



# Friends of the Sanctuary

## Newsletter

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

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



**Volume 2022, Issue 2**

**July 2022**

### **A note from the President**

**Ross Miller**

Summer 2022 has kicked off with some beautiful weather. This is great for enjoying our beautiful Sanctuary. FOS has been busy since the end of winter program.

We have started a major project to open part of the Blue Heron trail. Unfortunately, Mother Nature and the local beavers caused some damage to the boardwalk and the Red Wing trail. We are working with SLPC continuously to rectify these situations.

Planning for other trail maintenance is ongoing. We continue our efforts to make the trails safe and accessible to all. Watch our Facebook page for notices of trail workdays. Volunteers are always welcome.

We have had some changes on the board of directors. Art Guitard and Moe Hammoud have stepped down. I would like to thank them for their years of service to the FOS. I would also like to welcome Kathleen Charlebois as our newest board member.

Our Kids' Nature Zone Day will be back this September. Keep an eye on our Facebook page for more information. We look forward to seeing you there.

Enjoy the summer. We look forward to seeing you at the Sanctuary.

### **Covid Protocols**

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

### **Time to be reminded about Ticks**

**Marie Schuler**

As we move outside more to enjoy the great weather, it is time to be reminded about ticks. Black legged ticks are prevalent in the area. Nymphs may be as small as a sesame seed and adults as large as a raisin, so checking yourself after you have been in the bush is important. Of course, ticks themselves are not necessarily dangerous; however, 20% of the ticks in this area may be infected with the bacterium that causes Lyme disease.

To be tick safe, we recommend a 3-pronged approach.

1. Prevention. To avoid being bitten by a tick, stay on trails and out of long grass and bushes. Wear long pants and sleeves and tuck socks over pants. Use insect repellent with a high % of DEET.
2. Detection. When you have been outdoors, where you may have been exposed, check yourself and others for ticks. They may be tiny or large and may still be crawling around. A shower will rinse off any crawling ones. Check hair, arm pits, groin, and your back for attached ones.
3. Safe Removal. Carefully remove ticks with a "tick key" or tweezers placed close to your skin and wash the area. Do not burn them or put Vaseline or alcohol on them, as this causes a response that potentially puts the Lyme bacterium into you. A tick generally needs to be on you for 36-48 hours before it will release the bacterium into you. If you don't know how long the tick was on you, you can contact your doctor for preventative anti-biotics against Lyme disease.

Enjoy the great outdoors, especially the trails in the Sanctuary and along the waterfront.

## Nature at the Sanctuary

Hans van der Zweep

Hi all Naturalists!

Yes, things are becoming quieter as many birds and other wildlife are shepherding their new families to food sources and new places while keeping the next generation safe and sound. The bulk of our avian creatures are already scouting out new surroundings as they slowly learn where and when it is secure for them to venture about while others have yet to begin. Cedar waxwings and Goldfinches will bring almost all bird breeding behavior to a close with few exceptions as July and August come upon us. Naturally as the activity of songbirds comes to an end the pairing up of most waterfowl will commence anew!

There has been considerable progress on the trail front as the former 'Blue Heron' trail is being deconstructed by some dedicated workers. Do not be surprised if it also gets a new name as well as a different layout! All other trails are now once more being worked on as the flood has receded and many sign posts are decrepit or no longer relevant to the items in the trail brochures. Bear in mind all things cannot happen at once so take note of on-going changes.

Hopefully, we will get more volunteers to help in this endeavour as well as some fresh blood on the Board of the F.O.S. See our website for contact info. We will keep you informed as time progresses.

Yours in Nature

## Honouring a loved one...

Did you know that you can donate to the Friends in general, or for specific program like trail work, in memory of a loved one? "In Memory of" names are placed on the donation pillars at the Visitor Centre. For a donation of \$100 or more, you can have a 4X6 plaque with a name, dates, a message, or poem placed along the railing of the boardwalk.

***"Where we have walked with a friend, a trail of memories remains."***

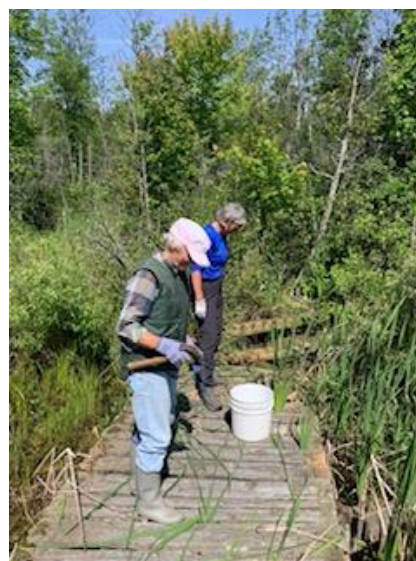
## Heron Trail Revitalisation

### Project Update

Rick Blanchard

We are pleased to have completed demolition of the old Blue Heron boardwalk prior to rebuilding a new one. Four days of hard but enjoyable work by 10 volunteers removed the old decking. Many of the old stringers and cribs will be able to be used as part of the new boardwalk. Construction of this is expected to begin early in September.

