Promoting the appreciation, understanding, and preservation of nature in the Ottawa Valley since 1984

April 2024 Bulletin

WELCOME TO THE NEW BULLETIN DESIGN

We've updated the design of this month's bulletin and included some extra content that we think members will find interesting. Let us know what you think by responding to this email or answering a two-question survey at the end of the bulletin. Happy reading!

🎉 MFNC TURNS 40 🎉

We are looking for members to share their memories of the club over the years.

Please send photos with details or a short story of your memories to johndrlawrence8@gmail.com

A special event is happening this September! More details to come.

APRIL MONTHLY MEETING
🌼 SPRING EPHEMERALS with MICHAEL RUNTZ 🌼

When: Wednesday April 3, 2024
Where: Arnprior Curling Club, 5 Galvin St., Arnprior

Description: Wildflowers are much, much more than a bunch of pretty faces; some eat animals, others are parasites living off other wildflowers. Many exploit animals for seed dispersal, and their sex life... well that is one spicy story, and it will be the focus of this highly visual presentation. You don't want to miss this one!

Presenter Bio: Michael Runtz is one of Canada's most highly respected naturalists, nature photographers, and natural history authors (he's authored and illustrated 15 books!). He has worked as a naturalist in Canada's national and provincial parks, and has performed numerous biological surveys ranging from birds and dragonflies to endangered species. He teaches Natural History and Ornithology at Carleton University. You can see more work from Michael and his wife, Britta on their Facebook and Instagram pages.

FUTURE MEETINGS

May 1 - Turtles with Greg Bulte
June 5 - Plant Quiz with Eleanor Thomson

⚠️ VOLUNTEERS NEEDED - MACNAMARA TRAIL ⚠️

🦺 **April 28, 2024 8am-12pm - Trail Clean Up**
We are looking for 6-8 volunteers to help remove garbage from the trail.
➡️ We are also looking for anyone with **wheelbarrows** and/or a **pickup truck** to help with the clean up. Volunteers should be prepared to lift heavy objects.

🦺 **May 5, 2024 8am-3pm - Board Replacement on Boardwalk**
We are looking for 4-6 volunteers to replace about 40 boards on the boardwalk.
➡️ We are also looking for anyone with **wheelbarrows** to help with the repair.
Volunteers should be prepared to lift heavy objects.

If interested, please email your availability to Barry at bgoody@sympatico.ca

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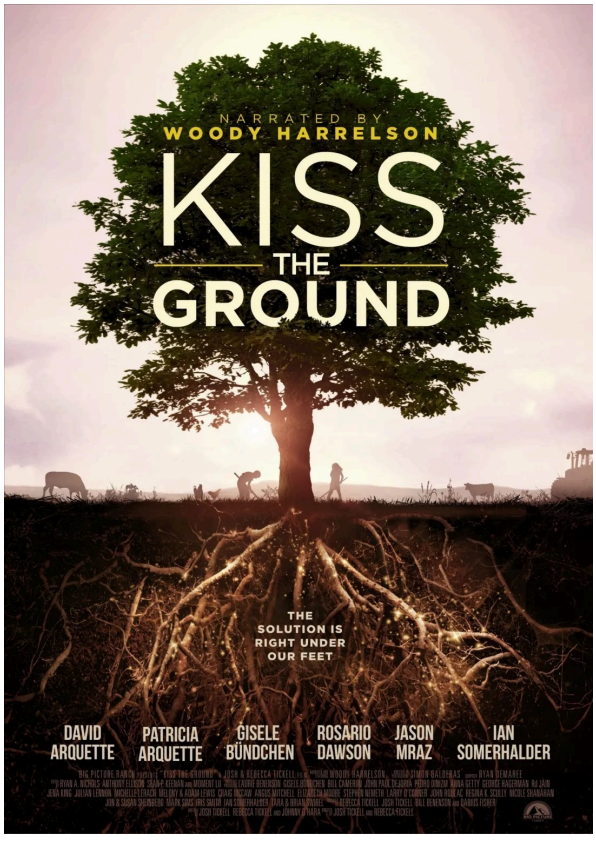
THE CLUB WAS BUSY IN MARCH

Check out some of the exciting stuff that happened last month!

WINTER TREE IDENTIFICATION FOR BEGINNERS with ERIK POHANKA

Erik led a successful walk on the Macnamara Trail identifying conifers and deciduous trees in winter conditions. In total, around 20 species of trees and shrubs were identified on our walk.
Erik has shared the following resources for those who would like to expand their knowledge on trees and shrubs:

- Trees in Canada by John Laird Farrar, 1995
- Shrubs of Ontario by James H. Soper, 1981
- Field Botanists of Ontario often publish useful resources on their website: https://www.fieldbotanistsofontario.com/



REGENERATIVE FARMING with ALBERTO SUAREZ-ESTEBAN

Alberto gave a fascinating and enlightening talk about regenerative farming. We learned that agriculture has the ability to strengthen biodiversity on a local and national scale.
If you'd like to learn more about how you can apply regenerative farming methods to your garden, check out the following resources:

- The Ecological Farm by Helen Atthowe
- The Living Soil Handbook by Jesse Frost
- Teaming with Microbes by Jeff Lowenfels & Wayne Lewis

OWL PROWL with MICHAEL RUNTZ
Michael led a fruitful trip where participants saw or heard two Barred Owls, two Northern Saw-whet Owls, an Eastern Screech Owl, and, as a bonus, two American woodcocks were seen displaying. One of the most successful trips for the club!

Can you spot the Barred Owl in the photo?

📸 SIGHTINGS 📸

Despite the cold of winter, members have been busy capturing some interesting creatures in the area. Have a look below and see what members have been observing over the last month!

White-tailed Deer

By: Grant Smith
Where: Old Almonte Road
When: February 19, 2024

Eastern Screech Owl

By: Stephen Duff
Where: Ivy Acres Road
When: February 12, 2024

Take a look at other sightings submitted by members in March here

If you'd like to submit a sighting, please email John Lawrence at johndrlawrence8@gmail.com with a photo and/or details of your sighting, including date and species information.
Note: Sightings may be posted on our website unless you indicate otherwise.

DID YOU FORGET TO RENEW YOUR MEMBERSHIP?

Every membership counts!

✨As a member you have special access to presentations and field trips by experts in a wide range of natural history topics ✨

COST
Individual: $25
Family: $30

Renew your membership by clicking here

Not sure if your membership is current? Check with Roger Magoon at memberships@mfnc.ca

Prefer to pay by cheque? Download this form, fill it out, and mail it in to Macnamara Field Naturalists' Club P.O. Box 391 Arnprior, ON K7S 3L9

WELCOME TO NEW MEMBERS!

- Nata Culhane
- Margaret Morgan

Check out our website and social media pages!

Want to share your thoughts on this edition of the bulletin? Answer this two-question survey to let us know:

Start Survey

Macnamara
FIELD NATURALISTS' CLUB

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