



The Friends of the Sanctuary

Newsletter



www.friendsofthesanctuary.org

Working today to conserve for tomorrow

Volume 2020, Issue 2

September 5th, 2020

From the Editor

Ross Miller

2020 has been a challenging year to say the least. Learning to cope with the pandemic has been a process with constant changes as we learn more about this virus. Unfortunately, the St. Lawrence Parks Commission had to make the decision to close our Sanctuary for 2020. We at the FOS support their decision which was made with the safety and security of the general public and SLPC staff in mind. We are working with the SLPC in the hopes of opening for the 2021 winter program. Please monitor our Facebook page and website for updates.

I remind you all again this newsletter is the members' newsletter. We welcome contributions from you. 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. Please put "Newsletter" in the subject.

Next issue: To Be Determined

Semi Annual Adopt-A-Highway Clean-Up

The FOS joined the SDG Adopt-A-Highway program a number of years ago. This decision was made as part of our efforts to protect the environment in the SDG area as well as the UCMBS. We look after a section of CR 2 near the Sanctuary. We conducted a clean-up earlier the year. Our team removed quite a number of bags of garbage from the area. It is now time for a second go at keeping SDG clean and beautiful.

On Saturday, September 12 at 10:00, the Friends of the Sanctuary will be picking up garbage on Highway 2 for two kilometers on either side of the entrance to the Sanctuary. This is our semi-annual responsibility to the Adopt-A-Highway program. Anyone wishing to join us can meet at the entrance to the Sanctuary at 10:00. We will provide garbage bags, buckets and pickers. Participants should wear long pants or boots to protect against poison parsnip and ticks. Gloves are also recommended. Rain date will be Saturday, September 19th at 10:00. Physical distancing will be practiced.

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Membership

If you know of anyone interested in joining the Friends please contact us at 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 Friend 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 31st, please don't forget to renew. Your continued support is welcome and appreciated.

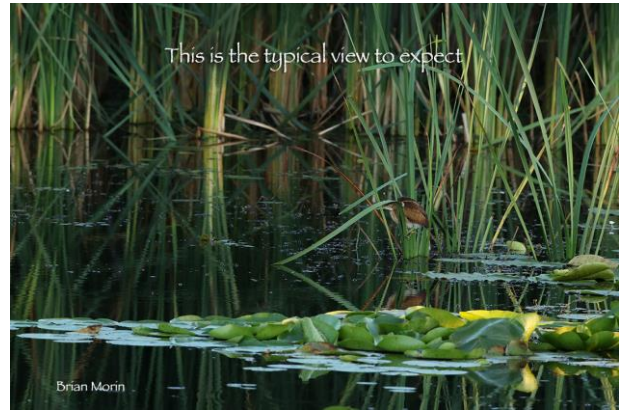
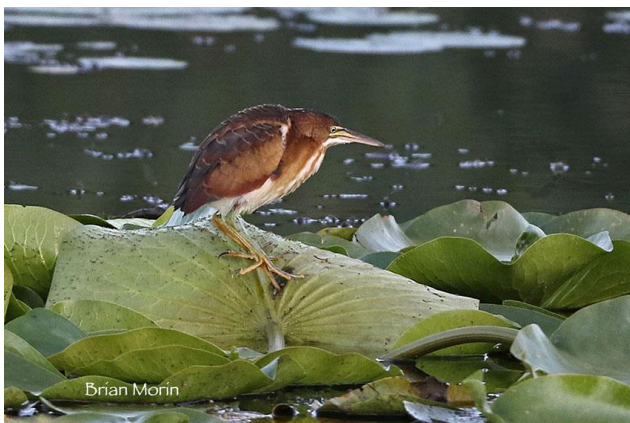
***Keep 2 metres apart.
Wear a mask.
Wash your hands.***

