



## BURKE MOUNTAIN NATURALISTS

Promoting Nature Awareness in Coquitlam, Port Coquitlam, Port Moody and beyond

### Cariboo Heights Forest Walk

by Jeff Rudd

'Burnaby's Secret Forest', aka the Cariboo Heights Forest, is a lovely stretch of forested land on the south side of the Brunette River between North Road and Cariboo Road. Anyone who has walked the trail on the north side of the Brunette near Stoney Creek will have looked across to the Forest. The forest includes the last intact section of rail bed of the BC Electric Railway's Burnaby Lake Interurban line.

Friday, April 24, was a spectacular spring day: sun, blue sky, perfect temperature, flowers coming out, birds singing..... 13 of us, mostly BMNers and a few non-members, joined Utta Gagel and her husband Dave Kirkby for a guided walk of the area. Utta is the driving force behind the Cariboo Heights Forest Preservation Society (CFHPS). We met at Craig Avenue, off Holmes in Burnaby. Utta started by showing us the hatchery, established by the Sapperton Fish and Game Club several years ago. This hatchery raises and releases around 10,000 chum and coho fry into the Brunette each year.

Then the walk began turning off Craig into the magic of the forest on a small trail, on what once was the Interurban right-of-way. Walking quickly the round trip to Cariboo Road and back takes about 30-40 minutes. But this was a group of naturalists so it took a bit over the two hours we had scheduled.

The City Nature Challenge this weekend kept Victoria busy iNating (a new verb) plants. Utta and crew (with help from Victoria) have iNatted 541 species in the area! Partway along we took a short side trail up slope to a new pollinator garden the CFHPS and volunteers from the public had carved out of what was recently a sea of blackberry.



Naturalists on the trail. Photo: Eric Watts

Back on the main trail Utta told of how the Forest is now 99.9% towards being preserved as part of the 'Brunette River Conservation Area'. For many years the area had been scheduled for development but very hard work by the CFHPS, helped by a change in local government, has saved the Forest. Utta had much to say about how CFHPS publicized the fight, engaged the public and lobbied local governments. An incredibly inspiring story.



Utta Gagel telling of the Cariboo Heights Forest. Photo: Eric Watts

Utta and Dave had to leave about 1:00 pm. Most of us carried on to Cariboo Road. The trail is accessible from Cariboo where 'old' Cariboo parts from 'new'; but crossing Cariboo can be tricky with traffic. We retraced our steps to the cars. All enjoyed the walk - a new area for many of us.

The walk is highly recommended. The trail is seeing more use as it becomes better known – an unfortunate but almost necessary side effect of the fight to preserve the area. For more information just google 'Burnaby's Secret Forest'.

### BMN June Meeting (in person) "Nature Walk Around Como Lake Park"

**Tues June 9, 7:30 pm - 9:00 pm**

Come out and enjoy an evening stroll around the lake. Learn about some of the flora and fauna, and BMN's work to remove invasive plants at the north end of the lake. This a great opportunity to socialize with fellow BMN members.

Meet in the north parking lot near the public washrooms at 700 Gatsbury St, Coquitlam. Please contact Ian (604.939.4039 or [imcart@telus.net](mailto:imcart@telus.net)) for more info.

# The BMN Newsletter has a new Editor!

By Victoria Otton

We have two happy announcements:

First, Joëlle Régnier who has served as the Editor of the BMN's newsletter for the past two years is moving on to new adventures with her husband Tony. We thank Joëlle for her excellent work as Editor!

And second, Joëlle's quiet competence is being replaced by someone else with this trait – Michelle Andersen. Some of you may know Michelle as the Office Administrator/Community Engagement Coordinator for Como Lake United Church.

The newsletter is an important and permanent record of our club's activities. YouTube videos and digital photo albums may disappear in time, but a written record is more likely to endure. As proof of this, glance back over BMN's newsletters from 1989 onwards which are available on our website. These old newsletters are a valuable resource, offering a small window into nature in Tri-Cities over the past 37 years. They document many changes.

