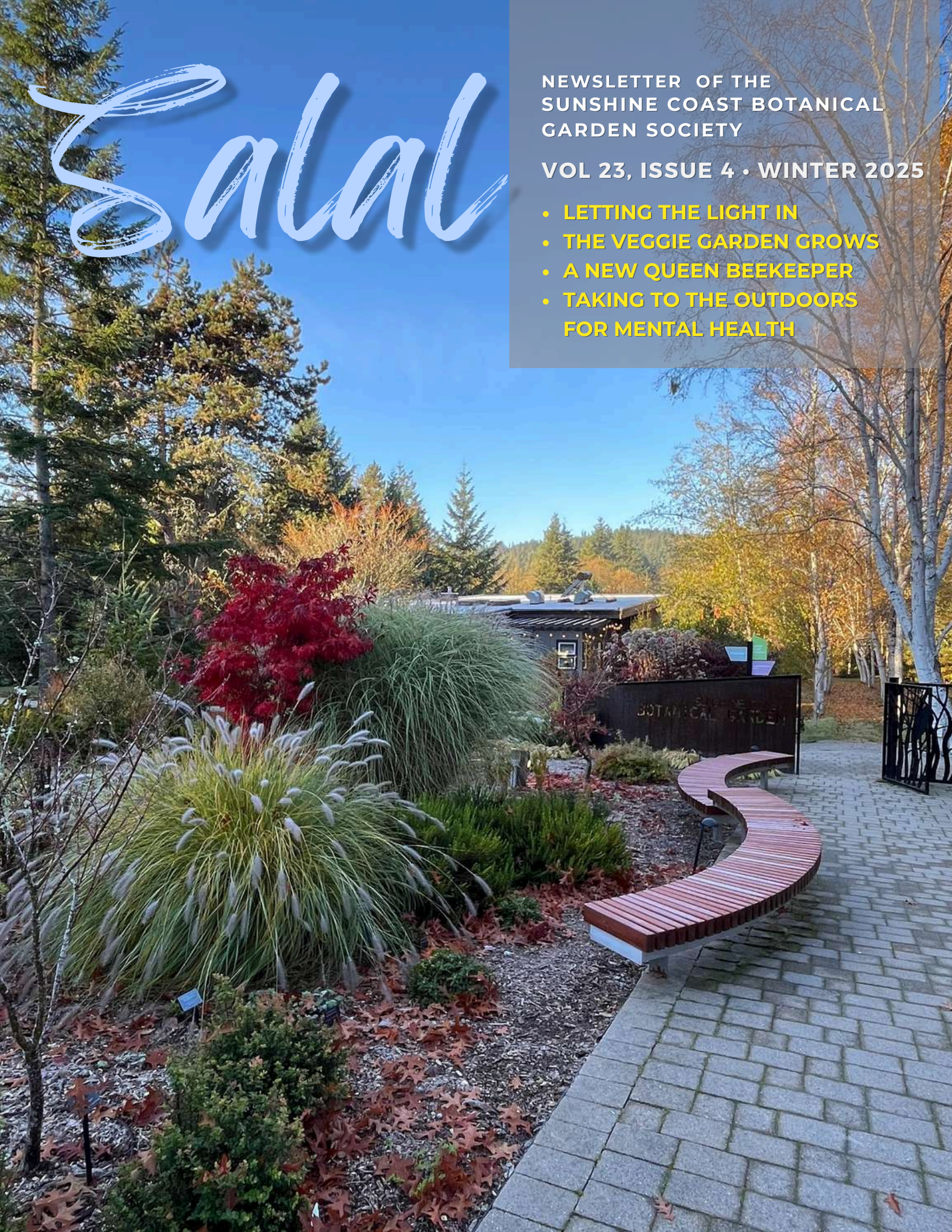


# Salal

NEWSLETTER OF THE  
SUNSHINE COAST BOTANICAL  
GARDEN SOCIETY

VOL 23, ISSUE 4 • WINTER 2025

- LETTING THE LIGHT IN
- THE VEGGIE GARDEN GROWS
- A NEW QUEEN BEEKEEPER
- TAKING TO THE OUTDOORS  
FOR MENTAL HEALTH







COVER PHOTO: On this crisp, late fall morning, staff were treated to a splendour of colour and sparkle upon arriving at the Garden. The shrubs, grasses and plants had been touched by an overnight frost, freezing into place the shapes and textures that make up the entrance gardens leading up to the Pavilion.

