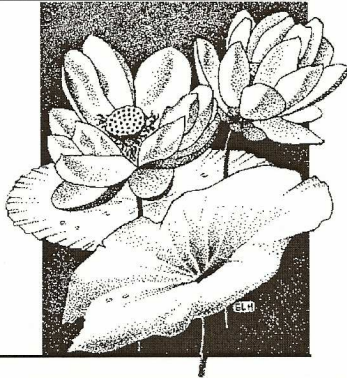


Lotus

NEWSLETTER
of the
NORFOLK FIELD NATURALISTS

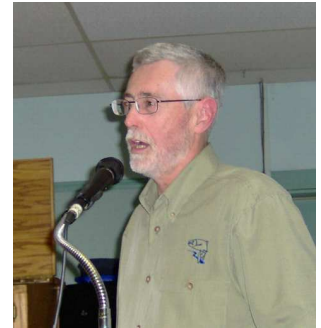


December 2010

October Speaker

Jack Imhof, an aquatic ecologist with over 30 years of experience, is presently the National Biologist for Trout Unlimited Canada with a cross-appointment to the Ontario MNR. He is an adjunct professor at the Universities of Guelph and Waterloo and has spent more than 35 years of his

life working on river and watershed restoration. He and Jerry Smitka wrote the original MNR "Trout Stream Habitat Improvement Manual" in 1982. Jack is also a watershed scientist and has been involved in the implementation of 8 to 10 watershed plans including the Grand River Fisheries Management Plan and the development of the Natural Channel Systems initiative in Ontario.



Jack describes rivers and streams as "ribbons of blue linking up islands of green" and emphasized again and again in his talk that we must think of both together, not try to discuss our moving waters without also considering the surrounding landscapes. The interactions of "hydrologic pathways" and "ecological pathways" create opportunities for life. He made frequent reference to "looking out and up" to broaden our vision and mentioned Monte Hummel's 1989 book "Endangered Spaces", which I treasure in my own library. Jack would show a closeup of a stream or river bed and then a panorama showing the waterway in its setting, e.g., in a valley between two ranges of high hills or meandering through a Yellowstone watershed. In a watershed valley, the site creates the channel form that provides habitat and stability. Closer to home, Big Creek flows through valleys that direct and concentrate its surface. The vegetation modifies the water flow, the climate and weather increase or decrease the amount of water present while the geology directs water flows.

Jack told us that animals travel great distances as part of their home territories. As an example, he cited a small-mouth bass that had been tagged in the Grand River near Kitchener. A year later it was found in the Nith River near Ayr, having travelled the Grand

Meeting Notes

October 2010 Meeting

Announcements and Sightings

Bernie Solymar reminded everyone that we have lost two directors and have vacant positions and room for more directors-at-large. He encouraged anyone interested to contact him and requested help with:

- coffee and cookie refreshments for meetings and movies.
- members to bring treats for the December meeting and to provide items for the Silent Auction in advance.
- the Biosphere Nature Fest planning and activities. (May 28-30, 2011)

Shirley Rothery reminded everyone of the upcoming workshops on Oct. 30 and Nov. 13.

Gregor Beck informed us that reptiles are still very active and will be until late November. About 100 dead snakes had been found in the last 16 days and Gregor requested that any dead snakes or turtles seen be reported to the Land Trust. He also mentioned the raffle for a \$700 pair of binoculars, the draw to take place on November 5.

Magazines on the tables at the back of the room are for taking, if wanted. Any left will go to Backus for use with children's craft and activity cutouts.

There was a brief discussion about the fact that a report on the Great Tree Hunt had never been received by NFN, a sponsor of the hunt.

Sightings included a white wild turkey, 16 bluebirds on a wire, early (September) juncos and numerous kestrels.

A bag of Black Oak acorns was offered to anyone who wished to plant them.

as far as Paris to be able to enter the Nith, crossing dams on its way. Jack emphasized that it was essential to be sure that animal life can travel freely. We are very mistaken if we think wildlife has a small local territory.

