

The Rattler



President's Message

ISSUE #2, 2022

Small Actions Make Big Changes

The season of abundance is upon us on the Peninsula and so is the allure to pick, harvest, pile, dig and "borrow" from nature's bounty. The spring leeks came and went, the wild strawberries and raspberries made their appearance, the fossils in the shore rocks sparkle in the summer sun and the progression of blooming wildflowers line the "runway" of the Trail. How do we interact with this bounty, sparkling and wonderful colour, in our hikes? By putting a Trail through wilderness, we influence the very thing we hope to preserve but with the right behaviors, our influence can have a positive benefit for nature.

Through common conservation methods including following the "Leave No Trace" philosophy, planting trees, shrubs and grasses, establishing protected areas, stewarding biodiversity, and implementing hunting restrictions, we can generate a net benefit to nature. How do we ensure that in our private transactions with nature, each of us lands on the positive side of moving nature towards a more stable and robust condition? Small actions on an individual basis can make big changes.

The Trail is changing rapidly on the Peninsula. Even outside of the National and Provincial Parks, some sections of Bruce Trail see hundreds of visitors per week. If each person, succumbs to small acts of personal benefit, the horizon for safeguarding nature will shorten and aspects that make the area so exquisitely special, will fade. Challenging ourselves to ensure that we consistently land on the "pro-nature" side will tip the scales in favour of preserving and conserving the unique Trails and Conservation properties that the Peninsula Bruce Trail Club stewards and maintains.

From Enviro-hikes, working with local schools, litter collection and analysis, the removal and control of invasive species and the creation of conservation badges which invite participants to slow down and learn, the Peninsula Bruce Trail Club actively embraces individual acts that promote conservation of the Trail and its precious conservation properties.

Tamara Wilson



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DEADLINE FOR SUBMISSIONS

Any articles or stories of interest?
 Deadline for submissions to next
 Rattler: November 7, 2022

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Notice

For a few years Barb Reuber and Laurie Chan have been gathering and editing the content for the Rattler. They have done a great job with the many contributions that folks have sent to them. Now they have in part moved on and our new editor is Jeff Thibodeau - send him your stories and articles and support him in his role with the Rattler.

WELCOME JEFF

Land Acknowledgments

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.

this acknowledgement was created by SON and is used at PBTC meetings



The Bruce Trail Conservancy wishes to acknowledge and honour the lands of the Niagara Escarpment as the traditional territory of Indigenous peoples. In both spirit and partnership, we recognize and thank the Anishinabek, Huron-Wendat, Tionontati, Attawandaron, Haudenosaunee, Métis, and all who provided stewardship of these lands over millennia.

Recognition of the contributions of Indigenous peoples is consistent with our commitment to making the promise of Truth and Reconciliation real in our communities. We are grateful for the opportunity to live, work, and play here and thank all those who have served and continue to serve as caretakers of this special place.

We are also mindful of broken covenants and the need to reconcile with all our allies and relations. Together, may we care for this land and each other, drawing upon the strength of our mutual history through peace and friendship, to create a lasting legacy of conservation for generations to come.

this acknowledgement is used by the Bruce Trail Conservancy



photo by Beth Gilhespy

Fossil Hike

Grade 3-4 and Grade 5-6 at BPDS went for a guided hike to Williams Cave and the nearby rocky beach today with Geologist Beth Gilhespy.

Students learned about how Williams Cave was formed and the type of rocks found in the area. Did you know that the stone on the Niagara Escarpment is called Dolostone? Students learned about 3 different fossil types - Syringopora Fossil (Organ Pipe Coral), Pentamerid Brachiopod Favosites (Honeycomb Coral) and Halysites Coral (Chain Coral). So many Favosites finds today! These fossils are WAY older than Dinosaurs!

Can you tell which ones are Favosites?



photo by Beth Gilhespy

Fern Badge Hike Story

This summer my hiker bestie Julie Tyndall asked if I'd like to join her on an in and out double end to end hike of Peninsula. Having hiked it once before and knowing the beauty of the Bruce Peninsula I was easily influenced. But then she mentioned she'd like to work on the PBTC Fern Badge too. Now I know nothing about ferns other than they're those green leafy things in the woods, but hey, there was a badge involved!! Yes, we're one of those crazy badge hunters.

