

ARROWSMITH NATURALISTS NEWSLETTER

TO KNOW, ENJOY AND PRESERVE NATURE

PRESIDENT'S REPORT – FALL/WINTER 2017

LYNNE BROOKES

Dear One Hundred Thirty+ !
Arrowsmith Naturalists Friends and
Colleagues,

Even as nature winds down for the winter things are winding up for us as we are about to begin our next wonderful life-affirming year of “knowing nature and keeping nature worth knowing.” As our club keeps growing it is heartening to know that more and more people in our area love the nature that surrounds us, want to learn more about it, and are willing to work to help educate others and protect habitat for wildlife. I might add that our club is also a gathering of friends—both continuing and new ones to be discovered.

It takes a good team of individuals to help a robust organization like ours to do all the great things we do. Our speakers, outings, stewardship, citizen science endeavours and educational outreach are not only enjoyable but informative and professional. Our leaders in these activities and those working for us on the newsletter, the website, AV management, Facebook, BC Nature rep, those providing refreshments at meetings and other gatherings, membership, meeting secretaries, directors and others of the executive committee help it work well for all of us. Ongoing work at the Englishman River Estuary, the Brant count, Christmas Bird Count, efforts to protect grizzlies, mountain caribou, old growth forests and the Hamilton Marsh Wetlands allow us to jointly contribute to the bigger picture in an increasingly nature challenged world.

Over the past six years I have greatly enjoyed being on our board of directors and then president. However, there is a (good) club by-law that limits executive positions to a maximum of six years. Others who have contributed to our club's leadership for a number of years, and for a variety of other important reasons, must now step down from their current positions. As I assume the role of Past President I will continue to be as active as ever in the club as are most of the long-time members who have held various club positions over the years. I'm looking forward to entering 2018 as part of a strong club that is making a difference in the community and for wildlife.



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Editor ~ Kat Derksen

Remember—the most important person in the club is—**YOU!** Singly and collectively your participation in Arrowsmith Naturalists' organizational roles, programs, activities and events helps you and all those we reach to better enjoy and preserve nature.

Lynne Brookes, President

ARROWSMITH NATURALISTS CLUB/MEMBERSHIP INFORMATION

General Information: Club membership information is available at both Parksville and Qualicum Beach public libraries; on the web site <http://www.arrowsmithnats.org>, or by writing 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 and October.

New memberships are always welcomed. **Membership Fees:** Family \$35.00, Single \$25.00. Annual membership dues are collected at the October & November club meeting.

MEETING TIME/LOCATION: Where: Until November 2017: Knox United Church, 345 Pym St, Parksville, BC ~ **January 2018 and thereafter:** St Ann & St Edmund Anglican Church, 407 Wembley Rd, Parksville, BC

When: 4th Monday of January to June & September to November. **DOORS OPEN:** 7:00 pm. **MEETING START:** 7:30 pm.

RESPECT FOR CLEAN AIR - NO SMOKING & SCENT FREE - Smoking is not permitted in, on or around Knox United Church or St Anne & St Edmund Church. As well, please refrain from wearing perfume or scented products

ARROWSMITH NATURALISTS OFFICERS AND CONTACTS

President: Lynne Brookes - Executive Business

Vice President: Elaine Lefebvre - General Meeting & Club Activities

Past President: Dave Hutchings

Executive Secretary: Kat Derksen

General Meeting Secretary: Sue Wilson

Treasurer: Derrick Grimmer

Membership: Toni Wyckoff

Directors:

Dave Erickson, Terry Taylor, Rosemary Taylor

BC Nature Rep: Sandra Gray

E-mail Correspondence: Elaine Lefebvre

Conservation Environment: Gary & Ronda Murdock

Field Trips: Frank Van Manen

Newsletter Editor: Kat Derksen

Promotion: Maggie Little

Refreshments: Ron Wyckoff and Dave Erickson

Speaker Program: Ronda Murdock

Stewardship: Dave Hutchings

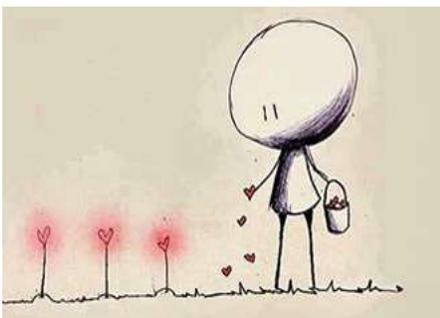
Broom Bashing: Dave Hutchings

***When:** 9:30am - 1st and 3rd Thursdays of the month: **Where:** Bottom of Shelley Road, Parksville. Weather permitting, they will do a tour of the estuary and see what areas need attention.

