field Naturalists. Our ravines comprise over 11,000 hectares of natural land and water available to everyone to enjoy for walking, biking, bird watching, and more. These ravines provide natural corridors for many species of birds and mammals. Toronto is home to more than 140 species of birds and is situated on two major migratory flyways. Breeding season is coming soon, so we will be treated to the sights and sounds of many birds returning to Toronto and heading further north. Check out this site to learn more about various birding activities available in May. <https://torontobirdcelebration.ca/>

Ellen pointed out that “Our ravines provide the civic service of protecting our water”, but too much land is paved over and the ravines and their waterways cannot cope with large amounts of rain that is channeled into them. This results in floods which are often devastating and extremely expensive to remedy. Also, storms wash road salt and toxins—including from our many construction sites—into our ancient combined sewers. This unwanted matter winds up mostly untreated in the Toronto harbour. This dirty water has a deleterious effect on wildlife. The city is spending billions of dollars on many projects to deal with excess storm water.

Our ravines connect us to the seasons. In spring we enjoy the ephemerals including trilliums. Fall foliage heralds the approach of winter. Many individuals enjoy producing works of art from their visits to the ravines. The Toronto Field Naturalists’ Junior Naturalists enjoy exploring the ravines and creating drawings from their observations.

Our ravines also connect us to wildlife. While you may not be lucky enough to see a beaver, you may well spot evidence of a beaver’s work in the chewed stump of a tree.

The ravines connect us to our past. The north slope of the Brick Works is a UNESCO World Heritage site due to its geological significance. The ravines were very important to the Indigenous peoples for hunting, fishing, and growing crops. Settlers built numerous mills to use the water power provided by the rivers in the ravines. The Brick Works was quarried for clay for nearly a century until 1984. Fortunately for us, various groups with vision turned this derelict area into its current inviting and inspirational wetlands.





# Our March Talk by Ellen Schwartzel

## “Discover Toronto Ravines”

Our ravines face many problems. Erosion occurs when people leave the paths, let their dogs run off-leash, and ride BMX bikes on the delicate slopes. The proliferation of invasive plants chokes out native plants so our native animals (particularly pollinators) have less food and shelter. Litter, road salt, and other pollutants disturb the plant and animal life. Too much traffic of various kinds inhibits safe nesting by birds. This is why a completely fenced-in area without a gate, with a sign “This space is for the birds”, was created in Cottonwood Flats. The many infrastructure projects underway to enhance our hydro, transit and other services can cause further stress and damage to our ravines.

“In January 2020, City Council unanimously adopted the Ravine Implementation Report plan outlining key actions and recommendations to clean up and protect the city’s more than 300-kilometre ravine system over the next 10 years.” (from the city of Toronto website)

Ellen encourages us to inform our councillors and others of the need to protect this land form that makes Toronto so special.

Ellen invites members to join the Toronto Field Naturalists <https://torontofieldnaturalists.org/> in order to participate in walks and a variety of volunteer and stewardship activities. You can also listen to 10-minute talks about nature on Toronto Nature Now, via Soundcloud via CJRU.ca 1280 a.m. <https://soundcloud.com/scopeatryerson/sets/toronto-nature-now>

We appreciated Ellen’s informative and impassioned talk about our wonderful ravine system.

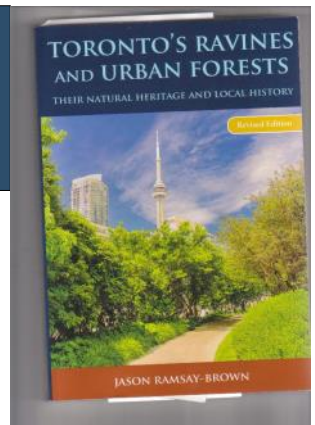
### *Toronto’s Ravines and Urban Forests: Their Natural Heritage and Local History* by Jason Ramsay-Brown, revised edition 2020

Jason Ramsay-Brown recently published a new edition of his attractive and informative book about the ravines and urban forests of Toronto. This book provides beautiful photographs and detailed descriptions of 30 natural areas to visit within Toronto’s borders. As Jason says, “Knowing these places is the first step to loving these places.”

The foreword to this edition clearly conveys Jason’s respect and concern for nature. He asks us to think about the best use of our ravines: “We must consider not only where we wish to go but where nature needs us not to (go)...in order to maintain our ravines and forests as Toronto’s most unique treasures.” Some chapters include updates that reflect changes to trails, ecology and other aspects of the various natural areas described. The 2020 edition includes a new chapter about the Meadoway which is an on-going project that is transforming a large expanse of power transmission lines and manicured grass into an area that will add 16 km of trails and allow us to bike/walk/run from the Rouge to the Don Rivers, and perhaps beyond. In this edition, the “For Reading” section has been replaced by one page of “Ways you can Help.”

