



THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

April 2026

President's Message - Hiromi Matsui

Some people have tidy garden beds with nary a weed in sight. Not me: but despite my general disorganization, I've found some delightful surprises in my garden this Spring. Topping the list is Starry Eyes Navelwort (*Omphalodes cappadocica*) which stood out among the overgrown greens with its small blossoms of bright blue and white edges. I can't recall where this plant came from, but what a lovely surprise. A perennial that likes shade, it is pollinator friendly and spreads gently as a ground cover.



I'm always amazed at how some plants seed themselves so easily. Walking in the back yard which is mainly moss and weed, my eye was caught by a small splash of colour. It turned out to be, I think, *Viola rubra* or a red violet. If it really is this, it seems it's a perennial that seeded itself into the middle of my yard.

Thanks to the work of Gillian and Donna, we'll have an excursion to see tulips later this month - see their article in *THE LEAF* for details.

The MALS, led by their intrepid leader, Doreen, are working hard to organize our Plant Sale on May 9th and jars of genuine North Shore Honey will 'bee' on sale to members at the April General meeting. Soil has been scooped up, signs have been distributed and we're still open to having more people sign up to help with the Sale. Please join us - we usually have a very good time!

---Hiromi

...and from Maria

Dear Guineapigs - I'm going to try something different: I have numbered the LINKS in the attached LINKS file - and I will be inserting those numbers like this [1,2] into the appropriate spots in the newsletter. If you wish to read further about the subject or want to expand your database and read related articles - start there. Happy hunting!



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

At
**North Vancouver Lawn
Bowling Club,
249 East 24th Street,
North Vancouver**
Meetings start promptly at
7:00 PM

SPEAKER:
LORIANN BIRD
*Rediscovering our
Cultural, Native, Edible
and Medicinal Plants*

If you need to contact
anyone at LVGC please
use email or phone!

PLEASE USE
ELECTRONIC ACCESS

Your emails are welcome:
General:
lynnvalleygardenclub@gmail.com
THE LEAF
LVGCnewsletter@gmail.com

Executive 2026

CO-PRESIDENTS

Hiromi Matsui .

Maria Issa .

VICE PRESIDENT

Tana Bullock .

SECRETARY

Judy Sullivan .

TREASURER

Sarah-Jane Gray .

MEMBERSHIP & MEMBER TABLE

Jennifer Sydenham .

Nancy Behnsen .

Karen O'Neill .

MEMBERS AT LARGE (MALS)

Doreen Dew* .

Daphne Page .

Stefanie Rezansoff .

Anonymous

Committees

PLANT TABLE

Maggie Davis .

HOSPITALITY

Bev Fraine .

Shelley Elgar .

Diana Hanley .

Leneen Webb .

Rosamond Hughes .

MaryAnn McKay .

SUNSHINE/DOOR PRIZES

Jacque D'Auria .

WEBSITE

Laurie Smith .

NEWSLETTER

Maria Issa .

Stefanie Rezansoff .

Miriam Scott .

Laurie Smith .

SOCIAL COMMITTEE

Gillian Konst .

SET-UP

Lynn Frith .

Evelyn Davidson .

DONATIONS

Fran Watters* .

Carol Bell .

Eddie Rustemeyer* .

Courtney Mitchell .

Executive Meetings

May Executive Meeting *chez*

Sarah GreyNV.

Newsletter items to

lvgcnewsletter@gmail.com by

May 14, 2026

Thanks to LEAF contributors,

Doreen Dew, Pat Holmes, Linda

Howe, Rita Marshall.



SPEAKER

LoriAnn Bird (Synder)

"REDISCOVERING OUR CULTURAL, NATIVE, EDIBLE AND MEDICINAL PLANTS"

LoriAnn's talk will emphasize learning the importance of a bio-diverse landscape and all the gifts that bloom from being in the right relationship with our living earth.

LoriAnn is an Indigenous Métis herbalist and educator with a deep knowledge of wild, medicinal and edible plants that grow in everyday spaces. Through her eyes, our immediate surroundings take on a new life and offer a wealth of untapped nutritional and ecological resources.

LoriAnn's vision is to continually co-create insightful dialogues, to remediate and reconcile with our Indigenous plants as we reintroduce them into our urban landscapes. By sharing and growing these practices, communities can access our true local foods and medicines, which support collective resilience and deep ecological healing for all species.

As a refugee of the Red River Métis Nation, born and raised on the Coast Salish lands, LoriAnn is deeply grateful to live, play and create primarily on the unceded and traditional territories of the Coast Salish Peoples x^wməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) peoples. Related material in INKS file [41, 44, 75, 77]

Please see LoriAnn's PLANT WALKS appended to this LEAF.

Weeds are flowers too, once you get to know them." – A.A. Milne



REPORTS

Vice President – Tana Bullock

In May, Derek Churchill will speak on a topic that is part of every gardener's life: pruning.

June will be different – we do not have access to the NVLBC as a venue – so instead of the meeting, we are considering the possibility of the first annual LVGC garden party. Maybe with flowery bonnets, frocks, gloves and trugs? The Queen may be gone, but we're still here! More – when we know more.

To look further into the crystal ball of speakers, please check out the LVGC website to get a glimpse of your future edu-tainment.

Treasurer – Sarah-Jane Gray

The LVGC's finances are healthy – our bank balance was sitting at \$13,340 at the time of the April Executive meeting. We are in good shape.

"Gardening in your 60s and up is a great way to meet new people. This weekend I met two paramedics, and ER doctor and a radiologist."

"To forget how to dig the earth and to tend the soil is to forget ourselves." – Mahatma Gandhi

AT THE WRITING OF THIS, WE ONLY HAVE 29 SLEEPS TO GO TO OUR WONDERFUL PLANT SALE!

