AGENDA – Nov 4th, 2026 MEETING

Meeting recap prepared by Debbie Guthro

Call to Order - 7:05 p.m.

We'll begin tonight by acknowledging the Algonquin Anishinaabe nation on whose traditional and unceded land we gather this evening. We thank them for their long-standing and ongoing stewardship of the Ottawa River Watershed and express our ongoing commitment to reconciliation.

Rick

- Welcome
  - Unseasonably warm, extra gardening days appreciated…
  - A full and exciting agenda for tonight
    - Jams, Jellies and Preserves competition
    - Seed Give-Away
    - Jams, Jellies and Preserves treats at refreshment break
    - Member Spotlight
    - Keynote guest speaker
  - Upcoming AGM and Festive Potluck
    - Check Newsletter for details
  - Potluck Planning sheet for Dec meeting

    Kilby McCann has the planning sheet for the December 2, 2026 meeting and will be circulating this evening. This will help with ensuring a variety of dishes for the potluck.
  - AGM & Elections of 2027 Board
    - How the process works:
      - Maximum 10 Directors
      - Jan: Board elects 2027 officers from elected Directors

        - Current Board members have been polled and several are willing to accept nomination for 2027
        - Two members have expressed an interest in nomination
        - That leaves a spot or two – if you have questions please ask any one of the Board members, they will be happy to help you.
        - We are a 'working' Board' – our primary activities are focused on plan and execute meetings and events, budgeting, and fiscal prudence (deliberately keeping enough in the bank in case of extenuating circumstances).

    - Short Agenda Summary

Reports & Announcements

- **Valencia Logan**
    - Make-and-Take activity for the December meeting, after the dinner, meeting and elections we will be making centerpieces to take home. If members have extra small ornaments they could bring in that would be appreciated. Check out the Newsletter for more information.

- **Irene Tobis**:
    - Thank you to all who participated in the Native Plant seed gathering activity. We will be donating the seeds to the OWSL for distribution. We will plant left over seedlings in the ground for inclusion in the spring plant sale.

- **Cheryl Moore**
    - Seed Give-Away - we have bags available for members who were encouraged to help themselves to the seeds. If not all are gone, we will donate them. There were Day Lily's available for members to take.

Intro Member Spotlight – **Bri Logan**

- **Member Spotlight**: **Sutherland Potter – House Plants**

  Sutherland is studying at the University of Ottawa (Ecology and Biology).

  Indoor houseplants

  Soil composition

  Perlite - holds water on the edges, is great for aeration. Plants die due to compression of soil, roots at the bottom are suffocating causing root rot (Sedum)
  Vermiculite (hydrophobic) - different colors, opposite to Perlite, take up water and hold until roots need it. It is not great at providing aeration (Ferns)
  Potting Soil - High water retention, low aeration causes soil compaction. Overwatering can cause a lack of oxygen (spider plants)

  Watering

  It is not the amount of water but the frequency. There are two types of watering, using the tap and watering from the top, or bottom watering where you let the plant sit in a bucket of water for half an hour allowing less compression of the soil.

  General Information

  Wipe leaves for synthesization, summer sun water plants, in winter less attention required and less water. Sagging plants should be staked. Plant cells swollen, too much water? Touch the plants, squeeze leaves if limp, it needs water.

Thank Spotlight – Bri Logan

Intro Guest Speaker – Bri Logan

- **GUEST SPEAKER – Tim DeSlippe,** on ***Gardens, Our Senses, and the Pursuit of Well-being***

Sensory gardener. What sense is your dominant sense (we can bounce from sense to sense).

We are like indoor plants. How are we uniquely wired, senses are the foundation of our being, how important it is to maintain them and foster them. With stress senses shut down, hearing is lowered, seeing is less, and it takes time and energy to recover. If not connected we feel separateness.
Microbes create a complex and interconnected world, do we need to plant things closer together in the garden?

Vestibular is balance, movement in the garden (moving, bending, uneven walking in the garden)

Interoception is the physical activity in the garden, what's happening inside your body, experiencing awe the opposite of flight or fight (breathing, heart rate, hunger, thirst, emotions).

Proprioception, heavy work, pushing, pulling, carrying, digging in the garden, the unconscious ability to know where your limbs are in space (body awareness)

Nature has a human hand connected to it.

Your senses will offer safety, healing and connection in gardens.
Do you take care of yourself as you take care of your garden?
Host plants have vulnerabilities (human beings too). We interact with the environment (water, air, sun). Winter systems slow down (natural).
Pathogens in our environment impact our health (trauma) . Be conscious of what is in our environment, our own vulnerabilities. We will age well if we stay aware of those things.

Feel safe, nourished and nurtured. Have plants to remind us to be cautious (nettle), need to be respectful of defensive strategies (humans).
Gardening is a practice, calm is a rebellious act, stay close to the things that make you feel alive. We can shift our attention to the thing that is dangerous, where do I want my attention to go?

Delayed gratification (years later a plant blooms) good to practice how to experience loss. Learning to experience joy and loss in nature is humbling, it allows us to stay close to things that make you feel alive.

Oxytocin - most powerful hormone, hormone of connection, when we are alone cortisol goes up. Having the capacity to connect with plants, pets or a person is good for health and well being.

Senses:

Seeing/looking - color, texture, size, shadows, contrast, layered complexity, trees, meditation, twenty minutes in nature lowers cortisol.

Listening - design and participate with nature, closing eyes to heighten sound, hearing crunchy leaves, hearing waterfalls and brookes, insects, tune out the noise (danger), birds chirping.

Smelling - scent of flowers, earth after the rain, calming aromas from trees, smell of a forest, very powerful emotional response, shifts us to calm.

Touching - pebbles, soil (health benefits), effects serotonin, gut microbiome, nettles for medicinal purposes (arthritis) counteracts pain, lambs ear (soft), moss (springy), rough (tree bark) Helps disconnect from daily stresses, increases capacity for balance, building social connections.

Tasting - sweet, savory, bitter, umami, "if overwhelmed action is the antidote"

The audience was captivated by this presentation.

Thank Guest Speaker – Carlo Beaudoin

Refreshment break

- Jams, Jellies and Preserves tasting and beverages
- 19 entries were judged. Thank you to all participants.
- Members enjoyed tasting the entries with biscuits and crackers.

Winners were announced by Margaret Coombs:

Honorable Mention:	Laura Cupper - Marmalade
Third Place:	Heather Lebeau - Peach/Red Pepper Jelly
Second Place:	Barb Clarke - Cranberry Thyme Jelly
First Place:	Linda Loveday - Concord Grape Jam

Congratulations!

Seed Give-A-way during refreshment break – Cheryl Moore

There were more than enough seed packets (flowers, vegetables) available to the members. The Daylily's were also a hit.

Closing Remarks – Rick

- **Thank Helen Halpenny** for judging the jams preserves
- **Thank tonight's hospitality donors:**
- **Tim Pullen** and **Cindy Hannah** for delicious biscuits for the second year in a row at this event.
- **Donna Lackey** for beverages.
- **Brenda McCooeye** for crackers.
- **Janet Cain** and **Barb Clarke** for crackers and biscuits.
- **All competitors** who made the Jams Jellies and Preserves for tonight's treats **AND** Kilby, Margaret & Lucas for coordinating

- Upcoming on Calendar:

  - **Next Meeting** Dec 2nd **AGM and Festive Potluck**
    - Same place – different time – newsletter for details
    - Don't forget to add your choice to the Potluck planner
    - After AGM, DIY seasonal arrangement Make and Take activity

- Finally….please help with clean up if you are able