



# THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

April 2025

## President's Message – Donna Wasylik

Hello Members,

The general meeting on **April 24<sup>th</sup>** will be very busy! There will be sign-up sheets for the **Plant Sale** as well as for our **three organized field trips**. Look for them in the foyer!

Please do sign up to help out at the Plant Sale if you are able. If you are not available on the Saturday, maybe consider helping out before or after the sale: we need plenty of hands to set up on the day before and take down and clean up after. There are plenty of opportunities to participate and hang out with your fellow members at our biggest event of the year! We need everyone digging, dividing and potting up plants from their gardens, to make this sale our biggest and best ever.

It's important to sign up for the field trips as the number of interested members will determine whether the field trip goes ahead or not. Our club will host the entry and tour costs for the UBC Gardens so I will need a definite number of participants for that trip. If you are not able to attend the meeting but would like to go on any of these trips, please contact me.

Our speaker for this month will be Julian Hendrick who will be giving a talk on fire safety in our homes and gardens. See you on the 24<sup>th</sup>!

Donna Wasylik

LVGC MEETINGS  
3rd Thursday of each  
month (*except THIS  
MONTH*, an not  
meetings July and  
August) currently  
STILL at

**Mount Seymour United  
Church**

**1200 Parkgate Ave,  
North Vancouver,  
BC V7H 2X9  
(604) 929-1336**

*Meetings start promptly at  
**7:00 PM***

## SPEAKER

**JULIAN HENDRIK  
DNV FIRE AND RESCUE  
FIRESAFE FOR OUR  
COMMUNITY AND  
GARDENS**

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:  
[Lynnvalleygardenclubne  
wsletter@gmail.com](mailto:Lynnvalleygardenclubnewsletter@gmail.com)



*<< Jacquie saw these mason bee houses are at the  
Lower Lonsdale section of the Spirit Trail!!  
And while we're 'local' – Rita's sensational pic of the  
Harrison Tulip Festival*



## Executive 2025

### President

Donna Wasyluk

### Co-Vice Presidents

Penny LeCouteur

Daphne Page

### Secretary

Marilyn Bullock

### Treasurer

Sarah-Jane Gray

### Membership Co-Chairs

Jennifer Sydenham

### Members at Large (MALs)

Miriam Scott

Tom Davis

Doreen Dew

Stefanie Rezanoff

Daphne Page

## Committees

### Plant Table

Maggie Davis

### Hospitality

Sharon Carabetta

Bev Fraine

Brenda Reid

### Sunshine / Door Prizes

Jacque D'Auria

### Website

Aline Burlone

### Newsletter Editors

Maria Issa

Margaret Campbell

### Executive Meetings

April 30 Executive meeting will  
be chez Sarah-Jane Gray

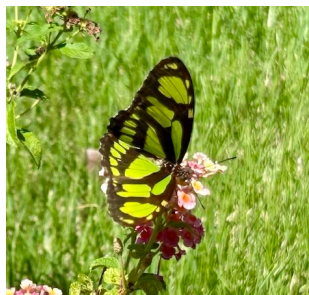
Newsletter items to  
[lvgnnewsletter@gmail.com](mailto:lvgnnewsletter@gmail.com) by



Feb 13, 2025

### Thanks to LEAF contributors:

Judith Brook, Aline Burlone,  
Jacque D'Auria, Tom Davis,  
Barb Downman, Norma  
Ferguson, Taylor Hewstan, Rita  
Marshall, Diane Sekora, Jane  
Sherrott, Donna Wasyluk



*"If a million of us planted just ONE  
native flower this spring, we would  
provide food for 500 MILLION  
pollinators across hundreds of species  
– including bees, butterflies, hummingbirds and more!"*



## MARCH SPEAKER

### Julian Hendrik

## DISTRICT OF NORTH VANCOUVER FIRE AND RESCUE SERVICES Firesafe for our Community and Gardens

With heat domes just around the corner, DNV's fire safety specialists will provide us with tips and tricks on how to fireproof our gardens and thereby our community. We will receive information on FireSmart Landscaping; FireSmart Landscaping Hub & DNV Home Hazard Assessment.



## REPORTS

### Treasurer – Sarah-Jane Gray

The Club kitty currently contains \$11,791.00  
with COH = \$ 119.00 for a grand total of  
**\$11,910.00.**



### Membership – Jennifer Sydenham

We currently have 144 fully paid-up members and no waiting list. This is expected to change after the Plant Sale and when the new venue becomes routine as of September.





