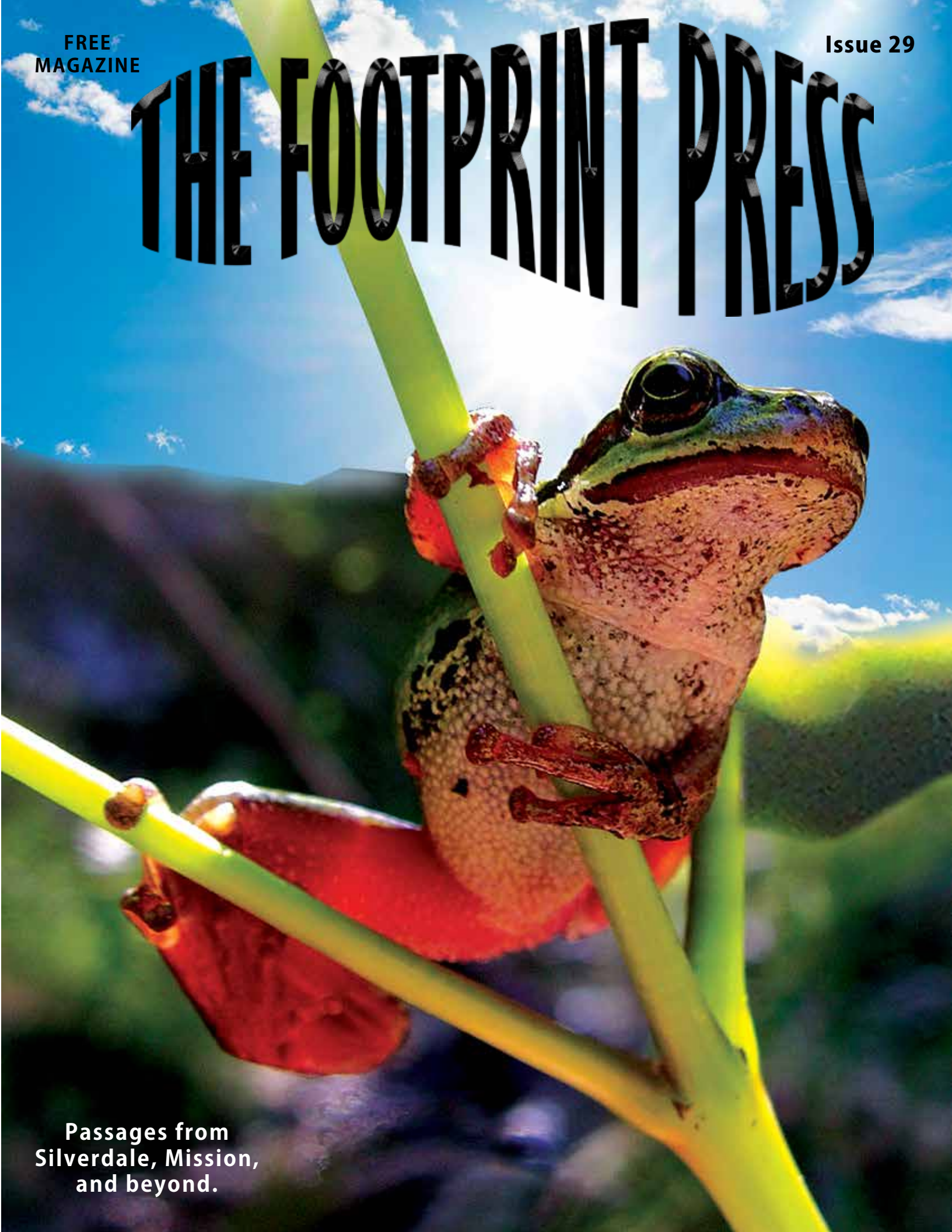


FREE
MAGAZINE

Issue 29

THE FOOTPRINT PRESS



Passages from
Silverdale, Mission,
and beyond.

Message from the Editorial Committee

The largest and oldest life forms on the planet are trees; some of which can live for more than 5 thousand years. Trees live within a rich forest tapestry of interwoven DNA from countless organisms including other trees, plants, fungi, microorganisms, insects and animals; each evolving over time from their relationships with the land, the climate, and each other. The forest is an exquisitely balanced ecosystem which reflects the wisdom of nature.

Despite their size and longevity, trees and plants have one major disadvantage. They are rooted to the ground. They cannot migrate when the weather becomes too dry or too hot, and they cannot run when fire or bulldozers advance towards them. They are an easy kill.

