

THE RATTLER

The newsletter of the

Bruce Trail
CONSERVANCY
PENINSULA CLUB

2026 #2

Bruce Trail CONSERVANCY
PENINSULA CLUB

THE RATTLER

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2026 #2

Julie Bennett

PRESIDENT'S MESSAGE



PBTC PRESIDENT JULIE BENNETT

What an incredible summer it has been along our magnificent stretch of the Niagara Escarpment. From the sparkling waters of Georgian Bay to the sun-dappled canopies of our forest paths, the peninsula has been alive with energy, adventure, and deep connections.

As the heat of mid-summer begins to mellow, we look forward to one of the most spectacular times of the year on the trail. Fall brings a welcome shift—cooler hiking temperatures, fewer crowds, and the breathtaking transformation of our cliffs and forests into a vibrant canvas of autumn colours. It is a season designed for reflection, exploration, and community. As we look toward the fall, the club has an exciting lineup of scheduled hikes, activities and events.

October 2–3, 2026, we are absolutely thrilled to host the **Peninsula Hiking Festival** at Camp Celtic. This year's theme, "Common Ground: A Celebration of Trail, Place, and Belonging," perfectly captures the spirit of what we do. The festival will bring together guided hikes, educational events, and opportunities to celebrate our shared love for this ribbon of wilderness. It is also a powerful reminder of our evolving, long-standing relationship with the Saugeen Ojibway Nation, whose traditional territory we are privileged to walk upon and care for.

October 4th is **Bruce Trail Day.** Plan to join us at the Ferndale Information Center for fabulous hikes and activities to celebrate all of our efforts.

Accomplishments of this scale—and the year-round maintenance of our trail from Wiarton to Tobermory—is only possible because of you.

I want to extend my deepest gratitude to our incredible Trail Captains, our dedicated hike leaders, land stewards, conservation ambassadors, our outreach volunteers and of course to the PBTC Board of Directors. I want to personally thank everyone who stepped up this season to help out. Your dedication ensures that we are not just maintaining the trail but actively protecting the sensitive ecosystems of the Niagara Escarpment.

I also extend our warmest gratitude to our local landowners. Roughly one-quarter of the entire Bruce Trail exists because of the generosity of private landowners who open up their properties to the hiking community. Please remember to always stay on the marked trails, follow standard trail etiquette, and pack out whatever you pack in so we can preserve these vital relationships.

Whether you are joining us for an organized End-to-End series, volunteering to keep our trails clean and green, or simply taking a quiet moment to look out from a limestone cliff, you are a vital part of this club! I encourage you to lace up your boots, join us for our upcoming autumn events, and enjoy everything this spectacular season has to offer. Thank you all for your continued membership, financial support, and volunteer hours. You keep the vibrant spirit of the PBTC alive and well.

See you on the Trail
Julie

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Bruce Trail CONSERVANCY
PENINSULA CLUB

2026 ISSUE 2

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ARTICLE SUBMISSION

If you have a story that might be of interest to Rattler readers, please send it to margaretodell@rogers.com.

Deadline for submissions for the next edition is November 7, 2026

Editor: Margaret O'Dell
Layout: Leslie McBeth

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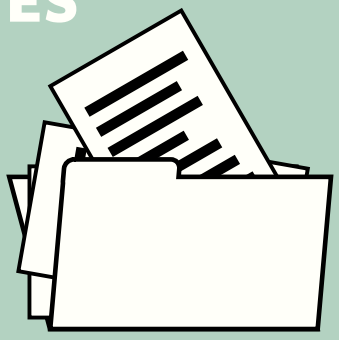
Contact: Leslie McBeth at pbtchikes@gmail.com

SAUGEEN (BRUCE) PENINSULA LAND ACKNOWLEDGEMENT

We acknowledge the Traditional Territory of the Anishinabek Nation: The People of the Three Fires known as Ojibway, Odawa, and Pottawatomie Nations. And further give thanks to the Chippewas of Saugeen, and the Chippewas of Nawash, now known as the Saugeen Ojibway Nation, as the traditional keepers of this land.

FROM THE ARCHIVES



This issue, we learn about the role of the PBTC Archivist.

The Role of the PBTC Archivist

BY BRENDA STEWART
PBTC ARCHIVIST

What is an archivist? When I accepted this role in 2023, I had a vague idea. I knew I loved history, and I was just new to the PBTC Board of Directors, so I thought, how hard could it be? According to the BTC Volunteer Position Description for Club Archivist, "they are responsible for sending pertinent information pertaining to the Club to the archives, thereby safekeeping all of the important records of the club.' As part of this role, "they ensure the maintenance of an orderly collection of all written and printed material, photos, maps, audio and video tapes, films, and other artefacts of historical importance in the development of the Club."

Luckily, when I picked up those 8 grey archival file boxes from Ron MacDonald's garage, (who had inherited them from Hanne Fynbo's garage), my predecessors had smoothed the way for me. The position had been vacant for 4 years after Deb Sturdevant left in 2017. Her current position is the archivist at Bruce County Museum and Cultural Centre (BCMCC), where our main public archives are located. Deb had painstakingly organized all the historical files and set up a system to administer the archives. It was just up to me to carry it forward with the template she established and "catch up" on those in between years. Walter Brewer, our past president, had taken care of the files for 2 years prior to me assuming the position, and sent me all of the digital records he had accumulated.

It has taken me a few years, but this past month I met with Deb at BCMCC archives and submitted a batch of records and materials to top up the previous submission in 2017. All of these records are available to the public, either in hard

copy by appointment at the archives or by doing an online search in their digital collection. The PBTC Fond description can be found at the BCMCC Archives.

PBTC PAST ARCHIVISTS

The first Archives position for the club recorded with the Board of Directors was in 2000-2001. Peter Allemang held this role for two years. He was succeeded in 2003-4 by Sue Light for the next 4 years, and Donna Baker from 2007 to 2011.

