



FortWhyte Alive
HUMAN. NATURE.

PHOTO BY IAN CARTER

Life

Winter 2014-15 Newsletter

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www.fortwhyte.org

CONTACT INFORMATION



FortWhyte Alive
HUMAN. NATURE.

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www.fortwhyte.org

DAILY ADMISSION

Adults: \$7
Seniors (55+): \$6
Students & Children: \$5
Members & Children Under 3: FREE

WINTER HOURS OF OPERATION

Monday – Friday:
9 am – 5 pm
Saturday, Sunday & Holidays:
10 am – 5 pm

CHRISTMAS EVE & NEW YEAR'S EVE

December 24 & December 31:
9 am – 1 pm

CHRISTMAS

December 25: CLOSED

BOXING DAY & NEW YEAR'S DAY

December 26 & January 1:
10 am – 5 pm

LOUIS RIEL DAY

February 16: 10 am – 5 pm

BUFFALO STONE CAFÉ



PH: (204) 989-8355 x 215

Hours subject to change.
Café will close early for special events.

NATURE SHOP



PH: (204) 989-8355

For the Nature Lover! Featuring birding products, local art, nature books, clothing, toys, and more.



Connect with FortWhyte online!

- www.facebook.com/FortWhyteAlive
- www.twitter.com/FortWhyteAlive
- www.instagram.com/FortWhyteAlive

FORTWHYTE ALIVE RECOGNIZES MAJOR CONTRIBUTORS (\$1,000 +) SINCE SEPTEMBER 2013

SUSTAINING PARTNERS \$20,000 +

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\$1,000 +

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A Sustainable Future

The term sustainability is commonly used these days. At FortWhyte Alive, when we talk about sustainability, we are referring to what we see as the three interdependent pillars of a sustainable community: a healthy natural environment, a healthy economic environment and a healthy and just social environment.

by **IAN BARNETT,**
DIRECTOR OF OPERATIONS

RICH BOLTON,
DIRECTOR OF BUSINESS DEVELOPMENT

FortWhyte has always strived to be a community leader in not only teaching the cornerstones of sustainability, but also demonstrating these values in the way we operate. It is easy to become complacent. But when we recently took a critical look at ourselves and asked if we could be doing more to show leadership in this area, the answer was a resounding 'YES!' As a result, a staff committee was formed to develop initiatives that promote and enhance sustainability at FortWhyte Alive, with the vision of re-establishing ourselves as a national leader in this area. Here are some examples of the exciting initiatives that we have undertaken in just a few short months.

SUSTAINABLE PROCUREMENT

Food Services and Catering

Since November 1st, FortWhyte's Buffalo Stone Café and all on-site food services are run by Diversity Food Services, a joint venture between the University of Winnipeg Community Renewal Corporation and SEED Winnipeg. As a social enterprise, Diversity creates menus featuring local, organic and sustainably produced foods cooked from scratch, including ingredients grown here at FortWhyte Farms. Diversity also provides meaningful employment for new Canadians, Indigenous peoples, downtown community residents and university students.

Cleaning

White Gloves Cleaners now provides cleaning services for our buildings. This company has impressive sustainability standards, ensuring its cleaning products:

- Are free of any known or suspected carcinogens, mutagens and endocrine disrupters;
- Do not contain compounds or substances that cause or contribute to the creation of atmospheric greenhouse gases, ground level smog or ozone depletion;
- Are not delivered in single use aerosol cans or cans using ozone-depleting propellants;
- Do not contain petroleum derived or petrochemical blended fragrances;
- Do not contain heavy metals that are toxic to humans, animal life or the environment;
- Are readily biodegradable at greater than 90 percent in thirty days without needing to be run through a municipal effluent treatment process; and
- Do not contain chlorine or chlorinated solvents.

Continued on following page >



ENERGY CONSERVATION

Lighting Retrofit and Energy Audit

In collaboration with Manitoba Hydro's Power Smart department and Prairie Lighting, FortWhyte assessed options for increasing the energy efficiency of our main buildings. This resulted in a major retrofit of lighting, switching incandescent, compact fluorescent and high pressure sodium lights into more efficient LED lighting. This lighting retrofit will save 15,000 watts (\$3,000) of energy annually and will pay for itself in just over half of a year! [This translates into up to 80% savings.] Two additional phases of this retrofit are planned to upgrade the remainder of our lighting to LED.



WASTE REDUCTION

Café Composting Program

In collaboration with Chef Kelly Cattani of Diversity Foods, the Buffalo Stone Café will now be included in the already active composting program at FortWhyte Farms. This will ensure that 100% of organic waste from the Café is diverted from the landfill. Did you know that 40% of Manitoba's waste comes from organics, which are a main contributor to the release of methane from landfills? Methane is 30 times more potent than carbon dioxide as a heat trapping gas. Through this program, FortWhyte is doing its part to reduce methane emissions.