When deforestation occurs, nature's forest tapestry begins to unravel. Holes form, pieces fall off, and the strength, structure and function of the tapestry can be lost. When this occurs, unforeseen consequences of our actions are revealed in plummeting salmon stocks, species' extinctions, and degraded water and air quality.

We have come to understand the folly and horror of the industrial slaughter of animals such as cod, whales, and buffalo, but for some reason, we are slow to appreciate the impact of our actions on trees and forests. Yet trees and plants are necessary for all life on earth.

In the end we cannot separate ourselves from nature's tapestry, any more than the trees.

Black bear and cedar photo, **Bruce Klassen**, Silverdale
Cover photo: Pacific Tree frog courtesy **Mike Stefiuk**

We dedicate this issue to **Val Pack**, educator and defender of all life, human and nonhuman, domestic and wild

The Forest Walk

Recently a friend suggested that the Forest Walk was the best of all therapies. It could cleanse the mind, clear your thoughts, fill your lungs, and free the imprisoned spirit. Each forest was different, and each walk in the forest was a different experience, to release oneself from the drum of the city's daily march.

As I near the forest walk, I can hear it call out to me. I hear the gentle whisper on the breeze tickling through the boughs, branches and cones. Sometimes that can sound like a stream, when there is no stream, but soon you will hear the real stream.

Entering the forest, I am passing through the richly brocaded portal of some great and ancient cathedral: above, the smells of cedar, spruce, pine and fir; below, in the red earth, the smells of ochre and burnt-umber. Now the feelings of aloneness and separateness from the things you left behind. Soon you are standing beneath giants. With friends like these how can one feel alone? As they breathe out, you breathe in, and as you breathe out, they breathe in. Sometimes it is necessary to experience time, away from all your connections, and just breathe on your own without the debt of those connections that tend to define and then own us.

At first the forest exudes a quietude that passes for silence. Alone in the forest comes, at times, with eerie sensations, like the feeling of being alone and yet not alone.

The loud shrill shriek of a Jay announces your arrival to the unseen. You thought you were alone. The staccato of hammering by an unseen pileated woodpecker, the whine and saw-buzz of insects, awakens the cacophony and euphony of the forest symphony.

Maybe it's time to make connections with new music, giant shapes and shadows, the tiniest of minutia, a new taste in the air to fill your lungs. Time to make friends with the mysterious, the unknown: the rustle in the leaves, the snap of a twig, the scurry, the falling branch, the mouse skeletons at the base of a large tree.

Look! A rotting cedar stump is giving birth to a huckleberry bush loaded with opalescent berries. There's no one here to see me steal a mouthful of eye squinting tartness. Sundews in the mud near a stream dissolve a reddish beetle as it tries to clamber off the sticky pad. The Siren call warning the arrival of those balletic flyers, homing in on heat, leaving your unprotected skin, then the prick, then the slap. "Better luck next time."

Move a log to sit on for lunch and you disturb a salamander from its slumber. The crumbs falling from your tuna fish sandwich arouse the interest of some ants, and if you're not paying attention, the Whiskey Jack may take the rest of your unattended sandwich.

Trees make the best counsellors because they listen very carefully and never interrupt, or reinterpret what you just said, and never give advice. It is as if they know not to take the rap for bad advice.

So, take a walk in the forest, spend a day with the world's greatest philosophers, and let yourself be yourself.

Jenna Stuart, Mission
Forest painting also by Jenna Stuart



The Plight of Plants

Plants are the primary producers of our world, converting the sun's life-giving energy into the foundation of our food webs. They determine what is usable habitat and play pivotal roles in other complex relationships found in nature. Despite this importance, biodiversity amongst plants is in decline as habitat continues to be lost at a rapid pace. Unlike animals that can move from land development, plants are stationary beings. They must stay rooted where they grow and can only stand in silent protest against those that aim to destroy them. Even if they are spared from the bulldozer, the chainsaw, or the plough, nearby disturbance can have a detrimental effect, altering light, water, and nutrient cycles, creating unfavorable conditions. These challenges have caused hundreds of plant species to now be listed as endangered or threatened.

