Master Gardeners Association of BC

sletter



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The Up Side of Lyme

Two Years of Healing Have Improved This MG's Garden

What amazes me most about my garden is how uncharacteristically well organized it is these days. In the past, my perennial borders have been the product of fate, whimsy, and generous neighbours. If I liked a plant, I stuck it in the ground with little regard for colour or structure or any of those other

principles designers always seem to think are so important.

Now my garden is starting to show some real flair and I have a prolonged battle with Lyme disease to thank for the transformation.

Symptoms of Lyme disease

Lyme disease is multi-system inflammatory disease contracted from the bite of an infected tick. It is the most common tick-borne illness in North America and in British Columbia endemic areas

include Vancouver Island, the Lower Mainland, the Sunshine Coast, the Fraser Valley, and the Kootenays.

If diagnosed in its early stages, Lyme is easily treatable with antibiotics. However, Lyme is notoriously difficult to diagnose and many of its sufferers, including me, are not diagnosed until its later stages when treatment is difficult and cardiac and/or neurological complications have begun to manifest. My own symptoms have included seizures, convulsions, partial paralysis, hallucinations, Bell's palsy, tremors, heart blocks, short- and long-term memory loss, vertigo, impaired speech, sudden deafness, double-vision-and the list goes on. Over the past two years I've developed more than 40 symptoms ranging from mild to devastating.

Garden a source and a solace On the bright side, two years of down time has given

me plenty of opportunities to shuffle around garden centres and thumb through seed catalogues and gardening magazines. I've read tags, looked up characteristics, and calculated available space. I

> even turned down a plant from a neighbour because it didn't fit with the colour scheme I had in mind.

> Yes, to my own great surprise, I actually had a colour scheme in mind. As a result, my garden now makes it appear as though I know what I am doing whereas previous incarnations have been greeted with scepticism by casual observers who really didn't much care that I could recite the botanical name of each and every plant.



Erythronium in the wild

That I remain so enthusiastic about gardening when my garden

is the most likely place for me to have contracted Lyme has raised a few eyebrows. But the way I see it, if I'd taken up gourmet cooking, I wouldn't be inclined to give it up if one day I accidentally torched my kitchen. Freak events are freak events and the chances of coming in contact with a second infected tick are remote. Not even my luck is that bad.

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Letter from the President

Another successful spring seminar behind us and, judging by the new emailed bulletin, quite an exciting season lies ahead. The purpose of the bulletin, which all members with email should have received, is to keep you informed of activities around the province. If there is a particular activity in another chapter that appeals to you, contact the Master Gardeners involved and I am sure visitors will be made very welcome.

It has been brought to my attention several times recently that members may be reluctant to join the council due to the history of bickering, confrontation, personal attacks, and irreconcilable argument. Although this description of council meetings may have been true in the distant past, it certainly is no longer the case. For the previous two years I was a member-at-large on council and more recently as president-elect and now as president, I can assure you that I have experienced no confrontation at council meetings. All council members conduct themselves extremely professionally at all times and all discussions proceed with the utmost mutual respect. If a member speaks strongly on any subject it is only due to their commitment to the association and a belief that we must do the right things for the benefit of the association at large.

We are fortunate that the current year's council is comprised of very hardworking and intelligent members. All council members are making a major contribution to our association. The number of hours spent preparing for meetings, organizing events, planning for the future, improving governance, documentation, budgets, and accounts doesn't bear thinking about. All credit goes to this hardworking group whose devotion to duty is boundless.

We are at a turning point in the history of the Master Gardeners Association of BC. We consider 2009 as the transition year, where the MGABC finds its footing in its true role of heading a provincial organization. The MGABC must prove its worth in benefiting all chapters by providing province-wide services such as the newsletter, website, email communications, and policies and procedures which all chapters *choose* to adopt. The MGABC has an important role in supporting the new chapter in Prince George and encouraging the birth of new chapters such as Kamloops and South Fraser.

This is an exciting time on the MGABC council and I would urge all members to seriously consider joining us and taking the opportunity to help shape the future of our association. We need a number of new council members for 2010. The slate of potential new council members must be finalized by our AGM in November.

If you are interested in joining the council, please make yourself known to the nominating committee or any council member. We need new members from chapters throughout British Columbia and we are in need of certain specialist skills: publicity/marketing, communications, fundraising, events organization, and members with a background in law. These specialist skills are not exclusive, so if you just have an overwhelming enthusiasm to get involved, please do so.



