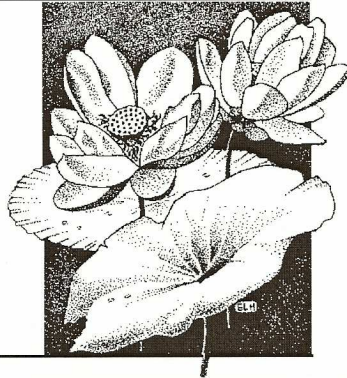


Lotus

NEWSLETTER
of the
NORFOLK FIELD NATURALISTS



June 2008

than collecting them); this opened a whole new world of interest. After moving to Canada in 1973, while working as a G.P. near Newmarket, Richard



photographed many species in Ontario, N. America generally, and also in Trinidad and Costa Rica. After retiring in 2005, Richard moved to Simcoe in 2006 and, that fall, joined NFN.

Richard described how butterflies use mimicry to gain protection, giving as an example the Viceroy, a palatable species, which has adopted the pattern and colouration of the Monarch, a toxic species, to protect itself from predators. There is usually a band on the wings which identifies a Viceroy, but sometimes it is missing. We also learned that there are regional differences - Florida Viceroys can be toxic and - swallowtails may adopt different colouration in the south.

Using the impressive collection of photos he has taken over the years, Richard pointed out veining on the the wings and variations in colouring that not only help him identify the species but also the sex of the butterfly. Many of us were able to relate these remarks to the way we identify birds, but, I suspect, not too many of us have anything close to his encyclopedic knowledge of the butterfly world and his obviously keen interest and enthusiasm in finding and photographing them.2

Meeting Notes:

April 2008 Meeting Report

Announcements:

Baillie Birdathon: Mike McMillan explained what he would be doing on May 10 for NFN and circulated a sign-up sheet for people wishing to sponsor him.

Book "They Had a Dream": This will become available on July 12 at the picnic. Shirley Rothery is taking advance orders from members.

Special Events: Dolf Wynia mentioned some of the upcoming events scheduled for the Norfolk Forest Capital of Canada year - look for the brochure - and Anne Wynia talked about the April 20 tree planting planned to celebrate "Earth Day".

AGM Invitation: Bernie Solymar invited everyone to attend the Long Point World Biosphere Foundation AGM on May 8.

Causeway Project: Vivienne Heydorn mentioned the recent open house for the Causeway project and said the next meeting would be April 24, when the final report is to be presented, including alternatives and feedback from the open house.

Upcoming Outings: Audrey Heagy reminded us of the upcoming NFN outings and welcomed all present, including the visitors (our speaker's "fan club"), who brought the evening's attendance up to 82. (Ed. Note: A reminder list is on Page 8 in every Lotus.)

April Speaker

Richard Tanner collected butterflies as a child and displayed them in a cabinet. In England, in the late 1960's he began photographing butterflies, rather

In This Issue

Article - Certify Your Back Yard	7
Notice - Upcoming NFN Outings and Meetings.....	8
Notice - St. Williams Picnic Celebration - July 12	5
Outing Report - Amazing Amphibians.....	4
Outing Photo Report - Rowanwood Wildflowers	6
Outing Report - Tree Identification	7
Report - Causeway Update.....	3
Report - April Meeting Announcements	1
Report - April Speaker	1
Report - May Meeting Announcements.....	2
Report - May Speaker	3
Thank You to NFN	6
Your Personal Ecological Footprint.....	7

Richard showed excellent photos of an amazing variety of species including swallowtails, sulphurs, hairstreaks, fritillaries, etc., identifying them by name, pointing out key colours or spots and often showing them on their preferred plants (e.g. the monarch on milkweed and black swallowtail larvae on parsley). Also shown were beautiful pictures of cecropia and promethea moths.

He told of one instance at Pelee when he was lying flat on the ground to get a photo and someone came over to see whether he needed help. He was fine, but he didn't get the photo he had been waiting so long to get. The well-meaning helper frightened it away.

His talk was most enjoyable and informative and I am quite sure his "fan club" increased in numbers over the course of the evening.

