



# Brooklin Horticultural Society Newsletter

Volume 20 Issue 2 May/Jun/Jul 2018

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BHS meets the 4th Wednesday of the month at 7:30 p.m. at the Brooklin United Church; except January, July and December. The November meeting is at St. Thomas Anglican Church.

Visit us on the web at:  
[www.brooklinhorticulturalsociety.com](http://www.brooklinhorticulturalsociety.com)  
 Follow us on facebook:  
<https://www.facebook.com/bhs1921/>



Keeping Ontario Beautiful

## "Conversation Pieces" by Lizzie Matheson Wednesday May 23, 2018 - 7:30 PM



2017 D17 AGM: r to l, Lizzie creating a spring inspired design, Lizzie's Japanese inspired design.

Our May 23 guest speaker is Master Gardener Lizzie Matheson, an award winning designer of floral art. She is providing not only an educational experience, but she will also be helping you to exercise some muscles throughout the evening. Don't worry.... you won't need to bring your shovels or secateurs. Lizzie will be designing three beautiful pieces of floral art and as she walks you through each of her designs she will work your facial muscles. She'll have you smiling and laughing while providing her design tips and recounting her personal stories. You may however, bring pen and paper as she always provides wonderful tips on floral and foliage conditioning, information on how to create the desired design, and names of the plant material she uses. The icing on the cake is that her designs will be given away as draw prizes to some lucky audience members.



As this is a Whitby In Bloom Seminar, guests are encouraged to bring a non-perishable food item (s) for the local food bank. Don't forget to lug-a-mug for coffee or tea while you enjoy some treats too.

## BHS Plant Sale - Saturday May 26, 9am, Grass Park, Brooklin

Are you hankering for some new daylilies or dahlias? How about a new heuchera or hosta to fill in that shady gap? Wait.....you've gotta have zebra striped tomatoes! As always we will be selling a wide variety of plants including perennials, annuals and vegetables. This year we will highlight edible containers along with lots of ideas for you to grow your own. By the way, Faye says she's offering 21 types of tomatoes; old favourites and new ones like *Costoluto Genovese*, *Indigo Apple*, *Red Zebra* and *Coyote*. There will also be vendors offering gardening décor and members of the Ajax-Whitby Community Garden Project selling products from the garden. One of our Master Gardeners will be there to answer your gardening questions. Members of our show committee will offer make-and-take floral design fun - the kids (and adults) love this activity!

As this is our major fund raiser we need your generous donations of large quality plants to succeed. Please remember to **label your plants with name, size, colour and growing conditions.**



'Our Cupcake floral designs.'

**Bring your friends and neighbours!**

## THE PRESIDENT'S MESSAGE



It's now March 20th and supposed to be spring. But it sure doesn't feel like it. I keep checking the long-range weather forecast. However, I don't see anything in the way of warmer weather arriving anytime soon. Still, it gives us time to plan our gardens and start potting up all the tubers and plants we have been overwintering. I guess that will have to suffice for now until it warms up a little more.

The board and committee chairs have been hard at work as we have a lot of planning on the go this time of year. First and foremost, is getting ready for our Plant Sale on May 26. While

it seems a long way off, there is always a lot of work to do leading up to that date. Also, we will be participating in a couple of events with the Rotary Club of Whitby/Brooklin on April 28, and the Optimist Club of Brooklin on May 9 (see **Upcoming Events** for further details). And, of course, we look forward to the Pansy Potting with the seniors at The Court of Brooklin on May 3rd. We are always looking for volunteers to help us out at these events, so please let me know if you could give us a few hours of your time.

As you are aware, we will be bringing back the "Open Garden Tour" and will have a schedule available shortly. This tour gives us a chance to visit a few of the fantastic gardens belonging to some of our BHS members.

