

# M V F N

# WHIP-POOR-WILL

mississippi valley field naturalists newsletter

Proud Sponsors of the Environmental Education Projects Programme

Volume 5 Issue 9 ~ February 2003



2003 ~ Here we are!

[www.mvfn.ca](http://www.mvfn.ca)

Greetings MVFN Members!

This newsletter is full to the brim with information and photographs, so I'm handing over this space to accommodate those requirements. See you at the next event. Keep safe, keep warm, and keep the faith of all things natural!

*Sandy*

## President's Message



## Observations From My Winter Cabin

- by Joel Byrne

"Slept over Thursday night – good fire, warm sleeping bag. Snored peacefully. Friday, gray day, above freezing by a few degrees and no wind.

Called birds. Whistled chickadee-enticing tunes. Birds well disposed to flying out into old hay field surrounding cabin some forty meters from the forest edge.

Crushed peanuts in the shell and made little piles, changing venue from picnic table, to stumps used for chairs, to piles of fire-wood or stacks of boards, any wood surface.

Presented shelled nuts in extended hand to bravest (there is a definite scale of boldness and a pecking order) of chickadee troupe. White-breasted nuthatch will not attempt this (yet) but is next to chickadees in overcoming fears. It, like chickadees, followed me around clearing and down paths voicing need to feed.

Small band of robber jays tried to ambush others as they flew into woods with their peanut prizes. Blue jays specialize in finding other animals' stashed food, but are reluctant to try for peanuts on feeding platforms when I'm standing within a meter.

A male hairy woodpecker peeped and excitedly circled scene of feasting in field, but only from safety of saplings scattered around cabin. Hung uncooked, fat-laden skin of pork shoulder from branches and watched delighted reaction of woodpeckers and others.

Flushed roughed grouse with loud report of breaking branches (potential walking sticks, seasoned since the Ice Storm).

Late in afternoon as light faded, called out barred owl hoot and was answered immediately... by neighbour's huskies. "Eight-hooters" live in nearby forested swamp; heard often and have had previous eyeball to eyeball encounters.

Other usual suspects: downy and pileated woodpeckers, ravens and crows, heard but not sought out. Having far too much fun with "Hatchy" and little black-capped people.

*This report comes from provincially significant wetland (Class 3), downstream from Dalhousie Lake, east of McCullochs Mud Lake in Lanark Highlands.*

# The Miracle Drink... Water

Water is the all-round drink that can do wonders for your health.

Name any body part and you will find water is essential to keep it ticking over. SW Health ( the origin of this article ) doctor Carol Cooper says "We tend to forget that central heating takes its toll and we lose more water than we realise. "It's tempting to have tea and coffee but they're diuretic so we end up getting rid of water instead of topping up" She says for tip-top health, we should be

knocking back at least two litres a day. Here are ten reasons to switch to water, whether it's bottled or from the tap.

**1.Keeps Headaches at Bay:** Three-quarters of your brain is water so if you need a top-up, this is one of the first places that will feel it. If your headache is caused by alcohol, then drinking lots of water - particularly before bed - will help get rid of it by flushing out toxins and rehydrate the brain. (Note: Beware! It will keep you running to the toilet all night too. Failing that, you'll finish up pee'ing the bed. Axiompc)

**2.Reduces Infections:** The lymphatic system is your waste disposal system, breaking down toxins like caffeine before passing the into the bloodstream. Dehydration weakens the flow of lymph in the system and this makes the body less resistant to infection. With water, the lymph flows properly again, fighting infection and lowering feverish temperatures.

**3.Gives you Better Skin:** Skin needs water for elasticity, so too little water leaves it dry, looking lined and feeling delicate.

**4.Keeps up Your Concentration:** Your body needs water to flush out poisons from things like junk food and additives. If you are dehydrated, toxins hang around in the liver, making you tired and unable to concentrate. Water swills the poisons out and gets the system moving again.

**5.Banishes Bags:** Sunken eyes and under-eye circles are signs that you need water. Eyes sink because there isn't enough water to keep them suspended in the eye socket. Under-eye circles are due to thin skin being bruised as fluid drains away.

**6.Stops Cramp:** Blood transports oxygen to the muscles for activities such as exercise. If there isn't enough oxygen in the blood, the muscles create lactic acid which causes painful cramp. Drinking more water helps to keep blood pumped with oxygen.

