

Native Orchid News:

The Newsletter of Native Orchid Conservation Inc.

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Annual General Meeting
Friday March 3, 2017

Plant of the Month
White Cedar
(*Thuja occidentalis*)

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Upcoming Events

Seedy Saturday: February 11, 2017, Canadian Mennonite University, North Campus.

NOCI Annual General Meeting: Friday, March 3, 2017, 7:30 pm, 1212 Dakota, Winnipeg (doors open 7:00 pm.)

Gardens Manitoba Gardening Saturday: March 18, 2017, Victoria Inn, Winnipeg

Manitoba Orchid Society's Orchid Show: March 24- 26, 2017, Conservatory, Assiniboine Park

President's Report

By Peggy Bainard Acheson

Mark your calendars for the 19th Annual General Meeting to be held on Friday, March 3, 2017. See the Notice of the AGM for details and the biographies of members who have allowed their names to stand for election included elsewhere in this issue. If you would like to help us out at the board level, please contact the nomination chair, Dave, by email at Dave.Toop@gmail.com or by phone at 204-391-3713. Nominations can also be made from the floor at the AGM. You must be a member in good standing to vote so please renew your NOCI membership at that time if you have not already done so.

I regret to report that Denny Smith, a long-time member and board member is stepping down from the board. Denny has been a mainstay of the board and he has been a great help to me during my term as president. He did a great job with the role of Treasurer, but his real strength was advising us on board governance issues such as succession documents and policy issues such as the gift acceptance policy. His suggestions were invaluable during the drafting of the Constitution update last year. This fall he stepped up to manage the handling of book sales. Thank you Denny for all your help and support and we hope to see you and Mary at our field trips and other future events.

Heather Miltenburg, our Membership Chair and field trip leader has resigned from the board for personal reasons and we reluctantly accepted her resignation. Heather has helped us with so many things -- membership chair, field-trip leader, orchid apps, Facebook page and webmaster. She was a joy on field trips -- her knowledge of the orchids and other wildflowers was invaluable. Heather, we wish you every success and hope you will find time to join us on some field trips this summer.

My term is up this year and I have taken the difficult decision to step down from the board. I have been on the board of NOCI since its inception, first as Membership Chair and the last three years as president. NOCI has been so much a part of my life over the last 19 years; along with meeting new people and making many good friends, I have learned so much. My mission these last three years has been to finish the 2nd edition of the book along with the book committee, complete the trail project and have the opening, and to facilitate the smooth running of the organization. Now it is time for someone else to take the reins. My heartfelt thanks to the board and other NOCI volunteers for all their support during my time as president. I couldn't have done it without you.

I would also like to express my gratitude to all those who have been so generous with your time, money and raffle items. Hope to see you all at the AGM.

Annual General Meeting Friday March 3, 2017

Native Orchid Conservation Inc. will be holding its 19th Annual General Meeting on Friday, March 3, 2017 at 7:30 pm at the Dakota Lawn Bowling Centre, 1212 Dakota Street. In addition to the annual board-of-directors election and business meeting, we will have a presentation, raffle, and wonderful refreshments. Following the business meeting we are looking forward to Shirley Froehlich's presentation entitled "Essential Native Plants for Birds, Bees, Butterflies and Pollinators". Shirley is a long-time friend and member of NOCI, and is owner of Prairie Originals, specializing in native prairie wildflowers and native plants for landscaping. Invite your friends and relatives to join us to enjoy the fellowship, raffle, door prizes and refreshments we have planned for you. If anyone would like to donate to the raffle (donations \$10 or more will receive a tax receipt) or door prize, please contact Dave at 204-391-3713 or by email at Dave.Toop@gmail.com. All donations gratefully appreciated.

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<https://www.facebook.com/pages/Native-Orchid-Conservation-Inc/642374452483045>

Plant of the Month

White Cedar
Thuja occidentalis

By Doris Ames

The genus name *Thuja* is a Latin word taken from the Greek word *thuia*, a name for the Sandarac Tree in Africa that was once in the same genus and that also produced an aromatic resin.

The species name *occidentalis* is a Latin word meaning from the 'Western world'.

White Cedar belongs to the Cypress (Cupressaceae) family and is found in Eastern North America throughout the Great Lakes-St. Lawrence Region, most of the Acadian Forest Region and in the central and eastern parts of the Boreal Forest approximately as far north as James Bay. In Manitoba it grows in the southeastern Boreal forest in coniferous swamps where the water is not too acid and where the underlying rock is limestone. It prefers sun or partial shade and is a common associate of Black Spruce and Tamarack.

This slow-growing aromatic tree grows to an average of 20 m tall and 30 cm in diameter but can grow much larger under ideal conditions. The spreading roots anchor it well and the shreddy reddish bark gives the tree a rugged appearance. The trunk broadens at the base and is often divided into two or more secondary branches of equal size. Cedars are often marvelously twisted and there is much speculation as to why this is so. It may be due to exposure to certain environmental conditions like tornadoes or heavy windstorms when the tree was young or it may have something to do with the light, soft wood that makes up the trunk.