Happy Gardening!  
Leslie

### NEWS FROM THE HOSPITALITY TABLE

It was wonderful to see a high turnout of members visit the hospitality table for our first meeting of 2018. Refreshments of cakes, fruits & vegetables were compliments of Amica Whitby (*Mature Lifestyles*) and BHS members. **Thank you.**

Cash donations raised at our hospitality table help to cover expenses for coffee, tea, paper products, milk, cream, etc. that are provided for you each meeting. **Thank you** for dropping a Loonie or a Toonie in the box provided.

Your generous donations of food items (healthy & sweet) help to kick start our meetings and provides those who have come straight from their jobs or have been working in their gardens an opportunity to relax and enjoy the evening without that "Wish I'd grabbed a snack before I came feeling."

Each year there is a sheet available at the hospitality table where you can sign up to bring a food item for one of our meetings. Please consider this opportunity for the pleasure of BHS members and guests. Who doesn't like a wee snack while sipping on a beverage!

**Please remember to Lug-A-Mug & save our landfills.**

*Thank you*

Audrey Atkinson

Hospitality  
Coordinator

*So many goodies;  
Irma sampling the  
flower pot cupcakes,  
'Yumm'*



**Please welcome our newest member of the BHS board of directors**  
**Lisa Ruck**

### BHS SPRING DRAW

**Tickets \$5 each**

**Prizes will be drawn at May 23 Meeting**



### Welcome New Members!

Teresa Jewitt	Sue Madden	Gord Skinner
Trudy Cambareri	Nancy Mungall	Debbie Fox
Sharon Robinson	Sherrri Kerr	
Tiffanie Lundrigan	Mary Douglas-Kadey	

### And Returning Members

Elaine Davidson	Eugene Gmitrowicz
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*If you have a neighbour, friend or relative interested in gardening, bring them to a meeting. For questions, comments or suggestions, contact Membership Convenor, Eric Tuinman at 905-431-0594.*

## Upcoming BHS Meetings & Events

Saturday Apr 28	Rotary Club of Whitby-Brooklin presents the 2nd Annual <b>Colours and Cultures of Brooklin Block Party</b> celebrating cultural diversity. Food, art and entertainment. Location: Grass Park, Cassels Road East, Brooklin, <b>12pm - 4pm</b>
Thursday May 3	<b>Pansy Potting With the Seniors</b> Location: The Court at Brooklin, 5909 Anderson St, Whitby, <b>1:00pm</b> If you would like to <b>volunteer</b> please contact Leslie Tate.
Saturday May 5	Town Of Whitby <b>FREE COMPOST GIVEAWAY</b> Location: Whitby Operations Center, 333 McKinney Drive, Whitby <b>8:00am - 12:00pm</b>
Wednesday May 9	<b>Optimist Club of Brooklin - Here We Grow</b> – (in cooperation with BHS) Location: St Thomas Anglican Church, 101 Winchester Rd E, Brooklin; <b>6:30 to 7:30 pm</b> (for further details, go to <a href="https://www.eventbrite.ca/e/here-we-grow-2018-tickets-45045622670">https://www.eventbrite.ca/e/here-we-grow-2018-tickets-45045622670</a> ) If you would like to <b>volunteer</b> please contact Leslie Tate.
Wednesday May 23	<b>THE SPRING SHOW</b> Guest Speaker: <b>Lizzie Matheson</b> Topic: <b>Conversation Pieces</b> Speaker co-sponsored with <b>Whitby in Bloom</b> . Please donate a non-perishable food item.
Saturday May 26	<b>BHS PLANT SALE</b> Location: Grass Park, Cassels Road East, Brooklin, <b>9:00 am</b> . Please donate your plant divisions. Come out and buy some new plants. Contact Leslie Tate, Kathy Allam or Denise Carter for more information.
Wednesday June 13	<b>THE IRIS AND PEONY SHOW</b> Guest Speaker: <b>Yvonne Tremblay</b> Topic: <b>Cooking with Lavender</b>
Wednesday June 27	<b>THE ROSE SHOW</b> Guest Speaker: <b>Bill Peel</b> Topic: <b>Catch the Photo, Capture the Memory</b>