In 2011, John Greenhouse, Past President, filled the position to fill “a blank space on our nominating sheet”, his words. John wrote an article for the 2012 Rattler entitled “The Accidental Archivist”. The full article, containing interesting historical details of the evolving Archives, can be found on our website in the Rattler archive, 2012, Issue 3.

In 2013 Deb Sturdevant became the club archivist for the next 4 years. For her extensive work in organizing, cataloging, and digitizing the records of the club, she received the BTC Volunteer of the Year Award in 2017. As Walter Brewer noted in his article in the Rattler 2017, Issue 3, she transformed our archives from chaos to order, and made my work and those of my successors, a thousand times easier!

It is my hope that PBTC members will take advantage of this wealth of historical information to learn more about our great club’s history. If you have any questions about the archives, or accessing them, please contact me at archives@peninsula.brucetrail.org.



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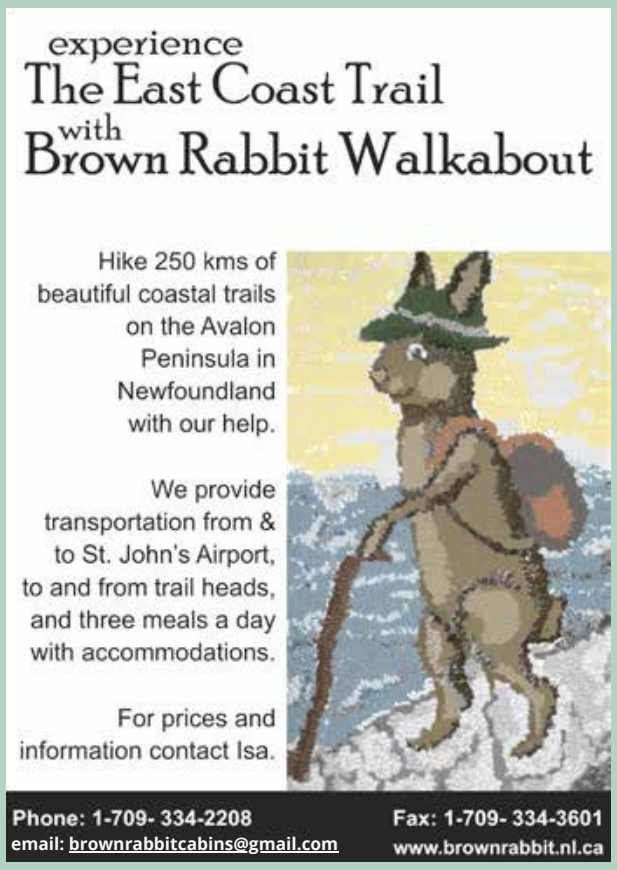

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BTC Volunteer of the Year Award
Deborah (Deb) Sturdevant

From chaos to order.
From boxes in the basement to digital records in a museum.
From legend to an annotated short history.



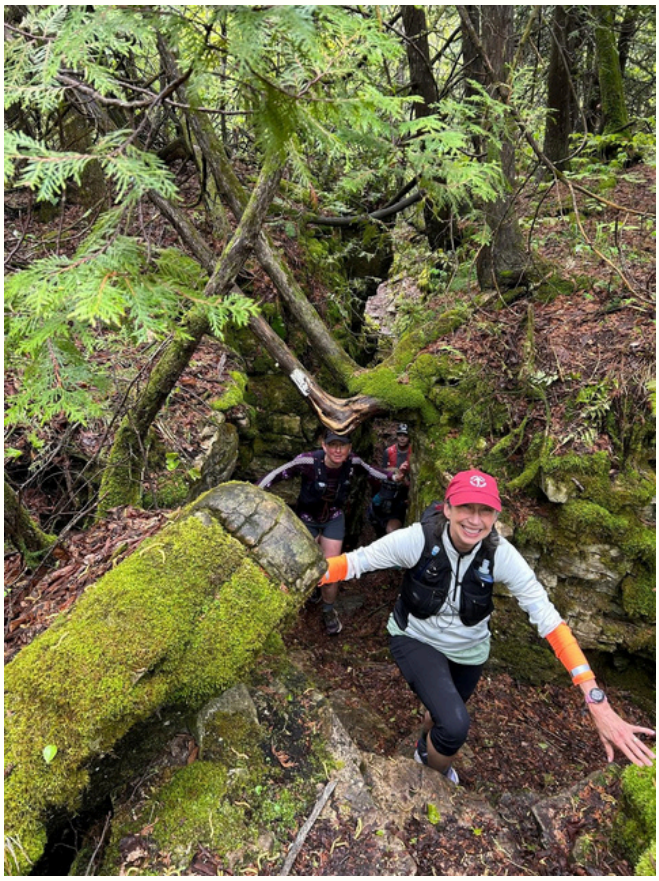
Deborah (Deb) Sturdevant, the relatively new PBTC Archivist has completely modernized the PBTC archival records. She requested all volunteers to look in their storage areas and turn over the records of the club. This included publications of the Rattler, personal books from Ross McLean, minutes and correspondence. She read them, purged the duplicates and catalogued what she had. Deb arranged for the club to donate much of the archives to the Bruce County Museum where she arranged a Deed of Gift agreement that provides the BTC with some free access.

The Club now has Google drive from which we may view an inventory or all records in the

Archives (142 pages) a two page summary and an indication of which records are currently at the Museum and which are available digitally. In addition Deb has created a Historical Summary. This is a walk through time from the origination of the three Peninsula Clubs, the merger, its hiatus and resurrection.

It is wonderful resource for members and a great project that was used to support the PBTC 50th anniversary in 2017. Deborah Sturdevant was awarded the 2017 Volunteer of the Year Award for the BTC at this year's annual meeting.

