

Central Okanagan Naturalist

www.okanagannature.org

September 2026



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Monthly Meetings: 2nd Tuesday of the month.

The next general meeting takes place on September 8, 7:00 p.m., **in person** at Evangel Church, 3261 Gordon Drive, Kelowna. Please see our speaker details below for more information

UPCOMING ACTIVITIES:

CONC SPEAKER, SEPTEMBER 8TH GENERAL MEETING – DOUGLAS GRAHAM



**Know Nature and Keep it
Worth Knowing**

Index

Upcoming Meeting	1
Upcoming Activities	
• General Meeting Speaker	1
Regular Columns	
• Botany Report	2
• Summer Hiking Report	3
Features	
• Note from the Editors	5
• Obscurata – My Slimy Friends	5-7
• Book Review – Bicycling with Butterflies	8
• CONC on the Go	8-9
• Garden Plants for Birds Poster	10-11
• What's New in the News	12
Club Information	13



Douglas Graham will share with us his experience in South Georgia and the Antarctic Peninsula — a PowerPoint presentation from his January 2026 trip to Antarctica with his wife, France Marcoux.

Douglas is a past President of CONC and is currently sitting on our Board as Co-Birding Director. He is a retired biologist

with many years of experience working internationally on issues involving biodiversity conservation, climate change, and natural resource management.



REGULAR COLUMNS:

BOTANY REPORT

BY PETER COURTNEY

CONC's 2026 botany season began in April with two outings to see early bloomers. The regular Friday botany outings began on May 1, focusing as always on flowering plants, and ended one week earlier than usual on July 10, due to an early season end in peak flowering. After three years of flowering seasons starting and finishing at least one week earlier than normal, it looks like climate change may be affecting our local wildflower season.

There have been 13 botany outings conducted thus far this year. In addition to plants, participants observed birds, insects, mushrooms and anything else of interest. We recorded flowering plants that were in bloom, near bloom or with a fresh seed or berry. A checklist, field guide, and phone apps were used to assist identification in the field and photos of things seen by participants were posted on iNaturalist.

The first five outings were reported in the May CONC newsletter.

For the sixth outing, on May 22, 16 of us explored two locations along Beaver Lake Road. We recorded 76 flowering plant species. See photos at [Observations · iNaturalist](#)

On May 28, four of us browsed the parking lot area of Telemark Nordic and the Jackpine Meadows above the Jackpine FSR. We recorded 72 flowering plant species. See photos at [Observations · iNaturalist](#)

On June 5, 10 of us browsed Three Forks Community Park and recorded 67 flowering plant species. See photos at [Observations · iNaturalist](#)

On June 12, 12 of us browsed Wrinkly Face Provincial Park, and recorded 88 flowering plant species. This park has a high plant diversity and a few rare plants that are always a favourite. See photos at [Observations · iNaturalist](#)

On June 19, seven of us checked out Prather Creek off Goudie Road and identified 73 flowering plant species. While most of the plants we recorded were in flower, seed or berry we also included eight species of ferns because of their diversity and uniqueness at this site. See photos at [Observations · iNaturalist](#) .

On June 26, six of us checked out two areas of the Larch Hills Nordic area including a sphagnum wetland within the Upper Violet Creek Provincial Park. We recorded 69 flowering plant species including ten species of orchid and some interesting wetland plants such as Mountain Death Camas, Round-leaf Sundew, Buckbean, Green-keeled Cotton-grass, and Bog Cranberry. See photos at [Observations · iNaturalist](#)

On July 3, nine of us explored the area surrounding the Little Kettle Bridge on Big White Road and found 84 flowering plant species. This comprised a mix of mid-elevation and some subalpine plants including three species of orchids and some uncommon finds such as Hooker's Thistle, Robbin's Milk-Vetch, and Cut-Leaved Anemone. See photos at [Observations · iNaturalist](#)

On July 10, 11 of us took the Bullet chairlift up Big White Mountain and started browsing near the summit. We recorded 73 flowering plant species. The flush of subalpine colour was less than previous years, but the diversity of flowering plants was still relatively high. See photos at [Observations · iNaturalist](#)

No further wildflower outings are planned for this year but if we get enough moisture in the coming weeks, we hope to get out and see some mushrooms in either September or October. Stay tuned.

CONC's hikers have been doing summer hiking trips for many years. In summer 2024, for example, the trip was to Jasper but only lasted a few hours due to the fires that forced the town's evacuation. In summer 2025, the trip was to Nelson and involved many days of great hiking.

In summer 2026, the trip was planned for Waterton Lakes National Park. Normally, all attendees try to stay in one location, but that was not possible this year; we used five locations and WhatsApp for communication. Before we left Kelowna, though, one third of the participants cancelled due to the smoke and fires affecting southern BC.

The group members arrived in Waterton on August 9 and 10 and left on August 17. In between, we had two days of sun and three days containing a mixture of rain, mist, drizzle, cloud, smoke, and (occasionally) sun. Who would have expected a high of 13 degrees in the middle of August?

Participants covered a mixture of short, medium, and long hikes. Bear's Hump and Bertha Falls are close to town. Along the Akamina Parkway are Crandell Lake, Lineham Falls, Rowe Lakes, Lineham Ridge, Akamina-Kishinena Ridge (AK Ridge), and the Summit Lake trails. The AK Ridge trail is unusual since most of it is actually in BC while the trailhead is in Alberta.

Along the Red Rock Parkway are Crandell Lake (an alternative access), Blakiston Falls, Red Rock Canyon, and Goat Lake trails.

On days when people were not hiking, they visited Cardston, Pincher Creek, Police Outpost Provincial Park, and other smaller places nearby.

Wildlife sightings were many. Deer wandered the town; bison in the paddock were numerous; a couple of bears made their presence known; bighorn sheep were seen along the Akamina Parkway; mountain goats were on the mountainside near (where else?) Goat Lake; some saw foxes and marmots.

