

# Weed all About Us

## Your Kamloops Garden Club Newsletter

### Jan, 2026

**Next meeting: Wednesday Jan. 28, 2026**

Heritage House

100 Lorne St.

Doors open at 6:30 pm, meeting starts at 7:00 pm

### **Our Presentation this month**

**Speaker:** Annie Treger will do a short demo on succulents, Q&A

Welcome by President Carol W. 7:00pm

Secretary Report

Treasurer Report

Membership Report, Roni Sue how many people present, guests to be introduced.

Social Media, Roni Sue for Kierra

Member At Large, Dianne Smith

President, Carol , what she is working on for the club in 2026

Old Business, Roni Sue, elections to discuss the nominees sheets that were handed out in November to be voted on in January

New Business, -new membership pricing to be presented, discussed and voted on

-new bus trip possibilities for 2026

-any New news, announcements or ideas from the members

When signing in for the meeting to collect your NEW membership name tag and to please sign the NEW membership information cards for Lorna and Judy

-Parking passes will be available to pick up from Myles at the January meeting when your membership is paid, have your license plate number handy

New Business: All memberships need to be paid up by [March 31/2026](#).

Gardener's Forum Q&A

Adjournment

-If you have an idea for a guest speaker please email Carol W.

We now take E-Transfer for memberships to [thekamloopsgardenclub@gmail.com](mailto:thekamloopsgardenclub@gmail.com); or cash, cheques, and interac at meetings.

Now is the time to be sending your beautiful garden pictures to Shauna for a possible year end dinner in June. Please email to [shaunapezzot@hotmail.com](mailto:shaunapezzot@hotmail.com) even a beautiful winter scene is welcome.

**Parking Passes:** please see Myles Huble for 2026 free parking passes which you put on your dash, and park in the front row of Heritage House.

Memberships are due every Jan \$20/person, and paid to treasurer Lorna McMillan  
Cash, checks or e-transfers.

## **From simple Garden Life *Ways To Feed Birds In Winter Without A Bird Feeder***

One way recommended was to throw seeds on the ground but that attracts rats and mice, so you could have a raised platform on a deck or balcony and spread seeds there, as long as there is no way for rats and mice to climb on it.

### **Suet Cakes & Balls**

Although it can be difficult to fill bird feeders with seed in the winter, suet cakes and suet balls offer a much easier way to keep birds supplied with food without battling the elements as much.

Bird feeders often freeze up and ice over – but a simple suet cage or sock can be hung anywhere – or even placed on an outdoor picnic table, stump or other elevated device. And instead of having to mess with seeds and clean up – refilling is as easy as replacing the suet ball or cake!

The good news is that suet is actually one of the best foods of all to feed birds in winter. They contain high-energy ingredients (like animal fat) that helps birds more easily endure the cold. Particularly appealing to insect-eating birds that struggle to find their natural food sources during this season. The high-fat content provides the calories they need to maintain their body heat in frigid temperatures.

Suet cakes and balls can be purchased at most local home supply stores. They can also be easily made at home from simple ingredients often found right in your pantry! *You can hang suet from nets, suet cages, or place them on trays on the ground or other surfaces for easy feeding.*

### **: How To Make Bird Suet – The Perfect Recipe To Feed Birds In Winter!**

For starters, know that with suet, the types and species of birds you attract will all depend on the ingredients you mix into your suet treat. It will also depend on the type of feeder you use and its location on your property.

There is a long list of birds that love to dine on suet cakes. For starters, overwintering birds such as cardinals, jays, wrens, and woodpeckers are all big fans. As are nuthatches, chickadees, robins, orioles, and starlings. In fact, sometimes, even small hawks will come calling if the feeders are easily accessible.

## Ingredients

- ) 1 cup rendered fat (shortening, animal fat, or lard)
- ) 1 cup crunchy peanut butter
- ) 2 cups oatmeal
- ) 1 cup cornmeal
- 1 to 2 cups birdseed, raisins, dried unsweetened fruit, sunflower seeds, or other nuts or seeds
- ) Cut your fat into small pieces to allow it to melt easier. Place the pieces into a heavy saucepan. Heat the fat slowly over medium-low heat, stirring continually until it has completely melted. Do not allow the mixture to boil or burn.

- ) Remove the pan from the heat once it melts. Add in the peanut butter and stir continually while the peanut butter melts. Once melted, stir in the remaining ingredients until well combined. You can use any combination of bird seeds, raisins, dried unsweetened fruit, sunflower seeds... Remove the pan from the heat once it melts. Add in the peanut butter and stir continually while the peanut butter melts. Once melted, stir in the remaining ingredients until well combined. You can use any combination of bird seeds, raisins, dried unsweetened fruit, sunflower seeds, etc.



*Notice the suet is in mesh and we all buy produce in mesh bags, avocados, onions, garlic, etc. in which we could put a frozen suet ball and find ideas below. JV*

[where do you hang suet feeders - Google Search](#) hold ctrl and press enter to open.

