



# THE

Newsletter of the  
West Kootenay Naturalists' Association

1054 Bridgeview Cr, Castlegar BC V1N 4L1  
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Bear grass on Cornice Ridge, Kootenay Pass summit

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Member  
Address Label Here

## GENERAL MEETINGS

Meetings are held on the last Monday of each month, 7:00 pm, *except as noted*. Check newsletter for each month's venue. **Changes may be mentioned at meetings, and/or in your local newspaper.** Beverages will *not* be available at Nelson meetings until someone steps forward to handle this task. Venues for '08/'09: Sept – Nelson, Oct -- potluck always in Robson Hall, 6 pm. BYO dishes, cutlery, etc, Nov – Trail, Jan – Castlegar, February dinner – Trail, March -- Nelson, April – Robson, May -- Trail. For June annual picnic venue, see appropriate Field Trip Schedule. No meetings in July, August, or December. **“The Osprey” is distributed at September, January, and May meetings. Please attend to pick yours up or ask a friend** to also request yours, unless you are receiving it by email. Saving postage keeps costs down and dues stable.

## WKNA OFFICERS 2008-9

### **ELECTED:**

PRESIDENT	Brent Hancock	250-304-6840 <a href="mailto:bthancock@shaw.ca">bthancock@shaw.ca</a>
VICE-PRESIDENT	Arnold By	250-368-3068
PAST PRESIDENT	Joan Snyder	250-226-0012
RECORDING SECRETARY	Linda Szymkowiak	250-362-7107
CORRESPONDING SECRETARY	Felicity Ross	250-367-9179
<a href="mailto:dfrossbc@telus.net">dfrossbc@telus.net</a>		
TREASURER/MEMBERSHIP	Sharon Lelliott	250-365-1161 <a href="mailto:g-slelliott@shaw.ca">g-slelliott@shaw.ca</a>

### **APPOINTED:**

AREA REPRESENTATIVES:		
CASTLEGAR/SLOCAN VALLEY	Marg Webster	250-365-2572
	Mary Martin	250-365-3827
TRAIL & AREA	Pamella Wik	250-368-3385
NELSON/SALMO/KASLO	Bill Bennetts	250-352-9834
SUNSHINE COMMITTEE	Pamella Wik	250-368-3385
BC NATURE EDUCATION CHAIR	Joan Snyder	250-226-0012
BC NATURE DIRECTOR (WKNA)	<b>vacant</b>	
BC NATURE KOOTENAY COORDINATOR	Brenda Balaam	250-368-9677
ARCHIVIST	Mary Martin	250-365-3827
NEWSLETTER EDITOR }	Margo Saunders	250-693-2229
JUMBO WILD CONTACT }		<a href="mailto:penandpaddle@lycos.com">penandpaddle@lycos.com</a>
FIELD TRIP DIRECTORS	Audrey Mann, Rossland, Trail & areas	250-362-9465
	(Nell Plotnikoff, Slocan/Nelson)	250-359-7406
	(John Golik, Slocan/Nelson)	250-359-7278
	Hazel Beynon, Castlegar	250-365-7806
	Webb Webster, Castlegar	250-365-2572
PRESENTATION COORDINATOR	Michael McMann	250-365-5647
PUBLIC RELATIONS/MEDIA	Sharon Lelliott	<a href="mailto:g-slelliott@shaw.ca">g-slelliott@shaw.ca</a>

### **SECTION CONTACTS AND COMMITTEE HEADS:**

BIRDING	Ed Beynon	250-365-7806
ENERGYCONSERVATION	Shirley Coffin	250-364-0339 <a href="mailto:slcoffin@shaw.ca">slcoffin@shaw.ca</a>
BIRD COUNTS: Bird Studies Canada, WKNA, Christmas and Summer	Too many to list here -- contact Peter Mclver for complete list	250-365-1191 <a href="mailto:petermciver@hotmail.com">petermciver@hotmail.com</a>
BLUEBIRDS	Gary Lelliott	250-365-1161
BUTTERFLIES	Rita Wege	250-359-7234
INJURED BIRDS/ANIMALS	Carol Pettigrew (birds)	250-365-3701
	Helen Jameson, Blewett (animals)	250-352-2356
INVASIVE PLANTS	Carolyn Amantea	250-368-5365
RIVERS DAY (National)	Brenda Balaam (Trail area)	250-368-9677
RIVERS DAY (Provincial)	Pamella Wik (Trail area)	250-368-3333
STURGEON	Robert Fox (Area Recovery Rep)	250-368-6659
VIOLIN LAKE STAKEHOLDERS	Dorothy Beetstra	250-368-9716
WEBSITE, KOOTENAY REGIONAL	Kevin MacAskill	250-825-2245
	Arnold By	250-368-3068
YOUNG NATURALISTS	Linda Szymkowiak (Rossland, Trail)	250-362-7107

