

# ADULT EDUCATION

Sept 2018 - Feb 2019

Photo: Tania Clarke

  
VanDusen  
BOTANICAL GARDEN

  
Bloedel  
CONSERVATORY

Vancouver  
Botanical  
Gardens  
Association

5251 Oak St. at West 37th Ave, Vancouver BC V6M 4H1  
Bloedel Conservatory: at the top of Queen Elizabeth Park  
[www.VanDusenGarden.org](http://www.VanDusenGarden.org)

# BOTANY & ECOLOGY



## Tree Walk & Talk

Spend an early-autumn morning with Egan Davis exploring the Garden's vast collection of trees from around the globe. Learn a little tree ecology, hear interesting stories, and find out what trees are best suited for urban settings, attracting wildlife, or can add seasonal interest to your garden. This class is entirely outdoors - be prepared to walk, rain or shine. Limited to 16 participants.

Sat. Sep 15, 10 am - 12 pm | Member \$27 / Non-member \$30

Instructor: Egan Davis

## Introduction to Bird Watching

Learn how to train your eyes and ears to find, observe, and identify birds during this intro class with VanDusen's long-time birding guide, Jeremy Gordon. He will cover basic guidelines, tips and techniques of bird watching, and best resources to continue birding in Vancouver. Class includes an indoor presentation, and a walk through the Garden to look for some of the 87 species of birds seen here. Dress for the weather, bring binoculars and a field guide if you have them. Class is limited to 18 people.

Sat. Sep 15, 10 am - 12:30 pm | Member: \$36 / Non-member: \$40

Instructor: Jeremy Gordon

## Tree ID Walks - North America

Further your plant ID skills outside using the North American tree collections at VanDusen. Garden staff Samantha Sivertz will cover identification, ecology, history and cultural significance of different trees. Sam's engaging teaching style weaves stories with the science - learn about researchers, explorers, and folklore, plus medicinal, practical and ceremonial uses. The September session will focus on native broadleaf trees such as Garry oak, maples and more, while the October session will look at conifers of North America. Discover handy tips and tricks to help you remember the trees. Be ready to spend the afternoon walking outside in the Garden, rain or shine. Limited to 16 participants.

*New!* Broadleaf Trees of North America: Sat. Sep 22, 1:30 - 4 pm

Conifers of North America: Sat. Oct 13, 1:30 - 4 pm

Cost per session: Member \$31.50 / Non-member \$35

Instructor: Samantha Sivertz

*K-12 teachers are eligible  
for free Gardening, Botany  
and Ecology courses.  
Call 604-718-5898 for info.*

## *New!* Botany Basics for Gardeners

Improve your botany knowledge and gain some introductory tools to better your plant growing and identification skills. Trained botanist Latifa will introduce you to the main evolutionary groups of plants and how they differ, while touching on the basic morphology and anatomy of plants. We'll look at the plant life cycle, stages of growth, and basic plant growth requirements. Class concludes with a walk around the garden putting knowledge into practice.

Sat. Sep 22, 10:30 am - 3 pm | Member \$58.50 / Non-member \$65

Instructor: Latifa Pelletier-Ahmed

## Botany and Birds Walk on Bowen

Explore the botanical and ornithological diversity on Bowen Island on a gentle walk along forest trails to Killarney Lake, led by VBGA Education Director, Gillian Drake, and volunteer birding guide, Richard Wing. As we look for Sitka spruce, root nodules on alder, and big leaf maples dripping with licorice ferns, mosses and lichen, we'll discuss our local ecosystems, and practice using a dichotomous key to identify native plants. Learn how to enhance your birding experience by training your ear to focus on the sound of birds calling through the forest, as they are often easier to hear than see. Tour will start at the Public Library, 30 m from the ferry dock (no car needed), and will finish in time to board the 1:10 pm ferry back to Horseshoe Bay. Consider making a day of it and visit Bowen's many cafes, shops and galleries within easy walking distance of the ferry. Fee does not include ferry fare.

Sun. Sep 30, 9:30 am - 12:30 pm | Member \$27 / Non-member \$30

Instructors: Gillian Drake & Richard Wing



## Introduction to the World of Mushrooms

Join experienced mycologist Sharmin Gamiet for an evening focused on native species of mushrooms. She will discuss fungal ecology and introduce how to identify different mushroom families based on physical macroscopic characteristics. Species of special interest, e.g. edible and toxic, will also be discussed, and freshly collected or dried specimens will be on display for viewing. Presented in collaboration with the Vancouver Mycological Society. VMS members can also enjoy the discounted rate with proof of membership.

Thu. Oct 25, 7 - 8:30 pm | VMS or VBGA Member \$31.50 / Non-member \$35

Instructor: Sharmin Gamiet

## *New!* Introduction to Botanical Latin

What's in a plant's name? Botanical Latin can seem daunting for beginners, but a few basic tools can make it much more approachable. Latifa will guide you through understanding the basic Latin for botany, and principles of plant naming with regards to nomenclature and taxonomy. Following classroom time, we'll go on a walk in the garden to compare plants names with their physical features for enhanced learning and understanding.

