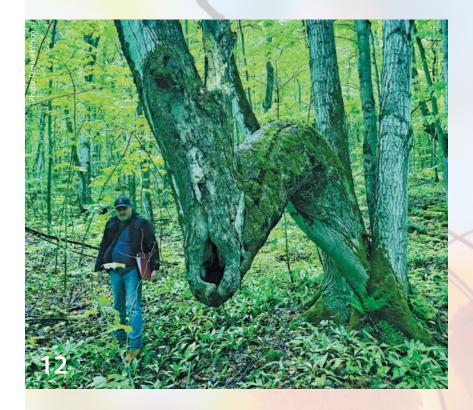




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### Bruce Trail Conservancy Magazine is available digitally.

To receive your magazine by email:

- Fill out the request form at brucetrail.org (About Us > Stay Informed > Bruce Trail Conservancy Magazine)
- · Call 1-800-665-4453, or
- · Email info@brucetrail.org



**Cover photo:** Trail Ambassador Olive painting a Bruce Trail blaze, by Brooke Henry

# Bruce Trail

MAGAZIN

### BRUCE TRAIL CONSERVANCY

55 Head St., Unit 101, Dundas, ON L9H 3H8 Toll-Free: 1-800-665-4453 Tel: 905-529-6821 Email: info@brucetrail.org Website: brucetrail.org Charitable Registration # 11921 7578 RR0001



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# Chief Executive Officer's Message



Most Bruce Trail hikers can identify with the feelings emoted through JRR Tolkien's

famous words, "not all those who wander are lost".

While we all may get lost metaphorically while spending time in nature, the Bruce Trail Conservancy and our nine Clubs work together to ensure that our beloved Trail is well marked, well maintained, and easy to navigate.

In this issue of *Bruce Trail Conservancy Magazine* you will learn about the many ways people navigate the Bruce Trail and other trails around the world. This includes the much-anticipated launch of the newest edition of the Bruce Trail

Reference, arguably the best trail guidebook available in the world thanks to the skill and care of our very talented staff cartographer, Scott Langley. As we add more protected lands to our conservation corridor there will always be new places to explore.

You will also read about how our Indigenous allies used nature to share information and navigate a complex landscape through marker trees, a remarkable and lasting example of ancient wayfinding signals found throughout much of North America. Later in this issue End-to-End hiker Zwena Grey shares her thoughts on the incredible journey of those escaping slavery through the Underground Railroad and how she embarked on her own journey along the Bruce Trail to help make a critical and personal connection to her ancestors' history.

This is a great time to remind you that our entire trail is maintained by volunteers. On your next hike, really take in the idea that individual members of our community from all along the Niagara Escarpment are doing their part to make sure we have a resilient and connected trail for all to enjoy. It's important to note that your membership fees directly help fund our work maintaining the trail.

I can promise we are very grateful for

I can promise we are very grateful for your support.

Whether you enjoy navigating Canada's oldest and longest marked footpath via blazes, our guidebook, or our app, I wish you many great adventures and memories along the way. •

Michael McDonald,
CHIEF EXECUTIVE OFFICER



### **NIAGARA**

niagarabrucetrailclub.org

### Merritthon - November 11, 2023

The Merritthon is a trek approximately 45 km along the first historic canal route of the Welland Canal, created by William Hamilton Merritt. The hike begins at Port Colborne, follows the Welland Canal and moves onto the Merritt Trail in St. Catharines to finish in Port Dalhousie. You can expect to keep pace with giant laker ships, see industrial remnants, murals and enjoy woods and streets along the way. Registration is \$50 for members, \$60 for non-members. Fee includes bus transfers, snacks, water check points and a badge.

### **IROQUOIA**

iroquoia.on.ca

### Iroquoia End-to-End – September 16-17 & 23-24

Please join us for the Iroquoia Bruce Trail Club annual self-led End-to-End. You can



enjoy and complete the 122 km distance over four days (approximately 30-35 km each day). These 4 days are not recommended for new hikers or anyone who hasn't completed these sort of distances recently. Hikers are expected to maintain an average pace of 4 km/hr (or more).

The hikes will traverse the varied terrain from Grimbsy to the 401 in Milton. Checkpoint stations will be approximately every 10 km offering snacks, water refill, and assistance.

The hike is \$95 for members and \$110 for non-members and includes bus transportation from the meeting point to the hike starting point, refreshments, parking, permit costs, and the official End-to-End badge. Registration is open at hikes.brucetrail.org. For questions please contact Parvinder Sachdeva at pavvysingh@gmail.com

### Content deadline for Blazes for the winter 2023-24 issue is October 15, 2023.

Send content to: Laura Tuohy, BTC Manager of Community Engagement, at Ituohy@brucetrail.org

### Steeltown Stomp - September 30

Looking for a distance and strength challenge? Hike over 20 km and climb 2,000 steps to complete the 8th annual Steeltown Stomp. Registration is now open and spots usually fill up fast. This is a 23 km self-guided hike along the Bruce Trail, the Escarpment Rail Trail, and the Chedoke Radial Trail, and climbing up and down the 7 sets of stairs along the Hamilton Escarpment. Everyone who completes the route and goes through the two checkpoints will earn the coveted Steeltown Stomp badge. Please Note: This is an arduous hike and requires a high level of fitness due to the stair climbing required. Fee: \$30 fee includes checkpoint snacks, badge, and helps to support the Bruce Trail Conservancy in its mission to preserve a ribbon of wilderness, for everyone, forever. Registration and details at https://hikes.brucetrail.org/event/ steeltown-stomp-2023/2023-09-30/

### **TORONTO**

torontobrucetrailclub.org

### Three New TBTC Badges Check out the latest

badges offered by the Toronto Bruce Trail Club:

- Naturalist Badge: given to those who identify and record species sightings in 7 categories in the Toronto section.
- Biodiversity Steward Badge: given to those participating in biodiversity projects in the Toronto section.
- Fundraising End-to-End Badge: earned by those completing the Toronto section with a Club hike leader. This unique and beautiful badge is a collector's item!

For details visit torontobrucetrailclub.org/ the-trail/badges



These hikes are challenging and not recommended for new hikers. Instead, check out the wide range of regular group hikes offered by Bruce Trail Clubs throughout the year at hikes.brucetrail.org.





# CALEDON HILLS caledonbrucetrail.ca

### Fall Colours 3-Day End-to-End – October 7-9, 2023

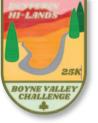
Registration opens June 30 at 7:00 am on hikes.brucetrail.org, and is limited to 100 hikers for this three-day event over the Thanksgiving weekend. The registration fee of \$50 covers the BTC Hike Schedule Processing Fee, daily bus transportation, light refreshments, and an end-to-end badge on completion. More information including details about our new badge can be found at: caledonbrucetrail.ca/hiking/hikes/end-to-end-hikes. For questions, please contact Sandy Green at info@caledonbrucetrail.org.

### DUFFERIN HI-LAND

dufferinbrucetrailclub.org

### 25k Boyne Valley Challenge – October 14, 2023

Can you conquer all the Boyne Valley hills in one loop hike? Come and experience the beauty of the Dufferin Hi-Land section, earn the beautiful 25k Boyne Valley Challenge badge, and enjoy the best of Dufferin County hospitality at our checkpoints.