Electric Vehicle Charging Station

In partnership with Sun Country Highways, FortWhyte has installed two electric vehicle chargers in its main visitor parking lot. These stations are both functional and educational, adding to the electric vehicle infrastructure in our province, while providing an interpretive display to educate the general public on the impact of carbon emissions that come from the tailpipes of your car. Did you know that the average passenger vehicle travels 18,214 km per year and produces 4.75 metric tons of carbon emissions (CO₂) annually? What are you doing to reduce your GHG emissions?

SUSTAINABILITY PLANNING

Sustainability Plan

The Sustainability Committee has produced an action plan to guide us into the future. This document is grounded in the following 8 principles, and will be implemented through an annual plan to meet defined sustainability targets.

1. Reduce total greenhouse gas emissions
2. Reduce the intensity of energy consumption
3. Strive for better practices in sustainable transportation
4. Prioritize sustainable procurement practices
5. Reduce solid, hazardous & electronic waste
6. Improve water conservation and stewardship
7. Adhere to principles of green building standards
8. Promote a culture of sustainability in the FWA community



FortWhyte is always interested in receiving new ideas and ways to improve its sustainability performance. If you have any ideas to contribute to this initiative, please feel free to send comments to Richard Bolton at rbolton@fortwhyte.org.

A New Direction for the Buffalo Stone Café

FortWhyte Alive is proud to welcome its new partners, Diversity Food Services

When FortWhyte management reviewed areas where we could be doing more to demonstrate our commitment to sustainability, our Café was identified as one area where much more could be done. Food is one thing every visitor to FortWhyte can relate to – it is one of the things we all have in common. It is also, therefore, an area where FortWhyte can have the greatest educational impact. This in itself presents a challenge. We at FortWhyte are educators, not restaurateurs – our expertise is not necessarily suited to the unique challenges of the restaurant industry. To meet these challenges, our pipe dream was to find a partner who held this industry expertise and

“I love FortWhyte and grew up just a few streets away from here. I have always felt a strong connection to this place. I am completely thrilled that Diversity has the opportunity to join forces with FortWhyte at the Buffalo Stone Café. My passion in the kitchen stems from my deep respect for good ingredients and for the farmers who dedicate themselves to sustainable growing and production practices. I feel that our style of cooking and this beautiful setting are well-suited to each other. I look forward to being involved with FortWhyte Alive.”

- Chef Kelly Cattani

culinary skill, while matching with our core values related to sustainability.

As luck or fate would have it, Winnipeg is home to just such a company. When FortWhyte approached Diversity Foods about the potential for a partnership, it seemed like a match made in heaven. Diversity is a social enterprise that has been operating all on-site food services at the University of Winnipeg for the last 5 years, including Elements: The restaurant on Portage Ave. They were founded by, among others, Chef Ben Kramer, well-known in local food circles for his commitment to procuring, wherever possible, local, organic and sustainably produced food to be used in creative and delicious menus. Diversity's core values mirror the same cornerstones of sustainability demonstrated in FortWhyte's own mission and mandate. The way they do business is the way we want business done in the Buffalo Stone Café – delicious locally sourced food made from scratch, by employees who care about their customers, the planet and each other.

FortWhyte is excited and proud to welcome Diversity as the exclusive provider of food services and catering at FWA.

Introducing... Chef Kelly Cattani!

For over a decade, Chef Kelly Cattani has been honing her craft in some of Winnipeg's finest kitchens. Most recently, she was the Chef-de-Cuisine of Diversity Food Services at the University of Winnipeg, overseeing both the on-campus and catering operations. Now, she will call the Buffalo Stone Café at FortWhyte Alive home – and we at FortWhyte could not be more happy to welcome such an accomplished Chef.

A graduate of Red River College's School of Hospitality and Culinary Arts, Chef Cattani is a founding member of the Winnipeg chapter of the Canadian Culinary Federation's Junior Chefs, and was a leading organizer of Manitoba's Centrex Iron Chef competition. She has represented Manitoba in two national culinary competitions in addition to starring on the televised show *The Next Great Chef*.

Chef Cattani was one of the few chefs invited to participate in the Raw:Almond Pop-up restaurant on the Red River last winter. She has managed catering from small scale to large including helping to orchestrate the feeding of 5,000 volunteers at the Winnipeg Folk Festival.

Passionate about authentic, fresh food, prepared creatively and with integrity, Cattani took top honours in last year's Gold Medal Plates competition and represented Manitoba at the national event in Kelowna, BC last February.



**Bring your herd to the Café
and SAVE!**

Present this coupon to receive

\$5 off

your Café purchase of \$15 or more.

Coupon expires December 31, 2014. Cannot be combined with any other offer. One coupon per order.

Applies only to Buffalo Stone Café purchases.
No cash value.





FortWhyte Alive
HUMAN. NATURE.

ADVENTURE

TRAVEL RAFFLE

ENTER TO WIN!

TICKETS: 3 FOR \$10

1ST PRIZE

South America: Amazon & Ecuador

2ND PRIZE

Iceland: Northern Lights

3RD PRIZE

Churchill: Summer Escape

Tickets available at FortWhyte Alive.
Call (204) 989-8355 for more info.

Draw Date: December 30, 2014

Raising Funds for a Non-Profit Group?

