



*To Know, Enjoy and  
Preserve Nature*

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## President's Report

What a glorious summer it has been! For those who enjoy the outdoors, the uninterrupted sunshine has been a real gift. However, some would argue that too much of “a good thing” can be a trifle boring and that autumn provides a welcome change of pace. Whatever your thoughts on the subject, the change of seasons does announce another schedule of activities for the Arrowsmith Naturalists. By the time you read this, a new round of engaging speakers, interesting field trips and stewardship will have begun in earnest.

With some time off for summer “hols”, our work to eradicate scotch broom, spotted knapweed and other invasives at the Englishman River estuary has begun again. Although knapweed and broom still persist, under Maggie Little’s leadership we ARE making a noticeable difference. Unfortunately, the seed bank stored in the soil for both these species ensures that we will not run out of work anytime soon. For the next few months, we will be pulling out the young broom before it can mature to flowering next spring. Come and join us the second and fourth Thursday of each month for some exercise and lively conversation and coffee afterwards.

During the months of April, July and August, the club took part in a “citizen science” project: the Western Sandpiper Shorebird Survey designed collaboratively by David Hope of Simon Fraser University and Bird Studies Canada. The study’s aim is to discover some of the reasons for the hemispheric decline in the W. Sandpiper

populations. We monitored two sites: the western end of Columbia Beach and the western side of the French Creek estuary. Few sandpipers turned up for the count but those that did will find themselves well recorded. Thanks to Maggie Little and David Helem for coordinating our efforts.

In July, many club members gathered at Rathtrevor Provincial Park for our annual picnic. The food was great, the company marvelous, and the setting spectacular with the huge Rathtrevor beach and the backdrop of veteran Douglas firs. The raffle raised

\$104  
for the  
club.



In  
August,

together

with the Young Naturalists, the Arrowsmith Naturalists participated in Parksville’s annual Kidfest, a one-day fair focusing on keeping children active. Once again, our exhibit focused on life in the intertidal zone, with displays of live specimens (sea stars, geoduck clams, eels, scallops, clams, crabs – to name a few) in closed tanks and touch tanks where the quality of the water and oxygen levels are maintained and closely monitored, thanks to the expertise of Derrick Grimmer. Needless to say, the exhibit was a hit with both young and old. Thanks to Island Scallops and our volunteers for providing our specimens and then returning them to the wild. And thanks, particularly, to Pam Helem, Lynne Brookes, and Alison Bakker for working so

*PRESIDENT'S REPORT...cont'd*

hard to provide an experience which gets better each year, as well as Val Tinney, Dave Erickson, David Helem, Penny Marshall, Ron and Tony Wyckoff, Gilles Gratton, Marilyn Futer, Sue McLean, Maya Carson, Carol Anne Phillion, Sallie Dabb, David Helem, Marg and Martin Hill and son-in-law Owen and grandson Sam. Pretty impressive, don't you think.

We have done more outreach to the community this past year by appearing twice at each of the Errington and Qualicum Beach farmers' markets and maintaining our presence at annual events such as Earth Day, the Brant Wildlife Festival, the Hamilton Marsh tour and Kidfest. Also, our website which is maintained so faithfully by David Helem does much to inform the community and potential new members of our purpose and activities.

Together with MVIHES, our club recognized Rivers Day on September 29<sup>th</sup> at the Englishman River estuary. Sandra Gray, Maggie Little, Pat and Jim Bourgeois and David and Pam Helem provided binoculars and scopes for the public to spot the birdlife on the estuary, while Ron Buechert led an excellent guided tour highlighting the natural values present in the estuary, as well as the threats to the ecology. At the same time, we were able to point out the stewardship work being carried out by our club in conjunction with the Nature Trust. Thank you to all those who helped out and to Faye Smith of MVIHES for co-hosting and arranging Ron's tour.

For over 30 years, Roger Simms has completed the annual Baillie Birdathon -this year in Hungary where he identified 122 species. A significant amount of the pledges he has raised in recent years have been contributed to the Arrowsmith Nats. However, Roger has decided to take a well-earned sabbatical from the Birdathon for 2014. Thank you, Roger, for all your hard work and contributions to the club.

