

# **One Step at a Time**

Newsletter of the Mountaineers Naturalist Group

September 2017

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## **Highlights of August naturalist hikes**

We had a good hiking run in July and August. This includes 8 field trips on or around Mt. Rainier for the Introduction to the Natural World Class

July 29 - Marmot Pass





Rattlesnake root (with bee) and Olympic harebell on Marmot Pass (photos by Lisa Ni).

We learned that all harebells separate the active period of their stamens and pistils. Stamens come out first while the pistil is enclosed in a protective husk. When this drops off the stamens shrivel. This is presumably to prevent self fertilization. We saw all three native harebells in flower on this trip (the common bluebells of Scotland, the Olympic harebell and Scouler's harebell).

**August 4 – Summerland and Panha**





**Panhandle Gap**



Happy hikers in the high country and Bog Laurel in Summerland – a day in heaven (once again)

## July 29<sup>th</sup> – Berkeley Park Trail

I took these photos along the trail. We ran into Bruce along the way (finally got to meet him).



Magenta paintbrush and lupine with Mount Rainier in the background.



Lots of wildflowers, mostly lupine, near the top of the trail that leads down into Berkeley Park

the Western Pasque flowers!

Look at all those seed heads from



## August 5<sup>th</sup> – Crystal Mountain Resort

A couple of short hikes along the border between Mount Rainier National Park and the summit at Crystal Mountain Resort.  
Frillary butterfly on Subalpine Daisy.



Arrowleaf Groundsel



## August 19<sup>th</sup> – Nisqually Vista Trail

Short evening hike with hardly any people around, making for a peaceful end of the day.

Bee on Cascade Asters



Mountain Bog  
Gentian starting to  
bloom



## August 20<sup>th</sup> – Partial Skyline Loop Trail

Great morning hike that included an up close and personal visit with a hoary marmot. The weather was a bit cooler and we hiked almost to our halfway point before really running into some people. We were surprised that there were still a lot of wildflowers in bloom.



Hoary Marmot



Grasshopper on Cascade Asters



Columbine

Fly on Rosy Spirea



Grasshopper on American Bistort



Lewis' Monkeyflower



Pearly Everlasting with Cascade Asters in the background



Female Hoary Marmot (she had two babies at the burrow)

**Tolmie Peak – August 14**





August 14 – Eunice Lake and Tolmie Peak with Dick Hayek.  
Finally it rained!

Eunice Lake from above with Beargrass July 22 (photo by Carolyn Appleton) and August 14 (where was that mountain?)



The crew on Tolmie Peak



But there were gentian and huckleberries.

## **In the Native Plant Garden**

The story in the garden is that there are still blooms and plenty of seeds. There are a surprising number of things still blooming including yarrow, alpine and leafy aster, shrubby cinquefoil, yarrow, harebells, monardella (mint), a buckwheat, a penstemon, fireweed. The alpine garden has the most in flower. Why do you think that is? It will be interesting to see what comes out when the rains come.







In the garden alpine fleabane, mountain monardella and a penstemon. Are these still hanging on or are they second comings?

## **September Field Trips**

### **September 11– Mount Dickerman – David Droppers**

A strenuous hike to look at fall colors and butterflies. This hike has more switchbacks than you can shake a fist at. With luck there will be great views in all directions, fall color (mountain ash, huckleberry and elderberry) and cool weather.

**2017-18 Naturalists Lecture Series.**

**All are at Seattle Program Center, 7 pm**

Nov. 8, 2017 (Wed)

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

Jan. 10, 2018 (Wed)

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.

Feb. 14, 2018 (Wed)

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

March 14, 2018 (Wed)

Clay Antieau on **What's the Matter with Worms**: our favorite soil engineers have a dark side. Clay is a horticulturist, botanist, environmental scientist, and past president of the Washington Native Plant Society.

## **Native Plant Society September Program – September 7**

**Central** Puget Sound Chapter  
Washington Native Plant Society  
September 7, 2017  
Mountaineer Program Center at Magnuson Park



Photo credit: Richard Droker

### **“Fungi- The Original Network” Kim Traverse**

It is beginning to seem that beyond the individual interactions between different fungi and different plants, there are also interconnections across many levels of taxa with fungi providing the network. This looks like a form of cooperation and probably information processing too. Maybe the World Wide Web has been around longer than we thought! Almost all life on Earth depends ultimately on Plants but there is strong evidence that plants only ‘crawled’ out of the oceans with the help of fungi. Most of what is going on is happening at a scale too small for direct observation by humans and we have normed the small range that we can notice. Differences in scale have profound effects on how everything behaves and our intuition can lead us astray when we consider the microscopic universe that fungi inhabit. Plus, new discoveries are not always merely additive- sometimes they suggest we re-evaluate much of what we were sure of. For instance; the very concept of an individual organism is being assailed by new evidence from genetic sequencing and population ecology. If a tablespoon of soil can contain eight *miles* of fungi hyphae, what is all that stuff up too?

Kim Traverse has been President of The Puget Sound Mycological Society for the past 3 years. He has been paying attention to and eating wild mushrooms for 45 years but native plants are his first love. Kim is a self-taught naturalist, his grandmother showed him his first wildflowers and birds. Most of his field experience was garnered volunteering for and serving on the boards of the Michigan Nature Association and The Southwest Michigan Land Conservancy which he helped found. He strongly believes that in addition to the specific missions of organizations like PSMS, WNPS, Audubon, and The Mountaineers, their *most* important role is getting people connected to the natural world.

Doors open at 6:00 PM for the Native Plant Identification Workshop; Program begins at **7:00 PM**.

**Thursday, September 7, 2017**  
**Cascade Room, The Mountaineers**  
**7700 Sand Point Way NE, Seattle, WA 98115**

**Refreshments, Public Invited, Admission is Free**

## **Odds and Ends**

**Lest we forget what is important about the natural world – Celebrating the Haiki Form**

**Matsuo Basho**

Basho Matsuo (1644-1694), considered the greatest haiku poet:

An old silent pond...  
A frog jumps into the pond,  
splash! Silence again.

Autumn moonlight—  
a worm digs silently  
into the chestnut.

**Yosa Buson**

Yosa Buson (1716-1784), a haiku master poet and painter:

Light of the moon  
Moves west, flowers' shadows  
Creep eastward.

**Kobayashi Issa**

Kobayashi Issa (1763-1828), a renowned haiku poet:

O snail  
Climb Mount Fuji,  
But slowly, slowly!

Everything I touch  
with tenderness, alas,  
pricks like a bramble.

## Masaoka Shiki

Masaoka Shiki (1867-1902), credited with reviving the haiku and developing its modern format:

After killing  
a spider, how lonely I feel  
in the cold of night!

For love and for hate  
I swat a fly and offer it  
to an ant.

A lightning flash:  
between the forest trees  
I have seen water.

## Natsume Soseki

Natsume Soseki (1867-1916) was a widely respected novelist who also had many fairy tales and haiku published:

The crow has flown away:  
swaying in the evening sun,  
a leafless tree.

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