



# THE LEAF

**THE LYNN VALLEY GARDEN CLUB**

**Established 1943**

**March 2022**

## ***President's Message – Lorraine Robson***

Normally, my garden in early March is a peaceful, meditative place where I delight in the satiny purple petals of crocus and the swelling yellow buds of Forsythia. Normally, the acrobatic flight of the Anna's hummingbirds as they zip, perilously close to my head, between a favourite perch at the top of the lilac and the feeders makes me laugh. This year, despite the gorgeous gleam of the iridescent red gorget of the male hummers, I find myself feeling annoyed by their aggressiveness around the feeders. They aren't behaving any differently than in past years, and it's not their fault. It's just that this year, their aggressiveness takes me out of my reverie on the delights of spring to remind me of Putin's aggression against Ukraine. I know many of you are equally disturbed by this unjust war.

The very idea that Russia is bombing civilian hospitals, schools, kindergartens, and homes in Ukraine fills me with a mixture of rage and helplessness. That they are targeting agreed-upon evacuation routes fills me with despair. The fact that Ukrainians, for the past three weeks, have been resisting this invasion fills me with hope, but they need help. Already, close to 2.5 million Ukrainians have become refugees with another 2 million people displaced within their country. Ukraine's wheat fields, like Canada's, feed millions of people in countries around the world, so if the wheat cannot be planted and harvested, this war will have devastating consequences far beyond Ukraine's borders.

Some people might say this has nothing to do with us or it's happening "over there," but I believe we are all connected. Having been fortunate to have travelled in 32 countries around the world, I know that what we all have in common as human beings is far greater than any differences of culture, religion, language, or nationality we may have. I know that if someone were dropping bombs on Lions Gate Hospital, or Argyle Secondary School, or your neighbour's home, or yours, we would want someone to help us. We are not powerless when we act together. As Margaret Mead said, "Never underestimate the power of a small group of committed people to change the world. In fact, it is the only thing that ever has."

Your Executive discussed what we could do as a club in these extraordinary circumstances amid the greatest displacement of Europeans since WWII, knowing full well that any motion to provide food, water, and medicine for Ukraine would depend on the good will of our members. It is up to you to say 'yes'. We have the resources to help. With \$12,893 in our club's account at present, we have \$3,000 more than the average of our bank accounts at this point in the year over the past five years. As garden clubs go, we are rich. At our March General meeting, you will be asked to vote on donating \$1,000 of our club's money to an organization such as the Red Cross or Doctors Without Borders in support of relief for Ukraine. As you think about your vote, please consider this quote (misattributed to Edmund Burke): "All that is necessary for evil to triumph is for good people to do nothing."

In more routine garden club business, we will also vote to approve the purchase of four yards of soil to be shared among our members who are potting up plants for our Plant Sale. Last year we received a lucky donation of about seven yards of soil for free, so that regular expense was somehow omitted from the budget the club approved in November. We expect the soil, including delivery fee, to cost about \$350. We have the money, but under our

LVGC MEETINGS  
Non-Pandemic: 3rd  
Thursday of each  
month (except July  
and August) non-  
pandemically at  
St. Stephen's Church  
1360 E 24<sup>th</sup> Street

Pandemic: ZOOM  
MEETINGS WILL START  
AT 7PM

SPEAKER  
MARIA VALANA

DIVIDING PLANTS

MARCH 17, 7 PM

We have managed to get rid of our PO Box as we get 99% junk mail. Consequently, if you need to contact anyone at LVGC please use email or phone! If you must send a thing – phone to get the address and send it to a VIP (list is on the next page)

PLEASE USE  
ELECTRONIC ACCESS  
Your emails are welcome!  
lynnvalleygardenclub@gmail.com

## Executive 2022

President  
Lorraine Robson x  
Vice President  
Gillian Konst x  
Secretary  
Sarah-Jane Gray x  
Treasurer  
Donna Wasylik x  
Membership  
Barb Downman x

Members at Large (MAL)  
Penny LeCouteur x  
Ann McKinnon x  
Courtney Mitchell x  
Marilyn Bullock x  
Brenda Reid x

## Committees

Newsletter Editors  
Maria Issa x  
Margaret Campbell x

Plant Table  
Norma Buckland x

Hospitality  
Sharon Carabetta x  
Susan Nicholls x  
Daphne Page x

Sunshine / Door Prizes  
Rosamond Hughes x

Website  
Aline Burlone x

### Executive Meetings

By Zoom, 1<sup>st</sup> Wednesday of each month, 7PM

### Next Newsletter Deadline

Beginning of April

If you have material to delight your fellow members - please submit it via the time-honoured routes or email to

<mailto:lynnvalleygardenclubnewsletter@gmail.com>



Thanks to all who contributed to this edition: Rosemarie Adams, Margaret Campbell, Kitty Castle, Barb Downman, Carol Ferryman, Linda Howe, Courtney Mitchell, Lorna Moxon, Bruce Tennant, Wayne Smith.

club's Constitution, all expenditures over \$300 must be approved by our members.

Our speaker this month is Maria Valana on how and when to divide plants. She has taught several courses for the Master Gardeners on various types of propagation and does a wonderful job of explaining techniques. Some perennials (such as hardy chrysanthemum cultivars and Michaelmas daisies) require division to reinvigorate them or to minimize crowding, and sometimes it's just happy magic to create more plants from one - for your garden or the LVGC Plant Sale.

Opportunities to volunteer abound. Elsewhere in The Leaf you'll find a request from the MALs (Members at Large) for members to sign up to help at the Plant Sale on May 21. With our distributed sale at several locations again, we need to be organized about who will be where and when. Please pot up plant divisions, start vegetable or flower seedlings, and sign up to help on the day of the sale. It's a great way to meet other members of the club and you'll be contributing to several good causes as well as to the wonderful speakers we are able to book.

Likewise, both Gerry's Garden and Park and Tilford Gardens are looking for volunteers to help with planting and maintenance. Again, it's a great way to make friends with other gardeners and give to the community. Details are available later in this Leaf and on our website: [lynnvalleygardenclub.org](http://lynnvalleygardenclub.org).

