

FORTWHYTE ALIVE – FALL 2018

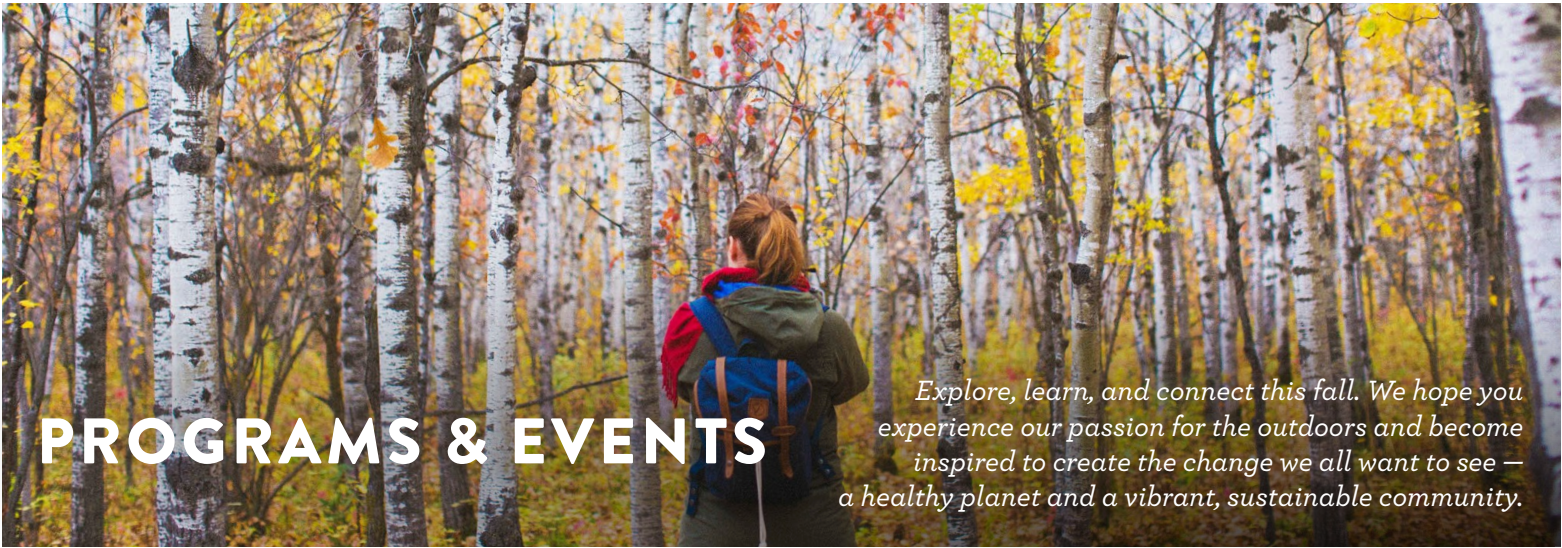
PROGRAM GUIDE

EXPLORE.
LEARN.
connect.

- + SUNSET GOOSE FLIGHTS
- + FRIGHTENING FIVER
- + ASTROPUB



FortWhyte Alive
HUMAN. NATURE.



PROGRAMS & EVENTS

Explore, learn, and connect this fall. We hope you experience our passion for the outdoors and become inspired to create the change we all want to see — a healthy planet and a vibrant, sustainable community.

HOW TO REGISTER

Save your spot for FortWhyte Alive programs and events at fortwhyte.org/events or call (204) 989-8355 x 311

OUR HOURS

Monday–Friday: 9 am–5 pm
Weekends: 10 am–5 pm
Fall Holidays: 10 am–5 pm
Remembrance Day: 1–5 pm

Sunset Goose Flights

September 19–October 21, open until dusk, Wednesday–Sunday

Trail gates are locked half an hour before closing

SEASONAL RENTALS

FREE FOR MEMBERS

Non-member price: \$3 per rental

- Nordic Walking Poles
- Binoculars
- Family Adventure Bags
- Fishing

15% OFF FOR MEMBERS

Non-member prices as listed

- Little Buggies: \$5/1hr or \$10/day
- Fishing Equipment: \$6
- Cruiser Bike: \$10/1hr or \$15/2hrs (group bike price available)

STAY IN TOUCH!

