



Trout Lily Society



OHA Member since 2006

District 13

French River Horticultural Society

Société d'horticulture de la Rivière-des-Français

Nearly Winter 2023

CONTACT INFORMATION

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A. Poitras photo

November Meeting

We had 31 attendees at the AGM on November 26, 2023. The new board was elected and the revised constitution was accepted. After the AGM, Linda Nadon led a wreath making workshop. There were so many beautiful creations! Thank you to everyone who brought greenery, ribbons, knick knacks, etc. So much fun!!!



Helping Out

Many boxes were filled with non-perishable food items for the local "Christmas Food Basket Program." As well as the \$200.00 donated by our society, \$211.40 was donated by members to make a total monetary contribution of \$411.40. A big thank you to all who contributed!

Meet Your 2023/24 Board of Directors

Christine Tworo
Mary Bradbury
Susan Hart
Linda Shaw
Paulette Bouffard
Mary Sim
Linda Stevenson
Louise Walker
Cheryl Stewart
Gillian Jeffrey
Donna Butson, Past President (Ex-officio member)



Outgoing Board member Fran Ireland with Susan Hart.



Linda Stevenson, with Marika Bouffard & Marla Bouffard enjoying the wreath making workshop.

Christine's Corner



Above, Christine and new member, Natasha Cuff.

My heart is filled with gratitude as I write this message. I would like to send a warm welcome to all the new members who came out to our AGM and participated in the wreath making workshop. You will see by the many pictures that we have many talented and creative members. I can't wait to see some of their gardens next summer!

I would like to extend a huge thank you to Fran Ireland and Laurette Paquet for their service on the board. Many hands make like work and they have volunteered much time and effort to the group. I would also like to welcome Cheryl Stewart and Gillian Jeffrey to the board. I am looking forward to working with you both.

We have an excellent line up of speakers in the new year. Jeff Berthelette is the Invasive Species Awareness Program - Outreach Liaison for the Ontario Federation of Anglers and Hunters and will be our guest speaker on Sunday, January 28. He is coming from Peterborough (via North Bay) and it should be very informative. We will also do our annual seed exchange at the meeting.

We have made tentative plans for a garden tour next summer. A big thank you to Anita Bracer for lining up 7 very different and unique gardens for us to enjoy. The tentative date is Saturday, July 27, so for our seasonal residents, you might want to plan to be at the camp/cottage that weekend.

Finally, I want to wish everyone a joyous holiday season no matter what you celebrate. It is a time to be with family and friends and to be thankful for our many blessings that we have in this corner of the world. As I write this, I am thinking of all of the people who are not living in peace or relative prosperity. Although we cannot stop war, we can choose to be open-minded and be kind to our neighbours and tolerant of those who have different opinions than our own. I suspect as people who enjoy gardening, we are a hopeful and tolerant bunch! Maybe we just need more gardeners in the world....

Happy New Year everyone and I look forward to seeing you sometime in 2024. In the meantime, wishing you good health and stay safe.

Next meeting!

Our next meeting and seed exchange will be on **Sunday, January 28**, at 2:00pm at Ecole St-Antoine. Our guest speaker is Jeff Berthelette, who is the ISAP Outreach Liaison for OFAH (Ontario Federation of Anglers and Hunters). He will be coming to us from Peterborough, via North Bay, where his parents live, so keep your fingers crossed for good weather.

We will be having our seed exchange on that day. Please ensure your seed envelopes are marked with the type of seed, preference for sun/shade/partial shade/ and if flowers, colour and height. Any other helpful information is always welcome.

Come early for refreshments, treats and conversation!

Plans for 2024

We will be meeting the fourth Sunday of each month from January to May.
Our guest speakers lined up are:

February 25

Samantha Murray talking about Vegetable Growing Tips and Tricks

March 24

Joan Mercer-Fryer speaking about Climate Change

April 28

Joanne (Yogi) Dube will give us some tips on exercise tune-ups before heading into the garden and finally

May 26

Heather Patterson on Caring For and Maintaining Your Fruit Trees and Shrubs.

The tentative date for our plant sale at the Farmers' Market in Noelville is **Saturday, June 8th** . AND...

