

ARROWSMITH NATURALIST NEWSLETTER



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To Know, Enjoy and

We have a happy productive healthy club that makes a difference in our community as we enjoy, learn and encourage others to enjoy and care for the fascinating nature all around us. Many more wonderful activities have been enjoyed and accomplished by members since the February newsletter. As people meet us, learn about what we do, and see our club displays of photographs and pick up literature at various venues we're spreading "the word."

PRESIDENT'S REPORT

to Dave's current and Maggie's earlier efforts and to all the volunteer "busters," progress cleaning up the ERE is quite evident.

Monthly programs organized by Alison Bakker have been excellent! Hardy souls took advantage of the great field trips arranged by Ed Wilson over winter and even more members--like flowers in the spring-- have been coming out as the months turned warmer. Even harder souls have done an astounding job of beating back the invasive broom choking out our more polite native plants in the Englishman River Estuary (ERE). The native plants will now be better able to re-establish, especially if aided by a fall planting of native plant "reinforcements." Why are the native plants so important? Since the last ice age an ecological balance was attained which provided the sustenance needed by native insects adapted to use them and for all the other forms of life dependent on the resultant healthy natural ecosystem. Dave Hutchings has spearheaded the current stewardship effort and, as per usual, Serious Coffee was visited afterward with the coffee seriously enjoyed. Thanks

Arrowsmith Naturalists participated again in this year's Brant Wildlife Festival (BWF). In late February Sue Wilson, Catherine Watson, Elaine LeFebvre and several other A-Nats helped with a club exhibit at the annual Brant Wildlife Festival opening Gala in Parksville and in early March many of us enjoyed the 25th anniversary dinner celebration sponsored by The Nature Trust of BC (TNTBC). We all applauded as Sandra Gray received recognition and a lovely plaque for the many years that she has selflessly contributed her talents and time to the BWF and other efforts to support nature. At the turn of Spring, the "Brant in the Bay" public Brant and seabird viewing event organized by Sandra was held at the Parksville Community Park. This was a great day with good bird and public attendance.

In April, twenty-seven (!) A-Nats members and two youth assistants, Sam David (M. & M. Hill) and Adele Renard (L.Brooymans) worked alongside Ceri Peacey/Friends of Hamilton Marsh Wetlands to help to make this a memorable day for all who came to enjoy and gain a new appreciation for this lovely local endangered wetland. Club members served as nature guides taking groups of visitors down to the dock area. ...cont'd on p. 5

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 September **2015** for the October **2015** 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 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 and October.

New memberships are always welcomed...Family \$35.00, Single \$25.00. Annual membership dues are collected at the October club meeting.

MEETING TIME/LOCATION:

Meeting is held at Knox United Church; fourth Monday of Jan, Feb, Mar, Apr, May, June, Sept, Oct, Nov.

Doors open at 7:00 p.m. Meeting begins at 7:30.

Arrowsmith Naturalists Officers and Contacts:

President: Lynne Brookes - Executive Business
(250) 586.4595

Vice President: Elaine Lefebvre -
General Meeting & Club Activities 250. 586.5805

Past President: Dave Hutchings 250. 752.1613

Secretary: Sue McLean 250. 951.3336
and Sue Wilson 250. 248.7280

Treasurer: Derrick Grimmer 250. 586.4595

Membership: Toni Wyckoff 250. 947.2520

Directors:

Dave Erickson 250. 947.9698

Derrick Grimmer 250. 586.4595

Terry Taylor 250. 594.8001

Rosemary Taylor 250. 594.8001

BC Nature Rep: Sandra Gray 250.248.5565

E-mail Correspondence: Bill Campbell 250.738.0883

ConservationEnvironment: Gary & Ronda Murdock
(250) 248.3667

Field Trips: Ed Wilson 250. 248.7280

Newsletter Editor: Margaret Hill 250.752.2728

Promotion: Sallie Dabb (250) 752.7588

Refreshments: Ron Wyckoff 250 947.2520

and Dave Erickson 250. 947.9698

Speaker Program: Alison Bakker 250.757.8551

Stewardship: Dave Hutchings 250. 752.1613

Dave Hutchings is taking over the job of Broom Bashing coordinator from Maggie Little. Note the schedule change as follows:

Participants will meet on the **first and third Thursdays of the month at 9:30am** at the bottom of Shelley Road, Parksville. Weather permitting, they will do a tour of the estuary and see what areas need attention.

Young Naturalists: Alison Bakker 250. 757.8551

Web Site: David Helem 250. 468.7475

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

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.

