

# The East York Garden

Newsletter of the East York Garden Club

May & June, 2005

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. 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, contact Denise Alexander at 416-759-5736.

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

President:  
Malcolm Geast

Vice-Presidents:  
Linda Boyko  
Dawn McEachern

Newsletter Editor:  
Malcolm Geast  
416-429-4719

## Thursday, May 19, 2005

**Speaker:** Howard Stanley  
**Topic:** The Asian Long-Horned-Beetle and other Pests

It's a marvelous-looking creature, but the Asian Long-Horned Beetle is also one of the most destructive pests to invade southern Ontario in many years.

Howard Stanley has been with Agriculture Canada for 20 years, and is currently the Project Officer responsible for the control of the Beetle.

This meeting will also feature our first flower show of the year, and our annual plant sale. Information about the plant sale can be found on page 3. Flower show categories are on pages 20 & 21 of the yearbook. There will **not** be a draw table at this meeting.

Members whose surnames begin with M or N are asked to bring some cookies or sweets for the evening's tea.

---

## Thursday, June 16, 2005

**Speaker:** Rosemary Dobson  
**Topic:** Flower Arranging In and Out of Water

Rosemary Dobson is a prize-winning flower arranger, a Master Gardener for over 15 years, and a qualified judge for more horticultural societies than we have space to mention here. She will be including a "Give it a Try" workshop in her talk. Detailed information about the workshop can be found at the back of this newsletter, on page 6.

This meeting will also feature our second flower show of the year. Flower show categories are on pages 22 & 23 of the yearbook. There will also be a draw table following this meeting.

Members whose surnames begin with O, P, Q, or R are asked to bring some cookies or sweets for the evening's tea.

---

## Refreshments Update...

In March and April, we moved the evening's tea and coffee to 7:00 (before the meeting, instead of after). The short experiment seems to have been a success. It was favourably received, encouraging you to meet and talk with other members of the Club, and allowing the meeting to end a little earlier. As a result, we've decided to make the move permanent. So, now if you arrive shortly after 7:00, you'll have some refreshments while you meet with other Club members.



---

## Upcoming in July:

On the first, we'll be at Stan Wadlow Park for the Annual Canada Day Plant and White Elephant Sale. On the 21<sup>st</sup> we'll be back in the park, for the July Pot-Luck Supper at the Rockery.

## Living in an Urban Forest

Summer... no more snow, no more cold temperatures. Unfortunately it too often brings with it the opposite kind of conditions: heat, scorching afternoon sunshine, and high pollution levels. So, how do you get away from that situation? Unless you abandon the outdoors for the comfort of air conditioning, chances are that you'll seek refuge from the heat under the shade of a tree. Fortunately, with almost 20% of the city covered by trees, in Toronto it's not usually difficult to find that shade. And although the air is just as dirty under that tree's cover, you can get some satisfaction from knowing that one-third of the pollutants in Toronto's air are removed by trees and shrubs.

Many of the trees that we see are quite old – oaks and sugar maples can live for hundreds of years. But a large number of them are much younger, and have much shorter lifespans. The maximum age varies greatly even within each specie, but the Willows, Silver Maples, and other trees we see in our neighbourhoods often don't reach the century mark. As well, pollution and poor watering conditions can result in premature death.

To maintain the City's forest canopy, it's necessary to continually plant new trees. Several programs exist to encourage and promote tree planting. The City's *Tree*

*Advocacy Planting Program* has set 300,000 trees and shrubs in the ground over the past four years.

About three million trees can be found on public land, mostly in parks. But even more are growing on private lots, which includes our own front and back yards. It's just as important to replace these trees, or to add more. Two programs exist to help that happen.

The City's Urban Forestry Services will plant a tree on the City-owned portion of your front yard for free. There are about 25 different kinds that you can choose from. All you need to do is fill out a brief form and send it in (by January 15 for a spring planting, and July 15 for a fall planting). A brochure containing the form is available on the City's web site ([www.toronto.ca/trees/tree\\_planting.htm](http://www.toronto.ca/trees/tree_planting.htm)), or by calling 416-338-8733. We'll also have some available at the next Club meeting.

You've already got a tree in your front yard, but you'd like one for the back? That's not a problem. LEAF (Local Enhancement and Appreciation of Forests) is an organization that offers subsidized trees and shrubs for back yards. They'll visit your property to help you select the best tree and location. You can get more information by calling [www.leafortonto.org](http://www.leafortonto.org), or you can call them at (416) 413-9244.

