A RAIL TRAIL JOURNEY

by C. Ryan Auger, The Grand River Foundation

With another summer in full swing, now is the time to slip on those running shoes, put air in those bike tires, get some film for that camera, and journey out on one of the GRCA’s four Rail Trails. Scenic views of the Grand River, breathtaking overlooks, richly historic sites, and the chance to spot wildlife are all waiting around the next turn on this multi-use, interurban trail network. Perhaps the best feature of the trail system is that you don’t have to spend a lot of time getting there; convenient access points are found all along the network, stretching from Cambridge to Hamilton, and Elora to Cataract.

The GRCA owns and operates these multi-use trails, which are surfaced with stone-dust or small gravel; the surfacing aspect of the trails means you don’t have to worry about muddy shoes, trip hazards, or getting lost. Trail markers are easily identifiable, and are prominent along the entire network. Parking areas and access points are provided at key points along the trail, and most locations are wheelchair accessible. All of these features were included in the development of the trails to ensure the largest number of people had access to, and could enjoy this unique recreational experience.

Cambridge to Paris

This 18-kilometre section follows the majestic Grand River through Carolinian forest with spectacular river overlooks along the way. The trail opened in 1994, and was the first section of the Trans Canada Trail constructed in this part of Southern Ontario. Trail access points can be found in Cambridge, Glen Morris, and Paris, and Pinehurst Lake Conservation Area is nearby for camping. The trail is perfect for hikers, cyclists, birdwatchers, wildlife viewers, or anyone who simply appreciates a riverside stroll. One notable feature is the Murray Overlook, which provides an astonishing view of the Grand from a converted bridge vista.

See page 2
Paris to Brantford

This 10-kilometre section, called the SC Johnson trail in recognition of their support, completed the 80 kilometre link from Cambridge, through Paris to Brantford. Officially opened in 1998, this trail passes through a rare prairie grass habitat, perfect for the birder or nature photographer in your group. The trail also provides a unique view of Brant Conservation Area from across the river; Brant’s day use areas, pool, and campgrounds can now be accessed from the trail, thanks to a new pedestrian bridge opened last year. Trail access points can be found in Paris, North Brantford, West Brantford, and at the Brantford Waterworks Park.

Hamilton to Brantford

This 32-kilometre section of trail passes through the scenic Dundas Valley on its way through Jerseyville towards Brantford. Partially operated by the Hamilton Region Conservation Authority, this portion created Ontario’s first entirely off-road interurban hiking and biking trail. One particular feature of note is that horseback riding is permitted on this trail. This trail can be accessed from points in Brantford, Jerseyville, and Dundas.

Elora to Cataract

This 47-kilometre railway is managed in cooperation with the Elora Cataract Trailway Association. It runs through rolling countryside just east of Elora, to the historic community of Fergus, and past Belwood Lake Conservation Area towards Cataract. Horseback riding and snowmobiling are permitted on some sections of this trail. Portions of the trail east of Belwood are still being resurfaced, but are great for mountain biking. Trail access points exist in Elora, at Belwood Lake, and in the communities of Orton, Hillsburgh, and Cataract.

The Murray Overlook on the Cambridge to Paris Rail Trail provides a resting area and an excellent bird’s eye view of one of the most scenic areas of the middle Grand River.

The GRCA’s newly reconstructed website includes an interactive “Trails” section, designed to facilitate your own Rail Trail journey. Access point directions, downloadable and easy to read maps, trail features, and area histories are all included in this user-friendly format. Before you set out, make sure to visit www.grandriver.ca Conversely, if other recreational opportunities along the Rail Trails or Grand River appeal to you, this website is a must. Features including real-time river data, fishing reports, and Conservation Area campground reservations are all one click away.

In order to ensure your Rail Trail journey is a safe and pleasant one, remember to plan accordingly. Although portable and public washrooms are available at some sites along the trail, they are not found at every turn. Wearing comfortable shoes or hiking boots, and making sure you have plenty of drinking water on hand should guarantee an enjoyable day on the Rail Trails.

