

# NEWSPACKET

Summer 2026



Wood Duck  
by Harold Sellers

**Journal of the North Okanagan Naturalists' Club**  
**1951-2026 — 75 Years for Nature**



**North Okanagan Naturalists' Club (NONC)**

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*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.*

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**Annual Membership Dues:**

- Couple/Family \$55
- Single \$38

see nonc.ca



## Club News & Notes

Our latest new members are Gwyneth Evans, Jodi Fleming, Kathy de Grace, Linda Hobden, Kim Hodgson, Karen Krysko, Lorna Tureski, and Miah Wildschut. Welcome to all of you!

We fill the rest of this page with some pictures from NONC's 75th Anniversary celebration held on May 21st. It was GREAT! 🌿



## NONC

## The Ways of Our Water

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

### PART 3 — Kalamalka Lake

*by Harold Sellers*

*photos by the author*

**I**n this part of our The Ways of Our Water series, we look at the second largest of our three major North Okanagan lakes. Kalamalka Lake ("Kal Lake") is 16 km in length and 3 km wide at the widest point. The deepest point, approximately 142 to 146 metres (466–480 feet) deep, is located in its southern sub-basin, specifically just south of Kekuli Bay. This deep, glacial-carved "fjord lake" features steep underwater slopes.

#### Origin of the Name

In records begun when settlers first arrived in the area it was also known as Long Lake or Chelootsoos Lake.

At first the name Long Lake was applied to the two adjacent lakes, i.e. today's Kalamalka and Wood lakes. The modern-day names for these two lakes were officially adopted in 1951, although they were in common use even earlier. <sup>1</sup>

The following stories were recorded by the Okanagan Historical and Natural History Society.

"When I came here in 1884 the range lying between Vernon and the Coldstream at the head of Long Lake was known as the Tanamalka Range and there was an old Indian Chief living at the head of Long Lake who was known as Tanamalka. I do not know

whether the Chief was called after the range or the range after the Chief... When the big hotel was built in Vernon it was called the Kalemalka Hotel. This was afterwards changed to Kalamalka Hotel. Isaac Harris of Armstrong says this word Kalamalka is composed of two words - one a Shuswap Indian word and one an Okanagan Indian word and that one word means water and the other means soothing or



healing. The Indian name for Long Lake is Chelootsoos." (8 October 1928 letter from L. Norris, Okanagan Historical and Natural History Society, file L.1.28); "I have been in Vernon now for over 42 years... me and the old timers knew of no other name[s] than Long Lake and Wood Lake. Up until 1908 Wood Lake was distinct as from Long Lake; during that year a channel (canal) was made connecting the two, but Wood Lake has never been confused with or known to be a part of Long Lake. Some years ago I worked with Leonard Norris (our

*continued on page 5*



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*Kalamalka Lake continued*

founder) on place names, etc, and we always referred to Long Lake and Wood or Wood's Lake as being two distinct bodies of water. In the early 20's some of the bigwigs started a campaign to rename Long Lake as 'Kalamalka' as such sounded less commonplace. My late brother Chas. D. Simms came here in April 1887 & died in the late 30's - I had never known him to mention the name Kalamalka. However, more and

The Okanagan Indian word chelootsoos (meaning ' long lake cut in the middle' ) was applied specifically to the narrow strip of land separating Kalamalka Lake from Wood Lake to the south. This strip was sometimes called the Railway because it resembled a railway embankment, while Kalamalka lake was formerly known as Long Lake. Kalamalka was a well-known old Indian who once lived at the head of this lake... The word kalamalka can be identified as

an Okanagan Indian man's name, making very suspect a theory that it is a Hawaiian name brought into this country by one of the Kanakas employed by the HBC. <sup>1</sup>



*above: Cosens Bay beach*

more people are now using the name Kalamalka as our local radio station appears to insist on using such and the people are naturally following suit." (June 1950 letter from F.G. Simms, President, Vernon branch Okanagan Historical Society, file V.1.50); "In the early 1920's it was suggested that Long Lake be renamed Kalamalka Lake. Kalamalka is the name in general use today." (June 1950 letter from historian Frank M. Buckland, file V.1.50). <sup>1</sup>

**Water Use & Sources**

Kalamalka Lake serves as a primary drinking water source for Greater Vernon Water (GVW), supplying approximately 45% of the utility's water, with up to 69% of domestic customers potentially receiving water from this system. This source is often used in tandem with the Duteau Creek system, although the mix fluctuates depending on seasonal, water quality, and operational

demands. Water from Kalamalka Lake is treated at the Mission Hill Water Treatment Plant (MHWTP) by UV disinfection and chlorination. Kal Lake is also a source of drinking water for Lake Country.