So, Julie equipped us with some books, we both have the iNaturalist app, I dusted off some Plants Of Ontario field guides, contacted a friend from the Owen Sound Field Naturalist Club who sent me some fern drawings from her guide and I even dragged my hubby out for a Fern & Orchid hike with the Field Naturalists.

With our new found information and cell phone cameras Julie from the Blue Mountain BT Club, and I from the Beaver Valley, set out and started an epic adventure of exploring, debating, arguing, researching, taking tons of pics, turning over even more leaves and just plain talking about ferns, those green leafy things in the woods. Who knew it was so complex!

I'm happy to report that through our photos and research we can now differentiate between a Christmas Fern and a Holly Fern, a Northern Maidenhair and a Maidenhair Spleenwort, a Lady Fern and a Male Fern (yes, we kept looking under



Hart's-tongue fern

her skirt, aka turning over the leaves!), we'll never un-see a Rattlesnake Fern, who knew there was more than one type of Horsetail Fern, and although we didn't find the coveted Walking Fern we did get lucky enough to spot a Hart's Tongue Fern!

Needless to say we not only earned ourselves a gorgeous new badge but came away with a head full of knowledge and it added a whole new dimension and enjoyment to our hikes.



We now know much more about those green leafy things in the woods and still find ourselves talking fern talk on our hikes, even annoying friends and other hikers with our knowledge by pointing out ferns on walks and even in gardens.

Thank you Peninsula BT Club for the opportunity and incentive to learn new things and earn a beautiful badge along the way.

Lilla Fodor

Fern Badge Recipients
Lilla Fodor
Julie Tyndall



PBTC End-to-End



What do you get when you combine three newbie hike leaders, one Trail Maintenance Coordinator who knows every kilometer of trail on the peninsula and is a past Hike Leader Training Director for the Toronto Club, and 20 energetic and enthusiastic hikers? The PBTC 2022 End-to-End! After two years without an organized end-to-end, the Club received many questions and requests about putting one on the hike calendar in 2022. The problem was, we didn't have an experienced hike leader ready to take it on. But with some teamwork, the Club made it happen. Saabir Sohrab and Barb Reuber agreed to lead hikes while Tom Hall took on the task of setting the schedule, coordinating registrants and keeping everything

organized. Randy Vanderlaan joined the group as the third hike leader and before you know it, the spots were all filled and we were hitting the trail.

The schedule included 11 days of hiking over 5 weekends. At the time of writing, 8 days have been completed with the final 3 hikes scheduled for Sep 9, 10 and 11. As a group, the hikers have a lot of hiking experience and naturalist knowledge which makes for a relaxed and fun time on the trail (despite some hot weather and a few mishaps). We're all excited about completing the challenge. And for those who couldn't join us this year, we look forward to 2023!

Barb Reuber



Land Securement

The Bruce Trail Conservancy provides responsible public access to the wonders of the Niagara Escarpment in order to encourage protection of the escarpment. The 900 kilometre Bruce Trail is only possible with the generous support of more than 600 Landowners who host trail on their lands by way of a voluntary handshake agreement. The BTC's long-term plan is to secure a conservation corridor for the Optimum (trail) Route in order to ensure permanent access to these lands.

This issue brings more good news on the progress of our Securement Mission. I am pleased to report that the BTC has purchased three properties on the Peninsula.

First, A large 400 acre property on the North shore of Colpoy's Bay – mostly cliff tops & interior forest. Our trail, thanks to the generosity of the land owner, has been here since opening in the 1960's. This leaves only 3 properties remaining to be secured along the Bay – a stretch of some 20 km of trail.

A severance is the splitting of a developable lot into 2 or more separate lots. This can be applied for by any property owner; however the proposed severed lots must each meet all planning criteria for building lots. These criteria include: road access; minimum lot size; respect for sensitive lands such as wetlands; preservation of existing farmlands and many other items as established by municipal or county plans and NEC regulations.



Colpoy Boulders

As a Land Trust, the Bruce Trail Conservancy, by regulation, has the ability to receive a severance for conservation purposes. In these cases, the severed conservation land does not have to qualify as a building lot. It would be held in perpetuity as part of the BTC's conservation corridor. If you are interested in learning more about such severances, please contact the author.

The BTC has also acquired a small but very important corridor containing trail on the North shore of Hope Bay that connects the Provincial Nature Reserve to an adjoining BTC property. This land, an existing handshake agreement, was severed from the residential lot without impacting the owner's enjoyment of their property.

