

## Women's Health

### Breast Screening Clinic

There is an upcoming breast screening clinic at the Seven Regions Health Centre. Our goal at Breast Check (formerly the Manitoba Breast Screening Program) is to screen 70% of eligible Manitoba women 50 to 69 years of age. Breast Check targets women 50 years of age and over. Letters of invitation are being sent to eligible women living in Gladstone and the neighboring communities of Langruth, Westbourne, Woodside and Plumas. Women 50 years of age and over do not need an invitation or doctor's referral to make an appointment; however high risk women in their 40's do require a doctor's referral to participate". The breast screening clinics are planned for June 18, 19, 20, 21, 2012. The number to call to book an appointment is #1-800-903-9290.

## Nature Notes from Raymond O'Connor

### NORTHERN ORIOLE



#### Bullock's Oriole

Because of their slight differences it was thought that the Baltimore Oriole commonly found east of the Rockies and the Bullock's Oriole which is found west of the Rockies were two separate species. However, they inter-breed where their territories meet and ornithologists have concluded that they are actually conspecific, so both types are now called the Northern Oriole. It is the state bird of Maryland.

The male is the only bright orange-and-black oriole north of Florida. Some winter along the southeast Atlantic Coast and may find food in backyard feeders and gardens. Juveniles are similar to females but show a yellow-orange wash on the head and breast and greyish to whitish under parts. Juvenile males have more orange.

They are solitary or in pairs in breeding season and in family groups after nesting although some males remain solitary. The Northern Oriole may join mixed foraging flocks in winter and migration.



#### Baltimore Oriole

## Nature's Notes...continued

They forage in bushes and trees, often high in canopy. They eat insects, caterpillars, berries and fruits and sip nectar.

The nest is intricately woven from plant fibres, horse hair, yarn, cloth and string. It is lined with grass, wool and hair. The nest hangs from the ends of drooping branches in deciduous trees 7-9 meters above ground (but up to 18 m). They rarely nest in coniferous trees. The nest is built by the female and the incubation is 12-14 days also by the female. The young are brooded by the female and stay in the nest for 12 - 14 days. The Northern Oriole has one brood per year fed by both the male and female. Infrequently the Northern Oriole is the unwitting host of cowbird eggs.(will sometimes reject them)

## Fifty and Beyond News

The Langruth Fifty and Beyond Club held its monthly business meeting May 1, 2012 with ten members present. There wasn't much business to discuss as we haven't been doing much lately, just waiting for the weather to warm up enough so we can go out into our gardens and yards. One day we will all be able to say, "I remember one year when spring began in December or January!" It seems as if we did go into the spring mode back then and here we are almost 6 months later and we're just now seeing the signs of spring. Tulips are blooming and the saskatoon trees and fruit trees are all in bloom. And carpets of dandelions are everywhere. Let's hope our summer season lasts as long. You have to admit those dandelions look nice, well at least at first. We had a dinner at our church on Sunday and child after child came in with hands full of dandelions to give to their parents or some other favourite elder. They so proudly handed over their treasure not knowing that in fact they were giving someone a fistful of weeds. Someone once asked me for a recipe for dandelion wine but quickly changed her mind when she was told the main ingredient was gallons of just the flowers picked carefully on your hands and knees.

Last month we had 5 birthdays in our club but only one of those members was at the monthly supper. We didn't have a very good turnout. I guess everyone was busy with other things. We hope we have a better turn out on May 24<sup>th</sup>. After the June supper we will break until fall. Just a reminder to those who missed hearing about it, our club will