



# THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

June 2026

## President's Message - Hiromi Matsui

### WHAT GARDENERS DO...



During a recent chat with a friend, we talked about plants we had shared. She said "That's what gardeners do, we share plants." And thinking about my garden, I realize that many of my plants have been shared by friends and garden club members. The small *Hellebores* came from Maria's garden and are now producing lovely pink blossoms. The *Hepatica* plants came from garden club members, the *Rhodohypoxis* in blossom now are from a friend of Rosemarie Adams's who has a beautiful garden with unusual plants.



The list goes on and I am grateful for the generosity of so many gardeners. Thank you all!

After years of not growing tomatoes, I somehow find myself the guardian of six tomato plants! How could I have refused the offer of an Italian ox heart tomato, grown from seed that came from an Italian nonna in Trail? The other plants came from the same source and are growing vigorously.



Gillian and Donna have suggested a Club outing to some lavender fields in Squamish on July 11. See Gillian's article in *The Leaf* for details. There will be sign-up sheets at the party.

Thanks to the initiative of Maggie Davis, the Club now has an interesting collection of seeds that are available, free to members. You may not have noticed at the meetings, but these have been displayed and available for members who are able to attend in person. Maggie will be writing about these seeds in *The Leaf* in the fall.

Note: There will be NO general meeting in June. Instead of a June general meeting - but same date, same time! - we are holding a social event at Maria Issa's home, 4210 St. Mary's in upper Lonsdale. Like our Christmas party, people are invited to bring a small plate of goodies, sweet or savoury, your choice. Please carpool with friends as there's limited parking available.

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

At  
**North Vancouver Lawn  
Bowling Club,**  
249 East 24<sup>th</sup> Street,  
North Vancouver  
Meetings start promptly at  
7:00 PM - but not this  
month. INSTEAD...

**GARDEN PARTY**  
7 PM- 9 PM  
4210 ST MARY'S AVE

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](mailto:lynnvalleygardenclub@gmail.com)  
[theleaf.com](http://www.theleaf.com)  
THE LEAF  
[LVGCnewsletter@gmail.com](mailto:LVGCnewsletter@gmail.com)

There are no meetings in July and August. Enjoy the summer! ---Hiromi

# REPORTS

## 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 Rezanoff .

Anonymous

### Committees

#### PLANT TABLE

Maggie Davis .

#### HOSPITALITY

Bev Fraine .

Shelley Elgar .

Diana Hanley .

Lenene Webb .

Rosamond Hughes .

MaryAnn McKay .

#### SUNSHINE/DOOR PRIZES

Jacquie D'Auria .

#### WEBSITE

Laurie Smith .

#### NEWSLETTER

Maria Issa .

Stefanie Rezanoff .

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

September Excutive meeting location undecided as yet.

Newsletter items to [lvgcnewsletter@gmail.com](mailto:lvgcnewsletter@gmail.com) by AUGUST 14, 2026

### Thanks to LEAF contributors,

Taylor Hewstan, Linda Howe, Denis McMahon, Rita Marshall, Courtney Mitchell, Judy Sullivan



## Vice President - Tana Bullock

Instead of having a speaker at the June meeting - your Executive decided to do something completely different.

On June 18, at the regular hour - there will be a Garden Party - with which to wind up a successful and fun year. This will NOT BE AT THE LAWN BOWLING CLUB - so for details, see the Invitation in the ANNOUNCEMENTS.



REMINDER - The September General Meeting will be replaced by BRIAN MINTER - and the meeting will be held at 7 PM at the Mount Seymour United Church at Parkgate. Members can attend for free; guests will be charged \$15 at the door. You will receive email notifications and reminders early in September.

## Treasurer - Sarah-Jane Gray

The LVGC's finances are healthy - our bank balance was sitting at \$10,425 just BEFORE the Plant Sale. How much \$\$\$ did we make (gross) on the sale? You will have to guess - and record your guess on the spreadsheet - here:

[https://docs.google.com/spreadsheets/d/1bxVhPaFeg8OkIn0fyX9BPebj8Jj5FAZ99GOBxjHBOeE/edit?usp=drive\\_link](https://docs.google.com/spreadsheets/d/1bxVhPaFeg8OkIn0fyX9BPebj8Jj5FAZ99GOBxjHBOeE/edit?usp=drive_link)

The link above may or may not work after the pdf conversion of this document - so check the June LINKS file that accompanied the newsletter.

On the same spreadsheet, you can also guess how many plants we sold. Needless to say, the person with the best guess will get a PRIZE!