This book will be very useful for anyone who enjoys learning more about Toronto’s nature, whether on your feet, a bike or even on your couch.

by Jennifer Smith



# Tending to the Legion

*By Jacqueline Tanner*

We have been gardening at Royal Canadian Legion Branch 10 at 1083 Pape Ave for about four years. The Legion received funding to plant a beautiful perennial garden and then needed knowledgeable, eager people to look after it. They reached out to EYGC and we happily took it on as a community outreach project.

The garden has been well-designed and is south-facing so it gets lots of sun. It is composed of many perennials except for red and white annuals that we plant at the front of the building.

In 2019 the garden received a prize as part of the City of Toronto Garden Contest. Members of the Legion and EYGC volunteers attended the lovely awards ceremony at the Toronto Botanical Gardens.

EYGC volunteers usually meet at 5:30pm Wednesday to garden at the Legion.

There are about 4 or 5 regular volunteers who do an awesome job of looking after the garden. Of course there is a lot of weeding to do, edging, and deadheading.

One of our members is especially adept at pruning the many lovely roses that grow there. Another member is an absolute weeding “machine”. We usually work for about an hour depending on how much there is to do. While we are working, passersby often comment on how lovely the garden looks.

We had to make some adaptations working at the Legion during Covid times. We limited the number of volunteers so that we could socially distance and wore masks.

Over the years we have added plants left over from EYGC plant sales. This year we hope to mulch the garden to help retain water and keep the weeds at bay.

We are always happy to welcome new helpers. We are a friendly bunch and love to share information about the various plants at the Legion garden. We all learn from each other. If you would like to help out please contact me at 647-214-3337 or [jdtgardening@gmail.com](mailto:jdtgardening@gmail.com)





# Our April Talk by Chris Cormack—Meadoway...

*Summary by Jennifer Smith*

About 44 people, include some visitors, thoroughly enjoyed Chris Cormack's talk on April 21st about the creation of the Meadoway. Chris is the project manager for this new green space and is a dynamic and engaging speaker.

For decades the area under the tall hydro towers from the Don River Ravine to the Rouge National Urban Park was just mowed grass. There was no diversity of plants and therefore very little wildlife. The thick, non-native fescue grass was mowed about seven times a year, which is a costly and time-consuming activity. As well, this type of grass does not help with hydrology. ("the branch of science concerned with the properties of the earth's water, and especially its movement in relation to land")

One of our guest members asked Chris if the plants, his crew or other users of the Meadoway space are affected by the electromagnetic fields (EMFs) emitted by the high-tension lines carried by the hydro towers. Chris explained that an assessment was done to find this out, and the EMFs are not significant and neither he nor his staff feel negatively affected.

From 2012 to 2016 a pilot project called the Scarborough Centre Butterfly Trail ran for 3.5 km between Brimley and Scarborough Golf Club Roads. The success of this venture provided the impetus for the Meadoway project, which began in 2018 and is expected to be finished by 2025. It involves collaboration among the City of Toronto, Hydro One, the Toronto Region and Conservation Authority (TRCA), and the province to plant and manage these hydro corridors.

The project began with careful planning and many assessments to determine what type of soil, plants and animals live in this area. Different types of soil along these 16 kms demand that different plants be used. Signage has been posted to educate the community and is updated as needed. When this area is complete it will comprise 200 hectares and 16 kms of trails for cyclists and pedestrians. Currently 10 kms exist.

The first few years involved tilling and seeding with various grains to gradually deplete the seed bank of unwanted invasive plants and grasses, as there was no point in planting lovely native wildflowers only to have them crowded out by unwanted plants. The area was mowed several times to cut down weeds. Once native seedlings were growing, the mower's blade was raised 25 cm above the ground so the seedlings weren't destroyed. The mowing also allowed the sun to reach the new little plants. The wildflowers started to really show themselves in the third year. The area is mowed about every 3 years to reduce the thatch lay-