FortWhyte Alive's Adventure Travel Raffle is a risk-free, cost-free fundraiser, with 50/50 profit sharing!

Contact FortWhyte at (204) 989-8355 or email aoleksiuk@fortwhyte.org to learn more.

LICENCE NUMBER: MGCC-1690-RF



NEW Season Rental: The Bannock Bar!



Enhance your next corporate event at FortWhyte with our fully stocked Bannock Bar.

Perfect for your next group outing, enjoy a mix of toppings to create a truly custom bannock creation by the crackling fire. Try this unique twist on a campfire classic to make your event extra memorable!

\$7/PERSON, MINIMUM CHARGE OF \$100

Combine with a program or room rental and pay only \$5/person. Call (204) 989-8355 to book.

Living Links Trail Updates

As announced in the spring issue of Life, work is underway on FortWhyte Alive's trail revitalization project, "Living Links." As we continue to develop interpretive nodes to be unveiled in early 2015, new areas for personal reflection and meditation have already been established on site. Make sure you check out the Reflection Area, Wildlife Viewing Blind, and Bird Feeding Station with improved accessibility next time you visit FortWhyte Alive.

Reflection Area:

Do you come to FortWhyte to enjoy tranquility and get away from the hustle and bustle of the city? If so, you'll want to visit the beautiful Reflection Area that has been set aside in our north forest. This serene, natural space is the perfect area to reflect on life and feel close to nature. Located in our north aspen forest, the Reflection Area clearing is about 12m in diameter. Seating is provided, and at each cardinal direction, you'll find plants linked to each season and direction.

- **North:** Winter – Flowering dogwoods with yellow and red bark
- **East:** Spring – Wild plum and cherry
- **South:** Summer – Prairie lily
- **West:** Fall – Sumac

Wildlife Viewing Blind:

Birders and nature photographers will love the new Robert Taylor Memorial Wildlife Viewing Blind. This unique trail feature is



located at a secluded spot off the Waterfowl Garden Trail, and provides great opportunities for birding and other wildlife viewing. The structure is built out of reclaimed wood from a torn down Manitoba barn, and when inside, you are well camouflaged and protected from outdoor elements.

Better Access to Bird Feeding Station:

FortWhyte Alive is committed to ensuring its facilities are accessible for everyone. As part of this mission, FortWhyte has resurfaced a section of the Jansson Forest Song Trail with limestone. This will allow it to be plowed during the winter, providing year-round wheelchair access to our Bird Feeding Station.



Email your wildlife shots to info@fortwhyte.org, and your FortWhyte Alive photo could be chosen for the cover of the next Life!

The adorable-yet-ferocious Marten is one of the most active members of the weasel family. Martens are very similar in size to a small cat, but have shorter legs, a more slender body, a bushy tail, and a pointed face. They are typically found living in mixed conifer/hardwood forests and woodlands across Canada and northern United States.

The marten is often described as a tree dwelling predator, but this is inaccurate. The misconception likely arose from the

fact that most martens have been seen by humans in trees, which is where they typically climb to escape predators or intruders.

Martens are agile climbers but take almost all their prey on the ground.

Martens are opportunistic predators, influenced by local and seasonal abundance and availability of potential prey. They have an extremely varied diet; they will eat whatever they can catch. Mostly they feed on red-backed voles, deer mice, field voles, snowshoe hare, grouse, squirrels, and shrews.



ON THE COVER: Marten

photo by IAN CARTER

Tracks in the Snow

by **BARRET MILLER,**
SPECIAL PROGRAMS INTERPRETER

Reading a good story has the ability to transport us to places and meet characters almost beyond imagination. The most dramatic, romantic, poignant, and engaging story I know is written fresh each night in the snow here at FortWhyte Alive!

Nature's scripts are written in tracks. Each track is a word – a footprint, a piece of scat, a bit of hair or feather – all have meaning. Trails of tracks string into sentences. Step back, look around, and the story can come alive.

The sun is just peaking over the frozen February horizon as I start my walk this morning. It snowed late in the afternoon yesterday; this morning, the low angle sun illuminates the fresh snow in shades of pink, purple, and orange. FortWhyte's wild residents have been busy overnight, and my walk is a chance to catch up on the news of the day.

A male coyote was watching the parking lot—and recently! A line of tracks comes out of the woods, up the hill between the water and building, then circles, and heads north. The dog-like prints show a trot as the animal came through the willows onto the ice, and a small yellow sprinkle on the snow tell me this was a male. The animal left with a bounding, long stride; I wonder if the coyote saw me drive in, or felt he should

leave to get some sleep. He may own this pond at night, but he recognized I'm part of the day shift.

Further down the trail, parallel lines run into the spruce on our little hill. In the very bottom of these lines, there are heart-shaped prints, the point of the heart toward the trees. A deer, dragging its feet with fatigue, came by this way just after the snow stopped falling last night. The thick spruce growth gave it refuge from the wind, and the elevation of the hill meant the deer could spot and respond to any danger (like the coyote on the pond) in good time. Energetic deer walk with a prance, and leave clear, distinct footprints. As the winter sun smolders towards night, the deer tire and aren't as conscientious about lifting the legs. I call the result "railroad tracks".