While many challenges faced by plants are shared around the world, examining local examples of those which we are at risk of losing, sheds light on their plight. For instance, Tall Bugbane (*Actaea elata* var. *elata*) is now only found in B.C. on Vedder Mountain and east into the mountains that surround the Chilliwack River. The plant had known historic populations that included Sumas Mountain, Cheam Peak, Liumchen Mountain and Tamihi Trail, but was designated endangered in 2001 with all these populations thought to be extirpated (i.e., locally extinct). This 1–2 meter tall plant grows in the understory of moist forests, often near Bigleaf maples (*Acer macrophyllum*). Growing modestly in the shade of these trees, it patiently waits for branches to fall. Opportunity comes with the opening of the canopy which allows dappled light to reach the forest floor and onto its lobed leaves. Like fireworks celebrating the early summer, Tall Bugbane raises stocks of white flowers with no petals, but with spectacular effect. Their celebration gets cut short when neighboring trees are lost in volume and the forest floor



Tall Bugbane



Phantom Orchid



is bathed in overwhelming sunlight. More aggressive species take the opportunity to advance and Tall Bugbane becomes easily overtaken. With a naturally small population, Tall Bugbane is already a species easily impacted by disturbance. When our actions cause the disturbance, the odds for long term survival become increasingly limited.

The forests inhabited by Tall Bugbane represent a delicate balance between life and the land, and among species. Once this balance is disrupted, other plant species, like the Phantom Orchid (*Cephalanthera austini*), pay the price. Phantom Orchid now only has 22 known populations in British Columbia which are found in the lower Fraser Valley, southeast Vancouver Island and Gulf Islands. In only the past few decades we've watched its decline as it was designated "Special Concern" in 1992, "Threatened" in 2000 and finally "Endangered" in 2014. These ethereal species, with their bract-like leaves that sheath their stems, contain no green chlorophyll of their own. Their ghostly hue and white flowers have a characteristic yellow lip that makes them a unique sight in the older, shaded forests they inhabit. Without chlorophyll, Phantom Orchid cannot gather energy from the sun like other plants. Instead, it relies on a relationship with underground mycorrhizal fungi and trees. This assures survival, but also limits where they can grow, and places their health in direct correlation with the integrity of these associations. This link is a factor we may not even consider on the landscape as we make alterations. Added to this, seed production of Phantom Orchid is known to be low in our province. This is thought to be due to a limitation in pollinators that will visit the flowers. It is unknown how declining insect numbers will affect its recovery.

Tall Bugbane and Phantom Orchid are only two local examples of 281 plant species listed as endangered in our province. They serve as reminders of the intricate connections between plants and their environments, and the profound impact of human activities on these delicate relationships. The challenges faced by plants are not isolated to British Columbia but represent a global phenomenon, where the web of life is unraveling due to our actions. To preserve the rich tapestry of life on this planet, it is imperative that we delve deeper into understanding our own impacts. We need to take meaningful steps towards the conservation of habitat, as the fate of these plants is intertwined with our own.

Jon Blais, AAg,
Fraser Valley Conservancy

Stop the Spray

Each summer, I go with my mother to the forests, lakes, wetlands, and fields that surround my beautiful lush town of Mission, BC, and pick berries. We fill bucket after bucket, to be used in desserts, jams, and canning, for over the winter. Every fall I travel down the riverbeds of the Stave River and Silvermere Lake, and collect baskets on baskets of rosehips and roots, for medicines that I use to help my family. Last year, in the spring of 2022, there was a proposal put forth by BC Timber Sales to spray chemicals by aerial and ground means, including glyphosate, tricycler, and formula 40, on our surrounding areas, in an erroneous attempt to manage and control native plants species that we have

the privilege to reside with. Spraying precious resources such as mushrooms, blackberries, elderberries, blueberries, huckleberries, red raspberries, and medicines such as roses, fireweed and hellebore, that my people, and others have used for thousands of years, affects where we live and eat and breathe.

Widespread spraying has been introduced with little public notice, and with no approval from Indigenous groups in Squamish to Hope, Chilliwack, and the Fraser Valley areas. This includes those whose lands will be directly affected, such as the Sto:lo, St'at'imc, Nlaka'pamux, Squamish, and Tsleil-Waututh territories, and the areas around my own home. In BC, the public doesn't need to





be alerted! There is no obligation to make this information known, even if asked, and notifications are only posted after an area has already been sprayed.

To say this is a single event is misleading, as each year BC forest companies and government organizations spend millions of dollars to eliminate multitudes of plant species to protect replanted conifer plantations. Aerial method glyphosate formulas, such as VisionMax, include a variety of different additives to make glyphosate more toxic, but which are also unregulated. Due to this practice, there has been spraying, or manual brushing, of over 1.3 million hectares of forest across the Province since the 1980s.

