Cara Gregory – President Ontario Nature

By Geoff Carpentier

North Durham Nature President Cara Gregory has another feather in her cap. She was recently named as President of Ontario Nature (ON). Formerly called the Federation of Ontario Naturalists (FON), ON is an important organization that protects the well-being of Ontario's wildlife and habitats.

Here is a bit of her story in her own words for those that don't know this fine young woman.

"I found out about NDN through my involvement with the Friends of Nonquon [FoN – not to be confused with FON – see above]. James Kamstra was on the FoN board with me at the time. He introduced me to NDN and I attended one of their talks, learned more about the club and its goals and became a member. NDN was in its infancy at that point. Alan Woods, the president of NDN, approached me at one of the NDN talks shortly after I became a member and asked me if I would be interested in serving on the NDN board. I became a Director for NDN and as a result NDN's representative on the board for ON. After attending an ON Regional meeting, I agreed to be our ON representative for NDN, and represented the club at ON Regional meetings for our club's region, Lake Ontario North (LON).

After attending a few LON ON Regional meetings, Otto Peter approached me and asked if I would be interested in standing for the position of LON Regional Director for the ON Nature Network as his term as LON Regional Director was coming to an end. I was definitely interested and subsequently became the LON Regional Director. I held that position for two years. Around the same time that I took on the role of LON Regional Director, I was voted VP of NDN, and held that role for 2 years as well.

When I took on the role of President of NDN, I was told by the ON Board that I had been nominated to be a candidate for the role of ON Vice President. I was excited about this role and accepted the nomination. I was voted in as Vice-President and was in the role of VP for 2 years. At the ON AGM in June, I stood for the position of President. There was an election, and I am now in that position."

Here is Cara's bio as posted on the ON website:

CARA GREGORY – PRESIDENT

Cara has an honours B.Sc. in environmental science from the University of Guelph and a B.Ed. degree from the University of Toronto. She worked six seasons as a naturalist with Ontario Parks before beginning her work in 2004 as an outdoor educator at the Outdoor Environmental Education Centres run by the Durham District School Board. She is president of North Durham Nature, involved with Friends of Nonquon and served as chair of the Scugog Environmental Advisory Committee. Cara and her husband, an avid birder, combine their love of travel and nature together, visiting different eco-tourism destinations around the world.

Cara wrote an acceptance speech for the ON AGM in June 2021 (Editor's Note: It is lightly edited here).

If you had told me four years ago, when I served in the position of LON Regional Director, that I would be here before you today, representing Ontario Nature as President of its board, I would not have believed you. I am so honoured to be given this opportunity within such a phenomenal organization, to work on behalf of its members to protect wild species and spaces in our province.

I have enjoyed working with and getting to know all of you, and look forward to continuing to do so, eventually getting to meet our newer members in person. A special shout out to Otto [Peter]. Thanks for all of your support and friendship.

Thanks to the amazing Ontario Nature staff for all of the hard work that you do, continually meeting and exceeding the targets set out in the strategic plan, and to our Executive Director, Caroline Shultz, the glue that holds all of this together, working tirelessly with both the staff and the board to ensure that things run smoothly.

Past year:

This past year has been a challenging one, with the pandemic, as all of you know. Ontario Nature and their Nature Network Clubs have had to be creative in the ways in which they deliver opportunities to their members differently than they have in the past - webinars in place of in person speakers, virtual hikes, backyard bird counts, or socially distanced, small group gatherings and hikes. Kudos to all of you for the efforts that you have made to keep members engaged with nature during a time when people have needed nature most.

This pandemic has also opened our eyes to the many inequalities in our communities, and there has been a huge movement within society to try and even out these, including within conservation organizations. Ontario Nature staff have reviewed its policies, procedures and programs, and have begun to implement changes to ensure that they are inclusive and diverse. I have recently had the privilege of starting a Diversity and Inclusion ad hoc committee, whose aim is to review board policy and procedures to not only help to increase the diversity of our board, but of the membership as well, ensuring that it is more inclusive. They will be collaborating with staff to make sure that staff and board policies align.

