



'Through The Garden Gate'

The monthly newsletter of the Englehart and District Horticultural Society
September 2017



Englehart and District Horticultural Society was formed in 1956.

General meetings:

3rd Wednesday of most months at 7:00 p.m. in the Presbyterian Church basement

- *Speakers, workshops, demonstrations
- *Civic Improvement
- *Youth Involvement
- *Displays and Competitions
- *Environmental Stewardship

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Gardening and Mental Health

Gardening programs have been shown to increase quality of life for people with chronic mental illnesses, including anxiety and depression. Another study on the use of therapeutic horticulture for patients with clinical depression sought to understand why gardening programs were effective in lessening patient experience of depression. They found that structured gardening activities gave patients existential purpose. Put simply, it gave their lives meaning. In jails and corrective programs, horticultural therapy programs have been used to give inmates positive, purposeful activities that lessen aggression and hostility during and after incarceration. In one detailed study from a San Francisco program, involvement in therapeutic horticulture was particularly effective in improving psychosocial functioning across prison populations (although the benefits were not necessarily sustained after release.) Gardening has been shown to help improve the lives of military veterans and homeless people. Various therapeutic horticulture programs have been used to help people with learning difficulties, asylum seekers, refugees and victims of torture. (Watch the movie 'Greenfingers' if you can!) (final instalment of "Gardening Is Good for You")

Mark It On Your Calendar:

September 20: General Meeting
September 30: District 12 Fall Planning Meeting

Looking Back

One of our main purposes as a society is to give back to our community. This is an aspect of our society of which we can all be very proud. From the very beginning, the Englehart and District Horticultural Society has been very community-oriented and continues to be so. In the years 1999-2000 we were an integral part of the Centennial Park project's planning and planting.



Lynn Coutts and Twyla Wilson take a break while planning the park and (right) Twyla accepts an award on behalf of the Society for our efforts in this wonderful project.

OHA/District 12 News:

This month, several of our members will be attending the District 12 Fall Planning Meeting in Iroquois Falls. We will be handling business for the District, in particular, making plans for the 2018 Annual Meeting next April. There will be a report by our delegates at our next meeting regarding both this Fall Planning and the 2018 Annual Meeting.

Reports from Your Directors:

Social: Convenor Mary Schippers reminds Rick and Carol Heaslip that they are the hosts for the meeting and also bring the gift for the free draw. Don't forget to bring a small contribution for the shared snack.

Programme: This month's meeting will be '**Seasonal Wreaths**' with Bonnie Warner and Joyce Smith. They will be demonstrating a variety of wreath ideas for our changing seasons and occasions. Please check page 4 of this bulletin for this month's classes for the competitions. Next month's will be a busy meeting with the theme '**Pumpkins Galore**' (Bonnie Warner tells me that "A pumpkin is not just a pumpkin.") It should be an interesting presentation! Also, if you won a trophy in our last Jaded Gardener Competition, please bring it to the September meeting so that jaded gardener, Deb Murray, can make arrangements for next month's meeting. October also promises to be a very busy meeting! Along with the Pumpkin Presentation, we will be holding our final 'Jaded Gardeners' competition with the jade plants we all received from Deb Murray last year. Please, bring these babies in to our October meeting. It'll be fun to see any changes. Remember, they can be decorated using any theme, or just brought in as they are. We will also be holding our final competition for this year in October.



Website/Facebook: We now have 160 people using our Facebook Page for information about the Society and to share their questions and experiences with others. Rick Heaslip reports that we had 416 unique visits in August and have had 3679 visits to our website to date.

Christmas Workshop: Yes, it is very early, but the committee just wants to let members know that we are working on the programme which will be held on November 29. Make sure to mark it on your calendar. (More info in October's bulletin)

Civic Improvement: If you were in charge of planting one of the gardens in town and you need assistance to 'degarden it', please let us know as I'm sure there will be people willing to help tidy them up for the winter.

Looking Back

I hope a little look back to our previous Jaded Gardener competition will help inspire your entries next month! You are free to add decorations, accessories, etc., or just bring your jade back 'undecorated'. We certainly enjoyed some of the themes of the jades last year. Maybe a trophy will be coming your way! As we saw last time, no jade is too small or too ugly!!



The Hilliardton Marsh Open House

Our Society was invited to participate in the Hilliardton Marsh Open House in August. We chose to provide an activity for the children attending. Several members had saved and pressed flowers and these were used in bookmarks that the children made. The bookmarks also had our Society's information on the other side. Ginny ran a contest for a free membership, which was won by Anne Kennedy. We gave our information and advice, and were each also lucky enough to be able to set a monarch butterfly free, thanks to Judy Eastman.