**7.Reduces Cystitis:** A healthy, hydrated body removes waste with light yellow, virtually odourless urine. If you are not drinking enough, the darker urine is more highly concentrated and waste products linger in the bladder, leaving you prone to cystitis and kidney infections.

**8. Keeps Bowels Healthy:** Without water, the contents of the colon (lower intestine) can dry out and get stuck, eventually causing diverticulitis. Constipation can also be a problem, because water is needed to bulk out faeces. Drinking water, along with taking in water from fruit and vegetables helps to rehydrate this waste.

**9.Prevents Fluid Retention:** When you are feeling puffy, as women often do before a period, drinking water isn't your immediate thought. But it's the best treatment for reducing fluid retention. If your body doesn't get enough water, it senses there is a shortage and begins to retain every drop it needs for vital daily processes.

**10.Keeps your Breath Sweet:** Bad breath is a classic sigh that you need to boost your water intake. Saliva helps cleanse the teeth of bacteria and keeps the tongue hydrated. Lack of water dries the mouth, leads to a furry tongue and prevents bacteria from being washed away, all of which can cause halitosis.

## Tap into these Cool Facts

Our thirst for bottled water continues to grow (Don't ask me why! I've

tasted similar and better in a stagnant pond! Axiompc). Here Nicki Pope looks into how it reaches the bottle and how it gets to us.

**How it is Bottled:** Natural mineral water comes up from the ground through stainless steel pipes and is kept constantly on the move. It is bottled on site and then checked for bacteria and mineral content. All mineral waters contain benign or friendly bacteria, the same as other live products such as yogurt.

The tests are taken at random during the first day but results take three days. Companies only ship out the water to customers once it has passed. (The last statement is a joke as facts show. One British company had to recall millions of bottles after tests they ran showed pollution, Nov 2000. Check out the age of it at purchase time.).

Every bottle has a unique number, so if a consumer has a problem, companies can pinpoint the time of production. They can recall the water very quickly.

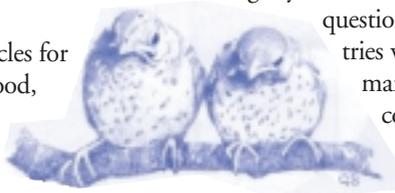
**How it Gets to Us:** Spa, the Belgian mineral water, is sent across Europe in trucks and takes one to two days to reach the UK supermarkets.

Perrier comes via train from the south of France. It is stored at a rail depot and distributed by road to customers. UK companies, such as Buxton and Strathmore, deliver water direct to their customers by lorry.

For Canada's Naya mineral water, the journey is more complicated. After a three-week journey by ship, it takes a day to clear customs and then is taken to the warehouse by truck.

The Natural Mineral Water Information Service says there is no legal requirement for a 'best before' date on water. But it says mineral and spring water have a 'shelf life' of two years.

**Why do we Need Bottled Water?** Only snobs try to justify a reason, because in Britain there isn't one. Bottled water is stale, stagnant water by the time you go to drink it and is only slightly better than pool water by that time. The answer to the question is "you don't need it" other than in countries where sanitation is poor and that still includes many, so-called "big", European countries. They could all be named but this would exceed the space allowance of the page if it came with the figures that go to prove it.



## MVFN WEB SITE MILESTONE

*Since its unveiling, the MVFN Web site has been hit 1000 times, and counting! Its design and the caring of this site is solely due to the creative abilities and expertise of Christine Birkett. We are fortunate to have such a talented and generous member!*

*Please visit the site often at ...*

**WWW.MVFN.CA**



The **58th Annual Carleton Place Christmas Bird Count** took place on Friday, December 27, 2002. The count area, centred on the bridge in Carleton Place, includes areas almost to Innisville, Ferguson Falls and Union Hall, Almonte, east to Dwyer Hill Road, South to Ashton and Franktown. Twenty-nine field observers took to the rural roads, trails and woodlots and, during the course of the day, counted 5600 individual birds of thirty-nine different species. In addition, thirty-seven residents with feeders at home, counted a further 1012 birds bringing the total for the day to 6612.

The results of this count, which can be viewed on [www.audubon.org/bird/cbc/](http://www.audubon.org/bird/cbc/) were slightly lower in species but higher in numbers from previous years. Record high numbers of mourning doves, northern flicker, blue jays, robins, starlings and cedar waxwings were tallied. All finches were very low and, for the first year since 1970, there were no evening grosbeaks around.