The sun is getting higher, it's almost time to get ready for school programs. I briefly stop by the big oak tree, where there is a trace of rabbit and a spot of blood. What happened here? I look up, and see a branch plastered with white guano, fur stuck to the rough bark. This sentence is a bit smudged, but I can make out enough words to understand that a bird, probably an owl, picked off an unsuspecting rabbit and had a feast high in the tree.

The best way to learn a language is immersion – go for a walk in the woods with the intent of tracking and you'll be amazed at what you read!

NATURE NOTES



Coyote Tracks



Deer Tracks



Rabbit Tracks



Presenting... the new *fortwhyte.org*!

Our new website features a fresh new look, more user-friendly navigation, and is up-to-date with the very latest news and information from FortWhyte Alive.

Check out some of the great new features fortwhyte.org has to offer:

- Our “Hot on the Trail” blog features weekly wildlife updates from FortWhyte’s trails.
- The Events Calendar allows you to add FortWhyte’s public programming events to your own personal calendar application. Finding out what’s going on at FWA has never been easier!
- Tickets for FortWhyte Alive and Buffalo Stone Café Fundraising Events can now be purchased right from our website.

Visit and explore our new site – we hope you find it informative and easy to use. We’d love to hear your feedback; send us your comments to info@fortwhyte.org!

VOLUNTEERS

VOLUNTEER SPOTLIGHT: Al Ross

by SHARYL EAGLESHAM, VOLUNTEER RESOURCES MANAGER

Al Ross spent a year catching up on all his jobs around the house after being employed for 22 years at Bristol Aerospace as a Process Planner. It was then that he realized a need for something new to do because he was retired from work, not life. A Metro One ad for a School Program Leader at FortWhyte caught his eye. He had no experience with public speaking, but loved the outdoors and enjoyed working with youth. After some training and shadowing, he soon fit comfortably into the new volunteer role of School Program Leader.

After 22 years of volunteering and leading over 700 school programs, Al still enjoys seeing the children’s excitement as they stop and watch a caterpillar inch across the path. His favorite school programs are “Getting Ready for Winter” and “People of the Prairies.” Al gets satisfaction from sharing his experience and helping the children learn the different ways that plants and animals cope with changing seasons. He has continued to learn about the connection between the people of Manitoba’s past and the prairie

ecosystem during yearly update training with the education staff. Volunteers then share ideas and teaching techniques with each other and with new volunteers that shadow their programs. Al Ross is a calm, natural leader, ready with a good story and big smile. “Make everything a game,” Al says, “especially if you want the group to be quiet at the bird feeding station.”

“If you are thinking of volunteering at FortWhyte,” Al says, “Go for it! It’s wonderful to feel appreciated by the staff and you always have good resources to

provide assistance for unforeseen questions or concerns.”

I Volunteer...

*Because I’m retired from work, not life.
Because I have experience to share.
Because I like learning.
Because the exercise is good for me.
Because I’m appreciated!
...and because it’s fun!*

FWA Volunteer Program Sponsor: 



FACES OF FORTWHYTE:

Ian Carter

SITE SUPERINTENDENT, FORTWHYTE ALIVE

Ian started working at FortWhyte Alive nearly seven years ago, fulfilling his quest for interesting and diverse outdoor employment. He brought with him a lifelong love and knowledge of nature. Originally hired as seasonal maintenance staff for the summer, Ian quickly transitioned to working on the farm and in the café over the winters. He is now working full time as FWA's Site Superintendent.

Q. What's the best part of working at FWA?

A. I love to spend time outside and working with my hands so FWA has been a perfect fit. Being at FWA enables me to have direct interaction with nature and inspires my photographic and carpentry interests. I have had the privilege of designing and building special projects such as the insect display case and bannock bar for FWA. Working here gives me the opportunity to express my creativity in many different ways. Some of my photography is sold in the Nature Shop, in frames I made from reclaimed barnboard.

Logs and branches scavenged from pruning trails produce reindeer decorations.

Q. What question do you get asked the most while at work?

A. Rarely a day goes by that I don't hear, "Can I have a ride?" I cover a lot of ground each day in the Gator and it seems everyone wants to go for a drive!

Q. What's your average day like?

A. Every day is a little different, some more interesting than others. I never really know what to expect. One day I could be cleaning out wood duck boxes, and the next, setting up a tipi. The changing seasons bring changing dimensions to my work schedule. The springtime is always busy tidying up from winter and prepping for all the upcoming visitors and activities. With summer comes lots of grass cutting and poison ivy to watch out for. Fall brings the geese, which I spend a fair bit of time cleaning up after...

Q. What's the strangest thing you've seen at FortWhyte?

A. One year in the fall, I was taking my rubber boots off a shelf in the garage but they seemed heavier than normal. Turns out a squirrel had been using them as a winter cache. One boot was full of peanuts, and the other acorns!



Green Gift Guide

Give the gift of sustainability this holiday season!

