



THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

June 2025

President's Message – Donna Wasylik

Hello Everyone,

Thank you to everyone who came to the UBC Botanical Gardens Tour. We had 26 members in all and the tour ran very smoothly. It was a good day, except for the miserable weather. The Garden did not charge us for using the Taylor Plaza lunch spot; I'm sure they felt sorry for us having to sit out in the cold and damp!

Our next tour, on June 19, is to the YWCA Rooftop Garden at 535 Hornby Street in Vancouver. Please assemble in the Lobby at 1:15 p.m. where we will meet our Guide Vanessa, who will then take us up to the rooftop.

Our final field trip will be on Saturday, July 5 when we will assemble at 11:00 a.m. at the home of Elizabeth Elle in Lynn Valley. After touring her garden, we will proceed to Marilyn Bullock's home in the Dollarton area. There will be parking either further along on Fairway Drive or Dollar Road or on the upper side of Glenhaven Crescent, off Caddy Road. Park at the end of upper Glenhaven, near the crescent, and walk up the trail on the right. Marilyn's house is at the end of the trail, on the right. After your picnic lunch we will have refreshments provided by our Hospitality Committee.

The final portion of the garden tour will be at the Tsleil Waututh First Nation off Dollarton Road. We will meet at the Recreation Centre at 1:15 p.m. There seems to be limited parking there but further up the road turn right on Alder Court and park at the administration building. There is plenty of parking there. Suzanne from *Earthbites* will tell us about the hydroponic project she has spearheaded which has been very successful in providing vegetable greens for the community. *[I will re-send just this info a few days before the event – Ed.]*

Our first general meeting after the summer off, is on **September 18, 2025 at the North Vancouver Lawnbowling Club**. We have activities planned for the evening and I hope you all make a special effort to come and check out our new venue.

Donna Wasylik

(holding a delicious bunch of French breakfast radishes!!)
Executive 2025



LVGC MEETINGS
3rd Thursday of each
month (except July
and August)

From September 2025
**249 E. 24th Street,
North Vancouver BC
V7H 2X9**

*Meetings start promptly at
7:00 PM*

**NO SPEAKER THIS MONTH
WE ARE GOING TO THE
YWCA ROOFTOP
GARDEN**

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:



LVGCnewsletter@gmail.com

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President

Donna Wasylik

Co-Vice Presidents

Penny LeCouteur

Daphne Page

Co-Secretaries

Marilyn Bullock

Treasurer

Sarah-Jane Gray

Membership Co-Chairs

Jennifer Sydenham

Members at Large (MALs)

Miriam Scott

Tom Davis

Doreen Dew

Stefanie Rezansoff

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

September 3 Executive meeting
will be *chez* Marilyn Bullock

Newsletter items to
lvgcnewsletter@gmail.com by
September 8.



Thanks to LEAF contributors:

Jusith Brook, Linda Howe,
Antonia Issa, Doreen Marbry,
Rita Marshall, Andrew Massil,
Karen O'Neill, Lorraine Robson,
Julie Rudd, Miriam Scott, Diane &
Fred Sekora, Donna Wasylik

THURSDAY OUTING IN THE AFTERNOON (NO EVENING MEETING, NO SPEAKER!)

YWCA ROOFTOP GARDEN – ARRIVE BY 1:15 PM

You will be responsible for arranging your own carpool or go on your own. If you need a ride – contact another member. The cheapest parking is in the old ICBC lot – but the pay stations are well hidden so give yourself time.

The YWCA Rooftop Garden Tour *535 Hornby Street, Vancouver BC* *Thursday, June 19, 2025 1:15 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. [Total 4 blocks – in case you are counting. Give yourself at least 15 min to walk; the Seabus takes 15 min – so LATEST, you need to be on the 12:45 PM Seabus, but the 12:30 would be even better. If you don't use transit often, you can tap your credit card on and off - no need to mess with the ticket machine.]

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.



REPORTS

Co-Vice-Presidents – Penny LeCouteur & Daphne Page

The JUNE meeting is replaced with an **AFTERNOON** LVGC OUTING – so no speaker and no church that day.

Then – especially for all the new members – THERE ARE NO MEETINGS IN JULY AND AUGUST, enjoy your garden!

Treasurer – Sarah Jane Gray

The current balance is \$20,460.