The Carleton Place count is sponsored by the Mississippi Valley Field Naturalists. MVFN Past-President Cliff Bennett organized the teams and areas of the count. MVFN member Georgina Doe co-ordinated the feeder counts, assisted by MVFN member Libby Goddard. MVFN member Mike Jaques was the official compiler.

## MVFN Holds Successful Bird Count

Taking part as counters in the field were Al Potvin, Chris Hume, Tine Kuiper, Mike McPhail, Paul Frigon, Pip Winters, Mary and Howard Robinson, Allan and Peter Goddard, Lynda Bennett, all from Mississippi Mills; Don Brown, Rick Muise, Ken and Eileen Ross, all from Ottawa; Bruce Legallais, Bobby and John Clarke, Lanark Highlands; Mike and Joyce Jaques, Arnie Simpson, Joel Byrne, from Beckwith; Brenda Carter, Ed LeBlanc and Rick Carter, Merrickville and Ian and Susan Wilkes, Carleton Place. **Results of the count are as follows:**

*Canada Goose (8), Mallards (4), Common Goldeneye (16), Common Merganser (24), Sharp-shinned hawk (1), Red-tailed Hawk (6), Rough-legged Hawk (5), Ruffed Grouse (10), Rock Dove (656), Mourning Doves (376), Snowy Owl (1), Downy Woodpecker (71), Hairy Woodpecker (59), Northern Flicker (2), Pileated Woodpecker (9), Northern Shrike (3), Blue Jay (642), Crow (249), Ravens (8), Black-capped Chickadee (866), Red-breasted Nuthatch (4), White-breasted Nuthatch (101), Brown Creeper (5), Golden-crowned Kinglet (4), Robins (338), Starlings (1290), Bohemian Waxwing (21), Cedar Waxwing (432), Tree Sparrows (325), Song Sparrow (1), White-crowned Sparrow (1), Junco (123), Snow Bunting (352), Cardinal (61), Purple Finch (80), House Finch (112), Common Redpoll (30), Goldfinch (146), House Sparrow (170).*

## POISONING BIRDS

### Poisoning of Nuisance Birds Totally Unfair

Putting out poisons with bird feed to eliminate nuisance birds is not only unfair and highly dangerous, it is also illegal under the Criminal Code of Canada. Only licensed pest exterminators are allowed to do this and they are trained to conduct their work under strict, controlled conditions.

Poisoned birds are seldom recovered but are usually left lying around. They don't die immediately but fly off to die in remote corners of your property. Scavenger birds, such as crows, ravens, turkey vultures etc. as well as scavenger animals eventually find them, devour the carcass and become victims themselves.

Household pets can also become victims. Other birds such as mourning doves could easily come in contact with the poisoned feed and thus become unintended casualties.

Think twice before you attempt to poison that flock of nuisance pigeons roosting on your TV aerial. For further information on this subject, contact the Ministry of Natural Resources or your town by-law enforcement officer.

-Cliff Bennett

## PLEASE COMPLETE AND RETURN MEMBERSHIP SURVEY ENCLOSED WITH THIS NEWSLETTER

At its recent meeting, the program committee decided to repeat a membership survey that was done nine years ago. At the time we received many good suggestions, and we hope that this time we will again get a good response, as this will guide us in the years ahead in giving you what you like to have, and in the actions we support. You will note that the questionnaire does not only deal with programs, but also addresses your view on the role of the MVFN in environmental affairs.

In the meantime the Programme Committee is already progressing with interesting topics for the next year.

The MVFN is always looking for volunteers. Would you be interested in taking on an active role to help the Programme Committee or the BOD in any capacity? This could be a one time activity, such as being a host for the evening, writing up a press release for an event, or it could be a larger role, such as representing the MVFN on an environmental committee. Let us make use of your expertise!

Please include any other comments or suggestions, and return with your membership renewal. -Tine Kuiper

# JOIN IN THE ANNUAL BAILLIE BIRDATHON!



The Baillie Birdathon, conducted by Bird Studies Canada, is a premier fund raiser for the protection and study of birds and their habitat in Canada. The Birdathon raises its funds through sponsorship of birding enthusiasts in their quest to count as many species as they can during a 24 hr. period in the month of May. Sponsors can offer so much per species or a flat rate.

