

SPRING 2022 Newsletter

"A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people."

— Franklin D. Roosevelt

WHAT'S HAPPENING AT RIVERVIEW

- Archeological training took place via Zoom on February 28th for our volunteers who garden in Serenity Garden. The training focused on the preservation of the soil and use of the natural environment. This training must be done every year by every volunteer in order to prune, plant and generally maintain Serenity Garden.
- 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 Archeological 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!



RHCS Kiosk



- Tree tour dates have been proposed and RHCS is waiting for approval from BCH and for our 5 million dollar insurance plan. They have told us that they can't confirm the dates until we have our license. We are hoping that Chief Ed Hall will be able to join us on future tree walks as he did in October 2021. Check our website and hopefully the kiosk for this year's tree tour dates.
- Sadly, Valleyview Lodge was demolished in January. Our feature piece is about the loss of this historic building. Are more buildings awaiting the same fate?



“A DISTURBING DEMOLITION ON RIVERVIEW GROUNDS”:

These words headlined an article by Dr. Elaine Golds (Tri-City News, June 2016) voicing her concerns about the destruction of Valleyview, a hospital building that opened in 1959. The reason given for the destruction of this heritage building was asbestos.

Another disturbing demolition this time of Valleyview Lodge occurred in January of 2022. In their January Newsletter BCH states that “The serious health and safety risks presented by Valleyview Lodge necessitated a proactive approach. Valleyview Lodge’s poor condition and its prominent location in a highly-used area make it uniquely high risk relative to other buildings on sight from a similar era.”

RHCS and members of the community are concerned about the state of the buildings on Riverview. A proactive approach is necessary to preserve and rehabilitate these heritage buildings.

Coquitlam Councilor Craig Hodge responded to BCH’s rationale for the demolition in a January 6th, 2022 article in the Tri-City News saying he is “ ‘worried this is going to be the criteria to start taking them down one by one and, without a heritage plan, we could eventually lose most – or all – of them. If we do nothing and wait long enough, none of the heritage buildings will be classified as worth saving and that’s why, years ago, I stated that if **we don’t act soon we could see demolition by neglect.**’ ”



Valleyview Lodge demolition



A CHANGING HERITAGE LANDSCAPE

Riverview was listed as one of the top 10 most at risk heritage sites in Canada. Retaining the heritage buildings on this remarkable site will reflect our commitment as a society to acknowledge its legacy of health and wellness.



Valleyview Lodge

The Valleyview Lodge opened in 1922 as the Administration building for the Boy's Industrial School (BISCO). Sixty-nine boys were admitted with a staff of 24. Three additional Tudor Style Cottages provided accommodation for the boys and a Kitchen and Dining Block formed the nucleus of the school. The Kitchen and Dining Block was demolished in 1963 for a parking lot opposite Cottage 3. A fountain, erected at the lower entrance to the school, was removed as part of the future construction of the Valleyview Pavilion opened in 1959.

History documents that the school was built to relocate the "incorrigible youth" from a juvenile Reformatory opened in Vancouver in 1890. The mandate was to provide a significantly better quality of living accommodation and opportunity for schooling, social and life skills.

The Home For The Aged Act was passed in 1935. The Administration building was refurbished to include a residence for female staff on the top floor and the cottages were upgraded, handed over and renamed the Home For The Aged. This change occurred to meet the needs of an ambulant but aging population at Essondale. It was seen as a very positive step by staff and family members. The Boy's School was relocated to other facilities on the grounds and remained there until the School transferred to Brannon Lake, a new institution near Nanaimo, in 1955.

To read the full article, please go to our website rhcs.org.

A SPECTACULAR TREE

Eastern Redbud (*Cercis canadensis*)

The Eastern Redbud tree is native to eastern North America from Ontario south to the Gulf of Mexico. The tree grows to a height of 15 – 30 feet and produces a lush, rounded crown of heart-shaped leaves with pointed apices. Bright green leaves with a tinge of red emerge in the spring, transitioning to a deep green in the summer and a soft yellow in the fall.

Rosy-pink, pea-like flowers are produced before the leaves emerge and are borne directly on the trunk, mature branches, and new shoots. Visit Riverview in the spring to observe an oftentimes spectacular spring show of the bright flowers.



