

Niagara Escarpment **ViEWS**

SPRING 2019 (MARCH, APRIL, MAY)

**OUR SECOND
DECADE OF
PUBLISHING!**

WILDLIFE PHOTOS

OF JOEL MARSHALL

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Spring 2019
(March, April, May)

ON THE COVER: WHITE-TAILED DEER
Photo by Joel Marshall

FEATURES



16 Niagara-on-the-Lake 2018 Garden Tour

Photos by Mike Davis
Words by Gloria Hildebrandt



24 Forest Bathing Along the Niagara Escarpment

By Sarah Earley



34 Active Photography: Wildlife Sightings

By Joel Marshall



42 Taming the Badlands

Written by Gloria Hildebrandt
Photos by Mike Davis

DEPARTMENTS

- 5 View from
the Editor's Desk:
Into Our Second Decade
- 6 Readers & Viewers
- 9 Events Along the Rock
- 15 Gazette:
Timberstone Shores

32 Featured View: **Toronto from Escarpment Side Road, Caledon**

Photo by Mike Davis



51 Eat & Stay Along the Niagara Escarpment

- 60 Subscription Form
- 60 Coming Events
- 62 Where to Get Copies of
Niagara Escarpment Views
- 63 Map of Communities Near
the Niagara Escarpment

COLUMNS

- 56 The Gift of Land:
Conserving or Profiting?
By Gloria Hildebrandt
- 58 View of Land Conservation:
**Protecting
17 Per Cent by 2020**
By Bob Barnett



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Niagara Escarpment **Views**

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**OUR SECOND DECADE
OF PUBLISHING**



Conservation
Halton Award, 2014
to Mike Davis in
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Into Our Second Decade

The first signs of spring along the Niagara Escarpment are usually subtle. If there's a good blanket of snow, an early signal can be at the base of trees, where the snow has started to melt away from the trunks, forming a clear ring. Soon the sap will move back up the trunks into the branches. The whole month of March is the best time for sugaring off, or making maple syrup. Snow is usually still on the ground but the sun should be shining brightly when you can spend a fun day at one of the many Escarpment locations that host maple syrup festivals. Make sure to wear waterproof boots, but get out there!

Spring Issue Features

Some gardeners plant seeds and start new flowers and veggies indoors long before the snow melts, but most catch spring fever once the Snowdrops and Forsythia start to bloom, the earth releases its scent, and Hyacinths, Daffodils and Tulips begin to poke through. For inspiration, we usually showcase gardens in our Spring issue and this year we feature the Niagara-on-the-Lake Horticultural Society garden tour from last year. Be sure to check the ad on page 21 for tours near you this year.

Spring is also favoured by bird watchers and lovers of wildlife, as migratory and hibernating animals may come back into view. Joel Marshall of Hamilton is an active wildlife photographer, going beyond the normal range by hiking or paddling to come upon some breathtaking sightings. We're lucky to feature his exquisite compositions in this issue.

For those who want to experience nature in a new way, Sarah Earley shows us what it's like to go forest



▲ Renovating and remodelling: grass nesting material plus wood chips at the base of a large dead tree suggest that animals have been spring cleaning and perhaps enlarging their shelter.

bathing. Nudity is not required! It's an intriguing way to sharpen your senses and perceptions of the outdoors, and there are certified guides practising this all along the Niagara Escarpment.

This spring, specifically late April, is also when the Cheltenham Badlands open for the year. There have been significant changes and educational improvements to this strange landscape and we take a look at it in this issue. Its popularity may mean that a weekday visit will be easier than seeking parking there on a weekend. We regard this as a place that's certainly worth the visit.

Second Decade

We celebrated our 10th anniversary of publishing this magazine all through 2018. Reaching that is a significant achievement for any business, but for a publication that makes its biggest impact in print, it's almost miraculous

these days. Never mind that it's not a town or municipal publication going to every household in its distribution area. This magazine covers a much bigger area than just one town, city or even region. Yet it's not province-wide, making it of no interest to the largest brands that advertise through ad agencies. They don't "get" it. Fortunately for us, many advertisers, subscribers and readers do. We have identified a unique audience of like-minded spirits who are valued by the many brands,

businesses and organizations who do advertise. Our reach keeps increasing and we treasure everyone's support as we move through our second decade of discovering the wonders of the Escarpment.

Keep letting us know what we're doing right – and wrong!

Gloria

Gloria Hildebrandt

P.S. Wild animals need wild spaces.



Let us know what you think!

Write us at editor@NEViews.ca or *Niagara Escarpment Views*, 50 Ann St., Georgetown ON L7G 2V2.



More Online!

Keep in touch with Escarpment news between issues at our website. We have unique content not seen in the magazine, and you can leave comments in response. See www.NEViews.ca.



Niagara Escarpment Views is on Facebook as: www.facebook.com/N.E.Views

Readers Reply to Readers

Re: Letters to the editor re: Nature's Porn submitted by Ms. Pagani and Bervie:
With everything that's going on in the world today, that you should be so offended by a picture of a mushroom captioned "Nature's Porn" is quite frankly mind boggling. Had it not been captioned in that way what would have been your first thought? I know what mine would have been: "Wow that mushroom looks like a penis!!!!"...oops...I said the "P" word. And I'm sure most people would have the same reaction....and come on...you know it...so would you!!! Live a little...laugh a little. I'm sure it made a whole lot of people chuckle. I know I had a good guffaw!!!! NEV is celebrating their 10th anniversary....congratulations...and here's to 10 more!!! Cheers.
Diane Lennox, Virgil

I've only been a casual reader of your magazine until recently, when the article on "fungi porn" pulled me in with both its gorgeous photos and light-hearted sense of humour. I was dismayed to read the negative letters in the next issue! I can't believe people were offended (did they read it?) and completely missed the pop-culture reference. One of the wonderful things about mushrooms is their amazing variety, and any lover of nature would be proud to advertise alongside pictures of this quality. They are meant to draw attention! Please keep up the excellent work!

Lorysa Cornish, Brampton

P.S. I'm including a couple of pictures I took last fall - a mushroom that made me laugh and another that I thought was beautiful! Enjoy.

I would like to respond to the letter by Louise Bowlby regarding Wiarton Willie. First most people do not realize Willie an albino ground hog is actually domesticated. No different than a white rabbit, duck or goose as an example. Any person that loves nature knows that a white albino animal would only live a very short time in the wild due to its color. These animals are extremely rare in nature. Willie gives many people an opportunity to see a rare animal in his pen which is constructed in a natural setting.

To say the Wiarton mayor and council is keeping Willie caged up is selfish is just not a true fact. The town of Wiarton does not make millions of dollars off having Willie in his pen. The town is actually more of a convenience for tourists on their way through to other locales. The local businesses are closed after six daily and closed Sundays. They are not on tourist hours.

As for the comparison to dog owners many do keep them locked up in cages while at work. One lady in Wiarton that espouses animal rights lets her white German Shepherd run off leash constantly in the parks there harassing other dogs and people and does not practice what she preaches regularly.

We spend several months from spring to fall in the area and have done so for 25 years and always enjoy the beautiful scenery along with the occasional peek at Willie. He has put Wiarton and Ontario on the map by coming out looking for a shadow and we hope it continues for many generations to come.

Bob Holmes, Kitchener



I look forward to each new issue of *Niagara Escarpment Views*. I grew up hiking at Rattlesnake Point, then moved to Dundas and spent years - literally! - exploring the myriad of trails on foot and on horseback. We moved

to Tobermory several years ago; it seems the Escarpment is a constant in my life. I belong to a local writer's group, and am involved with the global movement '100 Thousand Poets for Change'. I would be very interested in seeing more creative writing, specifically nature-oriented in theme, in your magazine... Thanks again for producing an interesting and well-organized publication.

Lorraine Campbell, by email

I have been a Niagara Escarpment Views subscriber for several years. I love the magazine. Thank you for publishing such a unique and interesting magazine. We live

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50 Ann St., Georgetown ON L7G 2V2 Email: editor@NEViews.ca

Comment through: www.NEViews.ca OR [www.Facebook.com/N.E.Views](https://www.facebook.com/N.E.Views)



◀ "P.S. I'm including a couple of pictures I took last fall - a mushroom that made me laugh and another that I thought was beautiful! Enjoy."
PHOTOS SUBMITTED BY
LORYSA CORNISH, BRAMPTON

in Ohio near Cleveland but visit Canada several times per year especially places within the escarpment. We often patronize Escarpment Views advertisers when we are in the area. When we retire in a few years, we plan to explore the escarpments area in depth especially the Bruce Trail... Thank you again for publishing the Niagara Escarpment Views. I learn something new from each edition and find much inspiration for my next trip to the area! Our thoughts and prayers are with you on the loss of your Kelly.
Nell Rapport, Ohio

Editor's note: this was spotted on the Bruce Trail group Facebook page: Flashback Friday...a few weeks ago on this Bruce page, a few

were having a discussion about fungi. Yes, there's been many this year but in this particular one, member Gloria Hildebrandt provided a link to the magazine 'Niagara Escarpment Views' including where one could pick it up for FREE! A great 'fun with fungi' article was found inside! Once I'd found it at my local MP's office, I started to read it. In said magazine, I found that The Gallery Upstairs was holding a meet & greet with none other than Robert Bateman! Armed with some of his art, I was fortunate enough to spend a few minutes with this Canadian icon. The first thing I thanked him for was his belief & support of The Bruce Trail. Apparently he took a group of fans hiking last year! He signed a bunch of stuff, posed for a pic that I'll cherish forever & it would never have happened without this page, or great members like Gloria. Thank you, Gloria, for taking the time to add the link that day.
Bill Murray via Facebook