Future:

The current political climate provincially has not been one aligned with our mission of protecting wild species and spaces. It has kept Ontario Nature staff and many of our Nature Network groups very busy, devoting much of their time to communications with the government on a number of advocacy issues, such as the use of Ministerial Zoning Orders to bypass protections on wetlands, so

that they can be developed. I know that many of you have signed onto our action alerts either as an organization or an individual and we thank you for your support. As your President, I will continue these efforts, alongside board members and staff, to protect what we love from being destroyed.

Outdoor Environmental Education being my career, I always look forward to hearing about the work and successes of our Youth Council. Our youth are the future environmental leaders and I feel it is our responsibility as adults, to empower them to make positive change.

Thanks everyone for your support. I won't let you down.

Ontario Nature Conservation Award Recipient Geoff Carpentier

Photo and text by Cara Gregory

NDN nominated long time member, and past board and founding member, Geoff Carpentier for one of the 2019-2020 Ontario Nature Conservation Awards. These annual awards recognize the hard work of naturalists across the province. The recipients of these awards have made exceptional contributions to the protection of wild species and wild spaces. There are 11 awards naturalists can be nominated for.

Geoff was the successful recipient of the ***Carl Nunn Media and Conservation Award***, recognizing his dedication to writing on conservation issues in books, magazine articles and nature columns.

Geoff is well deserving of this award. He has been NDN's newsletter editor since 2013, and writes a number of interesting and informative articles in each newsletter, including an article each year on his success during his participation in the annual "Great Canadian Birdathon". NDN is thankful for

the portion of the funds raised that he donates to us each year. Geoff has a weekly column in one of our local newspapers, *The Standard*, called "Walk Softly", describing local natural history and giving his views on conservation issues. He is also syndicated by Troy Media in Alberta with a column called "Nature in a Nutshell". He is the author of two books "Antarctica - First Journey - The Traveler's Resource Guide" and "The Mammals of Peterborough County". He is a contributing author to many publications including Ontario Birds, OFO News, Bird Watchers Digest, and Birds of Nunavut. This is just to name a few of many contributions to the world of conservation and nature literature.

His passion for nature, both personally and professionally have led him to explore many natural areas, giving him a lot to write about! His role as an expedition guide for Avocet Nature Services, Crystal Cruises and One Ocean Expeditions tours has taken him to many eco-tourism destinations around the world and his role as an Environmental Consultant has taken him to many natural locations throughout Ontario.

Unfortunately, due to the pandemic, Ontario Nature was unable to hold their in-person awards ceremony. I had the pleasure of delivering Geoff his award in person this summer after Ontario Nature was able to get the awards safely printed and framed. I would have preferred to have held onto the award and presented it to Geoff in person at one of our NDN meetings, but it is uncertain when our next in person meeting will be, and he had already waited a year for his award!

Congratulations on your award Geoff! Please keep up all the great writing you do to educate others about important conservation issues and nature. The world needs this knowledge now more than ever!

Focus on Nature

Text by Pat Baldwin
Photos by Geoff Carpentier (Spruce tree) & Terry Chapman (White-winged Crossbill)

Encouraging Birds and Wildlife into Your Yard

The borders of Durham Region are political ones which our local flora and fauna do not respect in any way. A seminar illustrated this point to me recently.

Unlike the more southern areas of Durham Region, we are located within the Great Lakes-St. Lawrence Forest Region where there are somewhat equal quantities of both deciduous and

coniferous trees. Southern parts of Durham are located within the Carolinian Forest Region, which is predominantly a deciduous forest.