So far, about 30 of you have placed your bets/guesses. The rest of you will miss out if you do not hasten: the prize for guessing how much \$\$ the Plant Sale brought in, before expenses [gross] will be 1 hr gardening services by two people from *Allium Scapes Ltd*. The prize for guessing how many plants we sold - will be a PAVLOVA - made to order by Penny LeCouteur. If you haven't had one of Penny's pavlovas - you are in for a treat!

## Membership - Jennifer Sydenham

The Lynn Valley Garden Club is an interesting and fun group of people - and this was quite evident at the Plant Sale!! - consequently we are currently at **150 members and even have a waiting list of 7 people!!** We are indeed popular! PLEASE MAKE THE NEW MEMBERS FEEL WELCOME!!!

The June Garden Party is our way of meeting all our wonderful new members, making new friends - and reconnecting with our regular, delightful group. Many people have said that they enjoy working at the Plant Sale because they get to have time with their favourite people. The Garden party will be a responsibility-free opportunity to do just that!



## Dandelion Facts:

Dandelions are NOT weeds, but are from the same family as sunflowers.

1 cup of dandelion greens = 535% of your daily recommended vitamin K and 112% of vitamin A.

A Dandelion Seed can travel up to 5 miles before it lands.

Every part of the dandelion is edible.

Up until the 1800's, dandelions were seen as extremely beneficial. People would remove grass to plant dandelions.



## Secretary – Judy Sullivan & Webguru – Laurie Smith

[Elegant] Minutes of what transpired at the May 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 in the June 2026 Links file. Here is the actual link – but with the pdf conversion, don't expect it to work... go to the Links file instead! <https://lynnvalleygardenclub.org/wp-content/uploads/2026/06/Lynn-Valley-Garden-Club-May-2026-General-Meeting-Minutes.pdf>

## MALS

– Doreen Dew, Daphne Page and Stefanie Rezanoff and Anon.



THANK YOU for all the help and support of our 2026 Plant Sale from the wonderful LVGC Members. It was fantastic to see the excitement and comradeship of all the helpers. Each of you played a vital part in the success of the event.

Also, THANK YOU for donating such fabulous

PLANTS. I am very happy to report that we virtually sold out in 4 HOURS! (That has to be an all-time record!)

There is something magical about our plant sale fund raiser. We plan, and organize, have meetings *etc* .....but until the day before the sale, we don't know what plants we will have to sell or even if people will turn up to buy them....But somehow that magic happens and it all

unfolds and we raise enough money to return some back to our community! Over the years we have raised many \$1000s!

So to continue this magic ..... we have booked St Clement's car park for next year: Friday, May 7th and Saturday May 8th. To give everyone a head start on their plant donations, we will order SOIL for early September, and also in February next year.

Enjoy your Summer.....keep safe in the Heat !

[The poor, exhausted MALS are in recovery phase after all the hard work they did at the Plant Sale. In spite of that, they still wish to hear from you if you have some **ideas, suggestions** or – why not! – compliments to give them. The definition of 'life' is change – and the Plant Sale changes and grows each year and that is thanks to your thoughtful input.

If you haven't already done so – please place your guesses/bets for the “How much \$\$ we brought in and how many plants did we sell?” contest through the link at the top of the LINKS file. You can change them till the day before the Garden Party – when the MALS will announce the winner. (Judging from the numbers so far – you are all vastly under-estimating....!)]



## Donations Committee - Edie Rustemeyer, Carol Bell, Barb Downman and Fran Watters

### Request for Suggestions for LVGC Donations in 2026:

Each year, the proceeds from the Plant Sale and various *digs* allows the Club to support organizations that share our values – organizations that teach gardening, inspire a love of growing things, help our local community, and encourage people to understand the value of growing food and planting for pollinators.

*And this year, we want your ideas – as we do every year!*

We are inviting members to propose eligible not-for-profit organizations that could receive funding from this year's plant sale proceeds. Perhaps you know of a school garden program helping children discover that carrots do not originate in plastic bags. Maybe there is a community group creating pollinator habitats, teaching food-growing skills, or bringing gardening to seniors, or groups serving newcomers, or families in need.

To be eligible for consideration, organizations should have most or all of the following attributes:

- Non-for-profit organization
- Promotes knowledge and love of gardening
- Has a focus on the environment – plants, birds, pollinators
- Supports our community at a local, regional and/or national level – with a preference for the North Shore
- Supports food security and sustainability within the community

If an organization helps people connect with gardening, nature, food growing, or pollinators – especially here in our local community – we would love to hear about it.