Jack emphasized that flood plains are very productive, if we let them flood, and that dams are counter-productive. In 1975, H.B.N. Hynes said "A stream is only as healthy as the valley through which it flows." We were reminded of the original Nile floodplain which was a rich, fertile, area. After the Aswan Dam was built, it changed drastically and is no longer replenished with fertile soil as it was when the annual flooding occurred. In addition to building dams, another devastating and destructive activity is to "clear cut" forests. When the water-retaining trees are gone, the entire region, including its waterways, is changed once the balance is destroyed.

But much can be done using restoration to recover damage that has been done, as evidenced in the Maitland Valley. We saw a picture of Joe Pye Weed growing 7 to 8 feet tall by a stream. People were surprised to find that the tall prairie grasses, which require disturbances, such as burns, to grow, can flourish on watersheds; flooding has the same disturbance effect as a burn.

The Grand River between Paris and Brantford is another excellent example of the amazing productivity and bio-diversity that can result if an area is left alone without human interference. We saw photos of an open creek with fencing placed so that cattle could no longer disturb the waterway. A photo ten years later showed luxuriant growth along the creek and fish had returned. In B.C., similar waterway protection resulted in the return of 107,000 salmon to a creek which they had left because of its deterioration.



In summary, ways must be found to keep rampant development, logging and interference with waterways - such as damming - from putting a "strait-jacket" on our river systems. The river (the "blue" always wet area), the flood plain (the sometimes wet area) and the surrounding landscape (the "green" always dry area) must all be considered as a whole. A change to any of them affects them all.

November 2010 Meeting

Announcements and Sightings

Bernie Solymar thanked Doris and Alan Ladd for taking over the coffee & refreshments and Marvin Grove for organizing the December silent auction. He also introduced Barb Hawke, a new NFN Director-at-large and reminded the members that directors are being sought to arrange meeting speakers and NFN events and to fill the environment position.

The Badger Recovery team met the day before the meeting and is providing fact sheets and fridge magnets to communicate its purpose.

An electronic copy of the Great Tree Hunt findings has been received by the Board. Meetings are planned to get the information out to the public for awareness and tourism.

Sandhill Crane, Tundra Swan, Pine Siskin, Purple Finch, and Bald Eagle were recent sightings in the area. Peter Carson mentioned the Scissor-tailed Flycatcher that had been seen in the area and Gregor Beck is having Tufted Titmouse at his feeder.

November Speaker

About three-quarters of the 40 members present to hear Alistair McKenzie's talk about Pinery Provincial Park have visited the park, opened in 1959. Alistair has been there since 1999. This has been an especially busy year as \$9 million was received in April to improve and update park facilities and it has to be spent by next March. The park also benefits from private donations - some unexpected. Birds are fed year round at Pinery and a supplier who had an over-stock of birdfeed offered it to the park. The big surprise was that it took two 18-wheelers to deliver it.



Pinery Provincial Park is the second busiest park in Ontario. Open year-round, 650,000 visitors a year make use of the 100 km of roads and 1000 campsites in the park. This is a great deal of traffic to manage, particularly in view of the fact that many rare species make the park their home and their environments must be protected. Located south of Grand Bend, it has a 10 km beach along the shore of Lake Huron and rises from the shoreline to the first dune ridge, the second dune ridge and the Oak Savannah forest on the highest dune level (over 100 feet high).

Pinery's beach sand comes from shores and bluffs as far as 80 kilometers north. Waves erode the bluffs and the sand is carried by shore currents. A headland to the south of Pinery blocks the sand from travelling further. After being washed ashore, sand grains blow over the beach like snow over a field. Alistair pointed out that wind doesn't blow - "it sucks"; air rising from sun-heated sand draws the cooler air from over the water, making breezes move from the lake to the beach. Driftwood and other objects on the beach create small pockets of still air where the sand grains settle and pile up behind them. If vegetation begins growing in the sand at this stage, it provides a foothold for a larger dune to build on. Only dune grasses can survive on newly formed beach. Tough underground stems (rhizomes) push through deepening sand to create other pockets of dune grass vegetation. Pinery's desert lies between the first and second dune ridges and is exposed to extreme temperatures and harsh conditions. Summer temperatures can reach 70°C in the day and drop to 15°C overnight.

