



## Newsletter

1 October 2021 | Issue 6

### Upcoming Events

See our [Calendar](#) for nature-related events happening nearby.



### Let's Stay Social

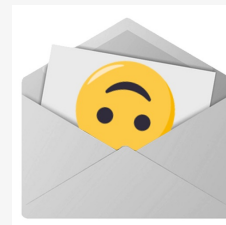
We'd love to hear from you!



### Newsletter Contributions

Do you have nature stories, news, event details, or photographs you'd like to share with us as we assemble our new club newsletters?

Please send them to [naturenanaimo@gmail.com](mailto:naturenanaimo@gmail.com) with the subject "Newsletter" and we'll be in touch!



## Club Events

### Monthly Meetings

If you were unable to attend, here is the link to the zoom recording of our recent September meeting and a wonderful presentation on Western Screech Owls with Tania Tripp!

Meeting Recording:

[https://us02web.zoom.us/rec/share/H2sOrdyFuDalWwMh46OTqedsIASZ6yY\\_jlPezLUoIAw-6du0JaUXeh91nJf2u31D.F3LwIOuUlluvUgeo](https://us02web.zoom.us/rec/share/H2sOrdyFuDalWwMh46OTqedsIASZ6yY_jlPezLUoIAw-6du0JaUXeh91nJf2u31D.F3LwIOuUlluvUgeo)

Access Passcode: b\$^HAU4d



Our next club meeting is at **7pm on Thursday, October 21st**. Details will follow in an email.

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### **Turkey Vulture / Hawk Migration**

While we are not planning a specific Nature Nanaimo outing for the event - this is a head's up that the following couple of weeks are the peak migration time for turkey vultures and many hawks and this affords some great viewing opportunities at the south end of Vancouver Island - particularly at "Beechey Head" in the East Sooke Regional Park - accessible from the East Sooke Regional Park - *Aylard Farm Parking Lot*. At this location, the birds "kettle" - soaring in large numbers while gaining high altitude before making their way across the Strait of Juan de Fuca on their journey south. It is not uncommon to see many dozens of birds circling at once (see links below).

So for those of you looking for a birding adventure you might want to consider watching the weather and planning on a drive down to the park on a nice (ideally sunny) day during the last week of Sept or the first week of October.

The best viewing is from the rocky "Beechey Head" in the park - this requires hiking in and out along a trail (or via a loop) - about 6 km, which is of moderate difficulty so be sure you are prepared for a bit of a workout and some rougher sections. But if you like - you can also simply watch for birds from the large open areas near the main parking lot. Binoculars are a must, while a spotting scope is a welcome addition.

Below are links to the migration event and details about the park itself.

<https://birding.bc.ca/regions/victoria/hotspots/siteguide-hawkwatch.php>

<https://vancouverisland.com/things-to-do-and-see/wildlife-viewing/turkey-vulture-migration/>

<https://vancouverisland.com/things-to-do-and-see/parks-and-trails/vancouver-island-bc-islands/east-sooke-regional-park/>

<https://www.alltrails.com/trail/canada/british-columbia/beechey-head-loop>

For more details, contact Doug at [naturenanaimo@gmail.com](mailto:naturenanaimo@gmail.com).



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### **Club Memberships**

Membership fees are now due for the coming fiscal year. These cover the fiscal year starting September 1, 2021 and include full membership in the Federation of BC Naturalist (BC Nature).

***If you renew your membership by October 31st 2021, there is a \$5 discount from the fees listed on the web page:***

**Membership fees:**

- Single Membership \$30 (\$25 before Oct 31)
- Family Membership (couple or parent(s) plus dependent children) \$35 (\$30 before October 31)
- Student \$25 (\$25 before October 31)
- Youth (person under 16 years old) \$20 (\$15 before October 31)

There are a few options for achieving this:

- 1) Mail a cheque payable to "Nature Nanaimo" to: Sally Hofmeier, Membership Director, Nature Nanaimo, c/o 4026 Magnolia Dr., Nanaimo, BC, V9T 6B9 (I will confirm after receipt)
- 2) Arrange an e-transfer with the club treasurer, Paul Courtin, as shown below:
  1. Initiate Interac e-Transfer to [pjc.blrgwr@gmail.com](mailto:pjc.blrgwr@gmail.com) using the sender's bank's e-Transfer system.
  2. Send a separate email to [pjc.blrgwr@gmail.com](mailto:pjc.blrgwr@gmail.com) with the answer to a security question which he/she has chosen to secure the transfer. Without this key the transfer cannot be completed.

