

THE WOODLAND OBSERVER

OCTOBER 2017

NIPISSING NATURALISTS CLUB



Renee Levesque

From the editor:

So much to be thankful for

After quite the heat wave in late September that set new records, it now seems as if autumn is truly here. It is a time of the year when walking through the woods is so lovely and in Fred Pinto's article on Shinrin-yoku or forest bathing, you can read about the benefits to our health, physical and mental, that walking in the woods brings.

We may not get the brilliant colours of other years because of the heat wave. It may be a more muted fall, such as they have in southern Ontario, but it is still fall and maybe the best time of the year to walk and hike and take it all in before winter arrives. Think about joining Paul Chivers on his photography walk through Laurier Woods on October 7, or climbing to the Three Crosses overlooking Mattawa on October 8. Details on both are inside this issue.

Following Fred's article on Shinrin-yoku is a summary of some of the Louise de Kiriline Lawrence Nature Festival events and walks in which I emphasized the theme of the festival, Human Health and Nature.

Starting off this issue is a heart-warming article on a Trumpeter Swan, a swan that almost died but lived to return to Northern Ontario where she was born and to be reunited with the person who first tagged her 5 years ago. All rather amazing, actually.

See what bugs were found in Laurier Woods during Riley Cormier's Bug Walk in September; find out what bats were in our area in June; read about the barbeque at Gary and Connie Sturge's Trout Creek property; check out some of the late summer and early fall finds – **and keep those finds coming by sending me photos**; get ready for the presence of finches in the Northeast this winter; and get to know Louise Simpson, our newest Board member.



Be sure to attend October's meeting on the 10th when Franco Mariotti will talk about Antarctica, that mysterious continent most of us will never get to see.

Mary Marrs, Nipissing Naturalists Club member and former Board member, is off to Greece this month. She is not going there on vacation, but to help in any way she can the hundreds of Syrians in refugee camps. Mary is doing this at her own expense through Cross Cultural Solutions, <https://www.crossculturalsolutions.org/destinations/refugee-program-greece>. This will make the sixth time Mary has volunteered her services with Cross Cultural Solutions. She has been to Brazil twice, to Peru, to Guatemala and to Morocco.

We, as Canadians, have much to be thankful for this Thanksgiving.

Renee Levesque, rlevesque1948@gmail.com





Renee Levesque

The saga of Ava the Trumpeter Swan

By Renee Levesque, Beverly Kingdon and Kyna Intini

During our August Bird Wing outing to Cache Bay on August 29, we saw from the boat launch area a Trumpeter Swan sleeping on the dock behind the trailer park. I immediately made Beverly Kingdon aware of this, but because this swan did not have a wing tag, I was not able to let her know the tagged number so she could trace its movements. Bev, as many of you know, was instrumental in helping bring the Trumpeter Swan back from extirpation in Ontario. In the very early 1980s, prior to there being any Trumpeter Swans in the wild in Ontario, Bev raised them for release to the wild on her farm in Chisholm Township.

There was some concern as to why the Cache Bay swan was alone and sleeping on the dock. So a week later, on September 5, my husband, John, and I took a trip to Cache Bay and the swan was there still sleeping on the same dock. This time we drove into the trailer park and the summer residents were very cooperative and allowed us to go onto the dock and take pictures.

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The residents had adopted the swan as their own, delighted it chose their park in which to reside for whatever short period of time it chose to stay. Feathers were evident in the water and on the dock, so I assumed it was staying put because it was moulting. And from the photos I took that evening, I was able to see that it had been tagged with a metal band on its left foot, indicating, as I later learned from Bev, that this Trumpeter was a female. (A tag on the right foot indicates a Trumpeter is a male.)

Again, I let Bev know the results of our discovery and it just so happened that she and her husband, Ray, were up from their home in Burlington and at their cottage on Lake Nosbonsing. How fortuitous!

And so the next evening, on September 6, John and I returned to the Cache Bay trailer park, this time with Bev and Ray and Bev's brother and his wife. Thus began our wonderful and heart-warming adventure of discovery and reunion.

Bev wanted to put a wing tag on the swan so it could be easily read from a distance to better track the



Renee Levesque

swan's movements. However, one of the residents was perturbed about this, so Bev graciously agreed not to do so, as hard as that was. The resident did allow us to go out on the dock and feed the swan the dried corn Bev had brought with her (see above). In so doing, we were able to read the band on the swan's left leg. It wasn't easy, but we finally managed.

Feeding corn to a swan is familiar for Bev, but this was my first time and I will remember forever the woody firmness of the swan's bill scooping kernels from my palm. It was a moment of trust and intimacy.

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Naturally, Bev was in her glory the whole time. There is nothing she loves more than being with one of her Trumpeters!

That is our story, one of feeding and communing with a magnificent Trumpeter on a warm summer's evening on Lake Nipissing in the setting sun. Not a lot could be lovelier.

