



August - September 2019

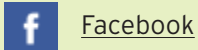
# Naturalists

ONE STEP AT A TIME

## Contents

- In the Native Plant Garden .....1
- May Hikes .....2
- Upcoming Hikes.....7
- Odds and Ends .....9
- Contact Info..... 14

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A **NORMAL** summer in the Pacific Northwest. It is hard to believe, after two summers of heat and fires, we are enjoying a (erstwhile normal) year of cooler temperatures, occasional to frequent rains, and a more prolonged flowering season. This year the frantic hiking pressure is off a bit and we can entertain some flexibility in our outdoor activities.

While we enjoy it, let us be mindful that we are neither out of the woods with the weather patterns we have lately suffered, and that we, more than ever, need to help turn the tide away from rapacious development, overuse of our natural resources and pervasive ignorance and blatant disregard for our natural world. Reach out to outdoor tourists with the calm zeal of our experience. The more exposure people have to our natural areas, and the better informed they are about it, the more receptive they will be to the call for personal privation (which hopefully will come soon) and that we reach ‘the great turning’ (to quote Joanna Macey).

## In the Native Plant Garden

The naturalist’s native plant garden is continuing to do its thing –

Provide habitat for birds, continue to grow examples of our native trees and shrubs, provide shade in an exposed, parking-lot-like part of Magnuson park, and provide learning opportunities and opportunities for stewardship to our fellow mountaineers, plus providing examples for what many of our native plants look like. It is also now jointly supported by us and the Washington Native plant society, giving us access to expertise in native plant germination, care and maintenance, as well as a new source of energy for the garden.

There will be occasional work parties through the summer and into the fall. Working alongside native plant society members is an opportunity for us to learn more about native plant habitats and care. **Those of you that are interested in participating can e-mail George Macomber ([georgems@98115.net](mailto:georgems@98115.net)).** He will put you on the mailing list for work parties.

Check out the garden. It is just by the climbing rocks on the north end of the Seattle clubhouse. Good place for a picnic or a walk or biking destination or a quick fix of nature before a meeting at the mountaineers. Try it, you’ll like it.



# July Naturalist Hikes

NISQUALLY FLATS HIKE WITH OLYMPIA GROUP



Band Tailed Pigeons



Cackling Geese



Hooded Merganser



Wood Duck with babies

EDMONDS MARSH FIELD TRIP WITH THOMAS BANCROFT



Caspian tern



Yellowthroat



Virginia rail

July Hikes (Continued)



American crow

**JULY 5 - MASON LAKE AND IRA SPRING TRAIL**



Beargrass rules on Bandera Mountain



Bunchberry and slender wintergreen



A carpet of twinflower

June Hikes (Continued)



Beech fern with a touch of yarrow



JULY 20 - NATURAL WORLD CLASS AT NACHES PEAK LOOP



Beargrass Close-up

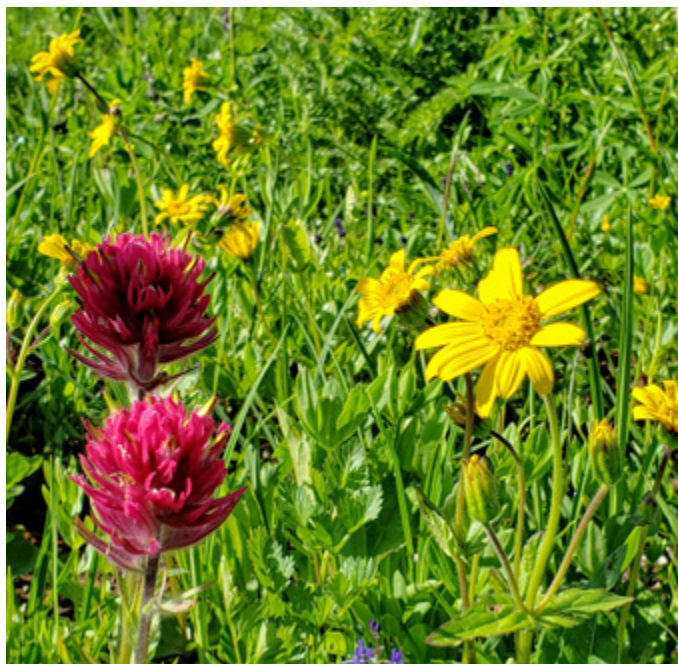


Pink mountain heather

June Hikes (Continued)



Sitka Valerian



Magenta paintbrush and Broadleaf Arnica



Wandering Daisy



Rock Penstemon



July Hikes (Continued)

JULY 26 – SUMMERLAND



Wood nymph *Moneses uniflora*



Who cares about views when you can identify flowers?



