



On the
Right
Path

Issue #2, August 15, '08

Welcome...

Coordinator's corner... 2

Message Board... 2

Message Board... 3

Monthly Calendar...5

SRA Active Programs... 6

Articles...

Green Tips...8

Environmental Conservation...10

Plant of this issue...11

Tree of this issue...12

Animal of this issue...13

Photo Gallery...14

Artist's Corner...15

Kid's Corner...16

Coordinator's Corner...

Hello SRA members,

For those of you I do not know, perhaps I should introduce myself. My name is Stephen Caines and I grew up in Middle Sackville, Nova Scotia. I graduated high school in 2000, after which I pursued a science degree at the NSAC in Truro. I have been a SRA volunteer since 2002 and have been a summer SRA employee in three previous years.



It's mid August now, and we are in full summer swing with many different projects on the go. It has been a busy office this year, with a total of 9 employees (including myself) working either full or part-time. We have been working on a number of projects between us, and I'm glad to report that many things have been accomplished thus far.

I would also like to say that I'm glad to see the reemergence of the SRA newsletter. I think it's an excellent way for the SRA members to communicate with one another (I believe this is the first time it's been delivered electronically). I'd never been around when the old newsletter was being distributed, but I have come across lots of interesting copies in the office. I'm hoping the new newsletter will stir the pot a little, help draw out some of our less active members, and also spread the word beyond the SRA membership as well, with regard to everything the SRA is doing.

I will say that one of the many good things about the SRA is that it is very easy to have your opinion heard and to turn that opinion into something tangible. Make some suggestions at one of the monthly meetings and you might be pleasantly surprised.

As acting coordinator I hope everyone feels more than welcome to come to the office at any time, to find out more details on our current projects, and of course to make some suggestions of your own. See you at the office,

Steve

Message Board...

We will be continuing the methodical botanical survey of the watershed, starting by the Sackville River Trail, at 9 O'clock AM. We will be starting this survey at the Bedford Mall, near the old Ponderosa. This Saturday we will be surveying from Bedford Mall to Hatchery Park.

This will be a summer long project, and hopefully we can cover the entire watershed this summer, so that we may create a databank available on our website for all to enjoy!

=====

=====

On Saturday, 16 August at 2 pm at the Scott Manor House for Bedford Heritage Week, there will be a talk on the Old Bedford Fish Hatchery, by Lew Turner. Come on out and hear about the way it use to be,

"So many Atlantic Salmon in the Sackville River you could walk across the river on their backs".

The hatchery that started it all, old pictures and perhaps with help from DFO our future again!!

Call 832-2336 for info!

Community Visioning in Middle Sackville- **WE NEED PEOPLE TO SIT ON THIS COMMITTEE!!**

WE NEED PEOPEL WHO CARE ABOUT SACKVILLE, Their Community and The Sackville River to COME ON OUT- LETS GIVE A DAMM!!

VisionHRM is a community-led initiative. Community Visioning provides an informal opportunity for communities to think creatively about how they could function, how they might change, and what they might look like over a 25-year time frame. Some of the ways to get involved include volunteering as a member of a Community Liaison Group or participating in hands-on learning through community-based workshops and informal community meetings.

Fall River, Musquodoboit Harbour, and the Bedford Waterfront area were the first communities to participate in the Community Visioning process. Their Visions and Action Plans were endorsed by Regional Council in Fall 2007, and the communities are now entering the implementation stage.

For more information, call 490-5857 or visit www.halifax.ca/VisionHRM

Nilgun Erkok
Community Developer
HRM Community Relations & Cultural Affairs

40 Alderney Drive, 2nd Floor
Dartmouth, NS B2Y 4P8
Telephone: 902-490-5190
Fax: 902-490-5950
E-mail: erkocn@halifax.ca

**GREAT BUY--BOYS AND GIRLS CLUB ARE SELLING \$15
BATH TOWELS FOR \$5 TO BUY NEW BUS (MY WIF SAYS IT'S
A GREAT DEAL!!) call 865-9238!**

Renew your membership, \$10.00-Students \$5.00-NOW DUE -PLEASE RENEW

**Take all your recyclables to Faders Recycling on Sackville Cross Road, and
tell them to put your refund towards the SRA Account.**

**Feel free to donate to United Way, SRA is a Registered Charity and money can
be directed to us thru your payroll deduction.**

**Sackville Rivers has a new and improved website at:
<http://www.sackvillerivers.ns.ca/>**

It is still under construction but please comment.

