

# RBG Experiences

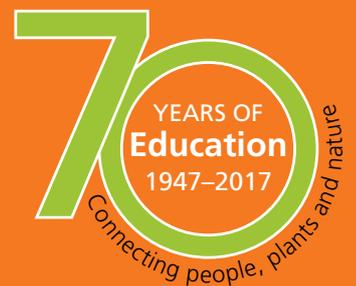
COURSE CALENDAR — February to May 2017



ROYAL  
BOTANICAL  
GARDENS  
[www.rbg.ca](http://www.rbg.ca)



GARDENING **Health & Wellness** *Canoeing*  
Green Living **BOTANICAL ARTS & CRAFTS**  
Nature Lovers **HIKING** **SPECIAL EVENTS**  
**Learn by Doing!** Sustainable Living  
**Family Environmental Education**



# Let your mind grow

## EDUCATION MISSION:

Education at Royal Botanical Gardens encourages environmental stewardship by providing meaningful and diverse learning experiences that connect people with the wild and cultivated plant world and help them to understand the crucial role that plants play in sustaining and enhancing our lives and the environment.

## CONTACT US:

1-800-694-4769; 905-527-1158, ext. 270

RBG is committed to providing exceptional and accessible service to our visitors — our programs are designed to be inclusive. Please contact our Program Coordinator at 905-527-1158, ext. 510 to discuss specific program requirements, and we will do our best to accommodate you.



**Royal Botanical Gardens is dedicated to offering lifelong learning opportunities that relate to our mandate, including programs that help people move towards a greener lifestyle.**

## Contents

Education Column.....	3
Master Your Garden.....	4
Into the Wild.....	6
Arts in the Gardens.....	7
Health and Wellness.....	8
Taste of the Gardens.....	9
Kids and Families.....	10
Policies / Program Registration.....	10
Plant Quiz.....	12
Herbarium Brain Teaser.....	13
<i>The Big Freeze</i> .....	14
Events at the Gardens.....	15
Celebrate Ontario and Canada's 150th Birthday at RBG....	16



## Certificate Programs

Watch each issue of our program calendar for our certificate logo, highlighting programs or workshops that include a certificate of attendance upon completion.

Use the certificate for your own enjoyment, for continuing education or to add to a résumé when seeking employment.

# Discovery Camps

DAY  
CAMPS  
for kids  
ages 4  
to 13

**March Break Camps**  
March 13 to 17; 2017  
Nature Interpretive Centre



**ROYAL  
BOTANICAL  
GARDENS**  
[www.rbg.ca](http://www.rbg.ca)

**A week of fun with new adventures every day!**

Are you a nature nut? Join us for one or more days of hands-on, environmental-based programs featuring hikes, games, crafts, and outdoor multi-sensory adventures! Extended care available.

Information and online registration: [www.rbg.ca](http://www.rbg.ca) or call 905-527-1158, ext. 270 or 276



# It's the next best thing to flying!



Barbara McKean  
Head of Education

**RBG IS UNBELIEVABLY DIVERSE**, in so many ways — from native and cultivated plants to wildlife, landscapes and habitats, we're a biodiverse place. From a visitor's perspective, this juxtaposition of beauty and life means that we are rich in the potential for amazing experiences. Think of your own favourites. From wading through a sea of iris, to overstimulating your olfactory bulb in our Lilac Dell, listening to a great concert in a gorgeous garden setting, or paddling a canoe along the shore as a Bald Eagle soars by — from Rock Chapel to our Rock Garden, we offer an astounding array of unique opportunities to immerse yourself in nature's wonders.

If you visualise **your** favourite places and experiences at RBG, chances are you're picturing them against a warm and sunny backdrop. Among my own favourite RBG experiences though, is one that only takes place in winter. Sadly, sometimes the season goes by without it being accessible, but like local strawberries, its ephemeral nature makes it all the more anticipated and enjoyable.

Skating across Cootes Paradise is pure magic when the whole marsh freezes. It's a unique skating experience, so why isn't the ice jam-packed? Despite our hockey culture, the number of Canadian children who can skate has declined by 11% over the last generation. Even fewer skate on natural ice, in part because many adults perceive outdoor skating as a high-risk activity — perhaps another symptom of our society's disconnect with nature. People no longer understand how to be safe on open ice — how ice forms, how thick it needs to be to safely bear weight and how it behaves in changing weather. For those who don't know, here's a quick primer:

Under ideal cold, calm conditions, lake ice starts as a network of floating crystals that eventually coalesce and thicken into tightly packed vertical columns. Called black ice or blue ice, it is clear, glassy and strong, and skating on it is sublime (and if you're being pushed along by a good breeze, it really does feel like flying).

However, on a body of water the size of Cootes Paradise, a few centimetres of snow adds up to a lot of weight. This strains and depresses the ice, causing

cracks (leads) to open up. Water rises through the cracks into the snow's base to form slush and when it freezes, it creates air-filled (and less dense) white ice. This flooding/freezing process continues as long as air temperatures are cold enough (though the insulation of a heavier snowfall can slow or stop it).

The process becomes a little more complicated when a few other variables enter the picture. Cootes is shallow and so ice often freezes to the bottom. On a sunny day, the sun's rays travel through the snow and ice and are absorbed by the dark mud on the bottom, causing the lower layer of the ice to melt. This is one reason why areas around the edge of the marsh (even those without a spring seeping from them) are often wet.

Water is always flowing under the ice in deeper areas, and the greater the flow, the more complex the ice over it. Currents caused by water flowing from Chedoke, Westdale and Spencer Creeks means inconsistent and riskier ice in those areas, and the entire area within a 200-metre radius of the Fishway is very dangerous.

Extra caution is needed after warm weather or rain when meltwater/stormwater floods under and over the ice and pushes the entire ice surface around. Leads and pressure ridges form when the ice moves, often in plates that cover dozens of acres. While water flows into the base of the cracks and refreezes the gap, if the temperature is cold enough, air pockets may form, and the trace of the crack can catch a skate blade. Once things partially thaw and refreeze, the ice becomes much more difficult to read. The most dangerous time is towards the end of the season. Even when the ice layer appears thick, it is brittle and not reliable.