These regional differences dictate what type of birds, insects and other wildlife can find suitable food and shelter in any given area. With respect to bird species, they look for habitats that are suitable to their foraging and nesting needs which will vary from forest region to forest region. For example, birds with a high preference for cone seeds will have more luck in finding food in North Durham than in the south as there are more coniferous trees providing that food source. Where you live will affect what plants you can successfully grow in your garden as outlined in plant hardiness zones, which help if you are buying plants for attractiveness and novelty at commercial nurseries but it will not help you if you are trying to support local wildlife. If you wish to increase birds visiting your yard, you can check out Bird Garden Zones created by Birds Canada at https://birdgardens.ca/

If your goal is to increase biodiversity in your yard and support local species, planting native species which have traditionally grown in your area can do a great deal to provide key needs for birds and other local fauna. Be wary of resources which only list a plant as being native to Ontario or to Canada. This may mean that it has been found in one region within the political borders but may not be appropriate for your area. Even native plants can become a nuisance when grown out of their traditional area. The Manitoba Maple, or Boxelder, is native to Canada, but is largely part of forests in the southern prairie regions. Frequently planted in other parts of Canada, it is now considered an invasive tree.

Butterfly Count – Oshawa & Sunderland 2021

Text and photos by James Kamstra

The two butterfly counts were conducted in Durham Region in early summer of 2021. Participants in groups tallied all the butterflies that they saw and identified on count day. This marked the 28th year for Oshawa and 25th for the Sunderland area counts.

Ten counters in six parties recorded 43 species in the Oshawa circle on June 27. The highlight of the count was Silvery Checkerspot, a rare species in Durham that had only been recorded on three previous counts. Both Rayfield Pye and Tom Mason spotted individuals. Overall, the numbers

were lower than average for most species, particularly skippers, and it was the first time in 28 years that no Viceroys were reported.

Meanwhile, the Sunderland count was attended by 23 participants in ten parties on July 4, producing 50 species. Butterfly numbers were considerably higher than on the Oshawa count with highest ever counts for Mourning Cloak and Delaware Skipper as well as very high numbers of over 700 Mustard Whites (highest since 1999), 160 Eastern Tailed Blue (second highest), and 64 Dion Skipper (second highest).

One surprise was Compton's Tortoiseshell (see photo at end of article) that was found by all parties with a total of 41 individuals. It had been recorded on only three previous counts in very small numbers. 2021 was a bumper year for Compton's Tortoiseshell, as more Ontario counts than ever, recorded them. The two Black Dash (see photo above) were found by Ed Poropat. It is a sedge specialist that is rare in Durham. Monarch numbers were quite high on both counts, but sadly the late summer numbers of this species were very low. The results can be found in the following table and the hard-working participants are listed below.

Species	**Oshawa**	**Sunderland**		**Species**	**Oshawa**	**Sunderland**
	27-Jun	04-Jul			27-Jun	04-Jul
Black Swallowtail		3		White Admiral	19	9
Eastern Tiger Swallowtail	8	33		Red-spotted Purple	2	1
Mustard White	4	**722**		Viceroy		5
Cabbage White	215	565		Northern Pearly-Eye	13	42
Clouded Sulphur	21	254		Eyed Brown	22	295
Orange Sulphur	3	5		Appalachian Brown	6	5
American Copper		2		Little Wood Satyr	39	11
Bronze Copper	4	17		Common Wood Nymph	36	279
Coral Hairstreak		6		Inornate Ringlet	42	5
Acadian Hairstreak		35		Monarch	86	141
Banded Hairstreak	4	1		Silver-spotted Skipper	16	16
Striped Hairstreak	2	4		Northern Cloudywing	1	21
Eastern Tailed Blue	30	**160**		Dreamy Duskywing	1	
Summer Azure	17	130		Least Skipper	17	40
Silvery Blue	5			European Skipper	304	405
blue sp.	6	1		Peck's Skipper	4	82
Great Spangled Fritillary	37	104		Tawny-edged Skipper	3	60
Silver-bordered Fritillary	1			Crossline Skipper	2	29