We have \$9,826.94 as the gross proceeds from the plant sale. When all is said and done, the final costs will be ~\$1630 so that provides the Club with a profit of ~\$8000. 50% of the net proceeds will be donated. Donations Committee – get ready!

Membership – Jennifer Sydenham

Currently, there are 146 paid-up members!!!

NEW VENUE for LVGC Meetings Starting in September: The North Vancouver Lawn Bowling Club's Clubhouse!! It is on 249 E. 24th Street, North Vancouver. It is very central and easily accessed by the majority of the membership

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MALs - Tom Davis, Doreen Dew, Daphne Page, Stefanie Rezanoff, Miriam Scott

The great LVGC Plant Sale is over for another year... [sniff!...]

...but the MALs are already plotting next year's sale. To that end, there will be soil available in the fall – so that you can split your perennials and pot them up for next year.

If you have practical ideas or suggestions for ways to improve the whole Plant Sale process – please share them with the MALs. All good ideas are welcome – as would YOU be on the committee!! Two people are rotating off, as they have done their 2-year stints. So, if you're up for a lot of fun, learning a lot about plants and the people who grow them – join the MALs (Members at Large) as they are the point people for the Plant Sale.

ROSEMARIE's BRIGHT SPOTS

[For the New Members – Rosemarie was an extraordinary and encyclopaedic gardener – and a Master Gardener – who always had some interesting plant to show, share and describe. She grew things I didn't know existed. In her hands, even a well-known plant became interesting. We are continuing this tradition in her memory. So, bring your plant samples to meetings and talk about them – or if you prefer, email The Leaf some photos and a description. We all learn together.]



June's a-bloom – and Nature's offerings are pure “plant happiness”. Miriam Scott's perfect Westerland rose climbing over an arbour would make Rosemarie proud (and me, jealous). The Westerland is an heirloom rose and based on its official description, it is a good one to have: “Westerland™ is a magnificent, large, well-formed rose with 5" blooms of 20-25



petals in apricot and copper-orange. Flowers are produced on a bushy, vigorous, upright continual blooming plant with bronze-green foliage. Westerland™ can also be trained as a climber if preferred in zones 5-10. Westerland™ has a marvelous fragrance, is a repeat bloomer, and is very winter hardy.

The peony is gorgeous – and the sage is full of happy bees! There is a lot of talk about these in Miriam's garden, as her gnomes discuss the flowers in great detail. There is a lot of nattering going on.

My garden has a two-tone thing going on. The bearded irises on the left were rescued from a “dig site” on 3rd in Moodyville 2 summers ago. I

have not been able to find a name for it. It had one bloom last year – but then multiplied like mad and seems to have adapted to the terracotta pot – that was also literally dug out of the same garden. It was buried, with only an edge sticking out. I had to dig a cavern to get it out – but it was worth it. If you like such irises, I'm happy to share.

The *Allium siculum* was also a rescued unidentified bulb. It turns out that *Allium siculum*, known as honey garlic, Sicilian



honey lily, Sicilian honey garlic, or Mediterranean bells, is an European and Turkish species of plant in the genus *Allium*. It is native to the regions around the Mediterranean and Black Seas and is grown in other regions as an ornamental and as a culinary herb. – I have several bunches in the garden – the bees go crazy for them.

There's a Bird's Nest in My Hosta!!

- by Diane & Fred Sekora

For the past few weeks, we have enjoyed watching the chickadees building a nest in a hanging birdhouse under our sundeck where we sit and enjoy happy hour with the birds & the bees in the flowers nearby. Now, the parent birds are constantly flying back and forth with tiny worms for their chirping little family. Our last speaker, Linda Gilkeson, said that these worms have essential nutrients for the baby birds.



Then we began noticing a different bird hopping along the pavers near a large black pot with a big June hosta plant and trailing campanula filling the pot. This bird was slightly bigger than the chickadees and had a brownish body with a black head...a Junco (or North American sparrow). Later we saw the Junco go right into the hosta with little worms as well. Sure enough, there was a nest snuggled down low in the plant! When the parent left, we quickly parted

the leaves and saw gray throbbing 'balls' which turned out to be baby Juncos that soon opened their orange beaks. I quickly took a photo and put the leaves back together.



So far, no chirping noises and hopefully no predators...will keep you posted!

OFFICIAL CANADIAN NAKED GARDENING DAY JUNE 4, 2025

Being further north, and the climate being less clement, the 'frileuse' among us celebrated this hallowed Canadian holiday a month later than the rest of the world. And celebrate, they did! Here is proof: both in poetry and photo!!