## Upcoming BHS Speakers



On **June 13**, BHS is excited to present “**Cooking with Lavender**” with guest speaker **Yvonne Tremblay**. Yvonne is a food specialist and nutritionist who has worked with many major food companies and marketing boards. She has worked as a ‘food stylist’ and was the former Associate Editor for Recipes Plus magazine. In addition to these accomplishments, Yvonne is a published author and 5 time Grand Champion Jam and Jelly Maker. She is the author of Thyme in the Kitchen - Cooking with Fresh Herbs. For this

presentation, Yvonne will walk us through one of the latest cooking trends, using fresh or dried lavender in various recipes for desserts, salads and other savoury dishes. She will also share information about The Lavender Trail, a tour of some local lavender farms that you may wish to visit this summer.

On **June 27th**, BHS presents “**Catch the Photo, Capture the Memory**”, with guest speaker **Bill Peel**. Bill is a retired teacher who has many passions including photography. An experienced guest speaker and qualified photography judge, Bill will be providing us with many technical tips and tricks to enhance our photography knowledge and skills. He is very happy to share his expertise so that we can improve our chances of capturing special moments in the garden and beyond.

### NEW BHS PHOTO CLASS IN OCT SHOW!!!!

There will be a new photo class in the October Pumpkins, Pies and Pictures show where the winning photo of a bloom(s) will make the perfect cover of the yearbook in the following year. See the yearbook for more info. Don't forget that there are also photo classes in the April, May and June Iris and Peony shows. So start going through your photos or get your camera out and start taking pictures.

## BEAUTIFUL CONTAINERS

As we start to make our plans to beautify our outdoor spaces with a variety of plants, shrubs and trees, most of us will also be thinking about preparing our containers or garden pots to enhance our yards, front porches and backyard decks. Container gardening has and will continue to be a very popular way to add lots of colour and interest to our properties. Garden magazines and books are chock full of ideas and suggestions but we decided to survey our own BHS members to collect their tips and tricks for creating beautiful container gardens!

**Julia Noakes** writes “What I have learned is that it all starts with the prep of the soil combination. My go-to formula starts with a very good potting soil (1/3) and then amending it with compost (1/3) and peat moss (1/3), and a couple of teaspoons of the following: slow release fertilizer, blood meal and bone meal.” Julia also sends us a great tip on watering. She says “We do our watering in the early morning, every other day according to what the temperature is doing. This prevents moisture from sitting on the plant material for any length of time. Fertilizer is added to the water twice a week.

**Barb Borchuk** loves the vibrant colours of large everblooming mother geraniums and trailing ivy, planted in her traditional wrought iron urns, for the “hot spot” that is the front of her home. In her backyard, Barb likes to plant a variety of Canna lilies, coleus and potato vine in her large plastic garden pots. This combination satisfies the age old rule of “a thriller, a filler and a spiller” and this combination looks stunning! An expert tip from Barb for really large garden pots is to fill the bottom of these pots half way with styrofoam packing material and then top them up with good quality container soil. The pots are thus lighter and easier to move if necessary and this tip helps to reduce the cost of filling the pots with expensive soil mixtures.

**Lynda Chapman** enjoys creating beautiful containers and window boxes and she provides us with a couple of tips that have helped her with her successes over the years. First, Lynda has noticed that the containers that do the best are those that contain a large volume of soil. She likes to use big containers and deep window boxes. A second tip is to keep a journal of

what has been planted in your garden containers, planters and window boxes noting the types of plants that were selected in the Spring. At the end of the growing season, Lynda revisits her journal and takes notes on which plants were successful and those that did not do as well. This tip allows Lynda to repeat her successes and avoid purchasing plants that didn't grow as well for the next garden season. Lynda says she knows that some gardeners like to use a digital/photographic approach to this task but she has always enjoyed using a “pen and paper” approach to her garden journaling.