PHOTO: HEATHER VINCE

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*The Garden acknowledges  
its responsibilities as an  
occupant of this land in  
the swiya of the shishálh  
people. We pledge to treat  
this land with respect and  
welcome all to share in our  
journey of learning and  
knowledge sharing.*

# Winter Hours

<b>Sunday</b>	11 am - 4 pm
<b>Monday</b>	11 am - 4 pm
<b>Tuesday</b>	Closed
<b>Wednesday</b>	Closed
<b>Thursday</b>	Closed
<b>Friday</b>	11 am - 4 pm
<b>Saturday</b>	11 am - 4 pm

## CHRISTMAS HOURS

*The Garden will be closed  
from December 23rd - 26th,  
reopening on the 27th.*

Check our website for closures and updates  
[www.coastbotanicalgarden.org](http://www.coastbotanicalgarden.org)

*Stop by the Garden this month  
and see the beautiful 11' Fraser  
fir tree and holiday decorating  
done by our volunteers and staff.*

## NOTES FROM THE PRESIDENT | CATHY HALLAM

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Some of you may already know me, but for those I haven't yet met, my name is Cathy Hallam and I'm honoured to be the new President of the Sunshine Coast Botanical Garden Society.

My partner and I moved to the Sunshine Coast in the summer of 2020 and instantly fell in love with our new community. As an avid gardener myself, I began volunteering with the Veggie Garden group with the hopes of meeting likeminded folks. And did I ever - what an amazing bunch they are!

Following my time with the Veggie Garden, I joined the Board as a Director, then Vice-President and now step into the role of President, following Jean Bennett.

The Garden and the wonderful people who work and volunteer here have--pardon the pun --*grown on me*. I'm looking forward to what 2026 brings us, and hope to see you at our Solstice Celebration! - **CH**

---



- Cheryl Topping for her fall pruning workshops
- Vicki Halldorson for leading this year's wreath making workshop
- Bill and Anne Marie Lasuta for their gift of this year's Christmas tree in the Pavilion
- Sonya Jakubec for her wonderful support of the Garden and her presentation at our 'Finding Our Resiliency in Nature' event

- Sonia Stewart for her support with creating our Mindfulness Walk
- Decor Team volunteers for their decoration of the Pavilion and Christmas tree - come and see their handiwork!

*Thank You*





**We are thrilled to be voted  
'Favourite Event Space Rental'  
for the fourth year in a row!**

Thanks to those of you who nominated the Garden for this category and voted in our favour! It means a lot to us!



**One of our resolutions for early 2026 is to create a citizen science project to help us learn and capture data about the biodiversity found here at the Garden.** Local artist and biologist, Sarah Ritter will be here to guide us through the iNaturalist platform, how to upload observations with details and use it as a tool for learning wherever we go. We hope this will be something you will help us undertake on your visits to the Garden. Your invitation to join us and more details of the workshop to come.



*Sarah Ritter is a recent graduate with a degree in Biology and a passion for conservation. Before moving to the Sunshine Coast, she was in Alberta where she's been involved with conservation roles including invasive plant removal and environmental education. Her favourite role has been as a Park Interpreter, leading activities to connect people to nature, giving talks about local wildlife, and even dressing up like a bear and singing on stage! She has used iNaturalist for identifying new plants and fungi, locating invasive species, and even finding reference images for her artwork.*

## GARDEN HAPPENINGS | CONTINUED

**GOOD NEWS:** We have a

*Matching  
Donor*


for this year's holiday  
fundraising campaign!

As many of you know, this is the time of year when we make a weekly appeal to the Garden's members and friends, asking for your donations during our holiday fundraising campaign. It's the only occasion when we issue a wide appeal for support. As a charitable organization, we rely on the generosity of donors and volunteers, who share our mission to make the Garden the best it can be.

**Our method remains the same:**

During December, as a reminder and to share the progress of the Garden, we will send a weekly email highlighting an area of the Garden needing development and your support. We promise that each email will merit your reading time, whether it tells an inspiring story, takes a look back or suggests tips you can implement at home.

We hope our stories motivate you to give, to support our work and to achieve the Garden's goal: To be a place where plants and people thrive.



Each of your donations made in December will be matched by a generous friend of the Garden. Thus, every gift will double its impact. Thank you for reading our stories and supporting the Garden. - **HV**



We've had a busy couple of months here in the office. The Pavilion has been the venue for numerous events. A few of the events we played host to include Celebrations of Life, baby showers, birthday parties, strategic planning sessions, educational seminars, and even a theatre production. The revenue from these rentals is vital to achieving our mission and we're grateful for the trust placed in us by our rental clients.

Our outdoor staff is shrinking for the winter as we say goodbye to part time employees, Paula Leyton and Patrice Malcolm. Don't fret though, they'll be back in the spring! The Garden has thrived under the leadership of Head Gardener Sean Harper, Paula, Patrice, Rob, and our newest

full time addition, Payton. While visiting the Garden, if you come across one of our hardworking staff, please take a moment to thank them for caring so deeply for this land.

I'd also like to take a minute to thank the unsung heroes on our Clean Team. This fun and friendly group come in weekly to keep the Pavilion sparkling. We all know that many hands make light work, and team leader Maureen Ferguson would love to have more volunteers join in. If you'd like more details, please contact us in the office.