Diane S wrote: "I was inspired by Carol Bell's poem and especially appreciated the final line - very clever! I'm sending you my poem on Naked Gardening Day...I hope it's not too risqué.

Doreen, Rosemarie and I often joked about taking photos on Naked Gardening Day but of course never did. Maybe Doreen & I might make it happen this year.

...and Doreen M and Diane got into – or should we say out of – things for this august event. Rosemarie would be proud!

Doreen then wrote: "Well, Diane and I did what we were told.... we got out 'nude gardening' yesterday. Here are a few shots our friend took of us in Diane's garden.



Thanks for the inspiration (we think)... It was fun. We got into weird positions that were a bit hard to get up from."

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Naked Gardening Day

By Diane Sekora

It's Naked Gardening Day
But where can I hide...
I'll seek out tall vegetation
And peek out from inside.

My tall Royal Fern (*Osmunda regalis*)
Is quite robust and fine
But various other ferns are too low
Not the best concealing kind.

Big rhodos will do
If your garden's in season
With large vibrant blossoms
And leaves for concealment.

The placement of fronds, flowers, tools and hats
Might do the trick
As I leap through my garden
Focused and quick.

But I guess the idea is to throw modesty aside
Smile through your flowers and say that you tried
To enjoy the sunshine, freedom and breeze
BUT PUT YOUR CAMERA AWAY !! or I'll head for the trees!!



Moorland Restoration

- Julie Rudd

I recently watched a documentary on train travel in the Peak District of England, and for part of it we were taken away from the train, on a very interesting side journey into the uplands to meet Geoff Eyre.

Geoff Eyre is a self-taught inventor who undertook restoration of his local moorlands, replacing monocultures of bracken or molinia grass with heather and other plants that support the re-establishment of heather. Once the native habitat had been restored, wildlife returned. As part of this journey, he developed a machine to harvest heather seeds, and a method to condense liquid smoke, which he discovered mimics the germination stimulant effect of fire.

For more details, here is a link to an article I found about him - it's so interesting what he's done. The documentary images of the moorlands were stunning.

Link is in the June 2025 Links file - but here it is, in case you want to copy-paste rather than click.
<https://www.greatbritishlife.co.uk/magazines/derbyshire/22630935.heather-doctor---peak-district-farmer-engineer-geoff-eyre/>

Summer Reading & Contest

Linda Howe sends you a link (in June 2025 links file) that is a delightful description of "*How Chestnuts trace the rise and fall of the Roman Empire*". It's a good read and there are other (not plant) articles on the site - so down the rabbit hole you go!

...Which brings us to the real rabbit hole: an Alice in Wonderland-esque hippety-hop through the hostas contest.

- **So what's this contest?**

A bit of background first: Penny is a *Hosta* aficionado - I think everyone knows this by now. She has over 200 (!!!) hostas in her garden - all with names. No name - no garden - no matter how beautiful. These hosta names are quite interesting and

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shall we say, bizarre at times – everything from the relatively banal *Whirlwind* to the rather odd *Marmalade on Toast* – I mean, why on earth would you name a poor plant that, for heavens' sakes? Be that as it may, the names provided an idea. With the expertise of my offspring, Antonia Issa, we fed the AI ChatGPT with all of Penny's hostas' names and asked it to write a humorous, fantasy adventure story using as many hosta names as possible from Penny's list. It took Antonia some prodigious some and suggesting – and some subsequent editing – but the result is *"The Fellowship of the Leaf: A Story of Hostas, Highjinks, and Heroines"*. You will find this *magnum opus* as a separate file in your email. 'Magnum' it is – as is got bigger than expected.

--So what about the contest?

Your mission, should you choose to accept it, is to count HOW MANY UNIQUE HOSTA NAMES were used in the story and email your answer to lvgcnewsletter@gmail.com before August 30.

--So what do I win?

All those who get the correct number – as verified by the AI – will be put into a draw. For every 10 people with correct answers, there will be one prize. So your correct answer gets you a 1/10 chance of getting a yup, you guessed it! – a NAMED hosta!

Don't EVER add up the amount that you've spent on plants.
You can't put a price on the happiness they bring. Plus you really don't want to know.