*R. albiflorum* – our native azalea aglow



Bog laurel – picture taken at great personal risk!



Which way is up?

July Hikes (Continued)



Summerland is aptly named



Checkerspot

CRYSTAL MOUNTAIN JULY 30



Common harebell



Spotted saxifrage



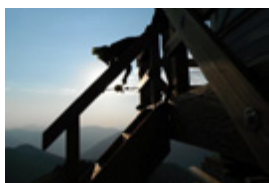
Prince's pine or pipsissewa

## Upcoming Hikes

Sign up online under *Explore, Find Activities* and check exploring nature (or click the register buttons below).

The mountain hiking season is nigh upon us, and we nats have many offerings to enjoy.

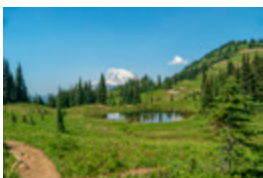
[Activity Listings - Click for Full List](#)



### Green Mountain (Glacier Peak)

**AUGUST 6 - GORDIE SWARTZMAN**

One of the best wildflower and view hikes in our area, the trail switchback through flora-filled meadows to some tarns and on up, up, up to the lookout at the top; an alpine vista with flowers to match.



### Naches Peak Loop

**AUGUST 11 - DEE ANN KLINE**

This is an Exploring Nature trip to view, admire and photograph the beautiful flowers.



### Narada Falls & Reflection Lakes Loop

**AUGUST 31 - DEE ANN KLINE**

The huckleberries are plentiful right now at Reflections Lake in Mount Rainier National Park, so we're moving the hike to that location. From Reflections Lake, we'll hike the Lakes Trail up to the High Lakes trail and over to Faraway Rock to enjoy some views and then back down to Reflections Lake. This is approximately 3 mile loop with maybe 500 ft of elevation gain. It is

Huckleberry picking time and that is what we will do on this hike. The pace will be slow so we can enjoy the berries and all the beautiful features of Rainier.

## Fall Colors, Geology, & Beautiful Scenery – Mt Baker

**SEPTEMBER 21 AND 22**



Come see the fall colors and geology of the North Cascades. Hike these spectacular mountains near the Baker Lodge. The lodge is open Friday and Saturday night. Saturday we are headed to [Lake Ann](#) and Sunday to [Hannegan Pass](#). The geology is fascinating, the fall colors should be great, and the scenery special. You can make reservations to stay at the lodge for either or both nights.

[Friday, September 20th at Baker Lodge](#)

[Saturday, September 21st at Baker Lodge](#)



## Upcoming Hikes (Continued)

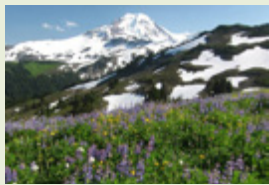
### Register Now: Naturalist & Photo Weekend at Baker Lodge

**AUGUST 9-11**

We are planning a big hiking weekend on Mt. Baker August 9-11. **This will involve three or more fabulous hikes and a stay at the Mt. Baker Lodge.** Make reservations at the lodge now (before all the spaces are taken).



[Reservations for Baker Lodge](#)



### Skyline Divide

**AUGUST 9 - GORDIE SWARTZMAN**

This is part of a weekend at Mt. Baker lodge, joint with photography. The flowers should be primo and the views splendid, even up into Canada. This is a naturalist hike so we hike slowly and stop for flowers and other natural splendors.

[Register Now](#)

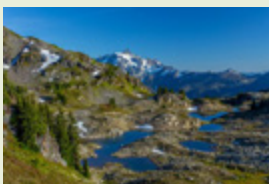


### Chain Lakes Loop

**AUGUST 10 - GORDIE SWARTZMAN**

This hike will begin near the mountaineers lodge and is the middle of 3 hikes to explore the mount baker area fauna, flora and geology. Priority will be given to hikers who sign up for at least two of the hikes. This is a naturalist hike so we walk slowly and stop to examine what we are seeing.

[Register Now](#)



### Yellow Aster Butte

**AUGUST 11 - GORDIE SWARTZMAN**

This strenuous hike provides views, flowers and lovely water features, going through several elevation zones with wide ecological diversity. The lakes below the butte are like pearls on a skein, as close to heaven as we can get. This is a naturalist hike so we hike slowly and stop to identify plants and other biota.

[Register Now](#)

## Odds & Ends

### Naturalist facebook group:



The Facebook Group is a group of Mountaineers who have a passion for the natural world and want to learn more about it.