Sat. Nov 17, 10 am - 1 pm | Member \$36 / Non-member \$40

Instructor: Latifa Pelletier-Ahmed



# PLANTS & PEOPLE

## Wild, Edible and Medicinal Plant Walks

Explore the Garden from a First Nations perspective as you identify plants in VanDusen's collections, including native species that are edible and/or medicinal. Find out how to best use them, when to harvest and what can be made with them. Acquire a deeper understanding and appreciation for the plants around us.

Sat. Sep 15, 10:30 am - 12:30 pm

Thu. Oct 11, 10:30 am - 12:30 pm

Sat. Feb 23, 10:30 am - 12:30 pm

Cost per session: Member \$22.50 / Non-member \$25

Instructor: Lori Snyder

## *New!* Nutrition of Wild Plants - Fall

Learn how to identify a number of wild edible plants available in the fall season. Latifa will discuss the nutritional value and significance of each plant as you observe and walk around the garden during this interactive talk. We'll conclude the session in the classroom to make a shrub with wild salal berries. This edible botanical syrup combines the fruit with vinegar and can be added to sparkling water at home for a tasty and healthy drink!

Sun. Sep 23, 10 am - 1 pm | Member \$40.50 / Non-member \$45

Instructor: Latifa Pelletier-Ahmed



## Herbs for Digestion

This informative talk on herbal medicines for digestive health will discuss how certain herbal medicines can assist digestion. Explore the benefits of some common spices and carminative (reduces bloating) rich herbs, and learn the effects of bitter and demulcent (anti-inflammatory) herbs. Participants will sample a digestive tea and demulcent mixture and will take home a small bag of a carminative digestive spice blend.

Wed. Sep 26, 6:30 - 9 pm | Member \$31.50 / Non-member \$35

Instructor: Katolen Yardley

## Bitters: From Snake Oil to Artisanal Cocktails

Made with infusions of roots, barks, fruit peels, seeds, spices, herbs and flowers, the spectrum of flavours that can be achieved with bitters is seemingly limitless. Take a journey through the fascinating history of bitters, beginning as herbal remedies in the 17th century, into a multi-million dollar industry with bold claims of curing ailments of all kinds in the 19th century, through to prohibition and the recent re-emergence in modern cocktails. Sip on cocktails made with local spirits while we explore some of the botanicals commonly used as bittering agents and discuss current uses in drinks to try at home. Ages 19+ only.

Wed. Oct 10, 7 - 8:30 pm | Member \$36 / Non-member \$40

Price w/o cocktails: Member \$31.50 / Non-member \$35

Instructor: Cole Benoit

## *New!* Introduction to Medicinal Herbs for the Home

Are you curious about herbal medicine and want to understand more about how plant medicine works and how to use herbs at home? Join us for an introduction on how herbal medicines can be incorporated into your home for first aid use. We will cover a couple of local herbs in depth along with their various applications.

Thu. Oct 11, 6:30 - 9 pm | Member \$31.50 / Non-member \$35

Instructor: Katolen Yardley

## Cooking with Herbal Powders

Discover how to get the nutritional and healing benefits of herbs into your diet with herbal powders – finely milled plant material such as leaves, bark, flowers and berries. Learn how to incorporate them into daily meals for your family with delicious recipes! Katolen will discuss the benefits of various herbal powders and where you can purchase them. Together we'll create and sample Herbal Energy Power Balls, Herbal Immune Enhancing Hummus, and Delicious Herbal Fudge Dessert. Course fee includes all supplies.

Sat. Oct 13, 10 am - 12:30 pm | Member \$40.50 / Non-member \$45

Instructor: Katolen Yardley

## Herbs for Women's Health

This introduction to some unique herbs used specifically for women's health will cover common herbs used for reproductive wellness through all phases of a woman's life. We will discuss medicinal properties and ways to use these plants, as well as some recent scientific studies, while we sample some herbal products.

Thu. Oct 18, 7 - 9 pm | Member \$31.50 / Non-member \$35

Instructor: Katolen Yardley

## Herbal Tincture Making Workshop

Discover how easily an herbal vinegar infusion can be made at home, while learning what plants are best to harvest and infuse for their beneficial mineral content. Lori Snyder, an Indigenous Herbalist, will share the importance of minerals for our health, explain the nutritional properties of vinegar, and lead a hands-on demonstration. Using wild plants (weeds), you will make your own apple cider vinegar tincture to take home. Supplies included.

Sat. Oct 20, 10:30 am - 12:30 pm | Member \$36 / Non-member \$40

Instructor: Lori Snyder



## Herbal Salve Making Workshop

Explore the practice of medicine making with Lori Snyder, Indigenous Herbalist. Learn what plants are best suited to medicinal infusions, when to harvest them and how to prepare and store them appropriately. Participants will make their own salve ointments with plant infused oils and beeswax, ideal for treating cuts, wounds, scrapes, sunburned skin, dry hands and chapped lips. All supplies included, maximum 20 participants.

Sat. Nov 3, 10:30 am - 12:30 pm | Member \$36 / Non-member \$40

Instructor: Lori Snyder

## Ethnobotany Walk in the Tropics

Come up to Bloedel Conservatory for a walk through a warm mini rainforest, led by Education Director, Gillian Drake. Enjoy stories of plants and cultures in tropical lands, see plants that we all love to eat and drink, and make the connection between bromeliads and poison-tipped blow darts used for hunting in the jungle. Fee includes conservatory admission. Limited to 12 participants.