Hike begins at 8:30 am. Registration opens September 14. Cost is \$45 for members, \$55 for non-members. T-shirts will be available for \$15.

For details and to register, please watch both our website https://dufferinbrucetrailclub.org/ and the Dufferin Hi-Land Club Hike Schedule https://hikes.brucetrail.org/ecwd\_calendar/dufferin\_hi-land/. •

Visit Club websites for more news, events and hikes.

# Everyone's invited to celebrate Bruce Trail Day, October 1!

Bruce Trail Day is an annual celebration of the incredible Bruce Trail and the wonders of the Niagara Escarpment, hosted by the Bruce Trail Conservancy at each of its **Bruce Trail Clubs.** 

It's a wonderful opportunity for members to introduce friends, family and neighbors to all that we love about the Bruce Trail.

Join us for free guided hikes and family activities to help you explore the Bruce Trail and discover the amazing variety of life along the Niagara Escarpment. Come and learn about our year-round hiking programs, volunteer opportunities, and what we are doing to preserve a ribbon of wilderness in southern Ontario from Niagara to Tobermory.

**Everyone is welcome!** We invite nature lovers, hikers of all levels, and anyone wanting to venture onto the Bruce Trail for the first time, or the hundredth time, to join us. This Bruce Trail Day we celebrate belonging and highlight that everyone of us belongs in this space, no matter our age, race or ethnicity, gender identity or sexual orientation, or economic or social circumstances. #BruceTrailforAll



BRUCETRAIL.ORG





### Bring your friends to one of these Bruce Trail Day 2023 events:

	-
Location	Host
Niagara College, Niagara-on-the-Lake	Niaga
City View Park, Burlington	Iroqu
Limehouse Memorial Hall, Limehouse	Toror
Toronto and Mississauga Urban Walks	Toror
Riverside Woods Nature Reserve, Mono	Caled
Splitrock Narrow Nature Reserve, Shelburne	Duffe
Nottawasaga Bluffs, Clearview	Blue
Daphne & Gordon Nicholls Nature Reserve, Fairmont	Beav
Thornbury Farmers' Market, Thornbury	Beav
Harrison Park, Owen Sound	Syde
Cape Croker Park, Neyaashiinigmiing	Penir

### ted by

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Learn more at brucetrail.org/bruce-trail-day-2023

### **FUNDRAISER**

# Film Screening: Elder in the Making

### Saturday, October 21 at 1:30 pm The Bookshelf Cinema

41 Quebec St, Guelph

Join members and friends of the Caledon Hills Bruce Trail Club for a film screening of *Elder in the Making* in support of the Bruce Trail Conservancy.

Purchase your \$30.00 minimum donation ticket through Eventbrite, available now. Let generosity be your guide. Seating is limited.

Proceeds go to the Bruce Trail Conservancy to urgently protect a conservation corridor of land containing the Bruce Trail.

### **ELDER IN THE MAKING**

"Being an elder-in-the-making is a responsibility we all share for this land and for future generations."

Learn more about the film at elderinthemaking.com

### Tickets and details

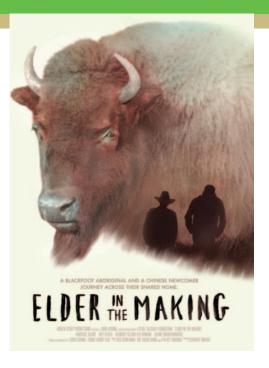
- Visit caledonbrucetrail.ca/ events/theatre-fundraiser
- Contact btcflicks@gmail.com

### Thank you to event sponsors:









# FUNDRAISER Bruce Trail Inspired 2

# November 10-19 The Hub Gallery at Burlington Centre

777 Guelph Line, Burlington

Four accomplished Ontario artists, Victoria Pearce, Janet Jardine, Anne More and Cathy Lorraway have been inspired by the Bruce Trail in different ways, and they are sharing that inspiration through a special art show and fundraiser in support of the Bruce Trail Conservancy.

Through their preferred medium and unique style, each artist has created pieces that capture and highlight locations on the Bruce Trail. Each piece will be available for sale with 30% of all sales to be donated to the Bruce Trail Conservancy.

Following the success of their inaugural "Bruce Trail Inspired" show in 2020, which raised over \$7,000 for the Bruce Trail Conservancy, the team is keen to share new art, reach more people, and raise awareness and support of our ribbon of wilderness.

As Victoria Pearce explains, "Artists have a unique way of distilling the essence of a place into a two-dimensional plane that captures what centuries of wind and rain have created... Who doesn't want to bring a little of that wondrous landscape home with them? That is what *Bruce Trail Inspired 2* will allow you to do. We look forward to sharing our love of the Bruce Trail and our talents with you."

Artists of Bruce Trail Inspired 2 (I to r): Victoria Pearce, Cathy Lorraway, Janet Jardine and Anne More



# Conservation in Action: New Protected Areas

Thanks to the support of hundreds of donors and generous matching funding, the Bruce Trail Conservancy has established two new nature reserves in recent months.

# The Akela and Scouters Heather and Ross Hamlin Nature Reserve at Riverside Woods – Caledon Hills section

Hockley Valley, Map 18

216 acres | 1.2 km of Bruce Trail Optimum Route

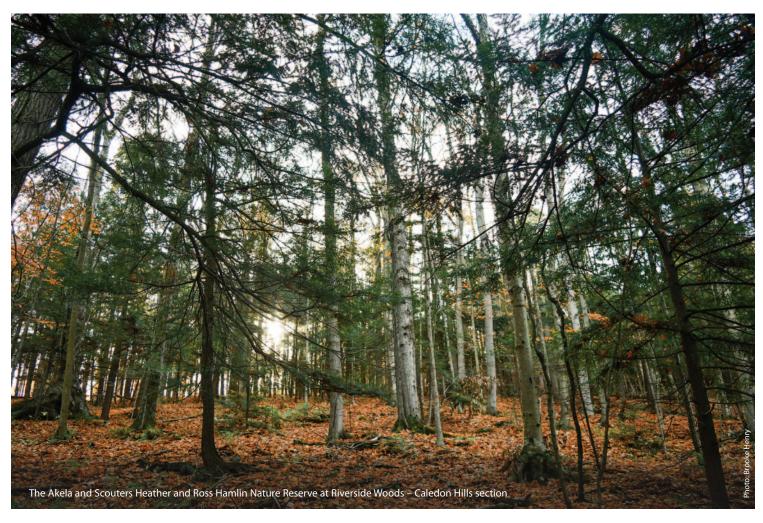
This new nature reserve at Riverside Woods is an exceptional near-urban nature oasis featuring diverse forests, thriving wetlands, and abundant meadows. Protecting such a large (216-acre) sanctuary in a rapidly developing community is a rare conservation opportunity - one that was made possible by hundreds of donors who support the mission of the Bruce Trail Conservancy.

