

THE LOG JAM



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The Groomed Woodlot

Our Mission Statement

"The Woodlot Association of Alberta's purpose is to promote leadership in sustainable forest management by encouraging the development of Private forest by increasing awareness of their inherent social, economic and environmental values."

Advertisements in the News Letter may be purchased at the following rates
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Woodlot Association office
Box 303
Beaverlodge, AB.
T0H - 0C0

e-mail - rjolson@telus.net

phone - 1-800-871-5680

News Letter Editor
Box 84
Whitecourt, AB.
T7S - 1N3

e-mail - jurgen.moll@xplornet.com

Phone - 1-780 - 778 - 4272

Website - www.woodlot.org

Board of Directors

Laval Bergeron, *President*

St. Isidore (780) 618 - 6014

lavalb@pensee.ca

Jurgen Moll, *Director*

Whitecourt (780) 778 - 4272

jurgen.moll@xplornet.com

Keren Visser, *Secretary*

Sangudo (780)305-8709

kareterr@gmail.com

Elton Kauffman, *Treasurer*

Bluesky (780) 596-3845

eelk@telusplanet.net

Gordon Kerr, *Director*

Sherwood Park (780)434-0512

girdonkerr@shaw.ca

Larry Nofziger, *Vice President*

Elmworth (780) 354-2710

larrynofziger@gmail.com

Harry Krawchuk, *Director*

Nampa (780) 322 - 3822

greenfields3822@hotmail.com

Herb Cerezke, *Membership Chair*

Edmonton (780) 435 - 6007

cere@telusplanet.net

Harry J. White, *Director*

Spruce Grove (780) 962-2049

harryj_white@outlook.com

Warren Stewart, *Director*

Valleyview (780)524-5557

spr@telusplanet.net

Pete Mills, *Past President*

Beaverlodge (780) 354-8226

pssbd@telus.net

Hello everyone,

Already time for a new logjam. Leaves have started turning, combines have started harvesting, hunting season is around the corner and now is a great time for a walk in the forest, for the colours, the smells, the sounds and everything that comes with it. As you do so, please stay aware of your surroundings. Never know what's around the corner.

What stays exiting with the association is that the government is still talking about us, debating the issue of management plan, crown land adjacent to your woodlot, taxation. We know that by the conversation back and forth with them.

What's not so exiting is the lack of funding and no light in the tunnel.. for now. We are working on it and I stay confident that it will happen.

Soon there will be snow on the ground and it will be time to get work done on the woodlot. Logging, firewood, trails, etc.

Fun fun fun ☺

Classified Ads

The Board of Directors has decided that the Log Jam should carry a column of "Classified Ads", free of charge for any member of the WAA who is in good standing.

The rules to place an ad are:

The ad's can include - selling an item - wanting to buy an item - a service you can supply - livestock / pets - equipment - or any product from the woodlot.

Each ad should not exceed 30 words, and no pictures.

As you all know the Log Jam is issued in the months of , March, June, September and December. In order to get your ad in a particular month send your ad to the editor by the first of that month. The ad will be in two issues, after that it would have to be renewed by yourself.

Send your ad to the editor by [e-mail](#) or in the [postal mail](#), the address is on the first page of each LogJam.

Your ad will appear in the Log Jam just as you write it, along with your phone number and e-mail address

Give the Gift that Lasts
(*Reminder Christmas is not that far away*)

This an opportunity for you to give a friend, neighbor, or relative, whom you think would like to develop a patch of brush that is on their land into a Woodlot. A one year membership to the [Woodlot Association of Alberta](#), for a reduced rate of \$20.00.

How can you do this, Clip out the gift certificate application (*below*) fill it out and mail it to [Herb Cerezke, 5916 - 87 ave. Edmonton, AB. T6B - 0K9](#) along with your cheque of \$20.00 (*make cheque out to the Woodlot Association of Alberta*)

We will then send your candidate a certificate that he/she is now a member of the WAA for one year. Gifted to them by your self , along with a copy of the Log Jam .

(Regular one year membership fees are \$ 30.00)

I _____ would like to buy a one year membership to the Woodlot Association of Alberta as a gift at the reduced rate of \$20.00,

For: Mr. / Mrs. _____ of
_____ Phone No. _____

Mailing Address : _____

E -mail Address _____

Enclosed is a cheque for \$20.00 made out to the WAA

Signature _____

The Chain Saw Circle: Women of the Woodlands

When Kathryn and Susie Kemp, sisters in their 60s, moved from the red dirt desert lands of Utah to lush, green Cottage Grove, Ore., they knew very little about how to sustainably manage their eight acres of woodlands.

"We were newbies, but we wanted to fully embrace the experience of forest ownership," Kathryn Kemp said. They would soon find camaraderie and support through the [Oregon Women Owning Woodlands Network](#), an education program founded in 2006 by the Oregon State University [forestry extension program](#) to address the needs of woodland owners like themselves.