Most of the inflow to the lake is from Coldstream Creek and Wood Lake (via the Oyama canal), however, groundwater recharge is likely a large but unknown component (Sokal, Pers. Comm., 2015). The lake is drained by Vernon Creek which exits at

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## *Kalamalka Lake continued*

the north end, passes through the city of Vernon, and flows into Okanagan Lake (see Part 1 of this series, in the April issue).

### **Marl Lake**

As locals we know that at different times of the year the colour of the lake can range from cyan to indigo, in different parts at the same time, earning the lake the moniker "lake of a thousand colours". The colour of the water is derived from light scattering, caused by the precipitation of calcium carbonate (CaCO<sub>3</sub>).

Kalamalka Lake is a "marl" lake. When it warms, dissolved limestone from surrounding rocks forms calcium carbonate crystals which reflect blue-green light providing the vibrant colours we see in the summer. When the lake cools, the crystals dissolve again and the colours fade.

### **Beaches & Parks**

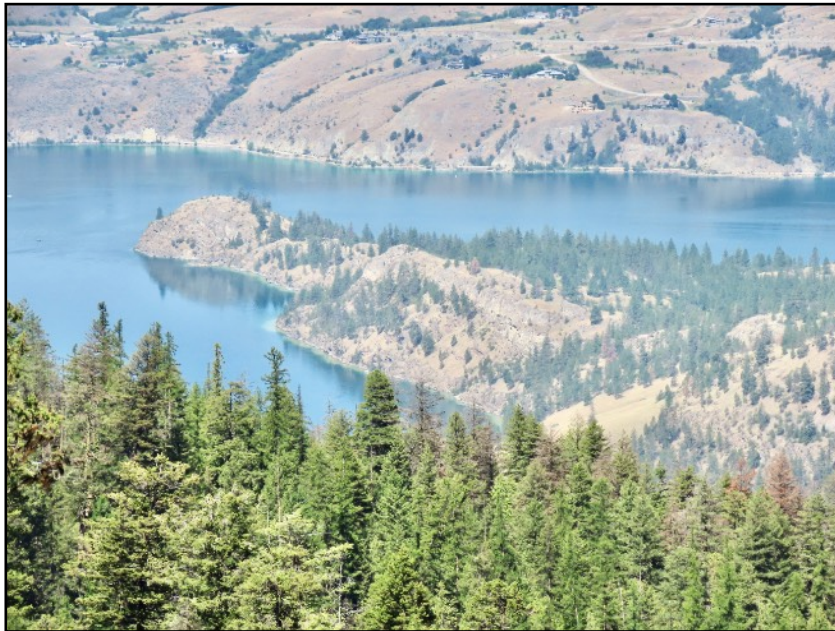
Two provincial parks are situated along Kalamalka Lake: Kalamalka Lake Provincial Park and Protected Area and Kekuli Bay Provincial Park. In "our end" of Kal Lake another point of public access is the District of Coldstream's Sovereign Park.

Kalamalka Lake has many public beaches. Kal Beach is at the northern end of the lake and is the most well-known and popular. Jade Bay Beach, Juniper Bay Beach, and Cosens Bay Beach are in the

heart of Kalamalka Lake Provincial Park. Some of the other beaches on this lake are Kekuli Bay Beach (in that provincial park); Kirkland Park Beach, Long Lake Beach, Lisheen Beach, and Pumphouse Beach (all in Coldstream); and on the south end, in Lake Country, Kaloya Regional Park Beach.

### **Fish Stocks**

The lake contains kokanee, rainbow trout, lake trout, yellow perch, northern pikeminnow, pumpkinseed, redside shiner, mountain whitefish, peamouth chub, and largescale sucker. Historically the lake was stocked with rainbow trout, cutthroat trout, steelhead and kokanee but lake stocking has not occurred since 1978.<sup>2</sup>



at left: Turtle's Head or Rattlesnake Point; either name can be used

### **Ecosystems**

Around Kalamalka Lake there are various ecosystems. Dry Interior Grasslands are characterized by bunchgrass, sagebrush, and a variety of wildflowers. This ecosystem is found

in Kalamalka Lake Provincial Park, predominantly between the Cosens Bay entrance and Cosens Bay Beach. The west side of the lake, between the Kal Lake Lookout and Kekuli Bay, is another example.

