



CANADIAN WILDLIFE
FÉDÉRATION CANADIENNE
DE LA FAUNE

Your connection to wildlife

Bulletin

NEWS FROM CWF
JULY + AUGUST 2014

Join the Great Canadian Camp-Out

If you're looking for an excuse to get outdoors
this month, CWF has the perfect idea for you 

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Join the Great Canadian Camp-Out...

What are your plans for July 19? If you think you'll be free that night, we'd like to make a suggestion: join us for the Canadian Wildlife Federation's Great Canadian Camp-Out. It's fun for the family, and it's a great way to get outdoors and connect with nature.

Best of all, it's easy. All you have to do is find a place to pitch your tent and spend the night outdoors. You can use your backyard, a local wilderness area, a nearby provincial or national park campground or your cottage. Location is not important.

What is important is that you tell us about your plans. CWF is hoping to make the Great Canadian Camp-Out a national annual event. That means we want you to tell us that you're ready to join in. All you have to do is head to GreatCanadianCampOut.ca and sign our "Commit to Camp" pledge. You can also show your support by joining the conversation on Twitter at #GreatCanadianCampOut. Our goal is to get one million Canadians engaged with the campaign. We may not hit that target this year, but we're hoping for a big start.

You also receive special benefits for participating in the program. For starters, when you sign on for the "Commit to Camp" pledge, you'll immediately receive our *Guide to Canada's Greatest Hikes*, sent directly to your inbox in PDF form. This handy resource will introduce you to top-tier outdoor treks from coast to coast, with recommendations for everything from easy trails to rugged treks. Your name will also be entered to win a \$500 online gift card from SAIL, one of Canada's top outdoor retailers.

More than that, you'll get a boost from simply being outdoors. It's a great stress reliever. But don't take our word for it. Toronto physician Dr. Melissa Lem recently laid out the details in an interview with the David Suzuki Foundation and CBC's Live Right Now campaign.

"There are two popular explanations for how green time soothes a stressed brain," Lem said. "The first suggests that humans have a finite capacity for sustained concentration. Busy urban environments make focusing more difficult, causing fatigue and irritability. But nature lets the conscious brain rest, replenishing your powers of attention and lowering anxiety. "Another theory argues that an affinity for nature was an evolutionary advantage. Landscapes with vegetation and water were ideal for finding food and avoiding predators, so their inhabitants survived longer and were less stressed. Although today's humans roam cityscapes with blinking stoplights and shiny glass towers, it's unlikely our brains have fully adapted to them."

Lem went on to say that research indicates spending time in nature supercharges the benefits of exercise, a proven stress reliever. "I often recommend that my patients seek out green space to optimize their mental and physical wellness."

So, now you've got everything you need to know to participate in the Great Canadian Camp-Out. If you're looking for more ideas, recipes, campground activities and tips, stop by our website. We've posted a wealth of resources. See you under the stars.

CWF PROFILE

John Ford
SECOND VICE-PRESIDENT

John Ford currently serves as the second vice-president on CWF's board, but his history with the organization goes back much further. He first joined the CWF board about 10 years ago as a representative for the Ontario Federation of Anglers and Hunters, one of CWF's affiliate groups. From there, he went on to serve in a variety of roles, including director-at-large and treasurer.

Like many people involved with the CWF, Ford became interested in the outdoors as a child who enjoyed activities such as recreational fishing. As he grew older, that interest evolved into a broader appreciation of nature and the importance of conservation. He has since been involved in many projects to protect wildlife and habitat including stream restoration projects, hatchery stocking, tree planting and water conservation.

A retired schoolteacher and administrator, Ford sees the primary goals of CWF as protecting the interests of wildlife in order to foster a sustainable approach to the development of Canada in the future, and to educate young people about the importance of nature and wildlife.

Is It OK to Feed Squirrels?

It might seem like a nice thing to do—but it can also spell trouble



Squirrels may be the scourge of bird feeders, but overall they are attractive little creatures, and watching their antics can be entertaining. But does a squirrel's ability to charm mean you should feed it? The short answer is "no." In fact, you might be hurting the animal.

Young squirrels, for example, may not learn to forage if they are dependent on handouts. Squirrels can also lose their fear of people if they are fed too often. You may like them, but that doesn't mean your neighbours will. Feeding can also encourage squirrels to gather in larger numbers than the natural resources in your neighbourhood can support. This means some squirrels might not be able to find enough food when they're not being fed. Overcrowding can also promote the spread of diseases.

But take heart. There are things you can do to help your local squirrels. If you're into gardening, you can plant native plants. This will provide shelter for the squirrels, as well as natural food. And you won't get an unnatural number of squirrels. The population will be governed by the number of animals your plants can support.

Consider planting shrubs such as wild cherry, red osier dogwood and hawthorn. Trees important to a squirrel's diet include oak, hickory, beech, elm, pine, spruce and maple. Not only can these plants provide a source of nuts, buds and fruits, but some will also serve as nesting sites. Visit CWF's Native Plant Encyclopedia to see what plants are native to your area. You'll find it online at CanadianWildlifeFederation.ca.

MEGAN LORENZ

CWF NEWS, PARTNERSHIPS AND INITIATIVES

What's Happening



Take the Monarch Pledge

Monarch butterfly populations are in decline because of a variety of factors. The outlook is troubling, but there are steps you can take to help, starting with signing up for CWF's new "Pledge to Make Your Garden a Safe Place for Monarchs." The steps are easy: avoid pesticides and herbicides that kill weeds monarchs need to survive, fill your garden with plants that are good sources of nectar, and plant milkweed species that are native to your area. Show your support and sign up for the monarch pledge. You'll find it at CanadianWildlifeFederation.ca/pollinators.

Flash the Bat Sign

White-nose syndrome is putting little brown bat populations at risk across Canada. Do your part to help those that remain by giving them a safe place to stay. In fact, CWF will help you help the bats. We have 1,400 bat boxes to give away to schools and organizations. Order yours today at Helpthebats.ca.

We're Looking for Turtles...

Do wood turtles live in New Brunswick's Petitcodiac watershed? There have been reports, but not a whole lot of documentation. That's about to change. The Petitcodiac Watershed Alliance is launching a new turtle-surveying project. It will include studies to establish the size of the wood turtle population in the watershed

GAZ MANNING

and determine the turtles' seasonal behaviours. The alliance will also radio-track turtles to find out how they use the habitat. CWF is supporting the work through its Endangered Species Fund.

...And Tigers, Too

We're not talking about real tigers, of course. We mean the western tiger salamander. Through the Endangered Species Fund, CWF is helping

University of Alberta researchers conduct habitat research on the western tiger salamander to develop models to predict where the species may be found in the province's central region. The researchers will use radio-tracking to determine the movement patterns of salamanders and how habitat disturbances may create barriers for the species.



Your Shot

Sebastien Gagne from La Tuque, Que., is the winner of the April 2014 By Popular Vote monthly photo contest with this charming image on the theme "Enchanted Trails." The themes for the July and August contests are "Celebrate the Great Canadian Outdoors" and "Wild Life," respectively.

Visit WildPhotoContest.ca for your chance to win a CWF prize package valued at \$100.



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