



October 2017

# Naturalists

EXPLORE. LEARN. CONSERVE.

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## One Step At A Time:

September presented a challenge for naturalist hikes because of the smoky conditions and hot dryness that predominated most of the

month. Many of us did hike this month notwithstanding, but flowers were mostly gone.

## In the Native Plant Garden



In the garden alpine shrubby cinquefoil, leafy aster.

The trees have survived the drought and loog healthy. Our garden is a good place to go to have a look at many of our native trees close up and personal. Also, there are a still lowers blooming including yarrow, alpine and

leafy aster, shrubby cinquefoil, yarrow, harebells, mountain monardella (mint), a buckwheat, a penstemon, fireweed and siberian miner's lettuce. The alpine garden has the most in flower.



 [Facebook](#)

 [Flickr](#)



# Mount Dickerman hike September 11

by David Droppers

Given the lack of flowers on other hikes I was skeptical that we could see butterflies on Mt. Dickerman – the aim of David Droppers, as part of a butterfly survey he has been conducting on hikes along the Mountain Loop highway. The way was steep and, although there were very few flowers, there were still plants to identify, but no butterflies until we came near the top of the mountain. Then they appeared, one at a time, and David was there to nab almost all of them. We saw and examined more species than I knew and expected to see. David was great at explaining the life history of the different species and describing groups of specialists, generalists, short and long lived, and why some, more migratory species were in prime condition while the local species were tattered and torn. The view at the top was splendid and we learned a lot.



Stream seep arnica a late blooming arnica



Fall color on huckleberries. Berries were out in abundance



David and Cheryl on Dickerman alert, awake, aware



Hoary comma butterfly (note comma)



## October Field Trips

### Day Hike – Talapus Lake Trail

OCTOBER 1

This is a family hike. We will enjoy fall color, mosses, lichens, trees and mushrooms and will draw on artist conks and make a leaf arrangement. Led by Danielle Graham and Gordie Swartzman.

[Register Here](#)

### Day Hike – Leslie Gulch & Juniper Gulch Trail (Oregon)

EXPLORING NATURE, PHOTOGRAPHY & DAY HIKING TRIP

OCTOBER 13-15 (BACKPACK)

Explore scenic natural wonders of Owyhee canyon country. No Prerequisites, Leader's Permission Required Linda Moore will lead this hike.

[Register Here](#)

### Day Hike – Barclay Lake

OCTOBER 14 EXPLORING NATURE TRIP

This naturalist hike will look at mosses, lichens, trees and, most covetously, edible (and incredible). Led by Gordie and Stewart. Difficulty: Easy.

[Register Here](#)

### Day Hike – Lake Dorothy

OCTOBER 21 EXPLORING NATURE & DAY HIKING TRIP

An easy hike to a lovely lake in the Alpine Lake Wilderness. We will walk along the lake and enjoy fall color as well as mosses, lichens, and hopefully mushrooms. The rains have come. Led by Stewart and Gordie.

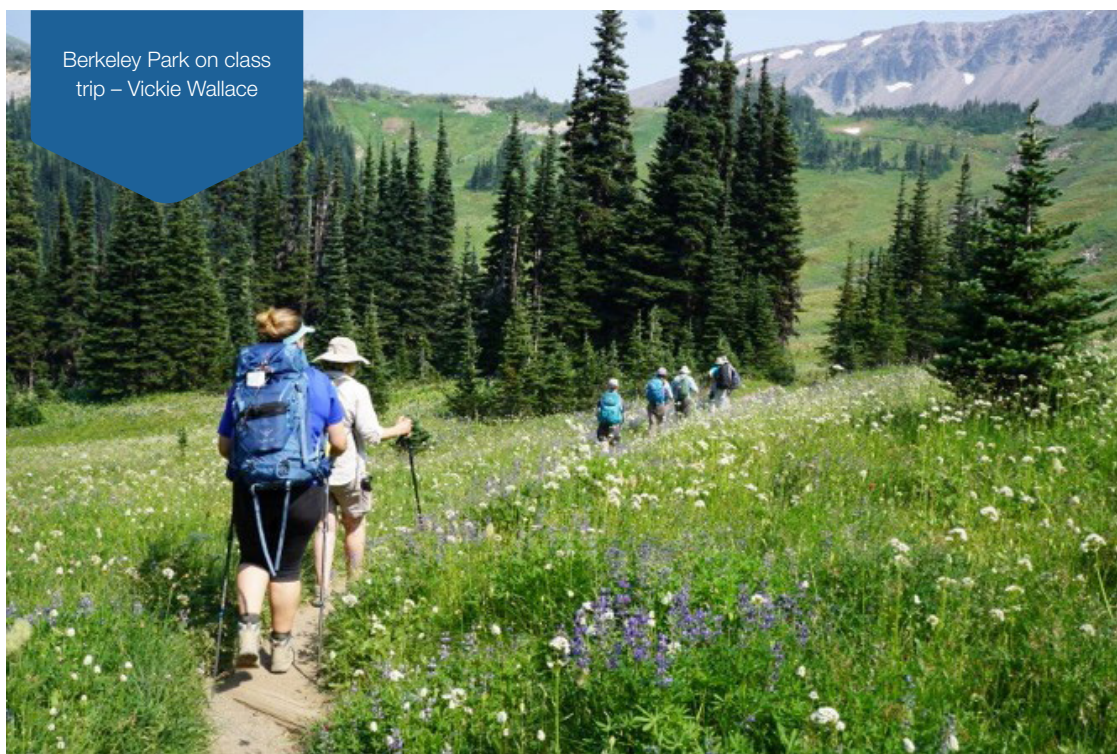
[Register Here](#)

