



THE BULLETIN

BRITISH COLUMBIA COUNCIL OF GARDEN CLUBS

MARCH 2021

PRESIDENT'S MESSAGE

(PLEASE FORWARD THIS NEWSLETTER TO ALL YOUR CLUB MEMBERS – THANK YOU!)

BY CINDY TATARYN

FIRST VICE-PRESIDENT

FOR ERIC HEES, PRESIDENT

March has arrived and spring is around the corner bringing the promise of new blooms in the garden to brighten your spirits. Spring also brings club plant sales and our Annual General Meeting which will be held **March 27, 2021, from 9:00 am – 12:00 pm on Zoom**. We have invited Winnie Hwo to speak to us about the David Suzuki Foundation Butterflyway Project.

Winnie Hwo is the Senior Public Engagement Specialist for the David Suzuki Foundation. Her expertise lies in the Sustainable Diversity Network, bringing new Canadians and Indigenous communities together and the Butterflyway Rangers project.

Winnie is a former news and current affairs director for Fairchild Television and reporter for the *Vancouver Sun* and CBC Vancouver. She won the first Chinese language Jack Webster Award.

The David Suzuki Foundation Butterflyway Project would like you to plan for the pollinators when you plant your garden this spring. They are encouraging people to use pollinator-friendly plants such as asters, red columbine and other native plants in order to aid butterflies and bees gathering pollen. Winnie Hwo says their annual Butterflyway Rangers



campaign helps spread this message.

There are also four motions to amend the By-Laws that each club will be asked to vote on after the meeting via SurveyMonkey. They were sent to the clubs in January in order to give the clubs the 60 days notice as required by the By-Laws. Each Affiliated Member Club in good standing is allowed one vote. If you are the club voting delegate and have not seen the motions yet please contact our secretary at secretary@bcgardenclubs.com. If your club has not paid the BCCGC affiliation fee yet, you will not be able to vote.

The positions up for election are President, 2nd Vice President, Secretary and Scholarship Trust Fund Trustee. **We are still looking for someone to fill the President and 2nd Vice President positions.** If you are interested in any of these positions or want to nominate someone else, please contact 1st Vice President Cindy Tataryn at 604-585-6786 or email 1vicepresident@bcgardenclubs.com

or contact Past President Lorna Fraser at pastpresident@bcgardenclubs.com.

Pam Robertson from South Surrey Garden Club has agreed to stay on as Secretary for another term and Patty Molnar from North Surrey Horticultural Society has agreed to stand for Scholarship Trust Fund Trustee.

I would like to thank our President Eric Hees for his time, talents, fresh ideas and vision that he brought to the BCCGC Executive. Unfortunately he is unable to run as President again.

I would also like to thank our 2nd Vice President Elizabeth Theriault and Communication Coordinator Linda Stanley Wilson for the many, many hours and the effort they put into their positions volunteering on the BCCGC Executive. Linda spent many countless hours working on updating the website and dealing with other technical aspects needed to run BCCGC. We greatly appreciate the work that they did and the huge number of hours that they spent behind the scenes, working on our behalf.

Past President Lorna Fraser has been tremendous help on the Executive. She has volunteered her time and expertise as President and Past President and has been an

inspiration and great leader for our Executive. We would like to thank her for all the time she has been on the Executive and gone above and beyond the call of duty to get everything accomplished in a smooth, orderly manner. She will be missed!

Save the Date:

Our Annual General Meeting will be held on March 27, 2021, 9:00 AM to 12:00 noon, online via Zoom.

The positions up for election are:

President, [https://bcgardenclubs.com/about/exec-](https://bcgardenclubs.com/about/exec-board/)

[board/president-terms-of-reference/](https://bcgardenclubs.com/about/exec-board/president-terms-of-reference/)

2nd Vice President, <https://bcgardenclubs.com/about/exec-board/second-vice-president-terms-of-reference/>

Secretary, <https://bcgardenclubs.com/about/exec-board/secretary-terms-of-reference/>

Scholarship Trust Fund Trustee (3 years), <https://bcgardenclubs.com/about/exec-board/scholarship-trust-committee-terms-of-reference/>

We are also looking for someone to complete the **Communication Coordinator** position, [https://](https://bcgardenclubs.com/about/exec-board/communication-coordinator-terms-of-reference/)

bcgardenclubs.com/about/exec-board/communications-coordinator-terms-of-reference/

Happy Gardening!