FortWhyte's Nature Shop carries a wide variety of bird feeders, bird seed and bird books, giftware, locally made food products (like jams, honey, and wild rice), handmade pottery, candles, and jewellery.

By purchasing your gifts at the Nature Shop, you are not only supporting local artisans – proceeds from the shop also benefit Environmental Education programs at FortWhyte Alive.

Check out some of the sustainable gifts that are available at the Nature Shop:

1. Go Natural Goat's Milk Soap
2. Sweet Impressions Nut-Free Chocolate Bison
3. Murray Watson Carvings
4. Saturday Morning Mugs by Deb Brown
5. Reddline Jewellery
6. Ian Carter Creations Photo with Barnwood Frame

NATURE SHOP



1

4

5



2



3



6





DEVELOPMENT

FortWhyte Farms Gives a Big Thanks to The Co-operators!



The Co-operators is a co-op insurance company that was established in 1945 by a group of Canadians that had experienced significant losses from the Great Depression. The company was launched so a small group of farmers could take care of themselves and their communities. It has now grown into a thriving business with over one million clients across the country.

The Co-operators' commitment to community and its prairie heritage continues today. It is therefore not surprising that they came on board as one of FortWhyte Farms' most significant supporters in 2014, with a donation of a \$20,000 in support of our youth leadership programming.

We are so grateful to receive this generous support, especially when it comes from a company that found its start in supporting prairie farmers.

On behalf of FortWhyte Farms staff, volunteers, and youth participants, thank you for your support!



FortWhyte
FARMS

Winter Workshops at the Farm

True To Type

USC Canada representative Kenton Lobe will speak about the importance of seed biodiversity and ways we can strengthen food security, communities and ecosystems by growing and eating these diverse crops.

Thursday, January 8 2 – 3:30 pm

Free Admission. Register at (204) 989-8355.
Taking place at FortWhyte Farms

Planning Your Summer Garden

Let FortWhyte Farms staff help you design your summer garden to get the most of your space.

Thursday, January 15 2 – 3:30 pm

Fee: \$5. Register at (204) 989-8355
Taking place at FortWhyte Farms

FortWhyte Farms Harvest Supper

by **JANNA BARKMAN**, FARM PROGRAM COORDINATOR

Sitting down to eat together is both a symbolic and a utilitarian tradition that humans share, transcending culture, language, and geography. At FortWhyte Farms, we noticed that so many hands went into the planning, planting, growing, feeding, harvesting, preserving and preparing the food here, yet these hands did not always have an opportunity to come together to celebrate and experience the products of their labour.

Hence, the inaugural Harvest Supper was held on September 23rd at the Farm, and featured fresh food harvested from our fields. The meal was catered by Diversity Food Services, and staged among the crops, lakes, flocks of geese, and of course, the Tamworth pigs. The menu included FortWhyte Farms' free run chickens roasted with fresh herbs, wilted kale and swiss chard with fresh lemon and local hempseeds, cabbage, celery and radish slaw with apple vinaigrette, and apple and raspberry crumble for dessert.

It was a warm – albeit windy – autumn evening, and included farm tours, live entertainment by Manitoba musicians Bud Gordon and the God Awful Gospel, as well as a bonfire and bannock bar along the lake.

The supper was indeed a celebration of food, of the tremendous work put into the

“Food is our common ground, a universal experience.”

— James Beard

season, and of the simultaneous growth of food and community that is seen every day at the Farm. In attendance was FWA staff, 12 youth interns who were employed throughout the summer, Farm volunteers, CSA members, program funders, and community supporters.

Funds raised at the Harvest Supper were used to purchase a commercial dishwasher for the Farm, which will allow the kitchen to meet public health requirements to sell food and products outside of the Farm. This is extremely exciting, not just as a business venture, but as an opportunity for youth in the program to learn more about preparing and preserving healthy foods, to provide experiences for interns to learn about food procurement and entrepreneurship, and to share the food and Farm philosophy beyond the FortWhyte community.

FortWhyte Farms would like to thank volunteers Louise Evans, Victor Bock, Amy Passmore, Joanne Rex, and Glenn Souva, as well as Cramptons, Diversity Foods, CBC Radio One, and CTV Morning Live for their support!



Winter Warmer

Come for a Farm Tour and learn about what FortWhyte Farms is planning this year! You will see our pastured pig operation, rabbitry, learn about the passive solar greenhouse and see what's cookin' in the FortWhyte Farms' Kitchens. This is a great way to get to know farm staff, what programs we offer, and see how you can volunteer.

Thursday, January 22 2 – 3:30 pm

Free Admission. Register at (204) 989-8355
Taking place at FortWhyte Farms

Movie Night in the Greenhouse

Get out of your house and warm up in a balmy atmosphere, surrounded by newly sprouting seeds and earthy soil. Enjoy popcorn and a warm bevy while we cozy up in FortWhyte Farms' passive solar greenhouse on a starry night, watching movies!