Despite mounting evidence that many of the chemicals used for this “pest management plan” have been strongly linked as cancer causing agents, these herbicides will cover our forests and seep into our waterways, much of which are already facing direct onslaughts of deforestation, climate change, and biodiversity loss. These herbicides are poisoning us: not just the land and the water, but the insects, the wild animals, and the soil that nourishes us. The International Agency for Research on Cancer (IARC) has stated that glyphosate is ‘probably carcinogenic to humans’. Recently, even the World Health Organization has concluded that the main herbicide used in forestry is ‘probably carcinogenic’.

Another unfortunate effect of this practice, is the marked decrease in our wild pollinators. With the use of heavy-duty chemicals on natural landscapes, we create areas devoid of life. We may combat some pests, in

a bid to maximize production and to clear brush areas, but in doing so, we effectively remove many organisms that are incredibly beneficial for a vibrant and rich ecosystem. The declining bee population alone raises concerns about food security for years to come. While BC is home to approximately 450 different species of bees, the Western Bumblebee has sharply declined in the last 15 to 20 years, due to habitat degradation.

So why is this happening?

When native plant species grow, they compete with replanted conifer species, and as a result, legislation protects the valuable lumber. In British Columbia, post logged areas are required, under the Forest and Range Practices Act, to be replanted with seedlings that must grow within a set time frame and develop into a free growing stand (i.e., a stand of healthy trees of a commercially valuable species, the growth of which is not impeded by competition from plants, shrubs, or other trees). Risking financial penalty to meet these specifications, thousands of hectares are sprayed to keep ‘competing’ plant species at bay. This creates a monoculture, unable to support wildlife, insects, fungi, and amphibians, compared to a mixed wood forest. All of this is for the benefit of logging companies, and comes at the expense of the diversity and health of the forest, and likely, human health.

We need to hold our government accountable; we need to prioritize our community values and include Indigenous Nations and local residents in major decisions that will affect all our livelihoods.



I know we are overwhelmed by urgent cries for action wherever we turn, and other loud demands for attention that may feel more pressing than this one. However we are the land, and it is our sole duty to remember not only to love her, but to remember that we are of her.

Aleya Silk, Mission
Black bear in Mountain Ash, & Bumble bee
in Red-Flowering Currant, photos
courtesy **Mike Stefiuk**

Saving West Creek Headwater Wetlands: Canoe Journey and Coastal Jam



Over a number of decades, concerned residents of Langley have worked to protect the wild coho habitat at the West Creek headwater wetlands from destruction through industrial development (1). However, an essential part was missing: Indigenous history, spirituality and voices. In April 2023, the West Creek Awareness Group (WCAG) endeavored to restore that missing part. A working relationship with Eddie Gardner and Terry Wilkinson of the Wild Salmon Defenders Alliance (WSDA) was established.

Urgent matters had to be dealt with from the outset. Beedie Development Group had applied for rezoning

to infill the West Creek headwater wetlands and relocate West Creek itself. Terry and Eddie called on WSDA members and supporters to step up for the wild coho salmon. Long-time advocates for salmon, Ted and Linda Lightfoot of WCAG sent out an appeal for numerous groups to send a strong statement to Mayor Woodward and Township of Langley Council to LEAVE THE HEADWATER WETLANDS UNDISTURBED IN PERPETUITY!!(2)

On June 24, 2023, a rally brought together folks from Hope to Surrey. All were energized by the Indigenous prayers, drumming and singing. A number of Indigenous leaders said it was wonderful to work together

for salmon habitat. At a gathering at the wetlands in July, Cynthia Collins and Eddie Julian, of Matsqui First Nation, explained that the West Creek headwater wetlands flow to both Kwantlen (West Creek) and Matsqui (Nathan Creek) territories, and winter dances once took place on its eastern shore. Those gathered were amazed at the West Creek wetlands and committed to future actions to preserve it. Coast Salish people believe salmon are relatives with whom they have always shared a sacred relationship; they will always take care of each other.

With the help of Mandell Pinder LLP Law firm and the

Wetlands are critical habitat for coho salmon and many wildlife species.

Otter photo courtesy **Caroline Langbroek**, Pitt-Addington Marsh

People of the River Referral Office (PRRO), WCAG lobbied the Township of Langley to make referrals to senior governments. Recently, a referral was made to the PRRO which is currently looking into the impacts Beedie Development Group's project will have on the salmon bearing West Creek headwater wetlands.

On October 21, a Canoe Journey and Coastal Jam Event, brought together communities and cultures, creating a collective driving force and commitment to do what is necessary to restore and preserve wetlands and side channels. "There is increasing public awareness about the alarming reduction in fish habitats. Federal, provincial and municipal governments need to put much higher priority on the protection of wild salmon and its habitat," said Eddie Gardner, President of WSDA and Sqwá First Nation councilor.

