



Friends of the Harte Trail Newsletter– Spring 2020 info@hartetrail.com



Notes from Phil:

Spring Clean Up 2020

With the snow melted and the warmer weather around the corner we are now coming up to our regular spring clean up time. This year a few things are different. We had the trail plowed regularly this past winter, giving us a wide space to enjoy. We have seen an increase in traffic and an increase in litter this spring.

We rely on volunteers to clean up, and this year is no different. Our board has been out to certain portions of the trail, on more than a few occasions, to collect litter, **but we need your help!**

With physical distancing rules in place, it's not possible for us to get together like we typically do and go clean the trail that we love. We rely on our members to assist over the next few weeks.

Safety is important:

Please wear gloves and if you have one, use a poker or grabbers.

Anything you are not comfortable picking up? **Don't.**

Please respect the physical distancing parameters.

Please watch your footing. Be aware of your surroundings such as holes, low branches and sharp objects. If you are going on and off the Trail watch for others.

When you are heading out in the next few weeks to enjoy the Trail, like you normally do, take the necessary supplies with you to gather some trash. There are garbage bins at every major intersection of the Harte Trail. Once you have a full bag, please leave it in or next to a bin.



New Signs:



A lot of the folks using the Trail have reached out recently with a concern about dog feces along the trail. The City has made a great step in snow plowing for us. As a result, there are more of us walking, and more pups around the trail. Some folks aren't aware of the problems they create by not picking up after their dogs; the \$400 fine is honestly not worth it. An amazing locally owned and operated group here in Winnipeg has generously provided some signage for us to help spread the word.

Trail Etiquette:

Our Harte Trail is seeing a lot more traffic these days, with folks being polite, saying hello, and respecting everyone's space. Some parts of the Trail are not as wide as others; please make way for others if you can. There are side trails and spots to move aside and let others pass.

Tree Planting:

Due to the current situation the spring tree planting is on hold.



Natural History:

Flowering Shrubs:

Along the verges of the trail there are two shrubs that flower early in the season. These shrubs are the Spreading Dogbane and the Western Snowberry. As will be seen the shrubs are quite similar in many respects yet are quite different plants.

Spreading Dogbane:

This shrub is an upright perennial that has a tendency to spread out to fill the area around it. Its bark is tough and rather fibrous. The stems are single near the base of the shrub but branch out closer to the top. They propagate by using special underground roots, hence the ability to spread out. If you were to break the plant stem or tear a leaf you would find milky sap ooze out. The leaves are oval to egg shaped and arranged on the stem across from each other. The tip of the leaf is pointed. The flowers grow in showy clusters, either from the tip of a stem or from where the main stem and leaf stem meet. The flowers themselves are small, bell shaped and white with pink stripes. They are quite aromatic. The fruits of this shrub are cylindrical shaped seed pods that come in pairs.

These shrubs are among the first to turn colour in the fall. The leaves turn a bright shade of yellow.



Western Snowberry:

The Western Snow berry is an upright branching shrub with bark that is covered in hair. The bark sheds during the growing season. The Western Snowberry reproduces by special underground roots. The leaves are oval in shape, have a leaf stalk and arranged across from each other on the plant stem. The flowers are white in colour, shaped like small urns and grow in clusters. The flower clusters grow from the point where the leaf stem joins onto the main stem. The tubular shaped base of the flower flares out to form 5 lobes. The fruit of the Snowberry are white berries that hang in a small group like cherries. If the berries remain on the plant into the fall they will dry out and turn a blue-black colour.



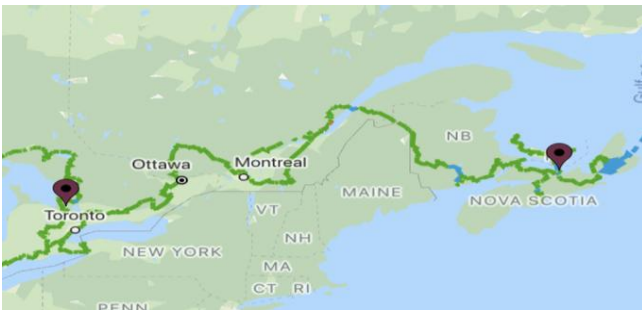
The Great Trail

My husband and I retired in 2017—the year the Great Trail was connected across Canada. We have been exploring it by bicycle over the summers starting in Victoria and working our way east. 2019 was the third year of this journey. We hope you enjoy our stories and photos from the trail.

