

MFNC June 2019 Bulletin

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

Welcome, <<First Name>>



MEETINGS

Tuesday, June 4, 2019

Cory Harris

The Fruits of our Forests

What do you enjoy most about spring in our area? I love walking the woods for stands of unfurling bloodroot, dainty hepatica and spring beauty, trillium and trout lilies. My favourite, bloodroot — *Sanguinaria canadensis*, is not just a pretty face but one of many native medicinal flowering plants that provided botanical cures before the first European settlers arrived.

Wild plants have provided food and medicine to the Indigenous peoples of North America to the present day.



Photo: Aboriginal people have used American Ginseng, now an endangered species in Ontario, for a wide range of medicinal purposes. "["American Ginseng \(Panax quinquefolius\)"](#)" by [lahvak](#) is licensed under [CC BY-NC-SA 2.0](#)

And at the MFNC's June 4 meeting, *U of O* associate prof and ethnobotanist Dr. Cory Harris will talk on *The Fruits of our Forests*, introducing concepts in ethnobotany — the study of a region's plants and their practical uses through the traditional knowledge of a local culture and people — for a new perspective on some of the well and lesser known plants of Ontario.

Drawing on research in the field and lab, he will discuss "what's good for your health, what's good for your belly and what's best left alone."

NOTE: While we pause our regular meetings for the summer, field trips will continue through June, July and



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August.

FIELD TRIPS

Get the details and any special instructions for all field trips on the website at mfnc.ca. Advance registration is required for each event, usually at events@mfnc.ca

Evening birding walk at the Bill Mason Centre

Thursday, June 6, 6 p.m. West Carleton Secondary School, 3088 Dunrobin Road
Leader: Art Goldsmith

Meet: at the front door of West Carleton Secondary School. We will walk back to the Bill Mason Centre (BMC) from there. There is ample parking in the school parking lot.

The trail at the BMC meanders over boardwalks through a wetland then passes through forest and fields, providing different habitats for a variety of birds. [Read more here](#). Please register at events@mfnc.ca

WERE YOU THERE?

Frogs and other wonders of the natural world



Led by the Skevingtons, we encountered many species of interest for kids, both young and old, on our April 28 outing to Linda Sewell's property.

[Read about it here](#).

Guided tour of the sculpted rocks at the Cantley Quarry



The Cantley quarry is remarkable — beautiful and a very important geological site in our area, adding a great deal of information to the study of glaciation. More [details on the website](#).

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



likes

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

- Nature's Way/Michael Runtz. Map Lichen is one of the many lichens that add brilliant colour to rock faces. <https://www.insideottawavalley.com/opinion-story/9427146-a-most-unusual-alliance/> 6/13/19 8:09AM
- https://blog.nature.org/science/2019/05/08/can-migrating-birds-adapt-to-climate-change/?utm_source=Cool+Green+Science&utm_campaign=48da04e109-EMAIL_CAMPAIGN_2019_05_16_03_05&utm_medium=email&utm_term=0_1cb1ca7250-48da04e109-206750069 6/9/19 9:10AM
- https://blog.nature.org/science/2016/01/05/weird-conservation-the-strange-side-of-saving-endangered-species-ecosystems/?utm_source=Cool+Green+Science&utm_campaign=48da04e109-EMAIL_CAMPAIGN_2019_05_16_03_05&utm_medium=email&utm_term=0_1cb1ca7250-48da04e109-206750069 6/8/19 9:09AM



MFNC



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Latest Tweets

- Wang & Yao have been collaborating on finding solutions to the planet's #plastic #waste problem — just nine per cen... <https://t.co/567GEW67bT> 2:06PM
- Nature's Way/Michael Runtz. A bull moose meets its match. These Sandhill Cranes put on quite a show likely to preve... <https://t.co/CWKXbP9rls> 12:06PM
- Fruits of our Forests, tapping biological & chemical diversity of Canada's plants & their practical use through the... <https://t.co/FTrGc31Ak1> 8:45AM
- Here's to the Raptors! <https://t.co/CnvGK3IH4r> 8:42PM
- <https://t.co/tQBjBMZqk4> 1:59PM

Spring birding at Presqu'île Provincial Park



Macnamarans had an excellent day on May 11 with their knowledgeable and very fun leader, Doug McRae, at Presqu'île Provincial Park including the sighting of a highly endangered Piping Plover. [Read about it here.](#)

Walking the woods for spring ephemerals



We had lots of questions for leader Mary Marsh about the many blooms and great variety of plants we saw on our May 14 spring ephemerals walk on Karen Runtz's property [Read about it here.](#)

THE MACNAMARA TRAIL

Spring planting at the Macnamara Trail

Our thanks to the Club members who volunteered their time and energy on May 11 to remove invasive garlic mustard and plant native shrubs at the Macnamara trailhead. Special thanks to Janet Mason for managing the plant order and work crew.



Karen B, Brian, Gerda, Betty and Karen R

On the Trail

Earlier that week Michael Runtz walked the trail in search of Wild Ginger, the subject of his weekly [column for the Annprior Chronicle-Guide](#). As he notes, the tiny but stunning flowers of Wild Ginger, which hide on the ground under the wildflower's distinctive leaves, tell a most unusual fib.



Other fascinating sightings in the vicinity were Striped Maple and the emerging leaves of Hobblebush, *pictured here*.

You can find more trail photos (and add some of your own) on our [Friends of the Macnamara Trail Facebook page](#). If you're not a member yet, just click "Join Group" below the cover photo and an admin will soon authorize your request. One caveat: you need to be a Facebook member to join.

And don't forget, our downloadable Trail Guide is available at mfnc.ca under *Resources*. Just want to print out a [basic map of the trail](#)? You'll find one there as well.

Enjoy the soon-to-be summer!


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