

'Carding Mill'

THE BULLETIN

BRITISH COLUMBIA COUNCIL OF
GARDEN CLUBS

FEBRUARY 2024

PRESIDENT'S MESSAGE

LYNDA PASACRETA

PLEASE FORWARD TO ALL OF YOUR CLUB MEMBERS

Guess what I am going to talk about this month? Roses!

Brenda Viney, life member of the Vancouver Rose Society, fed my soul recently. As February is the month of love and roses, I asked Brenda for some photographs of her roses, especially in the shades of orange that represent the Communities in Bloom colour of 2024.

It was also announced that the Pantone colour for 2024 is "Peach Fuzz" and it is said that it can sooth your soul during these tumultuous times.

The exact origins of Valentine's Day are unknown but stories suggest it was created to celebrate St. Valentine, a patron saint from back in the third century.

There are both Christian and ancient Roman traditions mixed in with St. Valentine's Day.

Legend has it that Valentine was a priest during that century. When a Roman emperor decided

that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine defied the decree and continued to perform marriages for young lovers in secret. When the emperor found out he ordered Valentine to be put to death.

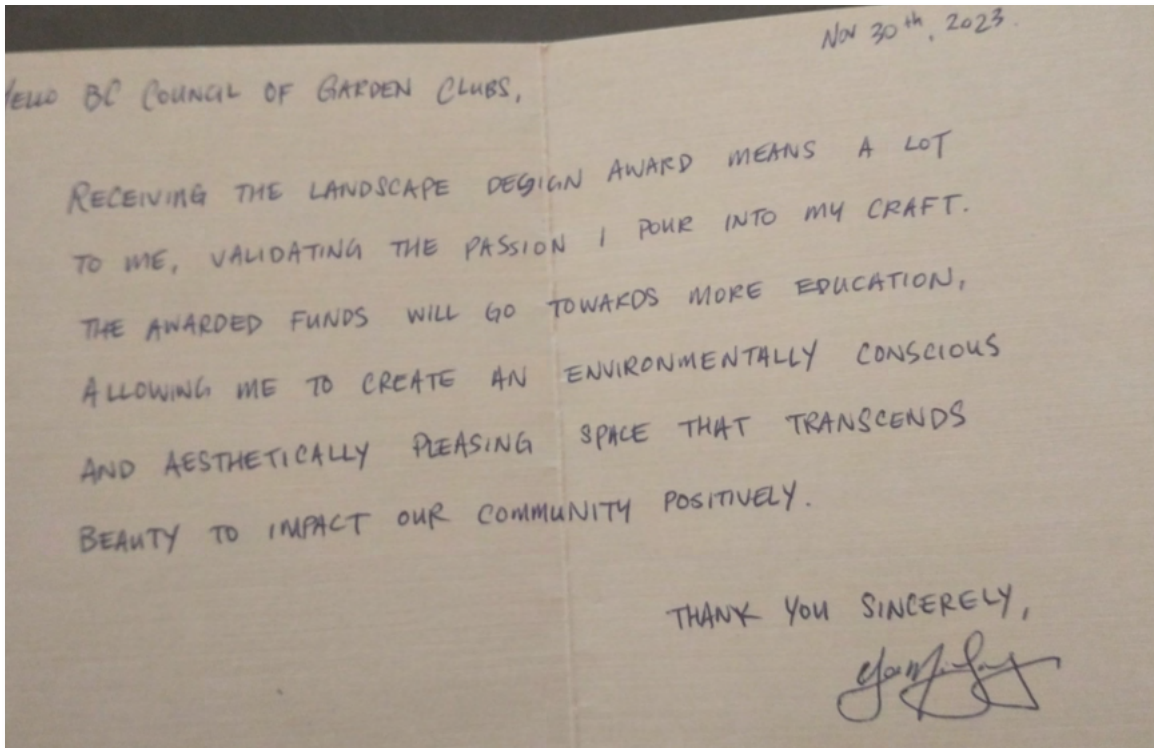
The flower connection for Valentine's Day harkens back to the 19th century. Victorians used flower bouquets to deliver messages to love interests.

Giving roses for Valentine's Day signifies love and romance. Their fragrance and visual splendour have become associated with affection.