### Day Hike - Boulder River

OCTOBER 29 EXPLORING NATURE TRIP

An easy ramble in Boulder River wilderness for mosses, lichens and mushroom, plus waterfalls and mushrooms. The rains will swell the waterfalls – a special feature of this wilderness walk. Led by Stewart and Gordie.

[Register Here](#)



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

## 2017-18 Naturalists Lecture Series starts Nov. 8.



### WED., NOV. 8

Joe Sweeney tells you when and where to find the Seabirds of Puget Sound.

### WED., JAN. 10, 2018

Dr. Jon L. Riedel, geologist at North Cascades National Park, reviews the changing status of glaciers in Washington's National Parks.

### 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](mailto: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](mailto:r.a.odonnell@icloud.com)



Tree infected with Witch's Broom by Anita L. Elder



# Pacific Feast: Where the Wild Things Are Delicious!

by Jennifer Hahn



Wild edibles from forest, field, and shores abound in the Pacific Northwest. Learn from forager, wilderness guide, professor and writer, Jennifer Hahn, about sustainably harvesting a cornucopia of delicious, nutritious seaweeds, wild and weedy greens, berries, and tree tips for enhancing health and table in all seasons. Jennifer will share her favorite native species for a delicious back yard and her “stewardship guidelines for foragers.”

With more than 25 years of wilderness travel under her boots and kayak hull—including through-hiking the Pacific Crest Trail from northern California to Canada and kayaking solo from Ketchikan, Alaska, to Washington—writer Jennifer Hahn relies on wild harvesting to keep her pack and kayak light. Currently she is an adjunct professor at

Western Washington University’s Fairhaven College teaching courses on northwest wild food and works as a naturalist guide in Alaska, Washington and British Columbia’s Inside Passage.

Jennifer holds B.S. from Huxley College of Environmental Studies, Western Washington University, and a B.A. in writing and ecology from WWU’s Fairhaven College, at which time she studied with Pulitzer-prize author Annie Dillard and worked at Audubon magazine in New York City. She is currently researching seaweed contaminants in the Salish Sea at Huxley College of the Environment.

Her first book “Spirited Waters: Soloing South Through the Inside Passage” won the Barbara Savage “Miles From Nowhere” award for adventure narrative writing in 2001. In 2003, on behalf of the Washington Commission for the Humanities “Inquiring Mind Lecture Series,” she traveled across Washington State speaking and serving up wild edibles for her lecture, “Feasting on Flotsam: Eating Between Tides, Fields, and Forest as Cuisine, Culture, and Ecology.” Her second book, “Pacific Feast: A Cook’s Guide to West Coast Foraging” with the companion work “Pacific Coast Foraging Guide: 40 Wild Foods from Beach, Field and Forest” (a six-fold, laminated guide) debuted in fall 2010. Pacific Feast made the Best-seller’s List for NW INDE BOOKSTORES.

Jennifer continues to divide her time between teaching, writing and guiding wilderness adventures and foraging trips. She founded her own sea kayak and natural history company called Elakah Expeditions (see Elakah.com) in 1989. She sold the company to devote more time to writing. She has led tours in Washington, Canada, Alaska, Baja Mexico, and the Galapagos with Wilderness Travel, North Cascade Institute, Galapagos Travel, Elakah Expeditions, Pacific Catalyst, and Seawolf Adventures.