Finally, the BTC has purchased a key property on the Georgian Bay shore between Little Cove and Dunk's Bay. The adjacent Shoreline Road Allowance features a rare stone arch. Together these properties secure 420 acres of Conservation Land and 2km of main trail for future generations. These properties [unlike Cape Chin] secure longstanding "handshake" agreements with the land owners. We expect no trail changes as a result.

.... John Whitworth / August 2022



Land Securement photos

Stone Arch

Colpoy Forest

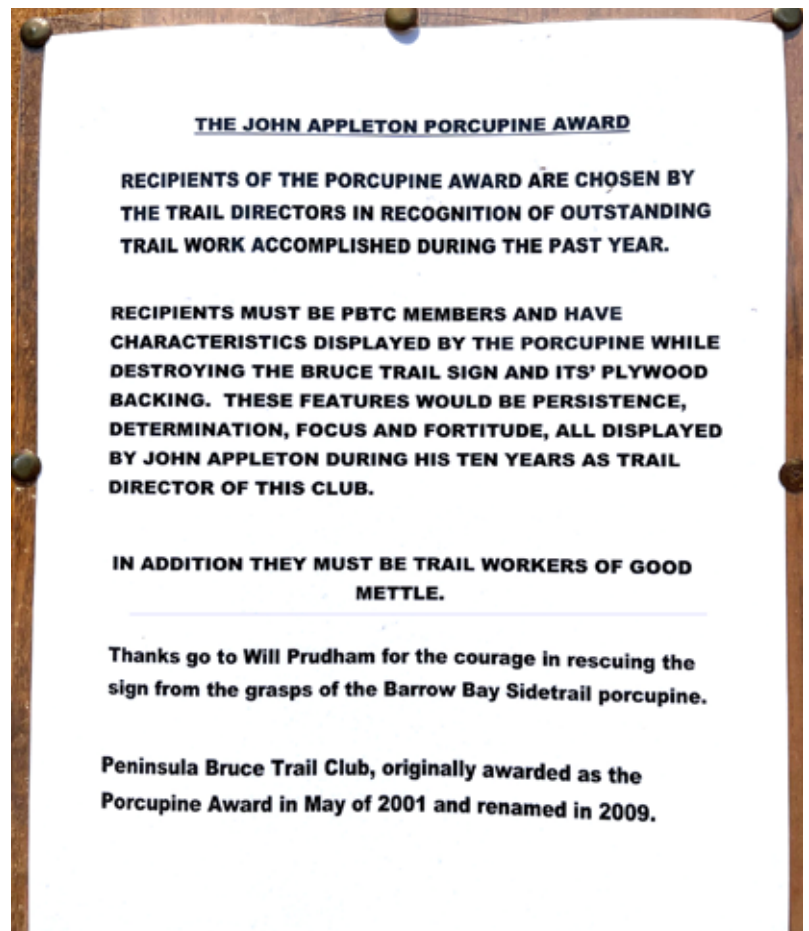
* * * * *

John Appleton Porcupine Award

This year's John Appleton Porcupine award goes to...Doug Hill Tom Hall recently presented the award to Doug.

Congratulations, Doug!!

The hard work and dedication of our volunteers makes the hiking experience safe and enjoyable for the public.





Call for Submission

If you are a Visual Artist who has an interest in preservation and conservation of the land found within the World Heritage Site – the Niagara Escarpment UNESCO World Biosphere, and you are willing to donate a piece of original art to this cause, we would like to hear from you!

The Bruce Trail Conservancy (BTC) is one of Ontario’s largest land trusts and maintains the longest marked footpath in Canada. Peninsula Bruce Trail Club (PBTC) is one of nine BTC Clubs. Using only volunteers, it stewards the BTC Nature Reserves and maintains the Bruce Trail located along the Niagara Escarpment on the Saugeen (Bruce) Peninsula.

Visit The Club Website For More Information
<https://www.pbtc.ca/>

* * * * *

The Bruce Trail App

Plan and track your hikes along Canada’s oldest and longest marked footpath, and explore new areas along the Niagara Escarpment, with the most up-to-date route information, in an easy-to-use format. The Bruce Trail App can help beginner hikers, seasoned explorers, and aspiring End-to-Enders alike!

Features include:

Parking and camping information, connection to the GPS on your phone for directions, the latest trail changes and notices, measuring and planning tools, a tracking tool and more!