Located in the Hockley Valley region, this diverse and beautiful nature reserve represents the largest property acquisition by the BTC to date in the Caledon Hills section of the Bruce Trail. Its history as a former Scouts Canada camp is reflected in its new name, chosen by the Heather and Ross Hamlin Fund who provided generous matching funding towards the purchase of this property. Many important habitats are protected at Riverside Woods, including:

- the Nottawasaga River, coldwater source for wildlife such as Brook Trout
- mixed interior forest, a refuge for local wildlife and forestdependent species
- extensive meadows, vital for pollinators such as Monarch butterflies
- a freshwater pond, home to countless Spring Peepers and other amphibians

Riverside Woods also offers excellent opportunities for ecological restoration projects to enhance biodiversity, including wetland, meadow, and forest rehabilitation. The Caledon HIlls Club has already added new side trails to the property which will eventually be converted to Main Trail, taking 1.2 km of trail off the nearby road.

The Caledon Hills Bruce Trail Club will host its Bruce Trail Day event at Riverside Woods this October 1. All are welcome. Visit brucetrail.org/bruce-trail-day-2023 for details.







# MapleCross Nature Reserve at Salamander's Bluff – Blue Mountains section

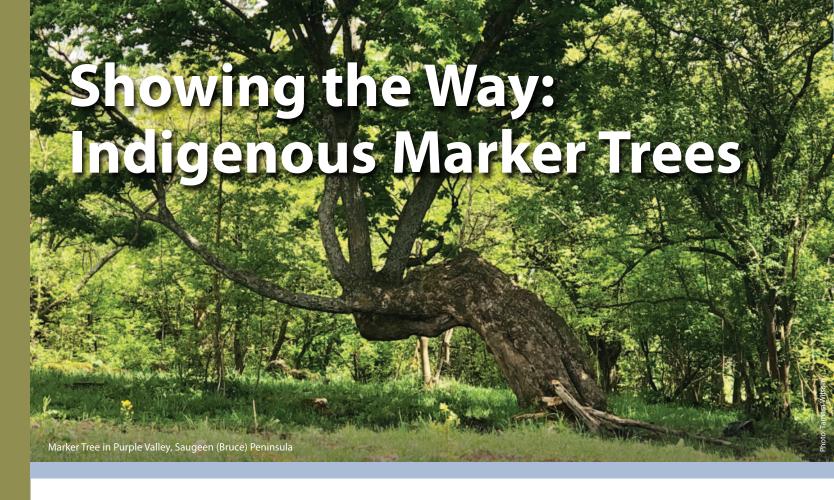
Devil's Glen, Map 22

50 acres | 340 m of Bruce Trail Optimum Route

Near the popular Keyhole and Nottawasaga Bluffs Side Trails, and bordered on two sides by the Nottawasaga Bluffs Conservation Area, this newest BTC nature reserve expands the amount of natural area protected, promotes habitat connectivity, and maintains trail continuity in the region.

The 50-acre nature reserve features a small White Cedar swamp and a seasonal pond that provides habitat for

amphibians such as American Toads, Green Frogs, and Spring Peepers. The main Bruce Trail runs through the eastern end of the property, between mature deciduous forest and successional meadow habitat, with many young trees and shrubs, perfect for nesting birds. A thriving Sugar Maple forest comprises the western half of the nature reserve, where Red-eyed Vireos and other forest-dependent species have already been spotted. •



Patrick LaValley travelled down the road near his home at Neyaashiinigmiing and something remarkable caught his eye: an old tree, its trunk bent like a staircase. That encounter sparked a journey into the world of 'marker trees' and their significance to his history and connection to place.

The tree LaValley spotted grows in Purple Valley, near Colpoy's Bay on the Saugeen (Bruce) Peninsula. Within the traditional territory of the Saugeen Ojibway Nation (SON), it stands just southeast of the Neyaashiinigmiing reserve. It is a large old maple contorted into an incredible shape. About four feet from the ground, the trunk of this massive tree bends sharply so that it runs horizontally, parallel to the earth for a few feet, before turning straight up again. This step shape intrigued LaValley and he recognized that this maple may represent a marker tree - an ancient form of navigation.

Marker trees, also known as trail trees, are trees that have been purposefully bent or shaped by humans to aid navigation or to mark a location of significance. Indigenous people throughout much of North America have histories of modifying living trees to create markers, in different ways and for different purposes.

"These trees can be used like shorthand," explains LaValley, "Without moving, they can disseminate information." Depending on their location, shape and orientation, marker trees can indicate a route to follow or may mark "food or medicine sources, river crossings, burials, or tribal boundaries" among other things.

### Trees Bent by Humans or by Nature

You may have come across a tree like this - perhaps even along the Bruce Trail - with its trunk bent or contorted in extreme ways, and thought, "This can't be natural."

Some extreme bends in trees can occur naturally, which makes the identification of marker trees challenging. Young saplings can get bent into dramatic shapes by snow, wind, disease, or other fallen trees, and can maintain that shape for their whole lives.

"Not every bent tree is a marker tree," says LaValley. But understanding how they were formed and learning how to spot some of their characteristics can bring you closer to recognizing them and appreciating what they may reveal about the history of the area.

### **How Marker Trees Were Formed**

To create a directional marker tree, it is thought that a young sapling - usually an oak or maple - was gently bent towards the ground in a particular direction and held in place with forked sticks at each bend, or tied down with a vine or strap. The tree would continue to grow but most of its branches and trunk would veer upwards, creating an L-shape. Extra branches were often pruned, leaving a single or a few main trunks pointing to the sky.

LaValley has encountered three main shapes of marker trees which could represent different methods of shaping, different purposes or different points in time.

### What to Look for

Sharp angles and nearly horizontal sections of trunk not far from the ground are two characteristics that suggest a tree has been modified by humans. Another is what LaValley and others call "a nose"; a distinctive knob on the outside bend which is the remnant of the original

trunk that was removed after the shaping of the tree. Some marker trees also show signs of scarring from the forked sticks or straps that held it in place while growing.

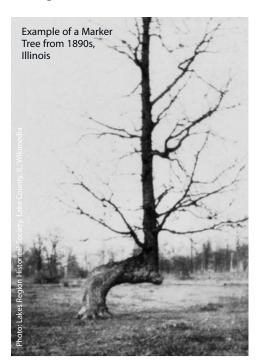
A series of similarly-shaped trees, of the same size and species, found in a direct line, is another strong indication of marker trees. Unfortunately for modern researchers, many of these marker trees have since disappeared due to logging and clearing of land for roads and settlements making it harder to find true examples and connect the trees together.

### **Tracing Routes Through History**

LaValley has found several marker tree candidates in the area around Neyaashiinigmiing, including a few groups of trees that point in series in the same direction. With an intense interest in history, he is working to determine the locations of further markers and how they are linked to the movement of his ancestors and others through the area.

LaValley shares his findings and knowledge in part through his unique Saugeen Ojibway Nation History Facebook page and his Neyaashiinigmiing history newsletter *Winter Count*. There he described one of the trees he encountered:

"This is a Trail Marker Tree in Purple Valley pointing the direction to Neyaashiinigmiing. Purple Valley was once known to the Nawash Band as Zhaabnonang; the literal translation of Zhaabnonang is 'People Going Through'...



"It is not known how old the tree is yet and who may have set it as a trail marker tree. Although a stunning possibility is that this was the trail used when the Nawash Band migrated north after losing our home at Big Sturgeon Bay in 1857...