Ponderosa Pine Forests and Interior Douglas-fir Forests are south of Kekuli Bay and then along much *continued on page 7*

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## *Kalamalka Lake continued*

of the eastern shore, including in Kalamalka Lake Provincial Park.

A few Riparian Zones and Wetlands are found along the shoreline, such as in Cosens Bay.

### **Where Naturalists Go**

There are numerous trails that we favour for birding, nature observation and exercise: Kal Crystal Waters Trail and the Okanagan Rail Trail are two. There are many trails in Kalamalka Lake Provincial Park and Kekuli Bay Provincial Park has a grasslands loop plus connections to the rail trail and Kal Crystal Waters.

These parks are excellent places to observe wildflowers, trees, birds, butterflies, mammals, snakes, etc., in a variety of habitats.

Bishop Wild Bird Sanctuary on the lake at Coldstream Creek Road is a great place to see

waterfowl, songbirds, and plants, including some very large trees.

Even the old highway above the lake is good for seeing birds in the adjacent thickets or flying overhead. Yellow-breasted Chats have been heard, and sometimes seen, in the bushes.

For a final tip, consider the beaches in the Winter, when there are no, or few, people about. Geese, ducks, swans and other birds might be found then.

### **Resources**

Society for the Protection of Kalamalka Lake  
[www.spkl.ca](http://www.spkl.ca)  
 Friends of Kalamalka Lake Provincial Park  
[www.kalamalkapark.ca](http://www.kalamalkapark.ca)

### **Footnotes**

- <sup>1</sup> BC Geographical Names website
- <sup>2</sup> BC Lake Stewardship and Monitoring Program, Kalamalka Lake 2008-14

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In May, at the BC Nature AGM & Conference in Kamloops, NONC members Harold Sellers and Rod Drennan received Club Service Awards. Left: Harold receiving his award from Nancy Flood of BC Nature. Right: Harold presenting Rod with his award. Both awards were unique handcrafted bowls made from various woods native to B.C.



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## Hot!