Walter Brewer, President - Peninsula BTC



HIKE LEADER MARGIE GLOADE

Meet A Hike Leader: Margie Gloade

EDITED BY MARGARET O'DELL
RATTLER EDITOR

Leading hikes is an art, and each leader brings their own perspectives and experiences to share with hikers. In this column we'll profile these valued volunteers. This week, we're featuring Hike Leade rMargie Gloade.

TELL ME ABOUT YOUR JOURNEY. WHAT LED YOU TO BECOME PART OF THE PBTC COMMUNITY?

My family and I landed in Colpoy's Bay in South Bruce Peninsula in 2016. The stars aligned with a small cottage on the Bay that offered easy overnights for our growing clan of teenage cousins and friends. My husband Curtis and I began immediately exploring the beauty of the peninsula and the Bruce Trail, and quickly realized the vastness of this treasure. With deep roots in Kitchener-Waterloo, we schemed for years on how to live and work outside the city. The crystal-clear waters of Georgian Bay, fresh air, unexplored trails, biking, and skiing were calling us, so with our adult kids fledging the nest, we made the move to the Georgian shores in 2022.



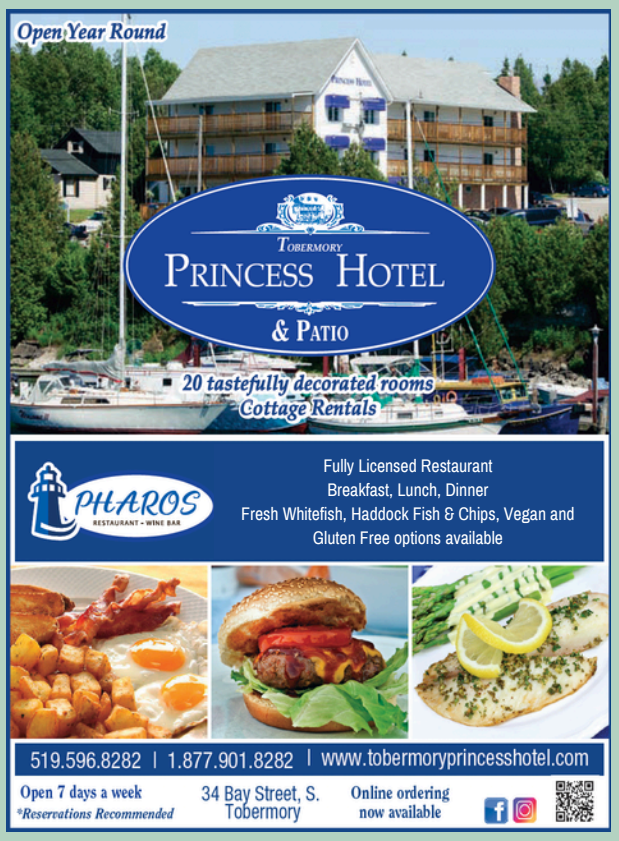
THE FIRST TRAIL RUNNING PILOT

Along with the move, I happily embraced a change to part-time work and had more time to do “fun” things. As we learned about the BTC and its incredible network of volunteers, it was an easy decision to step up and become active participants in maintaining and preserving the Bruce Trail’s ribbon of wilderness. We became land stewards to an upper section of the Malcolm Bluff Shores Nature Reserve in 2023.

After a casual conversation with Marg Glendon at a PBTC booth one weekend during a trail run, I was soon signed up for Hike Leader training. Always the one to encourage visiting friends and family to hike, plan the routes, explore new areas, and ensure there was an interesting highlight along the way, becoming a hike leader felt a natural fit. The hike leader training hosted by PBTC in June 2024 welcomed me into this extraordinary team of volunteers with big hearts, kind words, endless energy, and several other “Margs.” Now in the PBTC’s community I go by “Margie” (my “fun” name).

WHAT IS A STANDOUT HIGHLIGHT FOR YOU AS A HIKE LEADER?

After finishing the Tobermory trail marathon in the fall of 2024, I wondered if the PBTC would ever consider doing something similar - not as a race, but as social, group trail runs over several weekends. I nervously proposed this idea at one of my first hike leader meetings, was thrilled with their support, and moved forward with a couple pilot trail runs. We “ran” two pilots in the fall, and with lots of



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PBTC'S FIRST TRAIL RUN E2E

interest and a few kinks worked out, began to plan the first-ever PBTC trail running E2E series for the spring of 2025. Saabir Sohrab, Hike Leader and Director extraordinaire, patiently answered my many questions, and fellow Hike Leaders/trail runners Shawn Radcliffe and Natalie Mechalko were onboard and keen to make it happen. We pulled it off! It was great fun, and with ongoing interest, partnered with Sydenham BTC in 2026 to trail run an E2E from Wiarton to Blantyre this past May.

HOW DOES HIKING AND TRAIL RUNNING FIT INTO YOUR LIFE?

