



Friends of the Sanctuary

Newsletter

www.friendsofthesanctuary.org

Working today to conserve for tomorrow



Volume 2022, Issue 1

February 28, 2022

A note from the President

Ross Miller

Welcome to 2022. We wish everyone the best for the coming year. Our winter program is in full swing. We have been fortunate to get a lot of snow which has made for some great skiing and snowshoeing. Thank you to all the walkers and snowshoers who respect the tracks on the ski trails. Everyone can share our beautiful park and show respect to each other.

As I write this the forecast is calling for up to 20cm of snow. This will make for some great time on the trails at our beautiful Sanctuary in the days ahead.

On a more serious note, there have been some incidents at the Sanctuary. There has been some evidence of ATV use and fires within the park. These activities are not allowed in the park. We have also had some vandalism and car break-ins in the parking lot. The SLPC and the OPP are aware of this. If you see something please say something. Please report any incident you see to the SLPC and OPP. It is unfortunate that there are those who think they are free to do whatever they want wherever they want.

FOS is looking forward to more activity this year, starting with Family Day and school break. Keep watching our Facebook page for details.

Please enjoy the rest of the winter.

Covid Protocols

To enter the Visitor Centre, all adults and teens **must** wear a mask.

If anyone, volunteer or patron, is experiencing any of the symptoms associated with Covid 19, we ask that they not enter the Visitor's Centre.

- Physical distancing is encouraged whenever possible.
- There will be regular cleaning of high-touch surfaces.
- Cashless payment is encouraged.
- All volunteers will be vaccinated.

Dogs and the Sanctuary

Marie Schuler

Of course, we love our furry companions, but the trails at the Sanctuary are **not for dogs**. Wildlife is protected within our boundaries under the Migratory Bird Act. Dogs on leashes ARE permitted on the Waterfront Trail, otherwise known as the bike path that runs from Farran Park to the Sanctuary and from the Sanctuary to Ault Island. From the parking lot, cross the road and pick up the trail just across from the Visitors' Centre.

Dreyfuss meets a friend on the Ault Island bike path



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Nature Carries On

Hans van der Zweep

Hi everyone!

So, this is the winter doldrums if you listen to the pundits but do not think things are lifeless at the Sanctuary!

There is a much greater presence of robins and starlings around with the abundance of the bumper crop of berries and other fruit still hanging from many bushes. The robins in particular did not feel the need to leave the area for food and will have a head start on taking the best areas to raise the next generation when the migrants return from the south.

Another thing that you may notice is a steady, if slow increase in the woodpeckers as the ash species fall victim to the Asian Long-horned beetle and thus increase food for the woodpeckers. We already see more pileated and red-bellied woodpeckers and hopefully this may reflect in others species as well. Nature never neglects an opportunity to expand or fill a vacancy and it is not difficult to find 10 or so species in the Sanctuary on any given day as crows are harassing the ravens or other predatory birds. Often blue-jays and chickadees join in the fray until the predator, usually a hawk or owl, decides it is just too much and moves on.

On another note, the GREAT BACKYARD BIRD COUNT ran on Feb. 18-21 and it's easy to do from anywhere! If you were out birding over the 4 days, just go online and join the fun by submitting your observations to their website or e-bird portals at <https://www.birdcount.org/>. You can have 1 or several `backyards` just check it out.

We will also be having March break programs as the rules allow and this year a birding day is one of the highlights. Check out our poster in this Newsletter.

Yours in Nature
Hans

Simple ideas for a bee watering station

- Add small pebbles to your bird bath
- Fill a hummingbird feeder with water
- Add glass pebbles or marbles to a shallow container
- Add floating sticks or corks to an existing water source

Remember 2 things when making your station:

1. Bees can't swim
2. Don't add sugar or honey

To attract them at first add a small amount of lemon grass or salt and remove it once the colony have found the water source or place your watering station near native flowers that bees like.

Pollinator Gardens

Colleen Leduc

In 2019 the Friends and volunteers came together to develop a pollinator garden at the foot of the Donor Pillars near the Visitor Centre. The work involved digging out all the weeds and removing the topsoil in the selected location, building a wood frame, bringing in fertile soil and planting a large number of donated pollinator plants.

This garden became an outdoor sanctuary for birds, bees and butterflies. By including native plant choices, gardens such as this provide a source of food for our native birds and insects as well as becoming haven for nesting and overwintering birds. Essentially the Friends transformed this patch of grass and weeds into a small area of restored habitat.

