

SUMMER 2022 Newsletter

"What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another."

— Chris Maser

WHAT'S HAPPENING AT RIVERVIEW

- David Eby, Attorney General and Minister Responsible for Housing, toured səmiq̓wəʔelə/Riverview on May 25, 2022. Our feature piece is about his visit.
- Guided Tours: the first guided walk approved by BCH is on June 9th from 7:00 – 8:30 pm. It is the Heritage and Finnie's Garden tour given by Ian McArthur, president of the Burke Mountain Naturalists, and Mark Johnston. At time of printing, BCH has not finalized the following tree tour dates despite having given tentative approval, as well as approving our license and the individual licenses for each tree tour.
 - Sunday, June 26 at 1:00
 - Sunday, July 17 at 1:00
 - Sunday, August 14 at 1:00
 - Sunday, September 11 at 1:00
 - Sunday, October 2 at 1:00

We are also still waiting for the liaison required by BCH for each tree tour.

- Update on Kiosks at Riverview. After a lengthy process of applying to BCH for approval to refurbish one Kiosk close to Crease Clinic and waiting for a very long time, BCH made the decision to remove two kiosks —one at Finnie's Garden and the one near Crease Clinic. BCH provided a written response of their rationale. The following excerpt addresses their concern about materials both past and future that are displayed on the kiosk:

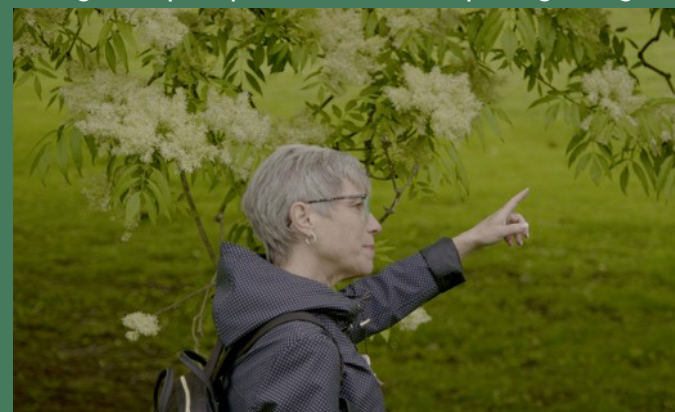
"... k̓w̓ik̓wəʔl̓əm First Nation and BC Housing have jointly made the decision to move forward with plans to remove both kiosks. As we noted in a previous email, materials posted on the kiosks have not always taken a strictly educational approach to plant life or built heritage features. k̓w̓ik̓wəʔl̓əm First Nation and BC Housing are concerned that displaying advocacy materials at səmiq̓wəʔelə undermines our commitment to an impartial public engagement process and does not properly honour k̓w̓ik̓wəʔl̓əm First Nation's status as an equal decision-making authority regarding the future uses of their ancestral, Indigenous lands."

We are disappointed by this decision.

- Riverview Horticultural Centre Society (RHCS) was encouraged to submit a proposal to BC Housing (BCH) in January to refurbish the RHCS Kiosk. The kiosk was maintained in the past by long-time arboretum advocate Don Gillespie and historically served as the starting point for the RHCS self-guided tree walks. It was also an important way to share information about RHCS tree tours and tree fest with our membership and members of the public who frequent the grounds. Our carpenter has already completed the Archaeological Training and is excited to start working on this long overdue project. Our hope is to have the kiosk fully refurbished before the end of April. We have been in communication with BC Housing. We were scheduled to meet with BCH on March 28th, but the meeting was postponed. We anticipate getting the final go ahead. Stay tuned!



James Bobick leading the May 25th tree tour



Selina Robinson attending the May 25th tree tour



"DAVID EBY VISITS səmiq̓wəʔelə/Riverview

An informative tour of the unique and world-class collection of trees on the historic Riverview Lands was given by horticulturist James Bobick for Attorney General and Minister Responsible for Housing David Eby on May 25th, 2022. The RHCS presented the Minister with a photo album to commemorate his visit and experience of these impressive giants. The event was attended by Minister of Finance Selina Robison. Also represented were KFN, BCH, and RHCS.