***MALs - Jacquie D'Auria, Tom Davis, Sarah-Jane Gray,  
Daphne Page, Stefanie Rezanoff, Miriam Scott***

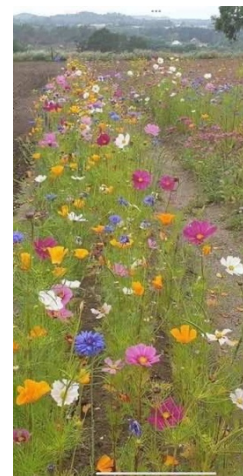
## **PLANT SALE**

**It's coming in ~3 weeks!!**

**May 10, 2025 10:00 AM - 2:00 PM  
St. Clement's Church car park  
3400 Institute Rd.,  
North Vancouver**



***100% Canadian Operated!***



## **HIGHLIGHTS**

***Thank you!*** To all our wonderful volunteers who have signed up to help at our FUN and FABULOUS EVENT!

***Changes from last year:*** 10 AM – 2 PM; and sales offer the options of either **cash AND credit** this year!

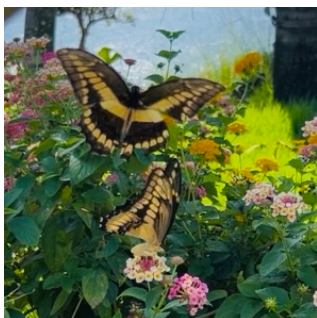
***Raffle:*** Stefanie has rounded up some amazing prizes this year. Tickets will be on sale starting at the meeting on April 24<sup>th</sup>

***Garden Memorabilia:*** (aka Daphne's Delights) – If you have any garden items you are no longer using, please bring them on Friday May 9<sup>th</sup>. Contact Daphne with any questions  
*[note to self: clean out the shed!]*

***No free plants!***

***Items needed still:*** Beer flats; Canopies (please label with your name); Brushes, brooms, dustpans – (label with your name)

***Advertising:***



- Pick up a Plant Sale sign at the next meeting (April 24<sup>th</sup>) or arrange with Doreen Dew to pick one up
- Print posters from the pdf in *The Leaf* and post them around your neighborhood. For example – community boards, libraries, coffee shops, grocery stores, your

car window, etc – Have fun thinking up places to put them!

- Miriam has green paper available for printing and will be at the meeting on April 24<sup>th</sup>
- Display Plant Sale signs 2 weeks before the sale

***Friday Set Up:*** 9<sup>th</sup> May at St Clement's Church car park - **Starts at 12 noon!!**

***Volunteers:***

- Please wear an LVGC green shirt on Saturday (if you have one)
- Please arrive early for your shift and pick up a name tag

***Plant recommendations:***

- Do not bring any invasive plants eg *Vinca*, ivy, *Nepeta* [Look up BC Invasives - link in April Links file]
- Limit daylilies to 2 pots per member max. [except if they are not yellow, but a named variety]
- Bring as many plants as possible
- Clean the pots as much as possible
- Label plants with as much information as possible: Name, Sun/Shade, Color
- If you need more pots call:
  - Sharon Carabetta -
  - Maria Issa -
  - Barb Downman



***Herb pairings to grow in containers:***

BASIL/PARSLEY THYME/ROSEMARY MINT/LEMON BALM CHIVES/CILANTRO OREGANO/MARJORAM SAGE/LAVENDER

## ***BCCGC AGM – Donna Wasylik and Barb Downman***

The BC Council of Garden Clubs' AGM was well attended by members of garden clubs from around British Columbia; we attended as delegates of the Lynn Valley Garden Club. The business portion of the meeting was delivered in a casual manner, short and sweet, with one member coming forward to fill the role of BCCGC secretary. There were several vendors, including Jason Crouch from Fraser Valley Rose Farms, who was the speaker at our last general meeting. There was a presentation by last year's recipient of the BCCGC Scholarship Fund, Amy Wells, who graduated from the UBC Sustainable Agriculture and Environment Program in May 2024. Amy is now a Master's student studying the effects of regenerative forest management on silica soil pools in partnership with the Kwiakah First Nation near Campbell River on Vancouver Island.



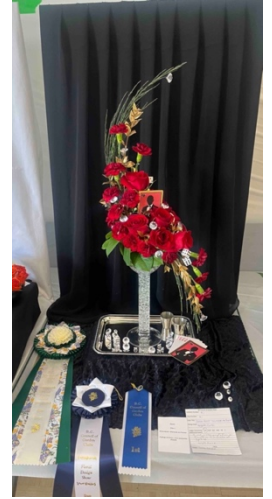
There was a quick group discussion about how garden clubs can attract and retain members. A common denominator of the ideas presented was to be visible in the community and undertake projects as a garden club.

