

Eagle Point Nature News

Adventure Awaits....

www.epbrparkscouncil.org



July - August, 2020



Summer Edition

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

"At the end of the day, your feet should be dirty, your hair messy and your eyes sparkling"
- SHANTI

The beautiful days of summer, when time seems to slow and we spend with family and friends in the outdoors. Enjoy those special moments and the memories you create together this season!

In this edition of Eagle Point Nature News, we've included outdoor games you can play with your family, campfire recipes, nature notes and a featured trail map for you to explore in Eagle Point Provincial Park.

Enjoy!

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GOOD STUFF TO DO WITH YOUR FAMILY OUTDOOR GAMES

Remember to practice social distancing and proper hygiene when playing these games with friends during the pandemic.

A. OLD FASHIONED GAMES

- Night Time Kick the Can - Headlamps & Flashlights, a Tin Can and enthusiasm
- Freeze Dance - Great Night Time Game with Headlamps or Flashlights - Volunteer required to start and stop the music.
- Bean Bag Ladder Toss - Each step is worth a different amount of points
- Ring Toss - You need 5 glass bottles and 3 rings
- Ball Throw - use baskets or pails at varying distances with points pinned on to them
- Sack Races - Classic!

B. OBSTACLE COURSE - Make Safety a Priority & Remember to Have Fun!

Course organizer can choose whether to do this as a timed event or give points for each obstacle completed or both. Set up the course in advance with numbered flags at each obstacle.

OBSTACLE IDEAS.....

- ★ Walk a log balancing act - take off the branches to avoid injuries.
- ★ Swing on a rope over a kiddy pool or mud puddle. (Ensure that you use strong rope and that it is tied properly to ensure that it doesn't break or untie while kids are swinging on it).
- ★ Crawl under a fence or table - Plank fences only, no barbwire!
- ★ Vertical pole slalom run (use sturdy sticks pounded into the ground).
- ★ Hula Hoop Run - Lay several hula hoops down end to end. Participants must step into each hoop, pull them up and over their body then lay them back down as they step into the next hoop.
- ★ Putt a golf ball into a cup/into a hole - choose a rough or smooth surface.
- ★ Climb Over an Obstacle - maybe a fallen tree that's not too low to the ground.
- ★ Limbo Pole.

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SUMMER RECIPES

WILD MINT ICED TEA

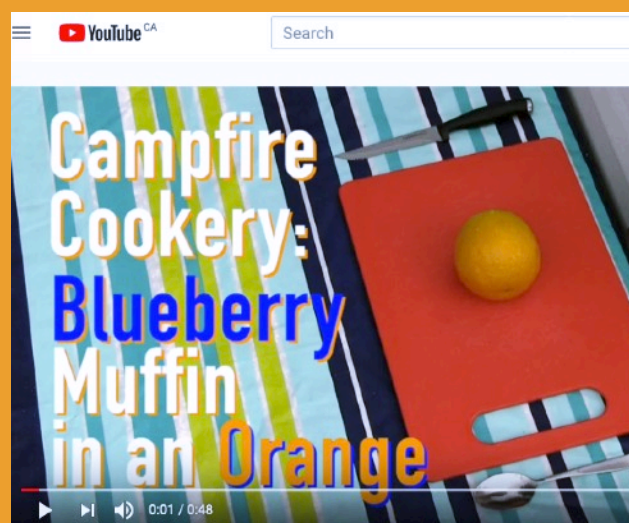
Wild mint can be found in wet areas along shores of lakes and pond or in wet places in field throughout central and northern Alberta.

Wild Mint stems are square and the leaves grow opposite each other on the stems. Leaves are toothed with a hairy underside. In mid to late summer, mint plants have light purple flowers clustered near the stem. The easiest way to tell mint apart from other plants is the strong mint smell, especially when you crush the leaves! If it doesn't smell like mint, it probably isn't mint!

Recipe

- ◆ 1 cup of freshly picked mint leaves
 - ◆ 8 cups of water
 - ◆ Honey to taste
1. Pick leaves from young healthy mint plants.
 2. Wash and rinse the mint leaves several times.
 3. Put the washed mint leaves in a heat proof bowl or pot. Boil the water and pour it over the leaves.
 4. Let your mixture steep for about 10 to 15 minutes.
 5. If the mixture starts to turn a medium yellow green colour, it's ready to strain. Pour the mixture through a strainer into a jar to separate the leaves from the liquid.
 6. Add 2 to 3 tablespoons of honey or sugar to the strained tea and put it in a cold place to chill before serving it in glasses with extra ice.

