



Free the Fern

September-October 2023 Newsletter

Celebrating One Year as a Non-Profit Society!



August 15 marked our one year anniversary as a non-profit society! On Aug 23, Free the Fern Members gathered online for our first [Annual General Meeting](#).

Let's look back and celebrate our successes in our first year as a non-profit.



FREE THE FERN STEWARDSHIP SOCIETY ANNUAL REPORT

We are grateful to have had the support of 16 partners, including 5 funding partners.



BY THE NUMBERS

Aug 15 2022-Aug 15 2023

Operational Activities:

- 261 volunteers
- 6 stewardship areas
- 1,121 volunteer hours
- 549 native plants planted
- 26,916 L of invasive plants removed

Outreach & Education:

- 9 invasive pulls
- 11 art workshops
- 25 total public events
- 313 Instagram posts
- 106 workshop participants
- 3,986 views on our Google profile

We partnered with several artists to run workshops and help organize our Light up the Night in Champlain Heights lantern festival.

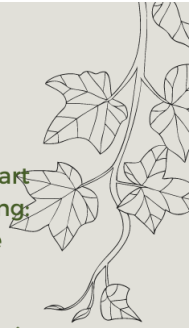


Ivy Lanterns by Artist, Joe Boyd

Artist Partnerships

We were honoured to continue our partnership with eco-artist, Joshua Ralph. Joshua helped run several eco-art workshops with Free the Fern, including paper making and a bird nesting cage workshops.

In the leadup to our Light up the Night in Champlain Heights lantern festival in December 2022, we were grateful to have artist, Kiki Nombrado, lead local artists in collaboration sessions. Together, local artists built 100 lanterns for display at the festival.



You can check out our full Annual Report on our website [here](#).

We thank all our 2022-2023 directors for their dedication to Free the Fern. Our directors helped with event planning, invasive removal, grant writing, and more! We would like to give a special thanks to three of our directors who retired from the board: Grace Nombrado, Joe Boyd, and Mya Lopez. 7 Free the Fern 2022-2023 directors have chosen to continue serving on our board. At our AGM we also voted in 4 new directors, for a total of 11 directors on our 2023-2024 board.

Please join me in welcoming our new directors: Andrea Papineau, Barbara Lane, Genevieve Finn, and Joshua Ralph. We also welcome former director, Grace Nombrado, to her new role as Executive Director of Free the Fern. Check our [Meet our Team](#) page on our website to learn more.

FREE THE FERN
TOP STORIES



Park People - Cornerstone Project

Free the Fern is excited to announce that we, along with the neighbouring Everett Crowley Park Committee, have been invited by [Park People / Amies des parcs](#) to join their [Cornerstone Parks program](#).

The [Cornerstone Parks program](#) is Canada's only national network dedicated to maximising the impact and influence of Canada's large urban parks. The network brings together park-based NGOs working in large urban parks across Canada.

Funding provided from Park People, will allow Free the Fern to continue to grow as an organization. We will be able to offer more free public events and workshops, connect with more Indigenous knowledge-sharers, and create art in the Champlain Heights Trails. Stay tuned for exciting projects coming up in 2024!

[Check out the recent article](#) by Park People, that highlights our stewardship effort at Free the Fern, along with that of the Everett Crowley Park Committee.



David Suzuki Foundation - Healing Forest

In August 2023, the [Douglas Fir Teaching Garden](#) was selected by the [David Suzuki Foundation](#) as a [National Healing Forest](#). Healing Forests are places that advance truth and reconciliation, honour Indigenous victims and survivors, and serve as a place of healing. Moving into 2024, Free the Fern hopes to partner with local Indigenous knowledge sharers and artists to transform our garden space. Stay tuned for future developments!



Heinmann's Publishing - *Killer Plants*

In September 2023, [Heinmann's Fountas & Pinnell Literacy](#) contacted Free the Fern to request the use of some of our photos featuring Himalayan blackberry removal. These photos will be printed in *Killer Plants*, a children's textbook, scheduled for publication in 2025. For the use of the photos, Heinmann's will make a donation to Free the Fern to

support our stewardship effort.



Weed & Feed - Sept 16, 2023

On **Saturday, Sept 16, 10am-12pm**, Free the Fern Vice President, Martin Collins will be hosting a [Weed & Feed event](#) on the Red Alder Trail. Volunteers will work together to remove invasive plants and then have a complimentary lunch. This event has been made possible thanks to a [Neighbourhood Small Grant](#). Limited spaces remain for this event - [sign up](#) to reserve your spot.



Invasive Pull - Oct 7, 2023

On **Saturday, Oct 7, 10am-12pm**, Free the Fern will be having our last Invasive Pull in the lead up to our Native Food Forest Planting on Oct 21. We will be removing invasive blackberry regrowth to make space for the hundreds of native fruit trees, berry bushes and flowers we have coming. Volunteers will be provided with tools and refreshments. Sign-up for our event [here](#).

This event has been made possible thanks to support from [Park People](#), [TreeCanada](#), and the City of Vancouver [Neighbourhood Matching Fund](#).



Native Food Forest Planting - Oct 21, 2023

On **Saturday, Oct 7, 10am-12pm**, Free the Fern will be hosting our [Native Food Forest Planting](#). We have been working hard over the past year to remove invasive plants in preparation for this event. We will be planting hundreds of native fruit trees, berry bushes and flowers at this family-friendly event. All tools and refreshments will be provided. [Sign up](#) to be part of this historic planting event.

