



October 2018

Naturalists

EXPLORE. LEARN. CONSERVE.

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In the Native Plant Garden

Some flowers are still hanging in in our garden, including harebell, Richardson’s penstemon, arnica, Henderson’s checkermallow, skyrocket, cutleaf daisy and alpine daisy. The alpine garden is lovely. The rest is somewhat ragged. The trees planted are doing very well. The garden is a good place to learn to distinguish western from mountain hemlock, grand fir from douglas fir, and western red cedar (happy cedar) from yellow cedar (sad cedar). Go down and look for blooming plants fooled by the Indian Summer.

Looking for bugs - by Donna Jean



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.)

 [Facebook](#)

 [Flickr](#)

September Naturalist Hikes

KNAPSACK PASS TO SPRAY PARK – AUGUST 28



Where do we go from here?



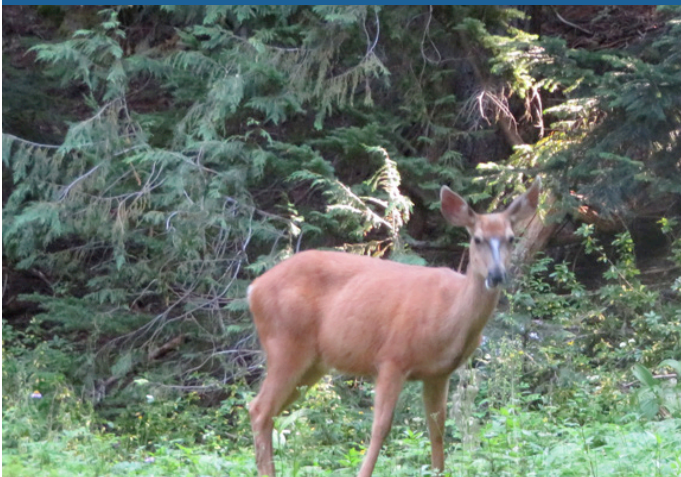
Mountain sorrel



Reflections on Mowich Lake



There was more Tolmie's saxifrage than I've ever seen in one area



Black tailed deer begins a good wildlife day



Gentian gleams and defines blue

MINERAL GULCH - SEPTEMBER 1

There was a geology trip to Mineral Gulch led by Stewart Hougen and Sandy Bowman. This is above the Denny Creek crossing on the Melakwa Lake trail in the Alpine Lakes wilderness. The place is loaded with mineral deposits to explore and identify.



Garnet at Mineral Gulch

MOUNT BALDY - SEPTEMBER 17

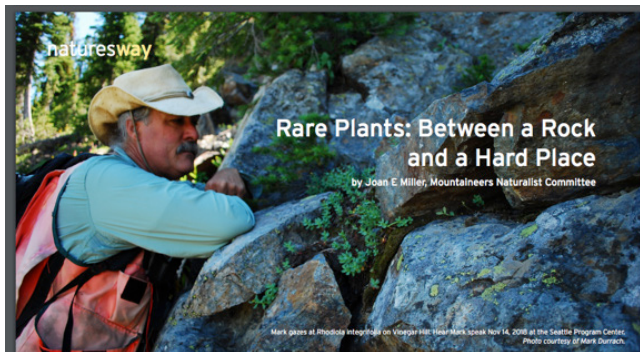
A walk to Mount Baldy north of Easton Ridge – Monday, 17 September 2018. Most flowering plants are well past bloom and few huckleberries to be found. But the rocks have not changed much, with some geology to be seen along the way, from a region of alpine glacial drift between Easton Ridge and Mount Baldy to rocks from the Teanaway basalt flows on top of Mount Baldy and generally in the area. Perfect weather and excellent company made for a grand day out (via John Kooch, Naturalist-In-Training).



2018-19 Naturalists Lecture Series

SEATTLE PROGRAM CENTER, 7 PM

Free to Naturalist Study Group members, public welcome – donation



NOVEMBER 14, 2018 (WED) | MARK DARRACH

Rare Plants: Between a Rock and a Hard Place

Mark, a geologist, botanist, and rare plant conservationist for US Forest Service, and Research Associate at The Burke Museum entertains as he explains the relationship between rare plants and unusual geologic substrates of western US.