The 9-week organizing timeline for the Canoe Journey was tight as many logistics went into making the event a success. The journey along the Fraser River, from Xwchiyó:m (Cheam) to Máthxwi (Matsqui), on October 21,

2023 was a very spiritual experience for the 28 paddlers. They were fortunate to be blessed with good weather. Eddie Gardner spoke about the work being done to restore the Gill Bar area. This work is supported/funded by the Department of Fisheries and Oceans' BC Salmon Restoration and Innovation Fund (BCRIF).

WSDA's Terry Wilkinson exclaimed: "The whole adventure can be encapsulated in one word: A-M-A-Z-I-N-G! There are so many people to thank".

Ted Lightfoot, WCAG member said "It was an amazing trip down the Fraser - eagles flying overhead, sturgeon jumping and salmon spawning in the immense gravel beds. Four of us proudly paddled/sailed under the WSDA banner, honored to be included in this event."

Roxanna Kooistra, of Cheam Enterprises Inc., Project Manager of Shxwlistexw te Sqwá:la – Caring for the Life Spirit of the Sqwá:la Project, shared the sense of community and some of the challenges faced by the paddlers: "Yesterday I had the honour of joining the communities of Xwchiyó:m, Sqwá, Shxwhá:y and Máthxwi on a 50km

Saving Salmon - Restoring its Habitat - Canoe Journey, down the mighty Fraser River. This journey celebrated the good work of the salmon restoration projects happening in communities around the Fraser Valley, including our Hope Slough restoration project. It also was an urgent reminder of the important work yet to begin all along the Fraser River and its tributaries."

Eddie Gardner summed up the extraordinary day: "We are fortunate that we made a big difference as those who participated in the event experienced something very special, and we bonded in our commitment to continue the good work for such a worthy cause! The adventure was Indigenous-led, which helped cultivate an elevated respect for the river, the salmon, the seals, the eagles, the sturgeon and so much more."

Lynn Perrin, Chairperson West Creek Awareness Group

For updates and more information please visit: <https://west-creek-awareness.ca/>

Canoe Journey drone photo courtesy **Roxanna Kooistra**, Cheam Enterprises Inc.

- 1 <https://west-creek-awareness.ca/2022/07/04/salmon-habitat-at-risk-from-industrial-development/>
- 2 <https://west-creek-awareness.ca/2022/07/10/petition-to-save-a-greenspace-from-industrial-development/>





Sprawl report- Practices leading to rapid deforestation in Mission and other BC communities: Impacts to biodiversity and climate resilience.

Trees, and other plants, absorb carbon and release oxygen, making them one of the most clean, efficient and effective forces for reducing greenhouse gasses in the atmosphere. Deforestation, is therefore a serious concern, especially in the face of widespread wildfire activity, which rapidly releases huge amounts of sequestered carbon. The severity and intensity of these fires, combined with record setting heat and droughts, worsens the cycle, by impeding forest regeneration, and by causing stress and loss of some tree species, including Western red cedar. The impacts of climate change to forests are becoming increasingly local and urgent.

Colonization magnifies climate impacts by creating settlement patterns, government policies, and industrial developments that have caused a rapid loss of forests across Canada. Large intact forest landscapes across the country decreased by approximately 4.7% (~142,000 km²) in just over a decade between 2000 and 2013. Total old growth in BC has declined by nearly half in the past 20 years. It is estimated that since European settlement began, approximately 87% of the forest in Vancouver has been converted to urban development. The Fraser Valley has also undergone a steady reduction of the urban can-

opy, even in communities with explicit tree protection bylaws. In Abbotsford, the trend from 1994 – 2017 has been a 7% decrease in tree canopy cover (excluding agricultural lands) as a result of land development, forestry, and mining. In Mission, which has no city-wide tree protection bylaw, the rate of deforestation is likely much faster, and is accelerating, due to a massive residential development planned for the forested hillside of Silverdale, lack of oversight over rural clearcut logging, and a 33% increase in the allowable cut of Mission's community forest in July 2020. The result has been impacts to hiking and bike trails, as well as extensive cutting along the northern and eastern boundaries of Rolley Lake Provincial park. Actions and policies such as these cause widespread habitat loss and fragmentation. Throughout the Fraser Valley, development pressure, and loosening of provincial "red tape", has accelerated rates of logging and land clearing, leading to loss of biodiversity, and precipitous declines in local species abundance.