As you embark on your own Rail Trail journey, consider the journey undertaken by so many others to bring this important project to fruition. The Grand River Foundation adopted the Rail Trail project in the mid 1990s, in the spirit of teamwork and community betterment. The trails, formerly abandoned railway corridors, were acquired through generous contributions from like minded foundations, corporate sponsors, and a multitude of individual donors and volunteers, who recognized The Grand River Foundation’s vision of improving the Grand River watershed through tangible, locally-based environmental projects.

The Rail Trail project is but one initiative that The Grand River Foundation has undertaken in our watershed since 1965. Current projects include the construction of Outdoor Education Centres, reforestation projects, wildlife habitat preservation, water quality improvement, and fishing and stream management. Future trail development is still a project that the Foundation supports, and the potential benefits of these efforts are evident along every kilometre of existing Rail Trails. For more information on The Grand River Foundation, or to find out how you can make a tax deductible donation to improve the Grand River watershed, call toll-free 1-877-29-GRAND, or email us at foundation@grandriver.ca

An Exceptional Waters Approach

by Jack G. Imhof, MNR

You’ve seen them. You’ve been there. Close your eyes and you can see them again: the dappled surface of the river, the beautiful way the river curves through its valley, the colour and sound of the river, the play of light on the bright rocks in the water under your canoe, the well vegetated shoreline and sweep of the green valley. All these things and more likely come to
Historically, resource management focused only on protection and restoration. The EW Approach strives to develop centres of excellence to be used as examples for the rest of a watershed. Centres of Excellence have been used in business and research as ways to identify a high standard to be strived for. On the Grand, the EW Approach assists local landowners, community groups, anglers and other interests to work together to develop a planning process on a workable length of river in order to protect the features that make this reach special. The process helps the group to identify issues of concern and develop a process to work together in a way that satisfies personal interests, provides recreational and possibly economic opportunities while protecting and enhancing these waters.

Although not all portions of the Grand River watershed meet the criteria of exceptional, the EW approach encourages the watershed community to strive to maintain all waters within the basin as healthy as possible in order to ensure the overall health of the entire watershed and contribute to the protection of the various exceptional waters within the Grand. Therefore, there is a continuum that anglers, communities and agencies strive to achieve. This is simply illustrated as:

**Degraded Waters \(\rightarrow\) Healthy Waters \(\rightarrow\) Exceptional Waters.**

MNR and the GRCA certainly cannot do it all, nor should they (if they ever could). We need a new paradigm that uses a watershed approach to set context and direction and strong partnerships between anglers, local communities, business, municipalities and agencies to implement these directions both at the watershed and at the local level. Community-based initiatives are critical because ultimately the resource and its fish, birds, and animals are the property and in the keeping of everyone that lives in the Grand River watershed even if these resources occur on private lands. We must all learn to work together.

The question was asked during the GRFMP process, “What makes a water exceptional and how should these waters be managed in order to ensure their quality and perpetuity?”

Given the enormous downsizing in staff, funding and responsibilities of resource agencies and Conservation Authorities, not just in Ontario, but throughout North America, something must be done to avoid the downward slide of our waters from exceptional to mediocre to degraded. It is essential that new approaches are created that will maintain waters of excellence as well as repairing degraded waters.

The Exceptional Waters (EW) Approach was initiated on a reach of the Grand River between Paris and Brantford (and two other waters in Ontario) in 1998 in order to develop a community-based process to identify, protect, manage and enhance these reaches of river. The initiative was launched by a consortium of organizations including: MNR; Fly Fishing Canada; the Izaak Walton Flyfishing Club and the University of Guelph. The GRCA, The Grand River Foundation, SC Johnson and Son Ltd., Brant Stewardship Council, Brantford Steelheaders, and others have become active partners with the community representatives and landowners in this process.
WEBSITE
from page three
• an enhanced conservation area
section;
• on-line campsite reservations;
• a Grand River trails section;
• an enhanced fishing section;
• the Grand Actions Registry; and
• an on-line store.