**Ken Brown** says that people ask him all the time if they should put new soil in their containers every year. He says, “that the only people recommending new soil each year are the people selling soil. I have containers that have had the same soil in them for 15+ years. Each year they need to be loosened up and then topped up and I often do that with good compost.” Ken goes on to explain that the soil's main job is to hold the plants in place and act as a reservoir for water and nutrients but not as a supply of those things. Ken then goes on to explain “it's our job as the gardener to supply the water and nutrients in the correct amounts. A few years ago I started to add fertilizer, at about 1/2 the recommended strength to my watering can every time I supplied water. The results of this constant supply of nutrients were amazing.” In terms of Ken's favourite plant selections, he says that many of his containers hold a variety of Begonias in the shady areas of his garden and vegetables in the containers in the sunnier locations. Ken says “I'm a fan of monoculture and tend to have each container with just one mass of a single type and colour of flower.” His favourite vegetable for container gardens is tomato. Ken says “a cascading tomato such as Tumbler makes quite an attractive container and the large quantities of bright red fruit look as good as they taste.” A wonderful suggestion from Ken is “to water early in the day as I find wandering between all the containers a gentle way to start the gardening day and to provide the much needed opportunity to actually take the time to appreciate the results.”

Thank you to all of the contributors for this article. Everyone's advice will help us all to plant and enjoy our best containers yet!

Barb Panowyk



Containers from our members and homes on the WIB tour.

## OUR FAVOURITE COMBOS

Many of our other members provided us with some of their favourite combinations for their container gardens. Here is a selection of combinations that you may wish to try this season.

**Brian Gower** - most consistent and favoured containers are the herbs I plant on the steps from the kitchen patio door; typically couple herbs in 4 large containers: couple of types of basil (to go with the fresh tomatoes from the garden), thyme, rosemary, cilantro, and parsley.



Jone's vibrant deck combos

**Lynda Chapman** - my favourite is black taro, rex begonia, dichondra. This black and silver part shade combination looks great in a black pot or urn.



Lynda's dramatic combo

**Denise Carter** - in spring I mix sweet potato vine, pansies, pussy willow and when it starts warming up the pansies are replaced with geraniums and coleus.

**Jone Webster** - My deck containers include canna lilies or dahlias as centrepieces surrounded by geraniums, verbena, million bells trailing petunias, light-coloured potato vine, fibrous and dragon wing begonias, dusty millers, spider plants and colourful coleus. The coleus are a wonderful pop of colour all summer long and thrive even in sunny hot locations.



Barb's climbing mandevilla combo

**Barb Panowyk** - my favourite planter fillers include sweet potato vine, million bells, double begonias, ivy geraniums, bougainvillea and mandevilla vine. I also like to grow scarlet runner and morning glories on obelisks in the centre of large pots.

**Eileen Humphries** - dahlias and creeping jenny.

**Marianne Hayward** - million bells (calibrachoa), geraniums, bacopa with white blooms or simply a pot of ferns.

**Lil Stillar** - begonias, pansies and ivy.

**Eric Tuinman** - the classical combo of geraniums, potato vine and dracaena.

**Ingrid Janssen** - my spring container has pansies, mini daffodils, pussy willows and small heather plants. For a sunny location I like containers using types of tropical succulents of different sizes and textures and mixing green ones with splashes of red ones. My alpine combo consists of plants like lady's mantle, ice plants, and stones so there doesn't need to be as many plants.

**Sherry Howard** - last summer my favourite combos had orange blooms only. One mix had pelargonium, a dark leaved begonia boliviensis, a dark leaved New Guinea impatiens and a rust/orange coloured coleus. A second mix had the same rust coloured coleus with pelargonium 'Vancouver', and bronze-leaved wax begonias. I also love mixing different coleus.

**Leslie Tate** - my front planter has cannas, elephant ears, caladiums and a coleus or two.

**Barb Borchuk**— loves mother geraniums and ivy; also, a combo of tuberous begonias, dracaena with the thick purple leaves, ivy and asparagus fern.

Leslie's foliage combo

**Joyce Marsh** - dragonwing begonias with lime green potato vine. Also, she loves a perennial combo including sedum, creeping jenny, lamium and ivy.