Women who own woodlands constitute a fast-growing demographic, according to the federal Department of Agriculture, which is allocating funds to the Oregon extension service to develop WOW networks nationwide.

Through workshops and other gatherings, WOWnet seeks to connect mentors with women seeking information on a range of topics, from estate planning to tree identification to tractor safety, and to forge friendships among women who share the same challenges. "WOW saved us," Kathryn Kemp said.

While some women, like the Kemps acquire their forests through a purchase, the majority of women inherit

them a parent or husband while in middle or later years, said Nicole Strong, founder and coordinator of Oregon's [WOWnet](#), which has so far served as a model for similar programs in Pennsylvania, Idaho, Minnesota and Arkansas.

In her role as a senior instructor with the Oregon extension service, Ms. Strong saw the need for some female community-building in the woodlands management milieu, which traditionally has been male-dominated. Whether it is cultural, generational or both, many women have left forest management to their spouses for years and may feel overwhelmed when the property falls into their hands, Ms. Strong said. "Women have expressed frustration about feeling marginalized," she said.

"Forest management is hard for anyone, but if you're a woman, there are special considerations, like using heavy equipment," she said. "You may not plan to do your own timbering, but you have to know how to use a chain saw when a tree falls and blocks your road."

New owners of either gender may also be vulnerable to unscrupulous loggers, some of whom scout obituaries for prospects, Ms. Strong said. "WOW is all about putting women in touch with resources and each other, but it's also about raising awareness among loggers, that they need to treat female forest owners with respect," she said.

Tamara Walkingstick, a forestry expert at the [University of Arkansas Cooperative Extension Service](#), helped found the Arkansas WOWnet after fielding a call from a woman with an all-too-familiar story.

"She told me she'd received a letter out of the clear blue sky offering money for her timberland," Dr. Walkingstick recalled. "She had inherited the property and didn't live there. She hadn't even seen it in years and had no idea what it was worth."

Dr. Walkingstick advised her to hire a registered forester to assess and appraise the property and to seek the [Arkansas Forestry Commission](#)'s help in developing a management plan. "I hope she followed up," she said. "I have nothing against loggers, but we want landowners to know what they have and to make educated decisions."

Forest owners vary in their objectives, whether it is leasing property for hunting, selling timber for supplemental income or simply observing wildlife.

"Some of the goals may overlap, but it's so important to know what they are," said [Renée D'Aoust](#), who lives on a 40-acre forest in Idaho that her parents purchased 20 years ago.

Ms. D'Aoust became so competent at helping to manage her family's woods that she earned the status of Idaho master forest steward through a University of Idaho program. She now edits a WOW newsletter that focuses on the inland Northwest. She shares her experiences by [blogging](#).

"If you make mistakes in the forest like taking out the wrong trees, you may have to wait 30 years to see them corrected," she said. "A good management plan is critical."

A former professional dancer, Ms. D'Aoust, 44, had no qualms about picking up a chain saw. "All those years of dancing gave me the muscles I need to work the land," she said. While she has hired loggers over the years, she said, "I've invested a lot of sweat equity."

The same hands-on attitude is paying off for the Kemps, who have acquired a pickup truck, a tall orchard ladder, a pole saw, a chain saw and the self-confidence to care for their woods. "We traded in the little-bitty chain saw we had for something heavier-duty, so we could 'limb' all of the tree branches that were touching

the ground," Kathryn Kemp said. "We learned about doing this at a fire prevention workshop."

They also recently attended a demonstration of a device that would enable them to haul logs from their land.

"I'm not sure it's something I have a use for right now, but it was fascinating," she said. "Boy toys are now girl toys, too."

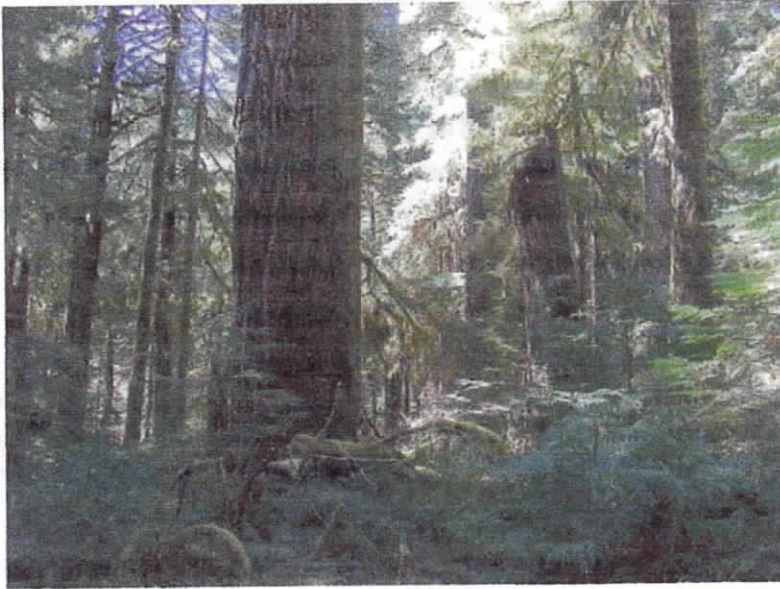
Yet Alex Andrus, a spokesman for the [Pinchot Institute for Conservation](#), suggests that a woman's attitude toward her property may be of a different quality.