Read about Mark in the Fall Mountaineers Magazine.

Also in the Fall Magazine an article about Julia and her program

JANUARY 9, 2019 (WED) | JULIA K PARRISH

Marine Birds and a Warming Ocean: The Power of Citizen Science

Julia is Executive Director of Coastal Observation and Seabird Survey Team (COASST) and a professor of ocean fishery sciences at the UW. The COASST effort is helping scientists see patterns about the effects of climate change and other factors on seabirds.

FEBRUARY 13, 2019 (WED) | CHRISTIAN A SIDOR, PH.D.

Fossils From the Bottom of The World: Paleontology at the Shackleton Glacier Camp

Chris is Associate Director of Research and Collections Burke Museum and Professor of Biology UW. He will take us on a visual journey to the spectacular landscapes of the Transantarctic mountains where the Triassic rocks he's studying are exposed, as we learn what it's like to do fieldwork in Antarctica.

MARCH 13, 2019 (WED) | GOVINDA ROSLING

Pigeon Guillemots: A Seabird That Measures The Health of The Salish Sea

Govinda's photo rich account of their life cycle, behavioral habits, quirks and antics will entertain as she explains the Pigeon Guillemot Research Group's 15 year study and why it's important.

Also this Mountaineers Talk Will Be Of Interest To Naturalists:



Birding the Cape York Peninsula in Northeastern Australia

WEDNESDAY, OCTOBER 24, 2018 @ 7PM | TOM BANCROFT

Tom Bancroft will be presenting at the first of this series. Tom spent 9 days searching for birds, plants, and wildlife through the remote Cape York Peninsula in Australia. He will be speaking about this trip: Planning for a remote trip in a foreign location, camera equipment taken on the trip (and why), photographs of the various birds at Cape York, including what lens he used, camera settings, etc., and audio recordings of the different birds. \$10 member - \$15 public

[Purchase Tickets](#)

WA Native Plant Society Program



What Everyone Should Know About Lichens

TUESDAY, OCTOBER 9 7:00PM , DR. KATHERINE GLEW

**Bellevue Botanical Garden, Aaron Education Center, 12001 Main St. , Bellevue, WA 98005
Refreshments, Public Invited, Admission is free.
Donations are appreciated!**

The association of a fungus with a green algae and/or cyanobacteria defines lichens. They are a vital yet overlooked part of our forests ecosystems and rural environments. Lichens can tell us much about the air quality of our local surroundings. The US Forest Service has used lichens to monitor forest health and pollution. Lichens, along with bryophytes (mosses and liverworts) and algae, are currently being studied for their contribution to soil conditioning and stability in rangeland areas. Lichens, as symbiotic organisms, play a major role in nitrogen and carbon fixation as well as mineral cycling. The ecological study of lichens is becoming more essential in our understanding of how to manage terrestrial ecosystems.

Lichens also produce chemicals that were used for centuries as medicines, dyes, and perfumes. Common lichens will be presented and discussed to facilitate our understanding of what they can tell us about the health of our environment and how they are used as indicators of clean air.

Dr. Katherine Glew has researched lichens in Norway, the Russian Far East, and Japan. In Washington State she collected lichens extensively in the San Juan Islands, Elwha River system and alpine habitats focusing on marine and terrestrial lichens. Katherine will share her knowledge of lichens, explain what they are and how they grow.

Katherine has a PhD in biology from the University of Washington. Her research focused on alpine lichen communities in the northeast Olympics and North Cascade Mountains. She is the Associate Curator of the lichen collection at the University of Washington. She teaches lichen workshops throughout Washington and offers presentations on lichens. Katherine has a M.Ed. from the University of Washington, teaching in public schools and universities for over 40 years.

Upcoming Programs:

- 10-9-18 Dr. Katherine Glew “What Everyone Should Know About Lichens”
Bellevue Botanical Garden, Aaron Education Center
- 11-1-18 Scott and Susan Freeman “Saving Tarboo Creek”
The Mountaineers, Goodman Room
- 12-6-18 Holiday Party!
The Mountaineers, Goodman Room

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.