ANNOUNCEMENTS

Photos of Plant Sale, UBC Botanic Gardens Tour

Thank you to all intrepid photographers who kindly sent me nearly 100 pictures. The trouble is, they are all good – and need to be seen.... The trouble is, if I add them to this newsletter, the email client won't allow me to send the newsletter out – tooooooooo big!! – or your email will reject it. Never fear – I have taken an executive decision and have uploaded them to a google drive – so that you can go through them all. No, I won't tell you who sent what – enjoy them all!!

The link to the photos will be in the June 2025 Links file – as well as in your cover email.

Plant Talks by Our Members – Donna Wasylik

Do you have knowledge of a particular plant or plant species that you would like to share with other members? We are planning a plant knowledge exchange for our September meeting. Your presentation would be no more than five to ten minutes, with a question-and-answer segment.

Your presentation would focus on no more than three bullet points related to your subject/plant. "Tips and Tricks" are particularly helpful.

Examples of topics are:

Starting veggie seeds

Digging out and moving larger trees or bushes

Particular plants such as hostas, camellias, clematis, fruit trees, pollinator plants, to name just a few...

If you can participate, please contact Donna at: wasylikdonna@gmail.com. Let's make the first meeting in our new venue a memorable one!

Planning for November

It's hard to believe that we are making plans for the Fall already!!

In preparation for our November 20 presentation by Dr. Thurling on the *Green Roof Initiative*, please read the following information about a *walking tour on Tuesday October 21*,

- North Vancouver GRIN walking tour
- Green Roof on The Local (confirmed)
- Rain Gardens on Lonsdale
- Collaboration with North Shore Stream Keepers

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We are finalizing our walking and green roof tours for the year and it's 90% likely that we will do a collaborative tour with the North Shore Stream Keepers on Tues. Oct. 21st. We'll visit the green roof on the Local at Lonsdale and 16th, and then walk up/ down Lonsdale inspecting and discussing rain gardens. LVGC members are welcome to attend.

Vancouver Avian Research Centre

Has a cool quiz on migratory birds and you can volunteer to band hummingbirds!! Check their website in the June Links.



The Wild Bird Trust

Check out their website! This is one of the groups we have supported with the \$\$ we make on the Plant Sale. They sent us a lovely thank you letter – that I won't retype in its entirety – but they do make a great point:

"With the rapid urbanization in Vancouver, reducing our green footprint, it has become even more important than ever to protect our remaining wildlife sanctuaries. Your generosity will allow us to maintain and protect Maplewood Flats as a conservation area for the migrating wild birds of North America and our own wildlife like bears, deer, coyotes which live in the surrounding areas."

Thank you from Highlands Elementary School

Dear Lynn Valley Garden Club,

Thank you for your donation of a flat of vegetable starts from your garden club plant sale to Highlands Elementary School.

Students from grade 3 to 6 will be transplanting the starts into our raised garden beds this week. We anticipate being able to harvest some early vegetables before the end of June and come back to have the brassicas and some tomatoes there in September.

Our latest cooking endeavour was making kale/orange muffins from the kale we harvested. The students really enjoyed the "vegetables" of their labour.

Jennifer Sherlock
Food Literacy/Health Teacher
Highlands Elementary

DNV Urban Tree Canopy Project

Sign up for up to 4 FREE TREES – but do it before Sep. 15. The link is in the June Links file.

Invasives Council of BC

Please keep an eye on their website to be aware of threats to your garden and what to do about them. Every garden counts!! The link to their website is in the June2025 Links file.



BC Council of Garden Clubs

The imaginatively named BULLETIN is out. Please read it on the BCCGC website – which can be found among the June links. There is some quite useful stuff in there, if you hunt a bit.

They also sent the following:

Supporting Horticulture Students Across BC

With spring in full bloom, the Scholarship Committee thought this was the perfect time to introduce ourselves to your new members – and remind your long-standing members – about the incredible impact of the Scholarship Fund!

Established in 1970, the fund began awarding scholarships just a year later in 1971, to students at UBC and BCIT. Its mission remains the same: to support Canadian students who reside in BC and are pursuing horticultural studies at accredited colleges and universities. Through scholarships and bursaries, we aim to help these students grow their knowledge and careers in horticulture.

Thanks to the generous support of garden clubs, associations, and individual bequests, the fund has grown to an impressive \$370,955. It is professionally managed by the Vancity Foundation, allowing us to issue tax receipts and ensuring the fund's long-term sustainability. The annual interest (currently 4%) goes directly toward student awards. To date, over \$250,000 has been awarded to students across 14 post-secondary institutions in BC. Each award is carefully adjudicated by the institutions themselves.