Tue. Nov 6, 10:30 - 11:30 am | Member \$16.20 / Non-member \$18

Instructor: Gillian Drake

## *New!* Nutrition of Wild Plants - Winter

Learn how to identify a number of wild edible plants available in the winter season. Latifa will discuss the nutritional value and significance of each plant as you observe and walk around the garden during this interactive talk. We'll conclude the session in the classroom and each create an immune tonic from wild cedar to take home.

Sun. Nov 18, 10 am - 1 pm | Member \$40.50 / Non-member \$45

Instructor: Latifa Pelletier-Ahmed

## Natural Cosmetic Making

Create natural and clean body care products for yourself or your family as fun seasonal gifts! Join Katolen Yardley, MNIMH - Medical Herbalist for an informative hands-on workshop where you will learn about herbs for skin care and create chemical free recipes the whole family will enjoy. During this workshop you will create and take home a rich natural calendula cream, a facial exfoliant, and lavender body scrub.

Sat. Nov 24, 10 am - 12:30 pm | Member \$54 / Non-member \$60

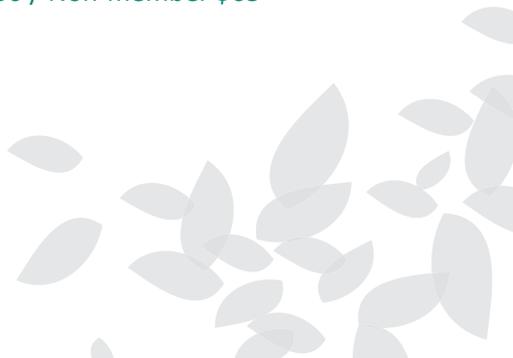
Instructor: Katolen Yardley

## *New!* Herbal Skin Products for Valentine's Day

Join us for a fun hands-on morning creating some natural Valentine's Day gifts for your loved ones, or for yourself! Learn about what botanicals are best used for skin products, and how you can prepare infused oils at home. Together we will prepare a herbal body bar, a rose and chocolate body scrub, and luscious massage oil for you to take home.

Sat. Jan 26, 10 am - 1 pm | Member \$58.50 / Non-member \$65

Instructor: Katolen Yardley



# GARDENING & DESIGN

## Janis' Top Trees and Shrubs

Discover Janis' favourite low maintenance trees and shrubs for year-round enjoyment in home gardens. Janis will discuss easy maintenance from the perspective of pruning (or lack thereof), drought tolerance, cleanliness, and other characteristics. Class includes a short walk to see trees at mature sizes.

Thu. Sep 20, 6:30 - 9 pm | Member \$31.50 / Non-member \$35

Instructor: Janis Matson

## Fall Planting and Winter Garden Prep

This class offers a great overview on how to plan your fall plantings, as well as which garden preparations are best done before winter arrives. Join VanDusen gardener Casey for a look at a variety of plants to get into the ground at this time, including trees and shrubs, and best practices for winterizing your garden including perennial division, mulching and bed preparations to enhance soil nutrients during the cold and wet season. Class includes a walk in the Garden with demonstration of planting techniques.

Sat. Sep 29, 9:30 am - 12:30 pm | Member \$36 / Non-member \$40

Instructor: Casey Werfl

## Microfarming in your Urban Home

Explore living walls, window farms, and other indoor planting systems that add edible greenery to your home or office without taking up much space. Learn of the benefits and the various systems that can be used to set up indoor gardens, so you can enjoy a variety of plants year-round. Learn principles of planning your garden, managing water and light requirements, and which plants are most suitable. Leave class feeling inspired to transform your home into an urban microfarm!

Wed. Oct 3, 6:30 - 9 pm | Member \$36 / Non-member \$40

Instructor: Dr. Yael Stav

## Creative Gardening with Native Plants

With close to 3,000 species of plants native to BC, there is something beautiful and easy to grow for every home garden. Native plants are well-adapted to our climate and geography, support beneficial wildlife, and contribute to a healthy and resilient urban ecosystem. Understand the similarities between the conditions in your garden and local natural areas, and how to integrate native plant species into your garden for stylish, creative and low maintenance results.

Wed. Oct 17, 6:30 - 9 pm

Member \$31.50 / Non-member \$35

Instructor: Janis Matson

K - 12 Teachers are eligible for free Botany and Gardening classes. Call 604-718-5898.

## Soil Workshop for Gardeners

Get a practical understanding of your soil with this workshop that combines lecture and hands-on lab activities using soil from participants' gardens. Egan will lead the group through an analysis of the structure and texture of their soil, test the pH, and look for living soil organisms. Pooling the results to look for trends and connections, you will interpret the results, compare the different soils and discuss how it relates to healthy plants and gardens. Bring a small sample of your soil (approx. 2 cups) in a clear jar with a good lid.