## TRIP REPORTS

### **Saturday, December 6, 2008:**

It was a cold drizzly day, but 5 people showed up for the birding walk on Waldie Is. trail. Friends of Parks and Trails have done a wonderful job of brushing out the trails, replacing damaged boardwalk boards and placing expanded metal mesh on some of the more slippery boardwalks. Birds seen or heard were bald eagles, song sparrows, chickadees, hairy woodpecker, mallards, buffleheads, common and barrows goldeneyes, widgeon, lesser scaups, gadwall and a dipper. We had an especially good view of the dipper walking on the bottom, swimming like a duck on top of the water, then jumping up onto a rock very close to us.

**Ed and Hazel Beynon**

### **Saturday, January 10, 2009:**

Ten Nats and guests gathered for the moonlight ski. Because of concern for the safety of the ice, it was held at Mud Lake instead of Nancy Greene. A light snow was falling, giving a very Christmas-like atmosphere. The variety of food to be shared at the Viking Centre was stupendous. A most enjoyable evening.

**SW Webster**

### **Saturday, January 17, 2009:**

What a great day it was! Thanks for coming along. Blue sky and sunshine greeted 23 NATS and friends on January 17 when they met at the Nancy Greene Summit. The enthusiasm was awesome as we stepped into our snowshoes and skis and set off to Red Dog cabin. We took the long way up and enjoyed the many new signs along the way. At the cabin many of us "picnic-ed" in the sunshine outdoors while others warmed up inside---but it was actually warmer outdoors! What a wonderful day---amazing what sunshine in mid-winter can do for one's spirits!

**Nell Plotnikoff**

### **January 31, 2009:**

Eleven skiers gathered for the ski to Troup along the rail trail. We started just above Selkirk College 10<sup>th</sup> Street Campus. There was some high cloud with the sun occasionally breaking through, and the temperature was around the freezing point. Due to no new snow for a few days, the trail was well compacted by the many skiers and hikers who regularly use the trail, making it very slippery. The trip to Troup is 5 km one way on a gentle down slope; one could glide almost effortlessly the entire distance to Troup. Three rebuilt trestles were crossed on the route; the trestles have been beautifully rebuilt. At Troup we stopped for lunch, and admired the clearing done by the local hermit. The return trip took a bit more effort on the up-slope. The lake views of the West Arm of Kootenay Lake along the trail were much admired by all.

**Alan McCuaig**

### **Saturday, February 7, 2009:**

Snowshoe to Gordon Keir Cabin -- Ten members and one guest met at the Nancy Greene Parking Lot and carpooled from there to the Bonanza Parking area. The weather was bright and sunny with a light breeze. Two people were on skis. They went ahead of the rest and had the fire lit at the cabin by the time the rest of us arrived. Animal tracks seen were snowshoe hare, lynx, weasel, moose, mice, and squirrel. On the return we bushwacked part of the way to cut off some switchbacks on the trail. The snow was great for snowshoeing.

**Ed and Hazel Beynon**

### **Saturday, February 14, 2009:**

On a sunny morning, nine Nats assembled at the Lemon Creek trailhead of the Slocan Valley Rail Trail for a cross-country ski event. The goal was to view the Tundra and Trumpeter swans at the Walter Clough Bird Sanctuary. The snow was crisp but not ice, and the tracks were in good condition. It was Valentine's Day and each member received a candy heart from MB, our leader. When the group was preparing for the ski, a deer was observed crossing the trail. On the way, the quacks of ducks, the honk of geese and the call of a lone raven were heard. At the Sanctuary, the following ducks had taken up residence: Widgeon, Ring Neck, Mallard, Buffle Head and Merganser. It was a thrill to see the white swans. Lunch was at a picnic site near the Sanctuary. During the ski back, some of the group examined three kekuli pits located just off the trail. There were also chats with the friendly locals.

**Mary Martin**

### **Saturday, February 21, 2009:**

The trapper, Ben Shaw's name is know in the Kootenays, for he lived in the Sheep Creek valley and trapped in the valley, to Nancy Greene Lake and east and west of there. His name remains on trails and cabins in our area. He was born in New Brunswick and found his way to Rossland, where he worked as a packer on the Velvet Mine. He took the ore across the line and there he met his future wife, Bab Lafleur. She was a native girl who had healing abilities and helped Ben when he injured himself. They settled on Sheep Creek, had children, farmed and trapped. The property is still owned by the family, but not used. A Rosslander takes hay off their fields. So, to honour Ben Shaw, 16 Nats snowshoed to his gravesite, which has recently been restored. Then we went back to Nancy Greene Lake to have lunch and watch a group of Trail teenagers fish for trout through the ice. We admired their catch. Gray jays were very evident at our picnic table and we saw tracks of a lynx and many rabbits. These teenagers had heard a cougar growl, as they were preparing for sleeping outdoors. The sun shone -- the day was an ideal spring one.