Barb's hot colour combo



Joyce's dragonwing mix



Sherry's lime and red coleus mix

## SOFIE'S CHOICES

### PERENNIALS AND ANNUALS

**Anemone "Wild Swan"** - finally, a non-spreading hybrid anemone blooming from late spring to fall with white flowers/gray-blue-violet reverse. Swan series "Dainty Swan", "Ruffled", "Elfin", "Dreaming" and "Wild Swan". **"Wild Swan"** at John's Perennials.

**Hakonechloa macra "SunFlare"** - (Japanese Forest Grass), sport of "All Gold", chartreuse leaves (intense gold/ yellow in more sun) dipped in deep crimson. Compact, graceful, cascading foliage, outstanding in fall.

**Hosta "Time Traveller"** - very unique! It has golden, corrugated leaves with what appears to be a different pointed, white edged hosta sewn in the middle! Very expensive!

**Hosta "Waterslide"** - thick, blue, unruly, rippled leaves that can twist at the tip! Pair it with "Wiggles & Squiggles". Lavender flowers, medium size.

**Hosta "Wiggles & Squiggles"** - very long & thin bright yellow leaves with incredibly "wiggly/squiggly" edges. For best yellow colour, plant in morning sun, afternoon shade. Lavender flowers, small size. Similar to "Curly Fries".

**Lavender angustifolia "Platinum Blonde"** - gray-green leaves are edged with wide, creamy yellow margins, award winner, new at Richters Herbs.

**Leucanthemum "Sante"** - not well known, bears beautiful, shaggy pure white flowers.

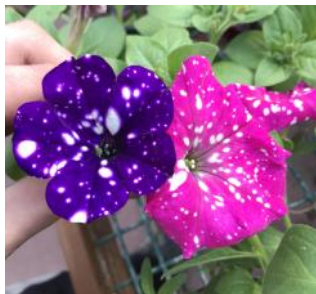
**Cosmos "Cupcake"** - unique cupcake shaped flowers. New in 2017 - tried it and loved it!

**Petunia "Evening Scentsation"** - AAS award winner, spreader to 35', indigo blue, and knockout fragrance of hyacinth, sweet honey, rose, more so in the evening!

**Petunia "Pink Sky"** - similar to Night Sky aka Starry Night but hot pink with white polka dots!



Hosta Time Traveller



Petunia Night Sky and Pink Sky

### SHRUBS

**Rose "At Last"** - a new fragrant, apricot/peach rose, very disease resistant, no spraying! Blooms all summer.

**Shrub Buddleia "Grand Cascades"** a cross of Buddleia davidii & Buddleia lindleyana. Slightly arching plant with pendulous 14" flowers, 5' to 6' wide, very fragrant, pollinator magnet!



Viburnum Brandywine

**Shrub Buddleia "Pugster Blue"** - huge flowers on short, stocky plants. Blue is the preference, avoid white.

**Shrub Buddleia "Wisteria Lane"**, longer, wisteria like weeping blue flowers, a magnet for monarch butterflies!

**Shrub Rose of Sharon "Azurri Blue Satin"**, finally a newer variety with gorgeous, blue sterile flowers, no seeding!

**Shrub Viburnum nudum "Brandywine"** - not new, but a WOW shrub. Shiny, narrow leaves. First stage are the white flowers in spring, followed by white berries changing to apricot, then a combo of apricot & navy blue, finally all navy! Will thrive in wet locations. Brilliant fall foliage.



Hydrangea arborescens Ruby

We are all familiar with the floppy **Hydrangea arborescens "Annabelle"** with big white flowers. Below are new improved cultivars with stronger stems and finally some in pink!! All bloom on new wood.