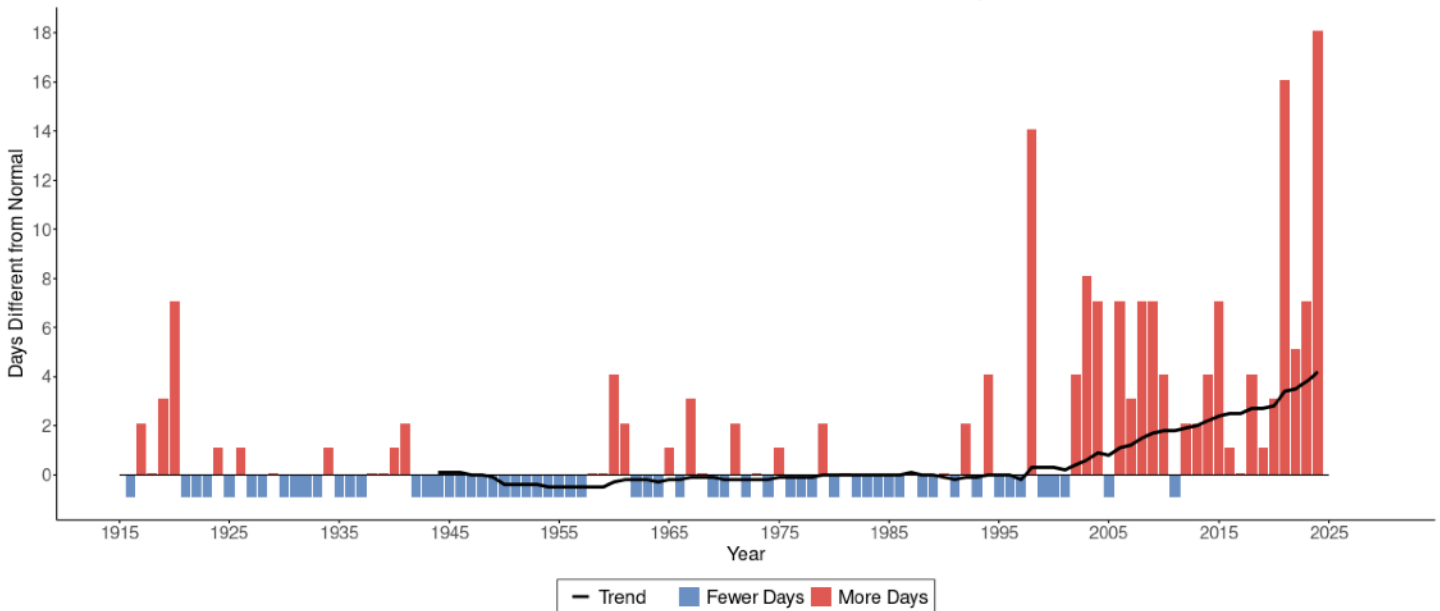
by Roseanne Van Ee

**IT'S** getting hot here. The temperature's rising. We're inundated and overwhelmed by disastrous news about climate change. And it's confusing. We know climate change is the result of polluting our precious life-securing and shielding atmosphere

Last July, the Allan Brooks Nature Centre celebrated its 25th anniversary. Our Mayor, Victor Cumming, gave a startling speech there revealing Vernon's weather records of days with a maximum temperature over 35 °C.

**Days reaching 35°C or hotter have become much more common over time, especially since the late**

Days with a Maximum Temperature Over 35 °C Vernon  
Compared to the 1951-1980 Historical Average ( 0.9 Days )



Trend is calculated by taking a rolling average of the preceding 30 years.

mostly by burning fossil fuels combined with destroying our Earth's natural environments. But how does this affect us in the Okanagan?

The coal, oil and gas we use as fuel energy are remains of decomposed, once living organisms, including plants and animals, that have been compacted and fossilized over hundreds of millions of years. When burned, its dense energy is intense. It releases CO2 that heats up the atmosphere. We know that our temperature is rising, even here in Vernon.

**1990s.** In earlier decades, most years had either normal conditions (based on a 30 year historical average from 1951-1980) or fewer extreme-heat days. More recent decades have many more years with above-normal 35°C plus days. After Mayor Cumming's speech, the audience gasped; they were astounded. Here's the Vernon weather records temperature trend summary he referred to:

- **1915–1945 - 30 years:**  
Extreme 35°C days were very uncommon. Some years had slightly more hot days than

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# NONC

*Hot! continued*

- normal, but many years had fewer.
- **1945–1975 - 30 years:**  
Mostly stable or slightly below normal. No long-term increase in very hot days.
- **1975–1995 - 20 years:**  
Small temperature increases begin to appear, but most years still remain close to normal levels.
- **1995–2000 - 5 years:**  
A noticeable shift starts. Several years record more 35°C days than average, and the temperature trend begins climbing upward.
- **2000–2005 - 5 years:**  
Hot extremes become more frequent. Some years are significantly above normal, indicating more regular heat events.
- **2005–2010 - 5 years:**  
Sustained high heat continues, with most years above normal and very few cooler-than-normal years.
- **2015–2020 - 5 years:**  
Extreme heat becomes much more common. Several years record very large increases in 35°C days.
- **2020–2025 - 5 years:**  
The highest temperatures occur here, including years with around 15–18 extra 35°C days above normal. There's a strong long-term rise in extreme heat frequency.

**Extreme heat days above 35°C are occurring more often, more consistently, and with greater intensity in recent decades than in the early 20th century.**

Now you have to know the difference and correlation between weather and climate to understand how climate change may affect us. Weather is what we experience: the daily change in temperature, precipitation, air pressure, wind speed and direction, cloud cover and humidity. Climate is the average weather pattern and it's accumulative effects over longer periods of time (generally tens to hundreds of years) and how it creates and affects Earth's various environments. We can't change the weather, but we can change the climate.

Stay tuned; My column will describe climate change and reveal its possible impacts on us in the Okanagan. 🌱



Overall meaning **There's a clear long-term warming pattern in Vernon:**

above: Great Basin Bumblebee (H. Sellers)

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## Doing a Birdathon

by Margaret MacKenzie

**AT** 4 am Sunday, May 17, I opened my window wide and listened to an American Robin singing and the neighbourhood pair of Great Horned Owls calling back-and-forth. A good start to the Birds Canada 50th Birdathon!

