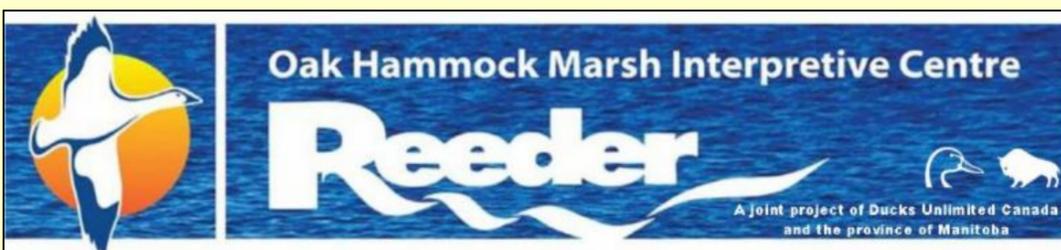


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August 2016

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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

July 30 to August 1

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](#)**Photo Walk Workshop**

August 6 - 1 p.m.

Capture the marsh with your lens. Bring your camera (SLR, point and shoot or even your phone) and explore the many photogenic areas of the marsh. Dress for weather, workshop will be outside. This is a great time of the year to capture the beauty of many wildflowers!

**#ohmphotowalk**

Pre-registration is required. Workshop fee: \$10 plus admission.

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

August 7 - 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](#)**Dragonfly Festival**

August 13 & 14

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



Learn more about these fascinating creatures during the **Oak Hammock Marsh Interpretive Centre's** 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 Art Contest** and our **Colouring Contest** to win a prize.

[For more information about this event](#)**Birding Hour: Boreal Birds**

August 20 - 1 p.m.

Learn how to recognize bird of the boreal forest with our Resident Naturalist, **Paula Grief**.



Learn which groups of birds live in the boreal forest and about techniques used to learn about them.

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

[For more information about this workshop](#)

A Bird in the Hand

August 21 - 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.

\$25 per person. Please register ahead to secure your place.

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!

[For more information about camps](#)

Premier Healthy Living Sponsors

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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,

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