



## West Carleton Garden Club April 2015 Newsletter

Did you know that research shows that gardening for just 30 minutes daily can help increase flexibility, strengthen joints, decrease blood pressure and cholesterol levels, lower the risk for diabetes and slow osteoporosis. Good stuff. So why do we just throw ourselves into it, sometimes tackling huge cleanup jobs, heavy lifting and strenuous moves, without warming up. This month's guest speakers will share their knowledge and experience to hopefully get us on the path to fitness for gardening.



### April general meeting

April 14, 2015, 7:30 pm  
Carp Memorial Hall

#### "Getting Your Body in Gear for a New Season"

Tips and advice from chiropractors **Dr Erin McLaughlin**  
**and Dr. Pierre Paradis**, and Yoga Instructor **Sandy Heron**

Gardening is simple, right? Wrong, it is one of the most varied and complex of activities using all parts of our skeleton and muscle groups at one time or another. Without adequate preparation, gardening can potentially lead to a variety of sprains, aches and pains, especially if too much enthusiasm at the beginning of the season leads to overextension of our winter-weak bodies. It is like trying to run a marathon without training.

Dr. Erin McLaughlin and Dr. Pierre Paradis

Heavily involved in the Kanata, Stittsville and Richmond communities through their Hazeldean Family Chiropractic clinic, Drs McLaughlin and Paradis emphasize that health is not achieved by becoming dependent on medications; with a properly functioning nervous system, proper nutrition, and regular exercise, our bodies have everything they need to lead a maximized life. Over the years, especially in the summer, they have noticed that one of the main sources of back and neck pain is gardening.

Yoga Instructor Sandy Heron

Ms Heron has undergraduate and graduate degrees in adult learning and development. She is a Certified Life Coach and Certified Yoga Instructor, has a strong continuing interest in community development and a desire to have impact on healing in all forms. In her practice, Sandy works with people who want to develop more meaning in their lives. Her specialization is "Yoga for Health, Vitality, Healing and Relationship".

Drs McLaughlin and Paradis and Ms Heron will help us to prepare for the much anticipated upcoming gardening season. Let's prepare to be fit when nature allows us pick up our tools.

Sweets and doorprizes are requested from members whose family names begin with C to G.



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## Upcoming events

**May 12, 2015 -**  
WCGC May Meeting  
"3-D Design"

Our May meeting will feature three of our most talented floral designers, the Three D's - Donna Christie, Donna Caldwell and Denise Burnham - who will offer three designs each which will then be auctioned off as a fundraiser for the club. The May meeting also is an occasion to display some of our gardens lively flowering bulbs. The details and specifications for our 2015 Mini Spring Flower Show are posted in the Resources section of our website and will be circulated by separate email.

Our annual WCGC Plant Sale at the Carp Farmers' Market will be held on **May 23rd**, the Saturday morning of the weekend after the long weekend. Brenda Baird will again be organizing this, our main fundraiser, and will have instructions for us closer to the event.

June

There is an invitation from the Canadian Peony Society for us, as members of OHA District 2 to participate in their Flower Show being held at Jean Pigott Place at Ottawa City Hall, **June 6th and 7th, 2015**. Complete information about the event and the Design Show Schedule are posted in the Resources section of our website.

June 9, 2015 WCGC June Meeting  
"Spring Flower Show and Social"  
and election of Garden Club executive

Mid-June

Although still tentative, there might be a possibility for interested members of the West Carleton, Pakenham and Almonte horticultural societies to have a special guided tour of the Burnt Lands Alvar. This is still under consideration and will be determined and communicated at a later date.

August

A Club visit to the Rideau Woodland Ramble is scheduled for **Tuesday, August 11th**. Members who are interested in attending are advised to meet at the Carp Arena parking lot at 9 am, and car pooling will be arranged. Lunch reservations will be made in Merrickville closer to the date. Donna Christie has volunteered to spearhead this event. More reminders will be sent out in due course.

**Saturday, August 15th**, the District 2 Flower and Edibles Show will take place at the Cityview United Church in Nepean, jointly hosted by the Nepean Horticultural Society and the Ottawa Valley Rock Garden and Horticultural Society. Full details are posted on our website in the Resources section.

Ongoing:

Michelle Rehkopf has taken on the role of co-ordinator for the community garden that is located on the grounds of St. James Church in Carp. She is looking for volunteers to help plan and execute a variety of new ideas for the garden, such as:

- Expanding the garden to enable donation of vegetables to the Food Access Centre (formerly the West Carleton Emergency Food Aid),
- Additional youth gardening/educational workshops to encourage healthy eating and increase the awareness of the connection between food and it's source,
- Changing the name from The Daily Bread Community Garden to the Neighbourhood Tomato West Carleton in collaboration with its Almonte counterpart.

Interested volunteers can contact Michelle at 613-839-0527, or by email at [michellerehkopf@rogers.com](mailto:michellerehkopf@rogers.com).



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### Next Year's Program

Our program director, Anita Murray, will be casting about for ideas at the upcoming general meeting. Please seize the opportunity to suggest any topics and or speakers you might like to see during the next program year.

Friendly reminder:

A friendly reminder that you are receiving this email because you are a member of WCGC and/or you have expressed an interest in the garden club's activities and events, flower shows, guest speakers, gardening opportunities and resources, and more. You may unsubscribe anytime if you no longer wish to receive our monthly newsletter or periodic emails, by contacting [agadbois@xplornet.com](mailto:agadbois@xplornet.com).

Don't forget to visit our website ([www.WCGC.ca](http://www.WCGC.ca)) and Facebook page.