**We are looking for Directors, want to help us do our work or do you
know someone who does --please let us know!!!**

SRA Hats \$15, SRA Golf shirts \$25 call office 865-9238.

20 YEAR Anniversary Sackville River Fly's now for sale-- SR SPEC1AL \$6 each, you must have several
in you fly box!!

All meetings are held at

Our Office is at the Sackville Heights Community Centre
45 Connolly Rd, .Room. 206 upstairs

Sackville

Our Newest Corporate Sponsor--

We are please to sponsor and support the Sackville Rivers Association in saving our Sackville River and its Watershed

The Medicine Shoppe® Pharmacy in your community is ready to serve your needs. My name is Birgit Conrad, and I am thrilled to be the new pharmacist at your neighbourhood Medicine Shoppe® Pharmacy at 601 Sackville Drive. The main reason is that **your health is our number one priority**. The Medicine Shoppe philosophy is based exclusively on healthcare and healthcare services. We are a patient-focused pharmacy, dedicated to helping our customers manage their health and the health of their families. Other reasons to consider The Medicine Shoppe® Pharmacy include:

- Acceptance of all health plans
- local delivery
- High-quality Rexall® Brand non-prescription products
- Health and wellness events throughout the year
- I look forward to knowing you. Please ask me about transferring your prescriptions and medical history—it's easy and FREE.

Monthly Calendar

16 August, - 9 AM: Botanical survey, Bedford Mall by old Ponderosa. The walk will end at Hatchery Park in time for the 2 PM Old Bedford Hatchery talk.

- 2 PM: the Scott Manor House for Bedford Heritage Week, there will be a talk on the Old Bedford Fish Hatchery, by Lew Turner.

23 Aug., Salmon Pool Creation Maintenance work!

26 August, Board of Directors meeting

04 Sept., Members Meeting

12 Sept.,-- Auction and Dinner, Prizes needed!!

MLA Barry Barnet will be MC- Aucionteer will be Brad Johns, Councilor District 19

02 Oct., Members Meeting!!!

Active Programs

Botanical survey of our watershed

We will be continuing the methodical botanical survey of the watershed, starting by the Sackville River Trail, at 9 o'clock AM. We will be starting this survey at the Bedford Mall, near the old Ponderosa.

Come and join us! If you feel like participating, bring your lunch, plant books, camera, notebook and pencil, and come explore the marvelous cornucopia of plants, ferns, trees and mushrooms that grow and thrive in our watershed!

Previous botanical or mycological surveying experience

are not required for this exercise!!!

We will have maps of the trail at hand to chart the location of the components surveyed, will take pictures of the components found, a rough count of the component population sizes, infestations or parasitic manifestations, and locations that may require botanical remediation.



River Rangers and Fish Friends

Last spring, (early February) nine teachers in seven schools, along with their students, got up-close-and-personal with The King of Fish, our Atlantic Salmon.

Fertilized eggs (eyed-eggs) from salmon that had returned to spawn in the Sackville River the previous fall were placed in each aquarium (200-300 eggs each). Students were able to examine eggs using magnifying lenses. When the eggs hatched into alevin (tiny fish with attached yolk sacs), students were also able to examine them from mere centimeters away. When the alevin matured into salmon fry, a third opportunity to take a close look at the fish occurred.

While the salmon were developing in the aquariums, students were learning about the full life cycle of the salmon, how (and, more importantly, why) salmon populations were being protected, how to learn the “history” of a salmon by examining a single scale from an adult, and watched (and even made) videos of salmon and other fish – plus many more activities.

When the month of May arrived, the students trekked to suitable areas of the Sackville Rivers Watershed and released their fry in the fervent hope that some of them would survive and be able to return to the Sackville River as adults to continue the cycle of life.

Perhaps the greatest "miracle" here arises from the fact that 20 years ago, there was no evidence that the salmon population for which the river had been famous a century earlier still existed. Through 20 years of hard work cleaning and improving the waterways, fish stocking, and educational programs like Fish Friends, the Sackville Rivers Association has restored a small, but healthy salmon population to our watershed.

There is a need for volunteers to help out with this year's Fish Friends (as well as River Rangers, which begins again in September). Volunteers don't have to be leaders; just helpers. If you have an interest in our rivers and our fish, and would like to work with an enthusiastic mix of 10 – 12 year-olds who will inspire you and challenge you with their energy and desire to learn, (or know of someone else who has these qualities) please contact me.

If you have questions, or are interested in finding out more about Fish Friends, contact Walter Scott (kwscott@hfx.eastlink.ca) or the Sackville Rivers Association - <http://www.sackvillerivers.ns.ca/> - (sackvillerivers@ns.sympatico.ca, 865-9238)

Articles...