Without a protective blanket of vegetation, sand dunes would soon be blown away in the wind. In the past, human activity disrupted the growth of the dune grasses, as rhizomes break if walked on, so in the 1970s, lower limits were set for the number of visitors allowed to use the park at one time. Now, the reserve limits access to sensitive areas to minimize human interference. **Roll-out boardwalks** allow

visitors to cross the dunes without trampling vegetation underfoot. Playing and climbing on the dunes is no longer allowed. Since 1978, volunteer groups and park staff have planted over one million dune grasses to stabilize the dunes. We saw a picture of **Yellow Puccoon** flowering grass.



In Pinery's 6,330 acres, over 757 plant, 325 bird and 60 butterfly species can be found as well as many other species. Between the second ridge dune and the Oak Savanna woodland lies the Old Ausable channel. The park's topography helps to funnel precipitation and groundwater into the channel. In the late 1800s, to increase prime agricultural land, farmers began draining nearby lakes by cutting a channel from the mouth of the Ausable River to another section of the river. Sand, deposited as a result of the "cut", quickly destroyed the Port Franks

harbour. Then, a trench was dug to the north of the park to link Grand Bend to Lake Huron, creating the harbour in Grand Bend and reducing the discharge of water that flowed through the park. Now, the freshwater springs located beneath the river supply a clean source of water for the park, the cuts divert pollutants, the slope of the land stops pollutants from entering the park and the springs continually supply the river with clean



water. This results in a unique aquatic ecosystem that boasts several rare fish species and 29 different species of reptiles and amphibians. Reptiles include 7 species of turtles, Ontario's only species of lizard, and 8 species of snakes (none of which are venomous). Alistair showed pictures of Five Lined Skink, an Eastern Hognose Snake turning over and playing dead, and a Cicada-killer Wasp.

In the 1960s, pressure was created on the Oak Savanna by planting almost 3 million pines. Forest fires within the park were also suppressed. In the 1980s, it was recognized how rare and fragile the park's Oak Savanna ecosystem was. Through deliberate management techniques such as prescribed burns and extensive pine cutting programs, Pinery has restored its Oak Savanna ecosystems. Pinery now protects almost 50% of the remaining Oak Savanna in the world.

**Purchase Announcement
October 2010**

On October 14, LPRCA announced the sale of Backus Woods and Lefebvre and Charles Sauriol Tracts (875 acres) and portions of South Walsingham Sand Flats (including parts of Wilson, Coppens, Moulton, Townsend and Anderson Tracts)(200 acres) to the Nature Conservancy of Canada for \$5,875,200. The 15 kilometers of trails in Backus Woods will remain open to the public and the woods will become part of NCC's growing nature reserve in Norfolk.

The funds will be used to create an endowment fund from which annual interest earned will support: a) the annual operating and programming costs related to the conservation education program at Backus Heritage C.A, b)capital expenditure related to conservation education programs, and c)enhancing the Authority's land acquisition program

WINTER FINCH FORECAST

SUMMARY 2010-2011

Compiled by Ron Pittaway for ONTBIRDS
Summarized from ONTBIRDS for Lotus



This winter, some finch species will irrupt into southern Canada and the northern United States, while other species will remain in the north. For example, Common and Hoary Redpolls will move south whereas Pine Grosbeaks will stay in the north. See individual finch forecasts below for details. Three irruptive non-finch passerines are also discussed.