Sat. Oct 27, 10 am - 12:30 pm | Member \$31.50 / Non-member \$35

Instructor: Egan Davis

## Practical Winter Pruning

During this seasonal look at pruning, join VanDusen gardener, Casey Werfl, for an overview of the fundamentals of pruning, and specifics on tree and shrub structure. This time of year is perfect for seeing how the structure of trees and shrubs can be modified with pruning, and how the plant will respond. Pruning vines will also be discussed. Course will include ample time in the Garden to examine plants in need of pruning, see the results of past pruning, and demonstrate proper techniques and clever tips. Limited to 16 participants.

Sun. Oct 28, 10 am - 1:30 pm | Member \$63 / Non-member \$70

Instructor: Casey Werfl

## Fun with Ferns

Ferns are graceful, dependable and low maintenance, and will thrive in most gardens. These fuss-free beauties have a delicate appearance, yet most are highly adaptable and hardy in average garden conditions. This class will explore how to incorporate ferns into your garden, for interesting textural contrast to other plants. Learn which species are drought tolerant vs needing moisture, which are evergreen, and which are native to BC.

Wed. Nov 14, 6:30 - 9 pm | Member \$31.50 / Non-member \$35

Instructor: Janis Matson

## *New!* Microgreen Holiday Gift Workshop

Make a unique, edible gift for a loved one, to keep for yourself, or duplicate for green gifts this season! Microgreens are delicate, young plants that are harvested while tiny and tasty to use in salads, sandwiches, soups and more. We will have different types of microgreens growing for you to sample while learning about what the easiest and best varieties are to grow and how to do it. We'll look at types of containers, sunlight requirements, and storage. You'll finish class with a planted microgreen container plus a how-to information card to provide with your gift. All supplies included.

Wed. Nov 28, 6:30 - 9 pm | Member \$41.50 / Non-member \$45

Instructor: Yael Stav



### *Expanded!* Essentials of Landscape Design

Whether it's a formal entrance to your home, or a cozy retreat in the backyard, there are essential landscape design principles that should be considered. This 3-part workshop will cover the importance of the environmental details of the site such as the soil, grade or slope, sun exposure and natural water or irrigation. Janis will also discuss basic parameters of design such as focal points, scale, odd numbers, colour, balance and more. Bring photos of your garden to work on getting your design started. Leave inspired and ready to design your garden!

Wed. Jan 23, 30 & Feb 6, 6:30 - 9 pm | Member \$108 / Non-member \$120

Instructor: Janis Matson

### Specific Early Season Pruning

This course with long-time VanDusen gardener, Casey Werfl, takes a seasonal look at pruning, with a specific focus on Roses, Vines and Sub Shrubs such as Lavender, Rosemary, Hebe etc. Casey will give a brief overview of the universal guidelines and logic for pruning, and some basic botany to help you understand how plants respond to being pruned. Class will cover knowing when and how to prune for maximum bloom and how to keep plants healthy and looking their best. Course will include a walk in the Garden to examine plants in need of pruning and how to do it, see the results of past pruning and demonstrate proper techniques.

Sun. Feb 24, 10 am - 1:30 pm | Member: \$63 / Non-member: \$70

Instructor: Casey Werfl

### Spiral Herb Gardens: Easy, Efficient and Beautiful!

A spiral garden is typically a small herb garden that makes optimal use of three dimensional space, through a classic, naturally beautiful design. As different areas of the spiral garden have varying amounts of sun exposure and drainage, microclimates are created, enabling a diversity of plant species to grow in a small area. Learn how to set up your own spiral garden as an easy DIY project. The result is compact, accessible, thoughtful and aesthetically pleasing, making it a wonderful centrepiece in your garden. Great for school gardens too!

Wed. Feb 27, 6:30 - 8:30 pm | Member \$36 / Non-member \$40

Instructor: Dr. Yael Stav

# BOTANICAL ARTS



## Seaweed Pressing Workshop: Preserving Autumn Specimens

Learn to press and preserve gorgeous seaweeds in a variety of colours, textures and sizes. We will identify some common West Coast species, learn how to ethically collect your harvest, and store it. Create three mounted specimens in a DIY plant press to take home. All supplies are included.

Sun. Sep 9, 10:30 am - 12:30 pm or 1:30 - 3:30 pm

Price per session: Member \$54 / Non-member \$60

Instructor: Dana Mulder

## Chigiri-e Paper Art Workshops

These popular workshops guide you through step-by-step creation of your own beautiful chigiri-e paper art piece. Chigiri-e is a Japanese art form using pieces of hand-dyed washi paper to create beautiful and detailed images. The result can resemble a watercolour painting with a delicate texture. Supplies included. Class limited to 12 students. Six themes are available this semester:

**Sunflowers:** Thu. Sept 13, 1:30 - 4:30 pm

**Harvest:** Thu. Oct 11, 1:30 - 4:30 pm

**Poppies:** Thu. Nov 8, 1:30 - 4:30 pm

**Seasonal Greeting Cards:** Sun. Nov 25, 1:30 - 4:30 pm

**Lily of the Valley:** Thu. Jan 17, 1:30 - 4:30 pm

**Purple Blooms:** Thu. Feb 21, 1:30 - 4:30 pm

Price per session: Member \$63 / Non-member \$70

Instructor: Leanne Hildebrand

## Watercolour Meetups

Bring your paint, questions, and ongoing projects to our weekly series of meetups hosted by long-time instructor Susan Pearson this spring. Susan will offer group demonstrations for specific techniques each week, and provide individual assistance during this casual and social approach to learning. Make new friends, or catch up with old ones while you paint the morning away. Fresh plant material from the garden will be provided for inspiration, or you may bring your own. Some watercolour painting experience required. Please bring your own supplies. Drop-in and full series options available to suit your schedule.