THE STARS OF SUMMER

One of the natural wonders of summer is the summer night sky. Although it lacks the brilliant stars of the winter sky, and darkness is slow in coming, this sky more than makes up for those shortcomings. The Parksville area is blessed with dark skies that large urban areas do not enjoy.

The Milky Way is readily visible, and it stretches high overhead, running through a large triangle outlined by three bright stars. It is called the Summer Triangle. The brightest star is Vega, and



Credit: Yuri Beletsky / ESO

is almost overhead. If you look at Vega with binoculars, nearby you will see a pair of small double stars, Epsilon Lyrae, each star of equal brightness.

The second star is Deneb. It forms the apex of a cross, but the cross is horizontal, not vertical. The other stars of the cross are not as bright as Deneb, but second magnitude, the same brightness as those of the Big Dipper. Known as the Northern Cross, it actually looks much more like a cross than the Southern Cross does, but you will need to take a vacation to confirm that. The Northern Cross is correctly known as the constellation Cygnus, the Swan, and the swan is flying along the Milky Way with its tail at Deneb. Again, take out your binoculars and you will see what Galileo was the first to see, 400 years ago. The Milky Way, with optical aid is readily resolved into myriads of faint stars not visible without magnification. You can see all kinds of deep sky wonders with a pair of binoculars. The third star is Altair. It is farther south, and like Deneb, is first

magnitude. Each magnitude is two and a half times as bright as the next magnitude down the scale. So, Deneb and Altair are 2.5 times as bright as the stars in the cross beam of the cross.

Vega and Deneb can be used to illustrate an illusion. Vega is actually much, much fainter than Deneb, but is much closer. The light from Vega started on its journey well within our lifetimes. It is only 25 light years away. Deneb, in contrast, is a giant star 1500 light years away.

We are embedded within a spiral arm of the Milky Way galaxy, which is only one of billions of other galaxies, that are too distant to see without a telescope. The reason we can see this hazy band is because we are looking into the galactic plane. There are relatively few stars away from the plane. Although we do not see most of the stars, we do see their combined light. Something like seeing clouds, but not seeing the water droplets. If you look towards the south you will see a brightening of the Milky Way. This is the direction of the galactic centre, and there are more stars in this direction. We cannot see the centre itself. It is 30,000 light years distant, but it is not the distance that is the problem. It is the dust clouds. You cannot see these clouds, but you can see evidence of them. Let's go back to the Northern Cross. There are two bands of Milky Way running south from here, but this is another illusion. There is only one band. There is a dark lane of interstellar dust clouds blocking the light from the middle zone. You need a radio telescope to detect the energy coming from this area.

In closing, if there is a full moon, you will not see the Milky Way. The reflected sunlight is too bright. Yes, one and a half seconds earlier, this was sunlight, not moonlight. Another feature to note, is that the full moon of summer is low in the sky, since it is opposite the sun, and the sun is high in the sky. If you have a digital camera and a tripod, you can see something else that Galileo saw. Take a photo and magnify it. You will see the impact craters. The best time to see them is at the half moon phase (first quarter). They stand out best at the sunrise or sunset line, where the crater walls cast long shadows.

Article by Terry Taylor

QUEEN ANNE'S LACE...weed or herb?**(or Wild Carrot)*****daucus carota* Family: Umbelliferae (or Apiaceae)**

Queen Anne's lace or wild carrot is part of a family which has many individuals with similar character traits, that can be easily confused.

Queen Anne's lace though has a distinct dark purple sterile blossom at its centre. Like a lace doily its umbel sits on a collar of fine greens. Its leaves are building a 'feathery ground-rosette'.

Our carrots are a cultivar of the wild one and carry the same latin name: *daucus carota*.

Some claim that its root was of culinary use in old Europe. Our kids used to pretend-cook with their playmates...ask them about flavour! Harvested in summer, the roots are tough.

Wild carrots grow in abundance beside the road, in abandoned fields, and backyards where birds spread the seeds. In this mild climate they grow year round in poor soil and are drought tolerant. Rich soil and moisture might rend them palatable.

All parts are effective remedies: roots, leaves, whole plant, blossoms and ripe seeds which build small nests with their spikey surface (plentiful and easy to harvest).

The herb can be used internally as well as externally for eczema, itchiness, bloating, intestinal worms, burns and bladder infections (whole plant). Tea or juice (in Spring) from the root is curing for liver and kidney problems.