Townsend's Warbler. At Silver Star Ski Village, the weather improved with the sun peeking out now and again to warm us up. Now the birds were visible and all singing merrily. Fox Sparrows, Kinglets, Warbler species, Chickadees, and Red Crossbills, etc. Flocks and flocks of Pine Siskins were visible everywhere and Stellar's Jays and Canada Jays were up on the treetops. By the time we were down to Forsberg

# Birdathon50



Celebrating  
**50 Years** of  
Birding for  
Conservation

@wildmadegoods

The first member of our team, Claire Christensen, met me at 5am and we made our way to Silver Star Mountain where the temperature was a balmy 2 degrees Celsius with a light fresh snow cover! An unexpected Moose crossing the road interrupted our birding, and after stopping and turning back to look at us, gave us a rather forlorn look before disappearing into the forest. At Sovereign Lake Ski area, our first species was a cold looking fluffed up Dusky Grouse sitting on the side of the road. We saw little else as a thick fog enveloped the area. Instead, we heard most of our intended species like the Hermit and Varied Thrush, Pacific Wren and



Road we had most of the usual expected mountain

*continued on page 11*

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## *Birdathon continued*

expected mountain birds ticked off on our checklist.

About 9am we met up with Pat McAllister and Joan Wilkinson who had picked up a Calliope and a Rufous Hummingbird at a friend's feeder on the way, and the three of us carried on following our route to Otter Lake. At O'keefe Pond, Pat spotted a half dozen Wilson's Phalaropes, not a usual species on our list but a very welcome one. We watched them spinning in circles causing whirlpools which stir up the invertebrate life which they feed on.



above: Dusky Grouse

Our usual place for Bank Swallows yielded none for a second year in a row leaving us curious as to whether they have disappeared completely from this previous nesting area or were we just too early and they hadn't arrived? Adding Western Kingbirds and more duck and grebe species to our list at Otter Lake, as well as enjoying our packed lunch in some sunshine, we backtracked to town and up to the Commonage. Rose's Pond, Birdie Lake and Tompson Lake provided us with Western Bluebirds and more duck, rail, merganser, and grebe species and our only sandpiper of the day, a Spotted Sandpiper. Our last

but not least species for the afternoon was added on a trail at Predator Ridge when Joan spotted our only Hairy Woodpecker of the day. After a quick refresh and pizza pickup, we left at 6:30 pm for our final birding of the day in Coldstream.

We sort of bombed out with new species for the evening. However, at Coldstream Cemetery, Pat and I had a very sweet moment while we watched a mother pheasant, her two chicks tucked in close beside her, ever so carefully put one foot in front of the other as she crossed the road in front of us. On the Cosens Bay Road, one good sighting but not a bird, was of a blond coloured Black Bear nibbling on some leaves in a small forest opening. Our final species, as always, had to wait until the last vestiges of light vanished and we could hear the 'poor-will', poor-will', echoing calls of the Common Poorwill. As usual, we missed some more commonly seen birds which, unfortunately and in hindsight, we didn't take the time to look for during the day. However, all in all our count was very good with 102 species recorded.



above: female pheasant with chicks

Margaret Mackenzie, Pat McAllister, Joan Wilkinson, Claire Christensen 🌿

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## Black Widow Spider

by Harold Sellers

**LATRODECTUS** *hesperus*, the western black widow spider or western widow, is a venomous spider species found in western regions of North America. The female's body is 14–16 mm (1/2 in) in length and is black, often with an hourglass-shaped red mark on the lower abdomen. This "hourglass" mark can be red, yellow, and on rare occasions, white. The male of the species is around half this length, and generally a beige colour with lighter striping on the abdomen. The species, as with others of the genus, build irregular or "messy" webs. Unlike the spiral webs or the tunnel-shaped webs of some other spiders, the strands of a *Latrodectus*' web have no obvious overall organization.



