



December 2017

Naturalists

EXPLORE. LEARN. CONSERVE.

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In the Native Plant Garden



Sedum leaves look like flowers

This fall, despite the rain, has been a good one for fall color. I have heard it remarked on repeatedly. This, of course, as much in life, is temporary. The native plant garden is no exception and has a fine display of color.



Color contrasts paint the garden in the fall



Who'd a thunk that ninebark had fall color?

 [Facebook](#)

 [Flickr](#)

November Hikes

Fall continues cool and wet, with occasional sunny days. We were fortunate to be out in two of them. October 29 to Boulder River and November 18 to Lincoln and Jack Block Parks in west Seattle. This was, of course, pure luck, since we also had to cancel a hike to Lake Dorothy for extremely bad weather.

Here are some reminders of the trips for your enjoyment.

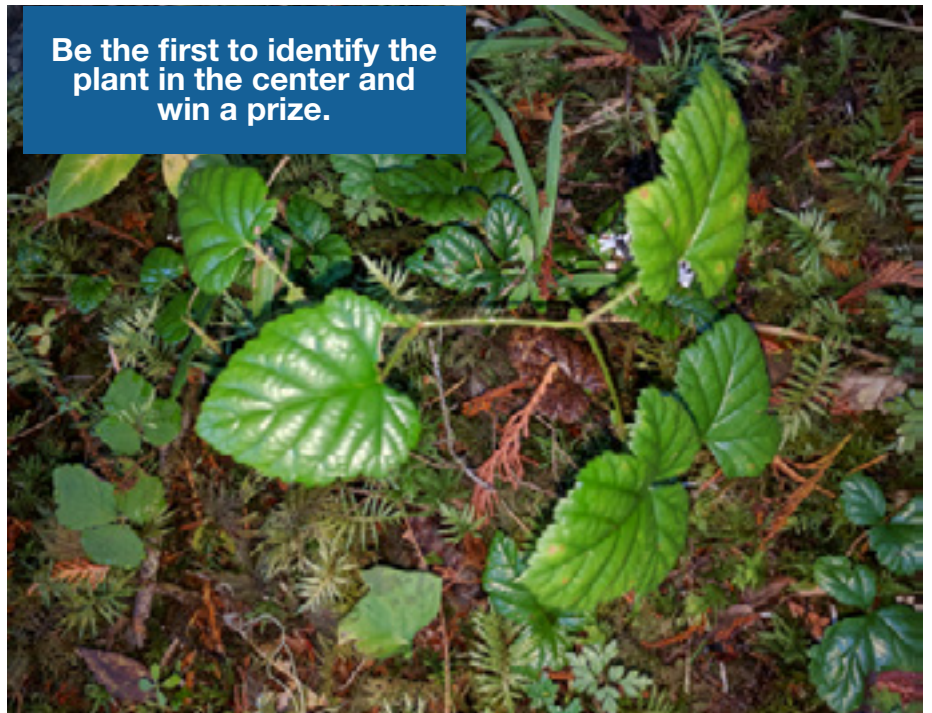
October 29 Boulder River hike



Licorice fern en masse



Be the first to identify the plant in the center and win a prize.





