
PARK Partners

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Catching the Spirit rocks another season

By Miranda Wang

Catching the Spirit is a youth volunteer organization that envisions achieving environmental sustainability through teamwork. Every summer, youth from all across Metro Vancouver sign up to join this network and become involved in a great cause. Catching the Spirit is not only about environmental stewardship, it is a grassroots community that truly values leadership, team building and open dialogue. Consisting of two main summer programs – the daytime Ranger Program and the weekend Spirit Stewardship Camp Program – Catching the Spirit strives to make both aspects of its concept accessible to willing youth in the region.

Now in its 10th year, Catching the Spirit has found many enjoyable and creative methods to promote environmental awareness. At the stewardship camps, a Zero Waste Challenge was called to encourage campers to reduce.

Unlike many camps, youth at Catching the Spirit live in relatively isolated urban parks for two nights straight, and perform all sorts of duties for themselves: cooking, setting up and taking down tents, leaving behind no trace, and all other necessary camping responsibilities.

A major part of the camps is the weekly stewardship projects. This summer, campers have participated



Photo: Nat Haltrich

Catching the Spirit youth celebrating Ubuntu ("I am because we are") Day around the newly planted Ubuntu tree in the Catching the Spirit Community Garden.

in all sorts of restoration work: invasive species removal, salmon bed restoration, Toxic Free Canada's Getting off the Bottle campaign, and a special event named Ubuntu Day, which connected Catching the Spirit youth with youth from Africa.

In the weekday Ranger Program, active participants explore Pacific Spirit Regional Park on their bikes and Burnaby Lake on foot. Not only have they learned about local species and ecosystems, they have also created funny and informative movies to share their valuable know-

ledge with more individuals. In these wonderful summer programs, youth in Metro Vancouver have learned and interacted in positive and artistic ways.

However, the best part about Catching the Spirit still lies in its power of building long-lasting friendships between participants, peer leaders, supervisors and coordinators. Through the collaborative process of understanding Mother Earth better, members learn to trust and care for one another. Catching the Spirit has become a concept that reaches out to everyone in the community, influencing everyone to adopt and embody it in a diversity of unique ways.

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Interested? Our 2010 season has come to an end, but we are still full of energy and are hosting regular monthly events and our Youth Council throughout the year. Please check the Catching the Spirit website at www.catchingthespirit.com, email us at info@catchingthespirit.com or check out our Facebook page (go to www.facebook.com and search for Catching the Spirit).

Miranda Wang is a peer leader at Pacific Spirit Regional Park and was a participant at Burnaby Lake in 2009.



Oops!

In the summer issue of Park Partners, we missed acknowledging Don and Rochelle Farquhar for their use of an image of the new playground at Boundary Bay Regional Park. Our belated and sincere thanks!

A big thank you to you all

By Natalie Haltrich

It was another great summer season and we certainly couldn't have done it without our many partners and funders. We are grateful for all that you have done to help and support in the delivery of Catching the Spirit to youth from across Metro Vancouver.

Partners

- BCIT's Fish, Wildlife and Recreation Program
- BC Mobility Opportunity Society
- Burnaby Lake Park Association
- Camosun Bog Restoration Group
- Comfort the Children International, Kenya
- Dawn Hanna
- Evergreen Foundation
- Greg and Marnie Moro
- Judy Wellington and the Burnaby Lake Master Gardeners
- Metro Vancouver Regional Parks operations and interpretation staff at Burnaby Lake, Capilano River, Colony Farms, Iona Beach, Pacific Spirit and Tynehead
- Pacific Spirit Park Society
- Spanish Banks Streamkeepers
- South Burnaby Neighbourhood House
- The Starlight Foundation
- Toxic Free Canada
- Wildlife Rescue Association



Funders

- RBC Foundation
- TD Friends of the Environment Foundation
- Vancity Community Project Grant
- Coast Capital Savings
- Walmart-Evergreen Green Grants
- Burnaby Rhododendron and Garden Society
- BC Hydro
- Kinder Morgan
- Shell Canada Limited
- Independent Order of Odd Fellows Vancouver Lodge #90
- Loewen Stronach and Co.

A special thank you also goes out to Metro Vancouver and its regional parks department and staff, and to the Pacific Parklands Foundation which continues to raise funds and advocate on our behalf. And last but certainly not least, a big rowdy hands-in-the-air THANK YOU to our YOUTH! You are the spirit and energy in all that we do. Looking forward to seeing you back in the parks next summer!

Metro Vancouver Regional Parks go mobile!

If you use an iPhone or iPad, you can now get iParks, Metro Vancouver's new app that allows users to access information and get a bit of a virtual peek at Metro Vancouver's 22 regional parks.

The iParks Explorer application can be used Apple Computer's 3G-enabled iPhone and iPad and by iPod users with an internet connection.

Finding a regional park while on the road has never been easier. A new app called iParks Explorer uses the built-in location services in iPhones to provide directions to each park – whether you are walking, cycling, driving or taking transit. Other features include a calendar of interpretive programs, special events, updated park advisories and safety information. Users can even



assign regional parks to a "favourites" list – something that's particularly useful if someone has one or two favourite parks that they often visit.

Over the next three months, Metro Vancouver will gather feedback and assess the effectiveness of this first application for regional parks. Future versions under development include interactive maps, audio, streaming video, enhanced levels of interpretation and educational games for children. Versions will also be designed to function on other communication devices

such as Blackberry and Android phones.

iParks Explorer is free and can be downloaded directly from iTunes App Store (search "iParks").

Heritage Apple Day 2010 provides visitors with a bite of the past

By Sharon Meneely

It's 7:50 a.m., and Derby Reach is silent. A skiff of fog lingers over the Fraser and heavy dew leaves the impeccably manicured lawns and mown fields glittering like emeralds. The Heritage Area parking lot is empty but for a few early joggers stretching along the fence line and filling their water bottles at the fountain. The sun has not yet appeared, but the day shines bright with promise. So it is that Heritage Apple Day 2010 begins.