There was a floral design contest with many beautiful entries and a critique of each was given. After lunch, Ron Long, past president of the Alpine Garden Club and former science

photographer at Simon Fraser University, gave a visual presentation on native flora of B.C. He concentrated on the different native orchids that are found across the province. After his talk, I showed him my photos of the spotted lady slipper orchid that grows on the eastern bank of the Yukon River at Dawson City, Yukon. He vowed to return to Dawson City to see these, as the area where the orchids grow was not a designated site when he was there many years ago.

The final item on the agenda was the draw table for plants and other garden related prizes donated by the various clubs in attendance. There was a huge assortment of goodies to pick from and the draw was very successful, raising about \$700 for the BCCGC Scholarship Fund.

It was a very enjoyable day and I would recommend that everyone take advantage of an opportunity to attend in the future.



### ***>Rosemarie Adams – our 'Bright Spot'***

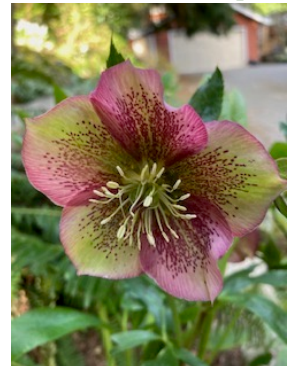
***- Diane Sekora and friends***

We were all saddened by Rosemarie Adams's recent passing. Rosemarie helped to make our Lynn Valley Garden Club not just a good club, but a great club, with her willingness to help out in so many ways. She served on many executive and committee positions over several decades, including as President. She also planned various fun and interesting bus tours that we all enjoyed, each eventually ending up at a garden nursery where we happily loaded up the bus returning home with all our plant treasures. She always quietly thanked all the garden hosts and drivers too, with gifts and cards on our behalf.



Rosemarie was a Master Gardener who also belonged to the Bonsai Club and the Alpine Garden Club and she enjoyed sharing her knowledge with others. Her garden that included many unusual potted plants, birdhouses and nests in trees reflected her love of plants and wild birds. She was also a creative crafts person who enjoyed flower arranging, silver jewelry making, baking and sewing, among her many hobbies.

The regular segment of our meeting Rosemarie initiated called 'Bright Spots' where she brought in and encouraged us to share information about plants currently blooming in our gardens. She was also a regular contributor of articles and photos to our newsletter, *The Leaf*, which the editor greatly appreciated. Rosemarie has left us, her friends and family, with many good memories and we will honour her by continuing to bring in our bright spots to our meetings.... now that segment 'Rosemarie's Bright Spots'.





## ROSEMARIE'S BRIGHT SPOTS



*Fritillaria imperialis*, even mentioned by Shakespeare in *A Winter's Tale* – looks rather more like a Dr. Seuss plant with that fuzzy topknot. Its less haughty relative, *Fritillaria meleagris*, has a bunch of common names that includes snake's head fritillary, snake's head (the original English name),



chess flower, frog-cup, guinea-hen flower, guinea flower, leper lily (because its shape resembled the bell once carried by lepers), Lazarus bell, chequered lily, chequered daffodil, drooping tulip or, in the British Isles, simply fritillary. The most familiar version is the one with maroon & white checkers, but there is a white version with white-on-white checkers. They like wet areas and pop up in spring before daffodils – at my altitude.

Also blooming merrily are my *Erythronium oregonum*, also known as 'fawn lily', a BC native, and its close relative, *Erythronium albidum*, the white fawn lily, which has a more easterly distribution. The BC one, I bought at the Plant Sale many years ago, but the white one came from the mega Dig in Moodyville during the pandemic. It

was a mystery bulb that flipped out at the edge of a fence: an unwanted UFO. Instead of tossing it, thinking that it's an English bluebell, I stuck it in the ground and the

The major weirdness in my garden is the *Camellia japonica* – it's a mutant! It was all white for many years – but recently entire branches have broken colour. If anyone has any hypotheses regarding this – please let me know. The internet is ominously silent.

The pink *Epimedium* came with the house and has since spread to several spots. The yellow one, I saw in Penny's garden and I wheedled some from her. There are many species of *Epimediums* and I don't know which is which but I was quite entertained by their common names: also known as barrenwort, bishop's hat, fairy wings and – wait for it! – horny goat weed. This is all the more entertaining because they contain a bioactive agent called icariin (after Icarus?), which is a weak PDE5 inhibitor. While there is little clinical evidence for the activity of icariin, other, stronger, PDE5 inhibitors, sildenafil, vardenafil, and tadalafil are sold under the brand names of Viagra, Levitra and Cialis. Interesting.



### The Garden Beautiful

- sourced by Aline Burlone

This magazine was published by Garden Beautiful Limited at 404 Queens Rd. W., North Vancouver from 1936 to at least 1947. We have come across 5 copies by chance and enjoyed reading some of the articles from that time. The excerpt below is from an article entitled "Gardening Tips and Gadgets - Part II" by E.B.A. Wood, published in October 1946. So if you don't have labels for the plant sale you might like to try some of these tips.

