



November 2014

President's Message

We are so fortunate when we have plants in the garden that provide interest in more than one season. If we have enough room for a variety of Japanese maples, they offer so much pleasure at every time of the year; their form in winter, their new foliage in the spring which is often a striking colour, their shade and texture in the summer and of course in the fall, their colours, yellows, oranges, and reds. Members of the rhododendron family also provide interest throughout the year. Besides the interesting foliage, flowers, and new growth provided by rhodos in the spring, many of the deciduous azaleas provide fall colour as well. One of my deciduous azalea hybrids, R. 'Great Expectations', unlike many of the deciduous azaleas, is mildew free and its leaves are a lovely variation of yellow, orange and red.

The ARS Spring Convention in Sidney, B.C. is coming soon! It isn't too early to book your hotel although registration is not yet available on line. The website reports that registration will be available approximately mid-November. Check out some of the great work done by the conference committee at www.2015rhodo.ca and hold the dates from May 7th through the 10th, 2015. An annual convention is a great deal of work and organizers would appreciate any free time that you may be able to give them to help out. Please have a look at the list Art Lightburn sent out this week and consider volunteering. Billets may be arranged for those who would prefer to stay in a private home.

Our December meeting on the 11th is the annual Christmas auction, potluck and collection of non-perishable items for charity. We'd like to encourage you all to think about an item or two to donate. The more the merrier! If you know of businesses or sponsors that may be willing to donate an item to our club, please let one of the executive members know and we will follow up.

Happy gardening into November.
Chris

EXECUTIVE

President	Chris Southwick	390-3415
Past President	Art Lightburn	468-7516
Vice President	Brenda Lewis	751-3639
Secretary	Ann Beamish	758-2574
Treasurer	Krystyna Sosulski	729-0948
Directors	Craig Clarke	390-4090
	Susan Lightburn	468-7516
	Dorothee Kieser	390-4136
	Gayle McRae	758-7589

COMMITTEES

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Newsletter	Kathryn Grant	245-7879
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Raffle	Ann Davey & Val Harvey	
Social	Susan Lightburn	468-7516
Bargain Table	Reinhold Gorgosilich	758-6533
Website	Craig Clarke	390-4090
Sunshine	Edith Higgins	390-9340
Bus Tour	John Deniseger & June Bouchard	
Truss Show	Doug Blenkarn	
Spring Sale	Ann Beamish	

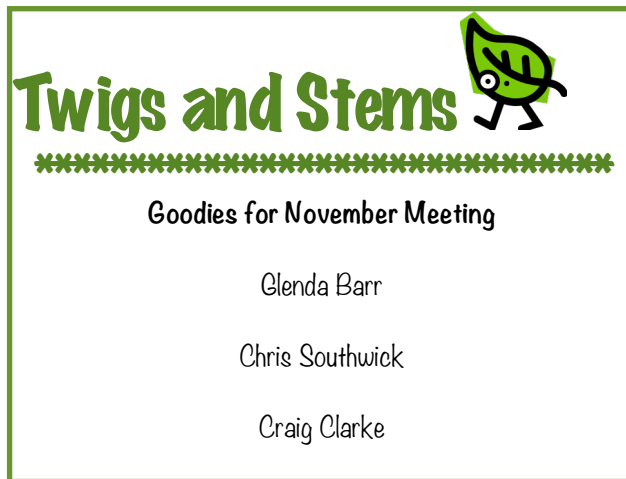
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Nanaimo, BC V9T 6M4
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Next Meeting

Thursday November 13, 7:30 pm Beban Park Social Centre

Jeff De Jong

'Landscape Design Made Easy'



Our November Speaker
Jeff De Jong

Jeff De Jong brought us "Light Up the Garden with Bulbs" September 2013, a well-received presentation and, now, will present us with a program on landscape design.

Jeff is a horticulturist and college instructor and has developed a method to make garden design a pleasant and rewarding process. Jeff has won many awards for his designs and has traveled the world gathering resources and ideas.

Jeff De Jong has worked in the field for more than twenty years and taught at Olds College in Alberta. As well, he has hosted the weekend garden program called Gardening 101 on CFAX 1070, when not leading tours around North America and the world.

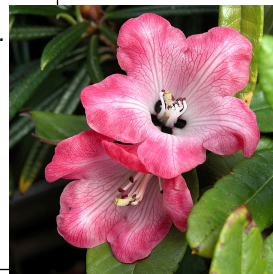
Seen in Passing

St. Paul's Anglican Church in Nanaimo packed with friends and acquaintances of Jim Greig and family. Jim and Jean both longtime friends of the rhododendron societies.