The new Bruce Trail App is available for iOS and Android devices by subscription.

Download the Bruce Trail App on the App Store or Google Play with a FREE 7-day trial. Then, to continue with unlimited access to the app and its ongoing trail updates, you can subscribe for \$2.99/month or \$29.99/year.

Proceeds from app subscriptions go to the Bruce Trail Conservancy to help maintain the app, care for the Trail, and support our conservation work.

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2022 Christmas Ornament Fundraiser

The Snowy Owl will be our 2022 Christmas ornament fundraiser. See below Pre-orders are already flowing in. If you would like to be part of the Fabrication and/or assembly team, please contact Marg. Sign up schedule of activities will be coming out at the end of the month.

We have an opportunity for any PBTC Board Members to assist with the following outreach displays, if they have time. We will work in pairs for 2 hour time frames at the displays to answer questions about PBTC/BTC and promote events that may be happening - as well as helping SON Band members to sign up for memberships, if interested.

Displays are as follows:

1. Saturday, September 24, Tobermory Trail Race - 10- 2:30 p.m. in Tobermory (across from the Brew House).
2. Saturday, October 1 - SON Environment Office - 10 a.m. - 4:00 p.m. (Wiarnton) - Conservation focus and SON membership highlight. Ryan Mickleoff will be there for some of the day.
- 3 Sunday, October 2 - Gravel Gran Fondo and Bruce Trail Day
 - Display at finish line - with tent and display material - focus on Bruce Trail Day
 - Display at MCNRCC and "square" for donations or membership purchases. Ryan Mickleoff will be there to assist.



We need a few volunteers to work with Ryan. I will be reaching out to other interested volunteers who are members and have indicated they would like to volunteer at displays, too. Marg

* * * * *

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Pilot Project at Bruce Peninsula District School in Lion's Head Junior Trail Steward Program

It all started in Fall 2021, when I read an article about Breanna Heels, Vice Principal Bruce Peninsula District School (at the time) who was nominated for the Varkey Foundation's Global Teacher's Prize for efforts to influence the quality of education globally.

I really connected with Ms. Heels' teaching approach - 'the classroom is a microcosm of the world, and the world is our classroom'. I reached out to her to find out more - how can we help local students learn more about their community and become active participants in the community - and on the Bruce Trail?

While COVID19 greatly impacted the educational experiences of students and demands on teachers, it also created motivation to explore other meaningful outdoor educational experiences - right in our own backyard.

Grade 3-4 teacher, Sarah Garcia-Peacock and Grade 5-6 teacher Larissa McLay enthusiastically supported practical class activities on the Bruce Trail - all which highlighted the UNESCO values and enhanced the school curriculum.

Brian Popelier and Mara McHaffie (BTC Ecologists) and Meghan Croll (BTC Volunteer Coordinator) supported us with online resources and materials which we could adapt to grade level as needed. We called it "The Junior Trail Steward" program.

The Junior Trail Steward program included three main components: hiking and trail etiquette, land stewardship and trail maintenance (including litter audits) and geology.

Hiking on the Bruce Trail is a favourite past time here on the Peninsula and Lion's Head offers several side trail and main trail options for the classroom. We reviewed the Bruce Trail Users' Code and basic trail etiquette. The students surprised us with their prior knowledge of seasonal sounds (breaking up of the harbour ice), observations (animal behaviour, tracks and yes...poop) and hiking preparation!

* * * * *



photo by Sarah Garcia-Peacock

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Junior Trail Steward Program (cont'd)



photo by Sarah Garcia-Peacock

As Junior Trail Stewards, the students were assigned two properties and a trail section to inspect and report upon -within walking distance of the school. Students met with the PBTC Trail Captain and Land Steward to learn about their volunteer roles. Grade 3-4 students completed an inspection and report of key trail safety items along their Bruce Trail section, as well as litter pickups and a Hike It! Love It! Keep It Clean! audit. Grade 5-6 conducted a BioBlitz of the adjacent BTC managed property using I-Naturalist.

The Geology component is an essential part of the Junior Trail Steward program. Beth Gilhespy, former BTC CEO, shared her knowledge and enthusiasm for geology with the students – on a geology walk to William’s Caves and fossil hunt along the beach. Flavosites, Syringopora and Pentamerid Brachiopods – the students recanted the names with giggles and joy while proudly holding up their ‘find’ from their ‘own’ beach. Beth’s introduction to Geology on the Saugeen (Bruce) Peninsula is a wonderful legacy for the students.