If you are planning to start a new garden or refresh an existing one, by giving serious consideration to native plants you will be providing wildlife with more choice and supporting what they truly need to survive. Exotic plants from a local nursery are very beautiful but they are new and unknown to our native pollinators. Not only are many of their leaves unpalatable to native insects and caterpillars but with the increased use of non-native insect-proof plants we are essentially starving our birds and their young of a major food source. There are many sources of information online to help us get started with native plant gardens as well as where to purchase native plants and seeds. Enjoy the research and you can look forward to enjoying the return and survival of our native pollinators. Here are just a couple of links to start your research journey!

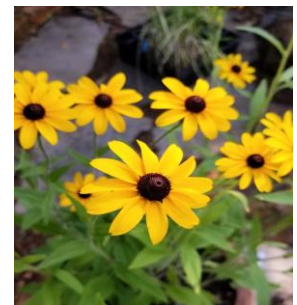
<https://davidsuzuki.org/what-you-can-do/attract-butterflies-with-native-plants-eastern-canada/>

<http://frontyardrestoration.com/uploads/3/5/5/3/35532620/idxon2.pdf>

<https://onplants.ca/>



New England Aster



Black-eyed Susan

Winter Program

Marie Schuler

The Winter Program started Jan 1st with the Visitors' Centre open every Saturday and Sunday from noon to 4:00. The ski trails are being groomed regularly and the walking trails are in good shape. We have a dozen Friend volunteers who keep the Centre open and 6 dedicated student volunteers, who shovel snow and assist with rentals.

Our first moonlight ski was cancelled because of icy conditions, but February kept it's promise with lots of fresh snow and a beautiful night. Check out the picture!

Family day will see a BBQ and lessons for families to come out and try skiing and snowshoeing.

One frustration is when people walk on the ski track, ruining it for the skiers. Signs have been posted as a reminder and we continue to educate people about sharing our wonderful trails.

There will be special events for March Break, with the Visitors Centre open all week for rentals and activities for kids, like Scavenger Hunts, painting workshops and Junior Birder activities. Check out our poster in this Newsletter and follow us on our Facebook page for updates and sign-up.

Family Day at the Sanctuary

The Friends welcomed lots of visitors on Family Day, many who welcomed the chance to try skiing with the free ski lessons offered and a family deal on equipment rentals. Follow that up with a hot chocolate and delicious BBQ whipped up by Chef Rick, all enjoyed around a roaring bonfire, and you have a recipe for the perfect day. Thanks to everyone who came out!



Moonlight Ski/Snowshoe Event

Finally on February 12th, the stars aligned and the Friends were able to welcome guests to the Sanctuary for our first Moonlight ski/snowshoe in 3 years. It was a great success enjoyed by over 35 guests and volunteers! Participants welcomed a hot beverage around the bonfire after experiencing the forest at night. We have our fingers crossed in the hope of getting out there again this year. Follow our Facebook page for announcements.



Visitors from around the World

On February 13th, The Friends' welcomed 45 international students and their leaders to the Sanctuary for a day of skiing and snowshoeing. The temperature was cool but the sun was beaming and so were all the kids. Following pizza and drinks by the bonfire 45 smiling kids with rosy cheeks piled on the bus for the ride home (and probably a nap on route). We look forward to welcoming them back again in the future!



Student Volunteers

The Friends of the Sanctuary comprises a dedicated group of volunteers who give up their weekends and often weekdays to plan, develop and deliver the many programs offered throughout the year.

Delivery of these programs also relies on dozens of other helpful community members who join forces with the Friends of the Sanctuary to help make these events a success. The Winter Program itself uses over 100 hours of volunteer support. This program has truly benefited from the Student Volunteer force who have been very giving of their personal time to help out.

Recently, Carol Joseph, a FOS board member spoke to two student volunteers, Saamiya and Zain, who have each donated over 25 hours of volunteer time this winter alone.

They are students at St, Lawrence Secondary School in Cornwall who have volunteered at other organizations and told us they didn't enjoy it as much as being at the Sanctuary because here they get to work indoors and out, meet a lot of people, and as a bonus they try and enjoy new activities like x-country skiing. Saamiya would like to bring her family to ski and feed the birds some day!

They also stated that the staff is amazing!! Thank you to both of them for their hard work!

FOS Shop

The Friends of the Sanctuary has a variety of items for sale in the Visitor Centre with the added benefit of supporting our organization. Please visit us at the Sanctuary or contact info@friendsofthesanctuary.org or message us on Facebook to order.

We have a couple of **new** items in our gift shop this year that we know everyone will like! Our brightly coloured lightweight water bottles are perfect for walking, hiking, skiing and snowshoeing. Finding a hat which keeps in the warmth while looking very smart is often a challenge but not in our new camo toques. They are cozy warm and have been extremely popular with young and old.