Caroline Brett receiving her Award of Merit.

Photo: Janet Sawatsky

Similarly, all local chapters will be looking to fill vacancies on their respective councils for 2010. Please step forward and take this opportunity to make a significant contribution to your local chapter. The demand for Master Gardenering at the grassroots level is as strong as ever. This is the time to build a stronger organization—with your help.

-Barry Roberts

"Lyme's most famous symptom, a distinctive bull's eye rash, occurs in less than fifty percent of infected people."

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Prevention pointers

For those of you who would like to avoid a run-in with Lyme disease, the British Columbia Centre for Disease Control recommends keeping your grass cut short, moving compost, woodpiles and birdfeeders away from your home, controlling rodents, putting up fences to keep deer off your property, and creating a metre-wide strip of mulch between your property and any wooded areas or grassy fields. When out enjoying nature, walk on established trails and wear light clothing that will make the ticks more visible. As added precautions, tuck pants into socks, use an insect repellent containing DEET, and check yourself for ticks as soon as you come inside.

If you find a tick, have your family doctor remove it immediately or remove it yourself with tweezers, being careful to grasp the tick by it mouthparts and not by the body, which can increase the chances of transferring the infection. Early signs of Lyme disease include flu-like symptoms such as muscle and joint pain, headaches, fever and occasionally a rash. Lyme's most famous symptom, a distinctive bull's eye rash, occurs in less than fifty percent of infected people.

For more information on Lyme disease, contact the Canadian Lyme Disease Foundation (http://www.canlyme.com) or the B.C. Centre for Disease Control (http://www.bccdc.org).

—Vanessa Farnsworth

Years of Service Recognized

At the spring seminar, 10- and 20-year pins were awarded to the following Master Gardeners (members who were unable to attend the spring seminar should contact Membership Chair Pat Taylor to secure their pins):

10-Year Pins	Cindy Delmonico	Ruth Patrick	20-Year Pins	Colleen Sim
Douglas Courtemanche	Linda Eaves	Lee Perry	Ann Buffam	Elaine Stevens
Colleen Martin	Diane Escalante	Brian Pomfret	Nigel Bunning	Ray Talbot
Susan Askew	Gwen Gore	Thea-Marie	Therese D'Monte	Jo Toon
Joan Bentley	Paula Hart	Rosenstock	Liz Farry	Margaret Ward
Shamir Bhatia	Diane Hartley	Judy Schmidt	Verity Goodier	, and the second
Surrinder Bring	Gail Heuchert	Jane Sherrott	Donna Guillemin	-Barry Roberts
Lynn Burge	David Hills	Eleanor Smyth	Ayuko Inoue	·
Susan Christoffersen	Heather Hyde	Lorraine Waring	Sharon Kamenka	
Vivien Clarke	Barb Jordan	Barbara Warner	Wendie Kottmeier	
Donna Cochran	June Kimmitt	Louise Watson	Doreen Marbry	
Cynthia Cook	Henry Loewen	Robert Wilmott	Charlene Mason	
Carson Cooledge	Betty MacPhee	John Worsley	Mike Nassichuk	
Linda Cooper	Ethelyn McInnes-Rankin	Marny Young	Philippa Ostler	
Gillian Cramer	Eileen Parsons	, ,	Karen Shuster	



Who is eligible?

Master Gardeners who have completed the Basic Training two or more years previously are eligible to take the MG Advanced Training program.

When does it start?

Advanced Training is usually offered in alternate years. The start-up date is September of the year in which there is sufficient demand for the program.

What is the class size?

The class size is no more than 30 students and no less than 25 students. Enrolment of the minimum number of 25 students is required.

What does the program include?

Advanced Training consists of a core course taken in Year One, followed by a minimum of four elective courses taken in Years Two and Three. If you wish to take more than four electives, you are welcome to do so.

The Core Course

The core course consists of five parts:

Botany—a basic course dealing with specific applications for answering gardeners' questions (15 hours)

Taxonomy—focussing on major plant families only (15 hours)

Right Place, Right Plant— (10 hours)

Integrated Pest Management— (10 hours)

Soils, Fertilizers, and Amendments— (10 hours)

The Electives

The in-depth electives currently offered include:

Entomology

Landscape Design

Native Plants

Plant Disease Diagnosing

Propagation

Shrubs

Trees

What are the course requirements?