"Women have a different emotional attachment than men to land ownership, particularly forest lands," he said. "They see forests as more than a financial opportunity. They have a holistic view of the land and the values it provides to the environment, to the community and to themselves and their families."



There are but two ways of paying debts; increase of industry in raising income, increase of thrift in laying out. --- Carlyle

New study shows how old growth forests combat climate change



A new study shows that [old-growth forests are better than younger plantation forests](#) at reducing temperatures for the plants and animals living within them, a finding that will prove valuable for forestry management services trying to combat the effects of climate change.

"To the untrained eye, plantations might look similar to old-growth forest in terms of the aspects that are well known to influence temperature, particularly canopy cover," says Matt

Betts, co-author of the study and professor at Oregon State University's College of Forestry. "So, the magnitude of the cooling effect of old-growth structure is somewhat surprising."

Researchers compared temperature readings under different forest canopies within the Oregon section of the Cascade Mountain Range, extending from southern British Columbia to northern California, and found that old-growth forests reduce maximum spring and summer air temperatures by as much as 2.5 degrees Celsius more than secondary and plantation forests.

Researchers chalk it up to the different characteristics of old-growth forests. Whereas a plantation forest is usually dominated by one tree species often of the same age, an old-growth forest will contain many tree varieties of different ages and will have more biomass.

With an estimated 3.5 million hectares of old-growth forest remaining in the coastal region of the Pacific Northwest – much of it currently under the protection of the U.S. Northwest Forest Plan – the potential of these forests to keep temperatures within a habitable range for forest species is significant. Hence the need for forest management policies which favour the protection and restoration of old-growth forests, according to the study's authors. "In jurisdictions where biodiversity maintenance is the goal, conservation and restoration of structures associated with old-growth forests are more likely to sustain favorable microclimates and to reduce climate change impacts on temperature-sensitive species," say the authors.

Indeed, the capacity of old-growth forests to act as carbon sinks has only been recognized over the past ten years. Prior assumption was that the older trees – anywhere between 15 and 800 years in age – did not absorb carbon dioxide at the rate of younger trees, and thus, it was thought that old-growth stands were more carbon-neutral, giving off as much carbon dioxide as they absorbed. But in an analysis conducted in 2008, researchers (again, from Oregon State University) concluded that, worldwide, old-

Earlier this year in British Columbia an [historic agreement was reached](#) between the provincial government and First Nations groups to protect a section of the Great Bear Rainforest amounting to about 3.1 million hectares of coastal forest land located about 700 kilometres north of Vancouver. The deal marks about 15 per cent of the Great Bear Rainforest for logging and other industrial uses and leaves 85 per cent protected, including a large amount (70 per cent of the total area) of old-growth forest.

Goats, Enlisted To Eat Invasive Plants, Wreak Havoc



An innovative pilot program in Salem, Oregon, to "goatscape" an invasive species problem in a local city park turned disastrous after the farm animals ran amok and devoured native plants.

The city's public works department rented a team of 75 goats to try to deal with the proliferation of Armenian blackberry and English ivy plants, but it soon became evident that the goats were not being "selective in what they ate."

According to a report the city [released](#), the program was commenced in October after great "interest in the community" to try sustainable goatscaping as a solution. But the project wound up becoming costly, with \$21,000 being spent on renting the animals and other upkeep, which the *Statesman Journal* [estimated](#) cost five times more than conventional invasive species removal.

The city observed that the voracious goats scarfed down "native shrubs, tree bark, leaves and most other types of vegetation."

Mark Becktel, Salem's Public Works Operations Manager, told *weather.com* in an email that the goats preferred the tastier native foliage.

"We knew that the goats would probably eat some of the native species, and they will grow back this spring," Becktel said. "Our hopes were to see if we could employ a 'green' environmentally friendly way to remove invasive blackberry and English Ivy. The goats will always default to the tenderest and sweetest foliage. They loved the blackberry leaves, but left the stalks or canes. They also did not like eating the English Ivy as much as we would have liked. They did like the sweet bark of some of the maple and hazelnut trees, although none of the trees were permanently damaged."

While the program ended up being a bust, Becktel said he was optimistic the city would get to use the goats again, albeit in limited projects.

"Overall, the main issue was that the goats were more expensive to use on the same terrain as using an inmate labor work crew and tractor mowing equipment," he concluded. "Our budget is too limited to spend more money than necessary to complete the job. We are fond of the goats, but see using them in the future only for special projects that would involve steep terrain, like hillsides and embankments, where we would have a difficult time using inmate labor or heavy equipment."