As we prepare for the upcoming festive season, however you celebrate, I wish you all a warm and peaceful time. - **MB**

---

### STAFF RECIPE: GINGER SPICE TEA | PATRICE MALCOLM

5 cups water  
4 inch piece of ginger, cut into pieces  
2 cinnamon sticks  
5 cloves  
10 green cardamom pods, lightly crushed  
2 star of anise  
1 vanilla bean, sliced lengthwise  
1/2 cup honey (optional)

Bring to a boil, then lower and let simmer for at least 30 minutes (your kitchen will smell wonderful).

Drink as is, or for a caffeinated beverage steep with black tea for 3 minutes.

I like to add mine to my coffee (50/50) with oat milk.





# Letting the light in

## Fall Clearing + Fire Mitigation



**This fall, our team wrapped up a major clearing project that has already transformed several parts of the garden.** From September through mid-October, we removed roughly seven tons of material made up of dead branches, accumulated woody debris, limbed-up growth, and a number of small or unhealthy trees left from the property's former life as a tree farm.

Many of these trees, now about 20 years old or more, had grown far too densely and with limited light. Some were beginning to decline, while others, such as Red alder and Leyland cypress, were simply over-represented in places where they no longer



served the landscape. The work supports fire safety goals identified in our five-year strategic plan and also fits within our long-term approach to restoration and curation throughout the Garden.

*continued next page*



## NOTES FROM THE GARDENERS | CONTINUED

*With more light  
reaching the ground,  
we can now begin  
rebuilding a healthier  
understory.*

The most noticeable change is how open and cohesive these areas now feel. Visitors can visually move between spaces more easily, and the transitions between ecoregions are clearer and more aesthetically pleasing. This is especially evident between the Mountainside Habitat and the Dragonfly Pond, and between the Garry Oak Meadows and Cascadia.

Plants that naturally thrive here, such as salal, red huckleberry, and sword fern, will help us re-establish structure, diversity, and habitat in these newly opened zones. This project has also become a blueprint for future work on the property, balancing fire mitigation, long-term restoration, and aesthetic clarity.

A big thank you to the team for all their hard work. Rob Donald and Robin Kehler handled the chainsaw work with skill and care, and Patrice Malcolm, Paula Leyton, and Payton Lewallen put in many hours



hauling material and cleaning up the sites. The transformation is already evident, and it sets us up beautifully for the next phase of growth in the garden. - **SH**



## NOTES FROM THE GARDENERS | PAULA LEYTON

*Winter sunshine illuminates details in the bark, revealing which animals have visited, have fed, foraged, and burrowed.*

A tree will go through various changes throughout the seasons, prompted by environmental conditions. Of all the plants we grow in our gardens, the tree has the greatest impact and appeal, adding new dimension and scale, and offering us something to enjoy in each season.

In spring, leaf buds swell and burst; flowers become fruit. The tree's crown fills with green foliage and will be flush with birds busy making their homes among the branches. In summer's full bloom, the foliage offers us respite from the sun's heat. By fall, the leaves are a splendour; every gust of wind casts off a spectrum of golds and vibrant reds.

The deciduous trees will be barren by the arrival of the cold weather. Free of its leaves, we can now admire the tree's silhouette against the landscape.

Exposed are patches of lichen and moss – supporting the invisible organisms that support life.

Bark texture and blemish tell of disease and infection, and new growth – a roadmap for us to plan where we might need to prune, to cut back or hold back for another season of growth.

On a misty morning, trees reveal the sense of space – you can see everything up to the sky. A wondrous sight and invitation for peace and contemplation, a necessary pause to help us, and the tree, get ready for the new year ahead. - **PL**







**This year, the Veggie Garden donated over 5,200 lbs of vegetables to the Food Bank.**

This is a whopping increase compared to the past two years, which were already record-breaking harvests.

Proudly tooting our own horns, this was accomplished during the installation of 53 new Sproutbox raised beds throughout the Veggie Garden, with each quadrant losing 5-8 weeks of growing time during installation.

Our fabulous volunteers worked 1,417 hours to achieve this (compared with 994 hrs last year), a substantial increase over the past two years.

Our volunteers worked extra days, stayed late, brought along spouses, partners and friends to help our rush to put up the raised beds, so we could still plant within the optimal growing time.

I'm so proud to be working with these committed people. A very big thank you to each and every one!

*continued next page*





## NOTES FROM THE VEGGIE GARDEN | CONTINUED

This year, the Veggie Garden also played host to “Practical Vegetable Gardening,” a 12-session hands-on course in collaboration with the Sechelt Garden Club, to teach new gardeners to grow, grow more, and grow-a-row for the Food Bank.

So, I’d like to round off the year with a few observations: First, our volunteers are now quite the experts at bed installation and have devised ways to build them more efficiently. If you are thinking of buying these beds (and the Garden has a discount code for members), do come around Thursday mornings (March to October) to chat with us.