**"Invincibelle Limetta"** Dwarf, lime green, then green-white, ending jade green.

**"Invincibelle Mini Mauvette"** rebloomer, flowers **deep pink-mauve**, stems don't flop.

**"Invincibelle Ruby"** - dark 2 tone **burgundy/red flowers**, continuous bloom

**"Invincibelle Wee White"** - like Annabelle, but dwarf, continuous bloomer, sturdy stems, award winner.



### FAVOURITE POT PLANTS

**Begonia boliviensis** - Grown from a tuber, excellent in full sun in a pot or ground where it can cascade in a raised bed. It is quite drought tolerant, even in a pot. The tuber gets larger each year. Grow one big tuber or 3 smaller ones in a 12-14 inch pot. They will take over the entire pot!

**Coleus** - did you know there is a ground cover coleus that spreads outwards instead of upwards? Two cultivars that are available are "Lava Rose" and "Wedding Train". Look for them in planters as well. I found individual plants at Otter Greenhouses in Port Perry in 2017.

Sofie Bigham



Right, top to bot., Begonia Boliviensis, Coleus 'Lava Rose'

## Other Events of Note

June 9 & 10  
10 AM - 4 PM

The **14th Annual Peony Festival**, Oshawa Valley Botanical Gardens, 155 Arena Street Oshawa. Canada's largest free contemporary peony collection. Includes judged flower show, photo and art competitions, artisans, advice, demonstrations, entertainment and local cuisine. Free parking and admission to gardens. Come anytime in June to see early, middle and late blooms.

Visit <https://www.oshawa.ca/things-to-do/peony-festival.asp>.

If you would like to volunteer please contact Judi Denny @ 905 -263-4765

Saturday June 16  
10 AM - 5 PM

**Artists in the Garden Tour** in support of **Hearth Place Cancer Support Centre**.

Local artists and musicians featured in beautiful gardens in Durham Region.

Tickets: \$25 (\$20 advance), Visit [www.artistsinthegarden.com](http://www.artistsinthegarden.com)

Saturday June 23  
10 AM - 5 PM

**Gardens of Uxbridge**, 22nd annual self-guided tour of seven private gardens. Local musicians and artists on site. Tickets: \$30 (\$25 advance). More information coming soon.

Visit <https://gardensofuxbridge.org/>

Saturday July 21  
10 AM - 4 PM

**Whitby in Bloom Garden Tour** - Tour sites will be in Whitby and Brooklin with each garden being unique, varying in size, structure and plant material. In lieu of a fee, non perishable food items will be collected for local food banks at any one of the tour sites on July 21. Information regarding tour registration and the 2018 Garden Tour Brochure and Map coming soon. Check with the Town of Whitby website, <http://www.whitby.ca/en/residents/whitbyinbloom.asp#GardenTour>.

### Whitby In Bloom Events

#### Rain Barrels

This is the 3<sup>rd</sup> year for Whitby in Bloom to advocate and promote the sale of rain barrels. Cost is \$60.00 with all profits going to area food banks. It is recommended that the rain barrel or any other accessories be ordered online at [www.rainbarrel.ca/brooklin](http://www.rainbarrel.ca/brooklin). The order can be prepaid and will facilitate pick up. There will be extra rain barrels available the day of the sale but last year they sold out very quickly, disappointing many. The sale is taking place in conjunction with The Brooklin Horticultural Plant Sale on **Saturday May 26<sup>th</sup> between 9am - 1pm in front of the Brooklin United church at 19 Cassells Road in Brooklin.**

#### Whitby In Bloom Garden Tour

Set aside **Saturday July 21st, from 10am - 4pm**, for a relaxing day visiting gardens in the Whitby and Brooklin area. The event is **FREE** and we ask only that you bring a non-perishable food item to support the area food banks. WIB thanks all gardeners and gardens who are participating.

There is always a need for volunteers to "garden sit" for a morning or afternoon so please consider helping. It's a great time to visit with other enthusiastic gardeners and have a day in someone else's garden!

If further information is required about either event don't hesitate to call me,

Jane Austin @905-668-1054 or speak with me at any Brooklin Horticultural meeting.

Jane Austin

Gardens from 2017  
WIB Garden Tour



A very large container with a 'hot' combo of succulents

### VISIT OUR CORPORATE MEMBERS

**Bryson Insurance** - Please drop by for our annual Bryson Blooms: A Community Celebration event on May 6<sup>th</sup> from 11am-1pm at 10 Roebuck Street (Bryson Insurance office).