**Pat Thomson**

### **Saturday, March 14, 2009:**

Yellow Pine and Syringa trails: Ten Nats enjoyed the first hike of the season on the Yellow Pine and Syringa trails. When we met at 10 AM we were absolutely positive that the sun would shine---that was not to be! However, the hike through the woods, and return along the lake, was very pleasant and the snow/rain held off until we returned to our vehicles. Two very interesting sightings: a pelt hanging on a branch of a tree which was marked up with claw marks, and many trees that were completely stripped of bark, top to bottom and all around. We couldn't determine a cause.....any ideas?

**Nell Plotnikoff**

**Saturday, March 21, 2009:**

Ripple Ridge Cabin Snowshoe trip -- In spite of heavy fog in the Columbia River valley, five Nats and their leader set out for a snowshoe trip to Ripple Ridge cabin at Kootenay Pass. We were rewarded by good weather up there. Our leader, Dave Adams, was very knowledgeable about the area, telling us the names of the nearby mountains and about many of the hiking and skiing trails close by. We snowshoed on a well packed track up to the cabin where we had lunch and visited with a group of people who had overnighted up there. Our return trip was fun as we shortened the distance by cutting off some of the hairpin bends. After the trip we all went back to Dave's place in Salmo for a welcome glass of homemade beer, and were delighted to see many of his paintings. Thanks for a great day, Dave.

**E&H Beynon**

**Saturday, March 28, 2009:**

It was a nice spring day, slightly overcast, when twelve Nats snowshoed around the Plewman Ridge cabins Loop. The going was easy because the tracks had been broken previously. It was breathtaking, walking through stands of old growth cedar and hemlock, and more recent new growth stands of spruce that had been logged over in the Sixties. Subsequent tree planting had rejuvenated the landscape. Observed in the snow were numerous rabbit and squirrel tracks, following them were bobcat tracks. Numerous grouse tracks were also observed. Chickadees were heard in the distance. The first cabin was only partially build with no covers over the wooden frame, so the trek continued to the next cabin, where lunch was enjoyed in the comfort of a stove and numerous exchanges of nature stories. The trek out was short and all downhill. Overall, it was a very enjoyable day.

**Harvey Pitman**

**Saturday, April 4, 2009:**

Nine WKNats showed up for this walk through the Fruitvale area's Beaver Creek Park. I booked this as an early birding excursion and most were keen birders. In the past I've found early season ospreys hanging out beside one of the area nests. Though it was a cool 0C in the early morning, this was the beginning of a warm spell, so we changed the meeting time to take advantage of the 15C+ afternoon temperatures. No ospreys appeared but we did see a Pintail Duck -- my first of the season -- and Ed Beynon spotted a Cackling Goose among the Canada Geese. There were the usual Common Mergansers, Common and Barrow's Goldeneye, Mallard's, Bufflehead and some American Wigeon. Gwen Nichol spotted the first Red-tailed Hawks and Turkey Vultures of the day. A Spotted Towhee made some whiney calls before we 'spotted' it. All the birch and cottonwood were still leafless but Pamela found a blooming Avalanche Lily to cheer us on our way. Later, two pairs of Mountain Bluebirds performed within 50 feet of the group during our return walk, so we got to see one of nature's most unusual colours in the bright afternoon sun!

**Michael McMann**

**Saturday, April 18, 2009:**

Thirteen Nats and guests hiked the Mel DeAnna trail on a beautiful day. There was a profusion of wildflowers including glacier lilies. Elk droppings were noticed along the trail. It is always an enjoyable location at this time of year. [This is usually our trail clean-up for Earth Week, but was not scheduled as such this year.]

**M M Webster**

**Saturday, April 25, 2009:**

Hike Bluffs above Old Brilliant School: Thirteen Nats met for a pleasant hike up old roads through budding birch and cottonwood trees to a high point overlooking Castlegar and the Columbia River. After admiring the view and taking photos we moved to a protected spot for lunch in the sun. The return trip made use of game trails as we travelled along the river side of the bluffs. The local avian scavengers must have thought some of us looked very weak, for at different times four eagles and four vultures were circling over us. Other birds seen or heard were red-tailed hawks, towhees, flickers, Nashville and Audubon warblers, ruby-crowned kinglets, robins, blackcapped chickadees, and hairy woodpeckers. Flowers seen were blue-eyed mary, avalanche lilies, spring beauty, Oregon grape, and woodland star. The yellow bells were drying up and the blue camas wasn't quite open.