Secondly, I’d like to explain how we increased the vegetable yield. In the last issue of *Salal*, I described how we implemented the French Intensive planting method. Generally, you can expect 30-50% increase in yield, depending on how intensive you go. We also managed even tighter succession plantings than before. This means keeping a very close eye on how fast things are growing and what is finishing, so another crop is seeded and planted as soon as a bed is cleared.

Lastly, we harvest three times a week, from late spring to end of summer. This will probably sound strange to home gardeners who harvest every day. I can hear you asking about peas, beans and zucchinis that grow so fast. Well, they go bad on the plant, or become less edible and we discard them.





## NOTES FROM THE VEGGIE GARDEN | CONTINUED

Let me elaborate: We used to harvest only once a week, on Tuesdays, which is the intake day for the Food Bank. When the Food Bank set up a weekly donation market on Thursdays, aimed at those who don't use the food bank even though they face food insecurity, we decided to harvest on Thursdays as well.

As for the 3rd harvest day, well, I blame the tomatoes. We usually ask if the Food Bank has any requests when we have our yearly review with them. They have been asking for tomatoes for a few years, but we always say that tomatoes need more care than we can manage during our twice-a-week sessions. Plus, we would need to have a Sunday work team. This year, we planted tomatoes and set up a small Sunday team mainly to water and check on the tomatoes. Since they are already there, they can also harvest those veggies that grow so fast. We put the Sunday harvest in the fridge in the staff lunch room where they sit until Tuesday. Garden staff patiently put up with a fridge full of our veggies.

I'm sure you have often heard the saying regarding vegetables: "Keep harvesting so the plants will produce more." Well, it's true. By harvesting more frequently, plants put out more, discards are kept low, and more produce goes to the Food Bank. Home gardeners, you may be guilty of doing what I do, namely leaving veggies on the plant when I don't need them that day. But, by harvesting as soon as the veggie is ready rather than waiting a few days, the plant will produce more.



At the moment, we still have kale, collard, cauliflower, sprouting broccoli, brussels sprouts, lettuce, perpetual spinach, swiss chard and mizuna growing, and our Tuesday team is still harvesting every week or two. With that, I wish you happy browsing of seed catalogues as the year comes to a close. - VC





# Helping the Honeybee

**From August through to September, the Beekeepers have been working hard to get our bees healthy enough to endure the winter months.**

Honeybees struggle to survive. The main pests and diseases that they face in British Columbia and worldwide are Varroa mites, European Foulbrood (EFB) and American Foulbrood (AFB). Nosema is another prevalent parasite, and wax moths are a common pest.

Beekeepers worldwide face challenges with these issues, especially AFB and EFB, which require monitoring, early diagnosis and proper management. A new and emerging threat on the horizon is the Tropilaelaps mite, which appears to be more aggressive than the Varroa mite. There is no evidence that Tropilaelaps mites are in North America yet, but most feel it is a matter of time.

Honeybees are fascinating creatures. They do not hibernate, but their physiology does change completely in the wintertime.

*continued next page*



## NOTES FROM THE HIVE | CONTINUED...

Instead of going out foraging for pollen and nectar, they spend most their time in the hive taking care of the Queen. The bees control the temperature and humidity in the hive, and they keep it clean.

*On a sunny day you may see them out on a 'cleansing flight' - a bathroom break.*

We must ensure that our bees have enough food stores to get them through the cold winter months. If the winter is especially long, we may need to feed them.

To be fortunate enough to have a harvest of honey to enjoy and share with the community, we also need to ensure the bees are relatively free from mites, as well as other pests and diseases. This requires consistent monitoring and taking action when necessary.



During the winter, the Club will continue to meet for information and education. We are planning a workshop for Beginner Beekeepers in the spring. We have also discussed developing a workshop for kids, to introduce them to the bees and the concept of beekeeping. - CH



## The BUZZ NEWS FROM THE HIVE

Steve Clifford, newly-elected President of the BC Honey Producers Association, has stepped back from The Sunshine Coast Beekeepers Association. Taking over from Steve is Carol Harris, a passionate honeybee keeper for the past 10 years, who also completed the training and volunteer requirements for the Master Gardeners Association of British Columbia at Van Dusen Botanical Gardens in Vancouver.

The Garden congratulates Steve on his new role and wishes him all the best. Welcome, Carol!

**For information about the Beekeepers Club contact Carol at [seaharris101@gmail.com](mailto:seaharris101@gmail.com)**



# Star Flowers



Since many astronomers are also gardeners, it is not surprising to find “flowers” in the sky. And, maybe it’s also not surprising that roses lead the popularity contest when it comes to naming celestial discoveries.

The open cluster NGC 6067 in the constellation Norma was named The Flower by South African astronomer Magda Streicher, who described it as “taking on the shape of a flower, which (sic) leaves fold into one another... [with] pollen towards the centre,” on the Deep Sky Observer’s website on 29 April 2009.