Thanks to all volunteers (Greta, Sam, Hans, Wayne, Carol, Kathleen, Bob, Dan, Rick, and Tina), and the SLPC and RRCA for supporting this project.





## Volunteer Update

Marie Schuler

Thank you to all our hard-working volunteers!

The winter program saw 13 different adult volunteers and 7 students covering 450 hours of time at the Visitor Centre, renting skis and snowshoes, taking groups out for Moonlight Skis and March Break Activities like Junior Birder, Learn to Paint and Crafts. Tagwi Maple Syrup program and the Cornwall Birders also partnered with us to provide information and activities.

In the spring, 8 volunteers helped with our Biannual Adopt-A-Highway cleanup for 2 km. of Highway 2, picking up 20 bags of trash from the roadside. Three people worked in our Pollinator Garden at the Visitor Centre, transplanting and weeding. Our milkweed plants are doing well and will be a welcome meal for the monarch caterpillars.

The new Heron project saw 10 volunteers over 3 days tear up a large section of the old boardwalk in preparation for our new planned trail. There is much more to do with this project over the summer. Beavers, storms and high winds caused some damage to our existing trails and boardwalks and crews will be needed to provide person-power to some upcoming workdays.

Students who volunteer with the Friends can count the hours towards their high school Community Service requirement for graduation. Many of our students go on to get jobs with the Parks, which can be a great summer job during high school and post-secondary.

Anyone interested in volunteering with the Friends can contact Sam Schuler, the volunteer coordinator, at [volunteer@friendsofthesanctuary.org](mailto:volunteer@friendsofthesanctuary.org) or text 613-330-6726. We are always looking for new helpers.

***“Many hands make light work....”***



## Snapshot of an Honourary Lifetime Member

Tina Serviss

Recently I had the privilege to speak to a 94-year-old gentleman, an honourary lifetime member of the Friends of the Sanctuary (F.O.S.), Mr. Clare Nugent. As well as serving as a board member for several years, Clare volunteered many hours and much energy in his younger years, building boardwalks, getting wood out to the ski shack for winter use, building and erecting wood duck houses, making kits for bluebird houses and bird feeders for children to build, guiding visitors on the trails, participating in 'Spirit Walks' etc. There was no end to his volunteering spirit and the sharing of his knowledge of nature.

Although the Sanctuary is thriving, thanks to volunteers like Clare, there is still an ongoing need for more volunteers. If you have an interest or appreciation of nature and some time to volunteer to help preserve and conserve nature today for tomorrow, then we always welcome you to join. Why join you ask? Clare loves people and nature and would still love to go on any of our boardwalks to see the beauty, hear the sounds and enjoy the silence of nature.

Clare summed up his feelings about the Sanctuary when he told me 'I just love it out there!' We, the Friends of the Sanctuary, thank you Clare!



### Quick craft

Clare Nugent shows how to make a log bird feeder at the Upper Canada Migratory Bird Sanctuary last Saturday. The holes of the log were filled with a mixture of suet, peanut butter, cornmeal and bird seed.

Press Photo — Edwards



## In the Garden

Colleen Leduc

And here we are diving into July and enjoying the fruits of all our labours in the spring. Early blooms have long faded, and their roots and bulbs are regenerating themselves for next springs' show. Our summer flowers, native grasses and shrubs are beginning to emerge in an array of vibrant colours and blended textures which soothe the soul and attract our pollinators back for their sweet nectar and food.

Even on the quietest days I am greeted by the sweet sounds of pollinators at work. The world is full of sounds: birds chirping, wind rustling through trees, and insects humming about their business. The ears of both predator and prey are attuned to one another's presence. Did you know that there have been studies which suggest that the plants are listening, and some flowers even sweeten up their nectar when they sense a pollinator approaching? If you would like to read about the study, I have included a link at the bottom of this article.

As my concern for the loss of habitat for wildlife increases, so too does my desire to attempt to create an island of natural habitat in this fragmented landscape which will help to deliver an essential pathway for local and migratory wildlife as they make their way to larger (and increasingly distant) natural areas.

