



*To Know, Enjoy and  
Preserve Nature*

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## Past President’s Report

For the Arrowsmith Naturalists, 2014 begins with a new look for the Club’s Executive. At our November AGM, Lynne Brookes and Elaine Lefebvre were “elected” to share the roles of President and Vice-president. How these duties will be structured is described later in this report. At the same time, Derek Grimmer took over Lynne’s position as a Director, Sue McLean volunteered to share the position of Secretary with Pam Helem and I took over from Roger Simms as Past President. With the rest of the Executive remaining in their positions for 2014, the Club will receive some new leadership “blood” while retaining continuity. To all of those who have stepped forward to serve and to those who are continuing, we send a big “thank you”.

But “thank you” also to Roger Simms, who has served admirably for many years as President and then Past President, and to Bill Campbell for supporting the Executive so faithfully over the past four years, first as a Director and then as Vice-president. Although he is stepping down, Bill has agreed to continue managing the Club’s e-mail services to members.

For me, the past four years have been a delightful experience. Seldom does one get to work with such a supportive, vibrant group who bring such enthusiasm, humour and dedication to their roles. In addition to Roger, Lynne and Bill, who I have already acknowledged, without the support and individual efforts of such members as Sandy Gray, David Helem, Pam Helem, Maggie Little, Marg Hill, Dave Erickson, Alison Bakker, Carol Anne Phillion, Sallie Dabb, Ed Wilson and Cindie Cosentino, the Club

could not function. And even this list omits others who have made valuable contributions. To you all, I am deeply grateful.

I am sure the new Executive will continue to enjoy the same support that I have received and I wish them every success as the Arrowsmith Naturalists Club forges ahead in these challenging times.

Dave Hutchings  
Past President

**See SMALL DRAMA IN  
THE GREAT  
FOREST ...page 5**



## Incoming Presidents' Report

January, a time of beginning anew for sure. With Arrowsmith Naturalists' strong roots, a solid trunk most recently grown stronger by Dave and Bill, and fertile soil all around inviting growth--good years ahead. Elaine and I are looking forward to sharing traditional presidential responsibilities in a new way as we branch out into the new year. As President, Lynne will chair the executive meetings and serve as the club contact point. As Vice-President, Elaine will chair the general membership meetings and share involvement with different club committees and other A-Nats activities.

For those new to the club, Elaine arrived here from Edmonton, Alberta, six months ago. She brings with her perspectives and skills from having been involved in volunteer work with the Edmonton and Area Land Trust, the Wildlife Rehabilitation Society, and the Peregrine Falcon Nesting Watch. Lynne has lived in Errington for just over three years now and has enjoyed active membership in our club for nearly as long. She has participated in many nature oriented organizations and involved in environmental education for many years.

We both look forward to our involvement in the upcoming educational programs and enjoyable field trips; the Canada Goose count; BrantFest; Earth Day; KidFest; promotion of the club and all it offers folks in our area; broom busting at the Englishman River Estuary, ably guided by the indefatigable Maggie Little; and the area's annual CBC, so well organized by Sandra Gray. We also look forward to working with club committees as we expand into the development of a club PowerPoint promotional program, address the issue of free-roaming cats, support the Young Naturalists, and seek other ways to "enjoy nature and keep nature worth knowing."

Elaine and I both invite members' comments, ideas, and enthusiasm. Most especially, we appreciate and invite member participation in the array of opportunities provided to "make a difference" through the Arrowsmith Naturalists chapter of the BC Federation of Naturalists. By working together, we can enjoy and accomplish a lot.

"Stay tuned" through our excellent newsletter and check out our amazing website [www.arrowsmithnats.org](http://www.arrowsmithnats.org). Together we'll develop and

explore opportunities to further learn about, enjoy, and conserve our lovely island's natural environment throughout 2014.

Lynne Brookes and Elaine Lefebvre  
Co-Presidents



### **Morrell Sanctuary Outing - Wed. April 9, 2014**

Be sure to come and enjoy this outing to the Morrell Sanctuary. See further information, page 8, for meeting times

With conservation in mind, William Morrell, a local contractor, donated this land in 1973 for the public's enjoyment. Last logged in the twenties, **Morrell Nature Sanctuary** is a privately owned nature reserve leased and managed by Morrell Sanctuary Society for Environmental Education, a not-for-profit organization managed by volunteers who maintain the park and organize many programs for school children and the general public and are supported solely by donations, membership fees and, in the past, a gaming grant from the BC Provincial Government. If you are not already a member, please consider joining and helping us to support this lovely property.