Never miss another great event! Sign up for our newsletter at fortwhyte.org or connect with us on social media.

@FORTWHYTEALIVE

STARTING IN

September

FREE FISHING WEEKEND

Savour summer with one last weekend out on the shore. Join us to fish for perch, pike, and walleye on the shores of our five beautiful lakes.

Saturday, Sunday & Monday, September 1–3 • 10 am–4:30 pm

Included with general admission, Free for FWA members. Rental rates still apply

SOUND SAFARI

Explore the outdoors, and connect the sounds and sights of nature.

Sunday, September 2, October 28 & November 11 • All Day

Included with general admission, Free for FWA members

FINAL LOLY LOOKOUT COOKOUT

Help us say farewell to summer, voyageur style! Venture over to Loly Lookout and enjoy games, canoe rides* and roasted treats.

Monday, September 3 • 1–3 pm

Included with general admission, Free for FWA members. *Weather permitting

BIRDING + BREAKFAST

Our experienced birding guides lead a sunrise hike for beginners and experts alike. Afterwards, enjoy a delicious breakfast* in the Buffalo Stone Café.

Wednesday, September 5 & 12 • 7 am

\$17 • \$13 for FWA Members
Drop-in: \$8—breakfast not included
*Register before noon the day before to secure breakfast

FIT 4 TWO: BABYWEARING HIKE

A baby-friendly cardiovascular, strength and flexibility workout through our scenic trails and lakes. Bring a soft structured carrier to wear your baby, and a yoga mat.

Thursday, September 13 & 27 • 11:15 am–12:30 pm

\$20 • \$15 for FWA Members

BISON SAFARI

Venture inside our bison prairie for an up-close encounter you've got to see to believe. Go on an adventure, and leave knowing more about how bison have shaped Canada's history.

**Thursdays in September • 1:30pm
22 Septembre • 14h30 EN FRANÇAIS!**

\$16 • \$12 for FWA Members
\$8 for children under 12

MARCHE GUIDÉE

Explorez FortWhyte guidé par un bénévole-interprète et découvrez son histoire. C'est une excellente façon de parcourir nos sept kilomètres de sentier tout en apprenant au sujet des du site.

Samedi, 8 septembre • 14h à 15h

Inclus avec l'entrée générale • Gratuit pour les membres de FWA

GUIDED DIPNETTING

Do you ever wonder what's living in the water? Head to the boardwalk trail to find all kinds of critters in the marsh, try to identify what you have found, and have an up-close look through our microscope.

Sunday, September 9 & Saturday, October 27 • 1–3 pm

Included with general admission, Free for FWA members

FAMILY ORIENTEERING ADVENTURE

Explore FortWhyte Alive using a map and landmarks. If your family completes the course and figures out the secret word, you win a prize!

Sunday, September 9, October 14 & Saturday, November 3 • All Day

Included with general admission, Free for FWA members

SCAVENGER HUNT

Explore the fascinating natural world with the help of a scavenger hunt sheet to see how many wonders you can find.

September 9, October 8 & 20 and November 11* • All Day

Included with general admission, Free for FWA members

*Hours of operation are 1–5 pm in observance of Remembrance Day

WILD CHILD

A six-week session infused with nature, culture and history. An opportunity to engage in authentic outdoor experiences with your little one.

Tuesdays, September 18–October 23 • 10–11:30 am

\$110 • \$95 for FWA Members

FAMILY FOREST IMMERSION

Our most vivid childhood memories are created outdoors. Let a FortWhyte Naturalist engage your family in inquiry-based, outdoor experiences that will awaken your senses.

