



From the chairman

A new season is just around the corner, even though there has been a lot of rain, you can see snowdrops, crocuses and daffodils blooming everywhere. It is always a beautiful sight and you know: spring is coming. You will enjoy doing all kinds of work in your garden again, and working in the greenery brings Peace and Joy!

Activities

As far as our garden park is concerned, we will have to do a lot of work this year, the Future Committee has drawn up a whole set of plans; We will talk about this with as many gardeners as possible on March 16, it is about opening up our park and making it more accessible; we should try to get more people from the city to our beautiful park. There is a lot involved, so many volunteers are needed. Sign up, even if you only have 1 hour, all hands help. A list will be made of the activities and you can (must) register for it. All about this will be told on March 16.



There is also other work to be done: we want to build a public toilet, there is painting work, and much more. If you are interested in this, please email the board and we will contact you.

Wetness

It has rained a lot lately, so the park is very wet, and the water in the ring ditch is also very high. In addition, the pump no longer worked, which has now been repaired, but it will still take a while before the water level is back up to standard. So your garden will remain wet for a while.



Walking route

On May 11, the new walking route called Tuintrail Walking Day North starts at our garden park. This is a series of walking and listening tours in Amsterdam that offer you a new view of the city. There is a Kids route, a short route (12 km over 6 allotment parks) and a long (25 km) walking route available. You can register for a walk on the Tolhuistuin website (see elsewhere in this magazine).

Walkers are expected at our park from 1:00 PM, the canteen will be open to welcome them. The grand opening party starts at Wijkergouw from 4:00 PM. Representatives of the district, the Association and the municipality will speak. Everybody is welcome. So put this date in your calendar.

Have a nice gardening season!

Gerrit

From the Association of Allotment Gardeners

Lead research at Allotment Gardens Amsterdam

It was already on AT5 and is in the Parool: The municipality of Amsterdam examined 28 gardens at 13 allotment parks for lead last year. On Monday evening, February 26, the municipality received a delegation from the allotments at the city hall and informed us through the aldermen Groot Wassink and Van Dantzig about the results of these lead measurements.

The results in brief: Measurements at Amstelglorie, Nut en Genoegen and Sloterdijkermeer indicate that the soil there has 'strongly elevated lead values'. Measurements at other parks indicate slightly to moderately elevated lead levels. Measurements at Ons Buiten and Kweeklust fall somewhere in between. In addition, there are garden parks where no measurements have yet been taken.

The results can be read in the municipality's presentation last Monday. https://www.bondvanvolkstuinders.nl/files/240226presentationgemeente RESULTSloodvolks tuins.pdf

Effects of lead on health

Children playing outside can come into contact with the contaminated soil. You can ingest lead through gardening and eating leafy vegetables in particular. In the GGD presentation on Monday February 26, 2024 you can read what the risks are and what you can do about them https://www.bondvanvolkstuinders.nl/files/240226presentggdloodinvolkstuinen.pdf

Follow-up research

To better map the situation, the municipality wants to start by taking more measurements, including at all garden parks. This survey is free and gardeners of the gardens surveyed will receive a separate report on their own garden. At the association, we believe it is important to cooperate in this research, for today's gardeners but also for future gardeners.

https://www.bondvanvolkstuinders.nl/files/240227pakloodinvolkstuinen.pdf

Do you have questions?

The municipality has already written down a number of answers to possible questions here www.bondvanvolkstuinders.nl/files/240227gemadamquestionenanswers-loodinvolkstuinen. pdf

If you have any questions after reading this, you can ask them via redactie@amsterdam.nl Together with the departments, we will continue to talk to the municipality and the GGD from the union office. If necessary, we will provide guidance with follow-up investigations and, if necessary, facilitate information meetings where the Municipality and GGD can explain the results.

We will keep everyone informed about the follow-up and proposed and taken measures.

Eric vd Putten

Chairman of the Association of Allotment Gardeners

(Ed: this email has been sent to all gardeners, here is the content of the email again, for non-digital gardeners)

If you, as a gardener, have any questions about the above, you can always send them to the board of Rust en Vreugd.