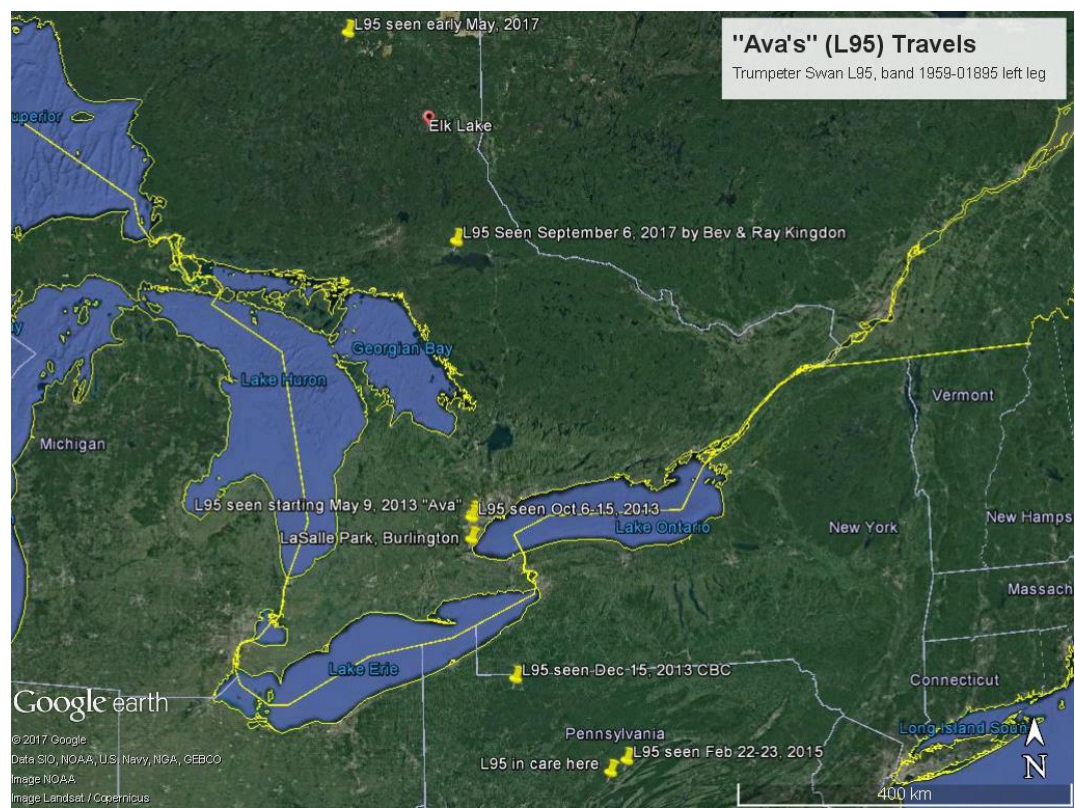
Now for Bev and the Trumpeter's story. This Trumpeter, tag # 01895, now an adult female, six years of age, was tagged by Bev herself at LaSalle Park in Burlington in November 2012 when the swan was but a cygnet! Not only that, but Bev invited a friend from Peterborough to come to LaSalle to witness the tagging of the swans and when this friend arrived, she told Bev she had just become a grandmother with the arrival of a new granddaughter. There was a beautiful cygnet at LaSalle that Bev was about to tag so they decided to name the little cygnet Ava after the granddaughter. Unfortunately, the baby developed a very serious illness and did not survive.

When Bev got close enough to the swan at Cache Bay and held out her hand to feed her, I truly think the swan knew who Bev was. Bev after all was the first human to feed her and to hold her. You can well imagine Bev's delight and amazement when she discovered the Cache Bay swan was not only one she had tagged, but also the one she and her friend had named Ava.

Now for Ava's story. She was hatched to parents 144 and E34 in 2012. Her parents had been nesting near Elk Lake, so it is known that Ava is a "far north" bird. Ava was banded on November 13, 2012, when she and her parents came south for the winter to LaSalle Park in Burlington. She stayed the winter with her parents and then in the spring of 2013, she made her way to the Brampton area where she stayed until the fall. She was next seen in December 2013 near Irvine, Pennsylvania, during the Christmas Bird Count.

It is not known where Ava spent the summer of 2014, but she showed up at LaSalle for a couple weeks in November 2014, although she didn't stay the winter.

Ava was next seen at Bald Eagle Creek, Milesburg, Pennsylvania, in late February 2015, and from there, after being hit by a car, she was taken to the Centre Wildlife Care facility in Port Matilda, Pennsylvania, where she



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was treated for several months.

The Centre Wildlife Care's report on Ava reads: "Ava, L95, (the wing tag number, shortened from the leg band number) arrived in March 2015 after being hit by a car. We also discovered she had pneumonia and lead poisoning from eating spent lead ammunition. Any one of those things could have killed her, but she completely recovered and was released in July 2015 in the Raystown Lake area, Pennsylvania.

"Thank you to all the wonderful volunteers who helped care for Ava; thank you to the Animal Medical Hospital for doing x-rays and medical treatment; and a special thank you to Dr. Ed Frankel in Honeybrook for operating on her foot and saving her toe."

In December 2015, Ava was still at Raystown Lake.

It is not known where Ava went during 2016.

This spring, Ava was reported at Kamiskotia Lake, northwest of Timmins. She had lost her wing tags, but the number on her leg band was confirmed by a photograph.

And that brings us to Cache Bay, August and September 2017. (On September 15, Ava was still at the dock, and seen by Kaye Edmonds.)



Renee Levesque

Ava would not have made it here had it not been for the care she received at the Centre Wildlife Care facility, <http://www.centrewildlifecare.org/>.

Why does Ava not have a mate? Trumpeters usually mate around 4 to 6 years of age, although there are exceptions. Ava may be just a little slow, after all she spent a long time in recovery getting over an injury and two illnesses. And she may not have had any opportunity to find a mate during the winters she was in the States as there are few to no Trumpeters where she was. Perhaps she will stop at LaSalle once again after leaving Cache Bay and will find a mate there.

If anyone spots a Trumpeter Swan, please be sure to report your sightings to trumpeterswan@live.com.

Shinrin-yoku or forest therapy

By Fred Pinto

Shinrin-yoku, which originated in Korea and Japan, is an ancient practice of taking short, leisurely walks in the forest for health reasons. It is a Japanese phrase that translates to “forest bathing”.