Please send in your suggestions by August 1, 2026, along with a brief explanation of why the organization fits our criteria, how the funds could make a difference and any contact information you may have. You can text your suggestions to Edie Rustemeyer at 778-838-3924 or email them to Fran Watters at frwatters@gmail.com.

Thank you for helping us continue to make a meaningful impact in our community through gardening and thoughtful giving!



## 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.]



**Rita Marshall** sent us this picture of a glorious dogwood. According to Wikipedia, "*Cornus* is a genus of about 30–60 species of woody plants in the family Cornaceae, commonly known as dogwoods or cornels, which can generally be distinguished by their blossoms, berries, and distinctive bark. Most are deciduous trees or shrubs, but a few species are nearly herbaceous perennial subshrubs, and some species are evergreen. Several species have small heads of inconspicuous flowers surrounded by an involucre of large, typically white petal-like bracts, while others have more open clusters of petal-bearing flowers. The various species of dogwood are native throughout much of temperate and boreal Eurasia and North America, with China, Japan, and the southeastern United States being particularly rich in native species. The genus is also known from South America with members such as *Cornus peruviana*."

If you drive around, there are many lovely specimens blooming right now in our area.

My garden, still hardly awake after winter, has some lovely things blooming. As Hiromi said, the Club is a source of wonderful people with wonderful plants to share. My Chinese ground orchids (*Bletilla striata*) were initially a gift from Bonnie Noakes, then a second round arrived *via* Hiromi herself. The *Erigeron karvinskianus* I bought, and it struggled for about 5 years – and then decided to LIVE in a flamboyant way. The *Deutzia gracilis* was a legacy from the previous owner of the house and lived in an unfortunate spot. I moved it. It was resentful for many years but has finally forgiven me. The *Allium bulgaricum* (Sicilian honey garlic) was a 'random' bulb unearthed somewhere at some DIG, and unwanted by everyone. It has multiplied wonderfully and has become one of my favourites.



*World Naked Gardening Day was May 2 @ and NOBODY sent pictures. [sigh]*



### *The Ten Gardener Commandments – sent in by Judy Sullivan*

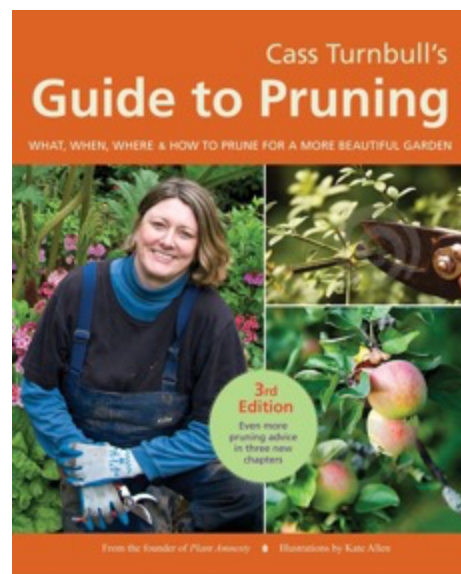
Derek Churchill, our May speaker mentioned Cass Turnbull. She was a great speaker & I really liked the info in her book... and her sense of humour ;-)

Cass Turnbull founded Seattle's PlantAmnesty, whose mission is “to end the senseless torture and mutilation of trees and shrubs caused by mal-pruning.”

Here are Cass’ ten commandments for preventing such gardening sins:

#### **The Ten Gardener Commandments**

1. Thou shalt not shear thy bush.
2. Thou shalt not top thy tree.
3. Thou shalt not plant thy sun-lover in the shade, nor thy shade-lover in the sun.
4. Thou shalt mulch.
5. Thou shalt not leave stubs.
6. Thou shalt not flush cut, neither shalt thou paint wounds.
7. Thou shalt not cover up the base of thy plant, or thy tree, or thy shrub. Neither with mulch, nor with soil, nor with any landscape material.
8. Thou shalt cut circling/ girdling roots.
9. Thou shalt not compact the root zone of thy tree, nor trench near the trunk of thy tree.
10. Thou shalt not weed-whip the trunk of thy tree, nor bash it with thine mower, nor leave anything tied on thy tree or the branches of thy tree, as is done in the land of the philistines.