Treated with respect, the marsh is a great place for winter recreation (and as the photo above shows, is a local winter tradition). Natural lands staff monitor ice thickness, and post information at Princess Point (and at [www.rbg.ca](http://www.rbg.ca)) when the ice reaches a safe depth of 10 cm/4". Heed these signs (and the warnings and out-of-bounds areas noted) while enjoying the ice. Who knows? Maybe you find a whole new reason to fall in love with RBG. ■

**New** Prices now include HST.



## Member Appreciation Events

FREE TO MEMBERS ONLY. Members are allowed to bring one guest free of charge. "Plus" members can bring one additional guest beyond the guest allocation noted in their Plus Membership.



Mark Stabb



Jody Allair

**New**

### THE RISE AND FALL OF LAKE IROQUOIS: A beginner's guide to a long-lost lake

Thursday, February 23;  
7 to 8:30 p.m. at RBG Centre.  
RSVP to Danielle, [ddaigle@rbg.ca](mailto:ddaigle@rbg.ca) 905-527-1158, ext. 514

Join Mark Stabb, Nature Conservancy of Canada, to explore the story of Lake Ontario's predecessor, glacial Lake Iroquois, and its influence on the land within Lake Iroquois Plain. Mark gives us a guided tour of his research and travels along the lake's ancient shoreline — from landforms Hamilton and Halton residents criss-cross daily, to natural and protected habitats, to Niagara's grape-growing benches, and RBG's properties.

**New**

### CONSERVING CANADA'S BIRDS

Thursday, September 21;  
7 to 8:30 p.m. at RBG Centre.  
RSVP online at [www.rbg.ca/speakers](http://www.rbg.ca/speakers)

In Ontario, the interest and observation of birds is very high and results have shown concerns for many species with settlement patterns due to land use activities. Join Jody Allair, Bird Studies Canada biologist and science educator, for a presentation on Canada's birds and the threats to their conservation. Resources are scarce so strategic partnering has developed promising initiatives. Jody outlines these action plans and discusses ways we can make a difference for the birds.

## Master Your Garden



**New**

### BACKYARD BEEKEEPING 101

Wednesday, April 26.;  
7 to 9 p.m. at RBG Centre.  
Fee: \$35 (Members 10% off)  
MAXIMUM 20. PRE-REGISTER BY APRIL 16.

Learn what is involved in backyard beekeeping and how to manage colonies (and neighbours). Discover the fascinating world of honey bees from biology, to communication, to pests and diseases. No prior beekeeping experience necessary.

### SPRING PRUNING

Saturday, March 11; 9:30 a.m. to 12:30 p.m. at the Nature Centre.  
Fee: \$35 (Members 10% off)  
MAXIMUM 20. PRE-REGISTER BY MARCH 1.

Landscape trees and shrubs need to be properly pruned to ensure their long-term health. Join RBG's Eric Abram as he helps you develop an understanding of proper pruning concepts for small trees and shrubs while dormant. Dress for the weather. Program is designed for novice and intermediate gardeners.

### MYTHS AND TRUTHS ABOUT CLEMATIS

Friday, March 10;  
7 p.m. at RBG Centre.  
Fee: \$18; Members: \$6  
MAXIMUM 150. PRE-REGISTER BY MARCH 1.

Explore the myths — and learn the truths — about the genus *Clematis*, including pruning, planting, and some of the age-old conundrums such as "feet in the shade and head in the sun." Deborah Hardwick provides a visually rich program with details about the culture of *Clematis* in the garden that helps establish plants quickly and increase results with floral display, re-blooming, companion planting, and growing *Clematis* for cut-flower arrangements. Deborah is an avid clematarian and her garden contains a collection of over 1,300 registered and species *Clematis* in addition to her nursery with hundreds of proprietary hybrids.

### MEMBER BENEFITS

RBG members receive a 10% discount off the listed program fee. Single members receive one discounted spot per program. Dual and Dual-Plus members receive up to four discounted spots per program.

All courses require pre-registration.  
**BOOK YOUR SPOT TODAY!**

# Master Your Garden

**New**

## MADE IN THE SHADE

Tuesday, April 25;  
7 to 9 p.m. at RBG Centre.  
Fee: \$35 (Members 10% off)  
MAXIMUM 25.  
PRE-REGISTER BY APRIL 15.  
Hosta is a graceful, shade-tolerant, forgiving and very diversified plant. Glenda Bargeman of Lots of Hostas, outlines care, companion plants to hostas, different textures, and varieties to accent your gardens. She also discusses the future of hostas and the exciting new plants to watch for.

## GROWING CARNIVOROUS PLANTS INDOORS

Saturday, March 4;  
2 to 4 p.m. at RBG Centre.  
Fee: \$90 (Members 10% off)  
MAXIMUM 15.  
PRE-REGISTER BY FEBRUARY 24.

Plants that trap insects for their nutrients have fascinated gardeners for years. Here is your opportunity to learn more about them and even pot up a terrarium of various plants to take home and enjoy. Varun Anipindi outlines the importance of these plants and proper cultural practices to keep them alive in your living space. All supplies are included.

## HEIRLOOM TOMATO WORKSHOP

Saturday, April 1;  
2 to 4 p.m. at RBG Centre.  
Fee: \$50 (Members 10% off)  
MAXIMUM 20. PRE-REGISTER BY MARCH 22.

Heirloom tomatoes are open-pollinated, non-hybrid cultivars that often have better flavour. Linda Crago from Tree & Twig Farms provides all you need to know to grow the best heirloom tomatoes. Participants sow their own tomato seeds to germinate and plant in their own garden.

## GROWING FIGS

Wednesday, April 19;  
7 to 9 p.m. at RBG Centre  
Fee: \$35 (Members 10% off)  
MAXIMUM 30. PRE-REGISTER BY APRIL 9.

Consider the taste of a fresh fig, and you will want to add a fig tree to your garden. Steven Biggs provides you with the know-how by sharing information on varieties, propagation, overwintering and many other tips and techniques to get you started.

**New**

## IN THE GARDEN WITH CHARLIE

Learn first-hand on a walk through the garden as Charlie Briggs, RBG native plants gardener, explains various gardening topics — a great opportunity to ask questions.  
Fee: \$20/evening (Members 10% off)  
7 to 9 p.m. at RBG Centre.  
MAXIMUM 15.

## PLANTS AND TECHNIQUES FOR THE SHADE GARDEN

Monday, June 5  
PRE-REGISTER MAY 27.

