

NEWSPACKET

Journal of the North Okanagan Naturalists' Club

1951-2026 75th Years for Nature

April 2026

The Ways of Our Water

A new series of articles begins in this issue.

NONC



North Okanagan Naturalists' Club (NONC)

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www.nonc.ca**



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naturevernon@gmail.com**

NONC acknowledges the presence of the traditional, ancestral and unceded lands of the Syilx and Secwépemc peoples who have resided here since time immemorial. We recognize, honour, and respect the Syilx / Secwépemc lands upon which we live, work, and play.

COVER: The beaches and the mouth of Vernon Creek at the Vernon arm of Okanagan Lake (photo by Harold Sellers)

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PROGRAMS & ACTIVITIES

Contact the following if you have questions.

BC Nature	Eric Kowalski 604-600-6725
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Botany	Margaret Mackenzie 250-542-2712
Christmas Bird Count	Don Cecile
Conservation	Harold Sellers 250-307-3543
Cools Pond	Rod Drennan 250-545-4999
Hummingbird Banding	Louise Breneman 250-542-4050
Nature Walks	Ruth Drennan 250-309-5896
Newsletter	Harold Sellers 250-307-3543
Speakers	Bruce Tattersall 778-874-4614
Swan Lake	Michelle Gregoire, Joyce Heard, Robert Hettler, Eric Kowalski, Laurel MacDonald, Margaret MacKenzie, Marnie Williamson
Swan & Eagle Count	Norbert Maertens 250-503-8790 & Rod Drennan 250-545-4999
Trips	contact the club
Website & Social Media	Laura Barker 519-532-6600

Annual Membership Dues:

Couple/Family	\$55
Single	\$38

see nonc.ca

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YOU ARE INVITED

75TH ANNIVERSARY CELEBRATION

THURSDAY MAY 21st
From 4:30-7pm (Dinner served at 5:30)

SOCIAL TIME

DINNER

PRESENTATION

Coldstream Community Hall
9909 Kalamalka Rd

ADVANCE TICKETS ONLY \$30

FOR TICKETS CONTACT MARNIE AT:
nonc2021@telus.net
call/text 250-549-0005



Club News & Notes

Our latest new members are Fran Armstrong, Coreen Jenner, and Eli Klinger. Welcome!

Michelle Gregoire is regularly submitting articles to the MorningStar newspaper. A recent one about beavers attracted a lot of attention. Thanks Michelle!

We are getting closer and closer to our party celebrating the club's 75th anniversary. Come help NONC celebrate! Tickets are now on sale for the NONC 75th Anniversary Celebration being held on May 21st! Enjoy a delicious dinner catered by Gumtree Catering. Make sure to order right away as there are a limited number and must be bought in advance. 🌿

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The Ways of Our Water

Then, Now, and...stuff we don't know

PART 1 — Three Lakes and Three Creeks

by Harold Sellers

Introduction

Over the years some details of our lakes, ponds, rivers, and creeks have intrigued me. I've gathered information whenever and wherever I could, but it seems there's a lot that has never been documented. But there could be old documents and maps out there somewhere, awaiting discovery. People also have memories and stories.

This is why I've decided to write a series of articles on the waters of the area. I'd like to learn more and share what is learned. So, this is an invitation to you to share what you know. Fill in gaps. Tell me where I've got it wrong (and I will get it wrong!).

Let's enjoy learning together.

AS we begin this series with Part 1 Three Lakes and Three Creeks, I probably don't need to tell you the names of the three lakes and maybe not even of the three creeks. But I will anyway.

Kalamalka, Okanagan and Swan lakes are well-known if you live here. You may even know that Kalamalka Lake was once called Long Lake¹.

The three creeks are Vernon Creek, BX Creek, and Coldstream Creek.

As we proceed through this series we'll talk about other lakes, ponds, and creeks; some still with us and some long gone. All are smaller than the three lakes and three creeks we recognize today.

Vernon Creek leaves Kalamalka Lake at the west side of Kal Beach. It flows north into Polson Park and then swings west, eventually emptying into Okanagan Lake. Did you know that Wood and Kalamalka lakes empty into Okanagan Lake, so that their waters eventually enter the United States at Osoyoos²?



above: Kalamalka Lake

Turning our attention back to the North Okanagan, we also have BX Creek. Its name connects with the historical Barnard's Express stage coach company, the BX Ranch, in the area of Greater Vernon we call "The BX"³.