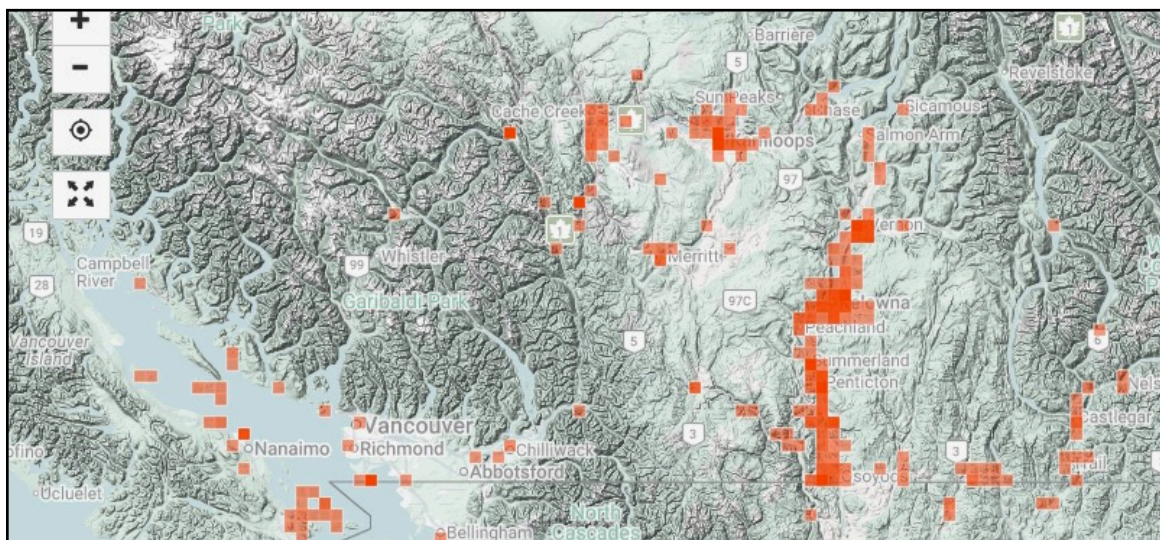
Female black widows have potent venom containing a neurotoxin ( $\alpha$ -latrotoxin) active against a range of organisms. In humans, symptoms of this venom include pain, nausea, vomiting, goosebumps, and localized sweating.

In historical literature, fatalities were reported at anywhere between 0.5% and 12%, but studies within the past several decades have been unable to confirm

any fatalities from any of the U.S. species of *Latrodectus* (e.g. zero fatalities among 23,409 documented *Latrodectus* bites from 2000 through 2008). The female's consumption of the male after courtship, a cannibalistic and suicidal behaviour observed in *Latrodectus hasseltii*, is rare in this species. Male western widows may breed several times during their relatively short lifespans. Males are known to show preference for mating with well-

fed females over starved ones, taking cues from the females' webs. 🌱

Credit: Wikipedia



left: iNaturalist map showing reports in southern BC; note the high number in the Okanagan Valley



# NONC

## Watching for our disappearing wildlife, Part 5, Final: Insects

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.

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 final instalment we look at INSECTS. 🌱

<i>Species (Extirpated or Endangered only)</i>	<i>BCN member clubs with potential occurrences</i>	<i>Habitat</i>
Island marble ( <i>butterfly</i> )	Victoria	Sand dunes, coastal lagoons or upland prairie-like habitat. Mustard plants are their primary larval host plants
Vancouver Island Blue ( <i>butterfly</i> )	Victoria, Salt Spring	Open but not dry areas with enough moisture to support clover, probably occurring in disturbed areas.
Gypsy Cuckoo bumblebee	West Kootenay, Bulkley, Prince George, Timberline, Mackenzie, Williams Lake	In woodlands, urban parks, gardens and wetlands - parasitizing other bumble bee species.
Edith's checkerspot ( <i>butterfly</i> ) (Taylor's ssp.)	Victoria, Salt Spring, Comox, Arrowsmith, Cowichan, Nanaimo	Coastal and inland dry prairies or prairie-like native grassland and maritime meadows within Garry oak ecosystems on southern Vancouver Island and adjacent islands.
Olive clubtail ( <i>dragonfly</i> )	Central Okanagan, North Okanagan, South Okanagan, Oliver/Osoyoos, Nicola, West Kootenay	Warm lowland rivers with clear water and submerged aquatic plants; along sandy lakeshores with sandy or muddy edges.
Okanagan efferia ( <i>robberfly</i> )	Central Okanagan, North Okanagan, South Okanagan, Oliver/Osoyoos	Lower bunchgrass grasslands with sandy and gravelly soils, bluebunch wheatgrass and antelope bitterbrush.