Thursday, January 29 6 – 8 pm

Fee: \$5. Register at (204) 989-8355
Taking place at FortWhyte Farms

PUBLIC PROGRAMMING

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Monday – Friday:
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Saturday, Sunday & Holidays:
10 am – 5 pm

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CHRISTMAS

December 25: CLOSED

BOXING DAY & NEW YEAR'S DAY

December 26 & January 1:
10 am – 5 pm



REGISTRATION

Registration is required for FortWhyte Alive public programs.

Please call (204) 989-8355 or email info@fortwhyte.org

DECEMBER / JANUARY / FEBRUARY ACTIVITIES & WORKSHOPS

Winter Rentals

Snowshoes (per pair):

\$3, Members: FREE

Nordic Walking Poles:

\$2, Members: FREE

Ice Fishing: \$2, Members: FREE

Ice Fishing Kit: \$5

Holiday Shopping Event

Give a gift inspired by nature. Join us for a more relaxed shopping experience complete with refreshments, draws, free gift wrapping and savings.

Saturday & Sunday, December 6, 7

Members save 20%, Guests save 10%
Excludes sale and consignment items

Father Christmas in the Forest

Father Christmas will be at FortWhyte to hear your holiday wishes. Bring your own camera to snap a family shot!

Sunday, December 7 11 am – 3 pm

Fee: \$7, Members: \$5

Pine Cone Reindeer Ornament

Create your very own Rudolf to hang on the tree.

Sunday, December 7 11 am – 3 pm

FREE with regular admission

Breakfast with Santa

Share your Christmas wishes in person when Santa visits the Buffalo Stone Café.

Saturday, December 13 10 am – 1 pm

Adults: \$15, Children under 12: \$8 (plus tax)
Members: 15% off

DECEMBER

View FortWhyte's online events calendar at www.fortwhyte.org/events/calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Holiday Shopping Event Nordic Walking
	1	2	3	4	5	6
Holiday Shopping Event Father Christmas in the Forest Pine Cone Ornament Sod House Pioneers Guided 2 O'clock Walk	7	8	9	10	11	12
13						Nordic Walking Breakfast with Santa
Sod House Pioneers Naturescape: Christmas Bird Count for Kids Guided 2 O'clock Walk	14	15	16	17	18	19
20						Nordic Walking
Sod House Pioneers Guided 2 O'clock Walk	21	22	23	24	25	26
	Winter Day Camp: Wilderness Adventure Camp	Winter Day Camp: Hunger Camp	Christmas Eve: Open 9 am - 1 pm	Christmas Day: Closed	Boxing Day: Open 10 am - 5 pm Snowshoe Orienteering Marshmallow Roast	27
28	29	30	31			
Sod House Pioneers Guided 2 O'clock Walk	Winter Day Camp: Voyageur Ventures Frosty Family Fun Days: Jam Pail Curling	Winter Day Camp: Green Science & Fun-gineering Frosty Family Fun Days: Snowshoe	Christmas Eve: Open 9 am - 1 pm	Christmas Day	Boxing Day	
			New Year's Eve			

View FortWhyte's online events calendar at www.fortwhyte.org/events/calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				New Year's Day: Open 10 am - 5 pm New Year's Day Sleigh Rides New Year's Day 1	Winter Day Camp: Arctic Animals Frosty Family Fun Days: Voyageur Games 2	Snowshoe Saturday Nordic Walking 3
Sod House Pioneers Mitten Craft Guided 2 O'clock Walk 4	5	6	7	True To Type 8	9	Snow Trek 10
Sod House Pioneers Biography of a Bat Guided 2 O'clock Walk 11	12	13	14	Planning Your Summer Garden 15	16	Snowshoe Saturday Nordic Walking 17
Sod House Pioneers Naturescape: Winter Birds Suet Feeder Craft Guided 2 O'clock Walk 18	19	20	21	Winter Warmer 22	23	Snowshoe Saturday Nordic Walking Learn to Cross-Country Ski Learn to Fish Ice Clinic 24
Sod House Pioneers Storytime and Bannock Guided 2 O'clock Walk 25	26	27	28	Movie Night in the Greenhouse 29	30	Snowshoe Saturday Nordic Walking Learn to Fish Ice Clinic 31

Naturescape: Christmas Bird Count for Kids



Become a citizen scientist and come out to count the birds at FortWhyte. The information gathered will help researchers learn more about birds and how to protect them.

Sunday, December 14 1 – 3 pm

FREE with regular admission

Winter Day Camp!

Theme days:

December 22: Wilderness Adventure Camp

December 23: Survival Camp

December 29: Voyageur Ventures

December 30: Green Science & Fun-gineering

January 2: Arctic Animals

Non-Members: \$40/day, Members: \$35/day

For children ages 6-11 at the time of camp.

Registration for Winter Camp opens December 1, 2014, at noon. Please visit www.fortwhyte.org/day-camp/winter for more information.

Snowshoe Orienteering

Work off the holiday feasts and tackle our Orienteering Course on snowshoes. Complete the course and get a prize!

Friday, December 26 12 – 3 pm

FREE with regular admission

Snowshoe Rental: \$3, Members: FREE

Marshmallow Roast

Get toasty by roasting marshmallows over the fire!

Friday, December 26

12 – 3 pm

FREE with regular admission



Frosty Family Fun Days!