Books recommended by Richard are:

- Kaufman Field Guide to Butterflies of North America
Jim P. Brock & Kenn Kaufman
- The Butterflies of Canada
Ross A. Layberry, Peter W. Hall & J. Donald Lafontaine
- The Butterflies of North America
James A. Scott

Richard also recommended the Open Air book store in Toronto as an excellent place to find butterfly books such as these. It is located at the corner of Adelaide and Toronto Streets, just east of Yonge.

May 2008 Meeting Report

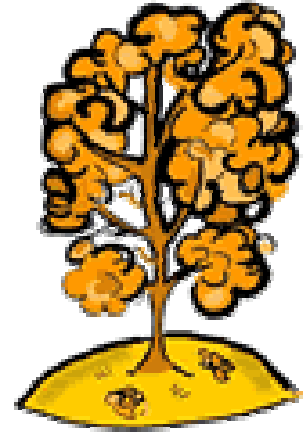
Announcements:

Sightings: Spring migration is in full swing and new arrivals reported included Red-breasted Grosbeak, Indigo Bunting and Scarlet Tanager.

NFN Baillie Birdathon: Mike McMillan gave a report of his day as the official NFN Birdathoner.

Book and Picnic - Reminder: Shirley Rothery reminded us to mark July 12 from 10am - 4pm on our calendars for the Norfolk-wide family picnic at St. Williams and the launch of the book telling its history. (Ed. Note: See outline of events - Page 5.)

Great Tree Hunt: Audrey Heagy announced a \$15,000 Trillium grant will be received for funding a summer student to be employed by the County to work on the Great Tree Hunt and that the June Lotus will contain information about how to nominate trees. The partners in this project are NFN, Norfolk County, Norfolk Woodlot Owners and Southwestern Ontario Loggers. (Ed Note: See insert in the centre of this issue re how to nominate trees.)



Bird Art Display: A display at the Norfolk Heritage Museum, featuring paintings by Vic Gibbons and photos by George Pond, will run from May 15 to June 27, 2008, with a special function on the opening night. Members are encouraged to visit and view this exciting collection of paintings and photos.

Causeway Improvement Project: Vivienne Heydorn gave an update on the status of the project and what will now be done. (Ed. Note: See Vivienne's report on page 3.) Vivienne indicated that she would be willing to continue representing NFN in the next phase of the project. Peter Carson moved that Vivienne continue as our project representative; Shirley Rothery seconded the motion; it was carried.

Board slate: Audrey Heagy explained that the slate of proposed officers for next year's board is now being drawn up and asked for candidates to be proposed by the members.

Biosphere expansion: Bernie Solymar briefly discussed the proposed expansion of the Biosphere and that the inclusion of Rowanwood had been approved by the NFN board. Other locations such as Spooky Hollow and NCC's Lake Erie Farms and Konrad Tract are also being proposed for inclusion. (Ed Note: For full details, visit the biosphere website: <http://lpcip.com/>)

Carolinian Canada Regional Meeting: This meeting is to be held at BSC on May 22, 2008. The guest speaker will be Gregor Beck on the subject of the new Ontario Breeding Bird Atlas.

May Speaker

We joined Bernie Solymar, of Earth Trampler Consulting Inc., on a photographic re-cap of his March 2008 naturalists' tour to Cuba - a nine-day exploration of the country's culture, agriculture and beautiful nature. Bernie is President of the Long Point World Biosphere Reserve Foundation (LPWBRF) and very involved in both the proposed core area additions for the Long Point - Carolinian World Biosphere Reserve and LPWBRF's Long Point Causeway Improvement Project.



In his travels, one of his great interests is finding what others have done to improve environmental sustainability (i.e. "health"). Cuba offers interesting examples of how sustainability can be improved by taking approaches that meet needs with very little capital outlay and ongoing frugality. This visit was arranged through Cuba Education Tours, with Bernie outlining what he wanted to include and the tour company making the visit arrangements; earnings by this tour group are sent to Cuba.