To submit articles or photos to the newsletter (published monthly, except in July and August), please email Michelle at [BMNnewsletter@gmail.com](mailto:BMNnewsletter@gmail.com), or just send her a welcoming email!

## ANNOUNCEMENTS

### Woodland Walk to Saw Blade Falls on Burke Mountain

Sun June 7, 8am – 1pm

To celebrate the 31st anniversary of the creation of Pinecone Burke Provincial Park, we will do an easy to moderate hike along the Woodland Walk Trail. On this outing we will travel through a lovely mature second-growth forest and view Saw Blade Falls. You should be prepared to cross a few small creeks by easy boulder-hopping, though there will be help in crossing safely.

Roundtrip distance is 11.5 km with an elevation gain of 300 m.

Please contact Ian McArthur (604.939.4039 or email [imcart@telus.net](mailto:imcart@telus.net)) if you are planning on attending or for more information.

### FREE GUIDED LAZULI BUNTING WALK:

łéxətəm/Colony Farm Regional Park

Sun June 7, 9am – 11am

Members of the Lower Coquitlam River Nature Association will lead this leisurely walk (on flat gravel roads) to view these colourful birds. You will learn about the unique characteristics and behaviors of the Lazuli Buntings along the way.

Free, but registration is required on <https://www.eventbrite.ca>

### FREE PRESENTATION “MICROPLASTICS IN SALMON ECOSYSTEMS”:

Mossom Hatchery

Sun June 7, 1pm – 2pm

Mossom Creek Hatchery and Education Centre will host SFU graduate student Ana Lorenzetti Forte, who will present her research on the distribution of microplastics in sediments along the lower Fraser River. The goal is to better understand how plastic pollution moves through fresh-and brackish-water environments, and how microplastics might affect organisms in the River, including wild salmon. Ana's

presentation will take place after Mossom's weekly Salmon Sunday Work Party and Open House, which start at 11am. If it is your first time up to Mossom Creek, feel free to come early and explore the hatchery and surrounding forest.

Held at Mossom Creek Hatchery & Education Centre, 12 Mossom Creek Dr., Port Moody. Free, but registration is required on <https://www.Eventbrite.com>

### BMN JUNE MEETING (outdoors):

Nature Walk around Como Lake

Tues June 9, 7:30pm – 9pm

Come out and enjoy an evening stroll around the lake. Learn about some of the flora and fauna, and BMN's work to remove invasive plants at the north end of the lake. This a great opportunity to socialize with fellow BMN members.

Meet in the north parking lot near the public washrooms at 700 Gatsbury St, Coquitlam.

Please contact Ian (604.939.4039 or [imcart@telus.net](mailto:imcart@telus.net)) for more info.

### BMN CLUB HIKE:

Widgeon Marsh RP to Observe Activity in BMN's Bird Nest Boxes

Wed June 10, 9am – 2pm

One day each Spring, BMN volunteers enter the Widgeon area to clean and maintain our bird nest boxes. We've been doing this for about three decades, and never have we had the opportunity to re-enter the area during nesting season to see our nest boxes in action. With the opening of Widgeon Marsh Regional Park (RP), we can now do this!

We will meet in the Minnekhada parking lot on Quarry Road, and from there, carpool into Widgeon Marsh RP. No parking reservations for Widgeon are required on weekdays. From the public parking area (located 800 m beyond the Widgeon Park gate), we will walk 3 km on a flat, partially-paved road to the Meadow area where our nest boxes are located. Bring water and lunch, and dress for changing weather. Note that dogs are not permitted in the Widgeon Marsh RP.

Please contact Victoria Otton (778.960.5776 or [svotton@gmail.com](mailto:svotton@gmail.com)) if you are planning on attending or for more information.