A piece of nature

Future of the Oranjewerf

After Halloween we prepared to brave winter. I had signed up with Sander from the Vlottenbouwers to help think about the future plans of the Oranjewerf. Damen ship repair will stop on January 1, 2025 and construction will then start there, just like in the rest of Amsterdam. The meeting was on October 31st and it was terribly wet. It was really pouring and yet there were more than 100 people interested. We were given tours outside and soaked in sometimes up to 20 cm of water. But everyone wanted to know what the plans were for that part of Schellingwoude next to the Witte Boogbrug: More than 700 homes? Higher than 70 meters? Square to block? Is there any green left? Will the "bottle neck" be widened?

We were soon asked to walk to the playground, because there was a dry room with a beamer and a drink and a drink. More information followed, about greenery, housing, work and mobility. The final session was on January 30, 2024, and the wishes and objections of neighbors and interested parties were discussed in detail.

Field trips

In the following weeks, due to the large amounts of rain that continued to fall, plus a few autumn storms, all kinds of fun things were canceled: the mushroom excursion on the Nijenrode estate... code yellow. Plus the first winter work due to impassable paths. Tree surgeon Robert came to prune trees. They climbed the trees in various gardens to prune at least 20% and, if there was a felling permit, also the entire tree.



Knotting and Christmas fair

With Hanne I was allowed to pollard the Heimanshof again in the local garden. Such beautiful material, that golden willow and so wonderful to braid with it. Duck hives, baskets and bird houses have already been woven from it, some also with sedges and rushes. The 2nd winter work was also canceled due to the muddy paths. No one was looking forward to the Christmas fair: the rain made everyone grumpy and depressed, only the Double Dutch choir, which came together again after corona, remained and those ladies and gentlemen thought it was a terrible shame because they had been practicing for weeks. So the end of the Christmas Fair exercise! There was a nice gourmet meal on the Friday before Christmas. The Christmas pieces were still shining amid the clouds of smoke from the gourmet sets and salads. We really had a wonderful time talking about the year. With a small team, because corona, flu and snot had claimed 'victims' again.

Eco pool

In December it was reported that the Ecopool was being cleaned again. The mower man asked me how I would like it. Please mow the banks for a better view of the Weersloot and mow reeds and rushes behind the bramble edge. And... so it happened.



A very satisfied one

Sharifah

Agenda season 2024

Saturday, March 16 - Special members meeting - Future Committee

Join the discussion about the future plans for our garden park, from 2:30 PM in the Rust en Vreugd canteen

Saturday March 30 - Easter brunch

In the canteen of Rust en Vreugd

Saturday May 11 - Garden Trail Walking Day in

Noord (see also article on page 15)

Deadlines Away and Home at Rust en Vreugd:

Spring - Friday, April 26 Summer - Friday, June 14 Fall - Friday, September 13 Winter - Friday, December 13

Send your pieces / communications / photos to: restvreugd@xs4all.nl and/or to redactie@tuinpark-rustenvreugd.nl

Ed.: Unfortunately, this newspaper was published later due to the late arrival of articles, etc. Hopefully we will receive a lot of nice things for the spring newspaper and it will arrive in the (digital) mailbox on time.

Nature activities IVN Amsterdam

Sunday April 7 - 2:00 PM - 3:30 PM - Spring walk Beatrix Park

Join us for a walk on Sunday April 7 and experience spring in the beautiful Beatrix Park. During this period the buds of the trees are developing well and more and more leaves and flowers are appearing. There is already a lot of this to see in the park.

Sunday April 13 - 11:00 AM - 1:00 PM - Nature Photography Excursion Amstelpark

It's spring and that means nature is in full bloom. Birds and insects are also very active now. We visit the beautiful Amstelpark to experience and photograph nature together. Join hobby nature photographers Ramona and Azadeh, who will give tips along the way to learn to look and photograph differently.

Sunday April 21 - 10:30-11:30 - Children's activity: flowers and bees

Everything is already in bloom. How did those plants do that so quickly? And who will be happy about that? Those are the bumblebees and the bees. What are they actually looking for in those flowers? What do they do with it and what does the flower get in return? Did you know that bees dance to tell other bees where they found the flowers?