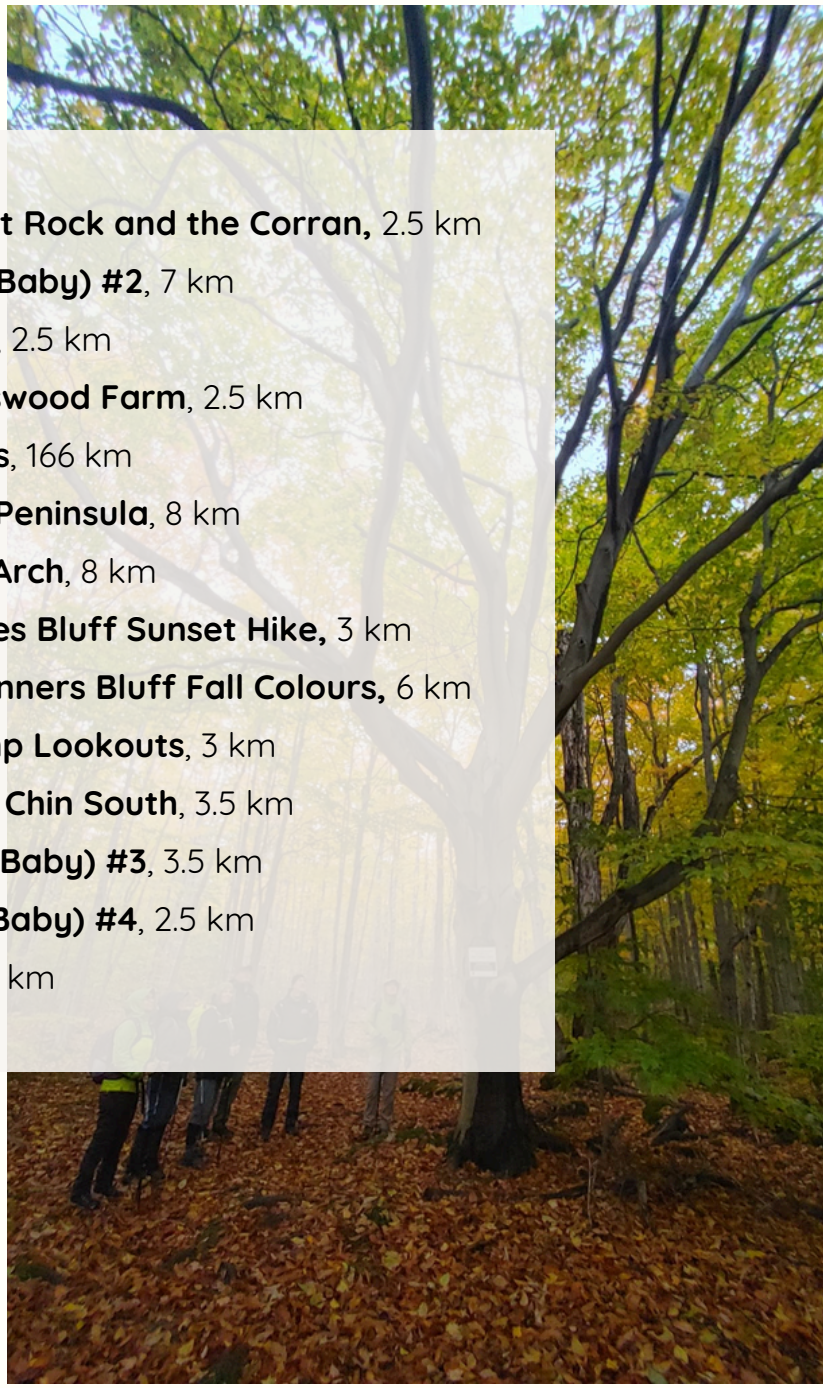
Exercise, being in nature, and challenging myself are fundamental to who I am. I'm always planning, spinning, thinking of what's next; this all helps me be present in the now. As a Hike Leader, whether running or hiking, I love the opportunity to share this beautiful trail and the experience with others. "Doing hard things" strips away all the superfluous things in our lives and exposes who we really are. I challenged myself with a PBTC E2E in 6 hikes last fall, and a 72km ultramarathon of the Blue Mountain BT section in June. It was indeed very hard, but my biggest personal challenge lies ahead with my recent breast cancer diagnosis. I will be leaning on the amazing BTC community, my strength and fitness, and this place of healing. It may slow me down, but I'll be back in no time!

WHY DO YOU VOLUNTEER AND WHAT WOULD YOU SAY TO ANYONE THINKING OF VOLUNTEERING?

Do something you love so it never feels like work. You'll feel like you are the luckiest person alive.

WHO DO YOU NOMINATE TO BE THE NEXT FEATURED HIKE LEADER?

I'd like to nominate Tainin Hopkinson, who brings the PBTC Hike Leader team youth, diversity, Indigenous heritage, and a connection to Parks Canada. Yeah Tainin!



- Oct 5: **Discover Hiking Seniors #1: Spirit Rock and the Corran,** 2.5 km
- Oct 10: **Oak and Acorn Hike (Parent & Baby) #2**, 7 km
- Oct 11: **Sunday Side Trails: Jones Bluff**, 2.5 km
- Oct 11: **Waterfalls and Wings at Weekswood Farm**, 2.5 km
- Oct 16: **Peninsula in 6 Challenger Series**, 166 km
- Oct 16: **Fall Colours Hike on the Bruce Peninsula**, 8 km
- Oct 18: **Sunday Side Trails: Dolostone Arch**, 8 km
- Oct 18: **Peninsula Sunshine Series: Jones Bluff Sunset Hike,** 3 km
- Oct 19: **Discover Hiking Seniors #2: Skinners Bluff Fall Colours,** 6 km
- Oct 23: **Fall Colours: Halfway Log Dump Lookouts**, 3 km
- Oct 25: **Full Moon Hike Series #1: Cape Chin South**, 3.5 km
- Oct 25: **Oak and Acorn Hike (Parent & Baby) #3**, 3.5 km
- Nov 6: **Oak and Acorn Hike (Parent & Baby) #4**, 2.5 km
- Nov 8: **Niagara E2E in 3 Challenger,** 82 km

Upcoming Hikes

Registration required:
https://peninsula.brucetrail.org/hikes

Bruce Trail CONSERVANCY
PENINSULA CLUB

We can further honour these traditional lands and its ancestral people.



SAUGEEN OJIBWAY NATION TERRITORY, SAUKIING ANISHINAABEKIING

Voices of the Land

BY JANE FORBES
PBTC MEMBER

I first hiked the Bruce Trail on the peninsula in the 1970s. Like many other hikers, I had no idea I was on the traditional lands of the Saugeen Ojibway Nation (SON). Back then, what I knew of these lands and people was relayed through the settlers who colonized the land. I was not aware of how much was missing and misrepresented in my understanding.