It is called The Mountaineers Naturalist Group. It is open to Mountaineers Members who are affiliated with the Naturalist Program, either as a current or past student of the Intro to the Natural World course or as a member of the Naturalist Study Group. It provides a place for members to share photos of their hikes and trips, as well as to help with identification of species.

People can search for it on Facebook and ask to join. If they are a current member of The Mountaineers and affiliated with the Naturalist Program, they will be added.

The group is open only to Mountaineers Members as it helps us build camaraderie among our members. (There are many other Facebook groups open to all such as the Washington Native Plant Society and Western Washington Birders.).

### Stepping Down, Stepping out by Gordie Swartzman

I don't know how many of you know that I am stepping down as chair of the Mountaineers Naturalist Committee at the end of August. Beginning September the new chair will be Tom Bancroft and Danielle Graham will continue as Secretary-Treasurer and Stewart Hougen as head of the Study Group. I will continue to shepherd the newsletter with help from Anita Elder.

I want to write some words of gratitude and of hope for continuous active participation by so many of you in our trips, workshops, and in volunteering as leaders and teachers. I have been inspired by our many talents and the level of commitment of so many of you. In my 4 years as chair I have enjoyed great support from many of you. We have maintained an active hiking and workshop program including workshops on bird identification, lichens and mosses, and watercolors of nature. Participation in our Introduction to the Natural World course has grown over the past years and has appeared to stabilize at our defined maximum of 80 participants. Many of our field trips have been full or near full. Our native plant garden was maintained over much of my tenure by Rob Stevens

and Sandra Bowman and recently has benefited from an arranged association with the Washington Native Plant Society. We have had two leadership training sessions and many of our leaders and volunteers now sport handsome field carry-totes with our Naturalist logo. We have had something of a youth program with interaction and teaching in the summer mountaineers camp program. We continue to sponsor a winter nature talk series, have a monthly newsletter, and have sponsored additional joint talks with other groups. These could not have been done without all the volunteer support we have had.

I think it's difficult to evaluate leadership of this sort. Growth is always relative to where we start out and there are many factors that contribute to a sense of accomplishment or lack thereof. I am lucky to have been chair at a time of growth in the mountaineers and be able to pick fruit already planted and ripened by others. As such we are part of a legacy begun, I think, by Don Schaechtel, who as chair conceived and invigorated the Introduction to the Natural World class, who spent time in leadership training and who inspired a respect for the natural world. I cannot follow in his footsteps because they are too far apart. However, I can share his love of nature and his desire to see nature study, hiking, and a love of and spiritual connection with the natural world combined in our activities. We not only love nature, but we love being in it, moving through it, sharing our connection with it and stopping frequently to commune, behold, notice, observe and tell our stories. We are the bearer of whatever semblance of a deep connection with the natural world that is left to us. My commitment continues to be to support the activities of the Naturalists, to lead hikes to the best of my ability, to help foster relationships with other like-minded groups, including arranging workshops that bringing in expertise outside our current membership. I hope the twists of life allow me a good run at continuing to do this. Bowing out as chair I wish Tom, and leaders on into the future, joy in enabling and enhancing our connection to the natural world

Love, Gordie

### Poetry

#### TIME IN A MIRROR

© Susan Zakusylo

White-tip mountains, majestic, stand tall.  
Images of trees, reflections of clouds in blue.  
Birds in flight look down to see years gone by,  
years still to see.  
Leaves of green, brown, yellow and red,  
reflect as they float to their winter bed.  
Footprints in snow of squirrels and deer.  
The rippling of rains as they fall.  
Seasons gone by, those still to come.  
All of nature is a reflection of time.

## *Odds & Ends (Continued)*

### **MID-AUGUST AT SOURDOUGH MOUNTAIN LOOKOUT**

By Gary Snyder

Down valley a smoke haze  
Three days heat, after five days rain  
Pitch glows on the fir-cones  
Across rocks and meadows  
Swarms of new flies.

I cannot remember things I once read  
A few friends, but they are in cities.  
Drinking cold snow-water from a tin cup  
Looking down for miles  
Through high still air.

### **IN THE MUSHROOM SUMMER**

By David Mason

Colorado turns Kyoto in a shower,  
mist in the pines so thick the crows delight  
(or seem to), winging in obscurity.  
The ineffectual panic of a squirrel  
who chattered at my passing gave me pause  
to watch his Ponderosa come and go—  
long needles scratching cloud. I'd summited  
but knew it only by the wildflower meadow,  
the muted harebells, paintbrush, gentian,  
scattered among the locoweed and sage.  
Today my grief abated like water soaking  
underground, its scar a little path  
of twigs and needles winding ahead of me  
downhill to the next bend. Today I let  
the rain soak through my shirt and was unharmed.