Dr. Nancy Furness (who has a PhD in Plant Physiology) spoke on behalf of the RHCS. The following is the text of her eloquent and impassioned message to Minister Eby about the value of the trees and land of səmiq̓wəʔelə/Riverview:

"səmiq̓wəʔelə/Riverview is one of the largest and best open-grown arboretums in Canada. Trees from throughout the temperate regions of the world have been thoughtfully planted so they create a tapestry of colours and textures which change throughout the seasons – so you need to experience these trees in spring, summer, fall, and winter.

In addition to being beautiful and providing valuable ecological services, trees make us feel good. They emit volatile compounds that calm our anxiety and reduce stress. They help us to connect to ourselves and each other through nature. The big trees in səmiq̓wəʔelə lands capture the powerful healing qualities of nature. With trees, size really does matter – as the tree grows all these benefits increase exponentially - so these big trees cannot simply be replaced with small trees.

I have spent my career writing plant protection policy for the Federal Government at both the national and international level and I've spent my life walking under some of the trees that I have worked to protect. I can honestly say that some of the trees on the səmiq̓wəʔelə lands are the most magnificent specimens I've ever seen.

The Riverview Horticultural Centre Society has long recognized the value of these trees, which is why we have advocated for decades to protect these lands from being divided up and sold off to developers. There are significant trees throughout the lands and our vision is to see these significant trees retained. We look forward to enhancing our level of communication with BC Housing and Kwikwetlem First Nations and being part of the conversation regarding the future of the səmiq̓wəʔelə lands.

We acknowledge Kwikwetlem First Nations have been stewards and protectors of these lands for thousands of years. Our group embraces reconciliation and welcomes opportunities to connect with Kwikwetlem First Nations to share our experiences, knowledge and love of the trees and lands. Members of Kwikwetlem First Nations joined us on a guided tree walk last year and we extend the invitation to join us on this year's walks.

Today on your walk, you'll be introduced to some of these giants and will learn about and experience both the tangible and intangible benefits of the trees. I hope you'll take a moment to stop beneath one of the big trees and take a deep breath – I think you'll understand why these big trees deserve protection."



Group shot from the May 25th tree tour with David Eby



Anna Tremere helping sort through RHCS materials

SORTING A 30-YEAR LEGACY

RHCS have been sorting through 30 years of materials advocating for the protection of the trees and the care and compassion for people suffering and struggling with mental health issues. This culling of the collection was led by Anna Tremere, a former psychiatric nurse at Riverview and president of the Riverview Hospital Historical Society and current long-serving member of the Coquitlam Heritage board with the assistance of Marilyn Anderson, president of RHCS. As no storage is available for these valuable materials, a large amount was donated to the Coquitlam archives to be preserved for future historians. Three large containers have been preserved for RHCS and we are actively looking for storage for these valuable artifacts. Coquitlam Archives were thrilled to receive such important information and are actively working to preserve it in their facility for everyone to access. Several books, articles and even theses have been written on Riverview, and this information will continue to be available for the general public for future use. Thank you to Anna Tremere and Marilyn Anderson for the many, many hours (over 2 weeks!!) it took to sort these treasured artifacts.

BOOK REVIEW

The Forest Reminds Us Who We Are: Connecting to the Living Medicine of Wild Plants
by Sean Padraig O'Donoghue

To quote one reviewer...

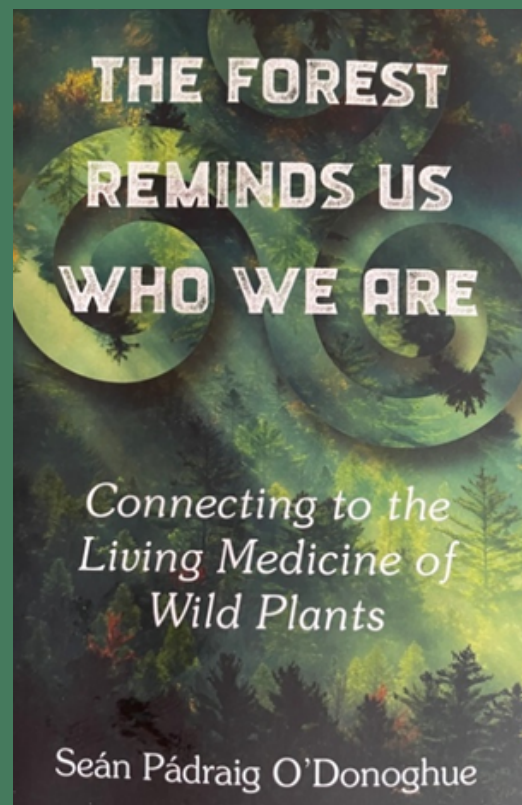
'Our ancestors drew health, strength, nourishment, and meaning from their relationship to the natural world, and yet today most of us have lost that vital connection. So, it should come as no surprise that we are living in an age of unprecedented anxiety, depression, loneliness, and illness.'

