



June 2019


Naturalists

ONE STEP AT A TIME

Contents

- In the Native Plant Garden1
- May Hikes2
- Upcoming Hikes.....7
- Odds and Ends9
- Contact Info..... 14

JOIN US ON:

 [Facebook](#)

 [Flickr](#)

In the Native Plant Garden

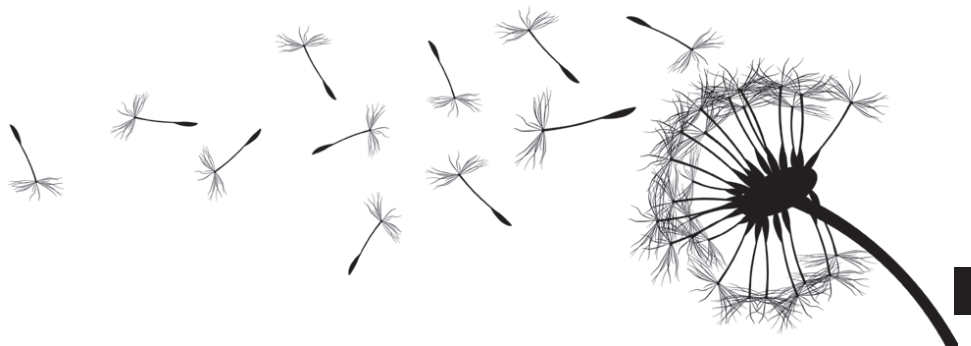
The native plant garden is now enjoying much needed care and rejuvenation thanks to the Washington Native Plant Society local chapter, who are providing leadership in the garden in terms of care, planting and a vision of the garden. The garden is benefitting from their experience in native plant care and propagation. Plants are now popping up daily and are firing on all cylinders.

There will be occasional work parties through the summer. Working alongside native plant society members is an opportunity to learn more about native plant habitats and care.

Check out the garden. It is just by the climbing rocks on the north end of the Seattle clubhouse.



Mountain avens in our garden



May Naturalist Hikes

MAY 1 – WHISKEY DICK -STEWART HOUGEN



Prairie Violet



Hooker's balsamroot – looking good!



Columbia desert parsley



Man contemplating milkvetch



Hedgehog cactus – oh my!



Full daggerpod

May Hikes (Continued)



Whiskey Dick itself



Its over there

MAY 5 – WESTBERG TRAIL ON MANASHTASH RIDGE - GORDIE SWARTZMAN



Gairdner's penstemon



Panicled bluebells

May Hikes (Continued)

MAY 15 – INGALLS CREEK - GARY BRILL



Acres of balsamroot



Daggerpod and showy phlox



Arnica in the woods

May Hikes (Continued)



Silvercrown luina



Rockcress and Solomon seal, plus a sprig of box



Lupine and ceonothus

MAY 25 – GREYWOLF CREEK – SUE LABRIE



Our state flower, shows us why

May Hikes (Continued)



Calypso orchid



Glorious mitrewort



Native Plant Garden Youth Event

TUESDAY, JUNE 25

We need volunteers!

The Naturalist Committee will lead a Native Plant Garden activity for the Mountaineers summer campers. Groups of about 10 will come through at 10:30, 11:00, and 11:30. The campers will be ages 6-8.

An enjoyment of children and a familiarity with native plants are helpful.

[Sign Up to Volunteer](#)

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



Iron Bear

JUNE 8 - GORDIE SWARTZMAN

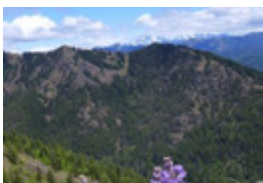
Iron Bear provides views, flowers and birds, as it traverses through several habitat zones.



Kachess Ridge

JUNE 10 - DANIELLE GRAHAM

This will be a leisurely-paced Naturalist trip with frequent stops to look at flowers and shrubs. We will hike to the lookout tower and hopefully have lovely weather for lunch. This trail does have some steep sections on pea-gravel type rock.



