

## **FortWhyte U Winter Semester 2009/2010**

Based on positive feedback from Volunteers who participated in the fall semester of FortWhyte U, the Volunteer Program continues to develop this capacity building initiative with an exciting line-up of “adjunct professors” for January as listed below. **Be sure to check it out, no matter what your volunteer role at FortWhyte Alive!** You will find a broad range of topics on environmental issues, natural and social history, healthy living and winter survival and are bound to find something of interest, whether personal or professional. **Please call 989-8368 to register for weekday and/or weekend sessions of your choice.**

For Volunteer School Program Leaders, please note that all winter programs begin on Monday, January 11<sup>th</sup>, preceded by program specific training in December as noted below. The school program line-up is very streamlined with only Winter Fun Days on the menu this winter. For Volunteers who deliver Youth Programs and Snowshoe Club, training is in January as noted. **Please call 989-8368 to pre-register.**

### **Lecture Series**

**Métis Life on the Prairies** on Wednesday, January 6, 10:00-11:30 – Grant Anderson of the Louis Riel Institute will make the heritage and legacy of the Métis people come alive with a power point presentation, varied artifacts, and an illustrated Métis History book series he has penned for school children. Grant has lineage tracing back to the early Lagimodière settlers.

**Building a Sodhouse** on Wednesday, January 6, 1:00-1:30 – Harv Klassen, experienced soddie builder, will share the secrets of this lost skill along with details of the FortWhyte Sodhouse project that he oversaw in 2001. You might want to build your own after this session!

**Pioneer Life** on Wednesday, January 6, 1:30-2:30 – Following Harv Klassen, learn about settlers on the prairies circa late 1800’s live from our own pioneer couple, Judy and Bob Stewart. Have you ever seen a cross cut saw from pioneer days? Bob will interpret varied pioneer artifacts in the Main Theatre while Judy welcomes others across the threshold of the soddie to an era of wool spinning and the comforts of a wood-burning stove on a cold winter’s day. Here is your chance to share family stories about pioneer life.

**Introduction to Plant Life** on Thursday, January 7, 10:00-11:30 – Cheryl Heming, formerly City of Winnipeg Naturalist and currently Coordinator of the Invasive Species Council of Manitoba, will introduce you to the native plant community growing wild at FortWhyte Alive. As a bonus, you will leave with the ability to identify invaders such as purple loosestrife, leafy spurge, and ox-eyed daisies along with the knowledge on how to deal with them. Ideal session for gardeners and naturalists alike!

**We are Winter People** on Thursday, January 7, 1:30-3:30 – Winter is the perfect time for adventure, and no one knows how to plan, prepare, and stay safe in the winter better than Dr. Gord Giesbrecht! Join us as “Professor Popsicle” shares vital information on avoiding and treating cold injuries, and rounds out his presentation with stories from some of his winter adventures – including escaping from a sunken car and trekking around Lake Winnipeg towing a sled!

**Tracking Tracks** on Friday, January 8, 12:30-3:30 – A book, full of wonderful information, is of no use if we cannot read the language. Animals are writing volumes across our landscape each day, but often, we are unaware of the message, or cannot read it. Stu Jansson of the Manitoba Trappers Association will teach us the language of the land: how to decipher animal

tracks and traces, such as snowy footprints, feeding areas, trails, judge the relative age of tracks, and directions of travel. He will also explain how certain adaptations have led to certain signs and tracks as well as what tracks and traces teach us about the animals.

**Lakes as Ecosystems** on Saturday, January 23, 10:00-11:30 – Come discover how Lake Manitoba is undergoing many of the same changes as its larger neighbour, Lake Winnipeg, with Dr. Gord Goldsborough, U of M Associate Professor in Biological Sciences and Director of Delta Marsh Field Station. These changes are caused by the lake's remarkable shallowness, combined with a large watershed comprising much of western Manitoba and eastern Saskatchewan. Changes in land use practices around the lake are key to turning things around. Water quality in the lakes of FortWhyte, and factors leading to its deterioration, will also be discussed. Excellent session for cottagers interested in this hot environmental issue!

**Get Outside – Get Healthy** on Saturday, January 23, 1:30-3:00 – Most people know that getting outside is good for them but not many people are fully aware of the many health benefits from stress reduction to enhanced spirituality. Come learn the secrets from Laurie McPherson, Mental Health Promotion Coordinator with the WRHA, and you'll be inspired to get outside and get healthy, even in winter!

**Roadside Ready Workshop** on Sunday, January 24, 1:30-2:30 – You know you should be prepared . . . but are you? Join our survival expert, Barret Miller, as he covers the importance of being ready for the unexpected in your car travels. Learn what to include in a survival kit and make your own kit to take home! Special half price kit cost for Volunteers: \$5.00.

**Be an ecoDriver** on Sunday, January 24, 2:30-3:30 – A speaker from Resource Conservation Manitoba will present information on how to help you save money at the pump and at the same time reduce CO2 emissions. No matter what kind of vehicle you drive, with only a moderate amount of effort, you could be experiencing a 15% saving on your fuel use and reduce carbon dioxide emissions that contribute to climate change.

### Winter Fun Days

Monday, December 14	Frosty Frolics/Winter Carnival (Gr. K-3)	1:00 pm – 4:00 pm
Tuesday, December 15	Vive Le Voyageur (Gr. 4-6)	10:00 am – 12:00 pm
	<b>HOT SOUP</b>	
	Outdoor Skills (Gr. 6-12) NEW!	12:45 pm – 3:30 pm

### Youth Programs/Snowshoe Club

Saturday, January 16	Snowshoe Adventure/Wilderness Survival	10:00 am – 12:00 pm
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