"It is possible it dates back to the time when Neyaashiinigmiing was a hunting/fishing area in the 18th and 19th centuries, or prior to that in the time of the wars with the Seneca. Perhaps it ages further back to the time of the Great Migration from the east coast around the year 1130. Although it is not

recorded on Migration Scrolls, the Midewewin has a memory of Hope Bay being a Stopping Point on that Great Migration."

LaValley feels that marker trees are an "oddly unused but great historical teaching tool." In thinking about who might have shaped these trees and why, we are prompted to learn more about the successive generations of people who have been in an area and what they needed to know and share with others in order to survive and find their way.

### **Living Artifacts**

While marker trees created hundreds of years ago remain today, the gaps between them are becoming wider as land is developed. Those that have endured are unique living artifacts. To come across one now is a memorable experience. As LaValley shares, "If a person interacts with one of these trees, they have a special connection in time and place... It's like witnessing a monument." As fewer of these trees remain, LaValley feels particular satisfaction in seeing one "It's another cultural thing that's out there that didn't get destroyed or totally forgotten."

### Marker Trees and the Bruce Trail

Though no official survey has been conducted, LaValley thinks there is a good chance that there are more marker



trees remaining in other areas along what is now the Bruce Trail, though it is unlikely that the entire route of the current Bruce Trail would have been used by early First Nations travellers. As hikers know, the Bruce Trail follows the Niagara Escarpment, which is scenic but not always the most convenient overland route. Rather, earlier generations of First Nations people would have likely chosen more direct and practical routes, especially between major ports, villages, hunting grounds and fishing sites.

There may, however, be sections of the Bruce Trail that follow or intersect with ancient paths. It is possible that the work of the Bruce Trail Conservancy to preserve Niagara Escarpment forests over the past 60 years may have helped some marker trees remain undisturbed. So while you are hiking, watch for these remarkable trees. If you are fortunate enough to see one, spend a moment with it. You may find yourself further connected to the wonders of the Escarpment and the ingenuity of the people who walked and marked its forest paths for generations before us. •

The Bruce Trail Conservancy thanks Patrick LaValley of the Chippewas of Nawash Unceded First Nation for sharing his time and knowledge with us for this article. Chi-Miigwetch.



# We've all been there: enjoying a serene hike along a trail when you come upon an intersection and realize you don't know which way to go.

While some may stop and ponder the famous poem by Robert Frost - "Two roads diverged in a yellow wood..." - most hikers have a destination in mind and need to know which path to take. No matter how many maps we look at or how prepared we are, there comes a time when we have to look closely at the trail markers to know which direction will lead us to our destination.

The Bruce Trail Conservancy is fortunate to have hundreds of volunteers to maintain trail markers, known as blazes, on over 1,400 km of trail as part of our work to keep the path safe and navigable. Creating and maintaining an effective wayfinding system is key to managing any trail network. Trail markers can confirm that the path is in fact a designated or planned trail and can communicate important information, including the trail's name, direction, distance/length of route, difficulty level and more.

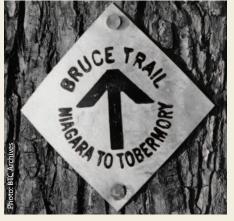
The location and method used to create trail markers can depend on the distance from a trailhead, the terrain and the conditions of the area. For a long distance trail like the Bruce Trail, volunteers often carry lightweight blazing materials such as paint and a paintbrush to create blazes. Painted blazes are also easier to remove if there is a trail change in the future.

### KNOW YOUR BRUCE TRAIL BLAZES MAIN TRAIL BLAZES White Blaze Tuxedo Blaze Right Turn **Emphasizes** Straight ahead on white blaze the Main Trail SIDE TRAIL BLAZES Blue Blaze Left Turn Right Turn **End Blaze** End of a Straight ahead on Side Trail a Side Trail

### Wayfinding on the Bruce Trail

The primary trail markers on the Bruce Trail, since its inception, have been twoinch by six-inch vertical rectangles known as blazes. On the main Bruce Trail between Niagara and Tobermory, these blazes are white. On side trails those lovely diversions which create loops or lead to points of interest or access points - the blazes are blue. These markings, inspired by the Appalachian Trail in the United States, will often be accompanied by a diamond marker sign featuring the iconic Bruce Trail arrow. This diamond marker identifies the Bruce Trail and makes the blazes more prominent, especially in areas where they might be harder to find.

### Bruce Trail diamond markers through the years







1963-2001

2001-2015

2015-today

### TRAIL MARKERS AROUND THE WORLD

Trail organizations worldwide have developed unique systems to guide hikers and to raise awareness about their trail.

# Camino de Santiago (Spain, France, and Portugal)

The yellow scallop shell symbol of the Camino de Santiago shows the way to thousands of pilgrims who walk this route every year. As a historic and permanent path, these shells are



commonly found on cairns but they can also be found on tiles in city walls, street pavements, and fence posts.

### **Appalachian Trail (Eastern United States)**

The Appalachian Trail blazes look familiar to Bruce Trail hikers since the Bruce Trail blazes were inspired by them



over 60 years ago. A few elements set them apart. Instead of a simple arrow within a diamond, the Appalachian Trail uses a stylized "AT" arrow. And whereas the Bruce Trail uses an offset double blaze to indicate a turn, the Appalachian Trail uses two blazes stacked one directly above the other.

### Jeju Olle Trail (South Korea)

The Jeju Olle uses a unique symbol of a horse, along with blue and orange ribbons or wooden arrows, to guide hikers. The horse symbol is based on the particular breed of pony found only on Jeju Island.



### **European Trails (various)**

Many countries in Europe use the painted bar system with alternating white and coloured stripes. Typically the coloured stripe is red, yellow, or blue which can indicate either a specific trail within a system or the difficulty level of the trail.



### National Trails System (United Kingdom)

The UKs National Trails system has adopted the symbol of the acorn for its trails throughout England and Wales. The acorn can be found carved into pointed wooden signs indicating direction or on plastic plaques secured to stiles, gates and signposts.



### Rede Trilhas (Brazil)

The stewards of the Rede Trilhas (Trail Network) in Brazil mark their trails with yellow and black boot print markers. These are painted on a tree or signpost using a stencil, with each regional trail in the network having a distinct boot print pattern. Whether the marking is black on yellow or yellow on black signifies the direction the hiker is



traveling. When there is a change of direction, the boot print symbol is found inside an arrow.

The Jeju Olle Trail, the Rede de Trilhas, and the National Trails System have each partnered with the Bruce Trail Conservancy through International Friendship Trails.

Learn more about the International Friendship Trail program at brucetrail.org/International-friendship-trails.

### **Hints for Following Trail Markers**

No matter which trail you are on, it is important to know how to read the trail markers and be aware of the route you wish to take before you begin your hike. When arriving at a trailhead, read all signage to understand the markings in the area. If you think you are lost, retrace your steps to the last blaze or trail marker that you saw and look for the next one before you continue. Always carry a map when hiking in case you lose your sense of direction while out on the trail, or decide to explore somewhere new. When your map or guidebook indicates one route, and the blazes show another, follow the blazes. •

Your next adventure awaits by following the blazes!

# Three tools to help you find your way and stay safe on the Bruce Trail:

- 1. The Bruce Trail Reference, Maps and Trail Guide: Edition 31 of this ultimate resource is available from the BTC Store at brucetrail.org/store or by calling 1-800-665-4453.
- 2. Bruce Trail App: Features the latest trail changes, shows you where you are, and offers planning and tracking tools. Available from Google Play (Android) or App Store (iOS).
- 3. what3words App: See page 17 for more on this helpful safety tool.