Last year, MVFN members raised over \$300 in support of Cliff Bennett's team's relentless pursuit of 99 species within the 24 hr. count period. Eighty dollars of that was returned to MVFN. Our objective this year is to raise \$1000, of which MVFN gets back \$250, which will help greatly to replenishing its depleted coffers. To achieve this goal, MVFN hopes to expand participation.

**How can you help?** 1) Take a sponsor sheet in support of Cliff's team and fill it with pledges. Collect all pledges from your sheet after the count and submit to Cliff to add to his collection. As a prize for members who fill one sheet of sponsors, Cliff offers them the opportunity to join his team to count birds. Cliff and his team will take to the field on **Sat./ Sun. May 17 & 18.**, the team will count locally, reassembling again at 6 A.M. Sunday morn and will aim for 100 species. Starting Saturday evening after 5:P.Mng to travel to Presqu'le Provincial Park where they will count species until 5 P.M.

2) Become a sponsor by adding your pledge to Cliff's or someone else's list. You can pledge over the phone or by email.

3) You can conduct your own Baillie count by yourself or with friends by taking a sponsor sheet and seeking your own sponsors. The more participants, the more sponsors, the more money raised. You can count anywhere, during any 24hr. time period in May. (Please register with Cliff beforehand to ensure you are not overlapping territories or getting in the way of another team).

Note: All sponsors donating \$10 or more, will receive a receipt for income tax purposes. Sponsors donating \$25 or more, will receive a one year complimentary subscription to BirdWatch Canada.

To take part in this fundraiser, please contact **Cliff at 256-5013** or by email, [bennett@magma.ca](mailto:bennett@magma.ca) as soon as possible. Your participant as a direct counter or as a sponsor not only helps raise money for bird habitat protection and conservation, it raises money for MVFN projects. Forms and other information will be provided. Please call now!

## Bird Groups

*Note : 1) This is not a complete list. 2) For just about all birds, the male is the cock, female the hen, and offspring their chicks. For this reason this has not been included in the above table. There are a few exceptions such as swans with Cob, Pen and Cygnet, geese with Gander, Goose and Gosling and ducks with Drake, Duck and Duckling. These only go to help prove the rule though.*

Bitterns	Siege
Chickens	Brood, Clutch, Clutch or Peep
Coots	Covert
Cranes	Herd
Crows	Murder
Doves	Dole, Flight, Pitiousness or Prettying
Ducks (in Flight)	Team
Ducks (on Water)	Bunch, Paddling or Raft
Eagles	Convocation
Finches	Charm, Chirm or Trembling
Geese (in Flight)	Skein, Team or Wedge
Geese (on Ground)	Gaggle
Grouse	Covey or Pack
Hawks (let Fly)	Cast
Hérons	Siege
Larks	Bevy or Exaltation
Magpies	Tidings or Tittering
Mallard	Sord or Sute
Martens	Richesse



## SAVING OUR PLANET

We can all do our bit to help save the planet from cutting down non-essential car journeys to switching lights off when we leave a room. Roger Higman, of *Friends of the Earth*, said: "People have to understand that their individual actions do make a difference ~ they have to

realise that domestic output also plays a massive part, together with industry." Here is a list of simple energy savings tasks:

1. FIT energy efficient light bulbs in your lamps. They use a fifth of the energy of a normal bulb.
2. CLAD your loft with at least 15cm (6") of insulation and lag tanks and pipes.
3. ONLY boil the kettle with the water you need.
4. WORK at home, even if it is just one day a week.
5. WALK your children to school.
6. DO your ironing in one session.
7. SHOP locally instead of driving to the supermarket.
8. DRIVE smoothly - harsh acceleration and heavy braking waste petrol (gas).
9. BUY a wind-up radio and torch.
10. WALK or cycle to work if your journey is short.
11. TAKE the bus or train for longer journeys.
12. SHARE a car with a colleague.
13. DRAUGHTPROOF all doors and windows.
14. MAKE sure the fridge has a tight seal.
15. PUT lids on pans when cooking.
16. CUT your speed - driving fast wastes more petrol (gas).
17. PUMP up your tyres - correct pressure makes your car more fuel efficient.
18. DON'T leave your TV on stand-by.
19. TAKE off the roof rack and lighten the weight which helps your car use less fuel.
20. FIT secondary glazing to your windows in winter.