#### **Cass Turnbull's Guide to Pruning, 3rd Edition: What, When, Where, and How to Prune for a More Beautiful Garden**

Covering 160 plants with clear instructions and illustrations, Cass Turnbull will show you exactly how to prune any plant in your garden. This third edition of Cass Turnbull's Guide to Pruning covers more than twenty additional plants in three new chapters. Includes all the basic pruning techniques, plus specific advice on mounding-habit shrubs, cane-growing shrubs, tree-like shrubs, vines, trees, groundcovers, fruit-bearers, native plants, and more. The result is the definitive, time-tested guide for the home gardener with friendly, expert advice. [Published date: Nov 20, 2012; Language: English; No. of Pages: 384; Publisher: Blue Star Press; ISBN: 9781570617515]

## El Niño-Southern Oscillation – sent in by Linda Howe

This is a short article from 1440 in partnership with incogni – to access the embedded links – please read the original document via the LINKS file.

In recent weeks, scientists have raised the alarm about the growing likelihood of a "super" El Niño event, which could significantly impact global weather patterns and temperatures. To demystify these headlines, we're starting this week's newsletter with a look at the El Niño-Southern Oscillation.

### What is the El Niño-Southern Oscillation?

The El Niño-Southern Oscillation [ENSO] is a climate pattern characterized by changes in sea surface temperatures and overhead winds in the central and eastern tropical Pacific Ocean. ENSO, which lasts two to seven years, cycles between phases of warming and weaker winds (El Niño), cooling and stronger winds (La Niña), and roughly average temperatures and winds (ENSO-neutral). By altering how thermal energy and moisture are redistributed across the world's largest ocean, ENSO shifts jet streams, affecting global temperatures and precipitation.

During ENSO-neutral and, to a greater extent, during La Niña, southeasterly trade winds drive warm water from the west coast of Peru and Ecuador to Indonesia. These waters, which are more likely to evaporate into clouds, bring stronger rainfall to the western equatorial Pacific. Simultaneously, colder, nutrient-rich water from deeper in the ocean rises to fill the gap off Western South America. These waters are beneficial to the fishing industry, but their cascading effects in

the US contribute to droughts in the South and wetter, colder conditions in the Northwest.

During El Niño, the trade winds weaken or even reverse, producing opposite effects: heavy precipitation in western equatorial South America, potential droughts in Australasia, a warmer, drier northern US and Canada, and a southern US with a greater chance of flooding. El Niño typically suppresses hurricane formation in the Atlantic while strengthening it in the Pacific.

Learn even more by exploring all our findings on the El Niño-Southern Oscillation by accessing the hyperlinks in the original file found in the LINKS file.

- > How El Niño and La Niña each contribute to extreme weather. (Watch)
- > Visualize how the El Niño-Southern Oscillation moves the jet stream. (Read)
- > See maps of how summer and winter change due to El Niño and La Niña. (View)
- > How do scientists predict El Niño? (View)
- > A "super" El Niño event in 1877 contributed to a global famine that killed more than 50 million people. (Read)
- > Why is the warming phase of this climate cycle called El Niño? (Read)



## Travel to Brazil and the “Fazenda Bananal” – Denis McMahon



Brazil's Fazenda Bananal is an original, 17th century farm, with 180 hectares of conserved land, where visitors can enjoy the very unique gardens of the Atlantic Rain Forest. I was very fortunate to visit a good friend in Angra Dos Reis, which is in the State of Rio De Janeiro. She drove me to the beautiful Fazenda Bananal, which is just a few minutes' drive from the historic centre of Paraty.

The headquarters of the property are located at the historic farmhouse which served as a former point of assistance for travellers to obtain supplies, trade goods and (sadly) enslaved people. The gardens host a restaurant and cafeteria which present an *haute cuisine* menu from farm to table, made with organic ingredients mostly grown in the large areas of the agroforestry systems and vegetable gardens of the farm.

Fazenda Bananal's vegetable garden covers an area of about 5,000 square meters, where around 60 different products are grown throughout the year without the use of pesticides or chemical fertilizers, including leafy vegetables, fruits and spices. The products are picked daily, always in the morning, so that the quality and flavour are maintained.

The agroforestry production system (AFS) promotes



collaboration among different plant species, which act together to increase soil fertility, for example through leaf and branch fall, or to increase the humidity. AFS have advantages over the mono-cultures traditional plantations, such as increased soil fertility and restoration, water usage reduction, higher defences against pests, and healthier food, because they come from a better soil, are based on natural processes and avoid the use of chemical fertilizers and pesticides.

Of my garden tours in Europe, South America and the United States, this garden was truly the best. [To read more, please see the Fazenda Bananal's website in the LINKS.]

## *Starbucks is doing something right – Courtney Mitchell*

Many Starbucks have a basket in the store with FREE bags of used coffee grounds. FREE. (If it's free, it's for me!)