Recently I read the Winter 2018 NEV and was pleased to see a reprint of an article - "Getting ready for your Christmas pageant" by Colette Shand - from the *Niagara Anglican* of which I am the Editor. Thanks. Wonderful magazine.
The Reverend Hollis Hiscock, by email

I just picked up the Winter issue a couple of days ago... this time it was the article on Animal Shelters that inspired me to lead a land-based workshop about where animals go in the winter time. I really love your magazine... Thanks again for all you do.
Sarah Earley, Gore Bay

I have just picked up the latest edition of Niagara Escarpment Views and have learned more history of my family than I previously knew. I know of a few mills that were owned in the area. Especially ones that were owned by William Plewes, my great Grandfather. The article was very insightful. I learned some things I never knew. Thank you for running this article.
Bill Plewes, by email



I hear there is a story in your Views about the Water Mills of the Plewes Family and I would just love to read it and pass one to each of my brothers and sisters. I went around today in Collingwood where I thought I would find one but no luck. Can you please let me know where I can find one.
...After getting 15 copies out to my brothers and sisters I am now able to get back to you. We all loved it. What a wonderful story. A few of us knew the story but then there were some who forgot or just didn't know. SO THANK YOU FOR JUST A WONDERFUL TRIBUTE TO OUR FAMILY!
Lorraine Plewes Beattie, via Facebook



Enclosed you will find a cheque for a subscription to your magazine. I came across this particular magazine in my travels. It was delightful to read. I enjoyed the articles very much. Thanking you in advance for your time and efforts.
Mrs. Guadagno-Simpson, Elora

Correction: I was reading your Winter 2018/2019 articles on grist mills....I saw my home in your article (Kimberley Grist Mill) and just want to point out that it is my private residence. The wine making tenant left quite some months ago. Possibly a correction might be made to this? I would rather not have people coming here to see about the wine making when it is private property. Thanks very much.
Wendy Archer, Kimberley

This way to the rabbit hole.

Take a wonderful trip without leaving your armchair.

Give your eyes a break from electronic screens and unplug truly, madly, deeply. Sit back, turn the pages, revel in the size and beauty of this magazine's photographs. Your little screens can't do them justice. See the classic power of print.

You're part of a large group of people who love to spend time with magazines. According to research done by Magazines Canada, and what we hear about *Niagara Escarpment Views* in particular, magazines are read by all age groups and all genders. Readers don't want to miss a single issue. Readers become absorbed by the content and give it their undivided attention. Created by Canadians primarily for Canadians, this magazine speaks to a distinct community of citizens and consumers with similar values and similar concerns.

As you turn the pages of this magazine, let yourself go. Marvel at what there is to see and do all along the magnificent Niagara Escarpment.

Like Alice down the rabbit hole, you might get lost in Wonderland.

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EVENTS ALONG THE ROCK

Photos by Mike Davis except where noted.



▲ Niagara Parks hosted the Apprentice Cooks and Chefs Showcase Dinner at Queenston Heights Restaurant on Nov. 1. Apprentice cook Justin Lepine, left, received \$1,500 in awards from Paul Pennock, Niagara Parks' culinary services director and corporate chef. PHOTO PROVIDED.



▲ As co-sponsor of the Jan. 23 Halton Hills Chamber of Commerce Business After Hours, NEV advertiser StoneRidge Insurance Brokers' Stephen Stoute gave a short speech at Mold-Masters Sports Plex in Georgetown.



▲ On Nov. 15, Orangeville Lions Club and Rotary Club of Orangeville each contributed \$50,000 toward a new natural playground to be constructed at Island Lake Conservation Area in Orangeville. The nature-inspired play area will be larger than one acre and will feature plants, water, logs, boulders and terrain as well as a play structure. PHOTO PROVIDED.

► Fonthill United Church held its "Homes for the Holidays" tour of seven decorated houses on Nov. 17. Included in the ticket price was a scones-and-tea-or-coffee snack in the basement of the church, which was also holding a bake sale and crafts sale.



■ EVENTS ALONG THE ROCK

Photos by Mike Davis except where noted.



◀ Franklyn McNaughton and Keira Chianne performed a Mohawk song to open Mark Zelinski's presentation about his book *Heart of Turtle Island: The Niagara Escarpment* at Hiker's Haven in Oakville on Nov. 29.

► A new display of Cyclamen, Azaleas and Dusty Miller flowers at Niagara Parks Floral Showcase in Niagara Falls was unveiled on Jan. 19. The exhibition will remain until March 11.
PHOTO PROVIDED.

▼ Film goers studied display tables at the Jan. 23 viewing of *Jane*, part of Halton Hills Eco Film Fest at John Elliott Theatre in Georgetown.
PHOTO BY GLORIA HILDEBRANDT





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■ EVENTS ALONG THE ROCK

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EVENTS ALONG THE ROCK ■



◀ Light Up the Hills held ignition ceremonies in Georgetown, Glen Williams and Acton on a rainy Dec. 1. The light shows lasted until Jan. 3.



◀ The public art piece "Niagara Strait," created by Gordon Reeve, was installed in Niagara Parks Botanical Gardens, Niagara Falls, on Dec. 13. The piece is comprised of three stainless steel walls which mimic the sheer walls of the Niagara Gorge.
PHOTO PROVIDED.



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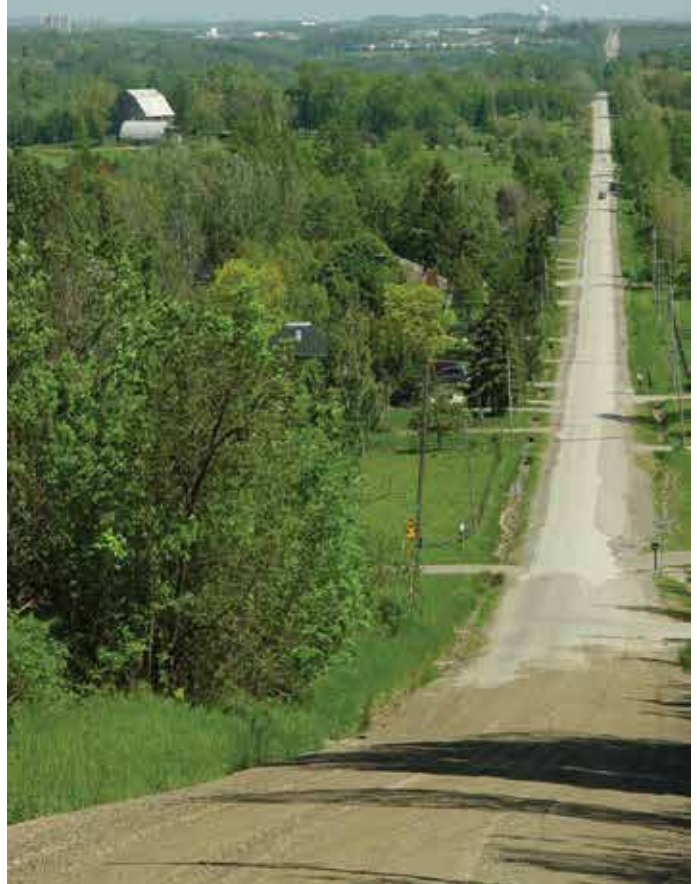
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▲ Upper Credit Humane Society held a successful books and puzzles sale at Georgetown Marketplace on Jan. 26 to raise funds for their mission of helping abandoned, stray and surrendered pets. PHOTO BY GLORIA HILDEBRANDT

▼ Grand Oak Culinary Market in Vineland held a Christmas Open House on Nov. 17.



► Ron de Boer, of Gallery de Boer in Owen Sound, is hosting a show and sale of art by many important Indigenous artists, including Norval Morrisseau, Carl Beam and Leland Bell.



Three Lots Left on Manitoulin's Only "No-Motor" Lake

Only three lots remain available in Timberstone Shores, a 20-lot development on the east shore of Nameless Lake near Gore Bay, Manitoulin Island. The development is intended for those who value nature, peace and quiet, and limits on a built environment. No boats with an internal combustion engine are allowed on the lake.

"Electric outboards are fine," says developer Bryan Barfoot. "We don't allow gasoline-powered watercraft for reasons of noise, pollution and wake." The public has no access to the lake, which is intended solely for owners and their guests. The view of the opposite shore will remain of undeveloped forest.

"The emphasis of the development is to preserve the lake's outstanding water quality while providing exceptional privacy and long-term security," states Timberstone's marketing material.

The maximum 20 lots share 2 ½ miles of lake shore and the subdivision covers roughly 80 acres on the eastern shore. On average, each property has 265 ft. of frontage and 3.5 acres in total. There are currently nine year-round homes in the subdivision.

Features, Restrictions

Lot owners will share an additional 200 acres and 7,650 feet of lake shore within a wilderness preserve.

