



# Oak Hammock Marsh Interpretive Centre

# Reeder

January/February 2010  
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## MARSH HAPPENINGS

### World Wetlands Day

Mark February 2<sup>nd</sup> on your calendar to visit Oak Hammock Marsh and celebrate World Wetlands Day. It marks the date of the signing of the Convention on Wetlands on February 2<sup>nd</sup>, 1971, in the Iranian city of Ramsar. Oak Hammock Marsh was officially designated as a Ramsar Site in 1987.

The role that wetlands play in the environment is important. Wetlands are nature's water and air filters. Wetland plants like cattails filter drinking water by removing excess nutrients such as phosphates and nitrates and heavy metals from the water. Greenhouse gases, in particular carbon dioxide, are stored in wetlands because plants take carbon dioxide out of the air and lock the carbon in the plant material even when the plant dies. This is called carbon sequestration. Wetlands are acting as carbon sinks.

Wetlands provide rich habitat for countless species of birds, mammals, fish, reptiles, amphibians, and other aquatic organisms. At Oak Hammock Marsh more than 300 species of birds and 30 species of mammals have been recorded.

Other benefits of wetlands include their ability to reduce overland flooding, prevent shoreline erosion, and recharge groundwater. During spring runoff, wetlands soak up excess water like a sponge and then release it slowly back into waterways. Some of the water seeps back into the ground and replenishes underground aquifers.

Come celebrate one of the most productive and diverse ecosystems on the planet.

### Kite Boarding at Oak Hammock Marsh

The kite boarder stands on a snowboard or skis — waiting. The wind picks up and a large controllable kite rises up into the air. Pulled by the kite the rider sails past the snow-covered cattails and muskrat lodges at Oak Hammock Marsh.

The simplicity makes kite boarding challenging. The kite boarder's body is the only connection between the kite and the board. The kite boarder must control them both at the same time — piloting the kite in the sky while steering the board on the snow.



This sport, still in its infancy, is rapidly growing in popularity. In 1998, there were fewer than 30 kite boarders worldwide. In 2006, the number was estimated to have grown to between 150,000 to 200,000.

Back by popular demand, the Oak Hammock Marsh Interpretive Centre, in partnership with Boost Kite Boarding, is offering lessons to novice kite boarders Saturday mornings from 10 a.m. to noon. The course is limited to six participants per day and costs \$63 +tax for members, \$69 +tax for non-members.

The marsh offers a perfect setting for kite boarding with large expanses of open ice and snow.

Reserve your spot by calling the Centre at 467-3300 at least three days before each course.

### Survivor Workshop



Saturday, January 16

Baby, it's cold outside!

Join us and learn how to survive a fall through the ice and other winter survival skills. This workshop will be offered by Dr. Giesbrecht, also known as **Professor Popsicle**, and will take place at Oak Hammock Marsh from 1 p.m. to 3 p.m.

Dr. Giesbrecht operates the Laboratory for Exercise and Environmental Medicine at the University of Manitoba where he studies human responses to exercise/work in extreme environments. He has conducted hundreds of cold water immersion studies that have provided valuable information about cold stress physiology and pre-hospital care for human hypothermia. His other research interests include human physical and mental performance in other stresses such as altitude (hypoxia) and diving (hypobaria).

He has acted as a Cold Weather Columnist for Discovery Channel Canada and has participated in the creation of a true-life educational project regarding survival in cold water. This project involves volunteer students from across Canada and the U.S. combining real life exposure to cold water and classroom instruction.

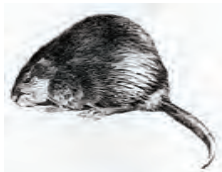
This workshop will feature an indoor presentation by Dr. Giesbrecht, followed by an outdoor demonstration on the marsh.

The fee for this workshop is \$20 plus admission. Pre-registration is required by January 13.

# MARSHY QUIZ

## WORD FIND

N O I T A N R E B I H S K H C  
 G N I K C A R T O M M N I O E  
 C H I C K A D E E S U O T T C  
 S T A R G A Z I N G S W E C A  
 E E H Z N I U Q O F K Y B H M  
 U R E D P O L L S O R O O O O  
 T A B E R R I E S X A W A C U  
 W E T L A N D T N D T L R O F  
 S N O W B U N T I N G S D L L  
 S R U E G A Y O V T V R I A A  
 G N I T A K S E C I E O N T G  
 S N O W S H O E I N G P G E E  
 S R E D E E F D R I B R M I S  
 E K A B K C O N N A B O I O T  
 F O O T P R I N T S H T U S C



BANNOCK BAKE  
 BERRIES  
 BIRDFEEDERS  
 CAMOUFLAGE  
 CHICKADEES  
 COMPETITION  
 FOOTPRINTS  
 FOX  
 HARES  
 HIBERNATION  
 HOT CHOCOLATE  
 ICE SKATING  
 KITE BOARDING  
 MUSKRAT  
 QUINZHEE  
 REDPOLLS  
 SNOW BUNTINGS  
 SNOWSHOEING  
 SNOWY OWLS  
 STARGAZING  
 TORPOR  
 TRACKING  
 VOYAGEURS  
 WETLAND



With the unused letters discover a secret message:

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Come out and visit us

**Answer:**

Oak Hammock Marsh  
 Interpretive Centre  
 1 Snow Goose Bay at  
 Highway 220  
 Stonewall P.O. Box 1160  
 Oak Hammock Marsh, MB  
 R0C 2Z0

### For More Information

Inquiries: 204-467-3300  
 Bookings: 204-467-3299  
 Fax: 204-467-9028  
 Toll-free: 1-888-50-Marsh  
 (62774)

Email: [ohmic@ducks.ca](mailto:ohmic@ducks.ca)

Website:

[www.oakhammockmarsh.ca](http://www.oakhammockmarsh.ca)

### Hours of Operation

September & October  
 10 a.m. to 8 p.m.  
 November to August  
 10 a.m. to 4:30 p.m.

\*Call ahead for Café hours.

Extended hours during the fall.

The Interpretive Centre is open beyond its public hours for group bookings and meetings.

## ASK THE NATURALIST

### What do all snowflakes have in common?

All snowflakes have six sides. This is because of what they are made of — water. Every water molecule has two hydrogen and one oxygen (H<sub>2</sub>O). Think of Mickey Mouse where the head is the O and the two ears are the H's. The H's are attracted to the O's of other molecules as the water freezes. Snowflakes are made of six-sided



shapes that are joined together with a space in the middle. This space creates air pockets, which help make snow such a good insulator.

## CATTAILS

### SECRETS OF THE CATTAIL REVEALED

No, the plant paparazzi have not arrived at Oak Hammock Marsh, but an interesting new exhibit revealing the life of this familiar marsh plant has! The parts of the cattail, its life through the seasons, its use by animals and people as well as just what makes it different from a bulrush. It is all told through

interpretive text and displays. You'll never look at cattails the same again!