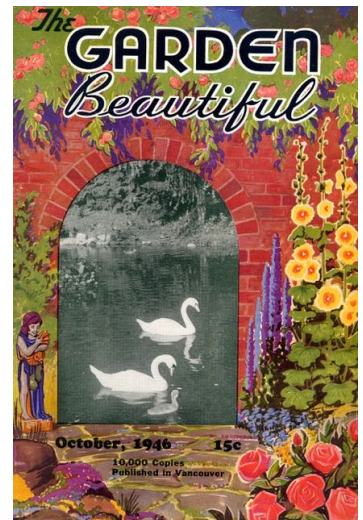
**"Labels:** There are several types of these, the most usual being the non-permanent variety, made of wood and generally painted white. During the war these were unobtainable, and I had to use old ones over again. I tried to restore these by the use of sandpaper and ordinary white paint, but this was a failure, as the painted surface would not take writing in pencil.



This was overcome by the use of a paint made up as follows: take half a teaspoonful of white lead, soften it with an equal amount of boiled linseed oil, add a tablespoonful of turpentine and a pinch of yellow ochre powder. This will dry overnight and is easy to write on with a pencil. The quantity given above will do for 100 labels.

The permanent type is made of lead and is a British patent. There are three lengths, 5 1/2, 7, and 9 inch, the width being 1/4 inch; there is an automatic machine for stamping these, also a smaller and non-automatic pattern, the price of which is about one-quarter of that to the former.

The semi-permanent type label is made of galvanised sheet iron, 6 inches long by 5/8 inch wide by 20 gauge thickness. A local sheet metal shop supplies them at \$1.00 a hundred. Higgin's black water-proof ink is excellent for writing the names, but the surface of the label needs a preliminary treatment. Paint one side with commercial hydrochloric (muriatic) acid, leave for two or three minutes, wash in cold water and dry. An ordinary pen can now be used, there is no tendency for the ink to run, and the writing will resist the weather for a long time." [Look at the price: 15c!!]



## The DIG etc.

- Maria Issa

The first DIG of the season happened this past weekend – and, as luck would have it – the SUN CAME OUT!! That we had this DIG was pure serendipity in the form of Jackie Morris who is a friend of Jan Lockmuller's – the owner of the diggable garden. Jan was a long-time member of the LVGC, even served as treasurer several times, and fondly remembers many of us. She decided that the garden was becoming too much like hard work: weeding, digging, watering – but she loves her plants – so she wanted them to go to good homes where they would receive the kind of care they had become accustomed to. This is where we came in – and the plants came out. Jan supervised the extraction, enjoyed the process, and had chats with many of us.

Over 2 days, about 13 LVGC-types, in their best gardening outfits (I should have taken pictures, but I forgot!) dug and potted, potted and dug. As these occupations tend to happen at ground level – the anatomical visuals were, shall we say, posterior: every bed and bush presented one. There was a lot to be extracted as this garden was obviously a plant-lover's plot. Any plant you can think of, that should be in a well-appointed garden, was represented – and lots of it. Carloads of pots moved out with beaming diggers who will be fostering the green babies until the plant sale. Jackie M. managed to generate 16 large pots of hellebores from what she dragged home.

Then there were "Daphne's Delights" as Daphne is the purveyor of the 'white elephants' at the Plant Sale – Jan had an assortment of garden paraphernalia ranging from (an incredibly heavy) birdbath, to plant stakes and towers, strawberry pots, planters, etc that will be featured in our sale. Presciently, Miriam brought her "point of sale cube" to try out – and did a brisk business as some of these items were hot!

When it was all over – the garden did look a little empty – so I seeded all the bare spots with a native pollinator mix from Maple Leaf. I hope something cheery comes up.

Thanks to all the diggers who not only dug, but cleaned up, raked and pruned.... and a huge thanks to Jan! Because of her, we will have literally hundreds more plants at the sale.

LVGC seems to have acquired lots of friends with plant benefits. Louise, who moved to Nanaimo, is also a great supplier of wonderful material for the Plant Sale. *Twice* she drove to Vancouver with her trunk overflowing with wonderful, uprooted plants from her new-but-being-renovated garden. One trunkful came to my house – while the second was retrieved by Penny. She, very cleverly, managed to download some of the potting work to the Executive (thank you, poor, unsuspecting victims!). However, she still potted up an absolute jungle.