One of our members—Wendy Kirkpatrick—researched and wrote an essay about the Sanctuary. [Learn about the history and programs on the Sanctuary, along with information about local flora and fauna](#) (Go to [www.morrell.bc.ca](http://www.morrell.bc.ca) to read this essay.)

**THE ARROWSMITH  
NATURALIST ...**

is published three times a year in February, June and October. Articles on birding, travel, botany and environmental matters are welcomed by the end of the month prior to publication. The next deadline is **May 2014** for the **June 2014 edition**.

Hand-written or typed articles and photos are accepted. Some editing may be required for length or held off for another edition according to available space. Please e-mail articles to

[m.e.6@me.com](mailto:m.e.6@me.com)

or send by mail to:

Margaret Hill, **Editor**

194 Valdez Ave, Qualicum Beach,  
B.C. V9K 1R8.

**General Information:** Club membership information is available at both of the public libraries, on the web site <http://www.arrowsmithnats.org>, or write to Arrowsmith Naturalists, Box 1542 Parksville, B.C. V9P 2H4

Membership includes monthly meetings (talks and/or slide shows), regular outings (bird watching, botanical), BC Nature newsletter four times a year and the club newsletter in February, June, October.

New memberships are always welcomed...Family \$35.00, Single \$25.00

**NEW MEMBER WELCOME**

Lucinda Hendren

Catherine Watson

Peter and Maureen Ribi

Diane Jones

Terry and Rosemary Taylor

**Arrowsmith Naturalists****Officers and Contacts:**

**President:** Lynne Brooks -  
Executive Business (250)  
586.4595

**Vice President:** Elaine  
Lefebvre - General Meeting &  
Club Activities

**Past President:** Dave  
Hutchings (250) 752.1613

**Secretary:** Pam Helem

**Treasurer:** Carol Anne Phillion

**Membership:** Gail Armstrong

**Directors:**

Cindie Cosentino

Dave Erickson

Derrick Grimmer

Ed Wilson

**Newsletter Editor:**

**Programs:** Alison Bakker

**Field Trips:** Dave Erickson

**Promotion:** Sallie Dabb

**Refreshments:** Chris Hutching

**Young Naturalists:** Alison Bakker

**Conservation Environment:** Gary  
& Ronda Murdock

**Web Site:** David Helem

**BC Nature:** Sandra Gray

**SUNSHINE**

If you know of an Arrowsmith Naturalist, who is ill, in hospital or recently bereaved, please contact: Pam Helem, at (250) 468-7475 or at [arrowsmithnats@gmail.com](mailto:arrowsmithnats@gmail.com)

**CLUB PUBLICATIONS**

A reference copy of the current newsletter is available at each of the libraries in Parksville and Qualicum Beach.

Meetings and Outings information sheets are available at Mulberry Bush Book Stores in Qualicum Beach and Parksville.

**RESPECT FOR CLEAN  
AIR****NO SMOKING**

Smoking is not allowed anywhere in, on or around Knox Church property.

**SCENTS OR PERFUMES**

Avoid the use of any fragrances when participating in meetings or activities at Knox Church. This request is in respect for others for whom such scents are a health hazard.

**If you wish to pass on your copy of BC Nature magazine, please bring your copy to a meeting and give to Gail. Gail will then offer a copy to new members when they join.**

To Recycle current copies of BC Nature magazine

## KNOW YOUR OTTERS

There are two distinct separate species of otters in British Columbia; river otters (*Lutra canadensis*) and sea otters (*Enhydra lutris*).

Contrary to common belief & misinformation in the Island Times publication Spring 2013, there are no sea otters (*Enhydra lutris*) on East Vancouver Island. In British Columbia, sea otters are only found on North Vancouver Island (Broughton Archipelago), the West Coast of Vancouver Island down to Barkley Sound and the central coast, near Bella Bella.

Currently there are no sea otter populations on South and East Vancouver Island, Gulf Islands or Vancouver.

There are considerable differences between sea otters and river otters.

The Sea otter is the largest member of the weasel family. Sea otter inhabit coastal kelp beds and are found in the ocean and are rarely seen on land.