---

## District 5 AGM

*Malcolm Geast*

The 2005 OHA District 5 Annual General Meeting is now history. The April 9 event, which we co-hosted with the Leaside Garden Society, attracted over 170 enthusiastic gardeners from Lake Ontario to Lake Simcoe. Those who attended heard three interesting speakers, met and talked to gardeners from other clubs and hort societies, and viewed an early-season flower show (with 210 entries!). Even the business portion of the meeting had some unexpected excitement.

Of course, none of this could have happened without the work of members from both East York and Leaside. Volunteers from both clubs (27 in all) helped with setup and cleanup, flower-show clerking, meeting & greeting, ticket selling, and registration. Thanks go out to those who had to miss much of the day's activities while working on the flower show. Special appreciation goes to Lucie Simons, who opened up her home on several occasions for the organizing committee's monthly meetings, and to Peter Ronan, who devised the logo, and produced the meeting's advertising.

On a personal level, being a part of the organizing committee enabled me to get to know some amazingly creative and hard-working people at the Leaside Garden Society. In particular, I'd like to thank Sheila Whitely and Joanna Blanchard, Leaside's co-Presidents for the experience of working with both of them over the past year and a half.



## Environment Day

The Garden Club has been invited to participate in Environment Day at Stan Wadlow Clubhouse from 10 a.m. to 2 p.m. on Saturday, June 4, 2005. This is an opportunity to meet members of our community, and introduce them to the East York Garden Club. We will have display tables and free information handouts. The emphasis this year will be on chemical-free gardening and attracting birds and butterflies to the garden. We are hoping to have some plants and rhubarb for sale. If you have extra rhubarb and/or plants such as Joe-Pye weed, milkweed, coneflower, black-eyed Susan, bee balm and butterfly bush, please consider putting some aside for Environment Day. There will be a volunteer/donor sign-up sheet circulated at our next meeting on May 19th, or you can contact Diane Ronan at 416-421-6631.

---

## Community Clean-up Day

*Diane Ronan*

The weather doesn't stop determined Rockery volunteers. It was wet and chilly, but 21 members of the Garden Club and several members of the community came to clean-up The Rockery and surrounding area of Stan Wadlow Park. We even had a tailgate party – complete with coffee, hot chocolate and doughnuts. A special thanks to the following Club members: Jean Quinn, Darina Quinn, Maxine Cashore, Irene Derzay, Bev & Doug Woods, Diane & Peter Ronan, Linda Boyko, Doreen & Elaine & William Penman, Helen Linzer, Dawn McEachern, Malcolm Geast, Gail Gregory, Barb Foster, Wini Stoddart, Glen Hutzul, Ruby Brett and Doreen Wigglesworth. We received a thank-you letter from City Councillor Janet Davis, who was there to help at The Rockery, stating that “the clean-up efforts in Stan Wadlow Park were fantastic” and she “looks forward to working with the East York Garden Club in the future.”



*Photograph courtesy of Erin George*

## Spring Plant Sale

It's going to be great! Most of you know the routine: you bring in your extra perennials, biennials, annuals, bulbs, tubers, and corms, and we sell them. You can even bring in your extra seeds. If you can plant it in the ground, we'll accept it as a donation!

We're encouraging you to tell your friends and neighbours to come along or even to buy some plants for them.

The sale begins when the evening's presentation ends, likely between 8:30 and 8:45 p.m. There are usually incredible bargains for the beginning gardener. With colour-coded price stickers on every plant, and with a central cashier, it should be easy and quick to pick up and pay for your treasures!

## Garden Treasures Table

When you clean out your garage or shed, we'd love you to donate your unused tools and accessories. Again this year, we'll be selling the accessories that go with gardening: books, pots and planters, tools, lanterns, candle holders, anything and everything that you would use in the garden or on the balcony. We'll start selling them at 7:00 p.m., as members bring in their donations. The earlier you get there, the better the selection.

If you have any questions about what to donate or you would like to volunteer to help with either sale, contact Glen Hutzul at 416-469-6745.

# Gardeners Are Athletes Too!

*Johnnie Walker*

Spring is a time for re-birth and renewal, and that goes for more than just your garden. It is a wonderful time and everyone is ready to just get outdoors and start enjoying the beautiful weather.

Remember though, easy does it. If you've taken the winter off from exercise, it's easy to cause an injury when you get started again, whether you're gardening, spring cleaning or playing tennis. So make sure you warm up and stretch before any activity, and don't try to do too much at once. Each new activity puts stresses and strains on your body, so ease into it. There will be lots of beautiful days ahead to get everything done.

Before jumping into any exercise routine, it's a good idea to consult a chiropractor or fitness professional about what's best for you and your body. This is a good time to review any old injuries or nagging aches which could be made worse by rushing into physical activity.

