

## 2019 VanDusen Book Club Reading List

Are you a member? If so, come join our friendly group on the 4<sup>th</sup> Tuesday of the month (except in July, August and December) from 1:00 pm – 2:30 pm. in the Visitor Centre's Volunteer Lounge.

The Book Club has been meeting since 2008. Discussions focus on an eclectic variety of topics related to botany, horticulture and the natural world including gardening, gardens and gardeners, plant exploration, gardens in literature and art, ecological and environmental issues, natural history and more.

For the months when a topic (rather than a single book) has been selected, members are asked to choose from among the suggested books or to find their own if no particular suggestions have been made.

For a more detailed listing of the information below and to register, contact Marina Princz at [library@vandusen.org](mailto:library@vandusen.org) or at 604-257-8668 or look at the Library page of the VanDusen website.

### **Tuesday, January 22, 2019**

### **Topic: Gerald Durrell Revisited**

Gerald Durrell, OBE was a British naturalist, zookeeper, conservationist, author and television presenter. He founded what is now called the Durrell Wildlife Conservation Trust and the Jersey Zoo on the Channel Island of Jersey in 1959. He wrote several books based on his life as an animal collector and enthusiast. Most famous is *My Family and Other Animals*. Durrell's conservation strategies evolved in keeping with the times. He has left behind a legacy of humor, wilding and conservancy. This month, feel free to read anything by or about Gerald Durrell.

### **Tuesday, February 26, 2019**

### **Topic: Invasive Plants**

This is a big and timely topic. Invasive plants, also called exotics, noxious weeds, or alien species, are imported from other parts of the world and may cause ecological destruction. These alien invaders arrive without their natural controls such as insects, diseases, and competing plants to keep them in check, resulting in rapid spreading that crowds or chokes out native plants.

Some books suggestions for this month include:

*The aliens among us* by Leslie Anthony. QH353 .A58 2017. On Audible.

*Invasive alien species : a new synthesis* by Harold Mooney. QH353 .I5825 2005

*Invasive species in the Pacific Northwest* by P. D. Boersma. QH353 .I598 2006

*The attack of the killer rhododendrons* by Glen Chilton. QH353.C45 2012.

*Wild green things in the city: a book of weeds* by Anne Ophelia Dowden. SB611 .D675 1972. 1 copy youth

### **Tuesday, March 26, 2019**

### **Topic: Royal Gardens**

An opportunity to travel vicariously to lovely historical gardens created for royal pleasure.

Some relevant titles include:

*Royal gardens* by Roy Strong. SB466 .G7 S77 1992. 1 copy at VPL.

*4 gardens in one: the Royal Botanic Garden Edinburgh* by Deni Brown. QK73 .G7 B68 1992

*The gardens of Queen Elizabeth the Queen Mother* by Marjorie Cecil Salisbury. SB466 .G7 S25 1988

*Royal gardens of Europe* by George Plumptre. SB466 .E9 P58 2005

*Royal gardens: extraordinary edens from around the world* by Stephane Bern. To order

*French royal gardens: the designs of Andre Le Notre* by Jeannie Baubion-Machler. 1 copy at VPL.

**Tuesday, April 23, 2019**                      **Topic: Trees**

Since the beginnings of history trees have served humankind in countless useful ways, but our relationship with trees has many dimensions beyond mere practicality.

*The long, long life of trees* by Fiona Stafford. GT5150 .S84 2016. 4 copies at VPL.

*The songs of trees : stories from nature's great connectors* by David George Haskell. QH541.5 .F6 H375 2017. 6 copies at VPL. On Audible.

*Trees: their natural history* by Peter A. Thomas. QK475 .T48 2014. 1 copy at VPL.

**Tuesday, May 28, 2019**                      **Topic: Penelope Lively**

*Life in the garden* by Penelope Lively. PR6062 .I89 Z46 2017

Penelope Lively has always been a keen gardener. This book is partly a memoir of her own life in gardens: the large garden at home in Cairo where she spent most of her childhood, her grandmother's garden in a sloping Somerset field, then two successive Oxfordshire gardens of her own, and the smaller urban garden in the North London home she lives in today.