Meadow Fritillary		29	
small fritillary sp.	1		
Pearl Crescent	14	29	
Northern Crescent	463	353	
crescent sp.	19	5	
Silvery Checkerspot	**2**		
Baltimore Checkerspot		90	
Question Mark	2		
Eastern Comma	6	5	
Gray Comma	1	2	
Polygonia sp.		3	
Mourning Cloak	1	**58**	
Compton's Tortoiseshell		**41**	
American Lady		1	
Red Admiral	11	22	

Long Dash Skipper	28	89
Northern Broken Dash	1	8
Little Glassywing		2
Delaware Skipper	11	**156**
Hobomok Skipper	12	15
Broad-winged Skipper	1	40
Dion Skipper		**61**
Black Dash		**2**
Dun Skipper	5	62
grass skipper sp.		14

TOTAL SPECIES	43	50
TOTAL INDIVIDUALS	1548	4575
No. of Participants	10	23
No. of Parties	6	10
Km. on foot	33.5	77.2
Km. by car	80	152.5
Hours on foot	30.75	67.25
Hours by car	2.5	4.25

Participants:

Oshawa: Geoff Carpentier, Mark Humphrey, James & Lynda Kamstra, Steve Laforest, Tom Mason, Greg Moon, Maria Prisciak, Rayfield Pye, Anna Vogt.

Sunderland: Dave Bishop, Derek Connelly, Valerie Cranmer, Cara Gregory, Brian Henshaw, Simon Henshaw, James & Lynda Kamstra, Steve LaForest, Carolyn Mancey, Tom Mason, Greg Moon, Brenda Near, Ed Poropat, Maria Prisciak, Rayfield Pye, Rob Willson, Dianna Wolfe, Willa Worsely and Bob & Karen Yukich.

Fact or Fiction?

Text by Dave Mudd and Cara Gregory

Photos by Geoff Carpentier

IS EVERYTHING THAT LOOKS LIKE A MONARCH BUTTERFLY STILL A MONARCH?

BATS HAVE GOOD EYE SIGHT

What do you think? Please see pages 10 & 11 to find out if these statements are fact or fiction.

Nature Quiz

Text and photos by Geoff Carpentier

I can have pink, red or yellow flowers and grow in dry, shaded forests, flowering in the spring. My leaves are soft and deeply serrated.

Book Reviews

By Geoff Carpentier

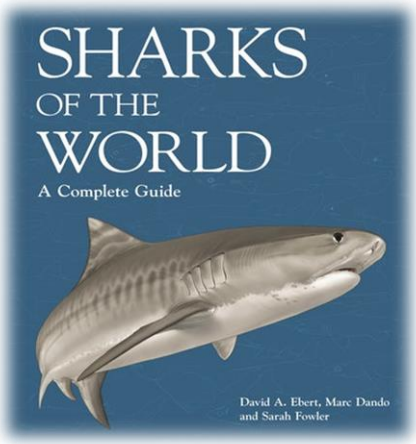
Birds of Colombia. Steven L. Hilty. Lynx Edicions, Barcelona, Spain. 2021. 54.90€. 605 pages, Softcover. ISBN: 978-84-16728-24-4.

A few years ago some NDNers went to Colombia to experience its amazing avian offerings. We travelled far and wide across the country and saw marvelous birds that would stay fresh in our minds for years to come. The book we used at the time was the best on the market, but now a new book by Steven Hilty (a world-renowned expert on tropical birds) has just been published.

No other country hosts more birds than Colombia - 20% of all species worldwide occur there!