Oceanside Nature Kids BC:

Archivist:

Web Site: David Helem/Catherine Watson



SUNSHINE ~ If you know of an Arrowsmith Naturalist who is ill, in hospital or recently bereaved, please contact: Pam Helem: arrowsmithnats@gmail.com

“A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship and he who plants kindness gathers love.” ~Saint Basil

ARROWSMITH NATURALISTS SPEAKERS PROGRAM NOVEMBER 2017- JANUARY 2018

November 27, 2017 – Dr. Ken Marr – Curator of botany (since 2001 Royal BC Museum. Dr. Marr’s interest is in the classification, biogeography and conservation of terrestrial vascular plants - in particular the alpine flora of northern BC. (presentation subject TBA)

January 22, 2018 – Member’s Night. Members are encouraged to share their nature photos with the group at this meeting. Up to 12 photos may be submitted. Please bring them on a USB stick to the meeting and be prepared to give a brief explanation of each photo!

February 19, 2017 - **Lauren Farmer** - UVIC Grad student. Topic: “Using Tree Rings to Prepare for the Future”

ARROWSMITH NATURALISTS EVENTS

December 17, 2017 – Parksville Qualicum Beach Christmas Bird Count (CBC)

This will be the 27th year for our BCPQ, also the 117th CBC. Volunteers are needed to join a team in the field. Teams are usually 3-7 birders possessing a mix of skill levels. As well, volunteers for “at home” feeder counts are needed. For more info contact: Sandra Gray

December 17, 2017 ~ 5:00pm – ANats Annual Pot-Luck Dinner at St. Anne’s/St. Edmund’s Anglican Church Hall ~ 407 Wembley Rd, Parksville

ARROWSMITH NATURALISTS OUTINGS November 2017 – March 2018

Meeting Locations Key: C&J = Corner of Craig and Jensen streets, Parksville ~ QBT = Qualicum Beach Visitor Information Centre, 2711 Island Hwy W, Qualicum Beach ~ N&P = Northfield and Parkway rest stop parking, Hwy 19, Nanaimo ~ SB= Hwy 19A North and Sunnybeach Rd ~

✓ Indicates easy walking

Saturday, November 18th -- Courtenay Airport & River Walk – Easy, wheelchair accessible. Always enjoyable and generally good winter birding. Approx 1 km. Lunch at a Courtenay Restaurant. Meet QTB 9:30. Leader: Roger Taylor.

Wednesday, November 29th -- (weather permitting) -- Riefel Bird Sanctuary, Delta --

NOTE - Date to be confirmed by e-mail to members. Probably the best opportunity most of us will have to see a huge and wonderful variety of migrating birds this year. There are both longer and less demanding circuits to walk. Bring lunch. **Meet C&J 6:30 am**, depart C&J at 6:45 am for the 7:45 am Duke Point ferry and return 3:15 pm from Tsawwassen. Please confirm with leader: Dave Erickson.

Saturday, December 9th -- Lighthouse Trails -- We can improvise once we get there. Lots of options in the forest and on the coast in this lovely area. Bring lunch. QBT 9:30 am, Leader: Maggie Little.

Sunday, December 17th -- Christmas Bird Count -- Be part of the 118th CBC, the longest running citizen science survey in the world. Join a team in the field, usually 3-7 birders with a mix of skill levels, or count birds from home for the Feeder Count. Pot Luck Dinner immediately following the Count at St. Anne's/St. Edmund's Church Hall which always promises good food and many tall tales from the participant birders. Call Sandy at 248-5565 to help with count.