Since then, I am grateful to have had opportunities to listen to and learn from the SON First Nations people who call themselves Anishinaabek, the Good Earth Beings.

Through events like the annual Peninsula Hiking Festival and publications including this newsletter, the Peninsula Bruce Trail Conservancy (PBTC) has been instrumental in helping us hear Anishinaabek voices and its deepened my understanding and connection to the Bruce Trail.

I first read about the Bagida'waad Alliance in the Winter 2024 Rattler. It was these SON traditional lands that the Aki Guardians of the Bagida'waad Alliance hiked in 2024, completing a 600+km hike, starting near Hockley Valley in the Caledon Hills section and finishing at the cairn in Tobermory.

The Bagida'waad Alliance, founded by the Chippewas of Nawash Fishing Families, is a not-for-profit corporation that does climate research on the waters of Lake Huron and Georgian Bay and actively stewards the lands and waters. I follow the Bagida'waad Facebook page for news of beach clean-ups and hikes such as one I was able to attend at "The Prairies" at Neyaashiinigmiing. Lead by Chris Akiwenzie, Lead of Aki Tours, I learned about the special geology and plants on this unique alvar land.

During the 2024 Peninsula Hiking Festival "Listen to the Land," I participated in "Leading with An Open Heart", a conversation led by Janna Chegahno to learn and share new ideas and different world views. This is where I first learned of the creation story of Turtle Island – a gentle story of hope and rebirth in contrast to the creation story of the 'Garden of Eden'. Janna also spoke of the Seven Grandfather Teachings – Love, Respect, Bravery, Truth, Honesty, Humility and Wisdom – a set of core Anishinaabe guiding principles.

Also during the 2024 Peninsula Hiking Festival, Miptoon (Anthony Cheghano) presented ancient stories and legends of the Indigenous peoples who have lived in harmony with the land for thousands of years. This took place at Gima-Kwe Nong, an outdoor SON cultural learning center featuring a lodge and ceremonial spaces, on Emmett Lake next to traditional hunting grounds north on the peninsula.

Miptoon explained to us that Neyaashiinigmiing has been the official name since January 21, 1992 for the land previously named Cape Croker – after a secretary in the British Admiralty that had never set foot on the territory.

Neyaashiinigmiing means "Beautiful point of land that almost looks like an island but is only partially surrounded by water." With a little practise, I now speak and use the name Neyaashiinigmiing.

In a subsequent session, I was able to walk with and listen to Lenore Keeshig and Tainin Hopkinson, on the Snake Trail Boardwalk, Ginebek Miikaans. Lenore was with Parks Canada for 20 years before working for Cape Croker Park setting up the Interpretative Program as a guide and program manager. Lenore let us know that her voice comes from unceded lands that the Saugeen Ojibway Nation reserved for themselves in Treaty 72 of 1854.



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At the 2025 Hiking Festival, Tainin (they/them) a Chippewa of Nawash, guided a hike at Jones Bluff “weaving together science, indigenous knowledge and queer ecology to invite deeper connections with place and each other.” (PBTC Festival Program 2025) Having missed that hike, I hope to walk with Tainin in the future to listen to their perspective in this context.

As we celebrate diversity in nature may we fully celebrate diversity in people.

Caley Patrick Nadijwon Doran now manages the Cape Croker Park Anishinaabe Cultural Experiences program. New programs, like Saugeen Sojourn in cooperation with EcoAdventures and Bruce Peninsula Biosphere Association open more opportunities to enjoy and learn. The website www.capecrokerpark.com is worth checking out. Caley presented Connecting the Past, Present and Future with Saugeen Ojibway Nation Archaeology at the festival in 2025. He stated that his sound comes from this Saukiing Anishinaabekiing territory. Caley spoke of many threats to the peninsula including the many quarries that cut into mother earth. Destruction is personal and painful. Caley and SON are providing leadership in stewarding these lands.

Listening to the Anishinaabek have deepened my understanding and joy of hiking the trails on the peninsula. In listening to a diversity of voices, we can further honour these traditional lands and its ancestral people. I am so grateful for the opportunities to grow and learn that have been provided through these wonderful experiences.

Jane Forbes is a resident in Purple Valley and member of the Peninsula Bruce Trail Club. She is very grateful for the Bruce Trail which she hikes and snowshoes regularly.



AUTHOR JANE FORBES

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Recharging on the Edge: The Health Benefits of Hiking the Peninsula

BY JULIE BENNETT
PBTC PRESIDENT

There is a distinct magic that happens the moment you step onto the Bruce Trail, especially here on the Peninsula. As the canopy closes overhead and the rugged limestone cliffs of the Niagara Escarpment open up to the turquoise waters of Georgian Bay, something shifts within us. It isn't just a feeling—science continuously proves that spending time outdoors, specifically hiking, provides profound benefits for our minds, bodies, and spirits.

Several of our Peninsula Bruce Trail Club family are currently facing severe health issues and have inspired me with their gratitude for their healthy hiking lifestyles. They each say their health issues are so much better because of the foundation they have from being outdoors hiking.

As members of the Peninsula Bruce Trail Club, we are fortunate to have one of the world's most spectacular natural playgrounds right in our backyard. Here is a look at how hitting our local trails directly invests in your health and well-being.

A NATURAL BOOST FOR MENTAL HEALTH

Modern life is full of screens, schedules, and structural stressors. Stepping onto the trail offers an immediate antidote. Immersing yourself in nature has been shown to significantly lower levels of cortisol (the stress hormone) and reduce rumination—the repetitive negative thinking associated with anxiety and depression.