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## *Disappearing Wildlife continued*

Behr's hairstreak <i>(butterfly)</i>	Oliver/Osoyoos	Shrub grassland, antelope-brush steppe in canyons, riparian areas and shrubland.
Nine-spotted ladybeetle	Vancouver, Abbotsford-Mission, Burke Mountain, Delta, Langley, Chilliwack, White Rock and Surrey, Williams Lake, Nicola, West Kootenay, Victoria, Comox, Arrowsmith, Central Okanagan, North Okanagan, South Okanagan, Oliver/Osoyoos, Cowichan, Salt Spring, Nanaimo, Rocky Mountain, Vermillion	A wide range of habitats - agricultural areas, suburban gardens, parks, coniferous forests, deciduous forests, prairie grasslands, meadows, riparian areas and isolated natural areas.
Mormon metalmark <i>(butterfly)</i>	South Okanagan, Oliver/Osoyoos	Shrub grassland, antelope-brush and sagebrush steppe, on hillsides, slopes and embankments with sandy or gravelly soils and moderate to high densities of rabbitbrush and snow buckwheat.
Monarch <i>(butterfly)</i>	Victoria, Vancouver, Abbotsford-Mission, Burke Mountain, Delta, Langley, Chilliwack, White Rock and Surrey, Kamloops, Central Okanagan, North Okanagan, South Okanagan, Oliver/Osoyoos, Rocky Mountain, West Kootenay	Many habitats; grasslands, scrublands, croplands, roadsides, urban and suburban parks and gardens, and sand dune areas. Showy milkweed is required for caterpillar stage.
Edward's beach moth	Victoria, Cowichan, Nanaimo, Salt Spring	Sparsely-vegetated sandy beach and beach dune habitats including sandy beaches adjacent to salt marshes. Prefer protected island complexes and inlets rather than exposed outer beaches.
Sand-verbena moth	Victoria, Salt Spring, Comox, Arrowsmith, Cowichan, Nanaimo	On nearshore dunes and sand spits, exclusively in or near dense patches of yellow sand verbena.
Dark Saltflat tiger beetle	Central Okanagan, North Okanagan, South Okanagan, Oliver/Osoyoos	Slightly dry, chalky alkaline soils in sparsely vegetated areas; alkali ponds, salt flats, saline lake shores.
Nuttall's sheepmoth	South Okanagan, Oliver/Osoyoos	Juniper woodlands and chaparral on dry, open slopes at low elevations, including antelope brush, sagebrush scrub and meadows.
Vancouver Island shieldback <i>(grasshopper)</i>	Victoria	Low elevation Garry Oak and associated ecosystems.
Oregon branded skipper <i>(butterfly)</i>	Victoria, Salt Spring, Comox, Arrowsmith, Cowichan, Nanaimo, Alberni	Along roads, around mud, and on hilltops from 400 to 1500 m) in sparsely vegetated coastal sand ecosystems and Garry oak and associated ecosystems, with large areas of exposed bare ground, dry well-drained soil, and short turf grasses and bunchgrasses.

## NONC

## New knapweed weevil discovered

*An iNaturalist big bang – Finding a new beetle for BC*  
*BC Parks blog, March 4, 2026*

**IN** June of 2021, one of the team members found a beetle that he had seen a million times before, a cute little weevil not much bigger than a fruit fly named *Larinus minutus*. He took a terrible picture of it on his phone and uploaded it to iNaturalist. Two hours later, another iNaturalist user had added an identification to the observation—but instead of *Larinus minutus*, it was identified as a different weevil called *Bangasternus fausti*. These different weevils had never been recorded in BC, or anywhere else in Canada for that matter.

This identification started a real kerfuffle (well, at least a hubbub) for such small creatures; biologists around BC started looking for the weevil, and they found it throughout the dry valley bottoms of the southern interior. Interestingly, the BC Biodiversity Program field team had already found the new weevil from Kamloops to Osoyoos, although they didn't know how significant these observations were at the time.