5 copies at VPL. On Audible.

**Tuesday, June 25, 2019**                      **Topic: Clayoquot Sound (Tofino area)**

*Writing the West Coast* edited by Christine Lowther and Anita Sinner. FC3845 .P2 A23 2008. A collection of over thirty essays by both well-known and emerging writers who explore what it means to "be at home" on Canada's West Coast. 3 copies at VPL.

*Chasing Clayoquot: a wilderness almanac* by David Pitt Brooke. FC3845 .C53 P47 2004 12 journeys, one for each month of the year; each journey covers the outstanding natural event of that season, such as whale-watching in April, shorebird migration in May, and the salmon spawn in October. 6 copies at VPL.

*Wild fierce life: dangerous moments on the outer coast* by Joanna Streetly.

This is a heart-stopping collection of true stories that blend life on the Pacific Coast with learning how a landscape can change a person. 4 copies at VPL.

**July**    **No meeting**

**August**    **No meeting**

**Tuesday, September 24, 2019**                      **Book: Braiding Sweetgrass**

*Braiding sweetgrass: indigenous wisdom, scientific knowledge and the teachings of plants* by Robin Wall Kimmerer. E98 .P5 K56 2013.

As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings

these two lenses of knowledge together to take us on a journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise" (Elizabeth Gilbert).  
20 copies at VPL. On Audible.

**Tuesday, October 22, 2019**

**Book: A Shepherd's Life**

*A shepherd's life* by James Rebanks. SF375.32 .R42 A3 2015

*A shepherd's life: a tale of the Lake District* is an autobiographical book by James Rebanks, a sheep farmer from Matterdale, Cumbria, England.

18 copies at VPL, on Audible

**Tuesday, November 26, 2019**

**Topic: Forest Bathing**

Forest bathing. Exactly what is it? In Japan, the term *shinrin-yoku* refers to the act of simply being in nature, connecting with it through all our senses. Nature therapy perhaps? Calm coexistence and appreciation of nature? Bridging the gap between us and the natural world.

Several books are recommended as options for this month:

***The nature fix: why nature makes us happier, healthier, and more creative***

by Florence Williams. 280 p. BF353.5 .N37 W55 2017. On Audible

Intrigued by our storied renewal in the natural world, Florence Williams set out to uncover the science behind nature's positive effects on the brain.

***The biophilia effect: a scientific and spiritual exploration of the healing bond between humans and nature*** by Clemens G Arvay. 183 p. R723 .A775 2018. On Audible

Did you know that spending time in a forest activates the vagus nerve, which is responsible for inducing calm and regeneration? Or that spending just one single day in a wooded area increases the number of natural killer cells in the blood by almost 40 percent on average?

***Your guide to forest bathing: experience the healing power of nature*** by M. Amos Clifford. RZ999 .C48 2018. On Audible

Forest bathing is a gentle, meditative practice of connecting with nature. Simply being present, with all of our senses, in a forest or other wild area, can produce mental, emotional, and physical health benefits. 3 copies at VPL. On Audible.

***Forest under story*** ed. by Nathaniel Brodie. QH105 .O7 F67 2016.. Two kinds of long-term research are taking place at the H. J. Andrews Experimental Forest, a renowned research facility in the temperate rain forest of the Oregon Cascades. Here, scientists investigate the ecosystem's trees, wildlife, water, and nutrients with an eye toward understanding change over varying timescales up to two hundred years or more.

***Vitamin T (Globe and Mail article)***

Are trees chemical factories that could save our lives? Nathalie Atkinson reports on a collection of new books that argue for the benefits and beauty of forest bathing  
<https://www.theglobeandmail.com/arts/books-and-media/slew-of-books-tout-live-saving-benefits-of-forestbathing/article37728329>

**December**

**No meeting**