It may be possible to hold a LVGC Members' Garden Tour in June or July if a couple of members would like to organize it and do the gentle arm-twisting 😊 of a few members willing to let us troop through their gardens ooh-ing and ah-ing at the colours and plant combinations. You don't need a perfect "Martha Stewart garden" to participate. I can find something to love about every garden. Maybe you'd like suggestions of what to plant in a problem area. Where better to get free advice? If you are willing to let us visit your garden this summer or would like to help organize the tour, please let me know at [lrobsonis@outlook.ca](mailto:lrobsonis@outlook.ca).

Clearly, the theme of this month's message is "Please say 'Yes!'" I think we all feel better when we pitch in to help out, and we can have a lot of fun together, too. I know that when I have done what I can to help in some way, I definitely feel more at peace. You, too?



## SPEAKER

MARIA VALANA: Dividing Plants

Maria Valana is a Horticulture Instructor at Kwantlen Polytechnic University (KPU). Her education along with her lifelong experience provide her with a solid foundation for training students in KPU's Horticulture and Apprenticeship Program on a variety of horticulture topics. She holds a Bachelor of Applied Science Degree from Olds College and a Provincial Instructor Diploma from Vancouver Community College. Maria enjoys sharing her passion for horticulture by providing horticulture education to like-minded individuals. Besides teaching, she has also owned her own landscape business since 2015.

Plant propagation is one of Maria's favourite subjects. In her presentation, she will discuss plant division of a range of plant types, highlighting the correct timing and step-by-step procedures.

## REPORTS

### *Vice President – Gillian Konst*

(From the Exec Minutes) Gillian has the following great speakers plotted: In **April** we have Kevin Kelly, a master gardener from Pennsylvania, lined up (thanks to Lorraine for the lead!) Kevin will share his “Four Season Garden” presentation. While zoom is not as much fun as face-to-face meetings, it allows us to have wonderful speakers who would not be available, except via zoom. [Think silver linings...]

### *Treasurer – Donna Wasylik*

Bank Balance at end of February	\$12,793.36
Cash on Hand	100.00
<b>Total</b>	<b>\$12,893.36</b>

### *Bank E-transfers:*

We are pleased to offer e-transfer as an additional form of payment for club members. It is important that you state the reason for your transfer so that it can be applied to the appropriate income account: *ie* The Dig, Plant Sale, Membership, etc. Please keep in mind **that e-transfers for membership** must be made during the new membership year.

The email to use for e-transfer is: [LVGC.Treasurer@gmail.com](mailto:LVGC.Treasurer@gmail.com).

### *Membership – Barb Downman*

Thank you to all of you who renewed your memberships for 2022! As you know, we have now reached the 150 member maximum allowed under the LVGC constitution.

Please remember to have great Zoom chats with: Tana Bullock, Randy Cobbett, Geoff Cundiff, Val Cundiff, Michael Curry, Linda Downs, Gwen Dunbar, Shelly Elgar, Stephen Lefroy, Denise Manarovici, Jessica McCulloch, Lorna Moxon, Denise Rose and Doreen Wakefield. In that way, you will be old friends when we meet in 3D. Please also see Lorna Moxon’s “exposé” in the next section of this Leaf.

There are two corrections to the phone list that was attached to the February Leaf. Please update your list to reflect these changes.

Val Cundiff - phone number should be xx  
Hiromi Matsui - phone changed to cell only xx

**YES, there will be a PLANT SALE this year! One that will be bigger and more magnificent than ever before!**

### *MEMBERS AT LARGE*

*- Marilyn Bullock, Penny LeCouteur  
Ann McKinnon, Courtney Mitchell, Brenda Reid*

Remember all your plants you’ve looked at over the past few years and hesitated to divide, as you weren’t sure whether the LVGC would have their annual plant sale? **Well, this is the year to dig them up and donate them!** With the cost of food going up, this is also the year to plant some veggies for yourself and others.

To make things easier for you, we have **LOTS of soil and pots** arriving this month. And to make things easier for us, we are **also providing labels**. Even if you are not quite sure of the name of the plant, please take labels and we will help you identify them before the May 21 sale.

And now for the AMAZING NEWS:



(1) We are buying 4 yards of soil to be delivered to the street in front of Jackie M's place at [redacted] on or about Thursday March 24. See the map on your right. This is the same place that the 6-7 yards of free soil was delivered last year.

(2) Donna Wasylik asked the District for a donation of soil, which will be delivered to Kathy S's place at [redacted] after March 21. See the map below. This was site 4 in our 2021 plant sale and will also be one of the sites in our 2022 sale. Also, it is in the District, just in case you are wondering why we are dropping soil at two locations. We don't know exactly how much soil we



are getting or what quality, but of course, we've asked for 'lots' and 'great quality'.

**Pots and labels will be available at the two soil locations.** Barb Downman obtained a huge hoard of pots from a landscaper but just in case you also have some, do please contact Brenda R XXXXXXXXXXXX, or bring them with you when you pick up soil.

Note that we will need to vote at the March 17 LVGC meeting to spend about \$410 for 4 yards of Premium Veggie Mix from Premium Soils. Any expenditure over \$300 must be approved by our members, according to our constitution. Our 2022 budget did not include enough money to purchase soil, likely because it was free last year.

We are planning one giant plant sale on **Saturday May 21** for both the veggies and the perennials. We expect that it will be spread across about 7 sites, like last year. This means we will need **LOTS of VOLUNTEERS – for details see below.**

Members with **plant donations** will fill out an **online form** in early May, then **drop off their donations to their assigned site on the Friday before the sale**, volunteers will arrange and price the plants that afternoon, and more volunteers will work shifts at the various sites of the Saturday sale. We may need volunteers for Sunday morning, as we might consolidate any remaining plants to two locations for sale on that day. Please contact Marilyn B to volunteer. Our volunteers last year tell us that they really enjoyed meeting members and chatting with the people who came to our sale. We are expecting to publicly advertise the sale this year, so we need to be prepared for lots of customers.

We will update you when we know exactly when the soil is arriving. Those of you who missed out on this last year, we hope you are more successful this year. Keep checking for emails from LVGC.