At 8 a.m. Metro's Shanda Morrison arrives, unlocks the Kerr-Mercer Barn and then removes the posts that block the driveway into the festival site. Right behind her is the truck delivering tents, tables, chairs and all the other paraphernalia required for a festival and a barbecue. Bill Wilde arrives on his bicycle, and other DRBIPA board members soon follow.

By 9 a.m. the tents are up, with red, yellow and blue flags waving. The set-up crew arrive, tables are organized and coffee, muffins and doughnuts are passed around. At 10 a.m., an army of volunteers dons colourful apple aprons, sets out bright red tablecloths and shifts the apple cutting machine into high gear – picture-perfect, they're ready to serve!

Before one can blink, it's 11 a.m. and visitors are sampling apples, asking bee and apple experts for advice, and buying trees. Apple trees, of course! The air fills with giggles and shouts, as little ones roll in Metro's haystack and emerge covered from head to toe with straw. Without even a shake, they run to find eggs, milk cows, make hats, roll barrels and sway in time to the beat of the young fiddlers from the Langley Community Music School.

As the sun emerges from behind the clouds to light up Apple Day, the meadow that was mown for parking fills to the edges with cars and hundreds of visitors mingle on the common and learn about Derby, with historic re-enactments and orchard and heritage tours. They learn about



Photo: Larry Meneely

Blast from the past: Visitors got a taste of laundry days of old from park interpreter Lori Bartley at Heritage Apple Days 2010.

Langley Environmental Partners and the Fort Langley National Historic Site, as well as about Metro Vancouver Regional Parks and the Derby Reach/Brae Island Parks Association. The learning is fun; the sounds of laughter compete with the music of fiddles!

The site is beautiful to behold with a colourful sea of tents and people filling the foreground, the mighty Fraser curling around the northern perimeter and Golden Ears towering against a blue background of sky. Spectacular, actually, with 20 plein-air artists painting in the open, dotting the route of the apple orchard tour, perching on the beach to immortalize the passing tugboats, and lining up in a row alongside Houston House to capture the essence of a 101-year-old home. By the time the artists collect their easels and artwork it's almost 2 p.m. – closing time – and time only to give their audience a quick peek at their collective show. How quickly time passes when you're having fun!

And so we say good-bye to the visitors: 750 to 1,000, we speculate! The visitors leave content, filled with cof-

fee, hot chocolate and timbits from the Tim Hortons Community Cruiser. The many volunteers and parks staff pack up the festival site and move to the Kerr-Mercer Barn for a well-deserved barbecue and a chance to visit with the artists. And so a perfect Heritage Apple Day ends amidst accolades! As the hands on the clock point to four, the barn empties and the rental truck rolls in. The park is once again quiet.

We owe much thanks to our many volunteers and apple experts, without whom there would be no event! DRBIPA was delighted to have the help of BC Teen Challenge and all of the organizations already mentioned! As for Metro Vancouver staff, we cannot compliment them enough: they were outstanding! One in particular, Theresa Harding, volunteered her time on her day off! Our sponsors too deserve extraordinary praise: in a year without provincial grants, the Pacific Parklands Foundation came to our aid. Thanks to Metro Vancouver Regional Parks, Pacific Parklands Foundation and the Township of Langley. Thanks to all and to all a good fall!

Wildlife tracking workshop wows participants

By Lori Bartley

On a wet and blustery May weekend, 13 intrepid souls travelled to Minnekhada Regional Park for a Northwestern Carnivore Tracking seminar with Sue Morse. The “Woods Scientist” took us on a two-day adventure that would alter our view of the wild forever. Sue is an interpreter/translator of animal signs. She helps you to see and understand the subtle messages and stories that animals leave behind through their markings, scent and scat. The breadth of her knowledge of animal behaviour, habitat needs and sign was awesome.

Sue Morse has been tracking and interpreting wildlife uses of habitat for over 30 years. Not only is she an exceptional tracker but she is an accomplished photographer. Her presentation included a stunning array of animal photographs that illustrated what to look for when tracking animals.

The day began with a walk in Minnekhada Regional Park. We were out for about five minutes when Roger Bean and his Karelian bear dog Kasey caught the scent of a wild animal. This led to a giant cedar tree and sure enough three bears were lounging in the branches about 25 feet above our heads. We were thrilled with that wildlife viewing opportunity and it kept on going. By the end of the day we saw a western toad the size of a



Photo: Wim Vesseur

Peek-a-boo: This black bear was one of three seen amid the branches of a western red cedar during a wildlife tracking workshop at Minnekhada Regional Park.

grapefruit as well as a black-tailed buck deer with a rack of velvet. What a red letter day!

On day two we went to Campbell Valley and saw all manner of deer sign. The thrill of the day came when Sue and Roger discovered a cache of dead birds – a pantry for some wild animal. Sue said that this was a common behaviour for the red fox – a species thought to have been extirpated from the area. Roger set up a wildlife camera the following week in hopes of obtaining definitive proof. So far there are no photographs from the eco-paparazzi.

Overall the weekend was inspiring! Sue is a gifted animal tracker and superb instructor. Her experience, salty sense of humour and approachable style made the workshop an unforgettable experience.

Thanks to Roger Bean for arranging the workshop. His enthusiasm for tracking is infectious! Thank you to the Pacific Parklands Foundation for supporting this incredible learning experience. Thank you to Sue Morse for travelling from Vermont to share her enthusiasm and knowledge.

Lori Bartley is a parks interpreter with Metro Vancouver Regional Parks.

Input wanted on park survey

Metro Vancouver and the Fraser Valley Regional District want your input!