### FREE GUIDED TOUR OF THE TREES:

səmiq'ə?elə/Riverview Lands in Coquitlam

Sun June 14, 1pm – 3pm

June is a wonderful time to enjoy the magnificent trees at Riverview. Join this guided tour, hosted by the Riverview Horticultural Centre (RHCS) for a tree tour. These are family-friendly walks guided by a certified arborist who will provide information on the trees and their significance. Dogs must be on-leash. No advance registration is required.

This is the 34th year that RHCS has offered these walks that educate residents of all ages about the world-class collection of rare trees planted on the səmiq'ə?elə site. Please join the tour to show your support for preserving the priceless natural heritage of the səmiq'ə?elə/Riverview Lands.

Meet in the Serenity Garden down the slope from the Henry Esson Young (HEY) Building, which is roughly in the middle of the səmiq'ə?elə /Riverview Lands in Coquitlam. Watch for Tree Tour direction signs when you enter the site. Goes rain or shine.

For further information or for dates of other tours, call 604.290.9910 or see [rhcs.org](http://rhcs.org).

## LOWER COQUITLAM RIVER NATURE ASSOCIATION'S ANNUAL GENERAL MEETING:

Mon June 15, starting at 5:30pm

Light refreshments, followed by the AGM at 7pm

Enjoy an evening surrounded by nature, listen to the birdsong and connect with fellow community members in one of our region's most beautiful natural spaces. The Lower Coquitlam River Nature Association was formerly called the Colony Farm Park Association.

Held in ʔéxətəm Regional Park, at the picnic tables by the Community Gardens. Please bring a chair if you have one. There will be some seating provided. And if you're up for a little extra adventure, stay after sunset to watch the bats emerge for their evening flight!

## 'BE BEAR AWARE' FREE INFORMATION SESSION:

Wed June 17, 6:30 - 8:30pm

The City of Port Coquitlam is hosting an info session on bear behaviours, how to properly manage your attractants and what to do if you encounter a bear. Other sessions will be run in June and September.

Held in the Gathering Place, #200 - 2253 Leigh Square, Port Coquitlam.

Free, but registration is required at [PortCoquitlam.ca](http://PortCoquitlam.ca).

[Activity search | City of Port Coquitlam - Recreation Online Services](#)

## BMN EVENING BOTANY WALK:

Mundy Lake

Thurs June 18, 7pm – 8:30pm

On this easy evening walk, we will wander deep into Coquitlam's Mundy Park to botanize around Mundy Lake. This is a reliable site to see Labrador Tea, Bogbean and other plants of the water's edge.

Bring your guidebooks, sketchpad, and iNaturalist or Seek apps. And maybe some insect repellent, just in case. We go rain or shine, but if it's really rainy or smoky, this event will be cancelled. Check the BMN Events Calendar before you head out for an update if conditions look questionable.

Note that Mundy Lake is located in an area is off-limits to dogs.

Meet near the entrance of the Mundy Park Fieldhouse, 629 Hillcrest St, Coquitlam. The Field House is adjacent to the tot-lot playground. There are two parking lots nearby plus street parking along Hillcrest.

Contact Victoria Otton (778.960.5776 or [svotton@gmail.com](mailto:svotton@gmail.com)) for more info.

## FREE 'WILDLIFE SAFETY 101' WORKSHOP:

Mossom Hatchery

Fri June 19, 6:30pm – 7:45pm

Join Mossom Creek Hatchery & Education Centre and Parks Canada Public Outreach and Education Officer, Joseph Daniels, for a free workshop to learn about wildlife safety.

This interactive workshop will focus on practical skills for safely navigating wildlife encounters. Learn how to reduce conflict, understand animal behaviour, and use bear spray effectively and responsibly when it is needed.

Held at Mossom Creek Hatchery & Education Centre, 12 Mossom Creek Dr., Port Moody.

