

VanDusen Book Club meets on the fourth Thursday of every second month from 1.00pm to 2.00pm.

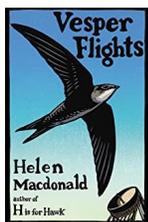
Meetings will continue on Zoom until it is safe for them to be held in person. To prepare for Book Club meetings, check out the Yosef Wosk Library & Resource Centre at VanDusen Botanical Garden Visitor Centre, your local library systems or bookstores for books, ebooks and audiobooks. You are also welcome to conduct your own research online. We often purposefully choose general topics to allow members find material that interests them and so that there is less demand on a limited number of copies of one specific book. To register for a book club meeting email: library@vandusen.org

VanDusen Book Club meetings are facilitated by members who volunteer to do so. Please email Marina at library@vandusen.org if you are interested in facilitating.

VanDusen Book Club 2022 Reading List Presented by: Vancouver Botanical Gardens Association

Thursday, February 24, 2022 1.00pm (Zoom)
Book: *Vesper Flights (2020)* by Helen MacDonald

We begin the year with a New York Times Bestsellers Award and a Silver Medalist for the National Outdoor Book Award for Natural History Literature. This collection of essays have been much praised for their sensitive insights and writing. Feel free to read MacDonald's award winning *H is for Hawk* as well, or any other of her writings.



In *Vesper Flights* Helen MacDonald brings together a collection of her essays that range on topics from nostalgia for a vanishing countryside to the tribulations of farming ostriches to her own private vespers while trying to fall asleep. Meditating on notions of captivity and freedom, immigration and flight, Helen invites us into her most intimate experiences: observing songbirds from the Empire State Building as they migrate through the Tribute of Light, watching tens of thousands of cranes in Hungary, seeking the last golden orioles in Suffolk's poplar forests.

She writes with heart-tugging clarity about the unexpected guidance and comfort we find when watching wildlife. By one of this century's most important and insightful nature writers, *Vesper Flights* is a captivating and foundational book about observation, fascination, time, memory, love and loss and how we make sense of the world around us.

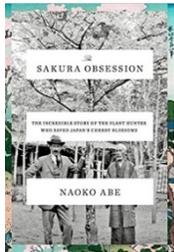
Thursday, April 28, 2022 1.00pm (Zoom)

Topic: *Cherry Blossoms and Cherry Trees*

The Vancouver Cherry Blossom Festival celebrates the thousands of ornamental cherry trees along our streets and in our parks and gardens. We suggest the following book a

bout cherry trees in Japan and the English plant collector who introduced many to our gardens. But there is much more to explore from Japanese poetry to learning about the trees that grow in your own neighbourhood.

The Sakura Obsession: The Incredible Story of the Plant Hunter Who Saved Japan's Cherry Blossoms (2020)



by Naoko Abe. Note: this book is hard to find and VanDusen and VPL each have only one copy. Please consider searching out this book early if you want to read it!

Also of interest:

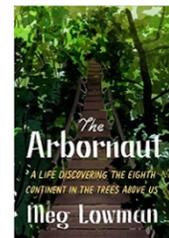
Ornamental Cherries in Vancouver (2014) by Douglas Justice, UBC Botanical Garden and the Vancouver Cherry Blossom Festival. VanDusen has two circulating copies of the 2014 edition and one of the 2011 edition.

Thursday, June 23, 2022 1.00pm (Zoom)

Topic: *Women and Trees*

Women have always been strong advocates for the natural world. Read one or both of these books by award-winning scientists who are passionately sharing their love and knowledge of trees, each from their own unique perspectives.

1. *Finding the Mother Tree: Discovering the Wisdom of the Forest* (2021) by Suzanne Simard
2. *The Arbornaut: A Life Discovering the Eighth Continent in the Trees Above Us* (2021) by Meg Lowman

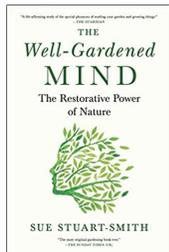


Thursday, September 22nd 2022 1.00pm (Zoom)

Book: *The Well-Gardened Mind: The Restorative Power of Nature (2020)* by Sue Stuart-Smith

A distinguished psychiatrist and avid gardener offers an inspiring and consoling work about the healing effects of gardening and its ability to decrease stress and foster mental well-being in our everyday lives.

Stuart-Smith's own love of gardening developed as she studied to become a psychoanalytic psychotherapist. From her grandfather's return from World War I, to Freud's obsession with flowers, to case histories with her own patients, to progressive gardening programs in such places as Rikers Island prison in New York City, Stuart-Smith weaves thoughtful yet powerful examples to argue that gardening is much more important to our cognition than we think. Recent research is showing how green nature has direct antidepressant effects on humans. Essential and pragmatic, *The Well-Gardened Mind* is a book for gardeners and the perfect read for people seeking healthier mental lives.



Thursday, November 25th, 2022 1.00 pm (Zoom)

Topic: *Weather*

We all speak about the weather and it is very front-and-centre in BC these days, so let us do some reading about it.

VanDusen Library has several books on the topic that range from the literary, to the artistic, to the more scientific. Here is a listing of what is available at Yosef Wosk Library at VanDusen, or check out your local library system for more.

- *Rain: Four Walks in English Weather* (2017) by Melissa Harrison
- *Rain : A Natural and Cultural History* (2015) by Cynthia Barnett
- *The Undaunted Garden: Planting for Weather-Resilient Beauty* (1994) with text and photographs by Lauren Springer
- *The Weather of the Pacific Northwest* (2008) by Cliff Mass
- *The Weather-Resilient Garden: A Defensive Approach to Planning and Landscaping* (2004) by Charles W. G. Smith
- *Weather: A Visual Guide* (2004) by Bruce Buckley, Edward J. Hopkins and Richard Whitaker
- *Weather of British Columbia* (2009) by Robin W. Pigott and Bill Hume
- *Weatherland : Writers & Artists Under English Skies* (2019) by Alexandra Harris