From the west coast to the east coast the Great Trail is just over 14,000 km of beautiful trail riding.

The Great Trail Journey Year 3 June 17 to September 2, 2019

4061 km from Barrie Ontario to Baie Verte New Brunswick via



Ontario, Quebec, New Brunswick, Prince Edward Island, Nova Scotia

June 22-Kissing Bridge to Paris, Ontario

I rode from Kissing Bridge to Paris Ontario today. There were lots of people out—people riding for affordable housing or just for fun—riding with their dogs/kids/friends. Along the way I stopped in an old time country store in Wallaston where I felt like I was stepping back in time. The store was no larger than a 7-11 and chock full of an eclectic mix of staples—from fancy china tea cups, to baby dolls and fresh sausages. I was curiously delighted to see the clothing of the local Amish Mennonite residents for sale on the shelves — long black dresses, stockings and bonnets and black pants with suspenders and hats.

The trail took me through rural towns and into cities. I rode in and out of solitude; from the quiet and shady rural rail trails to the peopled and concrete “City of

Innovations” in Windsor. Pilot electric scooters with pedestrians commuted between the newly opened ION Rapid Transit and their downtown destination. PI is here—the Perimeter Institute for Theoretical Physics.



As suddenly as I entered the city I was through it and then into and out of Kitchener. The Grand River—a Canadian Heritage and the largest river in Ontario—was my connection for the remainder of the day through Cambridge and into Paris: voted the most beautiful town in Ontario by Harrowsmith Magazine. We came across this phrase on the wall of a broom store in Woolwich Ontario; thought it a metaphor for our trip.



June 26-Oakville to Scarborough

Toronto was in my sightline for the day. It was pretty cool to see the CN Tower from the shoreline of Lake Ontario while riding.



There were several parkettes including one where the Beehive Golden Corn Syrup Plant had been at one time. The corn was ground with a huge stone before being made into syrup or into starch for food or for clothing.

Syrup was shipped in rail tank cars in Beehive's iconic blue and yellow colors. All that remains of the rail/industrial site are a few huge grinding stones and an informative plaque within a lush waterfront residential community.

Toronto was amazing—the trails were so well connected with pedestrian/bike bridges and corridors that were completely separate from the roadways. While riding I looked up and in a moment saw a train on one level, cars on the next level with me on the lowest one—all cruising along. It was easy to get around and very beautiful as well. The paved trails exiting the downtown were lined with plants and trees and follow ravines as you travel into various communities. It seemed a little incongruent to be riding along nature trails and following a river with rapids in such a human created area.

July 5-Westboro Beach, Ottawa

Have you heard of the Great Trail Treasure Hunt? Treasure boxes hidden at GPS locations on the Great Trail are yours to discover over the summer. I found this one sitting under a tree; other boxes were tethered to trees or poles. Treasure boxes contain treasures of course. I located a total of 5 treasure boxes but discovered that you must be the first finder in order to

collect the prize—which I discovered when I opened the box and saw a list of people that had opened it before me. But it was a great thrill just the same



July 18-Longueuil, Quebec

Bridges are a fun way to get around roadways, across rivers and railways. This bridge took me across a narrow railway crossing that ran through the city. Besides being an exciting climb up and ride down it was also a great time saver; the road detour around the tracks would have been far longer.



Aug 7-Canterbury, New Brunswick

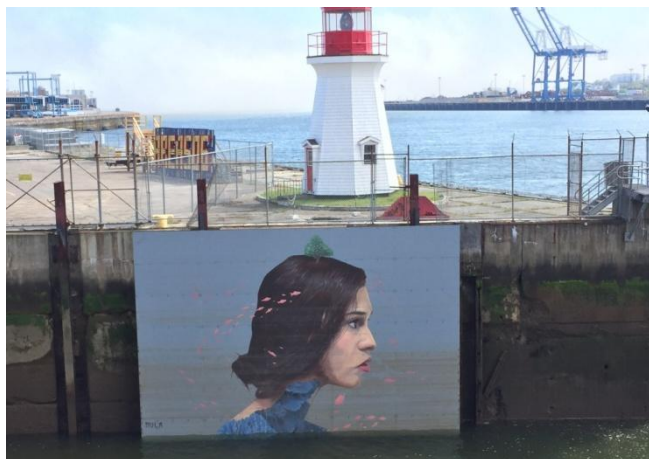
This was the second road closure of the day and required a MAJOR detour.



