



# Speaker's Audio/Visual Form

Thank you for being our speaker. Please provide the following information	
Presenter's Name(s)	Rebecca Last
Date and Time	To be determined
Presentation Title	Various, see below
Fee / Honorarium	Negotiable – suggest \$75
Location	Preferably in the Ottawa area. Willing to travel up to 90 minutes.
Cell Phone or Contact Number for day of Presentation	Home: 613-820-4248 Work: 343-292-8723
Email of Presenter	Rebecca.Last@Canada.ca
May we share your contact information with other members of the Ontario Horticultural Association?	
	If yes, please initial here: <u><i>RL</i></u>
<b>Please check items if they apply to you:</b>	<input checked="" type="checkbox"/>
I have my own Projector and Computer system	<input type="checkbox"/>
I will show a presentation using PowerPoint	<input checked="" type="checkbox"/> Keynote <input type="checkbox"/> Other? _____
I will use my own laptop, which is a PC	<input type="checkbox"/> Mac <input type="checkbox"/> Ipad <input type="checkbox"/> Other? _____
I will bring my presentation on a USB key	<input checked="" type="checkbox"/> CD/DVD <input type="checkbox"/> Other? _____
I will use a clip from the Internet	<input type="checkbox"/>
I will be doing a demonstration	<input type="checkbox"/>
I will be bringing items for sale	<input type="checkbox"/> Cost range: _____
I will be bringing handouts, brochures etc.	<input type="checkbox"/>
Please provide any other information: _____	

Please provide us the following for publicity and marketing

**Talk Title:** 10 Easy City Veggies

**Brief Description:** Veggies you can grow in pots or on small urban lots – Beans on a fence, carrots in pots, anyone can grow these easy plants! This presentation is offered in both official languages and provides an overview of easy plants that novice gardeners can grow in a confined space. The emphasis is on food plants that also have some ornamental value.

**Talk Title:** All From a Little Seed



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<b>Brief Description:</b>	This presentation is all about SEX -- plant sex, that is, and how home gardeners can save money, have fun and breed new varieties by starting their own seeds. We begin with a discussion of why gardeners might want to start plants from seed. There is an introduction to the lexicon for seed starting and a discussion of the importance of documentation. We talk about sources of seed, and viability. Then we discuss equipment and supplies for seed-starting and what seeds to start where and when (indoors versus outdoors). There are some tips for getting a head-start on your seed-starting, and we end up with some trouble-shooting and the basics of hardening off.
<b>Talk Title:</b>	Culinary Herbs (Usually delivered with hubby, Richard Guenette)
<b>Brief Description:</b>	Note: There is a minimum fee of \$50 for the demo portion of this talk because we provide food samples, including shrimp, guacamole and bruschetta.
<b>Talk Title:</b>	Lessons from My Big Fat Garden Reno
<b>Brief Description:</b>	Over a ten-year period, a small suburban garden was transformed into a tranquil refuge for people and wildlife. This talk is a very personal take on comprehensive garden make-overs. Whether you just want to refresh your garden, or create an entirely new look, you need to answer some key questions before getting started. Also covered are the merits of DIY versus hiring professionals, budgeting strategies, relevant bylaws and building codes, and check lists of many other aspects that need to be considered before embarking on a garden renovation.
<b>Talk Title:</b>	Getting Started, Taking Stock
<b>Brief Description:</b>	This abbreviated version of "My Big Fat Garden Reno" was developed as part of the curricula for a day-long garden design workshop. It is less personal, and more intended to inform home-owners of the many details they need to check before embarking on a garden renovation.
<b>Talk Title:</b>	Heavenly Heritage Tomatoes
<b>Brief Description:</b>	What are heritage tomatoes, and why should we grow them? This talk covers some definitions of heritage tomatoes, discusses different types and how best to grow them. You will also learn about sources of seeds, a bit about starting tomatoes from seed, and the pluses and minuses of heritage tomatoes.
<b>Talk Title:</b>	Organic Gardening
<b>Brief Description:</b>	Developed in collaboration with Canadian Organic Growers, this talk offers an introduction to the topic of organic gardening, with a focus on growing food.
<b>Talk Title:</b>	Seed Saving & Storage
<b>Brief Description:</b>	Learn the basics of saving seeds, plant genetics, collection techniques, storage and viability. You may even be able to breed your own varieties, adapted

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specifically to growing conditions in your garden! This presentation provides an introduction to seed saving, beginning from the premise that in today's concentrated market for seed producers, saving seeds is an act of quiet revolution. The differences between hybridized and open-pollinated plants are discussed. We revisit Gregor Mendel's 19th Century experiments with peas to get a better understanding of the dominant and recessive traits for some common vegetable seeds. We will also look at seed varieties that are suitable for beginner, intermediate and expert seed-savers. Timing and collection methods are discussed, along with information on seed sanitation and storage. Finally, we discuss long-term viability of seeds, and the presentation ends with a list of useful resources.