The new design incorporates easier navigation and a number of features that simplify the maintenance of the site and help keep the content current. For example, the real-time river data is updated automatically.

It is clear that the Internet is altering the form of many government programs and services. Organizations are using the Internet based business-to-business model to reduce costs and improve services. The GRCA continues to monitor the technology, and seek new ways to improve access and delivery of its own programs and services.

Registry on Line
The fifth edition of the Grand Actions Registry is now available on the GRCA website. Everything from performing and visual arts, events, educational seminars, and planning policies, to “hands on” environmental and heritage protection and restoration work is included. By profiling and celebrating watershed actions and activities, new opportunities for partnerships, information exchange, and increased public awareness are realized. The Registry was assembled by the GRCA on behalf of its partners in The Grand Strategy. The Orangeville, Elmira, Kitchener, Waterloo and Fergus TD Canada Trust—Friends of the Environment Foundation Chapters contributed to the cost of designing and formatting the website entries.

A “Grand” thank you is extended to all who participated in the Registry. About 290 entries were submitted, representing over 2,000 activities and a tremendous amount of energy and commitment. The GRCA is compiling entries for the Grand Actions Registry, Millennium Edition. Submission forms are available on the website, or from Barbara Veale at (519) 621-2763, ext. 274. The deadline for submissions was May 31, 2001, but late entries will be included if possible.

DO IT YOURSELF

After the Buds Burst
by Martin Neumann, GRCA
Now that the trees are planted, you can put up your feet and relax…or can you? Better tree health, lower death rates, and faster growth can be achieved through proper maintenance. Some things you can do to improve the performance of your planting are briefly outlined below.

Animal damage
Many young trees and shrubs, especially deciduous (broad-leafed) species, are damaged by animals. The culprits are most often meadow voles (field mice), deer and rabbits. Deciduous plantings usually need protection from one or more of these animals.

Meadow voles need long grass for cover and shelter, and often damage trees by eating the bark. If there’s no long grass, there are fewer meadow voles, so cutting the grass or cultivating between rows may be an option. Be aware however, that from a young tree’s perspective, the sound of an approaching “weed eater” trimming machine is just as fearsome as gnawing meadow voles.

“Tree guards”, the spiral white plastic guards, can be applied if the plant is large enough. Surplus drain tile may be used instead, but white is preferred because it doesn’t heat up as much as black.

For considerably more money, “tree shelters” can be purchased. These tubes can protect the trees to a height of two metres, and also provide a favourable growing environment. If you have a lot of deer in your area,

Robert and Emily Messier plant trees at the Sunoco Earth Day event in Kitchener. White plastic “tree guards” have been installed on the young trees to protect them from small gnawing animals, and wood chip mulch added to conserve moisture.
then the trees still won’t be safe, because deer browse the twigs and can reach two metres to get them. However, used properly, these shelters can be quite a help to growing trees and preventing animal damage. Other protection methods include painted repellents, chicken wire or plastic mesh sleeves.

Competition

Grass and weeds compete with trees for nutrients and water. Also, if the competition is tall and dense enough, it can even compete for sunlight, and press the trees flat to the ground after winter. If this happens, they’ll need your help to stand tall again, so check your planting as soon as the snow melts, and release any trees that have been pressed flat.

Mowing, which may help against meadow voles, does not reduce the below-ground competition between tree roots and grass roots. Cultivation, herbicide, and mulch are the main methods for controlling underground competition. Mulch will also cool the soil and keep it moist during droughts. Trees need to be shielded from herbicide spray during the growing season.