THE WHEN:

The PLANT SALE itself will be held on May 9th at St Clement’s Church – in the parking lot - 3400 Institute Road NV. Set-up will happen the day before.

Set-up Day: Friday, May 8 - 12 PM until Sundown

Sale Day: Saturday, May 9 - 10 AM until 2 PM; Followed by however long it takes to **Clean Up!**

THE HOW:

- On Friday, the team will need time to set up the tables, get organized *etc.*
SO PLEASE
- No drop-offs before 1:00 PM and none after 6:00 PM. If you have a problem with the timing.... please let Doreen Dew know and we can figure it out.
- We will NOT sell plants on Friday. [nothing, none, zip, zero, rien, nada, niente, nichts; and no reserves!].
- There will be NO half-priced plants for sale to members or to the public at any time. [nothing, none, zip *etc.*]
- As in previous years we need to borrow a few items - sign-up sheet will be available at the General Meeting. Please register your offerings.

**Lighter style umbrella bases,
Canopies,**

**Wheelbarrows,
Orange cones**

- Please start collecting cardboard boxes and (beer!) flatswe can never have too many.
- Please start to display the **Lawn Signs** on private property. Signs can be picked up at the next meeting.
- There will be some **Posters** available at the next meeting to display on the various notice boards in our community.....you can also print your own from *THE LEAF*.
- We have changed how we receive and price all the wonderful plants that you are providing for our sale: be ready to be surprised and pleased. Grouping folks into teams will make things easier for everyone.
- A new style sign-up sheet for these teams will be available at the General Meeting. If you wish to work with a friend.....please note that !
- A NEW IDEA for SATURDAY..... A RED SASH will be worn by our members so that we can easily identify each other. We will model them at the next meeting.
- Look for further updates at the general meeting!!



Membership – Jennifer Sydenham

Thanks to all of you who told your friends, family, neighbours, and even total strangers (!) that the Lynn Valley Garden Club was an interesting and fun group of people – consequently we are currently at 142 members.

PLEASE MAKE THE NEW MEMBERS FEEL WELCOME!!!

If you haven’t already done so - please pick up your membership card from the Membership Table as you come into the meeting. If you are unable to attend meetings, you may wish to ask a friend to collect it for you. This card is worth its weight in gold: you get 10% off at most (nice) nurseries if you show it at the cashier.

As we encourage our members to get to know each other, we will have another weird and wonderful game during the break. Be prepared, psychologically!!

Somewhat belatedly – as this usually happens in March – the list of your fellow members’ phone numbers and emails are appended to the end of this newsletter. This is for LVGC use only – please do not publicize or circulate the list electronically. While all this info is already ‘out there’ on the world wide web – let’s not make it easier for hackers.

Webguru – Laurie Smith

Notes about what transpired at the March General Meeting can be found on the LVGC website - <https://lynnvalleygardenclub.org/>. Look on the HOME page and scroll down a bit and hunt for LATEST NEWS. There, all will be revealed to you. Or, you can just click the link. [1]



ROSEMARIE’S BRIGHT SPOTS

[Alias: what’s blooming now. EVERYONE is requested to contribute to this column – please send 100KB (low res!!) photos of your ‘find’ with the name of the plant, some interesting facts about it, something about why you have it or how come it’s blooming in your hands; or some other edifying anecdote to share. It doesn’t have to be long – a few sentences. This section is named in memory of Rosemarie Adams who always had the most interesting plants to talk about – she was a walking encyclopaedia.]

Rosemarie wrote this a couple of years ago – and it is still a great idea!!



Pat Holmes writes, “[Here are] some photos for Rosemarie’s page: the dragon arum - *Dracunculus vulgaris* or corpse flower. Rosemarie and I and some others dug at a home at the top of the 29th hill a long time ago. They had lots of odd plants, and this was one of them. It usually flowers in late June, - here’s a photo from last year.



According to Wikipedia (see LINKS), “*Dracunculus vulgaris* [2] is a species of aroid flowering plant in the genus *Dracunculus* and the arum family Araceae. Common names include the common dracunculus, dragon lily, dragon arum, black arum and vampire lily. In Greece, part of its native range, the plant is called drakondia, the long spadix being viewed as a small dragon hiding in the spathe. This herbaceous perennial is endemic to the Balkans, extending as far as Greece, Crete, and the Aegean Islands, and also to the south-western parts of Anatolia. The species is characterized by a large purple spathe and spadix, which has a very unpleasant smell reminiscent of rotting meat to attract flies) as pollinators. The large palmate leaves have occasional cream flecks along the veins.” While this arum is still OK, its cousin, *Arum italicum*, (“Lords and

Ladies”), is highly invasive – so plant with caution.



Pat also has growing a lovely red trillium (*Trillium erectum*) [2] and checker lilies (*Fritillaria meleagris*). Apparently, Shakespeare, quite the naturalist it turns out, mentioned them in VENUS & ADONIS, Line 1165 to 1170:

“By this the boy that by her side lay killed
Was melted like vapour from her sight,
And in his blood that on the ground lay spilled
A purple flower sprung up, checkered with white,
Resembling well his pale cheeks and the blood
which in round drops upon their whiteness stood.”





Pat also has some very YELLOW hellebores – that I have been lusting after for years – and she has offered me some. Aren't they glorious?

Hey, NEW MEMBERS – this is a typical benefit of being a part of LVGC: you put out a request to the 'universe' and the universe's plant distribution system finds some wonderful person who has just the plant you have been dreaming of.



My garden has a few weirdnesses – at least weird to me. The *Corydalis solida* 'George Baker' finally looks like it will make it – and live a few more years. It came in a package and the pot looked like it was empty. It said on it 'summer dormant' but I didn't believe them. Nearly threw out the whole kit and kaboodle. Then decided to plant the junky contents of the pot. Glad I did – old George B turned out quite nice – and it is one of the first things that blooms in spring. Its cousin, the yellow *Corydalis*, I dislike intensely, because it is like a bad-mannered guest that spreads into everything. George B has very nice manners.