December 27, 29, 30, January 2 1 - 3 pm
FREE with regular admission

Saturday, December 27: Scavenger Hunt

Search our forest to complete a winter scavenger hunt, then warm up by the fire and roast marshmallows.

Monday, December 29: Jam Pail Curling

Jam pail curling on the rink! Bring your extended family and play an end or two.

Tuesday, December 30: Snowshoe

Come for a snowshoe. Rentals are free with admission today. After you hang up your 'shoes, cook some bannock over the fire.

Friday, January 2: Voyageur Games

Play a round of voyageur games, then come and try maple taffy on snow at the sod house.

DECEMBER / JANUARY / FEBRUARY ACTIVITIES & WORKSHOPS

New Year's Day Sleigh Rides

Ring in the New Year with a horse-drawn sleigh ride through our winter wonderland. Warm up with hot chocolate after your ride.

Thursday, January 1 12 – 3 pm

Adults \$15, Children \$5, Members 25% off

Mitten Craft

Make a pair of mittens to hang in your window.

Sunday, January 4 1 pm

FREE with regular admission

True To Type

Thursday, January 8 2 – 3:30 pm

 [View FortWhyte Farms event details on Page 10](#)

6th Annual Snow Trek



Get in motion at Snow Trek!

Try x-country skiing with free equipment rentals and instruction all afternoon. Join a guided snowshoe hike through our forests, and bring along your skates for a spin on the rink. Cap off your day with a cup of hot chocolate and marshmallows by the fire.

Saturday, January 10 11 am – 4 pm

FREE admission all day!

Naturescape: Biography of a Bat

U of W Professor Dr. Craig Willis will share his bat wisdom. He'll cover bat biology and behaviour, as well as which species can be found in Manitoba, and the threats facing bats.

Sunday, January 11 1 pm



FREE with regular admission

Planning Your Summer Garden

Thursday, January 15 2 – 3:30 pm

 [View FortWhyte Farms event details on Page 10](#)

Naturescape: Winter Birds

Learn which birds brave the cold and which ones get out of town. Take a closer look on a walk to the bird feeding station.

Sunday, January 18 1 pm



FREE with regular admission

Suet Feeder Craft

Build a creative bird feeder that you can fill with suet for the woodpeckers, nuthatches and blue jays to enjoy.

Sunday, January 18 2 pm

FREE with regular admission

Winter Warmer

Thursday, January 22 2 – 3:30 pm

 [View FortWhyte Farms event details on Page 11](#)

Learn to Cross-Country Ski

Are you new to skiing or looking to improve your technique? CANSI-certified instructor Katrina Froese will cover the basics of kick and glide, and leave you with tips and tricks to improve your balance, your endurance and most of all, your enjoyment.

Saturdays, January 24 & February 21

10:30 am, 1 pm

Open to ages 8 and up. Members: \$10, Non-members: \$20 (includes admission). Rentals: \$5 Members, \$10 Non-members. Register for lessons/rentals at (204) 989-8355

Learn to Fish Ice Clinic

Join experts from Cabela's for a beginner lesson in the sport of ice fishing.

Saturday, January 24 & 31 10:30 am

Registration for this program can be done through the Leisure Guide or by calling 311.

Storytime and Bannock

Sunday, January 25 1 pm

FREE with regular admission

Movie Night in the Greenhouse

Thursday, January 29 6 – 8 pm

 [View FortWhyte Farms event details on Page 11](#)

Nature Shop: Valentine's Day Draw

Make a Nature Shop purchase of \$10 or more and be entered to win a Valentine's Gift Basket valued at \$100.

Enter to win: February 1 - 14

Warm up to Winter Wednesdays

Ever get the winter blues? Our series of winter experiences will leave you feeling rejuvenated and ready for whatever winter throws at you!

February 4: Ski Lessons with Katrina

February 11: S'mores & Snowshoes

February 18: Yoga by the Fire with Janna

February 25: Wilderness Survival Skills & Bannock Roast

Wednesdays in February 6:30 – 8 pm

Members: \$40, Non-members \$55

Register for all four sessions by calling (204) 989-8355

Snowy Owl Craft

Make a snowy owl out of a pinecone.

Sunday, February 1 1 pm

FREE with regular admission

Road Ready Workshop

Manitoba can be a tough place to drive in the winter. Road Ready will equip you to prepare yourself and your vehicle for winter driving. Participants get a CAA Manitoba car kit, as well as extras, to keep safe during winter travels.

Sunday, February 8 1 – 3 pm

Fee: \$5. Call (204) 989-8355 to pre-register.

French Public Walk

Parlez-vous français? Explorer le sentier nord avec un interprète bilingue. Suivant votre marche, goûter le bannock et le cidre.

Dimanche, le 8 février 14:00

FREE with regular admission

Naturescape: Great Backyard Bird Count



Become a citizen scientist! This Bird Count is an annual four-day event that helps researchers track where birds are flying.

Friday – Sunday, February 13 – 15 All Day

FREE with regular admission

Valentine's Day Sleigh Rides

Enjoy a horse-drawn sleigh ride with your sweetheart. Warm up with hot chocolate after your ride.