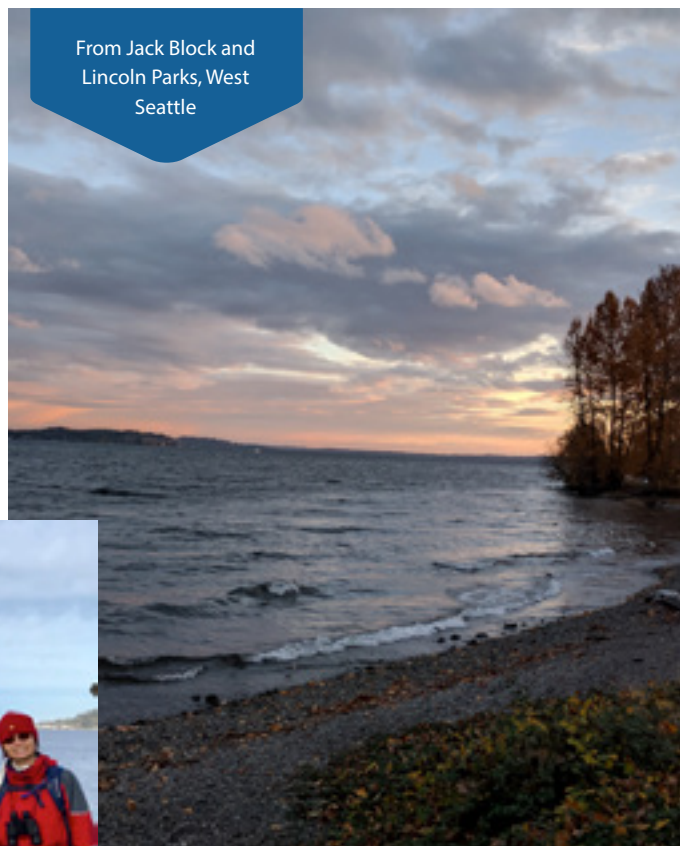
Honey mushroom – edible and choice



Omphalina – inedible, possibly poisonous – Why you need to be careful harvesting mushrooms (compare to honey mushroom).

November 18- West Seattle Birding

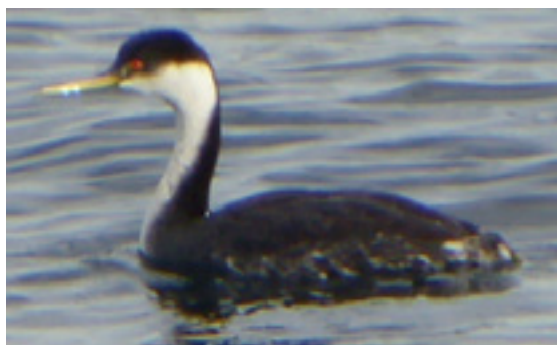
Highlights included white winged scoter, harlequin ducks, pine siskins, horned, red necked and (lots of) western grebes, lovely barrows and common goldeneye, red breasted mergansers, plus lots of small seed and insect feeders. The views of Seattle from Jack Block Park are magnificent.



From Jack Block and Lincoln Parks, West Seattle



Birding, sun and good company. Food for the soul.



December Field Trips

Union Bay Natural Area – Center for Urban Horticulture

DECEMBER 3

Led by Shelley Williams – Explore the newly renovated Union Bay natural area looking for birds and signs of spring.

[Register Here](#)

Hansville Recreation area and Point No Point birding site

DECEMBER 9

Led by Gordie Swartzman and Stewart Hougen. Only a ferry ride away this trip features birding in a forested lake area, followed by birding at the Point No Point exceptional birding hotspot. Mosses and lichens also abound in the Hansville trail system. Birding on the Kingston ferry is also often good.

[Register Here](#)



Photos by Anita Elder

2017-18 Naturalists Lecture Series. All are at Seattle Program Center, 7 pm

2017-18 Naturalists Lecture Series starts Nov. 8.



WED. JAN. 10, 2018

Goodman A

LOSS OF GLACIERS IN WASHINGTON'S NATIONAL PARKS

Dr. Jon L. Riedel, geologist at North Cascades National Park, has been monitoring glaciers in Washington's National Parks for decades. He will show their changing status and how those changes affect summer streamflow.

WED., FEB. 14, 2018

Dave Nunnallee, co-author of the authoritative guide, "Life Histories of Cascadia Butterflies," focuses on native buckwheats and the butterflies they host.

WED., MARCH 14, 2018

Clay Antieau on What's the Matter with Worms: our favorite soil engineers have a dark side.

All lectures are 7 p.m. at the Seattle Program Center.

Call For Lecture Volunteers

There are a lot of volunteers that help the lectures come together, from finding speakers to setting up chairs to welcoming people to writing profiles for Naturalists newsletters and the Mountaineers magazine. If you'd like to help, please contact Rose O'Donnell, r.a.odonnell@icloud.com.

In particular, we need someone to attach the speaker's microphone, and connect the laptop to the projector. Training is provided. This is a key job, and we very much need your help. Please contact Rose O'Donnell, r.a.odonnell@icloud.com



Sedum

Coast Salish Ethnobotany and Lessons for Food System Resiliency

by T. Abe Lloyd



T. Abe Lloyd, Ethnobotanist, sees food at the nexus point for our relationship with the earth. He will share the work of Salal: The Cascadian Food Institute in applying the lessons of Coast Salish ethnobotany to supply vital nourishment while supporting biodiversity, ecological integrity and soil stability.