Enjoy the sumptuous colours of Brenda's roses throughout the newsletter as we celebrate the joy we gardeners can bring to our loved ones.



SCHOLARSHIP FUND NEWS



Yeemi Tang, recipient of the Landscape Design Award, from Pacific Horticultural College. Congratulations Yeemi!

~Anita Irani, Scholarship Fund Committee

This month we have the opportunity to learn of another scholarship recipient's gratitude after receiving funds from the BC Council of Garden Clubs. These scholarships are so important in the lives of students who are working hard to learn about the field of horticulture and ultimately help to make a difference in all our lives.

What makes the scholarships possible is the generous gifts to the fund from all you donors — thank you. Thank you so much, everyone! You have helped us achieve an astonishing record annual total, almost \$15,000 in 2023 (last 2023 donation was from Vancouver Hardy Plant for \$1,000!) This will go a long way to help students in 2024.

The work done by the Scholarship Fund Committee is so important, liaising between our donors (you!), the academic institutions, Vancity Community Foundation, which manages the funds, and of course the students. This last part is perhaps the best, when we can see the profound difference the scholarships can make. We see the projects done, for example, by master's level students such as Meredith Wilson at our October general meeting, and sometimes committee

members are invited to graduation ceremonies. This gives us the chance to personally meet the students and gives them the chance to meet some of the people behind the gifts so that we are not just an anonymous institution.

If you would like to be one of those people, the Scholarship Fund Committee is looking for a new person to step on board in April. My three-year term is ending, while the other two committee members, Anita Irani and Betty Girard, will carry on. These are good, strong people deserving the help of someone new who works well with others, is organized, has some computer skills, and perhaps has fundraising experience. Anyone in the province can join as meetings are held by Zoom while correspondence is usually done electronically. There are monthly meetings held about 10 times a year, supported by a few hours of work each week. It is a very rewarding job, and I invite you to contact me, **Patty Molnar**, at scholarship@bcgardenclubs.com for more information.

~Patty Molnar, Scholarship Fund Committee Chair



HOW TO DONATE TO THE BC COUNCIL OF GARDEN CLUBS 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

10952 McAdam Road

North Delta, BC, V4C 3E8

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:

Go to
www.vancitycommunityfoundation.ca.

Click the "Funds" button on the top right side of the home page.

Locate the BC Council of Garden Clubs Scholarship Fund, either by scrolling through the list or searching "garden clubs" in the search bar.

Once on the BCCGC Scholarship Fund page, click "Give to this Fund" and complete the form.

OR

Go to www.bcgardenclubs.com.

Go to the "Scholarship Fund" on the top bar and click on the "Donate" page below.

Scroll down to the link to Vancity Community Foundation and click on it. This will take you to the BCCGC Scholarship Fund page.

Click on "Give to this Fund" and complete the form.

Thank You!

A POTATO, A DAISY, AND A BLACKBERRY

LIZ KNIGHT, PRESIDENT, SOUTH SURREY GARDEN CLUB

What do a potato, a daisy, and a blackberry have in common? All three are the legacy of one man: Luther Burbank.

Luther Burbank was born in Massachusetts in 1849. He completed high school, but further education was ruled out by the untimely death of his father when he was 19. He used his inheritance to buy a 17-acre plot of land for a market garden and began experimenting with plant breeding to create new hybrids. In 1877, he moved to Santa Rosa, California, and started a plant nursery, which in time became the largest private sector breeding station in the world.

Creating new plants with commercial value was the name of the game and he was a plant breeder of international renown. In total, he created a vast array of more than 1,000 hybrids and plant varieties, focusing on *Amaryllis*, *Hippeastrum*, *Crinum*, *Lilium*, *Hemerocallis*, *Watsonia*, *Papaver*, *Gladiolus*, *Dahlia*, and *Rosa*. Some of his plants were botanical marvels: a white raspberry, a red California poppy, a stoneless plum, and the "Nicotunia" (a bizarrely named cross between tobacco and petunias).

One of his dreams was to create a spineless cactus that could be grown in the desert for cattle feed. By crossing *Opuntia* (which have reduced spines to begin with) he did actually succeed in creating a spineless cactus. The dream of turning vast areas of worthless arid land into cattle fodder farms kicked off both a land rush and a period of frenzied speculation for his spineless cactus plants, which rivalled the Dutch Tulip Mania of the 1600s. His fortune was assured.