River otter swim in rivers, streams and the ocean. They nurture their young on land as well as live in the ocean where they forage for food in quiet bays and river estuaries.

The river otter has a broad, flat head and a longer neck, eat fish, shellfish, birds and small mammals. With webbed feet, large lung capacity and the ability to shut off circulation to some parts of their bodies, otters are well adapted for diving, and can remain underwater for up to four minutes. Trapping of river otters for their fur occurs today, in areas with stable populations.

Due to sea otters being hunted to extinction during the sea otter fur trade along the B.C. coast from approx. 1780-1860, the current B.C. Sea Otters are descendants of 89 Alaskan Sea Otters that were relocated to the west coast of Vancouver Island from 1969-1972.

As of 2003, there were approximately 3,000 sea otters in British Columbia. The population

increase in B.C. has slowed in recent years because some parts of the population appear to be at equilibrium.

Sea otters are commonly seen in large groups, while river otters rarely occur in groups larger than a single family which may include 3-4 young. Sea otters usually have a single pup, born in the water. River otter pups (3-4 in number) are born on land.

Sea Otters are one of few tool-using mammals; sea otters use rocks to break open their food.

Sea otters are classified as "threatened" by the Committee on the Status of Endangered Wildlife in Canada (COSEWIC). Therefore, sea otters are no longer hunted, and are the subject of recovery initiatives.

Oil spills are a major threat for both types of otter, since oil can penetrate their fur and cause hypothermia



Sea Otter vs River Otter

Bibliography: Source: Vancouver Aquarium Encyclopedia of British Columbia (Harbour Publishing)

CRD Capitol Regional District

**Photos & Article Submitted  
by Ronda Murdock**

### BRANT IN THE BAY

Sunday - March 2, 2014 - 11:00 am to 3:00 pm  
Parksville Community Park

Come view our Brantastic Wildlife!

## A SMALL DRAMA IN A GREAT FOREST

Last February Derrick and I were out on an afternoon walk along the trail around our place. I had fallen behind him and our two dogs while looking at some mosses along the way. As I was about to round the NE corner and catch up, there was a sudden yell and a commotion up ahead. I quickly turned the corner and saw Derrick holding both dogs tightly by their collars. Oh no, no, NO! I thought. The dogs have scared up, or worse, somehow caught one of the local California quail! We always keep them leashed during our walks in the spring and early summer "baby season" but not usually in the winter. I followed their three sets of eyes to a form on the ground on the other side the wire perimeter fence. In the same instant, I recognized the mostly black form with a touch of red as a Pileated Woodpecker-- perhaps the male of the pair that nests here. I leashed our excited dogs while Derrick reached through the fence to try to catch the downed bird. It was just out of range-- and in bad shape. To help the injured woodpecker we had to get to the other side of the fence. Derrick, dogs in hand, stayed nearby to keep an eye on it so it didn't disappear into the shrubbery while I ran back around the fence. I couldn't climb it so I headed for our front gate, went outside, and turned back along the fence going towards the NE corner. I hurried the best I could slogging through the brushy, branch strewn creek-path towards where the bird was sitting.

While I picked my way through the mud and roots I thought I heard an eagle calling. Suddenly I sensed some movement overhead and looked up to see a mottled-brown, immature Bald Eagle fly over and land in a tree exactly above where Derrick, the dogs, and the woodpecker were! I called out a warning that an eagle was right over them...and to try to protect the downed woodpecker...in case that was the eagle's interest. Once I reached the corner, I walked slowly, quietly, up to the injured Pileated. He was still on the ground but had moved a little towards the salal. He was aware of me but didn't move as I bent ever so slowly down towards him. Then-- got'em! Sadly, he hardly struggled. I slipped my

lightly gloved fingers under his fantastic big black feet to give him some support before I lifted him up. I held him against me-- loosely enough for him to breathe-- but encircled so he couldn't struggle and injure himself further. Once I had the bird, Derrick took the dogs back to the house, called the nearby wildlife rehabilitation centre and then would return with a car to take us to there. Carrying the woodpecker in my arms I walked carefully down the private sawmill dirt road north of our place towards Grafton to wait at a spot where Derrick could drive to pick us up. I didn't want to risk carrying the injured bird back along the shorter route to our gate being afraid of frightening or falling and hurting the woodpecker further.