Nightingales	Watch
Owls	Parliament
Partridges	Covey
Peacocks	Muster or Ostentation
Penguins	Rookery
Pheasants	Bouquet, Head, Nye or Brace (Dead)
Pigeons (in Flight)	Kit
Plovers	Congregation, Stand or Wing
Ptarmigan	Covey
Quail	Bevy or Drift
Ravens	Unkindness
Ruffs	Hill
Snipe	Walk, Whisper or Wisp
Sparrows	Host or Quarrel
Starlings	Murmuration
Swallows	Flight
Swans (in Flight)	Wedge
Swans	Game, Herd or Pair
Teal	Spring
Thrushes	Mutation
Waterfowl	Bunch or Knob
Wildfowl	Bunch, Plump or Trip
Woodcock	Fall or Plump
Wrens	Herd



Sir David Attenborough recently started a new TV series in the UK, and he says the outlook for our planet is very bleak indeed. Listed here are the ten major reasons why:

## Frightening Things about our Planet

1. The world population stands at six billion and is due to double in 50 years time.
2. Each year, humans use up 25-50 per cent of all new plant growth on the planet.
3. Forty per cent of the North Pole ice cap has melted away in the last 50 years.
4. Global warming is being blamed for Britains horrific storms and severe weather.
5. Each year 27,000 species become extinct in tropical rain forests alone.
6. When sea otters were over-hunted off the Californian coast, the food chain disruption turned the area into a marine desert.
7. Only 500 of the 620 primate species will still exist in the wild in ten to twenty years time.
8. There are 10,000 protected areas around the world but they only cover about six per cent of the land's surface.
9. In the last 30 years, humans have used up one third of the planet's natural resources.
10. Global warming could destroy 70 per cent of our coldest places, killing many species.



## Field Naturalists take to the Woods of Wolf Grove

On Sunday, February 4th, some of the hardest MVFN members enjoyed a wonderful winter outdoor event, which started at 10:00a.m. with an exploration of several ponds on the interior of the Wolf Grove area by ski or snowshoe. The group then proceeded along the Mississippi Ski Cub to the Rae Rd and back again.

The trail was varied, winding through snow covered trees and open fields and across frozen ponds. The weather was typically winter-like but mild. The snow was fresh and somewhat sticky, but all had fun anyway. As expected, there were many deer tracks, as well as a Fisher. The snowshoers observed, for the first time this winter, snow fleas, which apparently are an indication that Spring will not be long away. The event concluded with lunch was around an open fire which also included some well appreciated mulled apple cider and apple pie.

- Tine Kuiper

### Richter Scale: Rating and Identifying Features

1. **Instrumental:** Detected only by seismographs
2. **Feeble:** Noticed by sensitive people
3. **Slight:** Similar to a passing truck
4. **Moderate:** Loose objects are rocked
5. **Rather strong:** Felt generally
6. **Strong:** Trees sway; loose objects fall
7. **Very strong:** Walls crack
8. **Destructive:** Chimneys fall; masonry cracks
9. **Ruinous:** Houses collapse where ground starts to crack
10. **Disastrous:** Ground badly cracked; buildings destroyed
11. **Very disastrous:** Bridges and most buildings destroyed; landslides
12. **Catastrophic:** Ground moves in waves; total destruction

After a productive and fruitful Board meeting late last summer, MVFN board members and spouses gather at the Bennetts to enjoy shishkebab and friendship.



Christine Birkett, David & Sandy Atack, Eileen Hennemann, Lynda Bennett



Janine de Salaberry



Marie Seaman, Sandy Atack, Sarah Coulber



left: The motley crew in action polishing off kebabs and cobs...  
right: Christine Birkett & Simon Broadbent, Sandy & David



# 2002 MVFN CHRISTMAS PARTY

The 2002 MVFN Christmas party was a wonderful time, and loads of fun! Ask the many adults who participated in this event, and they'll all agree ~ it was a lot of fun being a kid again! Special thanks goes to Cliff Bennett for his expertise in organizing such a fun series of activities. The real kids had to rein the rest of us back! The potluck dishes were tantalizing and delicious, and everyone pitched in to organize, clean up and clear out the mess of newspapers and wrapping paper from all of the donated gifts. Each year the party gets better and better!