Saturday, September 15–October 20 • 10:30 am–12:30 pm

\$90 for family of 2 • \$120 for family of 3 • \$150 for family of 4

INTRODUCTION TO BIRD PHOTOGRAPHY

Learn the basics with professional photographer Walter Potrebka. Learn about exposure, composition and focus, and head outside to snap some shots of migrating birds.

Saturday, September 15 • 1–4:30 pm

\$50 • \$40 for FWA Members

STORYTELLING BY THE FIRE

Spend some time with one of FortWhyte Alive's fabulous storytellers as they read stories around the fire. Marshmallows will be available for roasting, while supplies last.

Sunday, September 16, October 14 & November 18 • 1–2 pm

Included with general admission, Free for FWA members

BIRD BEAK BUSTLE

Is it easier to eat worms or spiders with your beak? Enjoy cracking sunflower seeds and catching (pretend) spiders to figure out which 'beak' is best adapted to eating the food found in particular habitats.

Sunday, September 16, October 21 & November 11 • 1–3 pm

Included with general admission, Free for FWA members

SCIENCE CLUB

Lead by FortWhyte scientist, Daniel Belanger. FortWhyte Science Club is great for any young person looking to engage with science in a unique and hands-on way. For ages 9+.

Sunday, September 23, October 7 & 21 and November 4 & 18 • 1–3 pm

Included with general admission, Free for FWA members

HATCHET THROWING

Try your hand at strength and accuracy with this FortWhyte Classic. No experience necessary — we'll have you throwing like a pro in no time.

Sunday, September 16 & October 14 • 1–2 pm

\$10 • \$6 for FWA Members

SUNSET GOOSE FLIGHTS

In a breathtaking display, thousands of geese will begin landing half an hour after the sun dips below the horizon. Featuring a nightly interpretive presentation. End the evening with a bonfire, bannock bar, s'mores and concessions.

Wednesday–Sunday, September 19–October 21 • Hours online

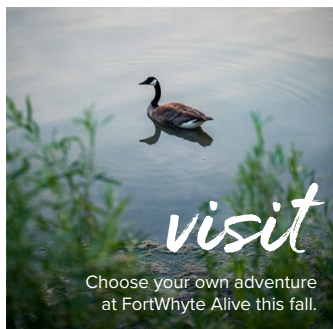
After 5 pm: \$5 cash at the gate or \$20 cash at the gate per car

GOOSE FLIGHTS FEASTS

Join us for dinner during this magical time of year. Enjoy lakeside views of the setting sun and thousands of migrating geese, complemented by a three-course dinner artfully prepared by the Buffalo Stone Café.

Wednesday–Sunday, September 19–October 21 • 5:15 pm, 6:15 pm or 7 pm

\$55 • \$28.75 for children under 12
Includes taxes and gratuity



SUNSET YOGA + S'MORES

Ash Bourgeois of *Wild Path* leads this unique experience combining nature, yoga and meditation. Following practice, hang out around a roaring fire and enjoy s'mores.

Thursday, September 20 • 7 pm

\$25 • \$20 for FWA Members

THE STORY OF WINNIPEG'S CANADA GEESE

Learn how wildlife management decisions brought this subspecies back from close to disappearance in the 1940's, to their now abundant numbers.

Saturday, September 22 • 1–3 pm

Included with general admission, Free for FWA members

WEAVING IN THE FOREST

Join Kendra Hobbs-Manness of *Black Thistle Creative*, as she teaches you to weave your own wall-hanging. Learn six basic weaving techniques.

Saturday, September 22 • 1–4 pm

\$50 • \$45 for FWA Members

PRESERVING IN PINTS

Learn how to efficiently use two preservation methods when preserving tomatoes and salsa.

Sunday, September 23 • 1–3 pm

\$29 • \$24 for FWA Members

FALL FAMILY PHOTOS

Suzan Kiernicki Photography is here to take photos of you and yours in our vibrant and colourful fall forest. Spend some time between the trees and experience how gorgeous a FortWhyte fall day can be.