We will discover all this on our spring walk through the Amstelpark. Maybe afterwards you too can dance like the bees.

Scan the QR code or look at https://www.ivn.nl/department/amsterdam/natuuractivities/



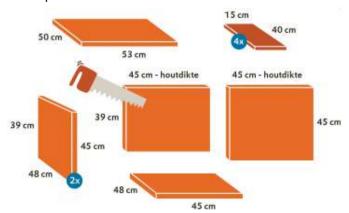
Make a hedgehog house for your garden

When it gets colder in autumn, the hedgehog looks for a suitable place to hibernate. They often make a nest under a pile of branches or under bushes. With a hedgehog house they are even better protected against wind and cold. Below you will find a work description and construction drawing of a hedgehog house that you can build yourself.

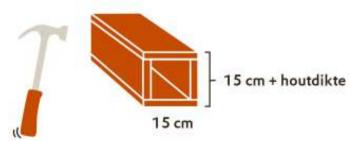
This is what you need: Wood (ask the local hardware store if they have any leftover wood (saw scraps), this will save on costs) Saw, Pencil, Ruler, Nails or screws, Hammer and screwdriver, 2 hinges with 8 screws to attach, Dry twigs and leaves.

This is how you make the hedgehog house:

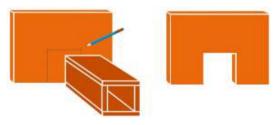
Cut all parts of the wood to size.



Assemble the tunnel with nails or screws.



Use your tunnel as a template to mark the passage on the wooden plank of the front of the hedgehog hotel. Cut out this mold of the tunnel with a saw.

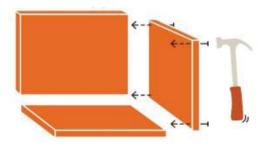


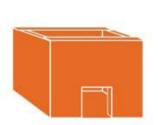
Attach the hinges to the back and top (flap) of the hedgehog hotel. This way you will immediately have a valve at the top of the hedgehog hotel that can be opened.

Assemble the hedgehog hotel enclosure. Handy if you have a few extra hands to hold the stay while you

screwing or hammering! Finally, attach the back with the accompanying flap to the enclosure.











Open the lid and fill your hedgehog house with leaves and branches so that the hedgehog immediately feels at home Not too full, the hedgehog has to can also reach it. Slide the tunnel into

the hedgehog house and finally make a few air holes for ventilation.



Your hedgehog house is ready to use! (see also the hedgehog snack bar on page 18)

Witchcraft

January 6, 2024 - Romantic party at Rust en Vreugd!

Sander and Lisa from the Vlechtgroep and Knoppende Vlottenbouwers were getting married and really wanted to do it at our park. Sander has been registered for a while and lives just around the corner in East, near Jasper Grootveld's Floating Gardens in the Entrepothaven. He and Lisa are real nature people. She lived in Portugal and followed her love to Amsterdam. And they are expecting twins, a boy and a girl.

Braided cradles

They had heard that we had previously celebrated a witches' wedding in the garden and thought it would suit them: jumping over a broom! They asked if I wanted to be master of ceremonies. Why not? And if I wanted to braid their cradle. Why not! All fun things to do in that dark, much too wet winter.



After the oliebollen and apple turnovers, I looked for the materials for the cribs. I had already had the bottoms in mind: the shelves of the flea market announcements



exactly the size of the bottom of a crib. Gerrit drilled 56 holes for the stakes in each plank. There was still nicely peeled toe left from a death basket and here and there I found a bunch of brown and white toe for braiding. I also still had golden willow, so on January 1 I fished the soaked bunches out of the ditch and headed for the cold canteen, a perfect place to work. In 3 days of working 7 hours a day, I managed to finish two cute baby cribs. Just in time to dry thoroughly.

The preparation

On Friday afternoon, while the parking lots were almost impassable, Sander and Lisa brought all the stuff for the party. The canteen was decorated, the tables were set, cups and glasses were cleaned and prepared. Ribbons full of photos and garlands of garden leaves were hung. Sander set up his VI table and

delivered

the projector is in order. Waving orange ribbons pointed the way to our garden park.