One of the challenges when trying to evaluate a book such as this is an unfamiliarity with many of the species in the book. Even though I have seen lots of the species that one can find there, I don't consider myself an expert and have a cursory knowledge of the species depicted. Contrast that with a life-time of studying Canadian birds and perhaps you can understand. That said, I decided to look at those species that breed here and winter in South America to assess the accuracy of the information provided. Looking simply at the information provided for the Wood Warblers, I see an amazing degree of detail that matches perfectly with what I know of these species. Every other representative of the groups of birds which are commonly found in North America (e.g. hawks, ducks, gulls, terns, herons & egrets, shorebirds, etc.) showed a similar degree of accuracy.

The book provides information on names (local and national), range, size, identifying features, voice, altitudinal preferences, and status. Every species is accompanied by beautiful paintings showing species and sometimes subspecies if applicable. Having been to Colombia three times now, myself, would I buy this book? Absolutely yes. It is better and more thorough and current than anything else on the market.



Sharks of the World. David A. Ebert, Marc Dando and Sarah Fowler. Princeton University Press, Princeton, New Jersey, 08540. Hardcover 607 pages. $49.95 US. ISBN13:978-0-691-20599-1.

Personally I have always feared and revered sharks. I have swum with them albeit the safe kinds, but still even those docile species can do damage and I wasn't unaware of the risks I took. I remember once snorkeling off the coast of Australia on the Great Barrier Reef, all alone in a vast sea, when a large blue creature swam directly under me. Unprotected by a cage or any weapons, I would have been at its mercy. Luckily nothing untoward happened and I later found out the 5+ foot

long blue thing was a Napoleon Wrasse – a friendly fish that doesn't eat tourists. Regardless, many fearful pictures passed through my mind before I was 'saved'.

This book helps me recall why these creatures are so amazing. Did you know there are 535 shark species in the world and most of them are threatened due to our fishing and eating practices? Shark fin soup discussions were in the news for years but seem to have subsided now. Medical uses of shark parts also take a terrible toll on these top predators.

The book is beautifully laid out and illustrated with every species getting more than ample coverage. Photos, sketches and line drawings supplement the maps and detailed text. Behaviour, biology, distribution, habitat (beyond the obvious that they occur in water!), status, and identifying features are provided in great detail.

The first 93 pages of the book deal with background considerations when discussing sharks. Subjects include a key to orders and families of sharks; conservation & management; biodiversity; finning, fisheries/angling; consumption of sharks for food & encounters; migration & behaviour; live and parthenogenic births; feeding, movement, respiration and primary senses; and evolution. Well as you can see if you want to know just about anything about sharks I would recommend you buy this book. There is so much to learn from the efforts of the authors who created this marvelous book.

Fact or Fiction – Answers Revealed

IS EVERYTHING THAT LOOKS LIKE A MONARCH BUTTERFLY STILL A MONARCH?

This is **FICTION**. A butterfly that looks very similar to a Monarch (*Danaus plexippus*) (see photo to the left), but is generally smaller in size, is called a Viceroy (*Limenitis archippus*) (see photo below). How do you tell these two butterflies apart then? Viceroys have horizontal black lines on the hindwings, whereas Monarchs do not.

Monarch caterpillars feed on milkweed plants. The white sap of the milkweed plant that gives the plant its name is not toxic to the Monarch caterpillars, but is to other animals. The toxic milkweed sap inside their bodies makes the Monarch caterpillars and butterflies toxic to those that eat them. The bright orange colour of the adult is a warning to predators to think twice about eating it.

By the way, the Viceroy mimics Monarch in two ways - colour and taste, since the Viceroy is also distasteful exhibiting " Müllerian mimicry". The Viceroy caterpillar's host plants are those in the willow (*Salicaceae*) family, so they don't have the milkweed toxin in their bodies but they are not tasteful either.

But here's some more food for thought provided by Derek Connelly: The Viceroy's size ranges from 53 - 81mm, while the size of a Monarch can vary depending on diet and environmental factors - 93mm - 105mm range according to Butterflies of Ontario (ROM), and males are slightly larger than females. So Monarchs are never "small" but Viceroys can be "large".