If you have any comments or concerns, feel free to contact Ann at or any of the other MALs.



*Unfortunately, our source of 'pig poo' has dried up – while we are looking for a replacement supplier, so far there is nothing in sight. If you have a good contact, please share!*

# CALL for LOTS AND LOTS OF PLANT SALE VOLUNTEERS (this means you!)



Mark your calendars please as we will need:

## 1. FRIDAY MAY 20 (afternoon, early evening... exact times TBD):

- People to sort, move, arrange, organize plants; check and clean pots, make sure labels are correct; set up for next day.
- ....at each site... **there will be MULTIPLE sites.**
- PLANT PRICERS – the “Flying Experts” from last year???

FOR ALL SEVEN SITES:

## 2. SATURDAY MAY 21 (morning shift, lunchtime shift, afternoon shift, cleanup detail... exact times TBD)

- People to handle the money – [you need to be handy with a calculator]
- People to provide expert advice and friendly help to the public. eg. “What should I plant in my.... window box?” “What is this plant?” “How big will it get?” “Is it poisonous?” “What is a *Taraxacum officinale*?\*” and similar questions...
- People to manage crowds and ebb and flow
- People to “Sherpa”: help haul plants to people’s cars
- People to ‘plant sit’ while the shoppers shop
- People to reorganize, clean up and move/sort leftover plants so they don't look scraggly for day 2.

## 3. SUNDAY MAY 22 (morning shift only [??], cleanup detail ... exact times TBD)

- People to handle the money – [you need to be handy with a calculator]
- People to provide expert advice and friendly help to the public. eg. “What should I plant in my.... window box?” “What is this plant?” “How big will it get?” “Is it poisonous?” “What is a *Taraxacum officinale*?\*” and similar questions...
- People to manage crowds and ebb and flow
- People to “Sherpa”: help haul plants to people’s cars
- People to ‘plant sit’ while the shoppers shop
- People to clean up and move/sort, figure out how to dispose of leftover plants



If you are willing to be part of the party – and it is really fun! – please contact **Marilyn B** and she will put you on her VIP list.



\**Taraxacum officinale* = dandelion

Daffodils  
That come before the swallow dares, and take  
The winds of March with beauty - *Shakespeare*



**Member Profiles** - **Barb Downman, Membership**

Here is another member profile so we can get better acquainted while we wait for in-person meetings to resume. Over the next few months, I will be reaching out to invite you to participate (selected randomly so we get a good mix of interests and gardening experience). However, *if you would like to volunteer* to be interviewed for a profile, I would love to hear from you .



## *Lorna Moxon – a new member welcomed in 2022*

### *What is your earliest garden memory?*

My earliest garden memory is of my grandmother's garden located north of Edmonton, Alberta. She grew many different types of vegetables and also had 2 long rows of raspberries running down the middle of the large garden. As the mother of 6 children, she was a very experienced gardener who grew and preserved much of the family food. She also had a root cellar that was very interesting to explore.

### *Tell us a bit about your garden (location, style, unique challenges)*

My property is slightly sloped from north to south and from east to west and I get a lot of sun. Access to the back garden is difficult having to go up 12 steps or removing the side fence and using the wheelbarrow up a ramp over a 2-foot wall (for soil delivery). The back garden is mostly used for vegetable gardening in a variety of 7 raised beds. I'm always looking to add more vegetable garden beds as I really like to try new varieties of vegetables. I also compost in the backyard using a spinning barrel style composter in addition to the standard square box style.



### *What garden "moment" gives you a jolt of pure joy each year?*

I love to see the fresh green shoots when my garlic sprouts (I planted 300 garlic bulbs this year!). Actually I get great joy from seeing all of the seeds I've sown sprout. It is always exciting to see the tiny green shoots emerge.

I'm always growing something or researching new varieties of vegetables to grow. Year round I use my countertop Aerogarden.

### *In what season is your garden at its best?*

In May when the Rhododendrons, Azaleas and Hydrangeas bloom (I love hydrangeas and have planted

a few different cultivars in my garden). I also love the garden in June when the raspberries start to ripen, the garlic scapes are ready to harvest and the summer squash starts to produce.



### *Which garden writer, garden book, website, blog, do you find the most useful or inspiring?*

Since I start most of my plants from seed, I frequently use the Westcoast Seeds' website for new items and grow guides. I find new varieties as well as the tried-and-true experience they share. Their videos are also helpful which takes me to YouTube where I find all of those incredible how-to videos!

### *If you could change one thing about your garden, what would it be?*

I'd like to rework the front garden flower beds. The area receives mostly sun and gets lots of dog "visitors" which makes for a bit of a challenge. I'm interested in planting some new perennials that will thrive in those conditions. It would be nice to remove the lawn too!





*How has your approach to gardening changed over time?*

If something doesn't work as expected, I change it up next time.

I've put the tomatoes in the greenhouse and on the deck. We have put in the raised beds and gone with more vertical gardening. Not only does it better utilize space, but I have less of a problem with slugs. I use companion planting to aid in pollination and also decrease bug issues.

My husband is slowly getting rid of the lawn in the back yard by putting in more raised beds. Now my hobby is growing great organic food for us to eat and for the past 3 years I've been taking the excess to Loutet Farm Community Market every second Saturday to sell. Many of my new items have been requested by customers.

*Besides gardening, what are your other interests?*

I love to hike with friends at least 2 times a week and golf every week in the summer. I belong to a wonderful book club that has been going strong for the past 8 years.

I'm also passionate about helping people become more physically active and healthy by providing fitness training to individuals and groups.



## *The Sunset Butterflyway*

*- Kitty Castle*



My inspiration to create a Butterflyway came when, in June 2018, I saw a photo in the North Shore News of a Blueridge Days Parade promoting butterflies, and the article mentioned the David Suzuki Foundation (DSF) and Butterflyways. This got me thinking about a neglected pathway near where I live, which is well used and an important link for students and walkers.