Free, but registration is required on <https://www.eventbrite.com/>

## BMN CYCLE TRIP:

Solstice Cycle on the PoCo Trail

Sat June 20, 6pm – 9:30pm

As a tribute to the end of spring and to celebrate the longest day of the year, we offer an evening cycle trip on the PoCo Trail. This is a 26 km, mainly flat route circuit that takes in the Coquitlam River, ʔéxətəm (Colony Farm), Fraser River, Pitt River, DeBoville Slough, and Hyde Creek.

Please contact Ian (604.939.4039 or email [imcart@telus.net](mailto:imcart@telus.net)) if you are planning on attending or for more information.

## BMN VOLUNTEER OPPORTUNITY: Water Quality Monitoring Projects

Sun June 28, 9 am – 10 am

The usual day for these sessions is the last Sunday of the month, but the date is weather dependent. Check with the leaders for meeting places, dates and times. New volunteers are welcome! Monthly monitoring is done concurrently at two locations:

Como Lake – contact: Lori Austin at [lorikaustin100@gmail.com](mailto:lorikaustin100@gmail.com).

Lost Lake and Mundy Lake in Mundy Park - contacts: Chris and Evelyn Thomson at [ecco@telus.net](mailto:ecco@telus.net)

## REGULAR BIRD SURVEYS AT COLONY FARM/ ʔÉXƏTƏM REGIONAL PARK:

Early summer is an ideal time to join BMN members and others on weekly bird surveys conducted in the field impacted by the TMX pipeline work at Colony Farm. Our survey is now in its 6th year, and we have recorded a whopping 114 bird species in this one area of Old-Field Habitat.

Birders are all friendly and fun, and we learn together. Surveys start at 8am and last 2 – 2.5 hours, usually on Sundays. To have your email added to the list of observers or for more information, email Victoria Otton at [svotton@gmail.com](mailto:svotton@gmail.com).

These surveys are weather-dependent, so planning is done a day or two in advance. No need to RSVP; just show up if you're available.

See the [BMN website](#) for more events!

## Welcome to New Members

*By Brian Wormald*

We are very pleased to welcome the following new members to the club. Please look out for them at the next meeting or hike and extend your own personal welcome.

### Coquitlam:

- Nina Saklikar and Barrie Kovis (5 May)

### Port Moody

- Aidan Blackwell (23 May) New Student Membership!

### Port Coquitlam

- Adrienne Cossom and Shane Gunster (11 May)
- Mi Suk Lee (12 May)
- Pam Hirakata (30 May)

### Surrey

- Justin Reuser (23 May)

# Tales from the Trail – Bunting Hunting

## Date of Walk: May 17, 2026

By John Saremba

On Sunday, May 17th, a very large group of eager participants headed out on the trail for our weekly bird survey at ǂéxətəm Park. The possibility of hearing, and even better yet, seeing a Lazuli bunting, as well as Western kingbirds which were seen elsewhere in the park likely accounted for the large turnout. Mind you the weather was also ideal for a stroll in the park.

- At Station 1 of our bird survey, we were thrilled to experience a diverse variety of bird observations, which gave us a clear indication of what to expect during the day's walk. Highlights from this site included not one but three male Lazuli buntings, a Vaux swift cruising well above us, Wilson's warbler, Savannah sparrow, and an American goldfinch.
- One of the most interesting bird songs at this site came from a pair of male Black-headed grosbeaks. A grosbeak in full song mode reminds me of a one-person band playing with multiple instruments by using their hands, feet, and custom rigs in a busker performance. So many different notes emanate in rapid succession from this lively songster.
- It was obvious right from the start of our survey that many swallows were out foraging with at least 24 swallows (tree, violet-green and barn species) seen at Station 1. It is likely that their considerable activity was the result of feeding their chicks, otherwise known as nestlings before they can fly.
- Station 2 also provided several interesting sounds and bird sights including a loud call from a male Ring-necked pheasant, White-crowned sparrow, not one but two Bewick's wrens, another Vaux swift, and a Yellow warbler.
- While at this Station, we were able to get a good view of two Savannah sparrows.