**Above:** Rosette Nebula by Royal Astronomical Society of Canada astrophotographer, Ron Brecher.

---

**RCW 58** in the constellation Carina. It was given this name by Chilean astrophotographer Daniel Stern.

The German astronomers Petrus Apianus (1495 – 1552) and Johann Bayer (1572-1625) both labelled the Coma Star Cluster in the constellation Coma Berenices as Rosa (Rose). The celestial map of Hungarian uranographer Sandor Nagy (1915) depicts the constellation Corona Borealis as Rózsás kert (The Rose Garden).

*continued next page*



Its semi-circle of stars recalls trellises of roses around this celestial garden. Lithuanians call this constellation Darželis (The Flower Garden).

English astronomer Caroline Herschel discovered the open cluster **NGC 7789** in 1783 and because its loops of stars and dark lanes looked like rose petals, it became Caroline's Rose. German astronomer Robert Zebahl has named it the White Rose on his Faint Fuzzies website. There is another White Rose up there however: the galaxy **PGC 6240** in the constellation Hydrus is also referred to by this name.

The planetary nebula **SH 2-174** in the constellation Cepheus, the remnants of a star that collapsed when its fuel was exhausted, is known as the Valentine Rose Nebula. American astronomer Stewart Sharpless discovered it in 1959.

The reflection nebula **NGC 7129** in the constellation Cepheus has two lobes, a large one resembling a rose bud and a smaller one beside it resembles the foliage at the base of the bud, earning it the names Cosmic Rosebud, the Flower Bud Nebula, and the Cosmic Rose.

The globular cluster **Messier 5** in the constellation Serpens was discovered by German astronomer Gottfried Kirch in 1702 and is nowadays known as the Rose Cluster. The interacting galaxy **UGC 1810 (Arp 273)** in the constellation Andromeda is known simply as The Rose, but also as the Cosmic Rose, the Galactic Rose, the Space Rose, and the Flower of the Universe.

## WHAT'S THE DIFFERENCE?

### Spiral Galaxy

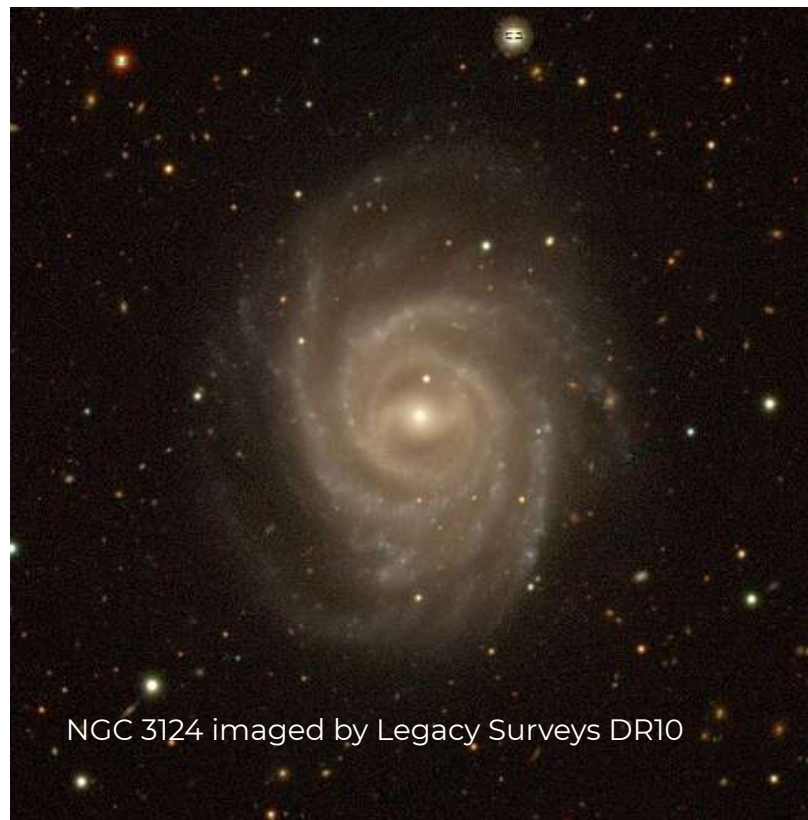
typically has a rotating disc with spiral arms that curve out from its nucleus.

### Barred Spiral Galaxy

contains ribbons of stars, gas, and dust that appear like a horizontal bar across its center.

There are two celestial roses in the constellation Cetus. One is the spiral galaxy **NGC 1042**, known as Rhódeus Céti (Rose-Like of Cetus) discovered by Lewis Swift in 1885. The other is the spiral galaxy **NGC 251** Rósa Céti (Rose of Cetus), discovered by William Herschel in 1785.

The barred spiral galaxy **NGC 3124** in the constellation Hydra is Rosácea Hýdrae (The Rose of Hydra"), discovered in 1835 by John Herschel.



NGC 3124 imaged by Legacy Surveys DR10



## ASTRONOMY | CONTINUED...

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The spiral galaxy **IC 5325** in the International Astronomical Union (IAU) constellation Phoenix Rhodóides Phoenícis (Rose of Phoenix) was first recorded by American astronomer Lewis Swift (1820 – 1913).