The club has maintained an outstanding and various slate of field trips and speakers, thanks to the imagination and efforts of Dave Erickson and Alison Bakker. Alison certainly grabbed our attention for the new season with Derek Kyosta's splendid photos and recounts of his encounters with the

black bears and the grizzly bears of Knight Inlet. Dave will be following on from his outstanding earlier trips to Paradise Meadows, Fossli Park and dragon fly hunting with Terry Thormin. Listed in both this newsletter and our website will be the details of just what Alison and Dave have planned for us in the coming months.

We have been asked by the Nature Trust to make a posting on their blog. This should be completed and posted soon, so you might want to take a look at their website and click on their blog page.

Just a reminder that November is the time of our Annual General Meeting, at which we elect our club executive for the coming year. This is my last year as President, under the rules of our Constitution, and this will be Bill Campbell's last year as Vice-President. I am very thankful for Bill's advice and support over the past five years. Also, the next two years will see a number of Executive members stepping down, as per our constitution.

This creates a splendid opportunity for the club's renewal and growth. Without "new blood" on the Executive, and the new ideas which naturally spring forth, growth stagnates and vibrancy and energy disappear. Any organism must renew itself and evolve lest it withers and dies. This is not a dire prediction but a call for each one of us not to slip into complacency and apathy, but to rally to help create the conditions for a thriving community of naturalists. The club needs the influence of folks of all backgrounds, interests and ages. Serving on the Executive is not an onerous, time-consuming task but one which can stimulate and reward. I know that I have found the last six years to be both.

Please take a few minutes to consider what you might contribute to the Arrowsmith Naturalists. If you wish to find out more of what any position entails, please speak to any member of the Executive, where you will find no lack of advice and willingness to be a helpful mentor.

***Dave Hutchings, President***

**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 **January 2014** for the **February 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

phone (250) 752.2728

or send by mail to:

Margaret Hill, **Editor**

194 Valdez Ave, Qualicum Beach,  
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**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

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**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.

**NEW MEMBER WELCOME**

Alan Clarkson and Penny Ruddy  
Kevin and Maggie Green  
Elaine Lefebvre

**CRANBROOK FGM, September 19-22, 2013**

The theme - "Earth Wind Fire & Water: The Spirit of Nature" provided a wide scope for the host club, Rocky Mountain Naturalists, to show off the spectacular scenery of their area, bordered by the Purcells to the west and the Rocky Mountains to the east. Thursday evening's presentation by local photographer, Janice Strong key-noted this theme with inspiring slides, arranged to show how these 4 elements "work together to shape life and land".

Outstanding story-teller, Joe Pierre, opened Friday's sessions with the telling of the Ktunasca First Nation "Creation Story". The following series of speakers and later, the related field trips, focussed mainly on local ecosystems restoration. Topics included: – returning a former community landfill site back to a ponderosa pine/bunchgrass habitat; – the Rocky Mountain Trench ecosystem restoration program [www.trench-er.com](http://www.trench-er.com) started in 1997 as a partnership of 24 government agencies, citizen groups and First Nations working together to restore habitat for wildlife, such as elk and badger. First steps were removing forest ingrowth by fire management, and then maintaining those open forests and grasslands; – reintroduction of Northern Leopard Frogs to their historic range; – an urban creek restoration, in which high school students also participated to recreate riparian habitats for young fish. Currently citizens are involved in an exciting ongoing in-stream monitoring project, which involves meticulous collection of invertebrates, that are

covered in a gel to scientists, who have proven this as a good measure of the health of the creek; – other projects included gaining knowledge about bluebird habit, and how to monitor bluebird trails; – latest information of air quality trends, science and health connections, and the impacts of human activities on air quality, locally, regionally and globally.