Green Tips...

How to Start a New Organic Garden

By Colleen Vanderlinden, About.com

Planting and maintaining an organic garden is a rewarding experience. While many of the steps for making a new organic garden are similar to starting any type of garden, there are a few noticeable differences. For example, there is a lot more work up front, planning and analyzing the site. This work is essential for any organic garden: ideal conditions result in healthier plants, fewer pest and disease problems, and a more care-free garden.



Step One: Goal Setting

Before you ever put shovel to soil, before you buy a single plant or seed, you need to know what your goals are for your new garden. Are you hoping for a pretty planting bed to give your home curb appeal? Maybe you're planning a vegetable or herb garden, or that flower cutting garden you've always dreamed of. What you choose to grow will have a huge impact on selecting the site for your new garden.

Whatever your goals are, it's important to be realistic. You may dream of long perennial borders à la Gertrude Jekyll, but it's best to start with something small and manageable. You can always expand beds later. Keep your hopes for expansion in mind as you consider your site.

Step Two: Site Selection

It is time to spend some time analyzing your yard. Where would be the best place to put a new garden? Keeping your goals in mind, start observing areas of your yard that look like they'll work. If it's an herb or vegetable garden you've got in mind, you'll need a site that gets at least six hours of sun per day. You'll also need to make sure that the site drains well—if it's like a swamp in the spring and summer, it won't work for herbs and vegetables, which prefer well-drained soil. If it's an ornamental bed, consider placing it where you can enjoy it from inside your house as well.

Once you have a site selected, observe it for a day or two. How many hours of sun does it get? Does it get bright morning sun, or hot afternoon sun? What's the soil like? By doing a few simple tests,¹ you can analyze what kind of soil you have, and figure out ways to improve it.

Step Three: Creating the Bed

Now that you have your perfect site selected, it's time to start digging. The first step will be deciding on the size and shape of your new garden. This can be done by putting down a garden hose and adjusting it until you get the size and shape you want, which is a good option for beds with curved borders. If you are going with a more formal, geometrical bed, you can use string and stakes to create an outline, or simply measure the size and mark your borders in paint.

Most likely, there is something currently inhabiting the space you've chosen for your new garden. Whether it is grass, gravel, or an existing planting, you will need to completely clear the area. This is the hardest part of the entire process, but once it's done it will make the rest of the process a breeze. There are other methods of making a new garden bed, but if you want your bed to be ready for planting now, digging is the way to go.

Step Four: Amend the Soil

Good soil makes for a good garden. The easiest, best way to amend soil in a new bed is to add compost, and plenty of it. If you make your own, add all you can to your new bed. You can also purchase compost in bulk and have it delivered to your home, or purchase it in bags at home and garden centers.

If you took the extra step of sending your soil samples to your cooperative extension service for testing, follow their recommendations regarding nutrients and acidity.

Step Five: Plant Selection

This is the fun part: your garden is ready for plants. Time to hit the nursery and make your selections. A word of caution: most nurseries carry plants that were conventionally grown using chemical fertilizers and pesticides. They will bring some trace amounts of these chemicals into your garden. Also, plants grown conventionally tend to get almost "addicted" to the chemicals they are raised on, and will show signs of stress when weaned off of these chemicals. They will adjust to chemical-free conditions in time.

It's getting easier to find organically-grown plants in many home and garden centers. If you are starting your garden early in the season, you can select organic seeds and start your own plants. Organic plants and seeds will always clearly be labeled as such. There are also several good catalogs that sell organic plants.

As far as the plants themselves, be sure to closely inspect any plant before you bring it home. Look for signs of insect or disease problems. Remove the plant from the pot and inspect the root system. Does it look healthy and robust, or is it straggly and weak? If the plant is rootbound, you can still purchase the plant, but you will need to slice the root ball before planting so the roots will start growing out.

Step Six: Planting

When you get your plants home, give them all a good drink of water, even if you plan on planting them immediately. A thoroughly moist root ball will help your plant adjust better to its new surroundings, lessening transplant shock.

To plant your plants, dig a hole just as deep and at least twice as wide as the root ball of your plant. Place the plant in your prepared hole, backfill with the soil you removed, tamp it in, and water it thoroughly.

Once you have all of your plants in, give the entire garden a three inch layer of organic mulch, such as shredded bark, hay, chopped leaves, or grass clippings. This will keep weeds down while retaining soil moisture.