KEY FINCH TREE CROPS

Key trees in the boreal forest affecting finch abundance and movements are white and black spruces, white birch, and mountain-ashes. South of the boreal in the mixed coniferous/ deciduous forest region, white pine and hemlock are additional key finch trees. Other trees play a lesser role, but often boost or buffer main seed sources. These include tamarack (American larch), balsam fir, white cedar, yellow birch and alders. WHITE SPRUCE cone crops are very good to excellent across the northern half of the boreal forest in Canada, however, spruce crops are much lower in the southern half of the boreal forest and poor in the mixed forest region of central Ontario such as Algonquin Park. WHITE PINE cone crop is spotty with scattered good to excellent crops across Ontario. HEMLOCK cone crop is poor in Ontario. WHITE BIRCH crop is poor across the boreal forest of Canada and in central Ontario, but birch crops are much better in southern Ontario south of the Canadian Shield. MOUNTAIN-ASH berry crops are generally excellent across Canada.

INDIVIDUAL FINCH FORECASTS

(apply mainly to Ontario)

PINE GROSBEAK: Most Pine Grosbeaks should stay in the north this winter because the mountain-ash berry crop is generally excellent across the boreal forest of Canada. The feeders at the Visitor Centre in Algonquin Park usually attract Pine Grosbeaks even in non-flight winters. If they wander into southern

Ontario they will find good crops of European mountain-ash berries and ornamental crabapples.

PURPLE FINCH: This finch winters in the north when the majority of deciduous and coniferous seed crops are abundant, which is not the case this year. Most Purple Finches will migrate south of Ontario this fall. A few may frequent feeders in southern Ontario. Purple Finch numbers have declined significantly in recent decades due in part to a decrease of spruce budworm outbreaks since the 1980s (Leckie and Cadman in Atlas of Breeding Birds of Ontario 2007).

RED CROSSBILL: This crossbill comprises at least 10 "call types" in North America. Each type has its particular cone preferences related to bill size and shape. They are exceedingly difficult to identify in the field and much remains to be learned about their status and distribution. Most Red Crossbill types prefer pines, but the smallest-billed Type 3 (sitkensis subspecies of AOU Check-list 1957) prefers the small soft cones of hemlock in Ontario. It will be absent this winter because hemlock crops are poor. Type 2 may be the most frequently encountered Red Crossbill in the province. Some Type 2s should be found this winter where white pine crops are very good such as northeastern Algonquin Park and along Highway 69 north of the French River in Sudbury District. Possible this winter are other Red Crossbill types associated with red pine, which has some locally good crops.

WHITE-WINGED CROSSBILL: This crossbill might remain in northern Ontario this winter if seed supplies last. Some may disperse southward as spruce seeds run low and could appear in southern Ontario and northern United States. However, they will be rare or absent this winter in traditional areas such as Algonquin Park where spruce and hemlock cone crops are very poor.

COMMON REDPOLL: Redpolls should irrupt into southern Canada and the northern United States this winter. Redpolls in winter are a birch seed specialist and movements are linked in part to the size of the birch crop. The white birch crop is poor across much of northern Canada. Another indicator of an upcoming irruption was a good redpoll breeding season in 2010 with double and possibly triple broods reported in Quebec. Samuel Denault of McGill University has shown that redpoll movements at Tadoussac, Quebec, are more related to reproductive success than to tree seed crops in the boreal forest. Redpolls will be attracted to the good birch seed crops on native white birch and European white birch in southern Ontario and to weedy fields. They should be

frequent this winter at feeders offering nyger and black oil sunflower seeds. Watch for the larger, darker and browner "Greater" Common Redpolls (rostrata subspecies) in the flocks. It is reliably identified by its larger size and proportionally longer thicker bill and longer tail in direct comparison with "Southern" Common Redpolls (nominata flammea subspecies).



HOARY REDPOLL: Careful checking of redpoll flocks should produce a few Hoary Redpolls. There are two subspecies. Most Hoaries seen in southern Canada and northern United States are "Southern" Hoary Redpolls (exilipes subspecies). During the last large redpoll irruption

in 2007/2008, several "Hornemann's" Hoary Redpolls (nominata hornemanni subspecies) were found and supported by photographs. Note that white birds loom larger than life among darker birds and size illusions are possible.

