



FortWhyte Alive  
HUMAN. NATURE.

Connecting humans with nature.

# Life

*Spring 2017*  
Programming Guide

fortwhyte.org 1961 McCREARY ROAD, WINNIPEG, MB

   /FORTWHYTEALIVE

# MARCH

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● Program / Event Dates ○ Holiday Hours / Closures

## Spring Hours of Operation

Monday – Friday: 9 am–5 pm

Saturday, Sunday & Holidays: 10 am–5 pm

## How to Register

Registration is required for FortWhyte Alive programs. Sign up by calling (204) 989-8355, or by visiting [fortwhyte.org/events](http://fortwhyte.org/events).

## Seasonal Rentals

### FREE FOR MEMBERS

(Non-Member price: \$3 per rental)

Nordic Walking Poles  
Binoculars  
Self-Guided Family Adventure Bags  
Fishing

### 15% OFF FOR MEMBERS

(Non-Member prices as listed)

Little Buggies: \$5 for 1 hour, \$10 per day  
Fishing Equipment: \$6

### PRICES AS LISTED

Fire Pit: \$15 for 2 hours (call to reserve)

## Wine + Skis

Pair a moon-lit cross-country ski on FortWhyte's groomed trails with creative combinations of wine and cheese from our friends at The Winehouse and Bothwell Cheese! Olympia Cycle & Ski will be offering a \$5 discount on rentals at their shop (with proof of ticket purchase). Not into skiing? Join in on our guided snowshoe instead! Snowshoes will be available to borrow free of charge. This casual culinary event is perfect for wine enthusiasts of all levels. A cash bar will also be available. 18+.

**Friday, March 3** 7 pm

\$40, visit [fortwhyte.org/wineandskis](http://fortwhyte.org/wineandskis) for tickets

## Footprint Challenge

Borrow an identification guide and see how many teeny-tiny footprints you can find and identify!

**Saturday, March 4** 10 am–4 pm

FREE with regular admission

## French Public Walk

Parlez-vous français? Explorer nos sentiers avec un interprète bilingue.

**samedi 4 mars, 1 avril et 6 mai** 14h00

FREE with regular admission

## Astronomy Dinner

Join the Royal Astronomical Society of Canada to unlock the secrets and the science of the sun. Enjoy a delicious buffet dinner, thoughtfully prepared by the Buffalo Stone Café, followed by a chance to glimpse the wonders of the night sky. Alcohol available for purchase.

**Saturday, March 4** 6 pm

\$42 per person (plus taxes & gratuities)

By reservation only, please call (204) 989-8355 x 215

## Weekend Crafts

Join us for some late winter FUN as we craft our Sunday away.

**Sundays, March 5, 19, April 2, 16, 30 & May 14** 1–3 pm

FREE with regular admission, while supplies last

## 17th Annual Ice Bike hosted by Woodcock Cycle

FortWhyte will play host to this popular winter cycling event! The course features everything a cyclist might come across in Winnipeg—snow, ice, gravel, pavement—and the ever-elusive yeti.

**Sunday, March 5**

Register online at [wcvraces.com](http://wcvraces.com)

## Cabin Yoga

Ash Bourgeois of Wild Path leads this unique experience combining nature, yoga and meditation. Designed for all levels to build a deeper connection with nature, create a space to relax, to calm the mind and practice self-care.

**Sundays, March 5 & 26, April 2 & 16**

10:30 am–12 pm

\$25, \$22 for Members

## Scavenger Hunt

Explore the fascinating natural world and see how many wonders you can find!

**Saturdays, March 11, April 1 & 22**

10 am–4 pm

FREE with regular admission

## St.Patrick's Day Storytelling

Join us in the Sod House for a special Irish-themed story. Round out yer whale of a time by roasting some marshmallows around a warm bonfire.

**Sunday, March 12** 1 pm

FREE with regular admission

## Naturescape: Wondrous Wood Ducks

Site Manager and resident wood duck expert, Ken Cudmore, will tell tales from his 25 years of experience with FWA's wood duck program. Learn about this charismatic bird and how you can become a wood duck watcher.

**Sunday, March 12** 1–2 pm

FREE with regular admission

## Cabin Concert: Ben Linnick & Chris Froome

Listen to an acoustic concert at our beautiful and intimate lakeside field station venue. Enjoy drinks and marshmallows fireside during intermission.

**Thursday, March 16** 7 pm

\$15, \$12 for Members

## FortWhyte Science Club: Discover the Earth!

Explore the earth and its interior, movable, and invisible parts during this fun series for youth aged 10–16. Throughout a series of experiments, participants will create 3D models visualizing the earth and its processes. This program will be offered in French the same afternoon at 1pm.