We also have a large selection of clothing items, tick keys, bees' nests, postcards, magnets, pins and crests. Additionally, you can purchase gift certificates which can be used for merchandise or any activities hosted by the Friends., We accept cash, cheque, credit, and debit cards.



Every Day 12:00 to 4:00 - ski and snowshoe rentals and Forest Scavenger Hunt for families

Friends of the Sanctuary March Break!

Upper Canada Migratory Bird Sanctuary
Mar. 12 - 20th

www.friendsofthesanctuary.org
www.facebook.com/fos.ucmbs/

Monday, Mar. 14th
Paint Day - learn to paint with acrylics; 2 classes either 10:00 or 1:00; ages 6 and up - Take home a completed painting - \$10 each. Morning class is suitable for 6-8 years. Pictures posted on Facebook
Registration required

Wednesday, Mar. 16th
Be A Junior Birder - Ages 5 and up - 2 sessions at 10:30 or 12:00. Walk with a guide and learn to identify birds - \$5. each. **Registration required**

Friday, Mar. 18th
12:00 - 4:00
Toonie Craft Day
- All ages \$2. -
Simple crafts to try and take home
- no registration required

To register:
send e-mail
info@friendsofthesanctuary.org
Include child's name, age, which activity & session, provide your contact info.

When registering, please choose your painting class.
Morning class is suitable for 6+. Afternoon class is suitable for 8+

Morning



Afternoon



BREAKING NEWS!

Thursday afternoon of March Break, students from Tagwi Secondary School will be holding a Maple Syrup presentation throughout the afternoon. This event is free of charge and everyone is welcome!

Kids Nature Zone

Activity 1:

Our local wildlife leaves behind all sorts of clues which include: Tracks, Scat, Signs, and Foraging. Match the type of clue to its description

	An animal fecal dropping, or in other words, poop!
	Shows an animal is using a space. Includes burrows, nests, tunnels, and food storage (cache)
	Marks left from teeth or food left behind.
	Prints left behind from paws, feet, or hooves. These are easily found in the mud or snow.

Activity 2

Tracks and Animal Movement

When looking at tracks, different types of trails can tell us a story about how the animal is moving.

Walkers: Tracks from these animals often leave an alternating foot pattern. To save energy, some four-legged walkers will place their hind feet in the same track as their front feet, so it looks like they are only walking on two legs

Tunnelers: These animals are trying to stay hidden, especially during the winter. You might see an entrance/exit hole or even the outline of a tunnel as the snow begins to melt.

Jumpers and Leapers: These animals propel their bodies to jump into their next spot. Jumpers like deer mice, squirrels, and rabbits will hop and land with all four paws, placing their back paws in the front and their front paws in the back. Leapers like weasels and minks will bound landing their front paws first and then their back paws in the same spot.

Fast movement: In most cases, when an animal needs to hurry, they will change their trail pattern. This can change from trotting (a quick walk), to loping (a jog), to a gallop (a high-speed run)

Cottontail Rabbit



Eastern Coyote



Domestic Dog



Eastern Grey Squirrel



Virginia Opossum



White-tailed Deer



Match each of the animals listed above with their tracks below.

1.



2.



3.



4.



5.



6.



Memberships

During this year's winter program, we have had many new members join our organization. We have also received many donations from individuals who appreciate the Sanctuary and its ski trails. Thank you so much for your support and interest in our mission at the bird sanctuary.

Memberships help fund the volunteer initiatives that we take on, including the winter program, March break activities, and other nature events held throughout the year.

If you would like to become a member or renew a past membership, then please fill out a membership form online at www.friendsofthesanctuary.org, or in person at the Visitor Centre on weekends.

Members get a reduced price on equipment rentals and a subscription to our newsletter!

Memberships expire on March 31st 2022 and can be purchased/renewed in person at the visitor center, e-transferred to treasurer@friendsofthesanctuary.org, or mailed to us by cash or cheque at 5589 Parlow Rd. Iroquois, ON K0E 1K0

The membership rates for the 2022-2023 season are listed below, members will receive a membership card and a charitable tax receipt. Please remember for family memberships to include all the names and whether child, teen, or adult.

Youth.....	\$10.00
Senior.....	\$10.00
Individual.....	\$15.00
Family.....	\$25.00
Corporate.....	\$100.00

We will always consider you a friend!

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

Board of Directors

We have a number of positions vacant at the moment for both volunteers and on our board. We would love to find people with an interest in the UCMBMS who would like to take on these roles. Currently we need to recruit for the role Public Relations, Newsletter and volunteers to support various activities and events.

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

Contact Us:

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President: Ross Miller – 613-362-0615

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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