There was one catch. While the cacti were spineless when grown in his irrigated test fields, when planted in harsh desert conditions they regrew their spines

as a defence mechanism. The whole scheme collapsed in ignominy.

To safeguard his profits, he was scrupulous about maintaining exclusivity (yours is the only company selling that plant) and secrecy. He did most of his plant breeding himself and did not keep notes, nor did he trust any of his employees, whose pockets were searched at the end of each shift for cuttings and seeds. Very few of his creations have survived over the years and without any records no one knows how to recreate them. However, some of his most successful creations remain with us today.

His 'Russet Burbank' potato met the need for a blight-resistant potato after the Irish potato famine. It quickly became the most widely grown potato in the Pacific Northwest. Ray Croc of MacDonald's discovered that this potato was perfect for his "double frying" technique, and today the 'Russet Burbank' is the most widely used potato for commercial French fries.

The Shasta Daisy is another of Burbank's creations, a cross of four different plants (and two genera) from three continents. Superbum indeed! He named it after Mount Shasta because its petals are the colour of snow.

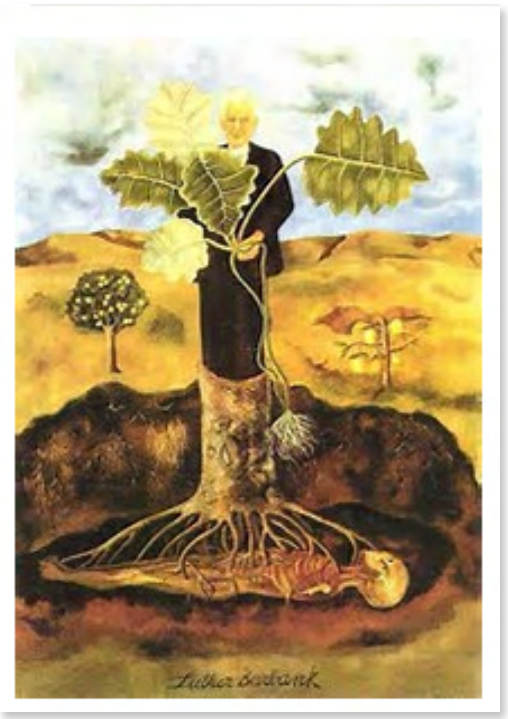
And what about the blackberry? Burbank acquired the seeds in 1885 from a trader in India, and named it the "Himalaya" blackberry, though it was actually native to Armenia and Northern Iran. He sold it to an unsuspecting public through his descriptive catalogues, and rhapsodized that, "in point of fruit production, the Himalaya far surpasses any other berry plant ever grown."

Thanks a lot, Luther.

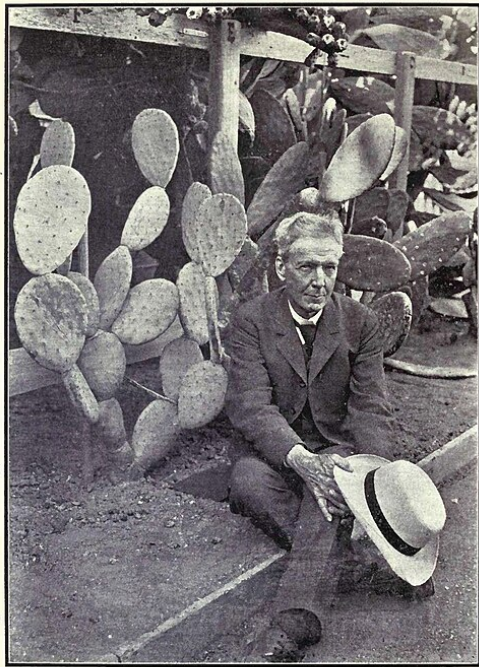
A POTATO, A DAISY, AND A BLACKBERRY, CONT'D



Thomas Edison, Luther Burbank, and Henry Ford (left to right) in 1915. Photo courtesy of Thomas Edison National Park



Portrait of Henry Burbank by Frida Kahlo
Photo: Wikiart



Luther Burbank with his spineless cactus. Photo: Wikipedia

LUTHER BURBANK, THE CALIFORNIA PLANT WIZARD, AND HIS THORNLESS CACTUS. FROM HIS LATEST PHOTOGRAPH.