## TREES AND SHRUBS FOR THE HOME GARDEN

Monday, June 19  
PRE-REGISTER JUNE 9.

## PERENNIALS TO CONSIDER

Monday, July 10  
PRE-REGISTER JULY 1.

## REDUCING MAINTENANCE IN THE GARDEN

Monday, July 24  
PRE-REGISTER JULY 14.

## GROW YOUR OWN FOOD

Fee: \$35 (Members 10% off). Pre-register for all four classes: Fee: \$115 (Members 10% off)  
Join Nancy Lee-Colibaba in RBG's Veggie Village. Get your hands dirty and learn the fundamental skills to grow your own produce at home. It doesn't get any more local than your own backyard!

### 1. GETTING STARTED

Thursday, May 4; 7 to 9 p.m. at RBG Centre. MAXIMUM 15. PRE-REGISTER BY APRIL 25.

### 2. PLANTING THE GARDEN

Thursday, May 18; 7 to 9 p.m. at RBG Centre. MAXIMUM 15. PRE-REGISTER BY MAY 8.

### 3. GARDEN MAINTENANCE

Thursday, June 29, 7 to 9 p.m. at RBG Centre. MAXIMUM 15. PRE-REGISTER BY JUNE 19.

### 4. HARVESTING THE YIELD

Thursday, September 14; 7 to 9 p.m. at RBG Centre. MAXIMUM 15. PRE-REGISTER BY SEPTEMBER 4.

## PLAY @ RBG: THE MOONLIGHT SERIES **New**

Fee: \$30 per evening (Members 10% off)  
Play — forget about work commitments and be social. Music, games, nibbles and a local winery, brewery or cidery serve up samples for you and your friends to enjoy. Additional drinks and food are available to purchase.

### PLAY IN THE CHERRIES

TBD; 6:30 to 8:30 p.m. at the Arboretum. MAXIMUM 50. PRE-REGISTER BY APRIL 18.  
Try your hand at horseshoes as we celebrate Hanami (viewing blooms). Blooming dates are tentative due to weather conditions. Please sign up and you will be notified two weeks prior.

### PLAY UNDER THE MAGNOLIAS

Thursday, May 4; 6:30 to 8:30 p.m. at the Arboretum. MAXIMUM 50. PRE-REGISTER BY MAY 1.  
Tour the magnolias, play bocci ball and take part in a wine-tasting demonstration.

### PLAY IN THE LILAC DELL

Saturday, May 27; 6:30 to 8:30 p.m. at the Arboretum. MAXIMUM 50. PRE-REGISTER BY MAY 17.  
Join Alex Henderson, curator of collections, for a tour of the lilac collection and play croquet.

### PLAY AMONGST THE IRIS

Thursday, June 15; 6:30 to 8:30 p.m. at Laking Garden MAXIMUM 50. PRE-REGISTER BY JUNE 5.  
Play bocci ball and tour the iris collection while sipping on some summertime libations.



Celebrate the 70th Anniversary of Education at RBG Open House — Saturday, April 29; RBG Centre See page 15. Details at [www.rbg.ca](http://www.rbg.ca)



### GET BACK TO NATURE WALKS

Free every Sunday.  
Check [www.rbg.ca/hike](http://www.rbg.ca/hike) for locations and details.

### GRUB'N OUT

Year-round daily departures; 2.5-hour tours.

You choose date and time.

Fee: \$55/person

PRE-REGISTER 10 DAYS IN ADVANCE

Journey through our property and enjoy a delicious meal!

This guided hike gives you an in-depth look at the life, beauty and serenity of the wilderness. Explore Hendrie Valley or the north shore of Cootes Paradise, with groups of 4 minimum to 20 people maximum. For full details, visit [www.rbg.ca/hike](http://www.rbg.ca/hike).



## NATURE STUDY: ADULT EDUCATION SERIES — ID WORKSHOPS

### BARK!

**New**

Sunday, April 9;  
2 to 4 p.m. at the Nature Centre.  
Fee: \$20 (Members 10% off)  
Fee: \$50 (Members 10% off) with tree manual  
MAXIMUM 20.  
PRE-REGISTER BY MARCH 31.

How do you identify a dogwood? By its bark! Bark characteristics can help you identify many other species too, especially when their leaves are out of sight or out of season. RBG's field botany staff are your guides to the diversity of bark and enhancement of your tree ID skills. Participants should be familiar with basic tree identification.

### TREES IN BLOOM

**New**

Sunday, May 28;  
2 to 4 p.m. at the Nature Centre.  
Fee: \$20 (Members 10% off)  
MAXIMUM 20. PRE-REGISTER BY MAY 18.

Learn to identify trees that grow in our area. Nadia Cavallin, field botanist at RBG, focuses on the flowers, characteristics of the leaf shapes and how these leaves are arranged. Indoors, learn the features that botanists use to identify trees, then go outside to learn how to use botanical keys to identify trees. Dress for the weather.

### WILDFLOWERS

Saturday, June 3;  
2 to 4 p.m. at the Nature Centre.  
Fee: \$20 (Members 10% off)  
Fee: \$55 (Members 10% off) with tree manual and hand lens  
MAXIMUM 20.  
PRE-REGISTER BY MAY 26.

Learn how to use botanical keys to identify wildflowers along RBG's trails with Dr. Jim Pringle, plant taxonomist and Nadia Cavallin, herbarium curator and field botanist. Bring or purchase Newcomb's Wildflower Guide and a hand lens. The workshop begins indoors with some basic terminology for identifying plants and continues out on the trails where everybody can practice using the keys.

### PADDLING IN PARADISE

Meet at the Nature Centre.  
Fee: \$45/person/tour (Members 10% off)  
Saturday, May 27; 7 a.m.  
Tuesday, May 30; 6 p.m.  
Tuesday, June 13; 6 p.m.  
Saturday, June 24; 7 a.m.  
Tuesday, June 27; 6 p.m.  
JULY AND AUGUST dates listed online  
MAXIMUM 15/TOUR. PRE-REGISTER 5 DAYS IN ADVANCE OF EACH DATE.

Come and explore Cootes Paradise by canoe to get a glimpse of the astounding life that depends on the health of the marsh for its survival. Morning (7 to 9:30 a.m.) or evening (6 to 8:30 p.m.) guided tours are available. We supply the canoes, paddles and lifejackets, you bring your camera and binoculars. Canoes have single bench seats only so bring pads to sit on for extra comfort. Water bottles and pockets snacks also recommended. Please arrive 15 minutes early and be prepared to paddle rain or shine. In the event of high winds or threatening weather please call the Weather Update Line at ext. 404.