Lots are serviced by sub-surface hydro and telephone lines. Water can come from drilled wells or from the lake, because Ministry of Environment has designated it as "Level One water quality." Every lot will be able to have

a conventional septic system, which must be pumped out at least once every five years.

Buildings must meet certain standards to harmonize or blend in with the surroundings. The principal residence must be at least 1,200 sq. ft. of interior space. Many items like power lines, satellite dishes, clotheslines, boats and trailers, must be stored in a way not to be visible from the lake or other lots. There are time limits on the use of noisy power tools in the summer.

Costs

"Properties start at \$189,900 which includes a lifetime membership in the Nameless Lake Preservation Association," says Bryan. "Please refer to our website for the most current information and promotions." Capital projects for such common use improvements as trails, picnic areas, boardwalks, will be voted on by members, and won't exceed \$200 per lot per year.



▼ Western view of Nameless Lake. PHOTO PROVIDED.



▲ Southwest view from garden on shore of Nameless Lake. PHOTO PROVIDED.

"We welcome any interested visitors," adds Bryan, "but we suggest they make contact to ensure that we will be here to greet them."

Contact Bryan
or **Barbara Barfoot** at
705.282.0075 or 877.282.0075,
or inquiry@timberstone.com
or use the contact form at
www.timberstone.com.

Southern Summer Lushness

Niagara-on-the-Lake 2018 Garden Tour

A photograph of a garden with yellow daylilies and a black metal railing overlooking a body of water. The garden is lush with green foliage and yellow flowers. A black metal railing runs along the edge of the garden, overlooking a body of water. The railing is made of black metal posts and a black metal handrail. The garden is filled with yellow daylilies and other green plants. The water is a deep blue color. The sky is a clear blue color.

As one of the southern-most communities near the Niagara Escarpment, Niagara-on-the-Lake has gardens that can include tender Carolinian species that don't grow well or at all, further north. Last year's Niagara-on-the-Lake Horticultural Society's garden tour on July 7 was the 27th annual, and was a picture of summer lushness. Here are some of our favourite photos from these gardens.

PHOTOS BY MIKE DAVIS | WORDS BY GLORIA HILDEBRANDT

▼ The view from this well-kept garden in Niagara-on-the-Lake is breathtaking. The lakeside daylily border frames Lake Ontario and the skyline of Toronto opposite.



▲ The highlight of this garden on Regent St. was the tempting pool and house framed by Lavinia climbing roses. Planters with purple Oxalis punctuate the pool edge. Perfectly clipped cedar hedges divide the space into delightful “rooms” that invite more exploration than an open yard would do.



▲ Many of the plants in this Johnson St. garden are large. Many mature trees fill the space, including shaped Yew and Boxwood. This is a second property for the owner, who uses it as a studio and guest house.

It was easy to spot the houses that were on last year’s garden tour in Niagara-on-the-Lake. People with programs in hand streamed toward certain addresses that were marked with balloons, signs and volunteers seated at

tables in the shade. There were 10 gardens on this tour, which raised funds for the Niagara-on-the-Lake Horticultural Society. Fitting them all in was difficult, because each location deserved a long visit and inspection.

Continued on page 22

▼ A spectacular two-storey Climbing Hydrangea in full bloom covers the chimney at the side of this Victoria St. house.





▲ Gail Appel stands amid an old, huge Camperdown Elm which is underplanted with Hostas. She owns both this Johnson St. property and the garden with a view of Lake Ontario.



▲ The focal point of the back garden of this Platoff St. property, this white pergola is surrounded by Carolinian Tulip Trees, ferns, Clematis, seasonal baskets and more. Inviting furnishings have brought the indoors out.

◀ A large blooming Clematis against a white trellis gives a punch of colour in this Regent St. garden.

► Ornamental grass, blooming Hydrangea and Daylilies stand out in this front garden on Simcoe St.



▼ An impressive variety of native plants grow at the creek edge of this William St. garden. Ten years ago, invasive Reed Canary Grass was cut down and smothered for a year before Niagara Peninsula Conservation Authority and the owners could replace it with bird- and butterfly-attracting plants like Raspberry, Serviceberry, Chokeberry, Kentucky Coffee Tree, Asters, Goldenrod and more.





◀ Ruth and Mike Belfie worked hard to turn the floodplain next to the creek at the bottom of their garden into a space lush with native plants.



◀ Interior designer Gloria Thurston applied her skills in creating this 12-year-old garden on Platoff St.

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▲ The lovely back garden of this bed and breakfast on Victoria St. features a charming guest house among the trees, plants and flowers. A central Dappled Willow is surrounded by a Yew hedge.

► The repetition of terra cotta pots of Boxwood on this antique stone bench is a good lesson in green and white minimalism in the Wellington St. garden.



Continued from page 18
They were so pretty, it was hard to leave.
There are garden tours each year in many

Escarpment towns and neighbourhoods. You can explore your own community or go further

afield to experience what others are doing. Bring a hat, sunscreen, camera and plan to make a day of it. **NEV**

Gloria Hildebrandt and Mike Davis are the owners and publishers of Niagara Escarpment Views.



▲ A Green Frog looks fearlessly at the crowds of visitors to its Victoria St. pond with two waterfalls.



▲ This white gazebo is a charming feature in this green garden on Wellington St. near the Niagara River. English Ivy covers a fence, Boxwood hedges frame Hydrangeas and white Muskoka chairs line up on the broad lawn.

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A person wearing a dark blue winter jacket, a purple and orange beanie, and a red scarf is sitting on the forest floor, looking towards a large tree trunk. The forest floor is covered in dry pine needles and small pine cones. The background shows many tall, thin tree trunks and some green foliage in the distance.

BEING IN THE MOMENT: *Forest Bathing along the Niagara Escarpment*

BY SARAH EARLEY

The Japanese practice of “bathing in the forest” means simply being in the forest, absorbing your surroundings and improving your well-being. There are three certified forest therapy guides who practise this near the Niagara Escarpment in Canada.

▲ Forest bathing begins with “pleasures of presence,” an invitation to bring awareness to the senses. Short Hills Provincial Park, PHOTO BY JONATHAN SEILING.





▲ Participants doing the “camera and mirror” exercise in Bruce Peninsula Park. PHOTO BY ROB KLEA.

◀ The “sit spot” invitation is the suggestion to find a spot to sit quietly and observe what is happening around you. Kagawong River Trail, PHOTO BY SARAH EARLEY.



► Noticing the sounds the river makes, on the Kagawong River Trail. PHOTO BY SARAH EARLEY.

We all know how good being in nature can make us feel.

It can ease our stress and worry, help us relax and think more clearly. The sounds of the forest, the scent of the trees and breathing the fresh, clean air can restore our mood, and leave us feeling refreshed and rejuvenated. Have you ever wondered why

you feel better after taking a walk along a forested trail?

According to Qing Li, author of *Forest Bathing: How Trees Can Help You Find Health and Happiness*, the health secrets of trees seem to lie in two things: the higher concentration of oxygen that exists in a forest, as compared to an urban setting and the presence of plant chemicals called phytoncides.

Phytoncides are the natural oils that a plant produces as part of its defence system against pests and parasites. These oils help humans too. While you walk along a forested trail and breathe in these natural compounds, your body responds in a positive way. Physiological stresses are reduced because cortisol levels decrease while heart rates and blood pressure



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also lower. Research has documented higher numbers of immune and cancer-fighting cells along with notable decreases in blood-glucose levels in diabetic patients.

Therapeutic Benefits

When I experienced forest bathing for the first time, I found myself relieved of the heavy feelings of grief I had been carrying after losing my mother. A simple invitation to move a rock from one location to another “gifted” me a new way of connecting to loved ones that have passed, and helped me move through my feelings of grief.

“Being mindful in the forest can be really renewing for people,” says Melissa Bolinger Seiling of Niagara Nature and Forest Therapy. Many studies have also indicated that spending time in nature can reduce stress, anxiety, depression and anger; and boost overall well-being.

Rob Klea, owner and founder of New Trail Forest Therapy based out of Tobermory, works as a forest therapy guide with youth who have had life experiences that affect their ability to function in their everyday lives. He is convinced that forest bathing has a positive impact on focus, even for children with ADHD.

I myself have seen a student with ADHD stop being disruptive when outdoors in nature. He became engaged in the learning, motivated, focused and often took a leadership role with his classmates.

The Japanese call being in the forest “*Shinrin-yoku*.” *Shinrin* means “forest” and *yoku* means “bath.” So *shinrin-yoku* means bathing in the forest atmosphere, or taking in the forest through our senses. This practice was developed in Japan during the 1980s and has become the foundation of preventative health care and healing in Japanese medicine.

As a practice, forest bathing has spread worldwide. In North America, the



▲ Responding to an invitation to create ephemeral earth art on Kagawong River Trail. PHOTO BY SARAH EARLEY.

California-based Association of Nature and Forest Therapy (ANFT) is working to train certified forest therapy guides around the world. The cost of training through the ANFT is about \$3,500 U.S. for an eight-day training course followed by a six-month apprenticeship during which time guides-in-training are mentored as they develop their own personal guiding practice and continue to develop their connection to nature. To date the ANFT has trained more than 600 guides worldwide and 67 guides in Canada, of which there are currently three certified forest therapy guides that lead walks along the Niagara Escarpment in Ontario.

