

# *THE OSPREY*

NEWSLETTER OF THE WEST KOOTENAY NATURALISTS'  
ASSOCIATION



An eagle was impatiently waiting for us to clean our fish so it could have the remains.  
- Hazel & Ed Beynon



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**FIELD TRIPS**

Contact the field trip director for information on trips and meetings. If you do not have email, contact the field trip director for hard copy updates.

**DEADLINE FOR SUBMISSIONS**

The deadline for the next newsletter is **OCTOBER 15, 2022**. Material accepted by the Editor any time up to this date. We reserve the right to edit for space, clarity, spelling, and syntax. Major changes will be discussed with the contributor.



# FIELD TRIPS

## \*Just a Reminder\*

1. Common courtesy and common sense dictates that you inform the contact person to confirm your attendance at an event or program, AND THAT YOU CONTACT TO CANCEL if you later find that you cannot attend. Nothing is written in stone and changes may have to be made from time to time, due to weather conditions or personal reasons. Do not wait until the last minute to contact if you are interested in any of our events as leaders may have already left, especially if camping or long distances are involved.

2. The leader of an outing is responsible for:

- Getting the appropriate waiver form signed by every person attending. There are TWO waivers - one for all attendees and one for guests (one-day membership + \$2). Print/photocopy the guest waiver beforehand and keep extra copies just in case. Forward member waiver/sign-out sheets to Diane White, and day membership forms and accompanying dollars to Paula Neilson immediately.
- Making sure that no one is left behind with car trouble at the parking area, especially in winter.
- Arranging to have the trip report forwarded to the newsletter editor. The leader may delegate this, of course. The writer also has the obligation to get the report submitted BY THE DEADLINE.

3. Make it a policy with the entire group to keep the person behind you in sight. If your follower on the trail is lagging, slow your pace to keep that person in sight. If everyone in the group continually checks to make sure they can see the person behind them, it is impossible for anyone to get into serious trouble. If you split into groups, do not allow any one person to "take off" by him/herself.

4. NO PETS allowed on any of our outings.

**Do you have any suggestions for outings, speakers, projects, or improvements to the Club?  
Contact a member of the Executive!**



An Osprey interrupted mid-preening  
- Hazel & Ed Beynon

# TRIP REPORT

**May 21, 2022**

Birding Selkirk College and Waldie Is Trail

Eight keen bird people started from the Brilliant Park and Ride at 8 am and birds could be heard all around us. We first went to Welsh Rd and then passed on the upstream side of the Oxbow to the Kootenay River, looped upstream to the trailer park and then back to the cars for the trip to Waldie Is Trail. There were a goodly number of species of ducks seen from the viewing platform and the bird of the day was a Western Wood Pewee that tolerated us viewing it flycatching at quite close quarters.



- Hazel & Ed Beynon

*Western Wood Pewee, note neat vest. Usually high in trees. This day was on fallen tree by river.*



## BIRDS SEEN AND/OR HEARD

Canada Goose	Eurasian Collared Dove	American Crow	MacGillivray's Warbler
Wood Duck	Calliope Hummer	Western Meadow Lark	Common Yellowthroat
Gadwall	American Coot	Violet-Green Swallow	Yellow Warbler
American Wigeon	Killdeer	Tree Swallow	Wilson's Warbler
Mallard	Spotted Sandpiper	Rough-Winged Swallow	Spotted Towhee
Blue-winged Teal	Bonaparte's Gull	BC Chickadee	Chipping Sparrow
Cinnamon Teal	Great Blue Heron	Veery	Song Sparrow
Northern Shoveler	Turkey Vulture	American Robin	Dark-eyed Junco
Ring-necked Duck	Osprey	Western Wood Pewee	Western Tanager
Lessor Scaup	Bald Eagle	Warbling Vireo	Red-winged Blackbird
Bufflehead	Sharp-shinned Hawk	Gray Catbird	Brown-headed Cowbird
Common Goldeneye	Cooper's Hawk	European Starling	Bullock's Oriole
Barrow's Goldeneye	Red-tailed Hawk	Pine Siskin	
Common Merganser	Merlin	Orange-crowned Warbler	
Ruddy Duck	American Kestrel	Nashville Warbler	



Female Killdeer feigning injury to lure us away from nest. We left quickly.



# KOOTENAY SUMMER

## \* A PHOTO ARCHIVE \*

Are you planning on taking photographs this summer in the Kootenays?

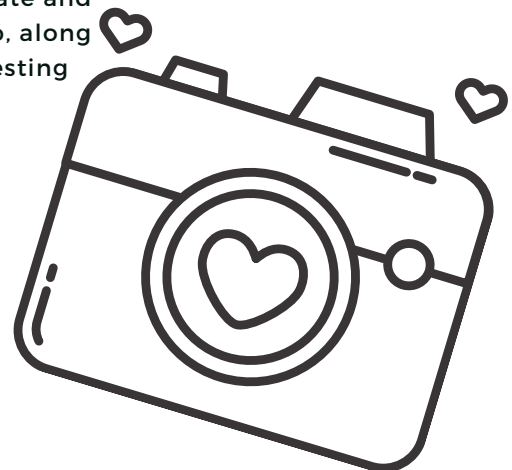
Of course you are!

We want to see your photos in the next issue of The Osprey.

Whether you go on an awe-inspiring hike, an early morning birding adventure, or you are extra proud of your garden this year, we welcome you to submit your best photos by emailing them to the newsletter editor by **October 15, 2022**.

One photo will be chosen for the cover of the issue, and more will be included throughout.

Please include the date and location of the photo, along with any other interesting tidbits.



# NEW NATURE JOURNALING GROUP

BY JENNI STOL

Do you keep a nature journal? A nature journal is an effective tool to help us pause and pay close attention to the natural world. Journal pages can be a collection of observations, questions, and connections, recorded on the page using pictures, words and numbers. Journaling is a mindful practice that sharpens our observation skills, brings our attention fully to the present moment, and helps us make connections we may not have otherwise noticed. Plus it's a fun way to explore nature, either on your own or with others.

The point of nature journaling is not to create great works of art. Through regular practice, you can improve your ability to create accurate sketches, and the act of recording what you're observing in a notebook helps to cement the experience in your memory. It's easy to learn and great for all ages!

A few WKNA members have started meeting up to explore nearby nature and work on our nature journals together. We welcome anyone interested to join us for a relaxed, welcoming introduction in one of our many local greenspaces. No experience or artistic talent required. Contact Jenni at [jkonken@gmail.com](mailto:jkonken@gmail.com) to find out when we are meeting next.

You can also find instructional videos and other free journaling resources on these websites:

[johnmuirlaws.com](http://johnmuirlaws.com)

[www.journalingwithnature.com](http://www.journalingwithnature.com)

[curiositycreativitybeyond.com](http://curiositycreativitybeyond.com)

**"But I can't draw!"**





A spectacular double rainbow paints the sky over the Heddlestone co-housing community on Kootenay Lake's north shore. In a normal rainbow, sunlight passing through raindrops is refracted into its component colours. Then it hits the back of raindrops and reflects these colours back towards the sun. A double rainbow happens when the light gets reflected twice inside water droplets - essentially it's a reflection of a reflection. Notice how the normal prismatic colour sequence - red, orange, yellow, green, blue, violet - is inverted in the upper rainbow, with red at the bottom and violet on top.

(Photo taken by Jamie Bastedo, Summer Solstice, 2022)