Easton Ridge

JUNE 14 - GORDIE SWARTZMAN

A lollapalooza hike offering flowers, birds, views, elevation gain and a long ridge traverse, all that so close to home.



Table Mountain

JUNE 15 - GARY BRILL

This is an easy trip with Naturalist goals of viewing and identifying a multitude of different wildflowers in a very wildflower rich location. It is also a butterfly and birding hotspot.



Tronsen Ridge

JUNE 19 - GORDIE SWARTZMAN AND STEWART HOUGEN

Traverse a recent burn area and enjoy views, wildflowers and birds. The diversity of wildflowers is astounding.



Silver Star via North Ridge

JUNE 22 - LINDA MOORE

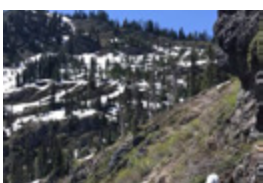
Naturalist and photo-oriented hike to view Silver Star Mountain's early peak subalpine wildflower blooms on vast subalpine meadows and ridges, blooming from late spring to mid-summer. Fantastic views of Cascade volcanoes and Columbia Gorge !



Grassy Knoll

JUNE 23 - LINDA MOORE

Naturalist / photo-oriented hike to enjoy abundant subalpine wildflowers in lovely settings through forest, rock gardens, and on sweeping meadows of Grassy Knoll with views of Cascades and Big Lava Bed.



Knox Creek-Thorp Mountain

JUNE 24 - DANIELLE GRAHAM

We will take the shorter and steeper route to Thorp Mountain Lookout with plenty of time to look at the wildflowers and enjoy the views.

Upcoming Hikes (Continued)



Hamilton Mountain

JUNE 24 - LINDA MOORE

Naturalist / photo-oriented hike to enjoy abundant wildflowers and other plants in lovely settings as trail ascends Hamilton Mountain through forest, along waterfalls, rocky gardens, and on meadows. Magnificent views of Cascade peaks, Columbia River, and close up to close-up to sweeping layers of lava formations along Columbia Gorge.



Iron Mountain and Cone Peak Loops

JUNE 28-29 - LINDA MOORE

Photo / naturalist-oriented hike to view peak wildflower bloom and butterflies at one of Oregon's premier areas for blooms and butterflies.



Browder Ridge

JUNE 30 - LINDA MOORE

Photo / naturalist-oriented hike to view peak wildflower bloom and butterflies at one of Oregon's premier areas for blooms and butterflies.

Save The Date: 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.** Save the date and make reservations at the lodge now (before all the spaces are taken).

[Reservations for Baker Lodge](#)



Fall Colors, Geology, & Beautiful Scenery – Mt Baker

SEPTEMBER 21 AND 22



Come to Mount Baker to hike this fascinating geological area. The lodge is open for this weekend and will be our base of operation. Two hikes are currently scheduled, and the lodge will open for reserving a bunk on 1 June. The North Cascade has a mixture of geologic features. Recent volcanic activity, metamorphic oceanic rocks moved and twisted to form mountains. We will explore this fascinating geology. Leaves will be taking on their fall colors, and the scenery will be spectacular.

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.).

Poetry

JUNE

By James Russell Lowell, (1819-1891)

And what is so rare as a day in June?

Then, if ever, come perfect days;

Then Heaven tries the 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?

Now is the high tide of the year,

And whatever of life hath ebbed away

Comes flooding back, with a ripply cheer,

Into every bare inlet and creek and bay;

Now the heart is so full that a drop overfills it,

We are happy now because God wills it;

No matter how barren the past may have been,

'T is enough for us now that the leaves are green;

We sit in the warm shade and feel right well

How the sap creeps up and the blossoms swell;

We may shut our eyes, but we cannot help knowing

That skies are clear and grass is growing;

The breeze comes whispering in our ear,

That dandelions are blossoming near,

That maize has sprouted, that streams are flowing,

That the river is bluer than the sky,

That the robin is plastering his house hard by;

And if the breeze kept the good news back,

For other couriers we should not lack,

We could guess it all by yon heifer's lowing, –

And hark! how clear bold chanticleer,

Warmed with the new wine of the year,

Tells all in his lusty crowing!