Like the *Larinus* weevils already recorded in BC, *Bangasternus* weevils are picky eaters that feed on invasive plants called knapweeds, especially diffuse knapweed. Knapweeds are problematic plants in BC, negatively impacting natural spaces like meadows, parks, and trails, as well as agricultural lands. But populations of diffuse knapweed have drastically declined in recent

decades, largely due to the use of “biological control agents”—insects like the *Larinus* weevil. Biological control agents are organisms that eat, infect, or compete with invasive plants or animals that are considered pests; after much testing, they are introduced to an area to reduce the impacts and slow the spread of the invasive species. Because these weevils are so selective in what they eat, they can decrease knapweed populations without impacting other plants and animals. *Bangasternus* weevils are also biocontrol agents for diffuse knapweed, but they were never introduced into Canada.

Finding these new weevils in BC is a big deal for the control of diffuse knapweed. It means that there's another weevil eating the invasive plant—a great thing for cattle ranchers and native ecosystems alike. It also raises a lot of questions: How long have *Bangasternus* been here? Where exactly did they come from? How are they influencing the control of diffuse knapweed in BC? 🌱



above:  
 The new weevil, *Bangasternus fausti*, has a short and stubby nose-like structure called a rostrum.  
 Photo by Jason Headley.

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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!

*Resuming in September*

### SATURDAY NATURE WALKS

Join us Saturdays at 9:00 am. Visitors welcome. No dogs please.

#### July 4 – 9am DR 1

Join the North Okanagan Naturalists' Club for a walk at Polson Park. Meet by the tennis courts. NO DOGS PLEASE. Contact Margaret at [Mhubble@telus.net](mailto:Mhubble@telus.net)

#### July 11 – 9am DR 2

Join the North Okanagan Naturalists' Club for a walk on the Bear Valley Trail at Kalamalka Lake Provincial Park. Meet at the park entrance at the Cosens Bay parking lot on Cosens Bay Road. NO DOGS PLEASE. Contact Norbert at [nmaer10s@gmail.com](mailto:nmaer10s@gmail.com)

#### July 18 – 9am DR 1

Join the North Okanagan Naturalists' Club for a nature walk at the Bishop Wild Bird Sanctuary in Coldstream. Meet in the parking lot of Sovereign Park on Kidston Road. Carpool with other members as there is limited parking. "Rain or shine". Leader walks to trail head. NO DOGS PLEASE. Contact Susan at [supepghat@hotmail.com](mailto:supepghat@hotmail.com)

#### July 25 – 9am DR 1

Join the North Okanagan Naturalists' Club for a walk at Silver Star Mountain Resort, admiring flowers, butterflies and great views. Meet at the ticket office, in the centre of the village. Loop on Tin Tin Trail.

Can also include Pond Loop. NO DOGS PLEASE. Contact Trish at [trishmaryreid@yahoo.ca](mailto:trishmaryreid@yahoo.ca)

#### August 1 – 9am DR 2

Join the North Okanagan Naturalists' Club for a walk on the Kal Crystal Waters Trail, starting from and returning to Crystal Waters Road. Frequent ups and downs on this trail. Take Hwy 97 south from Vernon to Lake Country, turning left onto Crystal Waters Road. Park and meet at trail entrance beside the road at the north junction of Crystal Waters Road with Hwy 97. NO DOGS PLEASE. Contact Harold at [hikerharold@gmail.com](mailto:hikerharold@gmail.com)

#### August 8 – 9am DR 2

Join the North Okanagan Naturalists' Club for a walk to the "Big Tree" in Kalamalka Lake Provincial Park. Start at Red Gate and take the Cairn, Outlook, and Parabola trails to loop back to Red Gate. Meet at the Red Gate parking lot on Kidston Road. Carpool with other members as there is limited parking. "Rain or shine". Leader walks to trail head. NO DOGS PLEASE. Contact Susan at [supepghat@hotmail.com](mailto:supepghat@hotmail.com)

#### August 15 – 9am DR 3

Join the North Okanagan Naturalists' Club for a walk on BX Creek and Falls Trail. Meet at the parking area on Star Road. This walk is three hours and sections of the trail are steep, rough and slippery. NO DOGS PLEASE. Contact Jean at [Jean.amatt@gmail.com](mailto:Jean.amatt@gmail.com)

#### August 22 – 9am DR 2

Join the North Okanagan Naturalists' Club for a walk at Sovereign Lake Nordic Centre, Silver Star Mountain, Woodland Bell Trail provides 4-5 km loop. Meet in snowmobilers parking lot to right as you approach the club house. Bring insect repellent. NO DOGS PLEASE. Contact Harold at [hikerharold@gmail.com](mailto:hikerharold@gmail.com)