### INTRODUCTION TO CANOEING

Saturday and Sunday, June 10, 11;  
9 a.m. to noon at the Nature Centre.  
Fee: \$80 (Members 10% off)  
MAXIMUM 12: PRE-REGISTER BY JUNE 1.

What is the bow and where is the stern? Going straight is easy but how do I turn? Join us for two half days of canoeing as our ORCKA-certified instructors teach safety, techniques and much more. Master the quintessentially Canadian J-stroke. Spend the mornings paddling and experiencing Cootes Paradise. Recommended to bring water bottle and pocket snacks.

If you are registered for an outdoor program and the weather looks threatening, please check our Program Update Line, 905-527-1158, ext. 404. Weather updates are posted one to two hours before program start time.

# Arts in the Gardens



**New**

## INSECTS IN THE BIBLE: AN INTERTEXTUAL APPROACH

Saturday, March 11;  
2 to 4 p.m. at Rock Garden.  
Fee: \$35 (Members 10% off)  
MAXIMUM 75. PRE-REGISTER BY MARCH 1.

**RARE ART VIEWING OPPORTUNITY**

Sabrina Hall, RBG's entomologist outlines some of the insects featured in The Saint John's Bible and their importance while Fr. Michael Patella, OSB, chair of Committee on Illumination and Text for the Bible, explores the story line of the flora and fauna and the role they play in the Historical Books of The Saint John's Bible itself. See the calligraphy and illuminations of these insects contained within several volumes of The Saint John's Bible, Heritage Edition. We are partnering with St. Jerome's University (Waterloo) and Hamilton Diocese. [www.saintjohnsbible.org](http://www.saintjohnsbible.org).

## BOTANICAL ILLUSTRATION

Saturdays, April 1, 8, 22, May 6 to 20;  
1 to 4 p.m. at RBG Centre.  
Fee: \$150 (Members 10% off)  
MAXIMUM 15.  
PRE-REGISTER BY MARCH 22.

Join artist Karen Logan in the exploration of botanical drawing in graphite and colour in this six-week program. This class is open to all levels. Drawing experience would be an advantage but is not necessary. Come and let RBG inspire your inner artist. A supply list is provided at registration.

## SPRING FLOWERS AND COCKTAILS

Thursday, April 13; 1 to 3 p.m.  
OR 7 to 9 p.m. at RBG Centre.  
Fee: \$70 (Members 10% off)  
MAXIMUM 20.  
PRE-REGISTER BY APRIL 3.

A rare opportunity to join the experienced RBG Auxiliary designers in their workshop to provide inspiration for a stunning spring-flower arrangement while sipping a cocktail or a drink of your choice. The container, mechanics and fresh flowers are supplied. Please bring a garbage bag, a small towel, wire cutters, scissors, pruners and an old knife. Because of the advance ordering of supplies, there are no refunds on this program. Drinks are available for purchase.

## PAINTING SPRING LANDSCAPES

Wednesdays, April 26 to June 14;  
1 to 3:30 p.m. at RBG Centre.  
Fee: \$165 (Members 10% off)  
MAXIMUM 15. PRE-REGISTER BY APRIL 16.

Artist Shelley Prior explains the basic techniques and elements to paint rocks, skies, trees, water and spring scenes. Learn and practice these tips during this eight-week course. Discover the beauty of spring landscape painting. Suitable for intermediate painters. A supply list is provided at registration.

## BEGINNING WATERCOLOUR

Thursdays, April 27 to June 15;  
9:30 a.m. to noon at RBG Centre.  
Fee: \$165 (Members 10% off)  
MAXIMUM 15. PRE-REGISTER BY APRIL 17.

Let RBG inspire your artistic journey in this eight week course introducing skills and techniques used in botanical and landscape watercolours and offering encouragement and lots of demonstrations. A supply list is provided at the first lesson.

## INTERMEDIATE BOTANICAL WATERCOLOUR

Fridays, April 28 to June 16;  
9:30 a.m. to noon at RBG Centre.  
Fee: \$165 (Members 10% off)  
MAXIMUM 15. PRE-REGISTER BY APRIL 18.

Take painting to the next level with proven techniques for creating depth and more involved painting styles to produce beautiful results. This intermediate class challenges experienced painters. Your instructor critiques and assists everyone individually to help improve skills. A list of supplies is provided at registration.

## SCENT SENSITIVITIES

Visit our gardens for some magnificent scents. However, when attending programs kindly refrain from wearing scented products as some individuals are very sensitive to them.

## PARKING AT THE GARDENS

Parking is free at RBG Centre. Parking fees apply at the Arboretum, garden areas and trailheads (\$1–3/hour). RBG members park for free with their RBG parking pass.



## BEGINNERS YOGA

Mondays, May 29 to July 31; 10:30 to 11:30 a.m. at Rock Garden.

Fee: \$115 (Members 10% off) MAXIMUM 20. PRE-REGISTER BY MAY 19.

Chelsea Curran focuses on breathing and gentle poses. Please wear loose, comfortable clothing. Bring a yoga mat. 10-week session.

## YOGA AT THE GARDENS

Tuesdays, April 18 to June 13, 27; 5:30 to 6:45 p.m. at RBG Centre.

Fee: \$125 (Members 10% off) MAXIMUM 20. PRE-REGISTER BY APRIL 8.

Sandee Ewasiuk focuses on lengthening the spine, extending and opening the body, and quieting the mind through stretching poses, breathing and grounding exercises. Suitable for all levels. Please wear loose, comfortable clothing. Bring a yoga mat. 10-week session.

## YOGA FUNDAMENTALS: ROOTED IN TRADITION

Thursdays, April 20 to June 15, 29; 5:30 to 7 p.m. at RBG Centre.

Fee: \$125 (Members 10% off) MAXIMUM 20. PRE-REGISTER BY APRIL 10.

Chelsea Curran covers the fundamentals of yoga — Pranayama (proper breathing) and Asana (poses). This class is geared to intermediate practitioners. Please wear loose, comfortable clothing. Bring a yoga mat. 10-week session.