Coffee grounds are great for putting around plants that have a slug problem, or for putting into your compost. If there is no basket, ask at the counter for free coffee grounds and you will get lots (unless some other gardener beat you to it!)

I presently have 10 bags waiting to be scattered on the ground where we have taken up (the dreaded) grass and will plant with real plants.



Courtney also sent me down a rabbit hole – that had a **CLEMATIS** at the end of it. If you need to figure what kind of clematis you have and/or how to prune them and which pruning group they are, this is the site for you. Check the site in the LINKS file.



## **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**. That membership card is worth its weight in gold – literally – as it gets you 10% off at most of our familiar garden centres and nurseries.
2. **Please 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... and NO- I will not retype it from a photograph – I have better things to do – like weed my garden.
6. 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*". (Over 20 people in the club have used his services.)
7. **DIGs and after - PROTOCOL** – if any plants or bits and bobs from the digs ended up in your garden – and they didn't make it to this year's sale – and probably won't next year either.... please do consider making an appropriate donation to the Club. The plants and bits and bobs were donated to the Club – so you need to 'buy' them from the Club. An e-transfer to [lvgc.treasurer@gmail.com](mailto:lvgc.treasurer@gmail.com) will do the trick. Hope that makes sense.



*And now for our BIG ANNOUNCEMENTS in calendar order*

## **JUNE 18 - THE FIRST ANNUAL LVGC GARDEN CLUB SUMMER GARDEN PARTY**



Yes, we're having one! Why? Because we all want to spend time together and meet our new members without having to rush, to discuss our successes: the Plant Sale, the outings, the great speakers we've had *etc.* Soooooooo, a GARDEN PARTY.... come and enjoy a meeting without the meeting bits.

**WHEN:** June 18, 7 PM – 9 PM (Just like the meeting)

**WHERE:** 4210 St Mary's Avenue – upper Lonsdale: Go up Lonsdale, East on Braemar, UP/North on St George's – turn right on any of the 4 streets to St Mary's. I'm at the top, 1<sup>st</sup> right PAST the NO EXIT – NO PUBLIC PARKING sign.

**PARKING:** There is not enough parking in the driveway – so please park on St Mary's or Wooddale – but you can turn around easily in the driveway and drop off someone who would find it too long to walk up.

**ATTIRE:** Since we rarely get to dress up nowadays or put on our gloves and pearls – here's your opportunity to bring out your flowery frock, the flowery bonnet, boutonniere for the gentlemen (in case you don't have a top hat!) – maybe add a few fresh flowers – there are some ideas in the June Links file under "**Sartorial**". (No, you don't really have to – but why not have some fun?) **Do bring an extra layer as it cools down fast on the mountain** even though my weather app says it will be a nice night.

**TO NOURISH THE BODY:** We will enjoy the 'usual' like we do at our Christmas party: **please bring a small dish of something sweet or savoury to share.** ...and *what the Garden Club bringeth, the Garden Club taketh away....* (as in don't leave me the leftovers please, or I'll get fat!)

Presumably the Hospitality Team are willing to make coffee, tea (I have an urn) – and if you bring something more 'fortified' (eg a bottle of wine that you will enjoy, share and take away with you) – by all means!! – but think of glasses to go with – I'm not sure I have enough for the whole Club.

**Don't forget your cup, plate, cutlery,** and of course, something for the Harvest Project.

**TO NOURISH THE GARDENER'S SOUL:** Please wander the garden, sit where you can, poke wherever you wish, but at your own risk. PLEASE BE CAREFUL - it is uneven underfoot – so go slowly and gently. If you find some plant that you have been lusting after – we can discuss sharing. **Do bring a lawn-chair** to sit upon – there is lots of seating but probably not enough for everyone.

*You are cordially invited to  
The LVGC Summer Garden Party  
Thursday, June 18, 7-9 PM  
4210 St. Mary's Avenue, North Vancouver  
Bring Treats to Share  
Floral Attire: frock or hat or boutonniere*

## Sunday June 28 and Monday June 29 – 10 AM – 2 PM? **DIG DIG DIG!!!**

**Background info for any newbies** – LVGC volunteers go and dig out plants from gardens that are facing the backhoe. The plants we rescue have been given to the Club – so that we can sell them at the next Plant Sale. Our job is to show up with our implements of extraction, dig like mad – but in an organized fashion – then take the plants home and nurture them until the next plant sale. Needless to say, if some plants take root in your garden while waiting – then a healthy donation to the Club will offset their absence in next year’s sale.