French fries, most likely made from *Solanum tuberosum* 'Russet Burbank'
Photo: Pixabay



Shasta Daisy *Leucanthemum x superbum*:
Photo: Pixabay



Blackberries: *Rubus armeniacus*
Photo: Pixabay

WINTER BERRIES

ANA DUSHYNA

Brighter wintertime

Every season has its unique beauty. Wintertime only proves that.

I am always waiting to see the berries of guelder rose, sea buckthorn, dog rose hips, super hardy kiwi, and many more. Actually I have a few reasons, and an aesthetic one is maybe the one that appears the first. One more way to enjoy all of the benefits of winter berries is preparing hot flavourful drinks that support our health and well-being.

Red berries

First medicinal berry that comes to my mind is a beautiful shrub of **guelder rose**. It looks like a curly plant to me; its leaves turn red and pinkish in autumn. Berries also become more red and translucent so you may easily use it for home decoration. Berries are pretty attractive to birds, so we should leave on the shrub to support the wildlife in the colder season. And if you would like to use some for a guelder rose drink preparation just leave fruits on the shrub. It's a perfect way to keep them fresh and juicy in winter.

If we talk about health benefits, February is the perfect time to prepare guelder rose drinks, full of vitamins and minerals. The berries contain a variety of vitamins (A, C, E, P, K), and a few minerals like magnesium, iron, iodine, and others. For centuries it was used to boost immunity during fall/winter, to improve heart health, and to balance the hypertonia (heart-shaped seeds is an excellent reminder), as well as to relieve nervous tension.

Orange berries

Another plant to consider for brightening the winter garden is a sea buckthorn (*Hippophae rhamnoides*).

Actually it's not just a medicinal plant. It's quite popular on the western coast of Vancouver island, maybe because it tolerates sea salt and wind. It also has landscaping benefits. Sea buckthorn is a great plant to stabilize the soil when a garden is situated on hills, because it prevents soil erosion. And it enriches soil with nitrogen because this plant has ability to fix atmospheric nitrogen.

The fruit and some parts of the plant were used from the eighth century as a general cure-all plant in Asia. Now sea buckthorn berries are used as a superfood to enrich our body with beneficial botanicals and support overall health.

It is rich in vitamins such as B1, B2, C, E, K, oil, pectin, niacinamide, and many more. Naturally this plant is an excellent antioxidant.

Sea buckthorn oil is well known for lowering the absorption of cholesterol from the diet, so it helps to promote heart health.

It is an perfect remedy for treating skin problems, like wounds and burns. The oil helps to reduce wrinkles and skin dryness, so it is widely used in organic cosmetic products.

Winter drink

- Put one to two cups of berries in a big bowl, wash thoroughly.
- Cover with the cold water and use a potato masher to press the berries few times until they produce juice.
- Strain seeds and other particles using strainer.
- Enjoy the drink, cold or hot. Just add some hot water and honey/sugar.

This simple recipe is applicable to lots of berries (organic raspberries, strawberries, grapes. etc.)



Photo: Wikimedia Commons



Guelder rose (*Viburnum opulus*). Deciduous shrub with green leaves that turn to reddish in September. Creamy white clusters of flowers are followed by little round berries. Red and translucent berries become edible in late fall.

Ana Dushyna, MSc in Pharmacy

Herbal garden speaker

herbalprograms@gmail.com



Sea buckthorn (*Hippophae rhamnoides*). A deciduous shrub with elongated leaves; runners will spread pretty quickly if left unchecked. Sea buckthorn has elongated leaves and tiny flowers. Tart orange berries are about 5-7 mm. For harvesting berries, we need unisexual plants, male and female.



Hello Orange!



'Carding Mill'



'Tuscan Sun'

PANTONE COLOUR CHOICE FOR 2024

Pantone's pick for 2024 colour of the year is called "Peach Fuzz," officially called "Patone 13-1023 Peach Fuzz." The colour feels gentle, velvety, and subtly sensual according to the design and colour authority.

