



# Rachel WRITES

by Rachel GARBER

## DEAR SISTERS

Thank you for the rescue package of newspaper clippings! You told us to leave them sit for awhile before handling them. But did you know for how long, to rid them of the coronavirus?

- 24 hours should suffice for paper/cardboard.
- 3 days for hard surfaces, such as plastic or metal.
- only 3 hours for copper!

My good friend is an expert on these things. His wife involved him in a 35-year preparation for just such an apocalypse! She would have been gratified, he says, and also terrified. If she were still alive and they were still together, they would be eating rancid peanut butter from her storeroom, as we speak.

We are ok, but sadly lost the hen named Clara. She was taken out, apparently, by a feral cat who only wounded her, but perhaps there was internal bleeding. Three days later she died in her bed in the bathroom. Ironically, that's where she had begun her life with us, as a 3-day-old chick.

Her sister was distraught when we brought Clara into the house, and flew out of the chicken run to come around to the front of the house where she had last seen Clara after the attack. We caught a glimpse of her running past the window, and went out and rescued her.

From the kitchen window the next day, we photographed a magnificent fox in our lane. We also saw an eagle wheeling overhead, and a peregrine falcon surveying our land from a treetop in front of the house.

Nature seems to be spreading its wings around us. As people stay indoors, wild animals will play. In Montreal, it's wild turkeys in the streets. In Llandudno, Wales, it's Great Orme Kashmiri goats – wild descendants of a gift from Queen Victoria. In San Francisco, it's coyotes. And in New Orleans and New York City, it's rats, rats everywhere.

And, I see, in Richmond, Virginia, it's rabbits! Thanks a lot for your photo.

No, I do not think the animals are revealing themselves because

spring is coming. As a matter of fact, we just had a magnificent snowstorm and freeze-snap, followed by a night and a day of blowing snow. Brrr. And it's almost May! The chickens are safe inside their little chateau these days. But we're down to eating only 3 eggs a day, instead of the usual 4. I'm trying to save a few extras for baking.

Nor do I think the fox had anything to do with Clara's demise. He would have snapped her neck and carried her off. Her massive loss of feathers from her underbelly bore witness to a drawn-out fight among almost equals. It was surely the feral cat we had surprised under our bird feeder the day before.

Maybe the fox got the cat? But I wonder, didn't the fox and the cat and the skunk notice our "Beware of Dog" sign? Happily our companion animals were safely inside when they came by.

Bravo for your mask! Did you make it? I'll be making mine tomorrow morning. I found the pattern in the New York Times. So many patterns to choose from! Apparently tightly woven cotton is best. One study of homemade masks found that tea towel fabric blocks the tiny globules of mist containing the coronavirus better than T-shirt cloth. I plan to cannibalize a few dish towels for inner and outer layers, and also to put a lining inside of a different kind of fabric. Layers of different weaves are supposed to work better.

Have you been in contact with Violet lately? She's sewing masks - 425 in one day! She hit a road block, though. Couldn't find any more elastic in all of Twin Falls. I was tempted to just order a few from her, but given the glacial speed of mail from the US these days, I decided against it.

"I feel as if the Earth has sent us to our rooms to reflect on our behaviour." ~ Anonymous. I end my emails with this quote these days.

It's not that Mother Earth is angry at us. It's just that we really need to behave more responsibly, or suffer the consequences. We've taken her for granted. And we can't leave home; we ARE her, as much a

part of her as the corona is part of the coronavirus. Oops, not a happy comparison – but you get the idea. Pillaging the Earth's resources has its consequences, like it or not. Whether it's pandemics or tornadoes or earthquakes or driving species to extinction. Our actions do have consequences. So much that is so sad. So much to reflect on.

I'm glad you have a basement shelter for when the tornadoes come through Richmond.

I've been spending some time on Facebook, like a lot of other people. In some corners, dandelions are already up.

Did you know you can pickle or ferment Capers made from Dandelion buds? Blows my mind! I never realized that capers are small tight buds of a Mediterranean shrub that doesn't grow here. But dandelions do! I'm going to give it a try, just as soon as they shoot up through the snow! Here's where you can learn all about them: <https://practicalselfreliance.com/dandelion-capers/>

My dear sisters, stay safe, stay well, stay loving.

Holding you in the Light, with love, Rachel.

### COMING!

A bit belatedly, the Quebec government said it will mail the English version of its 24-page "Self-care Guide" to protecting your family's health during the COVID-19 to people who file their tax returns in English. Or you can download it as a PDF file from [www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus](http://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus).

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Do you have news to share? Call 819-300-2374 or email [rawrites@yahoo.com](mailto:rawrites@yahoo.com) by May 4 for publication **May 13** or by May 18 for **May 27**.

## Dynamic Community Volunteer Malcolm "Mac" Fraser Dies

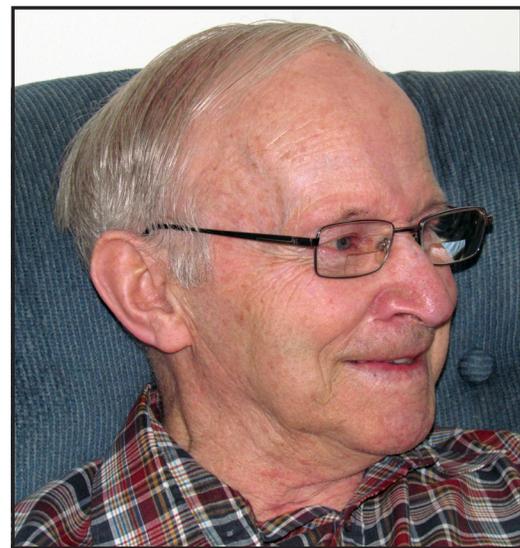
by Rachel GARBER

After a lifetime of sustained and significant volunteer contributions, Malcolm Jared "Mac" Fraser "passed into eternal rest on March 16, following a long illness," according to his obituary at [casshomes.ca](http://casshomes.ca). He was 79. The funeral has been postponed because of the coronavirus pandemic.

Mac Fraser had been living at the Grace Village in Huntingville for about 8 years. He began working for the Cookshire post office in the 50s, then was postmaster until 1990. He also operated the historic Fraser family's ancestral Pine Hill Farm in Cookshire.

But he is best known and

beloved for his community volunteer leadership over his lifetime, including leadership roles for the Compton County Agricultural Society (Cookshire Fair), the Quebec Farmers' Association, the Eaton Corner Museum, St. Paul's Rest Home, and St. Peter's Anglican Church. He received almost a dozen medals recognizing his contributions, including an Outstanding Townshipper



Malcolm "Mac" Fraser.

Award, a Queen Elizabeth II Diamond Jubilee Medal, and

last December, the prestigious Sovereign's Medal for Volunteers.

"He was quite a shy person, really, even though he was in the public eye a lot," said his brother Winston Fraser. "He never gloried in those awards; sometimes he was embarrassed, even angry at me once."

As an example of Mac's humility, Winston said that when Mac was president of the Agricultural Society, he made a very important anonymous donation to help build a grandstand. "It wouldn't have been built without his leadership and generosity."

Mac Fraser is survived by his wife Doreen Tryon, former wife Janice Curtis, 10 of his 11 brothers and sisters, and his son Tim, who resides in Calgary. His obituary suggests that donations to the Dr. Klinck Fund of the Grace Village Care Foundation will be gratefully accepted.

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