**Ed and Hazel Beynon**

## Sense of Place

Spend a lot of time outdoors? Curious about what lessons of nature we take in - or don't - as we explore this landscape? Into learning about what it takes to move through our fears about nature and truly enter the places where we go, where we live? This weekend is about connecting to the ecosystems of the Kootenays through workshops that ask you to share your knowledge with others. Tap into skills for survival. Make your mark on a nature journaling page. Find out how to look for, how to look at, birds. Meet the rocks and the history embedded in them. Explore ways to open up communication between and among people, flora, fauna and place. Join elders, scientists, artists, naturalists and educators for an exceptional, experiential "outdoor school" for adults on beautiful Kootenay Lake. Guests include environmental educator Monica Nissen, archeologist Wayne Choquette, artist Susan Van Rooy, lichen expert Joan Snyder and others.... Get real, get wild! July 24-26 at Tipi Camp on Kootenay Lake. For more information or to register, visit [www.tipicamp.bc.ca](http://www.tipicamp.bc.ca) or call K.Linda at 354-7939.

**CHECK OUT OUR CLUB WEBSITES**

<http://www.columbiariver.ca/wkna/>  
Powered and funded by Sharpwit Web Consulting "Virtual Community"  
Regional Naturalists' website: [www.kootenaynaturalists.org](http://www.kootenaynaturalists.org)

Watch Eagle cam! [hancockwildlife.channel.org](http://hancockwildlife.channel.org)

## Lyme Disease Fact Sheet

from the Public Health Agency of Canada

### What is Lyme disease?

Lyme disease is an illness caused by the bacterium, *Borrelia burgdorferi*, which can be spread through the bite of certain types of ticks. Lyme disease in humans can have serious symptoms but can be effectively treated. Cases of Lyme disease have been reported in parts of Europe, Asia, and throughout much of North America.

### How do people get Lyme disease?

The bacterium that causes Lyme disease is normally carried in mice, squirrels, birds and other small animals. This bacterium is transmitted to ticks when they feed on these infected animals and then to humans through the bites of the infected ticks. In British Columbia, the western blacklegged tick transmits Lyme disease, while in other parts of Canada the disease is spread by the blacklegged tick, sometimes called the deer tick. Lyme disease is not transmitted directly from person-to-person by means such as touching or kissing. Although dogs and cats can contract Lyme disease, there is no evidence that they can transmit the infection directly to humans. Pets can, however, carry infected ticks into your home or yard. Deer hunting may increase exposure to ticks due to the need to track through high grass and brush areas. However, Lyme disease cannot be contracted from eating deer.

### What are ticks?

Though closely related to insects, ticks are actually a type of mite. Ticks vary in size and colour; blacklegged ticks are very small. Before feeding, adult females are approximately 3-5 mm in length and red and dark brown in colour; following a blood-meal, females can be as large as a grape. In the pre-adult stages, young ticks are smaller and lighter in colour, when unfed. Ticks are usually picked up when brushing against vegetation and once on bare skin they attach by their mouth parts.

There are established populations of the tick that transmits Lyme disease in Canada. Though *western blacklegged ticks* are widely distributed in British Columbia, populations are largest in the lower mainland, on Vancouver Island and in the Fraser Valley. Established populations of *blacklegged ticks*, on the other hand, have been found in southern and eastern Ontario, southeastern Manitoba and parts of Nova Scotia.

Research has shown that blacklegged ticks can be found in all areas of Canada, even where tick populations have not been previously identified. It is presumed that these ticks are introduced into these areas by migratory birds. About 10% of these ticks are infected with the Lyme disease agent. While it is possible to be bitten by an infected tick anywhere in Canada, the chances of this occurring are considered low in areas where populations are not established.

### What are the symptoms of Lyme disease?

The symptoms of Lyme disease are often described in three stages, although not all patients have symptoms of each stage. The first sign of infection is usually a circular rash called erythema migrans or EM. This rash occurs in about 70-80% of infected persons and begins at the site of the tick bite after a delay of three days to one month. Patients often also experience symptoms such as:

- fatigue
- chills
- fever
- headache
- muscle and joint pain
- swollen lymph nodes

If the infection goes untreated, the second stage of the disease can last up to several months with possible symptoms including:

- central and peripheral nervous system disorders
- multiple skin rashes
- arthritis and arthritic symptoms
- heart palpitations
- Extreme fatigue and general weakness

If the infection continues to go untreated, the third stage of the disease can last months to years with possible symptoms including, chronic arthritis and neurological symptoms. If contracted during pregnancy, adverse effects on the fetus, including stillbirth, can occur.