Nine members of the Victoria Rhododendron Society propagation group up for cuttings from two Nanoose gardens and two Nanaimo gardens.

Forestry experts checking the trees in the proposed Milner Garden and Woodlands rhododendron species garden area.

R. cerasinum blooming at the end of October.



Rhodos Worth Growing



R. Naselle ('Big Sam' x 'Lem's Cameo') 4', -12°

Orange-pink buds open to exciting, two-toned flowers. The outer edges and back of the flower are a showy orange, framing the center of each petal, which is a warm, sunny yellow. The trusses are about 7" across. New growth is showy maroon turning to parsley green. Here is a rhododendron you will be glad to have in your garden.



R. Kaempferi azalea (tsutsusi) Japan 4' -21°

Semi-evergreen, small upright, compact, floriferous salmon Pink (almost fluorescent)

NANAIMO RHODODENDRON SOCIETY

NRS is proud to recognize one of our members

"My career highlight was the Tsolum River partnership, where we brought together the community, industry, and provincial and federal agencies. Together we tackled the challenge of remediating an abandoned minesite. As a result, the Tsolum River, in the Comox Valley now has a healthy, thriving salmon population."



John Deniseger received the Legacy Premier's Award in 2013 and was inducted into the Hall of Excellence in 2014. In his 31 year career with the Ministry of Environment, John established lasting achievements that have improved the economic and environmental health of British Columbia. The outcome of his work is unprecedented levels of collaboration between governments, academia, the private sector, First Nations and community groups.

John is recognized across British Columbia for his scientific expertise and his ability to effectively communicate, inspire and lead a broad range of stakeholders in achieving lasting change that improves the lives of British Columbians and the environment.

Strong showing of Canadians at the ARS Conference in New Zealand



Canadian attendees at the conference October 20 – 25, 2014 in Dunedin, New Zealand. From left to right are: Glen Jamieson, Ginny Fearing, Bob Ramik, Dorothy Jamieson, Garth Wedemire, Laura Grant, Norma Senn, Elaine Derkach, Linda Derkach, Sue Grant, Harold Fearing, Margaret Charlton, and Charles Sale.

NANAIMO RHODODENDRON SOCIETY

Getting to know each other

By June Bouchard

Yvonne Harding joined the Nanaimo Rhododendron Society in 1997 when she came to a meeting with her friend Ann Tennant. Yvonne has volunteered in many different areas over the years including the bargain table, the raffle table, the plant sale (both at the truss show and as a helper at the cash register), and at our 2012 Western Conference helping at the plant sale and phoning our many volunteers.

1. How long have you been growing rhododendrons?

I have been growing rhododendrons since I moved to Nanaimo in 1997. There were already 5 rhodos in my new garden – including Hotei, Fabia and The Honourable Jean Marie de Montague. I joined the NRS so I would know what to do with them.

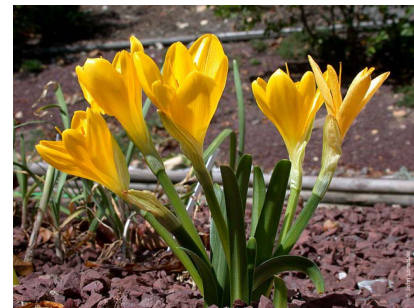


2. How long have you lived on Vancouver Island?

I moved from Auckland, NZ to Nanaimo in 1997. I had lived there for 10 years and before that, I lived in Orangeville, Ontario for 16 years.

3. Describe your best day in the garden. ☺

My favourite day is when I get a surprise in the garden – when I see a plant that I had either forgotten or thought had died and suddenly, there they are – especially when they're in bloom. This happened to me a couple of weeks ago when I came across *Sternbergia lutea*; it is known as Autumn Daffodil but looks more like a crocus. I had forgotten it and there it was, in all its yellow glory! The Nerine was also in bloom at the same time – very nice!



4. What other interests do you have?

I don't have a TV or a computer but I have many other interests – in particular, I like tap dancing, line dancing and Tai Chi. I also enjoy reading. I read almost anything, both fiction and non-fiction, except thrillers – I don't like being scared...