## 24 MOVEMENT YANG STYLE TAI CHI FORM

Wednesdays, April 12 to June 14; 10:30 a.m. to noon at RBG Centre.

Fee: \$125 (Members 10% off) MAXIMUM 30. PRE-REGISTER BY APRIL 9.

The 24 Movement Yang Style tai chi form is the most widely practiced form of Tai Chi. Joh Friedrich welcomes beginners as well as practicing students.

## DRUMMING: A UNIVERSAL EXPRESSION

Mondays, April 24 to May 15, 29 to June 12, 26; 7 to 8:30 p.m. at RBG Centre.

Fee: \$115 (Members 10% off) MAXIMUM 25. PRE-REGISTER BY APRIL 14.

With Leo Johnson, develop your inner sense of rhythm, learn a song, and most of all, play and have fun. Drums available for \$5/night or rent your own drum from Long & McQuade, Burlington.



## HORTICULTURAL THERAPY

For details and online registration, visit [www.rbg.ca/horticulturaltherapy](http://www.rbg.ca/horticulturaltherapy)

### HORTICULTURAL THERAPY BASIC TRAINING

Thursday and Friday, March 30 and 31; 9 a.m. to 4 p.m. at RBG Centre.

Fee: \$255 (refreshments and workshop materials)

MAXIMUM 25. PRE-REGISTER BY MARCH 20.

This two-day training session covers special populations, writing proposals, plants, seasonal programs, project ideas, and more. A certificate of attendance is provided upon completion.



### STARTING PLANTS FROM SEED FOR YOUR HORTICULTURAL THERAPY PROGRAM

Friday, February 17; 9 a.m. to 4 p.m. at RBG Centre.

Fee: \$145 (includes handouts, materials and refreshments)

MAXIMUM 20. PRE-REGISTER BY FEBRUARY 7.

Learn about the the importance of light, proper seeding techniques, soil, containers and ways to engage your clients to achieve a meaningful program.



### HORTICULTURAL THERAPY AND HERBS

Friday, March 24; 9 a.m. to 4 p.m. at RBG Centre.

Fee: \$145 (includes handouts, materials and refreshments)

MAXIMUM 20. PRE-REGISTER BY MARCH 14.

In this full-day workshop, discussions cover the 10 best herbs, how to use them, and how to implement these plants in your horticultural therapy programming.



# Health and Wellness

**New**

## WELLNESS RETREAT

Saturday, March 25; 8:30 a.m. to 4 p.m. at Rock Garden.  
 Fee: \$140 (Members 10% off)  
 MAXIMUM 25. PRE-REGISTER BY MARCH 15.

Get away from the hustle and bustle of everyday life and enjoy a wellness retreat in the beautiful surroundings of Rock Garden. This full-day retreat features:

- early morning yoga
- aromatherapy and essential oils
- nutritious snacks, smoothies and a vegan lunch
- walking and yoga in Rock Garden
- meditation session
- afternoon yoga



**New**

## INTRODUCTION TO ESSENTIAL OILS, NATURE'S MEDICINE CABINET

Wednesday, May 10;  
 7 to 9 p.m. at RBG Centre.  
 Fee: \$40 (Members 10% off)  
 MAXIMUM 20. PRE-REGISTER BY MAY 1.

Essential oils are naturally occurring aromatic compounds found in plants and have been used for centuries. Learn about these oils, where they come from and how to use them effectively and safely. Meilyn Kelly teaches you to make a natural cleaning product, mood boosting diffuser blends and many other preparations. Participants receive an essential oils usage guide and a 5 ml bottle of essential oil to use at home.

# Taste of the Gardens



## THE ART OF TASSEOMANCY

Wednesdays, February 15 to March 22; 7 to 9:30 p.m. at RBG Centre.  
 Fee: \$140 (Members 10% off)  
 MAXIMUM 16.  
 PRE-REGISTER BY FEBRUARY 5.

## HISTORY OF TEATIME ETIQUETTE

Sunday, June 11; 2 to 4 p.m. at the Rose Garden tent  
 Fee: \$55 (Members 10% off)  
 MAXIMUM 30.  
 PRE-REGISTER BY JUNE 1.

Join Amy Taylor on a journey inside the history and rituals of teatime. Find out about the customs, teas, accoutrements, foods, and of course teatime etiquette. Participants take home tea to enjoy.

## INTOXICATING PLANTS SERIES (Must be 19 years or older)

**New**

### IRISH WHISKEY TASTING AND MUSIC

Thursday, March 9;  
 7 to 9 p.m. at Rock Garden.  
 Fee: \$75 (Members 10% off)  
 MAXIMUM 50.  
 PRE-REGISTER BY FEBRUARY 27.

Get your Irish on and step lively at RBG just in time for Saint Patrick's Day. Join Bill Nesbitt as he provides an introduction to Irish whiskeys so you know what to serve/order instead of green beer. Irish food is served to complement the whiskey, followed by toe-tapping music and the opportunity to join in a Ceilidh dance.

### GIN TASTING

Thursday, April 20;  
 7 to 9 p.m. at RBG Centre.  
 Fee: \$60 (Members 10% off)  
 MAXIMUM 20.  
 PRE-REGISTER BY APRIL 10.

Back by popular demand! Discover how gin and tonic became the British Empire's secret weapon and why it is practically the national drink of Spain! Join us for an evening of tasting artisanal gins from local distilleries and botanical blends from around the world. Discover sweet, woody, spicy and floral flavour profiles.

### CINCO DE MAYO FOOD & TEQUILA PAIRING

Friday, May 5;  
 7 to 9 p.m. at Rock Garden.  
 Fee: \$75 (Members 10% off)  
 MAXIMUM 50.  
 PRE-REGISTER BY APRIL 26.

This popular event is back for its third year, but this time expect something new! Join Sabrina Hall to enjoy a specially designed dining experience pairing unique tequila and mezcal with tantalizing tasty bites. We only serve tequila made from 100% blue agave — come learn about the plant behind this spirit.



## Time to renew your *Membership?*

Royal Botanical Gardens delivers a one-of-a-kind experience, harmonizing cultivated gardens and natural landscapes with an entertaining adventure in education. RBG is history, culture, science, recreation and beauty — we have it all.

To renew your membership and experience all of the great activities we have planned for 2017, call 905-527-1158; toll-free 1-800-694-4769, or visit [www.rbg.ca/membership](http://www.rbg.ca/membership).

