

The Iroquoian

Official newsletter of the Iroquoia Bruce Trail Club Spring 2022



Iroquoia Annual General Meeting

The Annual General Meeting of the Iroquoia Bruce Trail Club will take place on May 7th, 2022. At this time, we are unsure if the meeting will take place in person or be on Zoom.

Visit our webpage in April to find out what we will be doing. www.iroquoia.on.ca

“Preserving a ribbon of wilderness for everyone, forever”

IROQUOIA BOARD OF DIRECTORS

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- Trish Murphy, Enotes

Contact us: info@iroquoia.on.ca
Web page: www.iroquoia.on.ca

We want your stories, poems, thoughts, opinions, ideas as content for our newsletter and Enotes. Please send them to info@iroquoia.on.ca

President's Message

Well folk's – this is my last message to you. I have been President of our Club for the past three years and it certainly does not feel like three years have gone by already. What a ride it has been.

Back in November 2019, we had just wrapped up our Beatles tribute fundraising concert, had a unbelievable New Years Day public hike and the Board begun to set a number of goals to enhance membership benefits, youth engagement, create more partnerships with like minded organizations, and other improvements in January 2020. Then the pandemic hit and all that came to a full stop. If we were a ship, it felt like the anchor was dropped and the sails brought down and folded up, and our job was to keep the ship in good shape and functional.

It now looks like we are going to have to start to learn to live with COVID, and this Board is optimistic that we can lift anchor, unfurl the sails and get back to reaching the destinations we had set for ourselves back in January 2020 with a new Capitan, Cecilia Gibbons.

Cecilia has been on our Board for a number of years taking on various duties as a Director at Large, became our Vice President and Volunteer Director, and will now take on the role of President. It has been a pleasure working with Cecilia on various matters and I have no doubts that she will fill this new position with grace, knowledge and ambition.

I want to thank some people who are leaving us tis spring. Trish Murphy has

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River and Ruin Main Trail bridge

The bridge on the main trail at the River & Ruin Natural Reserve has been replaced. Much thanks to the dedicated volunteers who worked Saturday's and Sunday's and the generosity of the local property owner who not only allowed materials to be stored on his property but assisted with the construction.



Grindstone Creek, Smokey Hollow stairs rebuild

Smokey Hollow is one of the most popular areas in Iroquoia and receives considerable visitation. The City of Hamilton public parking lot is filled most of the time. November 2nd, the parking area was closed to accommodate some 28 trail volunteers who showed up to carry out hazard tree removal, the much needed stairs rebuild and a variety of other trail improvements.



Board members required



We are looking for people to help us fill a few positions on our Board.

- Trail Development & Maintenance Director
- Volunteer Director
- Publicity & Public Education Director

If you may be interested and would like to now more, send an email and we will be in touch.
info@iroquoia.on.ca



The Hamilton Spectator - 29 Jan 2022
Reprinted with permission from Paul Shaker. Paul shaker is a hamilton-based urban planner and principal with CIVICPLAN.

Valuing our special geological architecture.

We are lucky for many things in this city, but we often overlook one of our greatest treasures: the Niagara Escarpment. It's embedded in civic life. The view of the lower city and the expansive vista from east to west is a common experience for Hamiltonians, whether driving or walking.

We orient ourselves with it — water to the north, escarpment to the south. Our street system has a whole series of roads with the prefix “upper” because of it. It's so fundamental to daily life, we don't give it a second thought. However, we should give it much more attention especially in planning decisions on how we are going to develop our city over the coming years.

First, why is this landmark so significant? The United Nations Educational, Scientific and Cultural Organization (UNESCO)

has designated the Niagara Escarpment a World Biosphere Reserve. Biosphere reserves are internationally designated protected areas that are meant to demonstrate a balanced relationship between people and nature. They are learning areas for sustainable development under diverse ecological, social and economic contexts. In Canada, there are 19 of these reserves, including Clayoquot Sound on the West coast and Bay of Fundy on the East.

What is unique about our biosphere reserve is that it is one of the few that travels directly through the centre of a major Canadian city, Hamilton.