Savannah sparrow perched in between foraging bouts.  
Photo: John Saremba

- On route to Station 3, we spotted a male Lazuli bunting briefly perched on top of a large Himalayan blackberry thicket just before it flew off to a nearby tall tree.



Male Lazuli bunting making a quick getaway. Photo: John Saremba

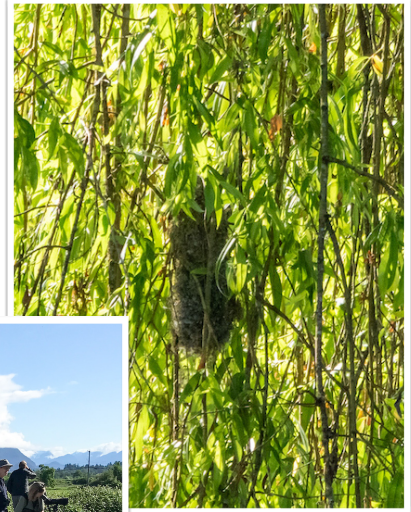
- Along the trail at this point, we also saw a Yellow-spotted millipede marching across the pathway. Other names for this millipede include an almond-scented millipede or cyanide millipede. According to iNaturalist, the dark coloration with



Yellow-spotted millipede crossing the trail. Photo: John Saremba

contrasting yellow-tipped keels warns of its ability to exude toxic hydrogen cyanide as a defense. While the cyanide secretions are not dangerous to humans, they can cause irritation and pain if it contacts sensitive areas such as the mouth, eyes, or nose.

- At Station 3, an active Bushtit nest again captured the attention of the participants. Thanks to having Stacey and Darryl's spotting scope, we were able to get a good view of this active nest.



Bushtit nest hidden among the willow branches. Photo: John Saremba



Participants viewing the Bushtit nest at Station 3.  
Photo: John Saremba

- Interesting observations at this station also included a Western Tanager, a couple of Common Yellowthroat warblers, more tree swallows with a few violet-green, barn and northern rough-winged swallows. Two Wood ducks flying by and an Anna's hummingbird added to the observations along with the ever-present song sparrow and an American goldfinch. We also notice just how much the water level in this ephemeral pond system was decreasing.
- Station 4 provided some other interesting observations, including our first sighting of a Willow flycatcher of the season during our survey. At this point I should point out that while many of my nature photos show subjects relatively close-up, in many cases I am quite some



Long distance view of a Willow flycatcher (before editing).  
Photo: John Saremba

distance from the subject. By using a long zoom lens along with considerable editing, I can make the subject appear to be quite close by. For example, what starts out as a small bird barely visible in the bush can be transformed using a photo editing software program called Lightroom into a reasonable view



of the same bird, which in this case turned out to be the Willow flycatcher. *Much closer view of same bird (after editing). Photo: John Saremba*

- Prior to the start of the bird survey, several participants noted seeing "Mavis" the coyote laying in the grassy area alongside the access road to the Forensic Institute. While we were at Station 4, Mavis decided to get up and head back into the old field area.
- At Station 5, many swallows were seen foraging over the old field with quite a few zipping by quite close to us, which made it easy for us to try and identify the different swallow species. We were delighted to see at least 12 barn swallows in this area. Barn swallows are recognized by their long, deeply forked tail, dark blue upperparts and cinnamon/orange underparts.



*Barn swallow perched on utility line. Photo: John Saremba*

- Trying to tell the difference between a Tree swallow and Violet-green swallow can be quite a bit more difficult unless they happen to fly reasonably close to the observer. Adult Violet-green males have a white face and show turquoise-green upperparts and a purple rump in good light. I managed to get a photo despite the bright light of a Violet-green swallow as it perched briefly on the utility line. Females and immatures are typically duller on the upperparts, sometimes just dusky-gray. In flight, try to also look for the prominent white "saddlebags" extending up from the underparts to the sides of the Violet-green's rump.