BX Creek originates up on Silver Star Mountain, descending along a route much like Silver Star Road, which is never far away from the creek. In the area of Pleasant Valley and Silver Star roads, the creek turns north, to feed into Swan Lake.

BX Creek also runs out the south end of Swan Lake and into Vernon. Within the City of Vernon it joins up with Vernon Creek, thus contributing Silver Star's waters to Okanagan Lake.

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Our Water continued

Two of these three major creeks did not always have the names that they have today. Lower BX Creek was once called Swan Lake Creek. Coldstream Creek still has the name it was given in 1864, but Vernon Creek was known as Long Lake Creek. Later it was Long Lake Creek to the junction with Swan Lake Creek, and from there the combined creek was called Vernon Creek. Today, over its full length, we call it Vernon Creek.

The syilx people had and have their own names for the lakes. Okanagan Lake is called *klúsxnitkʷ*, “a place or a body of water that has two long sides”⁴. Kalamalka Lake is *ńkəkʷmapiqs*⁵ (also Chelootsoos, meaning “long lake cut in the middle”). Swan Lake is *aklc’q’cin*⁶ in the syilx language.

Before we end this Part 1 article, a few words about how water flows. Downhill, of course!

From the beach at Kalamalka Lake to Vernon Creek at the Hwy 97 culvert at Polson Park, there is a drop of 19 meters. From here to the mouth of Vernon Creek at Okanagan Lake, there is a drop of an additional 30 meters. That’s a total drop between lakes of 49 meters!

For Swan Lake, measuring at the weir dam on BX

Creek within the Swan Lake Nature Reserve Park, there is a drop of 22 meters by the time Vernon Creek arrives at Okanagan Lake. 🌿

Part 2 will begin a journey of taking a closer look at our bodies of water.

Credits:
Map courtesy of DataBC

- Footnotes (with active links):
- ¹ <https://apps.gov.bc.ca/pub/bcgnws/names/2985.html>
 - ² <https://obwb.ca/wsd-index/about/state-of-the-basin/>
 - ³ <https://vernonmuseum.ca/history-of-the-bx-valley/>
 - ⁴ <https://indiginews.com/okanagan/the-original-and-accurate-name-for-okanagan-lake/>
 - ⁵ <https://apps.gov.bc.ca/pub/bcgnws/names/2985.html>
 - ⁶ syilx word provided by the Okanagan Indian Band



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How to Help Herons in Crisis

by Jane Weixl

Editor's Note: This article was written a couple of years ago, but we haven't had an opportunity to publish it. Now that the herons are once again back at the heronry in Vernon, the advice in this article is timely. Thanks to Jane and other heron watchers for pulling this advice together.

This document was created by a volunteer so we would be better prepared if/when another heat dome was to hit the herons in the Vernon heronry. The first heat dome started on June 25, 2021 and lasted until July 5, 2021. Temperatures got as hot as 47 degrees on June 29th.

Policy

In the event of a Great Blue Heron (*Ardea Herodias*) injured, orphaned, or young that has fallen out of its nest, the society will follow the best practices for survival of the heron.

Permits

Herons can be rescued and rehabilitated by permitted wildlife rehabilitation facilities only. They must have a permit issued under the Wildlife Act from the Ministry of Water, Land and Resource Stewardship to house and rehab herons.

Some locations do not have permits for migratory water birds. Members of the public may capture and house wildlife up to 24 hours if they plan on delivering the injured or orphaned wildlife to a permitted facility.



Wildlife must be returned to their original location after rehabilitation services have been provided. Wildlife cannot be released more than 20km away from their original location of capture unless directed by a wildlife biologist from the Ministry.

Housing a heron before transport

Ensure the heron is in a safe container. A large dog crate is ideal. If members of the community do not have one to borrow, connect with any of the facilities listed in the Contacts under "logistics".

Keep the crate in a dark and quiet room, inside a house. If there is no house available, keep it in a cool garage or shade of a tree. Do not leave the crate in the sunshine, even if it is covered with a sheet for

shade. The herons should not be exposed to extreme high or low temperatures and should be allowed to re-warm or re-cool to adapt slowly to the new surrounding temperature.

Water

If the heron can stand, offer the bird a bowl of water. The bowl must have a wide base to prevent water spilling.