This isn't a place we travel to, it is part of the geological architecture of the city itself. Thousands of Hamiltonians move across it everyday. We have built fantastic city parks on the brow that link to an incredible network of trails. Again, this would be great in any provincial or national park, but this exists in the centre of a city. All within a fewhundred metres of vibrant neighbourhoods. So let's protect it.

With the current civic discussion on how we will accommodate more growth within our existing urban boundary, we should make sure to plan with our world biosphere reserve in mind. This includes things like enhancing sustainable access to the reserve as a place for urban green space, as well as the protection of waterways that flow from the escarpment to the harbour, such as Chedoke Creek.

We should also protect some views to and from the escarpment and ensure that vertical sprawl doesn't crowd out this treasure.

This is not dissimilar to other progressive cities around the world that find ways to be compatible with local geological features and aim to protect their presence within their cities.

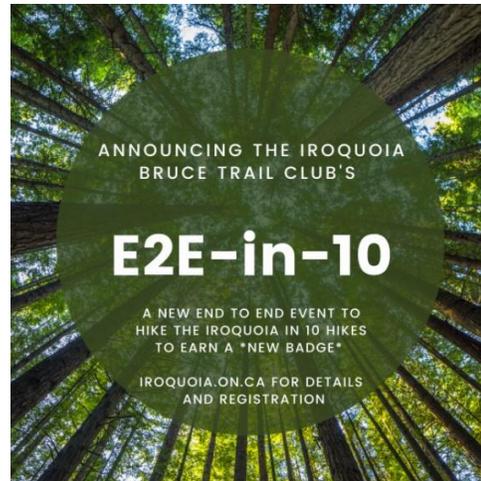
To be clear this isn't about limiting density, which will come in all shapes and sizes, from the "missing middle" on up. As mentioned countless times before, we should promote a whole host of building typologies — from duplexes and townhouses, to mid-rise and highrises. Collectively, a combination of these types is how we will accommodate our growth.

What this is about is setting out the rules to protect the geological assets we value and then inviting development to be compatible with that. Fortunately, we have an opportunity to get this balance right, but it's important we consider this now because you only get one shot at protecting our geological architecture.

No matter how well-designed new buildings are, you are never going to out-design Mother Nature.

Needless to say, the consequences of not protecting the escarpment go way beyond recreational green space and beautiful views. The same elevation difference that gives us expansive vistas is also the reason why we have flooding in the lower city.

In fact, the climate emergency brings a whole new level of urgency on how we should learn to grow sustainably within our boundaries, with our biosphere reserve at the heart of our city.



The Iroquoia Bruce Trail Club is pleased to announce a new event to complete the 122km Iroquoia Section over 10 hikes led by a Bruce Trail Hike Leader.

A brand new badge is being designed – in order to earn it, hikers must register and complete 10 scheduled hikes with a small group led by a Bruce Trail Hike Leader. Up to 3 hikes can be completed as an individual due to scheduling challenges – please ensure you are available for all hikes in the schedule prior to registering.

The Iroquoia Bruce Trail Club will run as many series as we can, with multiple hike leaders leading the series at easy, moderate, and fast paces. Stay tuned for more series to be added to the hike schedule, soon.

For the time being, in order to register, hikers must be a member of the Bruce Trail Conservancy (affiliated with any club). Registration in 2022 is \$30 which helps the Iroquoia Bruce Trail Club in its efforts to support the Bruce Trail Conservancy's Mission of "Preserving a ribbon of wilderness, for everyone, forever."

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E2E IN 10 ...continued

E2E-in-Ten Led by Ruth Moffatt on 10 (almost) consecutive days starting Feb 26 – Brisk-Fast Pace

E2E-in-Ten led by Joe Borges on Saturdays starting April 2 – Medium-Brisk Pace [registration opens 9am Feb 28]

E2E-in-Ten led by Asia Shin on weekends starting April 9 – Medium Pace [registration opens 9am Feb 28]

Look for more dates as the year goes on.

For more information, contact E2E-in-Ten coordinator Joe Borges, or Iroquoia Bruce Trail Hiking Director Christine Hanley.

Presidents Report... continued

been our Publicity & Public Education Director for the past year and a half and Peter Rumble has been our Trail Development & Maintenance Director for the past three years. Thank you to you both for your time of service. I am glad to let you know that Trish will continue to help us out as the Enotes editor and Peter will remain involved with Trail Maintenance as a Trail Co-ordinator (and much more).