# Staying Found with what3words

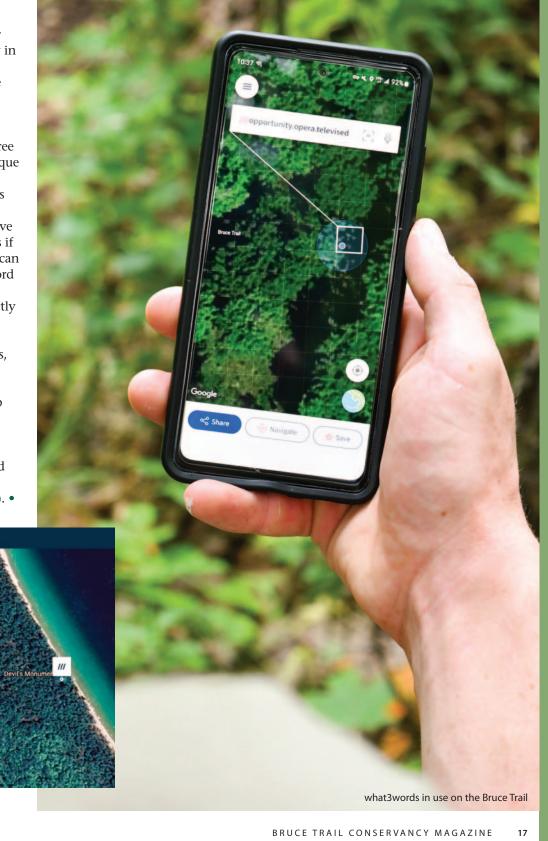
When we're out exploring the Trail, we know to follow the blazes and reference our maps, but what if we find ourselves in an emergency situation and need help?

It can be challenging to describe your location to first responders, especially in remote areas. Luckily, there is an app that can help you stay found - on the Trail and around the world.

what3words is a free app that has divided the world into three metre squares, each with its own unique three word "address". For instance, the unique three word address for Devil's Monument in the Peninsula section is "///tripped.marvel.undertone". Emergency services across Ontario have partnered with the app, which means if a hiker becomes lost or injured, they can contact 911 and provide the three word address for their location, which will help lead emergency responders directly to them.

what3words is easy to use: simply open the app, enable location services, and you will be provided with three words on the screen to pinpoint your location within three metres. The app even works offline, which is ideal for areas with an unreliable data connection.

Learn more at what3words.com and download what3words from the App Store (iPhone) or Play Store (Android). •



what3words

/tripped.marvel.undertone

This is an example of what you'll share

Customise share settings

https://w3w.co/tripped.marvel.undertone



During her End-to-End trek on the Bruce Trail, Zwena Gray honoured the journeys of her ancestors seeking emancipation on the Underground Railroad, finding her way on the Trail and within herself.

By Zwena Gray

Embarking on a 900-kilometer journey along the Bruce Trail, I discovered more than just rugged landscapes and breathtaking vistas. The Trail became a canvas for me to explore my identity, history, and personal liberation.

Inspired by my ancestors who walked before me seeking freedom via the Underground Railroad, I set out to continue their narrative and honor their resilience. Beginning this transformative journey, I was filled with a profound sense of purpose, determined to reclaim the outdoors and learn about the history of the Underground Railroad in Ontario. As I laced up my hiking boots and took those first steps, the Bruce Trail's path led me to delve into the profound history the land held, the roots beneath my feet like veins pumping with the untold stories of my ancestors.

"The Bruce Trail's path led me to delve into the profound history the land held, the roots beneath my feet like veins pumping with the untold stories of my ancestors."

### **Wayfinding Then and Now**

Wayfinding became a central theme during my journey as I navigated both the natural landscape and my heritage. Hiking the Bruce Trail, I reflected on how my ancestors found their way in search of emancipation. They relied on various cues, both natural and people-made, to guide them: the moon and stars, the sun, and even songs and secret codes exchanged among the community. The accuracy of their navigation was often a matter of life and death.

By contrast, my own experience of wayfinding on the Bruce Trail was supported by the blazes, maps and guidebooks. As I followed the trail markers – a language of colors, shapes, and symbols that guided me along the Trail – I felt a sense of connection to the past. I imagined what it must have been like for my ancestors, traversing through dense forests, crossing rivers, and seeking refuge under the blanket of the night sky, using instincts and knowledge of the

land to find their way to freedom. For me, each blaze became a signpost, an invitation to continue the journey, and a reminder of the countless others who have walked the 900-kilometers to Tobermory. I felt a desire to be connected with the natural world, and gained an understanding of the importance of finding my way amidst challenges and uncertainties.

Wayfinding also extended beyond my physical navigation of the trail; it encompassed a journey of self-discovery and cultural reclamation. Although the Bruce Trail itself is not directly on the Underground Railroad route, I made it a point to stop in cities like Owen Sound and St. Catharines, which were connected to this historic network. These stops became a way for me to honor my ancestors and experience a deeper understanding of each place by reading more about their journeys and speaking to staff at museums and historical sites. As I read and listened to these stories, I found myself wayfinding through layers of history, seeking to understand the roots of the land and my connection to this

#BlackOnTheBruce

During my trek, I shared my #BlackOnTheBruce project, which came with its own set of challenges and triumphs.

#BlackOnTheBruce aims to showcase Black joy outside, learn the history of the Underground Railroad in Ontario, and curate space for conversations about sustainability in my community. Through these three pillars I was able to start meaningful discussions about Blackness and the environment.

Along the way, I encountered difficult conversations with people I met on the trail who often questioned the importance of #BlackOnTheBruce. At times, I had to take on the emotional burden of explaining why my endeavor was essential. However, these challenges only strengthened my determination to continue the journey and ground myself within the comfort of my community. For me, being outdoors and on the trail was akin to liberation. I learned to find beauty in the smallest of details - a field of white trilliums blooming amidst the rocky terrain or the soothing sound of my hiking poles pushing against the soft ground. These moments of beauty and peace served as a reminder of nature's embrace.

### A Deeper Meaning

As I walked the final steps of the Bruce Trail, the echoes of the past and the whispers of my ancestors reverberated within me. Wayfinding became more than just a means of finishing the trail; to me it symbolized the resilience, determination, and ingenuity of those who sought freedom on the Underground Railroad. Each step on the trail was a tribute to their legacy and a testament to the strength of the human spirit. By then, wayfinding was as much about finding purpose, embracing identity, and honoring the stories that shape us as it was about finding a physical place.

Stepping off the trail, I carried with me the knowledge that this transformative journey was not an endpoint but a beginning – an invitation to continue wayfinding, both in the wilderness and in life, with a heart open to discovery, understanding, and growth. •

"I learned that wayfinding was not just about knowing where I was going, but about understanding where I came from and where I belonged."

heritage. I learned that wayfinding was not just about knowing where I was going, but about understanding where I came from and where I belonged. The stories I collected became like a tapestry of both nature's beauty and the profound historical significance of the land, woven together with my own experiences as a Black woman hiking across Ontario.