It may seem rather peculiar that we are talking about our next AGM when we just had the last one some three months ago, and the 2017 one is still nine months away.

The reason why we are talking about it now is that we don't know where or who will host it.

Therefore we are asking all our members if they would like to host it, and if you do all you have to do is give our President Laval Bergeron a phone call and explain to him what your plans are to host it.

There are a few things to think about before you hold your hand up, some of these are: the budget is very small; the meeting is - one day business meeting and one day a field tour; you must organize - meeting room - speakers - lunches & banquet - prepare the agenda with Laval - solicit industries and municipal government for donations - list of local accommodations; plus a few things that will crop up unsuspectedly. It is a fair amount of work but if you are a person that likes to organize things, this is a great opportunity to put your talents to work.

As far as getting assistants most our members would help if asked, and there is a lot of free advice from any one who has hosted our AGM's in the past.

Is steel, wood or concrete the most 'green' building material?



If the fairy tale of the Three Little Pigs were written today, the pigs' homes would likely be built not out of straw, branches and bricks, but instead out of wood, steel and concrete. And the porky trio would be imperiled not by a big bad wolf, but by environmental cataclysm.

Any child reading the original story could tell you immediately that sticks and straw wouldn't ever offer lupine stopping power, and that bricks were the obvious choice from the get-go. But it gets more complicated for modern builders trying to select materials based on what might save their ecological bacon.

Advocates for all three major construction materials lay claim to certain environmental merits. Steel can be essentially infinitely recycled and reused without degradation. Trees regrow, and lumber used in construction stores carbon dioxide. And new additives hold the potential to dramatically reduce concrete's staggering carbon footprint.

"This is a longstanding battle between three main structural types in Canada," says Terri Meyer Boake, professor of architecture at the University of Waterloo. "The environmental issues have just focused the arguments a little more, because they have actually something real to debate."

Boake and many others say context matters in choice of materials, and that the impact of these materials is interrelated. Concrete, for instance, has fly ash in it, which is a byproduct of steelmaking. Ontario's vibrant steel industry effectively makes both steel and concrete locally sourced materials in the province, but the same doesn't hold true for, say, Quebec or B.C.

Not everyone sees the nuance, though.

"Wood is ahead of the other materials. Period," says Marianne Berube, the director of Wood Works! Ontario, the provincial arm of a Canadian Wood Council campaign aimed at promoting wood use in construction. "Wood is the only renewable building product. You plant trees, grow, harvest and replant. Carbon is stored in buildings. It's a huge benefit in climate change."

She also points to technological advances like cross-laminated timber – a strong prefabricated material made by layering wood and adhesive – that makes wood viable for low-rise or even high-rise construction.

The University of British Columbia is building a record-setting 18-storey residence out of wood, and Vancouver architects are also involved in a project to create a wooden 35-floor mixed-use tower in Paris. Ontario recently changed its construction codes to allow six-storey wood buildings.

Boake agrees that cross-laminated timber and related wood products such as

chipboard and laminated veneer lumber make wood a viable contender for green buildings. But she says claims that wood turns towers into global-warming-mitigating carbon sinks have to be evaluated carefully.

“If you leave the tree where it is, it’s not just storing carbon but also producing oxygen,” she says. And even though wood is inarguably reusable, that’s not the same as saying it is reused. “When you take down a building, you can salvage the wood, but I have not yet seen a house demolished that wasn’t demolished by a big backhoe. A lot of times they’ll just dump the wood.”

This explains why steel gets bragging rights as North America’s most recycled material. While wood is often thrown away and recycled concrete gets ground down into roadbed material, recovered steel retains its versatility.

“It doesn’t matter if the steel was a washing machine, a car or a building, it can be melted down and become whatever it needs to be,” Boake says. “When they make new steel from old, they might have to add alloys, but it’s never downcycled. It’s never, ‘We used this so many times we have to throw it out.’”

Still it’s worth remembering that of the three Rs of environmental stewardship, recycling is still more energy and resource intensive than reusing or reducing.

“Yes, steel is recyclable, but that recycling also has a carbon footprint,” says Janet Sumner, an environmental activist and the executive director of the Canadian Parks and Wildlands Services’ Wildlands League. “It all has to go to a recycling facility – which means there’s also transportation or haulage. But if it’s replacing the need for new steel, that’s probably going to have a smaller carbon footprint.”

Sumner spent a significant part of her career working on waste management, recycling and diversion projects. She says an organization like hers can only endorse the claims for a building material if they have complete and transparent data. While the calculations are complex, she finds it encouraging that these sectors are battling for ecological supremacy.

“What I do have is great hope,” she says. “It’s almost funny to see industries trying to outcompete each other on climate change. I’m now seeing proposals come across my desk saying, ‘We’re better,’ ‘No, *we’re* better.’ Some of it will be true, some won’t, but the fact that they are so motivated to be at the top of the class is staggering.”

