

# **One Step at a Time**

Newsletter of the Mountaineers Naturalist Group

August 2017

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## **Highlights of July naturalist hikes**

### **July 2 – Mt Townsend**







Olympic fleabane, douglasia, silky phacelia, moss campion, Olympic onion and Mountain goat. All in a day's work!

Melakwa Lake – July 8



Blooming false Solomon seals, northern starflower and clasp twisted stalk.

**Ira Spring Trail - Mason Lake July 13**



**Blue butterfly and swamp laurel near Mason Lake**



**resting or botanizing? That is the question.**

**Clayton Beach – July 23**



**Naturalists at work, by Donna Hahn**



**Kelp crab (deceased) on top of red rock crab, with well barnacled back**





**Even leaderless groups can appear organized. Note weathering on sandstone above and people below.**



**Aggregating anemone – all clones.**

### **In the Native Plant Garden**

Who goes to the native garden in the summer? Birds. Many birds have nested in the area including flickers, killdeer, white crowned sparrows, towhee and hummingbirds. Many of these birds hang around through the summer, attracted by the cover, the less than average usage of the area (it is out of the way in Magnuson Park) and the flowers and seeds. Still it is lovely, with checkermallows, cooley's hedge nettle, yellow monkey flower and lots of shade.

## August Field Trips

### Class field trips

Late July and early August are times for field trips for Introduction to the Natural World. There are 9 trips scheduled (with leaders listed)

<a href="#">Burroughs Mountain</a>	<a href="#">Bruce Barcklow</a>	July 27
<a href="#">Burroughs Mountain</a>	<a href="#">Bruce Barcklow</a>	July 28
<a href="#">Berkeley Park (Mount Rainier)</a>	<a href="#">Bruce Barcklow</a>	July 29
<a href="#">Berkeley Park (Mount Rainier)</a>	<a href="#">Gordie Swartzman</a>	August 3
<a href="#">Dewey Lake, Naches Peak Loop &amp; Pacific Crest Trail</a>	<a href="#">kay english</a>	August 4
<a href="#">Berkeley Park (Mount Rainier)</a>	<a href="#">Stewart Hougen</a>	August 5

Sheep Lake August 5 Gordie Swartzman

Sheep Lake August 6 Stewart Hougen

Several of these trips do not have co-leaders and anyone wanting to come and willing to co-lead can join us. Also, most of the trips are not (yet) at their limits. If there is one you are interested in I suggest you contact the leader close to the date of the trip (like at least 3 days before) to see if you can come (without being a co-leader). If you do want to co-lead a hike (except August 4 and August 5 Berkeley Park) let me know and I'll add you on.

### Regular August Naturalist Trips

August 4 – Summerland and Panhandle Gap Gordie Swartzman

This hike starts in forest and ambles up through lush meadows and switchbacks to Summerland, with views and flowers. Higher up, toward panhandle gap there will be snow, alpine flowers and a general high. The hike is currently FULL, but if you really want to go sign up anyways (it is instructor approval, so write me first). There are always no shows and we could split the group in two.

August 6 – Crystal Mountain Resort Ridge Walk Anita Elder

This trip is also full. It will emphasize photography

August 12 – Scott Paul Trail Gordie Swartzman and Stewart Hougen

This loop trail starts in Schreiber meadow and runs around the south of Mt. Baker. Views near the top are splendid and far. Flowers are great and almost continuous. While most everyone shleps up Park Butte, most pass up Scott Paul, which will give us greater isolation. Registration opens July 29. Be the first on your block to register.

**Backpack - Lostine North Minam Loop (Eagle Cap Wilderness, Oregon) August 13-19 – Linda Moore**

Linda plans her trips well and is a good naturalist leader. This is a major time commitment and is a long drive. Contact Linda if you are interested.

August 14 – Eunice Lake and Tolmie Peak (Dick Hayek)

Dick is not really a naturalist, but could benefit from having one on this hike. I am thinking of signing up (it is a Monday) which should maybe slow the hike down but get us to see more on the way. Registration opens July 31.

August 26 – Excelsior Mountain – Stewart Hougen

August 27 – Bagley and Chain Lakes loop – Stewart Hougen

Both these hikes are in the Mt. Baker region, both are great wildflower hikes, with possibility of berry picking. Both are moderate hikes with great views. Registration for both hikes opens August 10. The best strategy is to make reservations for Saturday night at the Mt. Baker mountaineers lodge, where you will be fed dinner and breakfast and enjoy not having to drive a long way for a (relatively) short hike. You can also stay Friday night and do a Friday hike before the others. Reservations for the lodge are made online. This is ethnic food weekend at the lodge, though I'm not sure what this means.