BATS HAVE GOOD EYE SIGHT

This is **FACT**. Ignore the saying "blind as a bat." Bats can actually see quite well, even in dim light, with visual acuteness differing from one species to another. It is thought that this expression may have originated from bats rapid, erratic flight patterns which could have been interpreted as not being able to see where they were going.

Most fruit-eating bats have large bulging eyes that help them find their way and locate food by sight. It is believed that some can even see ultraviolet light.

Bats that hunt for insects at night rely mainly on sound, but still have good eyesight. They use a process of echolocation to find their food. This involves sending out streams of high-pitched sounds through their mouth or nose. These signals then bounce off nearby objects, including their prey, and "echo" back to the bat giving them information about the object's location. Eight species of these nocturnal, insect-eating bats live in Ontario. They are: the Hoary Bat, the Eastern Red Bat, the Silver-haired Bat, the Big Brown Bat, the Tricolored Bat, the Little Brown Myotis, the Northern Long-eared Myotis and the Eastern Small-footed Myotis.

The 3rd Ontario Breeding Bird Atlas Update

Photo and text by Geoff Carpentier

Thank-you to everyone who participated in this year's Breeding Bird Atlas. We still have four years to go so if you're interested in participating at any level please let me know and I will get you signed up. It's an amazing and important project that will provide significant data for scientists studying our birds and the health of the environment. Email me at: Geoff.carpentier@gmail.com

This Song Sparrow nest was found in the Pickering area.

Nasty & Nice Nature News

Compiled by Geoff Carpentier

Insects in drastic decline globally: Billions (trillions??) of insects make up the base of the food chain. A new review in the journal *Biological Conservation* suggests human activity and climate change are working to ensure an apocalyptic crash in world insect populations.

The new study shows 41 percent of insect species have seen steep declines in the past decade, with similar drops anticipated for the near future. It's estimated that 40 percent of the 30 million or so insect species on earth are now threatened with extinction. This new study reviewed 73 studies about insect decline from around the globe. *Lepidoptera*, the order of insects that includes butterflies, have declined by 53 percent. *Orthoptera*, which include grasshoppers and crickets, are down about 50 percent, and about 40 percent of bee species are now vulnerable to extinction.

"We estimate the current proportion of insect species in decline ... to be twice as high as that of vertebrates, and the pace of local species extinction ... eight times higher," the review states. "It is evident that we are witnessing the largest [insect] extinction event on Earth since the late Permian and Cretaceous periods."

As a direct result, in Europe, over the past 30 years bird populations have declined by 400 million birds, in part due to a decline in flying insects. The causes of the insect population declines are evident: deforestation, agricultural expansion and loss of habitat top the list. The wide use of pesticides and fertilizers as well as industrial pollution is also taking massive tolls. Invasive species,

pathogens and climate change are also impacting species. And although most researchers don't even mention them, automobiles and trucks kill billions or trillions of insects annually.

While climate change is making the tropics much hotter and pushing insects to extinction, warming in more temperate zones are making these areas more hospitable for certain insect species, including flies, mosquitoes, cockroaches and some agricultural pests.

Source: Smithsonian magazine

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Cougars can be hunted without bag limits in Utah: The Utah Department of Wildlife Resources (DWR) recently updated hunting restrictions for cougars in the state to protect vulnerable big game populations. There is no longer a seasonal limitation for hunting cougars in some areas of Utah, which means if you see a cougar you can kill it (bag limit 2/person/year}and at any time of year!

In 2020, lawmakers passed HB125, which mandated DWR to reduce predator populations in hunting areas where big game populations do not meet population targets.

Game Mammals Program Coordinator for DWR, Darren DeBloois ironically, when asked why they are doing this, replied: "Our goal is to maintain a healthy cougar population within the current distribution of the species across Utah, while also considering human safety, damages to livestock producers and declines in populations of big game species that cougars prey on."