PINE SISKIN: Pine Siskins were uncommon this past summer in Ontario and the Northeast. Some might winter in northern Ontario where the white spruce crop is heavy. However, siskins are currently uncommon in the Northeast so there are potentially only very small numbers that could irrupt south in eastern North America.

EVENING GROSBEAK: Current breeding and wintering populations are now much lower than a few decades ago mainly because large spruce budworm outbreaks have subsided since the 1980s (Hoar in Atlas of Breeding Birds of Ontario 2007). If some come south this winter, they will find large crops of Manitoba maple (boxelder) seeds and plenty of black oil sunflower seeds at feeders waiting for them.

THREE MORE IRRUPTIVE PASSERINES

BLUE JAY: This will be an average flight year with smaller numbers than in 2009 along the north shorelines of Lakes Ontario and Erie. Beechnut crops are poor to none. Acorn crops are spotty, but considerably better than last year. More Blue Jays will winter in Ontario than last winter due to caches of acorns and other mast crops.

RED-BREASTED NUTHATCH: This nuthatch's movements are triggered by the same crops as the

boreal winter finches. The southward movement, which began in the summer, signaled the generally poor cone crops on spruces, balsam fir and white pine in the mixed coniferous/ deciduous forest region across Ontario and in Atlantic Canada, New York and New England States. Red-breasted Nuthatches will be very scarce this winter in central Ontario such as Algonquin Park. White spruce crops are excellent in the northern half of the boreal forest, but it is uncertain how many Red-breasted Nuthatches will winter that far north.



BOHEMIAN WAXWING: Most Bohemian Waxwings will stay close to the boreal forest this winter because mountain-ash berry crops are excellent across Canada. Some should wander south to traditional areas of eastern and central Ontario such as Ottawa and Peterborough where planted European mountain-ashes and ornamental crabapples are frequent.

NFN is partnering with the Long Point World Biosphere Reserve Foundation to coordinate and host the first Long Point - Carolinian Nature Fest on May 28th and 29th, 2011.

Nature Fest will be a celebration of our local nature, and will feature a weekend of birding, wildflower identification walks, amphibian monitoring, tree identification, presentations and workshops, kids activities, displays, crafts and local foods and entertainment.

Our NFN rep for the project is Tara Crewe.

Fall Workshops

Shirley Rothery (Text and Photos)

Last fall (2009) Ron Ridout conducted a workshop on using and getting the most out of your digital camera. This fall he followed up with a workshop on using computer photo-editing software to enhance those images.

Mindful of the expense of many photo software programs, Ron chose to demonstrate using "Gimp" a free program that can be downloaded from the internet. The workshop was conducted in Simcoe at the offices of the Norfolk Business Development Corporation. The Corporation has a classroom with 21 computers and a full screen display at the front of the room that made it an ideal location for the session that was fully attended. Participants broke only briefly for coffee and lunch.

After lunch they worked at applying what Ron had demonstrated by editing their own photographs. Although they may not be Karsh or Ansel Adams any time soon, everyone came away with an understanding of the vast potential of photo-editing software.

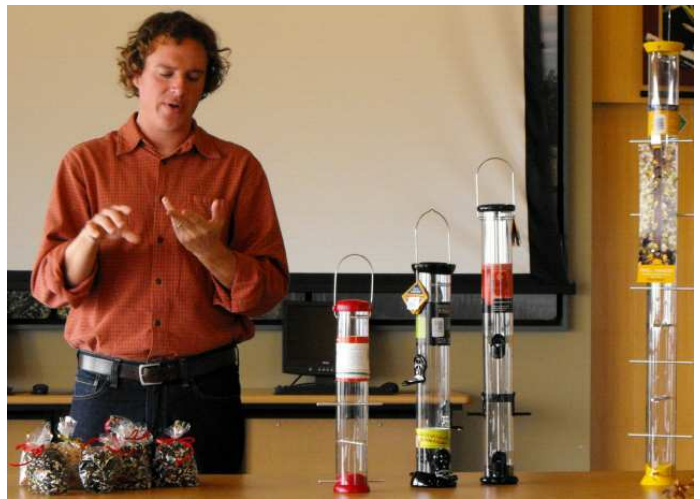


Hard at work photo-editing

Jody Allair presented our second fall workshop just in time to prepare us for "Project FeederWatch".

