

One Step at a Time

Newsletter of the Mountaineers Naturalist Group
June 2016

Photos from our May naturalist hikes to Black Canyon, Easton Ridge1, Oregon, Kachess Ridge, Easton Ridge 2 (hike of the month).



Top of the world on Easton Ridge, yellow bells on Easton Ridge, bighead clover in Black Canyon. Cliff Penstemon on Kachess Ridge.





Easton Ridge (2) intros and broomrape, Black Canyon, Kachess ridge flower ops.

In the Garden

This last month has been a busy one in our species garden, not only for the flowers, which are busy blooming, the birds (which are busy nesting, including flickers, bush tits, white crowned sparrows and killdeer), but also for participants in the Introduction to the Natural World class, most of whom visited the garden this month to participate in stewardship activities. These

included a learning component where they did a treasure hunt to find and identify different flowering plants, learned to use a magnifying loupe and practiced with their guides, keys and apps. There was also a work component where we laid chips, weeded, transplanted and planted and build up berms. I want to thank Kay English, Brian Carpenter, Ming Rutar, and Michiko McAndrew for helping out at these sessions and of course Rob Stevens who ran the show). Person-to-person mentorship is a great way to share what we know as well as validate the primary purpose of the study group to learn from each other.

I've been making a list of flowers in the garden, and many are blooming now, but I don't think its needed this month. Many of us are now going out on hikes and are seeing the flowers in their natural habitat. I do encourage you, however, to include the garden as a spot to visit and see what is there. It is out of the way and lovely and Magnuson park is getting better and better as a haven for wildlife.

Bee colony uncovered in the species garden – a chance to see bees in their hive



June Field Trips for Mountaineers' Naturalists

Day Hike - Clayton Beach

Exploring Nature & Day Hiking Trip

This a beach exploration during summer low tides.

Difficulty: Easy+

Sun, Jun 5, 2016

No Prerequisites, Leader's Permission Required

Day Hike - Tronsen Ridge

Exploring Nature & Day Hiking Trip

This is a hike for aspiring and practicing Naturalists.

Difficulty: Easy/Moderate

Fri, Jun 17, 2016

No Prerequisites, Leader's Permission Required

Day Hike - Esmeralda Basin & Fortune Creek Pass

Exploring Nature Trip

This is a reconnaissance hike for leaders of the Introduction to the Natural World field and is also the study group hike of the month

Difficulty: Moderate

Sat, Jun 18, 2016

Day Hike - Mount Zion

Exploring Nature & Day Hiking Trip

See the "tunnel of rhododendrons" lining this trail.

Difficulty: Easy/Moderate

Sat, Jun 18, 2016

No Prerequisites

Day Hike - Hurricane Hill

Exploring Nature & Day Hiking Trip

Wildflowers should be aplenty this time of year.

Difficulty: Easy/Moderate

Wed, Jun 29, 2016

Day Hike - Deception Pass State Park: South

Day Hiking Trip

Naturalist trip to explore the intertidal zones at Deception Pass state park

Difficulty: Easy

Sat, Jun 25, 2016

No Prerequisites

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No Prerequisites

These are all listed as activities and are reachable by checking Exploring Nature (The last one, to Deception Pass is currently listed only under Day Hiking, but is certainly naturalist friendly). Several require permission of the leader, which, for study group members is automatic (you do not have to ask the leader to register if you are in the study group). We are no longer linking the hike of the month to the study group 'course' because too many people are not finding the hikes there. The hikes will also be open to people in the Introduction to the Natural World class. The main purpose of requiring leader permission is to avoid having hikers without real interest in or information about the natural world. It can also allow study group members a sort of first priority on these hikes (can you imagine how this is done?).

If you are interested in these hikes, sign up soon because they are open to all mountaineers and we are getting many requests for permission.

Washington Native Plant Society Talk

Paul Hessburg "Historical and Current Fire Regimes of Eastern Washington—How Did We Get Here?"

Dr. Hessburg will characterize historical fire regimes and how they affected the E WA landscape. He will then show how 20th century management inadvertently altered the structure, composition, and patterns of forests, and how this has led to significant changes in the fire regimes of each major forest type. He will show how a warming climate, increased fuels, and a virtual epidemic of young trees have created a "perfect storm" condition for today's wildfires. He closes his talk by showing how the study of historical landscape functioning gives us important clues to how we might restore our modern era landscapes.