The City of Burlington has started a public process for a Rural Active Transportation Plan and Peter Rumble, Daryl Keays and myself put together comments on the plan that will ask for wider shoulders on No. 1 Side Road, Twiss Road and Derry Road.

Myself, I will continue to be around to help volunteer where needed. Being a Land Steward, I looking forward to helping out on projects under Cynthia Archer. I have some other plans, but I will just say that you may be surprised to see where I pop up next.

- Paul Toffoletti

Sherman Falls Bridge update

The bridge has been removed and we have entered the design, engineering and permit stage of replacing the bridge. The reason for replacement was the unexpected heavy use and the main support beams were showing advanced deterioration. Hope to have the new bridge up by summer. Note that the trail and bridge are only there due to the kind support of the local private landowner.



Snap Shot - The hikers' log has been very well received and receives a great deal of attention from hikers at the Trail Workers' Rest at the lookout at the BTC Fisher's Pond Nature Reserve.



PaRx Launches in Ontario

Growing up, and living and working in Toronto, cardiologist Dr. Sherryn Rambihar always felt more comfortable in the city. But with lockdown measures isolating them from family and friends, she and her family suddenly found themselves connecting to nature. Travelling beyond their neighbourhood in Midtown Toronto, they explored Ontario's provincial parks for the first time, camping, bird-watching and stargazing.

Rambihar's new appreciation for nature's positive effects on her wellbeing is part of a movement that was growing even before the pandemic. Nature prescriptions were named one of the top eight global wellness trends in 2019, and are being implemented around the world. The UK and other countries are now investing in park prescription pilots to help address mental and physical health problems and the resulting strain on their health care systems and economies.

In November 2020 the BC Parks Foundation launched PaRx, Canada's first national nature prescription program, starting in British Columbia. Winning a prestigious Joule Innovation prize from the Canadian Medical Association, it has garnered widespread enthusiasm, with almost 500 prescribers now registered.

Today PaRx officially launches in Ontario. With support from major health partners like the Ontario College of Family Physicians, Nurse Practitioners' Association of Ontario and Association of Family Health Teams of Ontario, doctors, nurses, and other healthcare professionals will be able to start prescribing doses of nature to their patients.

"It makes me incredibly happy to launch PaRx in Ontario where my nature prescription journey began," says Dr. Melissa Lem, a family physician and Director of PaRx. She prescribed

nature for the first time to a University of Toronto student battling Attention Deficit Disorder over a decade ago, and since then has become an advocate for the nature-health connection, championing it in her practice, at medical conferences and guided tours in parks.

"There's a strong and growing body of research on the health benefits of nature time, from better immune function and life expectancy to reduced risk of heart disease, depression and anxiety," states Dr. Lem, who believes governments should designate parks an essential part of the health care system.

Any licensed health-care professional can prescribe PaRx. They will receive a nature prescription file customized with a unique provider code and instructions for how to prescribe and log prescriptions. Featuring practical, evidence-based online resources like quick prescribing tips and printable fact sheets, as well as an achievable green-time target of "2 hours per week, 20+ minutes each time," PaRx aims to make nature prescriptions easy and effective for both prescribers and patients.

PaRx is already establishing roots within Ontario. Dr. Meghan Davis, who leads the Sustainability Initiative for the Hamilton Family Health Team, has been busy integrating nature prescriptions into the work done by her colleagues across the region. "PaRx is a great example of the synergy between our goals of providing quality health care and mitigating climate change. Not only does time in nature improve health in so many ways, but research shows it also leads to more pro-environmental behaviour," says Dr. Davis. "We're enthusiastically rolling PaRx out to our team of over 160 physicians and 300 other health professionals."

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Bruce Trail members can purchase a Conservation Halton Annual pass for a great reduced rate. This give you access to all Conservation Halton parks for a year from the date of purchase (it can be purchased at the Conservation Head Office on Britannia Road when showing you Bruce Trail Membership Card)

Remember that Bruce Trail members can park for free at Tiffany Falls when you leave your membership card on the dashboard of your vehicle