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- ✓ **Saturday, January 13 – Buttertubs Marsh, Nanaimo** – This is one of our most productive birding areas; the marsh is an easy morning's walk (2 km loop). Bill Merilees will be available to lead this. Lunch at the Black Bear Pub. Meet C&J 9:30 Leader: Roger Sims & Bill Merilees

- ✓ **Wednesday, January 24 – Cathedral Grove & Cameron Lake** – An easy road walk between Cameron Lake and the treed bluffs of Wesley Ridge taking in the interesting old cabins along the way. If time allows we can explore the Giants of Cathedral Grove. Bring lunch. Meet QBT 9:30. Leaders: David & Pam Helem

- ✓ **Saturday, February 3 – Fanny Bay Conservation Area & Ships Point** – A walk along the dyke and shore- line for winter birds. Wear good footwear for mud. Meet at the QBT 9:30 or SB 9:45. Bring lunch to eat on the spit. Leader: Maggie Little

- ✓ **Wednesday, February 14 – Pacific Biological Station, Nanaimo** – The Pacific Biological Station tour is from 10:00 am to 12 noon. There is a tea room upstairs overlooking Departure Bay where we can purchase lunch. Parking is very limited, please carpool. Meet at C&J at 9:00. Leaders: Teri Hitch & Claire Summers

- ✓ **Saturday, February 24 – Deep Bay – Birding** – An easy birding and beach walk. In an area which often yields a good variety of seabirds. Hope to see some long-tail ducks! Bring a bag lunch. Meet QBT 9:30. Leader: Roger Simms

Wednesday, March 7 - Jacks Point & Bigg's Park – Good mixed birding in surrounding estuary, ocean and forest. Bring lunch. Wear good footwear. Meet C&J 9:30 or N&P 10:00. Leaders: Toni & Ron Wyckoff

Saturday, March 17 - Englishman River Regional Park; Enter the park from the Middlegate Rd. end and walk along fish channels through a mature mixed forest to the hatchery. We can also check out the clay bank which threatens Parksville's water supply. There may be some early flowers. Bring Lunch. Wear suitable clothes and shoes for mud. We will need to negotiate a slope down to the river. Meet C&J, 9:30 Leaders: Judy & Mark Mazurski

Wednesday, March 28 – Little Qualicum Falls Park - 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: Terry Taylor



SEEDY SATURDAY is rapidly approaching. And, they are looking for volunteers. We received the following request from Seedy Saturday:

February 3, 2018 will be the 16th year of the Qualicum Beach Seedy Saturday. The success of every year is due to the generous support of our volunteers and we need your help to accomplish that success again. The shifts are a short 2 hours long, which leaves lots of time to enjoy the

speakers and the rest of the venue.

Please use the link to access the Volunteer Application.

<https://www.qbseedysaturday.ca/volunteer-application/>

The team is looking forward to working with you.

Robin Benke, Volunteer Coordinator

A NEW & EXCITING FIND!

By: Terry Taylor

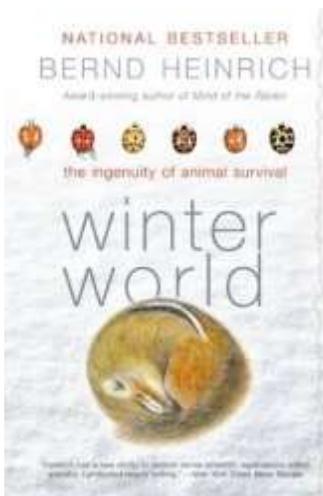
A white polypore fungus was collected by Barry Furneaux at Hamilton Marsh, and brought to me for the mushroom festival. He had not seen anything like this previously, and I did not know what it was. It was displayed at the mushroom festival, along with some other samples that were brought in. They, however, had no identifying label, as none of us could put a name on them. On Saturday night, October 14, 2017, Kent Brothers and I keyed them out using the new Polypores of British Columbia publication by Jim Ginns. They turned out to be *Trametes gibbosa*, a relative of turkey tails, and are not previously recorded from British Columbia. They will be delivered to the UBC Herbarium, and the Hamilton Marsh sample will be the first documented occurrence for the province.



BOOK REVIEWS

By: Lynne Brookes

I “discovered” these two books at a local bookstore, read and loved them and would like to share them with you.