**New** Effective immediately, all listed prices include HST.

### REGISTRATION

Advance enrollment is required for all events with a registration fee. Participants may register online, in person or by telephone. Full payment must accompany each registration. To register by phone, please call 905-527-1158, ext. 270 (open Monday to Friday 9:30 a.m. to 3 p.m.). Telephone registrations require payment by VISA, American Express or MasterCard. RBG reserves the right to cancel any event if the minimum number of registrants is not reached by registration deadline. Registrations may be accepted after the registration deadline provided the minimum registration number has already been reached. Non-member (public) fee applies to all after registration deadline.

Online registration at: [www.rbg.ca/publicprograms](http://www.rbg.ca/publicprograms)

### MEMBERSHIP

RBG members receive a 10% discount on course fees, provided that registrations are received on or before the registration deadline. The family membership category enables children to become active participants in all RBG family programs. Please visit our website at [www.rbg.ca](http://www.rbg.ca) for membership information, or call 905-527-1158, ext. 514.

### CANCELLATION, REFUNDS AND RECEIPTS

Up to the registration deadline, all cancellations by registrants are subject to a 25 per cent cancellation fee. No other refunds of any kind are made after the registration deadline. Should RBG cancel a program, registrants will be notified by telephone and refunds issued. It is vital that you supply phone numbers where we can reach you both daytime and in the evening or on weekends, directly or by recorded message. We will not accept responsibility for inconvenience caused to those we cannot contact, whatever the reason.

## Kids and Families



### MAMMOTH AND MASTODON CLUB

Saturdays, February 11 and 18;

10 a.m. to noon at RBG Centre.

Fee: \$17/day (Members 10% off)

MAXIMUM 12. PRE-REGISTER BY FEBRUARY 1 OR 8.

Join the club and learn about these huge animals that used to roam our area and have fascinated people for thousands of years. Explore *The Big Freeze*, play games, do crafts and learn all about these magnificent creatures. Geared to ages 7 to 10. Come one week or both.

### Weather cancellations: Call the Program Update Line at ext. 404.

Most of our programs are offered rain or shine. In the event of severe weather some courses, especially outdoor workshops and guided walks, may be postponed or cancelled. If you are unsure about conditions on the day of your program, please call our Program Update Line at ext. 404. A message will be posted there one to two hours before the program is due to start. It is your responsibility to verify that your program is being offered; though we try, we are not always able to reach participants.

### LIABILITY

RBG assumes no responsibility for loss or damage to property, or for personal injury or mishap; all activities are at the risk of the participant.



For more information visit [www.rbg.ca](http://www.rbg.ca)

**PRE-REGISTER:** call 905-527-1158, ext. 270 or online at [www.rbg.ca/publicprograms](http://www.rbg.ca/publicprograms)



## FAMILY FUN DAYS

Fees: Child (4 to 12 years) \$10, child (3 and under) Free, Adult \$15, (Members 10% off)

### OWL PROWLING

Saturday, February 25;  
7 to 9 p.m. at the Nature Centre.  
MAXIMUM 50.  
PRE-REGISTER BY FEBRUARY 15.

Volumes of myth, magic and folklore are testimony to the intrigue of owls in cultures all around the world. Explore some of these legends and learn about the ecology of RBG's owls, then head out onto the trails with Barbara McKean and John Hannah. Dress for the weather.

### SPRING EQUINOX CELEBRATION

Sunday, March 19;  
2 to 4 p.m. at the Nature Centre.  
MAXIMUM 40.  
PRE-REGISTER BY MARCH 9.

**New**

Spring equinox is officially the first day of spring. It is the season of rebirth and is certainly worth celebrating. Look for signs of spring, learn about other celebrations of the spring equinox, play games, tell stories and celebrate our gratitude that another spring season is upon us.

### THE WOODS ARE ALIVE

Sunday, April 23;  
2 to 4 p.m. at the Nature Centre.  
MAXIMUM 40.  
PRE-REGISTER BY APRIL 13.

With the warmer weather, the woods are coming alive. Join this guided hike to see the signs of spring. Birds are singing, buds are popping, and animals are actively on the move. Put a spring in your step as you experience the woods this time of year.

### FROG CHORUS

Saturday, May 6; 7:30 to 9:30 p.m.  
at the Nature Centre.  
MAXIMUM 40.  
PRE-REGISTER BY APRIL 27.

**New**

Love is in the air for frogs and toads as they make their very distinct calls. Come out and listen to the music. Your guide identifies the different calls and tells you about each amphibian's life cycle and what is being done to save some of these frogs that are on the endangered list.

### WILD ABOUT WILDFLOWERS

Sunday, June 4;  
2 to 4 p.m. at the Nature Centre.  
MAXIMUM 40.  
PRE-REGISTER BY APRIL 27.

**New**

The woods and meadows have flowers that are beautiful and very important in maintaining the health of our forests. Small insects to larger wildlife depend on wildflowers as a source of food. Join a hike and learn the names of many of these essential and striking flowers.

## GARDENING PROGRAMS FOR KIDS

Each child is given a garden plot to plant, cultivate and harvest. All plants tools and supplies are provided. Activities include cooking, nature hikes, games, crafts and basic gardening techniques. At RBG Centre/Hendrie Park.

### JUNIOR GARDENER'S CLUB (8- to 12-year olds)

Saturdays, May 6, 13, 27 to June 24, July 8 to 22, August 5, 12, 26; 9:30 a.m. to noon at RBG Centre.  
Fee: \$150 (Members 10% off) MAXIMUM 16. PRE-REGISTER BY APRIL 26.

### SUMMER COCKLE-SHELLS AND SILVERBELLS

(3- to 5-year-olds with their parents/caregivers)  
Session 1, Wednesdays, May 17 to June 14, 28; 9:30 to 11:30 p.m. OR 6 to 8 p.m. at RBG Centre.  
Session 2, Wednesday, July 5 to August 9; 9:30 to 11:30 a.m. OR 6 to 8 p.m. at RBG Centre.  
Fee\$ 90/Session or \$150 if you take both sessions (Members 10% off)  
MAXIMUM 15. PRE-REGISTER BY MAY 7 OR JUNE 26.