Please don't forget to chat up friends, neighbours, construction managers, real estate agents and anyone else you can think of – so that we can rescue garden contents rather than let the lovely plants go to the trash. Remind them that rescuing plants has many benefits:

We rescue the horticultural patrimony of the North Shore  
 We contribute to the genetic diversity of plants by maintaining non-mass-grown specimens  
 We get exercise  
 We make friends  
 We give plants new homes

We make the plant-owners happy knowing that their plants go to good homes rather than getting trashed by a backhoe  
 We provide North Shore-hardy plants to the Plant Sale  
 We reduce the amount of garbage going to landfills  
 LVGC makes generous donations to the community



## Critter Savers

- from Rita Marshall

Save the bees by planting these - they are all easy to grow and do a world of good:

Lavender  
Thyme,  
Sage,  
Borage  
Fennel,  
Cilantro

Hollyhock  
Crocus,  
Buttercup,  
Snowdrop,  
Geranium,  
Aster,

Poppy,  
Calendula,  
Alyssum  
Sunflower  
Zinnia  
Heliotropium

[How many of these do you have? – there is still time to go plant shopping!] – also don't pull spring dandelions – the bees need that for food.



...and because “happiness is watching butterflies dance in your garden” – wait with that garden clen-up. Let the drowsy insects wake up before sweeping their houses away. Literally thousands of pollinators can be saved by leaving the garden cleanup until temperatures are steadily higher than 10 °C.

...and while you're at it – leave garter snakes alone! They don't bite, chase or do harm. They hide in the corners of your garden, quietly helping: eating the slugs and bugs and mice you don't want near. So don't spray poisons; crush dens where they sleep

– they are the good creatures – no matter how we have been conditioned against them.



## To mow or to mow less: Lawn mowing frequency affects bee abundance and diversity in suburban yards

SB Lerman, AR Contosta, J Milam, C Bang, *Biological conservation*, 2018•Elsevier

- sent in by Jane Sherrott

Green spaces embedded within the urban matrix, particularly residential yards, could mitigate negative aspects of urban development and provide pollinator habitat. Lawns represent a dominant green space, and their management consists of frequent mowing to inhibit the growth of ostensibly “weedy” species (e.g., dandelions and clover).

Since widespread population declines of bees and other pollinators from habitat loss are a growing concern, these spontaneous flowers could provide pollen and nectar sources throughout the growing season. We experimentally tested whether different lawn mowing frequencies (1, 2 or 3 weeks) influenced bee abundance and diversity in 16 suburban western Massachusetts yards by increasing lawn floral resources.

Lawns mowed every three weeks had as much as 2.5 times more lawn flowers than the other frequencies. Interestingly, lawns mowed every two weeks supported the highest bee abundance yet the lowest bee richness and evenness. We suggest these patterns were driven by a combination of more abundant floral resources (compared with 1-week yards), easier access to lawn flowers due to shorter grass and a more drastic impact on grass biomass and floral resources (compared with 3-week yards), and the dominance of a few generalist bees overwhelming our samples, thus driving richness and evenness.

Our results highlight a “lazy lawnmower” approach to providing bee habitat. Mowing less frequently is practical, economical, and a timesaving alternative to lawn replacement or even planting pollinator gardens. Given the pervasiveness of lawns coupled with habitat loss, our findings provide immediate solutions for individual households to contribute to urban conservation.



## Pruning in the Rain

A number of us signed up for a two-hour session on pruning with Laurelle Oldford-Down. Out we trekked to Art's Nursery, armed with pruners, loppers, gloves and rain gear. Thank heavens for the rain gear: “when it rains, it pours!” - and pour it did. A smiling and somewhat damp Laurelle met us and asked whether we were OK in the rain. But gardeners are a resilient bunch, so off we splashed like ducklings in Laurelle's wake (1). There was a lot to be learned – and while here you will not get a treatise on “everything you ever wanted to know about pruning,





but never dared to ask”, *Lesson 1* was the major take-away: *What works for one plant, does not work for another.*

*Ornamental grasses*, for instance – *Lesson 2 – require patience!* If you chop them close, you might end up cutting the growing bits – so be patient until the spring when a little green (2) starts showing at the base of a tuft – then give it a trim but not a buzz-cut! Extend this same forbearance to plants like *Euphorbia* or winter-blooming heathers after they have bloomed: wait till the green ‘babies’ start at the base before tackling the top of the plant, and then just cut off the spent flowers – and then shape. This also works for lavender and rosemary.

*Lesson 3 – yes, you can prune hellebores!* Those winter-ravaged leaves that “look like they’ve been in a bar brawl” are good to go. Once the flowers are in bloom, the next set of leaves is on its way. So chop happy! Herbaceous plants and shrubs are generally good for “Zen and the art of procrastination” pruning. Snip, drop, mulch, contemplate. Yes, Lesson 1.