The star cloud **SH 2-101** in the constellation Cygnus has been named the Tulip. The Tulip of Hydra (Túlipa Hýdrae) is the barred spiral galaxy **NGC 3421**. The Little Tulip is the dark nebula **LDN 902** in the IAU constellation Monoceros.

If you'd like to see some of these in person join us at our observatory at the Sechelt Airport. - CE

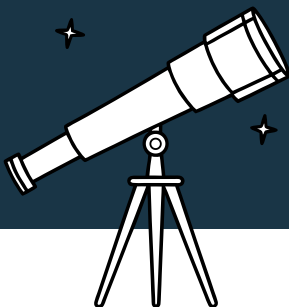
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Observatory during the 2025 Star Party

For more details about the observatory and the astronomy club, visit:  
[www.sunshinecoastastronomy.wordpress.com](http://www.sunshinecoastastronomy.wordpress.com)

Save the  
Date  
**DEC 21**



Join us at Solstice Celebration and meet the astronomy club! The astronomers will showcase their astrophotography and, if the skies are clear, will have their telescopes set up to help us view the stars!



# Why I bring clients outside

**My move into nature-based therapy came from lived experience rather than theory.**

Before I trained as a counsellor and psychotherapist, I spent years navigating severe depression, anxiety, suicidal ideation. I experienced an “aha” moment that came with a late ADHD diagnosis.

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My brain never felt at home sitting across from someone in an office. But outside? THAT was where I could finally hear myself think – whether moving on a trail, floating on the water, weeding my garden or getting my heart rate up while climbing a mountain biking trail.

I also carry the grief and stories of losing three family members to suicide. Those losses shaped my understanding of how fragile and how courageous it can be to seek support. I kept wondering: What might have helped them feel more at ease seeking support? Maybe they would still be here today. At the same time, I have witnessed healing up close.

My aunt, Katie, whom I recently lost to dementia, is one of my greatest inspirations. She lost all three of her daughters. Her twins died by suicide, and her firstborn was killed in an accident. Her grief was unimaginable, yet I watched her turn to gardening as a lifeline. Kneeling in the soil, gently caring for her plants, and staying close to the earth supported her as she carried what no parent should ever endure. She even wrote an article about this, sharing how gardening helped her carry grief. Her quiet strength, her fierce love, and her relationship with the land are a large part of why nature-based therapy feels so meaningful to me. She is my hero and the root of so much of my work.

Her example stayed with me through my education in sustainable agriculture, and later, it supported the creation of a pilot land-based, work experience program, braided with Indigenous and Western ways of knowing. I watched people reconnect with

land, culture, and community, and I saw how the land held them in ways a building or other traditional space never could. I am forever grateful to the teachers, Knowledge Keepers, and Elders who taught me how to live and breathe – connected to land.

Today, that example also inspires my practice, Seeking Sunrise Therapy and Counselling, where I integrate nature-based walk-and-talk therapy, kayak therapy, and animal-assisted therapy with my endlessly goofy and clingy therapy dog.

Parker, the Golden Retriever I chose more than four years ago to join me in this work, has spent countless hours in training.



In the room, he brings comfort, silliness, and the occasional unsolicited sloppy kiss or full-chested head smush. His presence eases anxiety, supports connection, and reminds people that they do not need to sit perfectly still or appear perfectly composed to be worthy of care or affection.

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Walk-and-talks help people like me, who find it easier to open up while moving.

*There is something soothing about the rhythm of footsteps, the smell of the forest, and fresh air filling your lungs.*

Walking side by side also naturally reduces eye contact, which can feel uncomfortable or overwhelming for many people, especially when sharing something raw.

Kayak therapy adds its own quiet kind of magic: The steady pull of the tide, the sound of water lapping against the hull... But, let's be honest – the occasional seal who pops up mid-session and locks eyes with us... That completely destroys the concept of confidentiality.

Studies consistently show that movement and time in nature support reflective thinking, emotional processing, and reductions in anxiety. Walking can help the brain process experiences more fluidly, and being on the water can slow the nervous system. Together, movement, natural surroundings, and gentler social pressure often help people say things they have been holding onto for years.

Life today is more automated and fast paced.

Many of us spend most of our days indoors or in front of screens. We are becoming increasingly disconnected from the land. I want to push back against that disconnection. Bringing therapy outside and with a dog feels like one small way to help people return to a place where they already belong.

My hope is to make mental health care feel approachable, embodied, and connected. Nature teaches us, holds us, and restores us. My aunt understood this long before I did. Many Indigenous communities have known it far longer. I hold my hands up in gratitude to these teachers. When we walk together and share the land in therapy, and when we honour our relationships with it, healing unfolds in ways that feel more alive and deeply possible. - SS

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Sonia Stewart is a Canadian Clinical Counsellor (CCC) and Founder of Seeking Sunrise Therapy & Counselling. She holds a BSc. Applied Biology - Food & Environment and Master of Counselling (MC).