### SOW & GROW (5- to 7- year-olds)

Session 1, Saturdays, May 13, 27 to June 24; 2 to 4 p.m. at RBG Centre.  
Session 2, Tuesdays, July 4 to 25, August 8; 6 to 8 p.m. at RBG Centre.  
Fee\$ 90/Session or \$150 if you take both sessions (Members 10% off)  
MAXIMUM 15. PRE-REGISTER BY MAY 3 OR JUNE 26.

### TERRARIUMS: GROW YOUR OWN VENUS FLYTRAP

Saturday, March 25;  
2 to 4 p.m. at RBG Centre.  
Fee: \$45 (Members 10%)  
MAXIMUM 12.  
PRE-REGISTER BY MARCH 15.  
Come out and plant up your own bug-eating plant. With guidance from Varun Anipindi, learn about the incredible Venus Flytrap and plant them in your own terrarium to take home. It's like having a pet-how cool is that! Geared to 8 and older. All materials supplied.

**If you are registered for an outdoor program and the weather looks threatening, please check our Program Update Line, 905-527-1158, ext. 404. Weather updates are posted one to two hours before program start time.**

# Frozen Plants

By Jon L. Peter, Curator and Manager of Plant Documentation

In conjunction with the theme of *The Big Freeze*, this issue's article promotes some plants with nomenclature associations to ice or snow. Appropriate timing since many of our garden plants currently stand frozen in place in the winter landscape. As the snow melts away, these featured species are some of the first colourful flowers to emerge, and are each beautiful bulbous perennials for the spring landscape. Can you guess the species (and cultivars!) and match the descriptions to the images? ANSWERS ON PAGE 30.

1. \_\_\_ This species is native to eastern Europe and southwestern Asia. It is a common spring ephemeral in the landscape and has become naturalized in parts of eastern North America. The blue-green leaves of this species are often found emerging from snow covered soil in the late winter months making it a true harbinger of spring. It is a tiny plant, growing only a few centimetres tall, with six white tepals (a segment of the outer whorl in a flower that has no differentiation between petals and sepals).

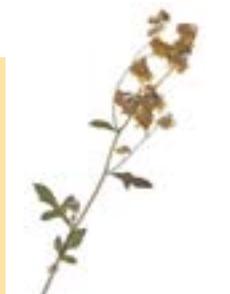
2. \_\_\_ This larger bulb is a brand new taxa for RBG, first planted in the autumn of 2016 in a few locations in Laking Garden. It was hybridized by G. Lubbe and Son of the Netherlands before 1936 and has since won a Royal Horticultural Society Award of Merit. This cultivar features showy flowers with pure white perianth (petals) and a white to yellowish corona (cup).

3. \_\_\_ This species is native to the mountains of western Turkey and its genus name literally translates to "snow glory." This is another early spring ephemeral which can emerge through the melting snow of late winter. It's upward facing, six

petaled, star-like flowers are lilac blue to soft violet blue with small white centers which sit above two leaves per bulb.

4. \_\_\_ This small bulb which has found a peaceful home in the renovated Rock Garden flowers in mid-spring. It features blue-green buds that open to off-white petals with a spreading yellow base and purplish-rose outer petal segments. It was originally selected by the famous Latvian bulb breeder Janis Ruksans from a naturally occurring stand in the Ugam mountain range of Uzbekistan.





Ibrahim Lyons successfully identified White Lettuce (*Nabalus albus*). Ibrahim discovered that its other name is White Rattlesnake-Root, which correlated with its use by First Nations peoples as a treatment for snake bites.



## Herbarium Brain Teaser

By Colin Chapman, Field Botany Intern

Can you guess the name of the plant in this RBG herbarium specimen? The specimen was collected on August 18, 2003 by former herbarium curator Carl Rothfels, who collected well over 800 specimens from around southern Ontario. Carl was a prolific botanist at RBG, discovering dozens of rare native plants or exotics not known to escape cultivation in Ontario. This specimen in particular was the first record for City of Hamilton. It was found on a steep south-facing disturbed slope in a compost area. New introductions are likely to be found in such habitats, as disturbance weakens the natural associations between native species. This annual plant is native to United States west of the Great Lakes down to Central Mexico in the south, where it blooms from early summer to early autumn.

Our mystery species is extremely rare in Ontario — one or two plants have been found on RBG property on four separate occasions, and each time they became specimens. So how does it keep showing up if we collect all the individuals that we find? As you can see, its fruit is surrounded by nasty spines, so it is not dispersed by animals. This species employs a different method; you might say it is wind dispersed. Fitting well into a caricature of the Wild West from which it comes, its stem breaks off near the base and becomes a tumbleweed. As it is transported by the wind it scatters its seeds along the

way. Perhaps it is a nearby fugitive population that continues to tumble through RBG property. If you consider old stories of cowboys and outlaws, and the spiny nature of our plant, you might find its common name very fitting!

The overall plant form, leaf shape, and flower colour is reminiscent of Celandine Poppy (*Chelidonium majus*); however, they are not at all related. The burs you see on the specimen are not fruit, but sepals that have enlarged to cover it. Thankfully this is a deterrent to those who might eat it, as it has caused poisoning (although rarely) in humans and animals. The yellow flowers are another curious feature of this species, which reportedly piqued the interest of Charles Darwin. The anthers are borne in two unequally sized sets, a character called heteranthery. This phenomenon is thought to indicate two different functions for pollination. Four anthers are straight and smaller than the single lower one. This bottom anther is larger and beaked or curved — a descriptive feature which was used to name the species.

If you think you can identify this specimen, send your answer to [paradisefound@rbg.ca](mailto:paradisefound@rbg.ca) or *Paradise Found*, c/o Editor, 680 Plains Road West, Burlington, ON, L7T 4H4. The first correct answer wins bragging rights in the next issue of *Paradise Found*.

# The BIG FREEZE

PRESENTED BY



George "Rinaldino" Teichmann



**RBG IS TOTALLY CHILLING OUT** this winter as visitors trek to *The Big Freeze* to explore one of the most remarkable times in Earth's history — the Ice Age. On January 19, over 100 members experienced a sneak peek at this cool exhibit.