Some may say, "It's just gardening". Well, let's think about what's involved. Raking, hoeing, lifting, digging, kneeling, planting...I'm sore just thinking about it after this long winter! Gardening certainly does count as physical activity, and as with any sport, you must use the right form and technique to avoid injury.

Remember these important tips:

**Change Hands Frequently:** Changing hands while raking and hoeing prevents muscle strain from overuse to one side of the body. Try and stand as straight as possible with your head upright. Pause every few minutes to rest.

**Change Your Stance:** Stand with your right leg forward and your left leg back while you rake. Switch every few minutes. This will keep you from bending and twisting your way into a sore back. Take periodic breaks while you're working.

**Use Long-handled Tools:** Long-handled tools let you avoid bending forwards and sideways as you work, which can cause you to strain your neck and lower back.

**Lift Properly:** Face the object you plan to lift, bend your knees, and draw the load close to your body. Use the muscle power of your legs to lift. Don't lift heavy objects above your waist. Ask for help lifting very heavy objects such as big flower pots and bags of soil or garden waste.

**Kneel to Weed and Plant:** Constant bending and squatting can put strain on your back, neck and leg muscles. You can buy special kneepads and mats that make kneeling on the ground more comfortable.

**Alternate Heavy and Light:** Start with some light work to get warmed up and then "dig in" to the heavier work. Alternate the heavier and lighter jobs throughout the day to allow your body some rest. Occasionally take a short walk or do some stretches.

**Hydrate:** Make sure that like any good athlete, you drink plenty of fluids throughout your workday. Remember to cool down at the end of the day.

**Take Care of Your Back!**

Back or muscle pain that lasts longer than 48 hours is your body's way of saying it needs help. See your chiropractor. Chiropractors are trained to detect and treat spinal problems. They provide expert care for your back, muscles and joints, helping you enjoy life to the fullest.

*Dr Johnnie Walker is a chiropractor at the East York Chiropractic Clinic, at East York Town Centre. He can be reached at 416-421-5300*

---

## Emailed Newsletters

If you'd like to have the newsletter emailed to you (instead of, or in addition to the mailed copy), drop us a line at [newsletter@eygc.ca](mailto:newsletter@eygc.ca). If you're looking for back issues, they're available on the Club's website ([www.eygc.ca](http://www.eygc.ca)).

## Discounts

Don't forget that your EYGC membership card will get you a 10% discount at Bill's Garden Centre, Sheridan Nurseries, Plant World, and Sweetgrass Gardens, and a 5% discount at Humber Nurseries.

## As Simple as Black and White

Well, sometimes it's not that simple...

In this year's photography contest, you'll find a category entitled "Black and White", an opportunity for you to demonstrate that it's not always necessary to use colour film to produce interesting and beautiful pictures of horticultural subjects. Unfortunately, we forgot to make a necessary change to the contest rule that states, "Entries must be colour prints." Since the idea behind the name of the category is to produce black and white photos (not colour photos of black and white subjects), please note that, for the "Black and White" category, the rule should read, "Entries must not be colour prints."

---

## Centennial Tulip

Many of you have ordered the OHA's 100th Anniversary Centennial Tulips for delivery in September. But before we can send in the order, we'll need to have your payment. Please bring your money to the May or June meeting (preferably May). The bulbs are \$8 for a bag of 10.

Information about the tulips is available on the web at [www.gardenontario.org/act/fun.php](http://www.gardenontario.org/act/fun.php). A link is also available on the Club's site ([www.eygc.ca](http://www.eygc.ca)).

---

## Volunteers needed..

The Toronto Botanical Garden is in need of some volunteers to help with their annual "Through the Garden Gate" garden tour. They're looking for people to help with setup & take-down, garden admissions, ticket sales, ice-cream sales, and bus hosting. The event takes place on the weekend of June 18 & 19. Volunteers will each receive a complimentary pass for the garden tour. To volunteer, or for more information, call 416-397-4145 or email [volunteers@infogarden.ca](mailto:volunteers@infogarden.ca)

---

## New Members

Please extend a warm welcome to the following new members who have recently joined the Club. Please welcome them and take the time to answer any questions that they may have about our Club.

Harvey Bradley      Hindy Bradley  
Judy MacDougall      Rhonda Love  
Pamela Degroot

## It's Time to Take the Bus

On Saturday, September 10, we're planning to have a bus tour, our first in a few years. The tour will include a visit to the Royal Botanical Gardens, The Potting Shed in Cayuga, and a tour of Sweet Grass Gardens, near Brantford. Lunch will also be in Brantford, at the Best Western Hotel. Of course, there will be the opportunity to buy plants at The Potting Shed and Sweet Grass (both with a 10% discount and no tax). The bus will depart from Stan Wadlow Clubhouse at 9 a.m., and return at 6 p.m.

