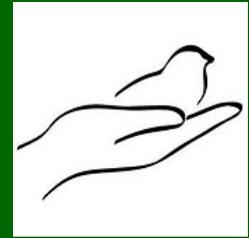




Friends of Gatineau Park



2014-I

BIODIVERSITY

IN THIS NEWSLETTER

The flora of Eardley Escarpment hollows and dells

by Jean Faubert, FloraQuebeca

During the summer of 2013, scientists from the FloraQuebeca botanical society conducted floral inventories in three drainage valleys along the Eardley Escarpment. Although the botanists were particularly interested in riparian bryophytes, a group of mosses and liverworts that live in and around cascading watercourses, they also inventoried the vascular plants found along the shorelines, keeping an eye out for rare species. The hollows and dells inventoried included the Waterfall Trail creek, Faris creek and the Luskville Falls creek.

Results

A total of 68 taxa were observed during the site visits, including 14 hepatics and 54 mosses. The presence of 23 of these taxa (for the most part relatively common species) in Gatineau Park was actually documented for the first time as part of this inventory. This high number of first documented references in the scientific literature is explained by the fact that the 2013 campaign focused on a very specific habitat, which had not previously been subjected to detailed study. The total number of bryophyte taxa known to be present within Gatineau Park boundaries is now 186, including 42 hepatics and 144 mosses. In addition, a total of 133 vascular

plant species were observed within the three creeks zones of influence.

Rare or noteworthy species

Two of the newly documented bryophytes are considered high-priority species for conservation and likely to be designated as threatened or vulnerable. These are *Frullania inflata* var. *communis* (inflated scalewort), a hepatic typically found in the temperate regions of Southern Quebec, and *Platylomella lescurii* (bordered brook moss), which is also at the northern edge of its normal range. Although the presence of *Platylomella lescurii* individuals could have been foreseen, the discovery of *Frullania inflata* var. *communis* in this area is highly interesting because it is a significant addition to the Eardley Escarpment's plant diversity (and a cause for rejoicing for all botanists involved). In addition, *Thamnobryum alleghaniense* (Alleghany moss) a species deemed rare in Quebec but previously documented in Gatineau Park, was also observed.



Birch Bark Canoe Donation

Legs offered to the Friends of Gatineau Park

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Chris' Revenge

Perfect Recipe for winter in the Park

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Two rare vascular plant species were also identified in the creeks' zone of influence. These are *Polygonella articulata* and *Rubus flagellaris*. The presence of *Polygonella articulata* was documented for the first time in the Park as part of this study. In addition, four other exceptional vascular species observed are worthy of mention: *Quercus alba* (white oak), *Comandra umbellata* subsp. *umbellata*, *Comptonia peregrina* and *Lonicera dioica* var. *dioica*.

Phytogeographically interesting species

Two of the mosses documented on the Eardley Escarpment during the summer of 2013 are considered interesting from a geographic distribution standpoint:

Cyrtomnium hymenophylloides (short-pointed lantern moss) and *Poblia obtusifolia* (blunt nodding moss) are both arctic-alpine species commonly occurring in the province's northern regions.

Conclusion

It is long established that the Eardley Escarpment is a veritable jewel of floral diversity, if only through the presence of several rare species. There is more. One of the key contributing factors to this rich diversity (although not the only one) is the following. The Eardley Escarpment is the location where southern bryophyte species (rare species, in many cases), at the northern extremity of their range, make an incursion into Quebec, while arctic-alpine species (relics from the last glacial era) have endured, well south of their principal distribution range. The presence of these relict species can be explained in part by the harsh growing conditions that characterize the Eardley Escarpment.

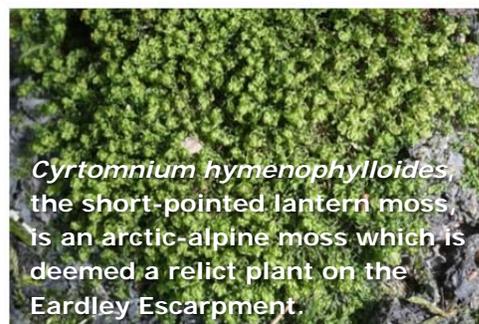
This cohabitation of northern and southern bryophytes is a truly remarkable natural phenomenon that defines the Eardley Escarpment's floral biogeography, made all the more special by the fact it is not observed elsewhere in Gatineau Park.



