

# Over The Garden Wall

**White Rock & District Garden Club September, 2020**

<https://www.white-rock-garden-club.ca/>

Mary Openshaw, President

Johanne Mramor, Secretary

Lorna Bury, Treasurer

## President's Message

### Comfort Zone?

My New Year's theme to step out of my comfort zone every day for a year began with becoming the president of our Garden Club. Yikes, what a learning curve. I'm now Zooming. Our executive held our first Zoom meeting August 31st to familiarize ourselves with the technology and now we want you to participate with our next meeting on September 8th. It's a struggle to stay abreast of the times at times. Every day there is something new to learn and decisions to make. Twenty-five years ago my daughter helped me set up my first computer. Fifteen years ago she introduced me to a phone that could take photos. Whaaat? E-readers instead of books. Coffee pods. Smart watches. Facebook. Amazon delivery. And coming soon to a roof near you - Tesla solar shingles and Powerwall batteries to run your home.

### Putter

Some days I just want to hang out in the garden and putter and not even hear about new innovations unless, of course, it's a way to keep carrot rust fly out, which I learned on my tour of Fran's open garden. She's erected a plexiglass barrier around her carrot plantings as the flight pattern of carrot rust fly females is generally just above the carrot canopy. After consulting the internet, I found many ways to do what she's done. Check out...

<https://learn.eartheasy.com/articles/carrot-rust-fly-combat-this-carrot-killer-using-a-few-simple-tricks>. We have such a wealth of knowledge among our members and it is a bonus to visit gardens and ask questions.



## Zoom Into Next Meeting

Hope you're enjoying the Wednesday Weekly information coming to you from our executive members. See you at our Zoom meeting next week. Tuesday, September 8<sup>th</sup>, 1:30pm.

*Mary Openshaw, President*

## Nan Devereaux

### Letter from Nan's Daughter

Hello Garden Club members, I hope you are all well and enjoying some extra time to devote to your gardens.

I would like to share the news with you that my mom, Nan Devereaux passed away peacefully on her 90<sup>th</sup> birthday on August 17<sup>th</sup>. She loved her garden and enjoyed sharing her passion with the many members of your club.

Despite being unable to take part in many of the outings, she always looked forward to creating a display for one of your themed showings and especially enjoyed welcoming members to her garden on your annual home garden tours. She loved to show people around and there was always the chance to linger with refreshments and

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cookies at Nan's place!  
With warm wishes,  
Jill Graham  
L'aubari  
81150 Cestayrols  
France

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## Memories



I remembered seeing Nan's garden for the first time on a club garden tour. I was amazed - I had never seen so many pots, all with beautiful plants in them. There was a lovely gazebo also that I needed to be pried out of - it was so comfortable and calming.

Nan was a member of the Floral Circle and served the club as the Phoning Committee for years even before 2012 and, according to my membership lists, served right up to 2019. She will be missed.

*John Davidson, Newsletter*

## Covid-19

### WRDGC Plans

Until we are able to meet in large groups again, we have been planning activities and ways to keep in touch, learn and enjoy each others gardens and company. Many of the regularly scheduled meetings and activities described on this website have been canceled. However, we plan to keep in touch with members in as many ways as possible and to help members stay connected with our community and enjoy each others gardens and share gardening knowledge.

#### We plan to:

1. Send a weekly garden note via email from the Executive to all members
2. Encourage members to contact each other and your club Executive to stay in touch and share ideas for our club
3. Have garden visits with small groups of members
4. Hold Parlour Shows virtually using our Website, Twitter, Facebook and Instagram
5. Share information and photos of our members' gardens and plants through the internet
6. We are **extending** the 2020 memberships through 2021
7. Continue regular Executive meetings via Zoom or In-Person (following guidelines)

#### And in future we hope to:

- I. Have General meetings and present speakers via Zoom
- II. Offer small group workshops
- III. Organize local destinations to visit by car

Any In-Person activities held will be in accordance with the Provincial Covid-19 guidelines for social distancing, mask wearing etc.

*Bev Sass, Website*

## Hanging Baskets

### Save Yours

Please save your hanging baskets for us so we can reuse them and plant them up for next years plant sale.

*Terry Haight, Plant Sales*

# Photo Contest

## Looking Ahead To November

We always have a Photo Contest in October - November and this year it will be virtual. The title is “**A Scene From Your Garden**” (not just a single flower or two but like a landscape). Send in your photos and when they are all posted on the web site, please send in a vote for your favourite, and the trophy will be awarded to the winner. Directions for dates will follow in next newsletter, but you can start planning now. If you haven't entered before, this is a great opportunity. We hope many more of you will enter both in September and again in November. It is easy and very enjoyable to see your picture in the Gallery.

*Donna Lawson, Show*

# Zoom Set Up

## Zoom Application

Everyone should have the Zoom application loaded onto their machine (PC, laptop, tablet or cell phone) to participate in a White Rock Garden Club meeting. You can use any device that has both a microphone and a speaker.

## To Install The Zoom Application (only done once)

- 1 <https://zoom.us/support/download>  
Click on this link and you will see the following screen

- 2 The Blue arrow above is pointing to the program file. Click on it to load the application.