## Naturalist Youth Program







The naturalist's first foray into youth education was set up by Danielle Graham and involved a couple of pairs of hourly sessions (with different age groups) of kids in the 6-10 age range at the Mountaineers summer day camp. We (Danielle, Gordie, Stewart, Peg, and Lisa Kraft) met groups of around 10 at the ponds at Magnuson park and birded, found plants, seeds, frogs, insects, butterflies, tadpoles and whatever else caught their fancy. We had very little agenda but followed the dominant call of the season (late June and late July dates). Highlights were berry picking (and learning to tell edible from poisonous berries), talking about flower structure and (in the second session) seed strategy. Looking at aphids and ladybugs, using binoculars and magnifying loupes, and, since these ARE kids, horsing around. Danielle Leitao, who runs the program, took the pictures above. Kids always bring a fresh perspective to life. Anyone interested in helping make our kids program an ongoing feature? Contact Danielle Graham.

# Odds and Ends

**Cowiche canyon** information from Gary Brill:

This would be interesting as Cowiche is a good hiking destination and also there are two interesting articles on butterflies plus a butterfly/wine tasting album release party.

<http://files.constantcontact.com/61de48ac001/c0766275-f0eb-43ff-a04f-f8d15735bbb6.pdf>

This from Christine Pratt regarding a public opinion survey about the Teanaway.:

## **WDFW NEWS RELEASE**

Washington Department of Fish and Wildlife  
600 Capitol Way North, Olympia, WA 98501-1091  
<http://wdfw.wa.gov/>

July 24, 2017

**Contacts:** Eryn Couch, DNR, 360-902-1066  
Mike Livingston, WDFW, 509-457-9325

### **State seeks input on Teanaway Community Forest recreation; Survey available through Aug. 24**

OLYMPIA – The public is invited to participate in a survey about recreation in the Teanaway Community Forest as part of the State's long-term recreation planning process.

The Teanaway Community Forest is an important source of water and wildlife habitat, as well as a statewide recreation destination in the heart of the Cascades with opportunities for fishing, camping and taking in expansive views of the Teanaway Valley.

The 50,241-acre forest, located in the Yakima River Basin headwaters, is managed through a partnership between the state departments of Natural Resources (DNR) and Fish and Wildlife (WDFW). The departments want input from the forest's many visitors and nearby neighbors on current and future recreation priorities.

"Whether you've pulled off I-90 for the views or were lucky enough to snag a first-come, first-serve spot at one of the camping areas during a summer weekend, we want to hear from you—and all who help make up the shared story of Teanaway Community Forest," said Glenn Glover, acting statewide recreation manager.

The agencies, along with a 20-member advisory committee, value public feedback as they develop a recreation plan intended to guide long-term recreation priorities in the community forest.

"It's crucial we hear from people who value the Teanaway as we develop a recreation plan consistent with the watershed protection and conservation objectives that were key to establishing this community forest," said Mike Livingston, WDFW south central regional director.

To take the survey, visit <http://bit.ly/TeanawaySurvey> before close of business Thursday, Aug 24.

**Teanaway Community Forest: An enduring partnership**



The forest is managed through a partnership between DNR and WDFW, with input from the advisory committee, the local community and interested stakeholders. The plan will lay a foundation for the preservation and development of recreation opportunities consistent with watershed protection, the Teanaway Community Forest Management Plan and other priorities identified by state lawmakers.

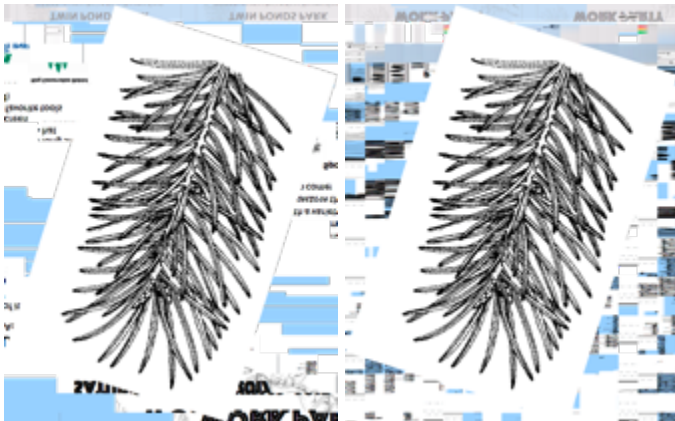
The 2013 acquisition of the community forest was the single largest Washington state land transaction in 45 years and reflected more than a decade of collaboration.

The property is Washington's first state-managed community forest under the terms of legislation enacted in 2011. That law empowers communities to partner with DNR to purchase forests to preserve land in danger of conversion, and to support local economies and public recreation.

Acquisition of the Teanaway was one key step in implementing the Yakima Basin Integrated Plan - an initiative developed by a coalition of public and private organizations to safeguard the basin's water supply, restore fisheries, conserve habitat, preserve working lands and enhance recreational opportunities.