Following a group dinner on August 16, we went our separate ways, some returning directly to Kelowna, others stopping to visit High River, Banff, Edmonton, and Kimberley. Jen and Rick stopped in the first two locations, finding many interesting birds at Frank Lake, near the former, and four black bears (one large and three small) at a campground in Banff.

Thanks to Shelley, Glenda, and Gerda for much of the pre-trip planning. Thanks to all the hike leaders. Thanks to everyone who participated.

Where will we be hiking next summer? Stay tuned.



Akamina-Kishinena Ridge, Waterton, photo by Jen Matthews

FEATURES:

NOTE FROM THE EDITORS

MEMBERSHIP RENEWAL – REMINDER AND NEW APPLICATION PROCESS

Membership renews every year on September 1. CONC applications and renewals have now moved to a simple online form.

Here's what's changed: there's nothing to print, fill out by hand, or sign — the whole process is completed online and submitted directly to the Membership Director.

Payment works the same as before. The online form simply asks you to indicate how you're paying — e-transfer or paper cheque (**no cash**) — but the payment itself is still handled separately, just as it always has been.

The new forms have been tested several times and most of the kinks are ironed out, but if anything doesn't work quite right for you, email Vivian at vmanning@gmail.com and she'll help sort it out.

- [Single Membership Renewal Application](#)
- [Family Membership Renewal Application](#)

Both links are also available on our website.

Thanks for your patience as we work through this change — we think it will make applying for and renewing memberships much easier going forward!

NEWSLETTER BY EMAIL ONLY - REMINDER

Beginning with this Newsletter, we have moved to an email-only format. This wasn't an easy decision — the cost of printing has simply become too high for the Club to sustain, and our current newsletter design is really built with a digital reader in mind.

We know some members enjoy having a paper copy in hand, and we don't want that to go away entirely. If you'd like a printed version, you're welcome to save the emailed PDF and print it at home or take it to a local print shop.

Thank you for your understanding as we make this transition.

SUBMISSIONS – PHOTOS AND ARTICLES

The Editors encourage all CONC members to submit photos and articles to the newsletter – we really like to see and read what interests you in the natural world! All contributions will be given proper attribution, and authors will be credited for their articles.

If you've visited an area that you think might interest CONC members (CONC on the Go), read a book or article worth sharing, or taken photos on a CONC outing, please send them to editor@okanagannature.org.

We look forward to your contributions!

7. MY SLIMY FRIENDS

This spring, on May 15th, Peter Courtney led his annual CONC botany trip into Scenic Canyon. We accumulated the usual long list of plants, and maybe a few birds and fungi, but, from my perspective, the most interesting find was a small slimy patch, perhaps 3 cm long, on a fallen cottonwood.

I was so enthralled with that bit of slime that I returned to photograph that same patch the following day (May 16th), and for a third time on May 17th. Over the course of 51 hours, the slime evolved from a small, beige pebbly surface to a collection of steel grey, exploded capsules.

Over the course of a few more days, I was able to gradually winnow the range of possible IDs down to one likely candidate, *Badhamia populina*. It has no English common name but seems to be called “Poppeliputkinen” (Poplar Tube) in Finnish; thus, maybe for our convenience, we can refer to it as the Poplar Tube Slime Mould.



Slime Mould from Scenic Canyon, most likely *Badhamia populina* Upper left, 15 May 2026; upper right & lower left, 16 May 2026; lower right, 17 May 2026).

The slime moulds are not animals, they aren't plants, they aren't fungi, they're not bacteria. Up until a few years ago, we referred to them as being protists, which was just a grab bag of organisms that defied humans' simplistic attempts to categorize life.

There are two kinds of slime moulds, the cellular slime moulds (with cells) and the acellular slime moulds (without cells). The “Poplar Tube Slime Mould” belongs to the latter category, and, like other slime moulds, it has, from a human perspective, a rather bizarre life cycle.

(If you asked a slime mould, however, I’m sure they would be quite perplexed, “Isn’t this quite normal?”)

Mostly acellular slime moulds live out their lives as independent, microscopic, unicellular (one-celled) [amoebas](#) or [flagellated protozoans](#), wandering about in moist soil or in decomposing organic matter. Being equipped with a pair of whip-like “tails”, the flagellated versions are better adapted to wetter conditions where they can swim through the decomposing debris; the amoeboid versions lack tails and are best adapted to somewhat drier situations, where they can “crawl” through the decomposing matter. At any time, as conditions dictate, the amoeboid versions can become flagellated; or the flagellated versions can become amoeboid. Whether amoeboid or flagellated, the cells will feed on decomposing debris, and other microscopic life contained therein.

Each of these individual amoeboid or flagellated cells can reproduce simply by fission (i.e., dividing in two). In this way, each cell can reproduce itself many times, to produce many, many, identical offspring. Reproduction by fission is entirely asexual (without sex).

However, for reasons unknown, any two of these microscopic cells (amoeboid or flagellated) may meet up, and fuse together, just like egg and sperm. This constitutes slime mould sex (effective but without exactly the explicit sensual connotations we associate with sex in animals).

Now in humans, and other animals, the fusion of egg and sperm is immediately followed by rapid growth, and a rapid series of cell divisions, ultimately yielding a complex, well-differentiated, multicellular organism (e.g., a baby).

In acellular slime moulds, there is rapid growth of the fused cell, but no cell division. The contents (e.g., the nucleus, mitochondria, other organelles) of the cell repeatedly divide, but all of those contents remain enveloped within a single, large membrane. The result is essentially one huge cell. That “cell” is a giant amoeboid blob (i.e., a plasmodium) that can migrate through the soil, continuing to feed. The largest of these blobs, [according to Wikipedia](#), can attain a mass of 20 kg, and a diameter of 1 metre – that whole mass is not divided into cells, and is thus considered “acellular” (without cells).