Fall: Thursdays, Sep 13 - Oct 18, 10 am - 12:30 pm

Winter: Thursdays, Feb 7 - Mar 14, 10 am - 12:30 pm

Per series: Member \$162 / Non-member \$180

Drop-in: Member \$31.50 / Non-member \$35

Instructor: Susan Pearson



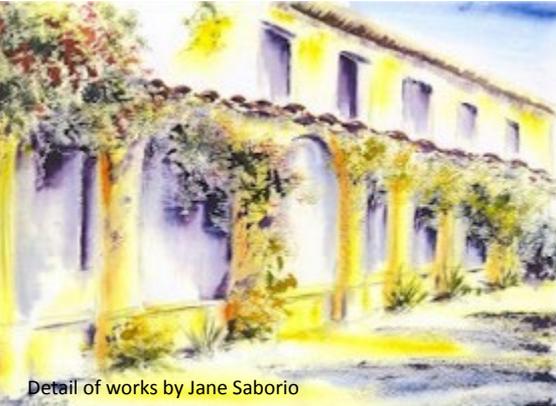
## *New!* Acrylic Painting Workshop for Beginners: Architecture

This workshop provides all the supplies you need, along with step-by-step instruction by local artist Jane Saborio. Learn to paint an architectural scene with botanical elements. You will finish each workshop with a completed painting to take home. If you've always wanted to try painting with acrylics or want to get back into it, but don't want to invest in supplies yet, this workshop is for you!

Sun. Sep 16, 10 am - 4 pm

Member \$90 / Non-member \$100 *Fee includes supplies.*

Instructor: Jane Saborio



Detail of works by Jane Saborio



## *New!* The Naturalist's Journal: Illustrating Autumn

Improve your drawing skills for journaling, teaching, or pure enjoyment.

Drawing directly from nature is about observing plants to identify shapes, spaces between shapes, edges and scale. Katharine will teach you how to record nature through illustration. Learn how to create the illusion of depth, and make observational drawings looking at plants from different aspects. Study will be outside in the Garden (weather permitting) combined with classroom time.

Fri. Sep 28, Oct 5 & 12, 10 am - 12:30 pm

Member \$108 / Non-member \$120

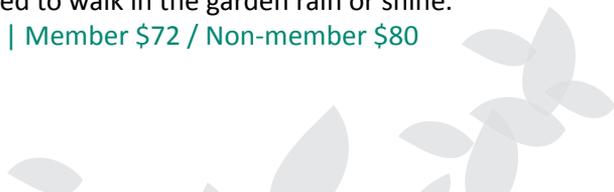
Instructor: Katharine Dickinson

## *New!* Creative Photography: Fall Foliage

Fall Foliage can be a photographer's delight. Explore the Garden while you learn how to use your camera's macro setting as we find vibrant colours within the garden and inspiration from the changing textures of the season. We will also discuss effects of shadows and movement in your creative compositions. Bring your camera with USB cable and empty memory card. Bring your user manual if possible, a lunch, and be prepared to walk in the garden rain or shine.

Sat. Sep 29, 10:30 am - 4:30 pm | Member \$72 / Non-member \$80

Instructor: Melissa Clark



## *New!* Collecting Colours:

An intro to natural dyes and pigments for textiles

*Please note, this series cannot be taken as individual courses.*

**Natural botanical dyes from your home and garden, Sat. Oct 13, 1:30 - 3:30 pm:**

Participants will each make two solar jars with locally foraged plants and garden compostables to dye about two yards of cotton.

**Bundle prints and garden impressions, Sat. Oct 27, 1:30 - 3:30 pm:** Bring your solar jars from our first session to unveil the many natural colours the group has produced. At this time, you may choose to modify them further. Today we will introduce the process of preparing a dye vat for bundle dyeing and will use fallen leaves to create some beautiful impressions on a fresh piece of cotton.

**Mineral Pigments For Fabric painting, Sat. Nov 17, 1:30 - 3:30:** For our third and final session, we will get into the nitty-gritty of earth mineral pigments. We will process several minerals into soy-based pigment paints that can be applied directly to either of your previous projects or other fabrics you may bring from home that need rejuvenating. Dana will share the various minerals she's collected along the West Coast and teach tips for identifying rocks that lend their colours. You'll be looking at soil and rocks in a new, exciting way after this class!

*Member \$148.50 / Non-member \$165 Fee includes supplies.*

Instructor: Dana Mulder

## *New!* Botanical Illustration Level 2

Learn how to draw plants from an aesthetic and botanical perspective while improving your observation and artistic skills. This six-session course is ideal for anyone with some experience, or who have taken past courses with Katharine, and want to approach an intermediate level of botanical drawing. Students will be given step-by-step instructions on how to progress through botanical drawing projects using graphite pencil and watercolour washes. A supply list can be provided upon request following registration.