Getting Out There

Taking part in a guided walk can cost from \$40 to \$70 per person depending on the location, the guide and the number of participants. You might be wondering why you would need a guide when you can simply walk through the forest on your own.

“It is true,” says Melissa, “If you can truly slow down. However, often our brains take over, we begin thinking and ruminating which takes us away from the present moment.” A guide helps the participant to slow down, facilitating the letting go of the thinking brain and allowing the participant to simply “be” and fully immerse in the experience.

► Guides may play instruments like the flute or singing bowls to signal participants that it is time to ‘come back’. Kagawong River Trail.
PHOTO BY SARAH EARLEY.



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▲ As you move along the trail, you will be invited to notice what is in motion. Bruce Peninsula National Park. PHOTO BY ROB KLEA.



“It’s not about getting exercise, nor is it about learning about nature. It’s about being in the moment and absorbing your surroundings,” Melissa adds.

The focus of a forest bath is not to cover distance as you may when you are out for a hike, but to really slow

down. At the end of the guided experience you may have walked only half a km.

While guided forest therapy walks have a standard sequence in the way that they unfold, they can look quite different depending on the surroundings and the guide. On a few of her walks Melissa

has asked her participants to select a stone. She then invites them to allow their stone to “hold” their worries and distracting thoughts so that they can fully engage in their forest bathing experience without any preoccupations.

Guided walks can last between two to three hours.

During this time the guide will offer an evolving series of invitations designed to help participants slow down and open their senses. You might be invited to inhale the scent of fallen leaves as you crush them between your hands or to simply notice the birds as they flit from tree to tree.



▼ Tea Ceremony on the shore of Georgian Bay in Fathom Five National Marine Park.
PHOTO BY ROB KLEA.

The experience ends with a Japanese tea ceremony - wildcrafted tea, infused with native plants harvested along the trail with the first cup being offered to the forest as a way of giving thanks.

Shinrin-yoku. Forest bathing. Forest Therapy. No matter what you call

the practice, the goal is to slow down and to be in the moment. **NEV**

Sarah Earley is a forest therapy guide and land-based educator who lives on Manitoulin Island where she lives a life in connection with nature.

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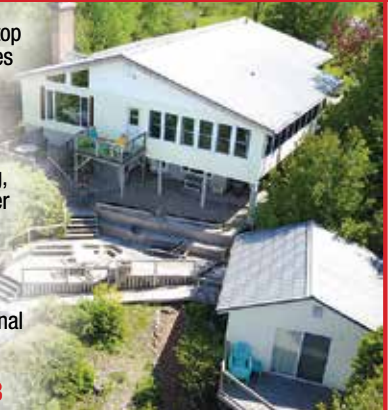
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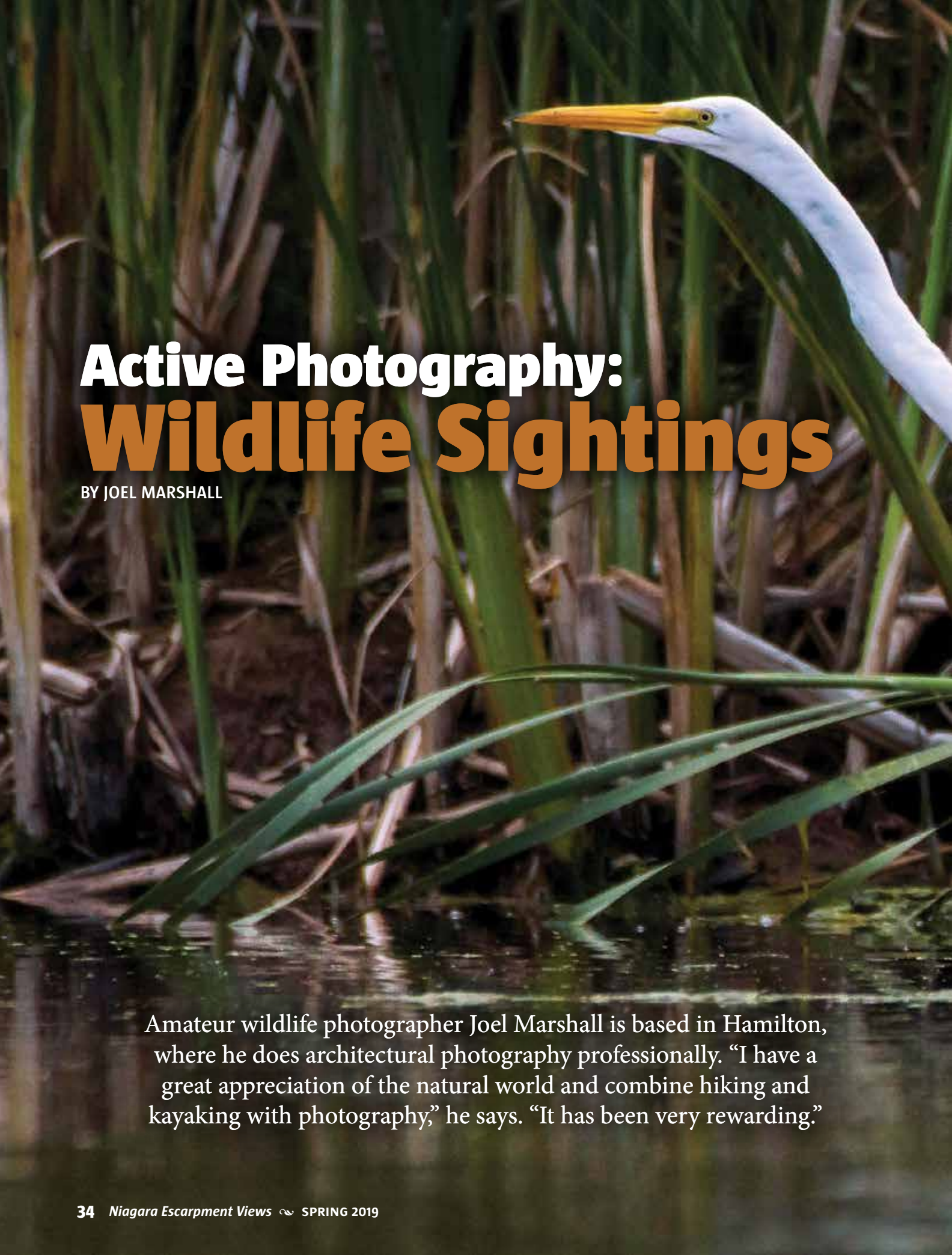
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Toronto seen from Escarpment Side Road in Caledon.
PHOTO BY MIKE DAVIS.





Active Photography: Wildlife Sightings

BY JOEL MARSHALL

Amateur wildlife photographer Joel Marshall is based in Hamilton, where he does architectural photography professionally. “I have a great appreciation of the natural world and combine hiking and kayaking with photography,” he says. “It has been very rewarding.”



▲ Last summer while kayaking on Grindstone Creek downstream from Waterdown on the Niagara Escarpment, I spotted this Great Egret fishing along the bank. This photo was taken from my kayak. This bird is difficult to expose properly because of its extremely bright plumage.



► Late on a day in September on Grindstone Creek in Burlington, I took this photo to capture that golden hour when the light is perfect. Luckily, this Osprey flew directly into the setting sun. The Osprey have done a swell job of depleting invasive species of fish.



▲ One December at Hamilton Harbour in Lasalle Park, Burlington, I was out photographing ducks and waterfowl on a very frigid day with little open water on the lake. This male Wood Duck strode on the snow along the shore, heading back into the water.



▲ My favourite heron is the Green Heron and while it was fishing it obliged me with a nice pose. This was shot on Grindstone Creek in Hendrie Valley, Burlington.



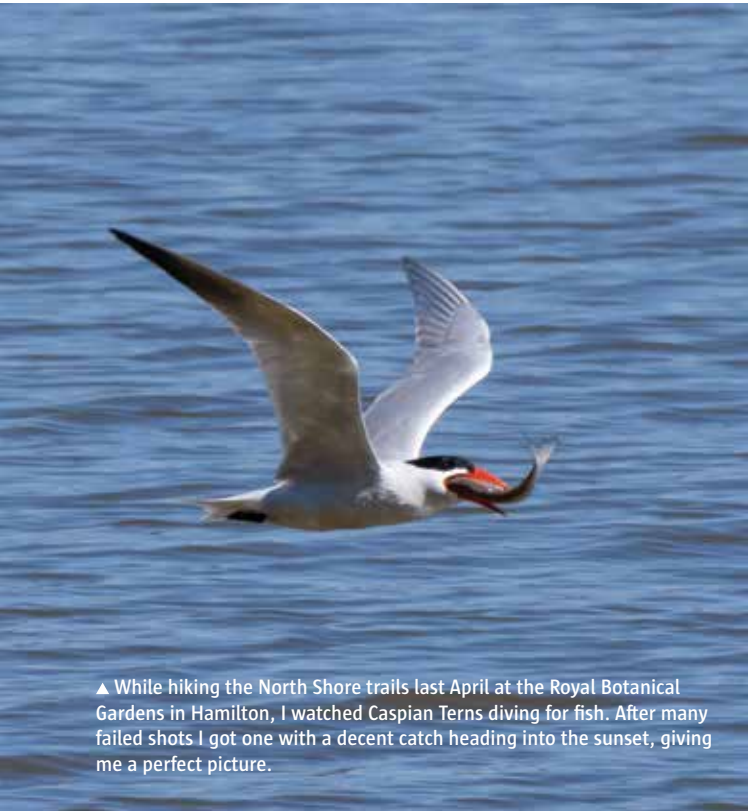
◀ While out on a shoot last October, looking for deer and photographing a few does, I came across this prize buck that appeared to be foraging in Goldenrod. Luckily, I was there to get a few shots off. This was just steps off the Bruce Trail on Hamilton Conservation Authority land in Ancaster.



