

June 2016

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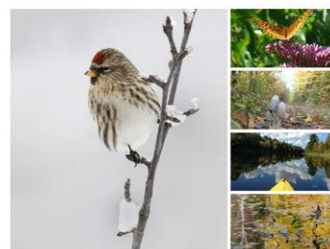


Promoting the appreciation, understanding, and preservation of nature in the Ottawa Valley

Welcome, <<First Name>>

The Macnamara Trail Project: Extending Arnprior's Natural Heritage!

Like *Game of Thrones*'s Arya Stark, we have finally claimed our name— our project to extend our Macnamara Trail is now known as The Macnamara Trail Project: Extending Arnprior's Natural Heritage. And our tagline? Woods, Water and Well-Being.



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www.mfnc.ca

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olgajanoska@

A yellow poster for the Macnamara Trail Project. The top text reads "MACNAMARA TRAIL PROJECT EXTENDING ARNPRIOR'S NATURAL HERITAGE". Below this is a photograph of a forest path with the text "WOODS, WATER AND WELL-BEING" overlaid. At the bottom, it says "WHITE PINE FESTIVAL" and provides details for guided tours and registration. A small circular logo with "mfnc.ca" is in the bottom right corner of the poster.

MACNAMARA TRAIL PROJECT
EXTENDING
ARNPRIOR'S NATURAL HERITAGE

**WOODS, WATER
AND
WELL-BEING**

GUIDED TOURS
Sat. Aug. 28 & Sun. Aug. 29
Details to follow

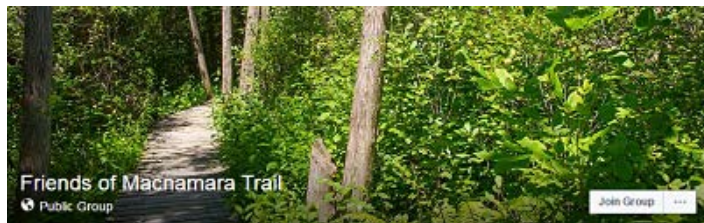
REGISTER at
Macnamara Trailhead
McNab Street

WHITE PINE FESTIVAL

mfnc.ca

The fundraising committee is planning several events to raise local awareness of the trail extension. [Read more.](#)

MACNAMARA NATURE TRAIL HAS ITS OWN FACEBOOK PAGE



The Macnamara Nature Trail has a life beyond our club. We conceived and birthed the trail nearly 20 years ago and remain its caregivers, but many others in the community share our love and appreciation for the natural wonders it offers all seasons of the year. [Read more.](#)

BEAT THE SEPTEMBER LINEUPS — GET YOUR 2016-2017 CLUB MEMBERSHIP NOW



Annual memberships expire August 31. Why not [register and pay for your 2016-17 membership fees now.](#) It's easy and efficient. 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. Download the form from the website. Go to [Activities>Membership](#) [Read more.](#)

FIELD TRIPS

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

masonjl@xplornet.com

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




267 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!](#)

Latest Posts





-  The Macnamara Trail has its own Facebook page! Join the page and start posting your photos!
<http://mfnc.ca/macnamara-trail-has-its-own-facebook-page/> [see more] 6/22/16 1:34PM

- [Orchids in the White Lake Fen](#)
Sunday, June 26, 8:30 a.m.
Leader: Michael Runtz
This is a unique wetland that holds many of our native orchids and unusual insects. Note that registrations for this trip will be limited due to the sensitive habitat. Check the website for instructions on how to prepare for the outing.
- [Fourteenth Annual Ottawa Area Butterfly Count](#)
Saturday, July 2, 8:30 a.m. Dwyer Hill Rd.
Members of MFNC are invited to join in this event.
- [Ferns on the Macnamara Trail](#)
Sunday, July 3, 12:30 p.m.
Leader: Lis Allison
There are approximately 40 species of ferns native to the Ottawa Valley and the Trail has almost half of them.
- [Moths at Night on the Macnamara Trail](#)
Friday, July 8, 9:00 p.m.-midnight
Leader: Diane Lepage
Great opportunity to discover and identify some of our local moths and find out what they are doing in the nighttime. Limited registration. Weather dependent.

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

YOUNG MACS

- [YOUNG MACS Constance Bay Exploration Day](#)
Saturday, July 16, 10:00 a.m. - noon
Leader: Jeff Skevington
Constance Bay Exploration Day at a naturalized prairie garden to look at bugs, bees, bloom and more.
Location details to be provided.
- Register at youngmacs@mfnc.ca

-  Shared by Karen Krueger. [[see more](#)] 6/20/16 2:22PM
-  In some 90% of bird species, males share the parenting duties. <http://www.wsj.com/articles/why-bird-fathers-are-superior-1466086239> [[see more](#)] 6/19/16 7:58PM
-  Ostrander is saved! <http://naturecanada.ca/news/blog/victorious-and-glorious-ostrander-is-saved/> [[see more](#)] 6/18/16 7:22PM
-  Beginning the list of why people should care about birds... [[see more](#)] 6/18/16 4:45PM

COMMUNITY NEWS

- [Butterfly Walk in the Western Greenbelt](#)
Saturday, July 9, 8:30 a.m. to noon
- [29th Lake Dore Butterfly Count](#)
Thursday, June 30 (Rain/wind date is Friday, July 1), 9 a.m.
- [Registrations open for Fabulous Fall Fungi 2016](#)
- Now in its 6th year, this popular three-day workshop explores the vast diversity of mushrooms and other fungi found in Southern Ontario. Suitable for all levels from beginner to advanced.



FB



Website



YouTube

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