On the Peninsula, this effect is amplified. The rhythmic sound of waves crashing against the shoreline, the scent of damp moss and cedar, and the visual awe from towering lookouts act as a form of mindfulness. Hiking requires focus, grounding you completely in the present moment and leaving mental fatigue behind.

FULL-BODY PHYSICAL CONDITIONING

While walking on flat pavement is great exercise, hiking the Peninsula's unique terrain elevates your physical fitness to the next level.

- Cardiovascular Strength: Navigating the undulating ridges, steady climbs, and sudden descents provides an excellent aerobic workout that strengthens the heart and lungs.
- Muscular Endurance and Balance: The rocky, root-filled paths demand constant micro-adjustments. This naturally engages and strengthens your core, calves, glutes, and quadriceps while improving your overall balance and ankle stability.
- Bone Density: As a weight-bearing exercise, hiking helps maintain bone health, which is crucial for staying active and agile at every stage of life.

THE POWER OF "GREEN EXERCISE" AND "FOREST BATHING"

You may have heard of "forest bathing." Trees emit antimicrobial compounds called phytonutrients to protect themselves from insects. When we breathe in these forest chemicals, our bodies respond by increasing the activity of a type of white blood cell that helps fight off infections and diseases. Simply breathing the crisp, clean air of the Peninsula forests gives your immune system a measurable, protective boost.

CULTIVATING COMMUNITY AND CONNECTION

While a solo hike offers peaceful solitude, hitting the trails with fellow PBTC members introduces a vital social element. Humans are hardwired for connection and sharing the triumph of a tough climb or chatting while walking side-by-side fosters deep, meaningful bonds. Our club hikes offer a shared sense of purpose, reducing feelings of isolation and building a resilient, health-supportive community.

LACE UP AND STEP OUT

Every step we take to preserve and maintain our trails isn't just a victory for conservation—it is a victory for community health. The next time you lace up your hiking boots to log some kilometers, remember that you aren't just exploring the Peninsula; you are actively restoring your health.

To our cherished PBTC family members facing health challenges, I wish you continued strength on your respective health journeys. You are not alone – your PBTC family supports you every step of the way and we can't wait to be on the trail with you again.





HIKERS ON THE E2E IN 8



BRIDGE REPAIRS AT MOORE LAKE

Strategic Progress & Trail Updates: Cape Chin, Bridge Repairs, and Our Vision Ahead

BY JULIE BENNETT
PBTC PRESIDENT

As another vibrant season unfolds along the Northern Bruce Peninsula, our dedicated board member and trail maintenance volunteers have been hard at work behind the scenes. From securing key property assets to maintaining safe crossings over our pristine waterways and aligning our club's vision with long-term conservation goals, here is the latest update on three major club priorities.

1. CAPE CHIN HOUSE STATUS UPDATE

Located within the spectacular MapleCross Nature Reserve at Cape Chin, the property remains a critical focal point for conservation and trail connectivity on the Saugeen Peninsula.

Facility Review & Structural Assessment: BTC together with representatives from the Club assessed the long-term viability, safety, and functional use of the Cape Chin house structure. It was determined the cost to repair and maintain the house was prohibitive. As a result, the house was torn town in July 2026.

Environmental & Conservation Integration: Because Cape Chin encompasses sensitive habitats for rare flora and fauna, all decisions regarding the footprint were evaluated through a strict ecological lens to ensure zero disruption to the surrounding reserve.



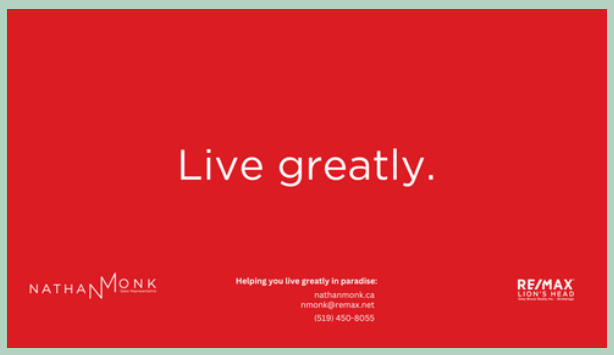
VOLUNTEERS ON THE AUGUST BRIDGE WORK DAY

Next Steps: Detailed evaluations regarding maintenance requirements and potential repurposing vs. site restoration plans are underway. We are working closely with BTC, AccessNow and SON to look at options for Seed Garden, Overnight Rest Area, better accessibility and a Healing Garden. We are looking for your help and input!

2. INFRASTRUCTURE RESILIENCE: BRIDGE REPAIRS ON THE CRANE LAKE TRAIL AT UPPER ANDREW & MOORE LAKES

Keeping our stretch of the main Bruce Trail and associated side trails safe and accessible requires continuous maintenance of essential infrastructure, especially wet crossings and bog bridges. As you are aware, the President closed the section of trail earlier this spring due to unsafe conditions through the narrow between Upper Andrew Lake/Moore Lake. The structural footings and boardwalk timbers at the Upper Andrew Lake wetland passage. Were almost entirely submerged and timbers dissembled. As this area is on National Park Land, PBTC has been working closely with Bruce Peninsula National Park, local neighbor Dave Waldrop, and the Central Peninsula Snow Drifter Snowmobile Club.

Progress is underway to restore the bridge. Materials have been sourced and PBTC in partnership with BPNP and a strong group of volunteers spent a day in August transporting the logs from the staging site to the work site.



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Further work parties will be held to transport more material, reinforce the support stringers, replace weathered decking, and improve anti-slip tread for year-round hiker safety. These structural repairs rely on our skilled trail maintenance teams and sawyers. If you have woodworking skills, brute strength, or a desire to haul materials out to remote field locations, watch for more upcoming work party calls! We are hopeful that the repairs will be completed by the end of August.

Good News! A recent inspection deemed the passage safe and the section of trail has reopened.