## Organic Farming Aids Natural World

In keeping with its broad mandate of concern for our natural world, members and guests of the Mississippi Valley Field Naturalists were treated to a dynamic presentation on organic farming, at its February meeting, held in Almonte. Bruce and Janet Duncan, who operated a certified organic farm on County Road 17 in Ramsay Ward of Mississippi Mills, enthralled their audience with a slide show of their farm and its operations, complimented by a vivid description of the history of their farm, how they got into organic growing and finally, a description of the current state of organic growing in Canada. They noted that most of their products from their 150 acre farm, are sold locally.

Key to the Duncans' presentation was the fact that, through maintaining rigid values in organic farming, they are not only enhancing the health of all citizens who consume organic products, they help protect the environment from continual contamination by chemical and artificial agricultural practices. On their organic farm, the Duncans grow a diversity of crops, using low and no till operations, all without the use of pesticides and herbicides. As a result, critters on and in the ground are not poisoned nor are the birds which eat them.

Introduced by MVFN Chair of Environmental Issues Susan Fisher, Janet and Bruce addressed questions from the audience which lasted well over a half hour. In thanking them, Susan presented the Duncans with a gift of an environmental book. Refreshments were served after the meeting.

The **next MVFN event** will be a meeting on **Thursday March 20**, at which noted birder and naturalist Paul Jones, will present documentation and slides on the current on-going Ontario Breeding Bird Atlas. For further information on this and other MVFN events and information, please consult the MVFN web site at [www.mvfn.ca](http://www.mvfn.ca).

- Cliff Bennett

### WANTED PROGRAMME COMMITTEE MEMBERS

The MVFN Programme Committee ~ the wonderful people who bring you those great speakers every month, and take you on outdoor adventures such as nature walks and canoeing ~ are seeking two or more members to share in the programme planning and duties. If you can help for at least one term, please contact Tine Kuiper at 256-8241 or e-mail [tkuiper@magma.ca](mailto:tkuiper@magma.ca)

## A RARE SUCCESS *The Trumpeter Swan*

Horror stories about endangered environments, threatened species, fractured habitats are a fact of day to day news. How wonderful it is to become aware of an occasional success story. Such a story is the restoration of the Trumpeter Swan, *Cygnus buccinator*.

- Swans play important roles in the mythology, tales and history of many peoples. We learn of mortal Leda, wife of the King of Lacedaemon. She is seduced by Zeus, king of the gods, who takes the form of a swan. Leda becomes the mother of the twins Castor and Pollux. At the end of their earthly lives Zeus places the twins in the heavens to guide navigators on the waters. (they are still there).
- Near Antwerp princess Elsa of Brabant stands accused of treason, her fate to be decided through an Ordeal by Combat. Lohengrin a Knight of the Holy Grail arrives on a barge drawn by a swan. He will be her champion, provided she never asks his name or whence he comes. Lohengrin wins the battle proving her innocence. But in her joy Elsa asks him for his name, the swan-boat reappears and Lohengrin departs. Elsa dies of a broken heart.
- Over the hills of Sweden little Nils Holgerson is carried by his friends the swans, bringing justice and happiness to poor farmers.

Swans are some of the most spectacular migratory birds found on earth. In the wild they are strong fliers and extremely shy of humans. They come to this weariness honestly, having been hunted mercilessly over thousands of years. In Canada we recognize three subspecies: Mute Swans, which are naturalized escapees of European swans; Whistling Swans, which are moderately common; and the Trumpeter Swan.

Trumpeters are the largest North American Waterfowl. They suffered disastrous population declines between the late 1800' to the 1920's through over harvesting, drainage of breeding marshes and lead poisoning from ingestion of spent leaden shotgun pellets. In 1935 only 69 individual birds remained, mostly around Yellowstone Park, U.S.A.

Since that time captive breeding, re-introductions, a total hunting ban, and wetland conservation have allowed the population to rebound to slightly more than 23,000 Trumpeter Swans. Most of these breed in the Northwest Territories, Alaska, the Yukon, British Columbia and Alberta. Trumpeters are still considered endangered, but an increase from less than 100 to over 23,000 surely makes an outstanding success story.

One breeding pair was released on Big Rideau Lake by waterfowl scientists. The birds successfully reared a brood. In October the free flying cygnets migrate south, to return the following spring. There is hope that they multiply and make the Rideau their permanent home.