The General Meeting followed the traditional format of reports, including a comprehensive summary by Krista Eglund describing the IBA's - currently 84 in BC, 600 across Canada. A presentation by Ken Morrison, Manager, Planning and Land Administration BC Parks, MOE, outlined government's focus on creating new class A parks and additions to existing protected areas, such as 522 hectares to Denman Is. Park in 2010-11; advised that there are no plans for planning crown land for connectivity; that hunting is allowed in conservation areas.

Bill and Marilyn represented our club at Saturday evening's delicious banquet and enjoyed the Key Note Speaker, photographer Brian Clarkson, whose photos persuaded the audience that "we live in the best part of the best country in the world".

The four of us had only positive reviews about the Cranbrook conference, whose hosts offered such enjoyable experiences for us to learn more about that beautiful part of BC.

Respectfully submitted  
David & Pam

***Libellula forensis***  
(Eight-Spotted Skimmer)

**Order: Odonata**  
**Suborder: Anisoptera**  
**Order Description: Dragonflies**  
**Family: Libellulidae**  
**Family Description: Skimmer**



For further information regarding habitat, etc, refer to:

<http://imnh.isu.edu/digitalatlas/bio/insects/drgnfly/libefam/lifo/lifofr.htm>

**Photo by: Dave Hutchings**

## CHICORY...Weed or Herb?

Cichorium intybus: (chicory)

Description: Depending on soil chicory can grow 1 to 5 feet high, wiry stemmed plant with a deep tap root which allows it to grow in the dry gravel on the side of the road, highly drought tolerant. The first rosette of leaves can be easily confused with dandelions (both roots make coffee, ersatz). Its central vein has a reddish tint and the toothed edges are less pronounced. Once it starts to flower, (several blossoms wandering up individual stems), it is easily identified. Chicory has magnificent sky blue, (up to 2" flowers) which close in the afternoon. As a biennial it will build a rosette of leaves in the first year and bloom in the following. It will make a beautiful statement in a summer garden (up to 5' high in good garden soil).

Chicory is already mentioned in papyrus 400 BC for its remedial help as a liver tonic. It is said to eliminate gallstones, help with jaundice, diabetes, anemia and liver ailments. Due to its bitter properties, it stimulates the release of bile from the liver and gallbladder. Chicory is also known as a diuretic, a blood purifier, digestive and for relief of fever.

The roasted roots were intensely used during the war as a substitute for coffee without coffee's side effects.

Cultivated, buried in sand to avoid bitterness and blanched, Chicory is eaten as a salad. Harvest its leaves in the spring...chop and eat on buttered toast, as a salad with croutons rubbed with garlic or as a vegetable sauteed...it makes a nice spring-cleaning of the blood.

Due to its high inulin content, it makes a good vegetable for diabetics.



Native healers used Chicory root: 1 oz of root in 1/2 litre of water; 2 to 3 mouthfuls daily for a few months were successfully used to treat rheumatoid arthritis. It was also used to treat cirrhosis of the liver and inadequate liver function.

Folklore has it that as a charm, Chicory root dug up on Jacob's Day with a deer antler will give you a happy love life and the strength of a bear! Should you dig up a forked root with said antler, it will open doors to hidden treasure troves!!

You better be nice to that big buck who is in your backyard eating lettuce and roses. As the fall season comes up, you may want to ask him kindly to drop his antlers in your yard. Either way, to find love or the treasure is worth the sacrifice, and you'll be able to buy all the roses and lettuce you have so far vehemently and with lots of expensive 'remedies' defended.

Good Luck!

**Photos & Article  
Submitted by  
Maya Carson**



**BAILLIE BIRDATHON - MAY 24, 2013**

Most years I visit family in UK, this year was much the same with a big difference. I had already arranged a trip to the UK; however, this year there was an opportunity, at last, to go on a birding tour with Hungarian Bird Tours for a week, May 21 to 28. These tours are run by Roy Adams a retired English Police Wildlife Officer. He has lived in Hungary for eight years and has been studying the eight varieties of Woodpeckers and the Hawfinch, resident in Hungary. His advertisement was in the UK magazine Birdwatching for which I have a subscription.