As summer gives way to fall, creatures as varied as birds, insects and amphibians are all on the move on the Niagara Escarpment, navigating without the use of GPS, maps, or asking for directions.

Some are migrating - travelling from one habitat to another in search of food, better conditions, or breeding opportunities, on a seasonal cycle that involves a return trip between distinct locations. Their amazing feats of migration, on large and small scales, reveal the remarkable characteristics of these creatures and the crucial importance of protecting and connecting the habitats that sustain them on their journeys.

### **Birds: Masters of Migration**

The familiar V-shaped flying formations of Canada Geese in the fall remind us that many birds migrate south at this time of year. Hawks, vultures and falcons, lifted by the thermals created by the Niagara Escarpment, soar toward their southern U.S. wintering grounds. Many small birds like vireos, warblers



and thrushes start moving south in mid-August, flying at night to avoid overheating and to evade predators. The Escarpment's varied habitats, from lush forests to meadows and wetlands, provide essential staging grounds and stopover points for avian travellers to rest and fuel up.

At the Bruce Peninsula Bird Observatory (BPBO) at Cabot Head, researchers and volunteers have been monitoring spring and fall bird migration for over 20 years. Through observing, banding and recording birds that pass by this northeastern tip of the Saugeen (Bruce) Peninsula, they have established a sound long-term data set that reveals the importance of this area for hundreds of species and the changes in migration patterns over time. Between 2002 and 2021, BPBO detected over 1.5 million birds of 254 species and banded a total of 62,593 birds of 123 species.

Some of the banded birds recorded by BPBO reveal some particularly remarkable migration stories. For example, a Pine Siskin banded on August 9, 2011, in central British Columbia was recaptured at Cabot Head on October 3 of the same year, a straight distance of 3,132 kilometres done in less than two months.

Cabot Head is one of ten Important Birding and Biodiversity Areas (IBAs) along the Niagara Escarpment, which



itself is a UNSECO-designated World Biosphere renowned for its biodiversity. Other Niagara Escarpment IBAs include four on Manitoulin Island, Dundas Valley, Beamer Conservation Area, the west end shoreline of Lake Ontario, Twelve Mile Creek, and the Niagara River Corridor. These are wonderful places to witness the spectacle of migration on or near the Bruce Trail.

### Monarchs and Dragonflies: Multi-generational Migration

While birds may be the best-known migrants, many insects make epic annual journeys of their own. Along the Bruce Trail, we can witness the famous migration of the eastern North American Monarch butterfly. In late summer and early fall, Escarpment meadows are essential nectar sources for adult Monarchs preparing for one of the



world's longest insect migrations - a 4,000-kilometre trip from southern Canada to their wintering sites in the mountain forests of Mexico. The return trip from Mexico takes multiple generations, meaning it is the great or great-great grandchildren of those who left that return in the spring.

Many dragonflies also make longdistance migrations. The Common Green Darner is one of the first dragonflies seen on the Niagara Escarpment in the spring. Adults begin to arrive in March from as far away as the Gulf Coast, Mexico, and Central America. Like the Monarch, the migration of the Common Green Darner is multi-generational; the generation that returns to Canada in spring are the grandchildren of the ones that left in autumn. These iridescent invertebrates have been recorded flying 122 kilometres in a single day, at speeds of up to 58 kilometres per hour during migration. As they migrate, they will frequently stop to feed, and the journey can take several weeks.

# Salamanders: Short-distance Amphibian Odyssey

While birds take to the skies and insects ride the wind, amphibians navigate both land and water during their migrations on the Niagara Escarpment. Salamanders, like the endangered Jefferson Salamander, are charismatic representatives of this amphibian odyssey.

Jefferson Salamanders are heavily dependent on two distinct habitats to complete their life cycle: upland forests



for foraging and wintering, and seasonal wetlands for breeding. Their spring migration is most notable since whole populations tend to migrate almost simultaneously, triggered out of hibernation by the first warm rains. The fall migration back to hibernation sites is more dispersed and takes place at different times.

To make this trek, salamanders must crawl as far as several hundred metres – a long way for a small, cold-blooded vertebrate. During their migration, they are frequent roadkill victims because roads often intersect their traditional migratory routes. Some municipalities (like Burlington) have temporary road closures in areas along known migratory routes to give the salamanders a chance at this crucial time.

### **Mysteries and Realities of Migration**

Though researchers are getting a better understanding of where migratory species go, how they navigate during migration is not fully understood. Studies have revealed that animals can use celestial cues (the sun, moon, or stars), the earth's magnetic field, landmarks (mountain ranges or bodies of water), polarized light, infra-red energy perception, or some combination of these cues to orient themselves. Most creatures possess more than one mechanism for navigation because different conditions call for different tools. Recent improvements in technology, including radar, satellite telemetry, geolocators, and stable-isotope analyses have helped researchers understand migration better, but there is still a lot we do not know.

What we do know is that humans are making life more difficult for migrating species. By illuminating the night sky and creating electromagnetic noise with our human devices, we may interfere with senses that enable navigation. By building roads and polluting waterways, we fragment or destroy habitats along migratory routes. And by contributing to climate change we are altering migration patterns and resource availability, and increasing the frequency of extreme weather events. All of these things make migration an increasingly risky endeavour.



### **How You Can Help Migrating Wildlife**

- 1. Support Conservation Initiatives:
  Donate to organizations like the Bruce
  Trail Conservancy that actively protect,
  restore and connect habitats that
  support migratory and resident species.
- 2. Engage in Citizen Science: Contribute to research efforts by adding your species sightings to iNaturalist, or volunteering for annual bird counts, butterfly migration monitoring, and amphibian surveys.
- 3. Promote Native Planting: Landscape your yard with migrators in mind, adding native plants that produce fruit, seeds or nectar for food, and avoid using harmful pesticides.
- 4. Keep Our Night Skies Dark: Because bright lights can disorient night-migrating birds and insects, turn off lights that aren't needed, and encourage owners of tall buildings in your community to do the same, especially in the spring and fall.

Wildlife migration on the Niagara Escarpment is a living testament to the beauty of nature's cycles and the interconnectedness of seemingly disparate areas. By taking steps to protect these journeys, we not only preserve a spectacular show, we also ensure the health and vitality of entire ecosystems for generations to come. •

# 2023 PHOTO CONTEST

# **MOMENTS OF WONDER**

### We are excited to announce the return of the Bruce Trail Conservancy Photo Contest!

To celebrate the personal connections we make to our ribbon of wilderness, we invite you to show us your "Moments of Wonder on the Bruce Trail."

Show us the places on the Trail that make you stand in awe. Perhaps this is a peaceful spot for reflection, an area where you go to see wildlife, a companion who makes every hike better, or one of the many unique geological features of the Niagara Escarpment.

### What you need to know:

- To be eligible, photos must be taken from the Bruce Trail, so, as always, stay on the marked path and abide by the Trail
- Photos do not need to be taken recently; images from past seasons and adventures are encouraged.
- Be sure to include a caption that states where on the Trail you took your picture and any other details you would like to share.
- The contest deadline is 11:59 p.m. on October 15, 2023.

Entries will be narrowed down to ten finalists based on photographic quality and visual impact; originality; and how well they express the theme. All finalists will be featured in a future issue of Bruce Trail Conservancy Magazine. The Grand Prize Winner and two Runners Up will each receive a one-year membership to the BTC and one of three prizes generously provided by Arc'teryx Queen Street.