## Mindfulness Walk

To help us achieve our vision for the Garden to be 'a place where plants and people thrive', the Garden has partnered with Sonia to create a self-guided mindfulness walk map, intended to encourage people who might be experiencing anxiety and stress to come to the Garden for a walk and to find some relief.

We also look forward to making the Garden available for Sonia and other counsellors, and other organizations such as the Sunshine Coast Hospice Society to use as a location to support their clients.

On your next visit to the Garden, try the mindfulness walk map for yourself and give us your feedback.



# Bird Studies



We are pleased to announce that in 2026 we will be partnering with the Sunshine Coast Natural History Society (SCNHS) to help us understand bird activity and gather data on the bird population here at the Garden. And we need your help!



More information to come on training sessions that include in-class learning and guided nature walks to be offered at the Garden ahead of the spring migration



## WEEK OF DEC 14

### The Sunshine Coast CHRISTMAS BIRD COUNT

takes place at several locations  
on the Coast including  
at the Garden.

Date is weather-dependent.  
More info to come!



# An invitation

FROM SCNHS TO MEMBERS OF  
THE SUNSHINE COAST  
BOTANICAL GARDEN

Join professional wildlife photographer Liron Gertsman as he shares stories and images from his favourite moments photographing wildlife in western Canada and around the world. The presentation will include a mix of visual storytelling, science, and the creative process that Liron uses to create unique and eye-catching photos of nature.

The 2025 “Bird Photographer of the Year”, Liron Gertsman is an award-winning naturalist and professional wildlife photographer whose work has appeared in Canadian Geographic, Audubon, Sierra Magazine, The Smithsonian Institution, London’s Natural History Museum, and more. Liron combines his photographic artistry with his biology background from the University of British Columbia to create eye-catching images and unique photography workshops around his home in western Canada and worldwide.



## WILDLIFE IN A UNIQUE LIGHT

**LIRON GERTSMAN**

December 5th at 7:00 pm

Join Zoom Meeting

[https://us06web.zoom.us/j/86310346251?  
pwd=JQC6j43CrbwifRla8g77PocYyoPo8t.1](https://us06web.zoom.us/j/86310346251?pwd=JQC6j43CrbwifRla8g77PocYyoPo8t.1)

**Meeting ID:** 863 1034 6251

**Passcode:** 964068



PHOTO: Jane Smither



We enjoy seeing the members of the Sunshine Coast Camera Club here at the Garden with their cameras in-hand. Recently, Garden member and the Camera Club’s Photo Walk Coordinator, Natalya Gunde brought the group back to the Garden. It was a dark and drizzly day, but you would never know it by their captures!

*continued next page*





PHOTO: Bruce Pond

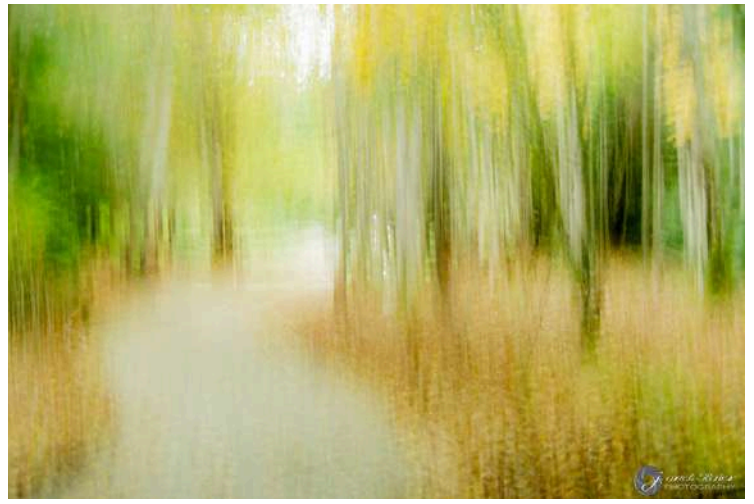


PHOTO: Janet Slater



PHOTO: Natalya Gunde



PHOTO: Melody Ayres



PHOTO: Jane Smither



PHOTO: Phil Harrison

Are you a photographer or an aspiring one? Get connected with these fine folks!  
Visit **[www.sunshinecoastcameraclub.ca](http://www.sunshinecoastcameraclub.ca)** for club and membership details.