My old *Camellia* is breaking colour: it started out pure white, but with each year it is becoming more and more pink. Apparently, this is a genetic thing. Who knew?

My new *Camellia*, rescued from a DIG three years ago, has finally bloomed for the first time – and it's YELLOW. I'm over the moon. Then a **very large** snowdrop appeared in my 'random bulbs' pot. It is easily 50 cm tall and has – YELLOW! – edges. Reverse image search gave me *Leucojum aestivum*, the giant snowdrop. Cool.



The Simple Seed-Starting Trick Gardeners Swear By

- Sent in by Linda Howe

Excerpted from ad article by Kate Franke, Good Housekeeping, Mar 21, 2026 [4]

[...] We learned this seed starting trick from Dr. Alan Taylor, a horticulture professor at Cornell University's School of Integrative Plant Science whose research areas include seed treatment and modern seed technology. Soaking your seeds in water before you plant them can help your garden thrive. According to Taylor, this is a strategy used to speed up the vulnerable germination stage.

All you need is water, a paper towel, and a little bit of patience.

Nearly all vegetable seeds can benefit from seed-soaking. Although it is most common to practice on large-seeded vegetables because of their thick coats, which are harder to penetrate with water. Examples of large-seeded vegetables include: sweet corn, peas, cucumbers, pumpkins, squash, table beets and more.

The easiest and most popular method for seed-soaking is the paper towel method, which can be used on small and large seeds. It's best to soak garden seeds in a temperate space overnight. However, if you forget about them and leave them for longer than 12 hours, it's okay – just don't exceed 24 hours of soaking.

A Successful Experiment

- Rita Marshall

Not sure whether **Rita** used the trick above, but she managed to sprout her **supermarket cherry tomatoes!!!** What secret magic did she use? - You'll have to ask her at the meeting! Pretty impressive!!!



ANNOUNCEMENTS - OURS

[If you have something to share with the group - whether it be a 'good buy' or a good idea, or information, not necessarily plant-related - this is YOUR spot: the Club's in-house exchange of anything and everything.]

First - the usual reminders:

1. **SIGN IN** - pick up your name-tag - and if you haven't already, your membership card.
2. **Please help - and get your own chair ready - BUT DON'T START ANYTHING UNTIL THE SET-UP CREW ARRIVE - they photograph the room 'before' so we can return it to that state 'after' so please don't mess with their system. Once they have immortalized the situation, have at it!** So please let the Set-up team do their job before everyone starts coming in. Our club rents space from the Lawn Bowling Club from 6:30 to 9:30 pm. Arriving earlier or later is outside the limits of our rental agreement and we might have to pay more for the extra time. We don't want to wear out our welcome!
3. Don't forget your **CUP** if you want a hot (probably decaf) drink at the meeting.
4. **PLEASE** bring something for the Harvest Project. We have so much - so that a can or two won't make even a dint for us - but it could mean so much for someone else... so be generous.
5. Please send items for *THE LEAF*: this is YOUR newsletter - so everything is welcome. If you see a great article somewhere - please provide a **SYNOPSIS** or your recommendation as to why you think it's worth reading, and a hyperlink. Copyright being what it is, we can't reprint articles in their entirety without permission. You could always try requesting permission...
6. Does anyone have *Mollie Nye Rhubarb*???. Doreen Dew would like some... (to grow - not cooked!) *[I tried to look this up but couldn't find it. THIS IS POTENTIALLY COOLHYPER-LOCAL INFO - so please let the THE LEAF know what is special about it, where to get it, what is the history.]*
7. Artem Korniev of **Qfix** (our in-house techie) is available for cellphone/computer/tablet/internet repair. Guaranteed to get the gremlins out: "*Ukrainians never give up*". See **Links** file for Instagram site. We are famous! You can see the LVGC AGM on one of his posts!
8. **A WHITE UMBRELLA was left behind at the last meeting. Hiromi has it.**



Greenhouse Available to Use!!!

- sent in by Penny LeCouteur

There is an older gentleman who has a greenhouse that he is not using. He would like to know whether there is anyone in the LVGC who lives near him and would like to use his greenhouse!!! His name is Gordon Scott. He lives at 718 east 14th in North Van. His email address is gorscott2015@gmail.com. Seems like a nice offer for one of our members.

The Rhodo Round-up!

Soon - we will finally get to collect the Rhodos many of you ordered. We have a number of people who will be driving cars or trucks. Besides the coach drivers, **we will need a few people to 'ride shotgun' and help wrangling the Rhodos at the corral - as hunter/gatherers ...** H/g means finding the named plant(s), labelling it (them) and putting it into the designated conveyance in an organized fashion. On returning to North Van, you will help to unload in an organized way onto Maria's driveway. The rest is her problem.

The plan is to meet at **Hopcott Farms [5]** in Pitt Meadows at 10:45 AM, 18385 Old Dewdney Trunk Road, Pitt Meadows, BC, V3Y 2R9. We will then proceed to have their famous brisket sandwich that I keep singing about. If you're really clever about it and organized, you could check out their website and pre-order some of their pretty amazing meat products. While chowing down, you will receive your 'scavenger list'.

Then we will proceed to **Sekhon Nurseries, [6]** 20542 McNeil Rd, Pitt Meadows, BC V3Y 2T9, about 1 km away, where we will meet Ross from the VanDusen Plant Sale at 11:45 – and we will sally forth to find the items on our lists. The rest is pretty obvious and self-explanatory.

Apparently there are still more left-over, shall we say 'derelict' Plant Odyssey plants in random corners at Sekhon – from when they bought the property. These may not be in the best of shapes but are priced to sell – so you could also do some personal plant shopping. Notably there are Skimmia and Pieris. There is a separate Odyssey List in the cover letter that brought you *THE LEAF*.