If the heron has only downy feathers, do not provide water overnight. Offer water before night fall, and in the morning, and remove overnight and during transportation.

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Hérons continued

If the heron cannot stand, offer water but remove the water overnight. If the heron cannot keep its head up, do not offer it water.

Feed

If the heron has been starving for more than 2 or 3 days, unflavoured Pedialyte can be added to the water. Do not attempt to feed any age of heron; let the rehab facility determine the re-feeding regime.

Nestlings

Hérons become independent at 10 – 11 weeks of age. Prior to this, they are not able to hunt and self-feed.



above: heron nests at the Vernon heronry

Rescue

Nestlings (0-7 weeks old)

Nestlings may fall out of the nest at early ages. Observe the nestling for a few hours. Notice if parents are feeding it, or if it is able to return to the nest. Check the site for poop and assess how much

there is. Check again 2 or 3 hours later and assess how much more poop there is. If there is no heron chick poop, then the parents are not feeding it.

If the nestling is uninjured and parents are not feeding it within 2 or 3 hours, attempt to place it on the first available branch you can reach, in the tree. Allow a day to observe if parents have returned to feed it.

Take the chick to a rehab facility if it continues to fall on the ground over a 24-36 hour period and not be fed by parents.

Fledgling (7-11 weeks old):

Assessment

If a fledgling has fallen, and is suffering from an injury, assess as you would an adult heron (see below, except for flight). For flight assessment in a fledgling, assess how it can spread its wings and flap. If it is able to extend and flap both wings, it is considered normal. Assessing if the fledgling is capable of surviving on its own and hunting independently, should be carried out by trained wildlife rehabilitators. If, over the course of 36 hours, the fledgling is unable to move towards a food source and self feed, attempt to catch the fledgling and deliver to a permitted wildlife rehabilitation facility. Organize return

transport in a day or so, if it is capable of self-feeding. If it is returned to the wild and a suitable return location is not in the immediate vicinity of where it was rescued, contact a provincial wildlife biologist (see Contact list below) to determine the best location for release.

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Heron continued:

Injured Heron Assessment

Is there blood?

Yes — attempt to catch and seek medical attention from a qualified veterinarian or wildlife health centre (see list at the end of the sheet).

No — continue to monitor.

Can it fly?

Yes— continue to monitor.

No — If it cannot fly, it should be left alone for a few hours to determine if it is truly injured or if it is grounded from other reasons (head trauma, over eating, other injuries/illness). If it has not left the vicinity and flown within 2 – 3 hours, attempt to trap and seek medical attention.

Can it walk?

Yes? —Is it favouring one leg or limping? Yes — continue to monitor, if it does not improve in 2 days, attempt to trap and seek medical attention.

No — attempt to trap and seek medical attention.

Capture

Equipment

Sheet

Towel (1 large & 1 small)

Safety glasses

Large dog crate, use cardboard to cover the front door, place a mat or non-slip surface in the bottom of the kennel (rubber bottom bath mat, rubber deck tiles, rubber mat, piece of carpet, and a towel can be used as a last resort and least effective)

Method

Catching: ensure all volunteers have safety glasses on before beginning. If the heron cannot walk, but can fly, it may be difficult or impossible to catch. Waiting a few days will allow it to become weak from hunger and make it easier to catch. If it is not

flighted, then using terrain and fencing to your advantage will help. Have several (calm) volunteers and a large sheet. Slowly corral the heron into a corner, using bushes, and fencing to your advantage. Throw the sheet over top of the heron. Once the heron is under the sheet, move slowly and constantly towards the heron. Grasp the heron at its shoulders, holding firmly and keeping its wings from flapping.

Remove the sheet slowly, and have one volunteer hold the head firmly, pointing the dangerous pokey bit away from the volunteers. Using a tea towel, cover the eyes and the head. Hold the face of the heron, so that it still has the ability to breathe and pant as needed. Do not hold the soft tissue of the throat, as inexperienced volunteers may hold it too tightly.

Always pay attention to the heron's head, as it is very dangerous to let it free, but it must have the ability to pant if the ambient temperature is hot.

The volunteer holding onto the heron can remove the sheet and replace it with a towel. Use the towel to wrap the wings of the bird, like burrito. This will give allow the volunteer to hold the heron easier, and prevent the heron from flapping its wings. Hold the heron under one arm, like a football, and using the same arm that is wrapped around its body, hold onto its legs. Sometimes it is easier to tuck the legs up under its body.