*Persons with disabilities who need to receive this information in an alternative format or who need reasonable accommodations to participate in WDFW-sponsored public meetings or other activities may contact Dolores Noyes by phone (360-902-2349), TTY (360-902-2207), or email ([dolores.noyes@dfw.wa.gov](mailto:dolores.noyes@dfw.wa.gov)). For more information, see [http://wdfw.wa.gov/accessibility/reasonable\\_request.html](http://wdfw.wa.gov/accessibility/reasonable_request.html).*

*Here is a stewardship opportunity through the Native Plant Society from Sarah Fulton.*



## **TWIN PONDS PARK**

Habitat Restoration Project Along Thornton Creek

# Work Party

Saturday August 26 2017 10am -

1pm

## **SOUTH PARKING LOT**

(across from Aegis Assisted Living)

The Washington Native Plant Society, as part of its Master Native Plant Stewardship Program, selected the area surrounding the southernmost portion of the creek in Twin Ponds Park as a targeted restoration area. Currently, Himalayan blackberry, ivy, holly and other invasive plants dominate the landscape. The overarching plan is to replace them with a variety of native plants. Please join us in the effort to restore the habitat in this park that we hope to enjoy for generations to come!

**What to bring:** ❖ heavy gloves

❖ long sleeved shirt ❖ hat ❖ sunscreen ❖ your favorite tools (some tools provided)

**Snacks and beverages provided.**

**Next Work Party:** August 26

**Sponsored by**

**Questions or to RSVP, email**



Washington Native Plant Society

twinpondssouthhabitat@gmail.com

## Poetry

This poem should always be In Season (via Bruce Barcklow)

For the Lobaria, Usnea, Witches Hair, Map Lichen, Beard  
Lichen, Ground Lichen, Shield Lichen

Jane Hirshfield, 1953

Back then, what did I know?  
The names of subway lines, busses.  
How long it took to walk 20 blocks.

Uptown and downtown.  
Not north, not south, not you.

When I saw you, later, seaweed reefed in the air,  
you were grey-green, incomprehensible, old.  
What you clung to, hung from: old.  
Trees looking half-dead, stones.

Marriage of fungi and algae,  
chemists of air,  
changers of nitrogen-unusable into nitrogen-usable.

Like those nameless ones  
who kept painting, shaping, engraving,  
unseen, unread, unremembered.  
Not caring if they were no good, if they were past it.

Rock wools, water fans, earth scale, mouse ears, dust,  
ash-of-the-woods.

Transformers unvalued, uncounted.

Cell by cell, word by word, making a world they could live in.

### I, Up they soar by Inger Christenson

I

Up they soar, the planet's butterflies,  
pigments from the warm body of the earth,  
cinnabar, ochre, phosphor yellow, gold  
a swarm of basic elements aloft.

Is this flickering of wings only a shoal  
of light particles, a quirk of perception?  
Is it the dreamed summer hour of my childhood  
shattered as by lightning lost in time?

No, this is the angel of light, who can paint  
himself as dark mnemosyne Apollo,  
as copper, hawkmoth, swallowtail.

I see them with my blurred understanding  
as feathers in the coverlet of haze  
in Brajcino Valley's noon-hot air.

Credit:

From *Butterfly Valley: A Requiem* by Inger Christensen. Copyright © 1989 by Inger Christensen at Broendums Forlag; © 2004 by Susanna Nied. Reprinted by permission of [New Directions](#). All rights reserved.

### Let Birds by Linda Gregg

Eight deer on the slope in the summer morning mist. The night sky blue. Me like a mare  
let out to pasture. The Tao does not console me. I was given the Way in the milk of  
childhood. Breathing it waking and sleeping. But now there is no amazing smell of  
sperm on my thighs, no spreading it on my stomach to show pleasure. I will never give  
up longing. I will let my hair stay long. The rain proclaims these trees, the trees tell of  
the sun. Let birds, let birds. Let leaf be passion. Let jaw, let teeth, let tongue be between  
us. Let joy. Let entering. Let rage and calm join. Let quail come. Let winter impress you.  
Let spring. Allow the ocean to wake in you. Let the mare in the field in the summer  
morning mist make you whinny. Make you come to the fence and whinny. Let  
birds.

Credit:

From *All of It Singing: New and Selected Poems* by Linda Gregg. Copyright © 2009 by Linda Gregg. Used by permission of Graywolf Press. All rights reserved.

### **Birding at the Dairy by Sidney Wade**

We're searching  
for the single

yellow-headed  
blackbird

we've heard  
commingles

with thousands  
of starlings

and brown-headed  
cowbirds,

when the many-  
headed body

arises  
and undulates,

a sudden congress  
of wings

in a maneuvering  
wave that veers

and wheels, a fleet  
and schooling swarm

in synchronous alarm,  
a bloom radiating

in ribbons, in sheets,  
in waterfall,

a murmuration  
of birds

that turns  
liquid in air,

that whooshes

like waves

on the shore,  
or the breath

of a great  
seething prayer.

Credit:

Copyright © 2013 by Sidney Wade. Used with permission of the author. This poem appeared in [Poem-A-Day](#) on June 12, 2013. Browse the [Poem-A-Day archive](#).

About this Poem:

"Birding, for me, has become a great passion. There are hundreds of extraordinary sights as well as great transfixing beauty out there in the trees, on the water, in marshes, backyards, parks, dairies. All you have to do is look."

—Sidney Wade

## Photographs

The camera eye of Anita Elder (the Elder)





Chipmunk Columbia Lily

Thistle





Yellow Monkey Flower with swarming insects

Black-tail deer fawn



Twin Flower Broadleaf Stonecrop Olympic Onion