### **Peanut Butter Seeded Pine Cones –**

One of the most economical and easy homemade ways to still give birds food in the winter is to fill pine cones with nuts, seeds, fruit – and peanut butter, which, much like suet, contains a high fat value that is perfect for providing birds quick energy. And with its sticky nature, it holds well to pine cones. And all of those nooks on an open pine cone, there is plenty of space to put feed, by rolling them in bird seed – they create instant feeders you can hang anywhere.

Birds will flock to these instant treats – and they are so easy to make and use! Here is to keeping the birds in your backyard alive and thriving this winter. Even when Mother Nature makes it hard to fill your bird feeders safely!

### **Why You Should Never Start Seeds In A Window – And What To Do Instead!**

When seeds first germinate and pop through the soil, the first thing they begin to look for is light. Quite naturally, they instantly want to grow toward that light. And that is exactly where problems begin for young seedlings.

The sunlight coming through a window pane is a long way away. So far that the seedling has to continually stretch toward it. Adding to the issue, the sun moves across the sky quickly in late winter when most gardeners are starting their seeds. That means the seed leans even more following the sun.

Because of this, seedlings that grow in windows become long and spindly. They also constantly lean and bend, making them incredibly weak in the process. And even if you turn them in the window each day to correct the lean, they simply grow even longer and thinner trying to bend back toward the sun again.

Temperatures fluctuate quickly between hot sunlight during the day and dark chilly overnights in late winter and early spring when seeds are planted, it can often lead to seeds taking longer to germinate. Why? Because the constant hot and cold soil delays sprouting. In addition, once they do sprout, seedlings also struggle to develop strong roots and stems with the constant fluctuations in temperatures. The hot sun's rays coming through at mid-day can often burn the tender young foliage of transplants if they happen to be too close to the window.

## How & Where To Start Seeds Indoors

Without a doubt, the best way to start and grow seeds indoors is with artificial light. But that doesn't mean you need special or expensive lights to do it. Vegetable and annual flower plants do not require a special light spectrum to grow. That means there is little need for fancy, specialized grow lights. In fact, basic, inexpensive LED or fluorescent ceiling or shop lights work incredibly well for starting seeds. Plus, they are quite inexpensive to operate. And do they ever grow strong, healthy transplants with thick stems and lush growth.

The key using shop lights is to keep them close overhead of the growing plants. For seedlings, this means placing the lights about an inch from the top of the foliage. Unlike when growing in a windowsill, this allows young seedlings to grow slowly upwards – and not have to stretch to the light source.

Begin by selecting the warmest room of your house. The more consistent the heat the better. Seeds and young seedlings like to be between 65° and 75° Fahrenheit. It will help them both germinate more quickly and grow at a faster clip. Since you will be using artificial light, the room does not need to have windows. You can use a basic seed starting stand that holds lights, or simply place your seed trays on the ground. Whatever your set-up, the important thing is to keep the artificial lights close to the top of your plants.



**The garden club is a scent and smoke free zone**



**November snacks will be brought by Liv Sallows**

Dad's Cookies Recipe "The one I like Best" By Carol Wozencroft

### Ingredients:

1 c white sugar  
.5 c brown sugar  
.75 c coconut  
1.5 c flour  
1tsp Baking powder  
1 tsp Baking soda  
1.25 c oatmeal  
1 c butter  
1 egg

Mix all in a bowl, make into small balls  
Put on cookie sheet, Bake 10-15 mins.  
@ 325 degrees



## Peppermint Zinnias



[Growing Peppermint Zinnias – Add Spectacular Beauty With Ease!](#) Press ctrl and enter to open.

My master gardener friend Leslie Welch told me they should be started indoors or they will flower very late.

## Fungus Gnats

If you have houseplants or starting seeds in pots, you might have fungus Gnats and can buy the small yellow sticky pads, I find fly paper much cheaper and the best brand is Raid even though it has no pesticides on it, just a ribbon with adhesive, but it unrolls more flat than other brands and we put a heavy screw or bolt in the cardboard cylinder to keep it from rolling back up. Raid brand (blue box) is available at Canadian Tire, 10 rolls for \$5, be sure and warm the roll before opening.

Remember to check out the Kamloops Garden Club Facebook page for lots of information, thanks to Kiera McLellan.

Any members who have anything to contribute to the monthly newsletter please email me at [judyricher@shaw.ca](mailto:judyricher@shaw.ca) we have a wealth of plant knowledge in this club and would love to hear from you.

For speakers please email Carol at [cwozencroft@gmail.com](mailto:cwozencroft@gmail.com) or 250-319-5451 with your suggestions. and tell anyone who might like to speak at our meetings that we pay them \$100 for a ½ to ¾ hour presentation. We can provide a laptop & projector if necessary.

### **Executive**

President:	Carol Wozencroft (250-319-5451)
◆ Vice President:	Roni Sue Coulter
Secretary:	Cheri Witwiky
Treasurer:	Lorna McMillan
Director of Membership/Newsletter	Judy Villeneuve 250-374-4181
Director of Flower Show:	Liv Sallows
Director of Speakers:	Carol Wozencroft
Director of Facebook & Instagram:	Kiera McLellan
Website Director	Diane Smith
Director of Facilities & Parking	Myles Huble