Here are examples of relatively safe and similar ways of holding.

The two women are wearing safety glasses, thus are not as concerned about their face, so have allowed the heron's face to be free. The man has no safety glasses and must hold the beak to ensure his own safety.

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Herons continued

Place the bird in a crate. Ensure the crate has traction on the bottom of the kennel for them to grip. If the bird is unable to stand, heavily pad the bottom of the crate. Cover the crate with a towel or sheet, so the heron cannot see sunlight or surroundings. If the heron can see out, it will injure its beak trying to escape and peck through the wire doors.

Professional & Logistical Advice

BC Wildlife Park
Wild ARC
Conservation Officer Service
OWL
Adrienne Clay

Legal Advice

Andrew Walker, Senior Wildlife Biologist, Penticton
778 622-6838.
Francis Iredale, Wildlife Biologist, Kamloops 250
312-6633

Equipment Loans

SPCA, Kelowna
BC Wildlife Park, Kamloops

Rehabilitation Facilities

BC Wildlife Park(BCWP) Fawcett Family Wildlife Health Centre, Kamloops
Phone: 1-250-319-1129 Email: rehab@bcwildlife.org
We have taken herons to the BCWP on many occasions. They are great!

Wildlife Rescue Association, Burnaby
Wild ARC, Victoria

Places to Request Volunteer drivers

Bison transport
BCWP
Orphaned Wildlife Rescue (OWL)

More wildlife rehabilitation information
<https://www.wrnbc.org/> 🌿

TURTLES ON TURTLE MOUNTAIN?

Street names, such as Turtle Pond Place, would indicate that they got their names from this small pond on Turtle Mountain having



turtles. Are there still Western Painted Turtles in this pond. Or were they a victim of development, and now gone from the site? If you have recollections or, miraculously, current photos of turtles at this pond, let us know.

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Twisted Trees and Gnarly Branches

by Roseanne Van Ee

AN exposed life isn't easy. Some old trees in the Okanagan have twisted to survive environmental stress from strong prevailing winds and uneven sun exposure on steep, dry, or rocky terrain. This spiral growth strengthens the trunk, allowing it to flex rather than snap when high winds blow.

Key Reasons for Twisted Growth:

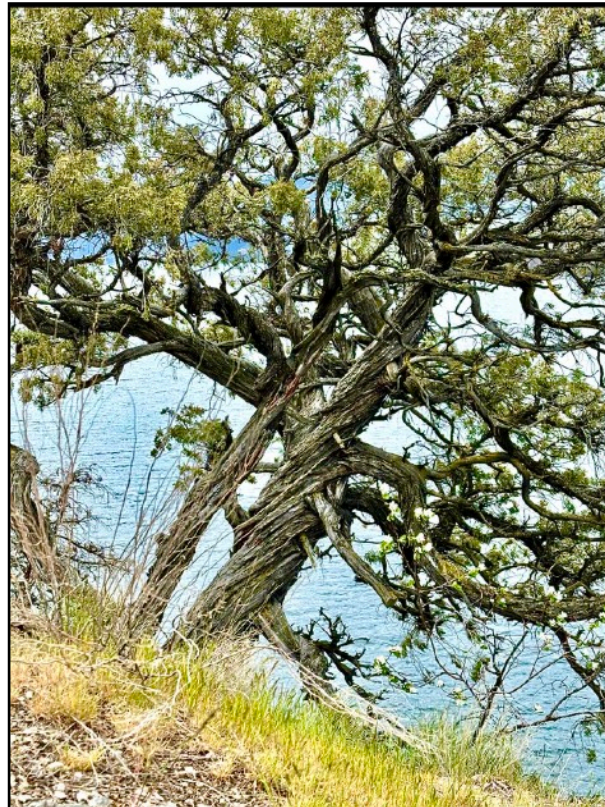
- **Wind and Sun:** Exposed Okanagan conifers often experience strong winds from the west, intensified along slopes or lakefronts. Because the south side of a tree receives more sun exposure (phototropism) over many decades, it develops a larger, heavier crown. The westerly winds push against this uneven, heavy canopy encouraging fibres to align diagonally, forming a spiral grain, thus forcing the tree to twist as it grows.
- **Reaction Wood:** Some trees growing on steep slopes, rocky outcrops, in unstable soil, or having lost a major limb, produce "reaction wood" to rebalance themselves for better resilience, resulting in uneven, spiral growth.
- **Adaptation to Harsh Environments:** The Okanagan's arid climate with hot summers and dry winters can stress a tree, forcing it to develop these adaptive structural patterns to survive. Along treeline ridges and in upper

elevations, constant wind stunts vertical growth and forces a gnarled, twisted "krummholz" shape.