Wild carrots were used in Europe (recorded) since 500 BC for same cures as in North American Native Medicine. Native women used seeds or juice from the roots to regulate menstruation. The Mohegans steeped the whole blossoms in warm water and drank the lukewarm tea. Physicians found that their tribe had no diabetes. Trappers and affected mountaineers used to carry dry blossoms with their gear, insisting that regular consumption of the warm tea cured them completely and kept them healthy.

It wasn't until 1935 that scientists learned about its use against diabetes, without some of the undesirable side effects of insulin. Natives of British Columbia used it for effective prevention of diabetes but seem to have for some reason, and unfortunately, forgotten about it.

Article & Photos by Maya Carson



...cont'd from p.1

At the dock member Hans Boerger once again captivated the eyes, minds and less squeamish hearts with his carefully housed display of amazing pond creatures. He was assisted by Sam and Adele, Jeannie and Kevin Diewold (Bug Detective Certificates), Derrick Grimmer and Sue Wilson (Frog Folders) and several naturalists assisting the public with questions and with the use of the spotting scopes. At the end of the day, the critters were returned to the marsh unharmed--with alien abduction tales to tell.

The backdrop to these and many other BWF activities was the formal Brant monitoring and report for which our club had responsibility this year. Eight formal counts were made in three specific areas within our Oceanside Wildlife Management Area from February through April with Sandra as lead and Dave Hutchings, alternate, myself and 16 other A-Nats volunteer observers. For this important data gathering effort TNT (The Nature Trust) BC paid the club \$625. These funds

will most likely go towards the purchase of native plants for us to plant this Fall in the Englishman River Estuary.

Another great thing that is happening is the native plant signage project, "Signs of Forest Stewardship" along the Errington Elementary School's RDN trail. This project, headed up by member Jeannie Diewold in conjunction with Lynne Brookes, is the result of Jeannie's vision and a proposal through our club to BC Nature and the BC Nature Foundation. Our club was provided a grant of \$1,600 towards this exciting school and community trail users educational project.

With the much anticipated July 27th Club Picnic, farmer's markets' A-Nats displays, KidFest and, under the guidance of Terry Taylor, a Fall Mushroom Show in October there's a lot to look forward to. And yes!, your participation in these events will be fun and your help with some is crucial. Don't be shy!

Lynne

BOTTLE RETURN...ARROWSMITH NATURALISTS FUND RAISER

A Bottle Return Account has been set up at both Parksville and Qualicum Beach bottle return depots. This means that when you return your bottles, you may indicate that you wish the fund to be credited to the ARROWSMITH NATURALISTS account.

Please remember to request that your return funds be credited to the Arrowsmith Naturalists account **before** the funds are tallied.

Be sure to also mention this to friends who may also be returning bottles.

BRANT COUNT - PQBWMA - ARROWSMITH NATURALISTS 2015
ESTIMATED BRANT COUNTS FOR PARKSVILLE QUALICUM BEACH WILDLIFE MANAGEMENT AREA
ARROWSMITH NATURALISTS for the NATURE TRUST OF BRITISH COLUMBIA 2015

By Sandra Gray, Dave Hutchings, Lynne Brookes

Each of the eight primary counts took place between February and April 2015 within a 2 hour time period between 10 am to 1 pm on the dates shown in the table below. Observers divided into two or three groups, each group with their assigned area to cover with all counting at the same time in order to avoid double counting. The 2015 Brant primary counts covered the full length of the Parksville Qualicum Beach Wildlife Management Area (PQBWMA)

In addition to the primary counts, other incidental counts were made by individuals or groups. The table below includes both the primary counts (# 1-8) and a sampling of the incidental *high* counts with locations noted. (One observer made almost daily observations at Rathtrever Feb 24-April 27, with counts varying from 0-700.)

Count locations: Area 1- Little Qualicum River estuary, Kincaid Rd, Qualicum Beach
 Area 2- Seacrest Pl, Butterball Dr, Admiral Tryon Blvd West & East
 Area 3-Parksville Bay, Mariner Way, Rathtrever Provincial Park

The total mileage accumulated by participating volunteers was approximately 1,435 km. including round trip from home.

The nineteen 2015 count observers included: Sandra Gray, Dan Gray, Lynne Brookes, Derrick Grimmer, Dave Hutchings, Toni Wyckoff, Ed Wilson, Sue Wilson, Dave Erickson, Roger Simms, Maggie Little, Duncan Campbell, Lois King, Penny Marshall, Tom Constable, Terri Hitch, Christopher Stephens, Kiera Stijack, Connor Pickard.

