



VFFN Newsletter – Spring 2022

created by Johanna Nott

Executive Election Results

(AGM held February 8)

President Stella Holliday

Vice President Johanna Nott

Treasurer Martin Hough

Secretary Graham Beckett

Directors:

Outings John Henry

Swan Lake Cathy Lahaie

Website Jason Lahaie

Membership Donna Hills

Evening Presentations Rika Ruebsaat

Honorary Lifetime Membership has been awarded to Joann Gabriel in recognition of her years of service to VFFN over the last 30 years.

Christmas Bird Count

On December 18, 2021 we held the annual Christmas Bird Count in Princeton. We almost cancelled it this year due to the traffic issues but we forged ahead anyways and did pretty good. We had a total of 39 species and a total of 367 birds seen, not bad considering it was a very snowy day. There were 11 volunteers that made 4 groups in the field. Our count is not complete without the reports that came in from 4 feeder watchers, without them our numbers would have been lower. Thanks to Sue Elwell, Donna Hills, Ken Oliver, John Henry, Carolyn Blank, Grant and Yvonne Beckett, Johanna Nott, Jason and Ed Lahaie for the help in the field.

Winter Bird Feeding Information



Unlike humans, birds need high levels of saturated fat. They need a high energy content to keep warm in cold weather since their body reserves are quickly used up. Birds have high body temperatures and rapid metabolisms.

WHAT TO FEED

BLACK SUNFLOWER SEEDS: Excellent year-round food. The hearts (husked kernels) are a great no-mess food.

NYJER SEEDS: Small, black seeds with high oil content. A favourite of American Goldfinches & Pine Siskins.

PEANUTS: Rich in fat but salted or dry roasted peanuts should be avoided.

FAT BALLS & SUET: Excellent winter food. Be careful to remove the bag as they can trap or injure wild birds.



Spring sees the arrival of hummingbirds in early March. Much enjoyment can be had from watching them at your feeders.

You can make your own syrup by boiling 1 cup of water with 1/4 cup of sugar. No colouring is needed. Don't use brown sugar or honey as this is harmful to the birds.

Night Sky ✨🌙

These are the hunger months:

February 17 - Snow Crust Moon

March 18 - Worm Moon

April - Fish Moon

May 16 - 🍓 Lunar Eclipse

Cormack Marsh - Earth Day

April 22

Last spring a great group of volunteers planted Weyerhaeuser seedlings at Cormack Marsh. Unfortunately very few 🌲 survived the 2021 spring drought and very hot summer. Plans are to replant this April with hopes of a wet spring to aid their success.

Other volunteer work completed last year:

Knapweed clean up, trail maintenance and repair

This work is needed yearly to define the area.



Marsh projects for 2022 include:

Erect post & rail fence to define the parking area, extend trails, build benches and add signage.

*A work party callout will be sent nearer the dates. Any queries please call Johanna at 295-3875.

Background CM History:

For the past number of years VFFN, Okanagan Similkameen Stewardship Society, Rotary,

schools and other volunteer groups have joined forces to help restore this beautiful wetland to keep nature in our town for future generations to enjoy.

Winter Outings ❄️

VFFN in conjunction with China Ridge Trails, have held several snowshoe outings led by John Henry. These well-defined trails lead through open forest to several lovely viewpoints overlooking the valleys.

On Wednesday, February 16th, an outing is planned for 7-9pm at China Ridge longhouse. There will be guided evening snowshoe and ski outings and a bonfire 🔥, all under a full moon. Give it a try!

For more information contact Jen at 295-4300.

Membership

It's never too late to become a VFFN member. Here's how...

If you are interested in becoming a member, download the [Membership Form](#) and bring it to the next meeting or mail it to the address listed on the form.