We will review, amend and hope to continue the Junior Trail Steward program next year. Thanks to all the PBTC volunteers and BTC staff who made this program a rich and rewarding experience!

In closing, special thank you to Breanna Heels whose outstanding work inspired me to connect with her, and to the classroom teachers – Sarah Garci-Peacock and Larissa McLay - who worked in collaboration with us.

Marg Glendon

Our community and the natural world are the true classrooms for lifelong learning.

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Love It Or Leave It

In response to an increase in litter along the Bruce Trail over the past few years and building on a successful pilot project completed in 2021 in the Peninsula club section, the Bruce Trail Conservancy (BTC) is launching the Hike it, Love it, Keep it Clean project this summer, with the goal of cleaning up the Bruce Trail and learning more about the litter that is ending up on the trail.

Project Goals:

1. Improve the cleanliness of the trail by picking up litter.
2. Learn more about the types of litter found on the trail and hotspots for litter to inform future litter campaigns.
3. Increase awareness of the impacts of litter on natural areas and the importance of trail etiquette, including 'leave no trace' principles.

Who Can Participate:

Anyone out hiking along the Bruce Trail or side trails who wishes to participate is welcomed. A note on minors volunteering – all ages are welcomed to participate but anyone volunteering under the age of 16 should be accompanied by an adult.

How to Participate:

- ☐ Review the safety information in the instruction video, linked here: <https://www.pbtc.ca/litter-pickup> Litter Collection Project Information Video
- ☐ Ensure you have the necessary equipment for a litter pick up
- ☐ Take a hike! Go for a hike, keeping an eye out for litter along the Bruce Trail – choose any section of main Bruce Trail (white blazes) or side trail (blue blazes), or the adjacent parking lots
- ☐ Record your findings in the litter data collection form here.



* * * * *



Litter Tales, Experiences of a Hike it! Love it! Keep it Clean! Volunteer in the Peninsula Bruce Trail Club

You might think that picking up litter along the Bruce Trail would be an uneventful, even boring, undertaking, but that has not been my experience! I volunteered for the Bruce Trail Conservancy's "Hike it! Love it! Keep it Clean!" Litter Project this summer, after being involved with the Peninsula BT Club's pilot project, "Keep the Bruce Trail Clean & Green" last year and seeing what a great initiative it was and the impact it could have. It has been an amazing and rewarding experience, and I have met so many interesting people, and animals! Like the day when I was picking up litter in the early morning, at the Dyer's Bay parking lot. A small red fox came trotting out of the woods. He stopped briefly to look at me, standing there in my Bruce Trail Volunteer green safety vest, litter grabber stick at the ready, labelled bucket at my side, and, I am sure, with my mouth agape. He must have determined I was no threat, as he calmly continued trotting along the parking lot edge, passing less than 15 feet from me, until he reached his desired destination and turned off into the woods. And of course, this happened when I did not have my cell phone camera with me!

The people I have had occasion to meet are no less interesting. Many merely stop to say "Hi", or "Thank you for cleaning up our trails", but others pause for a longer chat. I have even been mistaken for a "park ranger" or "municipal parking official". I try to explain to as many as I can what the project is, and how they can be involved and earn a special badge!

One family, here from Toronto, and hiking out to the Lion's Head Lookout while I was conducting a litter pickup there, were expounding on the beautiful scenery and lamenting that they were only here for the day. I told them about some of the other hikes in the area to see on their next visit, including the Cape Chin meadows trail and the impressive lookout there. They were also asking about B&B accommodations in the vicinity, so I gave them some information on where to look. When I got back out to the parking lot, the Municipal parking by-law officer told me that this family had told her about some "lady with all the Tourist Information out on the trail" and what a great idea it was to have someone doing that!