3. SHAPING OUR FUTURE: CLUB STRATEGIC PLAN UPDATE

Our strategic planning initiative is aimed at charting a clear, actionable roadmap for the Peninsula Bruce Trail Club over the coming years.

Alignment with the BTC 2030 Strategy: The PBTC Strategic Plan directly aligns local club objectives with the broader Bruce Trail Conservancy priorities—focusing on **Land Preservation, Ecological Restoration, Trail Experience, People & Culture, and Generosity & Engagement.**

Core Priorities for PBTC:

- **Securing the Optimum Route**: Permanently protecting vulnerable sections of the trail between Wiarton and Tobermory.
- **Volunteer & Leadership Sustainability**: Establishing clear governance, comprehensive role structures, and mentorship pathways to support our dedicated volunteers and board members.
- **Inclusive Community Engagement**: Expanding outreach through signature events—such as the Peninsula Hiking Festival and Bruce Trail Day—while deepening partnerships with the Saugeen Ojibway Nation and local municipalities.

Implementation: The board is working on measurable milestones for objectives and developing actional work plans and associated budget allocation. A full strategic summary will be presented to members at the next General Meeting and published in detail in an upcoming issue of the Rattler.

GET INVOLVED!

Projects like the Cape Chin stewardship, bridge rebuilds, and strategic implementation are only possible because of you—our passionate community of members, donors, and volunteers. Whether you can give a few hours on a trail work party, join a committee, or support our conservation funds, your involvement keeps the Bruce Trail strong.



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Celebrate Bruce Trail Day on the Saugeen Bruce Peninsula

KATHLEEN STAHLBAUM
BRUCE TRAIL DAY COORDINATOR

Mark your calendar for Sunday, October 4, and join the Peninsula Bruce Trail Club for Bruce Trail Day – a celebration of hiking, nature, and community on the stunning Saugeen Bruce Peninsula.

Taking place **from 11:00 a.m. to 2:00 p.m. at the Ferndale Visitor's Center** (2928 Highway 6, Ferndale), this free, family-friendly event is a great opportunity to discover the beauty of the Bruce Trail, connect with fellow outdoor enthusiasts, and learn more about the Bruce Trail Conservancy's work to protect this incredible landscape.

FREE GUIDED HIKES

Whether you're an experienced hiker or just looking to explore somewhere new, there are guided hikes throughout the day:

- 8:30 a.m. – Lion's Head Lookout Hike (bus hike, departing from Ferndale Visitor's Center)
- 9:00 a.m. – Flora & Fauna at Barrow Bay Cliffs Nature Preserve (self-drive hike)
- 12:30 p.m. – At the Edge: Boundary Bluffs Experience (self drive hike; FREE parking in Cape Croker Park)
- 1:00 p.m. – A Journey Through Time on Jones Bluff (bus hike, departing from Ferndale Visitor's Center)

Limited spaces available. Advance registration for the hikes is encouraged.

FUN FOR THE WHOLE FAMILY

Even if you're not joining a hike, everyone is welcome to stop by the social gathering at the Ferndale Visitor's Center. Enjoy:

- Bird box building and other family-friendly activities
- Free refreshments (scone dogs at noon while supplies last!)
- Information about year-round hiking opportunities
- Learn about land stewardship and volunteer opportunities with the Peninsula Bruce Trail Club

Whether you're a longtime Bruce Trail supporter or curious to experience it for the first time, Bruce Trail Day is the perfect chance to celebrate one of Ontario's greatest outdoor treasures and meet some of the volunteers who help protect it.

For more information or to register for a guided hike, visit:
peninsula.brucetrail.org/hikes/
We hope to see you on the trail!

JOIN US FOR

BRUCE TRAIL DAY

Sunday,October 4
11:00noon - 2:00 pm

FerndaleVisitor's Center
2928Highway6, Ferndale

FREE Guided Hikes

8:30 AM
Lion's Head
Lookout Hike

9:00 AM
Flora & Fauna
Barrow Bay Cliffs
Nature Preserve

12:30 PM
At the Edge
Boundary Bluffs
Experience

1:00 PM
A Journey
Through Time
on Jones Bluff

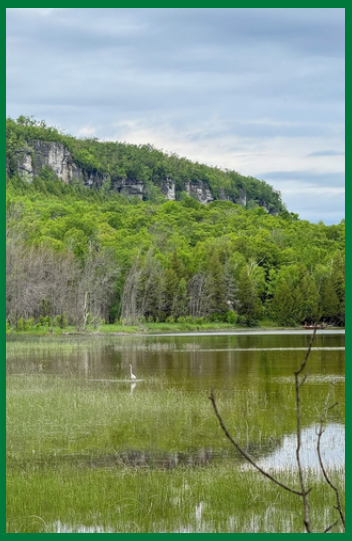
Family Friendly Social & Refreshments

Drop in! All are welcome!
Bird box building & other family-friendly activities
Free refreshments (scone dogs at noon; limited quantities available)
Info about year-round hikes, land stewardship and volunteering

Register for hikes: peninsula.brucetrail.org/hikes/

Thank you to Cape Croker Park's Anishinaabe Cultural Experiences Program for their ongoing support of Bruce Trail Day!







Mountain Equipment Company®

Bruce Trail CONSERVANCY PENINSULA CLUB

CAPE CROKER PARK Neyaashiinigmiing ONTARIO

The BTC is supported by more than 1,500 volunteers, each of whom contribute immeasurably to furthering its mission.

BTC at Queen's Park

JOHN WHITWORTH
BTC BOARD MEMBER

On May 5th, PBTC President Julie Bennett and BTC Board Member John Whitworth had a unique opportunity to participate in BTC's Queen's Park Day at the Ontario legislature. We were able to tour this historic site and take in question period (where the BTC contingent was "recognized in the house"). We then split into teams for a series of meetings with MPP's and Ministers who influence the environment in which BTC works.