▲ While kayaking last summer on Grindstone Creek in Burlington's Hendrie Valley, I saw these Trumpeter Swans and cygnets heading upstream, keeping pace with my paddling. Hendrie Valley is located downstream of Spooky Hollow on the north Escarpment.



▲ Last November while hiking at Hamilton Conservation Authority, I got this photo of a White-Tailed Deer with an asymmetrical rack. The annual rut was on and the deer were very active. This buck was foraging at the time and I waited for it to get into the open for a clean shot. This buck's rack has two points on one side and four on the other. This photo was taken just off the Bruce Trail along the Niagara Escarpment in Ancaster.



▲ While hiking the North Shore trails last April at the Royal Botanical Gardens in Hamilton, I watched Caspian Terns diving for fish. After many failed shots I got one with a decent catch heading into the sunset, giving me a perfect picture.



▲ Last May I was watching how intent this Great Blue Heron was, fishing in Grindstone Creek at Valley Inn Road in Hamilton. The light was perfect: a bright overcast sky gave soft diffused lighting without strong shadows.

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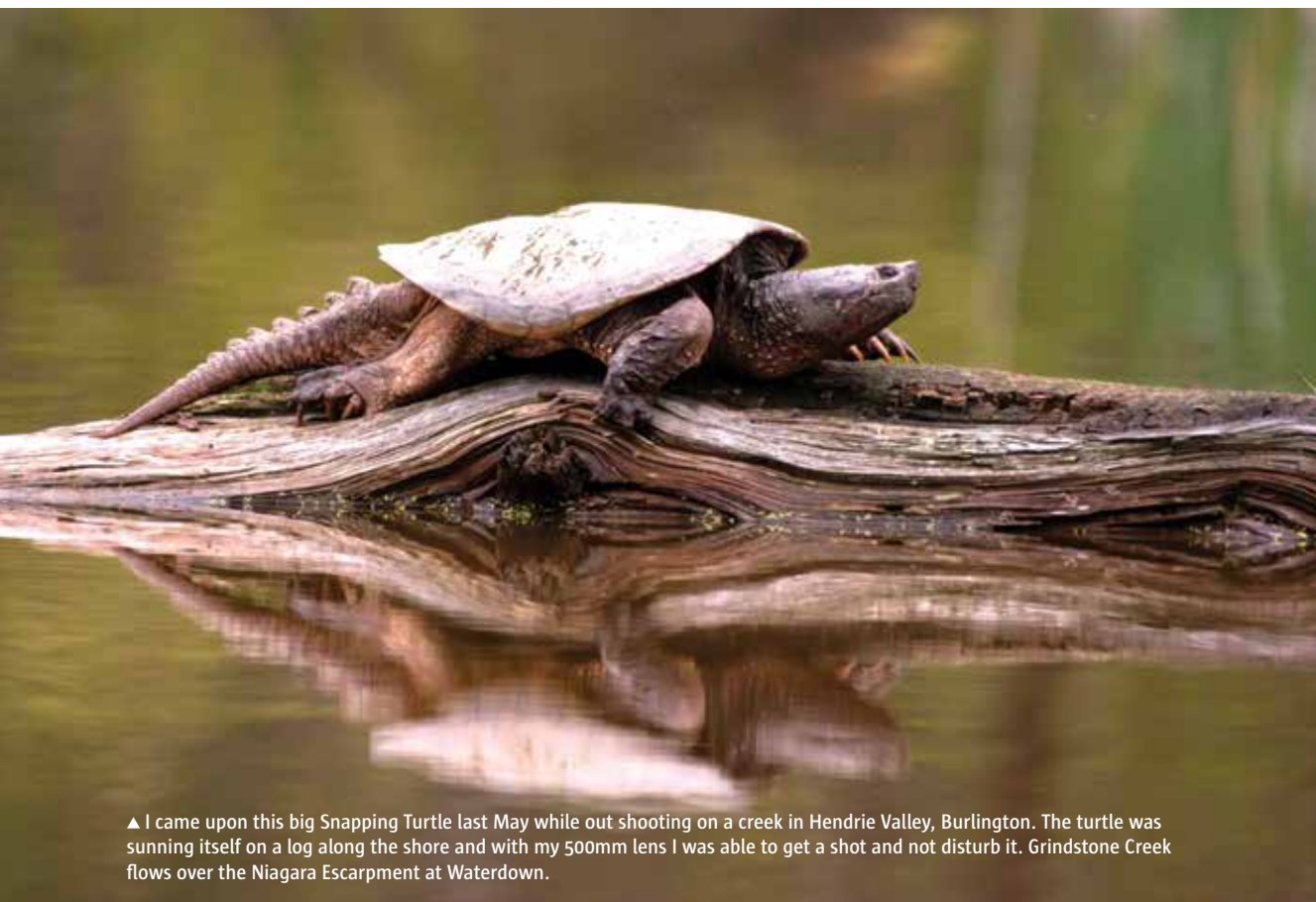


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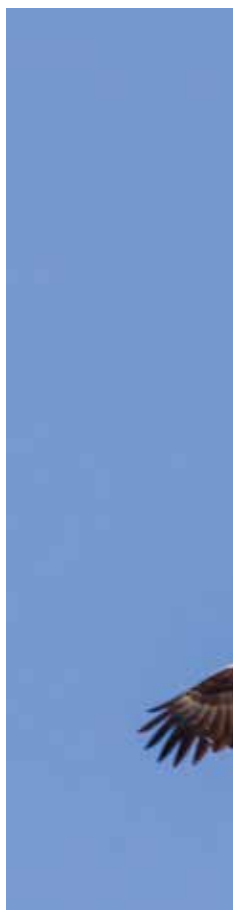
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▲ I came upon this big Snapping Turtle last May while out shooting on a creek in Hendrie Valley, Burlington. The turtle was sunning itself on a log along the shore and with my 500mm lens I was able to get a shot and not disturb it. Grindstone Creek flows over the Niagara Escarpment at Waterdown.



▲ Last spring on a hike to photograph eagles on the Nith River in Waterloo, I spotted this adult Bald Eagle perched in a pine tree against a dark backdrop.



▲ On a visit to the Urquhart Butterfly Garden in Dundas last summer, I waited for an hour before finally sighting this female Ruby Throated Hummingbird feeding on this Cardinal Flower (Lobelia). These fast fliers don't hang around long and after multiple shots I got one that I liked. This Butterfly Garden is located at the west end of the Desjardins Canal in the valley town of Dundas.



▲ This pair of Bald Eagles were circling over the Nith River while I was hiking along the trail. They seemed to be enjoying each other's company as they circled overhead. I was able to get several shots.

Joel Marshall's interest in photography has been lifelong, with his first camera being a Polaroid. He moved on to 35mm film cameras and studied photography and processing black and white films at Dundas Valley School of Art. His wildlife gallery is available on Instagram at [instagram.com/joelmarshallphotography](https://www.instagram.com/joelmarshallphotography). Prints are available by contacting joelfmarshall@gmail.com.



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TAMING THE

WRITTEN BY GLORIA HILDEBRANDT | PHOTOS BY MIKE DAVIS

Cheltenham Badlands | Les Badlands de Cheltenham

Formation

How Were the Cheltenham Badlands Created?

You are looking at a large expanse of exposed red Devonian shale that contains thin layers of siltstone and sandstone.

The shale bedrock of the badlands was formed about 430 million years ago during the Late Ordovician geological period. At that time much of the northern hemisphere was under water.

The green-grey streaks are created by groundwater circulating through openings in the shale. The concentration of more acidic groundwater can create oxygen-poor conditions that make the soil turn a sickly green.

430 Million Years Ago (Iron-rich mud and sand)

- At this time, America was covered by a shallow sea. The ocean's Ordovician sea was 100 feet deep. The first land on the rocky coast was the Ordovician sea.
- A lot of mud and sand was brought to the shore of the sea. The mud and sand were rich in iron. The mud and sand were rich in iron. The mud and sand were rich in iron.

350 Million Years Ago (Exposing layers of rock)

- The shallow sea that had been and then several times over millennia began to dry up for the first time.
- The layers of mud and sand in the sea were exposed to the effects of weathering and erosion from wind, rain and sun.
- The erosion began to reveal the red Devonian shale.

Over 10,000 Years Ago

- By thousands of years, the badlands were in the middle of the erosion. The erosion was in the middle of the erosion. The erosion was in the middle of the erosion.
- The erosion was in the middle of the erosion. The erosion was in the middle of the erosion. The erosion was in the middle of the erosion.

