

# Seniors invited to Charleston Lake Provincial Park

By CATHERINE ORTH

The second annual, guided walks on the trails of Charleston Lake Provincial Park for Leeds and The Thousand Islands seniors, proved again to be a popular event. Beautiful weather, free transportation, free admission, and a 5 star catered lunch, created an irresistible combination, on the morning of September 21. "Today's attendance," said organizer Steve Page "has indeed, exceeded our expectation and last year's attendance."

The outing was organized in conjunction with The Park, the Township of Leeds and The Thousand Islands and The Friends of Charleston Lake. The Township provided the transportation, and paid for the lunch. Mary Jo

Sibbald explained "there are four different walks organized, and depending on how far you want to go, you pick the one you wish to go on." Descriptions of each of the trails were clearly printed on a board, describing their various levels or difficulty or ease. Participants were then asked to join their chosen group. Each group was led by a Park guide or one of the Friends. For guests unable to walk, a bus took them on a tour through the Park. The Boardwalk trail, the most accessible and senior friendly, provided good footing and rest stops along the way. The guide shared fascinating information. On the Boardwalk Trail, the intricate and delicate dance of fern spore reproduction, was

explained, with a slightly mind bobbling analogy, "that it would be as if a human and an avocado mated." What this analogy means, is that spores drop from the fronds of a fern, and in time a green heart shaped structure called a prothallia grows, which is nothing like a fern (as a human is nothing like an avocado). But the prothallia contains the egg and the sperm of the fern to be, and it's this structure's spores that create the fern, which is an incredibly round about way of being created, but it works for the fern. Various tree species were pointed out, particularly a wide variety of maples, from sugar, red to silver. The fall ritual of the turning of the leaves was explained by the guide: The nutrients for the trees survival is stored in the leaves she said. All the



(L-R): Bob and Jacqui Greenhorn; Jill Callaghan; and Donna and Clark Dempsey enjoy some time on the Boardwalk Trail. Photo: Catherine Orth

colours are present but chlorophyll keeps the leaves green until the tree, taking it's signal from the lessening hours of daylight, starts to send its nutrients down to the root of the tree, shutting down photosynthesis (its food making process), thus revealing all the other colours. In the spring the tree sends the nutrients back up its system, leaves begin to grow again and photosynthesis takes over the trees nutrient system. And though no lions, tigers or bears appeared, a lovely turtle

sunned itself on a large flat rock in a pond and a pileated woodpecker was heard.

"For some area residence the Park means a return to childhood," said Kim Goodman TLTI Recreation Coordinator who spear heads TLTI's age-friendly program. "A lot of these people have grown up here; they played here but life got busy and now, it's their chance to return to the Park and go for a hike and reconnect with nature." She said the Park is more and more age

friendly and accessible, siting the Discovery Centre, improved washrooms and the boardwalk. She said the Friends of Charleston Lake approached The Township last year.

To get a feel for how people responded to the first event, Goodman said, that at the end of the day, they asked participants to do an evaluation. The response was very positive. "People loved it," she said, "making it an easy decision to hold it again this year." And next year, no doubt!



Rideau District High School students are pictured at Basin Head National Park during their recent SEVEC exchange to PEI. Submitted Photo

## RDHS students enjoy SEVEC exchange to PEI

To THE MURAL

Elgin – Twenty-one students from Rideau District High School (RDHS) recently travelled 1,500 kilometres to visit the community of Montague, Prince Edward Island as part of a Society for Educational Visits and Exchanges Canada (SEVEC) inter-provincial school exchange.

Coordinated by RDHS staff members William Morris, Jeremy Carty and Judy Forrest, the September 18th to 25th exchange provided students with an opportunity to travel to Charlottetown by plane before embarking on a tour throughout the island.

Using the Montague Regional High School as a home base, students enjoyed a scavenger hunt

in downtown historic Charlottetown before being "shucked in" with oysters at the Old Dublin Pub followed by a tour of the Province House replica.

Students also spent time studying the dunes at Greenwich National Park and Basin Head National Park.

Tours of the Anne of Green Gables Museum and Avonlea Village were completed prior to visiting the Burlington Amusement Park. Students also enjoyed playing 9 holes of golf at the Belfast Highland Greens before relaxing on a double decker bus tour ride of the Charlottetown area.

Rideau students will host their eastern counterparts in early May during which time a day

excursion to Ottawa will provide tours of the Diefenbunker Cold War Museum, the Royal Canadian Mint and Parliament Hill followed by a trip to Toronto to visit the Medieval Times Dinner Theatre, the Ripley's Aquarium, the CN Tower and take in a Blue Jays ball game.

Local tour highlights will include stops at the Jones Falls Horseshoe Dam, and the Old Stone Mill in Delta.

This year's program marked the fourteenth year in which students from RDHS have participated in the inter-provincial school exchange program coordinated by SEVEC / Experiences Canada and supported in part by Heritage Canada.

# Thank You!

Thank you to all volunteers, performers, sponsors, donators and everyone who came out and made the 2017 Lyndhurst Turkey Fair a huge success!

The Lyndhurst Turkey Fair Committee



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