



Free the Fern

June 2024 Newsletter



FREE THE FERN STEWARDSHIP SOCIETY PRESENTS

BIODIVERSITY

a free nature event in honour of Indigenous History & Pride Month



SAT, 22 JUNE 2024
10:00 AM - 01:00 PM



DOUGLAS FIR TEACHING GARDEN
(EAST OF 3530 SWANSACRE)
SOUTH VANCOUVER

- 10:00 AM Blessing - Tsawaysia Spukwus
- 10:15 AM Two-Spirit History Talk - Adrian Levesque
- 10:30 AM Bannock & Jam - Elder Marge Wylie
- 10:45 AM Nature Journaling - Joshua Ralph
- 11:15 AM Nature Walk - Vancouver Queer Birders
- 12:15 PM Equity, Diversity, & Inclusion Lunch
- 01:00 PM Closing

This event is being held on the unceded and traditional territories of the xʷməθkʷəy̓əm (Musqueam), Sk̓wx̓wú7mesh (Squamish) and sə́l̓íwətaʔ (Tsleil-Waututh) nations.



FREETHEFERN.CA



FREETHEFERN@GMAIL.COM



[FREE_THE_FERN](#)

In honour of Indigenous History Month and Pride Month, Free the Fern welcomes you to [BioDIVERSITY](#) on June 22, 10am-1pm in the Douglas Fir Teaching Garden (just east of 3530 Swansacre) on the Red Alder Trail, South Vancouver.

Just as nature thrives through its diversity, so do we as a society

The event will begin with a welcome blessing by [Tsawysia Spukwus](#) of the Squamish nation. This blessing is part of our official acknowledgement of the garden being a [National Healing Forest](#) for reconciliation.

Following which, we will welcome [Adrian Levesque](#), Indigenous Outreach Coordinator with Qmunity, who will lead a Two-Spirit History Talk. Adrian's family is Cree from the opiponipîwin Cree Nation out of South Indian Lake Manitoba.

We will then enjoy freshly baked bannock and jam made by Elder Marge Wylie. Marge is from Tl'azt'en Nation, or "people by the edge of the bay" a community situated in north-central British Columbia. Marge will also demonstrate how to mix soapberry, a traditional treat.

Following which, eco-artist, [Joshua Ralph](#), will teach us how to make a small nature journal. Everyone will be invited to create a journal of their own and sketch a plant in the Douglas Fir Teaching Garden.

After which, with journals in hand, we will be guided on a walk, in partnership with the [Vancouver Queer Birders](#), down the Red Alder Trail. We will stop at various points to notice the plants and birds in the area.

Following the walk we will return to the Douglas Fir Teaching Garden for a complimentary lunch (dairy-free and gluten-free options available). Participants will be welcome to give feedback on our draft Free the Fern Equity, Diversity, and Inclusion policy.

Come out and join us in the forest for our BioDIVERSITY celebration!

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FREE THE FERN
TOP STORIES



Invasive Pull - June 1, 2024, 10am-12pm

Come help us [remove invasive ivy](#) along the Red Alder trail on Saturday, June 1, 2024, 10am-12pm. Gloves, tools, and complimentary refreshments provided. 2-zone transit passes available for those who arrive by bus. All ages welcome. Sign up on our [events](#) page.



Champlain Heights Summer Fair - June 15, 11am-3pm

Join us on June 15, at the [Champlain Heights Summer Fair](#)! This event, organized by the Champlain Heights Community Centre and held at the Community Centre will feature live music, food, a bouncy castle, and local community groups - including Free the Fern! At our Free the Fern table we will have an ivy crown making activity, a nature "pop quiz", and

outreach/education about our stewardship effort. Come by and say hi!



Signs of Healing

As part of our Healing Forest project this year, we have been busy updating signage in the Douglas Fir Teaching Garden. In partnership with artist, Valentina Pagetto, and carpenter, Gordon Bednard, we have installed an artist-interpretive sign in the garden (see picture above). The sign features ferns, berries, and flowers on one side and a event notice board on the other.