Saturday, September 29 • 11 am–3 pm

\$20 per family/couple • \$15 per family/couple for FWA Members

NATURAL HEALTHY SHORELINES

Learn how willows help protect against shoreline erosion, and learn the simple technique for strengthening shorelines against erosion. Light refreshments will be available.

Sunday, September 30 • 1–3 pm

Admission waived for planting volunteers

STARTING IN **October**

TRUCKLOAD SEED SALE

Pick up your winter supply of high quality and locally grown bird seed at the Nature Shop at our best prices of the season.

Saturday, Sunday & Monday, October 6–8 • All Day

10% discount • 20% for FWA Members

WATER CONSERVATION DAY

Join us to take part in fun, family-friendly activities to help you conserve and protect water.

Saturday, October 6 • 11 am–3 pm

Included with general admission, Free for FWA members

SQUASH FLOURS

Join local knowledge keeper and gardener Audrey Logan to expand your culinary repertoire in learning how to make gluten-free, low-carb flour.

Sunday, October 7 • 1–3 pm

\$29 • \$24 for FWA Members

FAMILY GOOSE DAY

Come enjoy a presentation on what the geese are up to in the fall, and stay to enjoy a craft and a scavenger hunt.

Sunday, October 7 • 1–3 pm

Included with general admission, Free for FWA members

THE SCOOP ON FAIR TRADE CHOCOLATE

Learn about the cocoa industry, the Fair Trade movement and just how all that chocolate ends up in your treat bag!

Saturday, October 13 • 1–2 pm

Included with general admission, Free for FWA members

TREEHOUSE MEDITATION

Join *The Botanical's* Sarah Carson for a mindful escape up in the canopy. Enjoy a guided meditation followed by time to sip on tea, journal, unplug and some quiet time in the forest.

Saturday, October 13 • 10:30 am

\$15 • \$10 for FWA Members

WILD CHILD ON THE FARM

Your little farmer will interact with the livestock and collect eggs, cook local snacks, and craft with other youngsters. Each session is designed to pair engaging lessons for adults with hands-on activities for the children.

Monday, October 15–November 5 1:30–3 pm

\$99 • \$85 for FWA Members for 4 sessions

GOOSE FLIGHT PHOTOGRAPHY WORKSHOP

An exploratory, hands-on workshop designed for you to learn the basics of wildlife photography with professional photographer Walter Potrebka.

Monday, October 15 • 6–8 pm

\$50 • \$40 for FWA Members

STORYTELLING IN THE SOD HOUSE

It's almost All Hallows' Eve! Stop by the Sod House for a Halloween story. Bannock roasting will be available after story time.

Sunday, October 21 • 1–3 pm

Included with general admission, Free for FWA members

PERFECT PUMPKIN PIES

Pumpkins are a plenty at this time of year. But do you ever wonder how to make the most of these fall time treats? Come and learn how to make the sweetest, smoothest pumpkin filling in a flaky crust – just in time for Halloween. Everyone will take home their own mini pie to enjoy.

Sunday, October 21 • 1–3 pm

\$29 • \$24 for FWA Members

FULL MOON YOGA

Join Ash Bourgeois of *Wild Path* under the Full Hunter's Moon as she leads this unique experience combining nature, yoga and meditation. Join us for a unique experience designed to help you build a deeper connection with nature and practice self-care. Enjoy s'mores over a fire post-practice.

Wednesday, October 24 • 7:30 pm

\$25 • \$20 for FWA Members



FRIGHTENING FIVER

Join us for a 5/10k run through the woods by night, guided by nothing but sheer terror (and a headlamp!) Be rewarded with free smokies and s'mores by a bonfire. Costumes are encouraged! Cash bar.

Thursday, October 25 • 7 pm

Early bird price until October 1
5K: \$35 Early Bird • \$45 Regular price
10K: \$45 Early Bird • \$55 Regular price

MANITOBA MYSTERY CO. PRESENTS: "CASE AT THE EDGE OF THE WOOD"

One park warden. One missing park log book. One gunshot ringing through the night. In this theatrical murder mystery experience search for clues, explore the woods, and do your part to solve the mystery of what happened in Riding Mountain almost a century ago.