So, in early 2019, I approached the neighbours on either side of the pathway about the Butterflyway idea, and about

access to water. They gave their enthusiastic approval! One of them even offered to set up a hose under the fence to attach soaker hoses. Next, I signed up for the DSF annual one day training session and then applied for, and received

District approval for use of this land. Later, I signed a 3-year volunteer agreement with the District. The District staff has since provided soil and mulch.

Back in April 2019, Grade 8 Handsworth students helped turn over the grass sod, which was then covered with many layers of newspaper. District staff provided 2.5 cubic yards of soil and 2 cubic yards of mulch. A team of Telus Managers helped place the soil. Donations of plants came from the DSF, Garden Club 'digs' and members and friends.

The **Sunset Butterflyway** is now in its 4th year and our plantings are well established and enjoyed by the many people who use this pathway. Watering can be a challenge, especially last summer when I was hoping to reduce soaker hose use, but it was too hot for too long. We have a group of five volunteers, and we meet on a regular basis. It has been a great way to meet neighbours and mentor similar projects.

Winnie Hwo is our irreplaceable DSF coordinator. In June 2021, on the fence opposite the plantings, we put up eight circular signs depicting our most common butterflies. These were commissioned by the DSF and designed by Anja Jane, who is a Bowen Island artist. We have plans this summer to add a 3-panel mural on that fence, with a theme of pollination, bees and butterflies. The recent generous donation from the Lynn Valley Garden Club will help fund this mural.

There are so many choices of pollinator plants and only so much space! See the attached list (at the end of this Leaf), from Selina of the Riley Park Community Gardens in Vancouver, showing some of the shrubs, perennials and annuals and whether they are native plants and/or host plants. The aim is to try for 50% native plantings. Nettles are an important host plant for several butterflies, but that choice is not too popular on a public pathway!

There are several other public Butterflyway plantings in North Vancouver and one in West Vancouver and all are worth checking out. See attached list including our location.

The DSF has a webpage for North Vancouver <https://davidsuzuki.org/take-action/act-locally/butterflyway/north-vancouver/>. It has good information about the Butterflyways in our area and illustrations of the 8 most common butterflies found here.



*Western Tiger Swallowtail*

I can highly recommend a video of a presentation to Nature Vancouver members in August 2020 on plantings throughout the seasons for butterflies. Go to the Nature Vancouver YouTube channel: <https://www.youtube.com/channel/UCgORqw5PdQuGIXzalEY6gIjg/videos> and search for: Butterflyways - Plants & Butterflies - NV Presentation by Sally Hocking

There is so much to learn about butterflies and other pollinators, including historical information about Maria Sibylla Merian, a 17<sup>th</sup> century naturalist and artist who discovered how caterpillars produced butterflies and moths. Who can resist names like West Coast Lady and plants like "Hot Lips Sage"?! Butterflies are beginning to appear now and come out when it is sunny and warm and not windy, with peak hours from midday to 4pm. Taking photos can be difficult unless they are feeding on their favourite plants, but videos can often be more successful.

Wishing you all good luck attracting bees and butterflies and birds to your garden in 2022!



*Photo by Jane Sherrott*

**2021 List of Butterflyways on public land in North and West Vancouver include:**

- 1) Sunset Butterflyway: Pathway next to 4181 Sunset Blvd
- 2) Delbrook Park: Queens and Delbrook, between tennis courts looked after by District staff
- 3) Pemberton Heights: Ashdown Park, 1195 W Keith Rd, North Vancouver
- 4) Queensbury: Look for large Butterfly Mural at 7th Street East at Queensbury
- 5) Loutet Farm. East side by beehives. (East 14th and Rufus)
- 6) Gerry's Garden: South of Loutet Farm parking lot
- 7) Ecology Centre. Lynn Canyon Park
- 8) Capilano College. By the Maple Building <https://goo.gl/maps/7D8TC9U6x5ntdwnp9>



- 9) Dollarton Butterflyway Lane: West of Ellis Street between Bournemouth Crescent and Dollarton Hwy. Many homeowners involved here.
- 10) Deep Cove: Pathway next to 4209 Glenhaven Cres. New in the Fall 2021.
- 11) Several Schools including Carisbrooke Elementary and Waldorf Schools.
- 12) West Van Argyle Village Pollinator Garden (1460 Argyle, West of the Ferry Building)
- 13 West Vancouver Collingwood School

*For a list of pollinator-friendly species, please see the appendix at the end of this Leaf. For additional web resources, see March Links.*

**Books:**

**Butterflies and Butterfly Gardening** in the Pacific Northwest by Mary Kate Woodward;  
**Butterflies of British Columbia** by John Acorn & Ian Sheldon  
**Vancouver Island Butterflies** by Mike Yip & James Miskelly



**Bearway...?**

*- Courtney Mitchell*

Spring has sprung and so have the bears: they are out! Bear smushed our bird feeders three nights in a



row, which has never happened before. Normally the culprit has passed through and gone on its way, but this one seems to have hung around. We are now taking in all the feeders at night and will quit entirely soon. The garden looks quite messy, but we have actually raked it twice already....



*[response from Maria]* Mine was "a close encounter of the third kind" as I was calling my two fat black cats from the garden and a third very large black 'cat' appeared out of the bushes as well. Imagine my surprise... and the bear's surprise. We stared for a few taut seconds, then moseyed on our respective ways.... the cats, though, like bats out of hell, flew into the house. They had never seen a bear before. The next day, to pay it forward, they terrorized the squirrel.