If one of these blobs meets another blob, they may fuse. Conversely, one blob might divide into two blobs. Eventually however, the blob(s) will start to differentiate, generating a mass of specialised, tiny, spore-containing capsules (i.e., sporangia). At full maturity these capsules will dry-out, and explode, releasing the spores into the air.

The spores will drift on the air, with some eventually landing on a suitable, moist substrate, and then germinate. They may germinate as amoebas or as flagellates, but like their ancestors they can rapidly reproduce asexually, populating that substrate with thousands of genetically identical, microscopic cells, amoeboid, flagellated, or both.

Again, eventually, for unknown reasons, two of those cells will fuse, re-initiating the sexual cycle.

The “Poplar Tube Slime Mould” is just one of many slime mould species. They have sufficient fans among humans to have [a Facebook page](#) dedicated to their appreciation, with many, many beautiful images.

Nevertheless, they don't attract much attention, and, consequently, can be difficult to identify. Unless you have access to specialized eDNA research facilities, identification of the free-living flagellates or amoebas is impossible.

It is only at the mature, spore-producing stage that they are relatively easily identifiable. Thus, so far, the slime mould enthusiasts who populate iNaturalist have only elevated two of my observed species to that worthy status of "Research Grade". One is the False Puffball (*Reticularia lycoperdon*); the other, a spectacularly bright yellow species, affectionately called Dog Vomit (*Fuligo septica*).

However, don't deride slime moulds too readily. My father grew up in a small town; his mother told him not to deride his classmates too much – he might discover they're relatives! If, as scientists assume, all life has evolved from one primeval cell, then slime moulds are among our many, many distant relatives.

Furthermore, scientists have marvelled at their intelligence. They can navigate mazes and compute optimal configurations for highway networks and transit systems. Don't believe me? Here's some further reading: ["Computing: Gathering intelligence from brain-less organisms"](#).

Lastly, if you're looking for a new book to populate your bookshelves, Lone Pine has published a field guide, [Slime Molds: A Handbook of Myxomycetes](#). Maybe you want to add that to your Christmas wish list?

(I don't have a copy yet... hint, hint...)



Two other slime moulds: the False Puffball (19 May 2023 in Scenic Canyon) and Dog Vomit (17 Jan 2006 near Coyhaique, Chile)



Bicycling with Butterflies: My 10,201-Mile Journey Following the Monarch Migration Author: Sara Dykman Publisher: Timber Press, 2021 Award: 2021 National Outdoor Book Award

Bicycling with Butterflies is the book that gets written when an author has an obsessive love of a single species along with buckets of endurance and advocacy. And I now totally get that (well, except for the endless cycling part), since visiting one of the Monarch butterfly sanctuaries in Mexico. Visiting the sanctuary and watching its inhabitants was a magical experience, and one

I can't stop thinking about. Hearing stories from our guides about the butterflies' struggles, both in Mexico and along the migration route, now sits even more deeply after reading Dykman's book. Her book brought a lot of the experience back, although I remain endlessly thankful for a horseback ride into the reserve at 3200 metres, rather than an uphill hike/bike.

Wildlife biologist Sara Dykman decided to follow the Monarch Butterfly migration by bike, starting at the Monarchs' overwintering grounds in the forests of Michoacán, Mexico, then rode north, following the butterflies as they migrated through the U.S. and into Canada. She then reversed course and rode back south following the generation making the return trip. Dykman biked alone, for nine months, covering 10,201 miles.

This book is both a science book and a travel memoir. It contains information about milkweed, biology, and the threats facing the butterflies (habitat loss, pesticides, climate change, the usual suspects), alongside stories of back roads, bad weather, interesting people, and the day-to-day grind of cycling through three countries on a homemade bike. Along the way, she pays close attention everything Monarch Butterfly — checking roadside milkweed for eggs, and tracking which sanctuaries are thriving and which aren't. And she make it very clear how much the Monarch is genuinely under threat, and why the migration is worth protecting, through the people she meets along the way who are already doing something about it: citizen scientists, farmers setting aside milkweed patches, backyard “Monarch Waystation” gardeners, and science researchers.

If you enjoy adventure memoirs and/or you're into Monarch butterflies, this book is packed with information about their biology and habitat along with the experiences of a solo female cyclist crossing multiple country borders. It is a worthwhile read.



CONC ON THE GO - ANN & SANDY CROSS CONSERVATION AREA

BY VIVIAN MANNING



The Ann & Sandy Cross Conservation Area (ASCCA) is a large, privately protected area of land — about 4,800 acres of foothills, prairie, and forest, southwest of Calgary. It was donated to Alberta by Ann and Sandy Cross (more on them below). Managed by a non-profit under **Alberta's Wildlife Act**, the ASCCA balances wildlife protection with limited public access. For birders, hikers, plant, and nature lovers, it's a gorgeous spot with rolling grassland, aspen forest, and lovely views of the Rockies — there's even one viewpoint where you can spot downtown Calgary in the distance. I try to visit it each time I am in Calgary.

WHO WERE ANN AND SANDY CROSS?

The Cross family were Alberta ranchers. Sandy's father was one of the “Big Four” founders of the Calgary Stampede. Sandy started buying up land southwest of Calgary back in 1945 to run cattle.

Ann grew up in North Battleford, Saskatchewan, and worked as a nurse and lab tech before moving to Alberta. She and Sandy married in 1974 and made their home on what's now ASCCA land.

As Calgary kept expanding, the couple became worried about what that growth meant for the foothills. So, in 1987, they donated almost 2,000 acres to Alberta — the largest private land donation in Canadian history at the time. Then, in 1996, they donated another 2,800 acres, with the condition that all the land stay as untouched as possible. Today, the ASCCA runs as its own independent charity, funded by donations, parking fees, and educational programs.

GETTING THERE

The ASCCA sits southwest of Calgary off Highway 22X, at 20-194001 160 Street West, Foothills, AB T1S 4K9. From SW Calgary, take Highway 22X west and follow the signs. Use GPS — the last stretch travels some unmarked country roads.