### **Prizes:**

Grand Prize - Arc'teryx Beta AR Jacket (\$750 CAD Value) + a One-Year BTC Membership

First Runner Up - Arc'teryx Atom Hoody (\$360 CAD Value) + a One-Year BTC Membership

Second Runner Up – Arc'teryx Mantis 26 Backpack (\$180 CAD Value) + a One-Year BTC Membership

For full details and to submit your photo, visit brucetrail.org/photocontest.

We look forward to seeing your moments of wonder!





Hikers and hunters both enjoy spending time outdoors in the fall. Following a few simple guidelines can help to avoid hiker-hunter conflicts and keep everyone safe while enjoying this beautiful time of year.

While there are many areas along the Bruce Trail where hunting is not permitted, such as Conservation Areas, provincial and national parks, and Bruce Trail Conservancy land, in other areas, such as county forests, private properties, and other public lands, hunting may occur if the landowner has given permission.

Here are some tips to stay safe on trails during hunting season.

### Be seen

Wear bright colours instead of dark or neutral colours. A fluorescent or bright orange piece of clothing such as a hat, shirt, vest, or bandana will help you be seen. The BTC Store now carries a

branded orange toque that is perfect for hunting season and beyond. Get yours at brucetrail.org/store



### Be heard

Make noise so hunters will know you're on the Trail; talk or even sing a tune. If you do hear shots, raise your voice or consider carrying a whistle to let hunters know that you are in the vicinity.

### Stay on the trail

As you would at any time of the year, stay on the blazed trail. Many hunters are aware of the Bruce Trail and will avoid hunting near it.

### Avoid hiking at dawn or dusk

This is when hunters will be most active and when visibility is low.

### Protect your pet

Make sure your dog is also wearing orange, whether it be a harness or bandana so that it's easily identifiable. As always, keep your dog on a leash and on the trail. The sound of a gunshot can scare a dog and cause it to run off.

### Be aware

Know when and where hunting is allowed. Hunting seasons vary by region, by animal, and by the permitted method of hunting (e.g. bow hunting or rifles). You can find detailed information at: www.ontario.ca/page/hunting

Some areas may be closed or partially closed to hikers during hunting season. As always, check for any trail changes or closures before your hike at brucetrail.org/trail\_changes and follow any signage you see on the Trail.

If you'd rather not hike on lands where hunting is allowed, choose trails in popular parks and near cities and towns. Check park websites to confirm if hunting is allowed and follow all signage while on your hike. •

### **Hunting Seasons**

The Ontario Ministry of Natural Resources and Forestry (MNRF) regulates hunting in the province. Dates and locations vary based on the type of animal and the style of hunting, and change from year to year.

The most popular hunting seasons on the Niagara Escarpment are:

### **Fall Deer Hunt:**

Mid-September to end of December

**Spring Wild Turkey Hunt:** Mid-April to end of May

### Find details at:

www.ontario.ca/page/hunting

### **WILDLIFE MANAGEMENT UNITS**

To find hunting season details from the MNRF, it helps to know what Wildlife Management Unit (WMU) or region you are interested in.

Here are the WMUs that the Bruce Trail passes through:

**Bruce Trail Section WMU** Peninsula 83A Sydenham 82A, 82B **Beaver Valley** 82A **Blue Mountains** 82A, 81B **Dufferin Hi-Land** 81A, 81B Caledon Hills 77B, 78D, 81B Toronto 79D, 79C 79D, 87D, 87E, 88 Iroquoia Niagara



# Trail Changes & Notices

FOR THE LATEST TRAIL CHANGE AND NOTICES, VISIT BRUCETRAIL.ORG/TRAIL\_CHANGES

### **Trail Changes & Notices Online**

Did you know? Our Trail changes online are up-to-date and searchable. You can search by Map Number, Club Section, Edition of Guide Affected, and even by text in the description. **Visit brucetrail.org/trail\_changes** 

### The Bruce Trail App Has All Latest Trail Changes

Our Bruce Trail App for iOS and Android devices lets you have the most up-to-date trail data on your phone. Trail reroutes, temporary closures, parking details, and BTC protected areas are updated regularly and are ready when you open your app. **Visit brucetrail.org/bruce-trail-app** 

### **Reservations Required**

Be prepared to make parking reservations at some parks and conservation areas along the Bruce Trail. Parking reservations are currently required for:

- Conservation Halton (conservationhalton.ca): Mount Nemo, Rattlesnake Point, Crawford Lake, Hilton Falls CAs
- Ontario Parks (reservations.ontarioparks.com): Forks of the Credit, Mono Cliffs
- Hamilton Conservation Authority (conservationhamilton.ca): Spencer Gorge CA (Webster Falls, Tew Falls, Dundas Peak)
- Credit Valley Conservation (cvc.ca): Cheltenham Badlands CA
- Bruce Peninsula National Park (pc.gc.ca/bruce): Halfway Dump and at the Grotto / Cyprus Lake
- Lion's Head, McCurdy Drive (www.northernbruceparking.ca)
- Little Cove Road (www.northernbruceparking.ca)

### **NIAGARA**

### Map 1 – Major Teyoninhokarawen John Norton Side Trail

This new side trail is named for Major Teyoninhokarawen John Norton, who played a prominent role in the War of 1812 leading Haudenosaunee fighters into battle against American invaders in which his use of this trail won the Battle of Queenston Heights. This side trail creates a 2.8 km loop with the main Bruce Trail and the Upper Canada Heritage Side Trail.

Major Teyoninhokarawen John Norton Side Trail – 530 metres



### Map 3 – Rockway Conservation Area, Temporary Parking Closure

Niagara Peninsula Conservation Authority has temporarily closed the parking area at Rockway Conservation Area starting July 24, 2023 until the fall in order to improve the visitor experience. For more information visit: https://getinvolved.npca.ca/rockway



### Map 4 - Kinsmen Park

A new route has been established heading east from Kinsmen Park. The new route is of equal length to the abandoned route (not shown on map).



### **IROQUOIA**

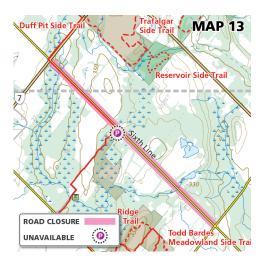
### Map 8 – Dundas Valley Conservation Area, Temporary reroute lifted

The temporary closure indicated in the summer issue of Bruce Trail Conservancy Magazine has been lifted. The bridge has been repaired.

### **TORONTO**

# Map 13 – Sixth Line, Temporary Parking Closure

The Town of Halton Hills has closed Sixth Line between 22nd Sideroad and Highway 7. The closure is expected to last until mid-September. During that time, foot traffic is permitted, but the roadside parking location on Sixth Line will be unavailable.



### **CALEDON HILLS**

### Map 17 - Hwy 9 reroute

A portion of the main Bruce Trail has been removed from the northern side of Hwy 9 at Mono Mills and rerouted to more natural terrain.