2015 Primary Incidental Counts (#1 - 8)	DATES	BRANT COUNTS		REMARKS
	Counts			
	Dec. 14, 2014		123	Parksville Qualicum Beach Christmas Bird Count, covers full length of PQBWMA
#1 Feb 3		72		Dog disturbance at PVBay & Rathtrever
#2 Feb 4		282		Arrowsmith Naturalists Club outing
	Feb 10		248	Rathtrever, 2 hrs at same location
	Feb 11		130	Qualicum Beach, 2hrs at same location, Brant walk tideline very close to beachfront walkway, tolerant of human activity.
	Feb 14		202	Area 2, 2hrs at same location
	Feb 15		227	Rathtrever
#3 Feb 17		90		Foggy and sunny, limited view
	Feb 21		30	Qualicum Beach
#4 Feb 24		695		Many Brant 1-2km out on Strait. Large dogs loose at Qualicum Beach.

	Feb 26		270	Rathtrevor
	Feb 27		649	Rathtrevor at twilight
	Feb 28		279	Area 1 only
	Feb 28		650	Rathtrevor at twilight
	March 2		150	Qualicum Beach viewing stqnd, recent herring spawn, many gulls
	March 4		1100	Little Qualicum River estuary; recent herring spawn, many gulls & diving ducks. Walkers & kayak disturbance.
#5 Mar 10		931		Fog & sun, many scoters and gulls, human disturbance area 2.
	March 11		802	Scouting for IBA count; partial coverage, all areas sampled.
	March 17		450	Rathtrevor
	March 19		210	Parksville Bay
	March 21		1319+	Areas 2 & 3 only; 3000+ flock of mixed divers off Parksville Bay.
	March 22		1500+	Seen during 'Brant in the Bay' at Parksville Bay
	March 22		1000+	Seen by local birding group in area 1
#6 Mar 24		6381		3000+ scoters at Qualicum Beach, many gulls.
	March 27		680	Rathtrevor
	April 1		420	Rathtrevor
#7 Apr 7		1786		Windy, Brant feeding w/ scoters.
	April 10		500	Area 2 only
	April 10		450	Rathtrevor, rain
	April 13		620	Rathtrevor, stormy
#8 Apr 14		2892		Windy; human disturbance at Mariner Way & Rathtrevor.
	April 21		700	Rathtrevor, stormy
	April 27		250	Rathtrevor, windy



MUSHROOM SHOW

Plans are underway for the Arrowsmith Naturalists and the to hold a *MUSHROOM SHOW* in conjunction with NIWRA (North Island Wildlife Recovery Association), Sunday, October 18, 2015 between 11:00 a.m. and 4:00 p.m. Admission is by donation to NIWRA (A charitable non-profit). Volunteer 'mushroom' collectors will be needed to collect specimens a few days before the show. Specimens to be identified Saturday with display setup on Sunday a.m. As plans are finalized during the summer, look for more information in September.

Volunteers will be needed, if interested in helping, please, contact Terry Taylor 250.594.8001



Amanita pantherina presenting as a tasty morsel for a Banana Slug. Observed on Rogers Creek trail.

Photo by Margaret Hill

Amanita pantherina

Habitat and distribution

The panther cap is an uncommon mushroom, found in both [deciduous](#), especially [beech](#) and, less frequently, [coniferous](#) woodland and rarely meadows throughout [Europe](#), western [Asia](#) in late summer and autumn.^[2] It has also been recorded from [South Africa](#), where it is thought to have been accidentally introduced with trees imported from Europe, and on [Vancouver Island](#), in British Columbia, Canada.^[3]

It is an [ectomycorrhizal](#) fungus, living in root [symbiosis](#) with a tree, deriving [photosynthesised](#) nutrients from it and providing soil nutrients in return.

Reference: Wikipedia

YNC (Young Naturalist Club of BC)

BC Nature in their, Summer 2015, newsletter, announced that they asked friends and members: 'What they thought of the club's name and did it describe who and what the YNC is about'. Many suggestions regarding a name change were received. After committee discussion and a polling of members, a new name and logo were created. A fresh start to celebrate their 15th Anniversary with '**NATURE KIDS BC**'.

Watch for the **Oceanside Nature Kids** Fall Outings info sent to members. For more information contact: Alison Bakker 250.757.8551



ARROWSMITH NATURALISTS MEETINGS AND OUTINGS*June to October 2015*

CARPOOL IF POSSIBLE. FOR MORE INFORMATION CONTACT: ED WILSON: (250) 248.7280

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 THESE FORMS MUST BE READ CAREFULLY, COMPLETED AND SIGNED WITH AN ACCOMPANYING \$1.00 FEE BEFORE PARTICIPATING IN AN OUTING.