In recent times, scientific methods have been used to quantify the health effects of a forest visit. Studies have been done in Japan and Korea on a small number of young, healthy people and they show a multitude of health benefits, such as lowering blood pressure, reducing pre-frontal cerebral activity, increasing anti-cancer proteins and reducing sympathetic nervous activity, among other benefits. Forest bathing is not a cure for illness, but a preventive measure that people can integrate into their life.

In 1982, the Forest Agency of Japan recommended forest bathing trips to promote healthy lifestyles. Today the public health and forest agencies in Korea, China and Japan all promote Shinrin-yoku. This caught the attention of North Americans and Europeans and Shinrin-yoku walks are now being offered in North America and Europe.

Last year I was invited to speak about forests and public health at a conference in China where the local government wants to develop its region as a major forest medicine





destination. Because of its large population and long history of use of natural resources, natural forests in China are scarce. However, there are many urban parks and forests in China – and in Korea and Japan – that can be used for Shinrin-yoku. These urban parks and plantations provide other social benefits, such as improved aesthetics and ecological services, services like filtering the air, preventing soil erosion and providing shade.

Shinrin-yoku focuses the five senses on different aspects of the forest. The most important, based on research findings, is breathing in and being exposed to the natural fragrances of the forest. These fragrances are wood essential oils that are emitted by trees. By breathing in pine, cedar and cypress essential oils from a nebulizer indoors, you can also get partial, short-term benefits.

To obtain the full benefit of Shinrin-yoku, you need to visit a forest with a variety of stands that have closed canopies. The best time to visit is in the morning when the air is still, the sounds muted and concentrations of essential oils are highest.

North Bay has two excellent, easily accessible wooded areas where you can enjoy the benefits of Shinrin-yoku. One is Laurier Woods Conservation Area with its gentle slopes and a variety of stands of different tree species. The other is that of the Campus Trails of Canadore and Nipissing. These trails have a more rugged terrain and consist mainly of maple-oak-hemlock stands and some stands of cedar.

Editor's Note: In keeping with the concept of Shinrin-yoku, the theme of this year's Louise de Kiriline Lawrence Nature Festival was Human Health and Nature. In the following five pages, I have written about some of the festival walks and events and their effect on our physical and mental health.

For body and soul

A variety of community organizations took part in the festival, including the North Bay Indian Friendship Centre and Gateway North Bay Tai Chi.

Pictured at right is Roger Assiniwe, Cultural Resource Coordinator, North Bay Indian Friendship Centre,

drumming a welcome for all who attended. The drum plays a vital role in Indigenous life. It is “not just a music-maker, but a voice for the soul within.” Studies have shown that rhythmic sounds, like drumming and chanting, have a profound effect on brain activity that can result in a calming, relaxing and meditative state. Also from North Bay Indian Friendship Centre was Virginia Goulet who sang an Ojibway children's nursery rhyme.



Kaye Edmonds

Although Tai Chi's origins are in the martial arts, Tai Chi has evolved into a meditative and

stretching exercise for mind and body – a sort of moving form of yoga and meditation. Its movements are slow and graceful - calming movements that help to reduce stress. It gently stretches muscles, tendons and ligaments of the entire body and this, in turn, helps with balance, movement, and fine motor control. It also helps to correct posture and other patterns that can lead to tension and injury. If you are interested in learning Tai Chi or joining classes at Gateway North Bay Tai Chi, check out <http://www.northbaytaichi.ca/time-table/> for address and class times. Pictured at left are some members of Gateway Tai Chi.



Fred Pinto

From the 45th to the 46th

Artists Susan Iron-Ware and Marie St. Germain from The 45th Parallel Painters set up their easels in Laurier Woods, and as you will see in the photo at right, Susan painted Laurier Wood's well-known pond landmark. Because the day was overcast for the most part, she called her painting, *Laurier Woods Conservation Area on a Grey Day*.



Also from The 45th Parallel Painters were Anne Clement and Krysia Bower who came to North Bay prior to the festival to check out Laurier Woods and to take pictures of ducks in the pond so they could rough out an image on a large canvas. The canvas was then set up at the festival and members of the public were invited to paint a small section of it. Known as community art, the idea is to engage members of the public in art-making. It is a collective method of art-making in which the process is as important as the artistic outcome. Anne (left) and Krysia (right) are pictured below with the finished canvas of *Three Mallards on a Rock*.

Among many other benefits, painting helps to foster creative growth and relieve stress.



The 45th Parallel Painters is a group of eight Muskoka artists “who have come together to explore and create visual art.” Check out their work at: <https://www.45thparallelpainters.com/>.

For the young & young at heart

In keeping with the theme, *Listen to the young voices*, of World Wildlife Day earlier this year, and Earth Day Canada's campaign, also earlier this year, dedicated to children's outdoor play and activities, club members Kaye Edmonds and Irene Kasch were busy helping children paint and build and learn about what Kaye has so aptly named The Forest Floor.

Kaye spent weeks before the festival looking for appropriate rocks on which to paint insects, amphibians, birds and nature scenes – and she did a remarkable job as you will see in the photo above. During the festival, Kaye's painted rocks were on display to show the children what they could paint on their rocks. Kaye also hung some birds she had made on a tree for the children to choose one, learn the name of it and then paint it. Below is a photo of one little guy choosing a Black-capped Chickadee and a photo of a young girl concentrating on her rock painting.