Winter World: The Ingenuity of Animal Survival. By: Bernd Heinrich

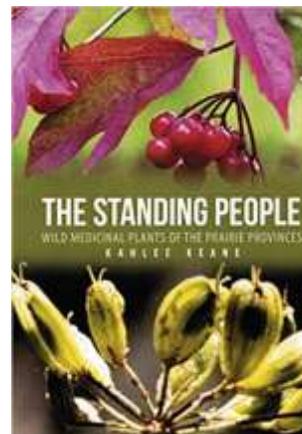
Bernd Heinrich, professor of biology and author of numerous bestselling and award winning books, has written a book that I believe most naturalists will enjoy, learn from, and treasure. He describes an amazing array of winter survival adaptations that allow bees, frozen frogs, squirrels, bats, Manitoba red-sided garter snakes, turtles and astounding little super star Golden Crowned Kinglets among others to hunker down and endure winter's worst. This intriguing, info-packed and nicely illustrated book will warm your winter days.

2003 (2004 paperback). HarperCollinsPublishers. New York, London, Toronto....ISBN 978-0-06-112907-0.

The Standing People: Wild Medicinal Plants of British Columbia. By: *Kahlee Keane*

Those interested in native plants will be thrilled by this book for sure! Author, educator and eco-herbalist Ms. Keane shares what she has learned and experienced apprenticing with mentors from many cultures over the last forty years. Over seventy local plants are featured in narrative and lavish photographs. It was stunning to learn that about everything we look at has some sort of medicinal value—Vanilla Leaf, Goldenrod, Old Man's Beard (Usnea-several), Sheep Sorrel (Rumex a.), Trillium, Buckbean, Hardhack, Yellow Pond-lily—the surprising list goes on! You'll enjoy this warmly written book which includes tips on medicine making and ethical harvesting.

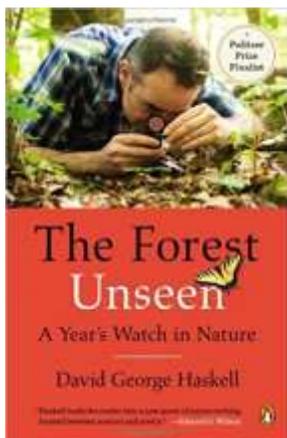
2015. Kahlee Keane for Save Our Species. Printed in Canada. ISBN 978-0-9940763-1-1



BOOK REVIEW

By: Terry Taylor

The Forest Unseen: A Year's Watch in Nature. By: *David George Haskell*



A large percentage of natural history books are taxonomic. They are the familiar field guides for identifying birds, plants or other organisms. Most of the ones that deal with ecological or other processes tend to be either textbooks or very technical. However, there is the occasional work that transcends those limitations, and allows us to grasp some of the reasons we are attracted to nature, or feel such pleasure when hiking in wild places. This is one of those rare works.

The author is a professional biologist in Tennessee, and his year's journey takes place in the eastern deciduous forest. However, despite the fact that the organisms there are different from those with which we are familiar, this book is still very relevant to our forests. The reason for this is due to the book dealing more with processes rather than species. The birds, flowers or mosses may be different from those of the west coast, but their anatomy and adaptations are very similar.

One description covers ant dissemination of hepatica seeds. We do not have hepaticas, but we have bleeding heart seeds, that are planted by ants. Although there are no sugar maples here, there is the big leaf maple. One organism we do not have is the firefly, but you cannot help but want to see them, and asking why they do not occur here.

It is a rare gift that combines spirituality, wonder, and science with the ability to put those into writing. Haskell has that ability. He selects a metre square area in the forest, and compares it with the mystical qualities of the mandala. On forty three visits throughout the year he captures the different seasons. Each chapter has a different theme, and each emphasizes features and processes we cannot see, presenting them in non-technical language. He always has his trusty hand lens with him. With a hand lens you will always see something unexpected. Never leave home without one.

The coastal forests do not have any book comparable to this. Is it not time somebody revealed such wonders for us? The natural features of British Columbia are no less amazing than those of the eastern forests.