Eastern Redbud flowers



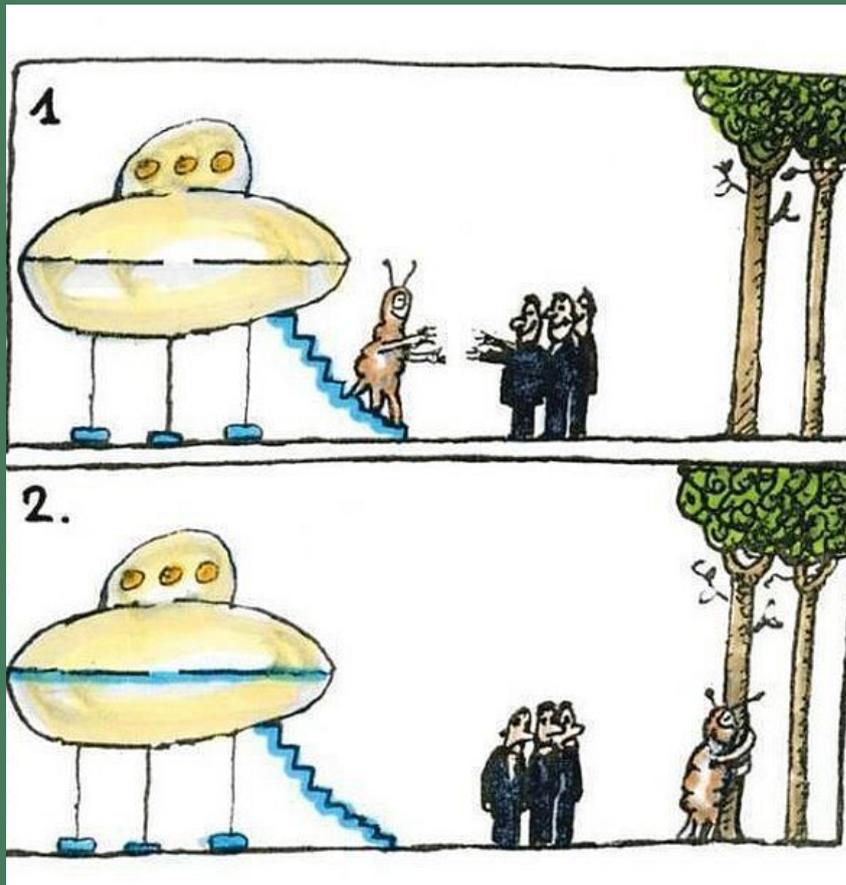
Eastern Redbud leaves



"TREE HUGGING? DON'T KNOCK IT 'TIL YOU TRY IT"

(from *Craft Therapy: 101 Creative Ways to Relax*, Ed. Sarah Crosland)

Tree-hugger is a term often used in a slightly mocking way to refer to environmental campaigners and the practice of embracing trees to stop them from being cut down. Some people have even been known to chain themselves to trunks, but don't worry, we're not going to suggest you do that. Protests aside, however, it turns out that wrapping our arms around the local forest's inhabitants can actually be quite good for us. In the early 1980's, scientists in Japan (where forest bathing is popular) discovered that simply breathing in the aromas produced by trees could help to immunize the body against disease thanks to phytoncides; compounds that trees emit to protect themselves from harmful insects and germs, which have potent anti-bacterial and anti-fungal qualities when inhaled by humans. More recently, glamping company Canopy & Stars commissioned some research into the benefits of the great outdoors which revealed that more than one third of city dwellers spend four times longer looking at screens than they do outside. The report also recommended that people hug and touch trees, but why? "When we're in the presence of trees, our heart rate changes, calming and re-balancing the systems that regulate our emotions," says Dr Miles Richardson, a nature connection psychologist who helped with the report. "You can get benefits from nature by being exposed in a passive way, such as walking through the park on your way to work, but this new field of research, 'connection with nature', concerns how we feel when we are reminded that we are actually a part of the natural world. Touching trees reinforces the idea that we are at one with nature. That connection, in turn, has been linked to greater life expectancy, a stronger sense of meaningfulness, lower cognitive anxiety and better body image." According to Richardson's research, a strong connection with nature is as important for our wellbeing as education or income, and the best thing about tree hugging is that it's free and available to everyone.



BRANCH OUT – READ MORE

- *The Hidden Life of Trees* by Peter Wohlleben offers insights into the interconnectedness of forest ecosystems.
- His follow-up volume, *The Heartbeat of Trees*, tells us that trees can "hear" water flowing deep within the ground and angle their roots to retrieve it.
- Suzanne Simard's *Finding the Mother Tree: Discovering the Wisdom of the Forest* is a deeply personal and moving description of her journey to awareness of the unique characteristics of trees.
- Diana Beresford-Kroeger's *To Speak for the Trees* describes trees and forests as fundamental to human survival and spirituality.
- Interested in learning more? Here is a video that provides a look at Riverview, past and present: <https://youtu.be/NfeEnBo0CwQ>

TIME TO RENEW MEMBERSHIP AND SHOW YOUR SUPPORT: APRIL 1st
 Annual membership of RHCS is due for renewal on or after April 1st for the year 2022/2023. Everyone will be receiving a reminder and invitation to renew their dues in the coming weeks. We trust you will continue to be part of our society as we endeavour to preserve the arboretum and lands of Riverview. We currently have 154 paid up members so we are aiming to maintain at least that quota, and hopefully even expand in strength to bolster our presence in our commitment to conserve the trees and our vision for Riverview.

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

Supporter: \$ 5

You are invited to make a DONATION: \$

TOTAL Amount Enclosed: \$

Please make cheques payable to: Riverview Horticultural Centre Society

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

MEMBER FEEDBACK
 Send us your thoughts, suggestions, and any responses from your MLA's actions to riverviewRHCS@outlook.com

Membership form, available on our website rhcs.org

GO FOR A WALK AND ENJOY SPRING AT RIVERVIEW!