Water

Tree planting is encouraged because of its many benefits, including many that are water related. It’s ironic that water, or more specifically, its absence, can be the biggest enemy of plantings. It may be difficult to water the trees in a large planting project, but do what you can if there’s a drought. A thorough soaking is better than frequently applied “shallow” watering. It is better to apply 10 gallons once a week than 2 gallons per day. Watering efforts will pay greater dividends if coupled with a good application of wood chip mulch.

Insects and Diseases

There are too many types of insect and disease problems to mention in this article. The best thing to do is to inspect your plantings as often as you can, and catch problems early before they get out of hand. This may seem like a lot of hard work and expense. However, you may be able to cut years from the length of time your trees need to reach the size where they are providing the benefits for which you planted them.

It’s often said that the best time to plant a tree is twenty years ago, and the second best time is now, but a well-maintained tree will out-perform others, and you can play “catch-up” on those twenty-year-old trees!

For detailed information regarding tree maintenance, contact Martin Neumann at (519) 621-2763, ext. 258.

WHAT’S HAPPENING?

Plowing Match Winners

The County of Wellington and Centre Wellington Township took centre stage this May. Their creative promotion and advertising for last fall’s International Plowing Match (IPM) at Elora captured top honours at the prestigious Economic Developers Council of Ontario (EDCO) Marketing Awards competition in Toronto, with strong competition from a record 243 entries.

The International Plowing Match is an annual celebration of Canadian agriculture. Each year the huge event is hosted by a different county in Ontario. Materials developed to promote the IPM—media kits, news releases, posters, souvenir wine, brochures and advertisements—captured the Best of Show award at the Ontario-wide competition. The materials also won the Magazine/Newspaper Advertisement Award of Excellence and the Special Events Campaign Award of Excellence in the Level A category.

The IPM entry was submitted on behalf of the Centre Wellington Chamber of Commerce by General Manager Deb Dalziel. The Chamber of Commerce spearheaded the initiative on behalf of the local IPM 2000 committee. Other participants in the submission were the Ontario Plowmen’s Association, the local IPM marketing committee, made up of representatives from the Fergus Scottish Festival, Fergus Agricultural Society, the Township of Centre Wellington and County of Wellington, Kahntact Marketing of Guelph, and Mach One Communications of Salem.

Upcoming Water Forum

A Grand opportunity is available this fall, for all who take an interest in the health of our watershed.

A Grand River Watershed Water Forum will be held on September 20, 2001, at the River Run Centre in Guelph. The forum will showcase the current state of water resources in the Grand River watershed, innovative technologies and tools for water management, and case studies of successful projects to improve water quality in various

• See page 6
sectors (private business, agency, municipal, etc).

The purpose of the forum is to:
• describe current surface and ground water conditions within the Grand River watershed;
• identify resources available locally which address these issues;
• celebrate the leadership taken by local businesses and organizations in successfully addressing these issues;
• highlight the next steps needed to continue improving surface and ground water conditions in the Grand River watershed.

The Forum is hosted by The Grand Strategy Water Managers Working Group, and sponsored by the GRCA, the Regional Municipality of Waterloo, the City of Guelph, and the Ontario Centre for Environmental Technology Advancement (OCETA).

The objectives of the Forum are:
• to educate Grand River watershed businesses regarding the benefits of water quality and quantity management in their business practices and in considerations for future capital spending;
• to inform the public about the water issues, what is currently being done, and what is possible;
• to inform all level of governments about watershed communities’ commitment to address these issues, and the benefits of future collaboration;
• to recognize how proactive this area has been in addressing water issues and the leadership position the GRCA and municipalities have taken, and;
• to celebrate our collective success.

For more information contact Barbara Veale at (519) 621-2763, ext. 274. Email: bveale@grandriver.ca

Exploring Biosolids

On April 24, over 100 councillors and staff members of watershed municipalities spent a day learning about and discussing the thorny and controversial issues of applying biosolids to agricultural lands. The seminar was organized by the GRCA to provide watershed municipalities and watershed politicians with information on the biosolids process and issues on a watershed basis, and to provide a forum to discuss biosolids application.

