



Logo design and drawings courtesy of Brenda Gillespie and Kiyoshi Takahashi

# The Riverview Horticultural Centre Society

Fall 2011  
Volume 19, Issue 3

## LEAVES Newsletter



Saturday, September 17, 2011  
11:00 a.m. - 4:00 p.m.

Rain or Shine  
Free Family  
Event

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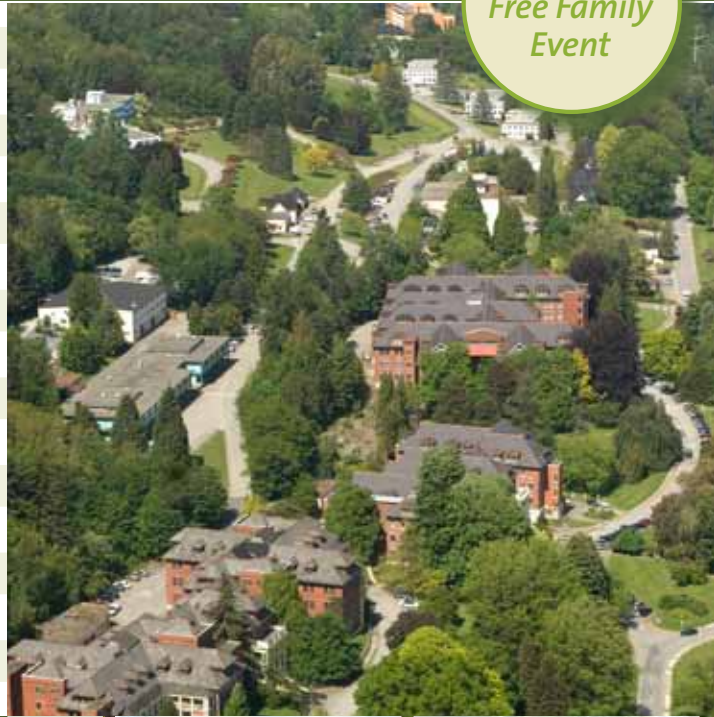
Riverview Hospital Grounds 2601 Lougheed Highway,  
Henry Esson Young Building

# Treefest 2011

### The Healing Power of Trees

Enjoy guided tree-tours, heritage walk, blackberry tea, speakers, entertainers, children's activities, art exhibits, food concession, master gardeners and hospital & radio museums.

For more information visit [www.rhcs.org](http://www.rhcs.org) or call 604-927-3583.



### online newsletters

Save a tree; View our newsletters online!

4 newsletters a year are published online.

The Spring, Summer, Fall & Winter newsletters will be posted on our website in pdf format. A direct link will be sent in an email.

Newsletters editions are also available in print to members by request.

[newsletter@rhcs.org](mailto:newsletter@rhcs.org)

Please email us your email address so we can let you know when the latest Newsletter is available online for viewing!

Your email address will be used only to inform you of RHCS news, we will not share your address.



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SPARC Radio Museum  
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Coquitlam

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The Leaves newsletter is published 4 times a year by the Riverview Horticultural Centre Society (RHCS), a non-profit society dedicated to preserving & protecting the Riverview trees & lands. Opinions and ideas expressed are not necessarily those of the society or the editor.

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We're on the Web!  
visit us:

**www.rhcs.org**

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**Speakers at Treefest**

by Donna Crosby

The theme of this year's event is "The Healing Power of Trees". We all know it's good for us to be out in nature, in the woods. But what does a walk in the woods really do for us? We'll explore this topic from various perspectives, from scientific to cultural to spiritual.

**Jay Peachy** - Jay Peachy is a contemporary outsider artist who believes in the healing properties of the natural environment. He is also a local mental health, environmental and arts advocate who will share his insights, knowledge and own personal experiences to illustrate the healing power of trees.

**Katie Hughes** - Horticultural Therapy at Riverview Hospital - Katie Hughes is a Recreation Therapist specializing in Horticultural Therapy who worked at Riverview Hospital from 1977 to 2007. Katie will bring her very personal insight into the field of Horticultural Therapy relating how trees, plants and green space have a therapeutic effect on humans. Katie is a past president of the BC Horticultural Therapy Association and a founding member of the Riverview Horticultural Centre Society.

**The Healing Power of Trees**

by Mary Brown

This is our theme for Treefest 2011. Some of "our" trees at Riverview belong to genera (families) which are used to create medicines used to treat health issues. Probably the most familiar are Taxus (Yew), which was used to treat some forms of cancer, until a synthetic form of Taxol was developed. Many of us have a product of Salix (willow) in our medicine cupboard. This is aspirin, also known as salicin which is used to reduce fever, headache and other pains. Recently some people have been advised to take one aspirin a day to reduce the risk of stroke. Many people know of Ginkgo Biloba as a traditional Chinese medicine, and recent studies have shown that it increases the flow of blood to the brain, boosting memory, and reducing cholesterol.

Other less well-known trees with healing properties include Pices (spruce) which is a good source of Vitamin C (worth remembering if you get lost in the woods). Thuja plicata (Western Red Cedar) has had many health uses over the years. It was known as "the cornerstone of northwest Indian culture". First Nations people used foliage for high Vitamin C content, and buds were chewed to help sore throats and toothache. Softened needles or bark were used for wound dressings, and bark was also used to line diapers.

These are just some of the trees to which we owe a debt of gratitude for their healing properties. Let us not forget how great we feel while walking under the trees, and how our cares and worries melt away.