The tree has a conical shape with many widely spreading branches almost to the ground giving it a dense manicured look. Branchlets form a flattened spray with soft twigs that have conspicuous glandular spots. The little 10 mm long oval cones ripen in late summer and contain small dark seeds. Cones are shed the following year.

The tree is useful for its aromatic wood which is resistant to decay. It is especially good for fence posts and shingles where there is little likelihood of mechanical wear.

White Cedar is very high in Vitamin C and in fact is one of the four sacred herbs or medicinal plants so important to indigenous people. It is used in smudges as a purifier and cleanser.

One of the first records we have of its use was when a tea made from the needles was used by Jacques Cartier to treat scurvy among his men on the advice of indigenous people when he landed in Quebec. He referred to it as Arbor-vitae (tree of life). It should be used in moderation as it contains thujone which can be toxic. Cedar products, oil, leaves etc. have been used to make disinfectants, cleansers and insecticides. Linen chests were made out of it because the wood smells pleasant and moths and other insects don't like it.

It is a pleasant ornamental tree, easily cultivated and resistant to most insects and disease. It doesn't like exposure to heavy winds and dry conditions and the branches tend to show some winter burn and often turn yellow brown in winter. The branches are weak and often break with heavy snow accumulation. Deer like to eat the foliage and may do quite a bit of damage in winters when there is heavy snow and they can't find much else to eat.

NOCI Board Candidate Biographies – 2017

John W. Dyck grew up on a farm in the Municipality of Franklin in southern Manitoba where he spent much time enjoying the beautiful Roseau River. He served on the executive of the Manitoba Fly Fishers Association from 1982 to 2000 including six years as president. While with the MFFA he was involved in some stream rehabilitation work on the Lonesands Project and Whiteshell River Project. In 2004 John joined the Franklin Crow Wing Trail committee on which he still serves. Having discovered NOCI and its work in protecting native plants and flowers, John attended a meeting and joined NOCI in 2006. He enjoys meeting new people and learning new things on NOCI field trips, and especially likes the NOCI mandate to identify, inventory and protect the special habitats that plants like the native orchids need to survive.

Thomas Harrison is in his second year working towards a degree in genetics and from there a graduate degree in Plant Science. His goal is to work as a researcher either with human genetics, or crop genetics. He is currently taking classes in Icelandic and Japanese. In his my spare time he makes mead and beer, and works on computer games and programming. He has a Venus flytrap and sundew, as well as a cat. Thomas is looking forward to serving on the board.

Jemma Harrison is in the final stages of her master's in geology at the University of Manitoba. Her favourite part of studying geology is the opportunity to get out in the field. She became a member of NOCI last year to participate in the field trips and to learn about Manitoba's vegetation. Since 2015, she has volunteered for CJNU Nostalgia Radio and has recently started volunteering for Manitoba Envirothon. She is looking forward to serving on the board of NOCI and learning more about the native plants of Manitoba.

Donna Krawetz - Since joining NOCI in 2011 Donna has participated in numerous field trips and has come to greatly appreciate NOCI's role in preserving Manitoba's rare plant species and their habitats. Retired from a career as a policy advisor and manager in post-secondary education with the Saskatchewan government, her background includes a B. A.(Honours) in Geography from the University of Winnipeg and a Masters in Environmental Studies from York University. Her interests include photography, travelling, hiking and volunteering at a local art gallery. Donna joined the NOCI Board in 2015 and currently holds the position of Treasurer.

John Perry - During his 32 years of formal teaching, John taught from grade 3 to university. Along with the regular subjects he taught courses in outdoor education, environmental education, and sustainability. Since retiring from the classroom, he is involved as a contractor/consultant in curriculum areas related to his interests. Along with native prairie plants growing as part of a Monarch Butterfly Waystation, he has yellow lady slippers growing wild on his property. John was appointed to the NOCI board in December 2015. He currently is the Interim Membership Chair.

There are four openings on the board for the odd year election cycle and five people have so far allowed their names to stand for election or re-election. With Heather stepping down as Membership Chair one of the candidates could fill in until the even year election (2018). If you would like to help out at the board level, please contact the nomination chair, Dave at Dave.Toop@gmail.com or call him at 204-391-3713. Nominations from the floor will also be accepted at the Annual General Meeting on March 3, 2017 when the election will take place.



Notice of the 2017 Annual General Meeting Native Orchid Conservation Inc.

Date: Friday, 03 March 2017

Time: 7:30 pm (doors open 7:00 pm)

Location: Dakota Lawn Bowling Centre
1212 Dakota Street, Winnipeg

What: Annual General Meeting

Guest speaker: Shirley Froehlich, Prairie Originals

Topic: Essential Native Plants for Birds, Bees, Butterflies and Pollinators

Business meeting:

- Presentation of 2016 annual reports
- Review of financial statements
- Election of directors
- Other business

For further information please contact:

Peggy Bainard Acheson, President: 204-261-9179

Dave Toop, Nomination Chair: 204-391-3713

Light refreshments served.