



# Carlington Hampton News

September 2024

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Photo S. Boddy



# Bugs!

This summer, entomologist Lydia Wong was our special guest at two walks designed to increase our appreciation of the six-legged.

## Bugs!

Among the many species of insects that we found was the caterpillar of an American lady butterfly. Before they become butterflies, which can eat from a wide buffet of wildflowers, caterpillars need a specific plant to eat. The Clyde Bee & Butterfly Patch had exactly what it needed!



**Ambush bug**

Photos S. Boddy



### ...and more bugs!



**Sphynx moth (deceased)**

American lady caterpillar on its host plant, field pussytoes (*Antennaria neglecta*)

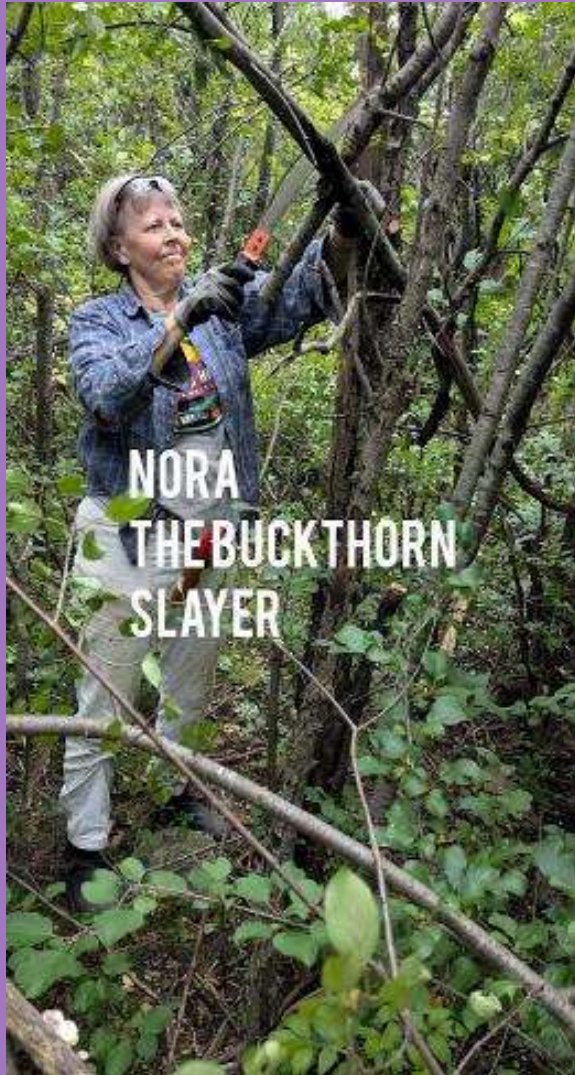




# The Buckthorn Slayers of Carlington!

Friends of Carlington Woods have been clearing invasive buckthorn for the last several weeks. A huge thank you to all the volunteers – it has been a tremendous undertaking and we're not done yet!

We've planted native wildflowers and a cedar tree near the opening to the Woods off Clyde Avenue, and next spring we'll begin planting native shrubs and trees where we've removed the buckthorn.