Nineteen people, ranging in from 13 to 77 years of age and from coast to coast in Canada, went on this eclectic tour which examined many aspects of Cuban life, relating them to the history of the country to place them in perspective. The various styles of architecture of the buildings reflected the different influences and both tourist and non-tourist areas of cities were visited, indicating how different life is there to what the ordinary tourist sees. Tourist areas, near the white sand beaches, offer shopping and amenities not present elsewhere. For natives, everything is government provided and there are few stores and no shopping areas.

Farming in Cuba appears primitive by our standards as there is no gasoline, no fertilizer, no pesticides and no machinery; all is accomplished by manual labour, with hoes and shovels.

However, Cuba has made impressive advances with its organic urban agriculture. Because it is difficult to transport produce to cities, "Organoponicos" or "Urban Farms" have developed. Cities are surrounded by organoponicos and even vacant plots in the city are used to grow food, eliminating the need for transporting goods from country to city. Although this approach has been developed within a state-

controlled and -planned economy, it is very logical and we can learn from it, as we can from such things as the Cuban use of worm-processed compost in place of fertilizer and organic pest controls utilized (e.g., plants and birds).

Highlights of the tour were visits to the historic cities of Havana and Trinidad, both UNESCO World Heritage Sites, the Che memorial, and the Pinar del Rio World Biosphere Reserve. The group also experienced a ride in old Russian army trucks to the Topes de Collantes in the Escambray Mountain Range. A private tour of the caves of Santo Tomas explored only a small portion of the 42 km of caverns, galleries and caves. In the tour photos, we also saw old Canadian buses that had been shipped from Saskatchewan through the States to Cuba.

On the coastal trail to Trinidad, acaia trees along the roadside were spreading invasively; turkey vultures were seen by the road and the vehicles crunched over shells from a crab migration that crossed the road. The only mammal is the Cuban Hutia. A long drive to the west end of the island found a wetter and cooler climate and an eco-community that is part of the world biosphere reserve. This area had an experimental self-sustaining village and was a "Bird Watcher's Heaven". In the lush, red soil of the Vinales Valley, most of the cigar tobacco is grown.

The group took a wide variety of gifts to Cuba, the most popular being baseball bats and gloves. The next tours planned will be in November 2008 (history, culture) and March 2009 (for naturalists).

Causeway Update

Vivienne Heydorn

Phase one of the Causeway Improvement Committee's mandate has been successfully completed. In summary:

i) Terms of reference were established for a feasibility study to identify and investigate options to address the issues;

ii) The two main issues were felt to be the biological and hydrological impacts of the Causeway, namely the high incidence of road-kill and the premature aging of the marsh as a result of it being cut off from the bay;4

iii) A team of consultants – Ecoplans Ltd. - was selected to investigate and propose suitable solutions to the problems caused by the Causeway;

iv) With on-site research, attendance at a relevant conference at the Toronto Zoo, and two open houses to consult with local interest groups and inhabitants as well as their professional expertise, Ecoplans Ltd. presented their improvement plan to the Causeway Improvement Committee on April 24.

The next phase, as recently established by the Causeway Improvement Committee, is to work on the implementation of the recommendations made by Ecoplans Ltd. One of the first things the committee will need to do is to present the findings of the consulting team to Norfolk County Council as the Causeway is a county road, and nothing can be done without the co-operation and financing of the County Council.

The Causeway Improvement Committee is a very wide based group with many local service groups represented on it. The representatives of these groups have been asked to go back to their groups and confirm continued support, financial and ideological, for the next phase of the project.

The committee will continue to attempt to raise funds locally as well as from government and environmental group funding as Norfolk County Council cannot be expected to finance the whole project. As the Causeway is part of the Long Point World Biosphere Reserve, environmentalists nationally as well as internationally might be encouraged to support the project.

The Ecoplans recommendations have been divided into short-term, mid-term and long-term goals because, as we all know, road works don't come cheaply. However, the road-kill on the Causeway is for the most part a seasonal thing, and that season is about to start, so temporary measures need to be put in place as soon as possible. These measures include temporary fencing to prevent wildlife from getting onto the road, and this fencing will need to be monitored to make sure it is working as intended and that creatures are not getting trapped in it.

Volunteers from Norfolk Field Naturalists to help with the monitoring will soon be requested.