MEETING LOCATION(S) KEY:

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

✓ Indicates easy walking

Sat June 27: Paradise Meadows & Battleship Lake: A lovely walk through mountain meadows to see the flowers (hopefully!) and then lunch at an alpine lake. Battleship Lake return is about 6 km. Bring lunch, wear sturdy footwear and dress with layers – just in case. Meet at the QBT 9:30 am or at the Horne Lake Rd and Hwy 19 intersection (Exit 75) at 9:50. **Leaders: Margaret and Martin Hill**

Sun July 5: Beach Day @ Qualicum Beach: A.Nats volunteers along with Oceanside Nature Kids will set up a display. Come out and enjoy a day at the beach taking in the many venues.

Mon July 27 Club Picnic @ Rath Trevor, picnic area #1 @ - 4:00 p.m.(watch for the A.Nats way finding signs & greeters). Come out for the Arrowsmith Naturalists Annual club picnic. Bring folding chair, plate, utensils, BYO coffee/tea, jacket, etc. according to weather and a potluck dish to share. Also, please bring a 'nature' related item for the raffle.

Sun Aug 16 Kidfest at Parksville Community Park - 10:00 a.m. to 3:00 p.m.: The A.Nats and the Young Naturalists will provide the popular and exciting exhibit on marine life. We rely on Volunteers. If you wish to help out please contact *Lynne Brookes 250. 586.4595*

Sat Sept 5 The Gift of Weeds: What is a weed? Examine the plants that thrive in our disused fields and ditches on an easy walk around Parksville with Maya. Their value to animals and their medical uses by people will be explained. Exploration will be around Parksville. Meet 9:30 am C & J, **Leader: Maya Carson**

Wednesday September 16th: Gabriola Island: Explore the famed Malaspina Galleries, shorelines and Parks. **Meet at C&J for 9:15 a.m.** start to catch the **10:40** ferry from downtown, Nanaimo. Bring Lunch. Car Pool. Ferry cost for car plus passenger fare. **Leader: Tom Constable**

Saturday, September 26th Stamp River: A beautiful walk along the river through an old growth forest in a remote corner of this park. Fortunately this end of the park was never logged and has some big trees left for us to admire. Also, quick visit to falls and fish ladder to see the migrating salmon. Bring lunch. Meet at QBT at 9:30. **Leaders: Pam & David Helem**

Mon Sept 28th: GENERAL MEETING - at Knox United Church, 345 Pym, Parksville @ 7:00 p.m. *Please respect Knox Church policy of "No perfumes or scents when participating in activities or meetings".* **TOPIC:** Butterflies **SPEAKER:** Mike Yip

Wednesday October 7rd Mushroom Walk Lighthouse Trails: Easy walk along the Lighthouse Trails. **Leader:** Leader Terry Taylor

Saturday October 18th Mushroom Show: The Arrowsmith Naturalists are investigating the feasibility of hosting a mushroom show on Sunday October 18, 2015, in conjunction with the North Island Rehabilitation Centre. Club members would be requested to collect mushrooms a few days before the show. They would be identified on Saturday and the display would be set up on Sunday morning.

Wednesday October 21st Nymph Falls: Easy walk following the Puntledge River through frosted areas. Bring lunch. Meet at QBO at 9:30 a.m. **Leader:** Toni Wyckoff

Mon Oct 26th: GENERAL MEETING - at Knox United Church, 345 Pym, Parksville @ 7:00 p.m. *Please respect Knox Church policy of "No perfumes or scents when participating in activities or meetings".* **TOPIC:** Summer project on bringing back the Bluebird **SPEAKER:** Reanne Shelling, Gary Oak Ecosystem Recovery Team

Saturday. October 31st Jack Point & Biggs Park: Easy walk with some stairs along the peninsula jutting out from the eastern side of the Nanaimo River Estuary. Lunch at the Crow and Gate Pub. Meet at Craig & Jensen at 9:30 or Arlington Inn, Nanoose Bay at 9:45. **Leaders:** Rob and Jeanne Schippers

Wednesday November 11th – Riefel Bird Sanctuary: 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 Duke Point ferry** and return 3:15 pm from Tsawwassen. **Leader:** Dave Erickson

Saturday November 21st Rosewall Creek, south of Fanny Bay: Join us for a moderate walk up this picturesque creek to a falls. No paddle needed! Carry a lunch to eat at the falls. Meet at Qualicum Tourist Bureau at 9:30. **Leader:** Maggie Little