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<b>Talk Title:</b>	Thugs, Bullies & Sneaks -- Plants to be Wary Of
<b>Brief Description:</b>	Good for spring presentations, this talk addresses the issue of selecting the right plant for the right location. It offers a review of plants that have thuggish tendencies or other unfortunate outcomes when improperly sited.
<b>Talk Title:</b>	To Everything there is a Season: Phenology 101
<b>Brief Description:</b>	Have you ever wondered why some years are really bad for earwigs? Or why all the blooms in your garden peak just before or just after, but never during, that special occasion you were planning? The answer may be found in phenology. Phenology is the study of periodic plant and animal life cycle events and how these are influenced by seasonal and multi-year climate variations. This session will provide a novice-level explanation of phenology and how it impacts home gardeners. The talk includes some history of the science of phenology, definitions, and a look at the various uses of phenology, including for planting, harvesting, predicting bloom times, and climate change monitoring.
<b>Talk Title:</b>	The Edible Garden
<b>Brief Description:</b>	This presentation discusses incorporating edibles, particularly perennial edibles into your landscape. Reasons for growing food in your garden, a discussion of perennial and ornamental edibles, and a brief introduction to permaculture are included. There is also a section on techniques for measuring your productivity, tips on using what you grow and building community as well as resources conclude this talk.
<b>Talk Title:</b>	Plant Guilds: Taking Companion Planting to the Next Level
<b>Brief Description:</b>	This presentation begins by distinguishing between plant guilds and companion planting. It encourages listeners to think in terms of modifying their conventional gardening strategies to begin creating a self-sustaining eco-system that will become more productive and result in less work over time. Achieving these objectives requires delving into the different functions that plants serve in the landscape. Building on the principles of permaculture, we explore examples of

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plant guilds, connection, natural patterns, and zones that help gardeners put together the pieces of that self-sustaining eco-system.

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**Talk Title:** Gardening with Wildlife

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**Brief Description:** There is both joy and challenge in gardening for wildlife. Gardening for wildlife requires different approaches and strategies -- even a different mind-set! -- from regular gardening. This talk addresses the characteristics of plants and garden design that will help you create a wildlife-friendly garden, strategies for including food, shelter, and water, and practices that will encourage birds and beneficial insects to make their home in your garden. Resources specific to the Ottawa area are discussed. We conclude with a brief overview of the process for certifying your garden as wildlife habitat, or as a monarch way-station, and encourage the audience to consider joining the growing army of Citizen Scientists who are helping us better understand how people are changing the natural world.

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**Talk Title:** Preserving the Harvest

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**Brief Description:** This talk and demonstration describes ways to preserve the harvest and covers: drying (drying herbs; dehydration of fruits and vegetables); cooking; canning (preserves – jams, jellies, chutneys); vinegars; freezing; and curing.

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**Talk Title:** Gardeners, Contain Yourself!

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**Brief Description:** This talk combines humour, imagination and sound gardening advice to present the possibilities of gardening in containers -- all kinds of containers!

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**Brief Biography**



Rebecca Last has been gardening on and off since age 8, and has been a member of Master Gardeners of Ottawa-Carleton since 2005. Her small suburban garden is certified by the Canadian Wildlife Federation as wildlife habitat. Rebecca grows a dozen or more varieties of heritage tomatoes every year. Her garden design includes elements of permaculture and she has recently begun experimenting with biodynamic gardening techniques. Rebecca has been honoured by the Ottawa Horticultural Society with: the Mary Bryant Award for use of native plants in garden design (2014); the Members' Appreciation Award (2015); and the Ontario Horticultural Association Service Award for meritorious service to horticulture (2017). In 2018, Rebecca received an Ontario Volunteer Service Award in recognition of her ten years of service with Master Gardeners of Ottawa-Carleton. Rebecca's gardening addiction is enabled by her loving husband Richard and a collection of very spoiled rescue cats.

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Speaker  
Signature:

***We look forward to learning from you.***

Our Society Can Provide	✓	For Society: <i>(Please check items if available)</i>
• Projector	<input type="checkbox"/>	<i>Check on adaptor availability</i>
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• Podium	<input type="checkbox"/>	
• Microphone	<input type="checkbox"/>	
• Extension cord	<input type="checkbox"/>	
• Internet access	<input type="checkbox"/>	
• Easel	<input type="checkbox"/>	
Other: (Please specify)		

*For Society Use: On a scale of 1 to 5 would your society recommend this speaker to another society?*