If you have any questions, please email our membership director Sally at [sallyhofmeier@gmail.com](mailto:sallyhofmeier@gmail.com).

## Nature News and Nuggets

### Save Estuary Land Society

French Creek Estuary Land could become the 1st Bald Eagle Preserve on Vancouver Island and 1 of only 3 in all of British Columbia. David Hancock, world renowned Bald eagle expert of the [Hancock Wildlife Foundation](#) proposed the idea due to the area's significance for resident, nesting and northern wintering eagles. "It's an incredibly diverse and rich habitat supporting hundreds of species of wildlife."



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## The Benefits of Nature on Mental Health



### Prescribing nature: Research suggests the outdoors are...

Jon Cadang says he's experienced the benefits nature can have on mental health first-hand. The 25-year-old says exploring the outdoors has been key to treating his depression - and a growing body of research and experts say many more could benefit.

[Read more](#)  
[www.cbc.ca](http://www.cbc.ca)

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## European Wall Lizards in Nanaimo



### The wall lizard invasion of Vancouver Island

To satisfy his Fitbit, Gavin Hanke frequently goes for long walks from his home in Victoria that double as reconnaissance missions. Eyeballing rock walls, stucco, wood piles and gardens-sometimes evoking strange looks from residents-Hanke...

[Read more](#)

[www.macleans.ca](http://www.macleans.ca)

## Monthly Roundup of Nature Events

### Global Big Day – October 9



Mark your calendars for October Big Day—9 October 2021! Big Days are a 24-hour opportunity

to celebrate birds near and far.

Wherever you are on 9 October, take a few minutes to join the world of birding on October Big Day. By taking part in October Big Day you're also joining the second-ever [Global Bird Weekend](#) and celebrating [World Migratory Bird Day](#). Be a part of the global team, and help set a new record for birding.

We recognize that COVID-19 continues to impact our communities. Even if your local conditions have improved, we always encourage everyone to put safety first, follow local guidelines, and [bird mindfully](#). You can bird from home and still participate in October Big Day!

### How to participate

- Get an eBird account: eBird is a worldwide bird checklist program used by millions of birders. It's what allows us to compile everyone's sightings into a single massive October Big Day list—while at the same time collecting the data for scientists to use to better understand birds. [Sign up here](#). It's 100% free.
- Watch birds on 9 October. It's that simple! October Big Day runs from midnight to midnight in your local time zone. You don't need to be a bird expert, or go out all day long. You can report birds from anywhere in the world—even 10 minutes in your backyard will help.
- Enter what you see and hear on eBird: You can enter your sightings [via our website](#) or—even easier—download the [free eBird Mobile app](#). The app allows you to keep and submit lists while you're still out birding, explore nearby Hotspots, and will even track of how far you've walked so you can focus on watching birds. Please submit your eBird checklists before 13 October to be included in our initial results announcement.
- Watch the sightings roll in: During the day, keep an eye on how the lists are growing in different parts of the world. Follow along with reports from more than 160 countries. Stats will be updated in real-time on our [October Big Day page](#)

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## Guided Bird Walks in Nanaimo and Parksville – Tuesdays & Sundays



The Backyard Wild Bird and Nature Store in Nanaimo – Guided Bird Walks:

*We have been hosting weekly bird walks for over 20-years in the Nanaimo area of Vancouver Island. Our walks are scheduled for Sundays (Nanaimo) and Tuesdays (Parksville/ Qualicum), and we post all scheduling information on [our blog](#).*

*The Sunday Bird Walk leaves the Birdstore at 9 a.m. on Sunday Mornings. The Parksville/Qualicum Beach Tuesday Bird Walk leaves the Parksville Beach Community Park (at the end of Corfield) at 9 a.m. on Tuesday mornings. We meet near the parking area at the Lion's Playground. The Tuesday Bird Walk is not held during the summer months (July & August) but it resumes the first Tuesday in September. There is no charge for our bird walks, and they are designed to conclude before lunch (average approximately 2 hours). Want more information? Call the store at 250-390-3669 or email us at [thebackyard@shaw.ca](mailto:thebackyard@shaw.ca).*

*Please note: We decide on the location of each bird walk the week before the scheduled bird walk outing. During the week we compile information about what birds are being seen and examine the weather forecast to ensure the walk is scheduled for the most productive location.*

<http://www.thebackyard.ca/birdwalks.html>

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## Embracing the Wild: Native Plant Workshops – October 1, 2, 29, 20

Capital region residents are invited to attend a FREE online introductory workshop about gardening with drought-resistant native plants.