### **THE LAKE ISLE OF INNISFREE**

By William Butler Yeats

I will arise and go now, and go to Innisfree,  
And a small cabin build there, of clay and wattles made;  
Nine bean-rows will I have there, a hive for the honey-bee,  
And live alone in the bee-loud glade.

And I shall have some peace there, for peace comes  
dropping slow,  
Dropping from the veils of the morning to where the  
cricket sings;  
There midnight's all a glimmer, and noon a purple glow,  
And evening full of the linnet's wings.

I will arise and go now, for always night and day  
I hear lake water lapping with low sounds by the shore;  
While I stand on the roadway, or on the pavements grey,  
I hear it in the deep heart's core.

### **INSECT LIFE OF FLORIDA**

By Lynda Hull

In those days I thought their endless thrum  
was the great wheel that turned the days, the nights.  
In the throats of hibiscus and oleander

I'd see them clustered yellow, blue, their shells  
enameled hard as the sky before the rain.  
All that summer, my second, from city

to city my young father drove the black coupe  
through humid mornings I'd wake to like fever  
parceled between luggage and sample goods.

Afternoons, showers drummed the roof,  
my parents silent for hours. Even then I knew  
something of love was cruel, was distant.

Mother leaned over the seat to me, the orchid  
Father'd pinned in her hair shriveled  
to a purple fist. A necklace of shells

coiled her throat, moving a little as she  
murmured of alligators that float the rivers  
able to swallow a child whole, of mosquitoes

whose bite would make you sleep a thousand years.  
And always the trance of blacktop shimmering  
through swamps with names like incantations—

Okeefenokee, where Father held my hand  
and pointed to an egret's flight unfolding  
white above swamp reeds that sang with insects

until I was lost, until I was part  
of the singing, their thousand wings gauze  
on my body, tattooing my skin.

Father rocked me later by the water,  
the motel balcony, singing calypso  
with the Jamaican radio. The lyrics

a net over the sea, its lesson  
of desire and repetition. Lizards flashed  
over his shoes, over the rail

where the citronella burned merging our  
shadows—Father's face floating over mine  
in the black changing sound

of night, the enormous Florida night,  
metallic with cicadas, musical  
and dangerous as the human heart.

Odds & Ends (Continued)

## Mystery Plant

Nobody guessed it. The prize still remains. Mystery plant picture take at 2600' elevation in eastern Washington June 26 is Deptford pink Dianthus armeria. It is not native, but lovely nonetheless.



## A TRIP ON ISLAND TIME

Bruce Barcklow recounts a recent island adventure, filled with wildlife, breathtaking old growth forests, and a bit of scat. Does time move more slowly in the islands?

[Read Story](#)

## Photographs

PHOTOS BY MAGGIE WILLSON

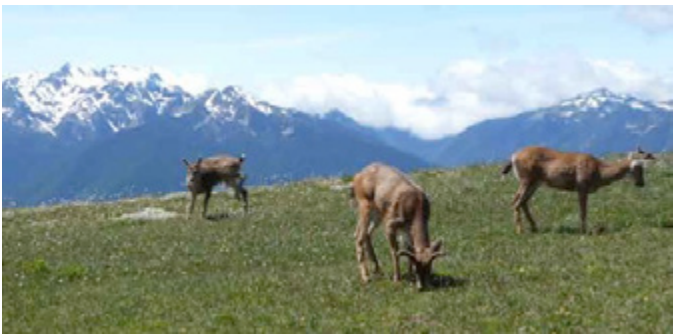


Odds & Ends (Continued)