Fatalities from Lyme disease are rare. However, undiagnosed Lyme disease may develop into chronic disease that may be difficult to treat.

#### **How is Lyme disease diagnosed?**

The diagnosis of Lyme disease should be made after evaluation of a patient's symptoms and the risk of exposure to infected ticks. Blood tests may be administered in conjunction with clinical diagnosis to demonstrate the presence of antibodies to the bacteria. It should be stressed that the results of blood tests cannot be interpreted in the absence of appropriate clinical information (i.e., symptoms of infection). The Public Health Agency of Canada recommends the two-tiered approach for blood testing (i.e., screening blood samples with one test and continued testing only on samples that test positive for Lyme disease) and cautions against the use of invalidated tests or interpretation of results without appropriate guidelines. Blood tests may be negative in patients with early Lyme disease or in patients who have had antibiotic treatment. However, the accuracy of blood tests becomes more reliable as the infection progresses.

#### **What is the treatment for Lyme disease?**

Although Lyme disease can have serious symptoms, several antibiotics are available to treat the illness. Lyme disease is more effectively treated if diagnosed early in the course of illness. Most cases of Lyme disease can be cured with a 2-4 weeks of treatment with doxycycline, amoxicillin, or ceftriaxone. Persons with certain neurological or cardiac forms of illness may require intravenous treatment with penicillin or ceftriaxone. Patients diagnosed in the later stages of the disease can have persistent or recurrent symptoms requiring a longer course of antibiotic treatment. Treatment failure has been reported, requiring patients be retreated; the risk of treatment failure is greater in patients with long-term Lyme infection.

#### **What precautions should you take to avoid Lyme disease?**

In areas where ticks are found, individuals should know about the risk of Lyme disease and should take precautions to protect themselves.

- Find out from your local public health office if there are ticks in your area, especially blacklegged ticks.
- Wear protective clothing to limit the access of ticks to your skin. This clothing should include enclosed shoes, long-sleeved shirts that fit tightly around the wrist and are tucked into pants, and long-legged pants tucked into socks or boots. Light coloured clothing helps to be able to spot ticks.
- Insect repellents containing DEET are safe and can effectively repel ticks. Repellents can be applied to clothing as well as exposed skin but should not be applied to skin underneath clothing (note: DEET may damage some materials). Always read and follow label directions.
- Check for ticks on clothing and skin after being in tick-infested areas. A daily total-body inspection and prompt removal of attached ticks (i.e., within 18 to 24 hours) can reduce the risk of infection. Blacklegged ticks are very small, particularly at the nymphal stage. Be sure to look carefully. Do not forget to check children and pets as well.
- Carefully remove attached ticks using tweezers. Grasp the tick's head and mouth parts as close to the skin as possible and pull slowly until the tick is removed. Do not twist or rotate the tick and try not to damage the tick (i.e., squash or crush it) during removal.
- After removing ticks, wash the site of attachment with soap and water or disinfect it with alcohol or household antiseptic. Note the day of the tick bite and try to save the tick in an empty pill vial or doubled zip-lock bag.
- Contact a doctor immediately if you develop symptoms of Lyme disease, especially when you have been in an area where blacklegged ticks are found. If you have saved the tick, take it with you to the doctor's office.

#### **How prevalent is human Lyme disease in Canada?**

Lyme disease is not a nationally reportable disease in Canada. The Public Health Agency of Canada surveys the provinces and territories to assess the number of cases and distribution of Lyme disease in Canada. This survey would not be expected to capture all of the cases of Lyme disease that occur in Canada, particularly cases of early Lyme disease. The data collected indicates considerable variation in reported human cases from year to year, which makes it difficult to identify specific trends.

The risk for exposure to the disease is highest in a small number of regions where the ticks that transmit Lyme disease are known to be established including parts of southern and eastern Ontario, southeastern Manitoba and Nova Scotia as well as much of southern British Columbia. Surveillance data indicates a small number of blacklegged ticks are introduced into widely separated areas of Canada by migratory birds, posing some risk that individuals in other areas may also be exposed to infected ticks.

Although rarer than Lyme disease, there are other infections that can also be contracted from blacklegged ticks. These include *Anaplasma phagocytophilum*, the agent of human granulocytic anaplasmosis; *Babesia microti*, the agent of human babesiosis and Powassan encephalitis virus. The precautions outlined above will also help to protect individuals from these infections.