BC Council of Garden Clubs challenges members to think of some complementary colours in the garden to plant with this unique colour. Gary Lewis, Phoenix Perennials, suggests that a magenta colour would look beautiful with "Peach Fuzz." Think of the dark magenta alliums (*Allium sphaerocephalon*, or drumstick allium) mixed with some roses with the "Peach Fuzz" colour. **Send your ideas to newsletter@bcgardenclubs.com.**



'Playboy'



'Tanglebank Legacy'



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2024 GARDEN TRENDS - STUMPERY GARDENS

Further to the article in our January issue about garden trends for 2024, let's delve into stumpery gardens. Quite a few of our members were interested in building a garden around stumps or adding stumps into their landscapes after reading the article.

Back in the Victorian days, stumps were used to display fern collections. A stumpery is typically a shady garden with strategically placed stumps, logs, and unusual pieces of wood as focal points.

The goal of a stumpery garden is to place them in an area where they can naturally decompose. Shade-loving plants are placed on, in, and around the stumps. Choose plants such as hostas, hellebores (be still my heart), ferns, *Scilla*, and snowdrops. Alpine plants would do well in a stumpery, and perennials such as ajuga, brunnera, or pulmonaria would look fantastic. Imagine all the insects and wildlife that will make their homes in the nooks and crannies of the stumpery.

A well-known stumpery garden is located at Highgrove Gardens, created by HM King Charles III.

Here in BC, at the University of Victoria, the Finnerty Gardens has a stumpery garden. Many of our west coast forests boast decaying stumps with interesting ferns, conifer seedlings reaching for the light, and lichens and mosses galore.

Stumps have lots of crevices that will make perfect pockets for plants. If you have an existing stump, add dirt and plants, then spread several inches of compost over the area.

If you are adding a stump to your garden, choose a shady area, and clear it of grass and weeds. Then

arrange the stumps, logs, driftwood, and bark in a way you find visually appealing. Add dirt and plants, then cover with compost. You can also add two to three inches of arborist's wood chips, which, hold in moisture, slowly add nutrients, and stop erosion.



Arundel Castle Gardens, The Stumpery, Norfolk, England. Photo: Wikimedia Commons



Ickworth House Gardens, Suffolk, England. Stumperies have been created where trees have fallen down in the estate. Photo: Wikimedia Commons

WESTERN PINE ELFIN BUTTERFLY

CINDY TATARYN, VANCOUVER MASTER GARDENERS

Western pine elfin, *Callophrys eryphon* (*Incisalia eryphon*)

Range: the Western pine elfin butterfly can be found locally in Burns Bog. It is fairly common and prefers mature pine stands.

Larval Food Plants: The larvae can be found eating the needles of pine (*Pinus*), lodgepole pine (*Pinus contorta* var. *latifolia*), and white pine. The more mature instars feed on buds and seeds of pine and fir.

Adult Food Source: The adult western pine elfin feeds on the nectar from willow (*Salix prolixia*).

Time of Flight: They can be seen flying from March to May.

Life Cycle: Eggs are laid in May at the base of needles of the larvae foodplant, *Pinus contorta*. They hatch around June 1. The young larvae feed on the base of the pine needles, eating through the needles, which then drop off. Later instars feed on the surface of needles. By mid-July the larvae are mature and pupate. The adults emerged in March of the following year.

Description:

Larvae: The egg is .75 mm by .5 mm and thus not as flat as the egg of the moss elfin. The mature larva has a brown head and rich velvet green body with two creamy white stripes on each side. The body is overlaid with fine brown hairs.

Adults: The western pine elfin is slightly larger than other elfin species. The pattern on the ventral hindwing is very distinctive. The submarginal area is a row of connected black chevrons accented by a contiguous lateral row of tawny chevrons.

The name 'elfin' refers to their small size and flight habits that make them seem to magically appear and disappear. There are six species of elfins in BC.



Western pine elfin. Photo: Wikimedia Commons.

WESTERN PINE ELFIN BUTTERFLY, CONT'D

Native Plant:

Lodgepole pine (*Pinus contorta* var. *latifolia*).

Western white pine (*Pinus monticola*).