**Fridays, Oct 26 - Dec 14, 10 am - 1 pm (8 sessions)**

*Member \$252 / Non-member \$280*

Instructor: Katharine Dickinson

## *New!* Autumn Still Life Watercolour Workshop

Create a beautiful still life painting in your own style of autumn foliage, flowers and gourds. With group and individual instruction, Susan will guide you through warm up sketch exercises to designing a lovely composition for your final still life painting. Some watercolour painting experience is recommended. Limited to 10 participants. Bring your own painting supplies - a list can be provided upon request. Still life subjects will be provided.

**Sun. Oct 14, 10 am - 2 pm | Member \$63 / Non-member \$70**

Instructor: Susan Pearson

## Creative Photography Principles 1

Enjoy the beautiful setting of the Garden while you hone your photography skills. Melissa will discuss the most important elements and principles of what makes a great photograph such as space, emphasis, rhythm, variety, and more. You will be guided through practical exercises and spend plenty of time in the Garden to practice and explore your creativity. Gain valuable input during a feedback session, and finish class feeling more confident. Bring your camera with USB cable and empty memory card. Bring your user manual if possible, a lunch, and be prepared to walk in the garden rain or shine.

Sat. Oct 27, 10:30 am - 4:30 pm | Member \$72 / Non-member \$80

Instructor: Melissa Clark

## *New!* The Colour of Water - A Technical Watercolour Workshop

Learn how to better portray water with watercolour such as a vase of water, ponds, fountains, streams or the sea. With clear and simple techniques, Susan will guide you through how to create the illusion of water. In this workshop we will explore glazing, washes and other tricks to make this subject matter come to life. Limited to 12 participants. Some experience recommended.

Thu. Nov 1, 10 am - 2 pm | Member \$58.50 / Non-member \$65

Instructor: Susan Pearson

## Creative Photography Principles 2

Build upon your understanding of photography principles, such as the effects of speed and lighting. Using traditional techniques such as shooting in black & white, we will dive deeper into what makes a great photograph, and why. A feedback session will be the finishing touch to this class. This class is for participants who have taken Creative Photography Principles 1 or have some previous knowledge and experience, and are looking to develop their skills. Bring your camera with USB cable and empty memory card. Bring your user manual if possible, a lunch, and be prepared to walk in the garden rain or shine.

Sat. Nov 3, 10:30 am - 4:30 pm | Member \$72 / Non-member \$80

Instructor: Melissa Clark

## Seasonal Watercolour Greeting Card Workshop

Be inspired by winter garden features such as amaryllis, snowberries, branches and more as we create miniature works of art as greeting cards. Susan will demonstrate a variety of techniques such as creating pattern, quick and simple impressions, wet on dry and wet into wet, as well as fine detailed realism. This workshop gives you time and space to create your own cards with Susan's group and individual instruction. Bring your own painting supplies and a lunch; we will provide six 5" x 7" blank art cards per participant. Some painting experience is recommended. A supply list can be provided upon request.

Thu. Nov 15, 10 am - 2 pm | Member \$63 / Non-member \$70

Instructor: Susan Pearson

### *New!* Painting with Light: A Photography Workshop

Develop your night time photography skills and have fun playing with light in the sparkling beauty of VanDusen's Festival of Lights. Class will combine indoor presentation, plenty of time out in the Garden to shoot photos and group feedback. Bring your camera with USB cable and empty memory card. Bring your user manual and a tripod if you have them, a meal, and dress for the weather and walking. Bring an umbrella if it rains. Admission included during class hours.

Thu. Dec 6, 3:00 - 8:30 pm | Member \$63 / Non-member \$70

Instructor: Melissa Clark

### *New!* Botanical Illustration Level 1

Learn how to draw plants from an aesthetic and botanical perspective while improving your observation and artistic skills. This eight-session course is ideal for anyone wishing to approach a beginner level of botanical drawing. Students will be given step-by-step instructions on how to progress through botanical drawing projects using graphite pencil and watercolour washes. Katharine will guide students through contour and gesture drawing exercises, followed by longer studies using line and tonal drawing techniques. A supply list will be provided following registration.

Wednesdays, Jan 23 - Mar 13, 10 am - 1 pm (8 sessions)

Member \$252 / Non-member \$280 | Instructor: Katharine Dickinson

### *New!* Winter Silhouettes in Watercolour

This workshop will explore painting shapes and silhouettes found in winter. Subjects such as mountain ranges and winter trees will be demonstrated. Susan will guide you through simplifying negative shapes as well as strategically using the white of your paper in your work. Learn tricks such as using masking tape, "frisket" (liquid masking fluid) and wax crayon to help achieve silhouette results. Some watercolour painting experience is recommended. Supplies not included, a list can be provided upon request. Limited to 12 participants.

Thu. Jan 24, 10 am - 2 pm | Member \$58.50 / Non-member \$65

Instructor: Susan Pearson

### *New!* Drawing Nature: Nests & Cones

This workshop is for everyone who finds inspiration in nature, and wants to improve their ability to capture the beauty or the detail through drawing. With a focus on bird nests and conifer cones, you'll learn to draw these subjects through fun exercises with different drawing techniques using charcoal, pencil, pen and ink. The day will be spent both in the classroom, and outside in the Garden if weather permits. A supply list will be provided following registration.