### **WE WILL BE RESCUING WHATEVER IS LEFT AT SILVER HARBOUR CENTRE**

**144 East 22nd Street North Vancouver B.C. V7L 4L5**

The standard dig protocol will apply – as usual. And I might even bring donuts!! With some luck, we can finish what we started before the Sale. The Sunday will be the big day – Monday is for anything we didn’t manage to do on Sunday. Hope that makes sense.

1. Arrive at or AFTER the stated time and leave by the stated time (the garden owners need to know when they can carry on with their lives).
2. When you arrive, say ‘Hi’, check in with a few people so we know who you are, and you know who we are... best way to make friends.
3. Dress for success - your usual garden regalia is appropriate – and consider the weather.
4. Bring your own implements – it’s good to label them or at least count them... so that you leave with as many as you came with. I have an assortment of garden tools I’ve acquired by people leaving them and not bothering to pick them up from me.
5. Bring empty pots, bags, boxes, what-have-you (kitty litter bags, dog food bags are great!) to put the plants in and take them away with you.
6. Dig out only designated plants – once we nearly dug in the wrong garden.... so make doubly sure.
7. Don’t cherry-pick and leave a mess: dig in an organized fashion and empty a small section; then clean up before moving to the next area.
8. You have 3 choices as to what to do with the plants:
  - a. You can take them home and take care of them till the next plant sale.
  - b. You can deposit them at my house, and I’ll take care of them till the next plant sale: 4210 St. Mary’s



- c. You can BUY them – by making a healthy donation to LVGC by e-transfer to [LVGC.Treasurer@gmail.com](mailto:LVGC.Treasurer@gmail.com) – and in the message box, explain that it is a Dig Donation.  
Guiding principles for pricing: we use the honour system and your heart – 100% of DIG \$\$ goes to LVGC’s good causes. You know how expensive plants are these days – calculate/estimate at least 50% of the retail price... we give you 50% for “sweat equity”. So to reiterate – these are NOT “Yippee!! Free Plants!!” .... We get access to them because people know that we donate the \$\$ so please donate accordingly.

Come and join the fun!!

#### **Remember that rescuing plants is good in many ways:**

You rescue the horticultural patrimony of the North Shore  
You contribute to the genetic diversity of plants by maintaining non-mass-grown specimens  
You get exercise  
You make friends  
You give plants new homes  
You make the home-owners/donors happy knowing that their plants go to good homes rather than getting trashed by a backhoe  
You provide North Shore-hardy plants to the Plant Sale  
You reduce the amount of garbage going to landfills  
You have fun.

*“Gardens are not made by sitting in the shade” - Rudyard Kipling*

*“Tis my faith that every flower/ Enjoys the air it breathes!” - William Wordsworth*

*“When the world wearies/ and society ceases to satisfy/ There is always the garden.” - M. Aumonier*

**LVGC Tech Support proudly provided by Q Fix 778-866-8783 Artem Korniev**

## *Saturday July 11- leaving North Van at 9:30 am - LVGC Summer Outing*

*Lavendel Farm, Squamish, 40820 Government Road, Garibaldi Highlands*

Take in the stunning scenery on a drive up the Sea to Sky Highway to Squamish and then enjoy the **beautiful Lavendel Farm**. In addition to the fragrant lavender fields, there are pigs, cows, chickens and goats on the farm. And, as an added bonus, the farm will be hosting a car show on that day, so there will be even more to see!



Sign-up sheets will be available at our Garden Party in June, or you can email Donna and **INCLUDE YOUR NAME** as well so we don't have to decipher email addresses!  
[wasylikdonna@gmail.com](mailto:wasylikdonna@gmail.com).

Please indicate whether you can drive and take passengers or if you would like a ride.

Entry is \$10 at the gate.

**We hope you'll join us!**

## *NO DATE YET - Any interest in visiting DART's HILL GARDENS?*

Have a look in the LINKS file – and send [LVGCnewsletter@gmail.com](mailto:LVGCnewsletter@gmail.com) an email if you are interested and wish to visit. We can organize a carpool outing.