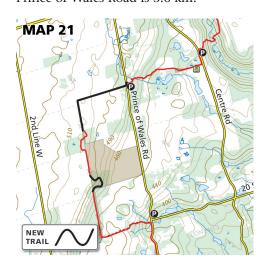
Decommissioned trail (not pictured) – 570 m New Main Trail – 700 m



### **DUFFERIN HI-LAND**

### Map 21 - Honeywood Ridge reroute

The main Bruce Trail has been rerouted in two places on the BTC's Honeywood Ridge Nature Reserve (protected in 2021 and 2023). The total distance along the Main Trail from the roadside parking at the intersection of 20 Sideroad/Prince of Wales Road to the roadside parking on Prince of Wales Road is 3.6 km.



### **BLUE MOUNTAINS**

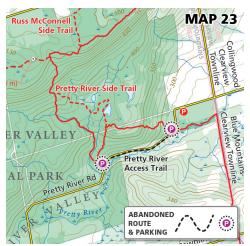
# Map 23 – Fern Crevice Nature Reserve reroute

The main Bruce Trail has been rerouted onto the BTC's Fern Crevice Nature Reserve (protected in 2022) with a 1.2 km trail reconfiguration.



# Map 23 – Pretty River Access Trail and parking decommissioned

At the request of the landowner, the Pretty River Access Trail has been decommissioned. The two parking areas on Pretty River Road at either end of the former Pretty River Access Trail (as shown in the map here) have also been decommissioned and are no longer recommended parking locations.



### **BEAVER VALLEY**

### Map 26 – Hogg's Falls

An impressive new trail configuration has taken place in the Hogg's Falls area where the Boyne River Crossover Side Trail provides a link between the main Trail on both sides of the Boyne River via an 11 metre long footbridge. This side trail coupled with the main Trail creates a 2.6 km loop from the Hogg's Falls parking area.

Upper Beaver Valley Side Trail – 1.6 km Uplands Meadow Side Trail – 650 m South Boardwalk Side Trail – 80 m East Back Line Side Trail – 100 m Boyne River Crossover Side Trail – 180 m



### **PENINSULA**

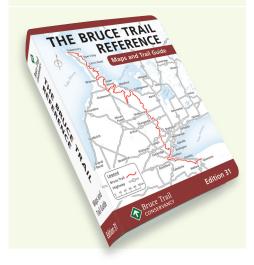
### Map 42 – Dolostone Arch Side Trail

A new side trail has been developed near the BTC's Dolostone Arch Nature Reserve. This particularly challenging 380 metre side trail passes two spectacular rock features: a natural arch overhang and a dolostone grotto. Caution is required. •



### **Edition 31 now available!**

Visit brucetrail.org/store or call 1-800-665-4453





Two custom-designed donor recognition displays were installed on Bruce Trail Conservancy Nature Reserves this summer, honouring and celebrating donors' generous contributions to our conservation success.

The displays are part of an exciting new centralized approach to on-Trail donor recognition, replacing individual plaques on the Bruce Trail while creating unique areas to recognize and reflect.

The new displays can be found at two locations:

- McNally Nature Reserve in Waterdown (Iroquoia section)
- Lindenwood Nature Reserve in Georgian Bluffs (Sydenham section) Each display features curved walls and a central arch designed to draw people in and create a gathering space. Brilliant and joyful maple and oak leaves cascade across the walls capturing the graduating

tones of turning leaves through the seasons. These leaves also serve as name plates, recognizing donors who have made significant contributions to the Bruce Trail Conservancy.

Cutouts along the walls evoke the shape of the Niagara Escarpment and allow glimpses of the surrounding forest to shine through. Around the display, a simple seating area will enhance the space and encourage people to pause and reflect on the beautiful Escarpment surroundings. A lovely bench is already in place at Lindenwood Nature Reserve thanks to volunteer, Bob Knapp. Volunteers in the Iroquoia Club will be installing one at

McNally Nature Reserve soon.

In developing these new displays, the Bruce Trail Conservancy also took the opportunity to review the giving categories at which on-Trail recognition has been offered since the mid-90s. Beginning this year, individuals who have reached cumulative giving levels of \$25,000 and \$50,000 (either through lifetime and/or legacy giving) will have the option of having their generosity recognized and celebrated on the display of their choice.

If you have questions about these new displays or any aspect of our donor recognition program, please contact Gloria Vidovich, Planned Giving and Donor Relations Officer at gvidovich@brucetrail.org or 1-800-665-4453 ext. 248. •





We are grateful to all 1,069 donors who chose to support the Bruce Trail Conservancy with a gift between April 1 and June 30, 2023.

### Thank you to those who gave \$250 - \$9,999

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Special thanks to the following donors who made a gift of \$10,000 or more during this time:

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Matthew Cosby Our apologies: In the summer 2023 issue, several of our monthly donors were Trevor Dickinson missing from our recognition list. We apologize for the error. Thank you for your Mickie Galloway ongoing sustaining **Paul Gratias** support.

**APRIL 1 - JUNE 30, 2023** 

# TRIBUTE GIFTS

Clara Greenberg

Agnes Heringer - 90th (in memory) Anne Kubu

Ranson - 65th Teri Russell-Hill - 70th

Bruce Shallenberg John Wheeler - 95th

Congratulations

Margaret Corner

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### Gifts were received to honour these special people:

Muriel E. Anderson Greg & Miranda Bailey Christine Boyle Alan Colley Clifford Lloyd Davies Paul Dent Wally Duley Dan Freiburger Hugo Kinkartz Christopher Lailey Patricia Lamanna Margaret McNee Alexander & Ann Peter Middleton Tosh Mizzau

Raphael Sammut **Earth Day** 

David Wiffen Christopher Wood Father's Day Judy Yaccato Neil McFadgen Peewee Seligman

**Birthday** Sue Anderson - 75th Mother's Day Cathy Borthwick

### Thank You

Mrs. Baguley Jeannette Burgos-Rigó Karen Buschert Mrs. Cruikshank Nancy Tilt Bruce Trail Conservancy Staff

### Trail Angels

Michele Kitson Beaver Valley Trail Angels Blue Mountains Trail Caledon Hills Trail Angels Dufferin Hi-Land Trail

### **Wedding Anniversary**

Wanda Henderson - 50th Ranson - 40th Pat & Doug Yungblut -

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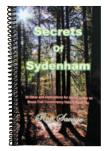


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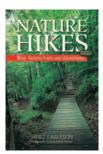
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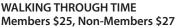


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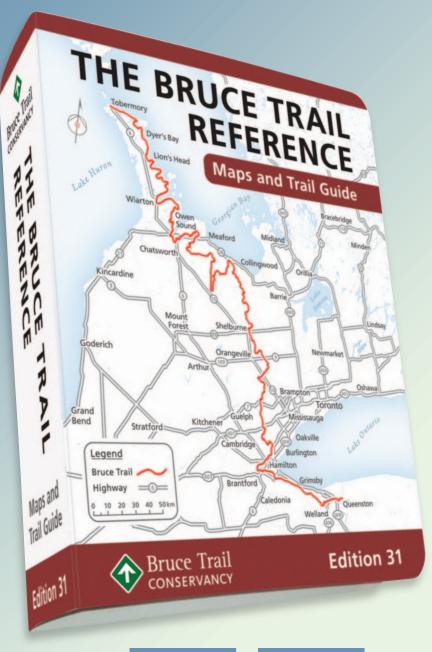
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