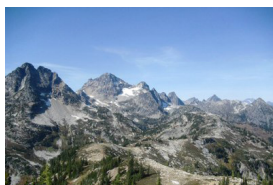


Mount Sawyer & Tonga Ridge

SEPTEMBER 29 - JOHN BELL

Join John Bell for conifers, fall color, mushrooms and fun. Views too.

[Register Here](#)

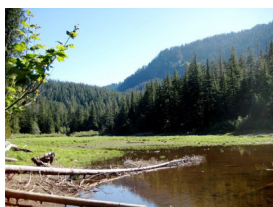


Maple Pass Loop

OCTOBER 3 - TOM BANCROFT

Tom is leading this classic hike to see fall color (e.g. larches), views, berries and mushrooms.

[Register Here](#)

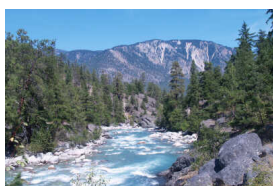


Barclay Lake

OCTOBER 5 - GORDIE SWARTZMAN & STEWART HOUGEN

Join Gordie and Stewart on this annual pilgrimage to Barclay Lake and its magnificent view of Mt. Baring wall (climb only with your eyes). Mosses, lichen and mushrooms are featured (especially edible mushrooms).

[Register Here](#)



Stein River Canyon & Stein Valley

OCTOBER 5-7 - LINDA MOORE

Join Linda in backpacking to see early fall colors, pictograph sites, birds, mushrooms and more. Linda always plans her trips well and you will be rewarded if you join her.

[Register Here](#)



Adams River

OCTOBER 12-14 - ANITA ELDER & LINDA MOORE

The Adams river has the largest run of sockeye salmon outside of Alaska. This does not occur every year, but on a cycle, and this is a big year! Join Anita Elder and Linda Moore as they hike around to see this rare event. I went the last big year and it was truly amazing. While I could not walk on the fishes backs they do fill the wide Adams river in spots. Sign up soon and get the details from Anita on the website, since they are staying overnight at a motel. This is a long drive, but well worth it.

[Register Here](#)



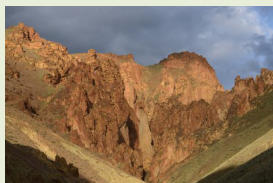
Cowiche Canyon

OCTOBER 20 - GARY BRILL

Join Gary on a fall color and geology hike down Cowiche Canyon and along the Garry Oak trail. This is a chance to see fall color of a different type than we have, and enjoy the crisp, dry eastside autumn before it gets really cold and your tootsies start complaining.

[Register Here](#)

Upcoming Hikes (continued)

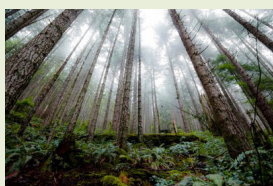


Leslie Gulch and Juniper Gulch

SEPTEMBER 8 - LINDA MOORE

This hike in the high desert is led by Linda. It will give you great scenery and fall color. Linda organizes trips to places most people never heard of, and they turn out to be secret gems. This trip will include car camping in a primitive campground.

[Register Here](#)



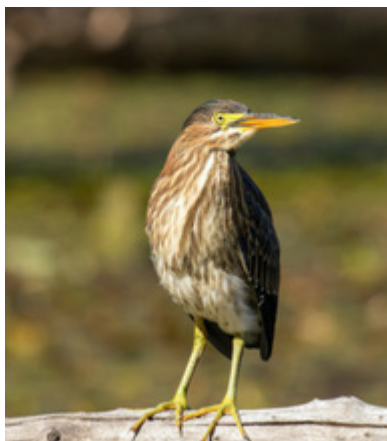
Stan's Overlook

NOVEMBER 3 - GARY BILL

Join Gary on this nearby trip to Stan's Overlook on Rattlesnake Ridge. The hike will feature interesting trees and mosses as only Gary knows them.

[Register Here](#)

Odds & Ends



Birding Course Through East Side Audubon

BEGINNING BIRDING COURSE TO BE OFFERED IN OCTOBER BY TOM BANCROFT

Eastside Audubon is offering a Beginning Birding course in October that will kick-start your abilities.