#### **What is the Government of Canada doing to address Lyme disease?**

The Canadian Institutes of Health Research (CIHR) is currently funding a health research project on Lyme disease. Funding of \$820,000 over five years has been provided to study the properties of the tick. This health research project will lead to further understanding of the pathogen causing Lyme disease.

Public Health Agency of Canada scientists continue to collaborate in studying the occurrence of tick populations in Canada. These studies have demonstrated the low-risk of encountering ticks infected with the Lyme disease agent in most of Canada. Many of these findings have been published and reported at scientific meetings to help increase awareness of the potential for Lyme disease to occur in Canada.

In addition, Public Health Agency of Canada scientists are currently researching the potential impacts of climate change on the distribution of the ticks that carry Lyme disease. This research will contribute to our understanding of the occurrence of the disease.

## Violin Lake Recreation Master Plan

Note: *Brand new* and was shown on Shaw Cable, Channel 10, May 6 – 12, 2009. Thanks to Lloyd for the 'heads-up'.

Violin Lake is an important asset of the City of Trail. Between 1919 and 1994 City water was supplied from Violin Lake via a siphon and construction of the Cambridge Reservoir. Protection of the watershed has encouraged protection of the natural values of the area. As a significant semi-wilderness resource within the City limits, the Violin Lake area has been and continues to be attractive for a variety of recreational uses. These uses generally have been limited by control of the watershed by the City and the rough condition of the primary access road, however, the recreational value of the Violin Lake area is increasing. In recent years, the City has considered options for the area including decommissioning of the dams and sale of the property but retention of the property and minimal to moderate development of recreational uses has been preferred based on public surveys. ("Violin Lake Best Use Study", UMA, 1995).



A number of concerns have emerged recently causing the City to investigate specific direction for the Violin Lake area. In particular, pine trees in some locations are diseased, the quality of the Cambridge and Violin fisheries is reportedly declining and there are some conflicts in use and expectations of users. In 2002, the City commissioned Urban Systems Ltd., in association with Aquatic Resources Ltd., to develop recommendations for management and development of the Violin Lake area. Specifically, the purpose of the assignment is to establish a master plan to ensure that the area can satisfy a range of community needs, including recreation, water, fishery and forestry, in a sustainable manner.



The intent of the master plan is to provide a review of relevant issues and more in-depth description of recommendations for the area. The recommendations are to address site management (e.g., permitted, limited & prohibited activities; limits to access by season & geography; impact mitigation; fishing regulations; etc.) and development (e.g., road improvements; parking/staging areas; trail development; camping; viewpoints; picnic sites; interpretation; etc.). The plan is intended also to provide an implementation plan including phasing; financing and policy development. The Plan will serve as a document that lays out a program for the City to develop and manage the Violin Lake area.

## Critters and Things Seen

This new column is a member's suggestion, so if you want to keep it in the newsletter, it is up to YOU to contribute.

### **February**

- Rose-breasted Grosbeak- Ron Walker, in Christina Lake, dismissed this sighting as a Pine Grosbeak until the feeder watcher sent him a digital photo! Been coming to this Grand Forks area feeder for the month of February. Missed its winter flight to Central and South America?
- 40+ x Tundra & Trumpeter Swans - Peter Mclver reported six Trumpeters in this large flock of predominantly Tundras on Slocan River near Lemon Creek in January and they stayed through February
- 5 x Trumpeter Swans - Ron Walker has been tracking these Trumpeter Swans since the Fall as they appear to be wintering at the confluence of Christina Creek and Christina Lake
- Great Horned Owl - Ed and Hazel Beynon heard one calling up near their place in Upper Castlegar
- Pygmy Owl: Ed and Hazel heard it on a ski/hike up Shields Cr. FSR near Nancy Greene Lake Prov. Park
- Northern Shrike - Gwen Nichols and Shirley Coffin saw one couple times near the dairy farm in lower Fruitvale
- 'Hoards' of White-tailed Deer: Joan Snyder reported that large numbers are hanging around her Slocan Park home and trees. I can ditto that - they are stripping bark off apple and pear (passing on the cherry) trees. Poor winter feed for them this winter/spring due to snow depth?
- Moose: ???? saw one 5min. north of Nelway crossing on Hwy 3. She had to stop her car and wait for it to cross into the woods... don't want to argue with them!
- Skunk: Ed Beynon saw one near Nancy Greene Lake in broad daylight walking on top of the snow beside Highway 3
- Raccoon: Jane Nicholson has been putting out tidbits for this big adult for awhile now and so it's become a regular visitor to her Shaver's Bench home in Trail. They are reported as a colossal nuisance, destructive and a danger in Genelle
- Wild Turkeys: Kelly and I saw this flock of 30 in the neighborhood south of Canadian Tire in Castlegar. The neighbours there are complaining about them eating the lawns, flowers, gardens since last April. They should be so lucky!
- Bald Eagles & Northern Flickers - two different Nats reported seeing these frequent winter residents