## WA Native Plant Society Program

**CENTRAL PUGET SOUND CHAPTER –  
OCTOBER 10, 2017 AT 7PM**

Aaron Education Center, Bellevue Botanical Garden,  
12001 Main St, Bellevue, WA 98005

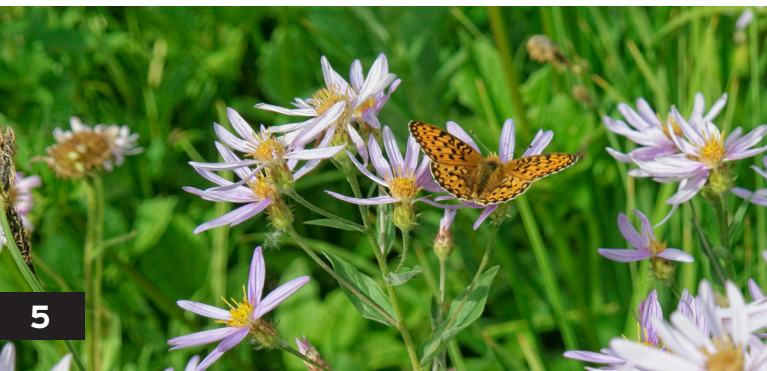
Refreshments, Public Invited, Admission is Free.

### Upcoming Programs

Note that beginning in Sept both the east and west side programs will start at 7pm.

[http://www.wnps.org/cps\\_programs.html](http://www.wnps.org/cps_programs.html)

- 11/2/17 Janneke Hille Ris Lambers “Climate Change Impacts on PNW Plant Communities” (Mountaineers Program Center)
- 12/7/17 T. Abe Lloyd “Coast Salish Ethnobotany and Lessons for Food System Resiliency” (Mountaineers Program Center)
- 1/4/18 Holiday Party (Mountaineers Program Center)



# Exploring Nature Through The Eyes Of A Child

by Anita L. Elder; all photos by Avenleigh Taylor

Taking advantage of some nice weather over a weekend in September, I took my 5-yr. old grand-daughter, Avenleigh, on a road trip along Highway 20. Along the way, we stopped at various spots to do some short hikes. It was the first time Avenleigh had been on any hikes and I wanted to get her interested in the world around her (instead of playing on her iPad). I wanted her to be as excited about nature and our beautiful state as I was and was happy to be the one to show it to her.



Our first stop was at Rasar State Park where we hiked a trail to the Skagit River. Avenleigh got to pick her first blackberries and even saw some that still had blooms. She found mosses as interesting as I did...I was glad that I had taken my loupe with me so she could really see all the details!



Next, we stopped at the Newhalem Campground Visitor Center where Avenleigh got to talk with a Ranger and tour the exhibit about the North Cascades. Outside the visitor's center, I took her on the short nature trail, pointing out

different trees and plants. She got to see Witch's Broom on several trees, with an explanation of how it happens. I had her feel (and smell) the needles of a Western Cedar, asking her to tell me what she saw. We did the same thing with some sword fern...a little learning experience shared with me by Brian Carpenter on my Islandwood field trip.



At the Diablo Lake Overlook, Avenleigh and I saw our first pica, though it quickly ran into some rocks before we could get a photo. She also saw some chipmunks and wanted to feed them, so I had the opportunity to teach her about the danger of feeding wild animals.

Before heading into Winthrop, we stopped at Washington Pass. I had always driven through over Memorial Day weekend when there was still a lot of snow, preventing driving to the overlook parking lot. I was thrilled to see this new spot with my grand-daughter. As we hiked the short trail to the overlook, I got to show her lichens growing on the big boulders. As we gazed out over the surrounding mountain peaks, Avenleigh was disappointed that she didn't see more snow (we only saw one very small glacier). I told her how those peaks were usually covered with snow most of the year, but the glaciers are getting smaller and smaller.

I had given Avenleigh my old camera to use and take pictures as we hiked. It was so cool to later view her photos and see through her eyes!

After I made a photo book for her, she couldn't wait to share her photos with her classmates and tell them all about her adventure, even remembering some of the names of the plants I showed her!