**Saturdays, March 18, April 1, 15, 29, & May 13** 10 am – 12 pm, 1 – 3 pm (en français)

\$8, \$5 for Members (per session), fee includes admission

## Sprout into Spring

Sprouts are a great way to eat local and fresh before the growing season is underway. FortWhyte Farms will give you the knowledge and recycled materials to build your own little sprout farm, and show you ways to use sprouts in your everyday cooking.

**Sunday, March 19** 1 – 3 pm

\$25, \$22 for Members

## Open Fire Brewing

Get fired up about brewing! The sod house will be home as we craft honey ale and a fur-trade era recipe with FortWhyte Interpreter Barret Miller. No experience necessary – we'll practice basic all-grain and malt extract brewing techniques transferrable to your modern kitchen at home. 18+.

**Saturday, March 25** 12 – 4 pm

\$40, \$35 for Members

## Story Reading and Marshmallows

There is nothing cozier than curling up by the fire with a good book! Join us for a fireside story and treat to make your spring day a little more magical.

**Saturdays, March 25, April 8 & May 27** 1 pm

FREE with regular admission

## Naturescape: Butterfly Gardening

Join Jane Zoutman, Master Gardener and dedicated FortWhyte volunteer, as she gives you the 101 on butterfly gardening. Learn about which plants attract which insects and how to identify Manitoba's most common butterflies.

**Saturday, March 25** 1 – 2 pm

FREE with regular admission

# EARTH DAY AT FWA!

Join us for a full day of family fun, with live entertainment, environmental workshops and exciting outdoor activities. Celebrate the planet with lessons in sustainability, special programming at FortWhyte Farms, and free admission.

**SUNDAY, APRIL 23 | FREE ADMISSION ALL DAY**

## Making Maple Syrup & Growing Mushrooms

Ken Fosty will be here to teach you how to grow your own Shiitake mushrooms on oak logs, and create your own syrup by tapping maple/birch trees. Mushroom Grow Kits and Maple Taps will be available for sale following the presentation.

**Sunday, March 26** 1–2:15 pm

FREE with regular admission

## Niibaashkaa: Travels Through the Night

Join Andrea Redsky and Darren Townsley as they take you on a journey through the night sky. Under an indoor planetarium, Darren will guide you through the highlights of the night sky, while Andrea captivates you with the songs and stories of the stars interpreted by the Anishinabe.

Afterwards, enjoy a beverage outside around a fire while participating in songs and night sky viewing. Don't miss an unforgettable evening!

**Thursday, March 30** 8 – 10 pm

\$30, \$27 for Members

## Make your own Canoe Paddle

Eric Gyselman will guide participants through the process of handcrafting their own cedar canoe paddle! Raw material, tools and instruction will be provided—leave with your very own paddle.

**Sunday, April 2** 10am – 5pm

\$150, \$140 for Members

## Adventure Running Kids

This 6-week program for kids aged 7–12 builds stronger, faster and smarter runners with an appreciation for the environment. We'll combine trail running, navigation, cross country running, and obstacle running into a fun and muddy eco-adventure that also teaches problem-solving skills.

**Thursdays, April 6–May 10** 6:15 pm–7:15 pm

\$50, \$40 for Members

## Family Forest School

Families who are interested in spending time outdoors with the guidance of a Forest School facilitator will want to sign-up for Family Forest School! This 6-week program promotes community building among like-minded parents who are interested in connecting their children to nature.

**Saturdays, April 8–May 13** 10 am–12 pm

For children 0–12-years-old. \$90 for family of 2, \$120 for family of 3, \$150 for family of 4. Babies under 1 year: FREE

## Naturescape for Kids: Build a Birdhouse

Interested in attracting some feathered friends to your yard? Try your hand at building a wren house, one of our city's more common residents. All tools and materials provided.

**Sunday, April 9** 1–2 pm

\$12/birdhouse, \$10/birdhouse for Members

## Mead Making with BeeProject Apiaries

Mead, or honey wine, is a fun and traditional way to use and enjoy honey. Join us for a hands-on mead making workshop at FortWhyte Farms and learn the various aspects of the craft. 18+.

**Sunday, April 9** 1 pm

\$40, \$35 for Members

## Bannock, Archery & Atl Atl

Roast some bannock, learn how to use an Atl Atl, and see how well you would survive if you had to hunt for your food with a bow!