PLEASE SEE/REVIEW The Plant Sale list (a separate file that will come with this newsletter)– and check your orders. You can make changes till MIDNIGHT, April 17. The link to the order spreadsheet is in the LINKS file [7].



Visit the stunning tulips at the Abbotsford Tulip Festival – APRIL 23 - Thursday



On **April 23rd** we will be heading out on the club's first outing of the year!

>>>Tickets are \$9.50 in advance.

If you don't fancy driving, we have some members who have offered to drive. A small donation towards the cost of gas would be gladly accepted. There are food trucks on site or picnic tables for those who wish to bring their own lunch.

3663 Marion Rd, Abbotsford, BC

>>>Please bring \$\$\$ to the meeting so that we can purchase cheap online tickets in advance.

Donna and I hope that you will join us on this fabulous trip.
Questions? Email Gillian: gilliankonst@hotmail.com



DIG, DIG, DIG! – APRIL ???

[For those of you new to LVGC – this is where anyone who can, comes along and helps to dig out designated plants from a garden – where either someone wishes to overhaul the place and wants rid of everything, or it's a demolition. PLEASE KEEP AN EYE OUT FOR THESE OPPORTUNITIES and when you see a new demo sign go up, phone them and ask for the plants. We then pot the plants up for the Plant Sale – or 'buy' them with a donation to the club.]

With huge thanks to Nicole W, one of our newer members, THE FIRST DIG OF 2026 WILL BE SOON – as it would be nice to get those plants into the Plant Sale. I am just in the process of figuring out the logistics – and then will let you know – hopefully by the General Meeting on Thursday.

How it usually works: you show up at the designated time and place, complete with implements of extraction – and a load of flower pots or bags or whatever container you can find. I provide donuts. You dig like fiends and pot up the plants on the spot, or haul them away and pot them up later. You can then: 1. Store them till the Plant Sale, 2. Keep 'em, in exchange for a generous donation to the club (because these plants were a gift to LVGC), or 3. Deposit them at Maria's place, who will store them for you and deliver them to the Plant Sale. Whatever works.

Digs are great fun: you discover new plants, learn lots from your fellow members – and discover them as well.

A Lovely Thank You

We received a lovely thank you letter from Madeleine of the **Coast Salish Plant Nursery** [8]. "Dear Garden Club Members, Thank you for your generous donation to our winter 2025 fundraising campaign. Thanks to the support of our community, we were able to raise almost \$14,000 toward our goal of \$25,000 before July 31, 2026. Support like yours [allows us] to continue our work restoring and revitalizing Maplewood Flats in partnership with the Tsleil Waututh Nation. Currently support is crucial for nurturing a space where native plants, healthy bird habitats, and Coast Salish cultural programming are centered in the heart of North Vancouver. With appreciation, Madeleine"

Madeleine included a **10% off coupon** - if anyone is interested, please contact lvgcnewsletter@gmail.com and I'll give you the code.

These are the good things we support with the money we raise through the Plant Sale. Half of what we make is given to groups such as the Coast Salish Plant Nursery. **Well done, LVGC!! Thank you for another good one!!**



ANNOUNCEMENTS - THEIRS

[Please contribute to this section if you know of good lectures, courses, sales, information that you deem would be of interest to the Club.]

The BC Council of Garden Clubs' April newsletter - The Bulletin - is ready for your perusal. Check out the link in the LINKS file. [9]

LOUTET FARM and Edible Garden Project UPDATES [10] - Various tidbits of news may be of interest to some of our members in the following update from Loutet Farm:

- * No more Wednesday Markets; that produce will be donated to the North Shore Neighbourhood House food bank.
- * Compost sales; April 15, 22 & 29

*** May 4: LOUTET PLANT AND COMPOST SALE**

We'll be selling high quality compost from Premium Soils as well as vegetable and flower seedlings, and we might even be selling Loutet Farm salad mix (if the weather cooperates!). This will also be a community market, with vendors selling their locally-made goods! Fun for the whole family - kids and (on-leash) dogs welcome!

Venue: Loutet Farm (1400 Rufus St, at the corner of Rufus and 14th, North Vancouver)

Date: May 4th, 2019

Time: 10:00 AM - 2:00 PM

What to expect:

- High quality compost from Premium Soils: \$5 per bag (or \$4 if you bring your own bag/bucket)
- Vegetable and flower seedlings for sale
- Farm tours
- Vendors selling locally-made crafts and food
- Fresh locally made bread and baked goods from Bad Dog Bread
- Coffee, tea and snacks for purchase
- Community tables and information

Please check out the link [9] is in this month's LINKS file.

APR 25, 2026 10:00 AM - 3:00 PM [9]

The **BC Council of Garden Clubs** has its spring meeting and AGM Burnaby - usually at the Bonsor Community Centre 6550 Bonsor Ave. Registration is not open yet so price unavailable.

APR 26, 10 AM - 1 PM - a Drive-though Event

"PLANT A ROW-GROW A ROW" - at St Thomas More Collegiate - in the school parking lot - 12th and Kingsway (7450 12th Avenue) Simply drive into the school parking lot, keep to the right, then pull up to the curbside next to the new gym.

Our volunteers will be giving out vegetable transplants and seeds to grow in your own garden plus gardening items and containers. Bags of high-quality garden soil will be available for \$20.

These items are donated by Brian Minter, The Compost Council of Canada, Garden Works, Premium Soils, Claude Ledoux, volunteers and local horticultural suppliers.

FIRST COME - FIRST SERVED!!

We gratefully accept cash donations and donations of non-perishable food items to Dan's Legacy/Dan's Diner and Ryans' Rainbow Emergency Food Outreach.