Cheers,

Cindy Tataryn

First Vice President, BCCGC

1vicepresident@bcgardenclubs.com



RE-WILDING OUR MEDICINE

BY LAURA PASACRETA

Humans have always had a symbiotic relationship with plants, since the dawn of our species. Plants have provided us with food, clothing, shelter, and medicine in exchange for seed transportation and tending to crops. One of our earliest relationships with plants is as medicine. Indigenous communities in the area have harvested plants for medicine for millennia and have a preserved herbal tradition that has passed from generation to generation. So reliant we have been traditionally on plant medicines that when Europeans immigrated to Canada beginning in the 1870s, they brought medicinal plants such as plantain, burdock, and dandelion with them. Despite this complete reliance on plant medicine as late as only 60 years ago, we have abandoned much of this traditional knowledge and trust.

In our modern world, part of our disconnection with plants as medicine is a result of the interruption of our connection with nature — densification of cities, smaller yards for growing gardens, and the capitalization and sterilization of our traditional plant medicines into what we now know and trust as medicine in the form of a pill.

It has been said that in every culture in the world, the full breadth of medicine required for a population is available in wild form in our natural areas. When I trained as an herbalist in Alberta, I discovered many of these natural medicinal gardens within city limits — medicines for colds, flus, headaches, inflammation, asthma, and even more deep-rooted diseases such as cancer and heart disease. I now grow many of these plants in my garden.

Using plants as medicine re-forges a sacred relationship that brings about profound levels of healing and helps us to regain our place in the natural world. Below are some medicinal plants available in the natural areas in Richmond, demonstrating the wide medicinal applications of local plants. If you're new to plant medicine, please consult the BC Herbalists Association to learn more about local herbs in your area and how to grow and take them medicinally. <http://www.chaofbc.ca/home/>

Cleavers

Cleavers can be found growing as a weed in gardens. But it is a powerful ally as a medicine. Cleavers is one



of our most important herbs for our lymph system — which can become sluggish in the disease state and in modern society in general. Our lymphatic system is key for drawing out toxins from the body, mainly through the skin and lymph nodes. So it is highly effective for psoriasis, ganglions, and edemas. It is also useful for its action on urinary infections as its cooling nature calms inflammation and allows toxins to be released.

Red Clover

Red clover is an introduced herb, and is considered to be the queen of the blood purifiers — and as a tea, is for good for conditions affected by congested blood such as acne, eczema, blood sugar irregularities, and hepatitis. Its cool, moist constitution has led to its efficacy with hot flashes in peri and menopause and it has a slightly phyto-estrogenic influence.



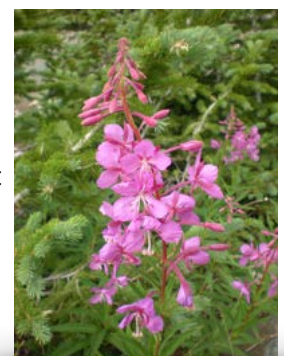
Dandelion

Dandelion is one of our most powerful medicines for the liver. In modern society, with the normalization of pesticides, toxic cleaners, and pollution, our livers are working overtime. Dandelion root (harvested in the spring) is excellent for congested liver, spleen, and gall bladder — which can result in headaches (on forehead), blurry eyesight, stiff shoulders, and skin issues. Roots harvested in the fall have high inulin and serve as a prebiotic for gut issues. The flower is good for soothing sore muscles and a flower oil can be easily made by sun infusion of 1 part flower to 5 parts oil in a jar and setting it out in the sun daily for two weeks, shaking daily. Strain out the flowers and store the oil in the fridge for up to a year.



Fireweed

One of my favourite plant medicines for its message of hope and restoration is fireweed. Fireweed is the first flower to grow after a forest fire. Wherever the land is



scarred and burned births a field of electric pink and green, showing the resiliency and capacity for faith in new beginnings. Fireweed is also an amazing anti-oxidant, anti-aging, and anti-inflammatory — so excellent for use in inflammatory conditions such as arthritis and psoriasis. It is also becoming an important medicine for prostate inflammation and cancer for use with allopathic treatments or on its own.