Sun. Jan 27, 10 am - 4 pm | Member \$63 / Non-member \$70

Instructor: Katharine Dickinson

## *New!* Winter Garden Photography

Learn how to best capture the beauty winter has brought to VanDusen with your camera. The winter garden can offer a wide variety of photo opportunities including ice patterns, snow crystals, striking silhouettes, muted tones and dramatic lighting. We will discuss exposures for winter conditions, creating monochrome images, and spend plenty of time shooting outdoors. Class concludes with a feedback session to share and discuss some of our results. Bring your camera with USB cable and empty memory card, a lunch, and dress for the weather.

Sat. Feb 9, 10:30 am - 4:30 pm | Member \$72 / Non-member \$80

Instructor: Melissa Clark

## Drawing Vegetables

This one-day workshop explores how to draw some seasonal vegetables: squash, root veggies, winter greens, and more! Learn how to capture their natural beauty through fun exercises using live examples with different drawing techniques using pencil, pen and colour washes. Watercolour and brushes will be provided. Bring a 11"x14" multimedia sketchbook, and HB and 2B pencils.

Sat. Feb 23, 10 am - 4 pm | Member \$63 / Non-member \$70

Instructor: Katharine Dickinson

# HEALTH & WELLNESS



## Fitness and Yoga MultiPasses

MultiPasses can be used for any fitness and yoga classes and expire one year after the first class use. Want to try before you buy? Your first class is FREE!

MultiPass x 6: Member: \$90 / Non-member: \$100

MultiPass x 12 (best value!): Member: \$162 / Non-member: \$180

Don't want a pass? Single drop-in fees: Member: \$18 / Non-member: \$20

MultiPasses can be purchased online or by phone. Use your pass to register for classes in advance online, or call 604-718-5898.

## Flow to Slow Yoga

Join us for an energizing, relaxing yoga practice. The first portion of class moves you through a gentle flow of active, dynamic postures that wake up your muscles and get blood flowing. We will then wind down to a slower pace, holding posture to help nourish your joints, relax your mind and release tension. Appropriate for beginners or experienced students looking for a new approach to their practice. Bring a yoga mat and a towel or light blanket. Some props are available to borrow but you are welcome to bring your own. Class takes place in the beautiful VanDusen Guides Classroom with garden views.

**Mondays, Sep 10 - Nov 26 (10 classes, no class Oct 8 & Nov 12) 10:15 - 11:30 am**  
Instructor: Timothy Martin

## Brain and Body Workout for Boomers and Beyond

This class, designed by Kinesiologists and Occupational Therapists, is an evidence-based program to improve both physical and brain conditioning. The first half of the class combines physical conditioning exercises (cardiovascular, balance, strength, coordination) with rhythm, creativity, memory, kinesthetic learning, and cognitive play. The second half includes exercises for flexibility, core, posture, followed by visualization, meditation, and deep relaxation. Participants describe this class as “fun”, “exciting”, “refreshing” and “soothing”.

**Tuesdays, Sep 11 - Nov 27 (10 classes, no class Nov 13 & 20), 10:30 - 11:30 am**  
Instructor: Love Your Age Fitness

## Better Balance Workout for Seniors

This is a gentle class for all levels, focused on balance and mobility for fitness and for preventing falls. Exercises can be done seated or standing, and participants will increase their functional strength and mobility, core stability, lower body strength, and improve their balance.

**Wednesdays, Sep 12 - Nov 28 (11 classes, no class Nov 14) 12:00 - 12:45 pm**  
Instructor: Love Your Age Fitness

## *New!* Chair Yoga for Mobility

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. This style of yoga is an excellent option for people that have trouble sitting on the floor or getting up and down during a mat yoga class. Experience the relaxing benefits of mindful movement, deep breathing and guided meditations. Please wear layers and comfortable clothing that allow for unrestricted movement. Class takes place in the beautiful VanDusen Guides Classroom with garden views.

**Mondays, Sep 24 - Nov 26 (8 classes, no class Oct 8 & Nov 12) 2:00 - 3:00 pm**  
Instructor: Nadine Spitteler

# PROFESSIONAL DEVELOPMENT FOR TEACHERS

For full details on the following programs including fees and instructors, please visit [vandusengarden.org/register](http://vandusengarden.org/register) under “Adult Education” or call 604-718-5898.

## *New!* The Garden Classroom Series

Sep 19, Oct 24, Mar 6, Apr 10, May 8, Jun 5

This six part professional learning series is designed to build confidence in normalizing the use of your school garden as a classroom. Gain practical gardening skills as well as opportunities to engage students in scientific inquiry, mathematical thinking, creative storytelling - and more!

## Drawing Nature for K - 7 Teachers

Fri. Oct 19, 10 am - 3 pm

Teachers will identify how focused, nature-based discovery addresses BC curricular and core competencies. Participants will learn how to develop and teach illustration skills while learning techniques to improve their ability to capture the beauty and detail of nature through drawing.