As I sat on a log awaiting our ride to the North Island Wildlife Recovery Centre, I looked down, visually examining this disheveled yet breathtaking bird. There were puncture wounds on his lower neck (talons?). I noticed that he wasn't bleeding now but had bled-- the neck feathers were soaked. The rest of him looked fine and he was in good weight and feather condition. His large round eyes were dilated-- but evenly so-- and his breathing was weak but regular. As I quietly held him I was awestruck by the closeness of this fascinating bird. His subdued dullish black feathers were offset by the impossibly glowing red topknot and the dashing red moustacio facial stripes. I marveled at the largeness of the long wide sturdy black beak and noted how the nostrils were completely covered over by feathers (!) that pointed towards the surprisingly bluntish bill tip. His legs and big strong zygodactyl (two toes pointing forward, two back) black feet were armored with scales and impressive. Pileateds always seem so huge, but I saw then that the length is visually exaggerated by the long bill and long tail. Not really such a huge bird close up and certainly not heavy.

Derrick arrived and helped me settle into the front seat as I cradled the unnaturally calm bird. I used a light towel to cover his head so the passing sights wouldn't frighten him. ...cont'd page 6

...cont'd from page 5

We soon arrived at the Centre. Derrick got out to track down Robin or Julie-- the wildlife manager or his assistant-- while I stayed in the car holding Mr. Pileated. As I waited, I thought of the disruption caused by the loss of a member of a pair that stays together throughout their lives...and so near the beginning of the breeding season. If this were the male of the local pair and he dies, will the lone female pine for him-- with no babies in the huge old aspen this year? Adult Pileated pairs remain in their territory for life and do not usually wander off if a mate is lost. Or, would she call for a new mate or hear a passing bachelor male and allow him to join her in the territory? Life is so ephemeral. I had heard a Pileated Woodpecker calling lustily not an hour before our walk. As I sat still and watched this injured bird slowly fading, Derrick came up to the car with Robin.

Paperwork completed... donation made... bird handed over... Robin saying the woodpecker probably wouldn't make it. I agreed but asked that if he does, to please make sure to notify us so he can be released back onto his territory. At least the big guy had some small chance. Then only two of us returned home.

I had planned to call the Centre daily to see how it was going for this lovely creature and hoped for the best. When I made my first call the next day around noon-- I learned that Mr. Pileated only survived through the night and into the morning. Along with deep puncture wounds and blood loss he apparently also had a concussion. Julie was surprised that he had made it that long. He had been on pain meds and in a warm quiet place-- far better than wet and shivering with cold. And yet, at the same time, I was aware that he was most likely injured by "an act of nature" and that the young eagle-- if he were the perpetrator... went without a meal that he'd earned fair and square. When injuries are caused by human negligence, or worse, that's a different issue. In this case, we interfered.

If I were to guess at a scenario about what may have happened to this woodpecker it would be this: In late winter, as the breeding season is about to begin, single Pileateds will wander around seeking territory and a mate. Both the male and the female of a territorial pair will take on wanderers and attempt to drive them off with threat displays and calls. Males especially do a lot of drumming, head waving and loud calling announcing territorial claim and, if mated, reinforcing the pair bond. This makes them pretty obvious to predators. As there was an intensely interested eagle close to the downed bird, I wondered if the eagle had harassed another raptor into dropping its prey or if the eagle itself had caught the woodpecker. Dogs and humans then drove the eagle away. Possible...but impossible to know for sure.

The following day I looked out back and...to my astonishment...there was a big, handsome red moustachioed MALE Pileated Woodpecker comfortably hanging out on our suet feeder under the shelter!! His bright red facial steaks were much wider than that of the injured one we found. I really didn't know who this guy was as I've only recorded the female of the local pair of Pileateds on our suet feeder. Was this a new guy? Or, was this the resident male enjoying the tasty treat in his own familiar territory? Questions impossible to answer for sure. The one thing I did know was that there was a female and a male Pileated Woodpecker around here again.

That spring there was an active, newly excavated Pileated nest cavity in the old aspen out back.