**Sunday, April 9** 1–3 pm

FREE with regular admission

## Birding and Breakfast

Witness the spring migration at FortWhyte! Join our experienced guides for an all-levels sunrise birding hike. Afterwards, compare checklists over a delicious breakfast in the Buffalo Stone Café.

**Wednesdays, April 19 – May 31** 7 am

**Fridays, May 5 – 26** 7 am

\$17, \$13 for Members. Includes breakfast (pre-registration is required). \$8 drop-in fee, breakfast not included. Register by phone at (204) 989-8355.

## Historica Canada Heritage Minute evening

Help us celebrate Canada's 150th birthday by viewing all 77 Heritage Minutes! Dress up as your favourite historical persona, grab a drink at our cash bar, and enjoy bannock roasted over the fire.

**Wednesdays, April 12** 7 pm

\$15, \$12 for Members. 18+.

## Easter Brunch

The Buffalo Stone Café invites you to enjoy delicious brunch featuring a ham carving station, Eggs Benedict, fresh baked goodies and salads, surrounding by the natural beauty of FortWhyte.

**Sunday, April 16** 9:30 am – 2 pm

\$32 (plus taxes & gratuities), Children under 12: \$15  
By reservation only, please call (204) 989-8355 ext 215

## Easter Egg Hunt

Our Easter bunnies are busy hiding eggs in the forests of FortWhyte! Collect eggs, then trade them in for a bag full of goodies.

**Sunday, April 16** 1 pm

FREE with admission

## Owning a Hobby Greenhouse

Ever wondered how to build and maintain a backyard greenhouse? The experts at FortWhyte Farms will share their experiences, innovative design and cost associated with growing your own plants to be self-sufficient and save money.

**Sunday, April 30** 1 – 3 pm

\$25, \$22 for Members

# APRIL

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## Regular Weekly Activities

### LEISURE WALK FOR OLDER ADULTS

Join the crew for conversation and casual exercise every Thursday this spring.

**Thursdays this Spring** 10 – 11 am

FREE with regular admission

### NORDIC WALKING

Nordic walking is a social, low-impact physical activity that builds endurance and cardio health. Join the group!

**Every Saturday** 10 – 11:30 am

FREE with regular admission

### SOD HOUSE PIONEERS

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

**Every Sunday** 12 – 4 pm

FREE with regular admission

### GUIDED 2 O'CLOCK WALK

Learn about FWA with one of our volunteer interpreters.

**First Sunday of the Month** 2 pm

FREE with regular admission

## Spring Break Day Camp

### NATURE DAY CAMP

**March 27 to March 31**

For ages 6 – 12

Members: \$45/day, Non-Members: \$50/day

### FARM DAY CAMP

**March 28 to March 31**

For ages 9 – 12

Members: \$45/day, Non-Members: \$50/day

Registration in person at FWA, or online at [fortwhyte.org/day-camp](http://fortwhyte.org/day-camp)



# MAY

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## Stay in Touch!

Visit [fortwhyte.org/events](http://fortwhyte.org/events)  
for our online calendar

Sign up for email updates  
at [fortwhyte.org](http://fortwhyte.org)

Follow us on social media  
for updates on our latest events



### Fly Fishing Workshop

Join the Manitoba Fly Fishers Association for a comprehensive full-day introduction to the wonderful world of wading. We'll cover strategy, casting technique, fish species, artificial flies and entomology. All equipment is provided.

**Saturday, May 6** 9 am – 5 pm

\$60, \$50 for Members of FWA or Manitoba MFFA

### Fit 4 Two Stroller Fitness

Get a full body work out while attending to your baby's needs! Each outdoor class includes intervals of power walking, functional strength training and cardio drills followed by postnatal-specific core work and flexibility. Come out and meet other moms in your community.

**Thursdays, May 4 – June 29**

11:30 am – 12:30 pm

\$110 for 8 classes (\$15 drop-in, GST inc)

\$100 for 8 classes (\$14 drop-in, GST inc) for Members

### Wood Carving Workshop with Murray Watson

Murray Watson will be on hand to guide you through the process of wood carving. Use knives and gouges to craft a small owl, and learn how to incorporate barbed wire into carvings. Bring your own tools, if available—we will have some tools available to lend for carving.

**Sunday, May 7** 9 am – 5 pm

\$90, \$80 for Members

Materials for the finished project will be supplied

### Get Sustainable: Film & Vermicomposting Demo

Join Green Action Centre as they host a screening of 'Dirt! The Movie'. Then, join FortWhyte's very own Sara McIvor-Prouty as she goes over the basics of vermicomposting (composting with worms). Visitors welcome to attend one or both parts of the program.

