

July 2023 Lake Minnetonka Garden Club Meeting Minutes

The meeting was held on Thursday, July 20, 2023 at The Marsh in Minnetonka, MN. President Kate Bryant called the meeting to order at 1:10 PM. She welcomed everyone for this new year in the club: July 2023 - June 2024. Kate read a thank you note from Janie Delaney from the Donation Garden in Orono for our \$750 donation. She reminded club members that all annual donations are listed in the yearbook. Isabel Keating also sent a thank you for the Arboretum Knot Garden donation in honor of Steve Keating.

Announcements:

Pam Ulvestad introduced new member Hunter Palmer Wright, her niece and daughter of Julie Palmer. Heather Haeg introduced new member Tammy Hanson. Larey Ann Swanson introduced her guest.

Meredith Powell, Historian reminded members that LMGC volunteers for the Wayzata Historical Society and passed a sign-up sheet for Saturday mornings in the coming year. If you have items to highlight for our upcoming 100th anniversary let Meredith or Melissa Johnson know.

Dustin Macgregor introduced one of the 2023 scholarship winners, Katie Horvath, who received her Master of Professional Studies degree in May 2023 from Plant Science/Horticulture at the University of Minnesota. Katie thanked the club for the funds to enable her to complete her graduate work. She shared her path to horticulture via violin! Her final semester she took plant propagation and that changed her life to study horticulture. She had her own floral design business and grew many of her own flowers. In the spring of 2019, she was diagnosed with a brain tumor, fortunately later found to be benign, but gave her pause to think about her goals in life. She worked with Dr. Jerry Cohen and David Remucal, Director of Plant Conservation at the Arboretum in finding and tissue culture propagating of endangered plants. Kate is currently working as a horticulturist at Como Conservatory in St Paul.

The Program Theme for the 2023-24 year is Rediscovering Our Roots.

Heather Haeg, Program Chair, introduced today's speaker (recommended by Larey Ann Swanson) Dr. Teddie Potter, Clinical Professor at the University of Minnesota. Dr. Potter is the first Director of Planetary Health at the U and the Special Coordinator, Doctor of Nursing Practice in Health Innovation and Leadership. Her topic was *Planetary Health and Human Health*. A brief summary of her talk is listed below.

Planetary health is not a new concept. Dr. Potter outlined changes she has seen in Minnesota over her lifetime, such as earlier flowering for lilacs and lily of the valley. Air quality changes and our health are in the news today and she highlighted how intertwined many things are. Why are the old patterns breaking? Our population is increasing very rapidly with now 8 billion people. Our collective consumption uses 1.6 earths to sustain our lifestyle. Consumption versus resources has been out of balance since 1970, we consume more than we replenish the earth.

Humans are causing multiple changes to the planet. When our pollinators disappear, our food sources disappear. Temperatures are increasing and topsoil loss is more than 50 % in the US. Greenhouse gases keep a 'blanket' over the earth, keeping the planet too warm. There is a 30 yr lag to heating up. Historical patterns have been cyclical, but now we are well beyond that with [weekly atmospheric CO₂](#) currently at 422ppm. Globally there are many natural disasters. 50% of worlds' population lives within 40 miles of a coastline, cities located on the coast, such as Miami, are predicted to be underwater in the future. In Minnesota changes are here, summers are cooling, but with more very hot days, extreme changes in rainfall. All these climate changes have health impacts. Dr. Potter had 4 family members with Lyme disease in the past year...including a newborn. This can happen to anyone now. The urgency of now...we need new rules for these new times.

The University of Minnesota School of Nursing is a member of the nonprofit [Planetary Health Alliance](#). Planetary Health is a "solutions oriented transdisciplinary field and social movement focused on analyzing and addressing the impact of human disruption to Earth's natural systems on human health and all life on Earth." We get it as a garden club, we know the interconnection within nature. We need to recognize the soil as a living thing itself. Be part of the Great Transition: how we eat and live, requires innovation and collaboration. People like LMGC create hope for the future. Our club mission is aligned with the Planetary Health. We have the organizations, but we need to act now. Students, senior citizens, all ages can have an impact and make changes. Dr. Potter will send Heather tools our club members can use to make environmental or lifestyle changes as well as a pdf of her presentation. Buy locally, eat seasonally, perhaps having a Community Supported Agriculture (CSA) share, use compostable bags, were some of Dr. Potter's suggestions. U of M School of Nursing is a member of the United Nations as a means of acting and influencing human's impact on a global level. Dr. Potter ended on a hopeful note, emphasizing that everyone can and should address this critical issue.

The meeting adjourned at 2:12 PM. Minutes submitted by Mary Meyer, Recording Secretary.