On another day, when I was doing the Bruce Trail section from the Lion's Head Marina to the McCurdy parking lot, I happened to stop in the beach parking area to write down in my notebook what I had just picked up. I find that if I record the items I pick up as I go along, it is much easier for me, and I don't forget to count them at the end of the pickup. I use a small notepad for this, which I keep handy in the pocket of my Bruce Trail volunteer safety vest. A middle-aged



Article and
photo by
Brenda Stewart

couple were in the process of loading their 2 kayaks into the back of their truck as I stopped to do this. The gentlemen kept looking over at me, and finally said, "Is everything okay?" I suddenly realized that he thought I was a parking enforcement officer because I was in the safety vest and I was writing notes in a small notebook! I laughed and reassured him that I was not writing him a ticket, but was recording my litter findings, and I explained about the Litter project. They were both very interested, having just recently come up here to enjoy the beauty of the area, and were staying at a seasonal site at Miller Lake. We went our separate ways, and I continued on my way to the marina. On my return trip, I saw the woman I had just spoken with coming across the Lion's Head Motel lawn. She told me that they had purchased a double ice cream cone for me at Cindy Lou's Ice Cream shop, as a way of saying thank you for the work of volunteering, and it would be waiting for me when I was finished my pickup! It was a welcome treat on a hot day!

Of course, although I get recognition for doing this work because of the official vest and logo on the bucket, there are many "unofficial" heroes, who choose to do this same work daily, on their own. One of these is a well-known resident of Lion's Head, who every day patrols the McCurdy parking lot and picks up litter! Another is the woman whom I met on the way to the Lion's Head Campground, out for a walk with her friend, who thanked me for doing my part, but then went on to say that she also "patrols" this section of the trail and picks up litter when she finds it. We compared notes on what we were finding, and I explained to her how to find out about the project and how she could get a badge for doing so! These are just some of the encounters that make volunteering for this project so memorable. Together we are all doing our small part to keep our trails clean! I look forward to seeing what I will find on my travels on the trails during the rest of the summer.

Peninsula Bruce Trail Junior Birder Badge

By Kate Burridge-MacDonald, age 10

1. On April 17, 2022, our family hiked the Cape Chin Meadows side Trail and main trail in a big loop. We spotted these birds:

- Chickadees
- Canada Geese
- Turkey Vulture
- Ring-Necked Ducks (we think)

2. I stopped to eat some trail mix, and 5 or 6 Chickadees flew to a small tree right beside me. I think they wanted the nuts and seeds in my snack.



3. I used my binoculars and dad's binoculars at a small pond on our April 17th hike. We talked about their proper care and use.

FINE STAR

Kate's Junior Birder Badge Story

On our hike we saw a group of birds floating on a pond. At first we thought they were cormorants, but soon realized they had bright white on them as well. Many of them had pinkish/whitish rings on their bills. The next week we asked a local birder his opinion and he thought it was either a Ring-necked duck or a Long-tailed duck.



5. We can keep birds safe by:

- Not littering and cleaning up our Shorelines and Wetlands
- Turning off our outside lights and keeping our campsite lights low
- Putting things on our windows so birds don't fly into them
- Planting native plants and leaving some of them standing in winter to give shelter and food to birds

6. Our nearest Christmas bird count is at MacGregor Point. In 2022 it took place on January 5. They have not set a date for 2023 yet, but the MacGregor Point Counts are always in the first week of January.

**Birder Badge Recipients**

Jacque Van Dyke
Ruth Moffat
Sandra Green
Steven White
Trevor Price
Michelle Kitson
Mary-Ellen Cole

Conservation Matters - Unwanted Species

This issue brings another entry in the BTC's Ten Most UN-Wanted list of invasive species. Thanks to BTC ecologists Brian & Adam for their help with this. #4 on our list is Dog-strangling Vine – see details below. It is not yet reported on the Peninsula – which is a good point to remind everyone to use the boot-scrappers at trail access points – to help prevent spreading seeds from this & other invasive plants. If you find this or have other concerns about BTC properties please contact Laura Pisko at pbtc.dir.conservation@gmail.com.

Dog-strangling Vine (*Vincetoxicum rossicum*)

Distinct Physical Features :

- Lance shaped leaves arranged oppositely along stem
 - Small pink/purple flowers occur at leaf axils
 - Thin green to yellowish seed pods form in late summer
 - Often winding up vegetation
- Typical Habitat :
- Roadsides, waste places, woodlands, forests, trail edges

Species Significance :

A highly invasive non-native plant, Dog-strangling Vine spreads rapidly, displacing indigenous vegetation. It is related to Milkweed so it can be destructive to Monarch Butterfly populations as they lay their eggs on it and the caterpillars hatch and die because they can't feed on the vine.



John Whitworth
August 2022



Periwinkle Be Gone!

The PBTC is coming to get you!