Source; Madeleine Porter for KSL News Radio

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LED streetlights decimating moth numbers in England: Eco-friendly LED streetlights produce even greater issues for insects than the traditional sodium bulbs they are replacing a study has found. A UK based study determined that the abundance of moth caterpillars in hedgerows by rural roads in England was 52% lower under LED lights and 41% lower under sodium lights when compared with nearby unlit areas. In grass margins, moth caterpillar numbers near LEDs were a third lower than in unlit areas, whereas sodium lights had little effect on abundance. But why is this? The white LED lights are more energy efficient but produce more blue light, say scientists, which is the colour predominantly seen by insects. The scientists conducting the study said the wide range of moth species they studied suggested their results would apply to other nocturnal insects as well. Douglas Boyes, of the UK Centre for Ecology and Hydrology, who led the new research, said "You usually find maybe 5-10% changes here and there, but we found up to 50% drops in the number of caterpillars in the areas lit by streetlights".

Solutions may be easily implemented but the desire needs to be there. LEDs are dimmable, can be linked to motion sensors and can have cheap filters fitted to screen out blue light. Bat-friendly red lighting is another solution to protect that troubled part of our fauna. On the plus side, LEDs are energy efficient, leading to reduced climate-warming emissions.

Prof Darren Evans, of Newcastle University, who was part of the study, said: "We need a balance between protecting both public safety and wildlife, by ensuring that lighting is well designed, away from important habitats and switched on for limited times."

Another study in Belgium showed that streetlights interfered with the ability of female glow worms to attract a mate. Beetles in dark areas usually found a mate after one night but those in lit areas took up to 15 nights. In England, glow worm numbers have plunged by three-quarters since 2001.

The latest research, published in the journal *Science Advances*, studied 26 pairs of roadside sites in Oxfordshire, Buckinghamshire and Berkshire, where lit and unlit sections were on average 100 metres apart.

Source: Damian Carrington for The Guardian (UK) newspaper

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Komodo Dragon in danger of extinction: The Komodo Dragon, the world's largest lizard, is threatened with extinction as rising water levels driven by the climate crisis shrink its habitat, according to the latest 'red list' update. Living on only a few Indonesian islands, its entire life is spent below 700 meters above sea level. If current trends persist, rising water levels will affect 30% of its habitat in the next 45 years, according to the International Union for Conservation of Nature (IUCN), which has changed the Komodo's status from vulnerable to endangered.

Coupled with these climate induced impacts, human intensification and habitat destruction are also threatening their well-being. Discovered in the early 20th century, they can grow up to 3 metres long and weigh more than 150 kg. When they attack, their venomous saliva causes their prey's blood pressure to suddenly drop and stops the blood from clotting, sending them into shock.

On a broader (and sadder) note, out of 138,000 species on the updated IUCN red list, more than 38,000 are threatened with extinction.

Source: Phoebe Weston for The Guardian (UK) newspaper

Answers to Quiz

Photos and text by Geoff Carpentier

This is a Canadian Wood Betony (*Pedicularis canadensis*) – it grows in dry open wooded areas throughout much of Canada and the US. It has many other names – Canadian Lousewort, Wood Betony, Beefstake Plant, High Heal-all and Snaffles. No idea of the genesis of some of these names, but those familiar with Heal-all will see the obvious similarities.

Indigenous people used teas made from the roots of this plant to treat stomach aches, diarrhea, anemia and heart trouble. Other uses included treatments for coughs, swellings, tumours and sore muscles. Reportedly ground roots were added to food to act as an aphrodisiac - wow!

Nature's Pretty Side

Photos by Cara Gregory (butterflies) and Chris Chown (squirrel)

Butterflies Clockwise from top left: Striped Hairstreak, Baltimore Checkerspot, & Northern Crescent

This strange Gray Squirrel showed up in Chris Chown's Uxbridge backyard near Elgin Park! Check out that tail!

For more information about NDN

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Photo by Geoff Carpentier