Once through the herbaceous perennials, the group paddled its way to the conifers where came *Lesson 4: you can direct the shape of a conifer (3)* by removing candles that don’t go in your desired direction; same for snipping off cedar wing-tips. Based on the shape of the tree, visualize where it will be going/growing and remove growing tips that are aimed in the wrong direction. Where these are thicker stems, make clean, dry, angled cuts close to the originating branch. But not too close. Some plants - not only conifers - will die back from the cut – so leave a little – wait till it turns brown – and then cut that last bit off.



*Lesson 5 – unless you’re into apple orchards and know what you’re doing and growing, ask an expert.* The varietal will get you every time. Some apples produce fruit on terminal spurs; some not –

and some on both. Apparently, there are even some multi-grafted Franken-apple trees that need different pruning styles for each graft on the rootstock. Back to Lesson 1. What does help is taking a close look to figure out which are the flower buds and which buds produce leaves (4). Mother nature does give some hints – so prune accordingly. Pruning fruit trees is for fruit production – so all rules for pruning other trees go out the window. Shape is not as important as the angle of the branch, the height of the tree – who wants to pick from the top of a ladder? – and open access to the branches.



Berries, too, need pruning, but they are a different world. Where blueberries need to have a mix of younger and older, upright canes for plentiful fruit, and can be pruned, huckleberries, on the other hand, not really. You have to be kind to them and treat them gently. So Lesson 1.



Ornamental trees are another something else again. There is the tree tree, that you plant and leave alone to be a tree - and do its tree thing. These, one prunes for the classical 3 Ds - “dead, diseased, damaged” and shape and use. Then there are the ones suitable for doing weird, unnatural haircuts with – such as pussy willows. They can be pruned into all sorts of curious waterfall shapes. However, the designer cuts can go awfully wrong, to the point of literally unbalancing a tree till it topples. Then comes the rescue-pruning where you need to enlist nature to realign nurture. For them, and for many trees, dormancy pruning is best. But how do you know whether a tree is dormant? *Lesson 6: do a test cut.* Cut a small branch to see if the cut bleeds (5). If it does bleed – leave the poor tree alone till next winter. Unless, of course, you are using summer pruning to control the size or other aspect of the tree. Then all bets are off as summer pruning is no longer ‘forbidden’. Again, back to Lesson 1.

When we asked how to handle *Wisteria*, the answer came, “They are great for ‘rage pruning!’” Prune anything and anytime, but prune! Train them to the shape and direction you want.

*Lesson 7 – Think it through.* Decide what the pruning goal is and how to achieve it. Step back and think. The carpenters’ maxim, “measure twice, cut once” holds here too. Think twice before damaging the plant – but once you’re sure, do what is best for it.

By the time we had absorbed all this, Laurelle was thoroughly drenched but still happy and smiling as she bade farewell to her soggy followers. Not surprisingly, during the walk around the nursery we had accumulated not only knowledge, but a list for the next round of plant shopping. On the way out, we noted the nursery’s offerings of weather-appropriate garden décor.



*“Gardeners are the ultimate optimists. To garden is to carry hope in your pocket and dirt under your nails – because no matter what is going on in the world, we still believe in a brighter, greener tomorrow.” – Paul Avellino*



## ANNOUNCEMENTS – LVGC CLUB STUFF



### THE GREAT LVGC OUTINGS are back – Mark your calendars!!

**UBC Botanical Gardens Tour**  
**6804 SW Marine Drive**  
**Saturday, May 31, 2025 at 11:00 AM**

Our club will host a guided tour of the **UBC Botanical Gardens**, 6804 SW Marine Drive, followed by your own picnic lunch at Taylor Plaza in the Gardens. We will meet at the garden at 11:00 AM

After lunch you have free time to further explore the gardens or proceed north for 4 minutes on SW Marine Drive to the Rose Garden Parkade and a 10-minute walk to Nitobe Gardens. The **Rose Garden** is on the 5th level/roof of the parkade.

Tickets to the **Nitobe Memorial Garden** can be purchased on site or online.

This outing is a self-organized carpool and arrangements should be made with your driver for gas and parking reimbursement and as to whether you want to go to the Rose Garden and the Nitobe Memorial Garden or stay on at the Botanical Gardens for an extended visit.

**Sign up for this tour is at the meeting on Thursday April 24th.**

You will be responsible for arranging your own carpool or go on your own. If you can drive and have space in your car for another rider, please contact someone from the list who needs a ride.

**The YWCA Rooftop Garden Tour**  
**535 Hornby Street, Vancouver BC**  
**Thursday, June 19, 2025 1:30 PM**

Make your way by Seabus, walk two blocks west to Hornby Street and the YWCA is on the right in the second block south.