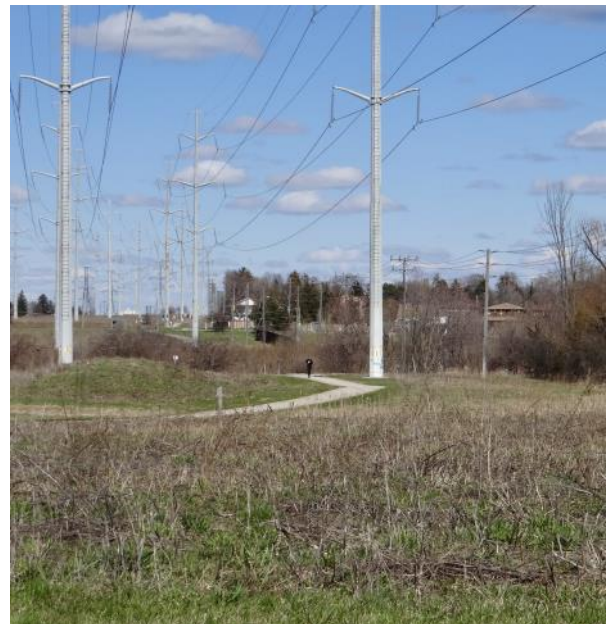


Photo Credit: Anna Leggatt

# Our April Talk by Chris Cormack—Meadoway...

er. By late summer, the wildflowers have re-established themselves and present a gorgeous array of blooms.

A variety of habitats can be found in a typical meadow and many of these have been established in the Meadoway: hibernaculum (habitat for snakes); sentinel stone (a large rock on which small animals might climb to look around for predators); nest

boxes; wet boxes; dry and wet meadow areas; woody debris areas for other types of habitats.

Many pollinators and birds find food and shelter in this area. Chris reminded us to leave our plants in the garden in the autumn. Hollow stems may

provide winter homes for a variety of animals and grasses provide nest cover and nesting materials for birds.



Photo Credit: Anna Leggatt



Photo Credit: Anna Leggatt

universities have been established. This is certainly an exciting and impressive improvement on the sterile, barren hydro corridors of yore.

Thanks to Anna Leggatt for the attached photos. You may read her article about the Meadoway in our Nov-Dec. 2021 newsletter (located on our website).

<https://themeadoway.ca>

Chris's team carries on with "Adaptive Management". Since meadows do not naturally occur in nature—trees tend to move in and create forests—it is necessary to mimic the natural disturbance that is usually provided by burns (from lightning strikes) and grazing (of animals). So maintenance mowing is carried out. Invasive plants are removed both manually and with targeted use of chemicals. Although the invasives will never be completely eradicated, native plants are gradually increasing in number. Areas of interest and concern are mapped for continual monitoring. A number of research partnerships with

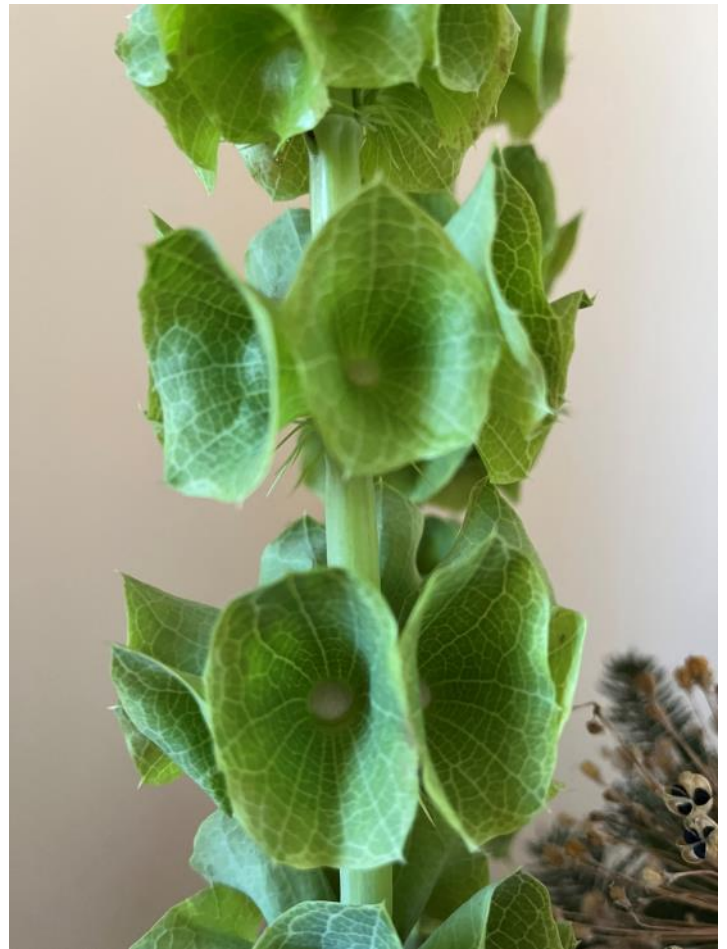
**"Chris reminded us to NOT put invasive plants into our garden refuse bins but rather into our black garbage so that we don't share seeds."**



# Mystery Solved

"Jennifer Smith's sister received these flowers in a bouquet in Halifax. Do you know what the green ones are?"