For organizations like the Wildlands League, greenhouse gases are not the only consideration. Sumner’s equations also factor in issues such as biodiversity, health

of native populations, and diversion of waste products created during resource production.

Even with all that complexity, everybody agrees on one thing:

“Concrete has a huge task on its hand,” Sumner says.

This single building material – the second-most consumed material on Earth after water – is responsible for between five and 10 per cent of all human-related greenhouse gases. Most of these emissions result from the production of cement – a key component of concrete. Cement holds together the sand and gravel that gives concrete its structure.

At Lakehead University, chemistry professor Stephen Kinrade has developed a remedy. He has found a “biosourced additive,” a polyol compound found in the waste stream of the pulp and paper industry that adds super-strength to a concrete mixture. Some simple math shows how this strength can be converted into kindness.

“Builders typically aren’t trying to make stronger concrete, but to build to specific requirements,” he says. “They have different specifications for a bridge, a sidewalk or a building wall. With this additive, they can meet those specifications by adding 25 to 40 per cent less cement to the concrete.”

Kinrade says the science is solid, but that getting the additive into widespread use has been more of a challenge than he expected.

“The building industry is hyper-conservative,” he says. “The piggies are building their house to last for a hundred years. They are very reluctant to try new things, because they have technology that works.”

Concrete, for instance, is commonly reinforced with steel rebar. Steel survives well in concrete’s alkaline embrace. The building industry is leery of recipe changes for fear of introducing rebar-rotting acidity into the mix.

Kinrade’s research has concluded that his additive doesn’t affect alkalinity or any other relevant chemistry. Still, he continues to work to assuage the industry’s concerns, examining things like the microstructures where the gravel and sand meet the cement to ensure that reducing carbon emissions comes at no cost to structural strength and durability.

No single construction material is likely to outpace the others as the building

industry's silver bullet. In fact, the three main materials will likely only become more interconnected.

"Globally, there are a lot of collaborations between steel, concrete and wood industries to create hybrid technologies," says Mohini Sain, an engineer and materials scientist professor at the University of Toronto. "Steel and concrete already join hands to create buildings that are 100 or 120 floors. But we could see wood laminates with steel as reinforcement. At U of T, we've been doing significant research in concrete and solid wood."

High-tech eco-friendly hybrid materials might themselves seem to be the stuff of fairy tales, but with climate change's hot breath already huffing and puffing at our door, they may be our best chance to live happily ever after.

You can help prevent the spread of invasive species!

The Forest Health Program within Alberta Agriculture and Forestry is working with the Alberta Invasive Species Council (AISC) to implement a new outreach campaign aimed at preventing the spread of invasive species! The *PlayCleanGo* campaign was developed by the Minnesota Department of Natural Resources (MDNR). It targets a variety of land users and explains how various activities on the landscape contribute to the spread of invasive species. The campaign also provides a number of best management practices, which are easily adopted by land users and can aid in prevention.

Partnering with the MDNR on the *PlayCleanGo* campaign is free and allows access to graphic materials, which can be tailored to specific regions, organizations and invasive species. We encourage others to

adopt this campaign as well. Materials can be purchased through the *PlayCleanGo* program or you can work with the *PlayCleanGo* graphic design staff to customize materials to suit the needs of your jurisdiction. Our goal is that as many organizations as possible sign up and partner with the *PlayCleanGo* campaign so the public will be inundated with consistent messaging that will raise general awareness and provide tips on how to prevent the spread of invasive species.

To become a partner or for more information go to:

www.playcleango.org

Megan Evans - Calgary Forest Area



Urban Wildlife Committee members roll up their sleeves

Building bee hotels will be the aim of the first of several upcoming Sarnia Urban Wildlife Committee work bees.

The municipal committee has put out a call for members of the public to join its 10 volunteers in weekly evening work sessions, including one on May 5, at 100 Christina St., downtown, where they're set to spend a couple of hours assembling bee hotels.

The work bees have been held for the last few years, said committee member Brenda Lorenz.

"It gives an opportunity for the committee member to actually get their fingers dirty," she said.

As well as the bee hotel building bee, the evening projects will include removing garlic mustard and spreading wood chips on trails at Canatara Park, cleaning a prairie garden at the Art Teasell Wildlife Refuge, and working on a wetland on the Point Lands at Sarnia Bay.

"We have a number of properties where it's good to get out and just do some work on," Lorenz said.

Members of the public are being invited to join the committee during the work sessions that run from 6:30 p.m. to 8:30 through May and June.

That's particularly true for two sessions, May 10 and 12, that have been set aside to remove garlic mustard in Canatara Park.

"The more the better on that one," Lorenz said.

Garlic mustard is an invasive herb native to Europe that was brought to North America in the early 1800s and has become one of Ontario's most aggressive forest invaders, according to the website for Ontario's Invading Species Awareness Program.