Horsetail

This 300 million year old species is a valuable plant medicine used for millennia by Indigenous groups for menstrual irregularities. Highly astringent, it reduces excess menstrual bleeding and spotting. It is also rich in trace minerals, especially calcium and silica, so is very effective at stimulating bone and connective tissues for those with osteoporosis and Paget's Disease. Horsetail also reduces allergies so is effective at clearing chronic sinusitis and hay fever.



Lemon Balm

Lemon balm, in the mint family, is known as an invasive weed on the coast. But its pervasive presence sends a powerful message. I often look to the plant world to see what plants are growing in excess to tell us what we need medicine for the most. Lemon balm is mainly used to treat depression and anxiety — which has become endemic in our modern society. Lemon balm is also an excellent anti-viral for flus, a good remedy for cold sores, and is effective in reducing heart palpitations for those with Histamine Intolerance.



Mullein

Mullein is the main western plant used for lung health. As a tea, the leaves are a powerful respiratory expectorant. The leaf can also be smoked for quick relief of asthma or bronchial congestion from a cold. The roots are effective for strengthening the trigon muscle in kidneys and the bladder for incontinence and bedwetting.



Wormwood

One of our most potent local anti-virals is wormwood or *Artemisia*. Wormwood is the main herbal ingredient in absinthe, first produced commercially in 1797 and later banned in 1915 in France due to its abortifacient abilities. Extremely bitter, the leaves can be used to stimulate digestion and bile production prior to a meal — and is often a main component in traditional bitters. It is also currently being studied for its efficacy in Crohn's Disease with a 65% full recovery in a 2007 study published in *Phytomedicine*. It is also highly effective for lung infections, as it is a powerful anti-viral and is currently being studied for its use for the COVID-19 virus.



Laura Pasacreta is the daughter of Lynda Pasacreta, (President, Richmond Garden Club), and is an Herbalist + Flower Essence Practitioner for Bare Apothecary (@bareapothecary). She lives in Calgary with her family and spends as much time as she can when visiting the coast at Paulik Park, Richmond, BC



SCHOLARSHIP FUND NEWS

BY BRENDA WOOSNAM

2020 Recipient of the BCCGC Rose Bancroft Horticulture Scholarship

Elizabeth Jeffs received the BCCGC Rose Bancroft Horticulture Scholarship this past year. With the aid of this scholarship she is completing her fourth year of a Bachelor of Science in Applied Biology at UBC, majoring in Applied Plant and Soil Sciences.

Elizabeth grew up on her family's blueberry farm in Ladner, BC. She was given farming tasks to do since she was young and thus began her love of agriculture. Whilst at UBC she has had the opportunity to complete work placements at Terramera and E.S. Cropconsult that have reaffirmed her passion for horticulture and plant science. Her hope is to pursue a graduate degree, studying plant science or agriculture, and to then build her career in her chosen field.



Monitoring cranberry fields



Driving the blueberry harvester

BC COUNCIL OF GARDEN CLUBS SCHOLARSHIP TRUST FUND

50 YEARS AND COUNTING

BRENDA WOOSNAM, CHAIR, SCHOLARSHIP TRUST FUND

In the October issue of *The Bulletin* we celebrated 50 years since the initiation of the BCCGC Scholarship Fund in November 1970. The first awards were made in 1971 to UBC and BCIT students following a horticultural path. As the fund grew other programs have been added to the list of those supported by the Council. Two programs, the Landscape Horticulture programs at BCIT and Capilano College, closed down but were replaced by others such as the University of the Fraser Valley two-year Agricultural Technology Diploma and the Landscape Horticulture Certificate at Pacific Horticulture College in Victoria.

Over the years the fund has included 14 programs at 12 colleges and universities. Today there are 12 annual awards made at 10 institutions throughout the province. A total of 344 scholarships, bursaries, and awards have been distributed. Each of those awards represents a student who has received financial assistance with their education in the field of horticulture. The total sum of those awards over the 50 years is \$245,177 and the average amount of an award is \$713. In 2020 the Scholarship Trust Fund distributed \$11,700 with an average award of \$975. This is a very modest amount given tuition fees and living costs faced by students.