The cost of the tour included him arranging return flight...Heathrow/Budapest/Heathrow; all transportation, hotel, breakfast and evening meal and his leading the tour. I was the only participant for the first three days and then we were joined by three English men for the last three and a half days. I was met at Budapest Airport by Roy's partner, Deana, at 12:20 a.m. on May 22nd and driven to my hotel in Eger, one hour and 40 minutes drive on Highway 3 a very new and impressive highway running east to the border with Ukraine and on to Russia. In my hotel and bed by 2:45 a.m. and up at 6:45 a.m. for an early start at 8:15, after breakfast. I should say that Deana does all the pick-up from Budapest Airport and the return journey.

We birded the eastern part of Hungary which is mainly low forested hills then plains with marshes and agricultural land. The days usually started at about 6:00 a.m. for about two hours then back to the hotel for breakfast. We usually stopped mid-morning for coffee and delicious pastry.

Roy and I decided that Friday, May 24th would be the day for the Birdathon. We started at 6:00 a.m. as he lives in a village 5 km from the hotel; we came back for breakfast about 8:00 a.m. then birded for the rest of the day till 6:00 p.m. having stopped for coffee and pastry mid-morning and mid-afternoon plus a stop for a goulash lunch. A very eventful day as we covered a lot of ground and managed 122 species as per my list provided to all my supporters.

My total birds for 6+ days was 149 with 51 lifers. The lifers are birds I have not been able to see in the UK as I have either been there at the wrong time or those particular birds do not usually reach that far west. Some of these species include both White and Black Storks, European Roller, European Bee-Eaters, several different Eagles and eight different Woodpeckers. One of the more rare birds and difficult to find is the Great Bustard. However, we managed to see, from a distance, six males and one female.

The trip to Hungary was a completely new experience as I had never been to Eastern Europe before. The experience was well worth the cost. When I go back again it may well be in October, possibly next year to experience the Fall migration through Central Europe.

The photographs were provided to me by one of the other participants. (See p. 7: Long-eared Owl; Syrian Woodpecker; Great Reed Warbler.)

**SIGHTINGS DURING - BAILLE BIRDATHON IN HUNGARY**

*Long-eared Owl*



*Syrian Woodpecker*



*Great Reed Warbler*



**SIGHTINGS CLOSER TO HOME**



These photos are from a visit to Sue McLean's mother's in North Vancouver (Lynn Valley) near the end of September.

When we arrived Mother mentioned that there was a Woodpecker living in her Chickadee nest box on her deck. As she has poor eyesight she wasn't certain what sort but was interested in having some photos so she could show her friends. Each night at dusk it would fly in and tuck itself in for the night. The light level was very low and I was having a struggle getting a photo until I realized that I had brought my external flash with me. With the patio door slid open just enough to get my telephoto lens through the opening I managed to come up with these shots.

**Photos by: Les McLean**

**ARROWSMITH NATURALISTS MEETINGS AND OUTINGS***SEPTEMBER 23 - JANUARY 2014*

CARPPOOL IF POSSIBLE. FOR MORE INFORMATION CONTACT: DAVE ERIKSON: (250) 947-9698 OR DAVE HUTCHINGS: (250) 752-1613

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:**

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

**Sat Oct 26 - Annual Mushroom Walk.** At the Big Qualicum Hatchery site and always popular. Bring lunch.

Leader: Penny Marshall      Meet: C&J 9:30; QTB 10:00

**Monday Oct 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: Experiences with Wildlife

Speaker: Dr. Malcolm McAdie, Veterinarian

**Sat Nov 9 Nanaimo Estuary Park.** This outing promises to be a fabulous birding day. Lunch - Crow & Gate Pub

Meet: C&J @ 9:30; QTB 10:00.      Leader: Chris Stevens.

**Wed Nov 20 Deep Bay Shellfish Research Centre.** Now completed and operating. We need to determine if enough members are interested to request a guided tour.