PARKING & SIGN-IN

Parking costs \$10 per vehicle (you can pay at the Welcome Kiosk or [online now](#)), which helps fund trail upkeep and conservation work. Everyone must sign in at the kiosk. The ASCCA is open daily from 4 a.m. to 11 p.m., year-round.

HIKING TRAILS

[There are over 20 km of well-marked gravel trails](#) throughout the ASCCA land, with elevation gains of roughly 40–250 metres. The main routes are:

- **Rancher's Trail** (~3.6 km) — a short, easy warm-up
- **Aspen Trail** (~3.5 km) — through the forest, great for birding
- **Fescue Trail** (~4.6 km) — a signed, self-guided loop
- **Paradise Trail** (~8.6 km) — the longest trail, climbing up to West Side Lookout for views of the Rockies

If you want a longer hike, you can combine the Aspen, Paradise, and Fescue trails. And if you're there in winter, snowshoeing is allowed on the Aspen Snowshoe Loop.

WILDFLOWERS

Spring and summer bring a lovely wildflower show - Alberta Wild Rose, Red Paintbrush, Canada Anemone, Smooth Blue Aster, and more. You'll find everything from prairie blooms to woodland understorey plants. Check out the [Ann and Sandy Cross Bio Inventory Project on iNaturalist](#) for the full list.

WILDLIFE

The ASCCA is home to a range of species, and it's an [eBird hotspot](#). You'll likely spot White-tailed and Mule deer, and maybe a moose or coyote, along with smaller critters. Black bears and cougars are present too, though you're unlikely to see them. Twice a year, cattle graze part of the property for grassland management — so don't be surprised if you're sharing the trail (and watch your step!). Daily wildlife sightings get posted at the Welcome Kiosk, so it's worth a read before you set out.

The ASCCA is also designated nocturnal preserve, recognized by the [Royal Astronomical Society of Canada](#).

RULES TO KNOW

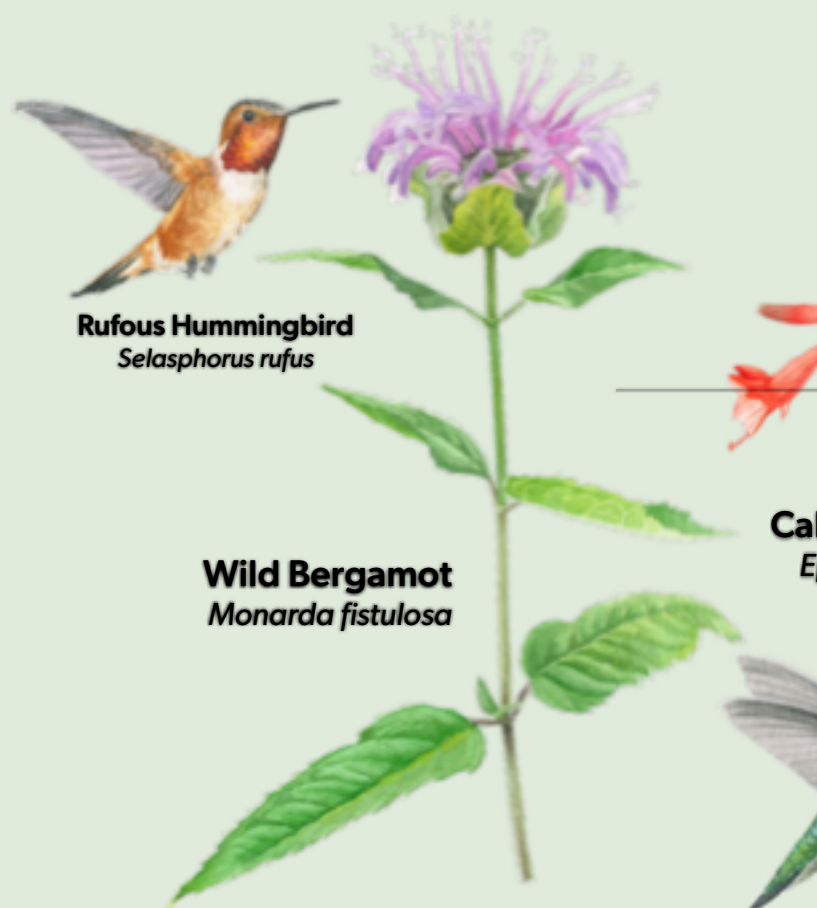
Since this is a conservation area, the rules are pretty strict: no dogs, no bikes or scooters, take only pictures, leave only footprints, keep a good distance from wildlife, stay on the trails, no camping, and no drones. (Check the full [ASCCA Guidelines](#) for details.)

BOTTOM LINE

Whether you're into moderate hiking, birding, botanizing, or just soaking in some nature, if you're near Calgary or Bragg Creek (or don't mind a bit of a drive), the ASCCA is well worth a morning or afternoon visit.