What this marvelous little book does is offer us a path, a way back to, if you will forgive the pun, our roots. There are many good books on natural medicine and the incredible inter-connection of trees and of plant life in general. For example, *The Hidden Life of Trees* describes how they feel and how they communicate; *The Secret Life of Trees* celebrates the beauty, variety, and ingenuity of trees. Both explore the concepts of interconnectedness and intelligence of all life.

The Forest Reminds Us Who We Are takes us deeper into this discovery and explores our role in the natural world and shows us how and why we can and must make a difference. Not just for ourselves and our family's health and wellbeing, but for all humanity.

The author weaves together both the ancestral knowledge of the natural world, with the proofs and substantiations that science and quantum physics is now clearing offering us, of the validity of much of the indigenous cultural wisdom from all over the world.

A recommended read for these most interesting of times in which we are living.



The Forest Reminds Us Who We Are: Connecting to the Living Medicine of Wild Plants
by Sean Padraig O'Donoghue



DO YOU FANCY A CUP OF TEA?

All you need is a Linden tree. Its dried flowers are used to make tea.

This perfect summer tree produces fragrant flowers and plenty of welcome shade. There are about 30 species of linden, a group of medium to large trees (up to 100 feet tall) that are native to eastern North America, Asia and Europe. Most are easy to identify by their heart-shaped leaves. (Jeff Nowak, "The Buzz about Lindens", 2001)

There are many benefits of linden tea. For more information, here are just two websites you may wish to check out:

<https://www.healthline.com/nutrition/linden-tea>

<https://eattheplanet.org/linden-tree-edible-leaves-flowers/>

IN MEMORIAM

The RHCS welcomes a membership "in Memoriam" for any friend or family member as a recognition of perhaps their involvement or contribution to Riverview, as a former employee, patient, supporter, or just a member of the public who enjoyed the trees and the magnificent lands. Two such Memoriam Memberships are included in this issue of our newsletter.

Family connection to Riverview
Knud Knudsen 1895 – 1962

A pioneer who came to B.C. from Denmark, Knud married Ursula, a widow who had three children and a large farm in the Rockies. Together, Knud and Ursula had three more children: Elaine, Phyllis, and Gordon. He did his best to support his family, but this was the Depression; life was hard, and survival was often a struggle. Eight years after marrying, there was a farm accident, and Knud was kicked in the head by a horse and sustained a concussion and traumatic brain injury, affecting his ability to function.

He was sent to Riverview Hospital, Essondale, which was the standard medical treatment at the time for severe brain injury. Knud lived there as a patient for almost 30 years, working for many of those years in the extensive gardens and grounds, as well as receiving various medical treatments of the day. He was finally laid to rest at Riverview, in the Cemetery on the property.

Knud's children are themselves all gone now too, but he is remembered by his grandchildren he never had a chance to meet. Visiting and tending their grandfather's grave at Riverview helps them stay connected in a special way to an important family member. Remembering and honouring our ancestors, their story, their history, and their contributions is healing and important to us all.



Gravestone of Knud Knudsen located in the Riverview Cemetery



MEMBERSHIP REMINDER

Thank you to all the friends of the RHCS for renewing your annual membership for the year 2022/2023. For those who have yet to renew, we trust you will continue to be part of our society as we endeavour to preserve the arboretum and lands of səmiqʷəʔelə/Riverview. We are hoping to expand in strength to bolster our presence in our commitment to save the trees and keep səmiqʷəʔelə/Riverview for mental health for all.

The membership form is available on our website rhcs.org

We are holding our AGM in September. Check our Facebook page and watch for an email reminder.