JUNE IS BUSTIN' OUT ALL OVER LYRICS FROM CAROUSEL

Nettie

March went out like a lion

Awakin' up the water in the bay;

Then April cried and stepped aside,

And along came pretty little May!

May was full of promises

But she didn't keep 'em quickly enough for some

And the crowd of doubtin' Thomases

Was predictin' that the summer'd never come

Men

But it's comin' by dawn,

We can feel it come,

You can feel it in your heart

You can see it in the ground

Girls

You can see it in the trees

You can smell it in the breeze

All

Look around! Look around! Look around!

Nettie

June is bustin' out all over

All over the meadow and the hill!

Buds're bustin' outa bushes

And the rompin' river pushes

Ev'ry little wheel that wheels beside the mill!

June is bustin' out all over

The feelin' is gettin' so intense,

Odds & Ends (Continued)

That the young Virginia creepers
Hev been huggin' the bejeepers
Outa all the mornin' glories on the fence!
Because it's June...

All

June, June, June
Just because it's June, June, June!
Nettie

Fresh and alive and gay and young
June is a love song, sweetly song
All

June is bustin' out all over!
The saplin's are bustin' out with sap!
Love hes found my brother, Junior,
And my sister's even loonier!
And my Ma is gettin' kittenish with Pap!
June in bustin' out all over
Nettie

To ladies and men are payin' court.
Lotsa ships are kept at anchor
Jest because the captains hanker
Fer the comfort they ken only get in port!
All

Because it's June... June, June, June
Just because it's June, June, June!
Nettie

June makes the bay look bright and new
Sails gleamin' bright on sunlit blue
All

June is bustin' out all over
The ocean is full of Jacks and Jills,
With the little tail a-swishing'
Ev'ry lady fish is wishin'
That a male would come
And grab 'er by the gills!
Nettie

June is bustin' out all over!
The sheep aren't sleepin' anymore!
All the rams that chase ewe-sheep
All determined there'll be new sheep
and the ewe-sheep aren't even keepin' score!
All
On acounta it's June! June, June, June
Just because it's June, June, June!

GRASS

By Emily Dickson

"The grass so little has to do, --
A sphere of simple green,
With only butterflies to brood,
And bees to entertain,

And even when it dies, to pass
In odours so divine,
As lowly spices gone to sleep,
Or amulets of pine.

And then to dwell in sovereign barns,
And dream the days away, --
The grass so little has to do,
I wish I were the hay!"

I WANDERED LONELY AS A CLOUD

By William Wordsworth

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the Milky Way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Outdid the sparkling waves in glee;
A poet could not but be gay,
In such a jocund company;
I gazed-and gazed-but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
When is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

THE TABLES TURNED

By William Wordsworth

Up! up! my Friend, and quit your books;
Or surely you'll grow double:
Up! up! my Friend, and clear your looks;
Why all this toil and trouble?

The sun, above the mountain's head,
A freshening lustre mellow
Through all the long green fields has spread,
His first sweet evening yellow.

Books! 'tis a dull and endless strife:
Come, hear the woodland linnet,
How sweet his music! on my life,
There's more of wisdom in it.

And hark! how blithe the throstle sings!
He, too, is no mean preacher:
Come forth into the light of things,
Let Nature be your Teacher.

Odds & Ends (Continued)

She has a world of ready wealth,
Our minds and hearts to bless—
Spontaneous wisdom breathed by health,
Truth breathed by cheerfulness.

One impulse from a vernal wood
May teach you more of man,
Of moral evil and of good,
Than all the sages can.

Sweet is the lore which Nature brings;
Our meddling intellect
Mis-shapes the beautiful forms of things:—
We murder to dissect.

Enough of Science and of Art;
Close up those barren leaves;
Come forth, and bring with you a heart
That watches and receives.