Support Birds with Bird-Friendly GARDEN PLANTS



Rufous Hummingbird
Selasphorus rufus

Wild Bergamot
Monarda fistulosa



Anna's Hummingbird
Calypte anna

California Fuchsia
Epilobium canum



Ruby-throated Hummingbird
Archilochus colubris

Coral Honeysuckle
Lonicera sempervirens



Western Tanager
Piranga ludoviciana

Saskatoon Serviceberry
Amelanchier alnifolia



Baltimore Oriole
Icterus galbula

Common Serviceberry
Amelanchier arborea



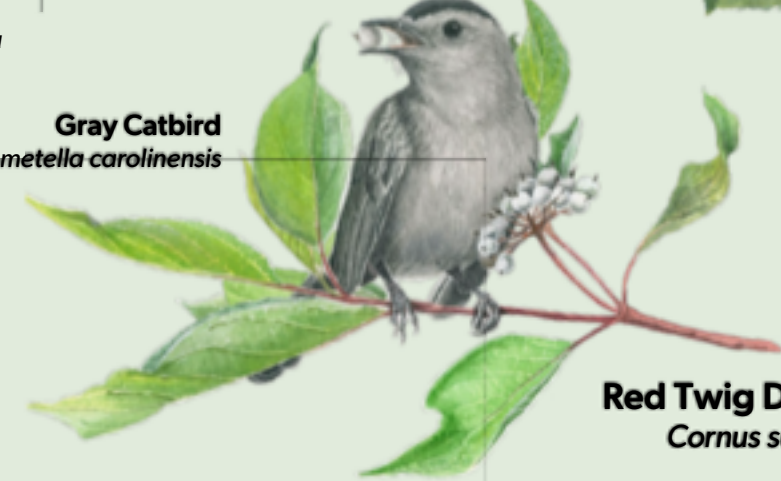
Cedar Waxwing
Bombycilla cedrorum



Early Mining Bee
Andrena haemorrhoa



Gray Catbird
Dumetella carolinensis

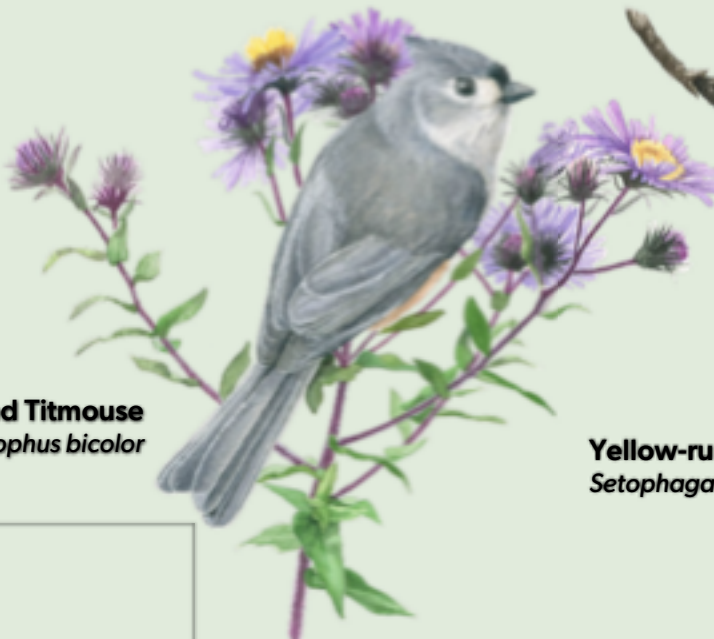


Rose-breasted Grosbeak
Pheucticus ludovicianus

Red Twig Dogwood
Cornus sericea



American Tree Sparrow
Spizelloides arborea



Tufted Titmouse
Baeolophus bicolor

New England Aster
Symphyotrichum novae-angliae



Yellow-rumped Warbler
Setophaga coronata



Flowering Dogwood
Cornus florida



House Finch
Haemorrhous mexicanus

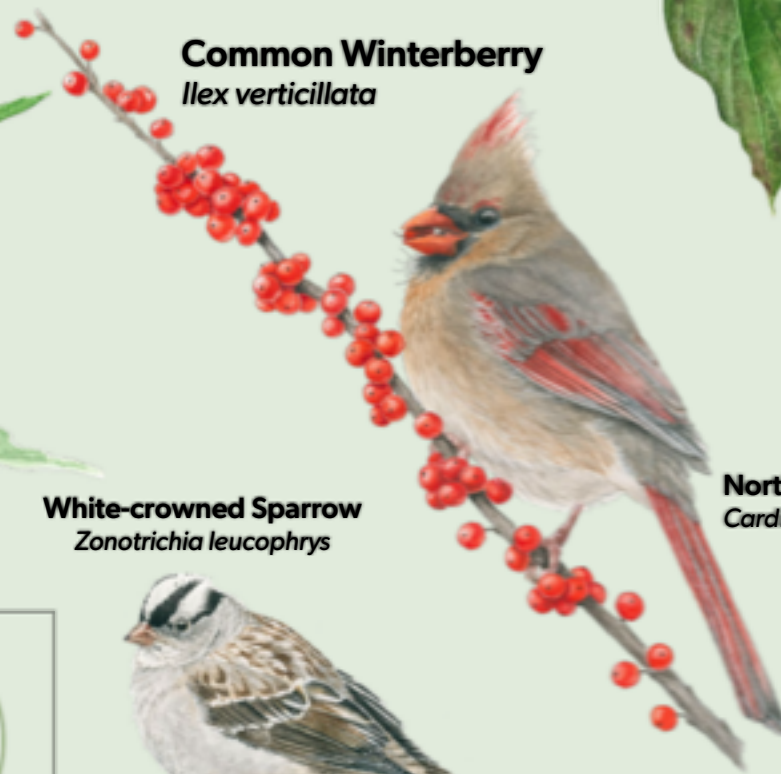
Pacific Dogwood
Cornus nuttallii

Black-capped Chickadee
Poecile atricapillus



Indigo Bunting
Passerina cyanea

Common Sunflower
Helianthus annuus



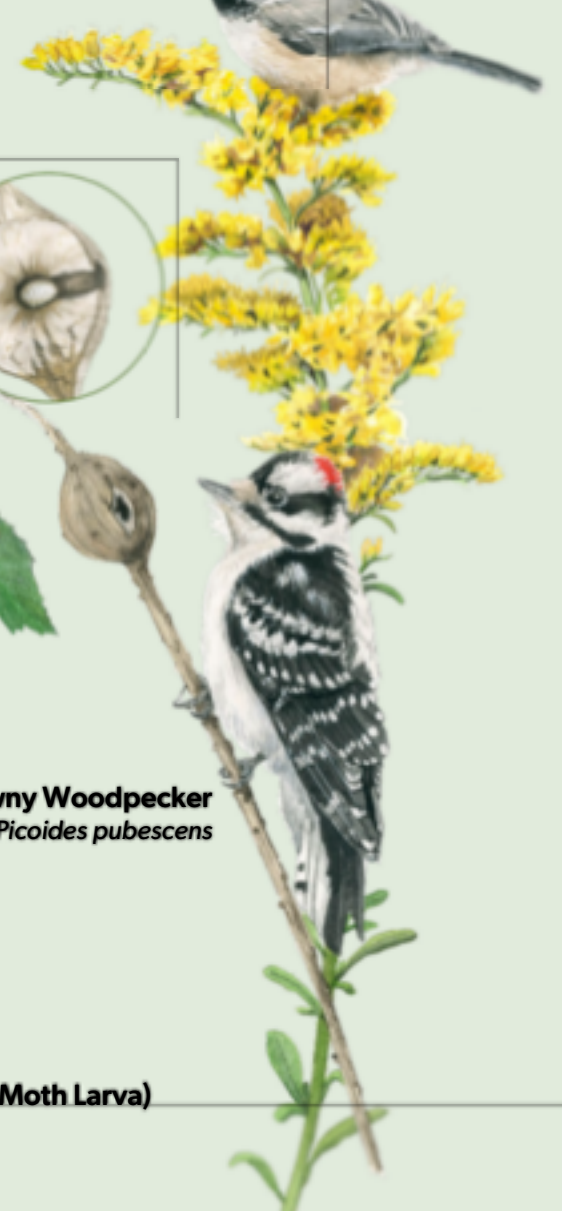
White-crowned Sparrow
Zonotrichia leucophrys

Northern Cardinal
Cardinalis cardinalis

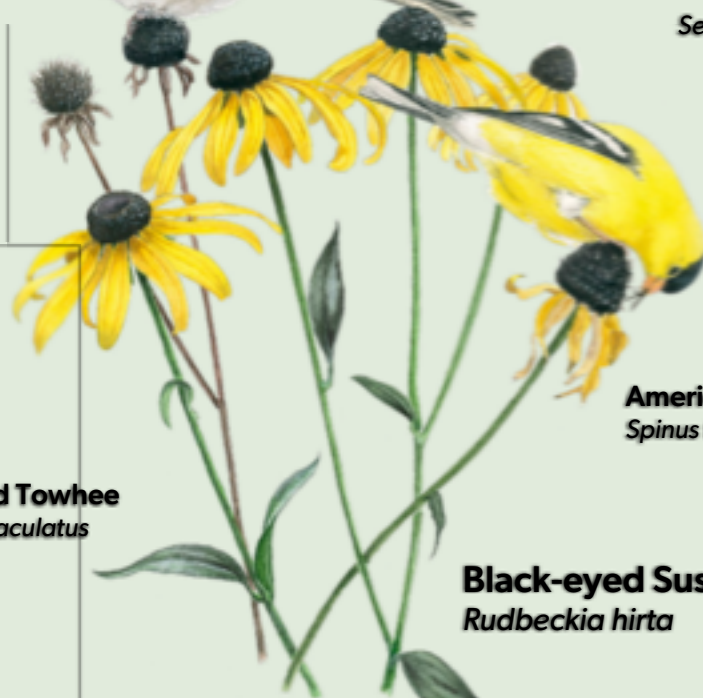


Yellow Warbler
Setophaga petechia

Downy Woodpecker
Picoides pubescens



Goldenrod Gall Fly (Larva)
Eurosta solidaginis



American Goldfinch
Spinus tristis

Black-eyed Susan
Rudbeckia hirta



Inchworm (Geometer Moth Larva)
Geometridae

American Hazelnut
Corylus americana

Northern Flicker
Colaptes auratus



Gray Goldenrod
Solidago nemoralis

Support Birds with Bird-Friendly GARDEN PLANTS

Here are 14 North American plant species that support birds. See a plant you like that doesn't fit your space or location? There may be a similar plant more suitable to your habitat. Try searching for plants native to your area in the same genus.

Herbs, Forbs, and Vines



