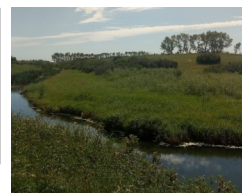




## Condie Nature Refuge

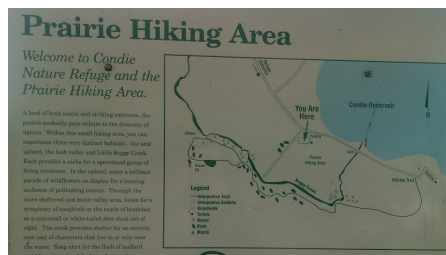


From Regina, head north on Highway 11 for approximately 10 minutes. Head west (turn left) at the Condie Nature Refuge signs. Follow the signs (highway signs look different).



The Condie Nature Refuge has **4 km of groomed nature trails**, a **small lake** for canoeing and kayaking and several **picnic areas**.

We'll start at the **Prairie Hiking Area**



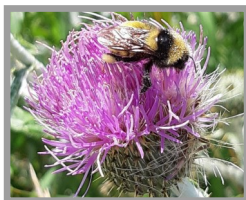
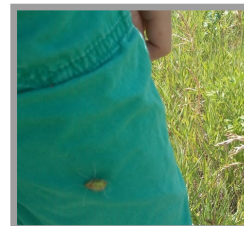
### Golden Rod

These are great late season flowers that **migrating butterflies** love to visit.



### Wild Licorice

What is that reddish thing?  
Touch it. Does it stick to your clothes? This was the **inspiration for Velcro!**



Canada Thistle was **one of the first weeds introduced by North American settlers in the 1600s**. This bee loves its nectar!



**This little plant does a lot!** Provides food and shelter for birds and small mammals. Strong roots stabilize soil on hillsides and stream banks.



An amphibious plant called Water Smartweed which means it **can grow in the water as well as on land!**



### Northern Hedysarum

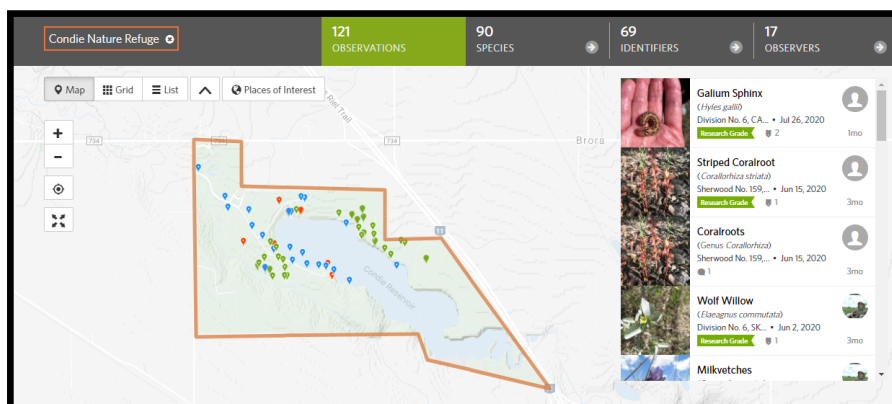
Young roots have a sweet licorice flavour if eaten raw and taste like carrots if cooked.

**Want to know more about Saskatchewan wildflowers?**

Check out [www.saskwildflower.ca](http://www.saskwildflower.ca)  
Thanks to Glen and Maureen Lee for this great website!

Download the **Seek by iNaturalist** app to identify wildflowers.

Visit [inaturalist.ca](http://inaturalist.ca)  
**Explore Location—Regina, SK**  
**Places of Interest**  
**Condie Nature Refuge**



Click on each marker and it will **show you a picture and description of the species.**



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## Condie Nature Refuge



Behind the picnic shelter is a little grass path. **Follow it down to Boggy Creek!**



**Pond Dipping in Boggy Creek!**



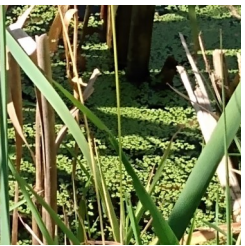
You'll need a bucket, smaller buckets, net and magnifying glass. **Check out the ponding dipping guide on p. 3**



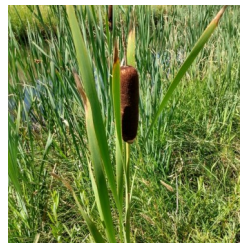
Northern Leopard Frog



Damselfly



**What is that green stuff?**  
Duck weed protects the marsh creatures from the sun and the ducks eat it!



The cattails clean the water. **Cattails and the soil in a marsh absorb water like a sponge!** Everyone downstream from a marsh is protected from floods and the water is cleaner.

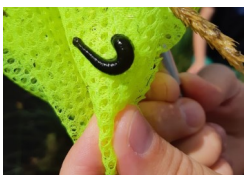


**Is that different than a cattail?**  
Yes. Spike rushes also **absorb water when there is a flood.** When there is a lot of water in a marsh the stem is hollow to transport air to the roots. When it is dry the stem becomes filled with pith to make it stronger.

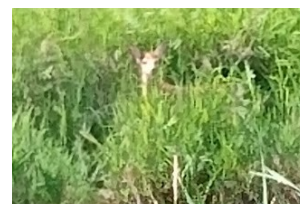
The **Native Plant Society of Saskatchewan** recently had a newsletter all about cattails.  
[www.npss.sk.ca/](http://www.npss.sk.ca/)



Play the cattails! See what **types of sounds each makes** when you rub them?



Not all leeches are bloodsuckers. **Catch a leech and put it in a bucket of water.** Watch how it moves around!



You might even spot a **fawn resting in the tall grass** by the water's edge!



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## Condie Nature Refuge

### Pond Dipping Guide



#### Whirligig Beetle

Each eye is divided into two parts. One to see above water and one to see below at the same time!



#### Water Boatman

Long oar-like legs moves it through water. Eats algae and decaying plant material on the bottom of the marsh.



#### Dragonfly Nymph

When it changes into an adult dragonfly it climbs out of the water!



#### Caddisfly

These are important food for fish.



#### Water Mite

Very, very small and looks like a fat spider with a bright red, round body. Swims by wildly beating its eight legs.



#### Caddisfly Larvae

They can resemble hermit crabs because they sometimes surround themselves with a hard casing.



#### Water Flea

A healthy freshwater pond has a tonne of these! They are the lowest on the food chain so lots of creatures eat them. If there are lots then an ecosystem is doing well!



#### Water strider

They appear to stride over the water by distributing their weight evenly.



#### Snail

Frogs and smaller fish eat these. Uses a rough "tongue" to scrape up algae and dead material for food.



#### Leech

Most pond leeches feed on decaying material and bottom sludge. These keep the muck out of our rivers and lakes.



#### Backswimmer

Black and white with large red eyes. Swims along on its back using its legs like oars! Often confused with water boatman.



#### Phantom Midge Larva

Ghost-like insect larva is almost invisible. Swims by flicking body and then drifting.



#### Seed Shrimp

Tiny, crustacean that is greenish in colour. Common in mats of algae and vegetation or mud on pond bottoms. Filters bacteria and dead plant material out of water.

Adapted from the Ducks Unlimited—Marsh Monsters Guide

[www.ducks.ca/resources/educators/](http://www.ducks.ca/resources/educators/)



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