

# Eagle Point Nature News

Adventure Awaits....

[www.epbrparkscouncil.org](http://www.epbrparkscouncil.org)



December, 2020



## Winter Solstice Edition

Kathy Schwengler, Education & Outreach Coordinator,  
Eagle Point-Blue Rapids Parks Council

*"To appreciate the beauty of a snowflake, it is necessary to stand out in the cold." - Aristotle*

. Part of the secret to thriving during the winter months lies in dressing properly (see our fall edition). For me, rediscovering long underwear and snow pants as an adult was a revelation! Wow! I could stay outdoors without being miserable! Dressing for the weather gave me the boost I needed to get out and embrace the magic of winter.

Once you have mastered proper clothing, let the celebration of all things winter begin! Hiking trails are less busy and swamps and lake freeze, allowing for winter travel (think snowshoeing, hiking, nordic skiing, snowmobiling). A moonlit jaunt over a snowy field or trail is such a great way to kick those winter doldrums.

[\(visit our website to join our guided Moonlit Snowshoe!\)](#)

Remember - winter exploring takes a bit more planning - always include snacks, hot drinks and a fire starting kit in your day pack and tell a responsible adult where you're going and when you'll be back!



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[www.epbrparkscouncil.org/events/](http://www.epbrparkscouncil.org/events/)

**UPCOMING  
EVENTS  
IN OUR  
PARKS**

Visit the  
**Critter  
Christmas Tree**  
In Eagle Point  
Provincial Park

Directions: From SD St & 50 Ave, Drayton Valley,  
go west 2.5 km to the Rotary-Pembina Trails  
South Trailhead.

Beginning on  
December 19, 2020

Follow the trail, watching for edible decorations & signs  
that lead to the Critter Christmas Tree on the  
Rotary-Pembina Community Trails, Drayton Valley, AB.  
You're welcome to add an edible (safe for birds)  
decoration to the tree.

For more information, visit [www.epbrparkscouncil.org/  
events/critter-christmas-tree](http://www.epbrparkscouncil.org/events/critter-christmas-tree) or call us at 780-898-7275



Winter Edition  
**THE AMAZING  
RACE**  
Eagle Point Provincial Park

Up for an outdoor adventure?  
*Family friendly tasks*  
Pick up your starter package from one  
of the following DVHTA Hotels:

Holiday Inn Express & Suites  
Ramada by Wyndham  
Service Plus Inns & Suites

**Good Luck & Have Fun!**

Presented to you by: Eagle Point - Blue Rapids Parks Council & the Drayton Valley Hospitality & Tourism Authority



EAGLE POINT - BLUE RAPIDS PARKS COUNCIL

**LET'S GO SEE  
THE STARS.**

**Moonlit Snowshoe**

FRIDAY, FEBRUARY 26, 2021 @ 8PM  
WILLEY WEST CAMPGROUND, EAGLE POINT PROVINCIAL PARK -  
DRAYTON VALLEY

To learn more & to register go to:  
[epbrparkscouncil.org/events/moonlit-snowshoe-2021](http://epbrparkscouncil.org/events/moonlit-snowshoe-2021)  
or call: (780) 898-7275

#loveEPBRParks





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## DECORATING IS FOR THE BIRDS!

For hundreds of years, Christmas traditions in northern European countries included decorating evergreens in town squares with edibles such as apples, dates, pretzels and nuts. These Christmas trees made their way into our homes around 1600 and shortly thereafter, glass ornaments began to replace edible ornaments.

This Christmas, Eagle Point-Blue Rapids Parks Council is turning back the clocks as we decorate our Critter Christmas Tree with edible decorations for the wild birds of Eagle Point Provincial Park to enjoy throughout the holiday season. The tree will be decorated and ready to view on December 19, 2020. You can discover the Critter Christmas Tree on the Rotary Pembina Community Trails with your family - watch for the arrow signs! You're welcome to bring a critter friendly decoration of your own to hang on the tree.

**Directions to the Rotary Pembina Community Trails South:** From 50 Street and 50 Avenue junction in Drayton Valley, go east approximately 2.5 km to the trail head.



