



# The Friends of the Sanctuary

## Newsletter



[www.friendsofthesanctuary.org](http://www.friendsofthesanctuary.org)

***Working today to conserve for tomorrow***

Volume 2020, Issue 1

January 20<sup>th</sup>, 2020

### From the Editor

Ross Miller

The newsletter is back! A new year is upon us. Winter program is up and running for 2020. All the details are in the Winter Program section. Our 5<sup>th</sup> photo contest just opened and we look forward to your contributions. Please keep watching for our activities throughout the coming year.

I will make every effort to publish an issue of the newsletter approximately every quarter. This is dependent on content. Contributions from our members and supporters are welcome, encouraged and critical to the success of our newsletter. If you have anything to contribute for example photos, articles or events relevant to our organisation, please submit it to me at [info@friendsofthesanctuary.org](mailto:info@friendsofthesanctuary.org). Please put "Newsletter" in the subject.

**Next issue: 2020/04/20, Submissions by: 2020/04/15**

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***Happy 2020***  
***The very Best from***  
***FOS***

### Winter Program 2020

The winter program at the Sanctuary is here. We opened January 4<sup>th</sup> and will be at the visitor centre every weekend until the end of March. We got off to a bit of a slow start due to the ups and downs in the weather. It looks like we will be getting some significant snow, so things should pick up.

The ski trails were prepared in late autumn, so that we can track set sooner. There are over 5 km of trails through the bush and in the open field. The ski trails are separate from the walking trails, to maintain the ski track.

The walking trails are available for winter walking and the chickadees will follow you through the bush, so make sure to stop by the Visitor Centre for a bag of seed.

Snowshoes can allow you to move through deeper snow, so you can walk wherever your heart desires, on the walking trails or across the fields. Please stay beside the ski track as the snowshoes ruin the track for skiers.

Our Moonlight Ski/Snowshoe events have been very popular, when the weather permits. We had to cancel the January one due to weather that Saturday. For the remainder of the season the Saturday nights closest to the full moon are, February 8<sup>th</sup> and March 7<sup>th</sup>. We start at 19:00 (7 pm), please arrive a bit earlier. You can ski or snowshoe with a guided group out to the fire-pit, where we pause to warm up. We have headlamps available for safety. Being in the bush at night is a wonderful experience and if it is clear and the moon is visible it becomes magical.

We have some additional activities during the winter program. We are hoping to run some "Learn-To-Ski" events so that people can try cross-country skiing in a safe and supportive environment. We will be open on Family day, February 17<sup>th</sup> from 12:00 to 16:00 (4 pm). March Break is always a busy time at the Sanctuary, as families are looking for outdoor, nature-oriented activities for the kids. Keep your eyes on the website and Facebook page for upcoming events. Dust off

those skis!!

The Visitor Centre is open Saturdays and Sundays from noon until 16:00 (4 PM) so winter enthusiasts can warm up, have a coffee or hot chocolate and visit. Skis and boots, snowshoes, poles and baby sleds are available for rent at very reasonable prices. Friends, of course, get a discounted price.



## Winter Wonders Photo Contest

Our 5<sup>th</sup> photo contest is on right now. The contest is open to amateurs only. A maximum of 2 entries per person are allowed. Entries are accepted until Midnight on March 31<sup>st</sup>, 2020. All photos must be taken at the Upper Canada Migratory Bird Sanctuary. All images entered may be used in promotional materials. Release forms are required for images with people. Release forms are available on the FOS web page. New this contest, the prize for the winning entry will be a \$50 in FOS merchandise and a canvas print of the winning image. Entries should be submitted by email to: [blanchardrh@bell.net](mailto:blanchardrh@bell.net). We wish you all the best of luck in the contest.



### WINTER WONDERS PHOTO CONTEST

WIN A CANVAS PRINT OF YOUR PHOTO AND \$50 IN "FRIENDS" MERCHANDISE

Photos must be taken at the sanctuary, with minimal adjustments made to original, and submitted to [blanchardrh@bell.net](mailto:blanchardrh@bell.net) by March 31, 2020.



## Membership

If you know of anyone interested in joining the Friends please contact us at [membership@friendsofthesanctuary.org](mailto:membership@friendsofthesanctuary.org).