Irene, with assistant Janet Philips who is also a member of Nipissing Naturalists Club, helped kids assemble wooden kits courtesy of Home Depot. When assembled, these kits turned into bug catchers, picture frames and trucks.

Also for children – and adults too – was face-painting by Morningstar Desrosiers.



Creatures of air and water

One of the many walks at the festival was an insect walk led by Brent Turcotte.

Despite an overcast sky and light rain, the group found a Red-cross Shield Bug; a Giant Eastern Crane Fly; a Poplar-and-Willow Borer; a Bald-faced Hornet; a flower and a fruit fly; a Spotted Tussock Moth Caterpillar (pictured above); an Orbweaver sp.; a Tri-coloured Bumble Bee; and a Multicoloured Asian Lady Beetle.



Riley Cormier

For more information on bugs, birds, animals, plants, fungi and sky, visit Brent's field guide website,

<http://www.ontariofieldnaturalists.ca/>.

Andrew Whyte, Maintenance Foreman, North Bay-Mattawa Conservation Authority, and summer student, Calyn Hopcraft, set up a display of fresh water aquatic invertebrates, including minnows, tadpoles and dragonfly larva. The dragonfly larva is pictured at left.



Fred Pinto

Birds of the Woods

In her book, *Birdology*, the author, Sy Montgomery, writes, “Birds bring us news about the larger and more wondrous life, about a world that we, with our merely human senses, have barely begun to perceive.”

Birds teach us reverence. Birds teach us to listen.

Twenty-one birds were seen during the Nature Festival bird walk through Laurier Woods, led by Lisa Hackett. This included fourteen Cedar Waxwings, one of which is pictured above. When the breeding season ends, we see these elegant birds in greater numbers as they rove together in search for food or sit silently and still on bare tree branches.



Another bird seen was the Red-eyed Vireo, pictured below. This is a songbird that never tires of



singing, a renowned vocalist of the eastern deciduous and mixed forest. On May 27, 1952, Louise de Kiriline Lawrence, who called the Red-eye the enchanted singer of the tree tops, counted 22,197 songs from one Red-eye in a single day. For many birders and bird watchers, it is the sound of summer and when the Red-eye leaves our area on its migration to South America, its song is missed. We won't hear as many songs in a single day until the Red-eye returns in May.

Winter finch forecast



By Renee Levesque

In his annual winter finch forecast, Ron Pittaway, Ontario Field Ornithologists, predicts a banner winter to see finches in the Northeast. The

reason for this optimistic prediction: there is a bumper number of cone crops, the best cone crop in a decade or more. Many of you may have noticed that even the smallest of spruce trees are laden with cones as you will see from the photo on the left.



The finches we should expect to see in the Northeast are White-winged Crossbills, Red Crossbills, Common Redpolls (pictured above), Hoary Redpolls, Pine Siskins, Purple Finch, Pine Grosbeak (pictured at the top of the next page) and Evening Grosbeak. Great news after hardly seeing any redpolls, crossbills and Pine Grosbeaks



Nicole Richardson

last winter when the cone crop here was poor.

Because the Evening Grosbeak's population is in strong decline in central and eastern Canada, the Committee on the Status of Wildlife in Canada assigned it as a species of Special Concern in 2016.

We should also expect to see a good number of Blue Jays and Red-breasted Nuthatches. Ron reports that the Red-breasted is already in areas with high cone abundance, and its presence indicates that White-winged and Red Crossbills, Pine Siskins and Purple Finches (pictured at right) will be in the same areas.

Bohemian Waxwings are also expected to make their presence known.

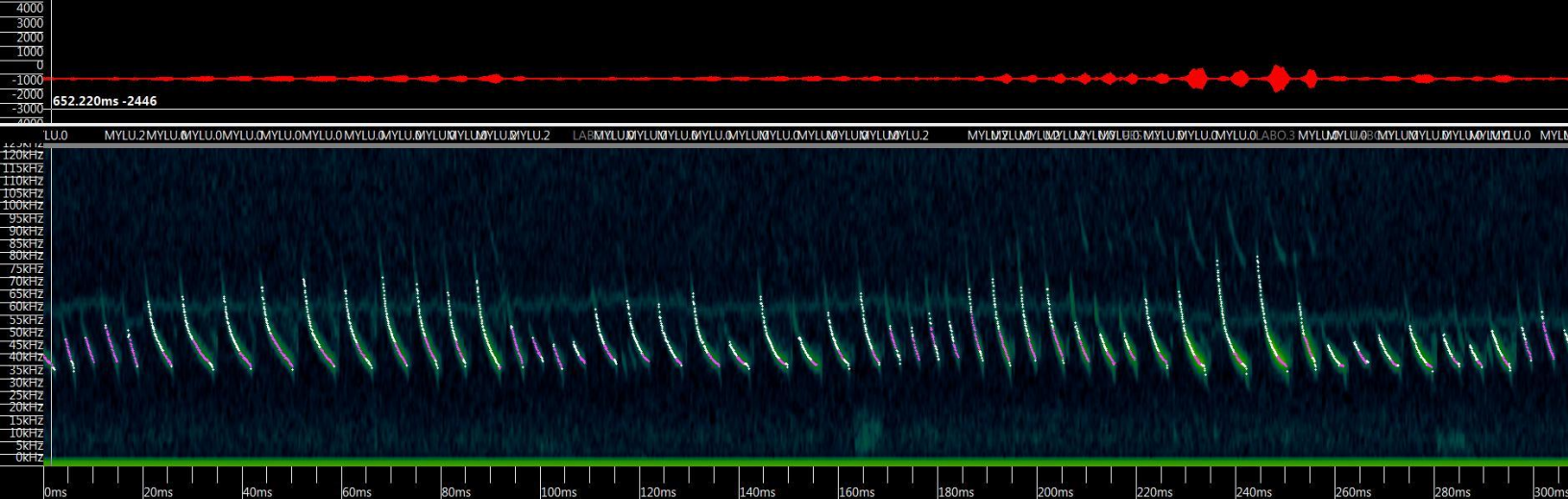
In terms of finch numbers, it should be a good Christmas Bird Count this December.