DATES: OCTOBER 9, 16, 23, 30 | TIME: 7PM-9PM

Location: Northlake Unitarian Universalist Church, 308 4th Ave S, Kirkland, WA 98033

Birding can be great fun but frustrating until you become familiar with the local avifauna and learn the skills that expert birders use. Eastside Audubon is offering a Beginning Birding course in October that will kick-start your abilities. It will cover techniques that experts use to separate and narrow their identifications. By the end of the course, participants will have learned 100 species that can be seen in Western Washington parks or on Puget Sound.

ABOUT THE INSTRUCTOR

Instructor Thomas Bancroft has been a birder all his life and has a Ph.D. in ornithology. He has birded on 6 continents, identifying more than 560 species in the United States and slightly over 2,000 worldwide. Tom has served as Chief Scientist for National Audubon and recently finished a 6-year appointment to Audubon Washington's board. He is also the secretary for the Washington Ornithological Society. Tom helps teach for the Mountaineers and leads birding field trips for the Mountaineers and Washington Ornithological Society.

ABOUT THE COURSE

The Beginning Birding course will consist of four 2-hour lectures on consecutive Tuesdays: October 9, 16, 23, and 30. There will be two optional walks at Seattle's Montlake Fill on the mornings of October 12 and 20, and two optional all-day field trips on October 28 and November 10. One all-day trip will go to Ediz Hook in Port Angeles, highlighting Puget Sound birds and some wintering songbirds. The other will be to the Skagit Flats for geese, swans, ducks, hawks, eagles, owls, and songbirds

Poetry

AUTUMN

by Emily Dickinson

The morns are meeker than they were,
The nuts are getting brown;
The berry's cheek is plumper,
The rose is out of town.
The maple wears a gayer scarf,
The field a scarlet gown.
Lest I should be old-fashioned,
I'll put a trinket on.

SONNET 73

by William Shakespeare

That time of year thou mayst in me behold
When yellow leaves, or none, or few, do hang
Upon those boughs which shake against the cold,
Bare ruined choirs, where late the sweet birds sang.
In me thou see'st the twilight of such day
As after sunset fadeth in the west;
Which by and by black night doth take away,
Death's second self, that seals up all in rest.
In me thou see'st the glowing of such fire,
That on the ashes of his youth doth lie,
As the deathbed whereon it must expire,
Consumed with that which it was nourished by.
This thou perceiv'st, which makes thy love more strong,
To love that well which thou must leave ere long.

THE BEAUTIFUL CHANGES

BY Richard Wilbur

One wading a Fall meadow finds on all sides
The Queen Anne's Lace lying like lilies
On water; it glides
So from the walker, it turns
Dry grass to a lake, as the slightest shade of you
Valleys my mind in fabulous blue Lucernes.

The beautiful changes as a forest is changed
By a chameleon's tuning his skin to it;
As a mantis, arranged
On a green leaf, grows
Into it, makes the leaf leafier, and proves
Any greenness is deeper than anyone knows.

Your hands hold roses always in a way that says
They are not only yours; the beautiful changes
In such kind ways,
Wishing ever to sunder
Things and things' selves for a second finding, to lose
For a moment all that it touches back to wonder.

END OF SUMMER

BY Stanley Kunitz

An agitation of the air,
A perturbation of the light
Admonished me the unloved year
Would turn on its hinge that night.

I stood in the disenchanting field
Amid the stubble and the stones,
Amazed, while a small worm lisped to me
The song of my marrow-bones.

Blue poured into summer blue,
A hawk broke from his cloudless tower,
The roof of the silo blazed, and I knew
That part of my life was over.

Already the iron door of the north
Clangs open: birds, leaves, snows
Order their populations forth,
And a cruel wind blows.