Nature Carries On

Hans van der Zweep

Regardless of Covid-19 concerns bird activity and natural regeneration continue unabated as shown in pictures taken at Farran Island. These Least Bitterns, a rare species, have a small colony in the pond south of the bike path near Ingleside. With the Sanctuary closed these birds are worth a look without a long hike to observe them. There are at least 2 more small colonies of them inside the Sanctuary limits. This year's highlight in avian realms has got to be the successful fledging of 2 Bald Eaglets from within the Sanctuary where there was an attempt made last year, this occasion was observed by a fellow board member from the St. Lawrence River. There have been many other of nature's events which will not have been seen or heard this year due to the closing of the Sanctuary among which were Mute Swans with young and an attempt by Trumpeter Swans to also populate the area. Common Loons, Osprey, Mallards and Wood ducks as well as many songbirds did well but there is no word on the Eastern Bluebird or Meadowlark/Bob-o-link rehab area due to lack of access at breeding time.

On a sad note it is evident that the Long Horned Ash borer is depleting our Ash species at a fast rate, here is hoping that some will survive as is the case so far with the White Elm and it's struggle with Dutch Elm disease.



Get on Board Project

Our ongoing project working with the SLPC to improve the boardwalks and trails continues. 2020 presented additional challenges aside from the pandemic. In the spring we had major flooding on the trails.

The second boardwalk on the redwing trail still proves to be troublesome. The SLPC is working to find a permanent solution to the ongoing issues with this boardwalk. FOS is doing what we can to support this.

We also continue with our efforts to make 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 hope to be able to access the Sanctuary soon to assess what needs to be done and plan our projects.

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

Tick Awareness

The fall season is a time that adult ticks are breeding and looking for a blood meal to complete their life cycle. Ticks are active right up until freezing temperatures, so it is important to remind ourselves to be vigilant. As the weather is getting cooler, and people are getting outside more to walk and bike in our parks, we want to remind you to be Tick Aware.

To avoid tick infection, stay on paths and trails and avoid long grass and bushes, where ticks wait for their favourite host, white tailed deer. About 40% of local ticks are carrying the bacterium that causes Lyme disease, so it is a good idea to avoid contact. Wear long pants, socks and tuck in shirts and spray with an insect repellent containing DEET. Once arriving home, check yourself and others for ticks. They can crawl on you for a while before biting, so check behind knees and inside clothes. Showering will wash away loose ticks.

If you find a tick that has started to bite, remove it carefully, using a Tick Key, or tweezers. Grasp the tick as far down as you can, to get his head out of your skin. Slowly pull without twisting. Avoid squeezing the tick, as this may release its midgut, where the bacteria are present, contents into you,

Destroy the tick and wash your hands and the area well. With a short exposure to a tick, under 24 hours, the likelihood of Lyme Disease is small, but watch for symptoms like muscle fatigue, fever, headache, generalized pain. Some people will get a bullseye rash, but this is not always present. These symptoms may appear up to 30 days after exposure. Untreated, Lyme disease can cause long term, permanent effects to the heart and nervous system, so get medical attention if these symptoms are present.

The best way to ensure safety is to avoid contact, check yourself and your pets and remove ticks promptly. Enjoy the fall outdoors and stay safe.

Calendar of Events

Semi Annual Adopt-A-Highway Clean-Up

Saturday, September 12, 2020 at 10:00, meet at the Sanctuary entrance. Rain date will be Saturday, September 19th, 2020 at 10:00.

Winter Program

The tentative start date is January 2nd, 2021. It will run each Saturday and Sunday until the end of March, 2021. Watch our Facebook page for updates.

Board Meetings

Meetings are temporarily suspended.

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 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.

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 volunteers 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 role Public relations, Newsletter and volunteers for our winter program.

The Board of Directors meets the 3rd 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

Executive:	Portfolio
Ross Miller	President
Sam Schuler	Vice President
Lori Davies	Secretary
Greta Roberts	Treasurer
Directors:	
Rick Blanchard	Photo Contest
George Davies	
Art Guitard	
Barb Ham	
Moe Hammoud	Membership
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/>

Search for The Friends of the Sanctuary

Contact Us:

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Membership: membership@friendsofthesanctuary.org

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

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

Newsletter: info@friendsofthesanctuary.org

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