- **Internal Water Distribution and Flexibility:** This growth pattern acts as a structural adaptation, strengthening the trunk and improving nutrient distribution. It allows ancient, slow-growing coniferous trees to occasionally survive for centuries.

These twisted trunks reveal the tree's lifetime struggle against harsh environmental factors. It lays down extra wood on one side of the trunk year after year to stay upright. This develops a spiral grain resulting in a gradual twist which acts as a corkscrew,

making the tree more flexible and less likely to snap compared to straight-grained trees. Sometimes genetics adds to the effect, or early damage, grazing, or competition for light, forces the tree to twist as it reaches upwards. Over decades, that uneven growth creates a twisted trunk rather than a straight column. What looks chaotic is really a series of slow, adaptive growth patterns made over a lifetime. So this dramatic look is actually a sign of resilience and good engineering.



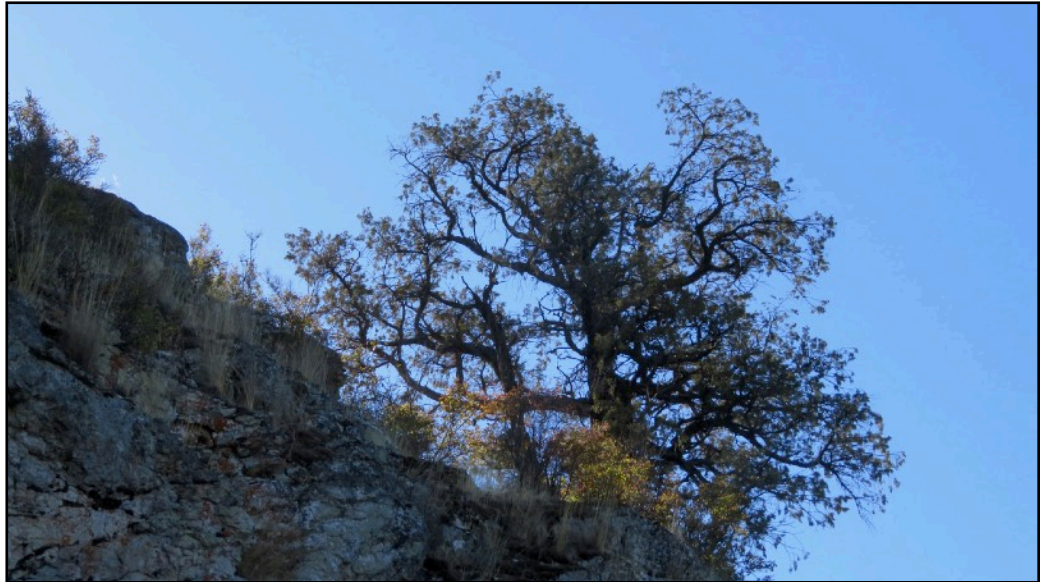
above: Photo of the tree against the sky on a rocky outcrop. This juniper is best viewed from afar. Going close can trample its roots causing the death of this tree. Daryl Nolan photo

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Twisted and Gnarly continued

The oldest known native juniper tree in the Okanagan is an iconic, ancient Rocky Mountain Juniper (*Juniperus scopulorum*) growing on a rocky outcrop in Kalamalka Lake Provincial Park. This twisted landmark clings to a rocky hillside overlooking spectacular Kalamalka Lake. It's cherished for its extreme age (350+ years), resilience, and scenic backdrop. It is a notable landmark for hikers, photographers and artists visiting the park.