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In 2024, we celebrated a major milestone: raising \$18,282.81 — our largest annual donation to date! As the fund continues to thrive, we're excited to create new awards and expand our support to additional institutions and programs. Our most recent award will benefit students at the KPU Richmond Farm School.

As committee members, we're continually inspired by the dedication of instructors and the outstanding accomplishments of our scholarship recipients. If you'd like to learn more or get involved, we'd love to hear from you!

Reach out to us anytime at
scholarship@bcgardenclubs.com.

UBC Botanical Gardens – Nitobe Garden

Experience a traditional tea ceremony within the serene setting of Nitobe Memorial Garden. Guests will discover the cultural



significance of the tea garden and the tea house structure itself, immerse themselves in Omotesenke tradition, and enjoy a matcha tea service with special sweets. To book, look on the UBC Botanical Gardens website.

LVGC Tech Support – by QFix

LVGC's tech rescue, *par excellence*, is now officially provided by Artem Korniev – whose new business name "Q-Fix" has been officially registered in BC. His website will be up soon, but if you drop your cell phone in the toilet (like I did) or your computer seizes up and starts blinking, or any other weird technological gremlin attacks your electronics, feel free to call him. His prices are reasonable, and his motto is "Ukrainians never give up!" and I am sure you will be happy with his work. You can reach him at 778-866-8783.

COMPOST BIN – Maria Issa

The jury is in – gardening is definitely good for you – for a variety of reasons ranging from the obvious 'exercise', to the subtle change in the gut microbiome that promotes longevity – and all the other bits in between – the hum healing frequency of trees (and the planet) – yes, all that stuff about "good vibrations" – and the sight and scent of plants that enhance well-being and memory. [There is info in the June links file – for all of this under 'science and health'].

Thank heavens, too – as there is so much stress coming across the ether that if I didn't go out and 'smell the roses' at regular intervals, I'd be chewing my nails (and Mom told me not to do that!).

In a previous Compost Bin, I talked a little about the Trump administration's attack on DEI (Diversity, Equity and Inclusion) that I had been involved with for over 40 years.... and the fact that the inclusion of those 3 words automatically terminated a wide range of research projects.

[She quickly goes and sniffs some Basil to calm her nerves. BREATHE!]

The impact of this is huge – Bigly!! – as the algorithm attacks plant diversity and thereby the North American food supply. This monumental stupidity defunded "a crucial agricultural facility in Idaho. The facility is part of the [U.S. National Plant Germplasm System](#) (NPGS), which safeguards over 620,000 plant varieties, including more than 62,000 unique lines of wheat. These seed banks are vital for preserving genetic diversity, enabling researchers and farmers to respond to crop diseases and climate challenges. Despite operating at a cost of less than 0.008% of the federal budget, recent funding cuts have led to significant staff reductions, jeopardizing the maintenance and viability of these essential resources. [...] This move undermines US food security, as the NPGS plays a critical role in protecting against agricultural threats."

Just to make sure the attack on science is equitable and not only hits medicine – the algorithm targeted future [BOTANISTS](#). The consequences for this will be felt for years to come – if the future's botanists get 'weeded out' to other disciplines (will there be any left?) or other countries.

[She takes a BIG whiff of lavender and rubs it under her nose. BREATHE.]

Then, the delightfully dumb RFK Jr (his relatives are rolling in their graves) disbands the Vaccine Advisory Committee and replaces them with vaccine skeptics.

[Quick walk around the garden to hug some trees].

With all this anti-science going on, the NIH scientists had enough. They signed an open letter to the (newly appointed) head of NIH and the government and asked them to reverse the bone-deep funding cuts. This open letter is signed by over 300 NIH scientists as well as a bunch of Nobel Laureates to boot, and is discussed by [3 brave scientists](#) who put their careers on the line [CNN talks about it here](#):

Here is the actual [Bethesda declaration](#). There is also a website where one can [sign up to support science and science funding](#). I would humbly ask that you do it. I did – and not anonymously. WHY? Because US science and knowledge – or the lack of it – doesn't just affect them, but the whole world. A hill I am willing to die on.

[She runs outside, sniffs plants, hugs trees, digs in the dirt – but still worries. Might have to resort to more potent plant material.]

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