Youth 'Super Gardener' Competition

Our society has sponsored a youth garden competition for at least 12 years and this year was one of the most popular. We had 16 keen children from the Englehart area who planted and tended gardens as part of the society's Youth Garden Competitions. In August, judges Lois Dekker and Judy Brownlee visited the gardens and were pleased with the efforts of the children this summer. The result of the judging is as follows:

JK/SK 1st: Sierra Denomme and Brynn Warner **2nd:** Liezl and Steve Nemecsok
Grade 1-3 1st: Haley Schenk **2nd:** Kyra Shearing, Makayla MacPherson and Chase Hamilton
3rd: Olivia Nemecsok and Caleb Schenk
Grade 4-8 1st: Aaron Mowbray **2nd:** Aiden MacPherson and Nate Hamilton **3rd:** Rhys and Annalee Robertson.

Thank you to the entrants for all their hard work, to the adults who encouraged them, and to the judges who gave up their time to judge the gardens. As we have learned, planting and tending their own garden instills in children a sense of responsibility and pride in their work.

Below are photos of the first prize winners.

Brynn Warner



Sierra Denomme



Haley Schenk



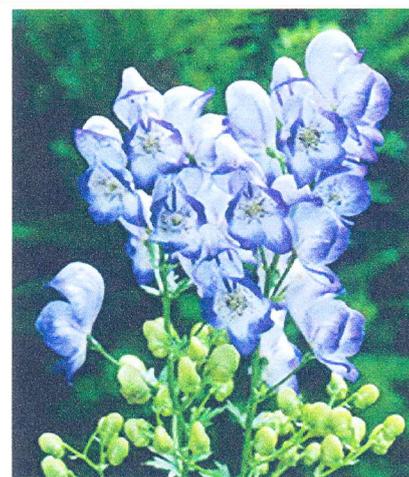
Aaron Mowbray



Plant of the Month

Aconitum or Monkshood

This tall, hardy perennial provides a splash of blue, purple, and even yellow or white to the late garden. Its individual flowers are held along a tall stem and the top petals form a 'hood', hence the name. It may grow tall enough to require staking. The monkshood like moist but well drained soil, not too much fertilizer, and will grow in full sun to part shade. Other names are: wolfs' bane, women's bane, devil's helmet which are appropriate as nearly all parts of the plant are poisonous. I have grown and handled the leaves and blossoms for years with no ill effects but it is recommended to wear gloves when handling this beautiful plant and to keep it away from children.



Some Reminders

Because we no longer have a large Flower Show, we added competitive classes to several meetings this year. We really hope that you will consider entering these classes as it adds to the fun of a meeting, you could win money, and it's a challenge for all!

September Competitions

Adult Classes

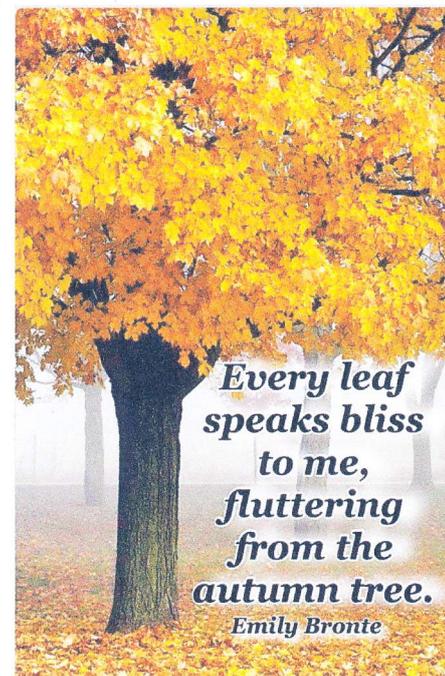
Class 1: Pumpkin (1) **Class 2:** Squash (not a pumpkin) (1)
Class 3: Carrots (3) **Class 4:** Potatoes (3)
Class 5: Any other vegetable (1)

Youth Classes

Class 1: Pumpkin (1) Class 2: Carrots (2)
Class 3: Beets (2) Class 4: Fantasy creature made from
fruits and/or vegetables



Poetry and Prose



Harvest and Storage of Pumpkins

Pick pumpkins when they are the size and color you need and always leave a 2-4 inch stem stub. (about 5-10 cm.) Leaving no stem stub invites disease. Pumpkins can still be harvested after frost. For long-term storage, cure them in the sun for a week and then move to a cool, dry place. For winter storage, the skin should be hard. They will store up to 6 months at 45-50°. (thanks to Don Matthews)

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