For the presentation on the *History of the Scholarship Trust Fund* at the fall meeting I was able to calculate that donations to the fund from 1982 to 2019 totalled \$194,696. The total amount of donations from 1982 to 1994 was approximately \$43,000. Applying that sum to the previous twelve years for which there was insufficient data we have a generous estimate of the total donations to the fund of \$237,700 over a 50-year period.

We collected approximately \$238,000.

We paid out approximately \$250,000.

And yet the value of our Scholarship Fund at the end of 2019 was \$290,577.

We owe this to consistent donations from member clubs and individuals over time that have contributed to the capital of the fund. As the capital grows there is more interest available to fund the awards. Your donations have more impact when they are combined with those of others. Together we are stronger.

A huge thank you to all those member clubs and individuals who have built the Scholarship Trust Fund up to where it is today. You are leaving a legacy which we hope will continue to grow.



How to Donate to the BCCGC Scholarship Fund

If you wish to make a donation by cheque please send it to:

BC Council of Garden Clubs Scholarship Fund
c/o: BC Council of Garden Clubs
PO Box 16106 Lynn Valley
North Vancouver BC V7J 3S9

Please ensure that the cheques are made out to the “Vancity Community Foundation” and the memo field shows “BC Council of Garden Clubs.” If the person or organization that the donation is from does not clearly show on the cheque, please include a brief note with the cheque indicating who the donation is from and a return address (so that an income tax receipt can be issued).

If you wish to donate online with a credit card:

1. Go to www.vancitycommunityfoundation.ca
2. Click the “Funds” button on the top right side of the home page
3. Locate the BC Council of Garden Clubs Scholarship Fund, either by scrolling through the list or searching “garden clubs” in the search bar
4. Once on the BCCGC Scholarship Fund page, click “Give to this Fund” and complete the form

OR

1. Go to www.bcgardenclubs.com
2. Go to the “Scholarship Fund” on the top bar and click on the “Donate” page below
3. Scroll down to the link to Vancity Community Foundation and click on it. This will take you to the BCCGC Scholarship Trust Fund page
4. Click on “Give to this Fund” and complete the form

Thank You!



I HAVE A NEW BEGONIA TUBER. WHAT DO I DO NOW?

BY LORNA HERCHENSON, BC FUCHSIA AND BEGONIA SOCIETY

When you bring your tuber home, put it in a warm place (light is not necessary at this time). When little pink buds start to show (this is the top), put the tuber in some damp potting mix or peat moss. Place the mix in the bottom two thirds of the pot and then place the tuber on top of the mix, giving the tuber a half turn into the mix. Keep the mix damp but not wet. If it's an upright begonia, place a skewer or some type of stake into the soil about half inch away from the tuber. This stake is your guide for the placement of a larger stake. As the sprouts grow bigger, (this is when the tuber needs lots of light - not sun) you will have to move the plant to a bigger pot. You may also have to use a bigger stake. Always place the bigger stake in the hole you took the small one out of. If the plant is getting long and leggy, it is too warm or doesn't have enough light or both.

If your tuber is a pendular one, plant the same as an upright. When the sprouts are about three inches high and have four leaves, pinch the growing tips out. Stakes are not required on pendular begonias. Continue watering your tuber and fertilizing lightly. When large enough, place in a basket type container. The stems will continue to grow upright and at some point they will fall over the edge of the basket.

Some growers like to place sand in the depression on the top of the tuber to prevent stem rot. Once the tuber is growing nicely, you can place about 1 inch of soil on the top of the tuber as the roots will also grow on the top. On upright tubers, be sure to tie the stem to the stake before the stems fall off the tuber. It takes quite awhile for the flowers to form on a tuberous begonia. Be patient!



CWAFAC VIRTUAL FLORAL SHOW

BY CINDY TATARYN, PRESIDENT, CANADIAN WESTERN ASSOCIATION OF FLORAL ART CLUBS

The Canadian Western Association of Floral Art Clubs (CWAFAC) is having a 'Virtual' Floral Art Show. The show schedule and email information is available at www.wafac.weebly.com. The deadline to register your intent to enter an exhibit is April 5. Email a photograph of your floral design by [April 15, 2021](#). The results will be announced at the Canadian Western Association of Floral Art Clubs (CWAFAC) AGM on [April 24, 2021](#).