**Sunday, May 7** 1 – 3:30 pm

FREE with regular admission. *Nature's Perfect Plant Food* will have worm kits available for purchase!

### Orienteering Clinic

Join the Manitoba Orienteering Association for a one-day clinic and practice for the Eco-Adventure Race. MOA members will be on hand to help those new to orienteering. Seasoned veterans can race to achieve the fastest time.

**Sunday, May 7** 1 pm

\$5, register online at [orienteering.mb.ca](http://orienteering.mb.ca)  
FREE admission to FortWhyte for participants

### Wild Child

*Wild Child* is a unique opportunity for parents and caregivers to engage in authentic outdoor experiences while keeping in mind the needs of their little one. Each of our six sessions is designed with interpretive content for adults and hands-on activities with children.

**Tuesdays, May 9 – June 13** 10 – 11:30 am

\$99, \$85 for Members. Limited to one parent/caregiver with child aged 2–3. Advanced registration is required.

### Born to be Wild

This six-week session is infused with nature, culture and history. *Born to Be Wild* presents a unique opportunity for parents and caregivers to engage in authentic outdoor experiences while keeping in mind the needs of their little one. Each session is designed to combine a guided interpretive hike with unstructured time for the group to relax and build community – all in the great outdoors.

**Wednesdays, May 10 – June 16** 1 – 2:30 pm

\$99, \$85 for Members. Limited to one parent/caregiver with baby aged 0–1. All activities are designed for use of carrier or stroller, but carriers are recommended. Advanced registration is required.

### FortWhyte Farms Q&A: Pigs

Join us for this unique opportunity to meet our newest farm residents, rare breed Kune Kune pigs! Find out why these pigs are known for their reduced impact on the environment.

**Saturday, May 13** 11 am – 3 pm

FREE with regular admission

### Outdoor Yoga

Ash Bourgeois leads this unique outdoor experience combining nature, yoga and meditation overlooking Muir Lake. Designed for all levels to build a deeper connection with nature, create a space to relax, to calm the mind and practice self-care.

**Sunday, May 14** 10:30 am – 12 pm

\$25, \$22 for Members

### Mother's Day Brunch

Celebrate Mom with a scrumptious brunch at the Buffalo Stone Café. Moms will receive a complimentary Mimosa. After brunch, enjoy a gentle stroll on our trails, keeping a lookout for our goslings, ducklings and bison calves.

**Sunday, May 14** 9:30 am – 2 pm

\$39 (plus taxes & gratuities). Children under 12: \$18.  
By reservation only, please call (204) 989-8355 x 215

### Family Photo Challenge

"What should we do at FortWhyte this weekend?" Everything! Take part in a photo challenge, taking pictures at each stop, and you are guaranteed to have a memorable visit. Post your photos on Instagram under #fortwhytealivepc for the chance to win a family fun prize! The best picture will be regrammed on our Instagram account (@fortwhytealive).

**Saturday, May 20 & Sunday, May 21** 10 am – 4 pm

FREE with regular admission

### Free Fishing Weekend

Come try out fishing this weekend—on us! We will waive the fishing fee so that you and your buddies can have a great start to the summer fishing season.

**Saturday & Sunday, May 20 – 21** 10 am – 4:30 pm

FREE fishing with regular admission

Limited equipment rentals available – fees still apply

### MEC Paddlefest

Our annual celebration of the ultimate summer pastime. Take in the canoeing and kayaking workshops offered by Mountain Equipment Co-op or test your mettle in our Voyageur canoe. Spend some time on land baking bannock, playing voyageur games, and visiting the sod house pioneers.

**Sunday, May 28** 10 am – 3 pm

FREE ADMISSION ALL DAY! See [events.mec.ca](http://events.mec.ca) for details

### FortWhyte Farms Open House and Plant Sale

Visit FortWhyte Farms passive solar greenhouse and purchase heirloom and organically-grown veggie and herb transplants grown by youth. Learn about our new programs, vermicomposting, and visit our livestock, too! All proceeds go to support youth programs at the Farm.

**Sunday, May 28** 11 am – 3 pm

FREE admission to FortWhyte Farms

### Beekeeping Tours

See what all the buzz is about at FortWhyte Farms! We'll dress you in protective bee equipment and take you on a hands-on hive tour of the apiary to show you how bees pollinate our veggies and keep busy making honey all summer long. Space is limited, pre-registration required.

**Sunday, May 28**

Tours at 11:30 am, 12:30 or 1:30 pm

\$25, \$22 members. Kids welcome! 12 and under: \$15 per participant. Must attend with adult.