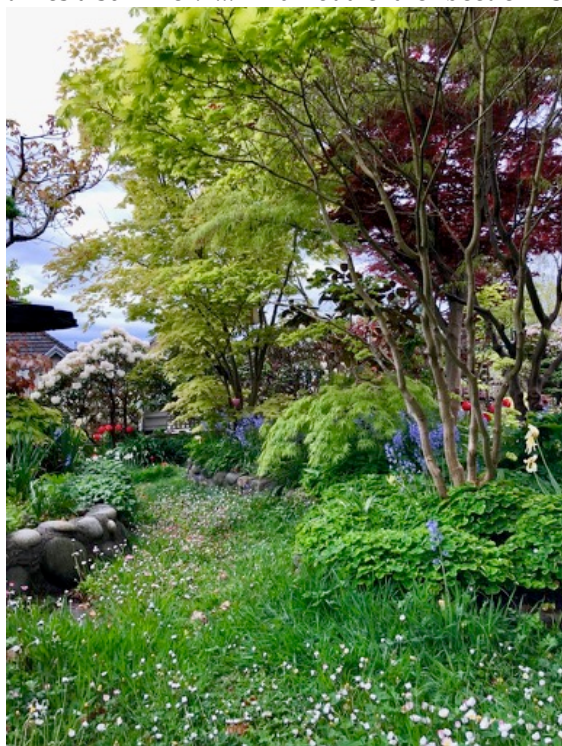
**Spring - Mary Oliver**

Somewhere / a black bear  
 has just risen from sleep /and is staring  
 down the mountain./ All night  
 in the brisk and shallow restlessness /of early  
 spring  
 I think of her, / her four black fists  
 flicking the gravel, /her tongue  
 like a red fire / touching the grass,  
 the cold water. /There is only one question:

how to love this world. / I think of her  
 rising/ like a black and leafy ledge  
 to sharpen her claws against/the silence  
 of the trees./Whatever else  
 my life is /with its poems  
 and its music /and its glass cities,  
 it is also this dazzling darkness/coming  
 down the mountain,/breathing and tasting;  
 all day I think of her - / her white teeth,  
 her wordlessness,/her perfect love.

I am writing in response to Kirsten Miskelly’s presentation on February 17 on “Turning your Lawn into a Native Plant Meadow”. While most of us would love more sun, the situation in many of our gardens is more “partly shady, chafer beetles and lots of rain”. The lawn replacements we saw were more suited for full sun and little rain; and they were quite tall. We would be trekking through 2 – 3 feet of mixed dense plantings, if we wanted to use those meadows as “lawn”. I am all in favour of planting to help native bees and butterflies, but how can we really do it in our situation of shade and wet?

Twenty-five years or more ago, we decided to take out most of our lawn that used to be along a flowing series of beds bordered by rock walls for vegetables, perennials, shrubs and trees. What little lawn we had left, got between 1 and 4 hours of sun. We removed the lawn and prepared the soil (necessary!!), and replanted with what West Coast Seeds is now calling *Easy Care EnviroLawn*, a mix of slow growing grasses and flowers. It consists of hardy fescue, perennial ryegrass, crimson clover, white yarrow, baby blue eyes, English daisy and phacelia. It is indeed, easy care – it is mowed at the highest setting 4 times a summer. ... And not a chafer beetle in sight....



Our “lawn” has evolved over the years. It no longer has yarrow, but has a lot of English daisies, and includes crocus, short narcissus, buttercup and moss. It looks messy in the winter, but springs back to life in the spring and looks lovely and green well into the next winter. It even has some English daisies in the fall.

West Coast Seeds offers other alternatives:

*Alternate Lawn Mix* – “it forms a low-growing, dense ground cover composed of fine fescues, flowers, and clover species, 13 species in all.” The website does not say what exactly is included.

*Bee Turf* – this is a mix of clovers and short wildflowers: sheep fescue, yarrow, microclover, baby blue eyes, sweet alyssum, English daisy, Roman chamomile, perennial ryegrass and white Dutch clover. The website says you can mix this with the *Alternate Lawn Mix*, if you want more flowers.

All three of the above need high mowing and can be walked on like lawn. Another alternative, more in keeping with Kirsten Miskelly’s presentation is the *Partial Shade Flower Mix*. It consists of a mix of “eighteen species, of which annuals make up approximately

55% and the perennial/biennials make up 45%. This mix grows to a height of 60-75cm (24-30)”. There is no list of what is included, but the pictures are lovely. Obviously, this is not to be mowed. Hopefully some of the annuals and biennials will self-seed. The preparation of the soil for all these options, the planting and the steps to germination and growth are all similar. The most comprehensive description was under the *Partial Shade Flower* mix on the West Coast Seeds website.

My daughter, Gillian, listened in to Kirsten Miskelly’s presentation and has the sunny exposure so maybe, she will try to section off a part of the front lawn for a bees and butterfly flower garden. We shall see.

[Comment from Maria] So I bit the bullet and last week, I did it. I had been wanting to be done with my grass/moss/creeping buttercup horror of a lawn. Got some poor contractors to power-rake it -TWICE! - till not a buttercup nor grass was left (but lots of compost!!). Then I spread all of the above listed Westcoast Seeds seeds in wild abandon – the shade mix in the shadier spots, the others in the other spots. I’m not quite sure which went where. I don’t really care. Then I hand-bombed the whole thing with fresh soil, in the hope of keeping the seeds in place and hidden from the birds. Then it snowed. Now we wait. Fingers crossed. I’ll let you know.





If you don't manage to get to the B.C. Home and Garden Show this year, you might like to take a look at some of the bright ideas from Art's Nursery that will be featured.

**Here's one: How to make a Bug Hotel:**

Have you ever thought about turning your garden into an all-inclusive resort for beneficial insects? Art's has "Take & Make Bug Hotel Kits" available! These special "hotels" are a great way to create a mini habitat so that you can observe beneficial insects in your garden or on your patio.

Supplies included:

- 15cm Terracotta Pot
- Bee Straws x 5
- Pinecones x 3-4
- Rubber Band
- Shredded Wood

Tools needed:

- Corrugated cardboard
- Pieces of branches
- Scissors

Instructions:

1. Cut the bee straws in half
2. Put a rubber band around the straws and place them in the pot
3. Add in shredded wood
4. Cut down a piece of cardboard and roll it up (like a little burrito)
5. Place the piece of cardboard beside the shredded wood
6. Add in pinecones
7. Add in pieces of branches
8. Ensure all supplies are firmly in place

Your bug hotel is now complete. Tuck your bug hotel somewhere away from the elements. You can watch a brief video at

<https://www.youtube.com/watch?v=w7-xdM6Q-pQ>

Another bright idea is to make **Seed Bombs:**

Their Seed Bomb Kits feature wildflower seeds by West Coast Seeds. You can toss these seed bombs somewhere that you think needs some flowers. They're perfect to pack on a walk, a rainy day or neighbourhood stroll. With Earth Day just around the corner, these are a great way to renature in your community.