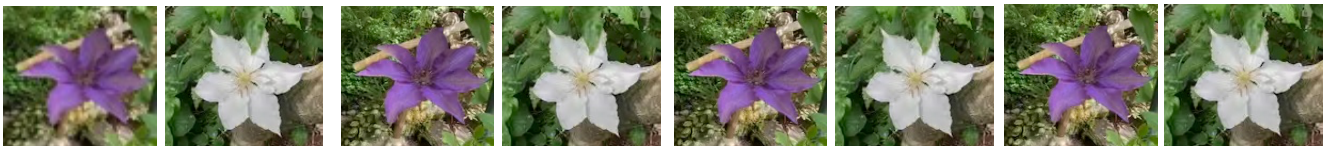
## *September 1 - Pictures at an Exhibition (thoughts of Mussorgsky) - Tana Bullock*

In the spirit of Rosemarie's Bright Spots - which when I joined in the midst of online CoVid, was always my favorite part... I was thinking of a meeting that was a *slideshow of our members' gardens*.

So, dear Members – please take a few pictures of your gardens looking lovely this summer, and I will compile the pictures, and we could just sit and enjoy them with a cup of tea on a dreary winter night at the Lawn Bowling Club!

Having said that, maybe some parameters would be in order:

1. Deadline – September 1.
2. Uploaded to the link provided in the LINKS file.
3. File naming format: **firstnameInitial-number** --like this: TanaB-1.heic ; HiromiM-3.jpeg
4. Preferred file formats: .heic .jpeg
5. Maximum **5 pictures** per person – so pick your best shots. [Think about it – we have 150 members... x 5... we would be there all night...]
6. Maximum **1 megabyte** per picture. [Think about it – that's 150 megabytes x 5... we will quickly exceed our free storage on Google Drive.]
7. Each picture must be accompanied by your name and a description of what it is we are looking at. [Think about it – ferns and a flower: whose and where? x 150 x 5... enough to make one crazy.] Email the pictures' stories to [LVGCnewsletter@gmail.com](mailto:LVGCnewsletter@gmail.com) – with 'Picture Description' in the SUBJECT line. We can then match them with your pictures and read them out at the presentation.
8. Do be good and follow instructions – we know you are all strong individualists – but... just... please.



## 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.]

### BC Council of Garden Clubs

The Bulletin's June issues is out, and you can access it through the appropriate link in the Links file.

### Metro Vancouver Watering Restrictions

Unless you are among the lucky few – like my up-hill neighbour – who is on a private well, you need to “*read and heed*”.

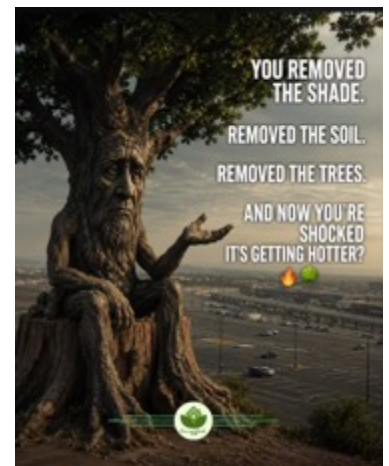
- All **lawn** watering is prohibited. [We hate lawns anyway – so no hardship there.]
- **Trees, shrubs, and flowers can be watered at any time using a water container, drip irrigation, or hose with spring-loaded nozzle. Sprinklers and soaker hoses are prohibited.** – [This means we are going to be out there watering at all hours. Please remember your BIG TREES – not just your flowerpots. The urban canopy is an important cooling system and watering the trees protects our collective well-being.]
- **Vegetable gardens can be watered at any time.**
- Pools, hot tubs, and decorative water features, such as fountains, cannot be filled or topped up.
- Vehicles and boats cannot be washed at home except to clean windows, lights, mirrors, licence plates, and boat engines for safety. They may be washed at a water-efficient commercial car wash.
- Washing surfaces like driveways and sidewalks is prohibited except for health and safety reasons or to prepare a surface for painting.
- Non-residential properties are subject to similar restrictions on lawn and garden watering, as well as filling and topping up decorative water features, and washing surfaces. Filling/topping up pools and hot tubs can be done with an operating permit.
- Watering at golf courses and sports fields is reduced, but operators can still water to protect these private and public assets.
- Water play parks may operate if they have user-activated switches.
- In each case, residents are encouraged to check with their local jurisdiction to confirm requirements or permits per their local bylaws.
- 



### Save the Stephens Street Chestnut Tree



While the provincial government has just committed \$115M to plant more trees, the City of Vancouver is letting a “property owner’s preference for remediation” cause the demise of a 120-year-old tree. The owner wants to remove contaminated soil left by the removal of an oil tank. To do that, he wants to undercut the tree. This, in turn would destabilize the tree and make it a public hazard: *ergo* it would have to be cut down. The property owner could place new soil in the hole, close the hole and let nature take its course – but he wants the tree gone, for a higher real estate value. Please sign the petition – in the LINKS file – to save this poor tree.