5. Do you have a favourite rhododendron?

My favourite rhododendron was a *Vireya* that I used to have in a pot when I lived in New Zealand – possibly called "Pink Delight". It had pink tubular flowers that grew in clusters. By watering it a lot, I managed to fool it into blooming twice a year. I gave it to a friend when I left and it apparently is still blooming beautifully.

6. What do you like about the Nanaimo Rhododendron Society?

It's fun! There are all kinds of people – you can relax in there, you don't have to be anything you don't want to be! I particularly enjoy the annual bus tour!

NANAIMO RHODODENDRON SOCIETY

Nanaimo Rhododendron Society October 9, 2014

Meeting convened at 19:30 with Chris Southwick welcoming Johanna and Mo Masic from Victoria.

Opportunities and upcoming events:

- Rhodo Species Foundation Fall Foliage Festival – Oct 18 with an opening day plant sale
- CVRS are sponsoring an England Garden Tour May 14-25, 2015
- ARS Spring Conference in Sidney, May 8,9,10 please be thinking of things for a silent auction basket

Secretary: no correspondence

Library: nothing new to add

Treasurer: The treasurer will provide report at November meeting

Sunshine: fortunately no cards were required this past month

Membership: reminder that membership renewals are due: Family \$45, Single \$40, Associate Family \$15, Single \$10

Program: Art Lightburn reported that it is in the works.

Update email addresses: please check list circulating for residential address, phone number, and email address

ARS Spring Conference: Art Lightburn is our point person and indicated that they are looking for volunteers for Tuesday to Saturday in all capacities some of which are: greeters, bus tour captains 2 per bus and there will be a preview tour, billets are in progress in Victoria. Anyone who is interested in assisting should email Art Lightburn.

Milner Garden Update: Art Lightburn reported that a preliminary draft will be available shortly, and that Jim Cadwaladr has been commissioned to prepare same. Jim is the former Manager of the garden. Island clubs have pledged \$20,000 with an agreement for matching funds. Dorothee Kieser and Craig Clarke are circulating tickets for the Milner Christmas Raffle.

District 1 Director: Ken Webb is our District 1 Director.

Christmas Auction: Ann Beamish requested that anyone with suggestions for new donors please contact her.

Program: Ken Webb provided an outstanding presentation on propagating rhododendrons.

Meeting adjourned at 21:30



Cuttings collected by Ken Webb after his program on propagation in October. This was after working all day sterilizing the propagator inside and out, spraying everything with bleach and washing it all off with the power washer. Quite a job, but with some outstanding results in the end, we hope! We all learned a great deal and hope that the information inspired a few more local Nanaimo propagators.

R. fletcherianum

While classified as a member of the *Maddenia* subsection, this plant does not display the usual level of tenderness associated with its other larger-leaved, larger-blossomed, and more perfumed co-members such as *R. excellens*, *R. nuttallii* and the eponymous *R. maddenii*.

Still, while not particularly flashy, this is a superior small-flowered yellow plant - freely flowering with widely funnel-shaped blossoms, often with red spotting on the upper part of the corolla. Its small, somewhat pointed leaves have an attractive bristly appearance. The plant remains quite compact when young, gaining legginess as it gets older but never losing its habit as a small bush rather than large shrub.



Species and their Hybrids

Easy to propagate and quick to blossom from seed, its blooming period ranges from March until May, although the earlier blossom time leaves some plants susceptible to late frost damage.

Not extensively distributed in its native south-east Tibet, *fletcherianum* was collected by Joseph Rock in 1932, and was first considered to be simply another form of *R. valentinianum*. Davidian described it as a new species in 1961.



Warren Berg's 'Patty Bee'

R. fletcherianum has not produced a great many hybrids, but in the words of the great Spencer Tracy, 'what there is, is cherce'. To its progeny, *fletcherianum* passed on its propensity for re-bloom in the fall, its reddish fall foliage, and, perhaps less helpfully, its need for perfect drainage.

Peter Cox used *fletcherianum* extensively in his "Bird" series developed during the 1970s. First there 'Curlew', 1970, a reliable re-bloomer with attractive red spotting on the large bright yellow blossoms; then 'Chiffchaff' in 1976, with a lovely lemon-yellow flower and red winter foliage; and finally 'Teal' in 1977, with its very attractive red, exfoliating bark. All of these are compact plants, usually wider than tall, with only 'Teal' reaching up to the 3' mark.

Warren Berg also used *fletcherianum* when he produced his garden gem 'Patty Bee'. With small, dark green leaves, this compact plant is often covered in clear yellow flowers. Its ability to tolerate both sun and heat has made it a very popular choice.