Further information and updates can be obtained from the Causeway Improvement Plan's website at: <http://lpcip.com/>

Amazing Amphibians

Anne Wynia

On April 16, Backus hosted its annual Amazing Amphibian event in partnership with Norfolk County and the Norfolk Field Naturalists. Colleen Dale, with her capable assistants, used her organizational skills, her amazing rapport with children combined with her knowledge and enthusiasm for amphibians to engage the participants. A review of photos of various species in conjunction with their amazing vocal sounds, that included Gray Tree frogs, American Toads, Chorus Frogs, Newts, Blue spotted Salamanders, Redbacked Salamanders and others, prepared the audience for the outing. It was noted that the Spring Peepers for their size, gram for gram, have the loudest volume of any living creature. I think the gray tree frog is a close second.

The pleasantest weather for this event (that I can remember) resulted in a whopping 146 attendees aged from three years to several decades. Clear skies, moderate temperatures and a nearly full moon contributed to the mood. We were treated to a wagon ride, from the Backus Education Centre to the old sugar bush north of the Wild Turkey release area, that added to the camaraderie. Everyone jumped enthusiastically off the wagon to hurry into the bush and to the ephemeral pools.

Kids toting dip nets, donning rubber boots, skipping, running and scampering to where they hoped to find amphibians, eagerly turned over branches and logs on the wet humus ground. One eager child called out excitedly as he found an American Toad. Handling the salamanders, which are so small and defenseless, was a learning experience for those who had not been on previous outings and, of course, all were returned to their habitats where they were found with the sticks and logs replaced.

We were led by the knowledgeable kids to the remains of the old Backus sugar shack where most of the remaining bricks lying on the ground were lifted to reveal more salamanders than we were able to find in the wet black decaying leaves of other parts of the forest. The excitement mounted as many Red-backed, a few Blue-spotted and Yellow-spotted Salamanders were revealed but a colourful orange spotted Newt topped them all. It is hard to imagine if they even weighed a gram.

Enthusiasm was not waning as the sun set and the spring peepers started their familiar chorus but we did not want to leave anyone in the bush for the night so headed for the wagon to ride back to the centre. Everyone agreed it was truly an amazing event.

100th Anniversary Celebration Picnic !

St. Williams Forestry Station

Saturday, July 12, 2008

10:00 a.m. – 4:30 p.m.



Everyone Welcome to a full Day of Celebration...

...to mark the centennial of the "Forestry Farm" where millions of trees were started and hundreds of men and women worked over the years....**Everyone is cordially invited** to a giant celebration to take place on the front lawn of the former Superintendent's home – at the St. Williams Forestry Station, St. Williams, Ontario. Hwy 24 at Norfolk Road 16 (Forestry Farm Road).

10 am to Noon

- Horse drawn **wagon rides**
- Guided walking tours along **forest trails**
- Tours of **ForestCare** Greenhouses: "Growing today for a greener tomorrow"
- **Interpretive Centre** tours and book signing by Harry Barrett
- **Children's activities** including Smokey Bear & Pandi-Rama
- **Birds of prey** -- James Cowan, Canadian Raptor Conservancy
- Long Point **Retriever Club Demonstration**

11 am to Noon

- Entertainment by the **Wakami Wailers**, musicians interpreting Canada's colourful history through music, humour and stories



11 am to 1 pm

Picnic Luncheon under the "big top"

- Visiting and reminiscing with neighbours, friends and family
- Tables & chairs provided. Bring your own picnic basket and non-alcoholic beverage; some food and soft drinks and bottled water will be available for sale on site

1 pm to 1:30 pm

Anniversary Celebration Program

- **Greetings** from special guests including the Hon. Donna Cansfield, Ontario Minister of Natural Resources
- Highlights of the **Forestry Station's history**, Ken Armson, retired Ontario Chief Forester
- Book launch: **They Had a Dream, A History of the St. Williams Forestry Station** by Harry Barrett

1:30 to 4:30 pm

- Entertainment by the Wakami Wailers
- **Free Birthday cake** and refreshments
- **Birds of prey** demonstrations by James Cowan, Canadian Raptor Conservancy
- Continuing tours and book signings



A Thank You Note Received by NFN

Dear Audrey,

On behalf of the members of our Forest Capital of Canada Coalition 2008 I want to thank the Norfolk Field Naturalists for their generous donation toward Harry Barrett's book of the history of Canada's First Forestry Station. The book will be launched at our Centennial Celebration on July 12th all day at the Interpretive Centre (9:30 - 4:30). All are welcome to attend for as long as they wish. The book launch will be at 1:00 p.m.