Supplies included:

- 2 pieces of construction paper
- Cheesecloth
- Rubber Band
- Seeds
- Potting Soil
- Tools needed:
- Water (1-2 cups)
- Bowl
- Blender
- Jar, cup or glass
- Cookie sheet

Instructions:

1. Start by ripping up paper into small pieces
2. Place ripped up pieces of paper in a bowl
3. Pour water over the pieces of paper in the bowl to cover them
4. Add paper and water to the blender
5. Blend paper and water together
6. Pour the mixture back into the bowl
7. Get a separate jar and a piece of cheese cloth to cover the opening of the jar
8. Place the cheese cloth over the top of the jar, cup, or glass and secure with a rubber band
9. Use approximately 2 tbsp of some of the paper and water mixture squish it on top of the cheesecloth
10. Add 1 tsp of potting soil and a pinch of seeds on top of paper and water mixture on cheesecloth
11. Add more of the paper and water mixture on top of the soil and seeds
12. Gather your mixture and form a ball shape in the cheesecloth and squeeze out excess water
13. Let the bombs sit for at least 24 hours on a cookie sheet to dry
14. Go for a hike and throw your bomb!!

Watch the video at

<https://www.youtube.com/watch?v=U9WznruPpPQ>

Worth noting too are Art's top five picks of beautiful trees and shrubs that are showing off spectacular winter colour!

1. Fire Arctic Fox Red Twig Dogwood
2. Coral Bark Maple or Acer palmatum 'Sango Kaku'
3. Paper Bark Maple or Acer griseum
4. Stewartia Monadelphica
5. Yellow Twig Dogwood or Cornus sericea 'Flaviramea'



**Thanks and congrats to Barb Downman for sourcing pots and labels, Donna Wasylik for chatting up DNU for extra soil, and Lorraine Robson for getting us 10% off at the new pop-up garden centre! WHAT A TEAM!**



## ANNOUNCEMENTS AND OTHER GOINGS-ON

### **URGENT - BY MARCH 14 - MONDAY....TOMORROW:**

From Kitty Castle: "Here is an appeal from the **David Suzuki Foundation for volunteers** to help find butterflies in British Columbia. This is a new initiative for 2022. **Deadline to register** as a volunteer is **March 14th**. Any chance it can get in the next Leaf?

### **Join in the "Great B.C. Butterfly Search!"**

The **David Suzuki Foundation's Butterflies in My Backyard (BIMBY)** citizen science project is recruiting volunteers to help find butterflies in British Columbia. This is a new initiative for 2022. BIMBY is an ongoing effort to track the abundance and diversity of butterflies in B.C. If you live in the province, love butterflies and enjoy hanging out in nature, this project is for you.

From February 28 to March 14, the David Suzuki Foundation will recruit volunteers to help document butterfly species in their communities starting in April.

In an April webinar, BIMBY volunteers will be trained to use iNaturalist (an app that allows people to identify plant, animal and insect species with smartphones and record information for researchers and other citizen scientists). Volunteers will then meet monthly from May to September. School participants will be invited to join a schoolyard BIMBY Bioblitz in June. Keen volunteers will also be trained to document butterflies along specific walking routes during the season.

If you are interested to joining the BIMBY project, please fill out the registration form at <https://davidsuzuki.org/take-action/volunteer/citizen-science/bimby/> More than 160 Lower Mainland volunteers joined the project in 2021, making hundreds of observations and documenting 47 butterfly species in Metro Vancouver. This year, the BIMBY project will recruit volunteers from throughout the province.

The B.C.-based citizen science campaign is hosted by the David Suzuki Foundation on the iNaturalist platform, in partnership with UBC zoologist Michelle Tseng and UBC Botanical Garden associate director Tara Moreau.

According to UBC's E-Fauna B.C. website, at least 184 butterfly species can be found in the province, the most diverse in the country. Tseng says the latest data also show 10 of 19 endangered insects in B.C. are butterflies. Like other wild pollinators, butterflies in B.C. are threatened by pesticides, climate change and habitat loss. The BIMBY project team hopes the data collected in 2022 will help present a clearer picture of B.C. butterfly health and help inform conservation efforts.

According to Moreau, apart from using citizen science to create a baseline and document butterfly abundance and diversity in B.C., it is important "to see how this work can help to halt the loss of biodiversity and prevent extinction of species in B.C. These are the big global biodiversity goals for the next decade, and it would be great to showcase how we can connect baselining butterflies to halting their extinction."



### ***Plants? Plants! Plant? Plants!!***

#### ***Plants?***

**DO YOU KNOW OF ANY POTENTIAL 'DIGS' IN THE NEIGHBOURHOOD? MARIA WILL HAPPILY CHASE THEM DOWN IF YOU SEND HER THE PHONE NUMBER OF THE DUDE LISTED ON THE BIG DEVELOPMENT PERMIT PANEL.**

#### ***Plants!***

Barb Downman writes: Our neighbour's retaining wall needs to be completely rebuilt which will require us to remove all of the plants along the property line. I'm taking this opportunity to simplify this area of the garden. I have a large Queen Elizabeth rose bush and a Hardy Kiwi vine (*Actinidia arguta 'Issai'*) that need new homes. These large plants can be yours for a donation to the LVGC. Contact Barb at [redacted] if you are interested in either of these plants.

## Plant?

Does anyone grow **unusual snowdrops** they'd be willing to share with Barb Downman in exchange for a donation to the club?

## Plants!!

There is a new 'plant buying opportunity' appearing on the North Shore: Aline tells us that The Urban Roots Garden Market will appear where the buses used to be in Moodyville. And *thanks to Lorraine* - they will be happy to offer LVGC members a 10% discount. Here is their response to Lorraine.

"We are also very excited about the opportunity to become a part of the Lynn Valley Garden community. We would be pleased to offer a 10% discount to your Garden Club members. Let me work on the specifics of how we can get it into our POS system. Rest assured that it will be in place prior to our *planned opening for the 1st week of April.*"

Well done, Lorraine! And happy shopping to all of us!