We are viewing view it from the opposite side of the road. (we had ridden to the opposite earlier and were just meeting up from this side to see what it was all about...so as not to miss any of the trail!) The workers were repairing bridging that had washed out with the spring flooding. While we were watching, one of the workers noticed us and told us we could come down to ride across the next road section.

Aug 10-Saint John, New Brunswick

Have you heard of the Hawaiian artist HULA? He creates works of art and nature on the sea wall from the surface of a paddle board. We arrived in Saint John just after he had finished this painting on the harbour, from a paddle board and during the world's largest tides. As you can see from the lighthouse on top of the seawall this was a huge undertaking. When the tide is in all you could see was the little green spruce tree on top of her head...and even that was large. His previous creation on the opposite wall washed away; he has made arrangements to have this one moved to safety when the season is done.



Aug 12-Quispamsis, New Brunswick

I have ridden on all kinds of trail surfaces but this one—just newly crafted through the forest was outstanding.



Aug 13-Saint Martin's, New Brunswick

There was lots of heart thumping elevation in New Brunswick; it seemed like I was climbing all day on this particular route. At this point where I am taking the photo I am at the top of a hill and have a huge descent but do you see that clear path on the opposite side? That was the next section to ride up! At the end of this day I was pleasantly rewarded with a feast of wild blueberries at one of the largest fields of blueberries that I have ever seen.



Aug 26-Prince Edward Island

One of the first rails to trails dedicated to active transport.



Coming of spring:



Sept 2 Baie Vert, New Brunswick

What a memorable day. The final ride for 2019 was the most difficult and the most exciting ride of the year. The trails were rough with quad tracks and water filled ruts the order of the day; navigation was by self interpretation of "loose" trail connections.

But the weather was perfect for a last day—about 20 degrees and sunny and I was in prime physical condition after completion of a 4000+ km journey. Hurricane Dorian was well on its way which—selfishly—made it easier to call an end to the journey for 2019.

We celebrated at Baie Verte New Brunswick at the trail head. Someone with a metal detector was scanning the marsh while the tide was out. I called out and asked him what he was doing. He told me about his passion to discover the history of the area and mentioned 1751-1754 and of the Acadian Highway built through the marsh from Fort Gaspereaux to Fort Beausejour; he was searching for artifacts. I don't know enough of the history of Canada but every day I follow the Great Trail I learn a little more about this big beautiful country!



Honeybee:

April showers bring May flowers and these flowers are an invitation to one of the most industrious animals in the world, the Honeybee.

The honeybee is just one of many types of bees. The honeybee is an oval shaped insect that generally has light brown body with gold stripes. The body is covered in very fine hair like structures. Because it is an insect it has three distinct body parts, the head, midsection (thorax) and rear section (abdomen).

On the head are located two types of eyes(both of which are not like human eyes), antennae that are used for smell and determining flight speed and a very complex mouth structure which is used for eating, cleaning, shaping wax and feeding young bees and the queen. Below the mouth is a highly specialized group of structures that form the tube which allows bees to collect nectar.

The six legs are located on the thorax as well as two pair of wings. The front wings are larger in size than the rear wings.

The abdomen contains the body organs which include female reproductive structures in the queen and female and male reproductive structures in the drones. The stinger is found at the very end of the queen and worker bees.

Honeybees are a social animal and live in colonies. The place where a colony lives and works is called a hive. Honeybees do not build physical structures but use existing openings in trees and underground. It is in these readymade areas that they construct their home.

In each hive there are three types of bees, drone (male), infertile worker (female) and one queen (female).

The queen bee is the largest bee in the hive and has but one purpose and that is to lay eggs. She mates once in her life and there after deposits thousands of eggs in special cells called brood cells. She has the ability to control the gender balance in the hive. She lays unfertilized eggs that will become drones and fertilized eggs to produce female bees. Whether or

not a worker bee becomes a queen is dependent on what it is fed.