Black-eyed Susan *Rudbeckia hirta*

Other names: Common Black-eyed Susan, Brown-eyed Susan

Native range: Canada from British Columbia east to Quebec and Nova Scotia. Native or naturalized throughout the entire U.S.

Care: Annual/perennial; needs full sun and dry to moist, well-drained soil.

Attracts: Butterflies, caterpillars, bees, small seed- and insect-eating birds.



California Fuchsia *Epilobium canum*

Other names: Hummingbird Trumpet, Zauschneria

Native range: Western United States from Washington to New Mexico.

Care: Perennial; prefers full sun and dry to moist, well-drained soil.

Attracts: Hummingbirds, bees.



Common Sunflower *Helianthus annuus*

Other names: Annual Sunflower

Native range: Manitoba, Canada to Texas and westward. Not native but naturalized to the eastern U.S.

Care: Annual; prefers full sun and dry soil.

Attracts: Bees, seed-eating birds.



Coral Honeysuckle *Lonicera sempervirens*

Other names: Coral Honeysuckle, Trumpet Honeysuckle, Woodbine

Native range: Eastern U.S. from Maine to Florida and west to Illinois, Iowa, Kansas, Oklahoma and Texas.

Care: Perennial; prefers full or partial sun and moist, preferably rich soil. Will need a structure to climb.

Attracts: Hummingbirds, butterflies, bees, fruit-eating birds.



Gray Goldenrod *Solidago nemoralis*

Other names: Prairie Goldenrod, Oldfield Goldenrod, Dyersweed Goldenrod, Dwarf Goldenrod, Field Goldenrod

Native range: Across southern Canada. Native in the U.S. from Montana to Texas and eastward. Native range extends south to Durango in Mexico.

Care: Perennial; prefers full sun and sandy, clay or gravel soil. Plant in dry soil.

Attracts: Butterflies, caterpillars, seed- and insect-eating birds.



New England Aster *Symphyotrichum novae-angliae*

Other names: New England American Aster

Native range: From Quebec to Alberta in Canada, south through the U.S. into North Carolina, Alabama, Arkansas, and Kansas and west to the eastern Great Plains. Also native to the mountains of Colorado, Wyoming, and New Mexico.