Our membership fees are very low: \$25.00 for families, \$15.00 for Individuals, \$10:00 for youth and senior and \$100.00 for corporate. FOS members receive discounts on ski and snowshoe rentals during our winter program. Your membership fees support FOS efforts on behalf of the UCMBS and our local environment.

As a member you are welcome to volunteer for any of our other activities. Should you choose to just show your support by being a member that is OK also. By the way a Friends of the Sanctuary membership makes a great gift or a good friend or loved one.

Just a reminder that all memberships, excluding lifetime, expire on March 31<sup>st</sup>, please don't forget to renew. Your continued support is welcome and appreciated.

**Please Note:** We are currently looking for someone to take over as membership coordinator. This entails keeping and up to date membership list, handling new applications, renewals and promoting membership with the FOS. If you are interested or know of anyone who might be please send an email to [president@friendsofthesanctuary.org](mailto:president@friendsofthesanctuary.org).

## Get on Board Project

Our ongoing project working with the SLPC to improve the boardwalks and trails continues. This past year was a busy one and time did not allow FOS to get out and execute some of our plans.

The second boardwalk on the redwing trail proved to be troublesome this past year. It had to be closed twice due to damage and safety concerns. SLPC did start a project in October to fix the problems with this boardwalk permanently. A great deal of progress was made and the boardwalk was starting to look like new. The work was almost complete and then on October 30<sup>th</sup> the windstorm hit the SDG. The high winds broke the moorings and moved the boardwalk quite a distance to the east. This made it unsafe again and resulted in another closure. Also, due to the lateness in the season work could not be started again and has been delayed to the spring of this year. This is a priority for the SLPC and FOS. The Friends will be doing everything we can to support the SLPC in restoring the boardwalk.

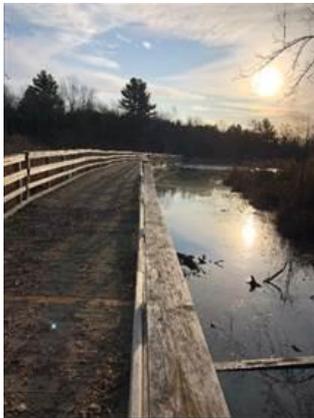
We also want to continue with our work to make the some trails more accessible to those with mobility

concerns and repair others that have been damaged over the past years by heavy rains and variable water levels.

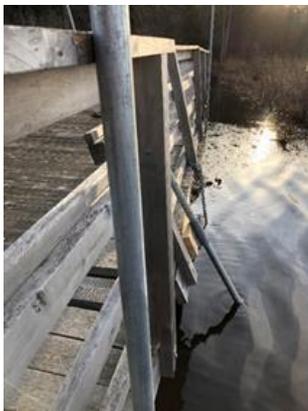
We continue to raise funds for this special project. Should you wish to make a donation, please forward an email to [treasurer@friendsofthesanctuary.org](mailto:treasurer@friendsofthesanctuary.org) to make the necessary arrangements.



Repairs almost complete



Results of the Wind Storm



Results of the Wind Storm

## Birding

Well here we are into another year of bird watching and there are surprizes as well. As you know nature is always exploiting current situations be it lack of or abundance of the same and so it is that we may have very few winter finches this year not because our area lacks food but because the northern forests had such an abundance that there is no need for them to come here to survive. This does not stop us from getting any just far fewer. Some keen observers have noticed a northern shrike in the area of the Nairne Island causeway early in January which was still in the area last week. Hopefully this small predator will not make a meal of the female eastern bluebird which was in the same locality. The local beavers are also being seen there both on the ice and in the water.

The visitor centre parking lot is host to many chickadees, blue jays, tree sparrows and cardinals as well as woodpeckers and the occasional white and red breasted nuthatches and juncos. As long as there is open water in the area of Nairne Island there may be mute or Tundra swans with the smattering of mallards and Common Mergansers or Common Goldeneye. Just west of the Sanctuary is a rare visitor from the west in the form of a Harris` Sparrow which has had a lot of bird watchers put it on their Ontario life lists. The outer limits of S.D. & G have been graced with a rare Northern Hawk Owl this winter and the usual sprinkling of Snowy owls 1 of which showed up in the city of Cornwall. Understand that we cannot give exact locations of these sensitive species as they need undisturbed rest and feeding times. Until next issue – happy nature watching!