Industry, developers, and governments may view land as a revenue generator and trees as "timber", while ignoring the ecological and economic benefits of forests and trees. However, there is increasing evidence that

current logging practices degrade drinking water quality in affected watersheds, and also contribute to increased flooding, landslide, and wildfire risk. The costs of repairing such damage, once it occurs, can be substantial. The kinds of coniferous monocultures, preferred by the logging industry, are more prone to intense wildfire activity than a mixed forest ecosystem. Recent research on impacts of BC's logging industry by Dr. Younes Alila of UBC, found that clearcuts increase the likelihood and frequency of severe flood events. This is because forests absorb substantial amounts of water during heavy rain events, and trees shade the ground, which slows snowpack melt. Without trees and plants to absorb rain, storm water runoff has nowhere to go but down, which may flood low-lying areas. Once the trees have been removed, it can take 60 to 80 years before the full hydrologic ability of the land to absorb rainfall, and slow snowmelt, can be restored. The researchers recommend a change of logging practices to increase forest resilience including: prescribed burning to reduce fuel load during shoulder seasons; selective thinning rather than clear cut logging; planting deciduous species rather than conifer monocultures, in order to increase biodiversity, and reduce wildfire risk; redirecting logging from live stands to post fire salvage operations, in order to

minimize forest carbon loss to the atmosphere; and more efficient and less wasteful use of forest products.

In terms of urban areas, a recent study by Nature Canada in 2022 offered several recommendations to help create a more resilient, sustainable, and just approach to urban development. They advocate including trees and natural spaces as a core part of municipal land-use policies, developing tree inventories across the city, setting neighbourhood tree canopy targets, promoting urban biodiversity by planting trees to reconnect landscapes and provide habitat for wildlife, and incentivizing tree planting on private land.

Unless we build in constraints and trade-offs to densification, we are at risk of losing the urban tree canopy, just when we need it most. Changing the way we develop our communities and conduct logging requires a transformation in our relationship with forests and trees. An old growth forest takes centuries to establish and only a few years to cut down. Wild salmon spawning areas, which feed entire ecosystems, can be wiped out just as quickly by sediment from land clearing, or toxins from urban storm water runoff. In the Fraser Valley, areas of high biodiversity such as the lower Stave River, riparian areas,



wetlands, and forested wildlife corridors still exist, and require much better protection. Management of the urban and surrounding community forest needs to recognize the importance of conserving and restoring forest habitat for an ecological, rather than a simple economic purpose.

Tracy Lyster, CAUSS

Black bears photo courtesy Mike Stefiuk

Community forest logging photo courtesy Nicholas Anderton, near Rolley Lake Provincial park, Mission BC



Red Frog Blues

What has red legs, moves faster than a human, and croaks underwater? If you guessed the Red-legged frog, you would be absolutely correct! Known as *Rana aurora*, by their scientific Latin name, the Red-legged frog is one of the 32% of the world's amphibians facing possible extinction. Similar to the proverbial "canary in the coal-mine", scientists consider amphibians, including frogs, as indicator species. They let us know just how healthy our surroundings are.

This medium to reddish-brown, smooth-skinned, black freckled frog, has the dubious distinction of belonging to a Blue-listed species, that is, it is very susceptible to human or natural-related intrusions on its environment.

Physically, these frogs are somewhat slim, medium-sized amphibians, with the males being smaller, at about 7 c.m. in length, than the larger, approximately 10 c.m. sized females. The dark-masked faces of Red-legged frogs reveal off-white stripes on both sides, extending from the jaw line to behind their shoulders. Red-legs have the appearance of heavily lidded, gold-coloured eyes. Conspicuous dorsolateral folds stretch from beyond their eyes, along the sides of their bodies, to their backs. Their long, slim, hind legs are capable of outdistancing humans, and possibly many of their predators. The skin on the inner sides of the legs reddens as they grow into adulthood, is described as being translucent, and having the appearance of red

muscle revealed beneath it. It was due to this unique colouration, that this frog received its distinctive name.

The underwater calls of amorous males to their female counterparts signal the beginning of the breeding season. These low-pitched, stuttering noises uniquely made from a depth of up to a metre beneath the water, and often inaudible to humans, begins in January or February (along the warmer, coastal areas), and early Spring, in the colder locations. Taking place in wetlands, ponds, or slow-moving streams, mating lasts for only a week or two resulting in the female Red-legged frog laying from 750 to 1300 eggs. These eggs, developing in a jelly-like substance, appearing slightly beneath the water's surface, are held in a loose fashion by water plant stems. Following an approximate four-week period of development, the small embryos hatch into tadpoles, which spend four to five months in this stage, until they become active little froglets, only about two centimetres in length by the middle of Summer. It is estimated that sexual maturity is reached in Red-legged frogs when they reach the age of three or four years.