- Hans Van Rooyen

# MVFN BOARD OF DIRECTORS 2002-2003

<b>Sandy Atack</b>	PRESIDENT (member of all committees) Christmas party MM Steering Committee for Community Official Plan (alternate Rep) Programme Committee - gifts
<b>Cliff Bennett</b>	PAST PRESIDENT MM Steering Committee for Community Official Plan (Representative) Breeding Bird Atlas Coordinator EEPP Facilitator Finance Committee Nominating Committee Outdoor Activities (various) Coordinator
<b>Jim Bendell</b>	CHAIR OF NATURAL RESOURCES ISSUES LH Environmental Advisory Committee Rep
<b>Yvonne Bendell</b>	SOCIAL CONVENOR Keddy Book Coordinator
<b>Susan Fisher</b>	ENVIRONMENTAL ISSUES Christmas party
<b>Reiner Hollbach</b>	TREASURER Finance Committee
<b>Tine Kuiper</b>	CHAIR PROGRAMME COMMITTEE
<b>Eileen Hennemann</b>	Membership Newsletter Production Publicity Coordinator
<b>Michael Macpherson</b>	Director at Large Coordinator Event Setup Insurance & Incorporation Portfolio Finance Committee
<b>Karen Richter</b>	Secretary
<b>Pip Winters</b>	FON Representative
<b>Franziska Von Rosen</b>	Stewardship Council of Lanark County
<b>Other MVFN representatives</b>	
Christine Birkett	Webmaster
Sarah Coulber	Programme Committee
Janine de Salaberry	EEPP Grant Coordinator
Stuart Langstaff	MMEAC
Frank Roy	Keddy books sales/Perth area

## MVFN MEMBERSHIP RENEWAL REMINDER

Dear Members,

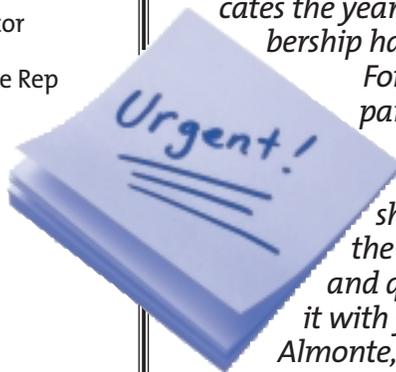
The MVFN membership year is from April 1 to March 31. This newsletter was sent in an envelope with an address label which indicates the year for which your MVFN membership has been paid.

For those who have not yet paid for 2003, the label would indicate 2002.

To renew your membership for 2003, please complete the enclosed membership form, and questionnaire, and forward it with your payment to Box 1617, Almonte, ON KOA 1A0. Thank you.

The questionnaire will help the MVFN better serve its membership, and give you an opportunity to participate and submit suggestions for future events, workshops, and areas of concern.

We're looking forward to spending another MVFN year with you!



In drawing up a balanced budget for the new year, your Board of Directors had to come to the conclusion, albeit reluctantly, that membership fees will have to be increased. Thus effective April 1, 2003, the beginning of the Club's new fiscal year, membership fees are noted below. The budget to be presented to the Annual General Meeting on May 15, 2003 will reflect this new fee structure.

### 2003 / 2004 MVFN Membership Dues

**Individual \$20.**  
**Family \$30.**  
**Senior \$15.**  
**Student \$5.**

#### March 20 Thursday / Indoor

P.Jones ~ Ontario Bird Breeding Atlas

#### April 17 Thursday / Indoor

S.&H.Thomson ~ Spring Wild Flowers

#### May 25 Sunday / Outdoor

Duncan's Organic Farm / 10am Barbeque!

#### **M V F N ANNUAL GENERAL MEETING**

**Wine & Cheese**

Thursday, May 15, 2003 Union Hall

#### June 15 Sunday / Outdoor

White Lake Fen ~ led by Monty & Grace Wood

Info: Tine 256-8241 or Cliff: 256-5013

## Thank You

Many thanks to those who contributed articles and information for this newsletter.



## Brought to you by.....

This newsletter is produced by the Mississippi Valley Field Naturalists, with copy contributions and submissions from members and various publications. Please submit any suggestions, comments, or corrections, as well as any content submissions, to Eileen Hennemann, Box 1522, Almonte, ON KOA1A0 or email standes@magma.ca. Thank you.