The drones of a hive are present to mate with a queen bee, usually from another hive. If the drone does mate it dies immediately thereafter. If the number of drones is deemed too large they will be forced from the hive or stung to death and dispatched out the entrance of the hive.

Worker bees by far make up the largest portion of a hive population. These bees do everything in the hive except lay eggs. The job they have at any one time depends on their age. The duties a worker has during her life will include, feeding newly hatched bees, feeding and cleaning the queen, feeding the drones, cleaning the hive, producing wax, chewing and shaping wax to make 6 sided cells for brood or honey storage, defending the hive and foraging for nectar and pollen. She carries out all these responsibilities in a life that lasts about 45 days.

When we see honeybees they are more than likely collecting pollen or nectar from flowers. Because the bee body is covered in small hairs, the pollen, (which is sticky) gets stuck onto the hairs. Pollen, along with honey, is an important food supply for the bees. If you look closely at a foraging bee you may see what appear to be yellow areas on the rear most legs. These yellow patches are actually pollen that the bee has scraped from its body and packed into special areas on the legs. When the bee returns to the hive these pollen baskets are emptied and any other pollen present is brushed off and stored ready for use.

The tongue structure used by the bee to collect nectar from a flower is very complex. It is not a simple tube. It is constructed of several different parts. The tongue, which is located below the actual mouth, is extended by the bee and pushed deep into the base of a flowers bloom. It collects a miniscule amount of a sugary liquid, nectar. That bit of nectar is transported via the tongue to a special area in the bee called the honey stomach. The bee goes from flower to flower until the honey stomach is full and then it returns to the hive. During the return flight special chemicals in the honey stomach start the transformation of the nectar into honey.

Back at the hive, the returning bee empties its honey stomach in the mouth of a worker bee that then does

the same thing with another worker. After several exchanges the once watery liquid is now relatively thick and deposited into a honey storage cell. Depending on the temperature inside the hive, workers bees may fan the liquid by flapping their wings. This action acts like a fan which causes moving air to pass over the liquid further reducing the water content. The thickened golden result of all this process is honey. Once the cell is full of honey it will be capped with wax for storage by other workers.

There is a form of communication among the worker bees of a hive. Scout bees, when they return from a nectar source, do a series of definite repeatable movements on the face of the honey comb. These movements convey to the forage bees the direction and distance to the newly located nectar supply.

The queen bee and worker bees both have a special structure at the very tip of the abdomen. This item is the stinger. The stinger is used primarily as a defense device. It is a curved needle like structure with sharp barbs along the edge. To it is attached a small pouch which contains bee venom. It is the bee venom that causes all the problems with a bee sting. The venom sets off a series of chain reactions in the victim's body. These reactions cause the pain, burning sensation, redness and swelling. In some cases these reactions can cause a life threatening condition to the person that was stung.

The bee pays a price for having used its stinger. It will die very shortly after stinging. The reason for death is that the stinger and venom pouch are attached inside the body of the bee. When the bee flies away the stinger and venom pouch remain attached to the victim. The bee cannot live after leaving part of its internal organs behind.

If a person gets stung it is very important to remove the venom pouch and stinger as soon as possible. The longer the stinger remains in place the more venom enters the victim's body. To remove the stinger use a firm, flat object and scrape the stinger from the skin. Do not grab the stinger or venom pouch with your fingers or tweezers as this could inject further venom.

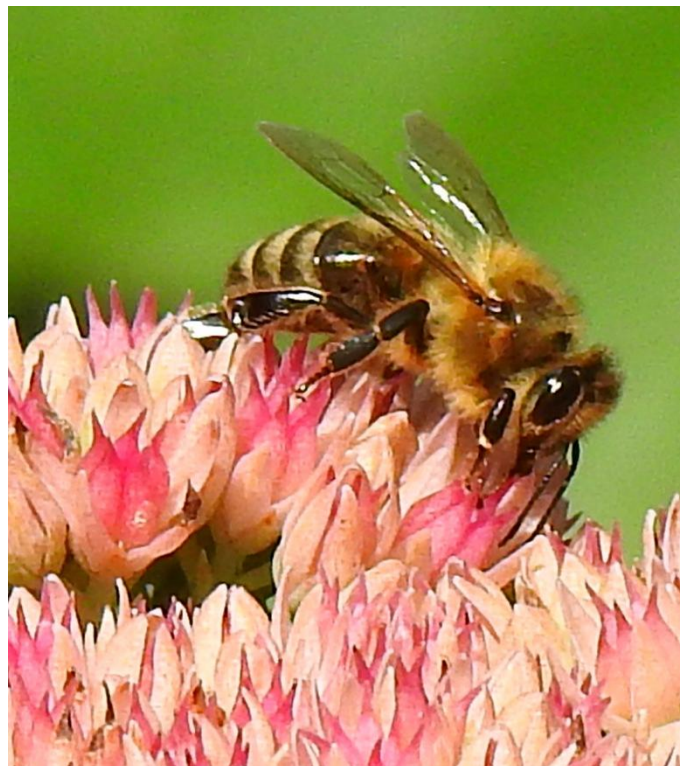
Another thing to do if you get stung is to immediately remove yourself from the area in