Meet: C&J @ 9:30; QTB @10:00.      Leader: tba

**Monday Nov 25th GENERAL MEETING - at Knox United Church, 345 Pym, PV @ 7:30 p.m.**

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Topic: In-stream fish habitat - Restoration Works

Speaker: Sean Wong, Biologist with the Ministry of Transportation and Infrastructure

**Sat Nov 30 North Island Wildlife Recovery Centre.** Dave Erikson and Lynne Brooks look forward to showing our fellow members how the handful of employees and army of volunteers keep this most successful facility functioning at such a high level. Hopefully there will be many questions and suggestions which are always welcome. Admission \$8.00 per adult. (helps feed our hungry bears). Lunch - "Trees" Restaurant

Meet: C&J 9:30      Leaders: Lynne Brooks & Dave Erikson

**Wed Dec 11 Heritage Forest Qualicum Beach** - Learn the history of early logging and local flora in this beautiful setting. Leaders: Gary and Ronda Murdock. Lunch in town. Then at 1:00 pm a special visit to the Qualicum Beach museum. Leader: Graham Beard, Resident Paleontologist.

Meet: QBT @ 9:30

**Sun Dec 15 Christmas Bird Count** – Parksville Qualicum Beach Christmas Bird Count. Be part of the 114th 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.Edmunds Church Hall. For more info and to sign up contact: Sandra 250-248-5565

**Sat Jan 11 Somass Estuary** - This conservation property is located on the site of the earliest pioneer farm in the valley (1850s). A gentle walk of under 2 km that will include birding at the sewage treatment plant. Bring suitable clothing and bag lunch or depending on weather - lunch in Port Alberni

Meet: C&J @ 9:30 or at the Port Alberni Visitor Centre      Leaders: Marg and Martin Hill

**Sat Jan 25 Plummer Side Rd Englishman River** - This walk promises great rewards for little effort. The birding should be exceptional. Close to town and familiar to many of us. Bring lunch and of course appropriate gear.

Meet: C/J @ 9:30      Leader: Roger Simms

**Mon. Jan 27 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: Members Night - Members will receive further info via e-mail.

**Wed Feb 5 Somenos Marsh and Duncan Sewage Lagoon** - Easy walking on a newly constructed boardwalk and expectations of seeing some unusual bird species. Bring lunch

Meet: C/J @ 9:30 or Arlington 9:45      Leader: Lynne Brookes

**Sat Feb 15 World Parrot Refuge** - First we get a brief intro to the world of parrots in Lynne's study. Then on to Parrot World where 100's of these splendid animals are cared for after their misuse in the pet trade. This is a subject that people who are serious about protection of wild creatures simply cannot ignore, but we promise the outing will be an enjoyable and memorable one. We suggest lunch at "Trees" restaurant in Errington.

Meet: C&J @ 9:30 am or 9:45 @ Derrick and Lynne's gate in Errington (For directions, contact Lynne.)

**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: Birds      Speaker: Russ Canning - a birder with extensive world and Canadian experience.

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**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: tba

**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

**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

**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: Speaker:

**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.

### ***THE DOUGH BIRD***

...seems to appear in flocks of approximately two dozen in P. Ville, around the end of July, at Rath Trevor (summer picnic), for a brief touch down (a few of you have seen it). They disappear almost immediately, leaving no traces, and emerge once again around Christmas.

Short tailed, with a beak like a songbird and dark eyes, its appeal is in its golden brown hue and flavour. Its wingspan is unknown, they are crouching in some kind of knot. A single bird may be quite shy, even though the flock is landing in the midst of a crowd of people who are interacting in a quite, lively way.

Research findings: Yeast bit more sugar if you like Allpurpose organic flour (for Mix one yolk with a tsp of or halves of a raisin into the size chunks and roll out into (pointed end glaze and bake



dough for rolls (with a little vinegar for crispiness; and be generous with the butter. 3 c. of WF its taste and texture) to make approx. 2 doz. birds. water to glaze before baking and stick two currants head for eyes. Cut dough after first rise into 1/2 fist-pointed 'cigars' approx. 8" long. Tie them into a knot through hole = head), flatten tail, cut with scissors, (give them space to grow in the oven!

***For further findings, contact: Maya Carson***