Along with attendance at lectures and reading texts and handouts, Advanced Training participants are required to write research papers for each segment of the core course and for each elective.

A certificate of completion and a pin will be awarded when you have completed the program requirements, which include:

- attending all lectures and fieldtrips
- completing all assignments
- fulfilling Master Gardener volunteer hours
- being a member of the Master Gardeners Association of British Columbia

How much time will it take?

The core course is offered as a five-hour class one day each week over a period of 12 weeks for a total of 60 hours of class time. Additional time is required for reading and writing research papers.

Each elective course is offered as five-hour classes on each of three days. Additional time is required for reading and writing research papers.

Students must complete the core course and four electives within three years. Other electives are at your convenience.

Advanced Training may not be offered again until 2011

Are there any other commitments?

It is expected that Advanced Training graduates share their knowledge in many volunteer activities.

What will it cost?

The estimated costs to each student are as follows:
Core Course \$280
Four Elective Courses \$280
(\$70 per elective, \$75 for Shrubs and for Trees)

When do I pay?

A \$100 deposit (to be applied toward the core program fee) is required with your application form. The balance of the core fee (\$180) is due in full by August 1 of the year that you are taking the course. The fee for each elective course is paid when you apply for each elective.

What if my plans change?

The entire fee (less a \$25 processing fee) will be refunded as long as you give notification in writing of your withdrawal from the program by August 1 of the year that you planned to take the core course. Withdrawals after that date will not be eligible for a refund.

May I just take the electives without taking the core course?

No, the elective courses are only open to Master Gardeners who have completed the core Advanced Training program.

Why is it structured that way?

The teachers of the electives base their courses on the assumption that you have a good knowledge of botany, taxonomy, integrated pest management, and many other elements that are provided by the core Advanced Training program.

May I sit in on some of the lectures without being registered for the program?

Only Master Gardeners who have taken the core Advanced Training program may sit in on core lectures (for a fee of \$5 per day).

On what dates will the core course be presented?

The core course will be presented on Tuesdays. The core course will commence in September and run until early December.

When must I register?

The final date for registration for the year will be on June 30.

Where do I get an application form?

If you wish additional information or an application form, please call June Pierson or Christine Deagle, or email Christine Deagle at cadeagle@shaw.ca.

Don't miss this opportunity. Sign up by June 30. The next opportunity may not be until 2011.

—June Pierson









Victory Gardens 2.0

During the First and Second World Wars, vegetable gardens filled many yards. In 1943, 20 million gardeners produced 8 million tons of food in the United States. Today we are enthusiastically planting backyard gardens again. We grow food not only to provide us with fresh, often novel, varieties of organic fruits and vegetables, but to reduce the transportation miles associated with the food we eat.

Our own Sharon Hanna (www.growsomefood.ca) and Mike Nassichuk (www.mountainsidegardening.ca) teach people to grow food in the city. They have kindly sent along lists of favourite vegetable varieties.

Squash: Compact varieties: Make sure seedlings for squash and cucumbers (all cucurbits) are transplanted to the garden before the third true leaf opens. **Carrots:** 'Bolero', other 'Nantes' varieties. "I don't care for the soapy taste of purple or yellow ones, but...I could be wrong!"

Lettuce and mesclun mixes: For scissor-harvesting.

Corn: "Corn is great to grow. It is one of the most attractive to bees and other pollinators. Even if you don't get actual corn to eat, it's a lovely architectural feature so grow half a dozen plants for the bees."

Potatoes: 'Yukon Gold', 'Desiree'. "Try the burlap sack method." Email me at growsomefood@telus.net for details.

Beans: Purple bush beans outperform any others but not everyone likes the idea of purple beans (they turn green when cooked). Romano-types like 'Goldmarie' are great. Scarlet Runners are wonderful to eat (small) and blossoms attract bees. Plant Scarlet Runners and black-seeded varieties in early May in raised beds. Plant other beans, or in level ground, in late May when soil reaches 55 degrees.

"The latest research indicates that using of dolomite lime acts to compact soil. Using plenty of compost should maintain a healthy pH. Use calcium carbonate from oyster shells only if a soil test shows low pH."