## THE COMPOST BIN – Maria Issa

No idea whether this article from NYTimes [see LINKS file] will work for you, or frustrate you hiding behind a paywall, so I'll tell you about it. The author is a happy shopper who stumbled upon two large-leaved plants at a botanical garden sale and has been in love with large-leaved plants ever since. One was *Rodgersia podophylla* and the other, *Astilboides tubularis*... kissing cousins in the – surprise! – Saxifrage family. Both have large, 12 - 18 inch leaves, and both like nice, wet shady spots as they are a native of stream banks and moist woodlands in Japan and Korea. Remind you of your garden? – Oh yes!

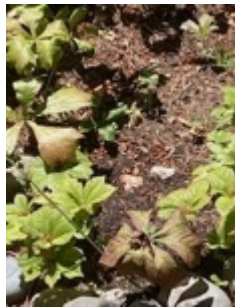
A couple of years ago, when we visited that magnificent *Hosta* garden in Deep Cove, like the NYT person, I got hooked on the *Podophylla*, not the *Hostas*. I had never seen *Podophylla* before. That's what I thought the article's *Astilboides* were. Wrong. I have been lusting after "*Podophylla*" to this day – when the bright light of the NYT exposed the fact that the huge, bronze-leaved plants I have in several spots in the garden, were *them*. They came with the house. I have *Rodgersia* to end all *Rodgersia*. Only about 20 went to the Plant Sale and I still have some babies in pots.

OK, the *Rodgersia* really do have mega-astilbe-like inflorescences – like about 5 ft of creamy white fluffiness. They are quite lovely and great in the shade – BUT BUT BUT.... it's the other ones I thought I wanted, the round-leaved, exotic-looking *Astilboides* – *that are not "Podophylla"*.

Why? You might well ask. Well, because I like big leaves too. I play them off each other: I have a *Gunnera* that is close to the Rhubarb which is close to the *Darmera peltata*. The *Gunnera* is probably a *manicata* as it's not overbearing – just a nice garden-size... now. It came from my Aunt Hanna's garden – and hers were HUGE. We'll see what develops. The Rhubarb is fat and happy, or so I thought, until I saw the absolute monster in Penny's garden: I need to feed mine more.

The *Darmera peltata* was an LVGC Plant Sale find. It scared me. The tag on it was smeared and said "Da---ra". I had it in my head as *Datura* (Devil's trumpet, thornapple) which contains a particularly nasty paralytic, hallucinogenic poison. I bought it anyways – you only live once! – and it turned out to be a *Darmera* – funnily enough, which also likes stream beds.

So, what was it that I coveted in that *Hosta* garden? A bit of intense hunting finally resolved into "*Podophyllum delavayi* x 'Spotty Dotty'", also known as Mayapple. So here is the confusing and unrelated line-up: "Close, but no cigar!"



*Astilboides tubularis*, *Rodgersia podophyllum*, *Gunnera* sp., *Darmera peltata*, *Podophyllum delavayi* x 'Spotty Dotty'

Now, as any compost bin must contain a variety of materials, I have a bit more NYT excitement for you, but this may require you to create a free account, however I found it re-printed in the detested National Post. Both links are supplied.

While we know about mycorrhiza and the 'wood wide web', what we may not have known is that there are literally billions of miles of underground connections: "Scientists have mapped a dense network of thread-like fungi that criss-crosses across an array of biomes while hiding just beneath the Earth's surface. Known as **arbuscular mycorrhizal fungi** (AM), these microscopic organisms carry water and nutrients to 70 per cent of plant species and help keep a vast amount of carbon out of the atmosphere. The study, published (last) Thursday by the Society for the Protection of Underground Networks (SPUN), found that the biomass of mycorrhizal fungi was four to six times that of the human population."

What is interesting is that "AM networks were found in nearly all biomes, with grasslands containing 40% of their biomass. The densest structures were found in the grasslands of South Sudan, the Everglades in Florida and the Tibetan plateau." There is an amazing, interactive map (see links file) that shows the AM distribution world-wide. Just a quick glance at the map shows that warmer, wet areas that are not intensely cultivated contain the most AM.

As one of the original article's lead scientists said, ""This study is an exciting step towards understanding how this planetary circulatory system operates and suggests ways that we can better work with fungi to help address many of the unfolding challenges of our times, from food security to climate change."

Finally – one last, unrelated thing. Did you know that there exists a rose that is so dark red that it appears black? The Black Roses of Halfeti, Turkey, lose their colour if grown anywhere else as they are the product of the local soil. (LINK)