*The Big Freeze* brings the Ice Age home to RBG. This cool, family-friendly experience features two special exhibits and daily activities where visitors of all ages can explore the past and learn about the future. Marvel at mega-sized fossilized mammals and see how palaeontologists uncover the mysteries of the past in *Ice Age Mammals*. See real fossils and artifacts from RBG and discover how our landscape evolved *After the Thaw*. The exhibit boasts many specimens including a 40,000 year-old black-footed ferret mummy and a huge cast of a mastodon skeleton. Beautiful large murals of ice age artwork by Yukon paleoartist, George "Rinaldino" Teichmann, are recreated on fabric panels.

Family programming features days and weekends packed with kids' events and interactive presentations. Adding to the excitement is a full line-up of public programs, school programs, Family Day activities and March Break camps. Full schedule of programs at [www.rbg.ca/bigfreeze](http://www.rbg.ca/bigfreeze).

## Canadian Winter Traditions at RBG!

*Ice Age Mammals* produced by Canadian Museum of Nature in partnership with Montreal Science Centre, Yukon Beringia Interpretive Centre and Royal Tyrrell Museum of Palaeontology.

*After the Thaw* produced by Royal Botanical Gardens.



1. *B. Galanthus nivalis* – Common Snowdrop
2. *A. Narcissus 'Polar Ice'* – Small-cupped Daffodil
3. *C. Chionodoxa luciliae* – Glory-of-the-Snow
4. *D. Tulipa 'Ice Stick'* – Kaufmanniana Tulip

## **The Big Freeze**

January 21 to April 17;  
10 a.m. to 5 p.m.; RBG Centre  
See pages 14.

## **Jazz Brunches at The Rock**

February 19, March 5, 26, April 9  
10 a.m. to 12:30 p.m.; Rock Garden  
Enjoy a delicious brunch complemented by the tranquility of our historic Rock Garden and the sweet sounds of live jazz. Afterwards, head over to RBG Centre and experience our latest winter exhibit, *The Big Freeze*. Reservations required\*.

## **Valentine's Day Jazz Brunch**

Sunday, February 12;  
10:30 a.m. to 12:30 p.m.; RBG Centre  
Treat your Valentine to a romantic brunch featuring live jazz by Southbound Soul then take a stroll through our beautiful Mediterranean Garden as it reaches full bloom. Can't find a sitter? Not a problem. RBG is offering a **Valentine's Day party for the kids** (ages 3–12). While you enjoy your uninterrupted brunch and the sweet sounds of jazz music, your kids are entertained with fun activities and their own delicious buffet brunch. Afterwards enjoy your day at RBG's *The Big Freeze*. Reservations required\*.

## **Natural Lands Open House**

February 16, 6:30 to 9 p.m.; RBG Centre  
Learn about the progress made in the restoration of RBG's natural lands in 2016. See page 14.

## **Orchid Society Annual Show**

February 25 and 26;  
10 a.m. to 5 p.m.; RBG Centre  
Visit [www.osrbg.ca](http://www.osrbg.ca)

## **Easter Brunch**

Sunday, April 16; seatings at 10 a.m. and 1 p.m.; RBG Centre  
Celebrate Easter at RBG! Stroll through the Gardens and join us for a delicious spread. Reservations required\*.

\* Visit [www.rbg.ca](http://www.rbg.ca) for pricing, menu, and ticket purchase.

## **Education 70th Anniversary Open House**

Saturday, April 29,  
10 a.m. to 3 p.m., RBG Centre.

In 1947, our education programming started with a few hundred participants taking part in lectures, films, a tree ID workshop, and a children's gardening program. Fast forward to this past year, and 120,000 people who participated in the vast array of programming we offer for people of all ages. Come and sample our program offering, and celebrate 70 years of bringing people, plants and nature together! Watch our website for a detailed schedule.



## **Plant Faire**

Saturday, April 29; 10 a.m. to 3 p.m.  
Parking lot and visitor centre, Rock Garden  
Purchase plants, trees and shrubs for your garden from many of the region's specialty and native plant vendors.

## **Mother's Day Afternoon Tea**

Saturday, May 13; 4 p.m.;  
Rock Garden Café, Rock Garden  
Show Mom how much you care and treat her to afternoon tea. Enjoy a variety of tea sandwiches, scones and mini pastries. Reservations required\*.

## **Mother's Day Brunch**

Sunday, May 14; seating at 10 a.m. and 1 p.m.; RBG Centre  
Treat Mom to a day at the Gardens. Enjoy a delicious brunch and tour the spring blooms. Reservations required\*.



Art with LEGO® bricks  
May 20 to August 10  
10 a.m. to 8 p.m.  
Hendrie Park  
Visit [www.rbg.ca](http://www.rbg.ca)



# Celebrate Ontario and Canada's 150<sup>th</sup> Birthday at RBG



ROYAL  
BOTANICAL  
GARDENS  
[www.rbg.ca](http://www.rbg.ca)

Royal Botanical Gardens is proud to commemorate Ontario and Canada's 150<sup>th</sup> birthday with year-long celebrations showcasing the diversity of our beautiful province and RBG's unique landscapes. Experience a year full of music and entertainment, cuisine, art, horticultural displays and exhibitions.

Join us in marking this exceptional year!

## Arts, Culture and Cuisine

- **T.B. McQuesten Sculpture**, November–December
- **Dan Lawrie International Sculpture Collection**, June–December
- **Culinary Experiences**, TBD

## Music in the Gardens

- **Garden Music Nights**, concert series, June–September
- **A signature musical performance**; TBD

## Exhibitions, Education and Special Events

- **The Big Freeze**, January 21–April 7
- **Nature Connects**, sculptures made from LEGO® bricks, May 20–August 20
- **Lecture Series** March 16, June 21, November 9, and TBD
- **Canadian Citizenship Ceremony**, July TBD
- **Local Railway Heritage Display**, November–December
- **Canadian Winter Traditions**, November 18–December 31
- **Multi-media light, sound and theatrical presentation**, December TBD

## Nature and Horticulture

- **Biodiversity Celebration Weekend**, May 20–21
- **The Canada BioBlitz**, TBD
- **20<sup>th</sup> Anniversary of the Fishway**, June
- **Rose Garden Refresh**, June–October
- **Children's Mini-Gardens**, May–August
- **Celebrating Connections**, annuals display, June–September
- **Indigenous People and Plants Discovery Trail**, September–December

[www.rbg.ca/150](http://www.rbg.ca/150)

RBG Centre, 680 Plains Road West, Hamilton/Burlington • 905-527-1158

ONTARIO  
15010

#RBG150