## Odds and Ends

### The Autumn

by Elizabeth Barrett Browning

Go, sit upon the lofty hill,  
And turn your eyes around,  
Where waving woods and waters wild  
Do hymn an autumn sound.  
The summer sun is faint on them --  
The summer flowers depart --  
Sit still -- as all transform'd to stone,  
Except your musing heart.  
How there you sat in summer-time,  
May yet be in your mind;  
And how you heard the green woods sing  
Beneath the freshening wind.  
Though the same wind now blows around,  
You would its blast recall;  
For every breath that stirs the trees,  
Doth cause a leaf to fall.  
Oh! like that wind, is all the mirth  
That flesh and dust impart:  
We cannot bear its visitings,  
When change is on the heart.  
Gay words and jests may make us smile,  
When Sorrow is asleep;  
But other things must make us smile,  
When Sorrow bids us weep!  
The dearest hands that clasp our hands, --  
Their presence may be o'er;  
The dearest voice that meets our ear,  
That tone may come no more!  
Youth fades; and then, the joys of youth,  
Which once refresh'd our mind,  
Shall come -- as, on those sighing woods,  
The chilling autumn wind.  
Hear not the wind -- view not the woods;  
Look out o'er vale and hill-  
In spring, the sky encircled them --  
The sky is round them still.  
Come autumn's scathe -- come winter's cold --  
Come change -- and human fate!  
Whatever prospect Heaven doth bound,  
Can ne'er be desolate.

## October

Robert Frost, 1874 - 1963

O hushed October morning mild,  
Thy leaves have ripened to the fall;  
To-morrow's wind, if it be wild,  
Should waste them all.  
The crows above the forest call;  
To-morrow they may form and go.  
O hushed October morning mild,  
Begin the hours of this day slow,  
Make the day seem to us less brief.  
Hearts not averse to being beguiled,  
Beguile us in the way you know;  
Release one leaf at break of day;  
At noon release another leaf;  
One from our trees, one far away;  
Retard the sun with gentle mist;  
Enchant the land with amethyst.  
Slow, slow! For the grapes' sake, if they were all,  
Whose leaves already are burnt with frost,  
Whose clustered fruit must else be lost--  
For the grapes' sake along the wall.

## The Wild Swans at Coole

By William Butler Yeats

The trees are in their autumn beauty,  
The woodland paths are dry,  
Under the October twilight the water  
Mirrors a still sky;  
Upon the brimming water among the stones  
Are nine-and-fifty swans.  
The nineteenth autumn has come upon me  
Since I first made my count;  
I saw, before I had well finished,  
All suddenly mount  
And scatter wheeling in great broken rings  
Upon their clamorous wings.  
I have looked upon those brilliant creatures,  
And now my heart is sore.  
All's changed since I, hearing at twilight,  
The first time on this shore,  
The bell-beat of their wings above my head,  
Trod with a lighter tread.  
Unwearied still, lover by lover,  
They paddle in the cold  
Companionable streams or climb the air;  
Their hearts have not grown old;  
Passion or conquest, wander where they will,  
Attend upon them still.  
But now they drift on the still water,  
Mysterious, beautiful;  
Among what rushes will they build,  
By what lake's edge or pool  
Delight men's eyes when I awake some day  
To find they have flown away?



Bushtit by Grace Winer





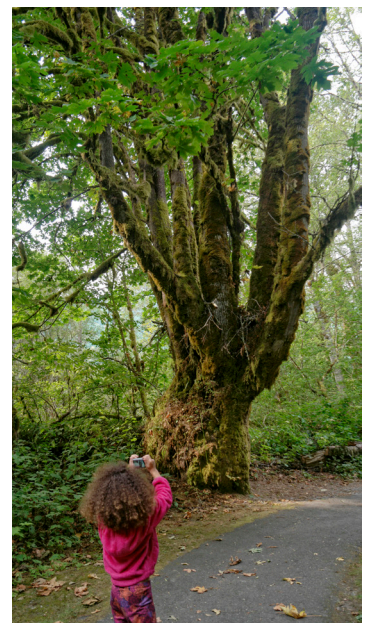
Chicken of the woods mushroom on Snow Lake Trail – Danielle Graham



Cheryl Conklin and painted lady butterfly friend on Mt. Dickerman by Roseanne Lorenzana



Elephant seals in Glacier Bay – by Grace Winer



Avenleigh Taylor taking a photo of a nurse tree after learning how ever a stump can be a good place for new trees to grow.



Fire smoke cloud near Roslyn WA by Larry Hobbs