Please invite members and friends to attend.

Thank you.

Anne & Dolf Wynia



Wildflower Walk at Rowanwood Sanctuary

At the end of April, an annual outing event has become the spring walk through Rowanwood led by Matt Brock, NFN's Sanctuary Director.

We do not have a write-up of the event, but here are some sights from a Rowanwood walk.



Photo by Audrey Heagy



Photos by Alan McKeown

Tree Identification Outing

Dolf Wynia

(Ed. Note: NFN received a copy of Dolf's letter to Cliff Evanitski, General Manager, Long Point Regional Conservation Authority, which read -)

"I would just like to apprise you of the success of the "Tree Identification" fieldtrip. Thanks to the good publicity we had a turnout of at least fifty people, the largest turnout that I have had in doing this field trip for about 25 years (with some help from your staff when I was away). I was particularly pleased by the presence and help of Colleen Dale and Nick Desserano. I think both Nick and Colleen were there on their own initiative; it made our tour very enjoyable and I learned quite a bit from them too.

We had a very energetic and interested audience and with the co-operation of the weather everyone was pleased. Certainly this is an event for repetition."

Your Personal Ecological Footprint

An ecological footprint represents the land and water it takes to provide us with the things we use and to absorb our waste. It measures the impact of our lifestyle choices.

Calculate your personal ecological footprint online at:

[Royal Saskatchewan Museum](#)

or print and complete the questionnaire at the [Waste Reduction Week](#) site. How did you do?

Certify Your Back Yard - It's Fun To Do

Anne Davidson

In 2007, I applied to the Canadian Wildlife Federation to register my yard as a Certified Backyard Habitat. My application was accepted and I received a certificate, a decal, and an attractive metal sign to place on my fence. I told Diane Salter about it and she, too, has now certified her yard. We both enjoyed doing it - it was fun.

The CWF is encouraging homeowners to create yards that meet the habitat needs of wildlife by meeting three key criteria:

- 1 Wildlife-friendly gardening
- 2 Earth-friendly gardening
- 3 Naturalized habitat

Wildlife-friendly gardening meets the four basic needs of wildlife: food for a diversity of wildlife through the

seasons; water either in a pond or bowl / birdbath; shelter through trees and shrubs, brush piles or logs and rock piles, and 3-dimensional space with varying heights of vegetation. I use all my trimmings and clipped branches to renew my brush pile which attracts both birds and animals and is especially popular when young birds are newly fledged.

The key to earth-friendly gardening is the avoidance of chemical insecticides and herbicides. One of the things I do to avoid chemical herbicides is make my own weed-killer. Here's my recipe, if you don't already have one. Just apply with a spray bottle; it works very well. Mix together

1 quart / litre vinegar

½ cup salt

1 oz. liquid dishwashing soap

For a naturalized habitat, the CWF looks for inclusion of some trees, shrubs or perennials native to the region. My Carolinian plantings included tuliptree, flowering dogwoods, shagbark hickory, serviceberry, staghorn sumac, and sycamore.

To apply for certification, I visited the CWF website at www.wildaboutgardening.org printed the application form, then pulled together all I had on file regarding my trees and shrubs, birds found nesting on the property (all of which I report to the Ontario Nest Record Scheme - ONRS), and photos of - my pond, birds and animals found in the yard (such as Great Blue Heron, Eastern Bluebird, opossum, baby rabbits), as well as information about my nest boxes and their placement and sent it all in.