Tomatoes: 'Sungold F1' (you can't save seed, too bad), 'Black Cherry', 'Green Grape'. "You actually get tomatoes", Sharon says, adding: "Larger fruiting varieties are harder in Metro Vancouver due to lack of light in many home gardens. I'm trying a new Sungold-like OP tomato so stay tuned."

"Try to attend Seedy Saturdays at VanDusen. This year attendance was quadruple the normal. Seedy Saturday features locally grown seeds, many of which will be suited to our west coast climate. Seed supply companies, including West Coast Seeds, do not grow their own seeds but buy from major seed suppliers all over the world."

—Sharon Hanna







Bean (bush): 'Bush Blue Lake', 'Provider', 'Royal Burgundy'

Bean (pole): 'Blue Lake', 'Kentucky Wonder'

Beet: 'Red Ace', 'Chioggia'

Broccoli: 'Goliath', 'Purple Sprouting' (for overwintering)

Carrot: 'Purple Haze', 'Sugarsnax', 'Scarlet Nantes', 'Flyaway' (partial rust fly resistance)

Corn: 'Extra Early Super Sweet', 'Seneca Spring'

Cucumber: 'Marketmore', 'Sweet Slice', 'Pioneer'

Lettuce: 'Buttercrunch', 'Red Salad Bowl', 'Red Sails', 'Freckles', 'Pandero'

Onions (storage): 'Copra', 'Red Baron', 'Walla Walla' (overwintering)

Peas: 'Green Arrow', 'Mister

Big', 'Sugar Lace'

Potato: 'Yukon Gold', 'Kennebec'

Radish: 'French Breakfast'. 'Cherry Belle', 'Easter Egg'

Salad Greens: Mizuna, Corn Salad, Mibuna, Red Mustard

Spinach: 'Olympia', 'Tyee', 'Longstanding Bloomsdale'

Tomato: 'Ultra Sweet'. 'Fantastic', 'Lemon Boy', 'Sweet

"In presenting a list such as this I also like to make reference to this Seeds of Diversity website — www.seeds.ca/hpd/ catCSCI specieslist.php there one can find sources of a wide variety of vegetables. Another good website is www.gardenlist.com—a comprehensive inventory of gardening catalogues in the United States and in Canada."

-Mike Nassichuk





Eat Local

When the average North American sits down to e a t , each ingredient has typically traveled 2,400 kilometres to get from farm to plate and contains ingredients from five countries in addition to our own. That's a lot of "food miles", a term coined in 1994 by Britain's SUSTAIN organization to reflect the fossil fuels burned that produce damaging greenhouse gas (GHG) emissions. By contrast a meal produced with ingredients from a local farmer's market may have travelled only 101 kilometres!

Eating locally produced food can significantly reduce your carbon footprint. The David Suzuki Foundation's Nature's Challenge lists eating locally as one of the top 10 things you can do to reduce your global footprint. Canada's One-Tonne Challenge asks Canadians to try to reduce their personal GHG emissions by 20 percent. A typical Canadian household produces five tonnes of GHG emission per year. Replacing the majority of imported food items with those locally grown can reduce household GHG emissions by a quarter of a tonne—a quarter of your One Tonne Challenge (getlocalbc).

Our desire to consume imported foods has tripled the volume of food imported over the last 20 years. Imported food accounts for more than a quarter of the goods transported on our roads and is also the largest component of airfreight, the most polluting form of transportation. Instead we can consider the many outstanding local foods available year-round—websites like "getlocal" (www.getlocalbc.org) provide lists of products that are available each month. We need to learn how to get, say, vitamin C in local foods (think cabbage and apple salad with hazelnut oil and poppy-seed dressing or kohlrabi, fennel, and broccoli stir-fry) instead of in Jaffa oranges (Toronto's Food Share).

We are extremely lucky to have many farmer's markets and buyers' co-ops in Metro Vancouver and throughout British Columbia. They make obtaining local food easy. These food distribution systems generate up to 17 times fewer food miles than the large grocery store systems of food sales. Buyers' groups like Neighbours Organic Weekly Buying Club (NOWBC) and Organico Co-op pick up food from local producers in small trucks, then deliver it to a central home in numerous neighbourhoods where individuals pick up their order.