# Coming up!

## EVENTS



### **DEC 15:** Holiday Sing Out

**7:00 PM**

*Join us at the Garden for our annual musical event, the Holiday Sing Out with the Suncoast Phoenix Community Choir!*

*We look forward to this night each year, and if you've attended before, you know why!*

*Seats are first-come, first-served; admission is by donation.*

### **DEC 21:** Solstice Celebration

**4:00 PM - 7:00 PM**

*Join us! At the Garden, on the shortest day of the year, celebrate the winter solstice at this magical, family-friendly gathering.*

*This year's lantern procession will be along a new route at the Garden and will end with music by the fire on our back terrace. Bring a lantern (LED or battery-operated lights only, no flame) and dress for the occasion: a yule crown, fairy wings, a costume with lights – it's up to you just make sure you're warm and dry.*

*Parking is limited, and carpooling is highly recommended. Thanks to the Royal Bank of Canada, Sechelt, for helping make this community event possible.*

*Admission and apple cider by donation.*



### **JAN 1:** Hair of the Dog Day

**11:00 AM - 4:00 PM**

*We invite all well-behaved canines and their equally well-behaved humans to the Garden for Hair of the Dog Day. What a great way to greet the New Year!*

Each event is by donation. We hope to see you!





# solstice

## CELEBRATION



• solstice fire • music • lantern procession •

SUNSHINE COAST BOTANICAL GARDEN



DEC 21, 2025 | 4 PM - 7 PM | ADMISSION BY DONATION

Event made possible with support from RBC



## CALL FOR VOLUNTEERS

### Set-up / Tear-down



Hanging lanterns, lights outdoors  
(must be comfortable on ladders)



Directing artist participants to  
their site on procession route;  
Support with loading in/out.

### Traffic Control



Directing traffic on Mason Road  
(ensuring Fire Dept/Works Yard  
driveways are kept clear)



Directing vehicles with accessible  
parking placards to designated  
accessible parking spots



Assisting with passenger drop-off  
to ensure no bottle-neck traffic in  
parking lot.



### Procession Monitors



Ensuring visitors stay on path;  
and monitor hazardous spots.

If you can help us, please contact Heather:  
[development@coastbotanicalgarden.org](mailto:development@coastbotanicalgarden.org)



# These Sunshine Coast businesses offer a discount to Botanical Garden members!

*Please show your appreciation by supporting them in return.*



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**Sunshine Coast Botanical Garden**

**WINTER HOURS**

(October to April)

Friday to Monday ~ 11 am - 4 pm  
Closed Tuesday, Wednesday, Thursday

**SUMMER HOURS**

(May to September)

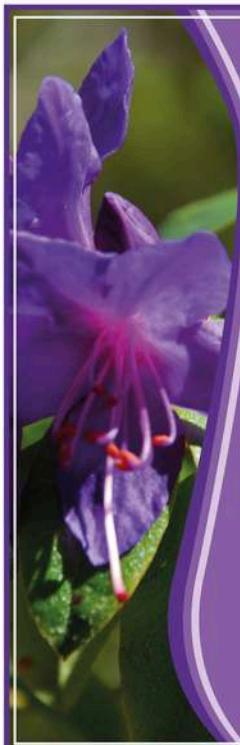
Friday to Tuesday ~ 11 am - 4 pm  
Closed Wednesday & Thursday

5941 Mason Road, Sechelt

• 604-740-3969 •

[www.coastbotanicalgarden.org](http://www.coastbotanicalgarden.org)

[info@coastbotanicalgarden.org](mailto:info@coastbotanicalgarden.org)







## These community businesses generously support the Botanical Garden.

*Please show your appreciation by supporting them in return.*

To advertise in Salal, contact Mary Blockerger: [info@coastbotanicalgarden.org](mailto:info@coastbotanicalgarden.org)

Rates: Single size (3.75" x 2") \$25/issue, \$85/year (four issues). Double size (3.75" x 4") \$50/issue, \$170/year (four issues).



### The Nursery is dormant for winter, and will reopen in early 2026.

While our store is currently closed for the season, we're still available to assist you with custom orders, requests, or any other inquiries.



Please email us at: [scnursery@eastlink.ca](mailto:scnursery@eastlink.ca)

1826 Sunshine Coast Hwy

604.886.2796

[sunshinecoastnursery.com](http://sunshinecoastnursery.com)



## When You Make It, Make It Beautiful.

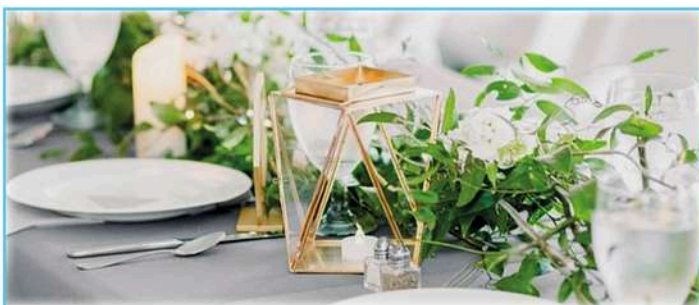


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## Opening Hours at the Garden

### OCTOBER TO APRIL

Open Friday - Monday, 11 am - 4 pm

Closed Tuesdays, Wednesdays & Thursdays

### MAY TO SEPTEMBER

Open Friday - Tuesday, 11 am - 4 pm

Closed Wednesdays & Thursdays