For more information on the winter finch forecast, read Ron's report in full at:

<http://jeaniron.ca/2017/wff17.htm>



Renee Levesque



And the bats are...

This is the second year that Nipissing Naturalists Club has installed and deployed four bat audio recorders in our bat square east of the city. The recorders were deployed in June for an approximate two-week period. Rebecca Geauvreau, project lead, reports that preliminary data show the following:

Station # 1: Big Brown, Hoary, Silver-haired

Station # 2: Hoary, Silver-haired, Little Brown

Station #3: Hoary, Silver-haired, Little Brown

Station # 4: Big Brown, Hoary, Silver-haired, Little Brown

Driving Transects, using the same route and driven twice: Hoary, Silver-haired, and one Little Brown

Rebecca was in touch with a cottage owner after a message was left on our bat line. And what was using the rocket box bat house on the cottager's property, but Little Browns! Rebecca reports the owner of the cottage is interested in perhaps partnering with us to do more bat work. Always good news!

In the photo on the right, Karl Dittman and Grant McKercher remove a bat recorder two weeks after it was installed at one of the stations.



Karl Dittman

Late summer finds

By Renee Levesque

Dark Fishing Spider: Dick Tafel and his granddaughter, Kerri Edwards, spotted a fishing spider, a powerful and robust hunting spider, looking very tarantula-like, near Dick's home in late August. (photo at right.) Although fishing spiders are found near water, this particular fishing spider, *Dolomedes tenebrosus*, is commonly found 91 metres (100 yards) or more away from water. (Translated, *Dolomedes tenebrosus* means dark and wily.)



Kerri Edwards

The fishing spider does not spin a web to catch its prey, but rather the female will spin what is known as a nursery web among foliage that is well off the ground. Here she will suspend her egg sac and guard the emerging spiderlings, hundreds of them! Dick and Kerri could see a few hundred in the web. Mating always results in the self-sacrifice death of the male who is then eaten by the female. No doubt for this reason, males outnumber females 3:1.

Fishing spiders eat large insects and various aquatic insects, as well as minnows, tadpoles and even small fish. They are nocturnal hunters to avoid being caught by their main predator, birds.

Fishing spiders rarely bite, but they will if they feel threatened. Any bite hurts no worse than a mild bee sting, although some people may be sensitive to the bite and react more than others. If you see one outside, best not to touch it with your bare hands, and if one accidentally enters your home, capture it in a jar and release it outside.

Spotted Salamander: In mid-September, Gary Sturge found a Spotted Salamander and a Blue-spotted Salamander under a wood pile on his and Connie's Trout Creek property. Pictured at left



is the Spotted Salamander, also known as the Yellow-spotted Salamander. It is a large salamander with yellow or orange spots and can grow in length to well over 20 cm. In the wild, it can live for over 30 years.

The Spotted Salamander breeds in early spring in shallow and temporary wetlands

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free of fish. When not breeding, it lives underground in burrows or under logs. On rainy nights it may be found foraging on the forest floor hunting for insects and other invertebrates, like earthworms and slugs.

Although the Spotted Salamander does not appear to be in decline, it does face certain threats, such as acid rain, loss of habitat and road kill in the spring during its migration to breeding ponds. (Reports of road-killed salamanders should be submitted to the Ontario Reptile and Amphibian Atlas

https://www.ontarionature.org/protect/species/herpetofaunal_atlas.php,

to help researchers identify critical migration routes.) It is designated as a Specially Protected Amphibian under the Ontario Fish and Wildlife Conservation Act.

Last spring, Brent Trucotte led a group on a salamander outing along Cranberry Trail. (see photo at right) Unfortunately, there weren't any salamanders to be found, but perhaps Brent will lead another group this coming spring and some of these fascinating creatures can be seen at that time.



Kaye Edmonds



Renee Levesque

Northern

Watersnake: In

late August, Lucy Emmott and I accompanied Caleb Beck to Jocko Point to look for Cardinal plants, after receiving permission from Nipissing First Nations to do so. (Caleb will be writing an article on his Cardinal plant finds for a future issue of this newsletter.) We may have found a Cardinal plant, as well as many other plants and mushrooms, and Lucy will be sending me a list of what we found, also for a future issue.

In addition to many plants and mushrooms, we also saw a Northern Watersnake, identified by Caleb and pictured at left. This snake is found by lakes, rivers and wetlands, rarely far from the shoreline and often basking on nearby rocks. It is an excellent swimmer, swimming up to 3 metres

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below the surface of the water and up to several km from shore while hunting for fish and amphibians.

The female gives birth to live young, from 10 to 20 in Ontario, during the late summer or early autumn. The young reach maturity in 3 to 4 years.

The Northern Watersnake is one of the most commonly seen snakes around lakes and is considered abundant; nevertheless, it does face threats: habitat loss, water pollution, road mortality and human persecution.

Although the Northern Watersnake is not considered to be at risk, it is designated as a Specially Protected Reptile under the Ontario Fish and Wildlife Conservation Act. The habitat of this species is further protected in Ontario by the Provincial Policy Statement under the Planning Act.