### **Mexico Sightings: Gloria Maegler**

- Monarch Butterflies: Gloria saw a huge orange and brown cloud of these little beauties hovering near a highway. She was surprised when two Mexican police patrol cars parked on opposite sides of the road - presumably to protect the butterflies and drivers alike... she slowed and drove through without hitting a single butterfly
- Black & Yellow Birds (species?): Another big flock, this time birds, passing over the highway near Las Varas in the state of Chihuahua

## Winning and Keeping the Valuable and Valued Volunteer

The one big constant, if you will, that shows up is that people just want to go out and hike (ride, run, cycle, etc). That's why they're in any club. The volunteers that actually do the work and organizing (group functions) are minimal and that's become a problem within the clubs.

**There is an 80/20 rule at play: 80 per cent of the work is done by 20 per cent of the people. Volunteer burnout is a serious problem, particularly because more organizations are depending on (all the same group of) volunteers and that is a small pool from which everyone is drawing. Recruiting is more difficult than ever, not just for the WKNA, but for many community-based organizations.**

Having a strategy for retaining volunteers is essential to any group that depends on them, and added that understanding what volunteers wish to gain from the experience is key. The reality is that volunteers will do way more for free than a paid staff will do if you engage their passion. *They're happy to be doing things that they feel are worthwhile.*

Recruiting new volunteers often means looking to existing volunteers for cues. Ask them what they love about the organization as well as tougher questions about what could be changed to increase volunteer satisfaction. Listening to that feedback and, if allowable within the group's parameters, empowering volunteers to make those changes can improve the structure of the entire organization. The one thing that will bring volunteers through the doors in throngs is if they have an opportunity to drive the programming. They are abiding by what the organization stands for but they are the engine that drives it forward.

**Commitment to and recognition of the volunteers is also essential to any club or organization. Some organizations sometimes make the mistake of not letting the volunteers know how valued they are.....Submitted**



## Keeping it Together: Some Tips for Group Management

By Sandra McGuinness, in the "Kootenay Mountaineer"

Group management – or lack thereof – is often a contributing cause in the occurrence of accidents. Group management is neither complicated nor complex, but it does require the cooperation of the entire group and, ideally, is the responsibility of everyone in the group. The most important part of group management is communication. At the outset of your tour, get together and talk about the plan for the day, and potential problem areas that you may encounter.

Some useful group management strategies include:

- Have a tail gunner – one member of your group who brings up the rear. Ideally, this should be someone with a reasonable level of experience, and you might consider equipping this person with an FRS radio and a first-aid kit.
- Set frequent regroup locations. Most trips can easily be divided into legs that make some kind of rational sense, such as trail junctions, ends of roads, etc. Make sure everyone knows that they should stop there and wait for the entire group. Regroup locations should be frequent, say every 15 to 30 minutes of travel time. Regrouping once every couple of hours isn't group management strategy, it's a disaster plan. Choose safe locations for regrouping.
- Make it a policy to keep the person immediately behind you in sight. If your immediate follower on the trail is lagging, slow your pace to keep them in sight. If everyone in the group continually checks to make sure they can see the person behind them, it is impossible for the group to get separated. This is by far the most important point, and should make all the other points moot if followed.



1. **Everyone likes cookies and squares!** We need TWO people to bring them to each meeting. Contact Shirley Coffin to volunteer your baking skills. Get your name in early and choose your month (new list begins each September).
2. **Do you have any suggestions for new areas to visit?** Would you be willing to lead a hike? Please contact a Program Director with your great ideas. Thank you to all the contacts/leaders in all seasons. We learn so much from each of you.
3. **Common courtesy and common sense** dictates that you call the contact person to confirm your attendance at an event on the program. Lead time for the newsletter is as much as nine months between planning and execution. Nothing is written in stone and changes may have to be made from time to time, due to weather conditions or personal reasons. We would not want you to miss out on a single chance to enjoy our environment! **Don't wait until the last minute** to phone if you are interested in any of our events.....leader may have already left, especially if camping or long distances are involved.
4. **The leader of an outing is responsible for:**
  - ✓ **Finding a replacement contact/leader if you cannot be available for your planned outing. A replacement leader may choose to do the same outing, or they may suggest another,**
  - ✓ **Getting the waiver form signed by every person attending, and forwarding this form to Webb Webster immediately. Waiver forms are included in your newsletter (if you are getting hard copy), one for each hike you are leading. If you**

are getting your newsletter by email, please request the waiver as an attachment and the Editor or the Treasurer will be happy to supply it,