Abe has a passion for plants and indigenous foods that traces back deep into his childhood. He completed a Bachelor's of Science in Natural Resource Management at Northland College. Since then, research projects have taken Abe to many corners of the planet, most notably, to Nepal twice and to NW Yunnan. In 2011, Abe completed a Master's Degree in Ethnoecology at the University of Victoria under the Northwest Coast ethnobotanist, Dr. Nancy J. Turner. For his thesis research, Abe collaborated with Kwakwaka'wakw elder Kwaxsisstalla (Clan Chief Adam Dick) to experimentally restore a traditional estuarine salt marsh root garden near the remote First Nation village of Kingcome Inlet on the Central Coast of British Columbia. Abe now lives in his home town of Bellingham and is an active member of the Washington Native Plant Society, the NW Mushroomers, and the Society of Ethnobiology. He is the director of Salal, the Cascadian Food Institute, an Adjunct Professor at Western Washington University, Whatcom Community College, and Royal Roads University, and actively researches, promotes, and eats the indigenous foods of this bountiful bioregion.

WA Native Plant Society Program

**CENTRAL PUGET SOUND CHAPTER –
THURSDAY, DECEMBER 7, 2017 7:00PM**

Mountaineers Program Center, Seattle

Doors open at 6:00 PM for the Native Plant Identification Workshop

Refreshments, Public Invited, Admission is Free.

Upcoming Programs

- 1/4/18 Holiday Party (Mountaineers Program Center)



Odds and Ends

In Kyoto,
hearing the cuckoo,
I long for Kyoto.

Basho (Japan, 1644-1694) [translated by Jane Hirshfield]

Composed Upon Westminster Bridge, September 3, 1802

Earth has not anything to show more fair:
Dull would he be of soul who could pass by
A sight so touching in its majesty:
This City now doth, like a garment, wear
The beauty of the morning; silent, bare,
Ships, towers, domes, theatres, and temples lie
Open unto the fields, and to the sky;
All bright and glittering in the smokeless air.
Never did sun more beautifully steep
In his first splendour, valley, rock, or hill;
Ne'er saw I, never felt, a calm so deep!
The river glideth at his own sweet will:
Dear God! the very houses seem asleep;
And all that mighty heart is lying still!

William Wordsworth (England, 1770-1850)

Untitled Shaman Song

The great sea
frees me, moves me,
as a strong river carries a weed.
Earth and her strong winds
move me, take me away,
and my soul is swept up in joy.

*Uvavnuk (Iglulik Eskimo, 19th century)
[translated by Jane Hirshfield]*

Zazen on Ching-t'ing Mountain

The birds have vanished down the sky.
Now the last cloud drains away.
We sit together, the mountain and me,
until only the mountain remains.

Li Po (China, 701-762) [translated by Sam Hamill]

After Reading Too Many Poems, I Watch a Robin Taking a Bath

For James Wright

She does it so devotedly
In the middle of her most ecstatic spasm
There seems too be no water
In the murky birdbath at all.

It's all in the air
At once, all showering above
Her paddling wings or running
Among her feathers spread like fingers.

She crouches, puffs the white down
Of her underbreast as if settling
On something pale blue, and the water gathers
Beneath her, against her.

Now she thinks a long moment;
Without thinking, stares
North and south at the same time
At nothing.

And suddenly she's all done with it,
Up on the dripping edge, shaking
Ad sleek, alert, herself again,
Flying into hiding.

David Wagoner, January 1979

Talapus Lake by Gordie





Pipecleaner moss



Yellow rumped warbler
by George Gertner



Anna's hummingbird by
George Gertner



Common goldeneye –
George Gertner



Barrow's goldeneye –
George Gertner



TWIN PONDS PARK

Habitat Restoration Project Along Thornton Creek

WORK PARTY

SATURDAY NOVEMBER 18, 2017

10AM - 1PM

SOUTH PARKING LOT

(across from Aegis Assisted Living)



Restoration of the degraded habitat in Twin Ponds Park along Thornton Creek in the southern end of the park offers an opportunity to impact the environment in your own neighborhood. Stewards trained by the Washington Native Plant Society are leading a project to restore this area by removing invasive species and planting native streamside plants. The once rich habitat should begin to see the return of birds, amphibians, fish, butterflies and bees, small mammals and more. The native plants will shade and clean the water and provide food and shelter in a habitat where plants and animals sustain each other.

WHAT TO BRING:

- Tools & heavy gloves (if you have them)
- Weather appropriate clothing
- Waterproof shoes
- Water bottle *"Dress for weather!"*

UPCOMING WORK PARTIES:

Saturday, December 16

(Starting January 2018, Twin Ponds South Work Parties will be on the **4th Saturday of each month** unless indicated otherwise.)

January 27

February 24

March 24

April 28

Sponsored by



Washington Native Plant Society



King Conservation District



Questions or to RSVP, email: twinpondssouthhabitat@gmail.com



Floral pixie lichen *Cladonia bellidiflora*

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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).