Note: Claude Ledoux sells delightful, unusual plants and all the proceeds go to feeding folks in New Westminster. He also grows masses of veggies. He used to work for the municipality of New West in a horticultural capacity and he loves to talk to garden clubs!!

MAY 9, 10 AM - 2 PM

West Vancouver Garden Club 2026 Plant Sale will take place on Saturday, May 9th at GlenEagles Community Centre, 6262 Marine Dr, West Vancouver. We are usually around the back of the building next to the gymnasium and pottery studio. Cash only.

May 23 11AM - 2PM

CYAN's Annual Plant Sale (and eclectic plant nerd convention). Bring your own box.

Twice a year, we hold a sale of some of our inventory and that of a few other specialty growers.

3488 Celtic Ave, Vancouver. [11]

>>>This may be the sale to find some really interesting plants!!

JUNE 13 & 14 The 2026 Denman Island Home & Garden Tour will take place Saturday, June 13, and Sunday, June 14

Get ready to spend a day or a weekend immersed in the beauty and creativity of Denman Island's unique homes and gardens. [12]

What's new for 2026

Our team has selected 12 properties, each spectacular in its own way. Together, they showcase Islanders' creative vision, craftsmanship, and hard work.

Treat your eyes to the elegant lines and tranquility of a formal garden. Savour the abundance of a working farm, an award-winning vineyard, and a new cidery where 750 apple trees are setting down roots.

From mossy hollows to rocky ridgetops; from formal to funky, agricultural to artistic, and cozy to contemporary – the tour spans an astonishing range of moods and modes. 🐾

Check out Salt Spring Seeds...

Apparently they have a new website and some interesting offerings. [13]



The Compost Bin – Stefanie Rezanoff

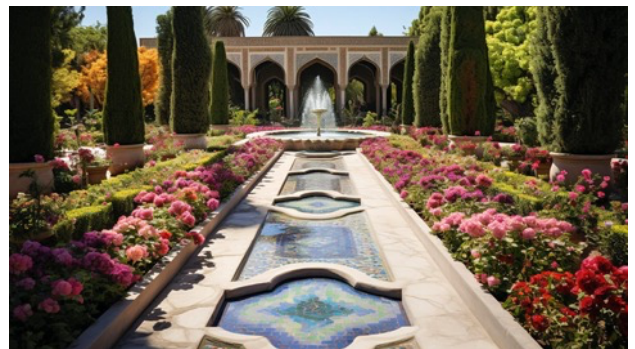
[Everyone is invited to contribute to this column: it is meant to be an opinion, editorial, educational, observational, entertaining opportunity to connect dots, get a new perspective on plants, or have plants provide a new perspective on something familiar. Anything goes, as long as you wrote it and it can be fact-checked: references and links are appreciated.]

The quiet defiance of the Persian balcony.

On April 7th, DJT set Iran a deadline for Armageddon: 8 PM. Eastern Time.

In the Pacific Northwest, that falls at five o'clock; the hour when many of us, this time of year, step outside without thinking, to take a breath and look at the garden.

There is something almost impossible about that juxtaposition; that a moment associated with tending plants might also mark the brink of catastrophe elsewhere.



In the context of war, gardening doesn't just become difficult. It begins to seem irrational. Why plant something you may not be there to tend? And yet, it is hard to imagine that it stops entirely. More likely, it retreats. Out of sight. Out of the news cycle. Into the smallest possible spaces.

Persians have tended gardens for millennia.

The word paradise comes from the Persian *pairi-daeza*, meaning walled garden.

Over time, its meaning expanded - from a physical garden to an idealized place, and then to a heavenly realm.

In a climate often defined by heat and scarcity, the Persian garden was designed as a cool, protected oasis; a deliberate enclosure of life.

Today, this oasis often survives in smaller form.

A love for greenery compressed into a few square metres of tile.

With courtyards and private gardens out of reach for many, the apartment balcony becomes something else entirely. The Iranian gardener tends to a paradise suspended in mid-air, directly in the flight path of violence.

To care for plants becomes an act of defiance.

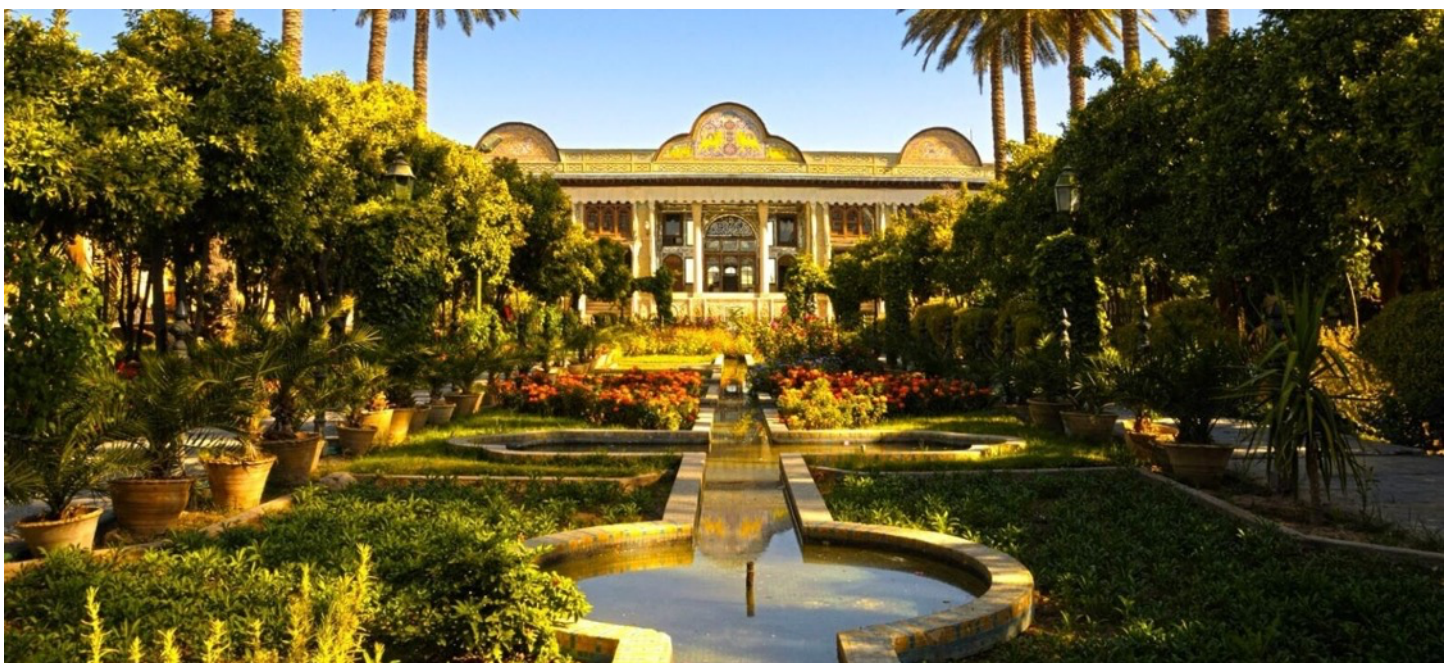
Something still grows. Paradise becomes persistence.