The Rooftop Garden produces more than 1,500 lbs of produce each year. Every morsel goes directly into homemade meals served at YWCA Crabtree Corner Community Centre at 533 East Hastings Street and to YWCA Child Care Centres.

After our tour we could go for refreshments before taking the Seabus home.

**Sign up for this tour is at the meeting on Thursday April 24th.**

There is no general meeting on Thursday, June 19<sup>th</sup>



**Lynn Valley Garden Club Garden Tour**  
**2066 Floralynn Crescent**  
**Saturday July 5, 2025 11:00 AM**

We will begin our tour at 11:00 a.m. at the home of Elizabeth Elle, 2066 Floralynn Crescent, Lynn Valley. Elizabeth is a biology professor at Simon Fraser University and describes her garden as biodiverse and embodying a certain philosophy and style.

We will then proceed to the home of our club secretary, Marilyn Bullock, **542 Fairway Drive**, in the Dollarton area of North Vancouver where we will have our own picnic lunch, with refreshments and dessert supplied by the club. Access to Marilyn's house may be easier if you park on the upper south end of Glenhaven Crescent and walk the pathway west to Fairway Rd. Marilyn's house is adjacent to the path on the north side. Marilyn has plenty of chairs, but you may want to put a folding chair in your car, just in case. After lunch there will be plenty of time to explore Marilyn's garden.



At 1:30 p.m. we will meet Suzanne Fielden, owner of Rocky Mountain Flatbread on Main Street, and organizer of **Earthbites**, a society that we donated to last year. Suzanne will show us a hydroponic project that Earthbites has set up on the Tsleil-Waututh Nation on Dollarton Hwy in North Vancouver. The project grows 500 heads of lettuce and microgreens and distributes them weekly to First Nation people. We will meet at the Recreation Centre, **3010 Tsleil-Waututh Road**, off Dollarton Hwy. Carpooling is recommended!!!

## HOUSEKEEPING NOTES

Please remember to **BRING YOUR NON-PERISHABLE FOOD ITEM** for the HARVEST PROJECT.... and your own **MUG** for tea (*decaf, of course!*).

Your **LVGC MEMBERSHIP CARD IS WORTH A FORTUNE**: Maria was at Art's Nursery this past weekend and YES, they give 10% off!!!! Considering the eye-watering prices out there - every little bit helps! Go crazy!

If you wish to **SUBMIT WONDERFUL FINDS TO THE LEAF** please send your text in the body of the email, or as a Word file - so I can move it around and futz with it. NO PDF, please. Pictures should be about 100K (if you don't know how to reduce them, I can, but reluctantly). Please don't format them into your text. I'll take them out anyway. If you are sending copyright material - please give the source or the URL so that fair credit can be given. See Aline Burlone's and Jane Sherrott's submissions as great examples. While there are times when I might breach my own rules because I can't resist, and print something hilarious, mostly I will resist. It's best to send an article summary, and the source, and then those who want to read it can go find it. Send the wonderful stuff to [lvgcnewsletter@gmail.com](mailto:lvgcnewsletter@gmail.com). NO, the old email doesn't work: so if it pops up, kill it!

### PLANT SALE POSTERS

...for your printing pleasure, can be found at the end of this LEAF and also as a separate file so that you can print



it and post it wherever you think it might get a lot of eyes on it. Or you can even hand them out to your unsuspecting friends and family.

### PLANT SALE LAWN SIGNS

...for artistic display where lots of people will see it (*vide supra in the MAL notice*) - will be available from the MALs at the April meeting. Or you can contact the MALs....

### DO NOT FORGET WORLD NAKED GARDENING DAY - MAY 3

(*See the link in the Links file*) This is your second official notice to prepare to un-gird your loins and un-buckle your swash the first Saturday in May. *The Leaf* will publish all formal evidence of having participated. Photographs

are awaited with bated breath.

### HOWEVER

*Naked Canadian Gardening Day* is observed each year on the first Saturday in June. The Federation of Canadian Naturists declared this unofficial holiday to address the concerns of Canadian naturists who felt that World Naked Gardening Day (observed on the first Saturday in May) was too early in the season for their tender plants (not to mention their tender parts) to be exposed to the weather conditions likely to prevail in Canada at that time of year.

Whichever date you choose to commemorate, photo evidence is gratefully received.