The **lodgepole pine** is one of the larval food sources for the western pine elfin. It grows to 40 metres tall with thin reddish bark, less than 1 cm thick. It grows its needles in pairs that are often curved 2-7 cm long. It is found in Lynn Canal and northern southeast Alaska, also in old burned-out areas in large interior-influenced river valleys in the BC Coastal Mountains and along the crest of the Cascade Mountains, especially on recent volcanic deposits in Oregon. The cones of the lodgepole pine often remain closed for years until opened by the heat of forest fires. Dense stands of lodgepole pine develop rapidly after fire from the abundance of seed stored for years in the tree crowns.

The **western white pine** is a symmetrical tree that grows to 50 metres tall, with bark that becomes scaly with age, dark grey to nearly black, cinnamon-coloured underneath. It grows its needles in bundles of five light bluish-green, slender, and flexible, 5-10 cm long. They grow in moist valleys to fairly open and dry slopes, from near sea level to subalpine. The western white pine has been affected by the white pine blister rust fungus. It attacks 5-needle pines and young infected trees are quickly killed.

The Latin *monticola* means 'inhabiting mountains.'

Sources:

Butterflies and Butterfly Gardening in the Pacific Northwest, by Mary Kate Woodward (2005, Whitecap Books).

Native Plants in the Coastal Garden, by April Pettinger with Brenda Costanzo (1996 & 2002, Whitecap Books).

E-Fauna BC: Electronic Atlas of the Fauna of British Columbia (efauna.bc.ca). Lab for Advanced Spatial Analysis, Department of Geography, University of British Columbia, Vancouver, by Brian Klinkenberg, 2020/2021.

E-Flora BC: Electronic Atlas of the Plants of British Columbia (efauna.bc.ca). Lab for Advanced Spatial Analysis, Department of Geography, University of British Columbia, Vancouver, by Brian Klinkenberg, 2020/2021.



Pinus contorta. Photo: Wikimedia Commons.

BC COUNCIL OF GARDEN CLUBS

SPRING ANNUAL GENERAL MEETING, SATURDAY, APRIL 6, 2024

NOTICE OF MOTIONS FOR APPROVAL

The BC Council of Garden Clubs 2024 AGM will be held at Bonsor Recreational Centre, Burnaby, BC.

We will be asking the membership to approve two motions at the meeting:

1. Motion to approve minutes from 2023 AGM.
2. Motion to approve election of officers (BCCGC Bylaws, Article 3 — Elections and Appointment of Officers, 4.).

- First vice president
- Treasurer
- Communications coordinator

We will be providing more details about the 2024 AGM as we get closer to the date!



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BC COMMUNITIES IN BLOOM

Welcome to our newest BC Council of Garden Club member — BC Communities in Bloom. We will be hearing from Catherine Kennedy, Executive Director, and her team from time to time.

Thank you to all the garden clubs in BC that have been integral to many 'in Bloom' municipal participants throughout the years!

Participating communities unanimously agree there is no program like Communities in Bloom! It is a community-wide enhancement program where everyone wins. It becomes a collaboration of key stakeholders and citizens that support environmental and economic improvement initiatives, with a return on investment that is measurable, predictable and accountable.

The CiB program consists of communities receiving information and being evaluated by a jury of trained professionals. The evaluation process views six key criteria of Community Appearance, Environmental Action, Heritage Conservation, Tree Management, Landscape Areas, and Plant & Floral Displays and is additionally viewed within the sectors of Municipal, Business/Institution, Residential, and Community Involvement. Municipalities wanting to be evaluated are encouraged to register before [March 31](#).

Smaller community groups or garden clubs are encouraged to register in the [Community Showcase](#) non-evaluated program before [August 31](#).

 <p>CiB Cef</p> <hr/> <p>British Columbia Communities in Bloom</p>	<p>Catherine Kennedy Executive Director</p> <p>Phone: 604 576-6506 Email: c.kennedy@telus.net</p> <p>BC Communities in Bloom c/o 19951 Fraser Highway Langley, BC V3A 4E2</p> <p>www.bccib.ca</p> 
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'All That Jazz'







NEWSLETTER CONTRIBUTIONS

We would love to feature your club or community garden in the newsletter.

Tell us about some of the projects your club or community garden is involved in.

You are invited to submit an article at any time (please include photos and name of author). 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 February 15 for March 1**. Submissions/ inquiries:

newsletter@bcgardenclubs.com

Lynda Pasacreta, Editor

Pam Robertson, Copy Editor

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