### Bird Feeder Decorations You Can

### Make at Home 🌲

**Make your own edible decoration to hang at home or bring them to the Critter Christmas Tree!**

**Use animal friendly foods - look for unsalted nuts and seeds, peanut butter with little or no sugars or candies. Refrain from using your bacon drippings as the salt and nitrates in drippings are unhealthy for birds! Make your decoration hangers only from thick natural fibres such as raffia, hemp or wool as thin threads are dangerous and can become wrapped around their feet or necks.**

1. Dried apple rings tied with hemp or wool
2. Dried citrus slices tied with hemp or wool.
3. Cut an orange in half, scoop out the content and fill it with a mixture of peanut butter and seeds.
4. Make your own suet tree decorations. Download our recipe at [www.epbrparkscouncil.org/christmas-bird-feeders/](http://www.epbrparkscouncil.org/christmas-bird-feeders/)
5. Use cookie cutters to make shapes from store bought suet and carefully drill a hole to thread your wool through.
6. Find a large pine cone and roll it in peanut butter, then coat it in bird seed mix. Put the cone in the freezer to set.
7. Whole grain bagels - cut in half, coat in peanut butter, sprinkle with bird seeds and cranberries. Put on a cookie sheet and freeze.

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December, 2020

## 10 WINTER ACTIVITIES FOR THE ENTIRE FAMILY!

Try a few of these activities with your family and beat the winter blues.

### 1. GO ON A WINTER WALK

- ☀ Collect items along the way and make a collage with them when you get home
- ☀ Take some snowy pictures
- ☀ Look for tracks in the snow

### 2. MAKE SNOW ANGELS

- ☀ Look for a nice big patch of undisturbed white fluffy snow.
- ☀ Carefully fall backward with your arms outstretched; try to land in a T position.
- ☀ Move your arms and legs like you're doing jumping jacks while pressing your head into the snow.
- ☀ Get up slowly; try not to ruin your amazing creation.
- ☀ Take a moment to admire your hard work.

### 3. PLAY SNOW CURL-BOWL (this is our combination of outdoor curling & bowling)

- ☀ Fill six 500mL plastic bottles with water and freeze them (add a few drops food colouring for fun)
- ☀ Fill a 4L milk jug with water and freeze.
- ☀ Set up the 500 mL bottles (aka pins) at one end of an ice surface. Mark off a starting line, then slide your milk jug (aka bowling ball) across that line, down the ice in an attempt to knock over the pins (pop/water bottles).

### 4. BUILD A WINTER BIRD FEEDER! (See attached).

### 5. BLOW FROZEN BUBBLES

(-15 C or colder is best!)

- ☀ Mix up Homemade Giant Bubble Solution:
  - ❖ 1 ½ c of water
  - ❖ ½ c dish soap
  - ❖ ¼ c white corn syrup
- ☀ Make a bubble wand or use a ready made one and blow the mixture out onto a plate - watch the beautiful icy crystals form!

### 6. PLAY SNOW MINI GOLF

- ☀ Use a small pail or large can as your hole & a hockey puck as your 'golf ball' - set up a course around your yard.

### 7. DO THE EAGLE POINT WINTER SCAVENGER HUNT (See attached for ideas)

### 8. BUILD A WINTER BUNDLE WREATH

- ☀ If circles aren't your thing, this is the wreath for you!
  - ❖ Bundle your greenery and wrap with craft wire around the stems
  - ❖ Add ribbon at base of bundle stem

### 9. SNOWBALL TARGET PRACTICE

- ☀ Use some coloured water in a squirt bottle to create your target in the snow.

### 10. MAKE GIANT TRACKS IN THE SNOW - WRITE A POSITIVE SNOW MESSAGE!



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Challenge  
your  
family to  
find these  
items on  
your next  
hike!

## EAGLE POINT WINTER SCAVENGER HUNT



BARK BEETLE TUNNELS  
20 POINTS



RED SQUIRREL  
25 POINTS



GROUSE  
60 POINTS



SNOWMAN  
10 POINTS



CHICKADEE  
30 POINTS



FUNGUS  
20 POINTS



JUNIPER SHRUB  
40 POINTS



BLUE JAY  
30 POINTS



SAPSUCKER HOLES  
50 POINTS



KINNIKINNICK  
25 POINTS



SNOWSHOE HARE  
TRACKS 50 POINTS



FEATHER  
20 POINTS



NORDIC SKIER  
25 POINTS



ROUGH BARK  
10 POINTS



LICHENS  
20 POINTS



MOSS  
10 POINTS



VOLE TRACKS  
30 POINTS



PINE CONE  
10 POINTS



YOUNG SPRUCE TREE  
10 POINTS



SNOWSHOES  
40 POINTS

For more activities, visit our Blog Posts on [www.epbrparkscouncil.org](http://www.epbrparkscouncil.org)