**Buckthorn slayers in their natural habitat. 😊**



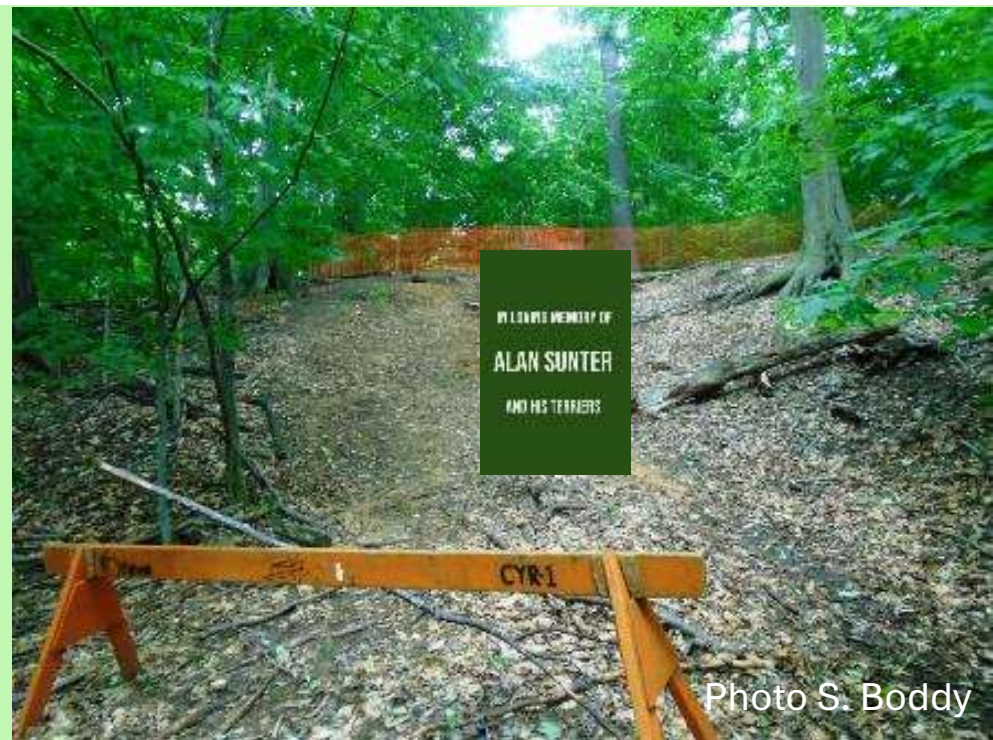
Photos N. Lee and P.A. Richer



## A special project for Hampton

**Alan Sunter** was a Hampton Park regular, often spotted along the creek path walking his dogs, and always with a smile on this face.

Over time, he found it more difficult to walk the dogs, especially when there was nowhere to sit and recover his energy.



When Alan passed in 2023, his family approached the National Capital Commission (NCC) with a donation specifically for Hampton Park in his honour.

With the help of several NCC staff members, the Friends of Hampton Park and the Sunter family devised a plan that will regenerate the eroded slope with native shrubs and trees, and provide seating along the path.

On October 3, the NCC will deliver the vegetation, volunteers will plant, install a regeneration sign, and arrange some temporary stump seats.\* Later, we'll install the memorial sign with the Sunter family.

*\*Rain date October 4. The NCC will provide two of their red Muskoka chairs for the area for three seasons, beginning in the spring of 2025.*

# Other Projects

## Hampton Trail System

The ecologist who conducted the baseline study of the Hampton Woods (2020) recommended that the number of unofficial trails in the Woods be reduced by at least 50%. This November, Friends of Hampton Park will install a trail system, starting in the south Hampton Woods. The picture is a mock up only. The system will include easy to see markers, posts, farm-type fencing, signage and other messaging that provides more information about this urban forest.



Photo D. Roy

Download the study here: <https://carlingtonpark.home.blog/2021/02/03/ecological-study-carlington-woods-and-hampton-park-woods/>.

*Link also provided in the YouTube description.*



Photo P.A. Richer

## Pollinator Gardens

The pollinator gardens at Hampton and Carlington are still blooming with many aster and goldenrod species providing excellent nutrition for all kinds of animals and insects as they head into fall and winter.

Want to support pollinators next year? Check out our webinar on growing native wildflowers from seed:

[www.youtube.com/watch?v=vTSNBRLJBNU&t=891s](http://www.youtube.com/watch?v=vTSNBRLJBNU&t=891s)

## *News*

Free buckthorn wood for small woodworking projects and buckthorn berries for use in natural dyes. Most buckthorn wood is 1-2" diameter, and ranges in height up to 6' or more. Some specimens yet to be cut are larger in diameter and height. Email us for the schedule of when we're on site to view the materials. **Subject line: Buckthorn**

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## *Needs*

Volunteers needed for Hampton Park: **October 1, 2, or 3, any time between 9 am and 3 pm.**

**Tasks:** Removing buckthorn, planting, potentially moving wood chips

**Equipment needed:** Gloves, spade/shovel, secateurs/pruners/loppers

Email us with the dates and times you're available, and to obtain the meet up locations. **Subject line: Volunteering**

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## *Nice-to-haves*

Volunteers to do regular rounds in Hampton and Carlington. Work involves a once a week, 30- to 60-minute walk through the park and Woods, monitoring projects, and doing other tasks such as minor invasive removal, watering, or garbage pick up. An ideal volunteer job for regular visitors and you get to set your own schedule . All training and background information provided.

Email us. **Subject Line: Rounds**

# Local contacts & resources

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

**YouTube:** <https://www.youtube.com/@friendsofcarlingtonhampton>

***New videos uploaded regularly!***

Friends of Hampton Park

[www.facebook.com/Friends-of-Hampton-Park-105498545119641/](http://www.facebook.com/Friends-of-Hampton-Park-105498545119641/)

Friends of Carlington Woods

[www.facebook.com/groups/1105428122826947/](http://www.facebook.com/groups/1105428122826947/)

**Instagram:** friends\_of\_hampton\_park

**Hey, you!** Snapped a pic of a cool plant, animal, insect, or fungi in Hampton or Carlington? Email pix you'd like to share to [Myrica.gale22@gmail.com](mailto:Myrica.gale22@gmail.com). We'll feature as many as we can in the next issue. Please indicate where the photo was taken in the subject line.