*Violet-green swallow. Photo: John Saremba*

- Male Tree swallows are bright iridescent blue-green on the upperparts while females and immatures are duller brownish with limited or no iridescence. All three have white underparts.
- Bird observations at Station 6 included a Purple finch, a couple of Common Yellow-throats, a House finch, a solitary Black-capped chickadee, and more swallows.



*Male Tree swallow perched on nest box.*

- Much to our surprise we enjoyed several observations at Station 7, which typically is quieter than the first four stations, particularly given the increase in temperature at this point of the survey. Notable observations included another male Lazuli bunting calling in the distance, the sounds of a Killdeer, a Brown-headed cowbird, another Ring-necked pheasant calling in the distance, and a Great Blue heron perched on the far side of the old field.
- However, one of the most interesting sightings of the survey was a Red-tailed hawk perched on top of a transmission tower just outside the park with its mate trying to feed two, possibly three, young nestling hawks in a nest on the lower portion of the upper tower struts. Once again, the scope brought along by the Fujimoto family really helped us to get a better view of these birds. I found an interesting online blog article that describes how the adult hawks raise their young with a photo of a juvenile Red-tailed hawk on an electrical tower. Here is the link to this article: <https://oaklandnaturalareas.com/2018/08/17/photos-of-the-week-the-teenage-trials-of-a-juvenile-hawk-and-me/>
- After the bird survey, Stacey stopped by in an area close to the transmission tower and confirmed that the nest did contain at least two young hawks. She provided several excellent photos to confirm yet another year of active use of this nest by the breeding pair of Red-tailed hawks. According to online birding information, the parent hawks share feeding duties with the male bringing prey while the female tears it into small pieces for the hatchlings. The chicks typically fledge at 6 to 8 weeks old. It will be really interesting to again watch the development of these hawks at this nest.



*Young Red-tailed hawks on a nest. Photo: John Saremba*

- While heading to our vehicles in the Community Garden parking, several of us saw another interesting sight. It was a Red-tailed hawk that appeared to stop in mid-flight and hovered in place much like a North Harrier hawk will do when getting ready to

pounce on prey in a field. The hawk did several of these hovering flight movements, which is something that most of us had never seen this bird species do before.

- By the way, an excellent resource for photos and descriptions of birds in our area, check out the Atlas of the Breeding Birds of British Columbia (Website: <https://www.birdatlas.bc.ca/accounts/toc.jsp?show=species>).

## Burke Mountain Naturalists Membership (JANUARY TO DECEMBER)

\$33 for an individual       \$40 for a Family Membership

**NEW!** Post-Secondary Student Membership — \$10

Please email [BurkeMtnNats@gmail.com](mailto:BurkeMtnNats@gmail.com) for more information on our Student Membership option. We want to hear from you!

### Our activities include:

- hiking
- bird watching and surveys
- invasive plant removal parties
- bat monitoring and conservation field trips
- nature walks
- attending local environmental/community events with informative displays
- monthly public meetings, except over the summer, with a guest speaker (most invited presentations are available on our [YouTube channel](#))
- publishing 10 monthly digital newsletters (except over the summer)
- BC Nature quarterly magazine, Nature BC.



Please check our [Events Calendar](#) to see what's coming up!

### MEMBERSHIP BE PURCHASED/RENEWED:

- Online at: <https://www.burkemountainnaturalists.ca/membership/>
- using Interac®, a credit card or PayPal®, under the tab named "Get Involved".
- Mail a cheque to BMN, P.O. Box 52540, R.P.O. Coquitlam Centre, Coquitlam, BC V3B 7J4

If you are contemplating switching to "electronic" payment, we urge you to use eTransfer in preference to PayPal. It's easier AND saves your club money. There are NO charges incurred for you OR the club for these bank transfers.

BMN is a registered non-profit society with charitable income status.

Name(s): \_\_\_\_\_  
(Family adults at the same address)

Name(s): \_\_\_\_\_  
(Family children under 19)

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

And the bird survey conducted on Sunday, May 24th certainly continued with a diverse range of observations. This is certainly a great time of the year for nature walks.

