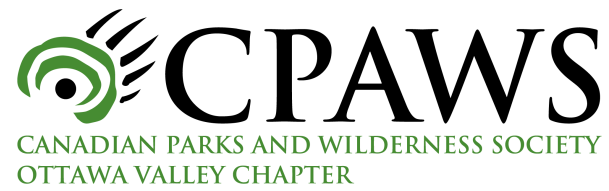


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John speaking with local stakeholders about stewardship plans for the Noire and Coulonge rivers.

A long awaited change of season

Dear SNAP,

Although we are busy with getting ready for our spring and summer events, winter has been slow to release it's grip. As we wait for snow to melt and buds to burst open, we have also been monitoring conservation news in the Ottawa Valley. We attended the councilor meeting in Cantley where the decision was made to refuse the Nature 360 development project at Mont-Lorne, saving this precious riverside woodland at least for now. We are advising on the NCC Greenbelt master plan as it begins its early stages of renewal and continue to push for the Gatineau Park Bill S-229 to be passed.



Tourism & Biodiversity Cohort

On March 4th, the team headed out to Fort Coulonge to discuss with local stakeholders about stewardship and responsible tourism in the Noire and

Coulonge river area. It was great to see people from various parties, including indigenous communities, adding their voices,

and knowledge, to the project. We are collating the information gathered and will share updates as they happen.

Dumoine River Art for Wilderness Exhibition



Witness the talent of local artists inspired by the natural beauty of the Dumoine River region.

In support of
CPAWS Ottawa Valley
April 6th to May 29th
At Café 349 in Shawville



DRAW exhibitions are back for the spring ahead of our 10th retreat this summer. Artwork inspired by our trips will be up on display at Café 349 in Shawville from **April 5th to the May 29th**.

You are also invited to join us for a special vernissage event on **April 11th from 5:30pm to 7:30pm**.

We hope to see many of you there! All proceeds from sales come directly back to supporting our work so why not pick up a piece to take home.

The DRAW retreat is back with new dates for 2026! Join us from July 28 to August 4th on our 10th year drawing inspiration from the gorgeous Dumoine River.

Apply now!

March Wilderness Walk

Thanks to everyone who came out to our first Wilderness Walk last Saturday. Despite the chill, we had a great turnout for a walk through Stoney Swamp where we listened for early spring bird calls and talked about local species as well as the effects of the fire that burned through in 2012. Keep an eye on our website and socials as we will soon be announcing our next hike for the end of April, this time in the Gatineau Park!





CPAWS-OV new coffee blend!

We have partnered with Ottawa Valley Roast House to bring you a very own blend of organic and fairtrade coffee! Our cup of joe is perfect to get you started on your next adventure, whether you're heading out for a hike or just beating the morning traffic. Stop by to pick up a bag at our office or order directly from OV roast house! A portion of proceeds comes directly back to supporting our work.

[Order now!](#)

Ottawa Outdoor Show

We will be heading to the 2026 Ottawa Outdoor and Adventure show on April 25th-26th. Drop by to say hello, learn about our projects, sign our petitions and



help us fundraise by buying
some CPAWS-OV blend coffee!

[Learn more](#)



What are microplastics?

Microplastics are tiny pieces of plastic < 5mm in diameter

Two categories

- Primary: tiny pieces designed for commercial use
 - Microfibers
 - Microbeads
 - Tire Wear
- Secondary: created from the breakdown of larger pieces of plastic in the environment

Filter Forward - Stopping microplastic pollution

Microplastics are everywhere! We're all too familiar with the countless reports highlighting how it's present in our air, water, soil, and even in our bodies. For Ottawa residents, the impacts are ever-present in our communities, especially in our beloved Ottawa River. We acknowledge that microplastic pollution is a major challenge, but like

most environmental issues, the problem can seem too overwhelming to solve... or is it?

Introducing Filter Forward! We're a community-based service project whose aim is to address microplastic pollution in our beloved city through three main approaches:

1. Public outreach and education on microplastic pollution and its local impact;
2. Giveaway of Cora Balls to capture microplastic pollution released from our clothes in the laundry;
3. Petition the Ontario government to pass Bill 83 (2023), which would mandate laundry companies to install microplastic filters in their machines throughout the province.

This is a Canada Service Corps-based initiative supported by Waterlution's Youth 4 Resilient Communities Cohort 2 program.

To learn more, contact Vanessa Fiore at fiorevanessa3@gmail.com

CPAWS-OV Poetry corner

March

Spring arrives in a flurry of storms

where winter wrestles the return of the sun

Gnashing icy fangs and howling wind

defending in vain it's empire of grey But

blood runs fast in boughs of maple

Young shoots will not delay their march

The clear trumpeting of birdsong rings

Hark! Nature is stirring

-Melinda Gilhen-Baker

It's such a privilege to be able to reach out to you each month with news, info and stories and we want to make sure we are hitting the mark! Please let us know if there is anything you would like to hear more or less about. Its definitely not all about us so if you have anything to share please do get in touch and we could feature your story / poem / photo in an upcoming newsletter!

Thank you for your continued support.

Sincerely,



Melinda Gilhen-Baker
Communications and Outreach
Manager
CPAWS-OV



Canadian Parks and Wilderness Society - Ottawa Valley Chapter 331, boulevard
St-Joseph, bureau 201
Gatineau (Québec) J8Y 3Z2

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