Black-capped Chickadee: Fred Pinto saw a leucistic Black-capped Chickadee (below) in his yard on September 3. Riley Cormier saw a leucistic American Robin in Laurier Woods on August 31, and I saw a leucistic crow with white on its wings along the waterfront off Memorial Drive in early September.

Other years, I have seen a leucistic American Robin and Pine Siskin in my yard and a leucistic European Starling near Warren Lagoon. Last year, many saw a leucistic female Red-winged Blackbird in Laurier Woods, and this past winter, Lori Anderson saw a leucistic female Evening Grosbeak in her yard.

A leucistic bird's plumage lacks melanin pigment, resulting in white feathers. It is a condition that is inherited, though the extent and the positioning of the white feathers can vary between parent and young and can even skip generations.

The problem with leucism is that it causes feathers to weaken and to be more prone to wear, hindering flight. It also causes the bird to become more conspicuous, therefore heightening its chances of predation.





Renee Levesque

Snow Goose: During the Bird Bash in early September, Dick Tafel and I saw a lone Snow Goose with a few hundred Canada Geese in a field across from Warren Lagoon. A week later, I saw another Snow Goose – or was it the same one? – at Powassan Lagoon. It flew shortly after I arrived, but I quickly grabbed my camera and got a photo of it in flight (seen above). And in late September there were four Snow Geese on Osprey Links, seen from Cranberry Road.

You will see from the photo that it is a white goose with black wingtips. What you can't see in the photo is its pink bill with a dark line along it. Birders call this its “grinning patch”.

From the very few Snow Geese we get here every fall during migration, you would never know that it is among the most abundant waterfowl in North America. They are usually seen elsewhere in large flocks. I will never forget being so delighted and amazed at seeing 2 or 3 on the Osprey Links a few years ago, my first time seeing any, only to go to British Columbia two days later and see hundreds upon hundreds every day for the two weeks I was there.

Snow Geese breed on Arctic tundra and are seen during migration along the four major North American flyways as they make their way to their wintering grounds, mainly in the southern States, like Texas, but also in Mexico and in southeastern British Columbia. Snow Geese also breed in Greenland, Alaska and Siberia.

There is also what is known as a dark morph Snow Goose or “Blue Goose”. Dark morphs have bluish-grey plumage except on the head, neck and tail tip, and interbreed with the white morph

Snow Goose. On September 27, in amongst some Canada Geese in Calvin Township, Ernie Frayle was fortunate to see a dark morph Snow Goose along with two white morph Snow Geese and a Greater White-fronted Goose, also rare in our area and also a tundra breeder. It breeds from Nunavut to Siberia and across Russia, and also in Greenland, resulting in one of the largest ranges of any species of goose in the world. Ernie's photo taken at twilight is seen at left.



Ernie Frayle

Your newest Board member

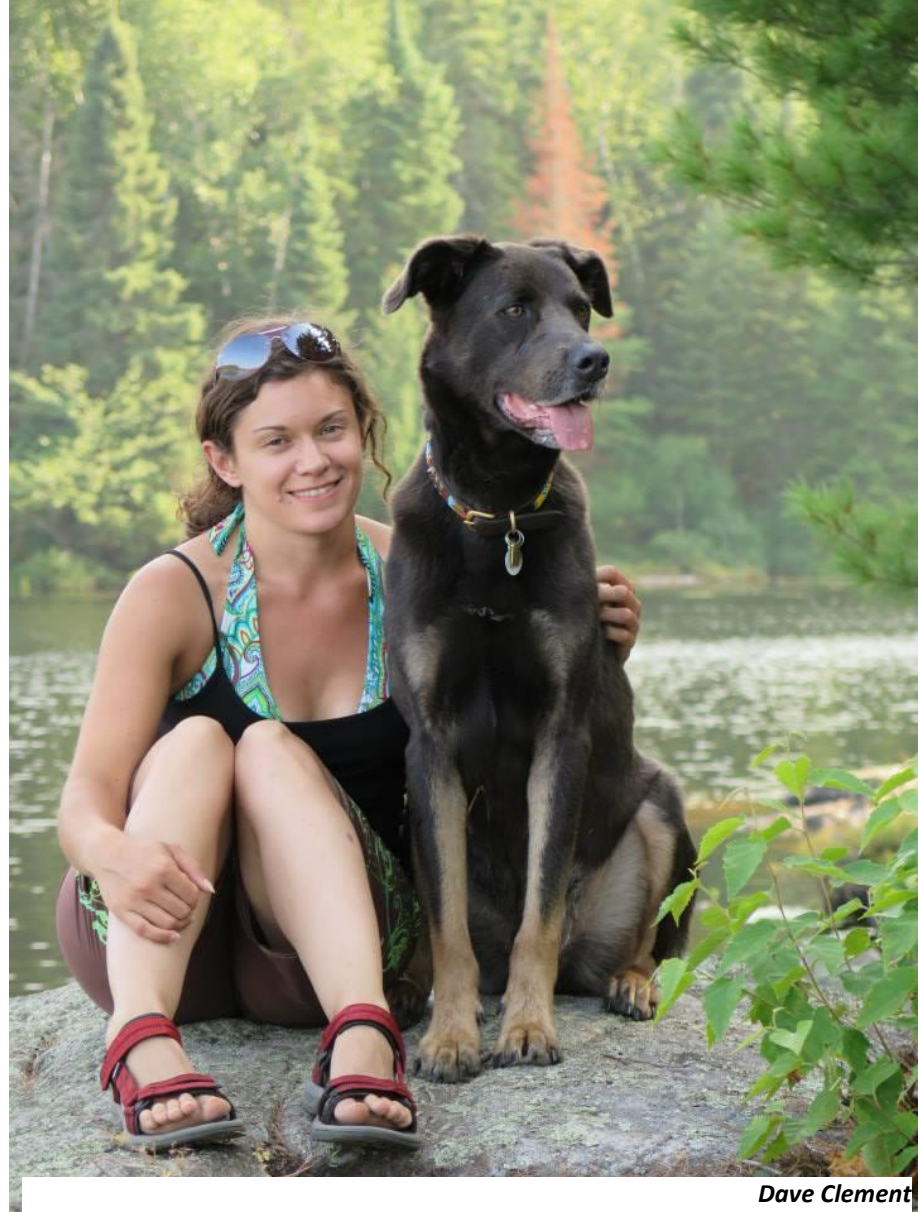
Louise Simpson is the newest member of the Nipissing Naturalists Board of Directors. Former Board members, Rob Rodgers and Mary Lord, have moved to southwestern Ontario and Guy Chartrand has stepped down, leaving room on the Board. A profile of Louise, an active outdoors person and nature lover, follows.