Photo: *Inside the Circle* by Darlene Ellwood, CWAFAC AGM and Floral Art Show April 2019



CONGRATULATIONS VICTORIA HORTICULTURAL SOCIETY

CELEBRATING THE PAST....LOOKING TO THE FUTURE

BY MIKE MCHUGH, PRESIDENT, VICTORIA HORTICULTURAL SOCIETY

The Victoria Horticultural Society turned 100 years old January 31, 2021! Planned in-person celebrations have, not surprisingly, been put on hold for the foreseeable future, but we still hope to be able to mark this milestone in some creative ways.

Our Programs team have been working hard to source speakers that we would not normally be in a position to invite to come to Victoria in-person - which is perhaps the only advantage of the current situation.

We are looking at the possibility of groups working together to “share” speakers and resources. Ironically, this is something that is much easier with online meetings. Our Zoom account allows us to have up to 500 people attend a meeting. I would therefore like to invite you and your members to consider attending our online meetings this year. This could be done on an individual basis (there is a \$5 drop-in fee for non-members, payable by eTransfer). Another option might be for your organization to make a contribution towards the expenses for a particular speaker, in return for which all of your members would be able to attend that meeting. Please contact me if you have any questions or concerns in this regard.

Finally, if you are still interested in having a broader discussion about resource sharing, something that we could do on Zoom, please let me know if you would be interested in participating in such a discussion, reply to president@vichortsociety.org.



Celebrating the past ... looking to the future

The Victoria Horticultural Society is 100 years old!

Whilst Covid means that we will be unable to host in-person events for the foreseeable future, we still plan to celebrate this milestone in other ways.

Information on events and speakers will be posted to our website — check regularly for the latest information!

www.vichortsociety.org



GABBING ABOUT GARDENING

BY LUCRETIA SCHANFARBER, PAST PRESIDENT, QUADRA ISLAND GARDEN CLUB, PRESIDENT, CORTES ISLAND GARDEN CLUB

As a former radio host of "Healthy Stuff with Lucretia" and with her love to gab about gardening Lucretia (Lu) has launched an interview-style weekly Zoom gathering for gardeners called "Gabbing About Gardening." Every week on Mondays a new guest and topic is featured. It is free and by donation. If you have a special guest to recommend she could invite to gab, please feel free to send their contact info to lucretia.schanfarber@gmail.com. Below is the calendar for March including the zoom link for joining the gathering.



Gabbing About Gardening Marches Into Spring with Special Guest Brian Minter

As we head into spring, Gabbing About Gardening continues to present weekly Zoom gatherings for gardeners from around the world. Our mission is to inform, inspire and connect gardeners to each other—locally and globally. We hope to motivate people to grow gardens wherever they are.

All of our Gabbing About Gardening zoom sessions are FREE to everyone, operating on the principles of the "gift economy" whereby folks contribute according to their willingness to support the project. Half of all donations go to our weekly guest and the other half go towards supporting free garden education programs for all ages and abilities. Here's a complete list of upcoming Gabbing About Gardening Zoom sessions scheduled for March. For more info you can reach Lu by phone at 285-2213 or by email: lucretia.schanfarber@gmail.com

Monday, March 1 at 4:30 pm

Gabbing About Gardening presents **"Our Changing Climate & Our Changing Gardens"** with **Brian Minter**. Brian will present a slide show. There will be plenty of time for questions and comments. We will learn:

- How the climate is affecting the way we garden
- What we can do to better adapt our gardens to the changing climate
- Which plants are most ideal for our regions
- What we can do to protect and support specific garden plants
- Tips on pruning

Zoom <https://us02web.zoom.us/j/84140983860> pwd=bIM5QTJvbUI1ZVV6UDJMQ0RoZIByQT09

Meeting ID: 841 4098 3860

Passcode: 723753

Monday, March 8 at 3:30

Gabbing About Soil Health with soil health ambassadors **Whitney Vanderleest** (professional gardener and permaculturist on Cortes Island) & Marc Doll (food forest gardener, permaculturist and compost junkie on Quadra Island). Nothing is more important to the success of our gardens than the health and fertility of our soil. Due to ongoing popular demand, Gabbing About Soil Health is now a monthly session. We will continue to learn:

- How to encourage beneficial microbes to inhabit your compost & your soil
- How to optimize the worm population in your compost

- Correct commonly made mistakes when it comes to soil health
- How can we improve soil texture
- The common signs that our soil is deficient and what we can do about it

Zoom: <https://us02web.zoom.us/j/85847630918> pwd=R0ZGSEZOTU12K1NjcDVuMFNicWMxUT09

Meeting ID: 858 4763 0918

Passcode: 316100

Monday, March 15 at 3:30 pm

Gabbing About Growing Apples with **Harry Burton**

No one knows more about growing apples on the BC coast than Harry Burton.