**R&T Decks & Fences** - contact us for your decking, fences and contracting needs - Ron Smith, Owner - 905-424-8189 (cell); 905-655-0868 (office), [randtdecks@rogers.com](mailto:randtdecks@rogers.com)

**Words on Wood** - Please check out our website for upcoming classes for both our Whitby and Port Perry locations. Also, if you are looking for a great gift for someone, we have an amazing array of home and kitchen decor, and lots of wood/cast iron/metal signs to choose from. 109 Brock St. S, Whitby, 905-493-1506, <https://words-on-wood-whitby.myshopify.com/>

## Show Tips

Over the next couple of months we will be having 3 shows, the May Spring show, the June Iris and Peony Show, and the June Rose show. Here are a few tips to help you prepare your entries.

- 1) **All entries must be in place by 7:15pm.**
- 2) Conditioning Lilacs
  - Pick stems with blooms about half open, early AM for evening use or late afternoon/evening for next morning
  - If large stem, hit bottom of stem hard with hammer on hard surface OR remove bark with sharp knife about 2-3 inches from bottom and split bark up center
  - Plunge stem into container of HOT water up to its neck under water - caution, hot water will brown petals
  - Leave in a cool dark place until ready to us

- Re-cut stem on a sharp diagonal to approx. size and groom before using
- 3) **Branches and vines must be under 76cm or 30in per the show schedule. Measure and cut branches so they are well under the specified length.** Remember that as the branch takes up water it will 'grow/stretch'. **Measure from bottom of container and up along the full arching length of the stem** for accurate length of branches.
  - 4) Groom, groom, groom.
  - 5) **HAVE FUN!!**



*This forsythia branch is too long at 35 in. I will cut it to 28 in.*



## Join Us In the Gardens

**Brooklin Horticultural Society Garden.** Join our garden work crews even if it's just for an evening or two throughout the season. **Tuesday May 1** is the official start date and we will start at 6:00pm (or when you can get there), until dark. We'll meet weekly on Tuesdays from 6:00pm to dusk and some Saturday sessions. Please contact Faye Collins, 905-655-9695 madgardener23@hotmail.com.

**Wounded Warriors Park of Reflection.** We'll start our season at the Park on **Monday April 30, meeting at 9:30am - please contact me if you plan on being there on the 30th.** We'll do some spring clean-up and tour the grounds. Afterwards, for those that are able, we'll go for coffee and plan our planting. Monday morning will remain our regular day with starting time changing as the weather warms up. If you would like to help, please contact Kathy Allam at 905-430-7213, kathyallam@hotmail.ca.

## Get Physical for Garden Season

Corporate member **Brooklin Natural Health Centre** recommends: USE the right moves to plant and rake with the ache!

- a. When lifting, keep your back straight and knees slightly bent.
- b. Carry the load close to your body and avoid heavy lifting after bending or kneeling. When doing a lot of lifting, alternate between heavy and light loads.
- c. When kneeling to plant and weed, use knee pads or a kneeling mat and keep your back straight.
- d. Most importantly, don't forget to stop frequently to take breaks and keep hydrated!

**Correct body positioning reduces strain on muscles and joints!**

## Brooklin Spring Fair

**May 31- Jun 3**

We need volunteers to design a display for the fair. Please **contact Leslie Tate** if you would like to help.



**About the BHS Newsletter** - This newsletter is published quarterly - February, May, August and October. **All photos courtesy of BHS members.** You are invited to submit articles, questions and comments about the newsletter to the **Editors: Leslie Tate** at 905-665-0486, [ltate@rogers.com](mailto:ltate@rogers.com), **Barb Panowyk** at 905-430-2939, [bpanowyk@rogers.com](mailto:bpanowyk@rogers.com), **Sherry Howard** at 905-668-7640, [howard21@rogers.com](mailto:howard21@rogers.com)