Metro Vancouver is conducting market research on outdoor recreation demand and trends in the Lower Mainland in partnership with the Fraser Valley Regional District. This information will help our park systems develop plans to meet future recreational needs. If you are interested in participating please click on the link below and take

15 minutes to complete the online survey. If you have any questions about this initiative please contact Craig Sobering (Metro Vancouver) at (604) 432-6357 or David Urban (Fraser Valley Regional District) at 1-800-528-0061.

To take the survey, please go to www.metrovancouver.org, then to the Regional Parks home page where you will find a link.



New park programs target new audiences

By Jennifer Swanston, Celina Starnes and Vanessa Lee

Reaching new audiences through new program designs is always a challenge, and one that Metro Vancouver Regional Parks embraces. Part of developing new public programs includes determining who your target audience will be. This involves equal parts thorough background research, predicting future demographics and luck with the weather.

Our existing programs successfully reach families and children, but older youth and adults without children are two historically challenging groups to get out into parks. Youth are very social, competitive and like to be challenged in ways that lead to successful outcomes and include as much social networking as possible. Adults tend to prefer less hectic, culturally-enriching experiences. With these factors in mind, two exciting new programs have recently been launched. The Urban Nature Team Challenge was developed to engage youth from 12 to 30, and Forest Symphony to draw in new adult park users.

The Urban Nature Team Challenge consisted of teams of two to six people conquering intellectual, exploratory and adventurous challenges at Burnaby Lake Regional Park. At designated checkpoints, participants were tested physically and mentally and photographed their results. The considerable efforts put in at each checkpoint were guided and motivated by the participants, with few stations requiring staff presence. After the event, each team uploaded their photos to the event's Flickr account. The photographs were awarded points and teams with the most points won grand prizes while teams that completed the checkpoints were entered into a prize draw. Staff worked hard to spread the word about the event through social media and to garner great prizes to give away. These included canoe rentals from Clipper Canoe, a gift basket from Dream Design and a bike trailer from Mountain Equipment Coop.

The number of teams participating in the Urban Nature Team Challenge was not high (due to the competing City Chase event), but those who participated thoroughly enjoyed the event. "Awesome, we have been to many



Slug sleuth: A participant in the Urban Nature Team Challenge finds and pets a banana slug for a bonus point.

Metro Vancouver events and this is the best ever!" "Its fun and educational." "My first time, loved it!" With stronger and more targeted promotion we can bring more people into this fun event in future.

Moreover, this great design provided a new source of feedback. We received many images showing participants in action, learning and having fun. They even did research after the event, identifying different animals that they photographed for bonus points. Check out more pictures from the event on Flickr: [-www.flickr.com/groups/urban_nature_team_challenge/pool/](http://www.flickr.com/groups/urban_nature_team_challenge/pool/).

Another newly designed event targeting adult participants was our Forest Symphony. It was first held last summer and received glowing feedback. Over 360 enthusiastic members of the public were enchanted by the talented musicians who dotted the trails of Pacific Spirit Regional Park. A diverse group of musicians - young and old, individuals and groups, amateurs and professionals - volunteered their time to bring melodies to the forest. The response was overwhelmingly positive.

This year the event was held on a sunny July evening. With only three interpreters, two operations staff, 11 volunteer musicians and some recycled strings of beads and swathes of gauzy fabric, a setting was created that could have come from *A Midsummer Night's Dream*. The evening

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New programs, cont. from page 5

sunlight slanting through the sparkling backdrops created perfect sites that complemented the magical sounds of classical and folk music drifting through the forest. Participants followed a loop trail, periodically coming upon a musician or ensemble performing. The loop ended with the Moving Nature Art Gallery, a stretch of trees and shrubs draped with empty picture frames. As participants moved through the "art gallery", they moved the frames over any object they thought was beautiful, leaving their impression of natural art for the next visitors to see while music by Mozart drifted from behind a tree. This event was an undoubted success, with more than 2,700 participants attending!

For two years we have been compiling a matrix of local online event calendars and, with a lot of administrative support, promotion for these events was posted all over the internet. Feedback shows that after "word of mouth", "online event calendars" is the most common way that people heard about the programs.

Did these new programs succeed at bringing our new, target audiences into the parks? Definitely! Of the Urban Nature Team Challenge participants, two thirds had never attended a Metro Vancouver Regional Parks event, and half had never been to Burnaby Lake Regional Park. The numbers speak for themselves for Forest Symphony - nearly 3,000 very happy visitors! The majority of participants were adult and some even dressed up for the event. A quarter of participants had never been to the park before and some mentioned that they were nervous to venture into the park on their own. This event being such a positive experience will hopefully help them to value the forest in new ways, and return as regular park users. Attracting the attention of the public is always a difficult challenge when there are so many activities offered throughout the region. Making an effort to discover new



Sound of music: Visitors experienced a Forest Symphony at Pacific Spirit Regional Park this summer.

target audiences and how to pitch successful programming is one way that Metro Vancouver Regional Parks is helping to turn disinterested members of the public into enthusiastic park supporters.

Critter Care Walk-a-Thon says thank you to all!

By Gaby Wichman

Congratulations to all participants, volunteers, donors and supporters in Critter Care's Walk on the Wild Side Walk-a-Thon. To date, we have raised just over \$ 10,500! What an amazing team effort by all! We could not have done it without you and the support of all your family and friends.

The weather was great which helped to encourage many supporters to come out, bringing families, friends and furry friends! (110 walkers and 35 furry friends)

It was wonderful to see everyone come together to make a difference to Critter Care Wildlife Society and BC's native mammals. Everyone enjoyed the walk and returned to the fun-filled barbeque afterwards. It was great to see so many people sharing stories, making new friends and enjoying the food and the prizes.

Fundraising is essential to Critter Care Wildlife Society to maintain the quality services the mammals need; and we rely on the generosity of our donors. With the chang-

ing economy, many have faced financial strains. We are grateful for the dedication and support to Critter Care.