Thank you to Anna Leggatt and to Cynthia Levine-Rasky for solving this mystery. The small green + white flowers [plant?] is decorative cabbage. The tall green one is Bells of Ireland. Cynthia sent in this link. <https://hort.extension.wisc.edu/articles/bells-of-ireland-molucella-laevis/>



## Upcoming Speakers

### *"Jumping worms: the second wave of non-native earthworm invasion in Canada"*

Presented by Dr. Michael McTavish —Thursday May 19, 2022



Dr. Michael J. McTavish is a Mitacs Elevate postdoctoral research fellow working with the Smith Forest Health Lab at the University of Toronto and Ducks Unlimited Canada. His current research includes biological control of non-native invasive plants (Phragmites and garlic mustard) and the ecology of non-native earthworms.

For more information see Tena van Adel's past article **Jumping Worms found in East York** at the following link: <http://www.eygc.ca/Newsletters/EYGCNews202106.pdf>

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### *Garden of Regrets:*

Presented by Helen Battersby—Thursday June 16, 2022



In this info- and image-packed presentation you'll meet the plants you wish you had never planted – and learn how to avoid them (before you do) or to live with them and, perhaps, even love them (if you must).

About the presenter: For 30+ years in her small city garden, Helen Battersby has battled one of a gardener's toughest challenges – dry shade, on sandy, sandy soil under giant Norway maples. This has, unfortunately, caused her to make many a regretful plant choice, and she hopes to save you from that misery. Helen is a grad of Ryerson's Landscape Design program and is in her 17th year as a volunteer with the Toronto Master Gardeners. A board member of GardenComm, the international association for garden communicators, she has been published in magazines such as *Garden Making* and, with her sister Sarah, writes the award-winning [TorontoGardens.com](http://TorontoGardens.com). In 2017, the sisters took over publishing of a long-standing garden diary.

Since renamed the *Toronto & Golden Horseshoe Gardener's Journal*, it's now in its 30th edition.



# Notices to Members

## PEOPLE'S CHOICE ONLINE PHOTO CONTESTS FOR 2022

**May  
June**

**Water  
June Bugs**

**Entries accepted from 1st to 14th of the month.**

\*Please note, if we are able to resume regular in-person club activities, we will return to our regular format for photo contests including a judged show in November 2022.

**[photocontest@eygc.ca](mailto:photocontest@eygc.ca) or  
416-469-5593**

## EYGC Memberships 2022

### **Memberships:**

**Individual—\$20/year, Family - \$30/year.**

**Send cheques payable to  
"East York Garden Club" to:  
East York Garden Club,  
c/o Cristina Brown,  
7 Knightsbridge Rd,  
Scarborough, M1L 2A8**

**Our membership form can be found online at  
<http://www.eygc.ca/ClubInfo/HowToJoin.html>**

**NOTE: If paying by e-transfer NO  
PASSWORD is required. Please add your full  
name and address in Notes section of the e-  
transfer .**

## EYGC Code of Conduct

In keeping with the City of Toronto's Anti-harassment policy when using any City of Toronto properties, East York Garden Club, with the kind assistance of the Leaside Garden Club, has designed an **EYGC Code of Conduct** to adhere to the City's regulations.

In short it says: ***A guiding principle of the East York Garden Club is that everyone is entitled to be treated with courtesy and respect at all times. Although EYGC promotes freedom of expression and open communication, we expect all members to adhere to this principle as outlined in the full "Code of Conduct".***

### EYGC MEMBERS PLEASE NOTE:

**"CANNABIS, IN ANY FORM, IS NOT TO BE AT ANY EAST YORK GARDEN CLUB MEETING, ACTIVITY OR EVENT, SUCH AS, BUT NOT RESTRICTED TO, OUR REFRESHMENTS, FLOWER SHOWS, PLANT SALES, SEED EXCHANGE."**

# Getting Ready to Garden

## Avoid Those After-Gardening Aches and Pains

Eric Daw is a Fitness Specialist focused on Older Adults. Eric came to a few of our past meetings to pass on his helpful hints for reducing aches, pains and strains when gardening. Below is an article Eric put together for our membership .