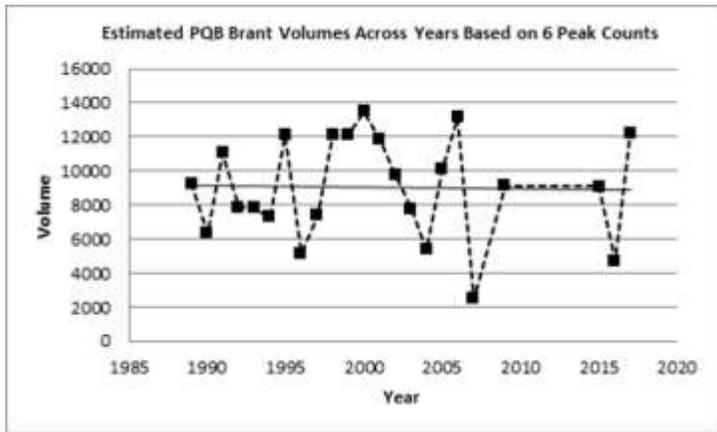
BRANT COUNT VOLUMES 1989-2017 for the Parksville Qualicum Beach Wildlife Management Area

By: Sandra Gray

Our local shoreline from the mouth of the Little Qualicum River to Craig Bay has been the focus of Brant research since 1989. Initiated by Neil Dawe, Canadian Wildlife Service, Brant were counted, leg bands were read, abdominal profiles noted and disturbances to feeding activity were recorded.

Arrowsmith Naturalists volunteered their efforts for most of those years under the guidance of several different individuals taking the lead from year to year. Brant Count results were sent to Environment Canada and recently Sean Boyd (EC) has added the results of our recent efforts (2015-17) to the database. (Thank you Sean!)

Although the data used on earlier Brant surveys are not exactly the same as our 2015-17 counts (the highest of several counts per week vs one count per 1-3 weeks), conservative Brant volume estimates over the 20+ years of surveys is shown in the table below.



- A few things to note:
- 1) The peak counts in 2007 were very low for some unknown reason,
 - 2) The thin horizontal line is the linear regression through all the points, indicating no change over time
 - 3) There was a consistent decline in volumes from 1999 – 2004, along with abdominal profiles (fat), which resulted in the concern over disturbance, leading to the conservation orders which are still in effect (dogs on leash/no dogs March and April)
 - 4) The major gap in counts occurred between 2009 - 2014
 - 5) For 2015-17 the six peak weekly count totals

were regressed against the volume estimated for each year with a conservative volume result

Brant counts 2015, 16, 17 by Arrowsmith Naturalists			
Survey	2015	2016	2017
1	282	347	822
2	695	759	308
3	931	1115	1749
4	6381	623	3739
5	1786	1616	2293
6	2892	1820	3343
7		496	3711
8			2776
6 peak counts=	12967	6429	17611
Volume 6 counts	9091	4710	12202

A huge THANK YOU to all the volunteers who helped with Brant Counts over the many years!

2017 MUSHROOM SHOW

Once again the Mushroom Show was an unmitigated success. This year's attendance topped 700 with over 125 of those being children – the next wave of naturalists! 60+ volunteers worked tirelessly to pull off this event and we owe them our sincerest thanks. Volunteers came from The Salvation Army, Rotary, NIWRA and ANats. Good job everyone!



Photos Courtesy of Sandra Gray



Mushroom Show Photos Courtesy of Sandra Gray

A "Can/Bottle Return Account" has been set up at the Qualicum Beach Recycling Centre. When returning your cans/bottles please indicate that you wish to donate the proceeds off your returns to the **ARROWSMITH NATURALISTS** account.

** Please remember to make the request to credit ANats **BEFORE** your cans/bottles are counted by a staff member at the centre. **

*** Please mention this to friends & family ***

Qualicum Bottling & Recycling Centre: 141 4 Ave E, Qualicum Beach

(Please Note: ANats no longer has an account at the Parksville Bottle Depot)



Paradise Meadows Day Hike

Photos Courtesy of Frank VanManen

Photo #1 (top right) – ANats members enjoying a day at Paradise Meadows in July 2017

Photo #2 (bottom left) – Sundew Plant at Paradise Meadows



The Arrowsmith Naturalist Newsletter 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 **January 31, 2018** for the **February 2018** edition.

Hand-written or typed articles and photos are accepted. Some editing may be required for length or held off for another edition as per available space. Please e-mail articles to: arrowsmithnats@gmail.com. Please use the subject matter: Newsletter submission. Alternatively, send by mail to: Arrowsmith Naturalists, Newsletter Editor, Box 1542, Parksville, B.C. V9P 2H4.

A reference copy of the current ANats newsletter is available at each of the Parksville & Qualicum Beach libraries. Meetings and Outings sheets are available at Mulberry Bush Books in Parksville and in Qualicum Beach.