Dr. Hessburg is a Research Landscape Ecologist with the USDA-Forest Service, PNW Research Station. He is stationed in Wenatchee, WA, where he has lived and worked for the last 27 years. Paul is also Affiliate Professor at the UW, WSU, and UI where he has graduate students and collaborative research projects with faculty post-docs. His areas of research interest are the landscape and disturbance ecology of historical, contemporary, and future western US forests under

climate change, natural wildfire resilience mechanisms of western forests, and the ecology and sociology of landscape restoration. He has 38 years of professional forestry experience in the West, has authored and co-authored >175 research articles and book chapters, including a recently released Springer title on decision support modeling in natural resource management-
<http://www.springer.com/us/book/9783642319990>.

Thursday, June 2nd, 7:30pm,

UW Center for Urban Horticulture, 3501 NE 41st St, Seattle

(Doors Open at 6:30 PM for the Native Plant Identification Workshop; Program begins at 7:30 PM.) For details, see wnps.org

Refreshments, Public Invited, Admission is free.

Butterfly Society

Washington Butterfly Assn is looking for young naturalists aged 10-17 who are interested in attending its annual conference in northeast Oregon August 5-7. WBA and the family of its founder, Idie Ulsh, are offering scholarships for interested youth. There is more information and an application form at <http://wabutterflyassoc.org/youth-scholarships-conference-8-5-8-7/>

Arthur Lee Jacobson \$10 tours in Seattle

Saturday June 25th, from 2:30 until 4:30, I lead a **Washington Park Arboretum** tour. It begins and finishes at the visitor center. You get introduced to the purpose and history of the arboretum, then can admire representative trees, shrubs, and other plants. Edible strawberries, salmonberries, or the like will be mentioned if encountered. Fragrant flowers will enthrall. After our tour, anyone interested may join me at the nearby Traveler's pub in Montlake.

If you desire more details or care to contact me, please feel free.
Thank-you!

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AUDUBON SOCIETY FIELD TRIPS

Saturday, June 4, 2016 - Limit 12

Redmond Watershed Preserve

Leaders: Jan Bragg (206-234-7196, day of trip only) and Virginia Bound

9:00 am, Green Lake (Ravenna) P&R

or 9:45 am, Redmond Watershed Preserve, 21760 NE Novelty Hill Rd

(Indicate at time of registration where you plan to meet leaders)

This will be good for people wanting to listen to bird songs and calls of a few select species. It may be more of a hike than a bird walk but it is a beautiful forest if you have never been there! We will likely hear more birds than we see. Target species: Hooded Merganser, Pileated Woodpecker, Pacific-slope Flycatcher, Willow Flycatcher, Brown Creeper, Pacific Wren, Swainson's Thrush, Cedar Waxwing, Western Tanager, Purple Finch. Expect a hike over uneven dirt trails, uphill and down, ~5 miles. Bring water and snacks/lunch. Drivers may want a Good to Go! Pass. Over mid-afternoon. Carpool cost \$10.00 + 520 bridge toll shared equally by passengers.

Saturday, June 11, 2016 – Limit 8

Birding by Ear for Beginners

Leader: Rachel Lawson (206-931-3359, day of trip only)

6:30 am, South Parking Lot, Discovery Park

Birding by ear is a very useful skill that will increase your enjoyment and appreciation of birds. On a relaxed two or three hour stroll in Discovery Park, we will listen to some of Seattle's common birds, and work on techniques that will help beginners to identify them by their songs and calls. The South Parking Lot is reached via a short access road from W Emerson Street near 43rd Ave W. From Government Way, turn left on 36th Ave. W. which borders the park and then turn right on W. Emerson St. Metro [bus Route](#) 24 has a stop along W Emerson Street a block to the east of the access road.

Tuesday, June 14, 2016 - Limit 10

Magnuson Park, Seattle

Leader: Joe Sweeney

7:30 am, Promontory Point Environmental Learning Center, Magnuson Park

Directions: Magnuson Park is in NE Seattle. Take bus #30 or #75 to the park entrance at NE 65th St and Sand Point Way NE. Meet at the Promontory Point Environmental Learning Center, which is the red-metal-roofed shelter next to little drive-in road at the west edge of parking lot #E-1. Link to park map on SAS Website, field trips and walks page. Magnuson Park offers a variety of habitats, including ponds, forest, fields, and a lake named after a president. This

outing is very suitable for beginner bird-watchers. We will walk 2-3 miles on mostly level terrain, searching for birds and bathrooms along the way. Bring binoculars, hat, snacks, layers, rain gear and a sense of humor. Please leave your pets at home, even if they have a good sense of humor. Over by 10:30 am.

Sunday, June 19, 2016 - Limit 12 in 4 cars

Peregrine Falcons - breeding season in urban and natural sites

Leaders: Martin Muller (206-525-5575), Roger Orness (253-312-6561), and Ed Deal (206-713-1546) Calls day of trip only.