***Photo and Drama Note by Lynne Brookes. See photo on page 1.***

## CHICKWEED...Weed or Herb?

**Chickweed: *stellaria media* - family *carophyllacea***

***(Do not confuse with Field Chickweed: *cerastium arvense*)***

Chickweed grows in fields and gardens throughout North America and Europe. Not a perennial, but such a vivid grower that it can be found year round. Chickweed will produce up to 5 generations in one year. It is hardy despite its delicate stems, tender small leaves and starlike, tiny white flowers; a creeper growing 10 to 30 cm tall.

Start picking it in March for soups, salads or 'spinach' combined with the tender fresh shoots of stinging nettle. Chickweed is high in mineral salts, copper, kalium (potassium), silica and vitamin C, with small amounts of saponin.

Its powder mixed with animal fats makes a cooling, healing salve which was highly praised by the pioneers.

Native healers, as well as, Western herbalists used it fresh for poultices on slow healing wounds, ulcers, for gout, inflammation (externally and internally) and also for pneumonia, eye sores and hemorrhoids.

Chickweed is used to stop milk flow, and as a tonic to strengthen the immune system. Chickweed is tender, with a nutty flavour and not bitter like many other edible herbs. Its relative, Field or Mouse-ear Chickweed, is much more attractive with its showy, white flowers but nowhere is it mentioned for any healing properties and is probably too hairy for consumption.

***Photos & Article Submitted by Maya Carson***



*Chickweed : stellaria media*

*Family: carophyllacea*

*(Photo is enlarged to double average size.)*

### SOMENOS MARSH OUTING

Bundled up against the freezing temps, these intrepid Nats enjoyed a glorious day's outing starting with viewing this old stand of Gary Oaks.

Somenos Marsh is a rich and diverse wetland complex. It is an area of exceptional bird, fish and other wildlife and ecosystems.

Thanks to Lynne Brookes for a most informative outing.

***Photo by Dave Erickson***



**ARROWSMITH NATURALISTS MEETINGS AND OUTINGS***FEBRUARY 24 to JUNE 21, 2014*

CARPOOL IF POSSIBLE. FOR MORE INFORMATION CONTACT: DAVE ERIKSON: (250) 947-9698

PLEASE NOTE - GUESTS ARE VERY WELCOME. A GUEST WAIVER AND DAY MEMBERSHIP FORMS ARE AVAILABLE AT THE TIME OF AN OUTING OR ON THE WEBSITE: [WWW.ARROWSMITHNATS.ORG/MEMBERSHIP](http://WWW.ARROWSMITHNATS.ORG/MEMBERSHIP) THESE FORMS MUST BE READ CAREFULLY, COMPLETED AND SIGNED WITH AN ACCOMPANYING \$1.00 FEE BEFORE PARTICIPATING IN AN OUTING.

**Meeting Locations Key:** **Note: Day/dates and time changes for Tues. Apr 29 & Tues. May 20,.**

**C&J = Craig and Jensen; QBT = Qualicum Beach Tourist (centre on 19A); N&P = Northfield and Parkway rest stop parking lot; Sunnybeach = Hwy 19A north & Sunnybeach Rd**

**Mon Feb 24 GENERAL MEETING - at Knox United Church, 345 Pym, PV @ 7:30 p.m.**

*Please respect Knox Church policy of "No perfumes or scents when participating in activities or meetings".*

**Topic: Birding in BC      Speaker: Russ Canning - a birder with extensive world and Canadian experience.**

**Wed Feb 26 The Lighthouse Trails** - This is a pleasant forest nature walk on trails under improvement by the RD N. We can improvise on our route when we get there. Lunch at Bean Counter or Sandbar Cafe  
Meet C/J @ 9:30 or QBT @ 9:45      Leader: Maggie Little

**Sat Mar 8 Herring Run** - We can hop up or down the coast and set up our telescopes wherever the action is thickest. If the fish are late in arriving an option is birding from the road at the Marshall Stevenson. Bring lunch

Meet: The run is unpredictable so we'll meet @ QBT @ 9:30      Leader: Sandy Gray

**Wed Mar 19 Herring Run** - See March 8th above. The herring tend to move down the coast. If we are lucky we will be observing from a different location. An option will be a viewing of the Hamilton Marsh. Bring lunch

Meet: QBT @ 9:30      Leader: Sandy Gray

**Mon Mar 24 GENERAL MEETING - at Knox United Church, 345 Pym, PV @ 7:30 p.m.**

*Please respect Knox Church policy of "No perfumes or scents when participating in activities or meetings".*

**Topic: Western Painted Turtle      Speaker: Stephanie Thorpe, who is doing research on the Western Painted Turtle at Buttertubs Marsh.**

**Sat Mar 29 Little Qualicum Falls** - A beautiful location where the lighting can be spectacular. The flow over the falls should be heavy at this time of year. Proper boots are advisable but the steep sections can all be avoided. Bring lunch.

