



EMWA Newsletter

Spring 2024

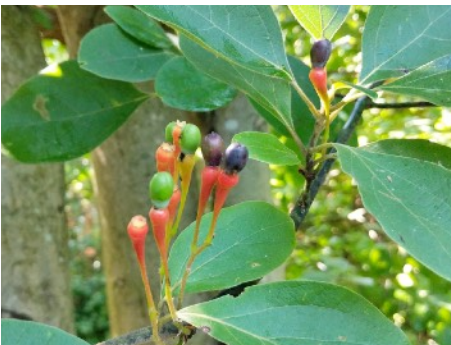


EMWA at the OWA Website

The OWA website is our home on the web. Our page will hold information on the chapter plus updates on our events and documents for downloading. Content suggestions and contributions can be sent to Jim Handyside at jimhandyside@gmail.com. The page is under the Chapter Profiles [here](#).

New Logo!

You could hardly not have noticed that our chapter has a colourful new logo. Its design, approved by the chapter's board of directors last November, features the leaves of the native Sassafras Tree (see photos). No other Canadian woodland conservation group, as far as we are aware, uses the leaves of Sassafras on its institutional logo. The Sassafras Tree is restricted to the Carolinian Zone in Ontario, and not found elsewhere in Canada. Sassafras is an attractive medium-sized tree with a dark fissured bark, most notable for the variable shape and sizes of its blunt-tipped leaves - single lobe, two-lobed (baseball mitt) and three-lobed - as shown in the logo. The fall colours of Sassafras compete with those of sumac and maples in their fall glory. The logo attempts to capture the variety of shapes and striking colours of the Sassafras leaf together with its attractive fruit. Thanks to Sylvie Casbourn of London for designing and producing the new EMWA logo. Decals featuring the logo will be available at the AGM on 16 March.





Spring Tours

On 6 May last year, as our chapter's contribution to OWA's Woodland Appreciation Week program, EMWA director Ken Laing kindly hosted a woodland educational event at his family's farm on Fruit Ridge Line in Central Elgin. The event proved very popular and was attended by 20 members, many with their families. Demonstrations included the use of draft horses in the woods, and the use of a solar kiln to dry lumber (both by Ken Laing); comparison of the use of gas vs. electric chain saws (Gary Austin) and a talk on woodland management, marking and marketing (Greg Greer) while walking through Ken's well-managed woodland. Lunch was catered on site by Ellen Laing of Killdeer Foods.



This year's spring tour will be hosted by Jim Handyside at SpringRush Farm (photos on left) near Mooresville north of Lucan in Middlesex County. Highlights will include Buckthorn control measures, tree identification, plantation management and wetland restoration. Lunch will be catered at the farm by The Donnelly Cafe. **Save the date:** Saturday May 4, 2023 from 10:00 - 2:30. Further information and registration details will be available at the AGM.



Elgin Heritage Tree Map

A rejuvenated Elgin Heritage Tree Committee is updating and modernizing the three Heritage Tree Maps for Elgin/ St. Thomas. The ravages of disease and human activity have eliminated many of the identified native and unique specimens from the landscape. The EHTC is requesting your assistance in nominating native or unique trees that are on publicly accessible lands, road allowances or front lawns. Specimens have to be clearly visible from the roadway or can be accessed freely in public space. If you have any other questions or wish to make a nomination please contact Ron Casier, 519 318 5279.



Forest Bathing

120 Minutes. That's the dose of time in nature per week needed to achieve several health benefits — fifteen to twenty minutes a day. A [recent review](#) cited in the OWA email newsletter summarizes research into something you already know — a walk in the woods is good for you. [This article](#) expands on these findings and points out how serious this activity can get with guides trained to help people maximize benefits. For more, search "forest bathing" or "[shinrin-yoku](#)", the Japanese term for this kind of psychological and physiological exercise.

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