Fall Dates: Sept 24, 25 and **Oct. 1, 2, 29, 30**  
Time: 1:00-3:00 pm via Zoom

This session includes:

- native plant identification
- an overview of the cultural history & ecological benefits of native plants
- a tour of the Swan Lake Christmas Hill Nature Sanctuary native plant gardens, and
- an introduction to the CRD's water conservation program



Red Flowering Currant in front of the Swan Lake Christmas Hill Nature House

<https://www.swanlake.bc.ca/nativeplantworkshops/>

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## VNHS: Mushrooms of BC – October 12

Victoria Natural History Society NATURAL HISTORY NIGHT

### Mushrooms of British Columbia: A New Royal BC Museum Handbook

In September 2021, the Royal BC Museum (RBCM) released *Mushrooms of British Columbia*, a new volume in its popular Handbook series (see press release this issue, p. 5). This is the third RBCM mushroom guide, after George Hardy's 1952 *Some Mushrooms and Other Fungi of British Columbia* and Robert Bandoni and Adam Szczawinski's 1964 (revised 1976) *Guide to Common Mushrooms of British Columbia*. In its 480 pages, the new RBCM Handbook describes and illustrates more than 350 species and mentions another 850 species. More than two dozen essays on a wide variety of BC mushroom-related topics are scattered throughout the book. This rollicking talk by the book's co-authors, which focuses on the "fun" in "fungi," reviews the reasons for producing a new BC mushroom guide, the process involved in producing it, and some of the recent developments in mycology that complicate the production of mushroom guides.

To join us, please register in advance for this meeting: [https://us06web.zoom.us/meeting/register/tZEkdeusqDMiH9dYw3eBA\\_PyJ\\_z6oJQXS4Aq](https://us06web.zoom.us/meeting/register/tZEkdeusqDMiH9dYw3eBA_PyJ_z6oJQXS4Aq)

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## VHNS: Invasive Species – October 25

Victoria Natural History Society MARINE NIGHT

Ladysmith harbour's introduced and invasive species, unique to North America.

**Rick Harbo**, worked for 36 years for the Department of Fisheries and Oceans, and is now a Research Associate with the Royal BC Museum in Victoria and the author of *Whelks to Whales* and several other books. He has recently discovered a unique sea sponge that may only be found at the head of Ladysmith's harbour. He will also talk about other invasive species that have been introduced to that harbour over the years.

To join us, please register in advance for this meeting by entering this link in your browser and following the instructions. <https://us06web.zoom.us/meeting/register/tZYofuqhqTwpH9TqghavV3l47yVx0Pfdnt5M>

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## Bamfield Marine Science Centre Webinar – October 27




BMSC Climate Action:

Join us as we transport you to the coastal waters and temperate rainforests of the traditional territory of the Huu-ay-aht First Nations. Engage with climate and ocean experts, indigenous knowledge holders, fishers, scientists, ocean tech companies, and policy makers to uncover the potential of coastal community-based climate action.

Please register for each workshop and webinar individually by clicking the registration links within the [table](#).

Schedule is subject to change. More episodes and workshops will be added for Fall 2021 and Spring 2022; please check back regularly or sign up for email updates.

Links for registration are provided on the calendar:  
<https://www.bamfieldmsc.com/climate-action/bcas-registration>.

Oct 27 @ 13:00 PDT	<a href="#">Dr. John Reynolds</a>  , Simon Fraser University <a href="#">Em Lim</a>  , Simon Fraser University	<a href="#">Register here</a> 	<b>Episode 5:</b> Community-based Climate Science: iNaturalist Workshop
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Nature Nanaimo | [naturenanaimo.ca](http://naturenanaimo.ca)