## OTHER PEOPLE'S STUFF:

**LOUTET FARM COMPOST SALE: April 23**  
<https://ediblegardenproject.com/events/april-compost-sale-2025-04-23/>

**THE ALPINE GARDEN CLUB OF BC** is holding a *Spring Plant Sale and Show* at Floral Hall, VanDusen Garden on **April 27, 2025, from 11 AM to 3 PM**

*From Jane Sherrott - INVITATION to an Ecology Workshop - June 7 - it's FREE*

I volunteer with a group at the Ambleside Pollinator Garden. We are hosting a casual workshop "*Developing Ecological Vibrancy in Our Home Gardens*" on **June 7 at the West Vancouver Memorial Library**. There will be three talks, a Q and A forum, and a plant giveaway with each participant receiving four free plants that have been shown to support pollinators well. Talk topics and further information are online at

<https://ecologicallyvibrantgardenworkshop.blogspot.com/2025/04/june-7-west-vancouver-memorial-library.html> (see the links file)

We would like to warmly welcome Lynn Valley Garden Club members to attend!! Please **preregister** via **healthiestgarden@gmail.com** so we can buy the correct number of plants for the giveaway. This email can also be used if you have any questions.

**WALDORF SCHOOL 5<sup>TH</sup> ANNUAL NATIVE PLANT SALE** - order your native plants on line from <https://vancouverwaldorfschool.ca/shop> (also see links file) **PICK UP YOUR ORDERS** on **May 3**, at the Lynn Vally Campus, 2725 St. Christopher's road.

### WEST VANCOUVER GARDEN CLUB SALE

*West Vancouver Garden Club Plant Sale* (rain or shine): **May 3, 10 AM - 2PM** Gleneagles Community Centre 6262 Marine Dr., West Vancouver, BC V7W 2S5



## COMPOST BIN - Maria Issa

"Everyone's mad, except thee and me" - but the maddest of all is the administration of our southern neighbour. There is so much loathsome stuff happening and at such a phenomenal pace that my head spins. Maybe that's the point - to numb everyone with the flying crazy stuff, so that nobody notices the profoundly dangerous changes that are being made.

Knowledge, education, and as a result, the future, is in jeopardy: the sanctions imposed on Harvard, or the fact that women and minorities were fired in a purge of the NIH scientific review boards. Louis Pasteur once said that "*Chance favours the prepared mind*". As science is the base upon which innovation and the economy are built - the long-term economic consequences of interfering with education and science, are dire. The prepared minds are being eliminated.

But it's the little sneak jabs that are insidious: with AI tools, scientific research grants are being scrutinized for certain words. There is a list - it was leaked. If any of those words are found in a grant application, government funding is denied. Entire multi-year programs, and vast areas of research are in limbo. A number of my US friends and colleagues have had their entire research programs eliminated.

The immediate, direct consequences are wastage of years of effort, jobs, labs, students, cultures, animals, materials - even plants - that were gathered for a specific study. This car-crash style termination will set the US back scientifically - for generations.

"These 197 Terms May Trigger Reviews of Your NIH, NSF Grant Proposals" By Bruce Y. Lee. Mar 15, 2025, 11:07am EDT, FORBES.

"There's a whole bunch of terms in addition to "women" and "female" that may trigger such a review. Karen Yourish, Annie Daniel, Saurabh Datar, Isaac White and Lazaro Gamio compiled the following list for the New York Times after poring over a bunch of government memos that they had obtained:

accessible	equal opportunity	pollution
belong	expression	promote diversity
bias	female	race
clean energy	Gulf of Mexico (this is funny)	segregation
climate science	inclusion	sex
confirmation bias	increase diversity	systemic
cultural heritage	indigenous community	systemically
DEI	intersectional	trans
disability	key groups	trauma
discriminated	minority	tribal
diverse	orientation	victims
environmental quality	polarization	vulnerable populations"

Obviously, these are just some of them - but I've chosen them for a reason: research on *plants*, not humans, and environmentally important studies will also use these words - statistical *bias*; *diverse* plant groups; apical *orientation*; monoecious *sex*. Imagine studying corn pollination, or when an entire genetically modified population falls prey to a pest - and farmers large and small have to go back to the *diverse* 'heirloom' seed stocks to rebuild the food base. Wonder if Monsanto is benefiting? Kupa'a Farms in Maui wrote the following, to prove my point:

"New York Times again reporting on what happens when someone armed with a chainsaw doesn't know what they are doing. The DOGE morons are cutting funds to the National Plant and Germplasm Repository. If you eat or farm this is very bad news. The NPGS maintains everything from fruit plants to wheat seeds...600,000 items in all, stored in facilities all over the US. Loss of genetic *diversity* and a plant DNA bank (just in case new diseases emerge) is playing roulette with our future food security. Not a smart move!"

This is just sad and not as funny as Trump thinking that *transgenic* mice (with human genes inserted to study genetic diseases) are '*trans*' mice that shouldn't use women's washrooms. Wonder what's next? *Transportation*? The whole thing is such an appalling

waste.

OK I need to cheer myself up. The good news is, the "brain drain" is moving northward this time.