7:00 am Sharp, Mercer Island Park & Ride (See SAS website directions)

Join us for a full-day viewing (hopefully successful) Peregrine Falcon breeding pairs and their young. We'll spend the morning in the Cascades along I-90 and the afternoon in Seattle. This exploration will cover how to view nest sites without disturbing the residents, nest site selection, territorial defense, growth, fledging and dispersal of young. Please dress warmly for standing in one spot, with lots of layers available. Bring a lunch, latte money, and a spotting scope, if possible. Drivers need a Discover Pass. Over by 4:00PM. Carpool cost \$20 shared equally by passengers.

Tuesday, June 21, 2016

Sequalitchew Creek Trail Hike

Leader: Michael Hobbs (425-301-1032 day of trip only)

6:00 am, Greenlake (Ravenna) Park & Ride

We will drive down to Dupont (52 miles one way distance), and hike the whole trail – a 5.4 mile round-trip hike, eating an early lunch at the beach while scoping for seabirds as we look out at the Nisqually delta and Anderson Island. This comprises the 1.4 mile section from the historical townsite of Dupont to the new Dupont City Hall, completely level, which goes through some wetlands, and then the 1.4 mile trip down Sequalichew Creek to the beach (200 ft drop over 1.4 miles). The whole trail is an old railroad grade and is wide and smooth, part paved and part gravel. Wear good walking shoes and sun hats. Bring sunscreen, water, and lunch; scopes if you can. Hike will take 5-6 hours at birder's pace. Back by about 3 pm.

Saturday, June 25th, 2016

Protection Island Sunset Birding Cruise

Leader: George Gerdts

5:15 pm - 8:30 pm (in the evening), City Dock in Port Townsend

Cost: \$85.00

Sign-up: Call Bainbridge Island Parks and Recreation at 206-842-2306 ext.118 Ask for "Protection Island Sunset Cruise", #431851-01. Cost is \$85.00/participant. There is an additional \$5.00 charge for non-Bainbridge Island residents. SAS members will have 20% of the fare DONATED to Seattle Audubon Society by simply informing BI Parks that they are SAS members when they sign up. Visa and MasterCard charges are accepted. Receipts, directions, and other information will be e-mailed to participants.

Cruise in comfort to PROTECTION ISLAND, with George Gerdts as leader/naturalist. The "Glacier Spirit" is a comfortable, diesel-powered yacht. It has a P.A. system which allows announced sightings to be heard from both inside and outside the ship. There is excellent viewing from inside the craft and ample viewing space outside on the front deck. Protection Island is a 400 acre National Wildlife Refuge at the entrance to Discovery Bay. It is a very special place, indeed—over 70% of the marine birds which nest in Puget Sound make Protection Island their breeding ground. Some 6000 pairs of Glaucous-winged Gulls, 22,000 pairs of Rhinoceros Auklets, thousands of Pigeon Guillemots, Double-crested and Pelagic Cormorants and sometimes, Brandt's Cormorants, too; and a few pairs of Black Oystercatchers nest on the island. One of the main attractions is the nesting colony of the outrageous TUFTED PUFFIN — some 20-30 pairs nest in the bluffs. The concentrations of birds can be truly spectacular. Harbor Seals use the remote and protected site as a major haul-out area. Other marine mammal sightings are also possible. We expect to get good looks at all the nesting birds, plus a Bald Eagle or two, and, of course, great scenery. Since Rhinoceros Auklets are crepuscular/nocturnal feeders, we may get to see the adults carrying food back to their burrows to feed their single chicks. The Glacier Spirit leaves from Port Townsend at 5:30 PM sharp and returns

between 8:30 and 9:00 PM. Boarding will start at 5:15 PM. Soft drinks, and snacks will be provided, but feel free to bring your own light dinner; and dress in appropriate layers. The Strait can be very cool, even in June.

June 26, 2016 – Limit 8

Snoqualmie Point Hike

Leaders: Sharon Ellard (206-963-4781 cell day of trip only), Julie Monahan

6:00 am Greenlake (Ravenna) Park & Ride

6:30 am Tibbetts Park & Ride (check website)

(Indicate at time of registration where you plan to meet leaders)

Such birds as Warbling Vireo, Townsend's and Wilson's Warblers, Rufous Hummingbirds, Pacific and Willow Flycatchers—and perhaps an Olive-sided Flycatcher or MacGillivray's Warbler—are likely to be found on this section of Rattlesnake Ridge. Bring a pack with layers for rain and warmth, plenty of water, food, binoculars and hiking footwear. Discover Pass required. Many birds will be identified by sound. Moderate hike on trail and logging roads of 5-6 miles with an elevation gain of about 1500'. Back at cars about noon, Greenlake P&R by one.