Care: Perennial; prefers light shade and moist soil.

Attracts: Hummingbirds, butterflies, caterpillars, bees, seed- and insect-eating birds.



Wild Bergamot *Monarda fistulosa*

Other names: Beebalm

Native range: Most of southern Canada and part of the Northwest Territories, most of the United States except California and Florida. Northeastern Mexico.

Care: Perennial; prefers full sun to partial shade, dry to moist soil.

Attracts: Hummingbirds, butterflies, caterpillars, bees, insect- and nectar-eating birds.

Trees and Shrubs



American Hazelnut *Corylus americana*

Other names: American Filbert

Native range: From Manitoba to Texas and eastward, except Florida and the far eastern coast of Canada.

Care: Perennial; prefers partial shade to shade and dry to moist, rich, well-drained soil.

Attracts: Butterflies, caterpillars, seed- and insect-eating birds. Good cover and nesting location.



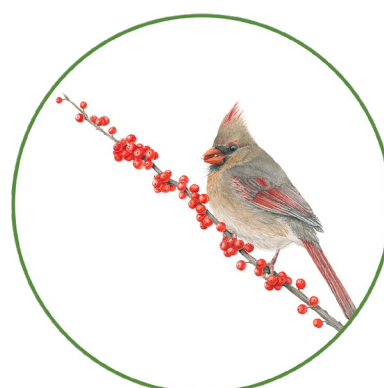
Common Serviceberry *Amelanchier arborea*

Other names: Downy Serviceberry, Shadbush, Juneberry, Junebush, Shadblow, Sarvis

Native range: Southeastern Canada New Brunswick to Quebec and Ontario. Eastern U.S. from Maine to Minnesota to Texas.

Care: Perennial; can handle sun to shade. Prefers moist, well-drained, acid soil.

Attracts: Butterflies, caterpillars, bees, fruit- and insect-eating birds.



Common Winterberry *Ilex verticillata*

Other names: Winterberry, Michigan Holly, Black Alder

Native range: Quebec and Ontario in Canada, down through the eastern U.S. from Florida to eastern Texas and up to Minnesota.

Care: Perennial; tolerates full sun to full shade and moist or wet soil. Needs lots of water and tolerates poorly-drained soil.

Attracts: Butterflies, caterpillars, fruit- and insect-eating birds. Good cover and nesting location.



Flowering Dogwood *Cornus florida*

Other names: Virginia Dogwood, Florida Dogwood, White Cornel, Arrowwood, American Boxwood, Corona de San Pedro

Native range: Ontario, Canada; southern Maine to Florida in the U.S., west to Texas, Oklahoma, Kansas, Missouri, and Illinois; Coahuila to Veracruz, Mexico.

Care: Perennial; prefers partial shade to shade and dry to moist, rich, well-drained, acid soil.

Attracts: Butterflies, caterpillars, bees, fruit-, insect-eating birds.



Pacific Dogwood *Cornus nuttallii*

Other names: Pacific Flowering Dogwood, Mountain Dogwood

Native range: British Columbia down the Pacific coast through California. Also native to Idaho.

Care: Perennial; tolerant of full sun to full shade. Needs dry or moist, rich, well-drained soil.

Attracts: Fruit-eating birds.



Red Twig Dogwood *Cornus sericea*

Other names: Red Osier Dogwood, Red Osier, Red-twig Dogwood

Native range: Canada, Alaska, and the northern and western continental U.S.

Care: Perennial; can handle full sun to full shade, with well-drained soil.

Attracts: Butterflies, caterpillars, fruit- and insect-eating birds.



Saskatoon Serviceberry *Amelanchier alnifolia*

Other names: Western Serviceberry, Juneberry, Saskatoon

Native range: Along the Pacific coast from Alaska to California. East to Quebec in Canada, Minnesota to New Mexico in the U.S.

Care: Perennial; can handle full sun to full shade. Prefers dry to moist, well-drained soil.

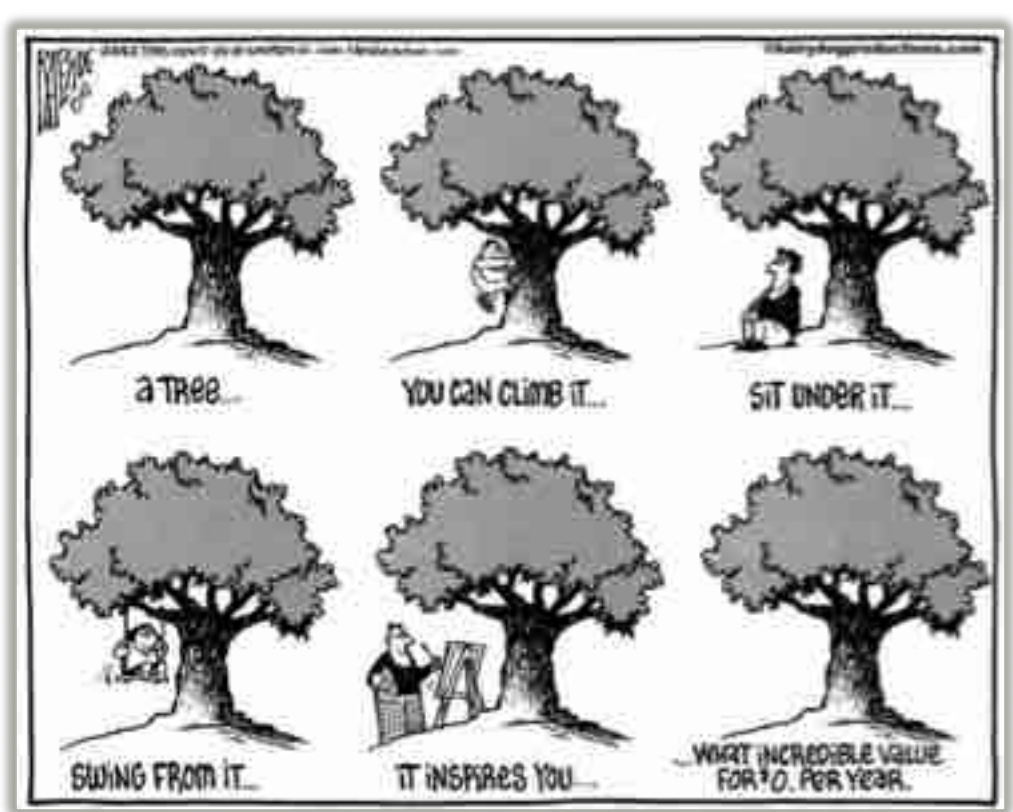
Attracts: Butterflies, caterpillars, fruit- and insect-eating birds.