TO AUTUMN

By John Keats

Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-eves run;
To bend with apples the moss'd cottage-trees,
And fill all fruit with ripeness to the core;
To swell the gourd, and plump the hazel shells
With a sweet kernel; to set budding more,
And still more, later flowers for the bees,
Until they think warm days will never cease,
For summer has o'er-brimm'd their clammy cells.
Who hath not seen thee oft amid thy store?
Sometimes whoever seeks abroad may find
Thee sitting careless on a granary floor,
Thy hair soft-lifted by the winnowing wind;
Or on a half-reap'd furrow sound asleep,
Drows'd with the fume of poppies, while thy hook
Spares the next swath and all its twined flowers:
And sometimes like a gleaner thou dost keep
Steady thy laden head across a brook;
Or by a cyder-press, with patient look,
Thou watchest the last oozings hours by hours.
Where are the songs of spring? Ay, Where are they?
Think not of them, thou hast thy music too,—
While barred clouds bloom the soft-dying day,
And touch the stubble-plains with rosy hue;
Then in a wailful choir the small gnats mourn
Among the river shallows, borne aloft
Or sinking as the light wind lives or dies;
And full-grown lambs loud bleat from hilly bourn;
Hedge-crickets sing; and now with treble soft
The red-breast whistles from a garden-croft;
And gathering swallows twitter in the skies.

AUTUMN

by Rainer Maria Rilke

The leaves are falling, falling as if from far up,
as if orchards were dying high in space.
Each leaf falls as if it were motioning “no.”

And tonight the heavy earth is falling
away from all other stars in the loneliness.
We’re all falling. This hand here is falling.
And look at the other one. It’s in them all.
And yet there is Someone, whose hands
infinitely calm, holding up all this falling.

The Passion of Birds

WESTERN MEADOWLARK BY TOM BANCROFT

The meadowlark flew onto the top of a bush that grew by the canal at the prairie’s edge. It turned immediately toward me, raising its head slightly and projecting a high-pitched pure-toned whistle across the grassland. Three more whistles and then gurgling warbles radiated out of its open mouth. His yellow breast with its dark black V-shaped band glowed in the morning sun. The bird looked one-way and then another, seeming untroubled by my presence. I stood transfixed; the colors and textures of its plumage made me think of Van Gogh or Monet. Their images calmed me. They also spurred my curiosity about what was actually happening in the scene.

Although I had been ambling along the marsh trail at Conboy National Wildlife Refuge admiring the yellow warblers and willow flycatchers calling from the bushes, my mind was lost in thoughts. Why had I come down to this place after the field trip? I’d joined more than a hundred other folks to bird south-central Washington for the weekend, and I lead two field trips. I was tired and should have been starting the five or six-hour drive back home to Seattle. The meadowlark shifted position, giving me a profile view, and I wondered if I could turn a photograph of this bird into a watercolor.

We had meadowlarks, the eastern species, on my childhood farm. They were shy, often hard to see, a symbol of the wild hay fields before harvest. They lived in the grass, building their domed nest on the ground, becoming secretive when incubating or caring for nestlings, then disappearing in late summer. This bird never seemed to have a care at all. Meadowlarks rarely scolded me as I walked through the fields as a boy, not like the blackbirds that constantly harassed me.

Suddenly, the sun caught the yellow on the western meadowlark’s breast, flashing into my eyes, and I realized



that in many ways my childhood had been untroubled, too. Yes, I did have acute asthma and severe allergies to just about everything, but those illnesses didn’t seem to stop me. School, also, never bothered me the way it did others. Maybe it should have. But as I remember it, my childhood focused on helping on the farm, riding horses, and learning about birds. Always the birds.

My western meadowlark turned around, so that his dark brown and buff back was toward me. He tilted his head upward slightly, and his song burst forth again, his head bobbing up and down, throat expanding, as the flutelike melody floated out. The bird then shifted on his willow perch, looking almost directly at me. His eyes penetrated right through me as if he was trying to tell me something. Perhaps, he was telling me, “Get on with it! Your life is much like your childhood. Find the source of that song that has puzzled you for so long near your home. At 66, you’re older now but so what?”

He then leaned forward and flapped gently over my head, disappearing into the long grass of the prairie.

Some links to other articles by Tom

<https://www.mountaineers.org/blog/lake-ann-in-the-rain>

<https://www.mountaineers.org/blog/hiking-in-the-mist>

by Anita Elder



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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).