And finally there is 'Isola Bella', whose ethereal and delicate appearance belies its formidable hardiness. Developed by J. B. Brueckner of Mississauga, Ontario, it grows happily in such unlikely places as Pennsylvania and Finland.

The Yak November 2011

Gift Basket for Upcoming ARS Conference

As we did for our own conference in 2012, the BC chapters in District 1 are putting together baskets for the silent auction at the upcoming ARS Conference in May 2015. For our own basket, we're looking for donations that represent the Nanaimo area - possible items could include local delicacies (no perishables), CD's or books from local artists and authors, small items depicting local fauna or flora, or ... Please bring any donations to our upcoming meetings. Thank you so much in advance for your cooperation and generosity! Yvonne and June



NANAIMO RHODODENDRON SOCIETY

Crockpot Quinoa Red Lentil Stew

Nutrition Data Per Serving, 116 g: 143 cal, 23 g carb, 3g fat, 191 mg sodium, 5g fiber, 8g protein, low Saturated Fat, Cholesterol; good source Vit B6, Folate, Iron, Phosphorus, Copper, Vit A, Vit C, Vit K, Manganese. Estimated glycemic load 11

Prep Time: 20 min. Cook Time: 5 - 6 hr

8 Servings

Ingredients:

- 1/2 cup raw quinoa
 - 3/4 cup raw small red lentils (masoor dhal)
 - Optional: 1 Tbsp olive oil
 - 2 medium carrots
 - 1 stalk celery
 - 1 small head cauliflower OR 2 medium potatoes, OR 1 large sweet potato, OR 1 med. zucchini OR 1 small butternut squash
 - 1 cup chopped green beans
 - 1 bay leaf
 - 2 inch piece cinnamon stick
-
1. 2 thin slices fresh ginger
 2. 6 cups water or unsalted soup stock
 3. 2 tsp gr fennel seed
 4. 1 tsp gr coriander
 5. 1/2 tsp gr cumin
 6. 1/2 tsp turmeric
 7. 1/2 tsp paprika
 8. 1/2 tsp dried thyme leaf
 9. 1/2 tsp salt or to taste and fresh ground black pepper
 10. 2 cups chopped fresh greens: kale, chard, or spinach
 11. More Heat: Add 1/2 - 1 tsp green curry paste OR 1/8 - 1/4 tsp cayenne powder

Crockpot Directions:

1. Rinse the quinoa and red lentils in a bowl or pan, then drain into a colander
2. Peel the carrots, slice lengthwise, then slice in thin pieces
3. Wash and trim the celery, then slice crosswise in thin pieces
4. Cut the cauliflower into large chunks - these will break up into smaller pieces as they cook
5. Combine olive oil, quinoa, lentils, herbs & spices and fresh ginger in the crockpot
6. Add the vegetables, except for the optional greens, and cover with the 6 cups water

NANAIMO RHODODENDRON SOCIETY

7. Cover and cook on low for 6 hours or more if needed
8. 20 minutes before serving, turn the heat up to high and stir in optional greens
9. Just before serving, add salt & pepper, and remove the ginger slices, bay leaves and cinnamon stick, as you come across them in serving

Stovetop Directions:

1. In a separate pan, bring to a boil: water or stock, lentils, bay leaf, cinnamon stick, ginger slices. Cover and simmer for 15 minutes
2. Heat oil in a large sauce pan on medium
3. Sauté the veggies, except for greens, 5 minutes. Add fennel, coriander, cumin, turmeric, paprika and thyme and stir until heated and veggies are coated
4. Stir in the rinsed quinoa and lentils, bring to a boil, cover and simmer for 20 minutes. Add the optional greens. Cover and cook 5 more minutes or until greens are wilted.

Add salt & pepper to taste, and serve

What really makes this quinoa stew special are the flexible vegetable options, and a generous hand with the seasonings! We love it with cauliflower and kale.

Be sure to use the tiny red lentils, called Masoor Dhal in Indian cooking, rather than the larger red split peas which take much longer to cook.

To speed up cooking, preheat the crockpot on high, bring everything to a boil in another pot, add to the crockpot and cook on high for 2 - 3 hours.



What a winner! Really amazed at how well the mix of spices and herbs flavored this stew. No need to salt or pepper!! Some suggests adding coconut milk or tofu or garlic – seems to have endless possibilities.

From the: www.savvyvegetarian.com/vegetarian-recipes