Shorter farm to food time ensures nutrient loss is minimized. Other advantages of eating locally produced food: it strengthens the economy, helps conserve agricultural land, supports our local, smaller mixed-farms (not large agro-business monoculture operations), allows us to know how and who produces our food, creates incentives for less pesticide and chemical use (people connected to the local community steward land better) and builds community connections and a sustainable food network.

— Jane Sherrott



News from the Island

Members of the Vancouver Island Master Gardeners Association, from Campbell River to Cobble Hill, have been dispensing garden advice to the public at garden shows, tours and sales, farmer's markets, nurseries, and garden clubs for the past few months. The Master Gardeners in Training from this Fall's classes have merged smoothly into our Association and we are all benefiting from the energy, enthusiasm, and knowledge they have brought with them. VIMGA is involved with Vancouver Island University in the process of engaging a new facilitator for the MG Basic Training program after the long years of excellent service in this role by Barb Kohlman.

The VIMGA Spring Education day on April 5 was very successful. The four speakers included Kel Roberts on Fire Smart Landscaping, Karen York on Horticulture Therapy, Sharon Hanna on Growing Food, and Bob Duncan on Fruit Trees, and they spoke to a very attentive and appreciative group in Nanaimo.

A number of our members have been instrumental in the formation of the Qualicum Beach Community Garden. The interest in having an allotment in the garden was so high a lottery was held and a waiting list for next year has been taken.

Spring has finally arrived on the Island, a little late and a little colder than usual but very welcome. Almost everyone I have spoken with recently has lost at least one favourite plant in his or her garden to the long cold winter we endured. Details are usually given of the plant and its demise, looks of understanding are passed back and forth, then the conversation usually ends with "But now I have a space in my garden for a new plant!" and more and more these days it seems that new plant will be an edible.

—Janet Sawatsky

Let's Grow as Much Food as We Can!

Could farmers produce enough food for us to eat locally produced food? Absolutely. The 2007 Vancouver Food Assessment Report reported that the province could produce 60 percent of its own food and the Lower Mainland as much as 85 percent." (Farm Folk/City Folk, "Let's Get Local

Metro Vancouver" http://www.ffcf.bc.ca)

Let's grow all we can on our balconies, in our yards and in community gardens. (Let's rethink putting garages in full sun on our property, or put flat roofs on them for container gardens.) For those products we can't grow ourselves, why not try to meet the challenge issued by the (Vancouver) 100-Mile Diet Society to buy products from local producers? Farm Folk/ City Folk (http://www.ffcf.bc.ca) have an excellent site with

> cheese producers, organic delivery services, and seed suppliers which are all local producers.

> lists of farmer's markets and u-picks, sustainable meat and

There are many novel groups in Greater Vancouver that are facilitating the production of sustainably produced, ethical and B.C. agricultural products, including Community Shared/ Supported Agriculture Farms, where consumers can buy shares in the farms and BCFarmFresh, which has member farms that specialize

in farm gate sales. Edible Vancouver magazine (www.ediblevancouver.

com/index.php) is a wonderful celebration of local foods.

-Jane Sherrott

Letter from the Vancouver Chair

An amazing Seedy Saturday was organized by the Vancouver Master Gardeners on the last day of February this year. If you didn't go, you missed a spectacular event. With over 30 vendors, the Floral Hall was packed before the event opened. Then the crowds arrived, prompted by all our promotional notices and a spot on the Chinese channel of Fairchild TV, and they arrived in their hundreds. It was a great event, and congratulations and thanks are due to everyone who supported it and was involved in organizing it. But we know that there is more potential, and council is already working on plans for an expanded event next year.

Continuing my theme from the Letter from the President of MGABC, I urge all members to consider joining the council of the Vancouver Chapter. We are looking for new members for council for 2010. Please step forward and help build a

stronger, more vibrant local chapter. Please make yourself known to Lynne Chrismas, chair of the nominating committee, or any current council member.

I also have to point out to all Vancouver Master Gardeners that our finances are not strong. Council is managing to work within the approved budget, but things are tight. Council will be enforcing our bylaw regarding membership of VanDusen for all residents who reside within Metro Vancouver.

Further, the special events committee has been hard at work organizing top quality speakers for our monthly meetings and organizing workshops and field trips throughout the remainder of 2009 (see the monthly email bulletin). It would help this chapter greatly if all members would make a special effort to support these events.