While gardening is a great activity that many enjoy typically during the warm season, it can cause aches, pains and injuries because of its physical nature. So as an Active Aging Specialist, how can I help gardeners and possibly improve their experience doing what they love? Well, read my tips below, on skills that every gardener should incorporate into their repertoire.

- **Do a Warmup** - Since gardening is an activity that is physical in nature, doing a warm up is very important. The older we get, the less we are able to get away with not allowing our bodies to be properly warmed up before beginning. Not being properly warmed up in physical activities can lead to increased likelihood of injury and an earlier onset of fatigue. For a good warm up, I recommend that you do the less physical tasks first like dead heading, weeding, and trimming before you get into the more physically demanding work. This would allow your body to ease its way into the gardening, and greatly reduce the chance that you will hurt yourself doing it.
- **Focus on Form** - Many of us have heard the saying "Lift with your knees, not your back", this is because your legs are much stronger and able to support weight than your back. Focus on how you lift an object, not just getting the weight up. I was surprised when speaking to the gardeners last week, that a bag of soil can weigh as much as 15 kilograms or over 30 pounds.
- **Strengthen your Core muscles** - Our core (stomach and back) supports all of our bodies movement. When we have a weak core, our back has a tendency to do more work than it needs to, which can cause back pain. I would recommend that you practice exercises like planks to improve your core strength.

Eric Daw is an Older Adult Specialist and the Owner of Omni-Fitt. Omni-Fitt is committed to the health of seniors through fitness and all areas of wellness. Eric motivates and encourages seniors in Toronto to take responsibility through positive mentoring experiences.

Eric Daw  
Omni-Fitt.com  
info@omni-fitt.com  
416-450-0892





# Club News

## NANPS' Spring Plant Sale

May 14 - Toronto Botanical Gardens - Floral Hall - *MASKING*  
*STRONGLY RECOMMENDED*  
777 Lawrence Ave E | Toronto | 9:30-2:30pm

May 29 - Christie Pits Park | 750 Bloor St W |  
Christie Subway Station | Toronto | 12-3pm



Ethical growers approved by NANPS. Knowledgeable volunteers available for assistance. Free admission. [www.nanps.org](http://www.nanps.org) for more information.

## YOU CAN CONTRIBUTE TO THE BREEDING BIRD ATLAS

If any member has a bird's nest, or mating birds or young being fed, they should send their observations to the breeding bird atlas of Ontario. Data for a new atlas is being collected <https://www.birdsontario.org/>

This mallard nested in our garden a year ago. Raccoons got the eggs. We had 2 eggs dropped beside the swimming pool last week. No nest. Raccoons got the eggs.



Thank you to Anna Leggatt for this contribution

### Help a bird in distress!

Birds are very territorial in spring when they are determined to defend their nesting territories. To ensure safe nesting sites and sufficient food supplies for their young, both males and females may behave more aggressively than usual. You may see a bird attack a window or a car mirror because it thinks the reflection is a competing male. This behaviour may continue until the bird is exhausted.

You can help by "removing" the reflection. Cover the mirror, hang a cloth from your car window, or draw streaks of soap across the reflective surface. When the bird can no longer see its supposed challenger, it will usually return to normal nesting behaviour.

— paraphrased by Jennifer Smith from Marie Read's excellent book *Secret Lives of Common Birds: enjoying bird behavior through the seasons* (2005)

# The Back Page Garden

Show us your backyard! (or front yard, or balcony...)

Send a photo of your garden at its best, or at your favourite time of year. Show your whole yard, a cozy corner, or any “vignette” that you love & want to share with EYGC members.

Be selective and send only one or two photos, preferably in jpeg format - fairly high resolution is best for clarity. Send to the newsletter at:

[newsletter@eygc.ca](mailto:newsletter@eygc.ca)



*A new planting—Bright Pink Azalea  
Submitted by Maureen Ballentine*

## *Here we Grow Again...Welcome New EYGC Members*

Please join us in welcoming our most recent members

Melanie Althouse, John Ellis, Colleen Hastings, Amy Illingworth, Debra Lewis, Therese Paquette



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:

**June 25, 2022**

Please email your comments regarding our newsletter, or your submissions for the next issue, to  
**[newsletter@eygc.ca](mailto:newsletter@eygc.ca)**

We're on the Web! Find out more information and get back issues of this newsletter at our website:

**[www.eygc.ca](http://www.eygc.ca)**



**“The East York Garden” is the Newsletter of the East York Garden Club**