## Calendar of Events

### Winter Wonders Photo Contest

Contest is on right now and runs to the end of March. Submit entries to [rick.blanchard@bell.net](mailto:rick.blanchard@bell.net)

### Winter Program

Starts January 4<sup>h</sup>, 2020 each Saturday and Sunday until the end of March, 2020

### Moonlight Ski & Snowshoe, February 8<sup>th</sup>

Starts at 19:00

### Family Day, February 17<sup>th</sup>

A fun day for the family in the outdoors, Open 12:00 to 16:00

### Moonlight Ski & Snowshoe, March 7<sup>th</sup>

Starts at 19:00

### March Break, March 16<sup>th</sup> to 20<sup>th</sup>

Fun activities daily, keep watching for full details

### Board Meetings

Meetings are held 3<sup>rd</sup> Tuesday of each month at the Visitor Centre @ 19:00. All members are welcome.

## FOS Shop

Are you looking for the perfect gift for a friend who likes the outdoors? The Friends of the Sanctuary has a variety of items for sale with the added benefit of supporting our organisation. Please contact us at [info@friendsofthesanctuary.org](mailto:info@friendsofthesanctuary.org) or message us on Facebook and we will handle your order. We have a large selection of t-shirts, long sleeve t-shirts, ball caps, tuques, tick keys, bees' nests, postcards, magnets, pins and crests for a jacket or a cap. Additionally, you can purchase gift certificates which can be used for all Friends merchandise or any activities which the Friends are hosting, such as cross country skiing and snowshoeing and any other events. We accept cash, cheque, credit, and debit cards. This merchandise will be available during our winter program, which starts January 4<sup>th</sup>, 2020 at the Visitor Centre.

### FOS Merchandise

#### Price List (tax included)

Item	Price
Ball Caps	20
Bees Nests	20
Crests	8
Magnets	2
Pins	1
Post Cards	1
Tick Keys	10
Tuques	15
T-shirts Adult	18
T-shirts Long Sleeve	22
T-shirts Youth	16

## Board of Directors

We have a number of positions vacant at the moment both volunteer and on our board. We would love to find people with an interest in the UCMBS who would like to take on these roles. Currently we need to recruit for the roles of Vice-president, Public relations, Newsletter and as mentioned in the Membership section Membership Coordinator.

The Board of Directors meets the 3<sup>rd</sup> Tuesday of each month at 19:00. The usual location is the Visitor Centre at the Sanctuary. Meetings usually last approximately 2 hours at the most. Additionally, participation in some of our activities is expected. Anyone interested is asked to

contact the President at

[president@friendsofthesanctuary.org](mailto:president@friendsofthesanctuary.org)

Executive:	Portfolio
Ross Miller	President
<b>vacant</b>	Vice President
Lori Davies	Secretary
Greta Roberts	Treasurer
Directors:	
Rick Blanchard	Photo Contest
George Davies	
Aldea Gowsell	
Art Guitard	
Barb Ham	
Sam Schuler	Volunteers & Winter Pgm
Tina Serviss	
Lyane St-Georges	
Patty Thorpe	Merchandise
Hans van der Zweep	
Madeline van der Zweep	

## FOS on the WEB and Facebook

To find information about us please visit our web page at <https://www.friendsofthesanctuary.org/>

You can also keep up with us on Facebook. Just search **Friends of the Sanctuary** to find us. You will find notices about our current activities and updates on trail conditions among other things.

Please like us on our Facebook Page:

<https://www.facebook.com/Friends-of-the-Sanctuary-414036970680/>.

## Contact Us:

FRIENDS OF THE SANCTUARY  
P.O. Box 156,  
Ingleside, Ontario  
K0C 1M0

President: Ross Miller – 613-362-0615

Membership: [membership@friendsofthesanctuary.org](mailto:membership@friendsofthesanctuary.org)

Facebook: <https://www.facebook.com/Friends-of-the-Sanctuary-414036970680/>

Web Page: <http://www.friendsofthesanctuary.org>

Newsletter: [info@friendsofthesanctuary.org](mailto:info@friendsofthesanctuary.org)

Upper Canada Migratory Bird Sanctuary  
Visitor Centre: 613-537-2024