I got a glimpse of the most important points: the arrival time of the bride and groom in the neighbors' cargo bike, the guard of honor of friends and family with fluttering ribbons. Throwing rice and rose petals and lavender, and back into the cafeteria. Hanne had also decorated the chairs with ribbons.



Happy News

Lisa and Sander had their twins (Elliot and Jumper) on January 23, the day the storks landed at Schellingwoude!

The big day

The bride-to-be were surrounded by various bridesmaids and groomsmen on the decorated chairs; Hanne tied their wrists together with gold and lilac ribbon, instead of rings. The broom, made from willows, was placed in front of the couple and with a beautiful bow they jumped into the wedding, after which they promised each other sweet things. The father and mothers were deeply moved.



Lisa's sister, who is a dance teacher, taught us the Frisian Polka. A love song with guitar music was played especially for them. And the cake, inspired by nature, was too beautiful and too delicious. All in all, a fantastic party. The smoking hut was also fully used, and 98% of the 2 crates of beer were left. In the evening everyone helped clean up.

The next day, gifts and flowers were delivered, and after vacuuming and mopping the canteen was clean again!

With a happy new couple.

Sharifah





On and around Schellingwoude 10



Approach North / Save Amsterdam

January 17 - Green groups meeting Approach North / Save Amsterdam.

There was a huge turnout of green groups at Tuinwijck garden park. With good topics and lots of good and interesting input. Afterwards, the councilor said that she had not known such commitment to greenery and such mutual cooperation from other parts of the city, and that we should be proud of that.

Inventory

The outer ring garden parks have been inventoried by Eco Nature and are proud of all the species found there. However, the water is so bad everywhere that something really needs to be done about it.



Floor Hallema stood up for the Kadoeterscheg. A large green spot with sports fields along the A10. They would also like to make an inventory there and thus better protect special species.



Insects

Nicky Castricum, our "Moth In Mokum" stood up for all insects that are combated on a large scale with all kinds of pesticides in nurseries, and urged everyone to buy as many organically grown seeds, bulbs and plants as possible. Butterflies and moths are the major victims and have already disappeared from many places, as have many beetles and other animals.

Conscience

Silvia Fennis' speech about greenery in the Coentunnel area and then the area around the Tolhuistuin made everyone realize that in North there is scribbling on all sides and that we must remain attentive and above all cherish every piece of greenery.

Sharifah





Wet spring

Early wet spring

It is February and the rain is pouring through the park. Yet shrubs are already blooming and the snowdrops are standing proud.

The dogwood is fiery red and at Lex's ditch there is a bush full of flowers.

In the herb garden, purple flowers are doing their best and the barberry is also blooming beautifully.





Parking lot 2 (officially 3 and 4) is completely flooded and the entire park is soaking wet. Still, it's worth taking a walk around. Because there is always something beautiful to discover!

Liesbet Milort



Future Committee - Saturday March 16

Don't forget to come to the Special Members' Meeting of the Future Committee and discuss the future plans of our garden park!

Starts at 2:30 PM in the canteen of Rust en Vreugd.

Learn green

The e-learning platform for all green volunteers

The e-learning platform Learn your green has been set up to exchange knowledge between all organizations where nature volunteers are active. All active volunteers and employees of nature organizations can access this platform and easily make use of the large amount of knowledge available at green organizations. Use it to your advantage!



How does the platform work?

Teach you green is a platform for all nature volunteers:

It was created as an additional source of information in addition to the information from your own organization. All modules can be seen and followed by everyone so that you can increase your knowledge on all subjects. And new topics keep appearing on the platform. Following a module takes half an hour to an hour, this is indicated with the module. You can follow the modules as often as you want on computer and tablet.

How does it look?

To give an idea of what it will look like, below is a screenshot of the 'Work safely outside' module.



How do you get access?

Go to www.leerjegroen.nl and click on Register on the bottom green bar. Complete the form with your email address (number is not applicable), your first name and your last name. Choose your province and at the Choose your organization button, go to Landscape North Holland and choose "Ecological working group Peace and Joy"

After registering, you can get started right away and you will receive an email from Learn your green with a password to log in again next time.

can log. Please note, this may end up in your spam box!

To ask?