The session ran from 9:30 to 12:30 at Bird Studies Canada and was presented in three segments.

First Jody Allair covered how to attract birds to your yard, followed by how to identify them. He then described "Project FeederWatch" and enticed participants to join by offering a \$10 discount.



Jody Allair giving the ABC's of bird feeding

In the second segment Mark Sommerville of Royal Oak Feeds showed us several different types of bird feeders and explained how important it is to keep feeders clean. Mark also discussed what birds like to eat: black sun flower and niger seed being the favourites supplemented with suet and, for a treat, peanuts and peanut butter, fruit slices and some summer birds like grape jelly.

For the third segment we went to South Walsingham to the yard of NFN member, Diane Salter. Diane jokes that she has a line of credit at the bank to support her bird feeding habit. Diane's perfect country location beside Big Creek and her many different feeders attract a wide array of birds. It was a treat to end our workshop in her yard looking at her bird feeders and her birds.



Bird feeding workshopers at Diane's bird heaven

Christmas Bird Count

The annual Christmas Bird Count (CBC) – the longest-running Citizen Science survey in the world – will take place from December 14, 2010 to January 5, 2011. Tens of thousands of volunteers throughout North America will brave winter weather to add a new layer to over a century of data. Since 2000, Bird Studies Canada has partnered with the National Audubon Society to coordinate counts in Canada. Scientists rely on the remarkable trend data of the CBC to better understand how birds and the environment are faring throughout North America – and what needs to be done to protect them. CBC results are at the heart of numerous scientific studies.

The CBC began over a century ago when 27 conservationists in 25 localities, led by scientist and writer Frank Chapman, changed the course of ornithological history. On Christmas Day in 1900, the small group suggested an alternative to the “side hunt,” in which teams competed to see who could shoot the most game, including birds. Instead, Chapman proposed that they identify, count, and record all the birds they saw. Now “Binocular Brigades” brave winter’s chill, ice, and snow to record changes in resident populations before spring migrants return.



Each individual CBC is conducted between December 14 and January 5 (inclusive) each season, with each individual count occupying a single calendar day. Volunteers follow specified routes through a designated 24-km diameter circle, or can arrange in advance to count the birds at home feeders inside the circle and submit the results to a designated compiler. Accuracy is assured by having new participants join an established group that includes at least one experienced birdwatcher.

From feeder-watchers and field observers to count compilers and regional editors, everyone who takes part in the Christmas Bird Count does it for love of birds and the excitement of friendly competition – with

the knowledge that their efforts are making a difference for science and bird conservation.



CBC data not only helps identify the birds most urgently needing conservation action. It also reveals success stories. The Christmas Bird Count helped document the comeback of the previously endangered Bald Eagle, and significant increases in waterfowl populations, both the result of conservation efforts.

And now - something new has been added.

The first local CBC 4 Kids took place Saturday, December 11, 2010 from 8:30 a.m. to 2:00 p.m. at BSC's main office in Port Rowan, Ontario. CBC 4 Kids was established in 2007 in Sonoma Valley, California by Tom Rusert and Darren Peterie, whose successful annual event is now being conducted across North America. After the survey, teams regroup at BSC for lunch and a tally of the results. A special demonstration, featuring live birds of prey from the Canadian Raptor Conservancy, concluded the day.



The program was geared toward nature enthusiasts aged 8 to 15, and began with a “Birding Basics and Binoculars 101” session to prepare participants for their bird count. Each participant (and accompanying parent) was part of a small birding team, led by an experienced birder, and recorded the number of bird species and individuals found along their survey route in the Long Point area. .