When Louise was 10, her parents took her to the Rockies on vacation and from that time on, though she was born and raised in England, Louise had her dreams set on moving to Canada. However, it would take a few more years before her dreams would come true. She first completed her BSc in Geography at Kings College London before moving to Thunder Bay in 2009 to attend Lakehead University. Here she undertook an MSc in Forestry, with a focus on forest regeneration.

It didn't take long for Louise to fall in love with the landscape and wildlife of Northern Ontario and it became her new home. After working for the Canadian Forest Service in Sault Ste Marie, she moved to North Bay in 2013 with her partner Dave Clement, also a member of Nipissing Naturalists Club. Since then she has settled into their new home on Trout Lake.

Still working on developing her environmental career, Louise is enjoying making the most of the nature of the region. She loves being outside in all weather and is even acclimatised to the Northern Ontario winter temperatures! She enjoys hiking with Levi and Sky, her two dogs, horse riding, canoeing and snowshoeing. She is also learning to sail and is attempting to teach her dogs to sled.

As well as being excited to be a part of Nipissing Naturalists, getting to know fellow nature enthusiasts, and learning more about the local flora and fauna, she is grateful for the opportunity to be on the Board of Directors and contribute towards future events and projects.



Dave Clement

Club BBQ hijinks

On a warm and sunny late summer's day in mid-September, Nipissing Naturalists Club members gathered at Gary and Connie

Sturge's wooded property in the Trout Creek area. Everyone had a fun time, enjoying the exceptional weather that was afforded us after a somewhat cool and wet summer.



John Levesque



There was hiking, led by Connie and Rachel Sturge; lots of laughter and socializing, as you will see in the photo above; and great food – hot dogs and corn-on-the-cob courtesy of our cook, Gary, pictured below left hamming it up. There were also many salads, fruit, an apple cake and Dutch cookies, brought by those who attended. We ate voraciously.



Rachel, pictured at right, set up her animal track and bone display that she demonstrated at the Louise de Kiriline Nature Festival in August.

Rachel promises to share her recipe for making casts of animal tracks for a future issue of *The Woodland Observer*.



Photos by Renee Levesque

Fall outing offers a splendid view



Renee Levesque

Back by popular demand is another hike to the Three Crosses overlooking the town of Mattawa and the Ottawa and Mattawa Rivers. It will take place on **Sunday, October 8, from noon to 4:00 p.m. Meet at the Mattawa Museum.**

From the top, the view is a spectacular one and maybe never more so than in the midst of all the splendid fall colours.

Hikers will be taken across the Ottawa River by boat to begin the 4 km climb. A hiking pole could help with the climb up and the descent down, so if you have one, you might want to bring it. Also, bring snacks or a lunch and definitely something to drink. And don't forget your camera!

For more information on this climb to the Three Crosses see September's newsletter, pages 4 to 8:

<https://www.nipnats.com/newsletters/>.

The bugs of Laurier Woods

By Riley Cormier

It was great weather for the insect walk at Laurier Woods on Saturday, September 2 – no clouds, sunshine and a nice cool breeze. It was the first Laurier Woods walk I lead and was pleased that we saw a great diversity of insects.

Some of the highlights were:

□ Syrphid flies, also known as flower flies or hoverflies, so named because they are seen hovering at flowers. They resemble bees and are a natural enemy of aphids, so great for the garden.



Emerald Wasp, photo by Kaye Edmonds



Red-legged Grasshopper, photo by Renee Levesque

□ The Cuckoo Wasp or Emerald Wasp (seen above) glows an iridescent blue-green. It is a parasite that lays its eggs in the nests of other wasps and in the nests of bees.