**DEADLINE for the next BMN Newsletter**  
**Wednesday, August 26, 2026**  
Send articles to: [bmnewsletter@gmail.com](mailto:bmnewsletter@gmail.com)

The Burke Mountain Naturalists was formed in January 1989 and is a member club of BC Nature (formerly Federation of BC Naturalists). BMN is a registered non-profit Society with charitable income status.

### Our objectives are:

- to promote the enjoyment of nature
- to foster an interest in, and an appreciation of, our environment
- to promote the accessibility and maintenance of natural areas, particularly local areas
- to actively pursue the conservation & preservation of the natural world

**President:** Ian McArthur, [imcart@telus.net](mailto:imcart@telus.net) (604.939.4039)

**Vice President:** Brian Wormald, [brian@wormald-online.com](mailto:brian@wormald-online.com) (604.537.3717)

**Treasurer:** Edie Kernighan, [ekernighan@gmail.com](mailto:ekernighan@gmail.com) (604.937.0958)

**Past President:** Phillip Buchan, [pbuchan@mac.com](mailto:pbuchan@mac.com) (604.329.5537)

**Recording Secretary:** Vacant

**Members-at-Large:** Laura Dupont ([lauradupont@shaw.ca](mailto:lauradupont@shaw.ca)), Elaine Golds ([elaine.golds@gmail.com](mailto:elaine.golds@gmail.com)), Kathy Leko ([kleko@telus.net](mailto:kleko@telus.net)), Victoria Otton ([svotton@gmail.com](mailto:svotton@gmail.com)), Jeff Rudd ([rudd@sfu.ca](mailto:rudd@sfu.ca)), Helen Howes ([helenhowes@shaw.ca](mailto:helenhowes@shaw.ca)), Sebastian Thomas ([sebastian.thomas02@gmail.com](mailto:sebastian.thomas02@gmail.com))

**Membership Secretary:** Brian Wormald, [brian@wormald-online.com](mailto:brian@wormald-online.com) (604.537.3717)

### BC Nature Club Representative:

Victoria Otton, [svotton@gmail.com](mailto:svotton@gmail.com) (604.937.5379)

### Education and Conservation Committee:

[burkemtnnats@gmail.com](mailto:burkemtnnats@gmail.com)

### Nature and Feeder Watch:

Liz Thunstrom, [elizabeththunstrom@telus.net](mailto:elizabeththunstrom@telus.net) (604.939.9571)

### BMN-Friends of DeBoville Slough Committee:

[2fodbs.bmn@gmail.com](mailto:2fodbs.bmn@gmail.com)

**Newsletter Editor:** Michelle Andersen, [BMNnewsletter@gmail.com](mailto:BMNnewsletter@gmail.com)

**Newsletter Design:** Catherine Ho, [catherinemho@icloud.com](mailto:catherinemho@icloud.com)

**BMN Publications:** 10 newsletters a year (except July and August)

"Discover Nature in the Tri-Cities" 2015, (40 pages) a children's nature guide; available on our website (40 pages) and from local libraries

**Natural History Brochures:** Miller Park Ravine, DeBoville Slough,

Riverview Lands, Coquitlam River Corridor

**Bird Brochures:** Minnehada Regional Park and Area, DeBoville Slough,

Como Lake, The Herons of Colony Farm and our checklist for the Colony Farm Park birds

**Plant Brochures:** Colony Farm, DeBoville Slough

**Wildlife Inventory of the Shoreline Park System:** 1994, (121 pages) is available on our website

**Our Backyard Wilderness:** A Park Proposal, by Mark Haddock, 1992, (23 pages, plus appendices) available at Coquitlam Poirier Library

**The Riverview Hospital Site:** "Respecting Its Past, Realizing Its Future", by Elaine Golds, Victoria Otton and Lori Austin (2004), 26 pages available on our [website](#).