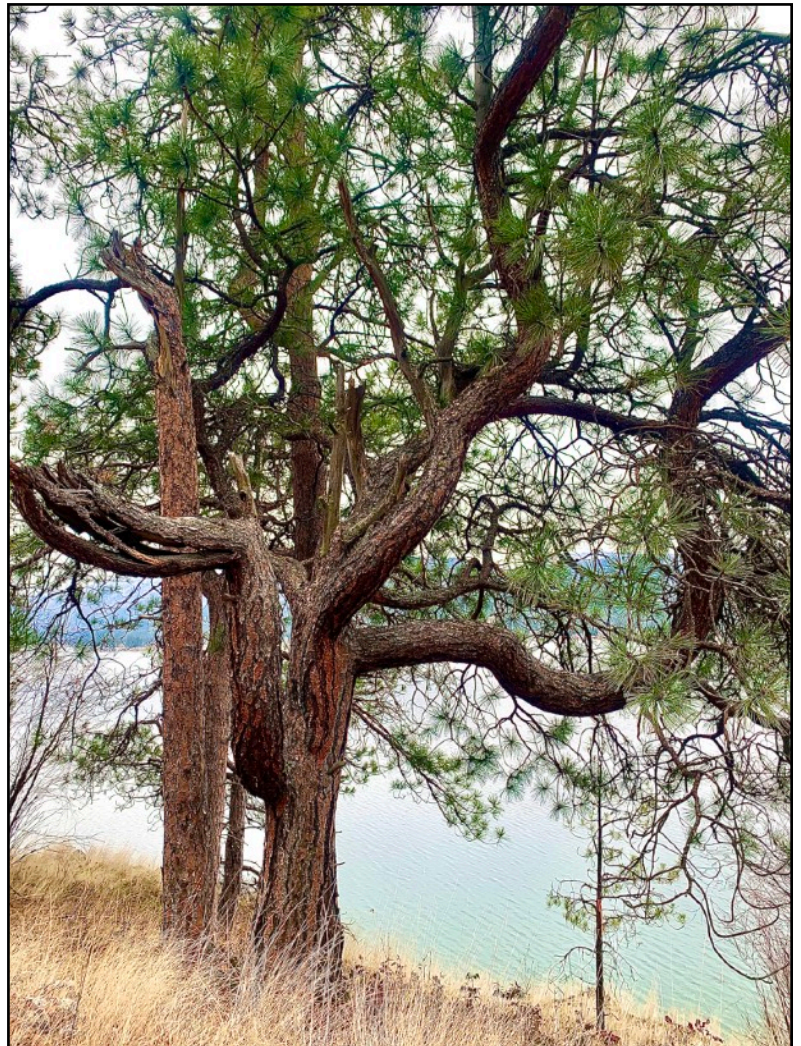


Another amazingly bizarre growth strategy seen in Okanagan conifers are the gnarled branches of “porcupine trees”. Porcupines sometimes climb a tree to “girdle” or strip the bark off around its trunk to eat the sweet and nutritious cambium layer. This stops the transfer of water and minerals up the trunk, but one or two of its highest limbs below the strip may grow up as leader trunks.

Keep your eyes open for these odd trees when hiking and enjoy finding them. Think about what happened. Marvel at their survival adaptations. 🌿

above: The ancient Rocky Mountain Juniper tree in Kalamalka Lake Provincial Park. Amanda Smith photo

right: Photo of straight trunk with gnarly branches: The gnarliest Ponderosa Pine I've ever seen. Porcupines must love it. Plus it grows at the top of a steep slope. Roseanne Van Ee photo



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Cools Pond Bat House

by Harold Sellers

ON March 17th, St. Patrick's Day and following a late Winter snowfall, four NONC members moved the bat house at the Cools Pond.

The house had been on the gazebo at the park for a couple of years, but hadn't attracted any bats. Our thinking was that the location wasn't favourable; perhaps too low, and also too close to park visitors.

So Michelle Gregoire, Eric Kowalski, Harold Sellers, and Paul Williamson installed a tiltable pole and moved the box to the top. Now it is closer to the pond, higher, and easily watched from the gazebo. 🌱



Photos, top to bottom:

Michelle and Eric auger out the post hole. No frost, but there were stones.

Harold prepares the pole pivot, while Paul waits with the pole and Michelle oversees the procedure.

The end result! Will the bats like it? We'll have to wait and see. June is the best month to monitor for bats flying in and out, so we'll be watching.

photos by Eric & Harold

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Watching for our disappearing wildlife, Part 3: Birds

by Ben van Drimmelen, Director, BC Nature
January 15, 2026

TWICE per year, the Committee on the Status of Endangered Wildlife in Canada (COSEWIC) meets to discuss and evaluate the status of Canadian wildlife species.

