What is good for butterflies is also good for you

By Grazyna Tonkiel

of spring? To the songs of the birds or the choruses of the frogs? For me, the sound of rushing creek water propelled

Have you ever heard somebody on the land on it, taste it King City trails, singing aloud Sergei using its legs, recog-Rachmaninov's "Spring Waters" song with the sounds of the rushing creek as background? If so, that was me! For decide to lay eggs. many years, this has been my spring rit-Yes! Surprise, sur-

Once the creek's waters awaken, the taste sensors are lorest of the world follows. Every bug and blade of grass is in a hurry to begin a terflies.

Some butterflies overwinter as eggs, others as caterpillars or pupas and some even as imagio, the mature insect. While others fly to King Township from in the butterfly's growth cycle. They rethe south, like geese.

who study butterflies) observed 168 different butterfly species from five families. Depending on the composition of plants growing in your backyard you may meet some of them. As I write this The Great Spangled Fritillary. It is a article sitting in my garden under my large butterfly, which to me, looks like magnificent linden tree I see quite a few a flying sunflower; it has bright orange of them.

One morning I freed an accidentbo.

This butterfly derives its name for its painterly coloring - usually salmon a newly hatched caterpillar, just three pink and orange with a dash of brownish black. Its bold, refined radiance exudes nature's beauty, while its fragility reminds us of the finality of life. One they lay eggs often far away from the of my favorite artists Rachel Ruysch, food plants that will support future Dutch "natura morta" painter, must have seen the same essence within the Painted Lady when she placed it in her "Bouquet of Flowers" painting that she variety of violets. They are seldom seen created over 300 years ago.

impressive that I have drawn not one, see how they look a flashlight will be but two portraits of them.

The Painted Lady is a migratory butterfly, escaping northerly latitude cold Fritillaries, plant some violets in your

It is sometimes called the Thistle but-fully fragile and smell heavenly. This is my clover covered lawn. Do you pay attention to the sounds terfly because its caterpillars feed priexactly what I did many years ago and marily on thistle plants. Surprisingly, now I enjoy the benefits, as I see the den is a healthy environment. If you last year, I also found them feeding on "sunflower dance" every summer. non-native curry plants in my herb garby melting snow is the first cue that den. I hope this year the same thing will flies, in particular the Eastern Tailed ber: what is good for butterflies is also prompts nature to wake up after its win- happen again. The butterfly, I freed this Blue and Blue Azure, flying around to- good for you. morning, will discover the same plant, day. They are definitely one of my fa-

nized it as suitable caterpillar food and prise! The butterflv's cated on their legs.

The key to secur-

needs of caterpillars. Use the mantra "caterpillars equal butterflies!" The caterpillar stage is the most crucial one quire a lot of food to develop, are very se-In Ontario, lepidopterists (people lective in regards to what they eat, and are very sensitive to chemicals. Taking care of caterpillars is the condition sine qua non for having mature butterflies.

Today, I had another garden visitor, wings and black marking. This combination of color, reflecting light and ly-trapped Painted Lady from my gaze- flight energy fills the moment with happiness.

> Fritillary overwinters in Canada as millimeters long, tucked in a blanket of

Their females are very unusual, as caterpillars. This is an uncommon behavior among butterflies. The Great Spangled Fritillary caterpillars feed on in our gardens and woodlands, because The Painted Lady butterflies are so they feed only at night. If you want to

To be graced with an abundance of winter weather by flying towards the garden and let them spread. The added

equator only to comeback early spring. bonus is that the flowers look beauti- Blue butterflies basking on the top of

new season, everything including but- ing an abundance of butterflies in your sionistic bliss causes me to say Bonjour garden is to start thinking about the Monsieur Monet, every sunny day when opera singer, visual artist and a conserthey come to visit.

> and Blue Azure in my garden is quite Warsaw and won national and internasimple, I grow a lot of clovers, one of the preferred foods for their caterpil- fly studies are in collections in over 10 lars. Remember: caterpillars equal but- countries. She can be reached at her terflies.

> The Eastern Tailed Blue overwinter in Ontario as mature caterpillar hiding in seed pods and the Blue Azure as Chrysalis. My lawn is a mix of clover opera singer, visual artist and a conserand grass and it has never been sprayed vationist. She was the soloist at Polish with chemicals. Each year I seed some National Opera and Ballet Theater in white clover to maintain their presence. The reward is unattainable to those who do the opposite and aggressively brand studies are in collections in over 10 counnature to abandon its beautiful variety tries. She can be reached at her Gallery and grow industrialized, boring, and Solo studio in King City – www.gtonkiel. monochrome grass deserts.

One year I had a few hundred of the

This was the indication that my garalso want butterflies in your garden, do There were also a few small butter- not use any chemicals. Please remem-

> On the musical note, if you are curivorites. Often only ous about "Spring Waters" song op.14 18mm large, their iri- nr. 11 by Rachmaninov, and want to hear descent, French blue Spring the same way that I do, please go azure wings, look to my website and listen to my recordlike beautiful blue ing of this magnificent composition. dots on my emerald Performed by yours truly with the fabgreen lawn, mixing ulous pianist Ella Susmanek, professor within the vibrant of The Chopin Music Academy in Waryellow heads of dan- saw, and recorded for the Polish Radio delions. That impres- Broadcasting Corporation.

Grazyna Tonkiel is an accomplished vationist. She was the soloist at Polish The reason why I have Tailed Blue National Opera and Ballet Theater in tional vocal competitions, her butter-Gallery Solo studio in King City - www. gtonkiel.com.

> Grazyna Tonkiel is an accomplished Warsaw and won national and international vocal competitions, her butterfly





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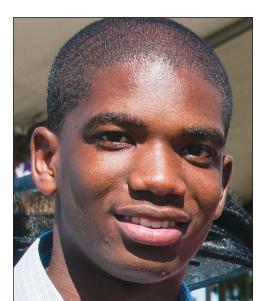
The word around King

Have you been watching the FIFA Women's World Cup games?



Jodi Maranno

"No. I'd like to, though."



Carter Mitchell

"I've seen a bit of it."



Amy Sifton

"I know how Canada is doing, that's it."



Lou Davey

"I haven't had much time to watch, but I've been keeping up with it."