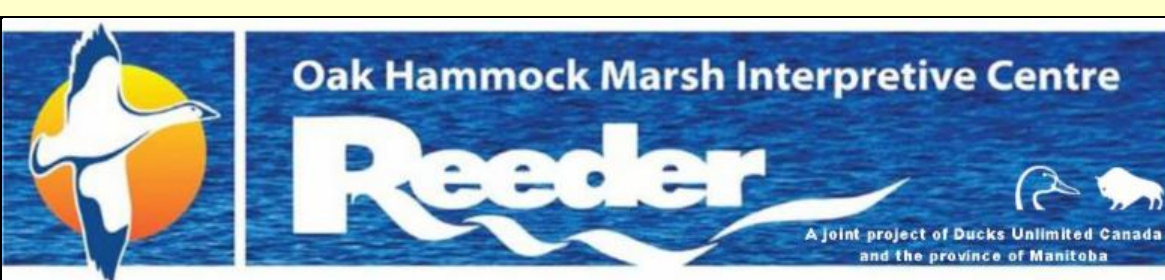


[<Back](#)[Print](#)

August 2015

In This Issue

[Hazy, Lazy Days of Summer](#)[Birding Hour - Birding by Ear](#)[Duck and Run](#)[A Bird in the Hand](#)[Hike the Dyke](#)[Wild Edibles Workshop](#)[Dragonfly Festival](#)[Camps for Kids](#)[Premier Healthy Living Sponsors](#)

Quick Links

[Events Calendar](#)[More About Us](#)

Join our list

Join our mailing list!

Greetings!

Welcome to the Oak Hammock Marsh Interpretive Centre Newsletter. Here are some upcoming and noteworthy events happening this month.

Hazy, Lazy Days of Summer

August 1 to 3

Is the heat wearing you down? Is the beach too crowded for you? Are you looking for a great way to stay cool this summer?



Join us at **Oak Hammock Marsh Interpretive Centre** this weekend for some fun and a unique way to spend those hazy, lazy days of summer.

Try a **Toe-Dipping Contest** at our artesian spring or make a small boat out of a milk carton and race it down the creek. Join in other fun water games to keep you cool.

This is also a great time of year to see the flowers of the prairie in bloom!

[For more information about this event](#)**Birding Hour - Birding by Ear**

August 8 - 1 p.m.

Birds have different songs and calls for different reasons and at different times of the day.



Let our Resident Naturalist, **Paula Grief**, guide you through the many different bird songs during this beginner workshop.

This workshop is available for all ages. Workshop fee: **\$5 plus admission**

[For more information about this workshop](#)**Duck and Run**

August 9 - 9 a.m. to 12 p.m.

Up for a little marsh madness? Stride past muskrat huts. Journey down the boardwalk. Sprint along a path lined with cattail stands - but watch your step! The honks and quacks of our locals will cheer you all the way to the finish line.



- 5 kilometre run
- 10 kilometre run
- 2 kilometre family walk

After trekking the trails, celebrate your success with a healthy snack, family friendly activities and more. Make a day of it at the marsh and enjoy a summer day in the great outdoors.

This event is proudly presented by **Giant Tiger** and **The North West Company - Healthy Living Sponsors of the Oak Hammock Marsh Interpretive Centre.**

[For more information about this event](#)**A Bird in the Hand**

August 9 - 8 to 10 a.m.

Be part of an important research by participating in a real live songbird banding session at the marsh. Learn why **Oak Hammock Marsh** is such an important stop on the migration path. You might get to feel the bird's feathers flutter in your gently closed palm a second before it is released, then unfurl your fingers and let the bird fly free!



The bird banding experience is followed by a canoe excursion or a guided birding walk on the trails. Smell the blooming wildflowers of the wetland and listen to the many songs of the wildlife at the marsh.

\$20 per person. Please register ahead to secure your place.

[For more information about this workshop](#)**Hike the Dyke**

August 15 - 10 a.m. to 12 p.m.

Oak Hammock Marsh has over 30 kilometers of trails. Join an interpreter for a guided hike to the lesser seen parts of the marsh. The hike will start with a meeting at the Interpretive Centre to determine the hike location based on weather, trail conditions and other factors.



This hike will be through rough terrain. Expect tall plants, insects and other obstacles. Proper walking footwear, clothing and water are a must, along with the ability to walk a far distance. Note that there are no facilities (benches, washrooms, shade) along the outer trails.

Hike may be shortened or cancelled due to weather.
Workshop fee: **\$10 plus admission**

[For more information about this event](#)

Wild Edibles Workshop

August 16 - 10 a.m. to 12 p.m.

Learn about the edible varieties of common wetland plants on this hiking adventure through the marsh.

Taste some delicious prepared samples and take away harvesting and preparation tips.

Pre-registration is required.

Workshop fee: **\$10 plus admission**

[For more information about this workshop](#)



Dragonfly Festival

August 22 and 23

Did you know that Manitoba is home to more than 100 species of dragonflies and damselflies?

Learn more about these fascinating creatures during the **Oak Hammock Marsh Interpretive Centre's 10th annual Dragonfly Festival.**

Equipped with a net, join a **Dragonfly Safari**

where you can catch and identify many different species of dragonflies and damselflies.

You can also try catching dragonfly nymphs from the waters of the marsh with a net and pail. See them magnified on our giant screen.

Learn about dragonflies with our displays and presentations or participate in our **Dragonfly Food Art Contest** and our **Colouring Contest** to win a prize.

Special Guest on Saturday : Al Simmons!

The inimitable **Al Simmons** will be performing two special shows in our theater, at **1 and at 2 p.m.** on Saturday only.

This event, sponsored by **Barry Konzelman** and **Maggie Katzeley**, will be a lot of fun for the whole family!

[For more information about this event](#)



Camps for Kids

Throughout August

Camp is a great way to gather precious memories and build special friendships that will last a lifetime!

The **Oak Hammock Marsh Interpretive Centre** offers

camps for kids of all ages during the summer. We have a variety of age-appropriate camps to choose from throughout August:

Cattail Camp: ages 5 to 7 - Animal detective, puzzle hunt, crafts, games, tasty snacks and more!

Blackbird Camp: ages 8 to 10 - Games, scavenger hunts and a cool craft. Don't miss out!

Wetland Adventure Camp: ages 11 to 13 - Compass scavenger hunt, survival skills, canoeing, and geocaching!

[For more information about camps](#)



Premier Healthy Living Sponsors

Premier Healthy Living Sponsors



The Oak Hammock Marsh Interpretive Centre is located 30 minutes North of Winnipeg on highway 67 between highways #7 and #8. For more information call (204) 467-3300.

Sincerely,

Jacques Bourgeois
Oak Hammock Marsh Interpretive Centre

Email: j_bourgeois@ducks.ca
Web: <http://www.oakhammockmarsh.ca>

[Forward email](#)



This email was sent to j_bourgeois@ducks.ca by j_bourgeois@ducks.ca | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Oak Hammock Marsh Interpretive Centre | 1 Snow Goose Bay | Oak Hammock Marsh | MB | R0C 2Z0 | Canada