Volunteers are crucial to the success of any event and the walk-a-thon was no exception. Whether it was cleaning a table, hanging a sign, sitting at a checkpoint, flipping burgers or cleaning up, the day would not have been as successful without the team effort.

A special thanks and appreciation to our corporate and individual donors for their support:

- Animal Actors, Langley
- Drake Stephens, Bear Aware, Coquitlam
- Lydia Claudius, Langley
- Cathy Dukes-Mooney, Langley
- Langley Lions Club, Langley
- Casey Smith Freybe, Langley
- Philip Warburton, store manager, Safeway Maple Ridge

Let's continue the Walk on the Wild Side Walk-a-Thon tradition and do it again next year on Sunday, Oct. 2, 2011



Pacific Parklands
FOUNDATION

A Foundation for the Future of Our Parks

President's Message

Rebranding the Pacific Parklands Foundation

The Pacific Parklands Foundation was established in January 2000 as a non-profit society with an independent board of directors. As a public foundation and registered charity, we are the foundation for Metro Vancouver Regional Parks. We are the Foundation for the Future of Our Parks.

The Pacific Parklands Foundation raises funds to improve and expand the Metro Vancouver regional park system. While ongoing park maintenance and operations are publicly funded, our foundation partners with volunteer groups as well as individual and corporate donors to enhance, preserve and restore the diverse parks in the Metro Vancouver area, bridging the gap between government funding and the pressing demands on these valuable recreational and conservation spaces.

The Metro Vancouver regional park system provides residents with more than 13,594 hectares of greenspace attracting more than nine million visits each year. The 22 regional parks include playgrounds, beaches, boardwalks, viewing towers and campgrounds, and ecologically sensitive areas that must be carefully preserved for future generations.

Parks play a vital role in the livability of our urban areas and our mission is to protect and enhance the parks in the Lower Mainland in order to enhance the communities we live in. During the past 10 years our foundation has raised over four million dollars for a large variety of projects,

programs and special events that have greatly enhanced the regional parks and greenways in Metro Vancouver.

Through individual and corporate donations, we are able to support projects and activities in the regional parks so that children, youth and adults alike have access to parks that spark imaginative play and foster an appreciation for the natural environment. Quite simply put – healthy parks equal healthy people.

It is fitting that after 10 years, the Pacific Parklands Foundation has taken steps to keep things new and exciting. The Pacific Parklands brand has been with us for 10 years, but that doesn't mean the foundation can't move and change with the times. On Oct. 28, at our 10th anniversary celebration lunch, the foundation unveiled its new logo.

I am sure that you will all agree that in this simple and recognizable graphic, the essence of the Metro

Vancouver regional park system has been captured – a solitary tree and its reflection, rendered in a few strokes of a brush – immediately bringing to mind the past and the future, and the delicate beauty and the resounding importance of our parks.

A second piece of branding was completed and we also launched a newly designed website. It is a clean and attractive interface with easy navigation, and yes, it includes a place to make donations online. Please visit our new website to see what projects we are currently raising funds for and how you might be able to help, or



President David Pohl

how interested youth can apply for the annual Gordon Smith and Dr. M. Wosk awards.

And one other note: While the website will still be available at www.pacificparklands.ca, we have managed to grab the pacificparklands.com domain name as well. Both will work, and now it's easier to remember.

Finally, we thought it was time to commit the Pacific Parklands Foundation story to video. It's a story worth telling and telling well. Through a series of interviews and photo shoots, video producer Brian Moylan was able to help us tell our story. We showed the six-minute video at our lunch event and it was very well received by all in the room. You can see it too by going to our new website.

We are extremely grateful to our staff and volunteers that assisted in the re-branding initiative and especially to Brian Moylan of ThinkUp Communications (www.thinkupcommunications.com) who took the lead in driving the process forward with amazing results.



new PPF logo

Pacific Parklands Foundation



Emcee Mike Killeen of CTV kept the day's events entertaining and on schedule.

On Oct. 28, the Pacific Parklands Foundation celebrated its 10th anniversary with a lunch event at the Vancouver Convention Centre West. More than 220 guests took part and witnessed the unveiling of the foundation's new logo, website and video.

CTV's Mike Killeen was witty as emcee and kept everything rolling smoothly and on time. Following opening remarks by PPF's President David Pohl and Gayle Martin, chair, Metro Vancouver Parks Committee, three guest speakers kept the audience engaged with their presentations.



Natalie Haltrich, Program Coordinator, Catching the Spirit Youth Environmental Stewardship Program, spoke with passion about the Catching the Spirit program and the exuberance and pride she has in the youth

who take part in the summer program and the great confidence she has in them as our future leaders and stewards of the environment.

Peter Robinson, chief executive officer of the David Suzuki Foundation and PPF board member, provided the audience with a poignant insight into the value of parks to children between the ages of six and 12, and the incredible impact that it had on him in shaping his professional career. He spoke specifically about the Natural Capital Review project that PPF just commissioned, noting that it is the first economic valuation of ecosystem services in BC's Lower Mainland. The study estimates that \$5.4 billion are derived annually in economic benefits from nature.



The 10th anniversary luncheon provided an excellent opportunity for guests to network

Thank you!

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- PricewaterhouseCoopers LLP
- Royal Bank of Canada
- Scott Construction Group

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- CTV

Organizing Committee

- Janice Podmore, Chair
- Ken Hicks
- Brian Moylan

- Peter Robinson

- Bryan Wallner
- Denise Coutts

Event Volunteers

- Carol Dion
- Jennifer Fung
- Suzanne Hopkinson
- Karen Pledger-Holcroft
- Kevin Dack
- Maria Ramirez
- Marion Webber

Photographer

- Sonja Moylan

Video Production

- ThinkUp Communications

(www.thinkupcommunications.com)

Photo Credit

- Mike Stefiuk

Venue

- Vancouver Convention Centre West

Audio Visual

- AVW TELAV Audio Visual Solutions Vancouver

Decor

- Pacific Parklands Foundation, Metro Vancouver Regional Parks, Park Partners

celebrates 10 natural years!