The Red-legged frogs' habitat consists of cool, moist forests and wetlands, vegetated ponds, and streams along,

or close to, the Pacific coastline in the Lower Mainland, including the North part of the Fraser Valley, Vancouver Island, and smaller islands as far south as Baja, California. They have been found locally in Silverdale and Silvermere Island in Mission. Generally avoiding clear-cut locales, the adults spend considerable time on land, often travelling a fair distance from water sources in damp weather, seeking moist refuge under logs, and other suitable, damp cover. Red-legged frogs, as moist-skinned amphibians, absorb toxic materials from the surrounding air, water, and other environmental materials. Their entire existence from birth to death depends on static surroundings. There must be little or no change in order for them to thrive, and even survive.

Unfortunately, Red-legged frog populations are facing reduced numbers in their Western range of this continent; and that problem is also sadly evident in our Lower Mainland area. The Red-legged frogs face many threats to their existence, the number one factor being habitat loss. This loss is being created by human degradation and destruction of the frogs' traditional dwelling areas due to rapid

and expanding development of buildings and roads. Due to encroachment and fragmentation of their habitat, the frogs are experiencing reduced access to their traditional forest travel corridors, wetlands, and breeding areas. As a result, the Red-legged frog population ultimately faces a loss of genetic diversity as well as a reduction, or even extinction, of its species.

Another great danger, aside from the habitat loss and the increasing numbers of road-kills claiming many Red-legged frog lives, particularly during mating season, are non-native Bullfrogs. Bullfrogs eat the Red-legged tadpoles, thereby decimating their numbers. The introduction of Green frogs, and Slider turtles, apart from eating the Red-legged tadpoles and froglets, also transmit diseases, and compete for important food sources.

For more information on how to support Red-legged frogs and other wildlife, please visit the South Coast Conservation Program.

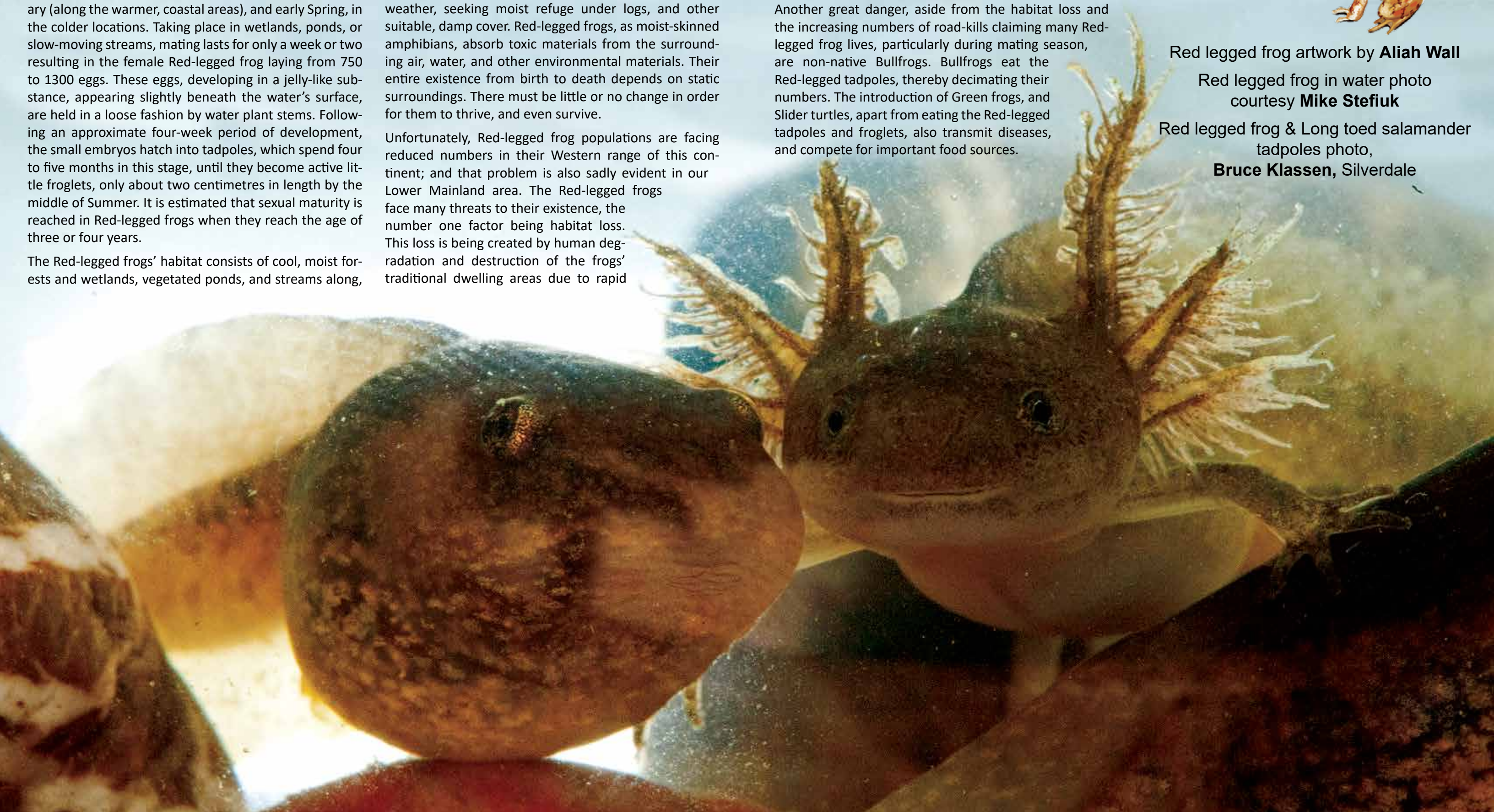
Val Pack, Mission
(Reprinted from Issue 3)