A key 'ask' from the BTC was to streamline the land severance process. Securing the Bruce Trail requires several hundred conservation severances. Despite egulations that permit BTC to receive such a severance, in each case BTC must follow the same lengthy process as residential or commercial severance applications.



PBTC REPRESENTATIVES AT QUEEN'S PARK

Julie and I were honoured to meet with MPP's Natalie Pierre (Burlington) and Paul Vickers (Grey/Bruce) whose ridings contain large portions of the Bruce Trail. We were warmly welcomed and thanked for the work of the BTC. There was interest, good questions & suggestions regarding the 'ask' as well as our work in general.

Julie also invited our local MPP Paul Vickers to join us for a hike on the Saugeen Bruce Peninsula.

Thanks to our hosts as well as BTC CEO Michael McDonald for arranging the day.

Conservation & Land Stewardship Updates

BY LAURA PISKO
DIRECTOR, CONSERVATION & LAND STEWARDSHIP

LAND STEWARD CELEBRATION

The fifth annual Land Steward Celebration and Meeting was held in July. Land Stewards gathered at the home of the Director, Conservation & Land Stewardship with the President of the PBTC, BTC Ecologist Brian Popelier and Conservation Ambassadors Avery DeMone and Rhiannon Carruthers. The event was a great opportunity for Land Stewards to socialize and share stewardship experiences. Learning was enhanced through an excellent presentation on non-native invasive plants provided by the BTC Avery and Rhiannon.



RHIANNON CARRUTHERS PRESENTS TO LAND STEWARDS

GARLIC MUSTARD PULL CHAMPIONS!

In June, tons of non-native invasive garlic mustard was pulled from the new Hope Bay Nature Reserve by four intrepid volunteers. Fun was had by all in this worthwhile activity to protect our native biodiversity on the Peninsula Bruce Trail.

TREE PLANTINGS

Three tree plantings were held this past May to restore biodiversity to the beautiful Vanishing Stream property near Colpoys Bay. 500 native trees were planted by 100 enthusiastic volunteers (of all ages) in an area grazed by cattle and horses for 200 years. This multi- year conservation project will help create a wildlife corridor up the Peninsula escarpment.

See photos on the next page.















Healthy lunches and snacks are all the rave on the trail!

Healthy Hikers' Recipes

A NEW FEATURE
JULIE BENNETT

Healthy lunches and snacks are all the rave on the trail! Hikers seek the perfect healthy bites that provide a good source of nutrition, fuel their energy and satisfy their tastebuds during outdoor excursions. We at the Rattler would love to hear about your faithful Hiker recipes – pre-post or trail-ready morsels to fuel your nutrition and energy for an enjoyable day on the trail. Your recipe could be showcased in a future issue!

Email us at:
editor@peninsula.brucetrail.org

The following recipe was submitted by PBTC President, Julie Bennett that was originally published by Hannah Greig, Registered Nutritional Therapist and Certified Natural Nutrition Practitioner with the Canadian Association of Natural Nutritional Practitioners.

Cranberry Energy Bars

Ingredients

3/4 cup unsweetened coconut flakes
1/2 cup Pecans (chopped)
1/3 cup Sesame Seeds
1/4 cup Pumpkin Seeds
1/4 cup Sunflower Seeds
1/4 cup Ground Flax Seed
1/4 cup Dried Unsweetened Cranberries
1/4 tsp Sea Salt
1/4 cup Raw Honey
1/4 cup Sunflower Seed Butter

Directions

1. Preheat the oven to 350°F (177°C). Line a pan with parchment paper and lightly grease with some olive or coconut oil. (We use an 8x8 square pan.)
2. Throw coconut flakes, pecans, sesame, pumpkin and sunflower seeds into a large frying pan.
3. Place over medium-low heat and stir occasionally for 5 minutes or until lightly toasted.
4. Remove from heat and place in a large mixing bowl with the ground flax seed, cranberries and sea salt.
5. Add honey and sunflower seed butter into the mixing bowl and mix well until all ingredients are evenly distributed. Transfer mix into the square pan and press down evenly. Take some time to really pack it in there. If you don't pack it down firmly enough, the bars will crumble.
6. Bake in the oven for 15 minutes.
7. Remove from the oven and let cool completely. Once cool, lift parchment paper out of the tin and slice into bars with a sharp knife. Enjoy!

Source: Hannah Greig, That Clean Life

I will yearn to return to this very special place.



RATTLER EDITOR MARGARET O'DELL

From the Editor's Desk

MARGARET O'DELL
RATTLER EDITOR

I'm excited to join PBTC Communications team as your new Editor for our newsletter the Rattler. I am a PBTC life-time member, an avid volunteer and a passionate hiker. My year-round home is Pickering, but this year I've had the pleasure of living in Wiarton for the season.

Being here has brought me closer to the Bruce Trail and provided some wonderful opportunities to engage with the extraordinary community of volunteers of the PBTC.

I've been able to assist other PBTC Hike Leaders in their series, participate in different kinds of hikes (ie. Birds and Flora), join the litter pick-ups with the Hike it! Love it! Keep it Clean! program, be an ambassador of the Bruce Trail at community events, and join my first-ever work-party for the restoration efforts along the closed section of the BPNP. This indeed is a wonderfully inclusive, kind and supportive community and I'm so grateful!

At the same time, I've been able to do what I love the most: hike! At the time of writing, I've logged close to 1,500 km toward my hiking goals for 2026 since April, and that's a huge accomplishment for me after an injury last October had me out of commission for the better part of 6 months.

It's truly been a wonderful experience living in Wiarton. While I soon must move back to the GTA, I will continue to embrace life to the fullest on the Peninsula, knowing the moment I leave, I will yearn to return to this very special place and this incredible community.

Cheers!
Margaret