Step Seven: Labeling

Labeling your plants now will ensure that you will remember exactly what you planted. You can do this by installing plant labels near each plant, or by making a map of the garden to keep for future reference. This will help remind you where plants should be emerging in the spring, as well as which cultivars you planted.

There is some work involved in creating a new organic garden, but it will pay off in the years of enjoyment you will gain from it.

Environmental Conservation...

Proof that we are not acting in FUTILITY!

A Dramatic Rebirth for a Dead River

A river that was virtually dead a century ago is now home to 45 species of fish. A flyway for migratory birds, this river also supports muskrats and herons. Even a beaver was recently spotted—for the first time in 200 years!

The river in question? The Bronx River! Right in the middle of New York City!

Once upon a time, dozens of freshwater rivers flowed through the five boroughs of New York City. Most were filled in long ago, leaving just one, the Bronx River. In the 1830s, the Bronx River was so pure that government officials considered tapping it for drinking water. But with construction of a railroad along the river's corridor, and burgeoning industrialization, the quality of the river deteriorated. By the end of the nineteenth century, an official commission referred to the damaged Bronx River as "an open sewer."

Decades passed. The lifeless river became the repository of a growing volume of trash, including thousands of discarded auto tires.

Finally local residents got mad enough to do something about it. Working together to come up with ways to clean up the Bronx River, they appealed to local, state, and federal officials, including their Congressman Jose Serrano. And they got results. Within a few years, pledged restoration funds from local, state, and federal sources totalled more than \$100 million.

Thanks to the dedicated efforts of local residents, working with such organizations as the Wildlife Conservation Society (which administers the Bronx Zoo), riverbanks were rebuilt, floodplains were reopened, water quality was restored, fish populations were restocked, and industrial wastelands were transformed to parklands, reports Adam Spangler in the April 5 online issue of Vanity Fair.

The Bronx River is once again healthy enough to sustain populations of herring. Two years ago, more than 200 alewives, a type of herring that had disappeared from the Bronx River, were reintroduced. Their presence improves the river's health by attracting large game fish, wading birds, and raptors.

These days, canoes can be spotted on the Bronx River in pleasant weather. This is an activity that would have been deemed unsafe just a decade ago. Canoeists pass through the 700+ acre Bronx Park, where forested floodplains and rock outcrops provide a buffer against the urban environment.

Rep. Serrano puts it well when he says, "Some people might think I'm romanticizing the river too much. But cleaning up the river has been more responsible for the resurgence of the Bronx than any other person, organization, or issue. The river is a symbol of hope."

I share Jose Serrano's sense of hope, given the transformation that concerned citizens have brought about. It feels wonderful to learn of such a dramatic turnaround. And it sparks my imagination—to try to visualize New York when it was forests and rivers, teeming with wildlife! What a thought!

—April Moore, BBC

Plant of this issue...

Common Plantain

Plantago major

Physical Characteristics

Perennial growing to 0.12m by 0.1m . It is hardy to zone 5 and is not frost tender. It is in flower from May to September, and the seeds ripen from July to October. The flowers are hermaphrodite (have both male and female organs) and are pollinated by Wind. The plant is self-fertile. It is noted for attracting wildlife. We rate it 2 out of 5 for usefulness.

The plant prefers light (sandy), medium (loamy) and heavy (clay) soils and requires well-drained soil. The plant prefers acid, neutral and basic (alkaline) soils. It cannot grow in the shade. It requires moist soil. The plant can tolerate maritime exposure.



Habitats and Possible Locations

Meadow, Lawn.

Young leaves - raw or cooked. They are rather bitter and tedious to prepare because the fibrous strands need to be removed before use. It is best not to use the leaf-stalk since this is even more fibrous than the leaf. Many people blanch the leaves in boiling water before using them in salads in order to make them more tender. A Chinese form has more palatable leaves - it contains about 2.7% protein, 0.4% fat, 2.2% ash.

Seed - raw or cooked. Very tedious to harvest. The seed can be ground into a meal and mixed with flour. It is very rich in vitamin B1. The whole seeds can be boiled and used like sago.

The dried leaves make an acceptable tea.

Medicinal Uses

Antidote; Astringent; Demulcent; Deobstruent; Depurative; Diuretic; Expectorant; Haemostatic; Laxative; Ophthalmic; Poulitice; Refrigerant; Vermifuge.