## "Kindred Spirit" Organizations:

### From Gerry's Garden:

"Hi LVGC!

I hope everyone is well and excited about the arrival of Spring.

The reason for my note today is to send along a web link to our **new volunteer sign-up page**, which we are doing through North Shore Neighborhood House. The involvement of the NSNH provides us with insurance for the area and a wider reach for volunteers and materials. We were hoping you could forward this to your members, as some may be interested or someone they know may be. We will be starting Saturday March 5th 10am to noon. Thank you so much for your time and support, as usual!

Cheers,

Howie"

<https://app.betterimpact.com/Application?OrganizationGuid=b8de7ac8-9b5c-4ec0-80c8-d54eb1fd356f&ApplicationFormNumber=2&fbclid=IwAR3tuPDlg7jcTYZfAsimM322Uf4nCvqgSQw7gQ9JshwcNrYjK F7AtVYAT2k>



### West Coast Seeds: Support Humanitarian Efforts for Ukraine

Carol Ferryman writes: For the entire month of March, 100% of Westcoast Seeds' sales of sunflower seed packets will be donated to the **Canadian Red Cross Ukraine Humanitarian Crisis Appeal**.

[from Maria] I had a chat with Erika at WCS in the hope that we could donate money to them, and they would send veggie seeds to Ukraine - as food will be scarce there this year. Erika assured me that *they were already doing that* and did not need any money - but needed contacts of organizations that are shipping MATERIAL ASSISTANCE rather than money. I found her some contacts, but I don't know if they will pan out. IF YOU KNOW OF ANY ORGANIZATIONS SHIPPING SUPPLIES TO UKRAINE - please let Erika know directly. customerservice@westcoastseeds.com.

**Vancouver Master Gardeners 2022 - Spring Affair** - happening on March 27, 9AM-3:15 PM. It is entitled [Horti]Culture in a Changing Climate. You too can participate for a mere \$45, or **\$50 after March 15** on-line. Here is the link. <http://mgabc.org/node/3033>

**The UBC Botanical Garden** - "February in the Garden" can be accessed here: <https://botanicalgarden.ubc.ca/news-events/> "Hours update: **UBC Botanical Garden** and **Nitobe Memorial Garden** are now open from Wednesday-Sunday from 10 am - 2 pm. UBC Botanical Garden admission is \$5 per person (purchased online or on-site) and **Nitobe Memorial Garden** is by donation until April 1. On April 1, hours will be extended to 4:30 pm at both gardens, the **Greenheart TreeWalk** will re-open and admission rates will go back to our usual seasonal rates. The Shop in the Garden has also reopened. To see our complete operational hours update visit the hours and directions page of our website.

The **BC Council of Garden Clubs' newsletter**, inspirationally named "The Bulletin", can be found here: <https://bcgardenclubs.com/resources/newsletter/>

"Whenever you are creating beauty around you, you are restoring your own soul." -- Alice Walker



## Bright Spots

- Bruce Tennant and Rosemarie Adams



"Why go around when you can go through? Aahhh... Mother Nature!" - Bruce Tennant

[The automatic image descriptor labelled the photo on the right as "a frog in the dirt." That amused me.]



"The beautiful spring came and when nature resumes her loveliness, the human soul is apt to revive also." - Harriet Ann Jacobs

*Abeliophyllum* (also known as White Forsythia) - is a tough spring blooming shrub, not fussy about soil conditions and will grow in sun or partial shade. Flowers are white, flushed with pink, borne in clusters along the fine twiggy stems of the previous season's growth. It is a bit of a straggly plant but has a wonderful fragrance!

*Hepatica* - is a lovely little woodland plant that blooms in early spring. Hepatica prefer part-shade and rich moist but well drained soil. Some specialty nurseries sell some wonderful Japanese versions, some going for \$75 - \$100 for a 4-inch pot! I stick with the common varieties!

Fraser's Thimble Farms on Salt Spring Island have some beauties - I don't dare go there!



## The Compost Bin – Maria Issa

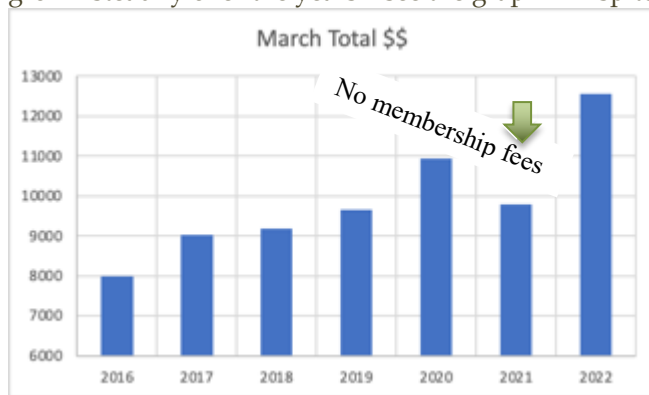
John Milton: “When I consider how my light is spent, Ere half my days, in this dark world and wide...”

I have had the privilege to talk to you from this space – about a wide range of things: some serious, some silly. Like many of you, I now have many more days to look back upon, than to look forward to. Looking back, I remember and enjoy the things that I did, not the things that I didn't do: the trip I didn't go on, the car I didn't buy, the person I didn't marry. Those we don't think about too much. The things that we did do are the pearls on the necklace of our lives – the sum of what and who we are. So at this point in life, I have reached the age where I can dispense with what other people think – and just do what I think is morally and ethically right. Therefore, at the next meeting I will propose the following motion to the membership:

*“Whereas we are living in unprecedented times, possibly on the brink of WWII, with more than 2 MILLION refugees in 2 WEEKS pouring out of Ukraine - I move that LVGC consider making a one-time donation to humanitarian relief of \$1000, ideally through an organization that will match it.”*

There will be a number of objections as to why we shouldn't do this... so in anticipation of those:

1. **“The club can't afford it.”** – I would argue that it can. We currently have over \$12K in the kitty. This amount has grown steadily over the years – see the graph – in spite of the fact that we did not collect membership fees last year.