430 Million Years Ago | 430 millions d'années

Il y a 430 millions d'années (Boue et sable riches en fer)

- À cette époque, l'Amérique était couverte d'une mer peu profonde. L'océan ordovicien était d'une profondeur de 100 mètres. La première terre ferme sur la côte rocheuse était l'océan ordovicien.
- Une grande quantité de boue et de sable riches en fer ont été apportés sur la côte. La boue et le sable étaient riches en fer. La boue et le sable étaient riches en fer.

350 Million Years Ago | 350 millions d'années

Il y a 350 millions d'années (Exposition des couches de roche)

- La mer peu profonde a commencé à se sécher. La mer peu profonde a commencé à se sécher. La mer peu profonde a commencé à se sécher.
- Les couches de boue et de sable ont été exposées à l'air. Les couches de boue et de sable ont été exposées à l'air. Les couches de boue et de sable ont été exposées à l'air.

Il y a plus de 10 000 ans

- Par milliers d'années, les badlands ont été exposés à l'érosion. Par milliers d'années, les badlands ont été exposés à l'érosion. Par milliers d'années, les badlands ont été exposés à l'érosion.
- L'érosion a commencé à révéler la roche rouge. L'érosion a commencé à révéler la roche rouge. L'érosion a commencé à révéler la roche rouge.

BADLANDS

The Cheltenham Badlands in Caledon are a provincially significant Earth Science Area of Natural and Scientific Interest. After being fenced off from the public for more than three years, the area is now open for viewing from the end of April to the end of October each year. Excessive foot traffic by people had threatened the site until a new way of experiencing it could be developed. Now the site is educational, accessible and safe.

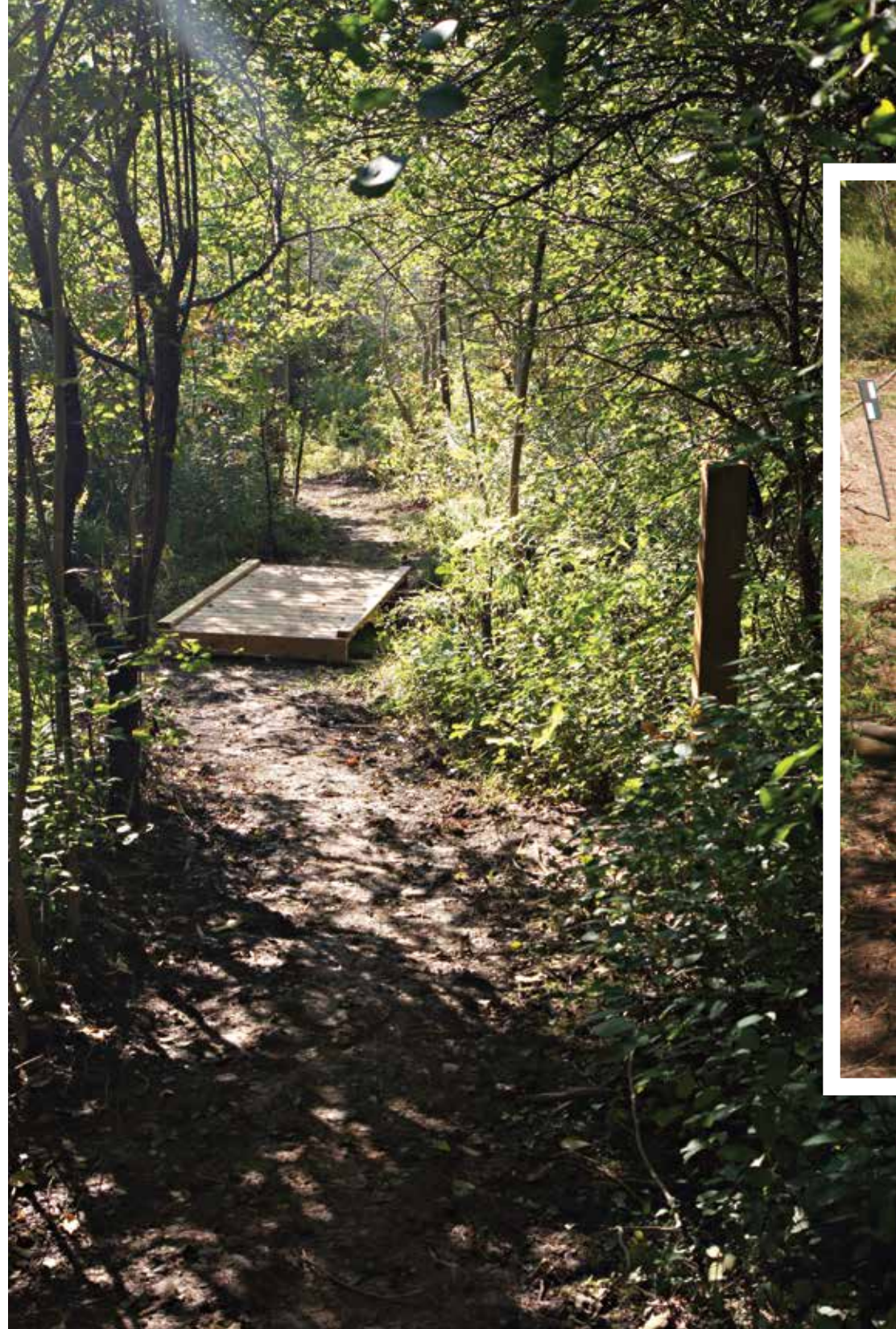
◀ A wooden boardwalk and viewing platform with interpretive panels lets people appreciate the Badlands without walking on them.

► The path from the Badlands parking lot to the viewing platform has well-built bridges.

The Cheltenham Badlands have been saved. That's one opinion. Another is that they've been ruined by development. Everyone can agree that there have been changes to the Badlands. They were taken over by Ontario Heritage Trust (OHT) in 2002 to secure and conserve them, and to protect 1.4 km of the optimum route of the Bruce Trail at this location.

The site was temporarily closed in June 2015, but even before this, the first sign of change was that parking became no longer permitted on the roadsides anywhere near the Badlands. You couldn't even stop to admire the view.

"The growth in popularity of the site in the years leading up to its closure had resulted in several public safety and conservation issues," says Kendrick Doll, natural heritage coordinator with OHT. "The thousands of individuals who were visiting the site each year were faced with dangerous conditions stemming from traffic congestion along Olde Baseline Road due to a lack of dedicated parking facilities at or near the site. Additionally, the growth in visitation to the site resulted in significant and measurable erosional impact that threatened the rugged topography of the Badlands. Each of the



thousands of visitors who set foot on the Badlands was causing irreversible damage."

Studies have shown that since the early 1970s, up to three metres of elevation have been lost from the formations.

New Features

In the autumn of 2018 the Badlands were reopened to public viewing with many built conveniences: a parking lot down the road, one accessible parking spot at the roadside entrance, a short trail between the parking

lot and the Badlands, and a long sturdy boardwalk and viewing platform at the edge of the site, with information panels. The lands themselves remain fenced off. You can look but not make contact.

According to Kendrick, "These trail and site



▲ Change in direction: the path to the site uses part of the Bruce Trail that passes through this area.

► Deer are happy to use trails established by people. These tracks were fresh on the morning of the September 2018 opening ceremony for the new facilities.



infrastructure works cost approximately \$1.2 million, which was made possible by funding provided by the Government of Ontario, Region of Peel, Canada 150 Community Infrastructure Program and TD Friends of the Environment Foundation.”

There can be no argument that the bilingual interpretive panels are valuable. They tell you pretty much everything you might want to know about the Badlands: what they are formed of, how they were created, and how people



▲ Worth the visit: this heavily eroded site has a haunting beauty, especially with the narrow contrasting streaks in the red shale.

▼ This is the first sight of the Badlands from the parking lot path. Fencing is intended to prevent access.



▲ The viewing platform comes into view at the end of the path. There is a surprising amount of invasive Buckthorn bordering the walk.

have changed the land.

The undulations of the Cheltenham Badlands are part of the Queenston Shale Formation, a bedrock of shale containing layers of siltstone and sandstone. The distinctive narrow bands of green-grey streaks are red iron oxide that has turned green from groundwater.

Like most of the land near the Niagara Escarpment, this

area was shaped by water about 450 million years ago. Red clay was deposited and formed into layers that are known as the Queenston Shale Formation. More recently, about 250 million years ago, weathering and erosion began to reveal this red shale. Earlier than 10,000 years ago, glaciers and meltwater deposited rich soil which permitted forests to thrive.

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▲ The Badlands are near the village of Cheltenham, on Olde Base Line Rd. west of Chinguacousy Rd. and east of Creditview Rd. There is no parking on the road other than the one accessible spot. A 33-space parking lot is situated just east of the site.

People had a big impact on the land. While Indigenous people used the land, especially the forerunners of the Mississaugas of the Credit, their practices were not long lasting. It was European farming settlers who caused the Badlands to be what they are today.

One interpretive panel explains “The removal of trees and early farming practices caused the shallow topsoil to erode away, rendering the land unsuitable for

farming and exposing the red shale to the elements.”

Parking

There have been grumblings from people over parking issues. In the lot are about 33 spaces at a cost of \$10 per car. You can stay all day for this rate.

Kendrick explains: “Parking fees are collected to offset operating costs to manage the site. Ongoing management activities include property and trail maintenance, garbage

collection, parking lot and traffic management, trail and visitorship monitoring and natural heritage assessments to document any notable ecological changes and inform management planning.”

