

# Eagle Point Nature News

Adventure Awaits....

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



October, 2020



## Winter is Coming Edition....

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

*A falling leaf is nothing more than summer's wave goodbye...*

*Unknown*

*Our Environmental Education staff hit the ground running as the schools reopened this autumn, facilitating a record numbers of programs! When the spectacular weather we experienced in September and early October came to an abrupt end, many of our participants were unprepared for the cold conditions! Many arrived at our outdoor programs with inappropriate clothing and footwear for the winter weather.*

*This got us thinking about the animals who may have also been caught off guard, including hummingbirds who were still sighted in Calgary in mid October and barn swallow babies were only learning to fly in September, when they should have already gone south to Mexico and South America!*

*Are you and your family prepared for the long winter ahead? Check out this issue for ideas on preparing and adapting to winter conditions!*



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## Events

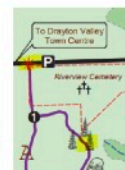
### AIM FOR SUCCESS & EAGLE POINT BLUE RAPIDS WOULD LIKE TO INVITE YOU TO JOIN US ON A **CANDLE LIT PUMPKIN WALK**



**Thursday October 29, 2020**

**5 pm - 7:30 pm**

**at the Pembina Rotary Community South Trails**



The trail will be illuminated with candles, campfires and carved pumpkins created by community families

If you would like to include your families carved pumpkins in the walk please contact

**Sue Reich 780-898-3191**

**EPBR 780-898-7275**

**Aim FOR Success**



### **Directions:**

From 50th Avenue and 50 Street in Drayton Valley, go west 2.6 km to the Pembina Rotary Trails South Trailhead, next to the cemetery.



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**HOW DO ANIMALS ADAPT TO WINTER? DRAW A LINE FROM THE ANIMALS TO ITS' WINTER ADAPTATION. MORE THAN ONCE ANSWER MAY BE RIGHT...**



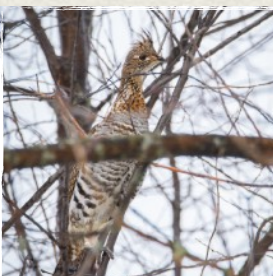
**I GROW THICKER FUR**



**I HAVE SPECIAL FEET  
FOR WALKING ON  
SNOW**



**I SLEEP UNDER THE  
SNOW**



**I HIBERNATE**



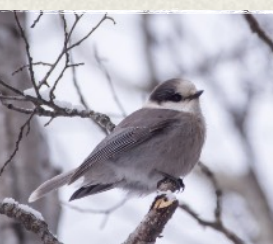
**MY FUR TURNS WHITE**



**I MIGRATE TO A  
WARMER PLACE**



**I HUDDLE WITH  
OTHERS**



**I STORE FOOD**





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## ARE YOU PREPARED FOR WINTER WEATHER?

By Erin Klatt

It's that time of year, when the days are shorter, the weather changes faster and you really need to be dressed for anything. In beautiful Alberta, you can experience all four seasons in one day! There are some key things that you should keep in mind when heading outdoors.

### #1. DRESS IN LAYERS!

- \* Layers are key to controlling your body temperature.
- \* Base layer: Moisture management as this layer is against your skin. (Think long johns!)
- \* Mid Layer: Warmth & insulation (think vest or sweater).
- \* Outer Shell: Waterproof & Breathable -- protects you from wind & rain/snow... (think rain coat & pants).
- \* Don't forget things like mitts, toque and weather appropriate socks that cover your ankles (wool are best)!

### #2. BE PREPARED!

- ◆ Make sure someone knows where you are going & when you will be back.
- ◆ When exploring the outdoors, don't forget to have some means of communication with you. Cell phones are great, but you can't always get reception! If you are heading to the mountains or other remote areas it is a good idea to have a SPOT or Garmin in-Reach device that connects with satellites.
- ◆ Check out trail & weather reports - know what you are getting into! Alberta Parks Trail Reports and Parks Canada trail reports are found online.