FIELD TRIP TO SHARPE PARK WITH ANDY MACKINNON MAY 5TH, 2019 BY GARY BRILL

Following the lecture at the Mountaineers the first weekend in May by author and very experienced British Columbia botanist Andy Mackinnon (Pojar and Mackinnon) on fungal endophytes - the relationship and importance of certain fungi which are variable by species to each and every vascular plant, I was lucky enough to be able to attend a field trip to Sharpe Park just north of Deception Pass on Sunday, May 5th. This was not a "name that plant" field trip.

We were also very lucky to have accompanying us lichenologist Richard Droker and Burke Herbarium Lichen collection Curator Katherine Glew, among some knowledgeable members of WNPS. After viewing the non-native lichen *Xanthoria* on boulders near the parking lot, we began our hike.



Entering the coniferous woods, Andy stopped to talk about Fungal microrrhizoidal networks; explaining their extent compared to the crown, their importance in the growth of large, mature trees, and the difference between the exophytes of Red Cedar and the endophytes of Hemlock and Fir, which manifest with distinctly different fruiting bodies; those affiliated with the Hemlock and Fir being what we would think of as mushrooms, and those of the Red Cedar not having obvious fruiting bodies. Andy suggested that the microrrhizoidal relationships are of paramount importance to vascular plants for any variety of functions. For instance, the Western Yew does not produce the chemical/drug Taxol; rather the Taxol is produced by a fungal associate of the Yew.



Shortly we encountered a coralroot, which is generally described as lacking in chlorophyll, and hence parasitic. Andy explained that "parasitic plants" are those that depend on things that are dead, whereas the Coralroot species actually interact in complex microrrhizoidal networks that are mutually beneficial and likely far more complex that can be understood at present.



Odds & Ends (Continued)

We hiked a nice 3-4 mile loop at Sharpe Park, enjoying both forest and prairie habitats (Camas, and Lotus (Acmispon). Katherine and Richard showed us “Reindeer lichen”, once Cladina, but now Cladonia.



Back in the woods, Richard and Katherine stopped to show us a highly unusual *Peltigera* lichen that was green and spotted. But adjacent to the lichen, *Peltigera brittanica*, were some bluish black lichens. It turns out that *Peltigera brittanica* is what is known as a polymorph or cyanomorph that readily abandons its significant fungi - algal relationship to establish a cyanobacteria - algal form. Both were quite fascinated by this find.



Finally, we walked to our endpoint at Sares Head overlooking the Strait of Juan de Fuca. Later we ate at a great Anacortes restaurant Frida's Gourmet Mexican Restaurant. It was an incredible weekend with the fascinating lecture and illustrative field trip.



John and Tracy Bell led a field trip for the naturalist course to Reifel Bird Sanctuary in BC, Canada. We saw 36 bird species, including a rare sighting of a Great Egret.



Odds & Ends (Continued)



TONGUE POINT

Anita Elder spent a morning at Tongue Point during a negative tide on May 19.



Feather duster worm tubes



POISON FOR THE NEWSLETTER

From Grace Winer.

This Deadly Nightshade (*Atropa belladonna*) was photographed along Fauntleroy Way SW. According to Google, the foliage and berries are extremely toxic when ingested, containing tropane alkaloids. It has a long history of use as a medicine, cosmetic, and poison. Even Shakespeare wrote about it.



Periwinkles and three varieties of aquatic vegetation



Indian paintbrush starting to bloom



A raccoon forages for food at Tongue Point during a negative tide by Anita Elder

Seattle Naturalists Committee Officers and Subcommittee Chairs

Committee Chair	Gordie Swartzman	g.swartzman@gmail.com
Committee Co-Chair	Tom Bancroft	gtbancroft@gmail.com
Study Group Coordinator	Stewart Hougen	sehougen@comcast.net
Secretary/Treasurer	Danielle Graham	pedergraham@gmail.com
Native Plant Garden Co-Chair	Rob Stevens	dlibfrom@yahoo.com
Native Plant Garden Co-Chair	Sandy Bowman	bowman@seanet.com
Website Page	Maggie Willson	maggienum@yahoo.com
Newsletter Layout	Anita Elder	anita@anitaelder.com

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).