Meet: C&J @ 9:30      Leader: Maggie Little

**Wed Apr 9 Morrell Nature Sanctuary** - 11km of trails in a protected 2nd growth rain shadow forest which is important for the very large number of native plants that thrive here. It is also a notable birding area especially in the late Spring. Lunch: Jingle Pot Pub

Meet: C&J 9:30 a.m.; N&P 10:00 a.m.      Leader: Duncan Campbell

**Mon Apr 28 GENERAL MEETING - at Knox United Church, 345 Pym, PV @ 7:30 p.m.**

*Please respect Knox Church policy of "No perfumes or scents when participating in activities or meetings".*

**Topic: Newcastle Island      Speaker: Bill Merilees**

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**Sat Apr 19 - Kye Bay and Goose Spit** Quite simply a beautiful place to visit tucked under the bluffs behind the Comox airport with very nice beach...if the tides are cooperating. Lunch: Blackfin Pub, Comox.

Meet: QBT 9:30 a.m.

Leaders: Dave and Pam Helem

**Tues Apr 29 - Honeymoon Bay Eco Reserve, Skuz Falls** Anticipating spring lilies in bloom and more. We are most fortunate to have Genevieve Singleton to lead us and share her knowledge in this lovely area. Lunch: pack lunch.

Meet: C&J 9:00 a.m.; N&P asap; Hwy 18 turnoff to Cowichan Lake asap (shortly after 10:00 a.m.)

Leader:

**Sat May 10 Harewood Plains** - We missed the flowers last year. It's worth trying again to catch this blooming splendour.

Meet: C&J 9:30 a.m.; N&P asap; Hwy 18 turnoff to Cowichan Lake asap. Leader: Lynne Brookes

**Tues May 20 Somenos Nature Conservancy** - Gary Oaks, flowers and hopefully the bluebird refuge. Again an outing with Genevieve Singleton, who promises some pleasant surprises. Lunch: pack lunch.

Meet: C&J 9:00 a.m.; N&P asap; Hwy 18 turnoff to Cowichan Lake asap (shortly after 10:00 a.m.)

Leader:

**Mon May 26 GENERAL MEETING - at Knox United Church, 345 Pym, PV @ 7:30 p.m.**

*Please respect Knox Church policy of "No perfumes or scents when participating in activities or meetings".*

**Topic: Mosses and Lichens**

**Speaker: Terry and Rosemary Taylor**

**Sat May 31 The Abyss** - A huge fissure created by an earthquake. There are old petroglyphs nearby. Good views from the ridge as we sit and much lunch.

Meet C&J for a 9:30 start.

Leader: Dave & Pam Helem

**Wed June 11 - Native Plants** - Stream-side Native Plant Nursery with stop-offs to view these plants growing naturally. Lunch: Bean Counter.

Meet: QBT 9:30 a.m.

Leader: Lynne Brookes

**Sat June 21 - Buttertubs Marsh** We've all driven past and many have visited this marshy area but this is a great opportunity to follow Chris as he identifies many birds and speaks about their fascinating lives. Lunch: Black Bear Pub.

Meet: C&J 9:30 a.m.

Leader: Christopher Stephens

**Monday June 24 - GENERAL MEETING - at Knox United Church, 345 Pym, PV @ 7:30 p.m.**

*Please respect Knox Church policy of "No perfumes or scents when participating in activities or meetings".*

**Topic:TBA Speaker: TBA**

### OPPORTUNITY TO BONE- UP ON PLANT IDENTIFYING SKILLS

Two Arrowsmith Naturalists, Pam Helem and Lynne Brookes, are teaching a VIU Elder College course this spring: **Wildflowers and Local Plant Communities**. There will be four Tuesday afternoon sessions on April 29, May 6, 13, and 20. The first class in Parksville will be a general introduction to botany and plant ecology. The next three sessions consist of field trips to marsh, forest, and seaside plant communities with Pam and Lynne. **Interested? Look for the VIU Elder College brochure or check it out online.**