## Inspire Environmental Awareness in your Students (K - 12)

Fri. Oct 19, 10 am - 3 pm

With curriculum connections such as valuing diversity and relationships, understanding cycles, and appreciating our interconnection with nature, teachers will explore fun ways to use the environment as an integrating context with the activities in and out of the classroom.

## School Garden Ecology Workshop (K - 12)

Fri. Feb 22, 10 am - 3 pm

This workshop is designed for teachers who are enthusiastic about gardening, ecology, and cultivating a healthy and ecologically-friendly garden ecosystem at their school.

*Stay up to date on our upcoming professional development opportunities by signing up for our [Education News](#) and by checking our website. Teacher Pro-D is generously subsidized by the [Vancouver Master Gardeners](#).*

We also offer [monthly bird walks](#), [day camps](#) and [family activities](#).

Want to stay up to date on our activities? Sign up for our monthly [Education News](#) emails.

Visit [www.vandusengarden.org](http://www.vandusengarden.org) for more information



# REGISTRATION



VBGA Members receive 10% off the non-member fee for any Education program! If you register online, enter the code MEMBER at checkout in the promotional code field in your cart. All memberships are checked for validity.

To learn more about membership visit [vandusengarden.org/get-involved/membership](http://vandusengarden.org/get-involved/membership)

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## Advance Registration is recommended for all programs

- **Option 1:** Go online at [www.vandusengarden.org/register](http://www.vandusengarden.org/register)
- **Option 2:** Call 604-718-5898 Tues. - Fri. and have your credit card ready.

## Cancellation and Refund Policy

- **Two weeks notice:** receive a refund, less a \$15 administration fee.
- **One week notice:** no refunds, but will receive a credit towards a future course, less a \$10 administration fee.
- **Less than one week:** no refunds or credit will be given.
- **Transferring to another course** is subject to a \$10 administration fee.

Printed with veggie inks on 100% recycled paper.

*Read about our instructors at  
[vandusengarden.org/learn/  
instructors](http://vandusengarden.org/learn/instructors)*





## September

- 9 Seaweed Pressing Workshop: Preserving Autumn Specimens
- 10 Flow to Slow Yoga
- 11 Brain and Body Workout
- 12 Better Balance Workout
- 13 Chigiri-e Paper Art: Sunflowers
- 13 Watercolour Meetups
- 15 Tree Walk & Talk
- 15 Wild, Edible & Medicinal Plant Walk
- 15 Introduction to Bird Watching
- 16 Acrylic Painting: Architecture
- 20 Janis' Top Trees and Shrubs
- 22 Broadleaf Trees of North America
- 22 Botany Basics for Gardeners
- 23 Nutrition of Wild Plants - Fall
- 24 Chair Yoga for Mobility
- 26 Herbs for Digestion
- 28 Naturalist's Journal: Autumn
- 29 Creative Photography: Fall Foliage
- 29 Fall Planting and Winter Garden Prep
- 30 Botany and Birds Walk on Bowen

## October

- 3 Microfarming in your Urban Home
- 10 Bitters: From Snake Oil to Artisanal Cocktails
- 11 Chigiri-e Paper Art: Harvest
- 11 Wild, Edible & Medicinal Plant Walk
- 11 Introduction to Medicinal Herbs for the Home
- 13 Conifers of North America
- 13 Collecting Colours: Natural Dyes and Pigments for Textiles
- 13 Cooking with Herbal Powders
- 14 Autumn Still Life Watercolour Workshop
- 17 Creative Gardening with Native Plants
- 18 Herbs for Women's Health
- 20 Herbal Tincture Making Workshop
- 25 Introduction to the World of Mushrooms

- 26 Botanical Illustration Level 2
- 27 Soil Workshop for Gardeners
- 27 Creative Photography Principles 1
- 28 Practical Winter Pruning

## November

- 1 The Colour of Water - A Technical Watercolour Workshop
- 3 Herbal Salve Making Workshop
- 3 Creative Photography Principles 2
- 6 Ethnobotany Walk in the Tropics
- 8 Chigiri-e Paper Art: Poppies
- 14 Fun with Ferns
- 15 Seasonal Watercolour Greeting Card Workshop
- 17 Introduction to Botanical Latin
- 18 Nutrition of Wild Plants - Winter
- 24 Natural Cosmetic Making
- 25 Chigiri-e Paper Art: Greeting Cards
- 28 Microgreen Holiday Gift Workshop

## December

- 6 Painting with Light: A Photography Workshop

## January

- 17 Chigiri-e Paper Art: Lily of the Valley
- 23 Essentials of Landscape Design
- 23 Botanical Illustration Level 1
- 24 Winter Silhouettes in Watercolour
- 26 Herbal Skin Products for Valentine's Day
- 27 Drawing Nature: Nests & Cones

## February

- 7 Watercolour Meetups
- 9 Winter Garden Photography
- 21 Chigiri-e Paper Art: Purple Blooms
- 23 Drawing Vegetables
- 23 Wild, Edible & Medicinal Plant Walk
- 24 Specific Early Season Pruning
- 27 Spiral Herb Gardens: Easy, Efficient and Beautiful!