"Once you end up with a little bit, you end up with a lot," Lorenz said.

"It's awful stuff, and it's just rampant in the park."

The Sarnia Urban Wildlife Committee was started two decades ago by Art Teasell, Lorenz said.

"Our aim is really to protect, enhance and restore native landscapes in the urban environment," she said.

The committee also works to encourage the city policies that embrace naturalization, and to educate city residents about what they can do in their own yards.

That includes adding native plants needed by pollinators, butterflies, birds and other native wildlife, Lorenz said.

She noted more residents today are interested in adding native plants, such as milkweed varieties that provide habitat for Monarch butterflies.

"It's good to see people coming around," Lorenz said.

But, she added, it can still be discouraging to see lots where the first move by developers is to cut down all the trees.

"And they put up a big house, and non-native plants that provide absolutely no habitat, no food, no shelter for the animals," she said.

And that, leads back to the bee hotel work bee on May 5.

While honey bees live in hives, there are solitary species of bees who don't live in hives or nests but still require shelter while living and doing the important job of pollinating plants.

"A lot of the bees, what they like are hollow tubes," Lorenz said.

That shelter is often found in native plants with hollow stems, a habitat replicated by the "bee hotels" to be assembled at the work bee.

Most of the work bees are Thursday evenings, and run 6:30 p.m. to 8:30 p.m. Participants are asked bring their own tools to most of the sessions.

Insurance for Woodlots

Some members have asked us if they can buy insurance on their woodlots, I contacted my local insurance office to answer this question, and this is the answer.

They found an insurance company that would insure, log decks and manufactured lumber, but not standing trees.

There are a few catches in order to get this insurance which are:

- * There is a three page application form to complete that would show, the number of log decks, the value of each, a GPS location of each, and species in each deck.
- * Also a list of the fire fighting equipment you have ie - bulldozers, water trucks, water sources, location of fire fighters, pulse any other equipment you may have.
- * The cost for this insurance is based on the value of the log decks, an example is if the value is - \$160,000 the premium would be \$5,000 and a deductible of \$5,000. This is only from one company and others may have a better rate
- * You may also be required to employ a 3rd party to scale and place a value on each deck, which could run at \$350 to \$500 per day, plus expenses.

Becoming a birdwatcher: Hobby is more popular than ever, with new technology available

Birding (or birdwatching) has become one of the fastest growing hobbies in North America.

By any measure, birding has never been more popular. Its allure lies in the satisfaction of using one's knowledge of season, range, habitat, field marks, song and behavior to identify and appreciate the birds around us. Birding can also become a window on environmental issues. Many environmentalists started out as birdwatchers, perhaps because you quickly recognize just how vulnerable bird populations are to pressures like urban sprawl, habitat destruction and climate change.

Bird identification is about three things: Paying attention, being patient and knowing what to expect. Paying attention means looking and listening with complete concentration. Being patient can mean standing motionless in a forest for several minutes until the bird you just heard sing eventually calls again and lets you know where it is lurking. In fact, one can often see more birds by standing in one good spot than by always moving. Finally, knowing what to expect means having a good idea of what species should be present in a given time of year and habitat. Experienced birders have a 95 percent idea of what they will probably see in a given day and place. Birds are found at predictable times and locations.

So, just who is that little brown bird visiting your feeder? When you come across a bird you can't immediately identify, try following these steps:

Take note of the bird's general shape. Many birds can be identified by shape alone, often at considerable distances. Is it stocky and short-tailed like a starling or slender and long-tailed like a grackle?

Turn your attention to the bird's size by comparing it to a common benchmark species. Ask yourself if it is closest in size to a hummingbird, sparrow, robin, crow, or goose.

Examine the plumage and field marks. Take a careful look at the wings, underparts, rump, tail and head. If you find mnemonics (memory aids) useful, think WURTH. Start with the part of the bird you can see best, but try to look at its entire body before it flies away. Try to see if it has bars on the wing or if its chest, belly and sides have spots, stripes or a special coloration. Is there anything special about the tail or rump? Pay special attention to the head. Many small songbirds such as warblers and sparrows can be identified by characteristics of the head alone. Does the eye have a circle around it? Does the crown or throat have special markings such as stripes or a contrasting color? Take note of the size and shape of the bill.

Watch what the bird is doing. Is it feeding on the ground, perched at the very top of a tree, moving headfirst down the trunk, standing motionless in shallow water or soaring high overhead? Is it alone or with others of the same species? Some common feeder birds, for example, almost always feed on the ground in small flocks (e.g., white-throated sparrow), while others are nearly always seen on feeders (e.g., black-capped chickadee). If the bird is flying, how would you describe its flight pattern? Some hawks, for example, soar in circles on motionless wings, while others have a "flap, flap and glide" style of flying.

Consult your field guide or app. Don't forget to look at the range maps, relative abundance of the species, whether it is migratory or resident, its preferred habitat and its typical behavior. The guide will also point out the most important field marks and how the bird compares to any similar species.