which you got stung. The reason for moving is that as the bee is stinging it is releasing special chemicals into the air. You cannot smell them but other bees in the area can. These chemicals act as a warning siren that something is not right and that they should come to join the fight. Moving away greatly reduces the possibility of more stings.

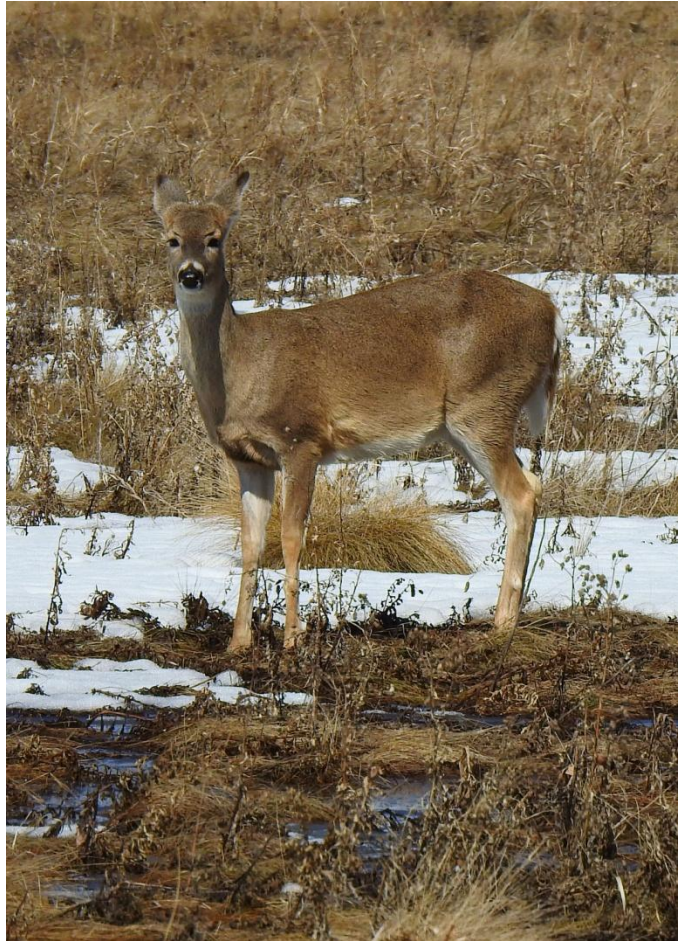
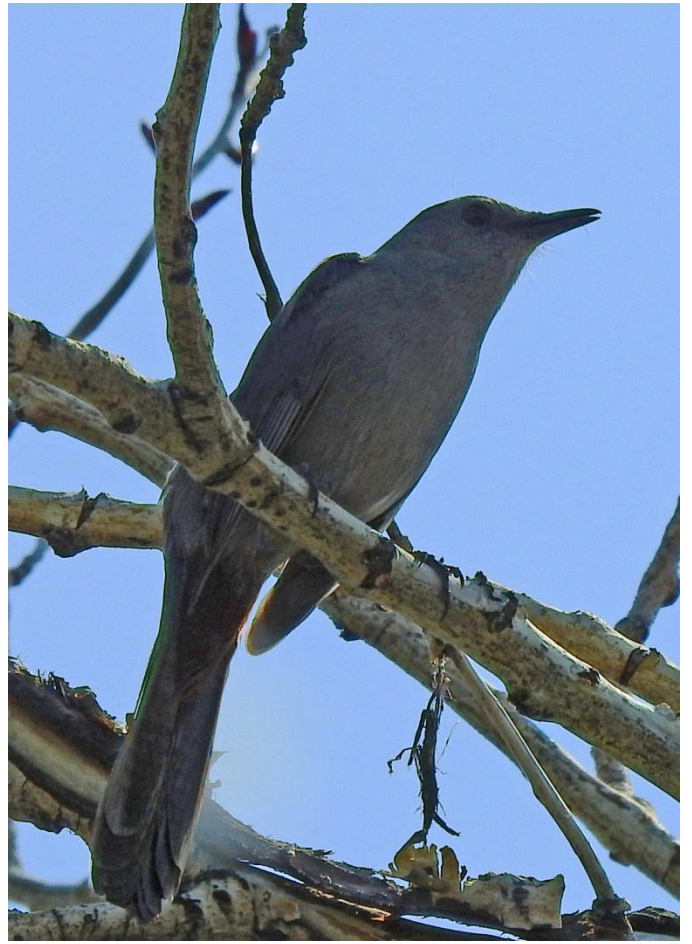
Bees in general and honeybees in particular are of great importance. They are responsible for the pollination and therefore the reproduction of a vast number of flowering plants. Their importance does not stop with plants in the wild. Honeybees are responsible for the pollination of many crops which produce our food supply.