In case you missed the opportunity to put your name down on the sign-up sheet that was distributed at the April meeting, we'll be sending it around again in May. Or if you prefer, you can contact us by email at [bustour@eygc.ca](mailto:bustour@eygc.ca), or by calling Roz Regnier at 416-759-6247.

---

## OHA 2005 Convention

This year the OHA Annual Convention will be held in North Bay, from August 12 to 14. This year's meeting promises a wide variety of speakers with topics that include, among others, Organic Gardening, the Art of Bonsai, Garden Photography, A Look at the Lighter Side of Gardening, and Alpine Gardening. Two bus trips, an Internet workshop, as well as competitions (flower show, photography, art) are also on the bill. With 18 categories for photos and 13 for slides, you're sure to find a category that you can enter.

2005 marks the 99th anniversary of the OHA. To mark the occasion, accommodation has been made available at Nipissing University for \$99 for three nights. The air-conditioned, fully-furnished suites feature four bedrooms (4 single beds), a kitchen with fridge and stove, a living room and two bathrooms. There are also hotels and motels nearby.

Deadlines for entry to the photography and slide competitions is June 1. The registration fee is \$60 until July 13 (\$70 thereafter). Complete details about the meeting, including accommodation, competitions, and registration can be found on the Internet at [www.gardenontario.org/sho/up\\_conf.php](http://www.gardenontario.org/sho/up_conf.php). If you don't have access to the Internet, speak to Malcolm Geast, either at the May or June EYGC meeting, or by calling 416-429-4719.

## Upcoming Events

May 14 & June 11 (Both are Saturdays)

**Merlin's Hollow, Open Garden** (181 Centre Crescent, Aurora) – Merlin's Hollow is an English flower garden with over 1500 different plants, and designed by noted horticulturalist David Tomlinson. Admission is free. Open from 10:00 a.m. to 5:00 p.m.

May 18 to 22 (Wednesday to Sunday)

**TBG Annuals Sale** at the Toronto Botanical Garden (Lawrence & Leslie) – Award-winning and unusual annuals plus new introductions. This year you'll also find hard-to-find plants grown from seed by the Toronto Master Gardeners.

May 21-23 (Saturday to Monday) and May 28 & 29 (Saturday & Sunday)

**Lilac Festival** at the Royal Botanical Gardens (Burlington) – The world's largest collection of lilacs provides a stunning landscape and beautiful fragrances during this celebration. Runs from 10:00 a.m. to 5:00 p.m. each day.

June 4 & 5 (Saturday & Sunday)

**Marion Jarvie, Open Garden** (37 Thornheights Road, Thornhill) – The first of three weekends that Marion Jarvie has her garden open for viewing (the other two weekends are in July & September). Open from 10:00 a.m. to 4:00 p.m., rain or shine.

Saturday, June 4

**Toronto Region Iris Show** at Don Mills Plaza (Don Mills & Lawrence) – The show runs from 1:00 p.m. to 3:30 p.m. Admission is free.

Thursday, June 9

**Pond Life** at the Don Valley Brickworks – Discover the great diversity of pond life in a rural setting located right here in East York.

You'll find a complete list of events on our website ([www.eygc.ca](http://www.eygc.ca)). The list is updated at least once a week.

---

## June Meeting – Water Arrangements Workshop

At the June meeting, as part of her presentation, Rosemary Dobson will be leading a "Give it a Try" workshop for water arrangements.

To take part, you will need:

- A glass container or bowl with an opening that you can get your hand(s) into, to work on the design
- Clippers
- Water

Bring flowers (one species only and only two or three flowers required). Suggested flowers are:

- Zantedeschia (Calla) with stems
- Orchids
- Strelitzias (Bird of Paradise)
- Heliconias
- Sarracenia (Pitcher Plant)
- Anthurrium (Flamingo Flower) with stem and leaves

As well, you should bring some leaves (one species only, and just a few are required, depending on size): Here are some suggestions:

- Calathea
- Maranta (Arrowroot)
- Phormium
- Stems of Ivy
- Iris pseudacorus (Yellow Iris)
- Cyperus
- Cannas
- Cycas (Cycads)
- Aspidistra
- Asparagus - Foxtail

Try to get plant material that will look good under water for at least 24 hours.

If you are interested in taking part in the workshop, please contact Anna Leggatt by phone (416-755-2325) before June 10.