Municipal sewage treatment plants remove the solids in municipal sewage. The water is treated (the effluent) and discharged into an adjacent watercourse. The solids left behind are treated to produce a by-product commonly referred to as stabilized sewage sludge. Stabilized sludge that meets the current Guidelines for Sewage Sludge Utilization on Agricultural Lands (MOEE/OMAFRA, 1996) is defined as “biosolids” or “sewage biosolids”. The guidelines outline the criteria and standards for application to agricultural lands.

Seminar speakers included representatives from the provincial government, farm organizations, public interest groups, and watershed regions and municipalities. Topics included the use, issues and approaches regarding biosolids. All of the speakers participated in a panel discussion to...
address questions from the audience.

Comments from the seminar participants included:

- the MOE is upgrading the “Guidelines” and comments are invited from the public;
- the Terms of Reference for the Biosolids Utilization Committee are coming up for renewal, which provides another opportunity for public input;
- timely accessibility to reports and documents is important, as is the issue of liability, and both must be addressed;
- septage, livestock and industrial wastes were also identified as concerns;
- blatant non-compliance must be dealt with immediately;
- guidelines should be precautionary and set limits;
- there must be clarity of roles and discharging our roles;
- there must be municipal consultation and integration in decision-making;
- respect for the programme must be earned through full compliance, and consideration of rights, privileges, and duties.

A transcription of the seminar proceedings has been mailed to all MPs, MPPs GRCA board members, and watershed municipalities.

River Safety

One of the eight recommendations of the Inquiry into the recent deaths at the Parkhill Dam in Cambridge was that a brochure on river safety be published for school-aged children. The GRCA conducted an Internet search, and found that there is much child-related information on road, boating and traffic safety, but very little available on the topic of river safety. Therefore, the GRCA has developed a new brochure containing basic river safety information, with the contents also reviewed by the Cambridge Fire Department and Waterloo Regional Police. It will initially be distributed free of charge to all 50,000 children in grades 5 through 8 in the public and separate school boards of Brant, Waterloo and Wellington.

Schools in other areas of the watershed are invited to request the brochure, which will be reprinted in either the autumn or next spring, and the information will be posted on the GRCA website at www.grandriver.ca

NOW AVAILABLE

River Safety

Loretta Donald of Kitchener examines her new rain barrel from the Region of Waterloo Rain Barrel Project.

Saving the Rain

Bob Donald of Kitchener was among hundreds of residents that rose early on May 12, to line up for subsidized rain barrels distributed by the Region of Waterloo. Latecomers, after 7:30 a.m., were out of luck as six thousand 200-litre barrels were quickly snapped up in Kitchener, Cambridge and Heidelberg. The barrels, costing about $80 retail, were bought in bulk by the Region and sold to residents for $20, and each resident was allowed to purchase two barrels. The barrels, made by Forest City Models, Inc., include child proof barriers, and screens to keep mosquitoes from using the water as a breeding area, as well as features that make it easy to empty the barrel or to connect two barrels. The Region has committed to selling 25,000 barrels over five years to encourage water conservation.

The Donalds have plans for both barrels. One barrel will collect water from a downspout to be used for garden plants. The other barrel will collect laundry “grey water” (with environmentally friendly laundry soap) which will also be used in the garden.

From the unexpectedly high demand, it appears that Waterloo Region residents are more than willing to practice water conservation in a manner time-tested by our grandparents. In earlier days, rain barrels were commonly used to provide water for laundry, cleaning and hair washing as well as the garden.

Water conservation is a major benefit from rain barrels but is not the only one. Diverting rainwater to a storage barrel means that less storm water rushes down our storm sewers. Fewer pollutants are carried from our driveways and roads into local streams, and there is also less erosion of stream banks from sudden surges of storm water entering the waterway.