John Walker, president and chief executive officer of Terasen Inc. and FortisBC Inc. delivered a presentation on “Working Together for BC: Partners for a sustainable future” and what his corporation is doing to reduce its carbon footprint and proactively work with various groups and communities to accomplish it. Mr. Walker concluded his remarks by saying that as good corporate citizens, our business is founded upon the importance of balancing our economic objectives with our environmental responsibilities and that we believe it is only through innovation, and together, that we can help ensure the continued success and prosperity of BC’s energy sector, and of the amazing natural environment in which we all live and work.

The business card draw prizes, donated by Scott Construction and Pacific Parklands, were won by Christopher Meyer, a partner with Watson, Goepel Maledy LLP, Don Nishimura, president of Scott Construction, and Doug McFee of the Salmon River Enhancement Society. The 50/50 draw raised \$2,660 in total and the lucky winner of the draw was ironically David Pohl, president of the Pacific Parklands Foundation. Dave generously donated his winnings back to the organization and \$1,330 was raised in support of the Kanaka Education and Environmental Partnership Society.

Dr. Faisal Moola, one of Canada’s leading environmental advocates and the director of science for the David Suzuki Foundation, made an exclusive presentation about “natural capital” in a session held just prior to the lunch event. It was a huge success as the room was filled to capacity with local politicians, practitioners, non-profit organizations, small business and many others.

The 10th Anniversary Celebration was a resounding success enjoyed by all!



PPF directors Janice Podmore and Kevin O’Callaghan congratulate Catching the Spirit Coordinator Natalie Haltrich on a job well done, along with PPF Vice President Bryan Wallner and PPF President David Pohl.



Peter Robinson spoke of the many values of parks – for children, for individuals and for society.



Luncheon guests renewed acquaintances and made new connections (above); Departing guests received thanks for their support and a seedling to plant at home!



Valuing the benefits of nature

Nearly 100 people were in attendance when Dr. Faisal Moola, one of Canada's leading environmental advocates and the director of science for the David Suzuki Foundation, made an exclusive presentation about "natural capital" in a session held just prior to the Pacific Parklands Foundation's 10th anniversary lunch event on Oct. 28 at the Vancouver Convention Centre West.

Dr. Moola spoke about work he has undertaken across the country to assess the often neglected economic value of natural capital – natural ecosystems such as forests and wetlands, and green spaces – within and surrounding our communities. He provided a sneak peak of the findings of an economic report that will for the first time examine the economic benefits that are provided by the region's natural capital, and look at the implications for economic policy development and land use planning.

Commissioned by the PPF, in partnership with Metro Vancouver and the Real Estate Foundation of British Columbia, the report assesses the full economic value of the essential ecological services that nature provides, such

as filtering our air and water, cooling our cities, protecting us from floods and storms and absorbing and storing carbon.

Dr. Moola discussed how we have tended to take these ecological services for granted, and why they have historically been undervalued in market economies.

Dr. Moola explained why it is critical to protect and restore the region's remaining areas of high natural capital value – areas such as wetlands and forests that provide a multitude of ecological services and have the highest economic value. He also discussed why identification of natural capital and ecosystem valuation is vital in order to stimulate a growing dialogue in BC and Canada regarding the importance of natural capital and environmental stewardship, and how to account for nature's wealth in economic policy development and land use planning.

Please check our website at pacificparklands.com for further details on the release of the report on the Natural Capital Review of BC's Lower Mainland.



Granville Island Brewing helps raise funds for parks

This past August, Vancouver's favourite local brewery teamed up with the foundation to raise funds to help protect Metro Vancouver's greenspace and regional parks. Granville Island Brewing committed 25 cents from every six-pack of Robson Street Hefeweizen and Brockton IPA sold in the month of August resulting in a donation of \$3,750 to the foundation.

"Our beautiful parks and natural settings are an important part of what we all love about



life on the West Coast and a big reason why at Granville Island Brewing we say 'It's good to be here,'" noted Doug Devlin, marketing manager of Granville Island Brewing.

"Because of the immense pride we take from being a part of this community we're pleased to support the Pacific Parklands Foundation help protect greenspace around Metro Vancouver."

The funds raised will be used to support two small but important projects in Brae Island and Campbell Valley Regional Parks.

Applications wanted for leadership awards

If you are a student or individual who has made a significant difference in the Metro Vancouver regional park system, we want to hear from you. Outstanding and consistent concern for the improvement of the environment could make you eligible for a Dr. M. Wosk Leadership Award.

Information on the award criteria and application forms are available on our website at pacificparklands.com or by calling (604) 451-6168 or sending a fax to (604) 432-6296 to request an application or nomination form.

All completed forms and supporting documents must be sent by mail to:

Pacific Parklands Foundation
Attn: Environmental Leadership Selection Committee
6th Floor, 4330 Kingsway
Burnaby, BC V5H 4G8



Winners of the 2009 Dr. M. Wosk Awards for Leadership: (L to R) Henry Fung, Ivy Wan, Erin Rutherford, PPF President David Pohl and Adam Heffey.

Applications and nominations must be postmarked no later than Dec. 17, 2010. No late submissions will be considered.

New nature walk opens at Camosun Bog

By Jill Deuling

Have you seen the carnivorous plant that grows near the two-headed serpent's lair? If your answer is no, you are like many of the visitors of Pacific Spirit Regional Park who haven't seen sundew or heard of S'eehqaq, the two-headed serpent.