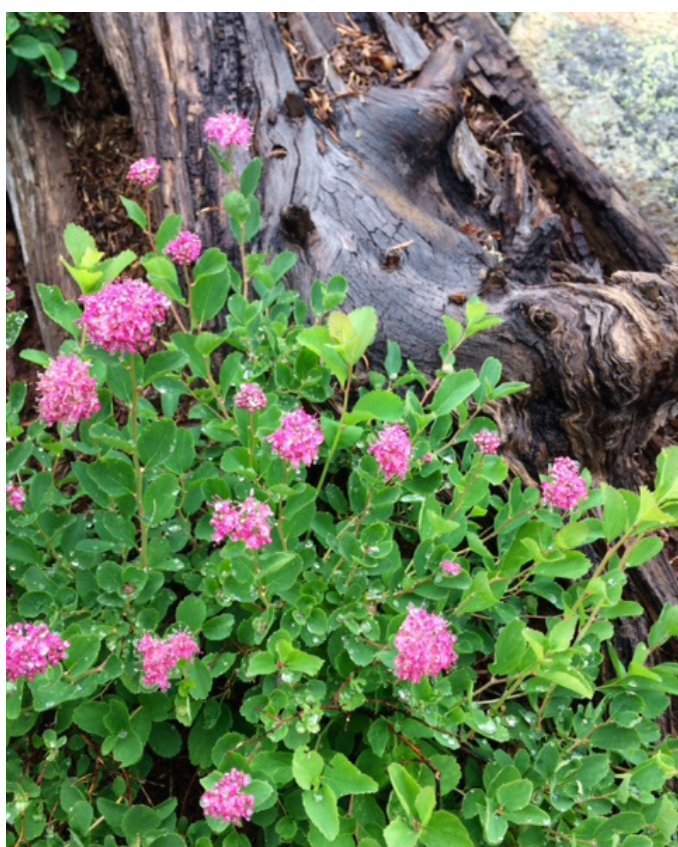


**JOYCE FOWLER**

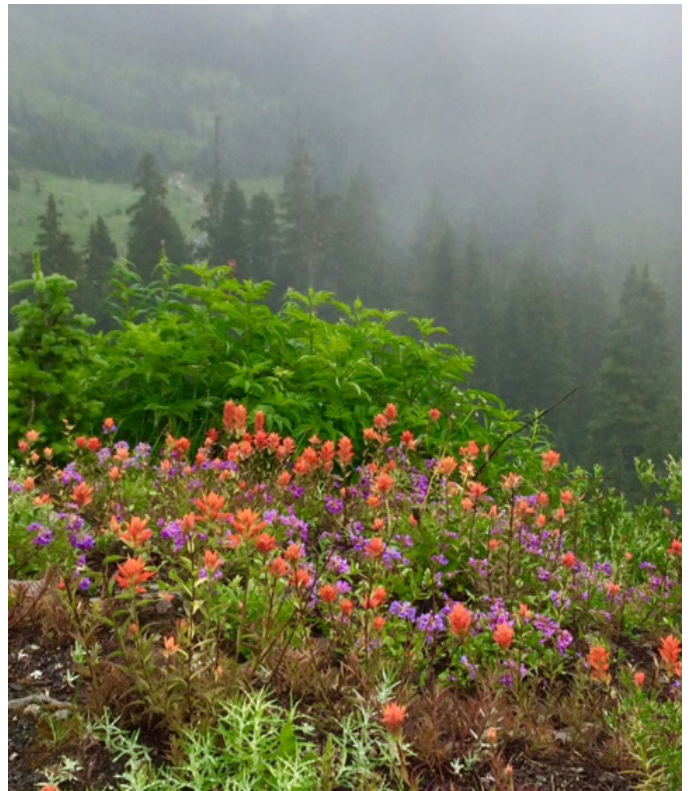
went on a bird/hike on Naches Peak Loop last weekend



Odds & Ends (Continued)

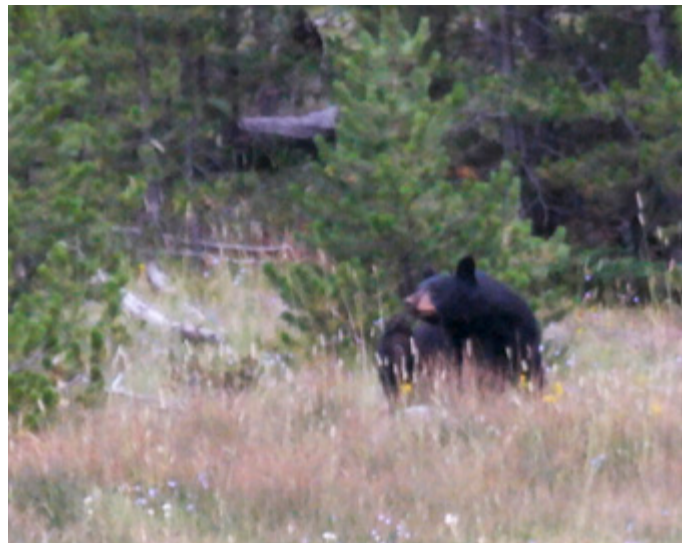


Odds & Ends (Continued)



**ANITA ELDER**

Anita visited Yellowstone National Park the end of July.



[Click to watch video](#)



Odds & Ends (Continued)



[Read story and see more photos](#)





Trumpeter swan by Anita Elder

## Seattle Naturalists Committee Officers and Subcommittee Chairs

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We welcome comments, ideas, information to share, original short articles, and photos. If you have information you'd like to have appear in the newsletter, please send it to Gordie ([g.swartzman@gmail.com](mailto:g.swartzman@gmail.com)).