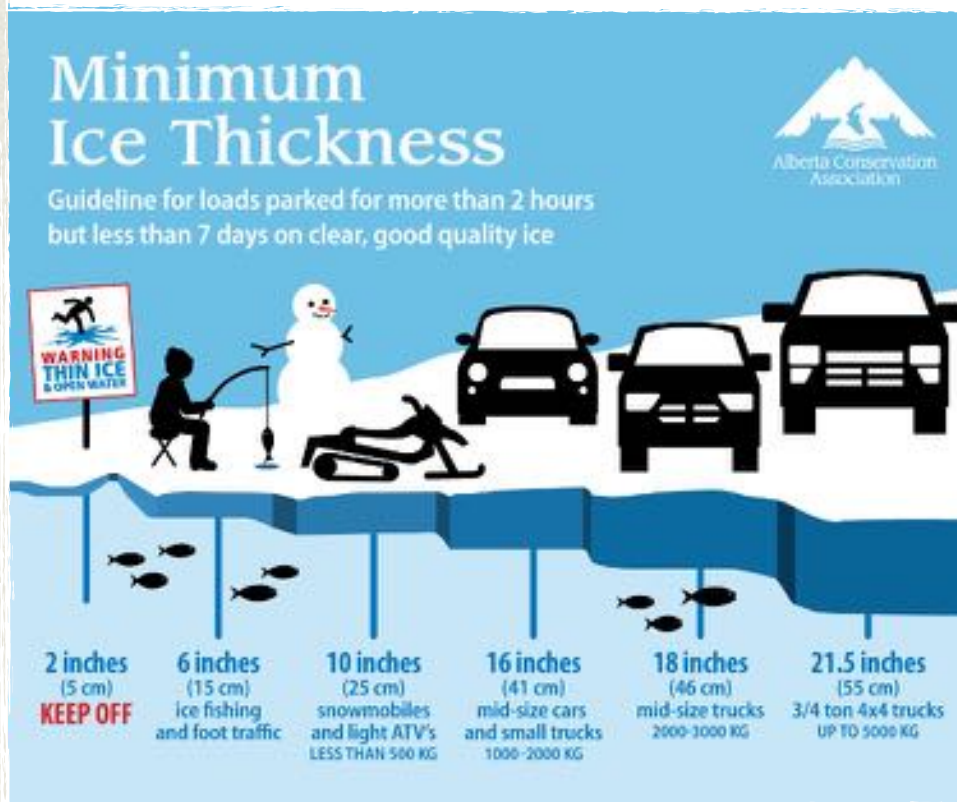


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Be safe in your winter exploring! Check out [Alberta Conservation Association's](http://Alberta Conservation Association's) new ice safety poster before you venture



Which animal made this track in the snow?

- a. Fisher
- b. Red Squirrel
- c. Wolverine
- d. Snowshoe Hare

d. snowshoe hare

Want a great way to get active while outdoors? Make the snow your canvas! Use your feet or snowshoes and make HUGE message or sketch in fresh snow! Share photos of your snow art with [#iloveEPBRParks](https://www.instagram.com/iloveEPBRParks)





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## Questions or Suggestions?

### Contact:

### Eagle Point-Blue Rapids Parks Council

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**Visit our website:**  
[www.epbrparkscouncil.org](http://www.epbrparkscouncil.org)

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**SUBSCRIBE TO OUR NEWSLETTER AND  
DON'T MISS OUR NEXT ISSUE!**

### ENJOY THESE INFORMATIVE LINKS!

- ❖ **WINTER SAFETY TIPS.** Alberta Parks information on being prepared when you're heading out for winter activities.
- ❖ **Where Do Snowflakes Come From?** A short, high energy youtube video on how snowflakes are formed, made by SciShowKids.
- ❖ **The Basics of Bird Feeding.** Good information if you want to set up bird feeding stations at your home.
- ❖ **Inspiring Snow Art made with Snow Shoes.** Get inspired to use snow as your canvas for huge art pieces or positive messages!
- ❖ **Winter FUN Facts.** Fun winter trivia and facts for kids and teens.

Eagle Point-Blue Rapids Parks Council thanks our supporters for their continued support during these challenging times! Our featured supporter of the week is **Family & Community Support Services, Drayton Valley & District.**