Odds and Ends

Stewart Hougen's Identification Guides

As many of you head out on the trail, you will likely be curious about the natural world. Our own Stewart Hougen has produced a set of guides for various biota that are succinct, organized, and easy to carry into the field. You too can have a brain book. They can be accessed on the following mountaineer's web location. They can be printed or loaded onto a smart pad or phone for reference. I particularly like the flower key, which is a family-oriented approach to identification. I think you'll have to login to have access to this page. Stewart is often tweaking these guides and producing more, so check this site from time to time to see what he has been up to. Or better yet, join him on one of the many hikes he leads and learn at the foot of the master.

<https://mountaineers.org/about/branches-committees/seattle-branch/committees/seattle-naturalists-committee/seattle-naturalists-website-folder/stewart-hougen-brain-book-identification-for-various-biota>

Here are some [Weed Watchers stewardship opportunities](#).

It's a great opportunity to learn a little bit about the natural world, get a hike in and protect our wild areas. As you know without early detection and eradication, weeds like yellow archangel, orange hawkweed, and Himalayan blackberry quickly crowd native species. Uncontrolled, weeds like oxeye daisy can monopolize alpine meadows, English ivy will cover forest canopies and Japanese knotweed will choke creek-side vegetation. There will be some on-sight identification training on each outing so if folks aren't familiar with identifying natives and invasives you'll learn all you need to know on the trip. And if you do know you can help speed up the surveying. Join one trip or all three today—register online using the links below!

Friday, May 27: [Rattlesnake Ledge](#)

Friday, June 10: [Big Creek Falls and Taylor River](#)

Saturday, June 18: [Middle Fork of the Snoqualmie River](#)

If you have specific questions about one of the trips please contact Joseph Neumann at joseph.neumann@kingcounty.gov

Introduction to the Natural World Class

The class is now well under way! Several of you study group members have attended. a You in the study group are all welcome to attend *free of charge*, though we ask you to sit in the back (its close enough to see). Several have asked how to access the class web page (to get the dates), since it is not available under find courses. We've added a hot link (underlined and in blue) on the study group webpage. Go to My Courses under your name after you login. Click on Study Group and the webpage should come up. The link is in the paragraph about the course (you may have to scroll down or click Read More) to get to it. We've generally not had study group members on the field trips, since we try to keep the numbers down on each trip and we do have 60 people in the class this year. If you want to go on the field trips you can do it as a co-leader in some cases. This means you need to help out. Contact Bruce Barcklow if you are interested. Another option is to ask Bruce if there are any recons on the field trips (where we go out to check things out before a trip). It may be possible to get into these trips. Again Bruce is the contact person.

Field Trip to Zumwalt Prairie (OR)

Zumwalt Prairie 5/21-22 weekend (Wallowa county, NE Oregon):

Seven of us enjoyed a weekend of wonderful wildflower and wildlife viewing, and encounters with prairie culture in the Zumwalt Prairie Preserve and surrounding Zumwalt Prairie, the Buckhorn Overlook and trail at the northern edge of the prairie, and a short wildflower hike on the Falls Creek trail in Wallowa-Whitman NF south of Enterprise/Joseph.

I scouted the wildflower blooms two weeks prior, and anticipated a peak bloom we experienced May 21-22. This spring's blooms are slightly early, with plenty of bloom time remaining. Best bloom period is usually early May through early to mid-June, peaking about the last half of May. Look for an encore Naturalist trip next May.

I'm sharing a few photo highlights (mostly from 5/21-22 and a some early May recon images) representing diverse wildflowers, wildlife and scenery from Zumwalt Prairie to Buckhorn Overlook. I highly recommend a visit to this amazing grassland prairie, the largest Palouse prairie in the northwest. Medium to high clearance vehicles with good tires are recommended for occasional muddy roads, with some large puddling.

You'll find plant lists for Zumwalt Prairie and Buckhorn Overlook at <http://science.halleyhosting.com>, under plant lists for Wallowa County. Also available are great resources and lists of the showier wildflowers with bloom times on the Zumwalt Prairie Preserve website.