We are gardeners here, thinking of gardeners in Iran.

At five o'clock, as we step into the ordinary light of the late afternoon, we might remember them - those tending to life under far less certain skies.

The deadline was five o'clock last Tuesday.

In the garden, five o'clock is only light and long shadows, passing, unhurried but not everywhere.



DOCK
Rumex crispus
 • emollient
 • sm amt. laxative
 • lg amt. diarrhea
 • liver
 • lungs
 • blood cleanser
 • inflammation
 • diuretic

Seeds Fall infuse in Rum for throat
 Spring Protein
 Toxic FLUSH burdock, dandelion, red clover
 ACNE, ECZEMA
 PSORIASIS and FUNGAL infections
 unbalanced MENSES
 increases FERTILITY
 contains oxalates
 irritating digestion, kidneys
 diabetes 1 or 2, stone formation
 Caution: anti-microbial
 Gmcosides - nutrient absorption
 and detoxifying
BITTER-TONIC for digestion
 helps to release stored FERRETIN from the liver. Binds to heavy metals like lead + arsenic

internally **SALIX ALBA** massage oil
 Willow
 • inner bark Spring before sap
 • Leaf Spring
 • branches Fall - basket making
 edible CATKINS raw/ fried/soups
 Salicin ~ pain, inflammation, antiseptic

PINEAPPLE
NEED
 Matricaria discaldea
 flower Summer
 teas, Salads, baking
 Smoothies, muffins
 burn, stomach upsets
 gas, insomnia
DREAM PILLOW - anxiety
 infuse OIL or FRESH
 BUG REPELLENT ~
 anti-spasmodic, carminative, galactagogue
 sedative, skin, vermifuge
 Caution: allergies to rag weeds.

ACER MAPLE *Rubrum/Saccharum*
 seeds + sprout
 inner bark for sore throats
 Astringent / cardenones / tannins / anthocyanins

LAVENDER
 flower before they open
 aphrodisiac, insomnia
 nervous stomach, anxiety
 flatulence, colic, depression
 headaches, vomite,
 blood pressure.
 Analgesic, antispasmodic
 expectorant, nerveine
 In Spain ~ teas used
 for diabetes + insulin
 resistance
 Dandruff tea ~ cool and
 use as a rinse.
 sachets - dryer sheets
 seasoning - meat/grains.
 recipe 1/2 peach, wrapped in
 bacon, sprinkle lavender

MALLON *Malva neglecta*
 with honey
 for tired eyes
 nutrient rich
 upset stomachs
 all parts edible
 chop into soups
 Vitamin A+C, calcium, iron
 mucilaginous
 soothing

BERRY RUBUS
 young leaf ~ tannins dry up
 intestinal membranes + diarrhea.
 combines well w/ SAGE aiding in digestion
 1st AID - chew leaf - cankers + sore-gums

WILLOW
 internally **SALIX ALBA** massage oil
 Willow
 • inner bark Spring before sap
 • Leaf Spring
 • branches Fall - basket making
 edible CATKINS raw/ fried/soups
 Salicin ~ pain, inflammation, antiseptic

CORDULA OFFICINALIS
 ANTI-inflammatory
 • microbial
 • fungal
 • viral
 INFUSE into OIL
 with flower 12 hrs before
 internally ~ bile secretion -> digestion -> bowels

TILIA CORDATA - insomnia
 nasal passages
 • berms
 coughs
 flush, nervousness
 tension, ego
 kidneys
 mucus buildup
 Root BACK
 tannins - astringent
 decoction 1oz
 in 1/2 pint H2O
 reduce to 1 pint
 1/2 C tea every 1-2
 hrs ~ diarrhea
 whooping cough. 1st AID