Racomitrium aciculare, the obtuse-leaved rock moss, is commonly found in the cascading creeks along the Eardley Escarpment



Frullania inflata var. *communis*, the inflated scalewort, is a southern-dwelling hepatic rarely found in Quebec.



Cyrtomnium hymenophylloides, the short-pointed lantern moss, is an arctic-alpine moss which is deemed a relict plant on the Eardley Escarpment.

Photos: M. Lapointe

HERITAGE

Birch Bark Canoe Donation

by Gershon Rother, Friends of Gatineau Park

Descendants of the Waddell family gave a canoe that was once offered by an Algonquin chief in the 1960s.



Ceremony for the canoe donation, October 18, 2014.

The Algonquin, like most indigenous peoples, have always been mobile within traditionally occupied territories. They travelled extensively through these territories to hunt, harvest food and natural resources, meet family, and also to trade and maintain political relationships with other First Nations. Crucial to their ability to get around was the birch bark canoe in summer and the sled and snowshoe in winter. Made from local materials, these technological innovations were essential elements of their way of life. Even today, skilled craftsmen still build traditional birch bark canoes, sleds and wooden snowshoes, perhaps more as a form of artistic expression and appreciation of cultural tradition than as practical means of transportation.

As many visitors to Gatineau Park will appreciate, canoeing and snowshoeing have become largely recreational activities; very popular ways of connecting with nature and closely associated with the enjoyment of protected natural areas such as Gatineau Park.

And so, it was with great delight that the Friends of Gatineau Park formally accepted the donation of a very special birch bark canoe on October 18, 2014. Made by the late William Commanda; respected Algonquin Elder, former Chief at Kitigan Zibi Anishinabeg, and renowned canoe builder, this canoe is a wonderful example of the canoe builder's skill in transforming a natural materials into a beautiful and functional watercraft. Another of the more than 100 canoes he built can be seen at the Canadian Canoe Museum in Peterborough, Ontario.

How was it that a birch bark canoe was gifted to the Friends of Gatineau Park? In the 1960's, William Commanda was treated by Dr. Waddell for a medical condition that required follow-up for a number of years. As a token for his

appreciation for the medical care he received, William offered his doctor one of his hand made canoes. This canoe was prominently displayed for many years in the Waddell family cottage, as a work of art mounted on the wall. Upon Dr. Waddell's death in 2013, the family decided to sell the cottage, but they wanted to find a home for this special canoe, a home where it could be viewed by people likely to appreciate its cultural significance, but also a place where family members could continue to see it in the future. As Alexander Waddell said at the dedication ceremony, "where everyone could enjoy it".

Present at this ceremony, were descendants of the Commanda and Waddell families, representatives of the Algonquins of Kitigan Zibi Anishinabeg, including the current chief and godson of William Commanda, Chief Gilbert Whiteduck. Also present were Graeme Roderick, President of the Friends of Gatineau Park and Dr. Mark Kristmanson, CEO of the National Capital Commission and other representatives of both organizations. The Friends of Gatineau Park and the NCC have made the canoe available for display in the Gatineau Park Visitor Centre and hope it will become a centerpiece in telling the story of our shared cultural heritage. We also hope this canoe will be a lasting symbol of friendship, a reminder of the traditional Algonquin way of life and an inspiration for finding beauty in nature.



AROUND THE FIRE

The Friends of Gatineau Park wish to invite the general public to share and submit their favourite recipe reminding them of fond memories of time spent in Gatineau Park. The collection of selected recipes will form the first « *Recipes of the Gatineau Park* » cookbook. To help with this, here is a sample recipe submission.

This foil—which was inspired by the many visitors, skiers and snowshoers, to Gatineau Park whose quest to play hard and eat well (with Chalet dining) sparked my culinary experimentation.

I originally learned to make refried beans after backpacking through Mexico in the late 1980s. Years later, Sarah's brother Josh, who was responsible for reintroducing us to Winter, gave us a gift certificate to take a cooking class. The theme of the class was Mexican and I learned just how easy it is to make fresh corn tortillas. Putting the beans and tortilla together was as natural as peanut butter and chocolate, twitter and doctored photos, etc. Enjoy!