I reviewed the wildlife species assessments results for just those species in BC that have been made extinct, eliminated from the province or endangered. The depressive (as opposed to impressive) list is enclosed for your info.

I've started such a matrix; below is how it might look. I've included probably-extirpated species because member clubs would get VERY EXCITED if

one of their members found a remnant population. The list would continue with endangered species as well.

To determine the member clubs with potential occurrences, I've cast the "net" a bit wide, including buffer clubs that are likely to be near, rather than within, the expected range of each species.

A suggestion is that their members look up how to recognize each species that is listed for their area and then keep a special eye open whenever they are doing field trips. If they see what they suspect is an endangered or an "extirpated" creature, take a photo and report the observation by email to the Conservation Data Centre at the CDC team.

Editor's Note: Ben's list is quite extensive, so I have made it into a multi-part series. In this issue we look at birds. 🌿

<i>Species (Extirpated or Endangered only)</i>	<i>BCN member clubs with potential occurrences</i>	<i>Habitat</i>
Sage grouse	Central Okanagan, Kamloops, Oliver-Osoyoos, Nicola, Lillooet, South Okanagan	Very dry valley bottoms in the southern interior (Chilcotin, Fraser, lower Thompson, Nicola, Similkameen, lower Kettle, Okanagan Lake).
Yellow-breasted chat	West Kootenay, North Okanagan, Central Okanagan, South Okanagan, Oliver/Osoyoos	Second growth, shrubby old pastures, thickets, bushy areas, scrub, woodland undergrowth, and fence rows, including low wet places near streams, pond edges, or swamps; thickets with few tall trees; early successional stages of forest regeneration; commonly in sites close to human habitation.
Streaked horned lark	Victoria, Abbotsford/Mission, Burke Mountain, Delta, Langley, Chilliwack, Vancouver, White Rock and Surrey	Prairie and open coastal habitats
Spotted owl	Sunshine Coast, Squamish, Chilliwack, Abbotsford/Mission	Old (> 200 years) coniferous forests with large overstorey trees, multilayered canopy, large decaying fallen trees and large diameter standing dead trees.

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Disappearing Wildlife continued

Burrowing owl	North Okanagan, Nicola, Vermillion, Kamloops	Grasslands, pasture. A wide variety of grassland ecotypes as well as vegetated and non-vegetated sand dunes.
Williamson's sapsucker	Oliver/Osoyoos, Central Okanagan, North Okanagan, Rocky Mountain, Lillooet, Nicola, South Okanagan, Central Okanagan, Vermillion, Kamloops	Middle to high elevation dry montane and subalpine coniferous forest, including spruce-fir, Douglas-fir, western larch, lodgepole pine and ponderosa pine, and mixed deciduous-coniferous forest with quaking aspen.
Coastal vesper sparrow	Bulkley Valley, Mackenzie, Prince George, Williams Lake, Central Okanagan, Kamloops, Lillooet, Nicola, North Okanagan, Oliver/Osoyoos, Shuswap, South Okanagan, Vermillion Forks, Rocky Mountain, West Kootenay, Abbotsford-Mission, Burke Mountain, Delta, Langley, Malaspina, Chilliwack, Vancouver, Pender Harbour, Squamish, Sunshine Coast, Whistler, White Rock and Surrey, Alberni, Arrowsmith, Comox, Cowichan, Nanaimo, Salt Spring, Victoria.	Over forests and open areas, especially near lakes, ponds, streams, rivers, wetlands, marshes.
Black swift	Bulkley Valley, Mackenzie, Prince George, Williams Lake, Central Okanagan, Kamloops, Lillooet, Nicola, North Okanagan, Oliver/Osoyoos, Shuswap, South Okanagan, Vermillion Forks, Rocky Mountain, West Kootenay, Abbotsford-Mission, Burke Mountain, Delta, Langley, Malaspina, Chilliwack, Vancouver, Pender Harbour, Squamish, Sunshine Coast, Whistler, White Rock and Surrey, Alberni, Arrowsmith, Comox, Cowichan, Nanaimo, Salt Spring, Victoria.	Over forests and open areas, especially near lakes, ponds, streams, rivers, wetlands, marshes.
Sage thrasher	Oliver-Osoyoos, South Okanagan	Sagebrush plains, primarily in arid or semi-arid situations, rarely around towns. Shrub-steppe habitats with large (greater than 1m tall) sagebrush. Breeds between 1300 and 2000 meters above sea level.
White-headed woodpecker	Oliver-Osoyoos, South Okanagan	Abundant mature to old-growth stands of ponderosa pine with relatively open canopy of 50-70 percent closure, and numerous snags and stumps for nest cavities.