2. **“It's a lot of money”** – Well, no: it is \$6.67 per person. A coffee. When we waived membership fees last year, YOU got a break of \$20. So the dint we make in the kitty is not even as much as *we* got for the pandemic. Or to look at it more cynically, it is a similar amount of money that the club contributes to the “Great LVGC Bus Tour” when we have one: a tour that takes us well-heeled ladies - me among them! - to spend more money on plants we don't really need. We probably won't have a bus tour this year... so why not spend the money where it is really needed?

3. **“It sets a precedent”** – Yes it does – one that I would be proud to set. By the time WWIV rolls around, with such a precedent we might have to do this again... though probably I'll be pushing up daisies for that one.

4. **“We didn't do anything for the fire or flood victims”** – No we didn't. I'm not proud of that. That's one deed that didn't make it onto that pearl necklace of our lives. Shame on us. Two wrongs don't make a right. When we consider that we are living in one of the wealthiest places in Canada.....

5. **“We only give to plant-related recipients.”** – We do tend to do that, but the membership has the right to determine how we use the Club's money. There are no rules that prevent us – just the will to do or not do. Of course, it's always easier to not do - “to sin by omission”.

6. **“It is not the club's mandate”**. I would respectfully disagree. LVGC and all the other garden clubs, have wartime relief “bred in the bone”. We all started as ‘victory gardens’. From Wikipedia: “Victory gardens, also called *war gardens* or food gardens for defense, were vegetable, fruit, and herb gardens planted at private residences and public parks in the United States, United Kingdom, Canada, Australia and Germany during World War I and World War II. In wartime, governments encouraged people to plant victory gardens not only to supplement their rations but also to boost morale.” It may not be what we do now – but we can still see our victory garden roots in the fact that we support the community. This would not be a major departure.

7. **“We might need that money, just in case...”** In case of what, exactly? WWII? That's coming, and then all bets – and gleeful gardening – are off. What is our need in comparison to those who have only the clothes on their backs? Besides, if past MAL successes are predictors of the future, we will make that money back at the next plant sale, easy, peasy.

So in the words of my favourite war-time poet, Rupert Brooke:

*“Shall I not crown them with immortal praise  
Whom I have loved, who have given me, dared with me”..*

Dare with me - take a risk, a leap of faith and help those who really need it.... now.... and then remember it with pride.



APPENDIX

Plant Resource List – Butterfly Friendly Plants

[Note: Not an exhaustive list, but commonly used garden plants]

[Note: 'H' denotes Host Plant]

Native Plants	
<b>Trees</b>	
These trees are host species for butterflies: Arbutus Ash H Red Alder H Aspen H Birch H Cascara Chokecherry H Cottonwood H Crabapple H	Dogwood H Douglas Fir H Hawthorne H Juniper H Maple Oak H Pacific Willow H Pine H Poplar H Western red cedar H
<b>Shrubs:</b>	
Choke cherry Cinquefoil (Potentilla) Coastal Kinnikinnick Currant Elderberry Flowering Red Currant H Hardtack / Spirea douglasii H Mock Orange Oregon grape	Ocean Spray H Pacific ninebark Red olser dogwood Rose Salal Salmonberry Saskatoon Serviceberry H Snowberry
<b>Perennials (&amp; vines):</b>	
Bugbane (Actaea elata) Common Camas Coastal & woodland strawberries Douglas Aster Geum Gumweed Goat's Beard / Aruncus Goldenrod Helenium Honeysuckle Wild Lupine (Lupinus perennis) H Milkweed (Asclepias speciosa) H Nodding Onion Pale Evening Primrose Pearly Everlasting	Pacific Bleeding Heart H Red columbine Sea Blush Spring Gold / Aurinia Stinging nettle Stonecrop – Broad Leaved Strawberry (coastal, woodland & wild) Thistles H Wood sorrel / Oxalis Woolly sunflower Wild Mustards (aka weeds) Violets H Yarrow Broad - leaved grasses (including blue rye, brome, orchard grass, reed canary grass)
Non-Native Plants	
<b>Trees</b>	
Elm H Willow	Fruit trees - particularly cherry & apple H
<b>Shrubs</b>	
Bearberry Blueberry H Butterfly bush	Hydrangea Lavender Lilac

California lilac H Cotoneaster Dogwood species Daphne Firethorn (Pyracantha) Hibiscus	Privet Spirea hybrids Viburnums Wiegela Rosemary
<b>Perennials (&amp; vines)</b>	
Alliums Anise hyssop / agastache Asters Astrantia Asters H Baptisia / False Indigo H Bee balm Blanket flower Blackberry Broad - leaved grasses (including velvet grass & wheatgrass) Butterflyweed H (Asclepias tuberosa & incarnata) Carnation/dianthus Chelone glabra / Turtlehead Chrysanthemum Clematis Comfrey Coreopsis (tickseed) Corydalis H Cranesbill geranium Daisies Dandelions Day lily Delphinium / Larkspur Echinacea (coneflower) Echinops Evening primrose Fireweed Fuchsia Geum species Globe Thistle / Echinops Gumweed Helenium species	Oregano, Thyme, Herbs: Fennel H, Mint, Dill H, Chives, Oregano & Thyme Heuchera Hops H Joe Pye Weed Liatris / Blazing star Lungwort / Pulmonaria Lupines H (other pea family) Nepeta / Catmint Passionflower Persicaria varieties Phlox Rockcress Rudbeckia Salvia's / Sage's Saxifraga Sea Blush Sea Holly / Eryngium Scabiosa / Pincushion flower Spring Gold Shasta daisy Spirea varieties Stonecrop / Sedums Swamp Milkweed Sweet William Woolly sunflower Verbena / Vervain Valerian Verbascum Veronica's Wallflower Yarrows
<b>Annuals</b>	
Alyssum Angelica (carrot family) H Artichoke Borage H Calendula Candytuft Clover Dames rocket Hawksweed / Hieracium Legumes H / Pea Lobelia	Mallows / Hollyhocks H Money plant Mustard family - weedy & domestic (kale, cabbage, field mustard) Nasturiums H Nigella Parsley H Queen Anne's Lace / Ammi Sunflowers Umbelliferous flowers Zinnia's