Inconspicuous non-native periwinkle - commonly used in ornamental gardens as a groundcover and sold by Ontario garden centers - has escaped from gardens across the Peninsula. Over time, periwinkle forms dense mats that can outcompete native plants like trilliums and yellow trout lilies among others. Earlier this summer, the PBTC's "Stew Crew", the local Land Steward and I, razed, then tarped about 5000 sq feet of periwinkle along Purple Valley Side Trail. You can see our efforts below and the impact on the tarped periwinkle so far. The BTC has produced "invasive species management area" signs to inform hikers about the presence of tarps and other invasive species initiatives.

If you see periwinkle along the trail (or other non- native invasive plants like garlic mustard, goutweed or dog strangling vine) please do let me know : PBTC.dir.conservation@gmail.com so that we can assess it and manage it appropriately.

With thanks,

Laura Pisko

Director, Conservation & Land Stewardship



From the Archives - The Cairn at Tobermory

The end-to-end hiker upon arrival in Tobermory sees the cairn as a symbol of the completion of his quest. Unveiled in 1967 to mark the northern terminus of the Bruce Trail, it stands proudly overlooking the waters of Little Tub Harbour.

The idea of a cairn arose in 1966 during the planning for the official opening the next year. The BTA Board at its September meeting approved the erection of the cairn in Tobermory and authorized an expenditure of up to \$1000. The BTA archives contain a letter from October 4, 1966, from the clerk of St. Edmunds Township, authorizing the use of public lands for the cairn. The fact that J.P. Johnstone was both a BTA Board member and the Reeve of the local township obviously expedited this decision!

Ron Gatis took the local leadership for the design and building of the cairn. First he approached Ruth Arnsberger, an accomplished artist and weaver who lived at the top of Spragge Hill just north of Wiarton, overlooking Colpoy's Bay. In the 1950's on her travels she had discovered the Bruce Peninsula and, as she said, "kept on staying and never left."

Ruth accepted the offer to design the cairn, and for her creative efforts received the princely sum of \$50.00. The cairn's presence in Tobermory continued meaningful to her all her life. About a decade ago, Donna Baker and I interviewed her and, as she said, "every stone [in the cairn] had a memory." In her doorway she hung a full-length design that was a life-sized seven feet tall.

In the centre was left a hole for the free-standing Bruce Trail arrow; to Ruth this was the key symbol for "a free trail where you could go where you wanted." At the request of Ron Gatis, Grif Ebel of the Ebel Quarry to the west of Wiarton cut and donated the arrow.

The next stage was the building of the cairn and Ron contracted with Ivan Lemcke of Barrow Bay, a self-taught stone mason who a few years earlier had helped to open sections of the Trail near Lion's Head. One spring day Ron, Ruth and Ivan journeyed to the west side of the Peninsula, in the Oliphant area, to gather rocks for the cairn. They drove them to Tobermory and deposited them under a tarp beside Little Tub Harbour, ready for construction to begin the next Monday.

When Ivan returned after the weekend, he discovered the rocks 25 feet deep in the harbour. Obviously the teenage boys of town had had a party! He and Ron had no other choice than to head back to the west side, and as Ivan remembered, "the black flies were thick."

There is no mention in the archives why the cairn was not unveiled at the June 10, 1967 opening of the Bruce Trail, but it is surmised that the delay in obtaining more rocks prevented its completion before the ceremonies. Instead, the cairn was unveiled on August 8, 1967, at the beginning of the Duke of Edinburgh Award gold medal winners' hike from Tobermory to Harrison Park in Owen Sound. Present that day were Dr. Cy Huach, then-president of the BTA; Norman Pearson, the first BTA president; Rene Brunelle, Minister of Lands and Forests; and Ruth and Ivan, along with the Duke of Edinburgh hikers.

27 youth representing 14 Commonwealth countries were led by Lord Hunt who had been the director of the Mount Everest expedition in 1953, the first ascent of the world's highest peak. Lord Hunt officially unveiled the cairn. A plaque on its face identifies the Bruce Trail, and on its back facing the water is a plaque listing the names of all the hike's participants.

The most recorded incident that day involved the hay wagon which was used as a stage. It was a flat rack with its end projecting far over its axle. Too many people climbed on for the unveiling and it suddenly tilted, nearly throwing the people to the ground. They all scrambled to the high side and after a good laugh, the proceedings were ready to begin. Lord Hunt in his address said, "I always was afraid of heights and now I am terrified!"

For close to fifty years the cairn has remained as the symbol of the "trail to the Bruce".