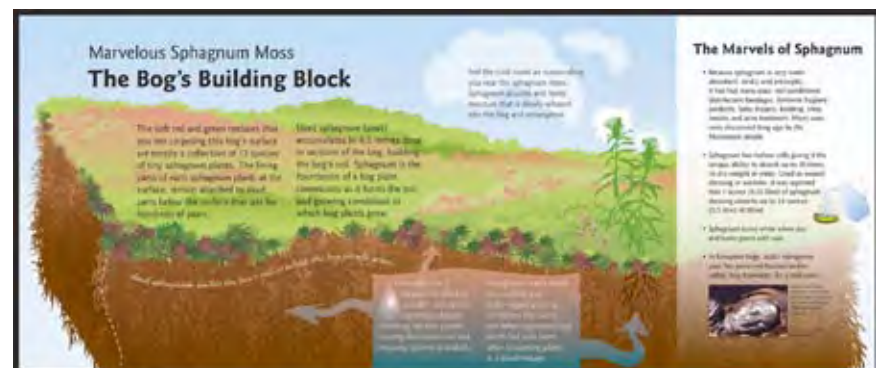
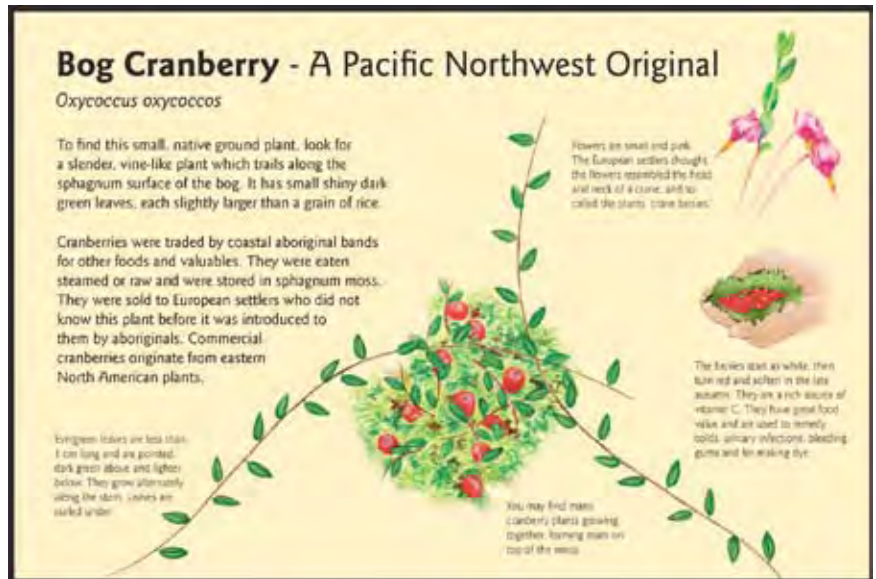
Long before the bog at Pacific Spirit Regional Park was called Camosun Bog, it was known as *Meq^w:em* to the people of the Musqueam. Musqueam heritage and bog features are now revealed to park visitors through the new self-guided nature walk at Camosun Bog. Those who visit the self-guided nature walk will be shown how to find cloudberry and will learn about the bog ecosystem and the community involved in its protection.

Thirteen interpretive signs add beauty and meaning to the walkway at the bog.

The boardwalk is now widened in several sections to allow for people to stop, some with their buggies, walkers or wheelchairs, and to turn around facing the bog while others can pass by without their passage being blocked. The new wide viewing areas allow for school groups and social groups to comfortably stop and gather to learn about the bog. The boardwalk railings are lowered in sections, so all people (tall, short and seated) have views to the plants and features of the bog that are interpreted on the signs.

The self-guided nature walk was planned to enhance visitors' experience at the bog, so that more visitors will recognize and understand the bog's plants and features and hopefully lead visitors to a greater appreciation for the features and heritage presented. The self-guided nature walk is intended to encourage wise use of the site and to celebrate positive community involvement in the park.

This project was made possible with contributions from Camosun Bog Restoration Group, Musqueam Nation, Royal Bank of Canada, Metro Vancouver, Pacific Parklands Foundation, Pacific Spirit Park Society, Harry Parsons of Bufo Inc. and Debbie Bowles of Winking Owl.



Signs of the times: Three of the interpretive signs that now grace a new self-guided tour of Camosun Bog highlight different aspects of this unique ecosystem.

Bugs, glorious bugs!

It's difficult to go anywhere and not encounter them – whether you're walking along trails, peacefully paddling along a stream or on a lake and especially if you're having a picnic. Insects are everywhere!

You might be a fan of bugs or you might be afraid of them. Regardless, insects are here to stay and are an important part of the natural world, whether as pollinators of plants, consumers of decaying matter or as food for other creatures.

They fly, crawl and swim everywhere on the planet, surviving our attempts to eradicate those insects we consider to be pests. They are the most abundant life form for nearly the last 300 million years. And yet as individuals, some may only live for 24 hours.

Photographing insects can be quite a challenge. Most of the time, you don't get much cooperation from the insect; they try to escape or move around so much that you can't get them in focus. They also don't tend to pose, but if you are persistent and patient you can get some nice shots. Ladybugs and bees on flowers are good to practice with, or some of the slower, crawling insects like the cyanide millipede or wood bugs.

When it comes to aquatic insects, you can use a submersible (point and shoot) camera, but it may take a few tries to develop a technique that will produce good focused pictures. Some of the aquatic insects are difficult to photograph, they tend to hide or move right when you push the shutter button.

Even more difficult is an insect in flight. Bees or butterflies hovering near flowers are good ones to start with, and sometimes dragonflies will seem to hover in place in a light headwind, giving you a chance to focus.

Remember insects have highly developed instincts, as well as defensive and evasive strategies to evade predators. And, with those compound eyes, they know you are there.



Predator or prey?:

The cyanide millipede (left) really does emit cyanide; the stonefly (right) is a common sight in streambeds. The common red soldier beetle puts on a stunning display (above right middle). Tree swallows (top right) feast on mouthfuls of flying insects.