This event has been made possible thanks to support from [Park People](#), [TreeCanada](#), and the City of Vancouver [Neighbourhood Matching Fund](#).

Shape a new City Stewardship Program

Receive a Coast Salish pollinator seed packet in the mail to plant this Fall! Plus be entered to win one of 5 prizes!

TAKE THIS SURVEY!

Pollinator Mix

We created this mix of native wildflowers for you to grow and attract pollinators, beneficial insects, and birds to your property. These are heat and drought-tolerant, deer-resistant, and will do well in containers. Many also have medicinal properties and other human uses.

SEEDS LIST

Western Tansy, Common white yarrow, Pale branching greeneye, Mad-dog, Rocky Mountain oregano, Humul, Fireweed, Spiky, narrow-leafed columbine and Shiny yarrow, Queen Anne's Lace, Coast Sealet.

SOWING

See instructions in Fall, early winter or in Spring, 2-4 weeks before the last frost. Cover with a thin layer of soil and keep moist.

COAST SALISH PLANT NURSERY
understanding

Attention stewards! Take part in shaping a new [City of Vancouver stewardship program](#) through a 10 minute survey (closes September 15). Receive a Coast Salish pollinator seed packet in the mail to plant this Fall! Plus! Be entered to win one of 5 prizes of an in-person lunch and learn with Cease Wyss, Squamish Nation Ethnobotanist and Voor Urban Labs in September. Voor Urban Labs is conducting this research on behalf of City stewardship programs 🍷🌿🌟 [Click here](#) for a link to the survey and share your expertise and feedback.



Neighbouring Nature Events

There are many other amazing groups in Metro Vancouver organising events in June. Check out what is happening below.

Saturday, Sept 9 - 10am-12:30pm - [Everett Crowley Park Committee: Park Stewardship](#) - Everett Crowley Park, Vancouver

Join ECPC for monthly stewardship events to help remove invasive plants, rewild native shrubs, and to learn more about the history & ecology of the 5th largest park in Vancouver.

Gloves, tools and light refreshments are provided. Email ecpcstewards@gmail.com

Saturday, Sept 9 - Friday, Sept 29 - [Renfrew Ravine Moon Festival](#) - Renfrew, Vancouver

[Still Moon Arts Society](#) will be organizing their 21st annual Renfrew Ravine Moon Festival. Events include: a wetland bioblitz, a cob shed party, an equinox ceremony, a harvest festival, a lantern procession and more!

Saturday, Sept 9; Sept 16; Oct 15 - 10am-12:30pm - [Ready, Set, Pull!](#) - Various Parks, Delta

The City of Delta is welcoming people to volunteer to remove invasive plants at three local Delta Parks this fall. Snacks, gloves, equipment and training will be provided.

Sunday, Sept 10 - 10am-12pm - [Invasive Plant Pull](#) - Central Park, Burnaby

The [Invasive Species Council of Metro Vancouver](#) is looking for volunteers to help with removing invasive plants in Central Park. This event is free and open to all community members, including families and youth.

Sunday, Sept 17 - 10am-12pm - [Invasive Plant Pull](#) - *Jim Lorimer Park, Burnaby*

The [Invasive Species Council of Metro Vancouver](#) is looking for volunteers to help with removing invasive plants in Jim Lorimer Park. No experience is necessary. This event will be led by an invasive plant expert.

Wednesday, Sept 20 - 12:30-3:30pm - [Guichon Creek Day](#) - *BCIT, Burnaby*

Events will include a welcome by Elder Carleen Thomas, a Guichon Creek walk, a Weeding with Ivy workshop, and a planting event at Guichon creek!

Saturday, Sept 23 - 10am-1pm - [Glenbrook Ravine Weed Pull](#) - *Glenbrook Ravine, New West*

ISCMV, the [City of New Westminster](#), and the [New Westminster Environmental Partners](#) are organizing a Weed Pull event at Glenbrook Ravine. This is a family-friendly event, and we have ways for people of all ages and abilities to get involved and contribute.

Saturday, Sept 23 - 2-3pm - [Meet the Trees in Vancouver's Urban Forest](#) - *Stanley Park, Vancouver*

Come meet some unique trees from around the world in Stanley Park and learn how they contribute to Vancouver's diverse and thriving urban forest. You'll hear stories, learn to identify common urban trees, and explore ways you can contribute to helping our urban forest.

Tuesday, Oct 10 - 6:30-8pm - [Stewardship Session: Eco-Art with Invasive Plants](#) - *Online Zoom*

Join ISCMV & [Stanley Park Ecology](#) as they host an Eco-Art with Invasive Plants Zoom session. 3 local experts will share their work with harvesting invasive plants to create eco-art - including making paper, baskets, furniture and more! Free the Fern Executive Director, Grace Nombrado, will be presenting her work with weaving with ivy at this session.

Saturday, Oct 14 - 10am-12pm - [Plant Native Shrubs & Trees](#) - *Central Park, Burnaby*

Help protect and restore Burnaby's beautiful Central Park! Volunteers are needed to plant native shrubs & trees. This event is free and open to families, youth, and all community members.

**Saturday, October 28 - 11am-2pm - [Harvest Festival](#) - David Thompson Secondary,
Vancouver**

The [South Vancouver Neighbourhood House](#) will be organizing their annual Harvest Festival. Free the Fern will have a booth set-up. There will also be activities for kids, tours of their garden, and free entertainment.

If you know of a local event happening next month, let us know!

[READ MORE ON OUR WEBSITE](#)



www.freethefern.ca
[@free_the_fern](#)

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