- ✓ Make it a policy with the entire group to keep the person behind you in sight. If your follower on the trail is lagging, slow your pace to keep them in sight. If everyone in the group continually checks to make sure they can see the person behind them, it is impossible for anyone to get into serious trouble. If you split into groups, do not allow any one person to 'take off' by him/herself.
- ✓ Making sure that no one is left behind with car trouble at the parking area, especially in winter,
- ✓ Arranging to have the trip report forwarded to the Editor. It is not necessary to write it – you may delegate this, of course, but please advise the Editor from whom to expect it. In a perfect world, we would have a different participant write each report, so we could have many different viewpoints. The writer also has the obligation to get the report submitted *in time*.

**Deadline for submissions for the next newsletter is September 30, 2009**

**ONE-TIME ONLY: Nov-Feb issue will be distributed at the OCTOBER meeting**

Material accepted by the Publisher any time up to this date. We reserve the right to edit for space, clarity, spelling and syntax. Any major changes will be discussed with the contributor.

## FIELD TRIP SCHEDULE

**NOTE: For all field trips, please call the contact/leader for meeting time and place**

### JULY

<b>Saturday July 4</b>	Pot Hill. Mod/stren. Need 4wd	Beynon's 250-365-7806
<b>Saturday July 11</b>	Deer Park to Brooklyn Bridge (Natural Arch) or Renata Falls. Boat available for 6. Others bring canoes. All <u>must</u> have PFD's	Dennis Holden 250-365-2715
<b>Saturday July 18</b>	Smallwood Creek Trail. Easy or strenuous, depending on individual choice	Nell Plotnikoff 250-359-7406 John Golik 250-359-7278
<b>Saturday July 25</b>	Idaho Peak Butterfly outing. Easy	Jon Sheppard 250-352-3028
<b>Saturday August 1</b>	Open to suggestions. If you would like to volunteer to lead a hike on this date, please contact one of the Field Trip Committee	

### AUGUST

<b>Mon-Fri Aug 3 – 7</b>	Annual Backpacking trip: Lake O'Hara in Yoho NP. Info only. Bookings had to have been made on May 4	
<b>Saturday August 8</b>	Kokanee Creek Trail. Easy	Nell Plotnikoff 250-359-7406 John Golik 250-359-7278
<b>Saturday August 15</b>	Leader's Choice	Len Dunsford 250-354-4325
<b>Saturday August 22</b>	Blue Grouse Basin. Strenuous	Michael McMann 250-365-5647
<b>Saturday August 29</b>	Leader's Choice. Probably strenuous	Anja Logodi 250-362-3302

### SEPTEMBER

<b>Saturday September 5</b>	Labour Day weekend Hike to Hidden Lake. Easy	Pat Thomson 250-362-5795
<b>Friday September 11</b>	Butterfly outing	Rita Wege 250-359-7234
<b>Saturday September 12</b>	Open to suggestions. If you would like to volunteer to lead a hike on this date, please contact one of the Field Trip Committee	
<b>Saturday September 19</b>	Provincial Rivers Day Orion Lakes. Moderate	Beynon's 250-365-7806
<b>Saturday September 26</b>	Hawk watch	Michael McMann 250-365-5647
<b>Monday September 28</b>	Presentation and General Meeting See "One-time only" notice on P 3	FMI call your rep

### OCTOBER

<b>Saturday</b>	Leaders' Choice	Alan McCuaig 250-825-2226
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<b>October 3</b>		Diane White 250-825-4178
<b>Saturday October 10</b>	Thanksgiving weekend Violin Lake Stakeholders' hike. Easy. New route, new views	Margo Saunders (alt) 250-693-2229
<b>Saturday October 17</b>	Dove Hill or Brilliant Overlook – participants' choice. Mod	Michael McMann 250-365-5647
<b>Saturday October 24</b>	Leader's Choice	Pat Thomson 250-362-5795
<b>Monday October 26</b>	Potluck, general meeting & presentation. 6 pm sharp. Bring a dish to share & your own dishes, cutlery, glassware. Robson Hall	FMI call your rep
<b>Saturday October 31</b>	Open to suggestions. If you would like to volunteer to lead a hike on this date, please contact one of the Field Trip Committee	