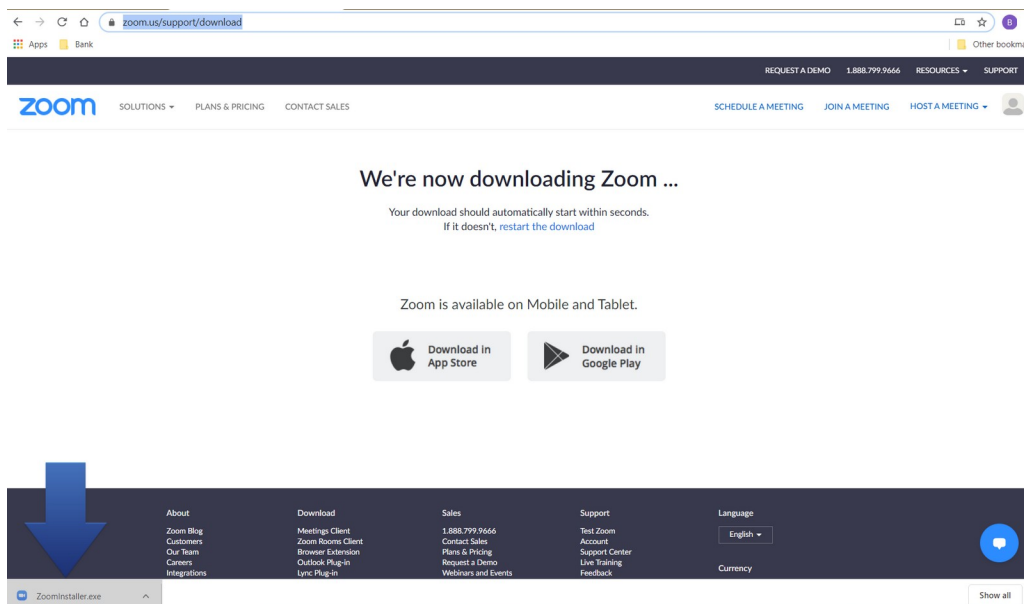
## For Windows or Mac Users (each time you participate in a meeting)

- IV. Open the **Zoom** desktop client.
- V. Join a **meeting** using a link that will be emailed to you the day before the meeting. The clubs personal link is shown here.  
<https://zoom.us/j/6243107570?pwd=dHRFdmdkTVY0Y1pzZHhOOGhpeE9Sdz09>
- VI. Or you can enter the **meeting** ID number (ID 624 310 7570) and password that will be emailed to you and your display name. ...
- VII. Select if you would like to connect audio and/or video and click Join.
- VIII. Recommend you sign on 5-10 minutes prior to meeting time to ensure your system is working.

## Note:

- Only 1 person can speak at a time
- Turn off back ground noise
- Make sure you are facing the light.
- Audio can be turned off until you want to ask a question
- Video can be turned off if you don't want to be seen
- Meetings are limited to 40 minutes with a maximum of 100 attendees at no cost

*Bev Sass, Website*



# Juicy Bits

## The Power of Tomatoes

*Excerpt from Food Sense,  
Consumer Reports on Health,  
September 2020*

Biting into a ripe, juicy tomato is one of the true treats of summer. Fortunately, it's also one of the best things you can do for your body. Its rich red color comes from lycopene, a powerful antioxidant plentiful in just a few foods. Plus, a large tomato offers decent amounts of vitamin C and blood pressure lowering potassium.

Locally grown tomatoes may be your best bet for health and taste. "In an attempt to create firm, round, pest-resistant fruit, big agriculture accidentally bred out the flavor gene," say Amanda Bontempo, RD, and oncology dietitian at NYU Langone Medical Health. Plus, grocery store varieties are generally picked early so that they're not overripe by the time they reach the store. "Sun-ripened tomatoes typically have more flavor and more lycopene," says Alisa Scherban, RD, a dietitian with Yale Health in New Haven, Conn.

People with arthritis, especially rheumatoid arthritis, often think they should avoid tomatoes and other nightshade vegetables (eggplant, potatoes, and peppers, for example) because they can cause inflammation that leads to joint pain. The notion may stem from the fact that this plant family contains a compound called solanine, which in large amounts can be toxic. But the amount found in nightshade vegetables is extremely low. There's no research that shows that nightshades cause inflammation. In fact, it's just the opposite. "The phytochemicals in tomatoes have a powerful anti-inflammatory effect," Bontempo says.

*submitted by John Davidson, Newsletter*

## Longevity

*Excerpt from Longevity by Jonathon Keats  
Discover Magazine  
July/August 2020*

- Consider yourself lucky to be alive today; In preindustrial times, you could expect to live just 30 to 40 years. Now

the global average is 72.6.

- Luckiest of all was Frenchwoman Jeanne Calment, who died in 1997 at the age of 122. Calment gave up smoking at 117 - but never abandoned her habit of drinking a glass of port each night.
  - Some studies have correlated red wine with longevity, citing the salutary effect to the ingredient resveratrol in mice fed a high-calorie diet. But you'd have to drink hundreds of glasses a day to match the quantity that lengthened the rodent's lives.
  - A shrew is lucky to live for two years, whereas bowhead whales can live for more than 200.
  - But they're not the oldest thing in the deep: A quahog clam specimen found off Iceland in 2006 was nicknamed Ming, after the Chinese dynasty during which it began its life. Researchers determined Ming was 507 years old; unfortunately, that determination came after the clam had been killed.
- submitted by John Davidson, Newsletter*

## Final Words of Wisdom

Life is too short to drink bad wine. Cheers.

## Next Meeting

**September 8<sup>th</sup>, at 1:30 pm**

White Rock GARDEN CLUB is inviting you to a scheduled Zoom meeting.

**To join this Zoom Meeting just click on the following link:** (click on a few minutes before meeting to set up your video and sound)

<https://zoom.us/j/6243107570?pwd=dHRFdmdkTVY0Y1pzZHhOOGhpeE9Sdz09>

Meeting ID: 624 310 7570

Pass code: uPsJB4

## Take Care Everyone