Keep in mind...

- Bird identification is not an exact science and at times it is difficult to be completely certain of what species you have seen. Being "reasonably certain" is sometimes the best you can do.
- When you are looking at an unidentified bird, remember that it could be a female or an immature. Although the male and female are quite similar in most species, there are birds -- the red-winged blackbird, for example -- where the differences are striking. Ducks, too, show a big difference between the sexes. When identifying eagles, hawks and gulls, remember that you might be looking at a juvenile or immature bird.
- The bird in your binoculars may not be in its breeding plumage. In a small number of species (fortunately!), the plumage can vary considerably between spring and fall. These birds tend to be colorful in the breeding season but drabber in fall and winter. American goldfinches are an example of this challenging characteristic.
- Many songbirds respond well to "pishing" and will come in quite close so that you can take a closer look. Before you begin to pish, place yourself close to some trees or shrubs where the birds you wish to attract can land. Pucker your lips and make a loud, forceful "shhhh" sound, while tacking a "p" on at the beginning: "Pshhhh, Pshhhh, Pshhhh." Make sure it sounds shrill and strident. You might want to try adding an inflection at the end, as in PshhhhEE. Do it in a sequence of three, repeating the sequence two or three times. At first, you'll probably need to pish fairly loudly, but you can lower the volume once the birds get closer. Continue pishing for at least a couple of minutes after the first birds appear. This will give other species that may be present a chance to make their way towards you. Chickadees and nuthatches are especially receptive to the pishing sound, but other species like warblers and sparrows will usually approach as well.

- The habitat in which you see the bird can also help with identification. Some species are almost never seen outside of their preferred habitat, except during migration.
 - Many birds are found along habitat edges such as the edge of a woodlot, a road or a wetland.
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- Learn common bird sounds. Identification by songs and calls will really boost your birding skills and provide a great deal of satisfaction. With practice, nearly all birds can be identified by song. Start by learning the songs of the common species you see and hear around your house. Listen to recordings of their songs -- in the car, for example -- and learn the associated mnemonic for the species you're interested in. Chickadees, for example, sound like they are singing "Hi Cutie". There are many bird identification apps that include songs and calls.
 - Purchase a pair of good binoculars. Many bird-waters find 8x40 or 8x42 the best choice. They provide good magnification but also offer a wide field of vision. Look for a pair with a roof prism design.
 - Choose a field guide with paintings of the birds rather than photographs, and a range map right beside the illustrations. My favourite is The Sibley Field Guide to the Birds of Eastern North America because of its convenient size and weight and the multiple plumages it shows of each bird. The Sibley eGuide to Birds is probably the best app available and includes recordings of all the songs and calls.
 - Check out seasonal abundance charts for your area. These show how the numbers of a given species change over the course of the year. With time, you will start to develop a mental checklist of what birds are most likely, given the time of year. The eBird website (ebird.org) provides these charts in the "Explore Data" section.
 - Keep track of your sightings -- and share them with others -- by using eBird. Subscribers also receive alerts of rare birds in your area as well as birds you have not yet seen during this year
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*In this life the
Old believe everything,
the middle - aged
suspect everything,
and the young
know everything.*

What Is Forest Bathing and Should You Be Doing It?

It's pretty hard to scroll through gorgeous [naturescapes on Instagram](#) these days and not get total wanderlust for the great [outdoors](#). A weekend adventure or even a [walk through the park](#) is enough to leave you energized and ready to tackle life's challenges. And wouldn't you know it, Japan has been all over this idea for years. The ancient practice of [Shinrin-yoku](#), also known as "forest bathing," is all the rage in environmentally-savvy spas. By taking a slow guided [hike](#) through the woods, walkers are encouraged to reconnect with their senses and pay attention to the gentle rhythm of the natural world.

Science isn't totally sure why this has such a calming effect, but non-treehuggers might want to consider it. You know that intoxicating forest smell? That's from phytoncides, a chemical produced by trees that can reduce the stress hormone cortisol in the body. Researchers in Japan who study the effects of forest bathing believe that spending time in Mother Nature could be an affordable solution for people suffering from anxiety, weak immune systems and mood disorders.

Whether its benefits are purely chemical or not, Dr. Nina Smiley, the director of Mindfulness Programming at [Mohonk Mountain House](#) in New Paltz, NY, notices that her clients have a more positive outlook after walking with her through the resort's picturesque trails. "It's about carrying on that sense of spaciousness that you get from nature," she says.

It can take as little as fifteen minutes to reap the benefits of forest bathing, but M. Amos Clifford, the founder of [Association of Nature and Forest Therapy Guides and Programs](#), says it's better to think of your time spent outside as a dose. The longer you spend in a natural environment, the longer its effects last. After a two to three hour walk, he says you can expect to feel the calming effects for a week.