At Zumwalt Preserve, we hiked the Harsin Butte and Horned Lark routes. Although Patti's Loop trail was temporarily closed (5/21- early June), we were able to view the same hugely diverse wildflowers and more in bloom at Harsin. The Canyon View trail was not hiked, due to difficult soft muddy road conditions (after a rainy week) beyond Harsin Butte. We also hiked the Horned Lark trail, revealing fewer species than Harsin but abundant blooms, especially Old Man's Whiskers (*Geum triflorum*) painting a pink blush over the prairie. Surely there must have been a million geums in bloom at Zumwalt, with the whisker plumes beginning to emerge.

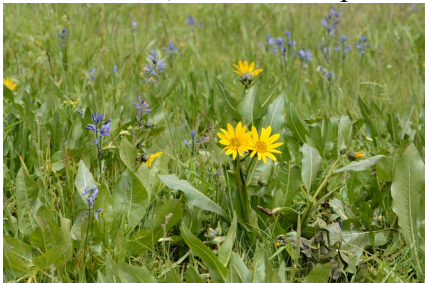
Observations of raptors (hawks, eagles, falcons), larks, blackbirds, ravens, other passerines, elk, deer, coyote, badger, ground squirrels and more provided us with fine pauses enroute to Zumwalt and Buckhorn, and while hiking.

We spent our second day traveling through the prairie to Buckhorn Overlook, for wildflower hikes. Colorful common to regional wildflower rarities dazzle the visitor. You'll see several species of onion, paintbrush, violets, lomatium, fraseria, phlox, lilies, balsamroot, composites, and so much more perhaps new to you.

Our hiking weather surpassed our expectation of occasional showers.

Zumwalt Prairie, a special place and a natural experience like no other! .

Linda Moore, volunteer trip leader





What Is So Rare As A Day in June by James Russell Lowell

AND what is so rare as a day in June?
Then, if ever, come perfect days;
Then Heaven tries earth if it be in tune,
And over it softly her warm ear lays;
Whether we look, or whether we listen,
We hear life murmur, or see it glisten;
Every clod feels a stir of might,
An instinct within it that reaches and towers,
And, groping blindly above it for light,
Climbs to a soul in grass and flowers;
The flush of life may well be seen
Thrilling back over hills and valleys;
The cowslip startles in meadows green,
The buttercup catches the sun in its chalice,
And there's never a leaf nor a blade too mean
To be some happy creature's palace;
The little bird sits at his door in the sun,
Atilt like a blossom among the leaves,
And lets his illumined being o'errun
With the deluge of summer it receives;
His mate feels the eggs beneath her wings,
And the heart in her dumb breast flutters and sings;
He sings to the wide world, and she to her nest,-
In the nice ear of Nature which song is the best?

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](#).

Photos by Study Group Members – I'll print them if you send them. No self addressed envelope necessary.



Bull snake in Black Canyon (Maggie Willson), Tweedy's Lewisia (Brian Carpenter), Northern



Alligator Lizard in Discovery Park on Intro Class Trip, Imbricate Sword Fern by Gary Brill



More Zumwalt Prairie photos from Linda Moore

Yoga tune-up – feature article by Gordie Swartzman



What does this guy, Matt Nadler, have to do with naturalist activities? Well, its a stretch. I could call him my personal trainer. He teaches a sort of yoga derivative called yoga tune-up at 8 limbs yoga. Yoga tune-up is a technique for yoga developed by Jill Miller of Los Angeles, which combines yoga, physical therapy and massage. In classes we are asked to stretch, lift, roll balls and move in ways that enhance strength, but mostly flexibility. The balls, of various sizes and made of durable rubber are rolled over with body weight applied or rolled along walls or body parts to reach the deep fascia and lubricate them. As I understand it the fascia are a web of cells that hold musculature in place. Matt talks about muscles the way we talk about flowers (using the technical terms) and designs his classes to focus on various parts of the body, for example shoulders, knee-to-toes, core body and lumbar back. I come out generally sweating, and aware that, as Matt puts it, I have done something good for my body. I know that many of us train and exercise. Without that the older of us would not be out on the trails. I have noticed, however, that since beginning yoga tune-up (about 3 years) I've not had the feeling of total stiffness after a long hike and car ride. I'm learning to undo the bad habit of leaning forward to my computer screen and standing taller. I am more flexible and I think my balance may be better. Matt has 3 yoga tune-up sessions a week (with the same material) and 3 over-50 more traditional yoga classes. There are two studios, one in Wedgewood and the other on Phinney Ridge that Matt teaches at. He is a classic and quite entertaining if not inspiring (he is 80). I encourage you to try out yoga tune-up and see if you like it. If we have a lot of interest we can have him run a workshop through the mountaineer's naturalist group. I know this sounds like an advertisement, but I've been impressed with the multi-age range in his classes and, to me, this means it appeals to us throughout life.