The good, the bad and the unusual: The plants of Iona Beach Regional Park

Text and photos by Dawn Hanna

In the summer 2009 issue of *Menziesia*, I wrote about the history of Iona Beach Regional Park and how it has led to the habitats and plants that are found there today. As I mentioned, there is an odd mish-mash of habitat at Iona, including artificially created wetlands, a riparian zone (without the usual complement of nutrient-rich organic soil and riparian vegetation) and modest sand dunes.

Although there are hundreds of species of plants that can be found at Iona, my focus is really the plants of the sand dunes.

In a dune ecosystem, you have vegetation succession just as you have in forest ecosystems. Only in dune ecosystems, it's a bit more subtle. Above the high tide line and most exposed to the elements are the embryo and fore dunes. Here, the organic matter, nutrient content and water retention of the soil is lowest and alkalinity is the highest. The next sere is known as semi-fixed or yellow dune – where there is still a fair bit of sand mobility, but where there is more vegetation and less alkalinity. Yellow dunes eventually morph into fixed or grey dunes where there is almost complete vegetation cover (although it may be only a cryptogamic layer of moss, lichen and fungi) that has high moisture retention and nutrient content and a more neutral pH level. In the last stage of the psammosere, shrubs and trees establish and begin the transition to early succession forest.



Carex macrocephala

At Iona, the succession process has been hampered by a couple of factors – massive amounts of wood debris on the beach (that reduce sand mobility), a wide road and artificially created topographic features (that alter sand mobility and deposition) and invasive plant species (that have numerous effects). So, at Iona, there is not the classic dune succession profile.



Lathyrus japonicus

Nonetheless there is a variety of dune-related plants that make up the provincially red-listed *Carex macrocephala* Herbaceous Vegetation plant community. This plant community is found in sand dune ecosystems, which are rare in BC and very rare on the south mainland coast. Iona Beach is one site, Boundary Bay is another and then there are small scattered sites found on some of the small islands in the Fraser River.

Now on to the plants.

At the sandy areas closest to the ocean, you have dune grass (*Elymus mollis* or *Leymus mollis*, depending on your taxonomic bent). It's a real survivor species and can take a fair bit of trampling and still come back, year after year. Dig down into the sand and you'll find a root system that travels a metre or so deep, but sends its rhizomes sprawling in every direction. A lot of wildlife finds shelter within its dense leaves including small mammals, birds and garter snakes. Dune grass was also used by First Nations along the coast; it was woven into tumplines, packstraps, basket handles and more.

Also close to shore you'll find *Cakile edentula*, also known as American sea rocket. Its thick waxy leaves help retain moisture in an unforgiving environment. Although I've never tried it, sea rocket is edible; the young leaves and stems can be eaten raw or cooked. (Apparently, it tastes like horseradish.) Its tiny pale pink or pale purple flowers are pollinated by bees, flies, beetles, moths and butterflies. Some of its succulent seedpods are broken off the plant by incoming waves and carried out to sea, where they spread to other coastal areas.

A bit farther up the beach, you'll find *Lathyrus japonicus* or beach pea. This perennial is found in temperate coastal areas in Asia, Europe, North and South America. Part of the reason it's so widespread is the ability of the seeds to remain viable while floating in salt water for up to five

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Iona flora, cont. from page 9

years. Germination takes place when the seeds are washed ashore and abraded by sand and/or gravel.

The beautiful flowers are pollinated by bees, moths and butterflies and the roots can fix nitrogen in the soil – a very useful thing in such nutrient poor mediums such as sand.

The pods are somewhat edible, but contain a substance that causes paralysis called lathyrism. Beach pea can also be toxic to animals.

Also in the foredune area, you'll find *Ambrosia chamissonis* or silver burweed. It's found all along the west coast of North America and gets its name from the spiky bur that is its fruit. It stabilizes sand dunes and provides protection for nesting seabirds and shorebirds.

If you're lucky, you may also find one of a couple of scattered populations of *Honckenya peploides*, otherwise known as seabeach sandwort. This beautiful little succulent is not a listed species, but is regionally rare. It is pollinated by small bees, hoverflies, flies and ants.

As you move farther up the beach, you'll find *Carex macrocephala* or large-headed sedge, the namesake for one of the red-listed plant associations found at Iona Beach Regional Park. This aptly named sedge has monoecious flowers – i.e. the individual flowers are either male or female, but both sexes can be found on the same plant and are wind pollinated.

In this same stretch of beach, you can also find some of the more flowery and colourful plants that get generally people's attention in the dune environment, including:

- *Anaphalis margaritaceae* or pearly everlasting, a larval host plant for skipper butterflies and both a larval host and nectar source for western painted lady butterflies,
- *Symphotrichium subspicatum* or Douglas' aster, an important late summer nectar source for many butterfly species,
- *Achillea millefolium* or yarrow, an-

other important larval host plant for butterflies,

- *Vicia gigantea* or giant vetch, yet another important larval host plant for butterflies,
- *Grindelia integrifolia* or entire leaved gumweed, used by butterflies, moths, bees and wasps. and
- *Fragaria chiloensis* or coastal straw-



Honckenya peploides

berry, whose berries are eaten by birds and small mammals.

At Iona, you'll also see *Gaillardia aristata* or blanketflower. Although this plant is native to the interior portion of the province, it's not a coastal native. So, how did it get here? There is the possibility that it was planted, but there is also a theory that the seeds were deposited on Iona with all the sand and silt that was dredged from the Fraser – sand and silt that could contain seeds of Interior species washed downriver.

Aside from the sand dune species listed above, there are many more plant species at Iona. Some are native; some are introduced. Some are weeds and, unfortunately, some are invasive plant species that are having extremely detrimental effects on the red-listed *Carex macrocephala* Herbaceous Vegetation plant community.