It's not all bad news for urban dwellers though. While it's initially important to be immersed in green, Nina explains that small signs of nature, like trees and flowers, can serve as powerful reminders of your experience. "Visualize yourself being in the woods, so you have a special place that you can go back to in your mind's eye that will be with you all the time," she says. If an outdoor adventure is out of reach for this season, tap into nature's calming energy with these five tricks for greening up your life.

FOREST BATHING TIPS FOR THE URBANITE

1. **Decorate with plants:** Add a plant to any place where you spend a lot of time, especially your workplace. They [filter the air](#) and have a calming effect.
2. **Walk in the park:** We stroll by nature every day without even noticing it. Take the opportunity to [spark your creativity](#) and recenter yourself. "As you walk by a tree, take it in with a different perspective and see how brave it is to be in the city," Nina says.
3. **Tend a garden:** A [study](#) from Denmark shows that garden therapy can significantly reduce anxiety. Whether it's at a community garden or a window box, it's important to see and experience things growing.
4. **Hang pictures of forest scenes:** [Wallpaper and decals](#) are more than just pretty decor. While it's not the same as getting away, [research](#) shows that putting images of nature in your environment can make you less stressed.
5. **Get out the essential oils:** One [study](#) suggests that aromatherapy using forest-related scents can improve the immune system. Opt for plants of the pine variety, which contain phytoncides.

Editorial

Jurgen Moll

This has been one of the most extreme Spring and Summer weather events that I can remember, but then 1956 was a very wet year were it seemed to rain most days, that is if memory serves me right.

But the best season is yet to come, that is for those that truly enjoy snow and cool temperatures. For you can do more outdoors in our winter than in summer, let me explain. First of all there are no bugs, humidity is low, you can walk on top of the snow or glide over the land on skis, ride the skidoo for miles over frozen bogs and creeks and stay clean. Also the weekly lawn cutting, battles with dandelion and other weeds, mud, and using sun block are now but a faint memory.

For us the wood-lot owners it gets even better because this is the season to do some work in the wood-lot. Such as building / repairing trails, harvesting some mature / damaged trees, and doing some stand improvements, by pruning, thinning, and removal of any infected trees.

It is the stand improvements you do that will increase the value of the timber in the wood-lot. In that your wood-lot will be healthier and growth of the trees will increase. It is this growth of pruned and properly spaced trees that will be bring the better returns in future years, as compared to an unimproved stand. An other advantage to have a thinned stand s that it is so much easier to work in it, such as removal of a damaged / infected tree to keep the wood-lot healthy. ENJOY THE BEST SEASON

Up Coming Events

Board of Directors - Teleconference	September 26, 2016
	October 24, 2016
	November 28, 2016
	December 19, 2016
	All calls are at 7 pm

There are also some events that are hoisted by other organizations that are posted on our web - site, so maybe check it periodically, as you may find a course that could be a benefit to your operation.

My Woodlot

Andy Norlander

In the mid-70's my sister and myself purchased 80 acres 13 km west of Cremona off the Fallen Timber Gas Plant road in Section 19 Township 30 Range Road 5 (in Mountain View County). At that time there was a double wide mobile home, a medium sized log cabin and a small shed on the premises.

Subsequently we learned that a sawmill had been located east of the original buildings – very little remains of that.

The yard was overgrown with Russian thistle, is set back from the main road and is 2 acres in size. The log cabin is the original homesteader's and is approximately 16 ft. by 20 feet in size. We have replaced the original foundation with treated squared timbers, poured a concrete floor and replaced the roof. The double wide has its roof covered with cottage style wooden trusses and shingled with asphalt. The original shed was torn down and replaced with a small metal Quonset. There was no fence separating the adjoining property on the west side and along with the yard work remediation and fence construction at purchase time was a priority.

To remediate the main yard and build fences a small tractor with a three-point hitch along with a Woods pull type mower and a post pounder were purchased.

The 80 acres is treed principally with spruce with pockets of poplar and willow and there are small to medium sized swamp/marshes with associated drainages.

Recently Mountain View County designated the property "an environmentally sensitive area." This restricts the type of development permitted. Prior to this the property was selectively logged outside the yard area.

The logging was done in a very acceptable manner – during the logging I was told the large size of the trees was not often seen – however, the thinning was needed to keep the woodlot healthy. I might add I monitored the situation carefully. The only problems were remediated quickly. When moving the logging equipment out the powerline was pulled down and one power pole broken off at the base. As well one of the logging trailers caught one of the entrance gate posts and broke it off.

During the 40 plus years we have owned this woodlot the cover has changed in some instances from poplars and willows to conifers. As mentioned earlier the cover is mainly coniferous.

Although this woodlot has not been as intensively managed as have some of the woodlot members, it has been an enjoyable journey.

Pictures from - Andy Norlander's - Woodlot



Entrance to the Property



Homesteader Cabin



Natural Drainage - Close to the Cabin



Wet Area with Black Spruce



Old Mill-site Location