The Riverview Horticultural Centre Society

RHCS invites you to join us in supporting our efforts to keep the site of BC's first botanical garden, the Riverview Hospital Lands, intact.

SUPPORTER APPLICATION

RENEW or JOIN NOW!!

DATE: ____ / ____ / 202__
month day year

Supporter: \$ 5

You are invited to make a DONATION: \$ _____

TOTAL Amount Enclosed: \$ _____

Please make cheques payable to: Riverview Horticultural Centre Society

NEW or RENEWAL

Yearly membership is due on April 1st

We Value your Continued Support & Appreciate all the help

TAX RECEIPTS:
• RHCS is a registered charitable organization
• Donations of \$20 or more will be automatically receipted.

Last Name: _____ First Name: _____

Address: _____ City: _____

Province: _____ Postal Code: _____ Phone #: _____

Please Mail to:
The Riverview Horticultural Centre Society
P.O. Box 64616, #108-1960 Como Lake Ave, Coquitlam, BC, V3J 3R0

e-mail: _____

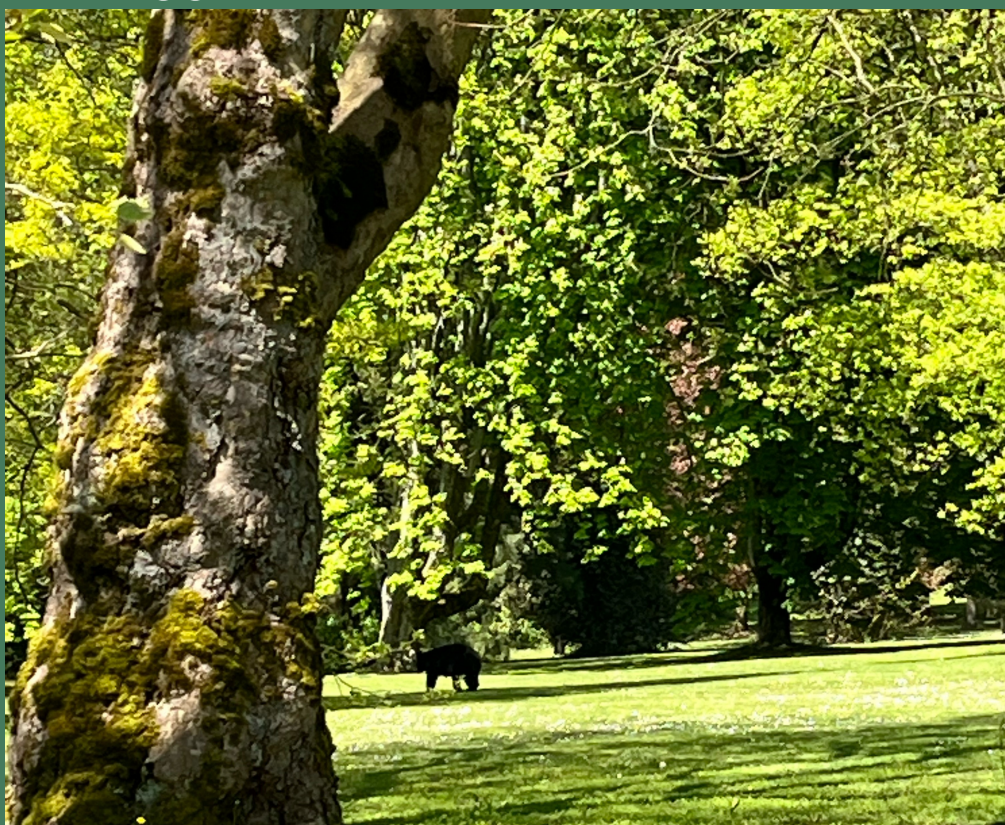
604-290-9910 trees@rhcs.org www.rhcs.org

Membership form, available on our website rhcs.org

MEMBER FEEDBACK

We'd love to hear from you!
Please send questions or comments to
riverviewRHCS@outlook.com
or 604.290.9910

DON'T FORGET to mark your calendars for tree walks. You can also just saunter through the public grounds and experience "the powerful healing qualities of nature" as Dr. Furness suggests.



Black bear spotted on the Riverview grounds