Rain barrels should be drained and bypassed for the winter, to prevent damage to the barrel as the water freezes and expands. The condition of insect screens and childproof barriers should be checked when the barrel is put into service again in the spring.
Dufferin Trails
A new brochure called Explore the Outdoors in Dufferin County, promotes interesting areas and trails in the headwater lands of the Grand and Credit Rivers, including Luther Marsh. The guide was produced by Masahiro Designs to make the residents of Dufferin County aware of the trails and to promote better health by hiking.

The story behind the brochure is that of the commitment and dedication of one man, Paul Hogeveen, who alone researched the material, designed the brochure, and raised sponsors for the printing of 25,000 copies. Paul works in Orangeville at his graphic design business, Masahiro Designs. Masahiro means “truthful person” in Japanese and is also Paul’s middle name.

After spending time in the Yukon, Paul Hogeveen returned home to Orangeville and was surprised to learn that there was little promotion or awareness of the local trails. The brochure became a reality after two months of development and research. Although no funds were available for the preparation, local businesses sponsored the printing and distribution.

The brochures were distributed free to Dufferin residents through local newspapers. For more information about Masahiro Designs, call (519) 941-3969.

Kiera’s Forest
On May 12th, over 250 friends and family took part in the first planting at “Kiera’s Forest”, just across the road from the Guelph Lake Nature Centre. The Grand River Foundation established a Memorial Fund in honour of Kiera Schneider, who lost her life in a car accident last fall. Proceeds are being used for the forest, and for a children’s outdoor education program at the Nature Centre.

The Guelph Chapter of Canada Trust - Friends of the Environment donated the money to help establish the forest. In addition, friends and family are making donations to GLNC and the Forest Restoration Project Champions program.

DID YOU KNOW?
• The Cambridge to Paris Rail-Trail runs along the abandoned right-of-way of the former Lake Erie and Northern Railway. This electrically operated rail line once ran from Galt to Port Dover on the north shore of Lake Erie.
• The Trans Canada Trail is the longest trail of its kind in the world, at about 17,250 kilometres. It enters the Grand River watershed through the Elora Cataract Trailway in the north and links to other trails in the watershed.
• The Elora Cataract Trailway was the CPR Elora subdivision line until it was abandoned in 1988.
• A human walking a Rail Trail will use all of their 649 muscles and 206 bones, including the tiny stapes bone in the middle ear.

THE GRAND STRATEGY CALENDAR

The Old Boat House 4th Annual Kids Fishing Derby, Saturday July 7, 2001. Free catch and release Derby for kids aged 3-13 years, at the Grand Island Bar-B-Q, Dunnville. Registration from 8 to 10 a.m. Fishing 10 a.m. to noon. Prizes, food and fun for the whole family. For more information call (905) 774-4875.

Grand River Bass Derby, July 7 and 8, 2001, at Bingeman Park, Kitchener. A family fishing event hosted by the Optimist Club of Stanley Park. Live release. $10,000 in prizes. For registration information call (519) 749-1620.

Grand River Watershed Water Forum, September 20, 2001, at the River Run Centre in Guelph. For more information contact Barbara Veale at (519) 621-2763, ext. 274.

ABOUT THIS NEWSLETTER
This newsletter is produced as a communications tool by the Grand River Conservation Authority on behalf of the partners in The Grand Strategy.

For information on The Grand Strategy
Contact Barbara Veale, GRCA, 400 Clyde Road, Box 729, Cambridge ON N1R 5W6.
Phone: (519) 621-2761 or 621-2763, ext. 274.
Fax: (519) 621-4844
Email: bveale@grandriver.ca
Website: www.grandriver.ca

For newsletter submissions
Contact the Editor, Liz Leedham, c/o Barbara Veale at the above address. Newsletter submissions must be made by the 15th of the month prior to publication, and may be subject to editorial change. Tax deductible donations and sponsorships toward the cost of producing this newsletter are always welcome.

Publications Mail
Agreement #1448471