Ingredients

1 tbsp. oil (your choice)
1-2 cloves garlic (diced)
1 medium onion (chopped)
1 green or red pepper (chopped)
1 fresh tomato (chopped)
1 cup dried or 1 can of kidney beans
1 tsp. cumin
1 tsp. chili powder
Pinch of paprika
Half a fresh lime (squeezed)

1. In a cast iron skillet, heat a the oil under medium heat. Your choice for oil, but I tend to use sunflower for cooking, but olive oil or grape seed is good as well.
2. Dice a clove of garlic (or more if you like and aren't particularly social) and a medium onion and sauté.
3. Dice the pepper and tomato; add to the mix and simmer, stirring occasionally.
4. You can use either dry or canned kidney beans. If canned, rinse and drain the beans. If using dried beans you should soak overnight. There are two ways to add the beans to the mix. I use to crush

Chris' Revenge

by Chris Paci, Amis du parc de la Gatineau

- the beans by hand with a spoon, but have a bullet or hand mixer do the crushing for me and once it becomes liquid I simply pour it into the skillet.
5. Mix and flavor with cumin, chili powder and paprika (to taste).
 6. Squeeze half a lime, or to taste (I often throw the lime in after it is squeezed).
 7. Mix and cook on low. Once you get a



- nice solid consistency for a filling that won't run all over, it is done.
8. To make this a meat dish start with bacon, remove once cooked, retain the fat (replaces oil). Cook as above and add chopped up bacon any time during the cooking process (as much bacon as you want and any type will do, after all its bacon!).

Corn tortillasIngredients

1 cup Masa corn tortillas flour (makes 8 to 10 small tortillas)
¼ cup warm water

1. In a bowl, mix one cup of Masa corn tortillas flour with warm to hot tap water.
2. Add water a little at a time, until you have the consistency of play dough.
3. Form into balls the size of a medium sized egg.
4. Put one ball of dough at a time onto

Corn Tortillas with refried beans (and cheese, etc.)

tortilla press, press and remove to cook at high heat in hot dry skillet. DO NOT USE OIL, I know it sounds crazy but trust me. One trick we use on the press is to prepare a re-useable plastic bag as a sleeve. Cut a sandwich size plastic bag along the outside edges so that it forms a sleeve. Place the open bag perpendicular to the press. Put a dough ball on one side, close the sleeve, and then close the press (because the dough doesn't come into contact with the press you avoid need to wash it, yeah!). Open the press and lift the plastic and remove the flattened raw Tortillas. If it falls apart the dough is too dry, if it sticks it is too wet. Adjust.

5. To cook the flattened raw tortilla, I toss it into the hot dry skillet, flipping it once before I beat it up. I use a wooden spatula and beat up the tortilla once I flip it to avoid sticking. Tortillas will puff up and make a squeaking sound as you beat them. At high heat they don't take long to cook, so flip them a couple of times until you have the look you want.

The final touches

I take a sheet of tin foil, put one cooked tortilla in the middle of it. Add a spoonful or two of beans. You can add fresh chopped cilantro or spinach (or both), and shredded cheese (Gouda is nice, as is Cheddar or Monterey Jack, you can even use feta if you have nothing else). Top with salsa and add another tortilla. Wrap in tin foil. Heat near stovepipe in Chalet until warm, or in worst case scenario eat cold. Up to you! I can only eat two when we are out skiing, but I want to eat more.

Bon appétit!

Friends of Gatineau Park, a registered charity, publishes articles on a selection of ecology and heritage research undertaken in the Gatineau Park, particularly that funded by us as well as related to our other educational programs. Published twice a year, the Newsletter is archived at friendsofgatineaupark.ca and deposited with the National Library ISSN 1926-6537 (print) + 1913-7648 (online). Comments, suggestions, stories: send via friendsofgatineaupark.ca or 33 Scott Road, Suite 227, Chelsea QC J9B 1R5 Tel. 819-827-3113. Editor: Julien Raby; layout: Jean-Philippe Rheault; printing: Imprimerie Vincent. Printed on recycled paper. Thanks to all volunteer contributors to this edition.