**Friday & Saturday, October 26–27
7 pm & 9 pm**

Book at manitobamysteryco.com
\$30 + tax & fees

HALLOWEEN IN THE FOREST

Take part in a scavenger hunt in the forest, stopping along the way to collect treats! Check out the spooky Sod House, and make a festive craft. For ages 12 and under.

Sunday, October 29 • 1–3 pm

Included with general admission, Free for FWA members

STARTING IN November

PARTY FOR THE PLANET

Facing the realities of climate change alone can be daunting. Join FortWhyte Alive and the Prairie Climate Centre for a night of socializing, learning and fun. We'll learn all about climate change and take a look at inspiring examples of what people in our community are doing to work toward our shared sustainable future. Outdoor fun, music and cold drinks will keep the positive energy flowing all evening.

Friday, November 2 • 8 pm

\$20. For ages 18+

OPEN FIRE BREWING

Craft two unique beers featuring locally grown ingredients, with our resident brew master, Barret Miller, in our cozy cabin in the woods. We'll practice basic all-grain and malt extract brewing techniques transferable to your modern kitchen at home.

Sunday, November 4 • 12:30 pm

\$40 • \$35 for FWA Members



KOMBUCHA BREWING WORKSHOP

Prism Kombucha visit to share their tips to make delicious kombucha. Enjoy a tour behind-the-scenes to see their brewing and bottling process at FortWhyte Farms.

Sunday, November 4 • 1–3 pm

\$29 • \$24 for FWA Members

ASTROPUB

Explore the sky in a portable planetarium to learn some of the constellations and other interesting sites to see. After the indoor session, enjoy a cold beverage fireside and observe the sky through a telescope with expert Darren Townsley.

Thursday, November 15 • 8 pm

\$30 • \$27 for FWA Members

"FINDING HYGGE" DOCUMENTARY SCREENING

Learn about Denmark's secret to happiness in this 12 Stars Media Documentary, *"Finding Hygge"*. This documentary travels around the globe to discover the true meaning of hygge and how to find it. Learn about this concept with cast member and hygge enthusiast Dayna Robbie and discover ways to create hygge around you.

Thursday, November 22 • 7 pm

Free with waived admission

SANTA IN THE FOREST

Suzan Kiernicki Photography and *Riki Katherine Photography* will be on hand to take a portrait of your family in the forest.

November 24, 25 & December 2 • 11 am–3 pm

\$20 • \$15 for FWA Members
Member pre-sale begins Nov 6, 9 am
General sale begins Nov 8, 12 pm

WEEKLY ACTIVITIES

ALIVE IN THE WOODS

A line-up of inspired exploration to allow you connect, learn, and explore our intrinsic connection with the natural world. Take part in various nature inspired activities, crafts, games, and exploration. Suggested for ages 5+.

Every Saturday • 1–3 pm

Included with general admission, Free for FWA members

NORDIC WALKING

Combine your love for nature with a fun, new experience. Nordic walking is a social, low-impact physical activity.

Every Saturday • 10–11 am

Included with general admission, Free for FWA members

SOD HOUSE PIONEERS

Take a step into our sod house and learn about our prairie past. Pioneers will show you what the daily life was all about. A fun and interactive opportunity to learn more about Manitoba's history.

Every Sunday • 12–4 pm

Included with general admission, Free for FWA members

MEET, MAKE, TAKE

Create some seriously crafty Christmas goods using recycled and natural items, and get some holiday shopping done at the Nature Shop. Get your tickets early; this event sells out quickly!

Tuesday, November 27 • 7 pm

\$25 per ticket

BREAKFAST WITH SANTA

Enjoy breakfast in the Buffalo Stone Café while sharing your christmas wish list with Santa in person!

Saturday, December 8 • 10 am–1 pm

\$15 per person • \$8 for children under 10. *Please note, breakfast price does not include admission to FortWhyte Alive*