The worst offender of all is *Cytisus scoparius* or Scotch broom. Each mature plant can produce up to 18,000 seeds a year and the seeds remain viable for at least 30 and possibly as long as 80 years. In addition, the plant produces phytotoxins that alter soil chemistry. And the plants stabilize the

sand, where some mobility is needed to keep dune ecology intact.

Other pains in the dunes include:

- *Rubus discolor* or Himalayan blackberry,
- *Tanacetum vulgare* or common tansy,
- *Melilotus alba* or white sweet clover and
- *Centaurea diffusa* or diffuse knapweed.

In 2006, in order to deal with the threat from invasives and to work toward conserving the sand dune habitat at Iona, a number of non-profit stewardship groups partnered with Metro Vancouver Regional Parks to form the Iona Working Group. (Partner groups include the Jericho Stewardship Group, Vancouver Aquarium's Riverworks, the Greater Vancouver Invasive Plant Council, Evergreen and the Pacific Parklands Foundation.)

Working to the same coordinated plan, the Iona Working Group hosts monthly work parties on the third Sunday of the month (weather permitting) and has also hosted corporate groups, school groups and workshops.

This year's numbers are still being tallied, but to give some idea of what the group has been able to accomplish, here are some statistics for 2008:

- about 25 tonnes of Scotch broom were removed,
- about 2,300 individual diffuse knapweed plants were removed and
- more than 700 units of native plant species were planted.

It's a long-term project, but we're already encouraged by the results of the past couple of years. To find out more about the Iona Working Group, go to www.parkpartners.ca/partners/IonaBeach/iona.htm or lend a hand at a monthly work party. We meet at the washroom building at 10 a.m. and usually work until 1 p.m. We provide tools, gloves, coffee and goodies at the break, camaraderie and the knowledge that we're helping native plants stand their ground. *

BC Mills House volunteers celebrate the past, present -- and future

By Jennifer Swanston

It is a sunny fall afternoon and the leaves are starting to turn, marking the end of another summer season for Metro Vancouver Regional Parks and our partners. Summer has been a wonderful whirlwind at BC Mills House in Lynn Headwaters Regional Park, where I have had the good fortune to act as the coordinator of volunteers for several years. I enjoy each season I spend with the volunteers of the host program more and more.

BC Mills House is a lovely old heritage house that gives us a fascinating glimpse into the history of the Lower Mainland's industry and architecture. During the early 1900s the BC Mills Timber and Trading Company operated mills in Vancouver and New Westminster for lumber exports. In 1904, plant manager Edwin C. Mahoney found a clever use for discarded board ends. He patented the use of interlocking sandwiched panels to construct prefabricated buildings.

Prefabricated buildings were in great demand at the beginning of the century due to increasing numbers of settlers. Buildings were chosen from a catalogue of various designs including residential, commercial and institutional buildings. The company provided everything necessary to assemble the building on site, and BC Mills prefab buildings appeared throughout the Lower Mainland, Fraser Valley, the Canadian Prairies and as far east as Ontario. Examples of these fascinating prefabricated homes can be found here and there throughout the Lower Mainland.

After more than 80 years as a home off lower Lonsdale Avenue in North Vancouver, Metro Vancouver Regional Parks (then known as Greater Van-



Reminders of the past: Relics such as these can sometimes be seen along the trails of Lynn Headwaters Regional Park, but are more easily seen -- and explained by volunteers -- at BC Mills House.

Photo: Dawn Hanna

couver Regional District Parks) stepped in to save BC Mills house when it was slated for destruction during the 1990s. It was reconstructed panel by panel at the entrance area of Lynn Headwaters, and now houses

a collection of artefacts reflecting the industrial history of the Lynn Valley area, and displays highlighting the backcountry of the park. This little museum is open Sundays from mid-May to late September by a group

of dedicated, enthusiastic volunteers. Spending time at BC Mills House during a Sunday opening feels more like visiting friends for coffee or spending time at a great open house than visiting a museum. The group of 16 regular volunteers is keen, welcoming, knowledgeable and, best of all, great friends. Some of these friends have been together for years, some are

new to BC Mills, but all bring a special something to the group that makes this the best set of volunteers I know.

Through their efforts, BC Mills was open not only Sundays but also some Saturdays this summer, with more Saturday openings slated for next year. Each year visitor numbers increase, and this year was no exception. Almost 2,900 Lynn Headwaters visitors headed onto the trails with smiles on their faces and park information in their heads.

Now, the autumn sun slanting through my window turns my thoughts to winter as I write my summary report for the season at BC Mills House, and I look forward to the next opportunity I have to visit with the hosts. But I won't need to wait too long; I already have the date on my calendar. As winter approaches, so does the date for the Hosts' Christmas party and potluck at Camp Capilano. Hmmm, I wonder what everyone will bring?

Jennifer Swanston is the coordinator of volunteers for BC Mills House.



BC Mills House

Kanaka Creek Regional Park has a busy and colourful fall

Kanaka Creek Regional Park has had a very busy fall. First, on Sept. 26, members of the Kanaka Education and Environmental Partnership Society (aka KEEPS) played host along with the Langley Environmental Partners Society to Kanaka Connections, a celebration of BC Rivers Day. More than 300 visitors took part in the canoe tours, children's activities and stewardship displays – despite the rain.

Then, on Oct. 17, KEEPS, Metro Vancouver and Bell-Irving Hatchery welcomed visitors to Return of the Salmon 2010. Not only did visitors get a chance to see spawning salmon return to Kanaka Creek and experience the sights and sounds of splashing chum amidst fall colours, but they got to check out interesting displays, hear talks about salmon, play Fish Roulette – even get a close-up look at salmon at the popular but smelly dissection table.

Big thanks go out to all of the great volunteers who made both events possible.

To find out more about what KEEPS is up to, you can always check their website at www.keeps.org



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