Next Meetings

Tuesday, January 11, 2011

**Costa Rica: Perceptions on Central
America's Eco-Tourism Capital**

Marg Werden, Naturalist & Photographer

Tuesday, February 8, 2011

**Sequestering Carbon and
Creating Wildlife Corridors**

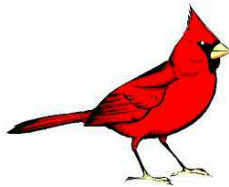
Paul Gagnon, L.P.R.C.A.

Upcoming NFN Events

2010

Sun. Dec. 19
CHRISTMAS
BIRD COUNT
Woodhouse
(Simcoe Area)

David Okines
519-586-9464
davidokines@aol.com



2011

Sun. Jan. 2
CHRISTMAS
BIRD COUNT
Fisherville
(Haldimand
County)

Linda Thrower 905-774-1230
Giantindians@3web.net



Sun. Jan.16 2:00pm - 6:00pm
Winter Birding in Haldimand
County (Field Trip)

David Okines & Audrey Heagy
519-586-9464
aheagy@kwic.com

Tues. Jan. 25
Movie Night
Darwin's Secret Notebooks
(2008) (50 minutes)

Tues. Feb. 22
Movie Night
Black Gold: Wake up and
Smell the Coffee (2006)
(87 minutes)

NFN Meetings

Norfolk Field Naturalist meetings are held the second Tuesday of the month from September to May. The election of Directors takes place at the September meeting.

Meetings take place at the Simcoe Seniors Centre on Pond Street. They are free and visitors are always welcome. Doors open at 7:15pm; program begins at 7:30pm.

About the NFN

Norfolk Field Naturalist members participate in meetings and frequent field outings, many of which are family-friendly. Membership fees, due in September, are \$20-Individual and \$30-Family; donations are eligible for income tax credits; Charitable Registration #119058691.

Guest speakers present programs on interesting and relevant natural history and conservation topics.

Club members receive the Lotus newsletter with articles on local natural history and club activities. It is published bi-monthly from October to June by volunteer club members. Copies of the Lotus are available at meetings but will be mailed (free of charge) to members if not picked up. Articles published in the Lotus reflect the views and opinions of the authors and do not necessarily reflect those of the NFN. Visit the NFN website at:

www.norfolkfieldnaturalists.org

Next issue of Lotus:

February 2011

Input cutoff date:

Wed. Jan. 26, 2011

Club Mailing Address

Norfolk Field Naturalists
PO Box 995, Simcoe, ON
N3Y 5B3

2010 - 2011 NFN Directors with Contact and Project Information

President	Bernie Solymar	426-7124	all 519- solymar@nornet.on.ca
Vice-President	Tara Crewe	586-3531x163	crewe@bsc-eoc.org
Treasurer/Past President	Audrey Heagy	586-9464	aheagy@bsc-eoc.org
Secretary	Elisabeth van Stam	586-7719	evanstam@bsc-eoc.org
Membership	Diane Salter	586-7775	bigcreek@kwic.com
Field Events	(Acting) Audrey Heagy	586-9464	aheagy@bsc-eoc.org
Speaker Program	(Acting) Bernie Solymar	426-7124	solymar@nornet.on.ca
Publicity	Nina Cameron	586-8785	ninac@execulink.com
Sanctuary/Natural Areas	Peter Carson	586-3985	gartcar@kwic.com
Workshops	Shirley Rothery	586-9535	shirleyrothery@hotmail.com
Environment	(position currently vacant)		
Director-at-large	Colleen Dale	428-0944	cdale22@yahoo.ca
Director-at-large	Barb Hawke	586-8375	bhawke@kwic.com
Director-at-large	(position currently vacant)		
Director-at-large	(position currently vacant)		
Honorary President:	Al Robinson		Honorary Directors: Harry Barrett, Jim Harlow
Lotus Editor	Anne Davidson	582-4382	birdyanne@gmail.com
Butterfly Counts	Doug Timpf	586-9964	timpf@nornet.on.ca