There is only one accessible parking spot at the entrance to the boardwalk. Spaces like these in the parking lot are not practical because the route to the boardwalk is too steep for easy access.

“Due to site and safety constraints relating to available

sightlines, only one parking space complied with the Town of Caledon’s on-street accessible parking provisions,” explains Kendrick. Plans are in the works to increase this.

“The addition of two accessible parking spaces and a new accessible trail to link the parking lot and accessible boardwalk are prioritized as part of the first phase of development of the [long-term] master plan,” he adds. Fundraising will be needed to create the two regulated

▼ The site from the road end of the viewing platform.



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► The view from the road. Protective fencing surrounds the site.





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accessible parking spots.

On weekends shuttle buses run from Terra Cotta Conservation Area where there is room for more paid parking. While Ontario Heritage Trust owns the Badlands, daily operations are managed by Credit Valley Conservation (CVC).

Evan Orme, assistant superintendent for CVC's conservation parks division, says "CVC is currently analyzing this year's data [from 2018] and visitor usage to determine the success in 2018 as well as any improvements and logistical improvements for 2019."

Access to the Badlands closes each winter because the parking lot and trails will not be maintained. Evan explains that this is done with all CVC parks that don't have winter programs. He adds that "once the feature is snow covered you can't see much anyway."

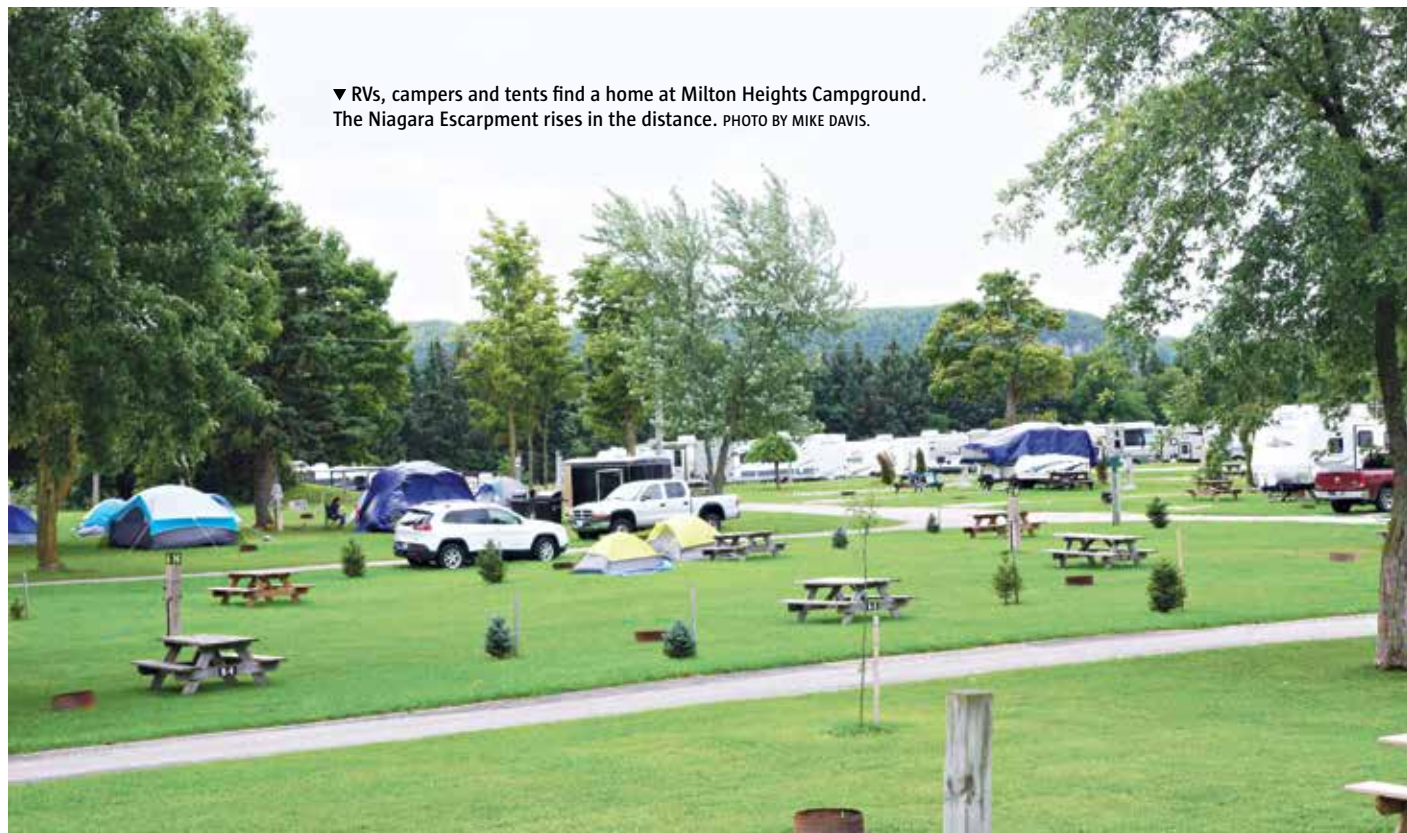
This may be true when there's a deep snow cover, but if the snow is sparse, the effect can be even more striking, as is shown by the centre photo of this magazine's Winter 2010 issue, when it was called *Escarpment Views*.

There is an irony that the Badlands, which were created by the activities of past farmers, have to be protected from destruction by today's visitors.

Evan declares "CVC's goal is to balance protection, education and appreciation of the site. We're committed to managing the Cheltenham Badlands in a responsible way to preserve its cultural heritage and protect the natural environment for future generations to enjoy and appreciate." **NEV**

Gloria Hildebrandt and Mike Davis are co-founders, co-owners and publishers of this magazine.

Eat & Stay Along the Niagara Escarpment



▼ RVs, campers and tents find a home at Milton Heights Campground. The Niagara Escarpment rises in the distance. PHOTO BY MIKE DAVIS.

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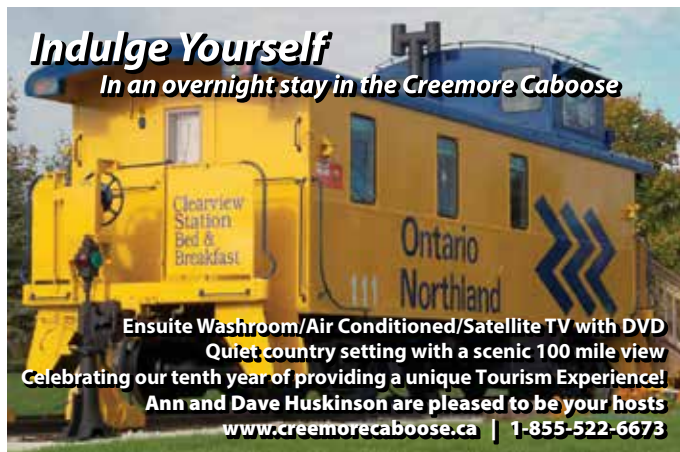
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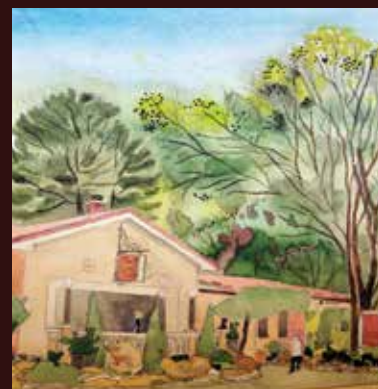
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Conserving or Profiting?

By Gloria Hildebrandt

When I die, or if I have to sell this property and move, I would like it to remain a nature preserve, as my father always thought of it and wanted it to remain. I can protect it in perpetuity through a conservation easement, which is “a legal agreement between a landowner and a land trust or government agency that permanently limits uses of the land in order to protect its conservation values on it through a recognized conservancy organization.”

I’ve been studying a contract for a conservation agreement, and there are a lot of details to think about, more than I ever imagined. I can prevent any structure from ever being built on the protected land, but I’ve been thinking about installing a heritage sign with the history of the property on it, and possibly a “bunkie” or nature-viewing blind in the forest. And I can deny a dock or diving board at the pond, but I thought a dock might be good at the water’s edge. No scrap metal is to be stored anywhere for longer than three months, but at the moment, we have a bent metal shelving unit waiting to go for recycling, so three months is too short a time. The contract says there should be no livestock animals in the protected zone, but what about a goat to graze back the grapevines and invasive species? Cats and dogs are supposed to be kept on a leash in the protected area, but while I don’t have cats, I like to let dogs run free when we walk through the woods.

Fortunately, I can alter all

parts of the agreement, but I don’t know exactly what I want and what’s fair for future residents here, which could be my younger relatives. Trying to think of the future, I imagine the property being surrounded by residential development, big houses on relatively small lots of land.

Farmland Development

I remember some years ago we had a change of provincial government and newly appointed Niagara Escarpment Commissioners were favourably disposed to development near the Escarpment, with the result that in my rural area, a subdivision was approved for former farmland. Should that happen again, my property taxes could leap and I could be on a pseudo Bridle Path of costly, although small, properties.

What’s to prevent my neighbours from carving up their own large parcels and getting huge cash windfalls? Part of my property is close to the road but some distance from my house. People could trespass and do damage there before I could notice. It could become a problem.