Red legged frog artwork by **Aliah Wall**

Red legged frog in water photo
courtesy **Mike Stefiuk**

Red legged frog & Long toed salamander
tadpoles photo,
Bruce Klassen, Silverdale





Tribute to Val Pack, 1941-2023

All of us at the Footprint Press, would like to acknowledge Val Pack's tremendous contribution to this publication. A long-time animal advocate, Val sat on our editorial committee for several years and wrote 19 articles on local wildlife including at-risk species, beginning with a primer on conservation listings in Issue 1. She put tremendous research and time into her articles, which soon became favorites of readers eager to learn about what can be done to support endangered local wildlife. We will miss Val's dedication, commitment and input, and will work to continue her legacy of sharing knowledge to support all creatures, great and small.

Here are the Federally listed species Val wrote about, as well as an update on their current Species At Risk Act (SARA) schedule 1 listing. Many thanks to the South Coast Conservation program for this update.

All of Val's articles can be found at <http://www.footprintpress.ca/>

| Footprint Press | Species | Current SARA status | Footprint Press | Species | Current SARA status |
|-----------------|--------------------------|---------------------|-----------------|--------------------------|----------------------|
| Issue 2 | Band-tailed Pigeon | Special Concern | Issue 10 | Phantom Orchid | Endangered |
| Issue 3 | Northern Red-legged Frog | Special Concern | Issue 12 | Coastal Giant Salamander | Threatened |
| Issue 4 | Western Screech Owl | Threatened | Issue 14 | Western Painted Turtle | Threatened |
| Issue 5 | Oregon Forestsnail | Endangered | Issue 15 | Townsend' s Mole | Endangered |
| Issue 7 | Great Blue Heron | Special Concern | Issue 17 | Western Bumble Bee | Threatened candidate |
| Issue 9 | Barn Owl | Threatened | Issue 18 | Mountain Beaver | Special concern |



Aurora & Frankie painting by Carrielynn Victor, S'olh Temexw



The Raven's Tree

*The Raven called from the tall old tree.
Tell me Raven what do you see?
'From high above I see many things
I see the future and the joy it brings
Although it may come with some upheaval
It will unveil what is truly real
As the sun sets on this day
A new dawn is on it's way
A dawn of hope, a dawn of vision
A day when people release division
We will see a simpler way
Moving beyond "sit and obey"
A time of freedom, a time of choice
Every person shall have a voice
All shall have the right to eat
And stand up proudly on their feet
All are worthy and equally treated
And all the hate will be defeated
The Earth will heal and rejuvenate
We must wake up before it's too late
Much change will come and it will be needed
So listen to the warnings that are heeded
Act with grace, act with love
And we shall all rise above'*

Nicole Marie Giesbrecht,
Mission

Bukwas, Wild Man of the Woods, mask by Peter Gong, Mission



THE FOOTPRINT PRESS

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