In addition, artist, Kiki Nombardo, helped wood burn the [National Healing Forest](#) logo onto a cedar chair in our sacred circle and painted it on a stone in the garden. We have also replaced our ageing plastic plant signs, with weather-resistant black metal plant signs.

To see more of our new signs in the garden, check out our [blog post](#).



Healing Salve Making

On May 25, we were honoured to have Metis herbalist and educator, Lori Snyder, lead a Healing Salve Workshop. “Don’t put anything on your skin you cannot eat,” advised Lori. She shared how she collects plants (plantain, cottonwood buds, calendula...) for medicine and transforms them into a salve. We would love to have Lori back again to run an incense making workshop with us.

To see more photos from the workshop, check out our [blog post](#).



Paper Making with Ivy

On May 25, we welcomed Elena Kirby and Masumi Rodriguez, to share their knowledge on paper making with invasive ivy. Elena & Masumi had studied traditional washi papermaking in Japan and were now experimenting across Canada with using invasive plants to create paper. We learned how to peel off the outer bark of the ivy, make a paper pulp, and transform that into a piece of paper.

To see more photos from the workshop, check out our [blog post](#).



T-Shirt & Bag Fundraiser

We are excited to announce that we have raised \$1,199.20 so far, as part of our Fern T-shirt & Bag fundraiser in support of the [Urban Native Youth Association](#) (UNYA). The fern design was created by Coast Salish artist, [Andrea Fritz](#) and printed on sustainable cotton at local Burnaby printers, [Pressing Matters](#).

Have you got your Free the Fern T-shirt or bag yet? It's not too late! You are welcome to purchase bags (recommended donation of \$20) and shirts (recommended donation of \$30) via e-transfer or cash at this [link](#).

Funding for this project generously provided by [Park People](#)

Free the Fern Update

January 1 - June 1, 2024

| | |
|-------------------------------|-------|
| Operational Activities | |
| Stewardship Areas | 5 |
| Board directors | 9 |
| Event volunteers | 226 |
| Volunteer hours | 485.5 |
| Native plants planted | 287 |

| | |
|---------------------------------|------------------------|
| Invasive plants removed | 28,340 L (9.9 tons) |
| Outreach & Education | |
| Invasive pulls or plantings | 7 |
| Workshops or walks | 5 |
| Total public events | 15 |
| Workshop or walk participants | 71 |
| Instagram posts | 122 |



Neighbouring Nature Events

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

Saturday, June 8, 9:45am-1pm - [Environment Week: Remove Invasive Plants](#) - *Cariboo Heights Forest, Burnaby*

Celebrate Environment Week with the Lower Mainland Green Team, Cariboo Heights Forest Preservation Society & City of Burnaby!

Saturday, June 8, 10am-12:30pm - [Everett Crowley Park Stewardship](#) - *Everett Crowley Park, Vancouver.*

Join ECPC for monthly stewardship events to help remove invasive plants and learn more about the unique history and ecology of Everett Crowley Park.

Friday, June 14, 6pm-8pm - [Burnaby Stewardship](#) - *Central Park, Burnaby*

Help protect and restore Burnaby's beautiful Central Park! The Invasive Species Council of Metro Vancouver is inviting citizens to come together to help remove invasive plants.

Sunday, June 23, 10am-12pm - [Interpretive Nature Walk](#) - *Everett Crowley Park, Vancouver*

In this nature walk, you will learn about Everett Crowley Park's unique history, ecology, community stewardship, and more.

Wednesday, June 26, 5:30pm-7pm - [Wildlife Friendly Gardening](#) - *VanDusen Gardens, Vancouver*

Create a wildlife sanctuary in your backyard! Join expert, Tasha Murray, and learn tips for selecting native plants and incorporating garden elements that benefit local wildlife.

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

[READ MORE ON OUR WEBSITE](#)



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