His certified organic apple orchard on Salt Spring Island is called Apple Luscious Organic Orchard and he grows and sells over 200 connoisseur varieties of apples. Harry also hosts the annual, world-renowned Salt Spring Apple Festival. Harry will share his wealth of knowledge and experience with us including:

- How to select the best variety for our garden space and conditions
- When to plant
- How to plant
- How to care for our apple trees
- Pruning, fertilizing, mulching, and more
- Common mistakes with apple trees

To learn more about Harry visit his website: www.appleluscious.com

Zoom: <https://us02web.zoom.us/j/85184257386> pwd=dmNXY1ZiQ0RXNXJzKzIZWWNRMVdGdz09

Meeting ID: 851 8425 7386

Passcode: 035163

Monday, March 22 at 3:30

Gabbing About Growing Lavender with **Judy Kemchand**

Nothing compares to the beauty and fragrance of lavender growing in the garden. And no one grows it better than Certified Horticulturist and Landscape Designer Judy Kemchand, a professional gardener on Cortes Island. Judy will teach us about:

- Selecting the best varieties of lavender for our gardens
- Soil requirements and amendments for growing lavender
- Harvesting and storing lavender
- Over-wintering lavender
- Propagating lavender

Zoom: <https://us02web.zoom.us/j/81250750566> pwd=MLJjWUp4SUFwSmZyOU9NTkZrV1p5QT09

Meeting ID: 812 5075 0566

Passcode: 315163

Monday, March 29 at 3:30 pm

Gabbing About Gardening presents veteran garden-teacher **Connie Kuramoto**. Connie will be “**Gabbing About Growing Herbs: Culinary and Medicinal.**” Connie grows a prolific herb garden from oregano to cannabis. She uses her homegrown herbs in cooking, making salves and medicinal teas. Connie will teach us how to:

- Grow our best herb garden ever
- Select the best site for the herbs you want to grow
- Amend soil for specific herbs
- Tend & harvest herbs from your garden
- Optimize companion planting with herbs
- Grow bee-attractive herbs
- Make our own herbal medicines

Zoom: <https://us02web.zoom.us/j/81594602950> pwd=STBJSUdtUEl5RkNRTXFHdWpVazVLdz09

Meeting ID: 815 9460 2950
Passcode: 520141

A sneak peek of two experts who will be Gabbing About Gardening in April - **Carolyn Herriot**, author of several best-selling gardening books, and **Mike Gall**, the DIY Pond Guy!

NEWSLETTER CONTRIBUTIONS

We would love to feature your club in the newsletter. You are invited to submit an article at any time (please include photos). Photos should be high resolution and you should include the name of the photographer if possible. Articles should be in the range of 300–500 words. If you have an idea for a longer piece, connect with the newsletter editor in advance to discuss your idea.

Articles are due on the 15th of the month preceding publication. If they are submitted after that date, they will be held for the next issue. The next due date is March 15th for April 1st. Submissions/inquiries: newsletter@bcgardenclubs.com.

Lynda Pasacreta, Editor
Pam Robertson, Copy Editor



BRITISH COLUMBIA COUNCIL OF GARDEN CLUBS

Eric Hees | President
Lorna Fraser | Past President
Cindy Tataryn | First Vice-President
Second Vice-President | **vacant**
Pam Robertson | Secretary
Ginette Handfield | Treasurer
Brenda Woosnam | Scholarship Trust Fund
Communications Coordinator | **vacant**
Lorna Herchenson | Membership Committee
Lynda Pasacreta | Newsletter Committee

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BC Council of Garden Clubs, PO Box 16106 Lynn Valley, North Vancouver, BC V71 3S9