Do you have any questions about how Learn Green works? Then visit https://leerjegroen.nl/#help. Here are the answers to the frequently asked questions.

For other questions, please contact the garden committee. tuincommissie@tuinpark-rustenvreugd.nl

Merel Nice weather

Holidays

Merel is still enjoying a well-deserved holiday, more in the next newspaper!



Garden Trail Walking Day in North

Saturday May 11

TuinTrail is a series of walking and listening tours in Amsterdam, which offer you a new view of the city. During these tours you will explore the beautiful green pearls - both well-known and hidden - parks and gardens of Amsterdam North. You discover the value of greenery in a special way, will you join us for a walk?

There is a kids route (2km gnome path on Tuinwijck), a short route (12km over 6 public garden parks) and a long (25km) walking route available. Register on the Tolhuis garden website.

After registration you will receive confirmation and later more details about the program, locations and other practical information.

The program for the garden parks in North on May 11 is as follows:

- Walkers are expected at Rust en Vreugd from 1 p.m. Some are just arriving, others have already traveled 12 km from the Tolhuistuin
- beautiful route maps are available for everyone, free of charge
- each garden park has a canteen open for coffee/tea/snacks/toilet (all for the going price.
- There is a guide at every garden park who can enthusiastically tell walkers about what there is to see. These will probably be the gardeners who also recorded the audio fragments. These fragments can be heard via the website
- every garden park does something extra, e.g. a plant/cutting market, something with art, information about insects or bees, etc.
- The grand opening party starts at Wijkergouw from 4 p.m. Representatives of the district, the Association of Allotment Gardeners and the municipality will speak. Urban ecologists are also expected. All gardeners from the garden parks on the route are very welcome, even if they have not walked. There is music, food and drinks.

Green walking greetings!
Riet Ursem - Growing desire/transition.

Register / more information via: https://tolhuistuin.nl/events/tuintrail-wandeldag-in-noord



New gardeners

Lotje van Lieshout: the new owner of garden 110

As a young student, Lotje already knew: when she really grew up, she wanted a garden house. She now has that, or more precisely, she almost has it. Together with her husband Jason, she is building their own dream house on plot 110. In our new series about existing and new gardeners, an introduction to brand new gardener Lotje van Lies Hout.

She already knew that this newly acquired possession was her de wish when she was still a student. She was nineteen, and she and best friend confided their desires and dreams to paper. One of he notes said clearly: 'I want a garden house' (she can show me, becher friend has kept all those notes -- sometimes they swoon toge for an hour with a glass of wine shoe box with notes). And no, she not making that up, she already had that when she was a little gir that longing for her own place somewhere between trees and bu where she could feel the wet earth under her feet.



And now, more than twenty years later, after seven years of waiting list, the time has come: Lotje van Lieshout can call herself the owner of garden 110 in 'that park where she sometimes cycled for a long time, on the way to her half-sister who lives nearby with her three children. lives in a houseboat.' Her dream house turned out to be a ruin, a demolition house as it is called in gardeners' language. But that doesn't bother her. She is now working with her boyfriend Jason, more accurately her American husband, -- 'Americans like to get married' -- to design their own house from honest natural materials (they have started by buying very beautiful old glass for the windows). , around which they build the house, as it were).



They have already demolished the place, so they also know where the main tap and the septic tank are located (a mystery to many new gardeners) and, as she says, they are in good spirits. They are now busy leveling the ground and laying a kind of floor.' But she fears that they will not make it to April -- when the gardening season opens -- and will therefore have to wait another six months until her, or so she improves herself, their dream house is finally there. 'We do it together. In fact, we do almost everything together, ever since we spent three days and nights together eight years ago, after we immediately fell in love in café De Pels where I worked, and he met me after a nice, sultry summer.

evening with the help of a friend. Because we forgot to exchange telephone numbers.'

'This park is like a fairy tale with a happy ending.'

They also do everything themselves. It helps that they are both visual artists and are used to tinkering, trying things out and continuing until the end result becomes what they imagined when they started. And what also makes a difference: 'Jason can always call his father, who built his own house from scratch and has a solution for everything and good advice.'