Thanks to Val Adolph for permission to use information from "Tales of the Trees"

**Treefest**

**18th Annual  
2011 TREEFEST  
September 17th  
Saturday 11 am- 4 pm**

**2011 Tree Walk Schedule**

Sept. 17	Saturday 11-4	TREEFEST 2011-18th Annual
October 2	Sunday 1 pm	Public Tree Tour - Last of the season

All walks start at the HEY building at 1 pm unless stated otherwise.



# The Riverview Horticultural Centre Society

2011  
JOIN NOW!!

Logo design and drawings courtesy of  
Drenda Gillespie and Kiyoshi Takahashi

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

*Our Letter writing campaign continues,  
YOU still have time to WRITE !!*

Learn more visit our website [www.rhcs.org](http://www.rhcs.org)

### PAY or DONATE ONLINE!

You can use a credit card to renew your membership online, [www.rhcs.org/membership.html](http://www.rhcs.org/membership.html)

In this time of uncertainty we really need your continued support more than ever before.

*We Value your Support & Appreciate all the help you can give.*

### The Heritage Trees & Buildings on the Riverview Lands

The Heritage Trees at Riverview Hospital form an irreplaceable asset for the people of BC, complementing the Metro Vancouver Park at Colony Farm, as a regional green space for Greater Vancouver.

Preservation of the site will enhance the quality of life in the Tri-City areas, & beyond.

Join us for one of our guided walking tours. Experience the legacy of BC's first Botanical Garden; a treasure trove of trees from the temperate world, some planted a century ago, allowed to grow to their full potential.

Our walks begin at the front door of the Henry Esson Young Building. Follow Holly Drive, turn uphill onto Oak Crescent then right onto Kalmia.

**We go rain or shine.**

### 2011 Walking Tour Schedule:

October 2 at 1 pm

### Treefest 2011 takes place on SATURDAY, September 17, 11am-4pm:

Arborist-led walks, displays, art and music. This free Event is based in & around the Henry Esson Young Building.

The Riverview Horticultural Centre Society, P.O. Box 64616, RPO Como Lake, Coquitlam, BC, V3J 7V7  
604-290-9910 trees@rhcs.org www.rhcs.org

## MEMBERSHIP APPLICATION - FORM

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.

Membership Classification: NEW  or RENEWAL

Please make cheques payable to;  
Riverview Horticultural Centre Society

Student: \$5  Senior: \$5  Adult: \$10  Family: \$15  Corporate: \$25

Yearly membership is due on April 1st

- RHCS is a registered charitable organization

- Tax Receipts issued for donations

AND you are invited to make a \$ \_\_\_\_\_  
DONATION to support the Society \$ \_\_\_\_\_

Total amount enclosed \$ \_\_\_\_\_

Last Name(s): \_\_\_\_\_ First Name(s): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email for 'Newsletters' & notices: \_\_\_\_\_

Please Mail to: The Riverview Horticultural Centre Society  
P.O. Box 64616, RPO Como Lake, Coquitlam, BC, V3J 7V7

(personal information will NOT be shared with other organizations)

604-290-9910

trees@rhcs.org

www.rhcs.org

**CALL FOR FURTHER ACTION ON THE HISTORIC SITE APPLICATION**

Thank you to all our members who responded to our appeal last Fall by sending a personal letter to Premier Campbell. Although we have not yet succeeded in our ultimate goal of gaining support for the Historic Site application, our campaign definitely got the attention of some decision makers. Christy Clark, BC's new premier, formerly represented the riding of Port Moody. Ms. Clark is familiar with the Riverview Lands and is currently setting directions for her government. Please urge her to support the application at this critical time.

A REVIEW OF THE SITUATION:

The City of Coquitlam has applied to the Federal Government (HSMBC) to have Coquitlam's Riverview Hospital Lands recognized as a National Historic Site. However, the process is stalled because it lacks the approval of the landowners - namely the BC Provincial Government. Please add your personal comments to the letter below and send it to:

**Premier Christy Clark,  
PO Box 9041, STN PROV GOVT, Victoria, BC, V8W 9E1  
Email: premier@gov.bc.ca**

A personal letter, a copy to your MLA, or a letter to the press would make your voice even louder. For more information or an e-mail version of this appeal, go to [www.rhcs.org](http://www.rhcs.org) or call 604-290-9910

Date: \_\_\_\_\_

Dear Premier Clark,

Congratulations on your election as BC Liberal party leader and Premier of BC. In this role and at this time, you have an opportunity to make a simple decision that will cost nothing and may result in your leaving a gift of major significance to the people of B.C.

I urge you to support the application now before the Historic Sites and Monuments Board of Canada (HSMBC) to have Coquitlam's Riverview Hospital Lands recognized as a National Historic Site. The approval process has been put on hold because the HSMBC has been unable to get support for the application from your government, who represent the landowners.

The property has immense historic value but its heritage features are under-used and deteriorating. The provincial hospital located there will be closed within two years. A decision has to be made. As a National Historic Site, Riverview could still serve the needs of the mentally ill as a research, treatment or education facility. The designation would not rule out revenue generating activities and there would likely be federal funds available for maintenance costs. Most importantly, it would ensure that the property remains in public ownership and accessible to all the people of Canada.

On their behalf I implore you to do the right thing and direct your staff to cooperate immediately with the federal board's request to endorse the application.

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Full Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Phone #: \_\_\_\_\_

Address: \_\_\_\_\_