### #3. PRACTICE BASIC TRAIL ETIQUETTE!

- \* Leave no trace: this means if you pack something in, you pack it out.
- \* Share the trail: hikers yield to bikers; hikers and bikers yield to horses.



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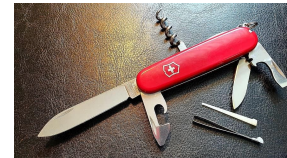
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## Word Scramble - Things to take on your hike with you!

Unscramble the letters to find key items you should have in your pack every hike! The photos on the side are your hints....



1. TEARW \_\_\_\_\_
2. DLMEAAHLP or GHTSHLALFI \_\_\_\_\_
3. DOFO / CSSKAN \_\_\_\_\_
4. SSEENNURC \_\_\_\_\_
5. OAIRNCTA \_\_\_\_\_
6. RITSF DAI TKI \_\_\_\_\_
7. SHTLWIE \_\_\_\_\_
8. RBAE RAPYS \_\_\_\_\_
9. EEECGNMYR LTSEERH \_\_\_\_\_
10. KCAPYAD \_\_\_\_\_
11. RRRTTIFESAE / TCHAMES \_\_\_\_\_ / \_\_\_\_\_
12. ETRAX LTHCOES - including Extra Socks! \_\_\_\_\_



## BONUS:

- PAM & POMCSSA \_\_\_\_\_
- PKETOC FINEK \_\_\_\_\_



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## How to Animals Adapt to Winter? Answers.

1. Bats - **Grow thicker fur** AND **hibernate**. (The Hoary Bat is the exception as it is believed to migrate from Alberta to warmer places.
2. Grizzly Bear - **Grow thicker fur** AND **hibernate**.
3. Ruffed Grouse - have **specialized comb like growths on their feet** for walking on snow and they **plunge into deep snow to sleep** or hide from predators.
4. Yellow Warbler - **migrates** (flies as far as South America)
5. Canada Jays (also known as Whiskey Jacks) **store food** year round by molding it into a blob mixed with saliva which they hide behind bark, under lichens, etc.
6. Long Tailed Weasels (in the photo), Short Tailed Weasels and Least Weasels are all Alberta species that **turn white** in response to changes in the number of hours of daylight. They also grow thicker fur to help them stay warm.
7. Coyotes (and many other mammals who live in Alberta) **grow thicker fur** in response to the change in the number of hours of daylight.
8. Snowshoe Hares, like weasels **turn white** as winter arrives. They also **grow thicker fur** and **have special large hind feet** for walking on snow!
9. Red Squirrels **grow thicker fur** and **store food** in piles, dens, and tree cavities.
10. White Breasted Nuthatches **store food** in caches and on the coldest winter nights, **they huddle** together in a tree cavity!

## Answers to Unscramble:

1. Water
2. Headlamp / Flashlight
3. Food/Snacks
4. Sunscreen
5. Rain Coat
6. First Aid Kit
7. Whistle
8. Bear Spray
9. Day Pack
10. Extra Clothes

## Bonus:

- Map & Compass
- Pocket Knife



What animal made this track in the snow?

- a. Coyote
- b. Skunk
- c. Vole
- d. Snowshoe Hare







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## Questions or Suggestions?

### Contact:

Eagle Point-Blue Rapids Parks Council

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

Our featured supporter of the week is KalTire, Drayton Valley, Alberta.

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DON'T MISS OUR NEXT ISSUE!**

## WINTER IS COMING! ENJOY THESE INFORMATIVE LINKS!

- ❖ **ADVENTURE SMART.** For great information on being prepared when you're heading out for winter activities.
- ❖ **Snowshoeing for Beginners.** With winter on our minds, snowshoes are a great way to get fresh air and explore our great nature trails!
- ❖ **The Basics of Bird Feeding.** Good information if you want to set up bird feeding stations at your home.
- ❖ **12 Great Outdoor Winter Activities for Kids.** This article has some creative and good ideas for families!
- ❖ **How Do Bird Survive Winter?** An informative article with beautiful illustrations of birds in winter.

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