She is 'a city girl from Amsterdam South'; he is a boy from a suburb in America -- 'yes, what are you if you grew up in an American suburb that is neither a city nor a village?' she says. Neither of them are village children. Yet they fell for 'that village behind tall trees that is Peace and Joy.' They also looked around elsewhere in Noord and Schellingwoude, but 'this park had something as if it came from a fairy tale with a happy ending, with tall trees, lanes over which the moon shines softly in the evening, crazy paths that seem to disappear into nothingness. disappear, and apparently friendly residents. And what's more, my half-sister's children will soon be able to come and play here and enjoy a kind of village atmosphere that is unfortunately rare in the city.'

Tree big, man dead, the weeds blow over; no, to be honest, she had never heard of sayings like that. Does the latter mean that it is your fault if the weeds proliferate next door, she asks, while her posture - smile on her mouth and cheerful eyes - confirms that this must be the meaning of that classic saying.

Armed with a good mood and a way of working together that is occasionally interrupted by a brief marital disagreement, Lotje and Jason look forward to their future in the garden. And not to forget some practical knowledge: because, yes, if you want to keep the septic tank at the right level, you have to throw in a dead rabbit, a dead rat or a frozen chicken every now and then, says Lotje. She thinks she read that in one of those diaries of Jan Wolkers about his allotment garden years.



Good preparation, she says, is half the battle.

Jos Palm



A community garden life



The Times They Are A-Changin' (Song by Bob Dylan),

The municipality of Amsterdam Dam has asked all allotment parks to open up more to share the sparse greenery with more Amsterdam

checkers. For this we are guaranteed that we can stay for at least another 10 years, or longer.

Rust en Vreugd has beautiful nature and beautiful views. We wish this to more people. Great things are happening in the canteen (soon to be Parkhuis) in the field of art, culture, music and theme parties and even more fun, where I believe our neighbors are also welcome.

As horticulturists, we will also have to open up more. A large number of our gardeners think so too, but I don't think it is easy for everyone. If you are still building your garden and house, I can imagine that you do not want to start leading walks right away. Or if you are in the garden for peace and quiet, you do not stand behind the bar during a party.

Yet we will have to cut some of our 'hedges' and show ourselves more.

To survive as an allotment we will have to change our way of thinking, and not all changes are bad. We will all have to find a place in the new situation because waiting and hoping that it will blow over is no longer an option.

Things are already getting better, but it can be even better, and even more gardeners could open up to each other and work together more as 'one garden'. The board, the committees and the members.

The special members meeting on the plans for the future will be held on March 16.

I wish us much strength and wisdom in these turbulent times. And everyone comes!

Ger Casparie - garden 81

Make a hedgehog snack bar

Hedgehogs hibernate from late October to April/ May. When they wake up, they are extremely hungry. Give them a helping hand and turn your garden into a hedgehog snack bar.

1. Various plants and shrubs

The hedgehog eats many different creatures, as long as they are crawly and slimy. Beetles, caterpillars, worms and snails are all on the menu. Do you have a garden with many different trees and plants? Then you also have many different insects in your garden that come to the plants and trees. A party for the hedgehog!

2. Plant a vegetable garden.

Not only tasty for you, but also for the hedgehog! A vegetable garden attracts snails and hedgehogs love snails. They eat up to 40 a night!

3. Bowl of water

Animals need water, including hedgehogs. Place a bowl of water for them in a sheltered spot. Make sure the bowl has a low edge so they can reach it easily. Never give hedgehogs milk, it will give them diarrhea.

4. Extra for the winter

In summer and autumn, hedgehogs need to eat extra food so that they have enough fat to survive the winter. To help them, you can give them something extra.

Dog or cat food

Place the food in a place where cats and dogs cannot reach it. For example, under a box with a small passage. Or in the hallway of your hedgehog hotel!

Hedgehog pate.

You can buy this at a pet store.



(Photo: Hérisson d'Europe (Erinaceus europaeus) - Stephane Etienne - Getty Images)

Board and Commission members

Registrations: see Rust en Vreugd website: https://www.tuinpark-rustenvreugd.nl/ The 2024 season lasts from March 30, 2024 to October 27, 2024.

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Location:

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