Domestic bee keeping is a large industry and is the major source of our supply of honey. Bee keepers and farmers work together in many cases. The farmer has a bee keeper put his man made hives around his property. In that way both get a benefit. The farmer gets a better chance at fertilization of the crops and the bee keeper's bees have a local supply of pollen and nectar which increase the production of honey.

It takes an untold number of bees to make the honey that you enjoy on or in food that you eat. Next time you enjoy a 'smackerel' of honey, thank the honeybees.



Along the Trail:

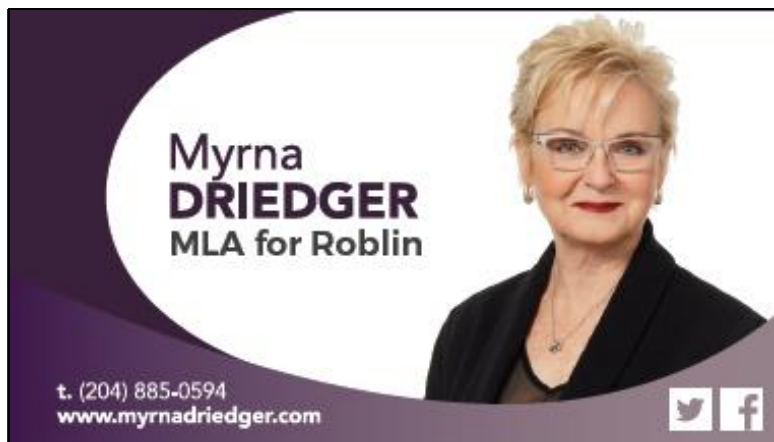


You can support the Friends of the Harte Trail in their important work by becoming a member. Just fill out the membership form included in this newsletter and send it, along with the membership fee (\$10/individual; \$15/family) to

Friends of the Harte Trail
c/o Naturalist Services Office
5006 Roblin Blvd
Winnipeg MB R3R 0G7

Cheques should be made payable to **Friends of the Harte Trail**.

Separate donation cheques must be made payable to Trails Manitoba with the notation "For use of the Harte Trail" in the memo section. Tax receipts will be issued for donations exceeding \$20.



To place advertisements in this newsletter please call:

Murray at 204-452-7515

Cost - small \$25.00

- large \$50.00

For a graphic advertisement jpeg format is preferred.

Trail – Membership Form (\$10 per person, \$15 per family)

Please Print:

Name: _____

Address: _____

Postal Code: _____

Phone: _____ Fax: _____ Email (important) _____

Names of voting family members :(18 years and older)

Payment:

Make cheques payable to: Friends of the Harte Trail

Payment enclosed – Membership \$ _____

Donations:

Separate Donation cheques must be made payable to Trails Manitoba with a notation

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Mail to:

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Willing to help with:

phoning ___ trail maintenance: ___ fund raising: ___ newsletter: ___ events: ___

public relations: ___