Sources: The Biota of North America Program (BONAP), *North American Plant Atlas*; Lady Bird Johnson Wildflower Center, *Plant Database*; National Audubon Society, *Native Plants Database*; United States Department of Agriculture (USDA), *PLANTS Database*





- A short primer on the [common native plants](#) we see on our outings.
- Western Canada's [glacier melt is accelerating](#) at a great pace.
- Cool! This [article explains the potential for using AI algorithms to mine wildlife images](#) from citizen scientist web sites (like iNaturalist), and so further understanding of the impacts of climate change, pollution, habitat loss and more.
- A podcast on [how rat poison endangers wildlife](#).
- Unexpected ways in which [birds are important for the environment](#) (and people).
- The world is experiencing a [reduction in half of migratory bird](#) populations.
- Balancing [travel with conservation](#) efforts.
- [Rusting rivers](#), visual evidence of the (dangerous) rising acidity in arctic waters.
- The Eider Keepers. This article relates the [age-old Norway tradition that connects Eiders](#), people and the land.
- [Pumas can help prevent car crashes](#)
- [Relying on GPS for directions makes your brain lazy. Here's how to give it a workout | CBC Radio](#)



[With permission from Adrian Raeside](#)



Central Okanagan Naturalists' Club www.okanagannature.org
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Email info@okanagannature.org **for any general enquiry**

Board 2026-27

President	Vacant	president@okanagannature.org
Vice-president	Vacant	
Secretary	Louise Nelson	secretary@okanagannature.org
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Program Director	Sheila MacKenzie Brown	programs@okanagannature.org
Conservation Director	Kalin Ocaña	conservation@okanagannature.org
Newsletter	Lisa Rae & Vivian Manning	editor@okanagannature.org

Resource Persons

Host Committee	Bev Thomas	cymru@telus.net
Website	Rick Gee	admin@okanagannature.org

Club Information

MONTHLY MEETINGS

- 2nd Tuesday of the month, September to June, 7:00 p.m. at Evangel Church, 3261 Gordon Drive, Kelowna.
- Visitors are welcome.
- Host: Bev Thomas cymru@telus.net. Please bring your own cup.

MEMBERSHIP

- **ANNUAL DUES: Single \$45, Family \$60, Students \$15.** Includes the quarterly newsletter, sent by email only.
- **MEMBERSHIP APPLICATION/RENEWAL FORM AND WAIVER:** Available online for [Single Membership](#) or [Family Membership](#). If sending a cheque for payment of dues, please mail to: CONC Membership, Box 21128, Orchard Park P.O., Kelowna, B.C. V1Y 9N8, or provided directly to the Membership Director. Dues may also be paid by e-transfer to membership@okanagannature.org. Please note your full name(s) in the field for providing additional information.
- **HONOURARY LIFE MEMBERS:** Hugh Westheuser, Pat Westheuser, Eileen Dillabough
- **MEMORIAL MEMBERS:** Arthur Hughes-Games, Brenda Thomson, Muriel Westwood, Harry Almond, Cec Dillabough, Stu Weir

NEWSLETTER

- Send article submissions/photos to editor@okanagannature.org
- Next deadline date for submissions is November 15, 2026
- Newsletter email distribution: Annette Lachaine: membership@okanagannature.org

ACTIVITIES

- All activities are seasonal. Weekend Explorers outings are the last weekend of each month – [check Calendar for details](#).
- Non-members are very welcome to join one or two CONC outings.
- All outing details are on our [website calendar](#). If in doubt check with the activity contact or contact any Board Member.

BIRDING: contact birding@okanagannature.org

- **Monday Birding:** meet 7:45 a.m. (April-Sept.) or 8:45 a.m. (Oct-March) Robert Hobson parking lot*
- **Thursday Birding:** meet 7:45 a.m. (April-Sept.) or 8:45 a.m. (Oct-March) Robert Hobson parking lot*
- **Saturday Birding:** Day-long outings on second Saturday of the month, March to November, (except August recess) Osoyoos to Salmon Arm. Meet at the Robert Hobson parking lot *at least 15 mins prior to departure to sign in. Return mid to late afternoon. Route details provided by email Thursday prior to outing. Carpooling is encouraged - rate paid to the driver is shown on the website [Activities](#) page. Bring lunch / refreshments.

NOTE: TIMES SUBJECT TO CHANGE!

BOTANY: contact botany@okanagannature.org

- **Friday Botany** trips meet according to emailed details sent for each outing (Spring to Fall)

HIKES and SHOWSHOEING: All hikers meet Robert Hobson parking lot* (Bring a lunch)

- **Tuesday: Ramblers** contact Cynthia Robertson: 250-951-2786 cynrober@shaw.ca
- **Wednesday: Sole Survivors** contact Glenda Newman outings@okanagannature.org
- **Thursday: Trail Trekkers** contact Brenda Johnson 250-808-8370 bubbaloo101@gmail.com
- **Thursday: Snowshoeing** contact Robert Lake 250-717-1029 wipguy@gmail.com

* East End of the Robert Hobson ECCO parking lot where Leckie Road meets Springfield Road