In 2003 the Peninsula Bruce Trail Club Board had a small plaque installed at the base of the cairn to honour both Ruth Arnsberger as the designer and Ivan Lemcke as the builder. Now in 2013 the Board has authorized repair work for the cairn so that it can enter its next fifty years with pride and grace.

Submitted by Ross McLean

September Upcoming Special Events

Saturday, 9:30 a.m., September 10, 2022
 in Wiarton: Peninsula Bruce Trail Club - Hike It! Love It! Keep It Clean! Bruce Trail Clean-Up. For more information and registration: <https://hikes.brucetrail.org/event/hike-it-love-it-keep-it-clean-bruce-trail-clean-up-hike/2022-09-10/>

Monday, 10:00 a.m., September 12, 2022
 – Trash Talk Café at the Meeting Place in Tobermory: Peninsula Bruce Trail Club - Join PBTC Litter Ambassadors Hike It! Love It! Keep It Clean! Guest speaker: Jacquie Wakefield from MNBP Waste Diversion Committee. For more information contact: Marg Glendon- pbtcoutreach@gmail.com

Wednesday, 10:30 a.m., September 15, 2022
 at Wild By Nature Forest Sanctuary.. Yoga Hive North and Wild By Nature Forest Sanctuary Yoga fundraiser for Peninsula Bruce Trail Club meadow restoration at Maple Cross Nature Reserve at Cape Chin. Free will donation. For registration and more information : <https://www.pbtc.ca/>

Saturday, 9:30 a.m., September 17, 2022
 Peninsula Bruce Trail Club -Hike It! Love It! Keep It Clean! Envirohike- Meet at Head of the Trails at Cyprus Lake Campground. For registration and information: <https://hikes.brucetrail.org/event/hike-it-love-it-keep-it-clean-enviro-hike-3/2022-09-17/>

Friday, 8:00 a.m., September 23
 Peninsula Bruce Trail Club – The Great Cape Chin Loop – Group Hike. Registration required: <https://hikes.brucetrail.org/event/the-great-cape-chin-loop/2022-09-23/>

Friday, September 30
 Peninsula Bruce Trail Club – Hike to Michigander’s Arch Registration required: <https://hikes.brucetrail.org/event/hike-to-michiganders-arch/2022-09-30/>


Special Note: Apologies that some events might be passed due to the timing of being able to put the Rattler together. Jan

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Save Your Sole

If you are a hiker, you most likely have suffered from conditions such as Plantar's Fasciitis, tight hamstrings or tender ankles and toes. Here is another tool for your backpack to help with these conditions.

The Roll Model Method is a simple self-treatment method that teaches you to use grippy, pliable rubber balls to eradicate aches and pains.

What is this about?

Everybody should have a basic understanding of how to hold oneself and how to use one's muscles to maximize health and minimize damage. But in reality, in normal day to day life, we over-use some of our muscles, whereas others get under-used, misused or worse even, not used at all, leaving us with blind spots in our body. The results are stiffness, tightness and inflammation. We end up with issues in our tissues. Many of us see massage therapists, osteopaths and chiropractors to help us overcome dysfunction and misalignment. By rolling ~ with the Yoga Tune Up balls we can take things in our own hands and apply our own potential for healing and fixing issues that might plague us. A very rewarding and cost effective alternative!

How does this work?

The massage balls are a simple but powerful tool to help us to identify our blind spots and to build body awareness. We choose from numerous techniques (like compression, stripping or cross fiber-ing a muscle) to "roll-massage" and rehydrate our soft tissues. Depending on the body part, the therapeutic rolling can be done with a single ball or a ball pair in a tote. Much like in a massage session, every part of the body can be targeted.

Barbara von der Heide has shown parts of the "save your sole" rolling sequence to the group at the Cape Chin fundraiser, much to the delight of the participants.

If you are interested in the Roll Model Method you can find more info on Loving Yoga's website. Barbara, a registered and certified Roll Model Method practitioner, teaches weekly rolling classes with different target areas each time.

Barbara will be introducing the roll method to interested hikers in the near future. Please check the PBTC website and FB for upcoming details

<https://lovingyoga.ca>





photo by Barbara von der Heide

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We would love to hear your Tales from the Trail. Send us your stories to pbtctherattler@gmail.com and we will share them in future issues of The Rattler. If you have any photos to include please send them as a jpeg at highest resolution possible.



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