

August 2016

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Promoting the appreciation, understanding, and preservation of nature in the Ottawa Valley

Welcome, <<First Name>>

Attend Our Nature-themed Activities at Arnprior's White Pine Festival!

Have you been to the Macnamara Trailhead recently? It has been freshened up with postings reflecting the wonderful range of nature-themed activities we're hosting at Arnprior's White Pine Festival on August 27 and 28, centred this year at the Abba Ball Diamonds on McNab Street. We will also have display tables there both days.



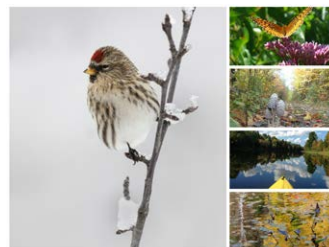
INVITES YOU TO
ENJOY FAMILY-ORIENTED NATURE ACTIVITIES
AT THE MACNAMARA TRAILHEAD
ON MCNAB STREET NEAR MCLEAN AVENUE
AUGUST 27 AND 28
8:30 a.m. to 5 p.m.



- Meet Matt Ellerbeck and his salamanders (11 a.m. to 4 p.m. Saturday).
- Take a guided nature tour of the Macnamara Trail Saturday (11 a.m., noon, 2 p.m. and 3 p.m.) Sunday (12 p.m. and 2 p.m.).
- Have fun with children's activities: colouring, photo ops, matching and ID games, and feeding the Chickadees.
- Try the Macnamara Trail Nature Quiz for Kids of All Ages
- Meet knowledgeable field naturalists who can tell you about rocks, mushrooms, animals, ferns, and so much more!

WHITE PINE FESTIVAL, ARNPRIOR

Our main goals are to make more people aware of the club, the trail, and the trail extension project that we are fundraising for.



Macnamara Field Naturalists' Club
www.mfnc.ca

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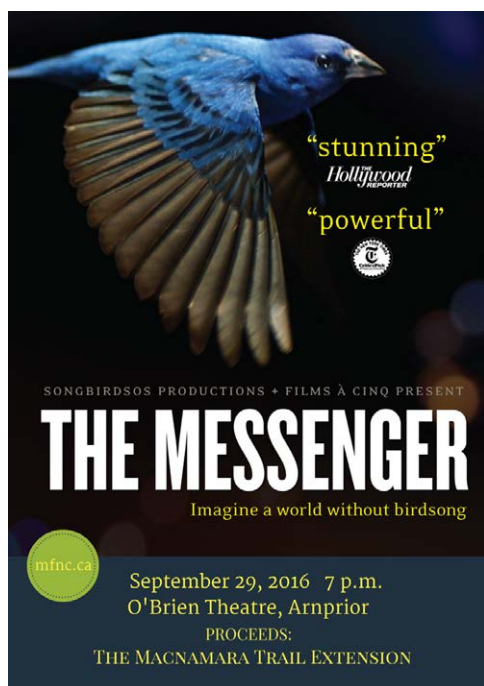
Meeting Speakers
John McEwen
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Bulletins/Publicity
Karen Runtz
kruntz@explornet.com

Membership
Olga
Janoska

[See details](#) on our website.

Get Your Tickets to *The Messenger* Fundraiser



As announced, we will be screening the acclaimed documentary *The Messenger* at 7 p.m. on Thursday, September 29, at Arnprior's O'Brien Theatre.

Our president, Michael Runtz, and the film's producer, Joanne Jackson, will be present to talk about the movie and answer questions.

This event, which will be our official fundraising launch, will be preceded by an informal quiz challenge at Danny Mac's. Proceeds from the tickets, \$20 each, go to our Macnamara Trail Extension project.

Tickets are available at the door, or can be [purchased in advance](#) from the Macnamara website. Get your tickets now and spread the word!

olgajanoska@sympatico.ca

Special Committee Members

Brian Voss (Membership)

[brian.voss@](mailto:brian.voss@xplornet.com)

xplornet.com

Telsing Lopez-Andrews
(Young Macs)

telsing_andrews@hotmail.com

Macnamara Trail Expansion

Janet Mason

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Steve Duffield

613-623-6072

Dave Forsyth

613-832-2158

Meetings:

First Tuesday of the month
at 7:30 p.m.

Arnprior Curling Club
15 Galvin Street

Annual Memberships:

Family \$30, Individual \$25

Guests welcome:

\$5 per meeting

Students Free!



Macnamara Field

Naturalists' Club



278 likes

About us: Following in
the footsteps of

naturalist and photographer Charles Macnamara, the Macnamara Club has explored, documented and enjoyed the rich natural history of the Lower Ottawa Valley since the club's founding in 1984. Members meet the first Tuesday of every month except July and August at the Arnprior Curling Club, 15 Galvin Street, in Arnprior. Expert speakers share their knowledge and take members in easy steps into their special worlds. Field trips throughout the year investigate everything from geology, to birds in migration, to rare orchids.

[connect with me!](#)

UPCOMING MEETINGS

- **September 6, 2016:** Dr. Grégory Bulté, biology instructor at Carleton University, will speak on [The Sex Life of the Northern Map Turtle](#): **What goes on above and below the surface.**



Latest Posts

- How and when to clean your birdhouses. [[see more](#)] 8/21/16 7:16PM
- Beautiful essay on walking. A good Sunday read. [[see more](#)] 8/21/16 10:28AM
- Are you a camper? Where is your favourite place to camp? [[see more](#)] 8/20/16 6:10PM
- "This act of tying nature to human connection and emotion is something the Hip have continued to do throughout their three-decade long career." On CBC tonight. [[see more](#)] 8/20/16 1:50PM
- Sharing. [[see more](#)] 8/19/16 5:55PM

FIELD TRIPS

- [Geological Tour of the Metcalfe Geoheritage Park in Almonte](#)
Sunday, September 11, 1:30 p.m. – 4:00 p.m.
Leader: Allan Donaldson, Ottawa-Gatineau Geoheritage Project
Weather-dependent and limited to first 20 members who register.
- [Mushrooming for Beginners](#)
Sunday, October 2, 1 p.m.
Leader: Suzanne Monnon

Registration at events@mfn.ca is required for all field trips. Please check details for all events (meetings and field trips) at mfn.ca. Field trips are subject to cancellation due to poor weather. Be sure to check the website for updates.

Ferns on the Macnamara Trail



After a short lesson on fern identification, Lis Allison led us to [16 species of fern](#) on our July outing on the Macnamara Trail, including this Clinton Fern.



FB



Website



YouTube



Twitter

THE CLOCK IS TICKING ON YOUR MEMBERSHIP — RENEW NOW *Please*

Annual memberships expire August 31, 2016. Why wait in the lineup at the September meeting. [Register and pay for your 2016-17 membership fees online.](#) It's easy and efficient. Or download the membership form from the website in advance, fill it out, and bring it to the meeting. Find it under **Activities>Membership**. You can also renew by mail—send your cheque (made out to Macnamara Field Naturalists' Club) to Macnamara Field Naturalists' Club, P.O. Box 391, Arnprior ON K7S 3L9.

We depend on your membership fees—\$25 for individuals and \$30 for families— to continue offering great monthly meetings with expert speakers, year-round field trips and special projects and activities.

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