During this past year, with the help of family and friends, I transformed a 40 square foot tiny island garden bed into a 400 sq. foot island bed, choosing primarily native perennials and shrubs which provide food and shelter for pollinators. The addition of a small pond, bird bath, sand bath and a small insect water bath, provide a welcome hydration and bathing source for all pollinators.

However, this desire for more native plants has created a conundrum and I am quickly running out of room in my well-established gardens and now have a dire need to divide some long time native and non-native perennials. Of course, I could always create **another** garden, but this would mean even more maintenance work. So, I have offered to the Friends to hold a plant sale in the spring with all proceeds being donated to them for a project of their choosing.

My preparations have already started, and early blooming plants are now tagged for a fall division and repotting to be buried in my veggie garden until early spring. The late season bloomers will be divided and potted once they are showing new growth in early spring. It is very likely there will be some newcomer plants as well, as I've already started browsing the catalogues.

A firm date for the sale has not been established but I can confirm it will be held in May sometime before the Victoria Day holiday.

If you are an avid gardener and wish to sell some plants for yourself, I welcome you to join me for this event. Simply send an email to [info@friendsofthesanctuary.org](mailto:info@friendsofthesanctuary.org) or send a message on our Facebook page and I will provide you with additional info later.

If you want to read the article in Smithsonian magazine re: plants sweetening their nectar when pollinators approach, just click [here](#). Enjoy

Happy gardening!

## Did you know.....?

### Bees to the RESCUE

A small Native bee called ***Osmia Tersula***, or wide-banded mason bee may be the answer to more bountiful harvest in Canadian greenhouses. Researchers at the Boreal Forest Experimentation and Development Center in Baie-Comeau, Quebec, are studying ways to make pollination systems in greenhouses more efficient. They are interested in this hairy bee because it has adapted to the climate, stays close to its nest, and doesn't sting. The research is part of a provincial program to tackle food insecurity in northern Quebec.



Osmia Tersula

## Kids Nature Zone

### Activity 1 – Word Scramble – Unscramble the names of these pollinators.



BMBULE EEB -----

HIUMNGBMRDI -----

FYLUTTREB -----

OTHM -----

YFL -----

BTLEEE -----

### Activity 2 – Match the Flower and Pollinator

Pollinators are attracted to flowers with certain colours, shapes, sizes, and scents!

Based on the information provided below, match each pollinator to the wildflower they are most attracted to!



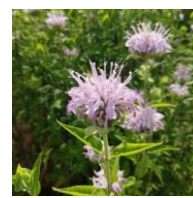
New England  
Aster



Fox-Glove  
Beardtongue



Wild Columbine










Wild Bergamot  
(smells sweet)



## Kids Nature Zone

### Activity 3: Scavenger Hunt

Explore your own backyard, balcony, or any outdoor space for signs of pollinators and their habitat! Check each of the boxes to mark off your discoveries!

<input type="checkbox"/>  <p>Pink flower</p>	<input type="checkbox"/>  <p>Bumble bee</p>	<input type="checkbox"/>  <p>Flower pollen</p>
<input type="checkbox"/>  <p>Blue flower</p>	<input type="checkbox"/>  <p>A patch of soil where a bee could nest</p>	<input type="checkbox"/>  <p>A clump of leaves where an insect could rest</p>
<input type="checkbox"/>  <p>Butterfly</p>	<input type="checkbox"/>  <p>A puddle where an insect could get a drink</p>	<input type="checkbox"/>  <p>Flower with an insect on it</p>
<input type="checkbox"/>  <p>Someone gardening</p>	<input type="checkbox"/>  <p>Purple flower</p>	<input type="checkbox"/>  <p>A hole in a tree where an insect could nest</p>
<input type="checkbox"/>  <p>Yellow flower</p>	<input type="checkbox"/>  <p>Ladybug</p>	<input type="checkbox"/>  <p>Tree or shrub with berries</p>



## Pictures from March Break!

### Toonie Craft Day



### Painting Day



### Junior Birder Day





## Upcoming Events/Activities

### Kids Nature Zone

Saturday, September 24<sup>th</sup>

12:00 to 4:00 p.m.

Stephanie Grady Educational Pavilion

Upper Canada Migratory Sanctuary

Fun, interactive activities for kids

Crafts

BBQ

### Blue Heron Trail Workdays

Dates and times to be announced

Follow us on Facebook for more information

## 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

C/o The Treasurer

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

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

Upper Canada Migratory Bird Sanctuary

Visitor Centre: 613-537-2024

## Memberships

During this year's winter program; we have had many new members join our organisation. 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](http://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 2023 and can be purchased/renewed in person at the visitor center, e-transferred to [treasurer@friendsofthesanctuary.org](mailto: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