Part 4 will be in the next issue.

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Birdathon50



Celebrating
50 Years of
Birding for
Conservation

The Hooters in the Birdathon

This May, we're going birding for Birdathon50!

NONC has it's own Birdathon team: The Hooters. For several years now a few NONC members head out on a single day in May to spot as many birds as possible to raise funds for bird conservation with Birds Canada. This year is a special one: **we're celebrating Birdathon's 50th anniversary!**

Our team members are excited and proud to be part of the tradition, Canada's longest-running fundraiser for birds. Cheer the birds and us on by donating! Select one of our team members and make a donation to their page. Every gift, big or small, directly funds bird conservation projects across Canada through initiatives like the Birds Canada Community Grant, the Canadian Migration Monitoring Network, and more.

To donate to The Hooters efforts, go to <https://www.canadahelps.org/s/jKcJA6>

Thank you! Team leaders Margaret MacKenzie and Harold Sellers. 🌱

Photo: Eared Grebe at Gardom Lake, by Matt Boos



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NONC CALENDAR

MONTHLY MEETINGS

NONC monthly meetings are held in the Emerald Room at The Schubert Centre for Seniors, 30th Ave., in downtown Vernon. No entry fee. Members and non-members welcome. Coffee and cookies served!

Wednesday, April 1, 7:00 pm: Our speaker will be Dave Guscott - "Photographing Loons in the North Okanagan"

Thursday, April 30 instead of Wed., May 6:
Guest speaker - UBCO grad student Hannah Friesen on Vineyard Biodiversity

75th Anniversary Special Event: Thursday, May 21 at the Coldstream Hall.

SATURDAY NATURE WALKS

Join us Saturdays at 9:00 am. Visitors welcome. Dress for the weather. Hiking poles are very helpful on hilly and rough trails. We do a lot of birdwatching, so bring binoculars if you have them. No dogs please.

DR 1 & 2 are generally suitable for almost anyone, of any age. However, if you have issues of mobility and/or stamina, you should speak to the leader before attempting.

DR 1 Easy — Suitable for most people. Mostly paved or good-surface path, fairly level with some gentle climbs.

DR 2 Moderate — Suitable for most walkers and hikers with no mobility or endurance issues. May have longer distance with steeper hills and switchbacks, some uneven and rough path.

April 4 - 9am DR 2

Middleton Mountain Trails beginning at the Kal Beach parking lot, off Husband Rd. Meet at the east end of the parking lot, by the trailhead sign. The walk will include Neumann's Trail (a steep climb up the hill and then back down) and Creed Loop and then return. Contact Harold at hikerharold@gmail.com

April 11 - 9am DR 2

Coldstream Ranchlands Park. Drive to Buchanan Road and turn left on Cypress Drive. Follow Cypress and turn right on Ravine Drive. Follow Ravine Drive to a cul-de-sac where you can park your car. The hike begins on a gravel access road which climbs moderately, then a short steep section to the beginning of the Ranchlands trail. This trail winds across the hillside sometimes climbing a little and near the end it steeply climbs up to the power line. We will not do the entire loop, but a there and back. Contact Marnie/Paul at mpw660@telus.net

April 18 - 9am DR 2

Thomas Hayes Ecological Park in Spallumcheen Township. Take Otter Lake Cross Road exit from Hwy 97, follow this road behind the Tolko Mill and turn left onto Thomas Hayes Road. Parking at the trail entrance. Contact Norbert at nmaer10s@gmail.com

April 25 - 9am DR 2

Canadian Lakeview Estates Trail. 800 m down a zigzagging hillside slope to the lake, along the shore and trail for ~2 km loop, then back up. Some steep sections. Park beyond the Canadian Lakeview Estates sign on the left side of Tronson Rd. Trail entrance is a short walk further up to 9030 Tronson beside a driveway. Spectacular wildflower blooms and views! Text Roseanne at 250-308-8826