LVGC Membership List 2026

Surname	First Name	Cell Phone	Home Phone (landline)	Email address
Allard	Ivy	778-788-1697		ivy.k.allard@gmail.com
Andersen	Barbara	604 803-1589		dbandersen@shaw.ca
Aujla	Karpal	604 984-8889		karpal@karpal.com
Bailey	Marina	604 644-7789		marinabailey@telus.net
Battista	Irma		604 987-5580	oasionwilliam@gmail.com
Behnsen	Nancy	604 831-3933	604 929-3933	nancybehnsen@gmail.com
Bell	Carol	604 980-1904		gardenercbell@gmail.com
Bennington	Meriza			-
Beugger	Audrey	604 839-8420	604 988-8420	audreybeugger@gmail.com
Brisebois	Cathy	604 313-0655		cjbrise@gmail.com
Brisebois	Jane	416 574-5290		jbrisebois@rogers.com
Brook	Judith		604 988-3988	
Bullock	Marilyn	604 837-8478	604 929-1919	stumare@telus.net
Bullock	Tana	778 838-3397	604 985-3397	tanabullock@gmail.com
Burlone	Aline	604 984-2369		alb23@telus.net
Cabanas	Francisco	250 614-9472		cabanas@finee.com
Cameron	Nancy-Jean			
Campbell	Kathleen			ka_campbell@shaw.ca
Campbell	Margaret	604 202-1404	604 986-4546	campbell4605@outlook.com
Carabetta	Sharon	778 839-2760	604-986-4488	carabettas@shaw.ca
Carmichael	Frances	604 836-9454		carmichael@telus.net
Castle	Kitty		604 980-9464	kcastle@hotmail.ca
Chandra	Daniel	604-988-3826		danielchandra77@gmail.com
Cobbett	Carole	604 868-0159		cobbett4@telus.net
Cobbett	Randy	604 868-0459		randycobbett@gmail.com
Cramer	Gillian		604 770-3307	gilliancramer@shaw.ca
Crick	Kathleen	604 562 8066		2kathleencrick@gmail.com
D'Angelo	Anna Marie	604 833-9989		annadangelo321@gmail.com
D'Auria	Jacqueline	401 423-1647	604 929-1452	jacquied43@gmail.com
Davidson	Evelyn	778-896-4594	604990-4594	
Davis	Maggie	604 719-4605	604-929-3782	davis_m57@hotmail.com
Dent	Sandra		604 985-3659	sandrudent5@gmail.com
Dew	Doreen	604 649-5759		doreendew@telus.net
Dew	Jane	778 989-2873	604 987-8093	janedew9396@gmail.com
Dewan	Audrey	604-990-7420	604 984-8252	
de Wit	Halina	604 700-1363	604 985-2749	halina_dw@hotmail.com
Downman	Barb	778 554-5250		barbdownman@shaw.ca
Elgar	Shelley	604 209-7909		shelleyelgar@icloud.com
Fast	Dinah	604 788-6314		dinahfast@gmail.com

Ferguson	Norma	604 748-4617	604 986-2306	norma_f@shaw.ca
Ferryman	Carol		604 980-9406	c.ferryman@shaw.ca
Fiala	Patricia	778 233-5694		patricia.fiala@gmail.com
Forchuk	Victoria			vforchuk15@gmail.com
Fraine	Beverley	604 908-7352	604 929-6176	bmfraine@shaw.ca
Frey	Anne		604 984-0252	
Frisken	Barbara	604 365-6045		barbara.frisken@gmail.com
Frith	Lynne	604 312-8309		lynnefrith23@gmail.com
Gillies	Sarah		604-987-8522	sarah.gillies@shaw.ca
Greeley	Marilyn	604-971-5243		marilyngreeley@hotmail.com
Gray	Sarah	604 218-3475		sarahgray@shaw.ca
Halliday	Sally	604 862-9178	604 929-9506	sally@sallyhalliday.com
Handfield	Ginette			-
Hanley	Diana	604 363-7480	604 987-8860	dsmhanley@gmail.com
Harrison	Josie	604-831-7484		josieharrison@me.com
Herunter	Sandie	604-987-0739	604-987-0739	sandiejane@me.com
Hobson	Jinny	604 831-4586		janehobson48@gmail.com
Hodgkins	Fran	604 727-5363	604 980-9887	fhodgkins@telus.net
Holme	Patricia	604-818-9472	604-985-6472	paholme@shaw.ca
Holmes	Pat	778 835-2344	604 985-2344	patmholmes@gmail.com
Hope	Pamela	604 505-7228		pamelaelisehope@hotmail.com
Hoshizaki	Sandy	604-916-1154		sandiaporter@yahoo.com
Howe	Linda	604 768-5570		lmhowe@telus.net
Huber	Susan	604 219-0616	604 988-5072	
Hughes	Rosamond			
Issa	Maria	604 812-7587		mariaissa@shaw.ca
Janz	Tatiane			tatianejanz@gmail.com
Kelley	Blake	604 999-7581	604-984-7903	eakelley10@gmail.com
Kelley	Libby	604 788-3385	604-984-7903	eakelley10@gmail.com
King	Katherine	778-628-1777		coach.katherine.king@gmail.com
Konst	Gillian	604 842-3438		gilliankonst@hotmail.com
Kravjanski	Maria			
Kwan	Flo	604-831-3332	604-831-3332	flo_gip@hotmail.com
Lashley	Judy		604 988-7769	jmlashley@shaw.ca
Layton	Susan	604-551-0857		pslayton@shaw.ca
Leedham	Lynn	778-928-6157	604-929-2135	lynnvleedham@hotmail.com
Le Couteur	Penny	604 808-0864	604 980-4471	plecoute@gmail.com
Lefroy	Stephen			-
Mackay	Mary Anne	604 970-3416	604 986-2880	m.mackay@shaw.ca
Madej	Krystina			-
Mar	Susan	604 862-4072	604 986-1078	sdmar@telus.net
Marbry	Doreen		604 987-0559	doreenmarbry@shaw.ca
Marshall	Rita	778-232-6835	604 986-5181	rita-l-marshall@shaw.ca
Massil	Andrew	778 988-1378	604 980-2702	amassil@hotmail.com