Common plantain is a safe and effective treatment for bleeding, it quickly staunches blood flow and encourages the repair of damaged tissue. The leaves are astringent, demulcent, deobstruent, depurative, diuretic, expectorant, haemostatic and refrigerant. Internally, they are used in the treatment of a wide range of complaints including diarrhoea, gastritis, peptic ulcers, irritable bowel syndrome, haemorrhage, haemorrhoids, cystitis, bronchitis, catarrh, sinusitis, asthma and hay fever. They are used externally in treating skin inflammations, malignant ulcers, cuts, stings etc. The heated leaves are used as a wet dressing for wounds, swellings etc. The root is a remedy for the bite of rattlesnakes, it is used in equal portions with Marrubium vulgare. The seeds are used in the treatment of parasitic worms. Plantain seeds contain up to 30% mucilage which swells up in the gut, acting as a bulk laxative and soothing irritated membranes. Sometimes the seed husks are used without the seeds. A distilled water made from the plant makes an excellent eye lotion.

Edible Uses

Leaves; Root; Seed; Tea.

Tree of this issue...

The White Elder

Sambucus Canadensis

Family - *Caprifoliaceae*

Stems - To +3m tall, woody, glabrous, erect, branching, multiple from base, with large whitish pith. New growth green, glabrous, often glaucous.

Leaves - Opposite, pinnately compound. Petioles to +6cm long, glabrous, with an adaxial groove. Petiolules to +5mm long. Leaflets typically 5-9 per leaf, glabrous or very sparsely pubescent, oblong to lanceolate, crenate-serrate, to +10cm long, +5cm broad.

Inflorescence - Terminal compound cymes, typically dome shaped to flattened, to 30cm broad.

Flowers - Corolla white, 5-lobed, glabrous, 5-6mm broad. Lobes 2.2mm long, 2mm broad, rounded to emarginate at apex. Stamens 5, adnate at base of corolla tube, alternating with corolla lobes, erect to spreading. Filaments white, glabrous, 2.4mm long. Anthers yellow, .5mm long. Style wanting. Stigma 5-lobed, capitate. Ovary inferior, 4-locular. Calyx tube 1mm long, creamy white, glabrous, 5-lobed. Lobes acute, .5mm long. Fruits blackish-purple, globose, glabrous, to 5mm in diameter, 4-seeded.

Flowering - May - August.

Habitat - Open woods, thickets, waste ground, disturbed sites, fence rows, roadsides, railroads.

Origin - Native to Nova-Scotia.

Other info. - This species is actually quite aggressive if given the right conditions. It spreads by suckering. The fruits are edible if cooked (boiled) and this plant is the source of the ever popular "Elderberry jelly". The pith of the stems is large, soft, and easily removed and my dad tells childhood stories of making flutes from stems of a similar European species. Don't get too much sap in your mouth though, it's toxic. The plants contain calcium oxalate crystals which do a number on a persons kidneys.



Photo Gallery...



Chris Manuel



Sébastien Marquis

From bountiful to shallow,

Our River constantly changes...

Artist's Corner...

An Ethical Approach to Environmental Protection

By the Dalai Lama

Peace and the survival of life on earth as we know it are threatened by human activities which lack a commitment to humanitarian values. Destruction of nature and nature resources results from ignorance, greed and lack of respect for the earth's living things.

This lack of respect extends even to earth's human descendants, the future generations who will inherit a vastly degraded planet if world peace does not become a reality, and destruction of the natural environment continues at the present rate.

Our ancestors viewed the earth as rich and bountiful, which it is. Many people in the past also saw nature as inexhaustibly sustainable, which we now know is the case only if we care for it.

It is not difficult to forgive destruction in the past, which resulted from ignorance. Today, however, we have access to more information, and it is essential that we re-examine ethically what we have inherited, what we are responsible for, and what we will pass on to coming generations. Clearly this is a pivotal generation. Global communication is possible, yet confrontations take place more often than meaningful dialogues for peace.

Our marvels of science and technology are matched if not out-weighted by many current tragedies, including human starvation in some parts of the world, and extinction of other life forms.

Exploration of outer space takes place at the same time as the earth's own oceans, seas, and freshwater areas grow increasingly polluted, and their life forms are largely unknown or misunderstood.

Many of the earth's habitats, animals, plants, insects, and even microorganisms that we know of as rare or endangered, may not be known at all by future generations. We have the capacity, and the responsibility. We must act before it is too late.

This message, dated June 5, 1986, marks World Environment Day, and that year's theme, Peace and the Environment. Reprinted from Tree of Life: Buddhism and Protection of Nature, 1987

Kid's Corner...

*The hike is over, and it's time to leave the forest...
Can you find the way out?*



*If you ask your parents to send me your pictures, drawings or paintings,
I'll post them here for everyone to see!!!*

Send your contributions to mrisebastien@hotmail.com