In May 2008, CWF contacted both Diane and me, requesting us to provide photos for their website with comments about the birds and animals shown. Diane got hers in quickly and they were the first "garden tour" on the CWF website. Mine are not posted yet. They'll be at: <http://gardeninggab.wordpress.com>

Ray Wood, who helps me manage my pond, has always been intrigued by the things I wanted to do to keep my pond and yard looking natural. He told me about the certification program. He also put me on his 2007 Pond Tour day, highlighting my pond as a design for attracting wildlife; 18 people came to see and discuss what I'd done. My pond is not huge, nor is it as gorgeous as others I've seen, but it's exactly what I want and, more important, my pond and yard do attract many birds and animals, which was my primary objective (although having a mink take out all the goldfish from my pond last winter definitely was not part of the original plan!)

Upcoming NFN and Other Outings

Tue. June 17 /08
7:30 p.m.



Evening Walk at Big Creek Marsh

Audrey Heagy 519-586-9464
Family-friendly.

Sun. June 22 /08



10:00 a.m. - 2:00 p.m.
Canoeing on Big Creek

Audrey Heagy 519-586-9464

Sat. July 5 /08



All Day
Long Point Butterfly Count

Doug Timpf 519-586-9964

Sat. July 12 /08



1:30 p.m.
Butterflies and Bluebirds In an Old Field

Audrey Heagy 519-586-9464
Family-friendly

Sat. August 23 /08



9:00 p.m.
Pterophylla at Pterophylla

Mary Gartshore or Peter Carson
519-586-3985

Next Meeting

Tuesday, September 9, 2008

Includes Annual General Meeting and Election of Board

NFN Meetings

Norfolk Field Naturalist meetings are held the second Tuesday of the month from September to May. The election of Directors takes place at the September meeting.

Meetings take place at the Simcoe Seniors Centre on Pond Street. They are free and visitors are always welcome. Doors open at 7:15pm; program begins at 7:30pm.

About the NFN

Norfolk Field Naturalist members participate in meetings and frequent field outings, many of which are family-friendly.

Membership fees, due in September, are \$20- Individual and \$30- Family; donations are eligible for income tax credits; Charitable Registration #0620070-52-14.

Guest speakers present programs on interesting and relevant natural history and conservation topics.

Club members receive the Lotus newsletter with articles on local natural history and club activities. It is published bi-monthly from October to June by volunteer club members. Copies of the Lotus are available at meetings but will be mailed (free of charge) to members if not picked up. Articles published in the Lotus reflect the views and opinions of the authors and do not necessarily reflect those of the NFN.

Next issue of Lotus:

August 2008

Input cutoff date:

Fri. July 25, 2008

Club Mailing Address

**Norfolk Field Naturalists
PO Box 995, Simcoe, ON
N3Y 5B3**

2007 - 2008 NFN Directors with Contact and Project Information

		all 519-	
President + Field Outings	Audrey Heagy	586-9464	x243 aheagy@bsc-eoc.org
Past Pres. + Natural Areas	Peter Carson	586-3985	gartcar@kwic.com
Vice-President	Tara Crewe	586-3531	x232 tcrewe@bsc-eoc.org
Treasurer	Lynda Kosalle	res 426-0826 bus 586-7773	kosalle@amtelecom.net
General Secretary	David Okines	586-9464	davidokines@aol.com
Board Sec'y + Causeway	Vivienne Heydorn	586-9528	heydorn@amtelecom.net
Membership	Diane Salter	586-7775	dianesalter@execulink.com
Speaker Program	Bernt (Bernie) Solymar	426-7124	solymar@nornet.on.ca
Publicity	Nina Cameron	586-8785	ninac@execulink.com
Sanctuary Environment	Matt Brock	586-7585	greenheron99@hotmail.com
		(position currently vacant)	
Dir. + Lakeshore 2ndary Plan	Peter Black	426-5036	peterblack@kwic.com
Director-at-large	Colleen Dale	586-9726	cdale22@yahoo.ca
Director-at-large	Shirley Rothery	586-9535	shirleyrothery@hotmail.com
Honorary President:	Al Robinson		Honorary Directors: Harry Barrett, Jim Harlow
Butterfly Counts	Doug Timpf	586-9964	timpf@nornet.on.ca
Lotus Editor	Anne Davidson	446-3589	anne.davidson@svmpatico.ca