Eagle Point Staff Favourite:

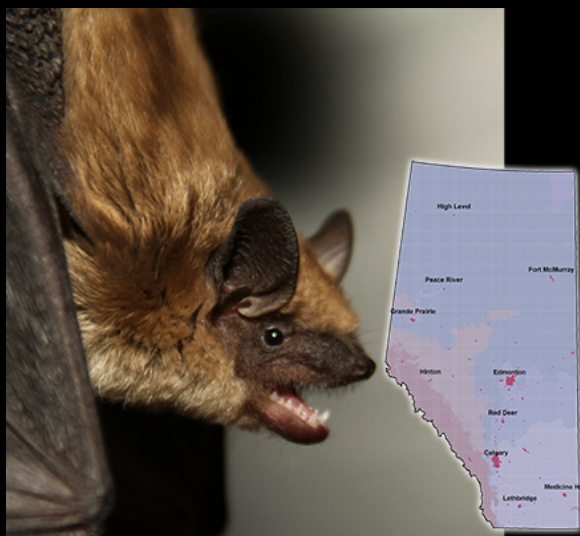


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Further Learning

CITIZEN SCIENCE & BAT MONITORING



Bats are an important part of our summer animal community in many wild areas, acreages, towns and even cities. They're unsung heroes, making it possible for us to enjoy the outdoors by eating their own weight in mosquitoes and other insects every night!

The Alberta Community Bat Program Citizen Science Project wants your help in either reporting a roost or bat sightings. They depend on public participation for the success of research and bat conservation.

You can also build your own bat house with instructions found on their website at www.albertabats.ca

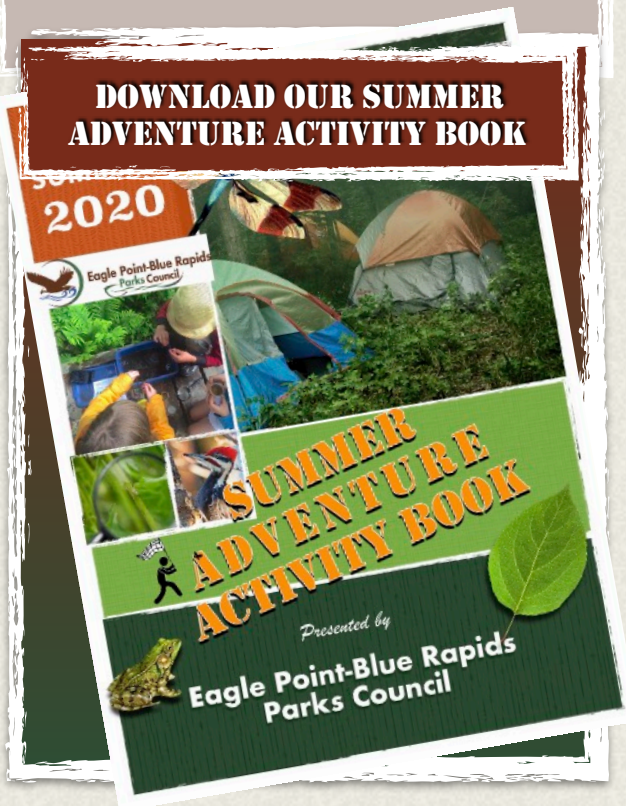


Track of the Week!

These tracks may be found along the muddy shores of forest ponds, rivers and creeks.

- A. Black Bear
- B. Skunk
- C. River Otter
- D. Beaver

DOWNLOAD OUR SUMMER ADVENTURE ACTIVITY BOOK



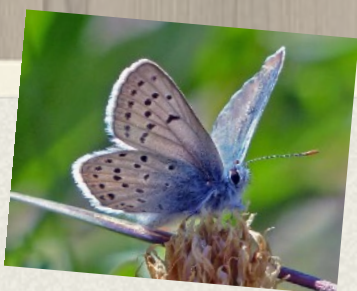
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Questions or Suggestions?

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Links & Learning

FUN SUMMER LINKS

- ❖ [More Outdoor Games](#)
- ❖ [Campfire Blueberry Orange Muffins](#)
- ❖ [A Fun Hiking Game for Kids - Finding North](#)
- ❖ [32 Classic Outdoor Games](#)
- ❖ [Fresh Off the Grid Campfire Recipes](#)
- ❖ [Campfire Cooking - Recipes & Tips from a Colorado Chef](#)

Eagle Point-Blue Rapids Parks Council thanks our supporters for their continued support during this challenging time!

Our featured supporter of the week is ATCO.

ATCO

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The Rotary-Pembina Trail South System includes 3 easy loops (A,B,C) and one more challenging trail(D). The trailhead is located approx. 3 km east of Drayton Valley's 50th Street and 50th Avenue Junction. Ample parking, no washrooms, pack out your garbage please!

ROTARY / PEMBINA NORDIC COMMUNITY TRAILS

Walking / Hiking / Cross Country Skiing / Mountain Biking