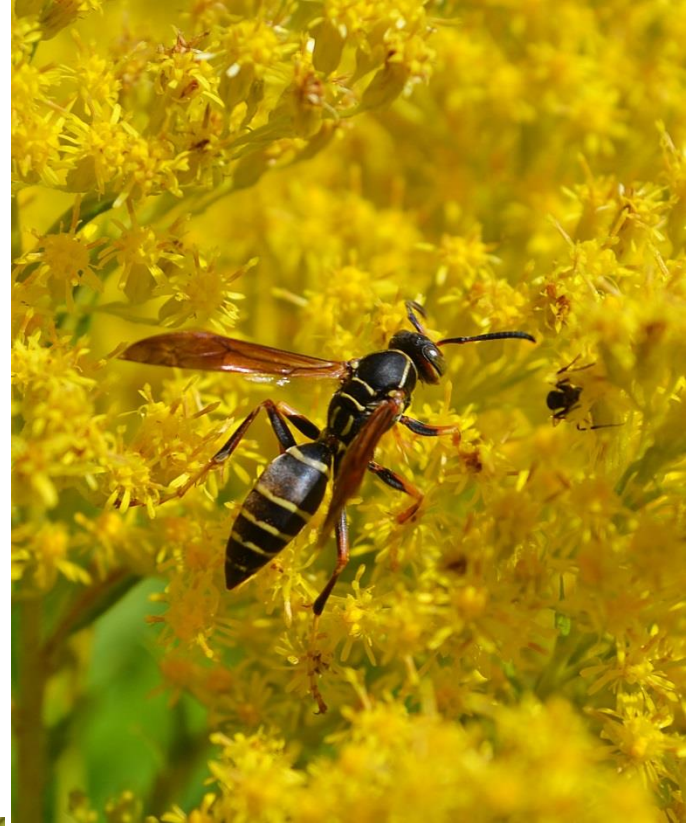
□ Goldenrod Soldier Beetle or Pennsylvania Leatherwing.

□ Red-legged Grasshopper with its bright red hind legs.

□ Milkweed Tussock Moth Caterpillar, one of the tussock moth caterpillars.

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- Northern Paper Wasp, a wasp with a tiny waist-line that feeds on garden pests and is a good pollinator. Pictured at right.
- Lance-tipped Darner, a large dragonfly with metallic green and blue markings.
- Red Cross Shield Bug with its reddish markings that more or less form an X across its back.
- Giant Eastern Crane Fly with its 3-inch wingspread and 4-inch leg-spread is often found on walls. Crane flies as flying insects are harmless, but in the larval stage, they can do damage to lawn – brown spots and poor growth. Pictured below, it looks like an oversized mosquito.



Northern Paper Wasp, photo by Riley Cormier

- Assassin Bug nymph. There are many species of assassin bugs, bugs that have strong beaks that are used to stab their prey to death, but bugs that are beneficial to a healthy garden.



Giant Eastern Crane Fly, photo by Riley Cormier

- **Boreal Jumping Spider** or *Phidippus borealis* is a giant jumping spider. Looking quite intimidating indeed, it is pictured at right.



Boreal Jumping Spider, photo by Riley Cormier



Guided Walks in Laurier Woods

On **Saturday, October 7, from 10:00 a.m. until noon, Paul Chivers**, noted photographer, will lead a walk on **Nature Photography**. Paul will talk about and demonstrate techniques to extract details of the spectacular autumn colours from the visual chaos of the forest as demonstrated in his photo below.

Paul's photographs have been published in newspapers, books, magazines and promotional literature throughout North America. They have also been shown at Canoe Expo; Wilderness Canoe Association Symposium; Canadian Heritage Rivers System; Celebration of the Wilderness; The Canadian Club; Nipissing University; Canadian Federation of University Women; and several Ontario Provincial Parks.





Eric Mattson

Upcoming speakers have ice on their mind

Meetings of Nipissing Naturalists Club are held **in the auditorium of Casselholme** on the **second Tuesday of every month, starting at 7:00 p.m.** Perhaps in preparation for the coming winter, as with Fred Pinto's talk in September, speakers will be focusing on ice and ice areas for the rest of 2017. Speakers for October and November are:



Courtesy of Franco Mariotti

On Tuesday, October 10: Franco Mariotti, Director, Ontario Nature, will speak on the **Natural History of Antarctica**

Franco (seen at left) served as a naturalist aboard cruises to the Antarctica in 2016-2107. He will share his observations and knowledge from his visits to this intriguing and awe-inspiring continent, including some of the islands he visited in the Southern Ocean.

On Tuesday, November 14: Dr. Eric Mattson, Professor of Physical Geography, Nipissing University, will speak on **The State of the Cryosphere**

Dr. Mattson (seen at right) is a specialist in the field of snow and ice hydrology. His main research interest is in understanding variations in glacier volume to determine past, present and future trends in glacier size and meltwater production.



Courtesy of Eric Mattson

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The Bird Wing newsletter is published each month, except December, and sent to members by email and posted on Nipissing Naturalists Club website under the link, Enter Bird Wing.

The Woodland Observer is published electronically each month from September to June and sent to members by email and posted on Nipissing Naturalists Club website, <http://www.nipnats.com/> under the link, "Newsletter".

Editor: Renee Levesque: rlevesque1948@gmail.com

Contributors this issue: Paul Chivers, Dave Clement, Riley Cormier, Karl Dittman, Kaye Edmonds, Kerri Edwards, Rebecca Geauvreau, Kyna Intini, Bev Kingdon, John Levesque, Renee Levesque, Franco Mariotti, Eric Mattson, Fred Pinto, Nicole Richardson, Louise Simpson, Gary Sturge, Dick Tafel and Brent Turcotte.

Sources: All About Birds, Cornell Lab of Ornithology; Centre Wildlife Care; Gateway North Bay Tai Chi; iNaturalists; Native Drums; Ontario Nature; Ron Pittaway, OFO, Winter Finch Forecast; Sy Montgomery, *Birdology*; and The 45th Parallel Painters..

Membership Fees

Annual Nipissing Naturalists Club membership fees are: single \$20. 00; family \$30.00.

There is an **additional annual \$5.00 membership fee for Bird Wing** which meets the **fourth Tuesday of every month in the auditorium of the North Bay Public Library from 6:30 to 9:00 p.m.** This fee is paid directly to Bird Wing.



The Nipissing Naturalists Club is affiliated with Ontario Nature: <http://www.ontarionature.org/>.