Saturday, February 14 12 – 3 pm

Adults \$15, Children \$5, Members 25% off

WEEKENDS AT FWA

Valentine's Dinner at Café

Celebrate Valentine's Day with a romantic dinner, in the beautiful setting of FortWhyte Alive. The Café will be creating a special three-course meal for you and yours. Dinner includes a complimentary glass of Prosecco; beer and wine will be available for purchase.

Saturday, February 14

Cost: \$100/couple. Call (204) 989-8355 to reserve

Heather Hinam's Animal Attraction

Dr. Heather Hinam will share a special presentation on how wildlife celebrate Valentine's Day. Adults only!

Saturday, February 14 8 pm

FREE with regular admission

Naturescape: Start your own Native Seeds



Kelly from Prairie Originals will give you the 101 on planting native seeds. She'll cover seed treatments, when to plant, how to water, lighting needs, and how/when to move your plants outdoors. Participants will plant and take home a 32-plug tray with a variety of seeds.

Sunday, February 15 1 – 2:30 pm

Naturescape Members: \$15,

Members: \$17.50, Non-members: \$20

Louis Riel Day Festivities

Try out our Voyageur games and build your balance, aim and strength. Enjoy bannock and choose from a selection of toppings at the FortWhyte Bannock Bar!

Monday, February 16 1 – 3 pm

FREE with regular admission

Hypothermic Half Marathon

Brave the cold and run in our annual Hypothermic Half! This frosty 13.1 mile (21km) course starts and ends at FortWhyte, where participants are invited to enjoy a delicious post-race brunch from the Buffalo Stone Café. Proceeds from the race benefit environmental education programs.

Sunday, February 22 7 am

Presented by Running Room. Details at

www.fortwhyte.org/event/hypothermic-half.



Snowshoe Saturdays

Explore FortWhyte by snowshoe with a guided group.

Starting Saturday, January 3 10 – 11:30 am

FREE with regular admission, snowshoe rental \$3

Nordic Walking

Nordic walking builds your endurance and cardiovascular health, while being kind to your knees and joints.

Every Saturday 10 – 11:30 am

FREE with regular admission, pole rental \$2

Sod House Pioneers

Take a step into the past with our pioneers in the sod house.

Every Sunday 12 – 4 pm

FREE with regular admission

Guided 2 O'clock Walk

Take a guided hike and learn about FortWhyte from one of our volunteers.

Every Sunday 2 pm

FREE with regular admission

View FortWhyte's online events calendar at www.fortwhyte.org/events/calendar

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sod House Pioneers Snowy Owl Craft Guided 2 O'clock Walk 1	2	3	Warm up to Winter: Ski Lessons 4	5	6	Snowshoe Saturday Nordic Walking 7
Sod House Pioneers Road Ready Workshop Guided 2 O'clock Walk French Public Walk 8	9	10	Warm up to Winter: S'mores & Snowshoes 11	12	13	Great Backyard Bird Count Great Backyard Bird Count Snowshoe Saturday Nordic Walking Valentines Day Sleigh Rides Valentine's Dinner Animal Attraction 14
Great Backyard Bird Count Sod House Pioneers Naturescape: Start your own Native Seeds Guided 2 O'clock Walk 15	Louis Riel Day 16	17	Warm up to Winter: Yoga by the Fire 18	19	20	Snowshoe Saturday Nordic Walking Learn to Cross-Country Ski 21
Hypothermic Half Marathon Sod House Pioneers Guided 2 O'clock Walk 22	23	24	Warm up to Winter: Wilderness Survival 25	26	27	Snowshoe Saturday Nordic Walking 28



FortWhyte Alive
HUMAN. NATURE.

A sustainable future is in your hands.

Your support makes a difference.

FortWhyte Alive is proud to be more than 80% privately funded. In 2014, individuals like you accounted for 22% of our total donations. Last year, our End-of-Year Campaign raised approximately \$50,000, and this year we hope to surpass that number. FortWhyte Alive continues to count on you to strive.

This holiday season, give a gift that supports Environmental Education, Greenspace and Wildlife Habitat, and Social Enterprise Programs at FortWhyte.

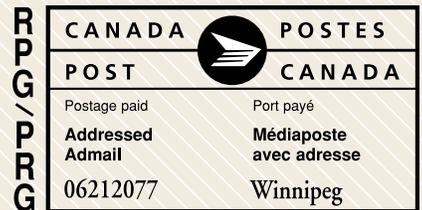
To make a donation, please call (204) 989-8355 ext. 205, or visit www.fortwhyte.org/donate

PHOTO BY IAN CARTER



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Changing how you see our world. Making a world of difference.

FortWhyte Alive is a privately operated, not-for-profit project of The Fort Whyte Foundation Inc. Registered Charitable No: 11929 8123 RR0001

FortWhyte Alive is dedicated to providing programming, natural settings and facilities for environmental education, outdoor recreation and social enterprise. In so doing, FortWhyte promotes awareness and understanding of the natural world and actions leading to sustainable living.