Massil	Liz	604 219-8704	604 980-2702	lizmassil@hotmail.com
Matsui	Hiroimi	778 899-1225		hsmatsui@gmail.com
Mazoret	Suzanne	778 867-8401	604-984-8401	mazoret@shaw.ca
McCulloch	Jessica	778 320-1396		jessicamcculloch@hotmail.com
McKinnon	Ann	778 772-9454		ann_k_mck@yahoo.ca
McMahon	Denis	604 988-1348		dennymcm74@gmail.com
McMillan	Whitney	604 722-5402		
Miller	Gwen	778-862-5923		gwen.miller@shaw.ca
Milne	John			
Mitchell	Cheryl		604 980-8556	
Mitchell	Courtney	604 778-2365		cwsmitchell@shaw.ca
Moorcroft	Frances		604 929-3777	
Morgan	Jacquie	604 340-9588		jacquem17@gmail.com
Morris	Jackie	604 862-7593		jackie@jmorrislaw.com
Morris	Jim	604 551-8906		morrisjj1971@gmail.com
Moxon	Lorna	604 612-7777	604 929-9581	lorna.moxon@telus.net
Nichol	Jennie	778 229-1766		jennienichol7@gmail.com
Nicholls	Susan	604-417-7932	604 987-6259	
Noakes	Bonnie	604 616-3552	604 913-0001	bnoakes@telus.net
O'Neill	Karen	604 644-5386	604 980-9523	karen.oneill@shaw.ca
Page	Daphne	604-440-7777	604 986-6062	daphne.christine.page@gmail.com
Parkinson	Alison		604 926-1296	alison2parkinson@gmail.com
Pentland	Ann	604 839-8266		annmorpent@gmail.com
Pion	Bettie	604-988-8565		mepion63@gmail.com
Pointer	Cathy	604 319-7349	604 980-7363	cdpointer2001@yahoo.ca
Reid	Brenda	604 880-0283	604 929-8207	sbreid@shaw.ca
Rezansoff	Stefanie	604 724-0479		stefanie_rezansoff@sfu.ca
Rickey	Catherine	604 356-9575		cathrickey@shaw.ca
Robb	Bernadette		604 988-4065	peterandbernie@shaw.ca
Roberts	Kirsten	604 617-5802		ke.roberts@hotmail.com
Robertson	Dina	604-816-2444		dina5@telus.net
Robinson	Corinne		604-985-6233	does not use computers
Robson	Lorraine	604-719-5499	604 924-3399	lrobsonis@outlook.com
Ross	Bogna		604 987-9900	
Rudd	Julie	604 925-9327		julierudd@telus.net
Ruptash	Bill	604 928-6444		willrup@hotmail.com
Rustemeyer	Edie	778 838-3924	604 985-7633	erusty@hotmail.com
Schell	Caitlynn	778 999-3043		caitlynnschell@hotmail.com
Schell	Linda		604 987-0938	schell@axion.net
Scott	Miriam	778 918-1536		mhscott@shaw.ca
Scott-Twarog	Susan	236-412-5097	604-929-8041	s.scott.twarog@gmail.com
Seagel	Erica		604-987-9454	ericaseagel@shaw.ca
Sekora	Diane		604 985-2841	dianesekora@shaw.ca
Sherrott	Jane		604-921-9135	janesherrott@gmail.com

Smith	Laurie	604-670-1499	604-312-1925	lauriesm2020@gmail.com
Stubbs	Kathy	604-562-8194	604-980-5140	kstubbs@shaw.ca
Sullivan	Judy	604 983-2026		jlsullivan@live.ca
Sydenham	Jennifer	604 813-5460		jsydenha@telus.net
Thomasen	Sheri	604-723-7532		sthomasen@mac.com
Twarog	George	604-306-6674	604-929-8041	georgetwarog@shaw.ca
Unger	Cornelia	604 831-1244		ceounger@shaw.ca
Wagner	Rosemary	604-803-8759	604 980-9466	rwagner2@telus.net
Walker	Nicole	778-929-0161		nicole@cameronwalker.ca
Wasylik	Donna	778 887-3285	604 929-8317	wasylikdonna@gmail.com
Watters	Fran	604 999-5368	604 253-6440	frwatters@gmail.com
Webb	Leneen	604 928-9880	604 980-1604	lrwebb@shaw.ca
Wing	Anne	604-512-7896	604-984-9231	annewing99@gmail.com
Younger	Leah		604 987-4658	
Zaparniuk	Helen	778 837-4937	604 990-8908	bhanz@shaw.ca

6 Flowers Butterflies Actually Need (Not Just Visit)

The infographic is organized into six rows, each comparing a nectar-only flower with its corresponding host plant for a specific butterfly species. Each comparison includes a lifecycle diagram with icons for egg, larva, pupa, and adult stages, and a legend for butterfly characteristics.

- Monarchs:** Milkweed (Host Plant, Complete Lifecycle) vs. Nectar Only (Visits But Can't Breed). Monarchs are temporary visitors.
- Black Swallowtails:** Parsley Family (Host Plant, Complete Lifecycle) vs. Nectar Only (Visits But Can't Breed). Black Swallowtails are decorative visitors.
- Fritillaries:** Violets (Host Plant, Complete Lifecycle) vs. Nectar Only (Visits But Can't Breed). Fritillaries have no breeding activity.
- Pearl Crescents:** Asters (Host Plant, Complete Lifecycle) vs. Nectar Only (Visits But Can't Breed). Pearl Crescents are residents.
- Spicebush Swallowtails:** Spicebush (Host Plant, Complete Lifecycle) vs. Nectar Only (Visits But Can't Breed). Spicebush Swallowtails are decorative visitors.
- Fritillaries:** Passionflower (Host Plant, Complete Lifecycle) vs. Nectar Only (Visits But Can't Breed). Fritillaries are generic non-natives.

Lynn Valley Garden Club

Plant Sale



Saturday, May 9th

10am - 2pm

- VEGETABLES, HERBS, PERENNIALS, SHRUBS
- 1000s OF PLANTS FOR SUN & SHADE FROM MEMBERS' GARDENS
- RAFFLE
- 50% OF PROCEEDS GO TO CHARITABLE GARDENING PROJECTS IN OUR COMMUNITY

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