—Barry Roberts



Niya, from Chanthorn Orchids, with an excellent display at the Spring Seminar



Jayna <mark>Street w</mark>ith the Tuscan Far<mark>m</mark> Garden H<mark>and</mark> Care products at the Spring Seminar



I am using part of this column as an advertisement. I have decided to retire from the Clinic Coordinator position and to offer someone else the opportunity to get to know and love so many people.

During the transition to a new Clinic Coordinator, I will provide all the information required to do the job as well as ongoing support for however long it is needed.

The job requires a computer and a sense of humour—pretty simple really. Let me know if you have been waiting for the opportunity to serve. My email address is *mgcliniccoordinator@gmail.com* (I will pass the email address on to the new coordinator).

On another clinic topic, once again I would like to stress the value of subscribing to the mgclinics email discussion forum. There I post information special requests that come in throughout the clinic season to have Master Gardeners provide clinics at various venues.

If you are not yet a subscriber, I encourage you to join by sending an email to *mgclinics-subscribe@yahoogroups.* ca. You will receive a response within a few days telling you that you are now a subscriber and you will start to see requests for clinic exchanges, new clinic venues, and any information related to clinics in your email inbox.

Notices regarding clinics are no longer being sent out via the mgadmin email discussion forum, so you will miss out if you do not subscribe to mgclinics.

All best wishes on your clinics this season.

—Diane Hartley

Vancouver Master Gardeners Speakers Group

The list of Vancouver Master Gardener speakers is being revised and updated and so far 17 members have volunteered to be on the roster of speakers.

We are going to develop a flyer for mailing out to all the garden clubs and other interested associations to promote the activities of the Speakers Group. This service will also be promoted on our website.

Barbara Bowers has volunteered to be the new Speakers Group coordinator. Barbara will take requests for speakers from garden clubs, seniors groups and professional groups, meet the requests where possible and confirm final arrangements.





of the Master Gardeners Association of British Columbia in Associaton with

VanDusen Botanical Gardens Association

Mission Statement

The Mission of the Master Gardeners Association of British Columbia is to provide information about gardening to the community and to educate people about environmentally responsible gardening practices.

Please send all contact information changes to Pat Taylor, membership chair.

All other newsletter correspondence can be sent to the editor, Ann-Marie Metten, at ametten@telus.net.

Newsletter layout by Wendy Jones.

The MG Newsletter is published in March, June, September, and December. Deadline for submissions to the September newsletter is June 30, 2009. www.bcmastergardeners.org gardener@bcmastergardeners.org

MG Calendar

All events take place in the Floral Hall at VanDusen Botanical Garden, unless otherwise noted

Tuesday, June 16, 7 p.m. Annual Master Gardener Garden Partv

Friday, June 19, to Sunday, June 21

World Rose Festival Vancouver Convention and **Exhibition Centre** Find out more at www.worldrosevancouver2009.com.

Tuesday, September 8, 9:30 a.m. General meeting One sheep, two sheep, white sheep, vegetable sheep: **Unusual plants of New Zealand**

Dr. Alan R. Reid, Gardenworks Horticulturist Joint meeting with VanDusen Guides



Master Gardeners Association of British Columbia 2009 Local Chapter Executive

Vancouver

Chair: Barry Roberts Past Chair: Lynne Chrismas 1st Vice-Chair: Susan Lazar 2nd Vice-Chair: Penny Koch Secretary: Heather Nielsen Treasurer: Ron Fawcett Member-at-Large: Leslie Ingram Bylaws: Lynne Chrismas Nominations: Lynne Chrismas Basic Training: Doreen Godwin Clinic Coordinator: Diane Hartley Community Projects: Joyce Fitz-Gibbon Cheri Trewin Plant Information Line: Sheila Watkins VanDusen Seed Collectors: Heather Gillis Seedy Saturday: Lynne Chrismas Monthly Meetings: Susan Lazar Workshops / Field Trips: Susan Lazar

Speakers Group: Barbara Bowers Telephone: Colleen Martin Welcome Table: Shirley Mason Audio-Visual (meetings):

Ken McDonald Coffee: Sue Damm **Ingrid Gowans**

Plant Sales: Joan Bentley

Loretta Barr

Summerland

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Prince George

Basic Training Coordinator.

Sheila Malbeuf

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