Then I had an evil thought: maybe I could wait for the inevitable change of government and be one of those who benefit from favourable development plans. If this whole area is being developed anyway, maybe I could sell that troublesome corner for a good chunk of change. If nobody else cares about preserving and protecting land, why should I?

I dwelled on these thoughts for a few days, especially when walking around my property. It would be nice not to have to worry about that far end of land. An extra \$100,000 or more would be a

great addition to my savings. I would have less land to work, and more money. Maybe I should just hold off on that conservation easement for a few years and see how the political winds blow.

Land or Money?

While walking the paths of the property one day, I asked myself whether I really cared that much about more money. How did I feel about losing that corner of land? As I walked on the low-lying area near the swamp, a little away from the corner in question, I had a very strong feeling that I wanted to keep that land, that I would miss it if it were lost to me, that I would resent

having people live on it, that I like it very much just as it is, another few acres to walk around and tend, watching its trees grow, taking the dead ones for firewood, getting rid of the Buckthorn, watching for the fungi to appear in the fall, gathering pine cones before Christmas, and including its paths on my rides around with the tractor mower. Money is great but it never gives me as much happiness as being outside on my land, among the birds and the bugs and the breezes and the blooms.

Gloria Hildebrandt is editor, co-founder and co-publisher of Niagara Escarpment Views.



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Protecting 17 Per Cent by 2020

By Bob Barnett

Ontario has 244 of Canada's 521 species at risk. Escarpment Biosphere Conservancy (EBC) has proposed to protect the habitat of 28 of these species on 17 new reserves, in an ambitious new effort. Those properties have 63 occurrences of those species, with some, like the threatened Massasauga Rattlesnake, recurring four times. Perhaps more "popular" are the endangered Spotted Turtle or threatened Eastern Whip-poor-will. EBC is certainly working in an ecological hot spot. Virtually all of those potential reserves are adjacent to an existing EBC reserve or one protected by a government or another conservation organization. Each expansion of habitat is a major step forward in staving off extinctions.

Historically, funding to protect species has been targetted toward research and restoration. Now, with 2020 speeding toward us, the International Biodiversity goal of protecting 17 per cent of our land is, wisely, becoming the favoured approach to preventing extinctions. E.O Wilson and other ecologists make it clear that it is not just increasingly rare species that need room, but our society must set aside half the land to protect our ability to live on this planet. When I complained to David Suzuki that the government wasn't helping us get to their goal of 17 per cent, he pointed me to Wilson's seminal book *Half Earth*. The latest federal budget sets out \$1.3 billion over the next few years to reach the 17 per cent goal.

The Canadian government, through its Habitat Stewardship Program (HSP), has announced funding and set out priority areas for protection. EBC

doesn't work near Long Point, but the Bruce Peninsula and northern Grey County, the government's second-highest priority area, has always been a major focus for our work. We've applied to HSP and two other federal funds to protect 2,365 acres in this ecological hotspot.

New Reserves

The 17 new reserves we propose cover almost 10 sq. km. Given the high cost of private land, we estimate the total value at \$5.4 million, including appraisals and legal fees. It looks like the owners will donate \$3.5 million. We have asked HSP for \$1.2 million. That leaves only \$700,000 for us to raise to make all this a reality. In case that sounds daunting, we have had five donors step forward to match our contributions and we've already raised over \$100,000 for Willisville Mountain, one of our suggested projects. That leaves us only \$150,000 to raise.

Each dollar will be matched five times by our donors, 10 times by HSP and 23 times by landowners. Altogether each dollar we receive would be matched 36 times, so \$3 becomes more than \$100.

A \$100-dollar donation protects 1.6 acres of land after all that matching!

Species at Risk

EBC already protects the habitat of 54 species at risk. This new initiative would add seven species to that list, including American Ginseng, Cerulean Warbler, Eastern Whip-poor-will and Least Bittern. EBC is Ontario's second largest land trust with 13,170 acres or 53 sq. km. protected. Our "business" is accepting land donations from families that want to see their land protected, not developed.

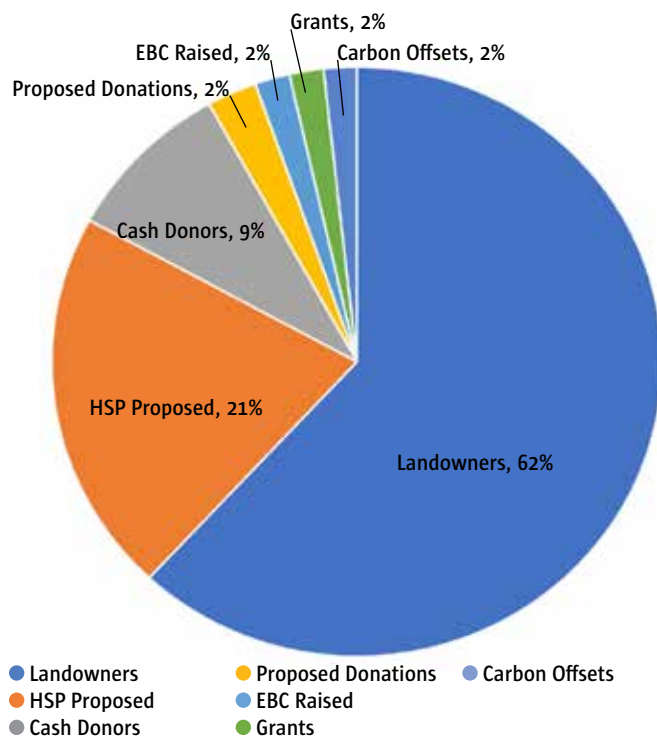
We often forget the "other" economy through which nature brings us so many benefits. An Ontario government study shows that every acre of

forested land brings us \$1,800 of benefits while wetlands bring \$6,400 EVERY year. Ontario south of the Canadian Shield receives \$84 billion a year from nature. This is for flood protection, air and water purification, pollinators AND biodiversity. Why is biodiversity, including species at risk, worth money? First, people say they "would" pay to protect rare species. Second, nature brings us new medicines and scientific development. Third, nature brings us almost \$2 BILLION a year worth of outdoor activities including hiking, birding, cycling and hunting in the Greenbelt alone.

Helping to protect nature is not just an act of altruism. It's a sound financial investment. Extinctions aren't something that happen far away.....these species are in danger right here in southern Ontario. By contributing three per cent, you can achieve 100 per cent of the benefit. Even if we don't get support from the federal programs, we'll achieve that 97 per cent matching.....just on fewer new reserves. Stay tuned....we keep our donors informed as new reserves are acquired.

Bob Barnett welcomes cheques payable to Escarpment Biosphere Conservancy, 503 Davenport Rd., Toronto ON M4V 1B8. For online options and more info, see www.escarpment.ca or call 888.815.9575.

Sources of Species Funding



◀ This chart shows the sources of funding for the 17 new properties that would help species at risk. Escarpment Biosphere Conservancy (EBC) is looking for only two per cent from new supporters. The rest of the funding would come from the property owners, federal programs, EBC and its supporters, and grants. Are you able to donate even a small amount? Through matching donations, \$3 becomes more than \$100!

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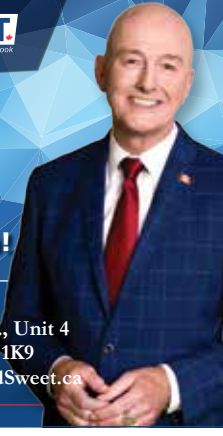

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& **Sweet Water Season**
Crawford Lake,
3115 Conservation Rd. Milton
conservationhalton.ca

MARCH 21
Blue. Halton Hills Eco Film Fest
John Elliott Theatre, Georgetown
haltonhills.ca/theatre

MARCH 22
Drumming Circle
Along Silver Creek
Willow Park Ecology Centre,
Norval. willowparkecology.ca

APRIL 12
Boozhoo Nijjii
PA Day Adventure
Grey Roots Museum & Archives,
Owen Sound. greyroots.com
519.376.3690 x 6109

APRIL 24
Growing Cities
Halton Hills Eco Film Fest
John Elliott Theatre, Georgetown
haltonhills.ca/theatre

APRIL 28
Create a Family Vegetable
Garden Workshop
Willow Park Ecology Centre,
Norval. willowparkecology.ca

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Touring Gardens open
Red Bay, South Bruce Peninsula
www.earthboundgardens.com

MAY 1
Rural Gardens
of Grey & Bruce Counties open
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www.ruralgardens.ca

MAY 22
Bikes vs Cars
Halton Hills Eco Film Fest
John Elliott Theatre, Georgetown
haltonhills.ca/theatre

MAY 25
St. Catharines Horticulture
Garden Tour
stchort@gmail.com

MAY 31
Moreston's Mysteries
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www.battlefieldhouse.ca

JUNE 2
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JUNE 15
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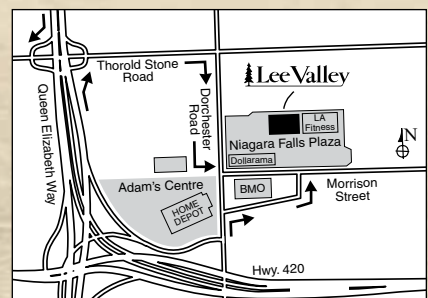


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