Save the date:

Our garden tour in the Monetville area is planned for Saturday, July 27th.

Year in Review (shortened version!)

It was so nice to get back to a somewhat normal year. We had general meetings from October to September, with the exception of January, March, June to August. In October, RonLews spoke to us about Gardening Math, November was our AGM, seed exchange and Pot Luck, and in December we made those beautiful floral holiday arrangements with Sylviane Beaulieu. In February, Brittany Rantala-Sykes showed us how to raise mushrooms, Laurie Zaldiner gave us instruction on how best to grow plants from seeds in April and in May, Elaine Tremblay showed us how she raises Monarch butterflies.

On the second Saturday in June we held our annual plant sale at the French River Market and in September, Carrie Regenstreif told us about Food Forests and gave those who were interested, a tour of the Alban Food Forest by the splash pad.

We donated funds to Friends of Mashkinonje, Pannier du Noël (Christmas Food Baskets) and purchased the flowers for the French River Library garden boxes. Several of our members helped transplant seedlings at French River Gardens, some members did weeding in local raised garden boxes, and some planted two apple trees at Monetville Public School.

All in all, it was a great first full year after restrictions were lifted and people were more safely able to gather. Thank you to everyone who made treats, helped with the plant sale, weeded public spaces, planted and transplanted, and just came out and were a part of the group.

Laurette Paquet with Carrie Regenstreif
at the Alban Food Forest.



Planting apple trees at Monetville Public School



"This photo of a beautiful arrangement was submitted by member Lynne Kilby who was unable to attend the wreath making workshop."

If you have creations of your own, please send a photo to frhortsoc@gmail.com".



Unconditional love from our pets!

EDITORIAL: Angele Poitras Editor



I really did not know what to write about for this editorial and then I painted this picture after taking an art class with Heart and Soul Studio in Sudbury. I want to share with you, the importance of giving yourself a gift. What gift.....the gift of self care, doing things for you that bring you joy, happiness and good health.

How many of us will put ourselves last this holiday season? How many of us will give to others and not think of ourselves until we are exhausted and worn out? This may sound selfish.....but how can we take care of others if we have not nurtured ourselves?

A woman in my art class said that her lessons were a gift to herself, a time for herself to create, meet like minded people and escape for a few hours. During summer, we escape to our gardens, but where do we escape in the winter?

What was the last gift you gave yourself? Here are some ideas:

Univ Health Centre: look at their website, they have amazing physical activity programs, I am out four days a week, and have never felt better!

Univ also runs 2 art clubs

Join a Seniors Lunch: St Charles, Alban

The possibilities are endless! Give yourself a gift, you are so worth it! Merry Christmas and all the very best in 2024

TIME ON YOUR HANDS?

The French River Horticultural Society is in need of an Editor of the newsletter.

I will be resigning as Editor in June, but promise to mentor the new Editor. It's a great job, especially with someone who has some talent with computers and programs (definitely not my skill set) I promised myself that when I retired I would only do things that make me happy and did not frustrate me. I have learned in the last 2 years that working on a computerized newsletter is a source of stress and anxiety for me ☺

I know there is a member who has much better skills than I, and they would enjoy designing the newsletter for our club. I have already spoken to one person who would be amazing, but I promised not to pressure her ☺ I hope she does consider!

SO WHAT IS INVOLVED?

- Design 4-6 letters a year
- Consider joining the Board of Directors (AGM in November)
- Converse with President for content
- Keep informed about local events
- Read articles, books etc. on Gardening
- Talk to members about their interests

SO HOW MUCH TIME IS INVOLVED?

This is difficult to answer, as I take a lot of time, as my computer skills are awful! ☺ I would assume that someone with computer skills would need about 33 hours to put the letter together, 30 minutes every 2 months to chat with President, and maybe 1 hour a month reading interesting information for content.

If you have questions, please feel free to reach out: angelepoitras@outlook.com

If you are interested in becoming the new Editor, please contact us at frhortsoc@gmail.com

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Mental Health Commission of Canada



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Help line: 1-888-668-6810

Please share, as some people have difficulty during the Christmas Season.